

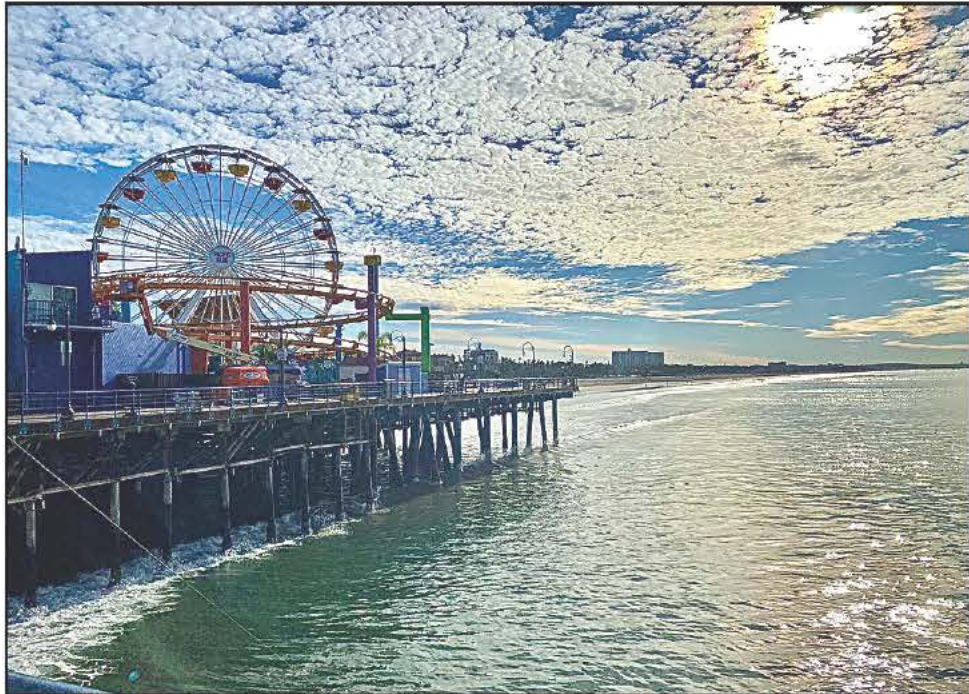
THE SANTA MONICA STAR

Also Covering
The Greater
Westside

Volume XIX Number 3

Where Local People Are Celebrities

March 2020



Local photographer, Julie Dobkin Gilberg, captures one of the reasons so many people are moving to California. This view of the pier and the beautiful sky appeals to our friends on the east coast who are dealing with snow and rain.

Women's Suffrage in California Exhibit Opens at the Santa Monica History Museum

The Santa Monica History Museum is excited to announce the opening of its latest exhibition, "All Is Possible: Women's Suffrage in California." The exhibition explores the history of the local, state, and national suffrage movements to mark the centennial of the ratification of the 19th Amendment, which granted women in America the right to vote. It will run March 7 to June 6 at 1350 7th Street, Santa Monica, with a ticketed opening celebration on March 5 from 6 p.m.-8 p.m.

The exhibition's title was inspired by Los Angeles activist Caroline Severance's motto, "Nothing is impossible for organized womanhood." The suffrage movement's success depended in large part on the groundswell of state initiatives and the organization of local women's clubs at the turn of the century. As the sixth state to allow women to vote in 1911, California

served as a turning point, with a population large enough to double the eligible women voters in the country.

"While the 19th Amendment was a landmark, it was only one element of the struggles for equal rights that took place at local, state and national levels," says Sara Crown, Archivist at the Santa Monica History Museum. "In this exhibition, we hope to tell the ongoing story of suffrage by illuminating the efforts of all women to establish their rights." The exhibition was co-curated by Sara Crown and Anne Wallentine.

The museum and exhibit are open to the public Tuesdays and Thursdays, noon to 8 p.m., and Wednesdays, Fridays, and Saturdays, 10 a.m. to 5 p.m. Please direct questions to John Klopping, Museum Manager, at 310-395-2290.

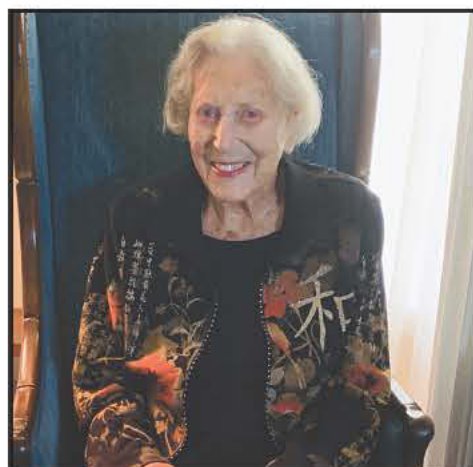
Remembering Santa Monica Group to Tour the Museum's Women's Suffrage Exhibit and Celebrate the 108th Birthday of Santa Monica Native Florence Kinney

By Anne Wallentine

In addition to visiting the new Women's Suffrage Exhibit at their March 10 meeting, members of the Remembering Santa Monica group will be celebrating the 108th birthday of Santa Monica native Florence Kinney.

Spunky and fashionable, Florence has witnessed a century of Santa Monica history in her lifetime. Born in Santa Monica in 1912, Florence went to work at Van de Kamp's Bakeries after graduating from Santa Monica High School. She worked her way up to

(Continued on Page 7)



Florence Kinney will be 108 years old this month! Photo by Carolyn Jemmott

Adapting to the Time Change

By Dr. Sheila Forman

If changing the clocks disrupts your sleep, you are not alone. Fortunately for most people, the adjustment period is short, but for others such a sleep disturbance can turn into chronic insomnia characterized by difficulty falling asleep, waking up in the middle of the night and having difficulty falling back to sleep, or waking up too early. Insomnia is more than a mere nuisance. Untreated, it can also cause cognitive impairment, compromised immune function, high blood pressure, dependence on sleep medication, and injuries. Luckily, insomnia is a treatable condition. To help yourself end insomnia and restore healthy sleep, try these five simple tips:

1. Use your bed for intimate activi-

ties and sleep only. Avoid associating your bed and bedroom with other activities.

2. Only go to bed when you are sleepy. Going to bed when you are not sleepy could lead to frustration, which could add to your sleeplessness.

3. Try not to spend too much time in bed. Limit time in bed to just time to sleep.

4. If you wake up in the middle of the night and can't fall back asleep relatively quickly, instead of tossing about, get out of bed and engage in light activity until you are sleepy, and then get back into bed.

5. Get up at the same time each day - 365 days a year. Trying to catch up on sleep over the weekends can disrupt your natural sleep rhythms.



New Board members were installed at the end of January at the Santa Monica Family YMCA. Those present were, from left, Chair Tully Watson, Sherri Lee-Lewis, Michael Peattie, John McGill, Ishara Bailis, Donna Byrd, Timur Berberoglu, Sharon Gavin, Don Cohen, Cheryel Kanan, Jean McNeil Wyner, and Pat Potter.

Santa Monica Family YMCA Names New Board Members

The Santa Monica Family YMCA installed new Board members and officers at the end of January. Officers include President, Tully Wat-

son; Vice-President, Sherri Lee-Lewis; Secretary, Michael Peattie; Treasurer, Donna Bird; and Immediate Past President, Fred Kuhns.

Continuing Board members who aren't in the photo include Josh Bradburn, Mike Cortrite, Charles Follette, Jordan Frank, Jeff Jarow, Laurie Kasper, Dick Lawrence, Patty Loggins, Monty McCormick, Dave Nelson, Muhit Rahman, Nat Trives, Damian Valdivia and Bill Walker.

Congratulations!

Do You Recognize This Neighborhood Celebrity?

(Answer on Page 11)



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Brain Matters

Dietary Flavonols Can Reduce the Risk of Alzheimer's Disease Dementia



By Sarah McEwen
There are currently over 50 million people with dementia, including Alzheimer's disease, worldwide, and that astounding number is unfortunately projected to triple by 2050. One main reason is a lack of drug treatments to change the course, or treat these devastating diseases.

formation from almost 1000 older adults around 80 years old who didn't have dementia at the start of the study, and followed them for an average of six years to see who developed Alzheimer's disease (AD) dementia.

Scientists were particularly interested in flavonols, which are nutritional antioxidants found in some fruits and vegetables. In preclinical models, these compounds have shown a reduction in AD-related brain pathology and increased memory and learning abilities. Indeed, the study found that when participants were compared, those with the highest amounts of flavonol in their diet had a 48% relative reduction in the risk of developing AD. Also, those who consumed higher levels of flavonols were those who tended to adhere to the MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) Diet.

Of note is that the kaempferol

flavonol was the compound subclass with the most impact on reducing AD risk. Foods rich in this nutrient are watercress, arugula, kale, blueberries, watermelon, kiwis, and strawberries.

At the Pacific Brain Health Center, we recommend a diet that is antioxidant nutrient-dense, supports healthy blood sugar levels, and controls inflammation. We suggest four to six cups of non-starchy vegetables every day.

It is never too early or too late to adopt a great new habit, so start eating your flavonols. Happy, brain-healthy eating!

Reference:

¹Holland, T. M., Agarwal, P., Wang, Y., Leurgans, S. E., Bennett, D. A., Booth, S. L., & Morris, M. C. (2020). *Dietary flavonols and risk of Alzheimer dementia. Neurology.*

Sarah McEwen, PhD, NSCA-CPT, is a Cognitive Psychologist and the Director of Research & Programming at the Pacific Brain Health Center. PacificBrainHealth.org / 310-582-7641.

Byte by Byte

Listen Up: Considerations for Up-Grading Your Headphones



By Miceala Shocklee
Headphones have been a staple of the portable audio experience for decades now. However, the range of headphones currently available to listeners

has vastly increased over even just the last five years. While it's best to do a brand vs. brand comparison to see how the fine details of the components of auditory experience you most care about stack up, this month's Byte-by-Byte will list the major categories of headphones currently on the market.

Some of the older models include on-ear vs. over-ear headphones, most versions of which are also either open-backed or closed-backed. Over-ear, closed-backed headphones are the sort you may envision when thinking of artists in a recording studio. Closed-back headphones isolate the sound entering the listener's ears to solely what is coming from the in-headphone microphones, while open-back headphones allow some exchange of noise between the headphones and the surroundings, aiming to make sound seem like it's coming from the room rather than being delivered directly and exclusively to the eardrum.

Over-ear headphones have a circumaural padding that allows the headphones to rest comfortably around the ear, rather than pressing directly up against the ear, as occurs with on-ear headphones. While these headphone models may harken from the time of commercially-produced sound's origins, this doesn't mean that the sound delivery experience is out-of-date. Several brands, including Sony and Beats, continue to dominate the music listening scene with their more traditionally designed headphone models.

The slimmer, more modern counterpart to the older designs are earbuds and in-ear headphones. These are the sorts of models that may come packaged with a new phone, and sit on the shelves in most convenience stores. Earbuds differ from in-ear headphones in that earbuds have silicone or foam tips that allow the speaker to rest partially in the ear canal, while in-ear headphones tend to be flat, plastic designs that sit on the outer ear.

Building on the earbud model are the wireless designs that have flooded the scenes in recent years. Based on bluetooth pairing technology, wireless designs eliminate the physical connection between auditory delivery and auditory source. Wireless designs may be truly wireless, as with Apple's

(Continued on Page 9)

Planning Ahead

Estate Planning for Remarriage



By Lisa C. Alexander, Esq.
After the death of a spouse or a divorce, finding love again is sweet. But, the legal consequences of remarriage should not be ignored. It may not be enough to just keep assets separate. Children by a prior marriage may not end up with the inheritance that was intended if the couple fails to update its Wills and Trusts.

also loved Wilma and was happy for her father. Both Harry and Wilma had significant assets.

They planned to keep their respective assets separate after marriage. Harry meant for his daughter to inherit his assets after he died, and Wilma planned to leave her estate to her favorite charity. Then, Harry died unexpectedly, without ever making a Will. Harry didn't think he needed a Will, he just thought everything would go to his daughter. She was a struggling school teacher and would need money. But, under California law that says "who gets what" when a

person dies without a Will, Wilma was entitled to half of Harry's separate property estate. Harry's daughter was surprised and saddened to learn her inheritance would be limited to only half of her father's estate. If only Harry had left a Will!

Imagine the same story, but this time Harry did leave a Will. But, it was an old Will that he made shortly after his wife died, well before he met Wilma. Even in that case, Wilma would still be entitled to half of Harry's separate property estate because of a California law that protects spouses from being left out of a Will.

If a surviving spouse, married to the decedent after the decedent made his/her Will, is not provided

(Continued on Page 3)

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Selling Online - Part 1



By Mark Presky

We all have a lot of things at home – or in the garage, or perhaps in a storage facility – which we’ve accumulated and just don’t

need. In the past, one could try to sell these via an index card with one’s phone number pinned to a bulletin board in the local market; one could give it away; or one could donate it, perhaps receiving a tax benefit. But, never has it been so easy to sell these items and produce cash as it is now.

Perhaps you’ve heard about friends selling their items online using Craigslist, Nextdoor, eBay, or Amazon. These are just a few of the many online selling platforms that abound today.

But, where does one begin? How much should you charge for that lamp that has been sitting in the garage for 10 years? And, would anyone really pay you for grandma’s vintage dress or shoes? How about the three still-working toaster ovens you’ve accumulated over the years? Should you use Craigslist, eBay, or Nextdoor?

There is a learning curve associ-

ated with online selling, but one can start small and expand as one learns the ropes. I hope to explain some of the basics, to provide the confidence to try your hand at turning some of that “stuff” you have cluttering up your space into cash. One can produce enough income with just a single or a few sales in a couple days to a week to pay for a meal or two, movie tickets, or a utility bill.

This is where your “junk abatement” program begins, and you produce the funds to pay for that lunch you’ve been looking forward to at Neli’s. (See ad on Page 7.)

However, if you don’t yet have some experience with online sales, don’t plan on finding enough revenue to make next month’s mortgage or rent payment right away, or perhaps ever. (Although I do know a couple of people who manage to regularly produce enough revenue from thrift shop and yard sale item purchases and resales to make a living at it.)

More to come next month in Selling Online, Part 2.

Mark Presky is a director of the Los Angeles Computer Society.

PPLA Food Fare Event to be Held at Barker Hangar on March 19

The highly anticipated culinary event and annual fundraiser, PPLA Food Fare, will take place at Barker Hangar in the Santa Monica Airport on Thursday, March 19. Guests of the event will gather together to celebrate the 41st anniversary and enjoy hundreds of gourmet food and drink samples from over 150 of Southern California’s best restaurants, caterers, and libation purveyors, all in support of Planned Parenthood Los Angeles (PPLA).

“The 41st annual Food Fare is a tribute to L.A.’s culinary diversity and a celebration of the important role that Planned Parenthood Los Angeles’ health centers play in our community. I’m inspired by the volunteers of the Guild who work tirelessly to serve the Los Angeles community and to host this one-of-a-kind dining experience that raises funds and awareness for Planned Parenthood’s mission and work,” said Sue Dunlap, President & CEO, Planned Parenthood Los Angeles.

PPLA has raised essential funds through Food Fare to provide affordable, non-judgmental, and confidential reproductive health care services to communities throughout Los Angeles County.



Tracey McCabe Pollack and her mom, Valerie, will be selling their hostess gifts of colorful melamine at Food Fare.

The event annually raises over \$1.3 million.

In addition to the more than 150 food and libations exhibitors, Food Fare attendees will have the opportunity to partake in dozens of raffles and auctions, including the popular silent wine and spirits auction featuring collectible vintages, unique vertical collections, and large format bottles.

Individual tickets for Food Fare will be available at pplafoodfare.com. Ticket prices for Food Fare 2020 are \$150 for the daytime session (11 a.m.–2 p.m.) and \$350 for the evening session (6:30 p.m.–9:30 p.m.).

Sponsorship packages are available. For more information, please visit pplafoodfare.com.

Estate Planning for Remarriage (Continued from Page 2)

for, or expressly not provided for, in other words the surviving spouse is not mentioned at all in the Will, the surviving spouse inherits the share he or she would have received as if the decedent had not left a Will.

In planning to marry, Harry and Wilma should have made new

Wills, mentioning their upcoming marriage and expressly stating their intent not to provide for one another. If only Harry had updated his old Will stating his intent not to include Wilma, Harry’s daughter would have received his entire estate as Harry intended.

You can reach Lisa C. Alexander, Esq. at Jakle & Alexander, LLP, 1250 Sixth Street, Suite 300 Santa Monica, CA 90401 Main Line: 310-395-6555 Direct Line: 310-656-4310 Fax: 424-238-6140 alexander@jaklelaw.com

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Reflections From The East

The Days of Our Lives: Our Personal, Unseen Calendars



By Qin Sun Stubis

Some dates on the calendar are more important to us than the others, often marked by birthdays and anniversaries, or events that have changed our lives. For those reasons, we choose to forever commemorate them.

The longer we live, the longer the list of such dates tends to grow. Sometimes we live through an extraordinary day, thinking it only an ordinary one, only to realize its significance long after it has passed. When we reflect on it later in life, we wish that we could have savored it more. Last March 16 happened to be such a date, when my husband Mark's best friend of 44 years, Michael Pisani, came for a

visit. Since he often made such pilgrimages to our house, nothing was out of the ordinary. It just happened to be his 65th birthday, so we celebrated with homemade beef bourguignon and a special bottle of 1979 Chateau Latour that my husband had given to him as a birthday present decades before, and which they had always been too busy to drink before now.

Michael, a legend in the music world, accompanied Leonard Bernstein on opera tours, preparing the singers and often conducting the orchestra. He was a book author, a winner of the Deems-Taylor Award, the head of the music department at Vassar College, and most importantly of all, a man who was fun to be around.

I fondly remember how he played

the joyful but fiendishly difficult overture to Mozart's opera, "The Marriage of Figaro," on the occasion for our wedding some 25 years ago. It was a daunting task, to say the least, with thousands of lighting-fast notes normally performed by an entire orchestra in just four minutes, played by one man and one instrument. But Michael was a magician of a musician.

Where there was Michael, there would always be music. After his birthday dinner, Michael sat down at our concert grand piano with Mark. They played and sang, and I enjoyed the music as the sole, lucky audience member with our musical puppy, Banjo.

When Michael's trip came to an end, we casually said "goodbye" and exchanged warm hugs, expect-

ing many more such visits in the future. So it came as a shock some four months later when, on a grey summer afternoon, we received the news that Michael had quietly and suddenly left this world.

We grieved deeply in losing Michael, a great friend, a spiritual brother, and a man of tremendous musical talent. From now on, whenever we miss him, we think about that day last March, an ordinary day now become extraordinary. He is forever marked on our unseen personal calendar.

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

Qin is a longtime columnist of ours who lives near Washington, D.C.

The Night of Ideas Celebrating the Theme of Being Alive Hosted at the Natural History Museum With the Cultural Services of the French Embassy

By Kalina Silverman

Music filled the halls of the Natural History Museum on the last night of January. You could almost see the moose twirling along to the sounds of the French clarinet as throngs of people from around Los Angeles meandered excitedly through the exhibits, lectures, film screenings, community speed dating, and pop-up performances offered throughout the evening.

A *Night of Ideas* was hosted by The Natural History Museums of Los Angeles, the Consulate General

of France in Los Angeles, and the Cultural Services of the French Embassy in the U.S. The program had multi-city participation around the world. The theme of the evening was "Being Alive" and well. Hosted every year, this 2020 edition took place in 150 cities and 65 countries between January 25 and February 2.

One of the scheduled Mini Lectures was given by Evens Steivenart, 37, a race car driver and ultracyclist, who once biked 590 miles in 24 hours. When asked what

keeps him going through pain, he mentioned, "There are people suffering for real in this world who can't choose to stop their suffering, whereas I have the privilege to participate in something challenging. That's what keeps me going." Steivenart finished with words of advice: "Do the things you love first. Learn a new language, call someone you love, activate your body, and activate your mind. You don't know your limits yet."

Before departing the magical evening, I asked three attendees

to answer the theme-relevant question, "What does it mean to be alive?"

"Having deep and meaningful relationships," said Santa Monica resident Leigh Rybak.

"Connecting with life in general, whether your neighbors or the natural world. In order to feel alive we have to fail sometimes, but find constant growth and support," noted eight-year volunteer docent Rachel Adams.

"To be alive is to have the

(Continued on Page 5)

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From Me to You...



By Diane Margolin
Be sure to turn your clocks forward on the night of March 7 before you go to sleep. Psychologist Dr. Sheila Forman offers some suggestions on

Page 1 to make adapting to the time change easier.

It's exciting to see the green stalks peeking up through the dirt in their pots as the bulbs with their colorful flowers below are getting ready to meet the spring skies.

If you've driven by Bru's Wiffle on 2408 Wilshire Blvd. you will notice there is almost always a group of people waiting to get a seat inside the popular restaurant. Bru also opened a restaurant at 3105 Washington Blvd. in the Marina. They are closed on Mondays and Tuesdays and at 3 p.m. on weekends. Check it out.

Mary Lois Roney reminds us that the P.E.O. Chapter IT Santa Monica is pleased to invite you to its fashion show on Sunday, March 22 at 2 p.m. at Macy's in Century City. Master of Ceremonies will be Jake Johnson. Admission is \$20, which supports P.E.O. Scholarships to help women reach their educational goals. There will be

refreshments and door prizes. For tickets and reservations, contact Mary Lazzara at 516-993-8593 or marylazzara@gmail.com.

Another fun event to anticipate is the Shirley Temple Birthday Tea Party, which will be held from noon to 2:30 p.m. on Saturday, April 18 at the Santa Monica History Museum. The Tea Party and one-day exhibition honors Shirley Temple's *Storybook* television series. A delicious traditional tea service, sponsored by Fairmont Miramar Hotel and Bungalows, will be served while special guests Beverly Washburn, Angela Cartwright and Ann Jillian share their experiences working with Shirley Temple. Tickets for the tea and exhibition are \$45. To reserve a seat, please RSVP by April 16 to rsvp@santamonicahistory.org, as space is limited. Call the museum at 310-395-2290 for more details.

After many months, the Broadway Baker has finally opened at 1209 Wilshire Blvd. Owner Jim grew up baking with his family, and he shares their delicious recipes with his customers. You can watch the goodies being mixed and baked. The scents are wonderful. All the best to Jim.

Five Money Myths to Ignore



By Carolyn Hemann, CFP

When it comes to personal finance, what works for one person doesn't necessarily work for another. That's why money misconceptions can be so dangerous. Here are five common money myths you may have heard – and perhaps even believe – that need to be put to rest:

Myth #1: All Debt is Bad

Reality: Few people could afford to buy a home if they didn't have a mortgage. You might not have been able to go to college without having taken out a student loan. Instead of avoiding all debt, make sure you have a plan to pay it off by addressing high-interest loans first.

Myth #2: Avoid All Credit Cards

Reality: Credit cards offer flexibility that cash and debit cards can't. Most card companies offer zero liability for any fraudulent transactions, while most debit cards have little protections if you find the fraud after a certain date.

Plus, you can earn extras through your credit card rewards, like airline miles for your retirement travel plans. Instead of nixing credit cards, plan to pay back the balance in full each month to avoid the high interest charges.

Myth #3: You Can Time the Market

Reality: There are many factors that influence day-to-day stock moves – the unpredictable news cycle, the economy, business decisions, rates and regulation – just to name a few. This why timing the market is so challenging, even for professional traders. While someone might get it right once, in order to end up ahead, studies have found one would need to guess correctly more than 65% of the time.¹

If only a handful of professional investors manage outperformance each year, the average investor's

chances are nearly microscopic. Meanwhile, you lose out on gains if your money sits on the sidelines while you seek the perfect moment to play. Stock markets are notoriously unpredictable in the short term and they should not drive investment strategy for most investors.

Myth #4: Pay Off Your Debt Before Saving for Retirement

Reality: If the interest on your student loans is 3.5%, but the expected returns in the market are 5%, then consider adding funds to your retirement account, since you're making more than the loan costs. You could lose out on opportunities, like the benefits of compound interest, if you're only focused on debt repayment.

Myth #5: You Don't Need a Financial Advisor

Reality: Many believe that a financial advisor's only job is to beat the market. To believe that would be to miss the main point of why it's helpful to have a professional in your money corner. At its core, a financial advisor's job is to keep you on track towards your financial goals. Whether it's retirement planning, saving for college or meeting other goals, an advisor can help you determine how to approach some of life's biggest financial decisions. Having a trusted advisor, you can feel more confident in your financial future.

¹*Morningstar Investment Workbook: "Waiting or Market Timing"*

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 specializes in fee-based financial planning and asset management strategies and has been in practice for over 30 years. She can be reached at 310-477-2500.

From the Santa Monica History Museum



Friday Morning Club Meeting at the Miramar, c1907 -- Local suffragist and social activist Caroline Severance sits in the front row, center, in dark attire. The new exhibition, "All is Possible: Women's Suffrage in California," opens March 7 at the Santa Monica History Museum. Courtesy: Santa Monica History Museum, Jones Collection. [For historical reprints, please contact SMHM and specify image # 1.2.1113.]



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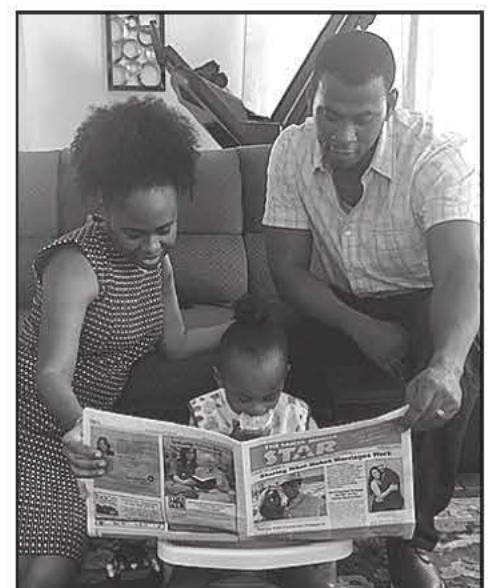


"The Santa Monica Star is an uplifting and positive paper. The Star celebrates the good things in our community. I look forward to reading it every month."
—Steve Litvack, Alphagraphics

The Night of Ideas (Continued from Page 4)

opportunity to experience the full breadth of everything this life has to offer – the good, bad, heart-breaking, soulful, and woeful," chimed in L.A.-based musician Michael Kohl.

They all agreed that the three answers could be combined to say that being alive and well involves experiencing connection, appreciation, and adaptation – just as we were experiencing at the Night of Ideas! Stay tuned for the 2021 edition!



Jahrid Longsworth's family in Belize reads The Santa Monica Star.



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Elks Honor Local Law Enforcement Officers



Pictured from left to right are Dana Camarillo, LASD-Retired; Exalted Ruler Jaynee Roszhart; SMPD's Sergeant Brent Crafton; and California-Hawaii Elks First Vice-President Jay Larkins.

Photo by Fabian Lewkowicz.

The Santa Monica Elks honored local law enforcement officers

recently at their Lodge. The Santa Monica Police Department, Santa Monica College Police Department, L.A. Police Department, California Highway Patrol, and the L.A. Sheriff's Department were all recognized and treated to dinner. Each department's honoree was given a Grand Lodge Medal of Service and a Special Citation signed by Grand Exalted Ruler Robert L. Duitsman.

The family of Fallen Officer Rashad Riley of the SMPD was given the Grand Lodge Medal of Valor for the ultimate sacrifice.

This year's Top Cop award went to Santa Monica Police Department's Sergeant Brent Crafton.



Passing Through the Pico Neighborhood

Dairy-Free Living with Chef Jahrid

After several trips to the ER and to the doctor's offices, Chef Jahrid discovered that he was allergic to dairy products. This seventh grader works with his mom to create recipes that he can enjoy.

In honor of the popular sport, Chef Jahrid decided to make Basketball Brownies to serve to his friends while they are watching the many games during the month of March.

Dairy-Free Chocolate Basketball Brownies

Ingredients:

- 1 cup unsalted butter, melted non-dairy/vegan butter (must be room temperature)
- 2 Tbsps. vegetable oil
- 1-1/4 cups white sugar
- 1 cup light brown sugar
- 4 large eggs
- 1 Tbsp. pure vanilla extract
- 3/4 tsp. salt
- 1 cup all purpose flour
- 1 cup unsweetened cocoa powder
- 2-x 8 oz. dairy-free dark chocolate bars (crushed)



Jahrid slices the brownies, getting ready to serve to his friends.

Instructions:

- Preheat oven to 350°F.
- Lightly grease an 8x12-inch baking pan with cooking oil spray.
- Combine melted butter, oil and sugars together in a medium-sized bowl. Whisk well to combine. (Hand mixer works best as sugar needs to be completely dissolved.)
- Add the eggs and vanilla. Beat until lighter in color (another minute).
- Sift in flour, cocoa powder, and salt. Gently fold the dry ingredients into the wet ingredients until JUST combined. (Do NOT use a hand mixer as doing so will affect the texture of your brownies.)
- Fold in 3/4 of the chocolate pieces.
- Pour batter into prepared pan, smoothing the top out evenly, and top with remaining chocolate pieces.
- Bake for 35 minutes. Test to make sure center is done and firm.
- Cool to room temperature, cut and serve!



Jahrid pours the thick brownie batter into the greased pan.

Edison Language Academy Honored by the State Department of Education

Edison Language Academy in Santa Monica has been recognized as a 2020 California Distinguished School by the California Department of Education.

Edison Language Academy, Santa Monica-Malibu Unified School District's dual immersion school, is one of 324 elementary schools receiving this honor in the state. Edison earned this same honor in 2018, and was awarded the prestigious National Blue Ribbon School award in 2016.

A component of the California School Recognition Program, the Distinguished Schools program recognizes schools based on performance and progress on the state indicators as specified on the California School Dashboard. Indicators include test scores, suspension rates, and conditions and climate.

Elementary schools and middle and high schools are recognized in alternate years; therefore, awardees hold the title for two years. This year marks Edison's 34th year as a dual immersion school, where all students learn to understand, speak, read, and write in both English and Spanish.

Edison is the first step in SM-MUSD's Language Academy and its students can continue studying in two languages at John Adams

Middle School and Santa Monica High School. The school follows the same state curriculum frameworks and grade level content standards as all public elementary schools in California - with the addition of also learning a second language and learning about the cultures of the Americas.

Edison Principal Lori Orum has led the school for the past 14 years and is proud of the entire Edison staff who are dedicated and determined to provide every student with a pathway to success.

"What we have accomplished at Edison takes artful, skillful teaching and a focused and collaborative effort by all teachers and staff," Lori said. "While we work really hard at academic growth in two languages and all subjects, we also provide an enriched arts program, build awareness of and respect for the cultures of the Americas, intentionally teach students to be bridge builders, focus on social and emotional development, and offer parents meaningful opportunities for involvement. We are so fortunate to have a school district that has provided resources and steady support for our program for more than 30 years!"



The Bookmark Cafe: A Hidden Gem in the Santa Monica Library

By Anne Wallentine

For a new place to eat, discover the Bookmark Cafe nestled in the central courtyard at the Santa Monica Public Library's Main Branch. Invisible from the street, the cafe is at the heart of the library complex, serving breakfast, lunch, and various forms of caffeine to patrons and passers-by.

Sangwoo "Sean" Chu and his wife Nana Murata took over the cafe in March 2017. Previously, Sangwoo worked in aviation management in Seattle. In their free time, the couple loved driving down the coast to Santa Monica, where they dreamed of opening a cafe after Nana graduated from college. In 2016, they finally made their dream a reality. Owning the cafe has allowed Nana to achieve her dream of living in the United States and running a challenging business, as well as supporting the Santa Monica community.

It's obvious from the minute you meet Sangwoo and Nana that they care deeply about their customers. According to Sangwoo, more than 50% of their customers are regulars. He appreciates that they seek out the cafe because "they like the energy they feel whenever they come here."

The couple continues to adapt the menu based on customer feedback. Their bulgogi bowls have proved a popular addition to salads, soups, paninis, and ice cream. They also take pride in making their food from scratch, and Sangwoo happily points out how much the cafe's Yelp and Google reviews have improved since they took over the space.

Like the city itself, the cafe faces the challenge of the homeless population who spend their days at the library. Sangwoo struggles to balance his desire to help individuals with his need to sustain the business. "I want to help them," he says, "but in this building we cannot do that." Instead, Sangwoo and Nana volunteer their time and donate food on the weekends in



Sean and Nana will introduce you to their new menu at the Bookmark Cafe in the Library courtyard.

downtown L.A.

Thanks to the couple's care, the Bookmark Cafe is thriving. Though the cafe is still a hidden gem – after three years, he still gets comments from locals surprised to learn there's a cafe in the library – Sangwoo is working on improving their marketing. They collaborate with the library and the Santa Monica History Museum who share the complex, offer lunch discounts to the employees of local businesses, and are bookmarking ideas for the future with their trademark verve.

The Bookmark Cafe is at 601 Santa Monica Blvd., inside the Main Library. Take the coupon on the top right of this page to get a free cup of iced or hot coffee with your order.

Have you discovered the Bookmark Cafe in the Santa Monica Main Library Courtyard?



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Look for the Bookmark Cafe in the Main Santa Monica Library courtyard. Photo by Anne Wallentine

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Remembering Santa Monica Group to Tour Museum's Exhibit (Continued from Page 1)

the position of manager while enjoying the social whirl of her early '20s, when young people would go to local ballrooms to dance or have "weenie bakes" and picnics on the beach. She met her future husband, Ray Kinney, on a blind date set up by her coworkers. They married in 1934 and remained happily married for 60 years until his passing.

The couple lived in Santa Monica and Las Vegas for periods, but eventually returned to the West-

wood area. They got involved in real estate, rehabbing houses together while raising their daughter, Patricia, who became a nurse.

Florence says she's seen Santa Monica change a lot over her lifetime. She describes it as a small, friendly town. "On Saturday nights," Florence remembers, "you'd walk down Third Street, and you would know everybody." In 1927, anywhere past 26th Street was "out in the fields."

She's also seen fashion changes,

commenting that "people now are more casual. When we went someplace, we got dressed up!" She likes some of the changes, she says, but not daylight savings time – which was instituted in Franklin Roosevelt's administration.

Florence lived through both World Wars, working in the local Douglas Aircraft small parts department during World War II. She also remembers voting in federal elections when she came of age – something that wasn't legal for

women when she was born. (The 19th Amendment was ratified in 1920 and celebrates its centenary this year.) She now has three grandsons and six great-grandchildren and says she is grateful for the "good friends and good marriage" she's had over her lifetime. In sum, she says, "I've had a wonderful life."

To RSVP for a seat at the meeting, please call the museum at 310-395-2290, or email rsvp@santamonicahistory.org.

Honoring Women's History in March



By Becky Lanty

As I focus on Women's History month, I cannot leave out the women who shaped Santa Monica. Let me start with the one who owned the land that is now Santa Monica, Arcadia Bandini. She was born in 1825 into one of the most prominent California families.

At age 14, she entered an arranged marriage to 43-year-old Able Stearns whose shipping and other commercial enterprises made him one of the wealthiest men in California. He passed away in 1871, leaving everything to his wife, Arcadia.

In 1875, the same year that Santa Monica was first planned out, the widowed Arcadia married Colonel Robert S. Baker, business partner of Senator John P. Jones, the founder of Santa Monica. Arcadia and her husband divided their time between their Los Angeles residence in the ornate Baker Block and their home on Ocean Avenue, known as Ocean Cottage.

By 1879, Arcadia, wealthy in her own right, bought out her husband's land and business holdings, and with Baker's death in 1894, expanded her business partnership with Senator Jones to establish the Santa Monica Land and Water Company, which subdivided and

developed 50,000 acres in West Los Angeles. You will find a bronze bust of Arcadia Bandini in the rose garden in Palisades Park.

Next, let us not forget about Santa Monica's own Shirley Temple Black. She started as a child actress, becoming Hollywood's number one box-office draw from 1935 to 1938. However, Shirley Temple Black's multiple talents also made her into a singer, dancer, businesswoman, and diplomat, even becoming the first female Chief of Protocol of the U.S. and serving as a U.S. ambassador to Ghana and Czechoslovakia.

Last but not least, let us not forget the ERA. The Equal Rights Amendment was passed by Congress on March 22, 1972, and sent to the states for ratification. In order to be added to the Constitution, it needed approval by legislatures in three-fourths (38) of the 50 states. By 1977, the legislatures of 35 states had approved the amendment. However, it was never fully ratified, so Kamala Lopez, the maker of the film *Equal Means Equal*, is taking the time to visit the states that voted not to ratify the ERA. So far, she has visited two of the three.

Becky Lanty is an active volunteer community member whose focus is to make Santa Monica a better place to live.

Lions Hold Bingo-Barbecue Fundraiser in Playa Del Rey

The Venice-Marina-LAX Lions Club will hold its 15th annual Bingo-barbecue fundraiser on Saturday, March 7, at the Knights of Columbus Hall, 8049 West Manchester

Avenue, Playa del Rey. Doors for the event open at 5:30 p.m. Tickets are \$60. Call Sara Clark at 310-306-9191 or Sharlene London, 310-836-3635 to order tickets.

Thoughts From a Second-Time Father

Reflecting on Happy and Sad Memories



By Michael Margolin

There have been some historic events that have taken place recently that have had quite an effect on our household. Alexa will be seven

in July, and it occurs to me frequently that there are things she is experiencing now that she will remember when she gets older.

I know that there are events I remember from when I was her age. Most of the memories consist more of snapshots in my mind than entire sequences of events, but I remember them. Jake is almost four, and I doubt he will remember a lot of what is happening now. I have been a Kansas City Chiefs fan for 30 years, so seeing them win the Super Bowl was something I had been waiting that long to see. This year, Alexa really got into football and paid fairly close attention to a lot of the Chiefs' players. She can name more players on the team than people I know who are fans of other teams can name on theirs.

When the final whistle blew and Kansas City won the game, I picked up my daughter, who sobbed for several seconds. Fearing I had accidentally hurt her somehow when I picked her up, I asked her what was wrong, and she wearily replied, "I'm just so happy!" Oh, how this makes my heart sing. I remember where I was and whom I was with for every championship I have seen my teams win. I hope this is the

beginning of those memories for Alexa, too. I am hoping the memory will last, because I was six during Super Bowl XX, and that is the first one I remember. And, it would be great if the memories from this Super Bowl stuck for Jake, too.

The other historic occasion was not joyful in the least. I am still at a certain level of disbelief over the loss of Kobe Bryant and the helicopter crash that killed him, his daughter Gianna, Christina Mauser, Payton and Sarah Chester, pilot Ara Zobayan and John, Keri, and Alyssa Altobelli. I remember when the Lakers made a trade on draft night to get Bryant and how excited I was to see this new talent who would be paired with newly acquired Shaquille O'Neal.

Over the years, I always admired the toughness and dedication that Kobe played with. He played sick, he played hurt, and he even shot a pair of free throws after tearing his Achilles tendon. Nobody left it all on the court like Kobe did.

So, when the news of the tragedy broke, I told Alexa that this was a very big deal. I do not know if she will remember me telling her or the news or the tears. I never met Kobe, and yet like many others, I feel like I lost somebody I knew. That part was not easy to deal with and has brought up another difficult thought - that of my children having to navigate their lives without me. The souls on that helicopter are not alone in having died too young and leaving loved ones

(Continued on Page 11)

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Community Service in Santa Monica

Rotary Doing Hands-On Service Projects



By Sharon Gavin, President

This month, the Rotary Club of Santa Monica continues with its philanthropy, fellowship, and fun!

• Philanthropy

The Rotary Club of Santa Monica is now accepting applications for its Community and Youth Grants program! Non-profit organizations serving Santa Monica residents and the community may apply. Awards range from \$500 to \$3,500 and are limited to sustainable projects, such as equipment purchases and materials for building improvements. Applications are due March 25, 2020 and can be obtained from www.rotaryclubofsantamonica.org/grants.

• Hands-on Service

This month we will continue giving back to the community by helping our local students. On Wednesday, March 4, as part of our Career Guest Speaker Series at the Boys & Girls Club of Santa Monica, a Rotarian will speak to the teens about the banking profession. Next, our Rotarians will help support Career Day for Santa Monica High School by being panelists for their event on Thursday, March 5. In addition,

we will have a "Day of Service" at John Adams Middle School, where we will paint, plant, clean, and beautify the John Adams Middle School campus!

• Fellowship and Fun

We will continue our fun social activities this month with our First Tuesday Happy Hour at El Chollo on March 3. Next, our Healthy Living committee has planned a La Jolla Walk on Saturday, March 7. The excitement will continue with our "Under 40 Cocktails & Connections" meetup on Thursday, March 26 at the Fairmont Miramar Hotel & Bungalows. This meetup is a great way to network with leaders in the community and learn more about our club.

• Join Us Fridays

Don't forget about our lunch meetings at the JW Marriott Le Merigot Santa Monica Hotel. On March 6, we will hear from famous aviator Dick Rutan, and on March 20, Ryan Moore will speak to us about virtual reality.

For more information about our club, check out our website www.rotaryclubofsantamonica.org, email rotaryclubofsantamonica@verizon.net, or call 310-917-3313.



Lions Club to Provide Vision Screening



By Marilynn Schalit

During the 1925 Lions Club International convention in Cedar Point, Ohio, advocate for the blind

Helen Keller, urged Lions Club members to become "knights of the blind in the crusade against darkness." In order to identify vision problems, trained volunteers from the Santa Monica Lions Club will sponsor our sixth annual Lions Eyes Across California event. We will provide free vision screening from 9 a.m. until 1 p.m. on March 28 at Virginia Avenue Park. Children who participate will receive free books.

Also, we will offer free non-prescription reading glasses. Please bring any used glasses, which we will collect and later distribute to low-income vision-impaired recipients.

In June, Lions Club members will provide the same services to the community at the Juneteenth cele-

bration at Virginia Avenue Park. During 2020, the Lego Group will release building blocks with knobs repurposed into braille dots. Helen Keller would celebrate this invention.

In order to provide members with leadership opportunities, the Santa Monica Lions Club has implemented a tri-Presidency. Lion Larry Levee led our club during the first third of our year, beginning in July. Pam Andrews has just completed her third of the year. Dr. Kingsley Fife rounds out the year, beginning this month. We thank them for their leadership, dedication and inspiration.

Please join us as our guest for lunch to learn how you can participate in community service. We meet from 12:15 until 1:30 p.m. on the first and third Thursday of each month at the Elks Lodge at 1040 Pico Blvd. RSVP to mari.lynn.schalit@yahoo.com, call 310-903-8819, or contact membership co-chair Yoriko Fisher at yorikofisher@gmail.com.

Byte by Byte (Continued from Page 2)

Airpods and Jaybird's True Vista models, or the bluetooth headphones may still be connected to each by a wire meant to rest around the head, at the base of the neck. Wireless headphones come with charging cords or a battery storage box. Total cost, charging times, auditory delivery times, microphone settings, call quality, water-proof rating, and ear-affixing designs vary wildly across the wireless headphones currently on the market.

If you're on the search for some new headphones, consider what you want out of them. Are you looking for weather-hardy technol-

ogy that will stay in your ears as you hurtle down the running path?

Or, are you looking for an indoor-only pair of headphones that can deliver audiophile-sating music quality and link up to calls and streaming audio without any glitches? Review websites like *Wired*, *Runner's World*, and *Outside Magazine* can all provide interest-specific insight into how different headphone designs and brands can suit your listening needs.

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

Santa Monica Bay Woman's Club Events



By Linda Miller

The Santa Monica Bay Woman's Club (SMBWC) is a place where women can come together to join activities, build

friendships, and most importantly, share their skills with their community and beyond.

This year marks the 100th year of women's right to vote. It is hard to imagine that before 1920, our mothers and grandmothers had no say in choosing their leaders and financial obligations.

Our skills in all forms of art will come together on March 20, when the Club will host its 21st Annual Clubwoman Art Contest. The goal of the contest is to encourage members to create art and to inspire others through participation in the arts. Women's club members have been winners in several categories, and we hope the participation will increase. On March 14, volunteers will be present at the club from 10 a.m. to 12:30 p.m. to accept and register entries. This year's categories include not only the tradi-

tional watercolor, oil, china painting, drawing, pottery, and sculpture, but also digital compositions and 3D art.

In honor of the 50th anniversary of Earth Day this April, the club will donate money to the Pennies for Pines Project to plant 10 acres of trees in the Angeles Forest burn areas. Only \$680 dollars are needed to plant 10 acres, and the Club has been putting their pennies and other change together at all events, and are well on the way to achieving the goal.

Last month, you saw how many charities we support, and this enabled us to prepare and serve a delicious dinner for the veterans at STEP UP, a facility at the West Los Angeles VA. The students from Brentwood School serenaded us with smooth jazz, which made an enjoyable evening for both residents and volunteers.

The SMBWC also enjoys monthly social events. Bridge and canasta players have enjoyed the Monday games from 12 p.m. to 3:30 p.m. for many years. We now have added

(Continued on Page 11)

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Paws and Claws

What Plants Are Toxic to Pets?



**By Dr. Frank Lavac
MS, DVM, VCA**

Q: What are common plants that are toxic to pets?

A: Lilies are commonly toxic to cats, and some varieties are toxic to dogs. All parts of the lily plants are toxic, and only a small amount of plant ingestion can be fatal. The lily family of plants cause kidney failure. Treatment must be started early after ingestion to prevent progression of the poisoning.

There are plants that contain drugs called cardiac glycosides. These are similar to digitalis, which has been used medically for the treatment of heart failure. Plants containing glycosides cause both

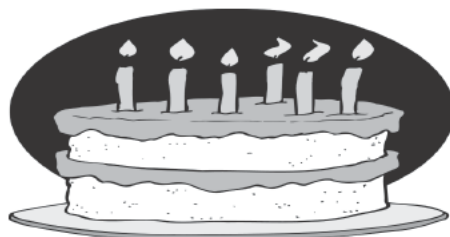
gastrointestinal and heart abnormalities. Examples of these plants include Oleander, Lily of the Valley, and Foxglove. All parts of the plant contain the toxic substances.

There is an ornamental palm that has become popular called Cycad Palm or Sago Palm. The toxic compound, Cycasin, can cause liver failure. All parts of the plant are toxic, but the seeds (nuts) are particularly dangerous. Ingestion of one or more seeds can lead to liver failure and death.

Azaleas and Rhododendron contain a toxin called grayanotoxin. All parts of the plant contain this poison. Grayanotoxin affects the integrity of the cell membrane, and clinical signs are associated with multiple systems, but most commonly include gastrointestinal signs, depression, and shock.

Despite marijuana's current popularity, it can be toxic to pets. THC can cause urinary incontinence, incoordination, and depression, but rarely causes death.

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



Happy March Birthdays

to Florence Kinney, Sharon Johnson, Kris Andresen, Blair Brandenburg, Donna Byrd, Bill Crookston, Alan Glick, Stan Fox, Larry Mortorff, Carol Ann Emmitt, Mike Cortrite, Gail Litvack, and Tim Shannon.

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Mar Vista: Neighbor to Neighbor

Discover the Exciting Changes Taking Place in Mar Vista Businesses

By Tesi Treuenfels

Dimetrios Mavromichalis, affectionately referred to as the mayor of Mar Vista, has a dream. He grew up in Mar Vista and has seen the neighborhood change over the years. He says his "goal was always to bring this neighborhood forward into a village."

He feels we really started to have the feeling of being a village when the Mar Vista Farmer's Market was launched 15 years ago. The Sunday farmer's market is located adjacent to where the old Mar Vista Market used to be, where the post office now sits. There are more changes coming into our "village."

There's talk of a bakery and deli coming in the future. The restaurant, The Mar Vista, is now in its third year, and has plans for the future. Chef Jill will be revamping the menu, perhaps bringing in wood-fired rustic dishes and a liquor license. Stay tuned.

Here in Mar Vista, we have a walking score of 89, meaning that most errands and entertainment can be done on foot. Leave your car at home and have some fun. Our biking score is 79, making us an easy ride to and from anywhere on the Westside. Public transportation is a breeze in and out of Venice, Santa Monica, and Culver City. I don't really need a car, and now I have my senior metro card. I can ride from here to Azusa for 35 cents. The 733 metro bus takes me home to Mar Vista from Santa Monica. I hop on at the northeast corner of Second and Santa Monica Boulevard, and it rolls right up Venice Boulevard.

I like to walk to Centinela and enjoy lunch at Rustic Kitchen. Or, I can head down to Venice Boulevard to Mitsuwa, a Japanese market with a collection of eateries, which include some of the best ramen you are going to find, as well as traditional bento box offerings. Or, stop by for a green tea ice cream swirl on a cone.

Newly opened in Mar Vista by Traci Phan and Shad Davis, My Lai is a modern take on a Vietnamese kitchen. It's fast, casual counter service. It's a build-a-bowl or build-a-sandwich quick-serve with a vegan protein option. Delicious. After a bite, head next door for a coffee at the new Mavro Cafe run by Dimetri's son, Niko. For quick,

healthy 'fast food' hamburgers, salads, sandwiches, etc., there is the Sunny Grill. With a shady outdoor patio with a fountain, it's a good place to rest, relax, and eat. Now I'm hungry!

The Mar Vista Music and Art Walk is happening again on March 7 on Venice Blvd., from Inglewood to Wasatch. Discover good art, good food, and lots of fun. Find out more at marvistaartwalk.org.

The next full moon is March 9. It will be a supermoon, being a bit closer to the earth due to the rotation. This moon is called the worm moon because the earth begins to thaw and the worms come out, so the story goes. Earthworms are good for your garden.



Above, visit the community gardens at the Ocean View Farms on Centinela Avenue on March 21-22.

Years ago, after moving back to Los Angeles to a small apartment near the Santa Monica Airport, I applied for a garden plot in the Ocean View Farms (OVF), a community garden on Centinela Avenue. I had a view of the ocean and grew my kale and carrots successfully. OVF's Sixteenth Annual TOMATO-BRATION™ will be Saturday, March 21, and Sunday, March 22, from 9 a.m.-3 p.m. OVF invites everyone interested in growing and tasting tomatoes. For more information, go to oceanviewfarms.net.

Well, I'm wrapping this up. I'm going to leave you with a gift. Listen to the music of Sunny War. She's a local musician, singer-songwriter from Venice, making good. I'm going to walk over to the Art Bar for a little comedy tonight and maybe get brave enough to take the mic. The art bar is all about music, art, and community. Check it out at artbarla.com.



One Heart - One Love

Dear Sunshine,
I just got married six months ago, and my wife is 20 years younger than I am. I love her so much, but when I tell you she's a party animal, believe it. I used to hang out in my youth, so I knew the job was dangerous when I took it, but I can honestly say she's a handful.

She is in a motorcycle club so to keep up with her, I bought a deluxe chopper. Sunshine, I had no idea how to ride a bike, but in my days off I take classes. She has no idea about the classes, so I'm safe for now. I hope she doesn't get rid of me when she finds out I'm a rookie! Sunshine, do you think I should tell her before I embarrass myself?
-Rookie

Dear Rookie,
You two have an exciting relationship. You settle her down when she's tired of running, and you tap into your youthful spirit again with her. I think it's cute that you bought a bike to keep up with her. I'm sure you two will have a lot of fun together. Honesty is the best policy. She loves you for you, not your bike. You'll be fine. Chop it up as a win!
Best regards,
Sunshine

(Send your relationship questions to Sunshine at sbanister598@gmail.com, or go to her YouTube Channel ONE HEART ONE LOVE 101.)



Adopt a Pet



"Bubbles" is a really friendly Chihuahua mix, and so loving. She is on the timid side and feels more secure with companions, whether they be dog or human. "Bubbles" is part of our Senior K9 Adoption Program. Please contact info@muchlove.org for more information on adopting "Bubbles"

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Community Calendar

By Miceala Shocklee

- **Ongoing in March - Acting for Teens** - High school students will learn the Santa Monica Playhouse acting method - singing, dancing, and acting and gain self-confidence along the way. Playhouse alumni include Zoey Deschanel, Jason Segel, and Jason Ritter. For more information on how to sign up your aspiring actor, call 310-394-9779 or visit <https://www.santamonicaplayhouse.com/spring-fall-teen-performance-lab.html>.
- **Friday, March 6 - Marina Del Rey Dinner Cruise** - Enjoy a two-and-a-half hour cruise around the Marina Del Rey harbor, complete with a four-course dinner, champagne, and after-dinner dancing. To book your place on a Hornblower Cruises event, visit <https://www.hornblower.com/marina-del-rey/dinner-cruises>.
- **Saturday, March 7 - All Pride, No Prejudice: An LGBTQ+ Young Adult Author Panel** - LGBTQ+ Young Adult literature authors Audrey Coulthurst (*Of Ice & Shadows*), Britta Lundin (*Ship It*), Greg Cope White (*The Pink Marine*), and Amy Spalding (*We Used to Be Friends*) will discuss their works and the ethos behind them. Book sale and signing to follow. Event to run from 3 p.m. to 4 p.m. in the Martin Luther King, Jr. Auditorium of the Main Branch Library. For more information, call Jeff Kaplan at 310-458-8631.
- **Saturday, March 7 - Celebrate Nowruz** - Join others in celebrating the Persian New year Borani Esfena by making a Persian spinach and yogurt dip at this West Los Angeles Regional Library event at 1:30 p.m. All ages welcome. Call 310-575-8323 for details.
- **Saturday, March 7 - The Mar Vista Music and Art Walk** - This year's event will be held from 4-10 p.m. Titled "Green Dreams," it will be a celebration of sustainability and all things eco-friendly. On Venice Blvd from Inglewood Blvd to Lyceum Ave. For more details, contact marvistaartwalk.org.
- **Monday, March 9 - Purim begins.**



Sign your kids up for a one-week theatre camp session in April (April 6-10 or April 13-17) at the Santa Monica Playhouse. Photos from last year's camps above. Call Evelyn at 310-394-9779 for registration details. Photo credit: Cydne Moore

- Celebrate with some hamantaschen.
- **Tuesday, March 10 - The Surprising Road to Woman Suffrage** - Ellen Carol DuBois, UCLA's Distinguished Research Professor of History and Gender Studies, will present an illustrated lecture based on her book, *Suffrage: Women's Long Battle for the Vote*, about the journey to the Nineteenth Amendment and what the fight won - and didn't win - along the way. Lecture to begin at 7 p.m. in the second floor Multipurpose Room of the Main Library. Book sale and signing to follow. For more information, call 310-458-8600.
- **Thursday, March 12 - Venice High School Open House** - Learn more about what Venice High School has to offer the prospective student in your family. Venice High School will host its open house from 5 p.m. to 8 p.m. For more information on how to attend,

Teen Scene

When Did Women's History Month Begin?

By Julia Abbott
 Women's History Month is an incredibly important holiday with a complex history. Women's History Month traces its beginnings to Sonoma, California where in 1978, a school district decided to host a week to honor women's contribution to the community. Presentations were given at dozens of schools; students participated in an essay contest; and a parade was held in downtown Santa Rosa. This idea began spreading to schools around the country. Finally, President Jimmy Carter issued a presidential proclamation declaring the week of March 8 as National Women's History Week. Congress followed suit. Next, the National Women's History Project successfully petitioned Congress to expand the event to the entire month of March. The United States of America has subsequently observed Women's History Month yearly each March since 1987. International Women's Day is an even older event. It took place for the first time on March 8, 1911. Many countries around the world celebrate the holiday with demonstrations, educational initiatives and regional customs like presenting women with gifts and flowers. The United Nations has sponsored International Women's Day since 1975. The 2020 Women's History

- Month theme is "Valiant Women of the Vote." This focuses on the courageous women like Susan B. Anthony, Elizabeth Cady Stanton, Alice Paul, and Emmeline Pankhurst who fought to gain the right to vote. These women are such important parts of American history, and their work still impacts politics today. As the 2020 election draws closer and closer, with more women than ever in the running for a presidential nomination, it really draws attention to the power women hold in elections. In 2016, 63.3% of women and 59.3% of men voted. That's 73.7 million women and 63.8 million men - a difference of 9.9 million votes. These numbers are thanks to the valiant women of the vote. We've truly come a long way in America. Happy Women's History Month.
- call 310-577-4200.
- **Thursday, March 12 through Sunday, March 15 - Into the Woods at New Roads School** - The Upper School Performing Arts Department of New Roads School will perform the Tony Award-winning book and score-turned-play by James Lapine and Stephen Sondheim for one weekend only. Performances at the Ann and Jerry Moss Theater, 3131 Olympic Blvd., to start at 7:30 p.m. on March 12 through the 14, and at 2 p.m. on March 15. For tickets, visit brownpapertickets.com.
- **Saturday, March 14 - Weekend Concert at Fisherman's Village** - Enjoy free admission to year-round live music on the Fisherman's Village plaza from 2 p.m. to 5 p.m. on weekend days. For up-to-date lineup listings, visit <https://www.visitmarinadelrey.com/things-to-do/by-the-water/fishermans-village>.
- **Saturday, March 14 - St. Patrick's Day Baking** - Celebrate this Irish holiday by creating "Emerald Green Cupcakes" at the West Los Angeles Regional Branch Library at 1:30 p.m. All ages welcome. Call 310-575-8323 for details.
- **Saturday, March 14 - Celebration at the Broad Stage** - Celebrate Orchestra Santa Monica's debut performance at the Broad Stage with a program featuring "Go!" by Adam Schoenberg as well as the *Ninthymphony* by Shostakovich and *Brahm's Violin Concerto* performed by Barbora Kolářová. Roger Kalia will lead the concert as conductor. Performance to commence at 8 p.m. at The Eli and Edythe Broad Stage, 130 11th Street. To purchase tickets, visit <https://orchestrasantamonica.org/buy-tickets>.
- **Monday, March 16 - SMMUSD Stairway Choir Performance** - Santa Monica/Malibu School District students will join together for the Stairway Choir Performance at Barnum Hall. Stairway Orchestra Performance to follow on Fri-

- day, March 20. Both performances to begin at 7 p.m. For more information, call 310-395-0941.
- **Tuesday, March 17 - Grant Elementary Jog-A-Thon** - Kids will put on their sneakers and get out and moving! Parents, for details, call 310-450-7651.
- **Friday, March 20 - Spanish Book Club** - Enjoy Spanish Book Club with other members of the McKinley Elementary School community at 8 a.m. before school. For more information on how to join, call 310-828-5011.
- **Thursday, March 26 to Saturday, March 28 - University High School Spring Musical** - The actors at University High School will be performing this year's spring musical, *Damn Yankees*, at the Stivelman Theatre. For more information and to purchase tickets, call 310-914-3500.
- **Thursday, March 26 - Santa Monica History Museum Free Admission Day** - From 12 p.m. to 8 p.m., enjoy free admission to the Santa Monica History Museum and make a special visit to the new women's suffrage exhibit, on till June 13. For more information, call 310-395-2290 or email info@santamonicahistory.org.
- **Friday, March 27 - Samohi Spring Orchestra Performance** - Enjoy the sounds of this year's spring performance of the Samohi Orchestra in Barnum Hall. Concert to begin at 7 p.m. For more information and to purchase tickets, call 310-395-3204.
- **Tuesday, March 31 - Mini Makers: Crumpled Paper Art** - Kids ages three to 11 will create their own "art-ish" works with crumpled paper and watercolor in this craft session inspired by the book *Ish* by Peter H. Reynolds. Event to run from 3:30 p.m.-4:30 p.m. at the Ocean Park Branch Library. For more information, call 310-458-8681.

Reflecting (Continued from Page 9)

behind. Similar tragedies happen much too frequently. Nobody is bulletproof, including heroes like Kobe. This reminds us all the more to tell those we love how much we love them and to never take any day for granted.

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

Santa Monica Bay Woman's Club (Continued from Page 9)

Duplicate Bridge on Thursdays from 12 p.m. to 3:30 p.m. The cost is \$3 for members and \$5 for non-members, and the proceeds go to our scholarship funds. Please contact us at 310-398-1308 with any questions. The Club is located at 1210 Fourth St., just below Wilshire Blvd. The air-conditioned Club is also available to rent for special occasions.



Answer to Neighborhood Celebrity (Continued from Page 1)



If you have had knee, back, or other problems requiring an orthopedic surgeon over the past 13 years, chances are you have met Susie Wood, the receptionist at the Cedars-Sinai Kerlan-Jobe Institute, formerly known as the Santa Monica Orthopedic Group. Her smiling face is a welcome sight as you figure out where the office of your doctor is. There are 15 in the group.

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Learn About In-Home Support Services From the Personal Assistance Services Council

By Anne Wallentine

Aging brings a host of changes that make living independently more challenging. As the public authority for In-Home Supportive Services (IHSS) in Los Angeles County, the Personal Assistance Services Council (PASC) enables low-income seniors and people with disabilities to stay in their homes. PASC's providers assist with everything from housekeeping tasks to mobility support to supervision for those with dementia and memory issues.

"What makes this program amazing is that it allows people to get out of hospitals and stay in the community and remain connected to the community," says Greg Thompson, Director of PASC. Not only is IHSS more cost-effective than a nursing facility, it also provides better quality of life. Greg describes it as a "preventative measure," cutting down on the need for emergency services and doctor's appointments.

The cornerstone of the IHSS program, according to Greg, is the fact that it operates on an "independent provider model," which gives individuals agency in their health care. With self-directed care, the consumer hires the provider directly and provides guidance for the tasks they need help with. Regardless of whether they have a disability or need extra support, "people just want to participate in the decisions that are made about their care," Greg explains.

Over the 10 years he has served as Director, Greg has seen the program grow 5% each year – in line with the aging U.S. population



At the annual open house of the PASC, potential clients and caregivers learn about services offered by the agency and other local agencies.

and the growing need for services. Greg estimates that there are currently about 228,000 consumers in the program, and over 170,000 providers of home health services. The program is 50% state funded, and 50% funded by Medicaid.

Given the challenges of transportation in L.A., PASC attempts to match providers within a five-to ten-mile radius of their clients. However, the higher cost of living in areas like Santa Monica present another challenge, as producers tend to come from further away and find parking and public transit less accessible. As Santa Monica's consumer population continues to grow, PASC is actively looking for more providers in the area.

If you are interested in learning more about PASC, please contact them at 877-565-4477 or www.pascla.org.

Ever wanted to work in the Healthcare Industry?



The Personal Assistance Services Council is looking for IHSS workers to join our registry.

For more information, call PASC at 1-877-565-4477 and ask for Layla.

www.pascla.org

¿A pensado usted en tener una Carrera de Asistente de Salud Medica Domicilio per no tiene certificado o conocimiento?

El Concilio de Servicios para Asistencia Personal (o PASC como son las siglas en Ingles) esta actualmente reclutando personas que quieren ayudar a otros como proveedor cuidados en casa. Para mas informacion, llame PASC a 1-877-565-4477 y pide hablar con Layla.