



Sonya Young Adam is the CEO of the California Black Women's Health Project. She will be the keynote speaker at the Rev. Dr. Martin Luther King, Jr. birthday celebration on Monday, January 20, at 11 a.m. at John Adams Middle School Performing Arts Center.

Meet Sonya Young Adam, CEO California Black Women's Health Project

Sonya Young Adam (CEO), a University of Pennsylvania Wharton School of Business graduate, brings more than 20 years of comprehensive experience in strategic planning, financial analysis, and management with corporations like Barclays Bank, The Walt Disney Company, and Viacom/MTV Networks to her most important work in the past 10 years – supporting transformative intervention in underserved, urban communities – particularly in South Los Angeles where she was born and raised.

In October 2014, Sonya joined the California Black Women's Health Project as Chief Executive Officer after serving as Director of Strategy & Development with the Los Angeles Urban League, and Strategy & Community Relations Officer with BTL Health, Inc.

In addition to the strong technical skills Sonya brings to her work, she also brings a deep passion for the overall health and uplifting of Black women and families which is driven by her rearing as a woman of faith, committed to education, and the heartfelt sentiment that "...we lift as we climb." Sonya is a strategist, trained facilitator, community program developer/manager, and trusted leader currently serving on multiple statewide, regional, local advisory groups, task forces, steering committees, and coalitions focused on health equity, social and gender justice, Black maternal and infant health, domestic, /family violence prevention, and mental health.

She served three terms on the L.A. County Community Prevention and Population Health Task Force, is a Governor's Behavioral Health Task Force member, and was a Fellow in the Blue Shield CA Foundation Reimagine Design Lab working on innovative strategies in domestic violence prevention. In 2023, the NAACP Image Awards honored Sonya as an "Unsung Hero" because of her work leading the California Black Women's Health Project's pursuit of health

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Attend the 40th Annual Rev. Dr. Martin Luther King, Jr. Celebration This January

Every year, The Rev. Dr. Martin Luther King, Jr. Westside Coalition plans special events for the public to celebrate Dr. King's birthday.

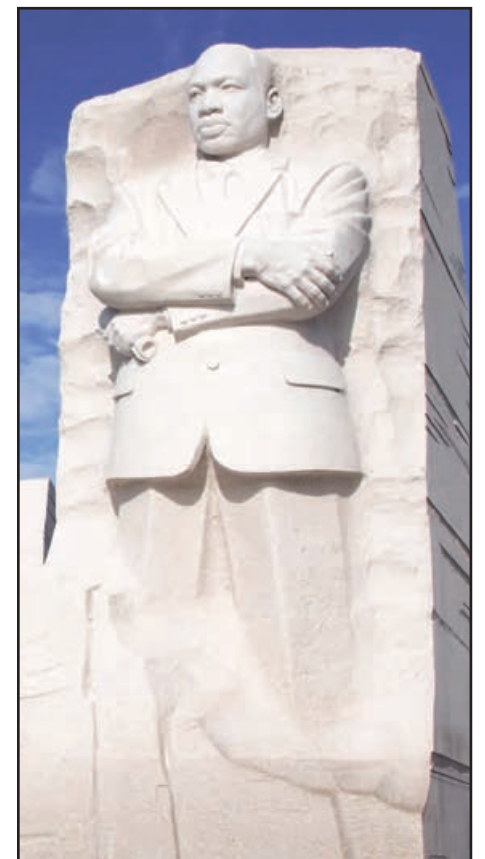
Sonya Young Adam, the CEO of California Black Women's Health Project, will be the keynote speaker on Monday, January 20 at 11 a.m. She will be at John Adams Middle School (JAMS) Performing Arts Center, 2425 16th Street in Santa Monica. For more details, go to cabwhp.org. (Read more about Sonya to the left.)

After the speaker, attend the Community Involvement Fair at JAMS where you will have the opportunity to meet with representatives from a variety of local nonprofit organizations and enjoy light refreshments. For questions: involvementfair@gmail.com.

You are also encouraged to attend the other special events planned before the speaker on Monday, January 20. The MLK Freedom Celebration and Breakfast will be presented by the Santa Monica Area Interfaith Council on Friday, January 17 at 8:30 a.m. The location is Mt. Olive Lutheran Church, 1343 Ocean Park Blvd. The theme is "A Legacy of Hope, Continuing the Dream." Rev. Carolyn Baskin-Bell will be the guest speaker. Any questions, info@smaic.com, Attn: Kathleen Benjamin.

On Saturday, January 18 at 3 p.m., the popular Santa Monica Symphony Orchestra will play its Annual Rev. Dr. Martin Luther King Jr. Concert. Guest conductors Gary Pratt and Charles

Dickerson will partner with the Inner City Youth Orchestra of Los Angeles (ICYOLA). They will perform at Barnum Hall, on the Santa Monica High School campus. For information, call 310-773-9729 or email renee@smsymphony.org The 2025 Theme of the events this year is *Celebrating Women of the Civil Rights Movement: Let's Make Real the Promise of Liberty and Justice for All*.



The Martin Luther King, Jr. memorial stands tall in our nation's capital, Washington, D.C.

Santa Monica-Pacific Palisades Lions Club Joined Local Service Clubs to Ring the Bell on Red Kettle Day for the Salvation Army Special Projects



The Santa Monica Corps of the Salvation Army visited the Santa Monica-Pacific Palisades Lions Club (SM-PP) last month. From left, Captain James Fleming; Emergency Disaster Coordinator Sandra; Cadet Noah; Cadet David; Cadet Zack; and SM-PP Lions Club President Pam Andrews. The Lions are one of our local service clubs that ring the bell on Red Kettle Day in December to raise funds for the Salvation Army's special projects.

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Discover That Herb is the Word in January at the Santa Monica Community Gardens

By Minty Greene
The Santa Monica
Community Gardens

It is always a good *thyme* to talk about herbs, including the ease with which many grow, the small spaces that they are often able to be tucked into, the benefits of herbal teas, and if anyone ever needs rosemary, keep an eye on plants as you walk around the blocks near your home.

Good chance that you'll find a nice rosemary bush hiding in plain sight. Find one that has some height on it, such as the dozens lining the walkway near the Ishihara Park Learning Garden. Yarrow, citrus flowers, and echinacea are three very local plants that everyone should also be paying attention to.

The Santa Monica Community Gardens (CG), entering 49 years of existence, will be hosting monthly themed workshops on many Saturdays in 2025. Herb Is The Word! kicks off the year on January 11 with Herbalicious at the Main Street CG focusing on choosing and growing herbs in



Learn all about herbs at Ishihara Park Learning Garden in January.

small spaces.

What Thyme Is It? follows at the Ishihara Park Learning Garden on January 18, where we will be decorating herb pots, making sage bundles, and some Winter wreaths.

Marine Park CG then hosts an Herbal Tea Extravaganza on January 25. Hot tea in a garden on what is certain to be a brisk morn-

ing, well, that might just be your new favorite thing.

We hope you will talk to staff at one of these events taking place from 9 a.m.-11 a.m. They are free and open to the public. Information about these and other events around our City can be found at Santamonica.gov/events.

High School Seniors Impacted by Alzheimer's Invited to Apply for AFA's Teen Alzheimer's Awareness Scholarship

The Alzheimer's Foundation of America (AFA) is offering scholarships of up to \$5,000 to college-bound high school seniors affected by Alzheimer's disease or other dementia-related illnesses as part of its annual Teen Alzheimer's

Awareness Scholarship. Entries can be submitted at alzfdn.org/scholarship and must be received by Saturday, March 1 at 5 p.m. EST.

Eligible teens are invited to apply for the scholarship by sub-

mitting an essay (1,500 words maximum) or submitting a video (no more than four minutes long) describing how Alzheimer's disease has impacted their lives, what they have learned about themselves, their family and/or their community through their experience with Alzheimer's, and how they plan to advocate or raise awareness in the future.

Examples of ways that Alzheimer's has impacted a student's life can include:

- Having a loved one with Alzheimer's disease or another dementia-related illness
- Helping care for someone with Alzheimer's disease or another dementia-related illness
- Volunteering or working in a care setting that serves individuals with dementia
- Raising Alzheimer's awareness in

(Continued on Page 6)



Looking for Hometown Heroes

Do you know a local hero? The American Red Cross Los Angeles Region is calling for nominations for its 20th annual Hometown Heroes Awards. This event recognizes individuals and groups who have displayed extraordinary courage in moments of crisis, stepping up to help a stranger, friend, or family member when it mattered most.

The Hometown Heroes Awards luncheon will take place on Friday, May 16 aboard the historic Queen Mary in Long Beach, a ship that once served as a troop carrier during World War II. This remarkable venue adds a fitting sense of history and significance to the celebration of modern-day heroes. Nominations are open through Feb. 1, 2025, and can be submitted at redcross.org/la-heroes.



Happy January Birthdays to:

Monty McCormick, Kathryn Jeffrey, Kera Blades-Snell, Tom Larmore, John McIntire, Kathy Shepard, Bill Rayman, Bill Dawson, Molly Smulian, Judy Neveau, John Lehne, Larry Maher, Julia Miele, Klaus Mennekes, Mitchell Kraus, Connie Maguire, Vickie Laham, Jack Rainsford, Linda Levee, Alan Paar, Mike Stark, Lan Nguyen, and Joan Sitnick



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From the Santa Monica Pier Guy

New Pier's Resolutions



By Jim Harris
I was having lunch with a longtime friend the other day – someone whom I met on the first day I ever set foot on the Pier

over 35 years ago – and he asked me whether I've made my New Pier's Resolutions yet. I chuckled, for I had long forgotten that corny term we used to use. But here I am, using it again! Indulge me, please.

For 2025, I resolve to continue preserving, enhancing, and curating the Santa Monica Pier visitor experience for locals, visitors, and admirers. I pretty much have to start with that one every year, don't I?

For this year, my continuing mission to make people aware that the Pier Corporation is a nonprofit organization, and not part of the City, will take a big step forward on March 29 with our first-ever fundraising event, "A PIERfect Benefit." Interested? Please visit our website, santamonicapier.org/pierfectbenefit25.

For 2025, I resolve to expand the Pier's Wellness & Waves fitness

program from two short, 8-week runs to a total of 24 weeks. Perhaps even 32 weeks!

Also expanding will be our history program with more opportunities to learn through our "Walk Through Pier History" tours and the launch of a new, monthly "Talk Through Pier History" in which I will share the Pier's history via slideshow presentations.

Lastly, and perhaps most importantly, I resolve to assure that everyone has full access to and know-how to continue to enjoy visiting the Pier while the Pier Bridge is demolished and reconstructed. Yes folks, the aging, old bridge from Ocean Avenue to the Pier is coming down, and being rebuilt, beginning next October. And yes, we will still be open and fully operating to deliver the experience that the world expects to enjoy. Happy New Pier to you all!

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

Protect Your Pets From the Cold This Winter

As the Winter season is here, the American Red Cross, Western Los Angeles Chapter, encourages everyone to follow these simple steps to keep your pets safe when temperatures drop.

They recommend putting together a special Winter first aid kit to have on hand. It should include the following:

- Non-adhesive gauze and bandage tape for treating wounds, because accidents can happen.
- Muzzle for when you are giving aid because even the calmest pet can jump, or be unpredictable during an emergency.
- Emergency contact list that includes contact information for animal poison control or your local emergency animal hospital in case they accidentally eat harmful foods.

When visiting colder climates, these would be good to have on hand:

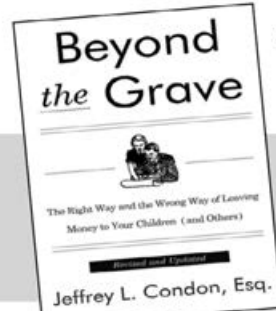


Keep your dog warm with a stylish sweater.

- Petroleum jelly helps protect their paws from the salt that is thrown on the ground to melt the ice and from ice melt.
- A thermal blanket to warm them up after they've been outside

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Reflections From The East

Life: A Tranquil River, a Rough Sea, or Something in Between?



By Qin Sun Stubis

Life is like a journey on a boat, whether on a gentle, beautiful river, a rough, unpredictable sea, or, for most of us, something in between.

Even though we have no control over it, how and where we embark may provide us with advantages or pitfalls, decide our fates, and affect our entire existences.

We would prefer, of course, to be born during smooth sailing over calm water, spending years of our lives without hitting a real rough patch of waves. In this situation, however, we are more likely to take our good fortune for granted since we don't know that it could have been otherwise.

Like many unlucky beings who

shared my fate, I came to this world in a leaky vessel during an intense storm brought on by nature, politics, and bad luck. We watched our parents struggle just to survive and then followed their path, learning to be afraid and vigilant.

For the rest of our lives, we can't help but worry about the return of menacing waves threatening to throw us overboard even after our world has calmed down. Pain and fear mark our character and we have to chart our own route and make our own progress. Life has been tough, but we have been tougher with a determination to make things better.

After so many decades, sometimes I am not even sure if I am still the same person who defied fate during the Great Chinese Famine, which killed nearly 50

million people. I don't know how my family and I possessed the courage to go through the ten long turbulent years of the Cultural Revolution and my father's two seven-year imprisonments, and still come out alive and strong.

Now, I live a middle-class American existence and have finally tasted normalcy. I don't worry anymore about where my next meal is coming from or how to live through a harsh Winter without heat or food in my stomach. And yet, I still pick up a single grain of rice that drops to the floor and eat it as if my very survival depends upon it.

Though I may not have been a lucky person at birth, hardship molded my character. My life's journey proved that what didn't kill me did make me stronger. I

will never take my life or happiness for granted, and I will never forget about my past.

The beginning of a new year is a perfect time to reflect on our lives and find our personal anchors. We may not have chosen how we started out but we can often choose to steer our lives in the direction we want. If you are having a smooth ride, enjoy it but be aware and prepared in case a storm is brewing ahead. If you are battling for survival in a raging sea, remember that your struggle is a testimonial to your strength. After all, you are the captain of your own ship!

You can always reach me at qstubis@gmail.com, or please visit me at QinSunStubis.com. You can find a copy of my book, *Once Our Lives*, online at Amazon.com.

Did You Know About the Millennium Wall in Palisades Park?



By David Blundell

A Millennium Wall in Palisades Park of Santa Monica is located at Ocean Avenue and San Vicente Boulevard. Created in 1999 as a part of

beach and coastal projects, it's a curving thick low wall of concrete. It appears like rough grey metamorphic rock, giving a sense of the Earth's geomorphology and tectonic plate movement. The wall is about 200 feet in length with each foot of the wall representing every ten years of the past millennium.

Two gaps along the wall occur, first at 154.2 feet representing the year of 1542, when Spanish navigator Juan Cabrillo initially sailed into Santa Monica Bay. The second gap appears at 187.5 feet indicating the year 1875, when Senator Jones and Colonel Baker founded the City of Santa Monica.

On the top smooth surface of the wall, we will see an embedded bronze inscription cited from Rachel Carson who was a 20th cen-



The Millennium Wall in Palisades Park

tury American marine biologist, activist, and leading conservationist whose ocean trilogy and book *Silent Spring* advanced marine conservation and the global environmental movement. The inscription reads:

"Meanwhile the sea ebbs and flows in the grander tides of earth whose stages are measurable not

in hours but in millennia-tides so vast they are irresistible and uncomprehended by the senses. Their ultimate cause may be found to be deep within the fiery center of earth, or it may lie somewhere in the dark spaces of the universe – Rachel Carson."

There is a vista point area overlooking the ocean and a plaque reading, "Millennium Wall dedicated to the rich history that defines us and the timeless beauty of our surroundings, second day of October, 1999, City Council of Santa Monica." Benches are arranged nearby inviting visitors to enjoy the ocean view.

It resonates with aims of the Santa Monica Office of Sustainability of the Environment celebrating its 30 years of conserving and enhancing resources, protecting the environment, human health, and benefiting the social, cultural, and economic well-being of our community in this century.

We are observing upcoming events in Santa Monica that are considered as jubilees, including the city's founding 150 years ago,

and the same year in 1875, the First Presbyterian Church was established. The Santa Monica Pier was built in 1909. Our seaside city continues to be a world destination.

Looking back, my appreciation goes to Mrs. Arcadia Bandini de Stearns Baker (1827-1912) who generously contributed a grand stretch of land creating Palisades Park at the edge of the bluff along Ocean Avenue, providing the public with ocean views and walking paths, along with a place of creative installation art.

This Millennium Wall marks the past as we are now proceeding into a regenerative future, reminding us to recognize the Earth's energy and human activities in unity to flourish together.

David Blundell is a Santa Monica native, world traveler, and cultural anthropologist. He has been active in the fields of environmental sustainability in Asia for decades and is currently teaching in programs at Santa Monica College and UCLA.

Mini Message Bulletin Board



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Clergy Corner

Sharing a Favorite Irish Blessing



By Msgr. Liam Kidney
My Dear Friends,
As we begin our journey into the New Year, I wanted to share with you a little Irish blessing that may help as we experience all the twists and turns the New Year may bring.

*May you be poor in misfortune,
Rich in blessings.*

*May the road rise to meet you
May the wind be always at your back
May the warm rays of sun fall upon your home
And may the hand of a friend always be near.*

*May green be the grass you walk on,
May blue be the skies above you,
May pure be the joys that surround you,
May true be the hearts that love you.*

A very Happy and Blessed New Year to all!

**Monsignor Liam J. Kidney Pastor
Corpus Christi Catholic Church
Pacific Palisades**

*May the road rise to meet you,
May the wind be always at your back.
May the sun shine warm upon your face,
The rains fall soft upon your fields.*

*May God be with you and bless you;
May you see your children's children.*

Passing Through the Pico Neighborhood

Phyllis Thomas Honors Veterans Through Her Art



Local resident Phyllis Thomas works with veterans to have a better life.



By Stacy McClendon
Phyllis Thomas is a Santa Monica resident, phenomenal artist, and veteran who decided to use

art to help heal the community of veterans of which she's a part.

She knows that art doesn't solve problems, but has seen firsthand how it can change a person's disposition. She has witnessed this from countless veteran participants whom she served from 2010 to 2014 as an onsite art instructor. She then expanded the art endeavor to a Paint & Snack which she still presents (on the Veteran Administration's Heroes Golf Course, north of Wilshire Boulevard in West Los Angeles).

This program empowers veterans through art, by helping the students discover the artist within themselves, while learning to embrace what art is, along with the mediums and tools offered, and ways to incorporate them.

Phyllis teaches this class in a noninstructional way. After taking her class, some of the participants are more open to receive counseling and treatments that are available to them. Her only rule for participants is to leave the inner critic at home, as people tend to be their own worst critics.

Phyllis is keenly aware of the trials faced by veterans, being that she is a veteran herself. Prior to hosting these classes, she was a Second Lieutenant of Logistics. She supervised 135 people who handled drafting weapons above and below the ground, in an isolated program in

Coronado, CA for eight years.

In this program, staff were under constant situational awareness, performance, obligations, and duties. During breaks, she would encourage staff to utilize art for doodling and calming purposes, which she found to be helpful in reducing their anxiety and PTSD.

The military has been a part of Phyllis' family. Her mother was an RN and physicist who worked for the Manhattan Project in World War II. She was also a colonel in the army. In addition, she was a physicist from NASA who worked on the Los Alamos Project alongside Oppenheimer. Her father worked for the steel mill.

Following the Los Alamos Project, Oppenheimer even wrote a note to Conrad Hilton Sr., letting him know that Phyllis' mother was a physicist, which helped her get an executive position. In her later years, Phyllis' mother ended up suffering from severe PTSD which had her experience great memories, alongside those which she survived during the Jim Crow Era.

Phyllis' love of art began, and was empowered by her mother and father, when she was a child. She vividly remembers drawing a beautiful portrait, with a safety pin, on a armoire in her childhood home. When her parents came home and saw it, they didn't scold her. Instead they went to an art store, filled their car with supplies, and just asked that she create directly on the new art supplies, moving forward.

She painted her first portrait of Muhammad Ali, in the tenth

Discover What's Happening on the Westside

- **January 1-30 - An Earth Twin at the Digital Dawn** - Explore the intersections of art and science at this exhibition focusing on the late Tom Van Sant's Geosphere project, an accurate, interactive, dynamic replica of the Earth, and its transformative historic value as artwork, a universal scientific and environmental tool. The exhibition will run until February 1. Event will take place Mondays, Wednesdays-Fridays from 11 a.m.-5 p.m., Tuesdays from 2 p.m.-5 p.m., and Saturdays from noon-5 p.m. at the 18th St. Arts Center Airport Campus, 3026 Airport Avenue. Visit: 18thstreet.org.
- **Saturday, January 4 - Polar Bear Plunge** - Kick off 2025 with an ice-cold group plunge into the ocean! Event will take place from 10 a.m.-2 p.m. at the Annenberg Community Beach House, 415 Pacific Coast Highway.
- **Thursday, January 9 - Update on Alzheimer's Disease Research** - Mary M. Moore, an Alzheimer's Researcher from UCLA, will discuss the latest findings related to the symptoms and causes of dementia and Alzheimer's disease. Learn about the latest treatments available and current research. Event will take place from 12:30 p.m.-1:30 p.m. at the Santa Monica Main Library Multipurpose Room, 601 Santa Monica Blvd.
- **Saturday, January 11 - Open-**

- ing Celebration: Fire Kinship** - Join the Fowler Museum at UCLA for the opening celebration of the exhibition *Fire Kinship: Southern California Native Ecology and Art*. Event will take place from 6 p.m.-9 p.m. at the Fowler Museum at UCLA, 308 Charles E Young Dr N. Details: fowler.ucla.edu.
- **Sunday, January 12 - Snowy Plover Beach Walk** - Enjoy this guided walk exploring the restored dune habitat and life cycle of the small white snowy plover birds that live on the beach in Santa Monica. Event will take place from 9 a.m.-10:30 a.m. at the Annenberg Community Beach House, 415 Pacific Coast Highway.
- **Tuesday, January 14 - A Christmas Gathering Paint & Snack** - Veterans are invited by artist and veteran Phyllis Thomas to enjoy snacks and beverages while discovering the artist within from noon-3 p.m. at the Heroes Golf Course at the Veterans Administration on Wilshire Boulevard in West L.A. Meet at the canopied patio area. RSVP to 310-776-0351. Volunteers are needed.
- **Thursday, January 16 - Locals' Night: Third Thursdays on the Pier** - Enjoy this curated night on the pier for Santa Monica locals, featuring youth activities, a car show, local DJs, live music, art exhibitions, and more. Event will take place from 3:30 p.m.-

(Continued on Page 11)

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Winter Fashions

By Angelina Galvan

Now that it's getting colder and the sun is setting earlier, how can we bring fashion into the mix? The best thing about fashion is how it adapts to the weather.

Experiment with something new. Try trench coats with a pattern, or a contrast of different colors. Look for a piece of clothing that becomes the centerpiece to an outfit. Think of a special coat you have or Winter boots that you may wear this Winter.

Some seasonal footwear that is coming back are ruffled boots and platform Uggs. These shoes always come back for the Winter season but with a slight change. For ruffled boots, the shape resembles the combination of leg warmers with shoes. Ugg boots have come back, but with a platform. Ugg boots are fun and iconic. Time and time again, they have resurfaced as the perfect Winter shoe.

(Continued on Page 8)

High School Seniors Impacted by Alzheimer's (Continued from Page 2)

their school or community

- Conducting Alzheimer's research

The program is open to current high school seniors living in the United States who will be attending a U.S. college or university this Fall. Students already attending college are not eligible to participate.

The top prize awarded is a \$5,000 scholarship. Additional prizes are awarded for runners-up and honorable mentions. More than \$481,000 in college scholarships have been awarded since the program's inception.

AFA provides these scholarship funds through the generous support of charitable donors. Individuals wishing to support this and other programs and services for families affected by Alzheimer's disease can do so by visiting alzfdn.org/donate, or by calling AFA at 866-232-8484.

Come to the 17th Annual Wine Festival and Masquerade Ball Hosted by the Rotary Club of Santa Monica

The Rotary Club of Santa Monica will host its 17th Annual Wine Festival & Masquerade Ball on Saturday, March 1, 2025, at the Skirball Cultural Center in Los Angeles.

You are invited to join them for an unforgettable evening of elegance, philanthropy, and fine wine tasting. This year's event is themed as a "Masquerade Ball." The night promises to be a magical experience, featuring an enchanting Venetian ambiance, combined with live and silent auctions. During the evening, attendees will be served a full gourmet dinner and taste international and local wines from boutiques and exclusive wineries.

For 103 years, Santa Monica Rotary members have helped to make a meaningful impact in the Santa Monica community. This annual event raises funds to support local charities and causes, from education initiatives to critical health and homeless services. All net proceeds contribute directly to these vital efforts.

This year's featured charity is Ready to Succeed, an organization that empowers foster and first-generation college students to graduate, launch successful careers, and to reach their full potential.

Tickets are \$250 in advance, and \$300 at the door. Wear your finest formal wear and elegant mask for this impressive affair, where every detail is designed to inspire, delight, and deliver the warmth of community spirit in support of a great cause. Secure your tickets now and come to help them make a difference.

Details at a Glance:

What: 17th Annual Wine Festival & Masquerade Ball

When: Saturday, March 1, 2025

Where: Skirball Cultural Center, 2701 N. Sepulveda Boulevard, Los Angeles

Tickets: \$250 pre-sale, \$300 at the door

Visit www.Rotarywinefest.org for ticket purchases.

Phyllis Thomas Honors Veterans (Continues from Page 5)

grade. It was a black and white tempered 18" by 24" portrait. Muhammad Ali learned about, saw the portrait, and purchased it from her for \$2400. (This was her first sale.) This fueled her to continue to make more portraits, and she even held a Summer job with Walt Disney.

Phyllis' artwork has been showcased in many spaces throughout the U.S. Most recently, Phyllis was the tenth artist selected, out of 140 artists, to participate in the Annual City of Santa Monica's Art Fair held at The Barker Hangar. She showcased a variety of art pieces, along with one of her newest called *The Price of Freedom*.

Phyllis will continue to offer

classes and showcase her groundbreaking art, with the hopes of reaching a larger audience to help promote providing more programs for veterans.

To find out more information on the next Paint & Snack, or to view Phyllis Thomas' art please visit merogallery.com.



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Thoughts From a Second-Time Father

Understanding New Teen-Speak



By Michael Margolin

It is a well-known fact that generations of people often look at the generation following theirs, and are puzzled by their trends and habits.

The words they say do not make much sense or correlate to what they might be trying to describe. I am 45 years old and I grew up calling things cool, gnarly, or bogus. I actually still use these terms a lot, come to think of it. These words you can find in the dictionary. My generation did not make these words up.

Generations before me used them. They did not just throw letters together to concoct some term in an effort to add to their lexicon. The definition of these words would relate to what was being described. With the possible exception of calling something that was really neat – cool. In actuality,

you are not saying that the new bike you got is cold to the touch.

My daughter Alexa is 11, and sometimes I have an easier time figuring out what a dog might try to tell me, rather than decipher what language she has begun to speak. She is only taking one foreign language class now in sixth grade, but she has begun speaking more than that.

This might be a bit of an exaggeration of course, but I am trying to make a point. It is not uncommon for parents of an 18-24-month-old child to completely understand what is coming out of their child's mouth. They may have to translate it for perplexed friends and family.

The other night, I was puzzled at dinner, when Alexa rattled something off and I must have had the look of one of those confused folks. How do I know? Because eight-year-old Jake chimed in and translated.

What he told me was the word in (Continued on Page 8)

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Love Links

A Marriage that Truly Reflects the Devotion Expressed in Vows Shared 20 Years Ago

By Gigi Appelbaum-Schwartz

Maurice Jordan and Teresita (Tessie) Adriano-Jordan met for the first time in 1999, at the Hillcrest Country Club where they both worked – Maurice as a Chef and Tessie as a Front Office Manager.

Prior to working at Hillcrest, Maurice had left his hometown of Charlestown, Massachusetts to pursue a variety of executive chef positions across the country.

Tessie, after arriving in the U.S. from the Philippines, opened, operated, and eventually sold a successful travel agency. The skills she gained there would eventually help her unknowingly plan the proposal that would unite the couple forever.

In August of 2003, Tessie booked a two-week trip for herself and Maurice to visit Machu Picchu in Peru. Maurice explained that he always let Tessie take control of vacation plans, because he knew whatever she organized would be perfect, given her travel agent expertise. At Machu Picchu, Maurice intended to propose at the Sacred Rock atop the mountain, but his plans were foiled when their tour guide blew right past it!

As the group was leaving the park, Maurice quickly pivoted, leading Tessie back inside with the tour guide following. After finding a beautiful spot to propose, he lifted her onto a wall and got down on one knee, asking her to marry him once and for all.

The pair were married on



Maurice Jordan and Tessie Adriano-Jordan when they first met at the Hillcrest Country Club in 1999.

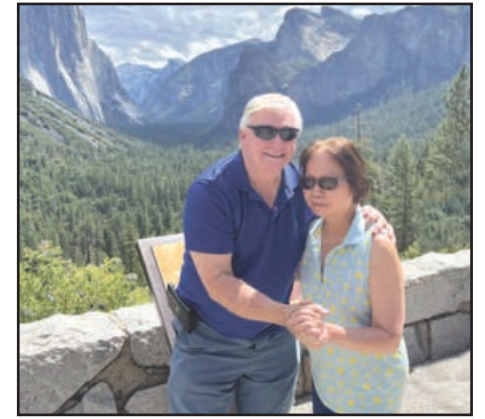
August 15, 2004 at the Yosemite Lakes Community Church in Coarsegold, California.

Maurice and Tessie rode in the back of a BMW convertible as they traveled to their reception at the nearby Blue Heron Club House. The party began with Tessie dancing into the room to the tune of what Maurice calls her wedding song – *Dancing Queen* by Abba. According to Maurice, the biggest highlight of the night was their guests, who traveled from as far as Massachusetts, Alabama, and Texas to celebrate together.

Outside of their jobs, both Maurice and Tessie have spent much of their time involved in a variety of charity organizations, giving back to their communities both alone and together. Some of the charities that Tessie worked with include Angels of Hope, a Filipino

charity that raises money for the children in the Philippines, and APLA, a charity for finding a cure for AIDS, for which she also ran the Maui Marathon in 2009. Maurice ran that marathon with her, and has also involved himself in a variety of other runs for charity, including the Pasadena 5K Run, the Boston Marathon for Boston Children’s Hospital, and the L.A. Marathon.

Today, Maurice and Tessie have been married for 20 years, and their relationship is as strong as ever. Tessie has had dementia for a number of years and has been nonverbal for the last two. Maurice has dedicated himself to caring for her full time. Maurice channels his love for Tessie as he volunteers for Music Mends Minds, a nonprofit organization that creates musical support groups for individuals with dementia, Alzheimer’s, Parkinson’s,



Maurice and Tessie are at a viewpoint in Yosemite National Park on August 15, 2024 where he proposed again. She said “Yes!”

and other neurological disorders.

When he sings to her, his adoration and dedication to his wife is written clearly on his face. We wish Maurice and Tessie all the best in their future together, and are forever touched and inspired by their love for each other.

Meet Sonya Young Aadam (Continued from Page 1)

equity for the state’s 1.2 million Black women and girls. Sonya Young Aadam is a woman of deep faith and a wife and stepmother who enjoys karaoke and international travel.

The California Black Women’s Health Project is the only 501(c)(3) non-profit organization solely dedicated to improving the health of California’s Black women and girls through advocacy, education, policy, and outreach. They are committed to advocating for policies

and practices that promote and improve physical, spiritual, mental, and emotional well-being.

They believe a healthier future is possible when women are empowered to choose in an environment where equal access and health justice are community priorities.



Joe Analco



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The Rotary Club of Santa Monica Presents The 17th Annual

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Join us for a night of music, dinner, fine wines and exciting live and silent auctions. All proceeds benefit non-profit community and youth programs.



Saturday, March 1st, 2025, 6 to 10 PM
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Advance tickets: \$250 or \$300 at the door.
Call 310.801.7599 or visit
RotaryWineFest.org for tickets & details.

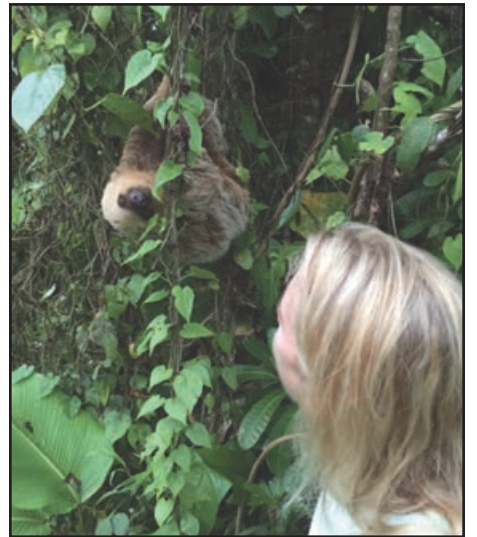
Rotary Club of Santa Monica

The Magic of Travel With Tanya

Grounded in Nature: A Journey Through Ecuador's Wild Beauty



By Tanya Gilbert
In today's tumultuous world, I've found that the best way to reset and feel grounded is by getting back to nature.



Immersing myself in the natural world – listening to birdsong, feeling the cool shade of a forest canopy, or watching the waves lap against a pristine shore – has always been a powerful way to regain perspective. It's an antidote to life's challenges and a reminder of the beauty and wonder that surrounds us.

While exploring the lush jungles of Panama, I stumbled upon this sweet sloth on a low-hanging branch.

That's why I'm excited to share details about an extraordinary trip to Ecuador, a place that embodies the magic of nature in its purest form. This journey is perfect for birding enthusiasts and anyone looking to reconnect with the outdoors. Led by our local birding expert and guide, Julie Hanson. She is the owner of Santa Monica's Wild Birds Unlimited and has an infectious passion for nature and birding. For those of you who have not had the pleasure of meeting her, she's friendly, engaging, and knowledgeable, making her the perfect host for this adventure. Many of you may recall reading her informative monthly columns about birds in our paper in years past. She will take travelers to some of Ecuador's most remarkable regions:

- The Cloud Forest, a misty, ethereal haven for birdwatchers and nature lovers alike.
 - Quito, Ecuador's capital, rich with culture, history, and a striking Andean backdrop.
- This thoughtfully designed trip offers the perfect blend of exploration and relaxation, and it's an excellent way to escape the ordinary. It's a chance to unplug, breathe deeply, and embrace the grounding power of nature.

- The Galápagos Islands, where you can walk among iconic wildlife like Blue-footed Boobies and giant tortoises.
- The Amazon rainforest, a lush and vibrant world teeming with bird species and other fascinating creatures.

If you or someone you know would be interested in joining this incredible adventure, I'd love to share more details: tanya@mariposatraveladvisors.com.

Travel isn't just about seeing new places – it's about connecting with the world, with others, and with ourselves. And in Ecuador, amidst its stunning landscapes and vibrant ecosystems, I believe this connection is truly unforgettable.

Understanding Teen-Speak (Continued from Page 6)

question, *sigma*, means a cool dude or the best.

How does that make sense? It sounds like a Greek letter to me.

Vince Lombardi was a legendary football coach of the Green Bay Packers in the late 1950s and into the '60s. known for being tough and ultra competitive. There is a great, grainy video clip of him yel-

ling to his team, "What the hell's going on out here?" I don't know, coach. As perplexed as I am, I am almost equally as entertained.

Mike Margolin has been writing for us since his daughter Alexa was born 11 years ago and son, Jake, eight years ago. Mike is an avid sports fan.

Winter Fashions (Continued from Page 6)

On the Third Street Promenade, fashion is everywhere. Ngozi who is relaxing on Third Street is wearing a beige fuzzy coat for the winter season. These fuzzy coats are like a cozy blanket in the Winter. Not only is it festive, but it also provides comfort for the windy weather.



Fair Isle knitwear is a popular fashion choice for the Winter season. These sweaters have diamond and zigzag patterns consisting of two colors. They are hand-knitted of special wool in the Shetland Islands.

Ngozi takes a break from shopping on the Third Street Promenade. She wears leggings and a fuzzy coat for warmth as the climate changes.

As with fashion itself, it is an outlet to display individuality and create community.



Community Service on the Westside

The Lions Have a Busy Holiday Season



By Dr. J. Kingsley Fife
It seems like last month, December, is the busiest time of the year for us busy Santa Monica-Pacific Palisades-Lions.

We start off with our annual Salvation Army visit at our monthly dinner meeting. This was led by Captain James Fleming, head of the Santa Monica Corps, who also happens to be a Lion.

Cadet David played Christmas songs as we all joined in. Cadets Zack and David talked to us about all the projects they are involved in. Their Emergency Disaster Coordinator, Sandra, handed out earthquake and disaster kits. The Red Kettle made the rounds as we all contributed to their worthy cause. Captain James happily reported that a week earlier, when we rang the Red Kettle Bell at Bristol Farms, we collected \$600 for them.

Then, we're off to Barker Hangar

at Santa Monica Airport for several days working with the charitable organization, One Voice, sorting, packaging, and boxing food for needy families.

Finally, on and off the entire month, we Lions join other Lions in the District to decorate our Lions International float for the big annual Rose Parade, occurring on New Year's Day. The theme this year is *Best Day Ever*.

Beginning in 1890, this is one of the oldest and most famous parades in the world. It features marching bands from around the world, high-stepping horses, and elegantly-decorated floats. What makes these floats so unique is they can only be decorated with flowers and other natural materials such as leaves, seeds, and pods.

Would you like to learn more about Lionism, getting involved with the community, and broadening your social circle? Be our guest at one of our dinner meetings. Call me at 310-454-2960, or email jkfife88@yahoo.com.

An Update From the SMBWC



By Pat Webber
It's been a busy 2025 so far at the Santa Monica Bay Woman's Club (SMBWC). In a previous column I wrote that the men's and

women's restrooms on the ballroom level have been updated with new plumbing and fixtures, including specific handicap stalls. Our lounge area too, has had a bit of a facelift with new, comfortable seating. Our book club members especially enjoy this.

Our Club was built with funds raised by our founding members, led by first President Elmira T. Stephens. When it was completed in 1914, the cost for the construction was a whopping \$25,000!

Maintaining this wonderful facility is the responsibility of our Board of Directors and the talented and dedicated workers hired to keep it looking so good in her old age. Recently, we finally got rid of the original rope pulley system on our dumb waiter in the Ball-

room. It's now all electric and cost us \$35,000. We can't help but chuckle as to what our first President Elmira would have thought of that.

Our Club has been a supporter of Happy Trails for Kids for many years, especially their Winter Camp experience in December which included holiday gifts from the camper's own wish list.

As with last year, the Board decided to support them with \$25 Target Gift Cards for the campers. The Club donated 25 of these \$25 cards, and asked our members to personally contribute as well.

The Club is available for renting for events. February is already filled, but if you're interested in later months, please contact the Club at 310-395-1308.

Members and guests continue to play bridge, canasta, and Mah Jong at the Club on Mondays; Arts, Crafts, and Conversation on Tuesdays; Duplicate Bridge on Thursdays; and Book Club on the last Tuesday of the month in the evening. See our web site SMBWC.org for more information.

January at the Santa Monica Family YMCA: New Year, New Opportunities



By Araceli Alejandre
The New Year is here, and there's no better time to focus on your health and well-

ness goals. At the Santa Monica Family YMCA, we're starting 2025 with exciting updates to help you on your journey.

Last month, we installed brand-new cardio equipment in our fitness center. These state-of-the-art machines are designed to give you an optimal workout experience, whether you're looking to boost endurance, lose weight, or simply stay active. If you're new to the YMCA or just want to learn how to make the most of these updates, we offer free equipment orientation appointments. Our knowledgeable staff will walk you

through how to use the machines safely and effectively, ensuring you feel confident as you work towards your goals.

For those seeking more personalized support, our certified personal trainers are here to help. Whether you're aiming to train for a specific event, improve strength, or create a sustainable fitness routine, our trainers can develop a custom plan tailored to your particular needs.

We're also proud to announce that our pool received a fresh new look with a full replastering completed in December. Swimming remains a cornerstone of our YMCA, and this improvement ensures our aquatic facilities meet the highest standards for members of all ages.

At the Santa Monica Family YMCA, we're committed to

(Continued on Page 10)

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Paws and Claws

Be Aware of Unsafe Foods for Your Pets



By Dr. Frank Lavac, MS, DVM
Q: What are some foods that are unsafe for my pets?

A: Here is a list:
Grapes and Raisins: The toxic ingredient is still not known, but some dogs that ingest these will

develop kidney failure.
Chocolate: Particularly dark chocolate can cause GI signs, panting, and cardiac irregularities. See merckvetmanual.com/multimedia/clinicalcalculator/chocolate-toxicity-calculator.
Raw foods, including meat and milk products: Raw foods are often touted because of wild counterparts eating raw foods. However, these foods can carry dangerous bacteria for both the pets and their owners.

Avocado: The avocado is particularly toxic to birds leading to lung edema and death. For dogs, the pit can cause intestinal obstruction.

Macadamia nuts: In dogs, this nut ingestion can lead to weakness, vomiting, tremors, and elevated temperature.

These are just a few of the potentially dangerous food items. For a more complete list, go to the L.A. County Veterinary Public Health website: publichealth.lacounty.gov/vet/docs/FoodSafetyPet.pdf.

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

Adopt a Pet



Hamilton is a fluffy seven-year-old Pomeranian mix who was rescued from the San Bernardino Shelter. He had an old fracture in his right rear leg so he had surgery and has recovered well. He is very friendly, social, and loves going on walks. Please contact info@langefoundation.org.

Planning Ahead

Incapacity When There is a Trust



By Lisa Alexander, Esq.
 What happens when a person with a Trust loses capacity? First, thank goodness the person had a Trust in the first

place! The Successor Trustee named in the Trust can take over management of the Trust assets. The Successor Trustee can access money to pay bills and make sure the incapacitated person is cared for.

Logistically, the person named as Successor Trustee should review the Trust for the provisions applicable to incapacity. A typical Trust will say that the person who created the Trust will be deemed incapacitated when a physician (or sometimes two physicians) signs a statement that the person can no longer manage their financial affairs. That is the place to start. Once the steps required under the Trust for determining incapacity and appointment of the Successor Trustee have been taken, the Successor Trustee can take over.

Next, the Successor Trustee must give a legally-required notice to the beneficiaries of the Trust. The notice will inform the beneficiaries that the person who created the Trust has become incompetent and, most importantly, must include a copy of the Trust. Going forward, the Successor Trustee must send the beneficiaries annual accountings of the Trust assets, financials, and actions of the Successor Trustee. This protects the incapacitated person to ensure

there is oversight of the Successor Trustee's handling of the incapacitated person's finances.

The Successor Trustee has to locate all the incapacitated person's assets and take the necessary steps to take control of accounts. And, the Successor Trustee needs to take over payment of the incapacitated person's bills other debts, and including filing income tax returns and paying taxes owed.

The Successor Trustee should not do all of this alone. The Successor Trustee will be wise and best served by assembling a team of the incapacitated person's accountant, financial advisor, and a lawyer. In almost every Trust, the expenses of the professional advisors are payable from the Trust, not from the Successor Trustee's own money.

There will likely be significant time devoted by the Successor Trustee in carrying out these duties. Most Trusts have a provision for compensating the Trustee. If the Trust allows it, the Successor Trustee should keep track of their time if they will be paid from the Trust.

The Successor Trustee's position is one of trust and loyalty. The time taken by the Successor Trustee to care for the incapacitated person is an honor to the person who named them for that reason.

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January at the Santa Monica Family YMCA
 (Continued from Page 9)

providing a welcoming and dynamic environment for everyone. These upgrades are just the beginning as we continue to enhance our facility and services to stay relevant and to meet the needs of our community.

Let's make this January the start of something great! Join us in January to save on your joining fee. For more information, go to our website (www.ymcasm.org), or call the Y today at 310-393-2721.

This January, you can celebrate National Hobby Month, Hot Tea Month, National Oatmeal Month, National Soup Month, and National Blood Donor Month. January 4 is National Spaghetti Day, January 13 is National Rubber Ducky Day, and January 15 is National Bagel Day.

Protect Your Pets From the Cold (Continued from Page 3)

in the cold for too long.
 • Thermometer to use for monitoring symptoms of hypothermia.
 While you're building a pet first aid kit, don't forget to build one for your family, too! By taking these steps, you can help avoid Winter hazards for you and your loved ones. Make sure you keep a first aid kit in your car for you

and your pet, as accidents can happen anywhere.
 Download the free Pet First Aid app by searching Red Cross in app stores. For more information on Winter pet safety or building your family's first aid kit, visit redcross.org.
 — Angel Saucedo, Regional Communications Director

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From Me to You...



By Diane Margolin

I hope that this past holiday season was one you were able to enjoy. Sometimes the pressure we feel to get our homes ready for family celebrations affects the outcome. It's also hard to be festive if the people who have been a part of your holiday dinners are no longer here. There are many suggestions online on how to deal with these feelings. One very effective source is HelpGuide.org. Founded 26 years ago, it is a global network of mental health professionals and educators. There is also a link to a professional online counseling site.

If you volunteer with a nonprofit organization, that may be something you would like to continue this year. For example, people who deliver for Meals on Wheels West have often described how the response of the recipients who greet them at the door is very rewarding. Sometimes the delivery person is the only visitor the homebound person receives.

Expand your horizons this coming year. In our community, the Santa Monica Library system offers a wide range of programs and resources that are ready for you to explore. You may be aware of storytimes for youngsters and book clubs for adults. Did you know about the program that teaches emergency preparedness for seniors and their caregivers? How about getting tutoring help with reading documents, mobile devices, filling out forms, and writing resumes?

Have you heard about the RED Kits? They help adults Read, Engage, Discover (RED). These kits have books, suggested activities, resources, and materials to encourage a self-paced learning experience. Some of the topics include Walking in L.A, Stress Relief, Mindfulness, Brain Health, Family Oral History, and Ukulele. You can go online to reserve them at specific neighborhood libraries.

Wishing you a healthy and happy new year and the opportunity to discover and benefit from the wealth of resources all around you in our community.

Discover What's Happening on the Westside

(Continued from Page 5)

9:30 p.m. at the Santa Monica Pier, 200 Santa Monica Pier. Details: santamonicapier.org.

• **Saturday, January 18 - Santa Monica Symphony Annual MLK Concert** - Appreciate this moving musical performance, a celebration of unity honoring Martin Luther King Jr. Event will take place from 3 p.m.-5 p.m. at Santa Monica High School Barnum Hall, 600 Olympic Bl. smsymphony.org.

• **Friday, January 24 - Chinese Paper Lantern Making with**

Emmy Lam - Learn about Lunar New Year and other Chinese Festivals while creating your very own paper lantern. Event will take place from 3:45 p.m.- 4:45 p.m. at the Santa Monica Library Fairview Branch, 2101 Ocean Park Blvd. • **Saturday, January 25 - Barnyard Madness With the Three Little Pigs** - Enjoy the musical comedy for all ages. Through April 13. Santa Monica Playhouse, 1211 4th St. santamonicaplayhouse.com.

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An Update From ERBA Markets

Skincare Products with Cannabinoids



By Stephen Freedman

As the stigma behind cannabis continues to be waning throughout society, everyday products we use for various ailments are being infused or replaced with different cannabinoids. One area that has seen a large increase in CBD-related products is skincare and dermatology.

The estimated global market size of CBD skin care is \$2.4 million and is projected to grow over 20% from 2025-2030. This is a massive, yet still-emerging market that, like most cannabis products, requires more education to the public as well as research to hone the potential benefits.

Currently, the way most doctors treat skin issues such as eczema, psoriasis, acne, dry skin, and other inflammatory skin conditions is with anti-inflammatory agents such as corticosteroids. These topical steroids do have potential side effects, especially on delicate skin areas like around the eyes and armpits. If CBD can mirror the anti-inflammatory properties of these steroids without the

potential harm, it could become even more widespread.

Like most claims in the cannabis space, more research is needed to confirm and tailor the exact benefits of these cannabinoids. However, the research conducted so far is promising. Small studies have shown that both topical and oral use of CBD-rich products have reduced inflammation and redness, resulting in the drastic decrease in corticosteroid use.

The current classification of cannabis as a Schedule 1 narcotic severely hinders the research needed to come to a medical consensus as to the dosage, method, and type of cannabinoid to use for specific inflections. Medical researchers are optimistic that with the potential rescheduling, the technological advances in extraction, and the public demand for more natural CBD products will help push the necessary research forward.

Giving the public a more holistic option in skin care and other dermatological needs will benefit everyone, and hopefully be available in greater variety soon.

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

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