



Take time this Halloween to visit some of our local attractions such as the Halloween festivities at the Santa Monica YMCA on October 25.

## Carve Out More Family Time This Coming Halloween

**Family Features** - By the time Halloween rolls around, many families are deep into the hustle and bustle of the school year. The holiday provides a great opportunity to focus on family and spend some quality time together.

These family-friendly activities can help you create some special spooky memories this Halloween with your friends and loved ones:

- **Visit local attractions.** Many communities offer seasonal events or destinations where you can find all kinds of family fun while enjoying a refreshing Autumn afternoon. Some popular examples include pumpkin patches and haunted houses. You might also find other attractions such as hayrides and petting zoos. Or, go to the Santa Monica Family YMCA Halloween Festivities on Friday, October 25 from 5:30 p.m.-7 p.m.
- **Decorate pumpkins.** Designing the perfect jack-o'-lantern or pumpkin creation can be fun for the whole family. Toddlers and younger children can express their creativity through painting, stickers, and accessory kits, while older children and young adults

may find carving kits to be more their style. Consider the options from Pumpkin Masters, which creates new products every year so you can always find something fresh each Halloween.

- **Go trick-or-treating together.** Participating in this age-old tradition as a family can make for a fun evening of joy and laughter. You can also incorporate numerous teachable moments, including reminders about safety around strangers and when crossing the street, practicing manners like please and thank you, or taking turns ringing doorbells with friends or siblings. Find more ideas to inspire quality time with family this Halloween at [pumpkinmasters.com](http://pumpkinmasters.com).
- **Recycle Your Pumpkin.** Once the holiday fun is done, you may wonder what to do with your leftover pumpkin (and the insides, too). Consider these ideas:
- **Bake the seeds.** Whether you eat them yourself or share them with local wildlife, roasted pumpkin seeds provide a tasty treat. They're delicious with a light

*(Continued on Page 7)*

## Sign Up to Be a Docent at the Adamson House in Malibu

The Adamson House in Malibu is a wonderful historical location just north of the Malibu pier.

Each Fall, a six-week volunteer docent training is given for those interested in a unique and rewarding opportunity. Training is one day of each week from October 15 through November 19. For more details, and to volunteer, contact [ah.volunteers@parks.ca.gov](mailto:ah.volunteers@parks.ca.gov), or call 310-456-8432.



The Adamson House in Malibu.

## Children's Murals on Display at the Santa Monica Airport



The members of the Santa Monica Police Activities League (PAL) painted this mural showing the path of the Douglas World Cruiser around the world 100 years ago.

*Photo by Vanessa Gibson*

Local youth from Santa Monica PAL, Civil Air Patrol Squadron 51, the Boys & Girls Clubs, and Virginia Avenue Park gathered this past Summer to create vibrant murals and drawings that capture the rich aviation history of the Santa Monica Airport, with a special focus on the Donald Douglas era (1917-1967). Their work was proudly displayed during Douglas Day, the centennial celebration of the Douglas World Cruisers' First Flight Around the World, which took place last month at the Santa Monica Airport open house.

This Summer STEAM Art History project, spearheaded by Spirit of Santa Monica, with aviation artist, author, and historian Mike Machat, combined hands-on learning with creative expression, allowing students to dive deep

into their history.

There were six panels, 48" high by 72" long. The artists used acrylic paints on two panels and pencil drawings on four panels. The panels were of Women in Aviation, WWII, the 1930s, the Modern Era from 1946-1967, and the First Flight Around the World. Mike, known for his expertise in aviation history and artistry, created a mural depicting the 1920's era.

The event also celebrated the 100th anniversary of the first around-the-world flight, which left from the Santa Monica Airport in March of 1924. There were four Douglas World Cruisers biplanes, shown above, and three made it all around the world in six months. They made 74 stops along the way. "It was a miracle," according to Mike.

The children's art took center stage at the Douglas Day celebration, sponsored by the Spirit of Santa Monica a 501(c)(3) organization. The celebration featured a kids zone, live music, food trucks, and historic art exhibits specially created by local artists and youth groups showcasing the vibrant creativity of our community.

For more information about the Spirit of Santa Monica, please visit [spiritofsantamonica.org](http://spiritofsantamonica.org) or contact [Vanessa@spiritofsantamonica.org](mailto:Vanessa@spiritofsantamonica.org).

## Do You Recognize This Neighborhood Celebrity?

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# What's Growing in Our Santa Monica Gardens

**By Teague Weybright**

The heat of Summer has finally caught up to us, even if it is nearing the end of Summer. As a community gardener myself, this late heat wave has been a great time to replant cucumbers and tomatoes, and to throw in another round of zucchini and watermelons. Pepper and eggplants are producing heavily. Dragon tongue beans, blue lake beans, and scarlet runner beans are being harvested almost daily in many gardens. With the late heat coming through, one should think twice about starting Fall crops just yet, as bok choy, broccoli, and other cool weather crops are likely to try to bolt, leaving you with nothing to show



Imagine the delight of tasting a tomato that you have grown for your efforts.

An important tip for hot weather growing is to mulch, mulch, mulch. Adding a 2" to 3" layer of mulch keeps your soil cool and

moist, while slowly breaking down and providing nutrients to your plants. Watering plants early in the day helps them stay hydrated, and avoiding watering late in the day will help reduce the powdery mildew that becomes problematic on our zucchini, cucumbers, and tomatoes.

Along with all the fruiting plants comes the need to protect them from critters. Rodents, including mice, rats, and squirrels, are eager to munch on your crops. Crows and songbirds can also do damage. So, consider protecting your crops with row covers, cloches, or screens. My family uses old lemon bags and random plastic clam shells to be preventa-

tive. We share our habitat with many different animals, and gardening in an urban setting requires some additional creativity to keep your crops from being harvested by critters, and not by you.

Whatever you're growing, keep  
**(Continued on Page 6)**



- Joe Analco

## Rotary Club of Santa Monica Presents Public Service Awards



At the awards luncheon, from left, Rotary Club President Monika White; Jesus Ocampo with Big Blue Bus; Jorge Zendejas, SMPD; SMFD Fire Captain Eric Nagao; SMMUSD employee Lisa Anderson; and Donna Byrd, coordinator of the eagerly-anticipated event.

**By Robyn Dugid**

Our Rotary Club's annual recognition of the City's public service employees has become a tradition. This year's honorees are great examples of those in our community who also focus on service much as we do. Here are the honorees:

Captain Eric Nagao distinguished himself as the fire department candidate - voted in by his colleagues as "Firefighter of the Year." The captain expressed his thanks by recognizing the merit of his fellow first responders. Many of the men and women in the department "were equally deserving of receiving this award." Presenter Chief Dan Caldwell gave a long list

of reasons why Captain Nagao was singled out for the honor. Among them was his "ability to instill excellent training skills in new recruits, improve response time in the field, and the spirit and work ethic" he has brought to the department for the past 18 years.

Jesus Ocampo was selected by the Department of Transportation as their 2024 honoree. He was

considered very young at age 19 for a position requiring complex mechanical skills, just out of L.A. Trade Tech in 2008. After 16 years, Mr. Ocampo is the "Superintendent of Vehicle Maintenance." He now oversees 47 mechanics and seven supervisors responsible for the safety and security of the transit systems that serve a total of nine million commuters, visitors, and emergency responders using the city's system. He has made important contributions, such as converting the city to energy-efficient transportation and improving the HVAC systems. He thanked those "who gave him a chance," and his wife, who can



attest to the endless hours he devotes to his job.

Sergeant Jorge Zendejas takes on the struggles of a police officer with the fortitude required to earn the distinction of "Honoree of the

**(Continued on Page 7)**



### Happy October Birthdays

- Rudy Alvarez, Bill Buxton, Bret Carter, Martin Gottlieb, David Bohn, Micki Katz, Joseph Fitzsimmons, Liam Kane, Anne Megowan, George Collins, Char Lawrence, Gee Shin Lee, Janie Gates, Paul Leoni, Gloria Newell, Hal Quigley, Bill Wood, Allan Young, Cathy Davis, Howard Beckerman, Tom Loo, Harmon Sieff, Gerry Munck, Britani Flores, Claudia Wood, Carol David, Jonathan Weaver, John Klopping, Nate Foy, Kayleen Nightingale, Evie Harb, Bill Singley, Diane Margolin, Joe Analco, Bill Edwards, D'Lynn Waldron, Greg Hargrave, Arnie Levee, and Robert Powers**



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**Distribution:** Paper Pushers LA

**Special thanks to** Rufus Baker,

Jane Koehler, and Bernadette Lucier

**From the Santa Monica Pier Guy**

**Autumn is Here – Time for Locals to Enjoy our Pier!**



**By Jim Harris**  
With the weather cooling a bit and the busy Summer tourist season a fading memory, the Pier becomes increasingly magical for the constituents who own it – Santa Monicans!

The Pier Corporation generally takes a break from producing events during the Summer months, instead letting the busiest time of year run its course with people enjoying sunshine, the inviting ocean, and full days of fun. It's not like we sit back and do nothing, though. We take that time to carefully plan our upcoming season of free events planned specifically for the local community. And, here is what we have planned for you (all for FREE, of course!)

- **Wellness & Waves** – Our Fall session of Saturday morning running + yoga is at its halfway mark now, with participants enjoying a group run beginning at the iconic “Santa Monica Yacht Harbor” sign at 8 a.m. and a free yoga session at the peaceful and picturesque west end of the Pier at 9 a.m. The series runs every Saturday morning through the month of October.

- **Locals' Nights** – Entering its fourth season (four, already?), our “By locals, for locals,” Third Thursday celebration features everything from car shows to children’s activities, to salsa dancing, to local school group performances, and, as they say, so much more! Upcoming dates are October

17, November 21, and a special holiday-themed December 19. Hours are 4 p.m.-9:30 p.m.

- **Dia de los Muertos** – Arguably the most beautiful several days at the Pier, featuring extraordinary ofrendas (altars) dedicated to a century-plus of the Pier community as well as to the Santa Monica community. This year we celebrate the niños (children) on Friday, November 1 inside the Hippodrome from 5 p.m. to 8 p.m. Then, on Saturday, November 2, we celebrate all of our ancestors inside and outside the same location with Aztec dancers, ballet folklorico performances, mariachis, and more!

- **“Save the Pier!”**, the Play – In 1973, our local community fought City Hall’s decision to demolish the Pier, and it’s the Pier Corporation’s mission to never let the efforts of that 50-plus year-old grassroots movement be forgotten. Come enjoy our colorful cast of characters in their fun melodramatic retelling of good vs. evil. Yes, you may cheer, boo, and hiss all you wish. Show dates are October 17, 18, 19, and 20 at 7:30 p.m. at the west end of the Pier.

For more details about all of the Pier’s great programming, please visit [santamonicipier.org](http://santamonicipier.org).

*Jim Harris is the Executive Director of the Santa Monica Pier Corporation, a 501(c)(3) non-profit dedicated to the preservation and enhancement of the Pier visitor experience, as well as an accomplished author and playwright.*

**Youth Development at Our Santa Monica Family YMCA**



**By Araceli Alejandre**  
The kids are back in school, the sun is beginning to set sooner, but the sounds of kids and families at the Y continue!

Fall is around the corner and the Santa Monica Family YMCA is preparing engaging curriculums for our Afterschool Enrichment program, serving more teens in our Youth & Government Program, and opening our doors once again to the community for a FREE Family fun Halloween event this month.

Youth & Government officially kicked off this month at the Y. This incredible program provides teens with a hands-on opportunity to learn about government, leadership, and civic engagement by simulating the roles of state legislators, attorneys, and government officials. It empowers young leaders to develop critical thinking, public speaking, and collaboration skills in a real-world setting.

We are actively seeking passionate volunteers to serve as Youth & Government advisors. If you have a background in education, law, public service, or simply a desire to mentor young people, this is a fantastic opportunity to make a lasting impact on the next genera-

tion of community leaders. For information about Youth & Government or how to volunteer, contact [leadership@ymcasm.org](mailto:leadership@ymcasm.org).

In other exciting news, mark your calendars for Friday, October 25 as we celebrate “Halloween at the Y!” Join us for an evening of spooky fun from 5:30 p.m.-7 p.m. to enjoy ghoulish activities, giveaways and, of course, lots of Halloween treats! Don’t miss out on this festive, family-friendly celebration!

We’ve got a busy end-of-the-year and we are thrilled to welcome Jessica Lopez as our new Youth Development Director to support these new offerings to you and your family! Jessica brings a wealth of experience in youth programming, and a passion for creating enriching opportunities for our members. Join us in building a stronger community!

Stop by for a tour of our Y at 6th St. between Arizona Ave. and Santa Monica Blvd. Call 310-393-2707 for more information.



**Ways to Prevent Burglary and Theft at Your Business**

**From SSA Security Group, Inc.**  
Business owners can't always eliminate the risk of theft occurring at their businesses, but they can take steps to protect their assets and minimize the damage if an incident occurs.

- 1. Install an alarm system.** The presence of one is often enough to deter any would-be-burglars, and it can help them keep an eye on external and internal threats.
- 2. Check every entry point when leaving your building or work**

**vehicle.** Burglars will look for an unlocked door, open windows, or keys left in a vehicle.

- 3. Keep track of keys issued to employees.** Be sure the keys are returned when the employee leaves your business.

- 4. Install closed-circuit cameras (CCTV).** Closed-circuit television cameras provide businesses with video surveillance and capture images or recordings of what goes on when you're not there. The

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Reflections From The East

# From Potomac Kayakers to Great West Adventurers



**By Qin Sun Stubis**

When I think about California, I think of its majestic national parks and coastal beauty, from Muir Woods and Yosemite to the Santa Monica Pier, where great outdoor adventurers spend their days swimming, hiking, biking, and rock climbing, and their nights camping under the stars in the bosom of Mother Nature.

When visitors come to the Washington, D.C. area, they don't usually expect to find extraordinary outdoor fun. Instead, they come to pay tribute to the democratic spirit of our nation, see great national monuments, visit iconic

government sites, and Smithsonian museums.

The Potomac River, along with its tidal basin, smooth as a mirror on a fine day, feels more like an infinite reflecting pool that nature has cleverly and strategically crafted for us. Serene and beautiful, it adds a soft touch to our stoic monuments and granite buildings. Few could imagine, however, that less than 20 miles up the river, the same Potomac, as jagged and fierce as a river can be, is famous for its wild beauty and its reputation as a haven for outdoor thrill-seekers.

You can see this spectacular transformation by visiting Great Falls National Park. My family and I often make pilgrimages there,

taking advantage of its many nature trails and gorgeous water views. Not long ago, on a cool and pleasant day, we stood at one of its scenic overlooks, taking in the Potomac, looking like an untamed wild horse battling the rocks and charging with full force.

There, the riverbed lay like a tiered labyrinth of rough, protruding rocks, where water ran down like a madman, constantly gathering and diverting itself, split second by split second, until it plateaus at a lower, more stable level.

Suddenly, our eyes spotted in the distance two colorful crescents, one yellow and the other red. They were swirling and bobbing, appearing and disappearing

in the foaming river. As they moved closer, we could see two men in their kayaks, their arms moving frantically to steer their vessels away from crashing into the jagged stones and boulders as they battled the raging water.

At one point, they flew down a waterfall like children going down a slide and disappeared. I held my breath until I spotted them again paddling in the calmer part of the river. Up above, I saw an eagle and a hawk gliding and surveying the scene below, almost as if they were paying as much attention to these two kayakers as I was.

What daredevils! The Potomac is known for its unpredictable nature and tricky underwater currents,

*(Continued on Page 5)*

# This October Think Pink and Get Checked!



**By Cheryl Thode**

Hello October! Along with the leaves changing color, the days shortening, and perhaps a slight chill in the air,

you have probably noticed black and orange decorations around town. Yes, we are now in the month of Halloween! However, have you started to see the presence of another color out and about? While it surely is around all year long, you have probably seen an uptick in the color pink.

Along with Halloween, the month of October is also Breast Cancer Awareness month! That pink ribbon is a steadfast reminder to all women of the importance of routine medical examinations, healthy living, and following up with her physician for any change that causes concern.

Breast cancer is still a very real concern for women. According to the National Cancer Institute, this year alone will bring about an estimated 310,720 new breast cancer diagnoses in women. By the numbers, it is highly likely that you

know at least one woman who has been personally affected by breast cancer. The National Breast Cancer Foundation, Inc. states that it is the most common type of non-skin cancer in women in the United States, accounting for 30% of all new cancer cases in women. With these numbers, about one in eight women in the United States will develop breast cancer during her lifetime.

While sadly this cancer is still among us, there is good news! Today we have major advances in treatment methods and early detection abilities. As a result, breast cancer survival rates have significantly increased in recent years with over 4 million breast cancer survivors in the United States. In fact, when caught early, the five-year stage one survival rate is over 98%.

So, what can women do to help reduce their risk of breast cancer? First, perform a monthly breast self-examination between Day 7 to Day 10 of your menstrual cycle, and note any changes such as dimpling of the skin or a change in the appearance. If any change is seen, contact your doctor.

Second, undergo a breast cancer

screening. Once you hit the age of 40, sign up for annual mammograms. To date, mammograms are the most reliable screening tool for breast cancer and can detect cancerous lumps even before they can be felt during a self-examination.

Third, continue to make healthy lifestyle choices. Your weight, diet, alcohol intake, and whether you smoke remain critical components in maintaining a healthy life.

Lastly, genetic testing has over the years become another major advancement in our ability to reduce the risk of breast cancer. If you have a known familial history of breast or ovarian cancer, consider genetic counseling as a possible way to prevent or detect breast cancer early.

Throughout the year, if you ever are concerned about any changes in the way one of your breasts looks or feels, set up an appointment with your doctor or one of our own local breast care specialists. In fact, if you are looking for a provider, The Margie Petersen Breast Center at Providence Saint John's Health Center is a world-renowned center located right in the heart of our beloved city. Visit their website for more

information: [providence.org/locations/socal/saint-johns-health-center/cancer-center/breast-center](http://providence.org/locations/socal/saint-johns-health-center/cancer-center/breast-center).

Those of you with women in your lives, support and encourage them to get checked. Let's wear that pink ribbon throughout the month and beyond. God Bless!

## Do You Recognize This Neighborhood Celebrity?

*(Continued from Page 1)*



Desi Martinez is a familiar face on Montana Avenue. This mom of three has worked in retail and food shops on the street. She loves finding out about new businesses.

Photo by Bernadette Lucier

# Mini Message Bulletin Board



Mon-Sat:  
8:30am-8:00pm

**Don't Look a Fright on Halloween!**  
Get a new haircut at **Cuttin' Up!**

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## 2nd Annual Unity Gala -of the- Santa Monica Black Empowerment Association

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November 8 - Santa Monica Bay Woman's Club - Black-tie - 6pm-11pm  
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**Clergy Corner**

**Finding a Balance When Working Towards Our Goals**



**By Pastor Matthew Hardin**

I was recently in Atlanta taking part in a workshop related to my Doctor of Ministry (DMin) degree. It was an important time for me to plan out my final project, which I hope to complete sometime in 2025. I'm a bit embarrassed to admit this, but I began my DMin studies way back in 2017! Not to make excuses, but a few things have happened in my life, and in the world over the past seven years, that have slowed my progress (having a second child, being called to a new church, relocating my family, and a worldwide pandemic). As a result, what was originally supposed to take three to four years to complete will now take closer to eight years. Reflecting on my life's journey since 2017 has made me realize, once again, how so much of life is timing. My plans for completing my DMin degree changed dramatically due to the normal (and abnormal) circumstances that make up life. Some of these circumstances were well beyond my control (like the COVID-19 outbreak), while other circumstances were within my control, but forced me

to pick and choose how to prioritize my life (like giving more time and attention to my family when my second son was born in 2018). Planning, prioritizing, and working towards our goals is always a balance. I believe God wants us to "press on towards the goal" that he has set before us (as Paul writes in Philippians 3:14), while at the same time remembering that our ways are not always God's ways (Isaiah 55:8), and that it is God who sets the timing of all things (Ecclesiastes 3:1). I'm still learning, as I suspect we all are, how to fully embrace and navigate this balance between "pressing on" with my plans, while also "letting go" of my need to control how and when things get done. It seems that with prayer, advice from people we trust, and plenty of practice, this process of balancing gets a bit easier (though never truly easy).

May God grant all of us wisdom and patience in the ongoing balancing act that is life!

**Rev. Matthew Hardin is the Pastor of Pacific Palisades Presbyterian Church ([www.palipres.org](http://www.palipres.org)) where services are held each Sunday morning at 10 a.m. (both in-person and online).**

**Are You Prepared For Earthquakes?**

An earthquake centered in the Malibu area with a preliminary magnitude of 4.7 rattled parts of Southern California on a grey Thursday morning in mid-September, all while wildfires burned throughout the state and excessive heat was beginning to wind down.

Weather-related disasters are becoming more frequent and intense due to the climate crisis and people in our community are experiencing the effects. That's why it's more important than ever for everyone to get ready for emergencies in their homes and jobs.

Disasters can happen at any time, often without warning, changing lives forever in just minutes. It's critical to help protect your loved ones and get your household ready for emergencies.

We would like to remind the community that during an earthquake, you should Drop, Cover, and Hold On to protect yourself from falling debris. Practice with your entire household so everyone knows what to do.



Get ready for disasters by making a plan to stay safe, gathering important supplies, and knowing how you'll stay connected. Learn more by downloading the free Red Cross Emergency app, which includes real-time weather alerts and preparedness tips in both English and Spanish.

**Sean Inoue Executive Director American Red Cross, West Los Angeles**

**Discover What's Happening on the Westside**

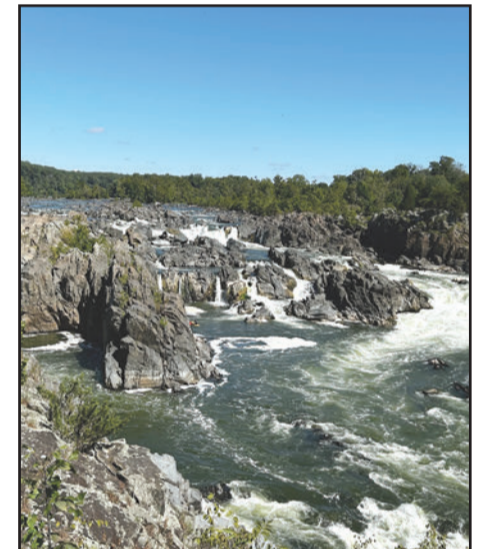
- By Gigi Appelbaum-Schwartz**
- **October 1-14 - Roll @ Santa Monica** - Running through October 14, a brand-new outdoor roller skating rink will appear in downtown Santa Monica! The rink will be open 12 p.m.-10 p.m. Sunday-Thursday and 12 p.m.-11 p.m. Friday-Saturday, and will be located at 1324 5th Street. For more information, visit [rollatsantamonica.com](http://rollatsantamonica.com).
  - **Thursday, October 3 - Family Lotería Night** - Celebrate Hispanic Heritage Month with this traditional Mexican board game! Event will take place from 6:30 p.m.-7:30 p.m. at the Santa Monica Library Pico Branch, 2201 Pico Blvd.
  - **Saturday, October 5 - Cancer Support Community Los Angeles "Over the Edge"** - Rappel down the 14-story Andaz West Hollywood to raise money for cancer support. Raise \$1000 to secure a rappelling spot, or attend the landing party for \$25. Event will take place from 9 a.m.-6 p.m. at 8401 Sunset Blvd, West Hollywood. Visit [cancersupportla.org](http://cancersupportla.org).
  - **Sunday, October 13 - Off The Hook Santa Monica Seafood Festival** - Enjoy seafood tastings from top-rated chefs and restaurants, beer gardens, wine tastings, live music, oyster shucking competitions, games, and more. \$75 general admission and \$150 VIP. Event will take place from 4 p.m.-7 p.m. (3 p.m. VIP entry) at the Santa Monica Pier Parking Deck, 1 Colorado Avenue. Details: [offthehookseafoodfest.com](http://offthehookseafoodfest.com).
  - **October 19 - 20 - Farmers Market Fall Festival** - Experience this

- annual harvest festival including a petting zoo, pumpkin patch, Fall-themed games, live music, kids crafts, and more! Event will take place at 11 a.m.-9 p.m. on Saturday and Sunday at The Original Farmers Market, 6333 W. 3rd Street. [farmersmarketla.com](http://farmersmarketla.com).
- **Friday, October 25 - Palms Park Haunted Halloween** - Enjoy games, crafts, activities, a costume contest, and a Halloween movie. Event will take place from 4 p.m.-8 p.m. at Roz Wyman-Palms Park, 2950 Overland Avenue. Details: [wncla.org](http://wncla.org).
- **Friday, October 25 - Halloween Magic Lantern Show** - The Philosophical Research Society presents this spooky show featuring a vintage projector, hand-painted slides, and live-piano accompaniment. Event will take place from 7 p.m.-8:30 p.m. at the Philosophical Research Society, 3910 Los Feliz Blvd.
- **Saturday, October 26 - Dia de los Muertos Celebration** - Immerse yourself in live performances, community altars, arts and crafts, face painting, La Catrina public art sculptures, and more! Event will take place from 2 p.m.-8 p.m. at the Third Street Promenade in Santa Monica.
- **Tuesday, October 29 - Writer's Workshop with Jasmyne Boswell** - Learn to write impactful stories with a professional author and writing coach! Event will take place from 5 p.m.-7 p.m. at the Santa Monica Main Library Multipurpose Room, 601 Santa Monica Blvd. Email [library@santamonica.gov](mailto:library@santamonica.gov) for reservation.

**From Potomac Kayakers (Continued from Page 4)**

which have taken many lives. And yet, these two men still decided to spend their precious Sunday afternoon wrestling with this wild river. For a moment, the Potomac reminded me of the Great American West where every day, outdoor adventurers from around the world flock to test their strength and endurance.

**You can always reach me at [qstubis@gmail.com](mailto:qstubis@gmail.com), or please visit me at [QinSunStubis.com](http://QinSunStubis.com). You can find a copy of my book, *Once Our Lives*, online at [Amazon.com](http://Amazon.com).**



*The Great Falls National Park is located in Virginia.*



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## A Native's View of Santa Monica History

### Recalling the Early Days of Santa Monica



By David Blundell

In anthropology, we learn that a legend provides a key for the understanding of a culture. Recounting a legend has many versions, yet there are elements that remain constant. Here we explore the constant legendary element of St. Monica; her tears remain in each telling of the story. Monica, who lived c. 332-387 C.E. was of Berber ethnic descent of North Africa. It was a time of the Roman Empire when Christianity was taking hold replacing indigenous beliefs. Monica embraced Christian values and was devoted in her prayers to relieve the suffering of sinners. In recounting the legend, Monica was known for her tears and prayers to help her wayward son Augustine, who later repented and became a devout Christian defending the Catholic Church with his letters and sermons.

In the 18th century, when the Spanish arrived in California, they claimed the land for their king and the Catholic Church. In 1769, at San Diego, the first Alta California mission of the Franciscan Order was established. The same year Gaspar de Portolá, the appointed governor of Las Californias, journeyed north to the area known as today's West Los Angeles.



The statue of St. Monica is located on Wilshire Blvd. and Ocean Ave.

facing Wilshire Blvd. was erected by the Public Works of Art Project in 1934. The statue faces toward the Kuruvungna Village springs about 3.5 miles to the east.

In 1991, Tongva descendant Angie Behrens and her husband returned to University High School for their class reunion and found many years of neglect had destroyed the site that Tongva people considered sacred. The Behrens, with family and friends, removed trash and graffiti. The work trying to restore the site and springs proved beyond what they could accomplish alone. To secure helpful grants, the Behrens formed the Gabrielino-Tongva Springs Foundation to educate the public about its history and culture. In 1998, the State of California appropriated \$50,000 to the California Department of Parks and Recreation as a local assistance grant to enhance environmental, cultural, and educational awareness of the Kuruvungna Village site and springs.

The Kuruvungna Village site and springs are now conserved by the Gabrielino-Tongva Springs Foundation and welcome the public to the site and its museum on the first Saturday of each month from 10 a.m. to 3 p.m. at 1439 South Barrington Avenue, in West Los Angeles.

Visiting the site provides an unexpected pleasant and tranquil environment of flowing water bubbling up and flowing under the shade of ancient trees, a Tongva recreated dwelling place, and a working microfarm managed by volunteers. Artists gather to sketch and paint, poets are inspired, and Japanese arrive at the springs for their tea ceremony.

**David Blundell is a native of Santa Monica and an anthropologist active in the field of environmental sustainability in programs at Santa Monica College and UCLA. He offers his courses through the UCLA Extension Program.**



The Tongva Bubbling Spring

In the southeast corner of University High School, at today's Barrington and Ohio Avenues, indigenous Tongva people lived for centuries at a bubbling spring of the Kuruvungna Village. Gaspar de Portolá and his expedition party arrived at the village to be greeted with gifts of sage, water-cress, chia, and spring water provided by the friendly villagers.

According to the legend, it was the abundance of aquifer water bubbling from the ground that reminded the Spanish explorers of the tears of St. Monica weeping for her wayward son Augustine. Reminiscent of the tears of St. Monica beheld by the Spanish at the Kuruvungna Village springs, gave the City of Santa Monica its place name. The St. Monica statue in Palisades Park on Ocean Avenue

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## What's Growing (Continued from Page 2)

at it. Gardening is humbling, rewarding, and challenging, all at once. But, your garden is more than just growing food. It's help-

ing create a better Santa Monica habitat, helping combat climate change, and is good for the soul.

**Entertaining With Ease**

**Plan a Fun Children's Halloween Party**



**By Maureen Molé**

It's time for pumpkins, witches, and spooky décor. While trick-or-treating is an American tradition, you might host a Halloween

party this year. It's fun to bring some of the holiday's festive spirit to the weekends before or after to extend the fun. Also, children can wear their costumes more than once and be delighted to do so.

Birthday parties may be scheduled at facilities outside the home, but a Halloween party at home can be lots of fun. It's important to jam-pack a children's party with lots of activities.

Children love music, dancing, and games. Their attention span is short, so don't let any one game or activity last too long. If you are inviting the parents as well, their attention span may be short, too. Two hours is enough time for both fun-loving children and busy parents. Don't overestimate your own ability to manage the party. Ask a friend to assist you when playing games and serving refreshments.

There are endless ways to make a Halloween party fun and festive for children. There's bobbing for apples if you have a large bin that can hold water and a few apples.

Make sure each child gets to wear a "bib," or towel so they don't soak their clothing. Another one of my favorite games is to hang donuts on a string thumbtacked to the top of a door frame. Each child takes a turn to try to eat the whole donut without leaning against anything or using their hands.



Avoid elimination games. When children are left out, they may feel ostracized or sad. Instead, play games where the spotlight is on the winner, or better yet, the team.

For example, you can divide the children into two teams. Use apples, tennis balls, or balloons, and put one under the first child's chin. That child must pass it to the next child under their chin and so on. The team that makes it to the last child wins.

Another idea is a costume contest where almost everyone gets a prize such as the scariest, the funniest, the weirdest, the bravest, most original, and the most creative. Select inexpensive prizes for each game. Winning matters more than the cost of the prize. All the prizes should be about the same size and cost. You might find some good prizes at a local dollar store, or the prize can be a large size candy bar.

In between games, you might



*Having children frost and decorate cupcakes is another fun activity.*

*Photo: Getty Images*

play some traditional Halloween songs and give the children a few minutes to dance or do the "Monster Mash."

Refreshments, such as cupcakes or donuts, should be easy to handle without forks or spoons. They go well with apple cider. At my parties, I serve pumpkin soup and ladle it out of a real hollowed-out pumpkin tureen.

For many years, I purchased dry ice – be careful, use gloves – and dropped it into a cauldron pot of water so that smoke rose from the cauldron. On the tray, I surrounded the pot with candy and gave the children a choice of dipping into my cauldron for a witch's "trick" or selecting a piece of candy as a "treat." They always picked the treat. And, at the end of the party, an easy goodie bag to give to the children, of course, is a bag of assorted wrapped candies.

Before the party, it is a good idea to discuss with your child who the guests will be, the games, refreshments, and prizes. Most importantly, discuss the order of events with your child. Which comes first – the donuts on a string, the dancing, the refreshments, or other games?

If you and your child are on the same page, you will avoid tears and disaster.

Now that my children are adults and I see some of their old friends, they often say that my do-it-yourself parties were the best they ever attended. Happy Halloween!

**Maureen Molé is a lecturer, product spokesperson, and the author of *The Book of Entertaining at Home*.**



- Joe Analco

**Carve Out More Family Time**

*(Continued from Page 1)*

coating of olive oil and salt, or you can get creative with seasonings and spices.

• **Compost it.** Pumpkins generate organic waste, so adding them to a compost bin (or burying them) can be quite beneficial for the soil. Either option returns organic matter to the Earth, rather than heaping it into a landfill where it's just adding to accumulating food waste.

**Rotary Club of Santa Monica (Continued from Page 2)**

Year" with the Santa Monica Police Department. He attributed his ability to remain a committed enforcer of public safety by regarding the profession as "one of the highest callings." The many advances Sergeant Zendejas made, he says, wouldn't have been possible without training under exceptional role models in the department.

Now, with 24 years of service, Sergeant Zendejas trains younger officers in a more complicated world. He stresses to "never forget we're here to serve the community" by remaining "professional and courageous" whether in the field dispersing a beach party or addressing an increasing wave of violent crimes.

Lisa Anderson accepted a senior administrative assistant position, thinking it was a short-term job with the Santa Monica-Malibu United School District in 1994. Instead, it turned into a 30-year career where she is recognized as an "exceptional administrator" by both students and

educators. She created projects that ranged from implementing changes for departments to function better, to launching programs that promoted the excellence of teachers, including 1,200 retirees.

She became "an integral part of the team, helping to shape the schools' early years," said Superintendent Antonio Shelton, Ph.D., who presented the award. "She has devoted three decades to the betterment of our schools and the lives of countless students and staff."

Administrators who presented the awards were Eric O'Connor, the Big Blue Bus; SMFD Fire Chief Matthew Hallock; Dr. Antonio Shelton, SMMUSD; and SMPD Deputy Chief Darrick Jacob.

It is always fun to meet the members of the honorees' families and their fellow workers.

Rotary Club members Donna Byrd and Joe Metoyer have done an outstanding job coordinating this event for the past several years.



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Love Links

# Their First Date was Arranged by Andy's Mom

**By Gigi Appelbaum-Schwartz**

When Andy Layman was in the Navy stationed in Pt. Mugu, his mom, Frances, set him up on a blind date with his soon-to-be wife Rose Marie Caruso. Frances was working in the Santa Monica Malibu School District. Rose Marie was working in the business office of the district. Frances had no idea just how far their connection would take them.

Over 53 years later, the pair are happily married, and overjoyed at the prospect of spending the rest of their lives together.

Andy spent his childhood in a wide variety of states – West Virginia, Ohio, Florida, and finally California, where he lived in Santa Monica. Rose Marie grew up in Santa Monica too, and that shared aspect of their past ultimately became the shared home of their future – the city in which they continue to live today. They have found a community in St. Monica Catholic Church, where they often contribute their time.

In fact, their very wedding took place there. It followed an incredibly unique proposal orchestrated by Andy and his mother who played such a significant role in bringing the pair together in the first place. It was Christmas, 1970, and Andy and his mom came to celebrate with Rose Marie's parents, Mike and Rose, at their house. Andy was bearing a gift – a very long ski bag stuffed with paper and only one ski. To her surprise, a ring was hidden at the bottom of the bag – Andy's unique way of asking her to



Rose Marie and Andy have fond memories of their special date on August 8, 1971.

marry him.

The following August, their wedding took place at St. Monica Church. It was a very hot day – a far cry from the cool December setting of their engagement – but Rose Marie shared that the ceremony was beautiful, and that they were able to include every member of their family. The reception took place later at the Riviera Country Club, where approximately 200 guests danced the night away.

The couple has been deeply involved in the Santa Monica community for as long as they've lived there, and it's clear from all that they do, the city is lucky to have them.

Rose Marie left her job at the school district to raise her family.

When Andy started his own businesses, she began working with him. Active in many community organizations, Andy was President of the Santa Monica Board of Realtors. He had owned Layman Financial Services, Inc. for over 20 years prior to owning and operating Venice Beach Suites and Hotel until its sale in 2019.

The couple are delighted to have two children, Mike and Monica who each have a boy and a girl. Mike lives in Florida, and Monica lives in Santa Monica.

We wish Andy and Rose Marie all the best in the years to come, and are forever inspired by both their dedication to each other and the strength of their love.



Rose Marie and Andy Layman celebrated their 50th anniversary on August 8, 2021.

## The Magic of Travel With Tanya

### Exploring the World With Me



**By Tanya Gilbert**

Over the past year, I've enjoyed sharing my favorite destinations and those still on my bucket list. Recently, I realized I've never properly introduced my business, Mariposa Travel Advisors, and what inspired me to pursue a career in travel.

My journey began with a lifelong dream of seeing gorillas in Africa – a transformational experience that was the best trip I'd ever taken. It was also my first true encounter with immersive travel, made possible by working with a travel advisor. Free from the burden of planning and decisions, I was able to

savor every moment. This experience inspired me to reinvent myself and start Mariposa Travel Advisors.

Mariposa Travel Advisors is built on decades of meticulous planning, both innate and honed through professional experience, combined with a deep commitment to client care, and a passion for exploration. My goal is to make travel planning effortless, giving clients peace of mind and the freedom to fully embrace their journeys. I aim to inspire with adventure and culinary experiences that promote sustainable travel and immerse travelers in diverse cultures.

My love for travel began with

*(Continued on Page 10)*

## Discover An International Menu at Mon Ami Restaurant

Mon Ami, on Ocean Avenue and Colorado, is the true Mediterranean experience, emphasizing a variety of culinary dishes, spices, and inspired spirits. You will taste several cuisines from countries located on or by the Mediterranean. Much of the food is curated and selected from the local Santa Monica Farmers Market. Mon Ami also offers the music and ambiance of the Mediterranean to really make you feel like you're away while at their comfortable venue.

Born and raised in Santa Monica, owner Nas Negahban from Pacific Coast Group, is committed to elevating his hometown's hospitality scene to reflect the sophistication of beachside cities he has encountered abroad.

Last month, guests were treated

to cuisine from Barcelona where Nas and his group have a few restaurants.

On October 17, Greek cuisine from Santorini will be highlighted, and in November, Amalfi cuisine will be presented. The cost per person will be \$125 for food and two drinks. Please RSVP to info@MonAmiSM.com.



Chef Daniel takes a break to pose. Photos by Bernadette Lucier



This dish of marinated skirt steak was as delicious as it looked.



Ariel served the tempting appetizers at the Barcelona dinner.

# Common Sense on City Council!



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# Community Service on the Westside

## A History of Our Lions Clubs



**By Kingsley Fife**

Who are the Lions? It is the largest service club in the world, headquartered in Chicago and begun by businessman Melvin Jones in 1917. He felt instead of individuals just focusing on purely business matters, they should organize a club and work toward the betterment of their communities and the world at large.

Lions clubs then began being established all over the United States, Canada, and eventually the entire world. There are now 1.4 million members in 47,000 clubs in 207 countries. The Santa Monica Lions Club is one of the oldest in the state, chartered in 1923, and we just held our Centennial Celebration last year.

Originally all service club organizations were "men only." In 1987, the Lions were the first to open the doors to women, and our Club,

that very year, inducted two ladies into our group.

Since then, women have played an extremely active role in our Club. The Pacific Palisades Lions Club was chartered in 1970. In 2021, our two Clubs merged, forming a stronger, larger Club, the Santa Monica-Pacific Palisades Lions Club, broadening our footprint on the Westside.

Today we're a happy family enjoying the fruits of Lionism. We have a monthly dinner meeting with a program featuring an interesting, stimulating speaker. Our membership gives us the opportunity to help those in need. We donate to and participate in activities with local organizations like the YMCA, Salvation Army, Palisades Village Green, Police Activities League, Boys & Girls Clubs, Meals on Wheels, etc.

Are you curious about Lionism? Learn more by being our guest at one of our dinner meetings. Call me at 310-454-2960, or email jkkfife88@yahoo.com.

## An Update From the SMBWC



**By Patricia Webber**

The Santa Monica Bay Woman's Club (SMBWC) invited our members to individually participate in this year's

General Federation of Women's Club (GFWC) National Day of Service, on September 28. (This is not the same as the 9/11 Day of Service.) Because our Club had already committed to a cereal drive in June that benefited the Westside Food Bank, and our "Socktober" event this month, we encouraged individual participation this year. But, look for us to be a part of this nationwide women's club event in 2025.

Club President Becky Upchurch sent a letter to Ms. Suellen Brazil, the newly elected president of the GFWC, congratulating her on her new role for the 2024-2026 term.

In the letter, Becky mentioned the history of our Club and the role we have played in Santa Monica's history. In addition, Becky invited her to visit our Club should her travels bring her to Southern California during her term of office.

Lots of Club activities are going

on, including the Artists' League (Arts and Crafts). We can assist you in learning or finishing needle arts and/or watercolor art. We meet at 10:30 a.m. on Tuesdays at the Club. Please let us know you're coming by calling Joan at 310-390-7101.

Mondays are busy at the Club as card-playing enthusiasts come to play canasta and bridge. Anyone interested in canasta should contact Becky Upchurch, and for those interested in bridge, the contact is Darlene Bahr. For both, RSVP to 310-395-1308. For Duplicate Bridge, played on Thursdays, contact Sue Price McGough at Sue.mcgough@yahoo.com. If you are interested in playing mahjong at the Club on Mondays at 11 a.m., please contact Margery "Minkie" McKeivitt at minkiejean@gmail.com.

Finally, our most popular activity is our book club which meets on the third Thursday of the month. Join in our lively discussions with a bright, interesting group of fellow readers! We read a variety of genres with books suggested by those attending. For questions, contact Susan at sbarry1015@sbcglobal.net.

To rent our Club for a special event, please call 310-395-1308.



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## Ways to Prevent Burglary

(Continued from Page 3)

presence of surveillance cameras can discourage would-be thieves, protect your business during operating and nonoperating hours, and increase employee productivity. You should place cameras in strategic locations to identify faces of customers and employees, and store footage off-site.

**5. Evaluate landscaping and outdoor features.** In addition to indoor protection, you should pay close attention to the exterior of your building. If possible, remove obstructive features where a per-

son could hide. Tall hedges or large bushes can obscure your building from law enforcement and provide cover for criminals. Make sure that the outside of your building is well-lit, particularly around entryways and windows, and install motion-detection lights in any particularly dark areas.

**To find out about protecting your home and/or business, call the SSA Security Service at 818-773-5600.**

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## Paws and Claws

### My Lab Has Severe Arthritis



**By Dr. Frank Lavac, MS, DVM**  
**Q: My 12-year-old Lab has severe arthritis in his back. Are there any new treatments?**

**A:** Sorry to hear that. The mainstays of arthritis treatment in dogs have combined a number of approaches. Weight management

can play a huge role in helping arthritis. Controlled exercise can also be immensely beneficial. As far as medication, NSAIDs (non-steroidal anti-inflammatory drugs) have been invaluable. Feeding a diet rich in Omega 3 fish oils has also shown great benefit (Hill's Prescription J/D and Purina JM).

A new monthly injectable drug called Librela (Bedinvetmab) has also shown great promise for pain management in dogs. This medication is a novel drug that is a monoclonal antibody and targets Neural Growth Factor (NGF). NGF is a mediator for spinal cord pain and Librela stops the pain by blocking NGF.

NSAID's, Omega 3 fish oil diets and Librela have all been substantiated through scientific studies. Other options include acupuncture, physical therapy, tramadol, gabapentin, and amantadine.

For further information, please visit [www.Veterinarypartner.com](http://www.Veterinarypartner.com) and read *Medications for Degenerative Arthritis in Dogs and Cats*.

**If you have any questions, you can contact Dr. Lavac at 310-828-4587.**



- Joe Analco

## Adopt a Pet



Tajin is a young cross-eyed, three-legged sweetheart. We rescued him from the shelter where he was having trouble walking with a broken leg. After surgery did not correct the problem, he had his leg amputated. He is no longer in pain and is very comfortable getting around without the leg. We are so proud of his progress and can't wait to see him go to a loving home! Please contact [info@langefoundation.org](mailto:info@langefoundation.org).

## Thoughts From a Second-Time Father

### Starting School in the Fall



**By Michael Margolin**

What an interesting time of year. After a nice, slow-paced Summer that was full of visits to swimming pools and beaches, and dotted with barbecues and short trips, we have suddenly moved all the way over to the fast lane. Our weeks are now more full with soccer practices and of course, the beginning of a new school year.

For Jake, he entered third grade at the same school he has been at since kindergarten, and with the same teacher he had in second grade. Lots of familiar faces in a place that has been friendly to him. None of these things we take for granted. Alexa has begun middle school. A new school with plenty of new teachers and lockers and moving from class to class.

Alexa has had to learn to be more organized at 11 than I was at 14. I think of these things more often because the older my kids get, the more I remember being those ages myself. I remember what I was like when I was 11. I think Alexa would have thought that I was a character.

At Alexa's school, kids did not get their schedule until they got into their first period class. They learned where their first period class was by waiting in a long line until somebody told them where to

go. During Alexa's time in line, the bell rang. Ever the rule follower, Alexa got anxious about being tardy. Obviously she was not tardy as it was not the students' fault they had no idea where to go. The day eventually smoothed out and she ended up having a pretty decent first day. Meanwhile, all day at work all I could think about was how she was doing and how she was adjusting. Focusing on anything when you are only thinking about how your child is doing can be distracting.

They told the kids, and parents, that class schedules could change because of the influx of so many students. Alexa was happy with her schedule – so of course, hers changed after about eight days of school. I told her she could complain for a moment, and then get used to it because that was the way it was going to be.

I also told her that being flexible and adaptable is a big part of school, work, sports, and life in general. Fortunately enough for her, she ended up liking her new schedule more. As mentioned, I will take all the good days we can get. For Jake, we seem to be on solid ground. Even if Alexa is too, this new part of her journey sure has a step-by-step type feel to it.

**Mike Margolin has been writing for us since his daughter Alexa was born 11 years ago. He is an avid sports fan.**

## Exploring the World (Continued from Page 8)

my mother and my first European adventure, eventually leading me to live in the French Alps. Now based in Santa Monica, I continue to draw from French culture and travel philosophy, infusing this passion into every journey I curate.

As an affiliate of Cadence Travel and a member of Virtuoso, I provide clients with unparalleled access to exclusive perks, unique

experiences, and the confidence of working with trusted travel suppliers. By combining my professional expertise with my personal travel adventures, I strive to create enriching journeys for every client.

I hope that sharing a bit more about my background adds a personal touch to my travel columns. Feel free to reach out to me at [tanya@mariposatraveladvisors.com](mailto:tanya@mariposatraveladvisors.com).

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**Planning Ahead**

**Estate Plan Must Be Signed**



**By Lisa C. Alexander, Esq.**  
I once had someone tell me that they did their estate plan with an online service. They did everything except print and sign the documents. And, they didn't realize that absent that last step, they had no estate plan!

A recent case in the Probate Court involved a decedent who had filled out the estate planning attorney's questionnaire and sent it to her lawyer in an email with comments about the changes she wanted to make to her Trust. The decedent sent an email to her family outlining her wishes for how her assets would be distributed. However, all along, the communications with the decedent's lawyer and her family referred to changes to the Trust that still needed to be written up.

Within days, before she could meet with the lawyer, the decedent had gone for surgery and sadly contracted an infection that resulted in her death shortly after. Formal changes to the decedent's estate plan had not been written up or signed by the decedent be-

fore her death. The decedent's son petitioned the Court to determine that the decedent's wishes documented in the questionnaire and her emails effectuated an enforceable amendment to the decedent's Trust. The Court determined there was no valid amendment to the Trust. Neither the questionnaire nor the emails were properly signed. And because the questionnaire and emails indicated the decedent's understanding and intent that there would be formal documents yet to be written up, the Court ruled against the argument that the questionnaire and emails themselves constituted a binding amendment to the Trust.

The case is a good reminder that filling out a questionnaire or putting your estate plan wishes in an email is not enough. A binding estate plan requires that appropriate documents be written up and properly signed.

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**From Me to You...**



**By Diane Margolin**  
Halloween is an exciting holiday in our country. People go all out almost as much as they do for

Christmas, or maybe more. Please remember to go over safety rules with your children. They are usually too excited about trick-or-treating to remember what they need to know.

- Use makeup instead of a mask.
- Carry a flashlight with you so you can see and be seen easily.
- If someone older cannot go with you, go trick-or-treating with a group.
- Parents should help children check all candy. Unwrapped or unsealed candy should not be eaten.
- If you are driving, please be extra cautious and slow down, especially on residential streets.

- Watch for children in dark clothing, at twilight and later in the evening.
- Yield to pedestrians. Children might not stop because they don't see your vehicle approaching.

We wanted to send condolences to the family of Bob Sullivan. A long-time Rotarian since 1976, and a member of the Santa Monica Boys & Girls Clubs Board of Directors, he was known and respected by many in our community. He will be missed.

Something that always strikes me as indicating a very new business is when their promotional postcards say they are located in Brentwood, but their street address has five numbers and the zip code is 90025 which is located in West Los Angeles.

Wishing you a wonderful Fall season.



**An Update From ERBA Markets**

**Bringing Common Sense to Cannabis Lounges**



**By Stephen Freedman**  
While cannabis has been legal in the state for many years, finding a safe and legal area to consume

has been a consistent issue for those who partake. To meet this demand, cannabis cafes, or consumption lounges, like our garden here at The Woods, are becoming more and more prevalent. However, there are many restrictions that hinder these lounges from being run like a normal business, with the consumer being negatively affected, for no legitimate reason.

One of the most wild restrictions to cannabis lounges is the ban on serving non-medicated food or drink. This means that these businesses, while completely legal to operate, cannot by law serve a guest even a glass of water or a bag of chips. A bill was put before Governor Newsom last year that would have changed this. The bill called for this restriction to be eliminated, allowing legal cannabis establishments to serve non-infused food and beverages. The Governor chose to veto this legislation, citing lounge workers being exposed to second-hand smoke.

This logic does not hold water. It's necessary that all employees at a dispensary or lounge be age 21 or older. They have made a conscious decision to work in a place that may expose them to smoke. More importantly, they would be exposed to the same smoke whether the store served basic

food and beverages, so to say that this restriction is somehow aiding in the health of these employees is misguided.

Additionally, there is a public health aspect. If a guest were to get too high, cannabis lounges are incapable of helping bringing them down by providing a glass of water or something to eat. These guests are forced to wait out the high, or worse, leave the premises to find these items somewhere else. We've all seen the freeway signs warning us not to drive high, but these rules are indirectly encouraging this.

There is currently a bill, AB 1775, on the Governor's desk eliminating these harsh rules awaiting his signature. We, as cannabis employees, encourage him to sign, as this version has taken his criticism to heart and tried to eliminate exposure to secondhand smoke as best it can.

But, this is common sense legislation that will help to legitimize the industry further, and continue to differentiate ourselves from the scourge of the illegal shops that are prevalent all over the state.

**Stephen Freedman is the Regional Manager of the ERBA Markets, the WOODS, West LA, Venice, Culver City, and WeHo.**



- Joe Analco



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