



Jake and Alexa will learn more about brushing and flossing their teeth at the upcoming Healthy Kids Day from 10 a.m.-1 p.m. on April 27 at the Santa Monica Family YMCA.

## Bring Your Family to Healthy Kids Day at the Santa Monica Family YMCA

Bring your children to the free Healthy Kids Day on Saturday, April 27 from 10 a.m. to 1 p.m. at the Santa Monica Family YMCA, 1332 Sixth St.

There will be representatives from Santa Monica-UCLA Medical Center and Providence Saint John's Health Centers, Xavier the Barber giving free haircuts to children

from 10 a.m. to 11 a.m., eye care from the Santa Monica Lions Club, healthy savings from Wells Fargo Bank, and dental care from the Santa Monica Breakfast Club (SMBC).

The members of the Santa Monica Breakfast Club will be showing children how to brush and floss

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## Remembering Santa Monica Group Celebrates 107th Birthday of Member Florence Kinney



It's not often that we get to celebrate a birthday of over 100 years. Florence Kinney is the oldest living Santa Monica High School graduate. This year her friends and family came to celebrate her 107th birthday with a cake and balloons. The group will be meeting again on Tuesday, April 16 at the Santa Monica History Museum.

Photo by John Klopping

### By Carolyne Edwards

The Remembering Santa Monica group meeting last month began with a special celebration for member Florence Kinney's 107th birthday. Dr. Bernard Harris, a new visitor, shared a story about his

pilot experiences in Santa Monica where he developed a flying program in 1954 for underprivileged kids. He took them to the hangar, gave them a safety lesson, showed them around the plane, and flew

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## Tea Party to Celebrate Shirley Temple's Birthday at the Santa Monica History Museum



Terri Decker will coordinate the preparation of the delicious tea sandwiches again this year.

The Santa Monica History Museum will host a Shirley Temple birthday tea party and pop-up display of costumes and memorabilia on Saturday, April 27 from noon to 2:30 p.m. at the Santa Monica History Museum, located at 1350 7th Street. Call 310-395-2290 now for reservations.

The Shirley Temple Tea Party honors the 80th anniversary of Hollywood's Golden Year and will feature an exclusive one-day pop-up exhibition highlighting Shirley Temple's last film as a child star,

*The Blue Bird*, as well as other period costumes and memorabilia.

A delicious traditional tea service with tea sandwiches and yummy desserts will be served. Tickets for the tea and exhibition are \$40 and will benefit the museum.

Shirley Temple was born in Santa Monica on April 23, 1928. As a pint-sized singer, dancer and actress, Shirley shot to fame at Fox Studios in Hollywood. Once named "Little Miss Miracle" by President Franklin D. Roosevelt for her ability to bring joy to the lives of millions, she is famous for her signature songs *On the Good Ship Lollipop*



Guests at the tea party last year.

and *Animal Crackers in My Soup*.

From mid-1938 to early 1940, America experienced a period of new-found hope and prosperity. The Great Depression was ending, and Hollywood was producing lavish, high budget fantasy films such as *The Wizard of Oz*. 20th Century Fox's Darryl F. Zanuck selected

(Continued on Page 10)



About 100 guests enjoyed learning about Shirley Temple at the tea.

## Do You Recognize This Neighborhood Celebrity?

(Answer on Page 11)



Here's Susan Gabriel Potter at the tea, relaxing after making dozens of sandwiches.

## Take A Look Inside

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Brain Matters

Brain Health Coaching: Be On Your Best Brain Behavior



By Ryan Glatt, FAFS, BSc We hear it all the time, "Product fill-in-the-blank is great for brain health!" So, for those of us who are motivated

brains strong and healthy. We know that by boosting what is called "cognitive reserve," which can be viewed as a gas tank for the brain's structure and function, via lifestyle modifications and activities, we can have a better chance of staving off cognitive decline. With advances in science demonstrating the ability to improve neural networks and cognitive function, a process called neuroplasticity, there is hope.

As a Brain Health Coach, I help individuals identify and personalize strategies to incorporate into their lives that research has demonstrated to be effective for inducing neuroplasticity, and overall cognitive health.

Monotherapy vs. Multi-modal Interventions

When we incorporate change long-term into our lives, it is often only one thing. Applying one positive change, such as eating more

salmon or introducing meditation is great, and on its own is referred to as monotherapy, meaning only one thing is done to improve brain health.

In reality, however, research demonstrates that the best kind of intervention is taking a multi-modal approach - one that consists of applying various lifestyle changes together. While exact "prescriptions" are still being determined by research, we find that providing many general recommendations often can help lead to multi-modal behavior shifts in an individual's life.

Here are some recommendations we find ourselves making often at the Pacific Brain Health Center.

1. Exercise

Aerobic exercise: Enough to get your heart rate up to the point where you can only talk in broken sentences since you are so out of breath, three to five times per week

(Continued on Page 7)

Byte by Byte

As Healthy As a Horse with Form Technology



By Miceala Shocklee Form - it's important for the performance and health of every athlete, whether two-legged or four. Last month, Byte-by-Byte covered apps that

can get anyone, whether novice or pro, into tracking routine running stats such as distance and pace. However, tracking features of form like foot lift, knee angle, and back incline is a bit trickier for your standard GPS-step-counting-combo to handle.

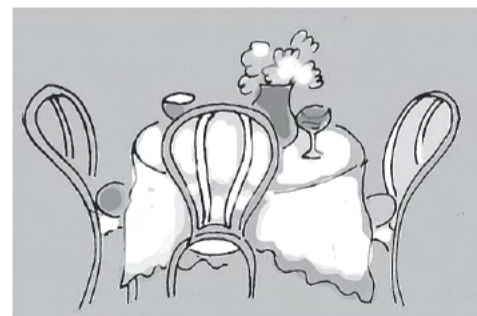
Bring on some distance for perspective plus a run-of-the-mill smartphone camera though - or tablet camera, or even GoPro - and the job is done. Apps like "Coach's Eye" allow athletes across disciplines from running to softball to analyze form parameters. Furthermore, the app is able to combine data from multiple sources of video, potentiating the ability to do a 360-degree critique of an individual's movement.

The app isn't being used for just humans, either. The equine world has started embracing Coach's Eye and similar apps to help with musculoskeletal evaluation and pain work-ups. Just like human runners, equine athletes have particular stride patterns and foot-strike (or in this case, hoof-strike) angles and back (or tail) inclines that can help vets diagnose sacroiliac pain, multifidus muscle spasm, and even shoe conformation problems.

While Coach's Eye boasts a hefty price for anyone looking to get a more in-depth view at how their twists and turns are comparing to the optimal, cheaper apps providing slow-motion replay, like SloPro, have also proved useful for taking a closer look at human and horse performance alike.

Think you might be able to step it up through a technique critique? Take a look into whether there's a bit of technology that can help you figure out if your form is healthy as a horse - or if it could just maybe step it up.

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



to stave off cognitive decline, we immediately buy whatever is recommended.

Or, we begin the difficult journey up the behavior-change mountain to incorporate exercise, meditation, a morning walk, and so on. The challenging thing about this approach is that it is almost impossible to sustain these changes long-term, and long-term changes are often required for brain health.

With Alzheimer's disease standing as the fifth leading cause of death for Americans over 65, it is more crucial than ever to employ every strategy available to keep our

Planning Ahead

Estate Planning "Super" Powers



By Lisa C. Alexander, Esq. If you are lucky enough to be the beneficiary of a trust created by your parents or grandparents, you

lifetime (sometimes known as a "generation-skipping" trust), there will be provisions directing final distribution after your death. But, you may have the power to name different beneficiaries to receive your trust when you are gone. This is called a "Power of Appointment."

And, if you are creating your own trust as part of your own estate planning, you can build in such a power giving your beneficiaries the right to direct how their trusts will be distributed. Such powers are

given either for tax reasons or to create future flexibility, and sometimes both.

There are two kinds of powers of appointment. One is referred to as a "limited power of appointment" because the people you can "appoint" to receive the rest of your trust are limited under the terms of the trust, commonly limited to family, and never to the person with the power to appoint, or to his or her creditors.

The second kind of power is known as a "general power of appointment." With a general power, there is no limitation on who can be appointed to receive the rest of the trust. There are tax consequences to a general power of appointment. The remainder of the trust is includable in the power holder's taxable estate. This may be a good result. The general power of appointment can be used strategically for tax purposes.

Many beneficiaries do not know they have a power of appointment over their trust and so the power goes unexercised. And, if there is a power of appointment, care must be taken to exercise the power according to the requirements under the trust. Your estate planning attorney can review the trust and tell you if you have a power of appointment and advise you how to exercise it.

Lisa C. Alexander, Esq. JAKLE & ALEXANDER, LLP 1250 Sixth Street, Suite 300 Santa Monica, CA 90401 Main Line: 310-395-6555

may have a power under that trust to designate how your share will be distributed if you don't receive it all during your lifetime.

A "Super" Power! For example, if your trust will continue for your

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## Celebrating Successful Marriages



Karon and Tom Larmore were fixed up by Tom's law school roommate to go on a school picnic.

Photo by Brendan Minto

Santa Monica resident Tom Larmore met his future wife Karon when they attended a law school picnic. "We all had a good time," he recalled, referring to his roommate and his roommate's date, who had brought along Karon. He called her about a month later, and she didn't remember him.

But she did agree to date him. All of a sudden, this Miami Beach native whose dad was in the Navy and who had come to California when he was five, and this independent Chicago native who had graduated UCLA with a degree in sociology, entered into a whirlwind romance.

"We began dating in the fall and we were engaged in the spring.



Tom and Karon on their wedding day.

The bar exam was on a Thursday and we got married on Saturday in the Glass Chapel in Palos Verdes on Labor Day weekend in August, 1968."

Describing what makes Karon special, Tom notes, "She is thoughtful and fun to be with. She's consistent and kind. She's game and has a stable personality. To me, she's elegant. She grew up

in Chicago where they were a little more formal. Karon was an only child, and she feels complete doing things on her own.

"She has been taking ballet since we've been married, and she plays tennis. She's also in an investment club with other ladies," Tom adds.

During their marriage, they had lived in Washington, D.C. but returned to California when Karon became pregnant with their daughter. Tom joined a large law firm with 500 lawyers in downtown L.A. where he worked for 30 years. Their son was born in Santa Monica during that time.

For the past 20 years Tom has been with a smaller law firm in Santa Monica.

(Continued on Page 6)

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Reflections From The East

Is There \$1,500 in Your Trash Can?



By Qin Sun Stubis

America has always been the land of opportunity. It is rich and bountiful, the envy of the world.

Throughout history, millions from all corners of the Earth, including myself, fit their entire life's belongings into a suitcase or two, bid goodbye to their birthplaces and set off for America to seek a better life.

While the richest country in the world still has poverty and the roads are certainly not paved with gold, most Americans do, however, enjoy a lot more privileged life compared to those living in other parts of the world. Refrigerators here are constantly stocked, and the supermarkets have plenty to offer.

Being an American is a blessing. Our world-class economy ensures our earning ability. According to

the U.S. Census Bureau and Gallup News, the median American household income has exceeded \$60,000, while worldwide it is only about \$10,000.

With the good wages we make, one could only imagine that Americans have a lot of money tucked away in their bank accounts. On the contrary, we don't. Our median household savings sit at around \$11,700, and millions of families actually have no savings at all.

Not that people do not worry about coping with "rainy days" or an economic downturn, they just haven't found a magic way yet to keep money in their pocket. After a month of living and spending, there is simply little left to save.

For those still looking for that extra cash, I encourage you not to give up yet. Sometimes good solutions can be found right under our nose - in this case, right in our

trash can. Remember all those grocery shopping trips when we swipe our credit cards and walk out with a cartload of everything?

Well, the average Californian family wastes about a thousand pounds of food annually, valued at fifteen hundred dollars. In other words, an awfully large portion of what we buy is doomed for the trash can as unwanted leftovers, spoilage, and expired packages drain our wallets and overload our landfills.

We have literally turned our hard-earned cash into garbage! Not only is buying more than we can eat ecologically irresponsible, wasteful habits can also put an unfortunate dent in our finances, wiping out the money that could have been put into our savings or a nice vacation.

The solution? A quick, curious look into what is being thrown out

every day can help us understand what we tend to buy and not eat, and in turn, guide us in avoiding buying the same things during our future shopping trips. The key here is to not buy what we don't use and will only end up in our trash can. Making a shopping list before heading to a store can help as well.

Curtailed waste is a healthy habit in life. It will not only help us to save money, but also preserve our American prosperity for generations to come. So, next time you take out the garbage, take a quick look at what's in it and ask yourself what you can save next time in terms of food and money. The equation is simple: Less trash equals more treasure.

You can always reach me at qstubis@gmail.com

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

Meals on Wheels West Hosts Annual March for Meals Community Champions Day

By Taber Falconer

At the end of March, Meals on Wheels West hosted its annual March for Meals Community Champions Day at their headquarters in Santa Monica. They provided a continental breakfast for over 50 special guests and honorees. The event celebrated the efforts of heritage supporters including Watt Companies, the Pacific Palisades Women's Club, and the Rotary Club of Santa Monica.

In addition, on hand were a new generation of donors and volunteers from tech companies Oracle, Bird, Uber, and Google, among others. Santa Monica Police Chief Renaud was also in attendance.

Executive Director Chris Baca emceed the ceremony, introducing the crowd to individuals who have

continually contributed to the organization's success.



The staff from the Bird Co. pose with Meals on Wheels West Executive Director Chris Baca, far right.

Longtime volunteer Walt Waltson took the stage to share how the simple act of delivering food and supplies to his neighbors has positively impacted his life. "I did one round and got hooked," said Walt, who was first introduced to MOW at his synagogue. "I have great conversations with everyone on my route. It's easy to lose track of time!"

American Legion Post 283 was recognized for their involvement in growing the Supporting Veterans on the Homefront program, which has been able to increase its annual meal delivery count from 40,000 in 2015 - its first year - to 125,000 in 2018.

"It's not just the food, but the smile, the warm handshake, that make what we do so special," said



Police Chief Cynthia Renaud and SMPD support staff support Meals on Wheels West.

Leonard Lanzi, chair of MOW West's board of directors.

If you'd like to make a donation to Meals on Wheels West, or if you're interested in becoming a volunteer yourself, please call 310-394-5133 or visit www.mealsonwheelswest.org.

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## From Me to You...



**By Diane Margolin**  
For many years when I lived on Ocean Avenue, the L.A. Marathon was a big part of our lives. At 7:30 a.m., we could hear the megaphones sending out information to people setting up water stations along the avenue. It was fun to go out to see the first winners come in. It still amazes me how people can run from downtown L.A. to the end of the race in just over two hours. During the day, my neighbors and I would go outside to cheer on whomever was passing by at that time. Some people were in costumes, some were walking by that point, but all were determined to reach the finish line. Even towards the end of the race, we would go out and cheer those who passed by several hours after the first winners. It was especially exciting to watch my neighbors who ran in the race. We were so proud of George Heller, Jane Wall and Ana Interiano who practiced so many hours to be able to participate. We shared their happiness when they showed us their ribbons that went to all participants who reached the anticipated finish line.

Tara Pomposini from the Santa Monica Family YMCA sent sad news about the passing of Jerry Bruver. "Although Jerry's career was in banking, he had a genteel

manner and a laid back personality that may not seem suited to the nature of banking we often see today. Yet, his reserved presence evoked trust and confidence from his customers. His reputation as a trusted friend helped him to attract longtime loyal clients.

"Well known for the gentle eloquence he brought to our board meetings, Jerry served as the current treasurer of our organization and gradually had expanded his involvement with the Y to a very broad scale. In his spare time, Jerry enjoyed biking, skiing, and traveling. He also served on the Santa Monica College General Advisory Board and was a past president of the Santa Monica Lions Club, where he had been a member for more than 20 years. Services for Jerry will be held on Saturday, April 13 at 1:00 p.m. at Saint Ambrose Church in West Hollywood."

One of our longtime subscribers, Vic Gilbert, a friend since we were teenagers, passed away last month. A resident of San Francisco, he shared his problems with the noise from the dog park that was across from his apartment in Diamond Heights in San Francisco.

It's sad when you realize you can't pick up the phone to call a dear friend anymore. So, when you still have the chance, call or, forgive me, text your friends to let them know they are in your thoughts.

## Exploring Alternative Approaches to Health and Wellness

Naturopathic doctor Corinna Ferrandino wants to spread the word about alternative approaches to health and wellness. At her Santa Monica office on Wilshire Boulevard, she assesses patient complaints from a holistic point of view, developing homeopathic courses of treatment tailored to the individual.

"I provide my clients gentle support. People come in with a range of common ailments such as fatigue, headaches, insomnia, and weakness. What I try to do is teach pain management techniques so that these issues can be alleviated naturally over time," Corinna explained about her method.

Corinna received her medical degree from the University of Zurich in Switzerland, her native country. She moved to the United States

shortly thereafter and gained experience working in general surgery and emergency medicine before realizing that she wanted to pursue her lifelong interest in homeopathic remedies. She holds medical licenses in New York and California.

"I love being able to help people achieve their wellness goals," Corinna said. "I treat the whole person to address every aspect of health: physical, mental, and emotional. I make sure to work at the pace set by the client, and I offer flexible scheduling and customized packages to ensure they get the most out of our meetings."

If you're interested in setting up an appointment with Dr. Ferrandino, call 310-795-4918, or visit [www.reliable-health.com](http://www.reliable-health.com).

## Rotary Club of Santa Monica Pays Tribute to Unsung Community Hero

**By President Mitchell Kraus**  
Periodically, our Santa Monica Rotary Club salutes a member of our community for service above and beyond. Recently, we honored Veronica McNeal-Middleton. She was born and raised in Santa Monica. She attended Madison Elementary, Lincoln Junior High, and Santa Monica High School. She graduated from San Diego State University with a Bachelor of Arts in Social Welfare and a minor in Child Development.

Soon after relocating back to Santa Monica, Veronica was employed by the Charles Drew University Head Start program as a social worker – a position she held for over 20 years. As a family service

worker, she was able to work with families to assess their needs and eligibility for programs. She worked tirelessly to provide them with assistance in order to help them overcome obstacles and repair their lives.

We found out that Veronica is all about the community and family. She volunteers with the Santa Monica based non-profit organization, One Voice. By volunteering with One Voice, she is able to provide goods, services, and opportunities to the under-represented members of our community, including everything from crisis intervention to long term programming that lifts families out of

*(Continued on Page 10)*

## From the Santa Monica History Museum



*Shirley Temple Awarded Telephone, 1959 – Shirley Temple Black receives the one millionth telephone from General Telephone Company at a ceremony held in Santa Monica. Courtesy: Santa Monica History Museum, Bill Beebe Collection [For historical reprints, please contact SMHM and specify image #3.2.7460.]*

## Seven Ways to Clean Your Financial House This Spring



**By Carolyn Hemann**  
Spring is on the way. For many of us, the increasingly longer days and warmer weather signify a

chance to tidy up and start fresh. If you enjoy the ritual of spring cleaning, why not take time to spruce up your finances as well? The following list is a great place to start:

- **Your goals.** If you set New Year's financial resolutions, now is a good time to evaluate your progress. If you're not where you hoped you'd be, recommit to your goals. Identify what obstacles are in your way and create a plan to overcome them. If you need help deciding what to do next or how to stay on course going forward, consider meeting with a financial advisor who can provide you with a second opinion and help keep you accountable to your progress.

- **Your portfolio.** As you evaluate your financial goals, it may be helpful to also review your portfolio, as the two often go hand in hand. Take a look at your asset allocation and ask yourself the following questions: Are you still diversified and invested according to your ability to withstand a potential market drop and the time-frame of when you need the money? And, do you understand why you are invested in the assets you have?

- **Your budget.** There's a good chance that your cash flow needs will vary in the summer months to come. In addition to summer travel, you may need additional funds for things like child care or extracurricular programs while your kids are away from school. Take time to plan ahead now so you can enjoy the summer fun while still feeling confident that you're prioritizing retirement and other financial goals.

- **Your credit report.** Did you know the three major credit bureaus – Equifax, Experian, and

*(Continued on Page 7)*

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## Holy Week at Mt. Olive Lutheran

- **Palm Sunday**  
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APRIL 18th - 7pm
- **Good Friday**  
APRIL 19th  
12 to 3pm - Seven Last Words of Christ  
7pm - Service of Light & Darkness
- **Holy Saturday**  
APRIL 20th - 7pm Easter Vigil
- **Easter Sunday**  
APRIL 21st - 7am, 9am & 11am



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### Bring Your Family (Continued from Page 1)

by demonstrating on friendly animal puppets with big teeth. Kids can participate, too. Dental kits of toothbrushes, toothpaste, floss, and two-minute timers will be given to each child, compliments of SMBC. Their goal is to teach good healthy brushing habits while encouraging children to brush their teeth twice a day for two minutes on a daily basis to prevent tooth decay and to give them the confidence to smile.

Enjoy some great giveaways and wonderful raffle prizes. One is a gift basket for kids from the new Pharmaca Pharmacy on Lincoln and Montana. CDs from children's entertainer, Dan Crow, a Warner Brother's action figure, plus tickets



Kids can get a free haircut from 10 a.m. to 11 a.m. from Xavier, the barber.

to the Santa Monica Playhouse will also be raffle prizes.

For more details, or to participate, call Erika at 310-393-2721.

## Pastor Eric Shafer's Programs Have Received National Attention

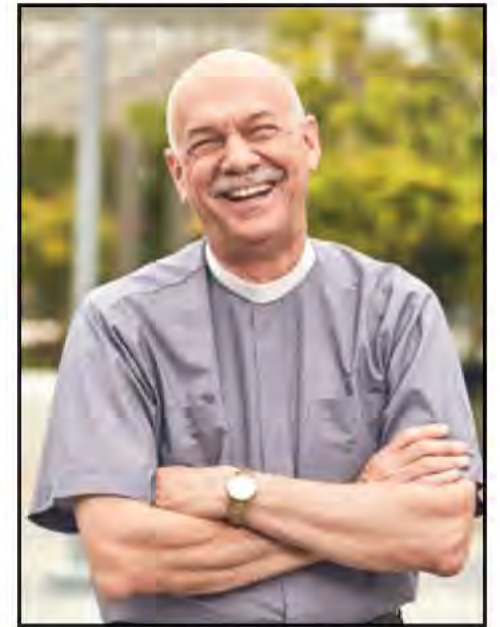
The Rotary Club of Santa Monica is proud to recognize the Rev. Eric C. Shafer, Senior Pastor of Mt. Olive Lutheran Church, with its annual Four-Way Test Award. The presentation was made at the last Rotary meeting in March.

Under Pastor Shafer's leadership, Mt. Olive has welcomed the Students 4 Students Shelter (formerly known as the Bruin Shelter) to Mt. Olive, the first shelter for homeless college students in the USA. The shelter opened in October 2016 and has attracted media coverage throughout the USA, including articles in the *New York Times* and the *Los Angeles Times*, as well as a feature on *National Public Radio (NPR)* and television news coverage on *PBS* and, most recently, a feature news story on *CBS Sunday Morning*.

In 2017 Pastor Shafer helped lead the shelter through required City of Santa Monica zoning changes and helped solicit grants for the shelter from the City of Santa Monica and the Los Angeles County Board of Supervisors.

For his work with the shelter, Pastor Shafer was awarded the "Community Service Appreciation Award" for "Interfaith Humanitarian Service" by the Church of Jesus Christ of Latter-Day Saints in 2017.

Pastor Shafer has brought energy, integrity, and a sense of urgency to many other community and faith initiatives. He helped found the new Santa Monica Area Interfaith Council. Following the mass attack on gay and lesbian people in Orlando in 2016, Pastor Shafer helped organize a "Love Orlando, Music Heals" benefit concert at Mt. Olive, raising funds for the Gay, Lesbian, Bisexual and Transgender Community Center of Central Florida. He serves as Vice President of the Religion Communicators Council (RCC), the "guild" for USA professional communicators of religion. Pastor Shafer also serves on the board of the Westside



Pastor Eric Shafer was honored by the Rotary Club of Santa Monica last month.

(Los Angeles) Coalition for Hunger, Homelessness and Health, and on the Santa Monica Bay Area Human Relations Council. From 2014 - 2019 he was a founding board member and treasurer of the Interfaith Movement for Human Integrity, a California non-profit working for immigration rights and against mass incarceration.

The Four-Way Test was adopted by Rotary International 70 years ago. Its 24 words have never changed and still reads, "Of the things we think, say or do: Is it the TRUTH? Is it FAIR to all concerned? Will it build GOODWILL and BETTER FRIENDSHIPS? Will it be BENEFICIAL to all concerned?"

The 4-Way Test is part of Rotary's core values that guide its 1.2 million members worldwide in 35,000 clubs who work on community service and humanitarian projects. Each year, the award recognizes an individual who transforms the words into action. Congratulations and thank you, Pastor Eric Shafer.

### Celebrating Successful Marriages (Continued from Page 3)

When I spoke to Karon, she recalled that there was a lot of chemistry between them after they spent some time together when she did finally agree to go out with him. They were both interested in UCLA sports, and each played tennis and volleyball.

Karon shared her thoughts on what makes a marriage successful. "You have some things that you enjoy together," she noted. "But, you also support each other in their interests. Even if you have been married for years, it's fun to

get dressed up for a date to keep that spark going. Compromise is a biggy.

"Forgiveness is important," she continued. "I'm sure each of us has done things that upset the other. Give the other person a chance. And," she added, "appreciating each other is important. Tom is a loving, kind, and generous husband, who has always supported me in what I want to do."

We wish Tom and Karon many more years of happiness. **-D.M.**

### Help Make Prom Night Special for a Samohi Senior

The Samohi Prom Boutique is collecting formal dresses, formal wear, gently used shoes, purses, jewelry and other formal attire accessories such as ties, bowties, and unopened cosmetics for seniors.

Donations will be accepted through April 26 at the Samohi gate on 7th and Michigan.

Dresses, men's formal wear, and accessories will be distributed on May 9-11. Students will receive as-

sistance from a volunteer personal shopper as they look for clothes to wear to the special event.

Dry cleaning bags and hangers are welcome, too. Or, if you can offer a service such as hair, makeup, or nails, or would like to be a personal shopper for the teens, please contact Johanna De La Rosa at [jdelarosa@smmusd.org](mailto:jdelarosa@smmusd.org), or Lauren Paule Sheahan, at [Lpaulesheahan@smmusd.org](mailto:Lpaulesheahan@smmusd.org).

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### Brain Health Coaching (Continued from Page 2)

for at least 30 minutes.

• **Resistance exercise:** Safely working the major muscle groups two to three times per week. Resistance training can improve cognitive health, and leg strength has been shown to correlate with brain health.

• **Activities with cognitive demand:** Martial arts, dance, tai chi, tennis, hiking, and other activities naturally have more cognitive load. Incorporating these activities two to three times per week, in addition to

more traditional forms of exercise, can be helpful for improving brain health.

#### 2. Mindfulness, Meditation, Breathing

• **Mindful movement**, such as yoga or tai chi, is especially useful for brain health, fall prevention, and relaxation.

• **Mindfulness-Based Stress Reduction (MBSR)**, Concentration Meditation, or Kirtan Kriya (a form of Kundalini Yoga-style meditation)

(Continued on Page 8)



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7:00 p.m.-10:00 p.m. in the Church

### Easter Sunday - April 21

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### Seven Ways to Clean Your Financial House (Continued from Page 5)

TransUnion – are required by law to provide you with one free credit report annually? Make it a habit each spring to check your credit report. Doing so is a good way to ensure accuracy, protect against identity theft, and help you prepare for what interest rate you may receive if you plan to make a big purchase soon (such as a vacation home or new boat).

• **Your protection needs.** While de-cluttering, take time to review life, home, auto, and disability insurance policies to make sure you

are still satisfied with your level of coverage. If you've experienced any life-changing events, such as divorce or the birth of a child, it's possible that your needs have changed.

• **Your benefits.** Even though open enrollment is typically in the fall, spring is a good time to make sure the benefits you selected are being maximized.

• **Your estate plan.** Estate planning is important regardless of your net worth. It's never too early to create or update your will, health care directive, beneficiaries and basic powers-of-attorney – all of which can help your loved ones make decisions in line with your wishes in the event of your death. If giving assets to your loved ones and/or reducing your tax liability are important to you, an estate plan can also help you with strategies to accomplish those goals.

As with many spring cleaning projects, it's possible to get overwhelmed as you review your finances. If this happens to you, step back and take each task one at a time.

*Carolyn Hemann of Ameriprise Financial has been guiding clients towards financial independence for more than 25 years. She can be reached at 310-477-2500.*



## Do You Need Help Caring For A Loved One?

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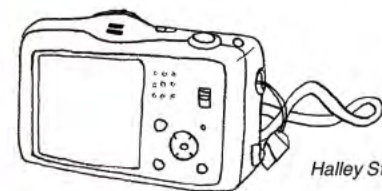
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# Passing Through The Pico Neighborhood



The many faces of Queen Esther Lee Sidney



**By Clara Wright**  
Longtime residents, along with 100 invited guests, recently came to celebrate the 100th birthday of Queen Esther Lee Sidney.

The event was held at the beautiful W. P. Carter Center, located on the grounds of Calvary Baptist Church in Santa Monica where Queen Esther has been a member for more than 60 years. It was hosted by her daughter, Mary E. LeVias, and son-in-law, Arthur J. LeVias.

Dr. LaTonya Cowan-Hunter, granddaughter, and grandson Darly Stiger, (Bren) were organizers of this exquisite celebration.

Two great-grandchildren, Jerome Alfred Hunter II and Tiana Alyce

Stiger, were inspirations for the centennial celebration and the loves of Queen Esther's life.

A crowd favorite was mistress of ceremonies Evangelist Lenora LeVias, who has served as mistress of ceremonies for many of Queen Esther's special birthdays.

Nathaniel Trives, popularly known as "Mr. Santa Monica," presented the "birthday girl" with several accommodations from city, state, and federal agencies.

World-renowned baritone singer Jubilant Sykes and his lovely wife CeCe shared special memories of his mother, the late Eloise Sykes, the late Vivian Valentine, and all of the Pico Neighborhood residents who worked tirelessly to make our community a better place to live.

The Carter Center was beautifully

decorated with royal purple centerpieces with purple, silver, and white accents. The food was catered by Chris Featherstone's Catering Service and enjoyed by all.

When asked how does she continue to remain young and vibrant, Queen Esther answered, "I read my Bible and write my God-given thoughts daily, a hobby I have had all of my life."

Kudos to the family and friends of Esther Lee Scott Sidney for an outstanding centennial celebration fit for our Queen.

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



## Thoughts From a Second-Time Father

### Dealing With Sibling Relations



**By Michael Margolin**

A lot of times in our household, there are accusations made by one child against the other. Jake is two and a half and sometimes his words are haphazard, or just plain difficult to understand if he is upset.

Alexa is approaching six years old, and generally, her complaints against her brother hold some water. One thing about life that Jake has not learned yet is to completely deny charges that are levied against him. He also appears to not have grasped the fact that just because he covers his eyes does not mean we cannot see him.

Piecing these two items together, when Jake is accused of something he quickly covers his eyes. Maybe he figures that since he does not have a defense plan lined up, he will just disappear. And, while the idea is sound, the mechanism has not won him anything just yet.

You never know exactly how your child will pronounce certain words or the names of their siblings. Or, what liberties they will take with grammar as long as it is convenient for them.

When Alexa was first putting sentences together, she had a cute way of asking if she needed help with something. She would say, "help you put this together" or "help you wash hands." We would say, "you" to her so she figured she was "you" or that her name was "you." With Jake, instead of saying, "I want some" he will say, "my want some." He says "my" instead of "I" for just about everything.

Perhaps Jake will be on the road to vindication from the finger pointing he gets from his sister once he can use words to defend himself, instead of having to hide in plain sight.

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

## Brain Health Coaching (Continued from Page 7)

have the most evidence for improving cognitive function.

- **Simply breathing deeply** when stressed, before bed, after a workout, or while in traffic can do a lot.
- 3. **Diet** - A diet consisting of mostly plants, not too much food, and one with healthy fats seems to work best. Lower sugar and carbohydrate levels appear to be an important characteristic in brain-healthy diets. We often recommend the MIND diet and Mediterranean diet.

- 4. **Novel Hobbies and Activities**
- **Joining clubs, organizations, boards, social groups** (especially those with cognitive stimulation, such as board games or chess), and musical groups (either playing, singing, listening, or all of the above) have been shown to be beneficial for maintaining cognitive health. We recommend at least three hours per week in total. Novelty is key, so every three to six months, try to switch things up with different activities completely, or just by increasing the challenge or variety within your current activities.

- **Cognitive stimulation:** Brain games, such as Brain HQ, have been shown to positively affect cognition when performed for 30 minutes, five times per week.

As always, make sure to consult your physician before engaging in any of these activities. It is highly recommended to see a neurologist to assess your brain health, cognitive functioning, and fall risk. Ideally, the medical team you visit is connected with passionate and knowledgeable health and wellness professionals that you can work with, such as neuropsychologists, psychiatrists, geriatricians, social workers, and other health and wellness professionals.

*Ryan Glatt, FAFS, BSc, is a Psychometrist & Brain Health Coach who develops curricula specifically targeted towards those with dementia, including Alzheimer's disease and Parkinson's disease, coaching them towards their optimum brain health. Go online to PacificBrainHealth.org or call 310-582-7641 for more details.*

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# Community Service in Santa Monica

## Lions Fulfill Community Service Needs



**By Linda Levee**  
The Santa Monica Lions have been active in Santa Monica since 1923. We have managed to remain active

and vibrant, while still having fun when we get together. entities such as Santa Monica College scholarships, Santa Monica High School scholarships, and Step Up on Second for their veterans project. We also strongly support eye care programs with eye glasses and vision screenings in the community. As costs in the community become greater, the need becomes even greater.

We help many other charities and organizations in the area with our presence and funds, based upon how much we can raise in the community.

All funds raised in the community are returned to the community. Several of our local organizations like the Santa Monica Family YMCA and the Boys & Girls Clubs have utilized the funds we raise for their special projects.

However, we donate to other local entities such as Santa Monica College scholarships, Santa Monica High School scholarships, and Step Up on Second for their veterans project. We also strongly support eye care programs with eye glasses and vision screenings in the community. As costs in the community become greater, the need becomes even greater.

We welcome active retirees with a little free time to contact us. We can be contacted through our membership chair Marilynn Schalit at 310-903-8819. She will give you the particulars about our friendly organization.

Anyone interested in being our guest at a luncheon, also contact Lion Marilynn Schalit at marilynn.schalit@yahoo.com. We meet at the Elks Lodge, 1040 Pico Blvd. in Santa Monica. Join us there.

## Santa Monica Rotary Club Members Join Habitat for Humanity Builders

**By Chuck Husting**

Last year, a team of us Santa Monica Rotarians signed up to help build homes with Habitat for Humanity in Culver City. It was a thrill to work with a group of sweet, enthusiastic individuals, assemble a framed wall, and push that wall up into place to create a home for those in need.

If you have always wanted to try building a home as a volunteer, now is a great time to give it a shot. There is a Habitat for Humanity build site in Culver City, about a block south of Washington Boulevard, just east of the 405. Culver City is a much easier trek for us westsiders than heading to Tijuana where various types of charitable "builds" are common.

And, we Rotarians have committed to provide a crew on Saturday, April 6 at the Culver City site to continue working on those Habitat homes. If you would like to join us on April 6, contact us at 310-917-3313. Or, reach out to the Habitat for Humanity folks for various dates when volunteers are needed.

Last, you may ask, who are Rotarians? Rotarians are a network of business professionals and leaders who bond with one another through raising money and doing service for charity and civic causes. The very first Rotarians gathered in 1905. In short, we are a high-spirited group that likes to do good.

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

Habitat always supplies an expert builder and a foreman who is patient and knowledgeable. That foreman guides us novices and lets us know the measurements to make (volunteers willing to measure are needed), how to cut the required 2x4 lengths of Pine (some folks like to cut), and how to nail those 2x4s together to create a glorious set of fragrant pine walls. (Personally, hammering nails is the part I like the best).

You don't have to be an expert to volunteer for a build project. You just need a good attitude and a good spirit. We Rotarians feel that doing good things for others creates a tangible sense of community, something worth maintaining in our city constantly.

Regarding the homes we build with Habitat, people often ask: Who gets to live in Habitat for Humanity homes? The answer is people who are expected to pay some reasonable portion of the mortgage, who may have simply been affected by

of your photos, be sure to get special archival pens and ink from Staples. Newsprint doesn't last, and it can discolor other items. Scan or photograph it, or put it into its own folder. For storage, it's possible to use Ziploc bags with a straw to remove any moisture. Other enemies are insects who like to eat paper. Silverfish traps are good, as is boric acid powder, which is not toxic.

Sara will lead members on a tour of the museum's newest exhibit, *Light and Shadow*, at our upcoming meeting on April 16. Please join us. Be sure to RSVP to John Klopping at 310-395-2290.

## Remembering Santa Monica

(Continued from Page 1)

them in the skies over L.A. Our guest speaker was Sara Crown, the museum's archivist. She is in charge of storage and preservation at the museum. People donate items, such as documents, letters, textiles, or newspapers, and Sara puts them into a format that can be used by others.

If you are preserving materials at home, she notes that enemies are moisture which creates mold, warping, or photos sticking. Plastic containers are good for storage, but make sure they are air tight. High temperatures will cause articles to decay. Exposure to light can also cause fading.

If you are making notes on back

## Prizes Awarded to Artistic Members



**By Tesi Treuenfels**  
Spring has roared in on the heels of our winter rains. We hope you have been enjoying the variety and abundance of California wildflowers.

It's been a great year for them, and success has bloomed at the Santa Monica Bay Woman's Club (SMBWC) club as well.

Congratulations to Kathy Rodriguez who won first place prizes for her beautiful jacket entered into the quilted-sewing machine category, and for her bracelet and matching ring entered into the jewelry category at the District's Crafts Contest. Congratulations also to Susan Barry whose handmade scarf won first place in the General Crafts category. Susan also won second place for her six-strand bead necklace in the jewelry category. First place prize winners will compete this month in the state contest.

We had a lovely birthday celebration for Darlene Bahr's 90th birthday! Donations for Pennies for Pines, an organization which brings new life into National Forests throughout California, is one of Darlene's favorites. For more information, visit California Garden, californiagardenclubs.com. Happy Birthday, Darlene!

The Arts and Photography contest was held at the Club in con-

junction with the Marina District meeting. We are happy for our participants!

The incredible Enid Wizig with No Limits for deaf children joined us for a high tea at the club on March 17. The tea was well attended and lots of laughs were had with Kathy Buckley, a female comedian with hearing loss. All proceeds went to benefit the Enid Wizig Scholarship Fund.

The April Club M&M events include an upscale rooftop fashion show featuring the latest designs of Trina Turk on April 7. Also planned is a visit to the Planetarium Show at SMC on April 12.

Mondays at noon, we continue our bridge and canasta games. If you would like to learn bridge or strengthen your game, the Center for Wise & Healthy Living has a bridge lesson on Tuesdays at 1:00 p.m. We continue with our Artists League, which meets at SMBWC on Tuesdays from 10:30 a.m.-1:30 p.m. The book club will meet on April 18 at 6:30 p.m.

Our historic landmark building is located at 1210 Fourth Street, Santa Monica. We welcome new members throughout the year.





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- **AFTER** - High resolution (300 dpi) **Professionally rebuilt/redrawn 300 dpi** in vector format can allow your logo to enlarge infinitely without quality degradation. Updates, coloring and changes can be done as requested too!

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**Paws and Claws**

**Which Diet is Best for My Dog?**



**By Dr. Frank Lavac MS, DVM, VCA**  
**Q: I heard that a grain-free diet is better for my dog's health. Is this true?**

Official but there is a link between grain-free diets and cardiac disease and failure. The FDA has also published a warning on this issue as well (<https://www.fda.gov/animal-veterinary/newsevents/cvmupdates/ucm613305.htm>).

You should choose a diet that is balanced for a specific life stage. One of the easiest ways to determine if a food is high quality is to look for the AAFCO statement on the side of the bag of food. AAFCO is a governmental regulatory agency. The label should say "...animal feeding trials..." within the statement. Some foods will state they are "formulated to meet standards set by AAFCO." This is not as good as the "animal feeding trials" which are overseen by Ph.D. and veterinary nutritionists.

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

**A:** Grain-free diets have been popular for a number of years. They were touted to be better than diets containing grains like corn. There has been no scientific evidence of the benefits of grain-free diets. It was largely a marketing ploy for some pet food manufacturers to increase their market share. However, a lot of dog owners bought into this false notion because of influential advertising.

Recently UC Davis, published a study (<https://www.ucdavis.edu/news/dogs-fed-some-popular-diets-could-be-risk-heart-disease/>) showing a correlation between grain-free diets and severe heart disease. So, not only is it not bene-



**Tea Party**

(Continued from Page 1)

the 1908 play *The Blue Bird*, an allegorical tale of a child's search for happiness, to compete with MGM's *The Wizard of Oz*.

The museum is open to the public Tuesday and Thursday, noon to 8:00 p.m., and Wednesday, Friday and Saturday, 10:00 a.m. to 5:00 p.m. The museum is closed Sundays and Mondays. Santa Monica History Museum members receive free admission.

Please direct questions to Museum Manager John Klopping, at 310-395-2290 or [jklopping@santamonicahistory.org](mailto:jklopping@santamonicahistory.org).

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**Rotary Club of Santa Monica**

(Continued from Page 5)



Rev. Joe Metoyer, far left, suggested Veronica Mc-Neal Middleton for the Unsung Hero Award. Above, with her husband Damon Middleton, Veronica, and Santa Monica Rotary Club President Mitchell Kraus, with his impressive gavel.

Photo by Iao Katagiri

poverty, while providing avenues for the rest of the community to become involved in helping families.

But, Veronica says, her greatest achievement to date has to be creating her loving family and remaining local. Veronica and her family have been residents of Santa Monica for over 80 years.

She is a mother of three, and in recent years chose to retire in order to become a grandmother and full-time caregiver to her three grandchildren. We thank Veronica for her help in making our community better. She was presented a check from our club to donate to One Voice.

**What to Do When You Have Too Much 'Stuff'**

By Grace Cheng Braun

As we get older, some of us acquire and hang on to more and more things. And sometimes, all these things can start to pile up around us and overwhelm us. Want help? WISE & Healthy Aging has proven strategies and can provide support for acquiring less and discarding more. Peer-to-peer counseling utilizes the skills and life experiences of older adults in providing emotional support to other older adults. The Senior Peer Counseling Program at WISE & Healthy Aging provides older adults with the opportunity to talk to someone of their age who has gone through similar life changes and can understand their concerns.

Trained volunteer peer counselors, with diverse backgrounds and experiences, are selected for their warmth, caring, and respect of others. After extensive training and ongoing supervision from a licensed mental health professional, these special volunteers provide support, understanding, and problem-solving skills to address issues of isolation, difficult personal relationship, and loss.

Support groups are provided for bereavement, women who are ex-

panding their horizons, men's group, transitions for people age 50 to 65, and even a "From Collecting to Decluttering" step-by-step, 15-week program to assist and support participants in gaining control over acquiring and saving too many things.

Groups and individual sessions are held on the third floor at WISE & Healthy Aging in the Ken Edwards Center at 1527 4th Street in Santa Monica. Parking underneath the building is validated.

For more information, please call 310-394-9871, ext. 373, or ext. 215. Pre-registration for sessions is required. No drop-ins, please. If there is a fee, it is based on the ability to pay.

WISE & Healthy Aging is a non-profit, community-based social services organization that seeks to advance the advances the dignity and quality of life of older adults through leadership, advocacy and high-quality, innovative services.

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# Community Calendar

By Miceala Shocklee

**• Ongoing in April - Día Celebration - Throughout April, the Friends of the Santa Monica Public Library will be celebrating "Día"** - also known as "Children's Day" or "Book Day." A multicultural set of authors and illustrators will be giving talks and giving away signed books (while supplies last). Children will also be given one entry per event they attend to put into a prize drawing to be held on May 3. The celebration roster will feature: Glenda Armand's *Love Twelve Miles Long* at 11 a.m. at the Main Library on Saturday, April 6; Jane Smiley's *Twenty Yawns* at 4:30 p.m. at the Fairview Branch Library on Monday, April 15; Andrea J. Loney's *Take a Picture of Me, James Van Der Zee!* at 3:30 p.m. at the Ocean Park Branch Library on Thursday, April 11; June Sobel's *Shiver Me Letters* at 12:15 p.m. at Pico Branch Library on Saturday, April 27; and Helena Ku Rhee's *The Turtle Ship* at 3:30 p.m. at Montana Ave. Branch Library on Tuesday, April 30.

**• Ongoing, Thursdays in April - Citizenship Classes** - The Adult Education Center instructors will be on site at The Annex at the Pico Branch Library from 10 a.m.-12:30 p.m. to help course participants to complete and submit their citizenship application and to prepare for their official review. Enrollment available through the SMMUSD Adult Center, 310-664-6222, ext. 76203.

**• Thursday, April 4 - Preventing Child Abuse: An Empowering Workshop for Parents** - Stuart House, a program of the Rape Treatment Center at UCLA Medical Center, will teach a practical actions everyone can take to protect kids and prevent child abuse. Class to begin at 6:30 p.m. at the Ocean Park Branch Library. Call 310-458-8683 for more information.

**• Saturday, April 6 - Taller de Independencia Financiera** - Celebre el mes de educación con un día completo de talleres financieros. Presentación durante todo el día sobre presupuestos, salud financiera, crédito, gestión de quiebras y pago de préstamos universitarios. Además, ¡tenga la oportunidad de tener una conversación personal con un experto financiero de nuestra biblioteca viviente! 9 a.m.-4 p.m., en el Annex del Virginia Avenue Park Campus. 310-458-8684.

**• Saturday, April 6 - Women's History Month Poetry Slam 7 with Open Anita Smith** - Keeping up the momentum from Women's History Month, enjoy Children's Book World's seventh annual poetry slam where kids ages seven to 14 can compete with their



The Santa Monica History Museum will host a Shirley Temple birthday tea party and pop-up display on Saturday, April 27 from Noon to 2:30 p.m. at the Santa Monica History Museum at 1350 7th St. The delicious tea sandwiches and tempting desserts will be prepared onsite by museum members. Call 310-395-2290 to reserve a place for you and your friends.

words and wit to be named the next "Poet Laureate" by performing their original poem, rap, lyric, haiku, verse, sonnet, or other word collection composed in tribute of brave women who have transformed their world for the better. Hope Anita Smith, award-winning author and poet, will be this year's judge. Event to begin at 2:30 p.m. Call 310-559-2665 for more information.

**• Tuesday, April 9 - Get Started with 3D Printing** - Join others at the Montana Avenue Branch Library at 5 p.m. to learn the basics of 3D printing and design by making your own guided project! To register for the class, email ideashappen@smgov.net.

**• Wednesday, April 10 - Soundwaves Concert: "Stay On It" Jacaranda Preview** - Enjoy performers like pianists Scott Dunn and Adam Tendler from Jacaranda's next event during this show at the Main Library. Performance to begin at 7:30 p.m. in the MLK Jr. Auditorium. Call 310-458-8621 for more information about this and other Soundwave concerts this April.

**• Thursday, April 11 - Beyond Cactus: Green Gardens That Don't Break the Water Bank** - Learn some top plant choices and design approaches to create a lush, water-savvy landscape through this free class with Jill Vig, Los Angeles County Arboretum and Botanic Garden's curator of the Water Conservation Garden. Event to begin at 2:30 p.m. at The Huntington.

**• Saturday, April 13 - 2019 FolkWorks Folk/Roots Festival** - Enjoy 12 hours of food, music, and dance from the heart from 10 a.m. - 10 p.m. at St. John's Presbyterian Church, 11000 National Blvd. This year's festival theme, Exploring Our Roots from Zimbabwe to Appalachia, will infuse workshops, films, craft vendors, drumming, dancing, and more. For tickets and more information about the full festival roster, visit [www.FWFolkRootsFestival.com](http://www.FWFolkRootsFestival.com).

**• Thursday, April 18 - Adult Sensory Story Time** - Adults with sensory needs and cognitive disabilities are invited to come enjoy a story time at the Main Library that combines books, movement, music, and other sensory activities. Event to begin at 10:30 a.m. in the Multipurpose Room. Call 310-458-8621 for more information.

**• Thursday, April 18 - Historia Plantarum** - Botany, medicine, and medicinal plant historian Alain Touwaide will explore such topics within the context of the Arabic world at this free event at The Huntington. Event to run from 4:30 p.m.-6 p.m. in the Auditorium of the Brody Botanical Center.

**• Saturday, April 20 - Michael Paul Shark Storytime and Book Signing** - Kids ages two to six are sure to enjoy Michael Paul's fun and interactive

reading of his children's book about all the different kinds of sharks in the sea, *Chomp: A Shark Romp*. Event to begin at 10:30 a.m. at Children's Book World. Call 310-559-2665 for details.

**• Thursday, April 25 - Franklin Elementary School Multicultural Fair**, 6:30 p.m.

**• Friday, April 26 - Roosevelt Elementary School Spring Family Dance**, 5 p.m.-8 p.m. - For the latest details, check out <https://rooseveltschoolpta.org/event/spring-family-dance>.

**• Saturday, April 27 - Grant Elementary School Science Expo.**

**• Saturday, April 27 - Healthy Kids Day at the Santa Monica Family YMCA** - From 10 a.m.-1 p.m., the Santa Monica community is invited to the free Healthy Kids Day event

teaching active, healthful physical and mental habits for kids and families. For more information, visit <http://welcome.ymcasm.org/2018/02/23/join-us-for-healthy-kids-day-on-april-21st> or call 310-393-2721.

**• Saturday, April 27 - Climate Change: Making a Future for Earth** - Co-presented by Citizens' Climate Lobby, this presentation will discuss how climate change impacts natural global systems as well as solutions that are being implemented locally, nationally, and internationally to try to mitigate climate change's effects. Event to begin at 1 p.m. in the Multipurpose Room of the Main Library. Light refreshments provided. Call 310-458-8621 for more information.

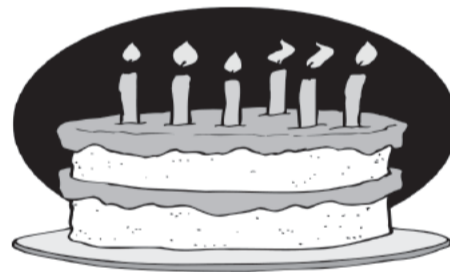
## Connections for Children to Host a Fundraising Dinner

Connections for Children is the non-profit Child Care Resource and Referral agency serving child care providers, educators, and parents in the Westside and South Bay communities. It helps over 3500 families each year find the child care they need, regardless of their income level, administers all government-funded child care financial aid programs on the Westside, and provides continuing education and training to child care provider staff to ensure that the services they offer are high-quality and reflect the current best practices in the industry.

On Wednesday, April 24 from 5:30-8:00 p.m., the organization invites you to attend the 2019 Betsy Awards and Reception at the Marina del Rey Marriott. Enjoy delicious food from a panoramic view of Marina del Rey to downtown L.A.

Honorees are Patti Oblath and Bob Ruth. The Betsy Awards are named for Betsy Hiteshow who helped found Connections in 1975. She is a nationally known pioneer in early childhood education. Tickets are \$100.

For more information, call 310-452-3325. Connections for Children has also been an advocate for quality child care and early education for over 40 years, providing information and expert advice to local families, educators, businesses, and government agencies about the quality, cost, and accessibility of early childhood services.



### Happy April Birthdays

Marlene Dobkin, Klaus Brandt, Paul Gaulke, Nick Goehner, Charles Hart, Mervyn Hecht, Sharon Croskery, Cameron Khoury, Jennifer George, Carol Jackson, Ken Miller, Robert Moore, George Briggs, Sarah Young Shepard, Alice Lunsford, Rena McKinzie, Joe Rich, Alan Rich, Bill Powell, Deborah Williams, Xavier Banister, and Matt Williams.

**What is black, and white and... READ ALL OVER? Your Mothers Day mini-message printed in the Santa Monica Star newspaper!**

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## Answer to Neighborhood Celebrity

(Continued from Page 1)



Cynthia Fromin is now the manager of Fromin's delicatessen on Wilshire Boulevard and 19th St. She has been with the business since 1986. Fromin's just celebrated its 40th anniversary. Congratulations!

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**April featured shows**

**SAT 4/6 Oscar Hernandez**  
Band (TBA)  
Three-time GRAMMY winner plays contemporary latin jazz and salsa.

**FRI 4/13 & SAT 4/14 Kathleen Grace feat. Anthony Wilson**  
Kathleen Grace (v), Anthony Wilson (g), Anna Butters (b)  
Two intimate nights of jazz and folk influenced original music.

**SAT 4/27 Gilbert Castellanos Quartet plays Monk**  
Gilbert Castellanos (tr), Joshua White (p), Dean Hulett (b), Tyler Kreutel (d)  
San Diego's finest brings his quartet for a night celebrating Thelonious Monk!

**TUES 4/30 Int'l Jazz Day w/ Artyom Manukyan Trio**  
Artyom Manukyan (cello), Vardan Ovsepan (p), Arman Jalalyan (d)  
Come celebrate official UNESCO-endorsed holiday, International Jazz Day!

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