



Our columnist Qin Stubis and her family have created an international atmosphere in their home by serving meals from various countries. Above, she is in her "French" garden in her backyard in Bethesda, MD.

Reflections on Dealing with the Pandemic in the Past Year



Jessica Heffernan poses with her dog, Finley, while on a walk in the countryside near her house in the UK.

Traveling the World by Creating an International Environment With Food

By Qin Stubis

I can't believe that more than a year has passed since the pandemic started and our world shrank to the size of a rabbit hole. I'm happy to report that though the Stubis family is still in hiding, we are by no means hibernating.

We have managed to live, work, and entertain ourselves, maintaining a relatively normal life all together snug in our burrow. If this were a social experiment, we could proudly say that, as a family, we have succeeded in staving off cabin fever, despite living in close quarters for an entire year.

Surprisingly, we now enjoy each other even more! At a time when we cannot go out in the world, we have learned to invite the world into our home, entertaining ourselves with books, movies, music, and foods from around the world.

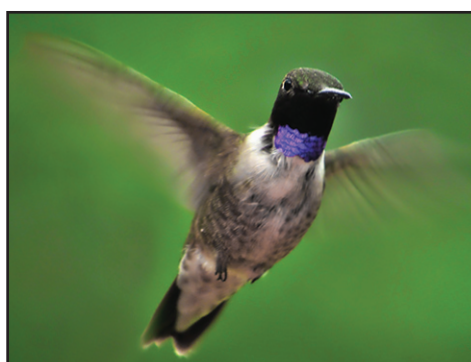
With the help of online grocery shopping, we've been operating an "on-demand" international restaurant at home, traveling the world every day by serving up fare from Moroccan lamb shanks with lentils to French duck confit, and Chinese tofu with dried scallops to Spanish



This was Qin's gear last year to protect her house from the coronavirus.

paella. Food has been our secret weapon in fighting this pandemic, and staying sane and happy. And, we've saved a ton of money on airline tickets.

New Column Inside



Black-chinned Hummingbird

Connect to Nature in April will introduce ways to learn more about our outside neighbors. See page 7.

By Jessica Heffernan

The last few months in the UK Lockdown have been more difficult than the Spring Lockdown, as we didn't have the lovely sunny weather to do our outdoor exercise. I still managed to get out every day as I was working as a Park and Amenities Warden. On my days off, I still took Finley, my talented Jack

Russell dog, for long walks in the countryside. Finley has his own Facebook page.

I also embarked on a healthy eating/slimming plan. This was the only advantage of restaurants being closed, as I had to cook every night, and I chose to eat healthy meals. So far, I have lost 16 pounds.

How the French Have Dealt With the Coronavirus

By Isabelle Viguiet

I still have a hard time realizing it has been a year since the first lockdown in France. It was March 17, 2020.

We have been on a rollercoaster since in Paris. We've experienced ups and downs that have been very hard on people emotionally.

When we started to be able to get out of our houses last year in April at first, then in May, and finally in June, it was like seeing the light at the end of the tunnel!

People had so much hope, even though the government was warning us that it was not over, and we needed to stay safe and cautious.

Well, it was totally understandable being locked down at home without seeing family, coworkers, and friends with young children. For some it had been very harsh as it was their first experience of its kind.

We couldn't say that we knew how to handle a pandemic, how to react emotionally, or how to be

prepared financially.

Homeless people, refugees, and immigrants have also been profoundly affected by this pandemic.

The younger generation suffered so much from separation from their friends, and travelling restrictions as the governments decided to close the frontiers.

Many of them lost their part-time jobs as well, a job that was helping them to pay their rent to parents who were not able to support them financially. A lot had to go back to live at their folks' home, no matter what kind of relationship they might have had. Getting along or not with the parents was not the topic of the day. They had to survive.

So, we embraced summer time 2020 with so much joy and excitement that we became a little bit less cautious, and a little bit more reckless. Needless to say that the French people wanted to break free!

(Continued on Page 4)

Take A Look Inside

Planning Ahead.	2
Brain Matters	3
Teen Scene	3
Reflections from The East . . .	4
Clergy Corner	5
Passing Through the Pico Neighborhood	5
Paws and Claws.	10

What to Know as You Consider Travel Plans Today



By Carolyn Hemann, CFP

For so many people who love to travel, it's been a tough 12 months since the onset of the COVID-19 pandemic. While vaccines give us hope that the crisis will ease, traveling today still requires careful planning.

COVID-19 is a factor in booking flights and making other travel arrangements. Here are some important considerations.

• **Check requirements to travel destinations** - Currently, a number of countries and even selected states within the U.S. require that you can prove a negative COVID-19 test in the past 72 hours in order to enter. Importantly, for those planning to travel overseas, you will be required to get a COVID-19 test coming from most countries in order to return home.

To this point, being vaccinated generally does not alter the requirement to be tested first. If you've contracted COVID-19 within three months of your trip and are no longer symptomatic, you may not be required to get a test to re-enter the U.S. You'll want to take the time to explore all of the rules for your intended destination.

• **Take note of airline cancellation policies** - The current environment increases the chance that you will have to alter your plans at the last minute or sooner. Many airlines today offer greater flexibility to deal with cancellations and changes than was the case prior to COVID-19. Be sure to check with your carrier to understand their rules. While you may not be able to collect a refund, many airlines will allow cancellations and apply the cost you paid toward re-booking a different flight at another time or offer a voucher for future travel.

As you make plans, consider your ability or willingness to fly again on the same airline in the future in order to take advantage of this flexibility.

• **Reservations for accommodations** - Major hotel chains and even some services that allow you to reserve private rooms or properties may be more lenient these days when it comes to potential refunds. Again, it's important to check the terms of your reservation before you lock it in to know whether you face any costs if you are forced to cancel or cut your trip short.

• **Travel Insurance** - Given the added flexibility to rebook flights and cancel hotel reservations, that aspect of travel insurance may be less important today than was the case prior to COVID-19. Yet some form of travel insurance may make sense, and medical coverage can be particularly important for overseas travel. Be aware that typical trip

insurance won't include coronavirus as a "covered reason" for cancellation. That may require a "cancel for any reason" policy. Be sure to understand the terms of the policy before you go.

• **Staying stateside** - Given the complications associated with airline and overseas travel, you might prefer car travel in the coming months. It can help limit your contact with larger groups of people and most large chain hotels put an emphasis on providing a safe environment. If you plan to vacation in the U.S. and have flexibility with time, going over-the-road may prove to be a simpler option.

Carolyn Hemann, CFP, is a Private Wealth Advisor with Hemann, Preator & Associates. She can be reached at 310-477-2500.



Planning Ahead

The Problems with Emergency Wills



By Lisa C. Alexander, Esq.

How many of us have done a quick handwritten Will the night before leaving on a plane trip (before Covid)? I read that Larry King's estate is now tied up in a contest over a handwritten Will. He made the handwritten Will towards the end of 2019, presumably as an emergency Will, shortly after filing for divorce.

He and his wife had an estate plan, but in California, even if you file for divorce, your soon to be ex-spouse remains a beneficiary of your Will until the divorce is final, or unless you make a new Will to

leave out your spouse. Larry King's newest Will left out his spouse.

There are all kinds of problems with handwritten Wills. Such Wills are legally referred to as "Holographic" Wills. California allows Holographic Wills if all the provisions for who gets what are in the decedent's handwriting and it is signed and dated. If there is a prior Will, unless the Holographic Will expressly revokes the prior Will, the Holographic Will supersedes any conflicting provisions, but all the other provisions of the prior Will still apply.

Another problem arises when there is also a Trust with most assets held in the name of the Trust. I would imagine Larry King had a

Trust. Unless the Holographic Will expressly amends the Trust, the Holographic Will may not have any effect. A Will only applies to a decedent's assets left outside the Trust. The Holographic Will wouldn't necessarily change who gets what under the Trust unless it refers to the Trust.

Finally, by its nature, a Holographic Will is more likely to be challenged based on mental capacity or undue influence. Without a witness for proof, a Holographic Will could be a forgery or otherwise fraudulent. Larry King had lawyers, why didn't he have his estate plan properly amended? Self-help can be a disaster, especially after a death when nothing can be changed.

In Larry King's case it is all very unfortunate since he appears to have reconciled with his spouse by the time he died and both she and at least two of Larry King's children were surprised when the Holographic Will surfaced.

The moral of the story is: If you feel compelled to make an emer-

gency handwritten Will, for whatever reason, don't delay making a proper amendment to your estate plan as soon as possible after the emergency passes.

Contact Lisa C. Alexander, Esq. at 310-395-6555 or 310-656-4310.

The Santa Monica Star

1112 Montana Ave. #525

Santa Monica, CA 90403

424-581-6005

©2021

Website:

www.thesantamonicastar.com

Email: SMStarNewspaper@gmail.com

Editor and Publisher:

Diane Margolin

Editorial Assistant: Miceala Shocklee

Advertising Sales: Diane Margolin

Ad Graphics: Dynamic Graphic

Contributing Writers:

Dr. Frank Lavac, Qin Stubis, Michael

Margolin, Lisa Alexander, Anne

Wallentine, Sunshine Banister,

Mark Presky, Julia Abbott, Jahrid

Longsworth, Dr. Sheila Forman,

Brenton Banister, Kalina Silverman,

Stacy McClendon, and Kera Snell.

Special thanks to Rufus Baker,

Ron Robinson, and Becky Mejia.



Rotary

Club of Santa Monica

Leaders serving the community since 1922


People of Action

Join us for lunch to find out how you can make new friends, meet mentors, network for business and make a difference in your community. Visit our website for more information.

www.RotaryClubofSantaMonica.org


Sponsored by Quigley & Miron, CPAs

Estate Planning, Trusts, Wills, Probates, Conservatorships



Lisa C. Alexander
Attorney At Law

JAKLE & ALEXANDER, LLP
1250 6th Street, Suite 300
Santa Monica, CA 90401
Call: (310) 656-4310



Mention this
Promo Code: STAR
and receive a
FREE
CONSULTATION

Subscribe to

The Santa Monica Star

Just send a check for \$20 for a one-year subscription to

The Santa Monica Star

1112 Montana Ave. #525 - Santa Monica, CA 90403

NAME _____

ADDRESS _____

CITY _____ ZIP _____

April 21

Get Agency Quality

...Without the Price!

Dynamic!

Graphic!

Saves Money • Reduces Headaches • Taste Good

- Logos
- Newsletters
- Flyers
- Layout/Design
- Brochures
- Websites
- Banners
- Social Media

Free initial project consultation.

805/402-0567 • dynamicgraphic@rocketmail.com

Brain Matters

A New Psychedelic-Assisted Clinical Trial for Alcohol Use Disorder at PNI



By Dr. Daniel Kelly
 Since the late 1990s, there has been considerable renewed scientific interest in psychedelic-assisted therapies to treat mental health conditions including addiction, anxiety, depression, and PTSD. At Pacific Neuroscience Institute (PNI), we have launched our first psychedelic-assisted clinical trial for patients with alcohol use disorder.

psychedelic mystical experience. Our pilot study tests whether adding beautiful nature-themed Visual Healing® videos provided by filmmaker Louie Schwartzberg to the start of the psychedelic session as the medicine begins to take effect may facilitate reaching a mystical experience. Results may help us optimize treatment without increasing the psilocybin dose and understand the potential beneficial role of nature-connectedness.

The Visual Healing® study tests incorporating a nature-themed immersive video experience into psilocybin-assisted therapy. Psilocybin, the active ingredient in magic mushrooms, is provided as capsules by Usona Institute and is considered non-addictive.

Participants who achieve a mystical experience are more likely to have a long-term change in behavior, so the patient's mindset and the journey setting are critical. The novel Visual Healing® approach and pre-journey counseling aim to optimize set and setting and ultimately help participants stop drinking.

Our Treatment & Research In Psychedelics (TRIP) program explores how altered states of consciousness can be harnessed to change behavior and improve brain health. TRIP program director and addiction medicine specialist, Keith Heinzerling, MD, is the principal investigator.

Preparation sessions are followed by a medically supervised four-five hour psilocybin journey in the peaceful PNI TRIP room setting, with follow-up integration sessions. These sessions are crucial, allowing participants to address and, hopefully, resolve longstanding alcohol use-related issues.

Psilocybin-assisted therapy shows promise for treating alcohol use disorder, but studies suggest that patients with alcohol problems may be less likely to achieve a mystical experience with a standard psilocybin dose.

Dr. Daniel Kelly is founder and director of Pacific Neuroscience Institute, and co-investigator of the Visual Healing® study. Go to PacificTRIP.org or call 310-861-4541 for more details.

Feeling more connected with nature is a common element of a

Is There a Gorilla in Your Midst?

By Dr. Sheila Forman

With COVID-19 still plaguing us, many are feeling stuck in a rut. A difficulty in being in a rut arises when everything around us becomes so familiar we tune it out. Doing that may make our lives feel even smaller and more boring than they already are. To shake you out of the rut you may be mired in, let me tell you a story about gorillas.

attention in one place, other details get missed or overlooked. In the case of the students, their attention was on basketball players, so they missed the gorilla. How much do you miss in life because of where your attention is directed?

If you ever took a Psych 101 or Intro to Sociology class in high school or college, you may be familiar with the famous Gorilla on the Basketball Court study. To refresh your memory, in that study, students were asked to watch a video of a basketball game and count the number of times the team in the white jerseys passed the ball to each other. While the players are passing the ball around, a man dressed as a gorilla walked onto the court. When the video ended, the students were asked to reveal their count and if they noticed the gorilla. The majority of the students did not see the gorilla.

If you are so focused on what the pandemic has taken from you, do you even notice the good stuff that is still around? If all you can think about is not being able to eat inside your favorite restaurant, you miss out on all the delicious take-out that Santa Monica restaurants are delivering. Or, if your gym is still closed, do you sit on your couch channel-surfing, or do you go onto YouTube and try a new at-home workout?

In fact, they were so sure there was no gorilla, they asked to watch the video again. Much to their surprise, the gorilla was there. This study taught us something called Selective Attention. Selective Attention means that when we focus our

Shifting your attention, or becoming Mindful, can help add vitality to your pandemic existence. Let me ask you, where is your attention lately? Are you so focused on one thing that you neglect the rest? If you eat while you are working on your computer or watching TV, where is your attention? If you are dwelling on the miseries caused by the stay-at-home orders, what are you missing out on? Are you paying full attention anywhere?

If your attention is in one direction, what affect does that have on

(Continued on Page 4)

Teen Scene

Be Safe While You Go Out Again



By Julia Abbott
 While Los Angeles is still in the grip of Coronavirus, April may bring a bit of sunshine our way, physically and metaphorically. Many exciting events are planned for April.

is more your style, Universal is holding the Taste of Universal, another shopping and dining experience in the Upper Lot of the Universal park. Tickets cost \$44 on Fridays and \$49 on weekends. They include a choice of five items out of about 70 different culinary options.

So, with safety restrictions in place, enjoy all that Los Angeles has to offer. The Street Food Cinema is perfect for a socially distanced, drive-through movie screening. Outside food and beverages are permitted, and masks must be worn when interacting with staff. Additionally, Disney California Adventure is hosting A Touch of Disney. A limited number of guests will be allowed inside the park, for a solely shopping and dining experience. The ticket is a pricey \$75, but comes with a \$25 dollar dining credit. For a Disney fan who has been missing Disney, this is the perfect opportunity. If Harry Potter

If you'd like to bring your dog, you can head to Palos Verdes' South Coast Botanic Garden during dog walking hours. You need a reservation and a mask, and your pup must remain on leash at all times. For another garden-themed getaway, head to Descanso Gardens' annual Tomatomania! The seedling sale won't have classes or presentations, but remains an in-person event.

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



"I was struggling to get food and I don't cook so much anymore. Meals on Wheels West provides me meals every day. I'm so appreciative. I love everybody for going out of their way to volunteer and deliver meals." ...Rudy, Santa Monica

Contact: info@mealsonwheelswest.org 310-394-5133 x2
REFER - VOLUNTEER - DONATE

MEALS ON WHEELS WEST
 Delivering More Than a Meal

Neli's

BREAKFAST & LUNCH CAFE

is Open!

Open for deliveries and take out.

NelisCatering.com

Catering / Restaurant

*Get \$5 Off

w/minimum order of \$25

*\$5 Off valid on minimum orders of \$25, before tax, tip, and delivery fee. Offer cannot be combined with other discounts. Must mention Santa Monica Star ad.

Expires 4/30/21.

310-477-0031

New Hours:

Mon-Fri:
8:00am-3:00pm

2214 Stoner Ave. W. Los Angeles

alphagraphics®

SANTA MONICA - US763

WE'RE OPEN

and here to assist you with all your printing and copying needs, including COVID-19 items:

BANNERS, SIGNS & FLOOR GRAPHICS

CALL US @ 310.453.7559

Temporary Hours: 9am to 2pm, Mon-Fri

2717 WILSHIRE BLVD • SANTA MONICA, CA 90403

Reflections From The East

Remembering Earth Day



By Qin Sun Stubis

On Earth, living things come in many forms. Some are feathered or furred, while others can be scaled or even leafy, although

when we talk about living beings, we tend to summon thoughts of those more closely related to our own kind. We think of those who feel, breathe, make noise, and move about, whether by walking, crawling, galloping or flying, and forget those who stand still, silent and motionless in our vast forests, lined along our neighborhood streets, or even unobtrusively in our own yard: Trees.

As a life form, trees have existed on our planet for an estimated 370 million years. They covered roughly half of the land surface when our ancestors first came into existence. Trees have played a vital part in helping many species to live and prosper, including us humans.

If you get to know trees, you will learn that they are not just passive, brainless matter that just happen

to grow out there in the wild. They are intelligent. While they don't sleep and eat the way we do, studies have found that trees do rest at night and many in effect hibernate during the winter to conserve energy.

Just as we draw our nutrition from food and drink, trees extract nutrients and water through their roots, and harness energy from the sun to live and grow. As much as it may sound fairytale-like, trees are said to use their vast root networks as social channels to communicate their needs and feelings toward each other, even recognizing the difference between their offspring and other unrelated trees and changing their behavior. They can nurture family members by altering their root growth and even signal danger and distress to other trees.

Trees are an integral part of a healthy ecosystem, without which we cannot survive. They have woven themselves into every part of our lives, providing everything from the oxygen we breathe to the wood for the house we occupy, and books we read. We cannot live without

them. However, it has never been a mutually beneficial relationship for trees, because to us, they are often just regarded as an endless natural resource to better our existence.

This precious resource we so depend on is dwindling at an alarming pace. Nearly half of our forests have already disappeared. Sadly, the human race has thrived because of trees, while their numbers have been diminished because of us. The future of our trees and forests is dire: Scientists warn that if we don't take action now, we could lose them all in just three hundred years.

Considering how important trees are to us and our future, it's time that we take care of them and their future. Trees are not just useful resources but vital partners in our lives. This coming Earth Day, I urge all my readers to learn something about trees and find ways to help them. We need more tree whisperers to keep our Earth green.

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

Is There a Gorilla in Your Midst?

(Continued from Page 3)

your other activities? For today, try to do one activity with full awareness. Give whatever task is in front of you – brushing your teeth, doing your work, preparing your lunch, eating your dinner – your full attention. If you do, what happens? How does it feel? Do you notice the gorilla in your midst?

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

Autry Museum of the American West Reopens on March 30

The Autry Museum of the American West will reopen its doors to the general public on Tuesday, April 6, following a closure since March 14, 2020 due to the COVID-19 pandemic. (Advance reservations required; tickets and visitor information at TheAutry.org/Visit.)

More details about Autry exhibitions may also be found at TheAutry.org/Exhibitions.

How the French Have Dealt With the Coronavirus (Continued from Page 1)

Mother nature was calling on us! Hence, a lot of people travelled in Europe. Hotels in seaside towns or holiday homes for rent were all booked. People were gathering in local restaurants, bars, and night clubs.

They forgot a little to keep a certain distance between them. They were so happy to see each other. The young people left the social distancing on the side. They were craving for freedom and for fun so much.

For a short period of time, we believed that the virus was almost gone. However, the Government had kept warning us that COVID-19 positives cases were increasing. So, of course the threat became more and more alive as the government asked people to work from home again if they could.



Isabelle in her Paris apartment overlooking the River Seine.

The nightmare grew when the media started to talk about the UK Variant, the South African Variant, and the Brazilian Variant.

Whatever the new name of the virus is today we are in lockdown

during the weekend for some cities like Nice or Dunkerque, and the curfew is at 6 p.m. in Paris.

In contrast, the spread of the COVID-19 (the UK variant) keeps worrying the French health authorities as it is said to be 64% more deadly than classic COVID.

The French government announced on March 11 conditions to enter and exit the country were to be made easier for seven non-EU countries, including the United Kingdom, Israel and Japan. Starting on March 12, epidemic-related restrictions were eased off for travelers coming from and coming to the country.

Meanwhile, the race for the COVID vaccine had begun and scientists around the world were working faster than ever to develop and produce vaccines that can stop

the spread of COVID-19.

Thankfully after a shy "début" in France, the vaccination has finally taken off. Therefore, as of this writing, 7.24% received the first dose and 3.29% received the two doses.

A lot of people remain to be vaccinated, but it's a good start. It allows us to breathe again and to get a fleeting glimpse of the end of the tunnel.

Stay safe, keep hope and keep fighting!

Let your neighbors learn about your business in The Santa Monica Star. Call 424-581-6005 for details.

Mini Message Bulletin Board

Kuttin' Up! 1802 Broadway, Santa Monica • 310-461-9053
Call for Appointment Monday-Saturday
April 19 — Celebrate the Birthday of WORLD-FAMOUS BARBER XAVIER!
Xavier, the Best Haircut in Town.

PRIMERICA Life Insurance - An industry leader since 1977
Leave a legacy of love. Secure your family with life insurance.
• 94% of claims are paid within 14 days
• An average of \$3.8 million in benefit claims paid every day
For details of the benefits, call Tamara Monique Johnson, District Leader at 818-392-9479.

DISTRIBUTOR Job Opportunity!
First week of each month. Flexible hours.
Car and insurance necessary.
Please call 424-581-6005 for more details.

Serving Santa Monica and its Surrounding Communities Since 1949.
www.BradmoreGroup.com

SANTA MONICA BAY WOMAN'S CLUB
1210 4th Street, Santa Monica
310-395-1308
Now Air-Conditioned
Available to rent for your next event!

Be Ready to Spring Into Action. Get Good Legal Advice.
Call Bret R. Carter, Esq.
213-629-5700

SULLIVAN DITURI CO. 2111 Wilshire Bl. Santa Monica
Sullivan Dituri 310-453-3341
Residential / Income Apartment Rentals Property Management

Handyman Available
30 Years on the Westside
Carpentry, repairs, renovation, fixup, minor electrical, plumbing.
Respectful, reliable service for all projects, large or small.
Call Bill at 310-487-8201

SANTA MONICA LIONS CLUB
Dinner Programs
6 p.m. on Zoom
email: levelheadedlinda@yahoo.com for date and details.

bru's wiffle
Two locations to serve you!
2408 Wilshire Blvd. Santa Monica, CA 90403
3105 Washington Blvd. Marina del Rey, CA 90292

Clergy Corner

Grateful For Love in Action



By Pastor L. Mack Mossett

The COVID-19 pandemic has been more than the elephant in the room. It has been the elephant in our lives, invading our hearts and minds in every aspect. There is no escape from the daily realities of the heartache that is felt by the innumerable ripple effects of the related anguish. Even in our gratitude for life, we are often faced with the lurking emotion of survivor's remorse. News sources remind us of the expansive devastation on both macro and micro levels. We have all been personally affected by this seemingly unending crisis.

It is imperative, however, to embrace the power of love and hold dear to its tangible expression in human form. More than ever before, we have witnessed the power of love go beyond the borders of race, ethnicity, socio-economic status, geographical locus, familial history, personal station, and beyond. Compassion, empathy, generosity, outreach, selflessness, and love have been enacted to neigh-

bors, both known and unknown. As Christian people, we are called not solely to know or honor the words of Christ, we are called to do them. Personal worth is not wrapped in what one knows, it is determined by what one does. Moreover, it is imperative that we recognize, search for, and participate in every opportunity encountered to do the love about which we preach.

Please be encouraged! We are resilient. We will survive. We will prevail. And, when we return to life anew, I pray that we do not lose the love that we have learned to live.

Reverend Lemuel "Mack" Mossett III
Senior Pastor
Calvary Baptist Church
Santa Monica

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



Byte by Byte

Surviving the Summer: Key Indoor Apps



By Miceala Shocklee

Now in year two of pandemic, how this summer will look is anyone's guess.

Many are hopeful that springtime declines in local covid rates, bold moves by local governments to allow various versions of re-opening, and the increasing availability of COVID-19 vaccines will lead to a summertime chance at travel and interaction. Yet, the past year has taught us that it's better to be pessimistically prepared than optimistically out of luck – and toilet paper.

In case your personal health and safety or the state of the nation at large leads to another round of spending mid-year in the great indoors, get set and settled with the following apps:

Food Delivery: Straight-to-your-door delivery services abound. Whether it's Postmates, DoorDash, or UberEats for restaurant food;

Imperfect Foods or Hello Fresh for recipe-ready meals; or Amazon Pantry or store-specific online accounts for your day to day grocery needs, the options are many to keep you well fed even when you can't get past your door.

Meditation: Limitations are irksome. Rather than letting cabin fever lead to family blow-outs, consider incorporating apps like Headspace or DownDog to bring some calm to however COVID has shaped your life now.

Words: While moments of silence are important, apps like Kindle and Audible and the ever-increasing podcast platforms can bring some content to the quiet moments. Whether words are for escaping or learning or laughing, the little box of electronics in your pocket can hold a world of possibility to explore words.

COVID-19 tracking apps: Especially as face to face interaction increases and people may become lax

(Continued on Page 8)

Passing Through the Pico Neighborhood

Try This Shake Any Time of the Day

This month Chef Jahrid thought he would share the recipe for his breakfast smoothie. He loves making this smoothie almost anytime of the day, especially when he is craving a sweet shake! Chef Jahrid, our local middle-school athlete, appreciates the need to keep up his energy.



Here's Chef Jahrid about to enjoy his Breakfast Smoothie.

Dairy Free Breakfast Smoothie

Ingredients:

- 1 cup of almond milk/oatmilk
- 1 banana, sliced
- 1 Tbsp. of honey
- 2 Tbsps. of peanut butter
- 1 cup fresh baby Spinach
- 2 Tbsps. dry oatmeal
- ½ tsp. vanilla
- 1/2 tsp. cinnamon
- Desired amount of ice

Directions:

Place all the ingredients in a blender and process on high until combined for about 1-2 minutes. When it is smooth and creamy, it is ready to serve. Enjoy!

Discover Fresh Produce and Organic Veggies at the Virginia Avenue Park Farmers' Market



By Stacy McClendon

One Saturday morning, ditch the crowds at your local super market and visit the weekly farmers' market at Virginia Avenue Park on Cloverfield and Pico.

Farmers' markets always give you the best quality for you and your family, as it comes directly from the farmer and goes straight to you. That's the reason why the quality is so fresh and yummy.

This market hosts farmers selling an expansive array of fruits and veggies, nuts, honey, canned/jarred items, olive oil, sustainable fish, flowers, and more. Z Garden, a local restaurant, even serves up some of its fabulous menu items to

go. I myself have been coming for 10+ years along with my children.

These are a few of my favorite vendors:

- Fresno Evergreen has a fantastic selection of veggies, potatoes, onions, peppers, herbs, and more.
- Energy Bee Farm has a wonderful selection of All Natural Raw Honey, Bee Pollen, Royal Jelly, and Beeswax Candles.
- Valley Center Growers Inc. has delicious citrus and avocados.

This market also accepts Cal Fresh and Market Match, which customers can use to purchase select market items at a discounted price.

Kym Otterstedt, with the City of Santa Monica, runs this weekly farmers' market and can be found

(Continued on Page 8)

Helping Seniors Learn Computer Skills



By Mark Presky

Almost undoubtedly, you know someone who is struggling without computer skills – most likely an elderly aunt/uncle, grandparent, or friend.

I'm a member of the Los Angeles Computer Society (LACS), a non-profit group established in 1991 that exists to help each other (mostly seniors) with computer and other technology skills. Several members are amazing. Well into

their 80s, they are learning to write computer code, repair computers, install/remove software and hardware, and teach computer skills, etc.

But several people I know outside the LACS have managed to learn basic email use, but little else. They are confused by websites, online purchasing, and haven't figured out how to use copy/paste, and other basic computer skills. And, when phoned by these seniors, few people answer their phones anymore. Can you imagine

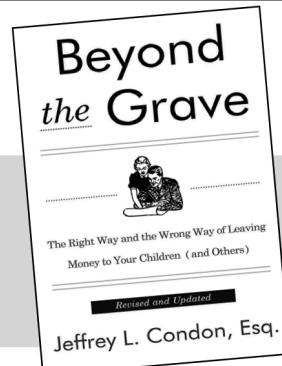
(Continued on Page 8)

SUBSCRIBE TO
The CURRENT
NEWSLETTER!

READY TO BE THE SMARTEST PERSON IN THE ROOM?

THE MOST IMPORTANT NEWS FROM THE **smdp**
Santa Monica Daily Press

www.smdp.com/signup



"The Best Estate Planning Book in America"

—The Wall Street Journal

- Wills and Living Trusts
- Probate/Trust Administration
- Trust/Probate Litigation
- Conservatorships - Estate Tax Planning

Brought to you by Attorney and Author:

Jeffrey L. Condon, Estate Planning Attorney

Contact the Condon & Condon Law Office for a consultation today.

310-393-0701
jeff@condonandcondon.net
www.condonandcondon.net



Jeffrey's "Really Helpful Inheritance Tips" at: www.facebook.com/BEYONDTHEGRAVEBOOK

3435 Ocean Park Blvd., Suite #108 • Santa Monica, CA 90405



Kc
CHOCOLATIER

24 pc
\$65

Happy Easter

1431 Second St. • Santa Monica • (310) 260-7750
www.kcsantamonica.com

Santa Monica Library Featuring New Spring Programs

Our Santa Monica Library has wonderful programs planned for all ages in April.

Dia at SMPL: Emphasizing the importance of literacy for children of all linguistic and cultural backgrounds, Dia is a nationally recognized initiative that links children and families to diverse books, languages, and cultures.

Pick up a **Take & Make Kit: How to Keep Our Earth Happy.** Available beginning Monday, April 5. Call for curbside pickup hours.

This kit includes a mini flowerpot, soil, and seeds. Through art and activities, kids learn the benefits of a greener lifestyle and how easy it is to achieve.

Dial-A-Story - Access 24/7 via telephone at 424-610-8600. New stories are recorded each week in English, Spanish and Mandarin, and can be listened to by phone at any time of day. Call 310-458-8600 for more details on each of these programs.



Do Earth Day The Bird Way
Celebrate by creating a bird-friendly habitat in your yard.

Wild Birds Unlimited
Nature Shop

**WILD BIRD FOOD • FEEDERS
GARDEN ACCENTS • UNIQUE GIFTS**

12433 Wilshire Blvd.
Los Angeles, CA 90025
(424) 272-9000
wbu.com/santamonica



Carolyn F. Hemann, CFP®

Private Wealth Advisor
CERTIFIED FINANCIAL PLANNER™ professional
Hemann, Preator & Associates
A private wealth advisory practice of Ameriprise Financial Services, Inc.

310-477-2500

11835 W. Olympic Blvd. Ste 735-E
Los Angeles, CA 90064
CarolynHemann.com

I've been guiding clients toward financial independence for over 25 years. I am passionate about providing timely, quality financial advice / planning that can lead to peace of mind for my clients.



Hemann, Preator & Associates, a private wealth advisory practice of Ameriprise Financial Services, Inc. Investors should conduct their own evaluation of a financial professional as working with a financial advisor is not a guarantee of future financial success. Investment advisory products and services are made available through Ameriprise Financial Services, Inc., a registered investment advisor. Ameriprise Financial Services, Inc., Member FINRA and SIPC. CA Insurance 0721941



WE SELL MORE THAN SPACE.

With our connections in the community, we will let our contacts personally know about your business or service.

Call 310-613-3899 for details on becoming part of our promotion team.



He is Risen

EASTER AT ST. MONICA

St. Monica Catholic Community is a diverse and vibrant faith community that offers many opportunities to enrich your spiritual life, serve those in need, educate your family, and most importantly, to belong.

All are welcome!

Registration required for all onsite Masses
stmonica.eventbrite.com

Outdoors

7:30 a.m. • 1:30 p.m. • 3:45 p.m.

Church & Livestream

9:30 a.m. • 5:30 p.m.

Communion Procession

10:30 a.m. • 6:30 p.m.

Receive Eucharist after Mass
in the safety of your vehicle.
Enter off Washington Blvd.

stmonica.net/easter
[#StillStMonica](https://twitter.com/StillStMonica)



THE STUFF IN YOUR DRAWERS COULD BE SITTING ON CASH!!



**NOT SURE WHAT YOUR
STUFF IS WORTH?
COME IN OR CALL FOR
A FREE ESTIMATE!**

**WE BUY & APPRAISE
COINS & COLLECTIBLES
GOLD JEWELRY
DIAMONDS & GEMS**



EST.

1947

(800) 463-4121

(310) 393-0661

WILSHIRECOIN

1312 LINCOLN BLVD AT ARIZONA IN SANTA MONICA

Connect to Nature in April

*By Julie Rensink Hanson
Wild Birds Unlimited
Nature Shop*

April is filled with important events and opportunities to connect to nature around us. Earth Day is Thursday, April 22. This year's Earth Day is marked by the theme "Restore Our Earth."

Celebrate this important day by making your yard or outdoor space into a wildlife-friendly habitat. The easiest way to start is to put out water for birds. You can then add native plants, food, shelter, and places for wildlife to raise their young. Your space can play a valuable role in helping to reverse habitat loss and will make a difference for the future of song birds and other important wildlife.

Be on the lookout for Orioles. If you like bright colors, this is your month because showy Hooded Orioles begin to arrive in our area. Want to attract them to your yard? Put out something orange, such as an orange-colored feeder with nectar and orange slices, or the berry-grape jelly they love. Hooded Orioles are master weavers and might just build one of their soft hanging nests in a nearby palm.

Hummingbirds, our colorful local Anna's and Allen's Hummingbirds are joined by a warm-weather migrant, the Black-chinned Hummingbird. The chin may look black, but the throat is a beautiful violet in the right light.

Be sure to change the nectar in your feeders every three to five days as weather gets warmer.



A Monarch butterfly

It's also the perfect month to plant a butterfly garden using California native milkweed and Kotolo milkweed. All three are essential habitat plants for the western population of the beloved Monarch butterfly.

It's nesting season, and you can help. If you live near a bluebird, wren or owl habitat, consider hanging a nesting box in your yard. You can also put out cotton, sticks, moss, or other nesting materials the birds can use to build their nests. Busy bird mothers will appreciate it.

If you are staying indoors, you can still connect to nature through a host of live cams set up worldwide. This month, we recommend watching our local Big Bear Bald Eagle nest couple, Jackie and Shadow (friendsofbigbearvalley.org), as they welcome their eaglets to the nest, Bella Hummingbird nest (Explore.org), live from her ficus tree perch in La Verne, and for those up at night, try our very own Barred Owl nest cam (www.wbu.com/owl-cam), from the woods of central Indiana.

Enjoy all that nature brings you.

bgco

BOB GABRIEL CO INSURANCE



Receive Up to 15% Discount When You Purchase Both Homeowner and an Auto Insurance Policy!

California's Business of the Year (2014)

AUTO • HOME • BENEFITS • BUSINESS
WORKERS' COMP • EARTHQUAKE
APARTMENTS/CONDOS • E-COMMERCE
SPECIAL MARKETS FOR
HARD-TO-PLACE HOMEOWNERS

Call Today! 310-829-0305
Immediate Phone Quotes

2325 WILSHIRE BOULEVARD • SANTA MONICA • www.bobgabrielinsurance.com



Guarantee a permanent resting place for you and your loved one.

Two Pacific Crest Cemetery Crypts for Sale



Located in the Pine Court area of the beautiful Pacific Crest Cemetery in Redondo Beach. Rare to find! Retail value \$23,000 each.

Selling two for the price of one!

Please call 310-613-3899 for details if you are seriously interested.



Working on a thesis or dissertation?

Doing a term paper?

Or a screen play?



Writing a book?

NEED HELP with editing or copywriting?

Call Diane, a very experienced editor and copywriter, at 424-581-6005.



Do You Need Help Caring For A Loved One?

At Home, Assisted Living, Hospice or as a Patient In The Hospital

Maintaining independence is an option. Let us help you or your loved one customize a care plan for assistance that maintains dignity and independence while enhancing the independent living experience.

Services We Provide

- Light Housekeeping
- Personal Care
- Daily Health Reminders
- Transportation/Errands



310.313.0600 | www.rahwestla.com

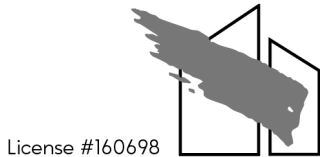
From the Santa Monica History Museum



Santa Monica Mall -- Above are crowds of people walking past various stores on the Santa Monica Mall, later called the Third Street Promenade. In the 1960s, three blocks of Third Street were converted into a popular pedestrian mall. (Order #SMHM 36.2.2015 from the SMHM.)

JOHN LEHNE & SON INC. PAINTING CONTRACTORS

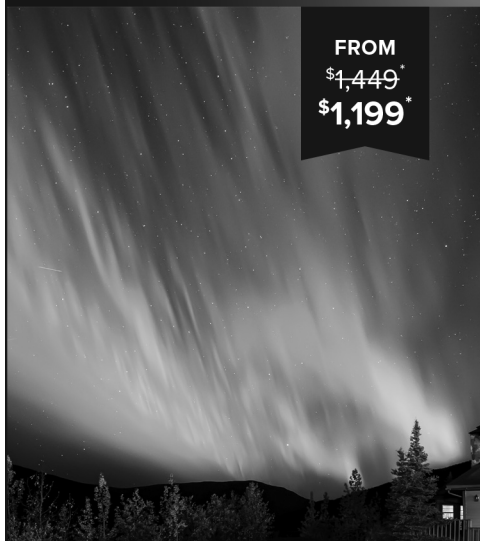
LUIS FAJARDO Superintendent
310-261-3031 cel
310-280-0597 office
310-280-9172 fax



Family-owned and serving the Westside community since 1936

During the month of April, we can celebrate Passover, Easter, the birthday of Hans Christian Andersen, Jazz Appreciation Month, National Humor Month, Month of the Young Child, and Mathematics Awareness Month.

FREE DATE CHANGES ON 2021 TOURS*



FROM \$1,449
\$1,199*



FROM \$2,599
\$2,349*

ALASKA NORTHERN LIGHTS

7 days, departs Feb - Mar 2022

Anchorage • Talkeetna • Healy (Denali) • Fairbanks — Travel deep into the rugged Alaskan wilderness in pursuit of nature's most spectacular nighttime display. Chase after the vibrant lights of the aurora borealis while you enjoy Alaska's culture, nature, and wildlife.

BEST OF HAWAII FOUR-ISLAND TOUR

12 days, departs year-round

Oahu • Hawaii Island • Kauai • Maui — Enjoy a fully guided 4-island Hawaiian vacation with centrally located lodging in Waikiki on Oahu, and beachfront lodging on the "Big Island" of Hawaii, Kauai, and Maui. Guided throughout by our friendly Tour Directors—your local experts. Includes 3 inter-island flights.



CALL 1-866-760-0867

* Free date changes anytime up to 45 days prior to departure for land tours, up to 95 days prior to departure for cruise tours. Deposits and final payments remain non-refundable. Prices are per person based on double occupancy plus \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 6/30/21. Other terms & conditions may apply. Ask your Travel Consultant for details.

Thoughts From a Second-Time Father

Making Plans Ahead for Emergencies



By Michael Margolin

As far as service time goes, I have not been a parent all that long. Alexa will be eight in the summer, and Jake will soon be five. And, many new occurrences that happen for them at this point are happening for the first time. I have had my head shaved for 20 years or so, and I finally got to do the same for Jake less than a month ago. This did not please his mother all that much, but I think it's a great look. It took him some time to get used to it himself, but I think he is enjoying the convenience of incredibly short hair. The four of us drove around our neighborhood in my 1970 Chevelle and made some noise in the process.

This was a first for all of us to do together. Unfortunately, Jake had a new experience at the beach that none of us enjoyed. While looking around some tide pools in Ventura, Jake stepped on something that cut the bottom of his foot. At first, there was whining and then crying, and then the inability to walk on it. All of these things happened in a matter of seconds. I carried Jake back to a larger rock so he could sit down while Enjoli and Alexa went to the car to get water and items to clean up his foot. While he sat on the

rock with tears barely subsiding, he asked me if there was any blood. Although it looked like he had stepped in a bucket of red paint, I told him there was just a little. It then began to drip onto the sand and other rocks and he asked if that was his blood and there was no getting around telling him that it was. To my surprise, his exasperation was minimal.

At this point I knew we would be heading to an urgent care. Before we knew it, we were in and out of an urgent care with no stitches and supplies to keep him bandaged and cleaned for a few days. Legendary UCLA basketball coach John Wooden used to say, "Be quick, but don't hurry." I try to explain to Alexa how much sense this quote makes to me. Of course, I do not want my kids to need to ever visit an urgent care or ER, but I like to use them as learning experiences if I can. In this instance, I told Alexa that we were quick, but we did not hurry.

When faced with life's emergencies and urgencies, it is important to try not to panic, assess situations as best as you can, and make a plan for action. Many times, this is easier said than done. If my kids can learn from any of my mistakes and theirs, then I figure I am doing something right as the caring parent I am.

Michael Margolin is an avid sports fan and was a soccer coach on Alexa's team when they played.

Helping Seniors Learn (Continued from Page 5)

how it feels to be in your 70s, or even 90s, home alone, or with another senior, and not understand how to go online to make an appointment to obtain a Covid vaccination? Using the phone for this is often frustrating because of long wait times followed by disconnection (or even the phone's battery dying), which often results in their giving up. And, not being able to view photos of your family, including grandchildren, because you don't understand how to open an attachment?

When they attempt to acquire more computer skills, they encounter well-meaning relatives and friends who rattle off a lot of foreign terminology like "click on your

web browser" or "click on Firefox," "What's a website?", or "double click" or "right click" or "highlight" this or that. Eventually, those attempting to help become frustrated. And, the student, still sharp and able to learn, feels embarrassed, ashamed, and stops asking for help.

This situation doesn't have to be. Before Covid (and hopefully after), there were several sources for help for seniors (and others) seeking help with technology.

I hope in my next column to go over some suggestions for those teaching, and for those wishing to acquire/improve their computer/technology skills.



Surviving the Summer (Continued from Page 5)

on their safety protocols, having an app that helps you keep track of your personal risk profile based on where you go and whom you hang with, can help bring peace of mind.

Whether this is an app sponsored by local governments, Google, Apple, or your own personal spreadsheet, COVID-19 exposure tracking may become a mainstay of responsible social behavior.

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

Discover Fresh Produce (Continued from Page 5)

touching base with customers near the information booth or checking in with farmers throughout the market. The market takes place every Saturday from 8 a.m. to 1 p.m. at 2200 Virginia Avenue.

You must wear your mask and stay socially distanced while shopping at this market due to current COVID restrictions.

Come on out, visit this market and discover what each farmer has to sell.

Stacy McClendon is a longtime Pico Neighborhood resident and Santa Monica City staff member who loves to find and introduce the wonderful people of her neighborhood. If you know someone we should interview, please contact us at 424-581-6005.

Community Service in Santa Monica

Santa Monica Rotarians Are People of Action



A zoom view of the Rotary meeting, the Not-So-Newlywed game, which is always so much fun to watch. Nora Bohn was the mistress of ceremonies.

By Nora Bohn

While the past months have kept all of us busy, our club members have found time and energy to bring their best to our club. Our meetings are livelier than ever, and in the virtual world, we have found and shared a novel type of closeness and light-heartedness that has influenced how we spend our time.

Our members have worked to donate blood, participate in beach clean-ups, pack lunches, held food and household goods drives, and contributed to grants at home and abroad. Not only are we up to a whopping 578 hours of community service, but we have managed to have quite a lot of fun.

At our Valentine's Day-themed meeting, we held our second annual Not-So-Newlywed Game with three of our sassiest couples as the contestants. Brave souls! Our couples were amazing; delighting us and each other by sharing personal, often hilarious details of

their lives, as well as many sweet and touching memories with us.

We also traveled to the Netherlands! Virtually, of course, we took a lovely tour of the town of Gouda (pronounced not at all like Gouda!) We learned about the town and the cheese and art, accompanied by about a dozen of our fellow Rotarians and many people from all over the country.

We also invited some other Rotary Clubs to join our monthly First Tuesday Happy Hours! In February, we were joined by members of the Latinos Unidos Rotary Club in Culver City. This month, we were joined by members of the Rotary Club of Westwood. One of our members was nice enough to get the fun rolling with some interesting questions; and by interesting questions, I mean questionable! A good time was had by all.

Our Book Club this month discussed *Tiny Habits: The Small Changes that Change Everything* by B.J Fogg and the author himself joined us.

Last month, I led a virtual cooking class, and while I wasn't sure how the meal would turn out, I do know that all the participants had a wonderful meal.

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

Lions Looking for Guest Speakers



By Linda Levee

Welcome to the new Santa Monica Lions Club monthly review. We are still working very closely with the Pacific Palisades Lions Club to

complete the merger. We estimate this will happen by June, but as with all things regarding a change in status, with legal issues, it takes lots of time and money.

With regard to our meetings, we are still having one regular meeting with guest speakers and trying different things. As program Chair, I am looking for folks in the Arts to give us half hour talks on Yoga and the various exercises we can still do at home; painting and other art projects; gardening and potting plants and succulents and perhaps starting a book club.

We like the Zoom venue and we

may need to go back slowly to one live meeting and one zoom meeting per month until we can regroup and assess where we are.

Once we begin meeting in person, we ask those of you who wish to help the community in some way to contact me with your ideas and talents to keep Lionism and the 97-year-old mandate of Helen Keller as Knights of the Blind going.

We still accept used eye glasses and collect several thousand eye glasses per month.

Unfortunately, our LOVE program was temporarily put on hold because of COVID-19. However, that should be resuming as more and more of us are being vaccinated. Please get vaccinated as soon as you can so we can all meet again soon. Be sure to wear masks and stay safe. For more news, please contact me, Lion Linda, at levelheadedlinda@yahoo.com.

What Are We Searching For?

By Dominik Gnirs

After more than a year of pandemic and what felt like a "Lenten Year," life's big questions are more imminent to us than they were before. With our routines gone out the window, many of us stopped to reflect and started pondering. Why am I here? Where did I come from? Where am I going? A new Zoom group at St. Monica's Parish wants to embark on a new program called "The Search," looking for answers to these questions, starting after Easter.

On the beautifully terrifying journey of life, many things become

important along the way, and rightfully so. Yet, sometimes, those most important questions fall by the wayside. A crisis like this can bring them back to the forefront.

Among all the buzz in our lives, how can we pause along the way for a moment and search for answers? We are all searching for something. "The Search" is an attempt to sit together in this moment of history and consider these questions, to pay attention to new ways of understanding.

Learn more about this new program at stmonica.net/search.

It's Time to Spring Clean our Spaces



By Cheryl Thode

It's April, and spring is in the air. Thankfully, it feels like the world is starting to open up. As our days get longer, I cannot

help but think we are entering into brighter and brighter days.

Along with feeling hopeful and joyous about the time ahead, I also am starting to feel that the ever-present "doom and gloom" of the pandemic is lifting away. We have all been through a lot. But, we humans are a robust bunch. It is in our nature to pick ourselves up and walk towards our goals, hopes, and dreams.

As we face these brighter days, I am drawn to an activity that always makes me feel better, lighter, less burdened or overwhelmed – Spring Cleaning. I know it sounds cliché and maybe even silly given this past year and the tragedies that

have come about, but I really believe if we all did a little cleaning up of our own personal space through a brisk dusting, deep cleaning or even an uncluttering, the action would have an overwhelming impact on our psyche and overall interaction with others.

There is no rule book when it comes to this type of activity. In fact, there are as many ways to clean as there are people. The only point is that the "cleaning" helps to unburden you. Whether it involves cleaning up your workspace, kitchen, living room, car, garden, family room, it does not matter. Spring cleaning can be so therapeutic and releasing. Start small. Start by going through your spices in your kitchen or the papers on your desk. Maybe take a Saturday morning to vacuum out your car or go through your child's outgrown clothes. Whatever it is, do it in a loving, calm manner. This is not

(Continued on Page 10)

Shop Local - Buy Local

SwissMissRealtor.com

Call Evelyn Lauchenauer for All Your Real Estate Needs

Reputation built on listening to client needs.

Charity Minded and Westside Native

Berkshire Hathaway HomeServices
California Properties
3130 Wilshire Blvd #100, Santa Monica

EVELYN LAUCHENAUER
310.906.0163
DRE 01765753

©2020 Berkshire Hathaway HomeServices California Properties is a member of the franchise system of BHH Affiliates LLC.

Santa Monica Playhouse for 2021

LIVE STREAMING AND ON-DEMAND

NEXT UP:
Live-Stream Sat, Apr 17 @ 8pm

COMEDIANS PARTY PANEL
Third Saturday of the Month - thru June 19

"Enchanting!" LA TIMES
ON DEMAND
April 1-30, 2021

CELEBRATE AGAIN!!!

NEW YEAR'S MUSICAL REVUE

ON-DEMAND thru Apr 30

KIDS 7-14
Thurs 4-5pm
May 13-June 17
Sat 10-11am
May 15-June 19

18 AND OVER
Mon 6:30-8:30
April 5 - May 24
Video-taped performance on the last day of class

Get your live-stream or on-demand details here!
1.310.394.9779 ext. 1
theatre@SantaMonicaPlayhouse.com

Paws and Claws

What Can We Learn From a Puppy?



By Dr. Frank Lavac MS, DVM
Q: During the past year of the Pandemic, we have seen many new puppies get adopted.

What can we learn from a puppy's perspective?

A: **1.** Always wag your tail! OK, we can't wag our tails, but let your family and friends know that you're happy to be with them!
2. Be the mantra: "Good Boy! or Good Girl!"

- 3.** Always greet people with joy, even if it's only been two minutes since you've last seen them.
- 4.** Induce anyone to smile whenever they see you!
- 5.** Enjoy the simple pleasures of life: walks, food ... and treats!
- 6.** Relish in the NOW !
- 7.** Isn't it playtime all the time, (except when napping)?
- 8.** Forgive and forget.
- 9.** Give unconditional love! (Puppies don't care about your net worth, your appearance, or mood.)
- 10.** Be your authentic self.

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

Adopt a Pet



Wobbles got his name from being a bit wobbly after his rescue. After veterinary care, he's now stabilized, and his foster mom says he's fine. Adopt this handsome fellow. Contact Larabbits@gmail.com (Los Angeles Rabbit Foundation).

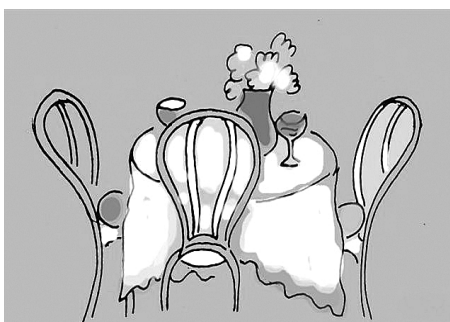
It's Time to Spring Clean

(Continued from Page 9)

another exercise to add on your ever-lengthening list of things to do. Rather, this should be thought of as a time of self-reflection wherein you are doing something that gives you a sense of accomplishment and peace.

This activity could even be completed as a family event! Work with your kids to tidy up their spaces/areas, or visit your own parents and work with them to shore up their homes. Whatever the cleaning, the point is that you are bettering a space, decluttering the area so as to declutter your own mind, appreciate what you have, and be grateful for your days ahead. We got this! Smile for Spring!

To find out more about Mothers of Monica, go to <http://stmonica.net/ministries/fellowship-groups/moms>.



Mar Vista: Neighbor to Neighbor

Vote for Our District Representative



By Tesi Truenfels
Hello Neighbor! Spring is upon us and liberation in the air. Many of us have now had our second vaccine.

The CDC (Center for Disease Control) cautions, "After you've been fully vaccinated against COVID-19, you should keep taking precautions in public places like wearing a mask, staying six feet apart from others, and avoiding crowds and poorly ventilated spaces until we know more."

We're not out of the woods yet, but our lives are beginning to open up. Those of us who have not been vaccinated will be soon. It's been inspiring to see so many neighbors out walking everyday.

During the first weekend of February, an Election Newsletter was

distributed to Mar Vista dwelling units. It contains an application to vote. Didn't get one? Can't find yours? Visit the Mar Vista website at marvista.org. You must mail in your vote, 4/9 to 6/1. We will be electing our representatives of the now seven districts in Mar Vista. We have a voice. Let's use it. Check out the information and the forum.

We had a wonderful week-long Mar Vista arts festival online in March. The theme for the Music and Arts Walk in April is "Environmental Justice" with events online 4/5 to 4/30. Four new murals will be painted as part of the Mar Vista Downtown Beautification Project. For information go to marvistaartwalk.org/2021.

Tesi is an educator and a longtime Mar Vista resident.

A Way to Stay Connected: Santa Monica Sister City Pen Pal Program

By Monika White, PhD

The Santa Monica Sister City Association has started a pen pal program, first with Hamm, our Sister City in Germany, and soon with our Sister Cities in Mexico, Japan, and other cities in the near future.

Called, "Keeping in Touch," the program has already attracted several residents who have been matched with someone in Hamm based on mutual interests and age range.

Santa Monica resident and Sister City Board Member, Lisa Azuma, and her pen pal in Hamm are the first in the new program. They have begun by exchanging letters discovering their mutual interests in bicycling, gardening, languages and travel. Lisa explained, "We are introducing ourselves, describing our families, and our communities. We have compared notes on several

issues including how our communities have coped with the Coronavirus pandemic and reported on our schedule of vaccinations."

These are the types of communications that make for long-term friendships and result in better understanding and awareness of other people, their cultures, and the communities in which they live. As noted by Ms. Azuma, "I'm very happy that the pen pal program was offered to open-aged citizen diplomats (not just young students). Establishing new connections with our sister city brethren brings us all closer together."

The program fits right into the International Sister City motto: "Peace in the World, One Person at a Time."

The program is open to all ages interested in connecting with

(Continued on Page 11)

EMPLOYMENT OPPORTUNITIES For Freelance Writers Call 424-581-6005



Compassionate expert care for complex neurological conditions.

PACIFIC NEUROSCIENCE INSTITUTE®

Pacific Neuroscience Institute at Saint John's Health Center uses *minimally invasive, highly effective treatments* focused on quality of life.

- » Brain tumors
- » Parkinson's disease
- » Multiple sclerosis
- » Eye, ENT, facial nerve & more...

310-388-4174

Visit us at PacificNeuro.org

VCA Wilshire Animal Hospital

2421 Wilshire Blvd. Santa Monica 310-828-4587



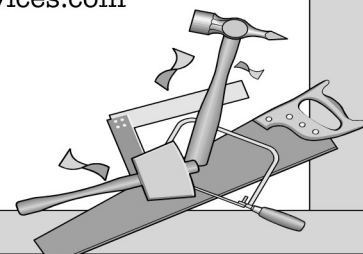
Expert Handyman Services
Reliable • Punctual • Neat • Affordable

213-758-3583

Info@experthandyman.com
www.Experthandyman.com

Call Julien for an appointment.

Any size job okay!



Suffer from... Anxiety... Depression, or Personal Issues?

Experience Emotional Overeating?

Free Initial Consultation!



Get the help you need with Individual and Group Psychotherapy!

310-828-8004
www.DrSheilaForman.com

Sheila H. Forman, JD, PHD, CGP
Clinical Psychologist and Group Psychotherapist
PSY15265

A Teenager's Fashion Forecast

By Catherine Chowdhury

Every year, old trends always have to make some kind of comeback. In 2019, neon colors were hot in fashion and still have an impact on our fashion today.

In 2020, it was bringing corsets and '90's fashion back. So what should we look forward into 2021? For the most part, it looks like lots of luxury brands are trying to bring more metallic/sparkly colors along with royal colors to fashion this year. Because social media has shown examples of 19th-century era fashions, lately it has reflected what the luxury brands think will be trending.

What about the fast fashion trend? Shopping in fast fashion stores has become very popular this year, not only because of the pandemic, but also because people are trying to look at cheap places to find trendy clothes.

Fast fashion this year has been bringing in great style ideas. The vintage fashion trends have always been making a comeback, but this year, it seems like we're going to go full '70s and '80s! For the sneaker

fans, it's time to stock up on some popular Air Jordan retros and Air Force brands.

The oversized look is also big this year. From pants to tops, lots of GenZ's love the oversized look. Even some luxury brands are bringing the oversized look into this year's fashion. Watch for new trends that are coming, and some old ones, too! It's always good to enjoy how old trends can make some comeback!



Here is a '70's hippy vibe. It starts with a green and yellow flower patterned dress, on top of it is a pink cropped shirt. Then to bring the two together, a light green cardigan paired with pink sunglasses.

Catherine is a 16-year-old fashionista who lives in the South Bay.

Pop Up Shop April 17

Monika Armendariz invites you to discover hand-crafted jewelry, clothing, Oaxacan crafts, and more on Saturday, April 17 from 2-7 p.m. at 1928 19th St. in Santa Monica.

There will be music, drawings every two hours, and temporary tattoos. The first 15-20 people to make a purchase get a free slice of cheesecake from the popular Cheesecake Factory.



This outfit shows a puffy sleeved shirt from the '80s paired with a royal purple colored skirt. On top of the white shirt is a black corset to complement both pieces. Lastly, tiny thin gold trimmed sunglasses bring the look together.

A Way to Stay Connected (Continued from Page 10)

someone else. Once preferences of age, gender, specific interests, and hobbies are known and a match is made, pen pals can contact each other via Facetime, What's App, Zoom, letters, emails, or any way

they choose.

For more information about the Santa Monica Sister City Program, "Keeping in Touch," contact Monika White, 310-828-4559 or monikawhite1@gmail.com.

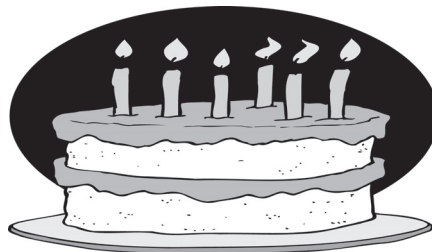
From Me to You...



By Diane Margolin

Often, we discover a hidden treasure in Santa Monica. At 1432 Second St. near Broadway, KC Chocolatiers shop is tucked away. Featuring the most wonderful Belgian chocolate you may ever taste, you can give yourself a joyful experience, or buy a box to give as a gift. The boxes come in various sizes. They also sell ice cream and hot chocolate, guaranteed to tempt your senses. For hours, call 310-260-7750.

Recently I heard the song, "Like a Bridge Over Troubled Waters," and immediately, I was picturing where I was so many years ago on a rare snowy night in Las Vegas. Driving



Happy April Birthdays

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

home late at night was very scary for this L.A. native. I'd never driven in snow before, and I was very nervous, but I made it safely home.

Has that happened to you? Hearing certain melodies can transport you back to another time and place, so far from where you are now.

Once when I was shopping at Robinson's in Beverly Hills, I heard "Tristan and Isolde" playing overhead. Yes, years ago, department stores used to play music to sooth the busy shoppers.

Often when a couple is dating, they have their "song." When they marry, they are sure to play their song at their wedding. There is still a program on FM radio when you can call in to dedicate a song to your loved one.

Another song that was popular when I was teaching was "The Candy Man." We taught it to the class that was going to graduate to sing at their ceremony.

Have a wonderful spring.



Star Comments



"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

SANTA MONICA BRAKE
COMPLETE AUTOMOTIVE REPAIR & SERVICE

VINTAGE TO CURRENT

FOREIGN & DOMESTIC

TEL (310) 394-2076
FAX (310) 395-5527
911 SANTA MONICA BLVD.
SANTA MONICA, CA 90401

GENERAC®

Prepare for power outages with a Generac home standby generator

REQUEST A FREE QUOTE!
424-252-8605

FREE

7-Year Extended Warranty*
A \$695 Value!

Offer valid February 15 - June 6, 2021

Special Financing Available

Subject to Credit Approval

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

Plan ahead so those you leave behind will definitely know your wishes.

Wills, Trusts, Probate
made simple
and convenient!

Meet me in person, by phone or via video conference; review your documents in person or online; sign your documents in my office, at home or at work. It's that easy!

virtlegal

Call for appointment today
310-401-3111

Timur M. Berberoglu, Esq.
1112 Montana Ave., Suite C, Santa Monica, CA 90403



ERBA
MARKETS | LOS ANGELES

FREE DELIVERY
NO MINIMUMS

FREE Delivery no minimums
9:00 am - 9:00 pm

Curbside Pickup & In Store
8:30 am - 9:30 pm

12320 WEST PICO BLVD

VENICE | MARINA DEL REY | WEST LA
CENTURY CITY | SANTA MONICA
CULVER CITY | BEL AIR | MAR VISTA
BEVERLY HILLS | BRENTWOOD
MALIBU Now Delivering! | **PACIFIC PALISADES** Now Delivering!




STAY SAFE - ORDER ONLINE:
ErbaDelivered.com

*Text notifications for when your order is ready and you can remain in your car for express curbside pickup.

Thank you to all 1st Responders, Medical Personnel & Essential Service Providers

THOUSANDS OF CANNABIS PRODUCTS TO CHOOSE FROM





















C10-0000383-LIC