

# THE SANTA MONICA STAR

Also Covering  
The Greater  
Westside

Volume XX Number 2

Connecting You With Your Community

February 2021



Palisades Park is a wonderful place to sit and enjoy the changing Pacific Ocean or to watch people passing by. Photo by our own Julie Dobkin Gilberg

## Jean McNeil Wyner aka Mrs. Santa Monica's Passing a Big Loss For Our Community



Jean McNeil Wyner, at one of her many meetings.

**By Tara Pomposini**

It is with a heavy heart that I write about the passing of Jean McNeil Wyner, my mentor, protectress, and loyal friend throughout the years.

As director of the Santa Monica Family YMCA, I first met Jean when she joined the Y Board in 1991, serving as president from 2005-2006, and remaining active until her passing on January 12.

There are so many memories, and the words to describe her are endless. She was fierce, kind, caring and compassionate. She appropriately earned the title of *Mrs. Santa Monica* for all of her good work in the community. And, she was our own beloved Nurse Ratched in promotional skits, assuring our annual campaign always met its goal.

Jean was committed to community service in Santa Monica from the time she arrived and has received many awards and honors for her service. A few of them are: YWCA Woman of the Year; Presidential Awards Santa Monica Chamber of Commerce 1988, 1997, 2002 and 2003; "One in a Million Award, American Cancer Society; Service Ace Award; Westside Challenge to Beat Breast Cancer; Humanitarian Award, the National Conference of Community and Justice; Roy E. Naylor Lifetime Achievement Award, SM Chamber of Commerce; Commendations from the City of Santa Monica, 1989, 1991, 1993, 1999 and 2002.

Some local organizations in Santa Monica that she was active

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## Remembering Our Community Valentines



Ruth Rosen was a talented artist and musician.

### Thoughts on My Mother, Ruth Rosen

**By Brant Rosen**

The sweetness people saw in Ruthie Rosen was very real. It was honest; it was genuine. My mother was truly young at heart; she had that beautiful smile and that ready laugh for her entire life. Ruthie was also, for lack of a better word, a pure artist.

Ruth Rosen was born in 1933 in

(Continued on Page 3)

Each of the women we are writing about on this page was an active part of our community. It is with great sadness that we share the news of their passing. So many of us have fond memories of their smiles, talents, adventures, and genuine concerns about others.



Florence Kinney modeled at the local Salvation Army Fashion Show when she was 104 years old.

## Santa Monica Native Florence Kinney Will Be Remembered for Her Style and Spunk

**By Anne Wallentine**

The oldest Santa Monica High School graduate, Florence Kinney, passed away peacefully on New Year's day at the age of 108. After graduating from Santa Monica High School in 1930, Florence worked at Van de Kamp's Bakeries in downtown Santa Monica before marrying LAPD officer Ray Kinney. They were married for 60 years, until Ray's death.

Florence is survived by her daughter and husband, Patricia and John Burnett, three grandsons, and six great-grandchildren.

In the 1920s and 30s, Florence loved to dance to big band music at the many local ballrooms in Santa Monica and have picnics on the beach. She recalled the small-town atmosphere fondly, explaining that, "On Saturday nights, you'd walk down Third Street, and you would know everybody."

As much as Florence enjoyed her youth, she also liked to brag about how old she was. Neighbor Maurice Jordan said they first met when Florence was pushing her trash can from the sidewalk into the back yard.

Florence asked him, "How old do you think I am?" She refused to accept his politely evasive answers. She gleefully informed him that his guess was off by 20 years: at the time, she was 103. "A special place was put aside in my heart just for

her," Maurice said. "The lessons of life I learned from our conversations will live on in me wherever I go."

Florence enjoyed recounting her stories to younger generations, ensuring that her snapshots of the past would be passed down. "I will remember Florence fondly," Evelyn Lauchenauer said. "We had fun conversations sharing stories at the Santa Monica History Museum Remembering Santa Monica group monthly meetings."

During their marriage, Florence and Ray also dabbled in real estate, rehabbing, and renting out houses together. After Ray retired from the police force, they moved to Las Vegas, where he worked in private security for Howard Hughes for 16 years. When they retired for good, they spent time traveling around the U.S. in a camper van accompanied by friends.

One of Florence's favorite games was Scrabble. She continued to beat her daughter Patricia while Florence was well past 100. She said she wanted Patricia to know "she still had it."

When we last spoke in person, Florence spoke of missing her friends and family who had predeceased her. Still, she retained her vivacity, humor, and enthusiasm for living to the end. As she said herself, "I've had a wonderful life."



# Financial Bliss for the Blended Family



**By Carolyn Hemann, CFP**  
Ask anyone who’s merged two families into a new family unit, and they’ll likely tell you it’s a bit of a challenge. In addition to learning how to adjust to new roles and rules, blended families face the complicated task of combining their finances. If you are in this process, keep these six tips in mind to enhance the financial compatibility of your new blended family.

**1. Look at the entire picture.** To make the most of your shared finances, take the time to understand all aspects of your separate and combined financial resources and obligations. Hopefully, you and your spouse fully disclosed your assets and debts before your vows were exchanged. It’s also important

to look at the new financial responsibilities for your household so you can formulate a collaborative plan of action.

**2. Create new guidelines.** This means having some rules of the road as you make decisions. As a new couple, it’s up to you to determine how you will divide and conquer your bills, deal with alimony or child support, dole out allowance, and so forth. You’ll also want to figure out whether you want to maintain separate bank accounts and agree on who pays for what and how much of your income goes to the kids.

**3. Make a blended budget.** After you know what you have to work with and understand your individual needs and expectations, it’s time to put together a budget. Your new budget will help your family stay within their means, provided

that you review the numbers at the end of the month. Keep in mind your budget isn’t set in stone – it’s a document you should update as circumstances change.

**4. Include the kids.** Make sure your children on both sides of the family understand your new financial philosophy. Provide clear expectations for every child, whether they are with you full- or part-time.

**5. Protect your assets.** It’s not always best to combine every aspect of your finances in a blended marriage. You may want to pass on assets or family heirlooms that you brought into the marriage to your children. Consider working with a financial advisor who can help you determine how to ensure your children receive the inheritance that you wish – whether it’s through beneficiaries or a trust. Regardless, it’s important to update life insur-

ance beneficiaries and establish or update your will to provide specific instructions for dividing your estate.

**6. Invest in your future together.** This may be the most important step you take as a newly married couple. Ask your financial advisor to help you sort through finances that may be complicated by a previous divorce or alimony payments. Together, you can explore opportunities to save for the future and protect the financial security of your new blended family.

*Carolyn Hemann, CFP, is a Private Wealth Advisor with Hemann, Preator & Associates, a private wealth advisory practice of Ameriprise Financial Service, Inc. in West Los Angeles. She has been in practice for over 30 years. She can be reached at 310-477-2500.*

## Planning Ahead

# Take Your Property Tax With You When You Move



**By Lisa C. Alexander, Esq.**  
California Proposition 19 approved in the November 3, 2020 election has expanded the ability of homeowners age 55 and older to take their low property taxes with them when they move.

Beginning April 1, 2021, if you sell your primary residence and buy a new home as your primary residence, you can transfer the assessed value of your old home to the new home, no matter where you move, anywhere in California and no matter how much you pay for the new home. You have to be over 55, severely disabled or a victim of a wildfire or natural disaster

and you have to buy the new home within two years of the sale of the old home. You can now do this up to three times.

If the new home is of equal or lesser value than the old home, the assessed value of the old home can be transferred to the new home and you won't have to pay any higher property taxes than you did at the old home. If the new home is of greater value than the old home, you will pay higher property taxes but the assessed value of the new home won't be equal to the full purchase price. The assessed value of the new home will be equal to the assessed value of the old home plus the difference between the full cash values of the old and new homes.

It is important to distinguish be-

tween the assessed value of your old home which is the value for property tax purposes and can be found on your property tax bill, on the one hand, and full cash value which is the purchase or sale price.

The old law still applies for transfers before April. Under the old law, with some exceptions, the old and new homes had to be in the same county; you could only transfer the assessed value of the old home if the value of the new home was

equal to or less than the value of the old home; and with limited exception, you could only do this once.

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Brain Matters

What is Multiple Sclerosis?



**By Dr. Barbara Giesser**  
Multiple Sclerosis (MS) occurs unexpectedly, usually when people are just embarking on their adult lives. MS is be-

lieved to be an autoimmune disease. Normally, the immune system recognizes the body as “Self” and protects it from outside entities, such as germs. The central nervous system or CNS (brain, optic nerve, and spinal cord) usually does not allow most immune cells to enter. However, in MS, the immune system no longer recognizes parts of the CNS as “Self” and gains the ability to get into the CNS and to attack the nerves.

Nerves are very similar to electrical cables and communicate by sending electrical and chemical signals. Many of them are coated with an insulating material, myelin, which helps the electrical signal be conducted in an efficient manner. In MS, the myelin insulation is damaged or destroyed, and scar tissue or “sclerosis” occurs, leading to slowed or blocked transmission of electrical information. In addition to myelin damage, the nerve wire or “Axon” can be damaged, as well.

Common symptoms of MS include fatigue, numbness or tingling, weakness, poor coordination,

visual disturbances, muscle spasms, change in bladder, bowel or sexual dysfunction, and problems with mood, memory, and thinking.

There are two categories of treatment for people with MS. Disease Modifying Therapies (DMT) and Symptoms Management. DMTs are medications that interfere with the immune system’s ability to attack the nerves. We now have 20 FDA-approved DMTs that we can use to treat patients. Most symptoms of MS can be greatly relieved using symptoms management which usually involves a combination of appropriate medications and other treatments such as rehabilitative therapies, equipment, lifestyle practices and alternative and complementary therapies.

Living with multiple sclerosis requires patience and diligence, but the good news is that the prognosis for leading a full life is better than ever.

**Dr. Barbara Giesser, FAAN, FANA, is an internationally recognized clinician and award-winning educator who has specialized in the care of people with Multiple Sclerosis since 1982. Her approach to diagnosis and management of MS combines advanced diagnostics and a personalized medication approach with an emphasis on integrating lifestyle and wellness into the neurologic treatment plan. [Pacifcneuro.org/310-582-7613](http://Pacifcneuro.org/310-582-7613).**

Thoughts on My Mother, Ruth Rosen  
(Continued From Page 1)

Los Angeles to Simon Israel and Gertrude Ellenberg. Mom was the youngest of three sisters, something of an unexpected surprise; she was born nine years after her next older sister, Francie.

As a child, my mother took skating and ballet classes, as well as art and violin lessons. She also loved the movies – a love she would later bequeath to me and my two brothers, Ian and David.

Ruth described her college years at UCLA as big and a bit overwhelming. She did pursue her dance and music studies, became an avid folk dancer and artist, drawing and painting landscapes, which she continued to do for the rest of her life.

Shortly after she graduated, she met Larry Rosen, who was home in L.A. after finishing up his medical studies at Northwestern. My mom had recently graduated from UCLA and my dad was about to enter the navy and set out to sea as a flight surgeon. They dated and became increasingly close that summer.

One day, as they were driving up the California coast together, my mom said she wanted my dad to meet her cousin Phil and his wife Jackie. In response, he gave her a



Ruth transitioned from playing classical music to traditional folk music in a traveling band.

silver mezuzah on a chain and said, “I will if you marry me.” My mom responded with the now immortal words, “You’re kidding.”

After they were engaged, my dad promptly set out to sea with the navy and my mom worked as a public school teacher, teaching physical education and art to junior high students.

Even if they were so different in many ways, my parents’ marriage truly modeled how two people could learn to grow together. More than anything, Ruth and Larry showed us what a committed relationship could look like: how to grow together, and how to lovingly

(Continued on Page 4)

Teen Scene

Students’ Progress Affected by How Much Parents Can Afford



**By Julia Abbott**  
With rumors swirling around about when LAUSD and SM-MUSD will return to school, it’s interesting to think about how students will interact after the return.

After all, students have had vastly different experiences while at home. While some parents have shelled out for private tutors, personal printers, and extra online courses, others parents have been lucky to get food on the table. The emotional, physical, and financial stress of a pandemic has proved vastly different depending on socioeconomic factors.

One student I interviewed claimed that on the 2020 AP exams, many students simply had tutors take their exam. Another student mentioned widespread

cheating on exams by students who had two computers. Almost every student I interviewed complained of the mental toll from switching to online school. As one student succinctly put it, “We’re getting the same amount of work, the same tests, and much worse instruction.”

Even issues such as reliable internet service, computers to complete schoolwork, or sharing electronics with other members in a household will have a lasting effect on students. According to (NCES), 14% of children ages three to 18 don’t have internet access at home, while 17% of kids live in households without a laptop or desktop computer. California’s wealthiest households are 16 times more likely to have home internet access than our poorest ones. One student I interviewed spent four months completing online school-

(Continued on Page 4)



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Reflections From The East

Love During The Hard Times



By Qin Sun Stubis

We are a nation built on love. Lots and lots of it. In fact, it is often our persistent love that helps us to plow through difficult periods in our history: Our love for democracy, science and innovation, our love for our neighbors, friends and family, and our love for our sacred motherland, her mountains and rivers.

There can never be too much love, so we say. The more we give, the more we shall receive; and the more we receive, the more we have to give again in return. In that regard, love grows like a glorious multiplication formula. And, often, it is a serious lifelong commitment, like the traditional wedding vow, which calls upon us to love through thick and thin, until death do we part.

For me, the most precious form of love is that of a parent for a child, for it is rendered unconditionally, without any boundaries or selfish motives. It forms a lifeline

for the young and vulnerable, like seedlings depending on the gardener for care, patience and tenderness.

If one wants to know how a garden will grow, whether those seedlings will eventually thrive, look no further than those who take care of them. Remember, the love from a parent should never be about that parent, but the child who receives it. It is this selflessness that ultimately makes this kind of love the most pure and rewarding.

When my husband and I finally became parents in 1993 and again in 1998, we started our very own journey of learning how to swaddle the new generation in that kind of selfless love. It was during this journey that I started to look back at my own life and recall the love that I was blessed with from a very special woman, my mother.

Hers wasn't what we expect from a mother these days because she raised her four girls during a very harsh time. We grew up in China during three years of famine followed by ten years of the Cultural

Revolution. Abandoned by her family and friends, my mother was all alone attending us, without a job or income, and not knowing if her imprisoned husband was alive or dead.

In some ways, we grew up with so little. We couldn't stay warm in the winter or cool in the summer, and never had enough to eat. Our mother never kissed or hugged us because the revolution discouraged such bourgeois rituals. And yet, she generously showered us with her love every day, giving us everything she could. Some days, she starved herself so we would have something to eat. She took apart her own sweaters to knit small ones for us. And, she told us stories to teach us about hope and determination.

On this Valentine's Day, I want to toast my very special mother's tender love during those tough times, without which, today I wouldn't be me.

You can always reach me at [qstubis@gmail.com](mailto:qstubis@gmail.com).

Thoughts on My Mother (Continued from Page 3)

share the passions in your life with one another along the way, which they did for 63 years of marriage.

Ruth eventually transitioned from classical music to traditional folk music. She joined her niece Dodi and traveled with the Upstairs String Band. She also played klezmer music with her local temple band.

She also was a passionate political activist for most of her adult life. She advocated for gun control for many years. Like the Impressionist artists she idolized, Ruthie painted countless oil and watercolor paintings of her garden. Her gardening, her art, and her music were singular passions for her.

So many people are telling me that they have her paintings hanging in their homes, and how lucky that makes them feel. That means in a very real way, Ruth Rosen's beauty is all around us. It literally lives on all over the country.

Jean McNeil Wyner (Continued from Page 1)



When Jean received the Lions Club's Community Service Award, Tara Pomposini, left, and Patty Loggins did a hilarious skit reflecting Jean's stylish looks.

in were the Chamber of Commerce, NCCJ, College Advisory Board, Salvation Army, Convention and Visitors Bureau, the Kiwanis Club, the Family YMCA, Breakfast Club, Historical Society, the Rotary Club, and the Police Activities League (PAL).

In October of 2012, we honored Jean at the Y's Past President's Luncheon, and her good friend Iao Katagiri spoke these words about her. "Jean, you remind me of a Santa Monica mist that rolls across the streets of downtown Santa Monica, and if the elements are just right, builds through the day until it quietly and softly rises above the tallest buildings reaching for the sky.

"Since you first came to Santa Monica in 1983, you, like the rolling mist, have permeated our community with unwavering support to so many community service organizations, helping to improve the quality of life for so many from the very young to the very old.

"You have advocated for the healthy development of our community, whether it is to nurture our youth, provide care for our seniors, or to bring awareness and support to eradicate the health risks that plague so many."

Jean was then given an award for "Decades of Unwavering Service and Extraordinary Leadership to the Santa Monica Community."

That is how she will be always be remembered.

Student Progress (Continued from Page 3)

work on a cell phone. He nearly failed two of his classes, but a schoolwide policy made it impossible to fail students. Since then, he has gained a computer and a hotspot, and his grades have improved. But, there are many kids who are completing school in similar situations.

It's been almost a year since I've sat in a classroom. The longer schools remain closed, the harder it will be for some students to catch up. When students return to school, the effects of parents who could help with homework and students who couldn't get any support will lengthen the gap in school performance between different socioeconomic levels. At the end of day, students can only do so much.

Coronavirus does discriminate; perhaps not in who it infects, but most certainly in who it affects aca-

demically. Looking at the faces of students on my screen, it's difficult to guess at what their circumstances are; perhaps the student taking notes will have a tutor take his test later or the student with his camera off is at a public coffee shop, desperately using his wifi. The digital divide, often an ignored problem, has now been thrown into the public eye with online school.

Normally, school evens the playing field. Your grades are determined by how hard you work, and tutors or test prep have a stunted impact. With online school, that playing field has been skewed; only time will show how much.

Julia Abbott is a local high school student who has been writing for us since she was in elementary school. She has won awards in debating, speaking, writing, piano, and dance.

### Mini Message Bulletin Board

Happy Valentine's Day  
to Joanne, the love  
of my life.  
- KINGSLEY

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amazing and more than I would've ever imagined.  
Sabor a mí....siempre. —Alex



Clergy Corner

How Are Your Coping Skills Holding Up in Today’s World?



**By Rev. Patricia Farris**  
Let me ask, how are you doing? How are your coping skills holding up? It’s tough, isn’t it, to carry on? Here are a few tips to help us open our lives to God.

- *Pray and meditate* more and more often. Choose something – the sight of a bird, a memory, a frequent task, and whenever you see or remember or are doing that, pause, take a deep breath, stretch, and offer a prayer of gratitude or simply wait a moment in silence in the presence of God.
- Take some time each day to *get outside of yourself*. Call a family member, friend, or neighbor. Send a card or note. Listen to your favorite music. Read a book that takes you to another time or place.
- Get some *fresh air and sunshine*. Sit by a window. Mask up and walk around the block. From a safe distance, wave at those you meet and let your eyes smile.
- Explore a new form of *service* in our community, giving yourself to others. Read a book to a child.

Take a meal to a frazzled family on your block. Give blood. Donate food.

This can be a time of growing closer to God, family, neighbors, a time of growing in spirit and faith, a time of supporting those in greatest need. We know a lot more about this virus than we did a year ago. We know a lot more about ourselves, about our courage and resiliency. We know a lot more about the essential commitment we all must make to racial justice. We know a lot more about the strength we draw from God and from one another. We know a lot more about how precious life is and how deeply we are knit together in one fabric of life and love. Carry on, Santa Monica!

**Rev. Patricia Farris is from the First United Methodist Church of Santa Monica.**

**Editor’s Note: Each month we are asking a clergy member of our local churches or temples to do a column on dealing with COVID-19.**

Mothers of Monica – Take Care of Your Heart



**By Cheryl Robertson Thode**  
February is American Heart Month. It is an ideal time to remind Americans, especially mothers, to focus on their hearts. To date, heart disease is the number one killer of women. While you probably know what you should do to keep your physical heart healthy (i.e. eat well, keep active, maintain a healthy weight, avoid smoking, control your cholesterol and blood pressure, drink alcohol in moderation, and manage stress), what about your “inner” heart? You know, the heart you share with your family and friends. The heart which stores love for you and others. How are you taking care of that heart? What are you doing to keep your inner heart healthy?

This is something I constantly struggle with. Being a new mom, working from home and juggling life in the middle of a pandemic,

sure has been stressful. It is so easy to put yourself and your needs aside, to manage all the other tasks and chores calling on you to fix them. But, by putting yourself last, you are hurting not only yourself, but your family and those around you. Your family, friends, and all the people who love you do not want you to struggle or be in pain. They want you to be happy and present. They want you to have a healthy heart.

Your inner heart needs to be loved, cherished, supported, and believed. Wasting time and energy on worry, anger, feelings of inadequacy or frustration, really does not help anyone. So, how do we rise above the anguish and humdrum of daily stress to take care of our most precious heart? It is not always easy, but we need to “not sweat the small stuff.” We are going to make mistakes, but we need to keep living. Moms, make space for yourself. Take 5, 10, 15 or if you can, 20+ minutes a day to be in

**(Continued on Page 8)**

Byte by Byte

Vaccination Overview: The Moderna Process



**By Miceala Shocklee**  
Writing this article in January, it’s hard to say where we’ll be at along the process of vaccination roll out here in California by the time this is published in February. As a veterinarian who was able to receive her first vaccination during a temporary inclusion of my profession in the 1A group before switching us again to the 1B group, I’ve had a glimpse that many have not yet had at the vaccination process. As a vet, I am also intimately familiar with vaccination as a whole.

The basic idea of vaccination is that by introducing the body to a component of an infectious agent – this may be the agent itself, or a part of its physical makeup – then we can induce an immune response in the body. By inducing this “practice” immune response, the body is then able to launch a faster, more complete attack on the actual infectious agent if exposed to it again in the future.

There are several different categories of vaccination types. Words like “live vaccine” imply that the infectious agent itself is present. More often, a “modified live vaccine” or “live attenuated” is used, meaning that the infectious agent is present but damaged just up to the point that it cannot cause disease, but is not so crippled that it would be beyond recognition as its original form. There are also “inac-

tivated vaccines,” meaning an entirely deactivated form of the infectious agent is used. Finally (for the purposes of this article), there are also subunit vaccines, meaning that only a portion of the infectious agent is used – its “calling card,” if you will.

The Moderna vaccine, which I received, is a subunit vaccine. It uses a “calling card” of COVID-19 to induce an immune response. Like most vaccines, after a sterile alcohol swab is used to prep the skin, it’s injected into the muscles of the upper arm. While the immune system is creating a reaction to the “calling card” and, like any other reaction, can result in vaguely flu-like symptoms for a day or so in some people, in my experience and the experience of the others in the veterinary field I have spoken with, the most common side effect we’ve experienced is a sore arm for up to a couple days. Annoying, but much more tolerable than losing respiratory function.

To get the vaccine, I went online to the L.A. County Department of Health website, identified the portion of the healthcare field I belong to, and showed up the day-of with my veterinary medical board certificate and personal ID. I was directed to the vaccination site, and then afterwards to an area where I waited for 15 minutes to ensure I didn’t have any of the less common, more serious potential vaccine reactions.

Overall, the process was smooth,

**(Continued on Page 8)**

Welcome to the World of Zooming



**By Mark Presky**  
Hello and happy New Year! In the last year, the world has greatly changed. One of the big changes is in the methods we use to conduct business and to socialize. We even see representations of people communicating via little zooming boxes on TV programs and in commercials.

For those who have hesitated to learn to zoom, let me put you at ease. It really is very easy for anyone. Zoom has made it extremely easy to download and use its software. In fact, when sent an invitation to a Zoom meeting, one often

needs to do little more than just click on the included link. One is usually then taken to a dialog box in which you ask to join the meeting and one clicks “OK.” Wait for the meeting host to “admit” you. The Zoom program will have downloaded itself, and you are then part of the meeting.

Zoom software will not corrupt your device and it usually downloads in a few seconds. One needs only a computer, a tablet (iPad/ThinkPad), or a smart phone. Your device needs to have a microphone and a camera, which includes nearly all laptops, tablets, and smart phones sold in the last 10 years. (Actually, one doesn’t

**(Continued on Page 8)**

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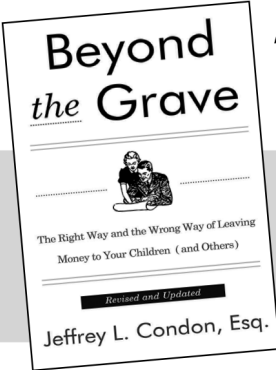
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# A Classsic Dish for Celebrating the Chinese New Year

**Family Features** - For countless cultures around the world, food is an integral part of many traditions, including the Chinese New Year. Spring rolls, varieties of noodles and steamed fish represent a small portion of the dishes typically enjoyed on this occasion, yet one of the most common is dumplings.

If you're celebrating the Chinese New Year, consider this sweet take on traditional fare with Honey Pork Dumplings. Tender pulled pork is braised at low heat for four hours

to slowly soak in the flavors of carrots, onions and wildflower honey. Once finished, the pork is wrapped inside small dough balls and steamed in a wok 15 minutes for a quick, contemporary version of a symbolic recipe.

**Honey Pork Dumplings**  
Servings: 8

**Dumpling Dough**  
1 tsp. yeast, dry active  
3 ounces warm water  
1 cup all-purpose flour, plus

additional for dusting table, divided  
1 Tbsp. granulated sugar  
1/4 tsp. kosher salt  
1/8 tsp. baking soda  
1/8 tsp. baking powder  
1/2 Tbsp. honey  
1 Tbsp. vegetable oil  
nonstick cooking spray

**Honey Pulled Pork:**  
2-1/2 pounds pork shoulder  
salt and pepper, to taste  
2 carrots, peeled and roughly chopped  
1 large onion, roughly chopped  
1 jalapeno, sliced in half  
2 cups water  
1 cup soy sauce  
1 cup wildflower honey  
1-1/2 cups rice wine vinegar  
Water  
Nonstick cooking spray

To make dumpling dough: In a mixing bowl, combine yeast and water. Let stand until yeast dissolves, about 15 minutes.

In stand mixer fitted with hook attachment, combine 1 cup flour, sugar, salt, baking soda, baking powder and honey with yeast. With mixer on low speed, combine yeast mixture and oil. Increase speed to medium and mix until tacky dough forms, about 4 minutes.

Turn dough out onto floured work surface and knead until smooth and elastic, about 5 minutes. Form dough into ball.

Spray bowl with nonstick cooking spray and add dough. Cover bowl with plastic wrap. Let dough rise in warm area until doubled in volume, about 1 hour.

To make honey pulled pork: Pre-heat oven to 275 F. Season pork with salt and pepper, to taste.

In hot sauté pan, sear all sides of pork until brown. Transfer pork to braising pan and add carrots, onion, jalapeno, water, soy sauce, honey and rice wine vinegar. Wrap braising pan with plastic wrap and aluminum foil. Braise 4 hours.



Welcome the Year of the Ox with these tasty Honey Pork Dumplings.  
Photo by Getty Images

Remove pork from liquid and shred.

To assemble dumplings: On sheet tray, use hands to roll approximately 1/2-inch diameter balls out of braised pork.

Divide dough into eight portions. Flatten each with hands and place one pork ball in each dough ball. Bring all edges of flattened dough on top of pork balls to make dumplings. Place balls on lined sheet trays.

Place bamboo steamer with 2-3 tiers in wok. Pour enough water into wok to reach just below bamboo steamer and bring to boil. Remove bamboo steamer from wok. Spray bamboo tiers or steamer insert with nonstick cooking spray. Working in batches, arrange dumplings about 1 inch apart on bamboo steamer tiers. Place bamboo steamer with dumplings in wok. Cover and steam until puffed and tender, about 15 minutes.

Serve immediately or store in airtight container and freeze.

Find more recipe ideas for year-round holidays and occasions at Culinary.net.

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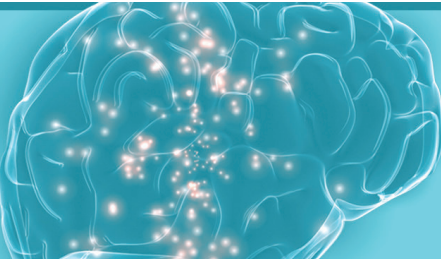
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# Passing Through the Pico Neighborhood

**Dairy-Free French Toast**

Jahrid Longworth, our neighborhood chef, thought this recipe would be a good choice for Valentine's Day breakfast.

**Ingredients**

- 1 egg
- 1/4 cup almond milk
- 1 tsp. vanilla extract
- 1/2 tsp. cinnamon
- 4 slices wheat bread
- 1 Tbsp. vegan butter

**Instructions**

1. Mix egg and almond milk until combined,
2. Add vanilla and cinnamon and mix on high for about 2 minutes.
3. Melt butter on medium heat in sauce pan.
4. Dip one slice of bread into mixture. Make sure to completely submerge the bread.
5. Cook each side for approxi-




Banana slices atop the French Toast adds the final touch.

mately three minutes.  
6. Serve with fresh fruit, syrup, nutella, or as is!  
7. Enjoy.


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9 Bingo with Comedienne Angel Gaines  
12:00 p.m.




Catherine Adel West Discusses  
"Saving Ruby King" 11  
12:00 p.m.



16 Historic Belmar Park:  
Preserving History through Stories and Art  
6:00 p.m.




Afro-Joy Dance Party with Tatiana Zamir 18  
6:30 p.m.



25 Celebrating Black Excellence  
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From the Santa Monica History Museum



**Merritt Jones Hotel, c1925 –**  
The Merritt Jones Hotel, located at 127 Marine Street in Ocean Park. Courtesy: Santa Monica History Museum Collection, Gift of Lylith Rogers [For historical reprints, please contact SMHM and specify image #1987.1.3.]

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Thoughts From a Second-Time Father

Learning to Deal With Disappointments

**By Michael Margolin**  
Alexa has been playing soccer for the last couple of years, and last spring, the association she was involved with ended their season early because of COVID.

There have been glimmers of hope that there would be a fall season, or that there might be some soccer camps she could attend. None of them have materialized. There is one organization that is holding tryouts and has done a very nice job to keep players and coaches socially distanced and sanitized. There are not any games for the possible team now because players must distance from each other and coaches. Tryouts for the team are still being held, and Alexa decided she wanted to take part in them. I explained to her exactly what a tryout is and that there is a possibility she would not be a part of the team she was going to be practicing with. It is a weird thing to tell your child she might, in a sense, be rejected. I remember scheduling a small family event several years back, and the company we were dealing with dropping the ball entirely. I was so irritated that they had disappointed my kids. So, if she does not make the team, how will I deal with my child being told

“no,” especially with a sport she had done so well with before? There are more tryouts left, so I hope I do not have to find out. At some point in her life, she will not get a spot or job, or maybe a part in a play, and she will have to deal with it. I have told her that the grit and determination that she has cultivated at seven years old is something that cannot be taught. This is especially true when it comes to sports. Maybe you can help foster these as a coach, but there has to be something inside a player that makes them want to win. You cannot teach speed either, but that is a different topic. What impressed me the most when I talked to her about the tryout was evident before it even happened: Alexa’s confidence. She did not know anybody at the tryout amongst girls who had played together before. She did not seem to mind that. What it tells me is that she knows she is good, and no matter what, she has confidence in her abilities and confidence that she will succeed. I am thoroughly impressed by Alexa. It is not the first time, and judging by what I know about her, there is no way it will be the last.

**Michael Margolin is the father of two young children. He is an avid sports fan and was a soccer coach on Alexa’s team when they played.**

Mothers of Monica (Continued from Page 5)

your own special place. Use this time to reflect on your day, to practice deep breathing, partake in a guided meditation, anything that gives you pause and allows you to have peace. You are worth it. You are beautiful. You are a gift to this world. With the million and ten things calling for your attention, taking time for yourself is challenging. But, think about your heart. If it were physically hurting and a doctor prescribed medication, would

you refuse to take it? Would your family, friends, doctor encourage you to take the medication? You bet they would. So, why should taking care of your inner heart be any different? Moms, take your prescription and give your heart some “me” time. You and your family will be better for it. To find out more about Mothers of Monica, go to <http://stmonica.net/ministries/fellowship-groups/moms>.

Welcome to the World (Continued from Page 5)

technically even need a microphone or a camera to zoom, but without them, it might be a bit frustrating.) If using a desktop computer, one may need to buy a camera/microphone combination device that simply plugs into a computer USB port. These are inexpensive and are easy to find at Best Buy or on Amazon. Although unlikely, you may need a friend, via phone, to tell you how to turn on your microphone or camera the first time. Or, someone at your first zoom meeting might be able to help you. Type [zoom.us](http://zoom.us) (NOT Zoom.com) into your browser’s URL field. Once on the Zoom.us website, scroll all the way down to the grey rectangle towards the bottom. Look for “Support” in the last column, and then look down that column for “Support Center.” Click on it. You will be taken to a page full of links to many tutorial videos on various aspects of downloading Zoom and using it. There are even tutorials just for downloading and using

Zoom on smart phones. Zoom has made these tutorials VERY easy to understand. And, you can watch them repeatedly, until you feel comfortable. With your first experience, you will be on your way to using one of the truly great new tools of our times.



Vaccination Overview

(Continued from Page 5)

fast, and pretty painless. I’m grateful that years of science and technology research have been distilled into a single, life-saving pinprick that I as a veterinary healthcare worker, and hopefully soon the public at large, are able to access simply by standing in a line. For updates on the vaccination process here in L.A. county, visit <http://publichealth.lacounty.gov/acd/ncorona2019/vaccine/hcwsignup>.



# Community Service in Santa Monica

## Partnering with the Santa Monica Rotary Club

**By Lisa Alexander**

The Rotary Club of Santa Monica is increasing its impact by partnering with other non-profit organizations. Through these partnerships, our Club is strengthening our relationships with the community, expanding our opportunities to serve, and accomplishing much more working together than each of us could, acting alone.

During the month of December, we collaborated with Connections for Children, a non-profit organization that works to build a stronger future for children, families, and communities through quality child-care resources, education and guidance. Through their Holiday Angels program, Rotarians distributed gifts and toys to low-income families, allowing for many holiday wishes to come true. In total, 203 families benefited, with a grand total of 487 children receiving Christmas gifts and toys. Rotarians distributing holiday gifts are pictured below.



Above are John ("JB") Bartlett, Mike Kallhoff, Lisa Alexander, Iao Kata-giri, Carole Stein, and Bill Rayman wrapping gifts.

In January, we partnered with the Santa Monica Family YMCA and the Red Cross to facilitate a Blood Drive. There is such a great need, and the Rotary Club was

proud to learn the Blood Drive was fully "booked" with all appointment times filled well in advance!



Rotarian Greg Hargrave is pictured above, donating blood.

Although we have been very successful in our partnerships thus far, we already have plans for February! On February 1, the Rotary Club partnered with Pico Youth & Family Center to kick off its Career Guest Speaker Series. The Pico Youth & Family Center works to equip underserved youth and their families with leadership skills, promotes peace and unity by advancing educational and economic opportunity, and encourages positive transformation by offering opportunities to create solutions to the community's problems.

Each month, the Speaker Series will feature a new Rotarian from a different profession who will speak to the teens about their career journey.

To learn more about the Rotary Club of Santa Monica, and how you can make a tangible change in our community, check out our website at [www.rotaryclubofsantamonica.org](http://www.rotaryclubofsantamonica.org), or contact us at 310-917-3313.

Thanks to Vida Setareh for her assistance with this column.

## Santa Monica Lions Welcome the New Year



**By Linda Levee**

It looks as though this will be truly a better year for charitable organizations such as the Santa Monica Lions Club. We

had a very successful fundraising drive for the Salvation Army. Because we have been home for the most part and having our meetings by Zoom, we raised more money this year for their Red Kettle Day. Due to their greater need, we are still keeping our account open for any donations you can spare.

Everything counts, and please remember to donate in our name, as we get community acknowledgment for the donations.

We are sorry to say that we lost one of our members most likely to

Covid-19 and other complications. However, we will have a memorial service on Zoom this month.

Our club is still viable, and we hope to grow once we can meet in person. We were not able to have our popular Annual Pancake Breakfast last fall. But, we are still open to donations in order to fulfill our regular charities that we support.

We are looking for speakers at our Zoom meetings. If you are interested, please contact me at [levelheadedlinda@yahoo.com](mailto:levelheadedlinda@yahoo.com).

Please keep wearing your masks, washing hands, keeping six feet away from others, and giving thanks for all we have.

Contact me at [levelheadedlinda@yahoo.com](mailto:levelheadedlinda@yahoo.com) if you are interested in learning more about our Santa Monica Lions Club.

## Looking for Seniors Who Need Help With Daily Errands

George Heller, a wonderful former neighbor of mine, is looking for people who may not be able to grocery shop, pick up medications, or do any daily errands on their own.

He writes, "I have a large group of motivated, responsible, and com-

passionate able-bodied volunteers who are eager to help others with such tasks. There is no charge for this service. If you need help picking up goods outside your home, please email me at [g.heller@bep-la.com](mailto:g.heller@bep-la.com), or call 310-770-9666. -D.M.

## Discovering New Books to Share



**By Susan Barry**

Happy Valentine's Day! Santa Monica Bay Woman's Club (SMBWC) sent Valentines to its members this month, remembering our previous annual Valentine events and sending cards with the warmth and friendship we share.

The year 2021 is here at last, but we haven't yet returned to our normal get-togethers and meetings.

As an avid reader, I've hosted the SMBWC Book group for the past six years. We now meet on Zoom and still enjoy seeing one another, even if from a distance. This month's meeting will be on Thursday, February 18 at 7 p.m., when we will explore, *Akin*, by Emma Donoghue. In the book, retired chemistry professor and widower, Noah Selvaggio, is about to embark on a trip to his native France when he is asked to take his abandoned 11-year-old great-nephew with him. The story of the unlikely travel

partners is filled with generational conflict, tenderness, history, mystery, and unconventional resolutions.

Following the trend of most everything these days, choosing a book to discuss during a time when we spend most of our time at home is a challenge. Some members are using this time to seriously explore history, politics, and social justice; while others crave light entertainment and happy endings. Understanding both and vacillating between the two approaches, I hope to choose books that encourage thoughtful discussion with different perspectives.

We look forward to reopening in 2021 and returning to the tradition of weekly and monthly activities, face to smiling face.

If you would like to join the book discussion, inquire about membership, or learn more about our mission and philanthropy, please contact the club at [info@smbwc.org](mailto:info@smbwc.org).



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Paws and Claws

Could My Cat Have Asthma?



**By Dr. Frank Lavac MS, DVM**  
**Q: My seven-year-old Persian cat is coughing up to five times daily. Could she have asthma?**

**A:** Asthma in cats appears similar to humans. Common symptoms are coughing, wheezing, exercise intolerance, and labored breathing. So, yes, she could have asthma.

The next step is to take chest radiographs (X-rays). In classical asthma cases, radiographs will suggest inflammation of the airways. Some cats with asthma may still have normal chest radiographs.

If a diagnosis of asthma is likely, the next step is to see how her body responds to medication. Medications include medicines to dilate the airways like Terbutaline, and anti-inflammatory medications, like prednisone. Steroids can be administered by injection, orally or in some cases, using an inhaler. There are special devices that allow cats to use inhalers like the Aerokat Aerosol Chamber.

In some cases, coughing can also be caused by heart disease. This can be diagnosed by your veterinary cardiologist who performs a cardiac echo (or ultrasound).

Overall, the prognosis is good, but your cat may need lifelong medication.

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



Celebrate These Birthdays in February!

Clark Gable, Langston Hughes, Stan Getz, Ayn Rand, Ina Garten, Nathan Lane, Shelley Berman, Blythe Danner, Tom Brokaw, Garth Brooks, Chris Rock, Miguel Ferrer, Robert Wagner, Judy Blume, and LeVar Burton.

Adopt a Pet



*My name is Jerry. I'm a dachshund mix weighing in at a solid 25 pounds, and I'm just 10 years young. When I arrived at Wags, I was in awful shape. I clearly had been neglected for some time, but thanks to my amazing foster dad, I'm healthy, up to date on vaccinations, microchipped, and will be neutered by Wags & Walks. Contact me at Wags & Walks, 1-866-LUV-WAGS.*

First A.M.E. Church to Celebrate 100th Anniversary

The First A.M.E. Church Santa Monica will be celebrating its 100th anniversary this year. Originally, just called the A.M.E. Church, it was founded by Richard Allen, and is the oldest Black church in the United States.

During the migration of African Americans to Santa Monica, there was a desire to form an A.M.E. church. Several families began meeting in the home of one of the future congregants in 1921.

They soon outgrew this location and moved to a larger space – the Masonic Lodge Hall on Broadway between 17th and 18th Streets in Santa Monica. After purchasing property at 19th and Michigan, construction began, and the cornerstone was laid in 1927. Many commemorative events will be taking place throughout the coming year under the leadership of current Pastor Carolyn Baskin-Bell. We will keep you posted.



Right: In 2016, many church members turned out to thank then Rev. Reuben W. Ford and John Bowman,

Jr. for bringing low-income housing to the Pico Neighborhood by adding 49 apartments in two locations.

Tele-Therapy to the Rescue

**By Dr. Sheila Forman**  
Here we are in the second month of 2021, and the COVID crisis is still rearing its ugly head. We are almost one year into our quarantine, and while many spent their time baking sourdough bread and binge-watching Netflix, others, many, many others struggled with depression and anxiety.

According to the CDC, by the end of June 2020, 40% of Americans said they were experiencing mental health issues and substance abuse. About 11% seriously considered suicide. Because of the various stay-at-home orders and other public health guidelines, access to mental health services was fraught with obstacles. Fortunately, many mental health providers, myself included, turned to technology to provide services. Clinicians all over our city began providing counseling via telephone, Skype, FaceTime, and ZOOM.

Collectively, these services are called tele-mental health or tele-therapy services. Legal and ethical guidelines loosened during this time, allowing for more people to have more access to the help they so desperately needed. As it turned out, many people liked the tele-therapy model and sought out services. Not having to go to an office, being able to talk with a therapist from the comfort of your own home, and needing only a phone or laptop made tele-therapy quite appealing. In addition, research is showing that psychotherapy offered via tele-therapy is as effective as in-person therapy.

This is very good news. If you are interested in getting tele-therapy services, here are five tips to get you started. **1.Start with your insurance provider.** Many insurance companies are reimbursing for tele-therapy services and some are even waiving co-pays. Medicare and Medi-Cal have also been making provisions. Check the website for

your insurance company, Medicare, or Medi-Cal for more information.

**2. If your employer offers an Employee Assistance Program (EAP), check it out.** Some companies offer tele-therapy as an employee benefit.

**3. There are many therapist directories on the Internet that can lead you to the right tele-therapist.** Google “online therapy” to find resources, such as PsychologyToday.com, GoodTherapy.org, FindATherapist.com, BetterHelp.com, and TalkSpace.com.

**4. Ask for recommendations from friends, neighbors, family members, doctors, and/or clergy.** Often getting a recommendation is the best way to find a therapist because the person making the referral either used that the therapist themselves or knows their work. It’s not a “cold-call” like finding a name on a directory might be.

**5. Once you find a therapist to meet with, set up an initial consultation.** Many offer a free initial consultation, as I do. Use that consultation to learn more about the therapist and to figure out if you are a good fit. Research tells us that the best predictor of a positive outcome in therapy is the relationship between the therapist and the client. So, if you need to meet a few therapists before you decide whom to work with, that’s fine. If a therapist pressures you to start right away, politely decline and keep looking. With tele-therapy available, there is no reason to suffer alone.

**Dr. Sheila Forman is a clinical psychologist based in Santa Monica who provides tele-therapy services. For more information, call 310-828-8004, or go to www.Dr.SheilaForman.com.**



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Santa Monica Elks Lodge 906 donated \$3,000 to Nourish LA Foodbank with the help of the Elks National Foundation Beacon Grant. The moneys are designated for COVID-19 relief in the local community. Natalie Flores, founder, and Demetrios Mavromichalis, co-founder, have started two drive-through sites to help the community with food and organic plants. The foodbank currently has 600+ volunteers between both hub sights since they started in March of 2020. They have donated over 1.3 million pounds of food, 350,000+ bags of food, and 20,000+ organic plants. They have contacts with local farmers and local community citizens who grow fruit in their backyards. Pictured from left to right: District Deputy Grand Exalted Ruler R.A. Pickett; Santa Monica Elks Exalted Ruler Jaynee Roszhart, PER; Nourish L.A. President Demetrios Mavromichalis; and Santa Monica Elks Food Bank Liaison Ilene Knebel.

Photos by Elise Knebel

## Passage of Prop. 19 Creates Significant Change in Inheritance Law

By Jeffrey L. Condon

The passage of Prop. 19 results in the most significant change in inheritance-related law that I have ever encountered in my 32 year estate planning law practice.

If you are reading this article prior to February 16, you are allowed to transfer your house to your children, whether during your life or after your death, without that transfer resulting in a property tax reassessment. **In addition**, right now, you are allowed to transfer your income-producing property to your children, whether during your life or after your death, without a property tax reassessment if the assessed value of that property is less than \$1 million. (Assessed value is the value of the property as it appears on your property tax bill.)

**But starting February 16, 2021, those reassessment exclusions go away forever!** So, if you plan on leaving your home or income-producing properties to your children after your death, those transfers will result in a significant

property tax increase!

This is not an exaggeration designed for business-acquisition purposes. This is not “click-bait”. This is a real-deal sea change. The term “game-changer” is often over-used; that, it perfectly describes this development. If your children cannot afford to pay the increased property taxes, they will have to sell the property. Maybe that’s not what you want, or what your child wants.

There are solutions to this problem! But, those solutions involve documents that **must** be signed and processed prior to February 16. Not a lot of time left. But, they can still be done if you start right now by immediately contacting me, or any other attorney whose main area of practice is estate planning.

**Jeffrey L. Condon of Condon & Condon is located at 3435 Ocean Park Blvd., Suite 108, in Santa Monica. He can be reached by calling 310-393-0701.**



## From Me to You...

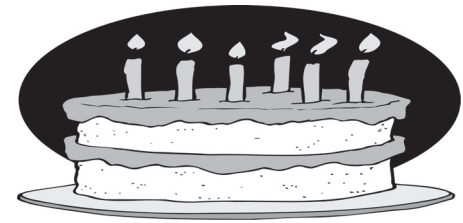


**By Diane Margolin**

How hard it is to condense the full lives of three women into stories that would share with you how special each was. There was so much more to write, but, alas, not enough space.

I wanted to thank the wonderful nurses, doctors, and case worker at Saint John’s Providence Heath Center for their kindness, compassion, and understanding during the time Jean McNeil Wyner was a patient there. Terese, Evelyn, Rose, and Kristen were amazing. How blessed we are to have this impressive hospital in our area.

If you wanted to know more about Jean McNeil Wyner’s accomplishments, please see the January 15 issue of the *Santa Monica Daily Press*. They did a wonderful story.



Happy Birthday to Jerry Dobkin, Libby Atwater, Sara Frank, Rick Kennedy, Ken Waltzer, Russ Warner, Timur Berberoglu, Pam Andrews, Darby Navin, Kylee Navin, Katie Parr Morgan, Adam Bernard, and Daniel Bennett.

You may have been impressed with all of Jean’s volunteer work. It might sound like she hardly had any personal time. I wanted to reassure you that even with all of her activities, Jean still found time to be a wonderful, caring friend to so many people in the community. She had a great sense of humor and was a terrific team player. Almost always wearing her stylish suit with a beautiful pin, and often, a colorful hat, Jean leaves us all with many fond memories. She is so missed.

Please remember to wear your masks, self distance six feet, and wash your hands often. Stay safe!



Susan Potter, Jean McNeil Wyner, and I would always celebrate our birthdays together. Here we were at the Blue Stove in Nordstrom’s.

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