

Celebrating the Birthday of Rev. Martin Luther King, Jr.



Derric Johnson, founding director of the newly created Equity & Justice Institute at Crossroads School, will be the keynote speaker at the 34th annual celebration of the Rev. Dr. Martin Luther King, Jr.'s birthday on Monday, January 21.

You are invited to participate in a weekend of events coordinated by the Rev. Dr. Martin Luther King, Jr. Westside Coalition to celebrate his life and legacy.

On Friday, January 18, from 7:30 a.m.-9:00 a.m., a Westside Interfaith Prayer Breakfast will be hosted by Mt. Olive Lutheran Church, 1343 Ocean Park Blvd., Santa Monica. Tickets are \$25. Call 310-452-1116 for details.

The Santa Monica Symphony Orchestra, directed by Guido Lamell, will perform its annual Martin Luther King, Jr. free concert at 3:00 p.m. at the SGI-USA auditorium at 525 Wilshire Blvd. Mark Edward Smith, baritone soloist, will be featured.

Derric Johnson, founding director of the Equity & Justice Institute at Crossroads School, will be the keynote speaker on Monday, January 21 at 9 a.m. at the SGI-USA

auditorium, 525 Wilshire Blvd. at 6th St. in Santa Monica. He will speak on the celebration's theme, "Injustice Anywhere is a Threat to Justice Everywhere."

Derric is a life-long advocate for social change. He has extensive experience in establishing and implementing youth-focused programs. He has served in leadership positions in several nonprofits. His legislative achievements include establishing civilian oversight of the Sheriff's Department to increase transparency and decrease officer-involved shootings and securing funding to support underserved youth navigating the juvenile justice system, particularly youth in foster care.

His new position at Crossroads School will include development of a groundbreaking K-12 social justice curriculum to support student and community activism with new initiatives aiming to create positive impact in our community, nationally and internationally.

Following Derric's speech, a Community Involvement Fair will be held at the Fairmont Miramar Hotel & Bungalows on 101 Wilshire Blvd. Local organizations will have informational materials to share and refreshments will be provided.

NOMA Meeting Planned for January 10

North of Montana residents will be meeting at the Montana Avenue Library from 7:00-8:45 p.m. on Thursday, January 10 to hear SMPD Neighborhood liaisons and to elect the 2019 board. A social half hour before the meeting is at 6:30 p.m.

Join Us at the Next Remembering Santa Monica Meeting

By Taber Falconer

The Remembering Santa Monica group ended 2018 with a holiday celebration. Plenty of socializing and an impressive spread of bite-sized sandwiches, hors d'oeuvres, and sweets like Becky Mejia's famous German chocolate cake – baked upon John Lehne's request – made the event particularly enjoyable.

Besides reminiscing about years past, the Remembering Santa Monica group is also looking toward the future. In 2019, each monthly meeting will focus on a brand new topic designed to spark the memories of longtime Santa Monica residents.

The next meeting will take place in the new year on Tuesday, January 8 at 11:30 a.m. As always, it will be held at the Santa Monica

History Museum, which is located right next to the library's main branch at 1350 7th Street.

This year's holiday lunch closed with a Christmas-inspired joke delivered by John: "We all know about the Three Wise Men, but what would have happened if it had been Three Wise Women? He suggested that they would have asked directions, arrived on time, helped deliver the baby, cleaned the stable, made a casserole, brought practical gifts, and...there would be peace on earth."

New members are welcome to join and share their unique stories about growing up on the Westside. Attendees are also encouraged to browse the museum's informative and ever-changing exhibits at the conclusion of each session. To RSVP, call 424-581-6005.



Paul Edelman, Chief Ecologist of the Santa Monica Mountains Conservancy, reports on the progress of the ecosystem.

How Will The Ecosystem in the Santa Monica Mountains Recover After the Fires?

By Taber Falconer

The Woolsey fire scorched nearly 100,000 acres of land across Los Angeles and Ventura counties, leveling 1,643 buildings (including hundreds of homes) and causing three fatalities. The disaster also left the natural environment in crisis.

Having surveyed the burn area himself to assess the state of our native flora and fauna, Chief Ecologist Paul Edelman of the Santa Monica Mountains Conservancy can provide insight into the recovery process, which, depending on the ecosystem, can take anywhere from months to decades.

"Seeing the devastation makes it difficult to picture rebirth. Nevertheless, I'm always amazed by how resilient many of these plants and animals are." Paul explained.

Discover the Treasures at our Local Santa Monica Family YMCA

When dealing with life's daily demands, people need a place to go where they can feel supported. A place where adults can find life balance; children can reach their full potential; seniors can be active and find camaraderie; and families can connect and strengthen relationships.

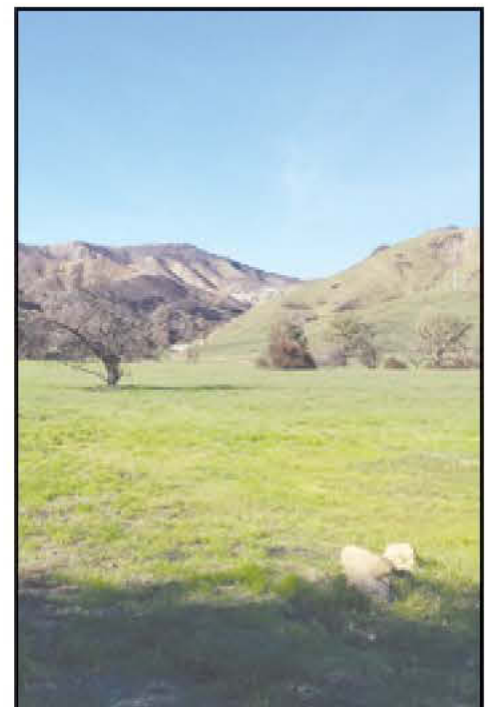
By becoming involved with the Santa Monica Family YMCA, individuals have the opportunity to improve their health and well-being and connect with the community, all while participating in their favorite program or activity at the Y.

As a leading nonprofit committed to strengthening community through youth development, healthy living, and social responsibility, the Y seeks to ensure that everyone, regardless of age, income or background, has an opportunity to learn, grow and thrive.

(Continued on Page 11)

"In particular, shrubbery tends to do quite well in situations like this, and is likely to begin to grow again within months. Badly burned trees on the other hand can take up 15 years or more to reestablish their prior canopy structure. The destruction of trees has ecologists concerned because endemic bird species like owls and woodpeckers live in the cracks and knots in

(Continued on Page 3)



This picture of Malibu Creek State Park was taken at the end of December. The entire park was burned in the recent fires. This shows about a month's growth with 3-4" of rain. Note the burned tree to the left.

Take A Look Inside

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Planning Ahead

How to Decide Reasonable Trustee's Fees



By Lisa C. Alexander, Esq.
In Estate Planning, naming the right Trustee is critical. Less thought is given to the Trustee's compensation.

Serving as Trustee is a lot of work and can be close to a full time job in the beginning stages of a Trust settlement. The Trustee deserves to be fairly compensated.

When the Trustee is a relative, usually the thinking is the Trustee will forego taking a fee. The Trustee will generously work for free, maximizing the inheritance to the beneficiaries. And, while it often starts out that way, after several months and countless hours of work, the Trustee may begin to ask how much they might be paid for their services?

There is no requirement that the Trustee take a fee. If the Trustee is

also a beneficiary, it may not make sense to take a fee since it is taxable income and is paid from Trust assets the beneficiary would otherwise inherit tax free.

But, if the Trustee is going to take a fee, how much is the Trustee entitled to be paid? By law if the Trust does not state otherwise, the Trustee may take a "reasonable" fee, not otherwise defined.

Most Trusts have a compensation provision that says simply the Trustee may take a "reasonable" fee, again without any definition of what is reasonable. Banks acting as Trustee have fee schedules, based on a percentage of the value of the Trust assets. Professional Trustees also have fee schedules, usually based on an hourly rate.

A non-professional Trustee, such as a family member, may justify a fee similar to either a bank Trustee percentage or professional Trustee hourly rate. But, unless the fee is

specified in the Trust, the Trustee is vulnerable to a beneficiary's objections that the Trustee's fee is too high.

A better approach may be to spell out in the Trust how much the Trustee should be paid. If a bank or professional Trustee is named in the Trust, the fee provision must allow the Trustee to charge its usual fee. For a non-professional Trustee, a set hourly rate, a specified percentage or dollar amount, or even a fee cap can all be workable. A well thought out Trustee's fee provision will ensure a Trustee is fairly compensated without objection while at the same time preserving the inheritance of the intended beneficiaries.

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Byte by Byte

Reduce, Reuse, Resolve: Basic Tech Habits for 2019



By Miceala Shocklee
Harder-working, more efficient, longer-lasting – these are all terms that people seek to claim for themselves with resolutions come the start of a new year, but the characteristics are all qualities that can be applied to technology habits, too.

While the debate goes on about how to induce change at the corporate and governmental level, individual alterations in technology usage are well at hand. Make sure you're up-to-date in 2019 with these basic three tech trends.

• **Rethink plastic.** It's not just about grocery bags. Water bottles, coffee cups, toothbrushes – all of these have non-plastic alternatives. However, the trade-off only carries benefits if you actually use your alternatives, otherwise the carbon footprint stays just as big – or, worse, can get even bigger. Keep track of where your canteens and "keep cups" and bamboo toothbrushes are, and make them your go-to tools for as long as possible.

• **See the light.** Incandescent bulbs are a technology as outdated as they sound. Make the switch to CFLs, or even LED bulbs that extend the lifetime of the light bulb immensely and make energy usage more efficient by putting a greater proportion of energy towards making light instead of losing it as heat.

• **Join a forum.** Consumption reduction is the name of the game. The best way to reduce a carbon footprint is not to generate one at all. Online forums for swap meets, food shares, and community resource pooling abound. Look for your local one on Facebook, or look for your neighborhood's listing on freecycle.org.

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

Brain Matters

What is the Key to Living a Healthier Life?



By Dr. Daniel Kelly
Maintaining brain health is key to living a healthier life. As we age, our brains become subject to risks associated with advancing years, but there are ways people can minimize some of these risks and enhance brain resilience. In this regular column, we'll highlight conditions, concerns and services related to neurological disease and brain health. Here we provide an overview of Pacific Neuroscience In-

stitute (PNI) and will address specific brain health issues in subsequent articles.

PNI is a local place where top-notch doctors treat all kinds of brain conditions in a comprehensive and collaborative way. We are unique in our holistic treatment philosophy aiming towards restoration of quality of life and maximizing brain health.

We help patients and their loved ones navigate severe disorders like brain cancer, Parkinson's and Alzheimer's disease. Our physi-

cians span several subspecialties across nine Centers of Excellence, and routinely provide cross-specialty consultations, typically all in one place at Saint John's Health Center.

For example, a patient suffering with Parkinson's disease treated by a neurologist at the Pacific Movement Disorders Center may be seen by a balance and gait specialist at the Pacific Brain Health Center.

Or, a patient with Cushing's disease caused by a pituitary adenoma may be seen all in one day by a neurosurgeon, endocrinologist, neuro-ophthalmologist and ENT specialist in preparation for endonasal tumor removal.

And, a patient with a brain tumor such as glioblastoma, is treated by an expert neurosurgical team using minimally invasive "keyhole" approaches. For malignant tumors needing additional therapy, neuro-oncologists, and radiation oncologists offer coordinated immunotherapy, targeted therapies and precision radiotherapy/radio-surgery, and numerous clinical trials. Patients who subsequently develop cognitive and memory issues may see our neurologists, psychologists, and psychiatrists.

These are just a few examples of PNI's continuum of leading-edge care. For more information, please check out pacificneuro.org.

Dr. Daniel F. Kelly, a world-renowned neurosurgeon, is the founder and director of Pacific Neuroscience Institute, which has locations in Santa Monica and Torrance.

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Having Back Problems at Work?



Some people use a special pillow to help their backs when sitting in their office chairs.

Seems like so many people have problems with their backs. Have you found that the work day ends, but the back pain doesn't? Here are five tips that can help.

Sitting all day at a computer takes a toll on our backs, yet for a large percentage of Americans, sitting in front of a computer sums up their job description.

And, that work-related back pain that starts out minor can soon become severe, causing problems in all areas of your life.

"The longer you have a back problem, the more damage it will create, the more it will resist getting better, and the more time it will take to heal," says Dr. Bradford Butler, a chiropractor and author of *The Blueprint for Back Pain Relief: The Essential Guide to Nonsurgical Solutions* (www.drbradfordbutler.com).

"So, the best course is to prevent back problems from happening to begin with." He offers a few tips for those whose jobs require them to sit, sit and sit some more:

- Watch how you sit. Most people are putting pressure on their backs, necks and shoulders because they don't work in an ergonomically correct position, Dr. Butler says. Here's how to achieve the optimal position: Sit with your body no more than an arm's length from the computer and mouse, and don't lean your head and neck forward. You should be able to rest your hand comfortably on the mouse with the elbow at the same height as the mouse pad. The monitor should be two or three inches above eye level.

- Choose the right chair. Ideally, you want a chair with lumbar support. "If there is no lumbar sup-

port, you can place a pillow behind your lower spine," Dr. Butler says. Chairs that can tilt back also take pressure off the base of the spine and help prevent back pain. But, if back pain has already started, Dr. Butler suggests placing ice between the lumbar support and the back for 20 minutes to reduce inflammation.

- Don't cradle your phone. Have you ever pinned your phone between your shoulder and your ear so you can type while you talk? Dr. Butler has a one-word piece of advice: Don't. "The intense strain from holding the phone that way for more than a couple of minutes can have a lasting effect on your posture and add to your back and neck pain," he explains.

- Take a break. For about five minutes every hour, get up and move around. Take a walk, stretch or do anything that takes you away from the computer and lets your body escape all the sitting and staring you've been doing, Dr. Butler notes.

- Unload some baggage. Do you carry to work a bag or briefcase that's so heavy even an Olympic weightlifter would feel the strain? If it weighs more than 10 percent of your body weight, then it's putting too much of a strain on your back, Dr. Butler says. He suggests you lighten the load or get a different bag, preferably one with a long strap so it can be carried across your chest like a messenger bag. That can reduce the diagonal load on your back.

"It's important to understand that your spine was designed to move," Dr. Butler explains. "If you are sitting for a good part of your day, you are effectively doing the opposite of what keeps your spine healthy."

"The old saying 'an ounce of prevention is worth a pound of cure' couldn't be truer, especially when it comes to your back. Prevention is a mindset. You probably already do it in other areas of your life. When it comes to your back, you just need some new thinking and new habits."

Bradford Butler, a chiropractor and author of "The Blueprint for Back Pain Relief: The Essential Guide to Nonsurgical Solutions" (www.drbradfordbutler.com), is owner and director of Oakland Spine and Physical Therapy, which has three locations in northern New Jersey. Dr. Butler, a graduate of the New York Chiropractic College, has twice been named one of America's top chiropractors by Consumer Research Council of America.



Alex Padilla, Inglewood City Councilman and former SMPD Police Captain is joined by his wife and supporters at their annual District 2 Community Toy Drive. In the center, seated, is former SMPD Police Chief and now Inglewood Mayor, James T. Butts, Jr. Alex is directly two rows behind him.



Happy New Year!



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Ecosystem (Continued from Page 1)

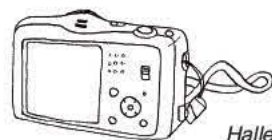
trees and may be absent from many burned watersheds for up to a decade or more."

Paul also explained that aquatic animals are extremely vulnerable. Newts, salamanders, and other stream-dwelling creatures are not able to escape when fire encroaches due to their biological requirements, which means that these species' longterm survival in the Santa Monica Mountains depends on the survival of at least a few mating individuals.

So, what can we humans do to

help Mother Nature along? The answer is not very much, unfortunately. "The best thing you can do is to stay on marked trails when you're exploring the outdoors and leave the recovery to nature." Paul advised.

To learn more about the Santa Monica Mountains Conservancy, visit www.smmc.ca.gov.



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Reflections From The East

Adjusting the Speed of Your Time Machine in 2019



By Qin Sun Stubis

When I was a little girl, I felt my days were extraordinarily long and slow moving. Every time I waited for something to happen, it was like an eternity. "Be more patient," adults often told me, "You still have your whole life ahead of you." But, silently I always asked myself: Will life always be this slow?

School days tended to drag on, and summer months would never end. I couldn't wait to grow up and be empowered so I could finally do the things I wanted to do, instead of listening and obeying orders.

My worst fear was that I might be trapped in childhood forever and never grow up because time was passing too slowly.

When I finally escaped into adolescence, my life thankfully started to speed up. From then on, it took off like a fast train, accelerating without ever slowing down. It flew by the stations of high school, college, jobs and graduate school. It even sped across oceans and continents from China to the United States. I wanted time to slow down so I could think and contemplate. I wanted to savor so many precious moments that were flying by me all too quickly. But, I could not find the brake pedal on that train of life.

Can time expand and contract? In theory, no. If there is anything that is given fairly and equally to all human beings here on Earth, it is the essential nature of time. Be we poor or rich, loving or scornful, innocent or experienced, we are given the same exact 24 hours daily to study and work, struggle and thrive, and enjoy and endure. And, for as long as we live, our years will be made of 365 days.

As we have only one planet to live on and always rotate around the same sun and moon, we all share the same mechanism of time. Whether our lives are regulated by a digital watch or an analog clock, a lunar or solar calendar, our time progresses in synchrony.

If, indeed, time never changes, then why does my day hasten in speed as I grow from being a child

to an adult? Why? As I contemplate, it occurs to me that, in a sense, time does change, and it does expand and contract as we move forward. Imagine someone who strolls along his entire life path versus another who runs it in marathon fashion.

Maybe I'm the one who has packed too much into my schedule, causing my days, months and years to fly by. Maybe, all along, I have had that brake pedal but never used it to slow down the rhythm of my life. Maybe life is not all about how fast you can move, but how much you can take in and enjoy.

You can always reach me at qstubis@gmail.com

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

Exploring New Avenues



By Taber Falconer

This past fall I stepped outside of my comfort zone and enrolled in a six-week poetry workshop. I'm a pretty shy person, and the thought of speaking publicly, let alone sharing my own poetry, has always been enough to make me feel faint.

Thankfully, my teacher and classmates created such a supportive and safe environment that reading my work aloud on week five (I stalled as long as possible) wasn't panic-inducing, but rewarding.

The workshop, which will run again in the spring, was led by Betzi Richardson, a painter, poet, and gifted teacher whose critiques are not only illuminating but surprisingly easy to swallow no matter how protective you are of your work. As a testament to her nurturing approach, several of her students had returned having taken the course in previous seasons.

This winter, I challenge you to

write a poem. If you don't know where to start, Betzi recommends reading poetry to spark creativity. The Poetry Foundation's website, www.poetryfoundation.org, houses an archive of tens of thousands of poems that can be accessed at any time for free.

When it comes to putting words on the page, free writing – that is, getting your ideas down as they come to you – is a great way to begin your composition. It's important to remember that in order to allow your thoughts to flow, you have to resist the urge to beat yourself up: "Turn off the critical part of your mind – that negative internal dialogue," Betzi advised.

In addition to her poetry workshop, Betzi teaches a mindfulness meditation course, both through Santa Monica College Community Education. To sign up, visit www.commed.smc.edu. For more information about Betzi and her work, visit www.betzirichardson.com.



Jeff Condon, center, celebrated the holidays with his family. From left, Bradley Condon, Hayley Condon, Jeff, his mom Esther Condon, and daughter, Carly Condon. Check out the family slippers.

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From Me to You...



By Diane Margolin

To all of our readers we wish you a very happy and healthy new year with fewer challenges than too many of us have experienced recently.

In this issue we are running photos of holiday memories for some of our readers. Retired SMPD Captain Alex Padilla is now a Councilman in Inglewood's District 2. He held a toy drive and the first annual home decorating contest for his constituents. The photo is on Page 3. If you look carefully, you will also see former SMPD Police Chief James T. Butts, Jr., who is now the Mayor of Inglewood. On Page 6, are photos from the Larry Maher family Thanksgiving Olympics. Before enjoying their holiday feast, they carry the torch, play various games of skill, and give prizes to the winners, and even the losers. What a great way to start the fall holidays.

Jeff Condon shares many traditions with his family. He is shown at a belated holiday celebration on Page 4.

Music Mends Minds, a wonderful organization that helps those with Alzheimers find pleasure by rediscovering music and playing in bands, has named Ross Goldberg M.D. as the chair of their Board of Directors. Founders Carol and Irwin Rosenstein, wrote that "Our organization is so grateful for this opportunity as Dr. Goldberg brings new insight, energy, and compassion to guide us as we serve our community through the

power of music, changing brain chemistry." See our November, 2018 issue for more on Music Mends Minds.

I always like to share this recipe in wintertime. **Chicken Cacciatore**, my mother-in-law Mary's recipe, is very easy to prepare and delicious.

- 1 (2-2-1/2 lb.) fryer, cut up
- 1 (14 oz.) bottle catsup
- 1 onion, chopped
- 3-5 stalks of celery, chopped
- 1 green pepper, chopped
- Olive oil
- Flour, with your favorite seasonings added such as garlic powder, parsley, and Italian herb seasoning to taste.

1. Drop pieces of chicken into plastic or brown bag of seasoned flour. Coat well.
2. Lightly brown onion, pepper, and celery in olive oil in a skillet. Add chicken pieces and brown.
3. Pour on enough catsup to cover the chicken. Cover the pan.
4. Simmer 1 hour, until tender. Stir mixture often. Serve with rice, egg noodles, or your favorite pasta.

I also wanted to share my Uncle Del's Thousand Island Dressing recipe. It was such a treat when he would bring us a bottle of it.

Into a blender, combine 2 quarts of mayonnaise, 1 bottle of chili sauce, a small can of chopped olives, a small bottle of pimentos, one chopped onion, 3 chopped hard boiled eggs, 1/2 cup sweet pickle relish, 1 tsp. garlic powder and salt and pepper to taste. You will need an empty quart jar to hold the finished dressing. An easier

(Continued on Page 12)

From the Santa Monica History Museum



Santa Monica Woman in a Kimono, 1960
 A local woman displays her Japanese kimono in preparation for the Rose Parade on New Year's Day, 1961. That year's parade was themed "Ballads in Blossoms" and Santa Monica's entry was honored with the Queen's Trophy.
 Courtesy: Santa Monica History Museum, Bill Beebe Collection [For historical reprints, please contact SMHM and specify image #3.2.6739.]

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Meet Me Under the Fig Tree Holiday Event Creates Fond Memories for Hotel Guests

The annual holiday season in Santa Monica officially began last year at Meet Me Under the Fig Tree, a free annual community event hosted by Fairmont Miramar Hotel & Bungalows and MSD Capital L.P., underneath the historic Moreton Bay Fig Tree at the hotel entrance.

Over a thousand guests gathered at the Miramar Hotel to celebrate the holiday season with live performances by the Santa Monica High School chamber orchestra, Santa Monica High School jazz combo and Walk Street Blues.

The event was once again hosted by KTLA personalities Wendy Burch and Eric Spillman. Guests young and old enjoyed playing in the snow, holiday cookie decorating, hair braiding by Glam + Go, manicures by Exhale Spa, bounce houses, animal adoption by SP-CALA, a new Virtual Reality experience, arts and crafts, and a whimsical gingerbread house display.

'Meet and greets' took place with members of Santa Monica Police Department mounted police, the

Santa Monica Police Department and the Santa Monica Fire Department, who brought both an old and a new fire engine for children to discover.

Once again, pictures with Santa Claus proved to be extremely popular. (Parents can access on The Miramar Santa Monica Facebook Page @MiramarSantaMonica.)

Guests were also treated to a complimentary raffle, which featured prizes donated by community partners including Helen's Cycles, Santa Monica Place, Arlight Cinemas, Perry's Beach Café, The Front Yard, Wally's Santa Monica, and the Fairmont Miramar Hotel & Bungalows.

Culinary offerings of warm pumpkin bisque, chili, cider and Abuelita's hot chocolate from FIG Restaurant were a favorite.

Attendees were asked to bring non-perishable food to be donated to The Westside Food Bank. In total, over 8,000 pounds of food was collected, all of which will be distributed to those community families most in need.



Guests brought over 8000 pounds of food for the Westside Food Bank.



Several gingerbread houses were on display at the event.

Maher Family Hosts Olympics Before Thanksgiving Feast

Larry Maher's family holds its own version of the Olympics before diving into their holiday meal. What a great way to celebrate!




Toby Maher tries his ring tossing skills at the Larry Maher family Thanksgiving Olympics.



Granddaughters Brooke Denham left, with Emily Maher light the Olympic torch. Larry's son-in-law Mark is in the back taking photos.

Did you know that January is Be Kind to Food Servers Month, Get A Life Balanced Month, the anniversary of Ellis Island opening in 1892, National Hot Tea Month, National Mentoring Month, Book Blitz Month, and Oatmeal Month?



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Rotary Club of Santa Monica Shares Holiday Events

Local service clubs plan activities to help in the community during holiday time. All ring the bell for the Salvation Army's Red Kettle Day. Below are photos from Santa Monica Rotary's holiday party and luncheon. Thanks to Iao Katagiri for the colorful images.



Melanie and the wonderful servers at the DoubleTree Hotel were recognized for their wonderful service at Rotary luncheons..



Bell ringers, from left, were Jim Reidy, Paul Leoni, Lisa Alexander, Chuck Husting, and Tom Larmore.



Laurel Rosen, left, and Barbara Bishop, told Santa (John Lehne) their special wishes.



Kai-Li and Hal Quigley at the Christmas party.



Judy Neveau, Todd Baker, and Andrea Gressinger enjoyed the holiday decor at Jolly and Patty Gessell's home.



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Dick and Char Lawrence were in a festive mood.



Pat Collins, Chuck Husting, and George Collins dressed up for the special occasion.

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SMC Drescher Planetarium Winter 2019 Schedule

The Santa Monica College John Drescher Planetarium has released its schedule of winter 2019 feature shows and special telescope-viewing sessions. The winter shows begin on January 4.

The feature shows and viewing sessions are at 8 p.m. and are preceded by "The Night Sky Show" at 7 p.m., offering the latest news in astronomy and space exploration, a family-friendly "tour" of the constellations, and the chance to ask astronomy-related questions. The winter 2019 lineup is:

• **January 4 and 11: "Mars In-Sight - First Looks"** – The latest images and information from the successful landing of the InSight Mars Lander and its first attempts

to take the temperature and pulse of the Red Planet.

• **January 18 and 25: "NASA Commercial Crew - Are We There Yet?"** – An update on the efforts to regain American human spaceflight capability by NASA's two commercial crew providers, now conducting early uncrewed test flights of the first U.S.-crewed spacecraft since the end of the Space Shuttle program.

Please call 310-434-3005, or see www.smc.edu/eventsinfo, or www.smc.edu/planetarium for information. All shows subject to change or cancellation without notice.

Upcoming Seminar on Alzheimer's Disease

The "Alzheimer's Disease and Dementia Care" Seminar will be held on Saturday, January 12 at OPICA Adult Day Program & Counseling Center in West Los Angeles at Stoner Park.

This eight-hour class provides health care professionals with fundamental information on dementia and dementia care. Provider approved by the California Board of

Registered Nurses for eight contact hours. This is the required seminar for those pursuing Certified Dementia Practitioner (CDP®) certification and who qualify through the National Council of Certified Dementia Practitioners.

For questions, contact Carol Hahn, MSN, RN, RYT, CPT, CDP, at CarolHahnRN.com, or call 310-612-9064.

Thoughts From a Second-Time Father



By Michael Margolin

I have wondered what little brains think about when they discover new things and learn new tricks. Quite

possibly the fascination they experience when learning is anxiety, fear, and frustration. In the past I have written about what possibly goes on in an infant or toddler's brain when they get sick.

I have wondered if it is possible that part of the crying and restlessness has to do with the idea that they think they might not ever get better. If I had a sore throat and truly thought it was never going to go away, I would probably cry out loud as well. The idea of that is scary enough.

When they learn to walk, is there fear of falling? Are they anxious about it? Alexa is five and has plenty of walking experience. She's been pretty good at it since she was about 10-months-old. The same goes for two-year-old Jake. I still remember how fascinating it was to help teach my little brother to walk, and then how exciting it

was to teach my own kids. For kids who are fortunate enough, learning to walk and talk opens up new frontiers. And, even though they are so young, they have to be thrilled with new skills like the ones I mentioned.

Now Alexa is learning to read. When she tries to read to Jake, it blows my mind and warms my heart all at once. When we are driving, she will call out letters and try to sound things out. She has no idea how much more information and entertainment and creativity she is going to have access to once she masters this art.

I know I have said it a lot, but it is an honor to be able to help guide them both through new processes and experiences. I suppose if there is any anxiety that lies in me, it is the idea that at some point they will not need my guidance. If my wife Enjoli and I do our jobs right, perhaps the levels of trepidation can be tempered in the future.

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

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Passing Through The Pico Neighborhood



Remembering a special time in his life, Nat Trives shared this '70s photo of himself, left; with Nancy Wilson; his wife Ida Trives; and Wiley Burton.



By Clara Wright

I am looking to the future with optimism as we welcome this new year with new beginnings and fresh ideas. Let us never

forget those who started this journey in the Pico Neighborhood of our city.

The Santa Monica Star spotlight shines brightly on Nathaniel Trives, aka Mr. Santa Monica, one of the most decorated and dedicated community leaders who has served Santa Monica for decades.

Nat's humble beginnings started in the Pico Neighborhood many years ago. He has since soared to greater heights.

Along with his high school sweetheart, wife Ida Trives, the couple has mastered the art of serving in the community, while hosting charitable events in their lovely home in Santa Monica.

Nat, as he is also so fondly called, began his career as Santa Monica police officer and worked his way

up to becoming the first African-American mayor of Santa Monica.

Now in his early 80s, Nat is still going strong and continues to be instrumental in the revitalization of the Pico Neighborhood of the city.

Today you will find Nat hard at work putting the finishing touches on the 34th Annual Rev. Dr. Martin Luther King, Jr. celebration coordinated by the Westside Coalition. It will be held on January 21 at the SGI-USA World Peace Ikeda Auditorium, 525 Wilshire Blvd., at 9:00 a.m.

Along with all the many other duties and responsibilities of being Mr. Santa Monica, he still finds time to support and enjoy mentoring the youth and young adults in his church and community. Nat was recently honored by New Roads School and Crossroads School for his tireless efforts in furthering their programs.

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

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Community Service in Santa Monica

An Overview of Lions Programs



By J. Kingsley Fife

In the early years of Lions International, the focus was on helping the visually impaired, spelled out by the famous Helen Keller when she appealed to the Lions at our Annual Convention in 1925 to be "Knights of the Blind in the crusade against darkness."

However since then, over the years, we have broadened our goals for helpfulness to involve many more diverse challenges in life. For example, as Lions, we know how important our youth are in preparing for the future and for our nation. In this regard, we Lions give scholarships to high school and college students to assist in their educational needs.

We have a National Flag Day where we present American flags to elementary students who then participate in special programs devoted to patriotism. We have a Reading Action Program where we collect and distribute books to schools and Head Start programs. We Lions also go to the younger grades and read to them in

their classrooms and libraries.

We have an Annual Peace Poster Contest where students, ages 11, 12, and 13 are encouraged to express their visions of peace. Twenty-four finalists are selected representing the work of 350,000 young participants worldwide. The grand prize winner receives \$5,000 and a special award ceremony at the United Nations.

We also have an Annual Student Speakers Contest. A topic is picked each year and every Lions Club sponsors a student in a state-wide competition to speak on this topic. At each contest level, the winning student collects money and scholarships. The total that will be given this year is \$103,500. Our Santa Monica Lions Club's date this year for the contest is Thursday, February 21. The topic is "Freedom of the Press: What does it Mean?" If you'd like to hear some stimulating speeches by talented high school students, then contact Lion Marilyn Schalit at marilynschalit@yahoo.com. for details on our lunch meetings. We meet at the Elks Lodge, 1040 Pico Blvd. in Santa Monica. See you there.

Holiday Action with the Rotary Club of Santa Monica



By Nora Bohn

As the year wound down, we closed out the year with engaging speakers, festive holiday cheer, a fabulous holiday party and a lot of volunteering and fundraising for worthy causes.

In mid-December we held our annual Red Kettle Day for the Salvation Army. Every year, Rotarians take shifts and ring the bell in Santa Monica to raise money. It's always fun to wish passing strangers happy holidays, bring smiles, raise awareness, and raise money for the good work of the Salvation Army. This year we raised OVER \$6,000! The community is very generous and so are our members, many of whom make donations to the kettle every year.

We held our elections for next year's board of directors. As always, the elections are extremely close as how do you choose between so many hard-working, dedicated candidates? I'm delighted to report the results for next year's board which will be headed up by President-elect Sharon Perlmutter Gavin, Vice-Presidents elect are Carol Powell and Matt Williams. Our incoming secretary will be Laurel Rosen and our treasurer will be Suzan Allbritton. Our board will consist of Greg Abrams, Josh Bradburn, Vicky Curtis, Chuck Husting, and Kathy Shepard. Andrea Gresinger will be serving her second year on the board. I know this team is going to bring a great deal of energy, creativity and great projects to the club.

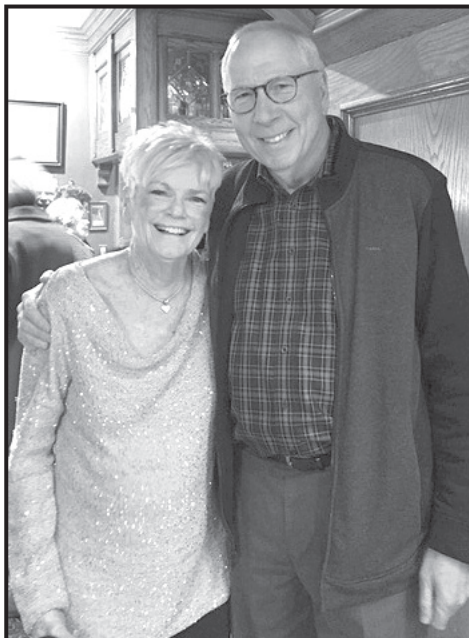
In more volunteering news, our chair of the blood drive committee Ann Greenspun invited us to donate blood. We participated recently with other groups at the

Fairmont Miramar Hotel & Bungalows to donate blood through the Red Cross.

We also participated in the 'Be a Holiday Angel' program at Connections for Children where children are given the opportunity to choose toys for Christmas and volunteer Angels wrap them. I know our volunteers found the experience fun and deeply meaningful.

We wrapped up the holiday season by having our own very festive holiday party at the lovely home of member Jolly Gissell and his lovely wife, Patty. They were gracious and fun hosts for our 70 members and guests. We enjoyed wine, delicious Italian food, live Christmas music and each others' company. We wish you a very Happy, Healthy and Prosperous New Year!

For more information on membership in the Rotary Club of Santa Monica, please call 310-917-3313.



Here's Ann Greenspun with her husband, Richard, at the Rotary Club holiday party last year. Being a nurse, Ann is always in charge of the club's blood drives.

Santa Monica Bay Woman's Club Programs



By Susan Barry

The Santa Monica Bay Woman's Club (SMBWC) sends warmest wishes to you for a bright and prosperous New Year.

Our annual holiday luncheon was held on December 10 with proceeds given to support Happy Trails for Kids. Supporting Happy Trails has become an annual tradition for SMBWC. It included spending a morning wrapping holiday gifts for the kids. Happy Trails provides children in foster care with enriching outdoor adventures, invaluable mentorships, and year-round community.

In honor of Veterans' Day, SMBWC gave \$500 to the Veterans' Resource Center at Santa Monica College (SMC) to continue providing a variety of services, including academic counseling and tutoring for veterans attending SMC. And, mark your calendars for the SMBWC Tenth Annual Valentine Making Day on February 9 at 10:00 a.m., a fundraiser for Santa Monica-Malibu Unified School District Foundation and School on Wheels.

Our members enjoyed the amazing off-Broadway play, "Dixie's Tupperware Party" at the Kirk Douglas Theatre and several other outings with Club M&M. Everyone is welcome to participate in our on-going weekly and monthly activi-

ties. The Artists' League continues to meet every Tuesday at 10:00 a.m. in the ballroom where participants work individually on a variety of projects. Join our Book Group for a lively discussion on the third Thursday of each month at 6:30 p.m. at the Club. The January selection is "Where the Crawdads Sing" by Delia Owens. Bridge and canasta players meet weekly on Mondays at noon and welcome new players of all levels.

Our historic landmark building is located at 1210 Fourth Street, Santa Monica. To learn more about SMBWC, see our website at www.SMBWC.org; or call 310-395-1308. Our facility is available to rent for private events.



Santa Monica Rotarian, Nat Trives, presents a grant to Grace Cheng Braun, far right, from WISE & Healthy Aging, to replace the patio furniture at the Ken Edwards Center that has been used by the Adult Day Care Program participants. Photo by Iao Katagiri



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Paws and Claws

My Dog Has Difficulty Climbing the Stairs



By Dr. Frank Lavac MS, DVM, VCA
Q: My 10 year-old-lab is having difficulty going up stairs. What could be wrong and what can I do to help her?

A: I'm sorry that your lab is struggling. It sounds like she may be developing arthritis. This can be diagnosed more accurately by a physical exam and possibly x-rays. Signs of arthritis include reluctance to go for walks, struggling to go up stairs, difficulty jumping in the car, slow to get up after

sleeping, limping, soreness when touched, and quiet. Treatments include weight reduction, controlled exercise, nutraceuticals including glucosamine and chondroitin, Injectable cartilage protectants, and medications including NSAID'S, tramadol, gabapentin, fish oils, acupuncture and physical therapy. The most dependable treatments are NSAIDS and fish oils. There are several prescription diets that contain high levels of fish oil that can be very effective.

Fortunately, there are many options to improve your lab's quality of life. We often use medication to help affected pets but weight management and controlled exercise can help dramatically as well. I hope your lab feels better soon.

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



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Keeping Older Loved Ones Warm in the Winter

As Mother Nature's thermometer began to dip in late fall and then, throughout winter, so does body temperature for many seniors. While older loved ones characteristically complain of being cold and crank up the thermostat, there is scientific data to support their feeling chilly.

Aging skin is thinner and less likely to tolerate fluctuating temperatures. When a person is cold, the heart pumps less blood to the skin, and tiny blood vessels in the skin constrict to conserve heat. Age reduces the elasticity of blood vessel walls and thins the fat layer under the skin that helps preserve body heat. An older individual's skin is limited in the precise control of changes in both cold and heat.

Penn State physiologist W. Larry Kenney, who has studied the effects of age on temperature regulation for 35 years, notes, "With aging, multiple redundant changes occur in the skin, and they're all conspiring against the ability to dilate and constrict skin blood vessels." Kenney's extensive work with body temperature also finds that the circulation of blood in the skin can cause changes in the body's coronary arteries and overall vascular health. Being too cold or too hot can stress the heart.

Dangers of Cold Weather for Seniors

Older adults lose body heat faster and are less able to tolerate cold than younger adults. If a person's body temperature drops much below the common base of 98.6 F, dangerous health problems can arise, including increased heart

rate and blood pressure, liver damage, and heart attack. Hypothermia sets in when a person's body temperature goes below 95 F. Left untreated, hypothermia can shut down the body's heart and respiratory systems and lead to death.

Older people are at greatest risk for a cold-related death – the Centers for Disease Control and Prevention (CDC) consistently reports that more people die from excessive cold than excessive heat. "The elderly do not need to be outside in frigid weather to run into problems," describes Right at Home owner Tim Petlin. "Living inside in intense air conditioning or with inadequate heat can invite hypothermia. Also, older adults with confused thinking may not be self-aware of their dropping body temperature, so caregivers need to be extra vigilant to check for signs of hypothermia including shivering, slurred speech, shallow breathing and a weak pulse."

Susceptibility to colds can be a symptom of medical issues like diabetes or high blood pressure. Because of poor circulation, diabetics run the risk of decreased body temperature in their extremities.

For people with high blood pressure, certain medications such as beta blockers can reduce blood circulation to the hands and feet, and calcium channel blockers relax the blood vessels, which may accelerate heat loss. Having high cholesterol can also restrict blood flow and lower body temperature.

How to Keep Seniors Warm

Prevention of cold exposure to seniors takes precautionary
(Continued on Page 12)

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Community Calendar

By Miceala Shocklee

Monday, January 7 - SMMUSD Elementary School Classes

Resume. Middle and high school students return the next day.

Wednesday, January 9 - Get Started with 3D Printing. Main Santa Monica Branch Library. 6:30 p.m. Learn the basics of 3D printing and design by completing a guided project. To register, email ideashappen@smgov.net one week before the event.

Thursday, January 10 - Garden Talk & Plant Sale - Enjoy a talk and presentation by Tom Carruth, E.L. and Ruth B. Shannon Curator of the Rose Collections at The Huntington, as he unveils his "Huntington's Hundredth" rose, created in honor of the collections' centennial. Roses will also be available for purchase after the talk. Event to begin at 2:30 p.m. in Rothenberg Hall and is free with no reservations required. Call 626-405-2140 with questions.

Saturday, January 12 - Visiting Paris with Simone Joseph - Hear about sights to see, attractions to visit, Michelin restaurants to dine at, and more with French teacher and traveler Simone Joseph. Event to begin at 2 p.m. at the Kaufman Brentwood Branch Library. Call 310-575-8373 for details.

Saturday, January 12 and Sunday, January 13 - Auditions: Sunday in the Park with George - The Kentwood Players will be holding open auditions for the March and April production, performed under arrangement with Music Theatre International. Auditions will take place at the Westchester Playhouse from 11 a.m.-5 p.m. on Saturday and 6:30 p.m.-9:30 p.m. on Sunday. Callbacks will occur on Monday, January 14. For full audition details, including what to prepare in advance, go to www.kentwoodplayers.org.

Saturday, January 12 and 26 - Ukulele Saturdays, Santa Monica Main Library. (Also February 9 and 23 in the Multipurpose room.) 2:00-2:45 p.m., ages six-12. Ages six and seven need to be with participating adult. 3:00-4:30 p.m. for teens and adults. Heidi Swedberg begins each session with a mini lesson, followed by a strum-along with your favorite songs. Bring your own ukulele or borrow one of theirs. Space and instruments are limited, and on a first-arrival basis.

Tuesday, January 15 - Winter Band Concert - Enjoy this year's Samohi winter band performance. Concert to begin at 7 p.m. in Barnum Hall. For more information and to buy tickets, visit https://smapa.formstack.com/forms/samohi_band_tickets.

Saturday, January 19 - Dr. Martin Luther King, Jr. Storytime with Ina Buckner-Barnette - Kids ages five to ten are invited to a storytime involving song and movement honoring Dr. Martin Luther King, Jr. performed by "The Sunshine Storyteller" Ina Buckner-Barnette. Event to begin at 10:30 a.m. at Children's Book World. For more information, call 310-559-2665.

Saturday, January 19 - Children's Workshop: Herb Garden Flowers - Kids ages seven and up are encouraged to come learn how



Playing at the Santa Monica Playhouse will be the popular tale of "Cinderella." Shown above, *The Step Family*, from left, Celeste Akiki, Graham Silbert, and Sarai Jimenez. "Cinderella" plays Saturdays at 2 p.m., and Sundays at 12:30 p.m. from January 19 through March 24. For details, call 310-394-9779, ext. 1.

to create "scentsational" bouquets of flowers and herbs with Flower Duet at The Huntington. Cost of the class is \$35 for members and \$45 for non-members and covers one child plus accompanying adult. Class to run from 1 p.m.-2:30 p.m. in Rothenberg Hall. Go to huntington.org/calendar to register.

Monday, January 21 - Dr. Martin Luther King, Jr. Day

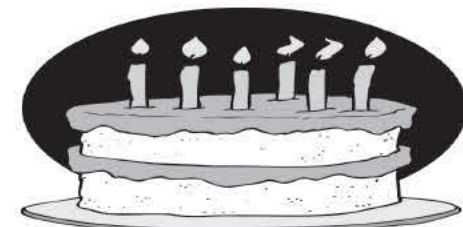
Wednesday, January 23 - A New Year, A Healthier You! - New Year's resolutions are a longstanding tradition worldwide. Join Angelina Park to learn how to keep your resolutions and really make a move towards better health in 2019. Event to run from 4 p.m.-5 p.m.

at the Montana Avenue Branch Library. Contact Stephanie Archer at 310-458-8682 with questions.

Saturday, January 26 - The Sixties: Bob Dylan Revisited - Follow Bob Dylan's artistic and personal story through the turbulent 60s with rock historian Vincent Bruno at Kaufman Brentwood Branch Library. Event to begin at 2 p.m. Call 310-472-0163 for details.

Saturday, January 26 - Henry Lien Launch Party - Kids ages nine to 14 are invited to middle grade author Henry Lien's book launch party for *Peasprout Chen: Battle of Champions*, a story about the imagined sport of kung fu figure skating - complete with its own theme song. Event to begin at 2:30 p.m. at Children's Book World. Details: 310-559-2665.

Monday, January 28 - Thrifting 101 - Learn from expert Becca Hochman how to find today's trends on a budget. Event to run from 4:30 p.m.-5:30 p.m. at the Pico Branch library. For more in-

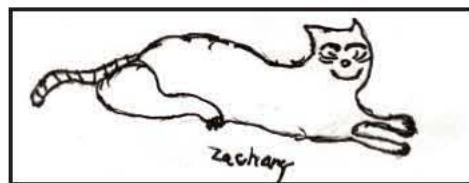


Happy January Birthdays to:
Eric London, Bill Rayman, Molly Smulian, John McIntire, Tom Larmore, Bill Dawson, Judy Neveau, John Lehne, Larry Maher, Julia Miele, Klaus Mennekes, Mitchell Kraus, Connie Maguire, Vickie Laham, Joe Rainsford, Jack Rainsford, Linda Levee, Nort Wyner, Alan Paar, and Joan Sitnick.

formation, call Stephanie Aurelio at 310-458-8684.

Monday, January 28 - This Promise of Change: One Girl's Story in the Fight for School Equality - Kids ages 10 and up are invited to this launch party for the striking non-fiction story told in verse about the Clinton 12, the historical first group of students to integrate in a southern high school in 1956. Authors Jo Ann Allen Boyce, one of the Clinton 12, and Debbie Levy, author of *I Dissent: Ruth Bader Ginsberg Makes Her Mark*, will be present to discuss their book and the social movement behind it. Event to begin at 7 p.m. at Children's Book World. For more information, call 310-559-2665.

Tuesday, January 29 - How to Write a Book and Get it Published. 6:30 p.m. Montana Avenue Branch Library. Whether writing your memoir for publication or for your family, a business book for credibility, writing and publishing is an extraordinary experience and gift. Writing coach Jasmyne



Boswell teaches the many ways this can be accomplished and how you can get started.

Wednesday, January 30 - Hour of Code: Dance Party - Kids are invited to come to the Pico Branch Library to learn how to code your own setlist of a dance party! No prior coding experience required. Event to run from 3:30 p.m.-4:30 p.m. Space is limited, so advance registration is required. Call Vanessa Alvarado at 310-458-8684 to register your child.

Wednesday, January 30 - A New Outlook on Responding to Climate Change. Fairview Library, 7:00 p.m. Join a discussion with the local chapter of the Citizens Climate Lobby for a discussion on how recent weather events, combined with political and legislative changes in climate policy, are forcing advocates to consider new ways of responding to climate change.

Friday, February 1 - WISE & Healthy Aging Volunteer Information Session, 9:30-11:30 a.m. Ken Edwards Center. To register, call 310-394-9871, ext. 552.

Discover the Treasures

(Continued from Page 1)

The Santa Monica Family YMCA invites you to discover how they have something for everyone to help find health and balance in your life. Visit their Open House on Saturday, January 12 from 9 a.m. to 2 p.m. Experience a group fitness class, swim in the UV filtered pool, play racquetball or shoot hoops in the basketball court.

Your children can try a yoga class, or do arts and crafts. You can also observe a youth judo class, a parent and child water program, or use their fitness equipment. Be sure to bring a swim cap for the pool, and photo identification.

For the schedule, go to www.ymcasm.org, stop by the Y at 1332 Sixth Street, or call 310-393-2721.

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Plan Ahead for Valentine's Day Gifts



Come to Special Moments lingerie shop in the Pacific Palisades to find the warmest imported lingerie for women and girls. Owner Mely, above, will help you with your selections.

From Me to You (Continued from Page 5)

version is mixing a cup of mayonnaise with a 1/4 to 1/2 cup of chili sauce. I add pickle relish, chopped olives and garlic powder to taste. You can experiment with some of the other ingredients from his recipe.

Valentine's Day will be the next holiday we think about buying gifts for people we care about. You may not know it, but the gift shop at Providence St. John's Hospital is run by Cammie Hall. She used to

have a wonderful shop on Montana Avenue. As a result, you will find some very special items that you wouldn't expect to find in a hospital gift shop.

Mely, owner of Special Moments lingerie shop in the Palisades, carries the softest, warmest lingerie for girls and women. Her photo is on the upper right hand corner on this page. Another great idea for Valentine's Day gifts.

All the best in the coming year.

Keeping Older Loved Ones Warm

(Continued from Page 10)

measures before winter sets in and ongoing observation by family members, caregivers and those familiar with the older loved one's health and living environment. Petlin recommends these tips for caregivers to help seniors stay warm this winter:

- Keep the home properly heated at a temperature of 68 F to 70 F.
- Winterize windows and doors with weather stripping and caulk.
- Close heat vents and shut doors in rooms that are seldom used.
- Dress the senior in warm layers

that can be removed if he or she gets too hot.

- Put socks and slippers on the senior and use a blanket over legs.
- Check weather reports and know that snow, rain, and wind can increase heat loss.
- Have the senior change out of damp or wet clothes right away.
- Help the senior practice sound nutrition to fuel the body's heat and energy sources.
- Ensure the senior stays fully hydrated – dry air temperatures inside and outside can cause dehydration.
- Encourage the senior to avoid alcohol consumption, which can trigger heat loss.
- Learn the temperature-lowering effect of specific medications and over-the-counter drugs.
- Devise an evacuation plan in case of a power outage or the furnace/heat source breaks down.
- Create a plan for family and friends to check on the senior regularly, especially during colder weather.

Founded in 1995, Right at Home offers in-home companionship and personal care and assistance to seniors and adults with a disability who want to continue to live independently. Right at Home directly employs and supervises all caregiving staff, each of whom is thoroughly screened, trained, and bonded/insured prior to entering a client's home. For more details on Right at Home, visit www.rahwestla.com or call Tim Petlin at 310-313-0600.



Do You Need Help Caring For A Loved One?

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

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

Services We Provide

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- Personal Care
- Daily Health Reminders
- Transportation/Errands



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