

THE SANTA MONICA STAR

*Also covering
The Greater
Westside*

Volume XX Number 6

Connecting You With Your Community

June 2021

A Scrapbook of Photos

Celebrating Our Dads This Month



Martyn Felix Crown holds his two-year-old son, Merritt.



Steve Litvack, left, is at a Dodger game with his grandson, Jackson, granddaughter Rosalyn, who is obviously a Justin Turner fan, and their dad, Mike Litvack. The eight-year-old twins say they like playing Frisbee, building stuff, and family reading with their dad.



Here are three generations of Dobkins. From left, Evan and Jonah, their dad, Eric, with his dad and their grandfather, Jerry Dobkin. Evan and Jonah like to travel, exercise, watch Lakers games, and cook with their dad, Eric. **(More photos on Page 6)**



Santa Monica native, Tim Kusserow, plans special events with his daughter, Monica, 14, and son, Cha, 12. They enjoy going to the beach, playing "catch" (baseball or football), being read to, and travelling!



Discover the many special spots in Tongva Park on Ocean Avenue opposite the Santa Monica City Hall. Six acres are divided into four hills: Discovery, Garden, Gathering and Observation. There is a children's play area, plus shaded picnic areas, free wi-fi, and gardens to explore.

Photo by Julie Dobkin Gilbert

Congratulations to Our Local Graduates



Dyllen Andrews

Dyllen Andrews, class of 2021, comes from a long line of Samohi graduates – four generations in fact. Her great-grandmother graduated in 1920, grandmother, 1954, and mother in 1986. She joins her great-uncle (1964), two uncles (1980 and 1981), aunt (1979), and her brother (2018) as a proud alum. Dyllen spent the last four years at Samohi playing on the girl's varsity lacrosse team, participating in the drama program, being active in clubs, and volunteering in the community.

She is also the recipient of the P.E.O. Star Scholarship. Dyllen plans to study psychology to become a child psychologist. She has yet to decide which college she will attend.



Alanna Shepard

Santa Monica resident Alanna Shepard recently graduated with highest honors from Loyola Marymount University with a BA in Communications Studies with a History Minor. Alanna plans to complete her graduate degree in Sports Management and then pursue a career in professional sports. She also wants to travel the world.

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Planning Ahead

Found Money - Unclaimed Property



By **Lisa C. Alexander, Esq.**

It is not so hard to lose track of a bank account, or misplace and never cash a check or money order, or

lose the key and never visit a safe deposit box. If a financial institution loses track of a depositor, the financial institution does not get to keep the money. It must pay it over to the State so it can be returned to the rightful owner.

California's unclaimed property laws require financial institutions,

corporations, businesses, and insurance companies to report and transfer assets to the State Controller's Office when there is no activity on an account for three years. The State does not pay interest on the money, but there is also no time limit to claim the money.

It is easy to check to see if you have unclaimed property owed to you. It is all online at the California State Controller's website: www.sco.ca.gov/upd_msg.html or search for "California Unclaimed Property." For an individual, type in your name and city and hit the "search" button. You

never know what you may find!

If the State is holding money owed to you, you may be able to claim it electronically with minimal effort. You will receive the money in as little as two weeks. Some unclaimed property such as cashier's checks, money orders, royalties, and safe deposit box contents will require additional proof of ownership and cannot be claimed online. When someone has passed away, there may be unclaimed property owing to the beneficiaries of the decedent's estate. A certified copy of the Death Certificate will be required in addition to other docu-

ments, depending on whether there is a Probate, a Trust or small estate without a Probate. Information about the required documents is available on the Unclaimed Property website.

Unclaimed property is the truest form of "found money." Maybe you will find money owed to you.

Lisa C. Alexander, Esq.
Direct Line: 310-656-4310



Happy June Birthdays to:

David Trachtenberg, Michael Margolin, Frances McDormand, Wendy Navin, Sharon Gavin, David Rosenfeld, Rick Mateus, Thelma Daar, Rose Mann, Chris Baca, Brandon Murray, John Dravillas, Pat Bofird, Eric Jorgensborg, Steve Rosell, Bernadette Lucier, Clara Wright, Rufus Baker, Julia Abbott, Jeff Jarow, Charles Haskell, Elise Martin, Matt Lehman, and Ruth Sperber

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Special thanks to Rufus Baker, Ron Robinson, and Becky Mejia.

"Drop and Give Me Ten": A Technique for Interrupting a Quarantine-Induced Binge

By **Dr. Sheila Forman**

When the COVID crisis began and we were instructed to stay at home, many of us joked that we would gain the quarantine fifteen. It was funny at first, but then when it happened, and the quarantine fifteen became eighteen, twenty, or thirty, it became not so funny anymore. Eating in response to boredom, fear, and loneliness is a common phenomenon, and as a clinical psychologist who helps people with eating and weight issues, I saw this behavior increase – a lot.

We've all done it. Put your hand in the cookie jar and before you know it all the cookies are gone! Or, your fingertips scrape the bottom of a potato chip bag before you realized you had eaten so much. Or, the ice cream didn't even have a chance to melt before your spoon came up empty. This type of eating is called emotional eating, and is

sometimes referred to as binging when you feel out of control.

Fortunately, there is a simple technique to gain control of this kind of out-of-control eating. All you have to do is "Drop and Give Me Ten." When you find yourself eating and can't seem to stop, follow these simple steps and interrupt your binge by the count of ten: First, wherever you are - SIT!

That's right, sit. If you are already sitting, good for you! Next, put down the food you have in your hands and place your hands by your side. If you are still chewing, swallow, and then, take a deep breath. To take a deep breath you want to fill up your belly with air. Belly breathing is probably the most soothing breath you can take. If your shoulder or chest rise as you inhale, that's chest breathing.

Chest breathing is okay when you need oxygen, but it is not as helpful

when you need calm. After you have taken a nice deep belly breath, exhale to the count of ten. If you can't get to ten on your first try, that's okay. As you practice belly breathing it will get easier.

For now, take another deep breath and after you exhale, stand up. That's the "Drop and Give Me Ten" technique. It's not hard and can be very effective. After you have dropped and given me ten, you can continue eating if you choose, or you can choose to move on – back in control!

Dr. Sheila Forman is a clinical psychologist based in Santa Monica who provides teletherapy services. For more information, call 310-828-8004 or go to www.DrSheilaForman.com. She is also the creator of www.TAMEYourAppetite.com, a non-diet approach to weight management.

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Brain Matters

What is Hoarseness of the Voice?



By Dr Omid Mehdizadeh

Hoarseness is a general term referring to changes in the voice. Synonyms or other words commonly used include raspy, rough, deep, weak, breathy, or strained. Occasionally, hoarseness can be uncomfortable or associated with other symptoms such as difficulty swallowing or sensation of a lump in the throat.

Most causes of hoarseness are benign, but some should be taken more seriously. In general, voice changes lasting more than one month should be evaluated. Causes include acid reflux or laryngopharyngeal reflux, or excess or prolonged voice use. Certain risk factors, including a history of tobacco use, increase one's alertness to a possible growth or cancer of the vocal cord.

Stroboscopy is the most advanced method to evaluate hoarseness by gently inserting a camera through the nose or mouth and visualizing the vocal cords. There are a pair of vocal cords which sit low in the throat and are protected by the voice box. Stroboscopy is performed by a laryngologist, who is a fellowship-trained specialist in

voice and swallowing conditions. Stroboscopy is quite remarkable in that it can reveal gross abnormalities on the vocal cords such as a nodule, polyp, cyst, swelling, or growth. But, its utility truly shines by detecting small changes in the vibration of the vocal cords, such as a scar, mild weakness, or age-related thinning or shrinkage.

Fortunately, modern medicine has provided us with the ability to evaluate, detect, and treat hoarseness early in its course. Medications are used for some conditions.

For others requiring procedural intervention, minimally invasive lasers and even fillers (similar to those used in the face) can be applied to the vocal cord in awake patients in the office, avoiding the need for general anesthesia. Remarkably, these procedures are tolerated well.

Dr. Omid Mehdizadeh is a Laryngologist and Otolaryngologist-Head & Neck (ENT) surgeon. At the Pacific Eye, Ear & Skull Base Center at Pacific Neuroscience Institute his particular expertise is in voice and swallowing conditions (laryngology). To contact Pacific Neuroscience Institute, go online to Pacificneuro.org/voice, or call 310-356-0292.

It's Time for Fun in the Sun



By Cheryl Thode

Have you noticed that the days are getting longer, the sun looks brighter, and the air is feeling warmer? What can that mean?

June is here and it has brought our first month of summer.

Like many of you, I am ready to get out and celebrate. Thankfully, our city is opening back up, and not a minute too soon! Whether you are new to Santa Monica, a seasoned veteran, or just the average visitor, the city of Santa Monica is a great place to celebrate summer.

As a mother of a toddler, before the pandemic closures, I enjoyed taking my son to the local Douglas playground, the beach at Tower 26, and the Annenberg Beach House. While last summer our plans had to change, this summer I cannot wait to get out with my son again.

Santa Monica is a wonderful place, especially over the summer. We are so blessed with great weather, many fantastic eateries along Montana and Main Street, and outdoor spaces which let you get out and enjoy the sun.

For parents with young and older children, this summer you can

enjoy the benefits of our wonderful city's outdoor spaces again! With the coming of summer, you are sure to find some amazing things to do, places to go, and memories to make. Here are some of my favorite activities for you to try.

First, I recommend rollerblading or biking along the Marvin Braude Bike Trail. The path is 21-miles, starting at Will Rogers State Beach and ending in Torrance. Second, make sure you have yourself a regular old B-B-Q. Nothing smells more like summer than chicken or burgers on the grill. If you top it off with some watermelon from the local Farmer's Market, you will be on your way to Summersville in no time. As a third option, have a Beach Day with a BYOP (Bring Your Own Picnic). Pick a spot anywhere along our 3.5-mile beach and bring some of your favorite food and drinks. You are sure to have a wonderful time, not to mention an amazing view.

Next, I suggest you plan a hike in our lovely Santa Monica Mountains. Specifically, Inspiration Loop Trail (2.1 miles) for a family friendly hike or Los Liones Trail (2.6 miles) for a more challenging experience. Just make sure you bring some water. Last, take a walk down or

(Continued on Page 4)

Byte by Byte

Surviving Summer, Whether Screened-In or Screenless



By Dr. Miceala Shocklee

With another summer on the way trying to escape not just heat waves but also viral ones, people are becoming hard-pressed for inspiration on how to spend the next few months. For those feeling tapped-out on Netflix and at-home workouts, consider reaching for tech tools both screened and screenless to help bust the boredom.

1. Wheels - Tired of watching a circular loading wheel spin itself ad nauseum? Consider grabbing a more physical set of wheels to get out and exploring instead. Running, walking, and hiking are all fantastic forms of escape, but for those who find themselves in areas with heavy pedestrian traffic, moving at foot-speed might mean longer exposure times to the uncertain breath of the masses. Get going faster and farther with bikes, scooters, and the modern take on the unicycle - all of which now offer models with "e-" in front of their

name, indicating they've all got an electric boost to help speed up any pace of rider. Back in April, *Wired* released a review of the "13 Best Electric Bikes for Every Kind of Ride." The *New York Times* itself released a 2021 review of the best electric scooters on the market under their "Wirecutter" column, and the DoubleCheck site even has a review of the best boardless skateboards available for mass riding.

2. Windows - While the past year may have everyone grown well weary of the view outside their window, come nighttime, there remains a whole literal universe for exploring. The aptly named Space.com has already written up their 2021 review of telescopes suitable for everyone from kids and amateur astronomers to those more keen on tracking scientific particulars. For those more reluctant to give up their portable window to the world, smartphone apps also abound for figuring out which constellations are visible by merely lining up a phone screen with the night sky.

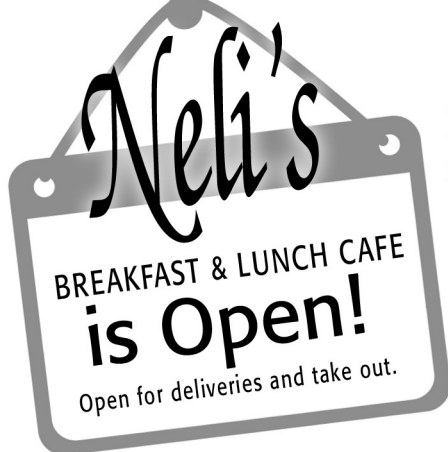
(Continued on Page 4)



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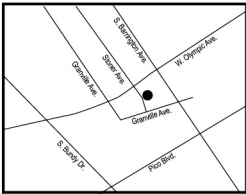

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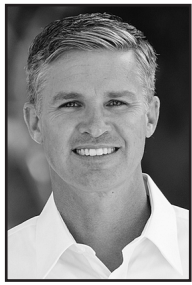
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"Did My Child Fall Behind in School During COVID-19?"



By Tim Kusserow

We are thrilled to see our school-aged children return to the classroom where optimal learning occurs!

Parents, many of whom have become "resident teachers" over the past 12 months, can begin to breathe a sigh of relief as their children receive "real life" instruction from professional educators. However, the fact remains that an academic regression has occurred and the long-term impact of our children receiving "distance learning" for over a year is unknown.

However, recent studies are already raising the alarm on the issue of "learning loss" – the idea that students have learned less

during the pandemic than in prior years. Emerging research shows significant setbacks in reading, especially in oral reading fluency (ORF). See the PACE study, "Changing Patterns of Growth in Oral Reading Fluency During the COVID-19 Pandemic" (Dr. Benjamin Dominigue, Stanford University, March 21, 2021).

Not surprisingly, the most frequently asked question from our clients is, "How far behind is my child in school?"

The most important thing that parents can do is to have their child assessed in reading. All schools – public or private – measure and track children's reading levels. In fact, there are a multitude of assessments that schools use to measure a student's reading performance and, therefore, it is completely appropriate for parents to

ask their child's classroom teacher how he/she is performing in reading comprehension. Or, if parents are unsatisfied with a school's response or seek a more comprehensive analysis, they can find a highly-qualified reading specialist who will be able to perform this assessment and provide parents with an objective summary. Once parents determine their child's reading level, finding an appropriate book for him/her to enjoy is much easier and more enjoyable!

Tim Kusserow, a third generation Santa Monica resident, has been an elementary school teacher, principal, and head of school for the past 25 years. He is the CEO/Founder of Kusserow Consulting and works with parents, school leaders, NPOs, and businesses as an educational advisor and parenting coach. Tim is at www.kusserowconsulting.com.

It's Time for Fun in the Sun
(Continued from Page 3)

around Palisades Park. This is 26.4-acres of spectacular views, no matter the weather.

Whatever you do, just get outside, and enjoy our city. We are truly blessed. Stay safe. Stay healthy. Enjoy the sun!

To find out more about our Mothers group at St. Monica Catholic Community, please go to <https://stmonica.net/ministries/fellowship-groups/moms>.



Surviving Summer
(Continued from Page 3)

3. Weeds - While dispensaries are popping up all over Los Angeles, the wilds of summer offer amusement of a more dandelion variety. Just about everyone tried out new tastes for the domestic over the last year, whether it was with cooking subscription boxes, sourdough starters, or the sweeter banana bread bonanzas. For those looking to get a little bit more flower than flour this summer, hydroponics offer indoor opportunities to try one's hand at, well, getting a green thumb on it.

For those wanting some more foliage in their foyer but not yet ready to take too big a plunge, houseplant subscription services have taken root this past year as well. Finally, for those not necessarily wanting to get dirt under their fingernails but interested in exploring the green and growing already around them, there are a number of plant-identification apps, like iPflanzen and iNaturalist, that turn even the scrubbiest of weeds growing out of L.A. sidewalks into a chance for discovery.

Dr. Miceala Shocklee is a Caltech alumna and graduate of the University of Edinburgh veterinary school. Her reporting interests include the intersection of science, technology, conservation, and the written word.

Reflections From The East

Life Lessons Learned from China's Master Jade-carvers



By Qin Sun Stubis

When I was young, I couldn't wait to grow up. I looked forward to the future, knowing that my whole life was ahead of me and

that there was so much to learn. With the high spirits of an adventurer, I was always ready to explore what was coming my way.

It takes years of living to realize the value of the past. After decades of always looking ahead, I am now starting to treasure the nostalgia of being pulled back in time to find new meaning in events from the past.

Lately, I've been thinking about the times when I took American tourists to a jade-carving workshop in Shanghai, and how the artisans there started every project with a unique piece of natural stone, varied in shape and color, and eventually transformed it into a special piece of art.

Some of these valuable stones were smaller than a fist, while others were as large as boulders. Using their trained eyes, the work-

ers envisioned what they were inspired to create before carefully marking out pencil guide lines. Rough shapes were cut before fine details were finally chiseled out.

Every time I took a tour group there, I could see the progress each worker had made, from the initial examination and understanding of a rough stone to the final polishing of a finished piece. Some projects took months to finish, testing their patience and tenacity.

One could often tell how talented sculptors were by the way they incorporated the varied stone colors into their designs. Sometimes I saw a layer of pale green on a dark piece of jade perfectly made into foamy waves. At other times, I watched as spots of discoloration were turned into the centers of flowers, or decorative hairpins in an ancient lady's hair.

Once, I stood in awe as a master magically transformed a dark flaw on a piece slated to become a carp, a Chinese symbol of luck, into its eye. The fish instantly jumped to life. But how did he know that would be the exact spot where an eye was to be set? Had he used this

piece of stone for a different purpose, what could have become of that discoloration?

As I let my mind roam, it suddenly occurred to me that even the most perfect stone is never perfect. And, the same can be said of us human beings. Our idiosyncrasies are like specks of discoloration on stones. Sometimes they may be buried beneath the surface only to be discovered later on. We can either work with our unique selves and even benefit from them, or let them ruin our lives.

Truthfully, whether to call ourselves inherently flawed or one-of-a-kind individuals may just be a matter of perspective. How well we understand ourselves may be the secret to carving out our successful lives, like a master jade-maker, transforming not-so-perfect qualities into something extraordinary – like the eye on that magical carp.

You can always reach me at qstubis@gmail.com.

Qin is a longtime columnist of ours who lives on the east coast. She is a wonderful cook and gardener.

Mini Message Bulletin Board

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Clergy Corner

Hope Refreshes



**By Dr. Joe Metoyer
Pastor/Teacher**

It has been a long journey, filled with fear and anxiety and packed with uncertainty. Now, at last we can realize a hope that has been deferred. We have longed to see family and friends without the masks, and in person. Grandparents have waited to meet the arrivals of a new grandchild, and parents want the lives of their children to return to normal. The children are looking forward to resuming play dates, getting back to school, playing sports, and graduation ceremonies which celebrate their accomplishments.

A wise Hebrew proverb says, "Hope deferred makes the heart sick, but a desire fulfilled is a tree of life." (Proverbs 13:12) "Proverbs are not intended to be understood as promises or divine guarantees. They are general principles: descriptions of how things normally work out in this life."¹

"Hope deferred makes the heart-sick." (Proverbs 13:12a). It is good for a person to have hope, but if it is not fulfilled for a long time, (deferred means "put off or long drawn out") then he experiences disappointment (his heart becomes sick). He is not talking about eternal hope, but temporal hope – a hope

that one can set a goal and accomplish that goal.

Dr. Henry Cloud, in his book, *The Law of Happiness*, writes: *Setting and reaching goals is good for us. When we set goals and put legs to our desires and reach them, it definitely does do the heart good.*² (Cloud, 2011). When a runner sets out to run a marathon and she accomplishes the goal and finishes the race, it really does not matter how she placed, but that she finished. Finishing the 26-mile run makes her heart glad!

Hope is refreshing! (Proverbs 13:12b) "When the desire comes, it is a tree of life." When a hope is fulfilled, a person is refreshed. Families are now able to realize that hope to be together again in a loving fellowship and a growing community. We must prepare to celebrate a new season of life, offering a new hope to all the people of our world. Let's value and cherish the life opportunities we are blessed with on this earth.

¹ Richards, L., & Richards, L. O. (1987). The teacher's commentary (343). Wheaton, IL: Victor Books.

² Cloud, Henry, Dr., *The Law of Happiness*, Howard Books, New York, NY (2011)

I'm Pastor Joe, Senior Pastor of ACTS-A Church That Studies in Santa Monica. For more information about our Faith Community, visit www.actssantamonica.org. I pray that we will all grow stronger through faith and family.

More to Help Seniors Learn Computer Skills



By Mark Presky

In my last two columns, I've discussed the frustrations that many seniors and others face when trying to learn or improve their computer skills. I've made suggestions to help the situations. Here, I'd like to discuss sources to get help.

Most of the public teaching of computer skills for seniors was put on hiatus during COVID-19. Listed here are some sources that existed before COVID-19 and that will likely resurface after COVID-19.

The Culver City Senior Center (310-253-6700) had people from Symantec (Norton Antivirus) visiting once a month to help seniors (one-on-one) with computer ques-

tions. It also had students from Culver City High School come to help individuals with their phones, tablets, and laptops once a month.

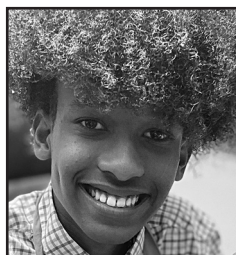
One might also check with the Santa Monica Senior Center (310-458-8644) to see what they are offering in the way of computer help for seniors. Public libraries can also help, now that they are beginning to reopen. In fact, any senior center is likely to have help available for seniors seeking help with computer skills.

The Culver City Senior Center had short classes (two-hour classes, once a week, for four to six weeks) on basic computer topics. One had to be a member (\$15 a year + \$5 for parking permit + optional postage charge for the monthly newsletter). There were fees for the classes.

(Continued on Page 8)

Passing Through the Pico Neighborhood

Surprise Dad With a Barbecue Lunch



By Jahrid Longsworth

Chef Jahrid immediately thought a barbecued burger would be the best lunch to make on Father's Day. Here is the recipe he plans to prepare.

BBQ Burgers

Ingredients:

- 1 lb. ground beef
- 2 cloves garlic
- 1/4 of a yellow onion
- 1/4 of a green bell pepper
- 1 egg
- 1 Tbsp. of barbecue sauce
- 1 tsp. honey
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. curry powder

Instructions:

- Place ground beef into a large

mixing bowl.

- In a blender, mix all remaining ingredients together until combined. Mixture should be like a thick paste.
- Pour blended mixture into the bowl with ground beef and use your hand to combine all of the ingredients thoroughly.
- Using a burger press, form four perfectly shaped burger patties.
- Grill the patties for 12-14 minutes, turning once. Do not push down too much on the burgers, or you will wind up with a drier burger.
- About a minute or two before you are finished cooking, brush the tops of the burgers with a little more barbecue sauce.
- Remove from the grill and serve on buns with any toppings you desire. Enjoy! Happy Father's Day.

My Favorite Brunch Menu



By Stacy McClendon

I believe that brunch time is the best time for celebrations with family and friends. Our spring weather brings us a time of new beginnings and longer days under the sun.

I am a true connoisseur of a great brunch that is created by the restaurant of my choosing. However, the brunch I'm writing about today is the one that puts me in the kitchen to create a wonderful breakfast that my family and I will enjoy. It is actually something that my children look forward to every weekend.

Once Saturday rolls around, I get that question, "Mom, are you cooking breakfast?" My older son even takes it a step further and asks me if it's going to be a "care breakfast." This means that he can tell whether I was in a rush to cook, or if I took my time. At this point I can only blame myself for this, as it's something I introduced my children to early on in their lives.

I make a myriad of items, depending on what we're craving – scrambled eggs made with a variety of veggies and cheese, spices and seasonings, bacon or sausage, oven-roasted potatoes smothered in spices with onions and peppers, grits with cheese and jalapeños,

biscuits or cinnamon rolls, or crumb cake, scones, muffins, and/or pancakes or Brioche French Toast. Are you hungry yet?

Also, I must have my espresso with foam milk and/or a mimosa made with my favorite champagne and some sort of freshly-squeezed juice (orange/blood or orange/peach/mango/etc.) swimming in it.

This is not only a time where my family and I eat, but we also catch up on our latest happenings and what's on the horizon.

I'd urge you to try this also. You can even add one of Chef Jahrid's creations that he highlights monthly in this paper.

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



L.A. Public Libraries Open

Los Angeles libraries will offer select services that may include quick browsing, computer access, pickup of holds, mobile printing orders, checking out of materials inside libraries, and *Library To Go* contactless pickup service.

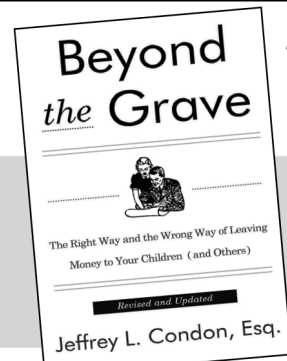
For a complete list of libraries and the services offered at each location, visit lapl.org/reopening.

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Celebrating Our Dads (Continued from Page 1)



Our veterinarian, Dr. Frank Lavac, poses with his daughter, Kira.



Scott Andrews, center, is with his two children, Bryan, left, and Dyllen, recent Santa Monica High School graduates. They enjoy spending time with Scott visiting new places while traveling.



Mark Stubis, right, had this photo taken on a family trip to Merry Olde England, as he described. From left, daughter Halley, and son, Keaton.



Nat Trives, far right, took a photo with his grandsons before the pandemic. From left, Tristan and Tanner with Grandpa Nat.

**Summer Reading 2021:
Reading Colors Your World**

Monday, June 21 through Sunday, August 15

Young people can get ready to read with this all-ages summer reading program. Register at the Main Library, Pico Curbside, Montana Avenue Curbside, or online at smgov.beanstack.org.

They can track their reading over the summer to reach the goal of 10 hours/600 minutes read. Kids earn free books, and teens and adults are entered into a prize drawing.

The Writes of Summer: A Novel Writing Workshop for Teens begins Saturday, June 26 from 11 a.m. to 12:30 p.m. Want to write a novel over summer break?

Authors Suzanne Park (*Sunny Song Will Never Be Famous*) and Liz Lawson (*The Lucky Ones*) teach teens 14-18 the fundamentals of novel-writing and help them prepare to write their first novel this summer. Register here:

<https://us02web.zoom.us/j/84451222222>

**Summer Reading Kickoff:
Monster Playhouse with
Kiddle Karoo!**

This program starts on Monday, June 21 from 2:30 to 3:15 p.m. The Library's summer reading program kicks off with a fun, interactive show for the whole family, featuring songs, dancing, puppets, and more. Register here: <http://bit.ly/KiddleKarooSMPL>.



(More on Page 8)

Monster Playhouse



Dr. Joe Metoyer shares a photo from a family trip to Hawaii. From left, son Fred, daughter Sharyl, Beverly (his late wife), Joe, daughter Monica, and son David. Not pictured is daughter Nicol.



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Connect to Nature in June

**By Julie Rensink Hanson
Wild Birds Unlimited
Nature Shop**

We celebrate all fathers this month, but the bird Father-of-the-Year Award goes to the Downy Woodpecker. Though they share daytime nest duties with their mate, only the fathers incubate the brood at night, and they roost in the nest until their offspring fledge. Also a true family man, Mourning Dove dads love to raise families. They may have up to six clutches per year, the most of any North American bird.

As bird families are forming, they become a part of your family's world, too. The next generation of youngsters are making their first appearances everywhere around your yard! Watch for birds feeding their young. Baby birds are seen relentlessly begging for food as parents introduce them to food sources and feed them until they are ready to stick it out on their own. Look up to see young raptors starting to fly. They will return to the nest every day for food and grab anything their parents bring in. Check out local cams, such as those on <http://explore.org> for up close views of bird families.

Phainopeplas, with a name that comes from the Greek for "shining robe," move into coastal areas from the desert for a second nesting. With shiny black feathers and a showy crest, they live up to their name. They specialize in eating berries, but will swoop from high trees to catch bugs.

A bright-orange beak and black head cap announce the Caspian's Tern, the largest tern in the area. They nest in locations where they



A Downy Woodpecker

can be left alone, such as islands (Catalina) and estuaries (Bolsa Chica). Anyone bold enough to disturb a nest may be greeted by a diving, sharp-beaked parent, employing the same weapon they use to spear fish. Also seen along the coast, Least Terns are fledging their young.

June is National Rivers Month. Take a moment to think about your favorite river and how it helps sustain important wildlife and our communities. If you would like to discover our local river, visit Friends of Los Angeles River at www.folar.org.

The Wild Bird Unlimited Nature Shop is located across from the Armstrong Garden Center. Call us at 424-272-9000, or go online to www.wbu.com/santamonica.



Phainopeplas



The Caspian Tern

Photo by Cornell Lab of Ornithology.



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From the Santa Monica History Museum



Customers at a Hotcake Machine in Ralphs Market, 1940 – This photo is advertising Sperry Flour featuring a hotcake machine at a Ralph’s Market. For a copy of this image, (SMHMBeebe 3.2.3248), please contact the Santa Monica History Museum. Check out the above prices!

Thoughts From a Second-Time Father

Anticipating Fathers Day Celebrations



By Michael Margolin

Eight years ago this July, I became a father to our baby girl, Alexa. Those eight years have gone by so fast.

Five years ago, we added Jake to the family. Bringing Alexa home was like bringing home the world’s most important responsibility. I remember not wanting to sleep because if we slept, who was going to watch the baby? She seems to be functioning just fine now, so I suppose we did most things correctly.

When we brought Jake home, we had several years of parenting under our belts. However, when Jake was born, the umbilical cord was around his neck. That is an image that will be burned into my mind forever. It was loose enough, there was no damage done, and he is fine today. I am not sure if I ever held my breath more in my life than I did in that moment. To this point, that is probably the most my son has scared me. He is only five, though I am sure he will find a way to outdo himself.

Newborns are tiny, cute, and they smell nice, but they are terrifying if they belong to you. They require constant feeding and attention and go through what seems like a countless number of diapers.

You do not always know why they cry uncontrollably because when you ask, they have no idea what you are saying, and even if they did, they do not speak.

They just make more noise, which can simply add to the confusion that the little swaddled riddles present. And, yet just the other day I told my wife, Enjoli, that our children are about to get more complicated. Emotions are an interesting thing to figure out in five and eight year olds. We have not even approached the teenage years, in which I am sure the terrifying aspects of childhood will resurrect themselves. I was excited to become a father, and was beyond ecstatic when it happened and am truly fascinated by the thoughts of what is to come.

Father’s Day is one of my favorite holidays because it is the one I earned. I am fortunate enough to have an exceptional man as my own dad to celebrate with on Father’s Day. My father loves his family, is a very caring husband, and is honest and hardworking. All are traits I try to emulate, and will do my best to pass them along to my children. Happy Father’s Day to all you lucky fathers!

Michael Margolin is an avid sports fan and former coach of Alexa’s soccer team when they did play.

More to Help Seniors Learn

(Continued from Page 5)

These classes and those at Emeritus College (310-434-4306), associated with Santa Monica College, are designed for seniors.

Also, almost every high school, and some middle schools offer adult learning classes that may offer basic computer skills classes.

I’m certain that there are many more sources for help online, but Techboomers.com comes to mind. One “can access over 100 free website and application courses along with thousands of useful articles to help take your tech skills to the

next level.” Their courses are designed to be at very basic levels, and on their website they request feedback from those who find anything too complicated.

Last, I belong to the Los Angeles Computer Society, a group of about 100 mostly, but not all, seniors. Members, who have quite varied levels of computer skills, help each other with their computers (lacspsc.org) and also may be able to help other seniors. Call the group line at 310-398-0366 and leave a clear, slow, short message.

Summer Reading: 2021

(Continued from Page 6)

The Santa Monica Public Library has many programs for adults, which include Santa Monica Reads featuring *The Pull of the Stars* by Emma Donoghue. It starts on Monday, June 28 through Sunday, August 22. Join them for the Library’s annual reading program, where community members read and discuss the same book. A free book giveaway begins on Monday, June 21.

Copies of the book are available at the Main Library Information Desk, and at Montana Avenue and Pico Curbside, while supplies last. For more information, visit smpl.org/SMReads.aspx.

Other programs include Adult Literacy Tutor Volunteer Orientation on Wednesday June 2 at 6 p.m.; Introduction to Mindful Meditation on Monday, June 7 from 7 p.m. to 8 p.m.; and Eddie Cole discussing his book, *The Campus Color Line: College Presidents*

and the *Struggle for Black Freedom* on Tuesday, June 22 from 7 p.m. to 8 p.m.

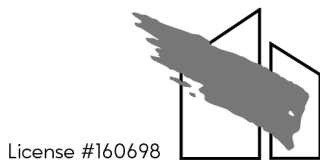
Patty Wong, the Director of Library Services announced that the Main Library will reopen on Tuesday, June 1 for limited in-person services. In July, services will expand at the Ocean Park Branch through a unique self-service model, allowing patrons access to the library collection, self checkout of items, holds pickup, and public computer use. Curbside pickup service will continue at the Montana Avenue and Pico branches.

There are virtual programs and many digital services available, plus a physical collection of books, movies, and music available by using curbside pickup.

Call 310-458-8600 to reach library staff with your questions or email reference@smgov.net.

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Community Service in Santa Monica

SM Rotary Club Reviews the Year

By Kathy Shepard

The Rotary Club of Santa Monica is closing out its 99th year. While the pandemic did not allow us to meet in person, we turned to Zoom and had excellent programs throughout the year. Our speakers were diverse and informative. We glimpsed at the future of flying cars, received an update on the expansions at LAX, heard from leading experts in the field of immunization, relived the glory days of the famed minor league baseball team, the Hollywood Stars, learned all about sharks, and so much more.

According to President Lisa Alexander, "The Santa Monica Rotary Club had an amazing year! Attendance at our meetings was consistently strong all year. We continued to socialize, including several safe-distance hikes, cooking classes, a virtual paint and sip, wine tasting, and happy hours. We started a Book Club and we formed a task force to raise awareness around issues of diversity, equity and inclusion. We found new and different opportunities to give service.

"We made comfort calls to home-bound clients of Meals on Wheels West and Wise & Healthy Aging, we did two food drives, we collected furniture and baby items for young soldiers and their families at Camp Pendleton, we cleaned the beach, we handed out Christmas toys, we delivered meals, and we were able to devote an all-hands day of service painting, planting, and

refurbishing at John Adams Middle School before the students returned to campus. We also installed a Little Library at the Boys & Girls Clubs of Santa Monica on Lincoln Blvd. and awarded several Community & Youth grants to deserving organizations. We were busy, productive, and ended this last year strong and ready for the next Rotary year," President Lisa recently summarized.

We'd like to acknowledge our outstanding 2020-2021 board of directors, who along with our members, made all this possible. Thank you Nora Bohn, Tammy Andrews, Brian Linnekens, Grace Cheng Braun, John Bartlett, Sara Colon, Kera Snell, Timur Berberoglu, and Bill Chillingworth. And, now under the leadership of incoming president Bill Powell, it's time to celebrate our 100th birthday!

"On July 1, the Rotary Club of Santa Monica begins its celebration of 100 years of service, fellowship, and leadership in our community. Our meetings and social events will again be LIVE starting with our first meeting of the year on July 9. With the relaxing of COVID-19 restrictions, we are delighted that our service committees can now actively work to address Rotary's goals of making lasting change in the world," added Bill Powell.

For more information about our club, events, and virtual meetings, email rotaryclubofsantamonica@verizon.net, or call our office at 310-917-3313.

An Update from the SMBWC



By Susan Barry

Undeniably, the past 14 months have been challenging for almost everyone, and some have suffered painful losses. Now, as we return to our 'old lives' and our city reopens, there is a distinct sense of appreciation and renewal. Kids say it feels good to return to a classroom even for Zoom in the room. We're beginning to travel a little farther from home and see family and friends we've missed for more than a year. At the Santa Monica Bay Woman's Club (SMBWC), we have reopened for members to play bridge and canasta on Mondays, and our artists to get together in person to share their work every Tuesday.

Along with our monthly Pass the Dish and board meeting, we plan to meet at the Club on June 17 to discuss, *This Tender Land* by

William Kent Krueger, all changed from meetings on Zoom to in-person. It's joyful to see our friends again and to be in one another's company and conversation. With vaccinations readily available and fewer restrictions each week in Los Angeles County, we are even beginning to see smiling unmasked faces outdoors. Spring in Santa Monica is always beautiful.

For me and many SMBWC friends however, we will continue keeping in touch with far away friends on the internet, keep increasing our lock-down acquired computer skills, and continue participating in online classes. It's amazing! Much good has come to us from thinking outside the box, finding creative ways to manage everyday living, conscientiously reaching out to support one another, and having more time to reflect on what's meaningful and

(Continued on Page 10)

SM Lions Plan for the Coming Year



By Linda Levee

We are gearing up and starting to plan for the coming year with activities and fundraiser plans.

Our Club has been meeting regularly on Zoom for two meetings a month. We are now planning to go back to the Elks Club on Pico Blvd. when we get the word, at least for one meeting a month, until we complete a recruiting effort.

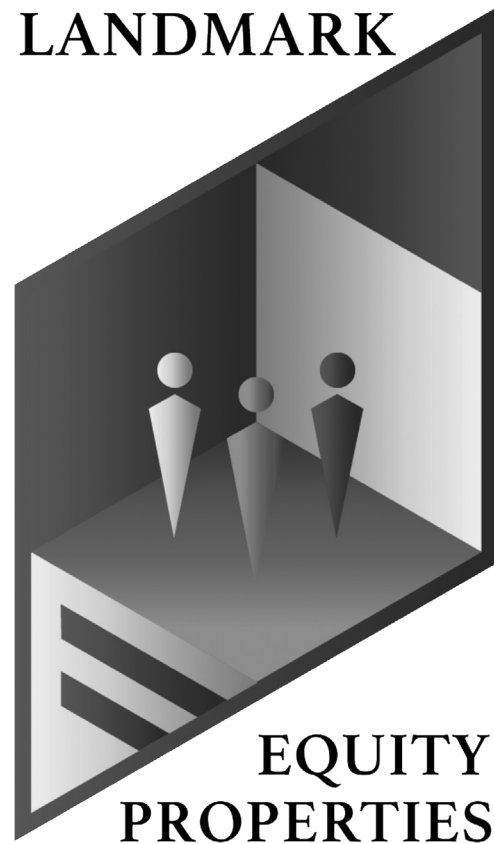
We are almost having to start over with new ideas and new people to help support the many charities and Lions Programs in our local

community.

We are looking for people of all ages and walks of life to assist us. Please email levelheadedlinda@yahoo.com to get further information about meetings, dues, and other information.

Thanks to all of our followers for sticking through this past 14 months. Remember if we want to reach (Herd immunity), so we can all meet again and get our lives back in order, you must encourage all of your friends and family to get immunized. We are enjoying working with the Leo Club from Palisades High. We have missed all of you. We will meet again soon.

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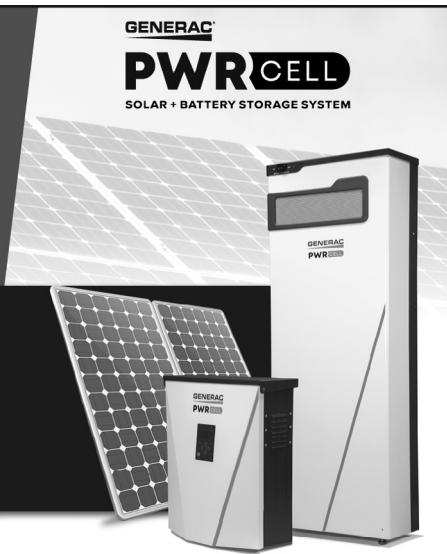
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Paws and Claws

Does My Dog Need a Rattlesnake Vaccine Before We Go Hiking in the Mountains?



By Dr. Frank Lavac MS, DVM
Q: I hike with my Lab in the Santa Monica Mountains. Should I get a rattlesnake vaccine

for her?

A: There is presently no evidence of efficacy of the rattlesnake vaccine in dogs. UC Davis Veterinary Medical Teaching Hospital does not carry the vaccine and does not recommend its use. Even if your dog is vaccinated and is bitten, the same treatments will be necessary.

Those validated treatments include IV fluid therapy and rattlesnake antivenin. There is no evidence that previously vaccinating dogs "buys" you some extra time before symptoms appear, or allows for delayed treatment.

I discussed the vaccine's use with a clinician at UC Davis. She had an interesting point, in that there are no venomous snake vaccines for

people, so why do we think there would be an effective vaccine for dogs. She also pointed out some research that showed that some dogs, previously vaccinated, developed anaphylaxis after the rattlesnake bite. She also discussed research in horses that showed that the antibody production by the vaccine was less than the natural immunity produced in response to a bite. She felt that this was pretty strong evidence for the lack of efficacy of the vaccine.

Additionally, there was a research paper written by Dr. McGee Leonard who notes, " ... this study did not identify a significantly protective effect of previous (rattlesnake) vaccination in cases of moderate to severe rattlesnake envenomation..." This study was performed at a large 24-hour veterinary ER in West Los Angeles.

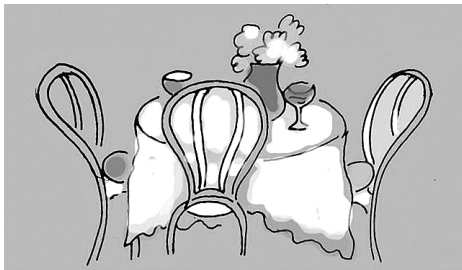
I do not recommend the rattlesnake vaccine at this time.

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

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An Update

(Continued from Page 9)

important, and what's not!

Welcome back everyone to our beautiful facility and activities. Please reach out for further information to: info@SMBWC.org.

We look forward to hosting your upcoming event and are especially seeking other non-profit organizations looking for an event site. As always, everyone is welcome.

Please visit us at the Santa Monica Bay Woman's Club, 1210 4th Street, just south of Wilshire Blvd. Call ahead for the best times at 310-395-1308.

Mar Vista: Neighbor to Neighbor

Mar Vista Runs Away From the Circus!



By Tesi Treuenfels

One hundred years ago, Al G. Barnes and his circus set up camp in what is now Mar Vista.

Yes, there was a circus center which was the winter resting grounds of a traveling four-ring circus, with 4000 exotic animals that traveled in up to 30 train cars across the United States and Canada. In 1910, Abbot Kinney had brought Barnes to Venice to entertain beachgoers.

Originally, Barnes had his big top and smaller tents just east of the Venice Canals. Once, an elephant took off walking down Winward Ave. Another time, a tiger escaped, then a python. Neighbors had already become disenchanted with the noise the animals made and accused the circus performers of bringing bootleg liquor and the "Spanish Flu" to their area.

In 1920, Barnes bought 780 acres between Culver City and Venice and moved his operation east. He sold off some of the parcels to private citizens. By 1923, Barnes had set up a permanent zoo for the animals who were too old, too tired, or just too wild to perform as well in the circus.

The entrance to the zoo and an 800-foot frontage faced Washington Blvd with the 70 acres of the Barnes circus establishment reaching back to Culver Blvd.

When Mr. Culver made his land grab for the stretch of Culver City that runs down Washington Blvd. to the Costco, Barnes complained that the porch of his house would be in Culver City, while his bed rested in the county.

Fearing that Culver City would vote to annex his land holdings, he maneuvered to incorporate his own city, known as Barnes City. His brother became the mayor. He quickly moved to annex the Mar Vista neighborhood in 1926. Winning the vote, partially due to his 254 employees, the residents of Mar Vista caught off guard went to complain, but Barnes had appointed all the members of the Barnes City City Council.

Mar Vista residents took their complaint to the state supreme court with their petitions for a revote. The vote to be annexed into the City of Los Angeles passed by a two-to-one vote in favor of annexation. In 1927, we became part of our fair city, L.A., and so did Barnes City. Barnes then moved away to the less regulated lands between Baldwin Hills and El Monte in the San Gabriel Valley.

The moral of this story is to encourage you to learn what is going on in your community. Go to marvista.org, and don't forget to inform yourself and vote - carefully!

Tesi is an educator and a longtime Mar Vista resident.

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Teen Scene

Advice to Consider During Scholarship Season



By Julia Abbott
The warm summer breeze? The end of high school? The gray skies turning to blue? Yes, the changing of the seasons has come – it's now scholarship season! Oh, and also summer. With so many seniors getting those last dollars before starting college, and juniors trying to beat out the rush, many students (and worried parents) feel left behind.

To help, I'll be giving a little bit of advice for scholarship season. My first piece of advice is very deceptively simple; get started! You can't win scholarships if you're not applying to any. Many students get nervous about the process and simply fail to try. Don't be scared of failure; no one wins every scholarship they apply to.

My second piece of advice is to play to your strengths. There are thousands of scholarships, in just

as many niche categories. If you have amazing grades, focus on solely academic scholarships. If you're a good baseball player, look for baseball scholarships. If you're an artist, apply for art scholarships. I promise, there is a scholarship for whatever strength you have. Look at the Wholesale Halloween Costumes Scholarship; to win, you just need to carve a pumpkin and send in the picture.

My third piece of advice is to look for small scholarships. You may be tempted to apply to the \$30,000 VFW scholarship, but the competition is stiff.

On the other hand, many local scholarships (in the thousands of dollars) have as few as one or two applicants.

Fourth, don't get discouraged! The more scholarships you apply for, the older you get, and the more you improve. Stick to it and you can rake in thousands of dollars for college. Best of luck!

An Update on Julia's Contest Experiences

Julia Abbott earned fifth place on the state level in the Lions Club Oratorical Contest. She writes, "I would like to thank the Santa Monica Lions Club and LAX/Marina Lions Club for all their support throughout this contest. I never would have made it this far without all the phone calls, cards, and kindness. Thank you for a wonderful year. I'm looking forward to coming back!"

She won first place on the state level of the Joseph S. Rumbaugh Historical Oratorical Contest. She says "Thank you to John R. Ferris and the California team as a whole. I look forward to representing California at the national level!"

One more to note is the Distinguished Young Woman of West Los Angeles County. She writes, "Thank you to Gretchen Carlson

and Rebekah Peltz for all your support and coaching. I'm working hard to bring home a victory for Los Angeles at the state competition."

All the best to our teen columnist, Julia Abbott!



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From Me to You...



By Diane Margolin
A recent cover on *The New Yorker* magazine shows a family at the base of a gigantic door that is opening to the outside city.

You can see the Empire State Building in the distance. It is easy to empathize with the family as it seems to be hesitant about going outside their home into the bustling city. From what I've seen, New York is "open again." And, we are also getting more "open" on the Westside.

How many friends do you know who, even though vaccinated, still prefer to wear masks when they go out? Some people have become comfortable secluded in their homes and may be reluctant to venture out to busy markets and shops. Also, there are still friends and family who have chosen not to get vaccinated. How do we deal with them? Do we refuse to see them? Or, if they wear masks, are we comfortable enough?

We have adapted to so many new situations in the past year. And, now there are several more new ones to consider.

One of our favorite events each year was the Police Activities League (PAL) Chris Carrey Scholarship Awards Celebration. Highlights were meeting the families of the scholarship winners and listening to the winners talk about how much the PAL staff has helped them. The staff does an amazing job. The students would also share their plans for the future. Many of the Santa Monica police officers attended and there were also a lot of raffle prizes. This year, the event will be a virtual recognition ceremony on Thursday, June 3 at 5 p.m. Four seniors and two juniors will be recognized. For more details, contact Eula.Fritz@SMGOV.NET.

For a great overview of what's happening in the city of Santa Monica, sign up for SaMoNews. Have a wonderful summer and stay safe.

Applying for College?

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Santa Monica resident Rufus Baker is shown with his father, Mark Baker, on their very first visit to the Santa Monica Pier in July, 1959.

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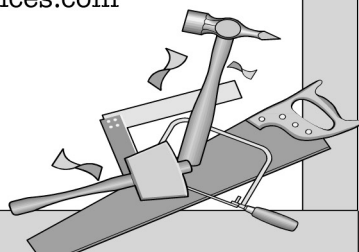
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