

JUNE 2021

# WESTCHESTER LIVING

SERVING THE WESTCHESTER COMMUNITY

## Meet Teri Roseman



 Best Version Media

PHOTOGRAPHY BY ZSUZI PHOTOGRAPHY

Also in this Issue: A Delicious Recipe from one of our Sponsors

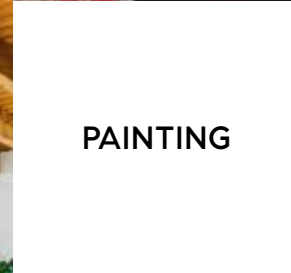
# Give your home a Younger look with Compass Concierge.



FLOORING



STAGING



PAINTING



ROOFING



Find out how to sell your home faster and for a higher price.



Stephanie Younger Group  
310.499.2020  
DRE 01365696

hello@stephaniyoung.com  
stephaniyoung.com  
@stephaniyounggroup

Stephanie Younger | COMPASS

Compass is a licensed real estate broker (01991628) in the State of California and abides by Equal Housing Opportunity laws. All material presented herein is intended for informational purposes only. Information is compiled from sources deemed reliable but is subject to errors, omissions, changes in price, condition, sale, or withdrawal without notice. To reach the Compass main office call 310.230.5478.



THIS PAGE PROUDLY SPONSORED BY THE STEPHANIE YOUNGER GROUP

## PUBLISHER'S NOTE

### Happy June Westchester,

Say hello to June and a Happy Father's Day to all the DADS. June also signals the start of summer. Having lived by the beach and an iconic boardwalk on Long Island, this is definitely the best time of year. I said this last month: "Where are the months going?" As summer begins, it also looks like Los Angeles will be reopening and as we get vaccinated, it's time to get out and enjoy. It has been a long time coming.

Westchester Living sponsors are truly amazing people and business people. It's time to get to know them and to ask them about their services. We have a fantastic group of sponsors that would like you to hear their messages, as well as serve your community. Now, more than ever, if you haven't, is the time to support our community sponsors. They are offering their expertise and look forward to providing their services. So, a special shout out to our sponsors. During these times of stress, reach out to our Expert Contributor, **Life Adjustment Team** for advice. Again, realtors are still working their markets, as **Amy Frelinger**, our Expert Realtor, **Stephanie Younger Group-Compass** and **Robin Zacha Homes** are in the community to support you and answer any questions. If you're up for redecorating or starting a new, reach out to Sarah, **Design By Vivo**, for fantastic ideas, as well as planning an event. Now might be the time to organize and de-clutter your home, a great idea is to reach out to Colleen at **Clearly Organized**. She is extremely helpful and a great person to know. **Playa Flowers** is a mainstay in the community. Reach out to Lance for your floral arrangements. And if you have plumbing needs, reach out to our Expert Contributor, plumbers, **American Drain Works and Plumbing**. **Westchester Pharmacy** is a long time Westchester business and an Expert Contributor. **Peter Kohly**, **Farmers Insurance**, a long time Westchester neighbor is there for your insurance needs, as well as **Shantel Garver**, **New York Life Insurance**. **Melissa Moore**, **More Money** can answer your accounting issues, especially with Covid 19 money issues, as well as **Xavier Pincay-Pincay Bookkeeping**. Two of the favorite non-profits are **Playa Venice Sunrise Rotary**, which I am a member. And the **Rotary Club of Westchester**, along with the **Anti Human Trafficking** is so important. Both non-profits are truly out there giving back to the community. Is anyone up for an Italian dinner, **Cantalini's Salerno Beach** is open and taking orders. And please do not forget **Dr. Theodore Burnett**, **Los Angeles Dental Arts**, our Expert Dentist. We have attorneys, Expert Contributor **Mario Pacione**, **Pacione Law Firm** and **Joe Girardi**, **LA Elder Law**. Of course, we cannot forget the **Westchester Family YMCA** and all they do for Westchester. For those of us with dogs and would like a few minutes to yourselves, there's **Doggie Central**, where your dog can get together with some friends. After a day at doggy daycare, it's time to get you furry friend a grooming at **Seaside Grooming**. Lisa is wonderful. **Aviator Volleyball Club** and **Marina Martial Arts** are the premier businesses for your kids in the South Bay, to enhance your volleyball skills and martial arts. There are so many outstanding businesses that are all ready to serve you, like **Rowena Cleaners**, for all your cleaning, As your kids are home and being home schooled, The schools are right there for you and deserve some much credit, to include Expert Contributors **Visitation School** and **Carousel School**, along with **Westchester Lutheran School**, and **St. Anastasia Catholic School**. Knowing how much music means to your kids, give **Deborah Kim Komatsu** a call, for violin lessons. Who's going to be the first in line? Last and definitely not least, Westchester Living has a special shout out to **Zsuzsi Photography**, the best in Westchester. They are so instrumental to the spirit of Westchester. All it takes is a phone call.

If you have an idea, for your magazine, please reach out to Cherie, Zsuzsi or me. Team *Westchester Living* would love to hear from you. As I had mentioned, the community and businesses together will help Westchester thrive. Team Westchester, Cherie Dame, Zsuzsi Steiner and myself are here for you and the community. Let us know your thoughts. ♦



### Best Version Media

PUBLICATION TEAM  
Publisher: Richard Florin  
Content Coordinator:  
Cherie Tosh Dame  
Designer: Dale Ver Voort  
Contributing Photographers:  
Zsuzsi Steiner



#### TO ADVERTISE IN THIS PUBLICATION

Contact: Richard Florin  
Email: rflorin@bestversionmedia.com  
Phone: 516.314.5018

#### TO SUBMIT CONTENT

Contact: Cherie Tosh Dame  
Email: cdame@bestversionmedia.com

#### FEEDBACK/IDEAS/SUBMISSIONS:

We are always happy to hear from you! Deadlines for submissions are the 15th of each month. Go to [www.bestversionmedia.com](http://www.bestversionmedia.com) and click "Submit Content." You may also email your thoughts, ideas, and photos to [cdame@bestversionmedia.com](mailto:cdame@bestversionmedia.com).

#### HOMEOWNERS ASSOCIATION/ COMMUNITY SUBMISSION INFORMATION

Are you on the association board for your subdivision? Contact us for information on how you can submit articles, updates, reminders, events and more to the residents. We create customized homeowners association sections at no cost to the HOA or the residents.

#### CONTENT SUBMISSION DEADLINES:

Content Due	Edition Date
June 15	August
July 15	September
August 15	October
September 15	November
October 15	December
November 15	January
December 15	February
January 15	March
February 15	April
March 15	May
April 15	June
May 15	July

Any content, resident submissions, guest columns, advertisements and advertorials are not necessarily endorsed by or represent the views of Best Version Media (BVM) or any municipality, homeowners associations, businesses or organizations that this publication serves. BVM is not responsible for the reliability, suitability or timeliness of any content submitted. All content submitted is done so at the sole discretion of the submitting party. © 2021 Best Version Media. All rights reserved.



Westchester yours  
Richard Florin

*Richard Florin*

Publisher  
rflorin@bestversionmedia.com



*Cherie Tosh Dame*

Content Coordinator



EXPERT CONTRIBUTORS

**FULL SERVICE DENTISTRY**  
**THEODORE BURNETT, DDS**  
 LOS ANGELES DENTAL ARTS  
 Los Angeles Dental Arts  
**310-670-0379**  
 losangelesdentalarts.com

**REAL ESTATE**  
**AMY FRELINGER - REALTOR**  
 DOUGLAS ELLIMAN REAL ESTATE  
**310-951-0416**  
 amy.frelinger@elliman.com

**PLUMBING**  
**CONNIE AND JOAN**  
 AMERICAN DRAIN WORKS &  
 PLUMBING CO.  
**310-390-3180**  
 connie@americandrainworks.com  
 www.americandrainworks.com

**MARTIAL ARTS**  
**KEITH & DEBBIE JONES**  
**MASTER INSTRUCTORS**  
 MARINA MARTIAL ARTS  
**310-821-6768**  
 marinamartialarts.net

**LEGAL**  
**MARIO PACIONE**  
 PACIONE LAW FIRM  
**310-912-9940**  
 pacionelawfirm.com

**SPECIAL EDUCATION SCHOOL**  
**MARIA DAVIS, CEO**  
 CAROUSEL SCHOOL  
**(310) 645-9222**  
 www.carouselsschool.com

**EDUCATION**  
**CHRISTOPHER P. WATSON**  
 VISITATION SCHOOL  
 Principal  
**310-645-6620**  
 www.visitationschool.org

**MENTAL HEALTH AND WELLNESS**  
**CYNTHIA SAMPSON**  
 LIFE ADJUSTMENT TEAM  
 Psychiatric Rehabilitation Specialists  
**310-572-7000**  
 www.lifeadjustmentteam.com

**INTERIOR DESIGN/EVENTS**  
**SARAH KATZKA**  
 DESIGN BY VIVO  
**714-932-9957**  
 team@designbyvivo.com  
 DesignbyVIVO.com

**PHARMACY**  
**DR. ERIN CUETO**  
 WESTCHESTER PHARMACY  
**310-670-3463**  
 westchesterpharmacy.com

To learn more about becoming an expert contributor, contact Best Version Media at rflorin@bestversionmedia.com or call 516.314.5018.

*Zsuzsi Photography*



Zsuzsi specializes in photographing small children, pets and folks who are not big fans of getting their photos taken. Sessions are fun and easy. Family session \$150.

ZSUZSIPHOTOGRAPHY.COM 714-856-5737

**We Cuddle Your Canine When You Can't!**

- Doggie Daycare
- Grooming
- Overnight Boarding
- Doggie Cam
- Doggie Pool Service
- Training

11818 Teale St.  
 Culver City, CA 90230  
**310.390.3645**  
 Info@DoggieCentral.com

**Doggie CENTRAL**  
 We Cuddle Your Canine When You Can't!™

www.doggiecentral.com

Go ahead –  
 Laugh Out Loud!



**LOS ANGELES DENTAL ARTS**

Theodore Burnett, DDS 8540 South Sepulveda Blvd | Suite 918  
 Los Angeles | 310-670-0379 | losangelesdentalarts.com



**WESTCHESTER LIVING**

ADVERTISER DIRECTORY

The following businesses are responsible for making this magazine a reality. If you appreciate what we are trying to do in the community please let them know by supporting their businesses.

<p><b>Accounting</b>                  Moore Money ..... <b>310-694-3277</b></p> <p><b>Attorney</b>                  Mario Pacione, Esq..... <b>310-912-9940</b></p> <p><b>Bookkeeping</b>                  Pincay Bookkeeping..... <b>310-418-5593</b></p> <p><b>Cleaners</b>                  Rowena Cleaners..... <b>310-670-0156</b></p> <p><b>Dental</b>                  Los Angeles Dental Arts ..... <b>310-670-0379</b></p> <p><b>Education</b>                  Carousel School..... <b>310 645-9222</b>                  St. Anastasia School..... <b>310-645-8816</b>                  Visitation School ..... <b>310-645-6620</b>                  Westchester Lutheran School ..... <b>310-670-5422</b></p> <p><b>Florists</b>                  Playa Flowers..... <b>310-821-0984</b></p> <p><b>Home and Office</b>                  Clearly Organized..... <b>424-200-2544</b></p> <p><b>Interior Design/Events</b>                  Design By Vivo..... <b>714-932-9957</b></p>	<p><b>Insurance Agents</b>                  Peter Kohly - Farmers Insurance..... <b>310-641-3450</b>                  Shantel Garver - New York Life ..... <b>310-528-0640</b></p> <p><b>Law Firms</b>                  La Elder Law ..... <b>310-823-3943</b></p> <p><b>Martial Arts</b>                  Marina Martial Arts..... <b>310-821-6768</b></p> <p><b>Mental Health</b>                  Life Adjustment Team ..... <b>310-572-7000</b></p> <p><b>Music</b>                  Deborah Kim - Violinist ..... <b>310-809-7574</b></p> <p><b>Pets</b>                  Doggie Central ..... <b>310-390-3645</b>                  Seaside Grooming ..... <b>310-823-7798</b></p> <p><b>Pharmacy</b>                  Westchester Pharmacy..... <b>310-670-3463</b></p> <p><b>Photography</b>                  Zsuzsi Steiner Photography..... <b>714-856-5737</b></p> <p><b>Plumbing, Sewer &amp; Drain</b>                  American Drain Works                  And Plumbing Co..... <b>310-390-3180</b></p>	<p><b>Real Estate Agents</b>                  Amy Frelinger Team ..... <b>310-951-0416</b>                  Stephanie Younger Group ..... <b>310-499-2020</b>                  Zacha Homes..... <b>310-293-3043</b></p> <p><b>Restaurants</b>                  Cantalini's Salerno Beach..... <b>310-821-0018</b></p> <p><b>Service Clubs</b>                  Anti Human Trafficking                  Rotary Club Of Westchester                  Playa Venice Sunrise Rotary</p> <p><b>Sports</b>                  Aviator Volleyball Club ..... <b>310-621-5086</b></p> <p><b>YMCA</b>                  Westchester Family YMCA..... <b>310-670-4316</b></p>
---	--	---

*Thank you!*

**Support The Sponsors That Make Your Magazine Possible**

**Please Tell Them You Saw Their Ad in Westchester Living**


**the Y** WE'RE IN THIS TOGETHER  
 YMCA OF METROPOLITAN LOS ANGELES

OUR COVID-19 RELIEF OUTCOMES

<p><b>1,000,000</b>                  DISABERED MEALS SERVED AT Ys ACROSS LOS ANGELES</p>	<p><b>25,000</b>                  FREE CHILD CARE HOURS PROVIDED TO 3,800+ CHILDREN OF ESSENTIAL WORKERS</p>
<p><b>9,000</b>                  LIVES POTENTIALLY SAVED BY BLOOD DRIVE DONORS</p>	<p><b>100,000</b>                  POUNDS OF GROCERIES DELIVERED TO HOMEBOUND SENIORS</p>
<p><b>20,000</b>                  NEIGHBORS PROVIDED ACCESS TO SHOWERS, HYGIENE KITS, AND ESSENTIAL SUPPLIES</p>	<p><b>6,000</b>                  TEAMS SERVED THROUGH VIRTUAL PROGRAMS AND VOLUNTEERISM</p>

For nearly 140 years, the Y has been an invaluable resource for our communities and a beacon of Social Responsibility. At this critical moment in the midst of a global pandemic, we are being called daily to remain the bedrock of our society and to rise to an unprecedented occasion and continue providing our youth, families, teens, seniors, and so many more with services and support. To learn more and join our efforts, please visit [www.ymcala.org/together](http://www.ymcala.org/together).


**St. Anastasia Catholic School**



PROVIDING A QUALITY, CATHOLIC EDUCATION SINCE 1953

- ACADEMIC EXCELLENCE
- FAITH AND SERVICE LEARNING
- SOCIAL, EMOTIONAL AND CHARACTER DEVELOPMENT
- CHAMPION SPORTS PROGRAMS
- AND MUCH MORE!

St. Anastasia Catholic School  
 8651 S. Stanmoor Drive  
 Los Angeles, CA 90045  
 (310)645-8816  
<http://school.st-anastasia.org>




RESIDENT SUBMITTED

# Why I love AYSO Soccer

By Lorelei R. and Nell D

**A**YSO Region 7 spring seasons is well underway. The games have begun and the kids are running around full speed on the field, wearing masks and having a blast. Its great to see them out on the field again, parents love it; but how do the kids feel about it. This month I asked 2 of our players to tell you what it is like to play soccer.

Hi! My name is Lorelei R. and I am a fourth grader at Visitation School in Westchester. I am 10 and have been playing soccer at AYSO since I was 5 years old. I remember my very first team, the Ladybugs. First, I love the soccer jersey options. All of the jerseys are so bright and colorful. I love AYSO because it is so welcoming and inclusive. And I never have felt too much pressure to win. I've never been afraid to go out and play the game.

AYSO is also full of AWESOME PEOPLE. I'm guessing about 60% of my friends I met at AYSO. I even met friends on my very first team that are still my great friends today. Soccer is a great sport to teach teamwork. And I really like being part of a team. It's fun to work together on the field. AYSO is great if you like to play soccer, make friends, and have fun. Thank you AYSO!!!

Hello, my name is Nell D and I am in the 5th grade at St. Anastasia school in Westchester. I'm 10 years old, and I've been playing AYSO since I was 4. Why have I kept playing for more than half my life? Well, let me tell you why.

I like AYSO because you just get to play soccer and have fun. There's not a lot of pressure, so you really get to focus on improving your skills. I also like not having to worry about losing or winning much, even though there's



still a lot of competition. I also make a lot of friends from soccer. You get to meet lots of different people, and it's really inclusive. My teams has kids from Inglewood, Marina Del Rey, Playa Vista, Lawndale and my town of Playa Del Rey. Another thing I like about AYSO is the age span. You can start when you're 4, and play till you're 19! At practice, we work on skills to use in games and then do a scrimmage. I really like this because it makes us very prepared for games, and it helps us improve on things that we can do better. We also get to try new plays and strategies. We have 2 seasons, Spring and Fall. Spring is usually when we do tournaments, but in Fall, it's just a regular season. Games are really fun, and the competition is great. It's also fun to just get out there and kick a ball around!

So, want to play soccer? Registration for the fall season begins July 4th, teams begin practice in early August and competitions begins in September. Come out and play AYSO Region 7 soccer. ♦



**L A T**  
Learn To Live Well  
**LIFE ADJUSTMENT TEAM**  
Psychiatric Rehabilitation Specialists  
Established in 1977

Serving Westchester since 1977

## LIFE ADJUSTMENT TEAM

Your community partner for mental health needs. With over 40 years of experience of helping clients get stable, active and productive, the Life Adjustment Team offers a wide variety of programs that can help clients improve their lives. Contact us today to learn about our Case Management, Intensive Outpatient Program (IOP), family coaching, and other services.

## CONTACT US TODAY

310-572-7000  
4551 Glencoe Ave., Marina del Rey

www.lifeadjustmentteam.com

Now accepting Blue Shield, Aetna, HealthNet, Cigna, and United Healthcare insurance plans in our Intensive Outpatient Program

EXPERT CONTRIBUTOR



# Marina Martial Arts

## Helping People Find Their True Strength

By Thomas Fitzgerald | Photos Courtesy, Marina Martial Arts

**M**arina Martial Arts co-owners and master instructors Keith and Debbie Jones have been teaching innovative fitness and martial arts for over 32 years. Their emphasis is on life and leadership skills as well as fitness and self-defense.

Students not only excel physically, but personally. Qualities like control, focus, and strength are all benefits of training at Marina Martial Arts.

Their committed instructors understand the high standards and values that underpin their curriculum. Because of the high caliber of classes and their long history, the instructors at Marina Martial Arts are now teaching multiple generations of students from the same family.



Jamie & Carlie Pyeatt showing their muscles after a Lil' Dragons class.

### Children's Program

During this past year, the instructors worked with students to help them stay fit and focused through live-streaming classes. They introduced new and exciting lessons to keep students motivated and give them something to look forward to in every class.

Students are excited to be taking classes in-person at the studio's professionally-designed, open-air, outdoor training area. For indoor training all covid-safe protocols are in place as well as the installation of a new Reme Halo air filtration system to protect students at the highest level. Marina Martial Arts is currently accepting students for both indoor and outdoor classes of all age groups.

"It is so satisfying to see students returning to class and having fun. They are excited to learn and motivated to be their best," Keith says.

"Our instructors create an environment where all children have a positive classroom experience. Instilling the belief of, 'I Can,' creates a positive outlook in whatever they are doing," says Keith.

### Children Learn To:

- Channel Their Energy
- Focus Their Attention
- Excel In School
- Enjoy Learning Throughout Life

### Children Gain:

- Strength and Self-Confidence
- Self-Esteem and Self-Worth
- Control and Respect for Others



Alana Sukal practicing her kick with instructor Axel Wolfe.



Levi Oquendo and Alana Sukal taking a break with instructor Axel Wolfe during outdoor classes.

### Adults and Personal Health Coaching

From self-defense to fitness, Marina Martial Arts has something for everyone. Adults can increase their fitness, flexibility, and stamina. If you are looking to become healthier, their personal coaching services can help you lose weight quickly and without calorie counting or excessive exercise routines.

"The key to long-term life transformation is breaking bad habits, especially poor nutrition," says Debbie. "Adults enrolled in our health coaching and nutrition program not only lose weight, but sleep better and have more energy."

Keith adds, "People are more concerned about their health than ever before. They realize that being overweight and out of shape isn't about how they look in a bathing suit. It's about how those extra inches affect your overall health and quality of life."

### Family-Owned & Operated

Marina Martial Arts has been a family-run institution since its founding in 1973. "Our instructors personally know and care about each and every student," says Keith. "I was a student here when I was in my teens and it provided me with the guidance and focus to help me achieve my goals: graduating from UCLA, passing the CPA exam, becoming a nationally-ranked martial arts competitor and international referee."

**"Our mission at Marina Martial Arts is to provide a place where every student who walks through our doors can live their best life," says Debbie.**

"We have developed a real community at Marina Martial Arts dedicated to helping you *'Find Your True Strength,'*" says Keith.

Contact Marina Martial Arts to schedule a free trial lesson. Children's programs are available for students as young as 4.

Adults who are interested in losing weight and becoming healthier can schedule a free health assessment in person, over the phone, or on Zoom. ♦

## LOSE THE QUARANTINE 15!

Take control of your health and get your energy back. Let your Personal Health Coach help you find the right nutrition balance to Live your Best Life!

**CRUSH YOUR GOALS IN 2021! CALL FOR YOUR FREE HEALTH ASSESSMENT.**

- Easy & Affordable
- No counting calories or food logging
- No crazy exercise regimens
- Better Sleep
- More Energy
- Personal Coach Accountability



DEBBIE JONES  
Personal Health Coach



MARINA  
MARTIAL ARTS

VOTED BEST MARTIAL ARTS SCHOOL ON THE WESTSIDE



MarinaMartialArts.net • 310-821-6768 • 13203 West Washington Blvd.

**BUSINESS PROFILE**

# Quick Action Steps to Eliminate Messy Piles Before They Begin

By Colleen Valadez



We are in the season of spring cleaning, tax prep, and school transition. With the school transition, many parents are now adjusting again to more change. Many of us have gotten used to working and exercising from home, and now we've got more options. As the restaurants, schools, and gyms open up, we will have less time to clean up, sort out and be proactive about managing our paperwork and meetings. We know for sure that change is always inevitable. I'm here to help you find the little ways to help you stay on top of the ever-changing parts of your lives.

The secret is to layer into your life small habits that support your lifestyle. If you are an entrepreneur, you're managing your office, tasks, and meetings. If you work from home, add distractions, constant multitasking, and essential papers disappearing (the dog or your child could actually eat your homework/project).

Here are a few quick action steps that can make a big difference. Pick one and make it a habit, then start another. Small, consistent habits can make a huge impact.

- 1) Keep a trash can and a shredder in arm's reach. Have you ever gone through your piles and realized you threw away or shredded 50% or more? Making a quick decision on items that can be tossed or shredded helps you reduce the unnecessary papers from adding to your piles.
- 2) Try to go paperless as much as possible as this is a considerable resolution to stacks and piles everywhere. You may fear that if you go paperless, it only moves your messy piles to the computer where they feel lost forever (out of sight - out of mind). Programs, such as Evernote, are great in managing papers

even if you are not an organized person. Their search feature looks in the text you type and text in images! You can take a note on paper, take a picture of it inside of Evernote, file it inside of Evernote, and find it quickly by using the search feature. What about the original paper? Toss it in the trash or shred it! No more messy piles with everything still at your fingertips.

- 3) What entrepreneur doesn't find themselves with tons of receipts, coupons, tax documents, and more? The trick is to have a place you can access in seconds where they will be stored and sorted all at the same time. I have found that plastic envelopes, available in various sizes and colors, are invaluable. You can quickly pop your paper into the designated colored or clear envelopes. They are very inexpensive, take up very little space, and you can take them with you in your car, purse, or computer bag if needed.



Small action steps like these take seconds or minutes to do and will pay you back handsomely as you make them a habit! It's the small doable habits that get rid of clutter and ushers in calm!

Ready for a mess-free calm environment? Let's get started. Call me at (424) 200-2544 or visit me at [www.clearly-organized.com](http://www.clearly-organized.com)

Enjoy the journey ♦

**We are here to clear the air and clear your life. Say goodbye to clutter, and say hello to success.**



Clearly Organized offers full-service organization for the following:

- |   |   |  |  |
|---|---|--|--|
| <b>Home</b><br>Closets<br>Home Office<br>Garage<br>Pantry<br>Concierge<br>Laundry<br>Keepsakes<br>Documents | <b>Office</b><br>Documents<br>Office Supplies<br>Desks<br>Storage<br>Products<br>Auto<br>Shredding<br>Concierge | <b>Relocation</b><br>Downsizing<br>Donations<br>Sorting<br>Packing<br>Shipping<br>Consignments<br>Antique Sales<br>Digital Listings<br>+ Sales | <b>Alternative Spaces</b><br>RVs<br>Boats<br>In-Law Suites<br>Storage Units<br>Senior Living |
|---|---|--|--|

**Clearly Organized**

Colleen Valadez  
**424.200.2544**

[clearly-organized.com](http://clearly-organized.com)  
[colleen@clearly-organized.com](mailto:colleen@clearly-organized.com)



**WESTCHESTER LUTHERAN CHURCH & SCHOOL**  
**ENROLLING NOW FOR FALL 2021**  
**PRESCHOOL-8TH GRADE**

PS TK K 1-5 6-8

Curriculum that Goes Beyond California Standards  
State of the Art Technology  
Superior Music, Theatre and Fine Arts Program  
Distinguished Athletic Program  
Consistent Placement in Honors Classes in High School  
SAT Scores 2.7 Years Above Grade Level  
Our Students Reflect the Dynamic Diversity of Los Angeles  
WASC Accredited

310.670.5422  
[www.wlcs.org](http://www.wlcs.org)  
7821 S. SEPULVEDA BLVD., WESTCHESTER, CA 90045

**RESIDENT SUBMITTED**

# Building a Sustainable Wardrobe

By Bobbie Casalino-Lewis



We have all been advised at every turn to ditch out of fast food and eat whole foods, organic and lots of fruits and vegetables. Why not review our closets and wardrobes with the same critical eye? Sustainable has been a concept which has been bantered about in multiple realms for a really long time.

This month let's just focus on the sustainability in a space which most of us are actually be capable of affecting.

Sustainability by definition is: "the ability to be maintained at a certain rate or level, avoidance of the depletion of natural resources in order to maintain an ecological balance."

During this past year I have been a depot for relinquished clothing, folks have been changing life style, career paths and size which requires divesting the old clothing items to make way for new, better, and different. What has been amazing is the sheer volume of the clothing that is being released. For goodness sakes where was it all?? And how did that happen. I contend when working with clients that the only new purchases made must be only items that are beloved. When buying through that lens you can rarely go wrong thus cultivating a sustainable closet.

A couple of tips to guide you to ditch fast fashion and create and sustain a closet which not only serves but retains value. We must get over the cheap thrill and attitude of excess. Less than 1% of all clothing material is ever recycled back into new clothes. Clothes typically donated to charities get resold at a very low rate and much is shipped internationally or just winds up in a landfill. Let's Stop the madness at the front end - stop buying for all the wrong reasons.

1. Don't think of your clothes as disposable - ask yourself will I be wearing this at least 30 times - if not don't buy it
2. Revamp or flip your clothing and accessories - knowing and living your style is key. When you know and live in your style you can with or without help take something old and give it a new life by changing it up. Adding or removing buttons, hemming, cropping or rusching.
3. Get rid of your clothing responsibly - be intentional about how and where you donate. Don't just take the easiest and fastest dump, seek out organizations that are helping/dressing people to start new lives and careers.

4. Buy second - hand when you're in the mood for something "new" - I can't tell how many fabulous pieces I have in my wardrobe from my favorite resale/consignment stores around the country. They invariably have a story and are unique in ways something new could never be.

5. Get educated - learn what a sustainable fashion industry is. To learn more a site called Good On You and a nonprofit called Remake provides transparency reports which give brands sustainability scores.

We can make a difference and still look FABULOUS. ♦  
With Love and Style  
Bobbie

**MOORE MONEY**  
Accounting & Business Management

**"KNOW YOUR NUMBERS."** - Melissa Moore  
840 Apollo St., Suite 100, El Segundo, CA 90245  
(310) 694-3277  
<https://mooremoney.co/>

**AVIATOR VOLLEYBALL CLUB**  
Allowing Our Volleyball Players to Soar Since 2012.

**Still Flying High!**  
Aviator Volleyball Club will be looking to have a clinic this summer in early August. Check our website for details!  
15-16s tryouts are the weekend of July 24th and 25th. See our website for more details.

Visit our website at [aviatorvolleyball.com](http://aviatorvolleyball.com) or contact us [aviatorvolleyball@yahoo.com](mailto:aviatorvolleyball@yahoo.com) / 310-621-5086

*Violin Lessons*

string quartet for special occasions

- Teaching for over 28 years
- Music Teachers Association of California since 1989
- Participating in Certificate of Merit, SYMF, VOCE, Recitals
- All levels/all ages

d4violin@gmail.com  
**(310) 809-7574**

Deborah Kim Komatsu  
USC School of Music,  
New England Conservatory of Music

RESIDENT FEATURE

# A Sign of the Times

“Live with an attitude of gratitude and grace.”



BY CHERIE TOSH DAME | PHOTOGRAPHY BY ZSUZI STEINER

Meet Teri Roseman, the face behind the LiveYoga Wellness signs.

On a sunny Wednesday afternoon, Teri Roseman stood in her dining room in front of a room partition with her yoga mat near her feet and her dog, Izzi, waiting anxiously at the glass doors of the patio. She is on camera on our Zoom call explaining how she is set up to teach her yoga classes virtually. There are two camera angles perfectly situated for her now-virtual yoga classes.

Teri Roseman is the face behind the LiveYoga Wellness signs throughout the neighborhood. When the pandemic hit, Teri was able to move her popular yoga classes from in-person at Holy Nativity Church to a virtual setting with little disruption. She had already been set up to teach training classes remotely, so this was an obvious way to pivot.

As the pandemic and the resulting lockdown took hold, Teri understood the importance of maintaining familiar rituals in our lives. She helped many of her clients one-on-one navigate the digital waters allowing them to remain in practice. Teri shared, “I was able to hold a part of the community together - those willing and wanting to hang on and willing to work through whatever their discomforts were with technology.” Most of Teri’s clients are in their “prime of life” as she says, averaging in the age range of fifty to seventy years old.

For some, Teri’s classes go beyond stretching and breathing. Especially in the early days of the stay-at-home orders, the yoga classes were the only connection to people her loyal clients had. She often spends time in the class checking in on her students, asking about their immediate needs for the class. And during COVID as a community came up with ways to help get groceries or other necessities to who needed them. Her mantra is “breathe in, breathe out, you are safe, you are supported you are cared for, and you are not alone.”

“This community is a family bound by the practices and principles of yoga. We are a healthy, thriving, growing community focused on self-care and wellness that comes together for daily practices available to “every body.”” And due to the nature of virtual practice, her community has grown beyond just Westchester and she has people join from different states now.

In addition to her private practice, Teri teaches in the Yoga Therapy

Rx program at Loyola Marymount University, and recently joined the faculty at Santa Monica College/Emeritus where she is teaching Yoga and Health three days a week.

Teri hasn’t always been a Yoga Therapist. This “encore career,” as she refers to it, came about after a health scare in 2003. Before a diagnosis of breast cancer, yoga was primarily a form of exercise for her, but her illness caused her to evaluate her priorities. She had spent more than twenty years as a sales, marketing, and management executive in the corporate world at companies including Disney Imagineering and RR Donnelly. In 2008 she returned to school pursuing Yoga Therapy certifications from Loyola Marymount University, an AA from WLA College in Behavioral Sciences, and a Bachelor of Science in Interdisciplinary Studies from the California Institute of Integral Studies in San Francisco.

While still in the Yoga Therapy Rx program at LMU in 2010, she opened LiveYoga Wellness on the campus of Holy Nativity Church in Westchester. She held classes, workshops, seminars and retreats there for 10 years. Sadly their 10th anniversary celebration originally scheduled for May of 2020 was canceled due to



COVID, but that milestone, as well as the 11th anniversary was achieved nonetheless. Currently she plans to stay remote until a time where there are no restrictions. LiveYoga Wellness’ tagline has morphed from “nestled in the village of Westchester,” to “nestled in our own homes.”


Another passion of hers was born from returning to school. During her studies, her thesis was about urban farming. Teri chuckled at the fact that she was a transplanted New Yorker of more than 40 years now studying gardening and urban farming. Inspired by the community garden on the campus of Holy Nativity, she converted her lawn to an edible xeriscape garden for her senior project. “It has become a neighbor-stopping conversation starter,” Teri explains, “It stands as a testament to the positive energy that living with nature brings, as well as large and small harvests of bounty, sustenance, and a reminder of the cycles of life and the seasons.”



When Teri talks about Westchester and the community around her, she speaks as though she is speaking about family. “The sense of community is what impresses me most about Westchester. Neighbors step up and step in to help one another.” She has a supportive group of seven “Yoga Pals” that have been in a group text/chat, long before COVID. They check in on one another regularly. And hope to return to their pre-COVID traditions of meeting over lunch to celebrate seasonal birthdays and catch up.

Teri Roseman’s personal motto is to live with an attitude of gratitude and grace. If you’ve met her, taken her yoga class or simply stopped and admired her garden, you will see that she follows her motto and is an outstanding member of the Westchester family. ♦

SKILLED • PASSIONATE  
**PACIONE LAW FIRM**  
*Probate. Business. Litigation*



- Probates, Trusts, Estate Planning
- Conservatorships, Special Needs Trusts
- Business Formation, Operation and Transfers
- Litigation (Business, Civil and Probate)

**MARIO A. PACIONE, ESQ.**  
8055 W. Manchester Ave., Ste. 620  
Playa del Rey 90293

(310) 912-9940 • [www.pacionelawfirm.com](http://www.pacionelawfirm.com)

design by **VIVO** 

714.932.9957  
[designbyvivo.com](http://designbyvivo.com)  
[team@designbyVIVO.com](mailto:team@designbyVIVO.com)

**DESIGN BY**  
Your home, your garden, your work space... Our growing team continues to bring fresh perspective & custom expressions to all projects.



**EVENTS BY**  
Over 25 years of experience & we've never thrown the same party twice! We celebrate the personal approach & seamless production which create each custom event.



**LIFESTYLE BY**  
Life is quick. The habit of engaging gratitude & joy each day is often pushed aside for other daily tasks. We plug in to your heart, your family, your joy.



Design by VIVO is a concierge company built on vitality, teamwork & celebration. Our business thrives with loyal clients and remarkable vendors to create innovative solutions and vibrant designs for your home, event & lifestyle.



RESIDENT SUBMITTED



# What's Your Story, Westchester?

By Marsha Wietecha

I'm often asked why I love writing "What's Your Story Westchester?" each month. The answer is simple. What's not to love? Conversations plus connections equals community is what I am all about. And if you take the time to know your neighbors you will find that you may also have connections, some you may not have even realized, without starting a conversation.

In 1973, we bought our home. Already living next door to us were the Hakanens. Yes, Tina Hakanen for those that remember her from PTA, Little League, also Kentwood Home Guardians. She had 3 sons, Erik, Wayne and Alan. Those boys were like our extended family, each with their own unique personality. After Tina's passing in 2011, Alan, his wife Monica and their two kids, Luke and Emily moved into Tina's house. Here is a bit of their back story. Monica as a youth lived just down the street from us. She and Alan really hit it off in the 7th grade at Orville Wright, and frankly, the rest is history. They have been married for 21 years.

Many of you know Alan because he worked for Jerry McKibben at Loyola Automotive. Jerry purchased Loyola Automotive from the original owner, our neighbor, Jack Rowe who lived across the street from us. I know, it's a small world in Westchester! Alan continued to work at Loyola Automotive until it was sold in 2018. He didn't go far from home to his next stop, Gary's Pit Stop in Westchester. Needless to say, if I have a car question, I know who to go to for advice! And he's there for me when it's time to change those smoke detectors or any 'fix it' issues.

Monica is a working mom who is a Registered Dental Assistant with 22 years of experience. If you asked Monica, she would tell you that being a mom is the best "job" in the world. They have two fabulous kids, here is a little bit about them.

Both Luke and Emily have been involved in Marital Arts beginning at age 4. Luke holds a Black Belt in Karate & Hapkido. Emily is a 2nd degree green belt in Karate & Hapkido. They are both Yellow Belts in Jiujitsu.

After Luke finished high school in 2020, he enrolled at SCROC (Southern California Regional Occupational Center). He has just graduated at the top of his class. Now he is a National Registered EMT. Emily is in the 10th grade at El



Segundo High School where she is a cheerleader and a member of the softball team. Hopefully, they will get to play this year. They have added another member of the family, Socks Montgomery, a 2-year-old Corgi.

While the pandemic has limited some of our "playtime" as neighbors, one thing I can always

count on regardless of the time of day, is calling Monica or Alan. They are always here for me at a moment's notice! I couldn't ask for more wonderful neighbors. I feel lucky to be Living in Westchester, and that's my story. ♦

▶ HEY, SPORTS FANS!

## DOWNLOAD THE BVM SPORTS APP AND:

- **ENJOY** local and national sports content all from the palm of your hand!
- **CREATE** an account to keep up with all your favorite local and national teams.
- **SHARE** your favorite sports content via social media, text or email with just a few clicks.



Have everything sports right at your fingertips.

▶ Download the BVM Sports App today! ◀

**BVM Sports: One Place. All Sports.**



**BVM SPORTS**

  
**PINCAY**  
BOOKKEEPING

EXPERTISE.  
COMMITMENT.  
VALUE.

CONTACT FOR A  
FREE CONSULTATION

**310.418.5593**  
[PINCAYBOOKKEEPING.COM](http://PINCAYBOOKKEEPING.COM)

"I'M PROUD TO BE YOUR FARMERS AGENT."

**PETER KOHLY**  
Your Westchester Village Agent

CA License # 0B48085,0590766  
6320 W HOWARD DROLLINGER WAY STE 202  
LOS ANGELES, CA 90045  
[PKOHL@FARMERSAGENT.COM](mailto:PKOHL@FARMERSAGENT.COM)

Call 310.641.3450 today!  
Smart choices last a lifetime.

 **FARMERS INSURANCE**

COMMUNITY SUBMITTED

# The Rotary Year in Retrospect

By Tom Johnstone



The end of June marks the closing of our Rotary year, and July 1 launches a new Rotary year with Hampton Cantrell at the helm of the Rotary Club of Westchester. In this June article I would like to recap some of the highlights of our 2020-21 Rotary Year.

The greatest silver linings of the Rotary Year were the many new opportunities we received to step up and serve the community in ways that we hadn't served before. The pandemic and the ensuing economic downturn created both challenges and opportunities. Undoubtedly our greatest challenge was our lack of human contact. All of our regular meetings were virtual this year. We were unable to have even one in-person meeting. But the opportunities to serve the community were abundant and flourishing!

During the 2020-21 Rotary Year, Westchester Rotarians volunteered more than 1340 times, across more than 30 projects and activities, totaling more than 4000 hours! Due to the pandemic, for the first time in our 70 history, we staged two Book Sales --- one over Labor Day Weekend and one over Memorial Day Weekend. The collection and sorting of books, along with the book sales, yielded 950 volunteer hours. Our other huge endeavor this year was the Emerson Avenue Community Garden Makeover Project. Between October 2020 and June 2021, Westchester Rotarians logged more than 875 hours in garden



Val Velasco, Judy Delavigne and Emily Earhart put the finishing touches on freshly painted mail boxes during the Makeover at Emerson Avenue Community Garden.

improvements and making the garden ADA accessible for the whole community to enjoy. Another Westchester Rotary favorite volunteer activity was supporting Westside Pacific Villages. During the past year we provided more than 410 volunteer hours at WPV, as an integral part of the Senior Support Coalition. Two other very significant volunteer activities for the Rotary Club of Westchester were the "Finding Common Ground" Series of virtual expert panel dialogues, in collaboration with the Westchester YMCA Youth & Government Program, and the collection of infant and household materials for the Marine Families at Camp Pendleton. Our members volunteered 205 hours with "Finding Common Ground" and more than 75 hours in support of Camp Pendleton Marine families.

Other significant projects that helped our community navigate the pandemic were support for the LAX Food Bank, the Westchester YMCA Food Pantry, a large donation of protective face masks to Safe Place for Youth (SPY) in Venice, and participation in SPY's Community 5K on December 5, raising \$663. We also supported the 1736 Family Crisis Center at Halloween and Christmas, the St. Margaret's Center Christmas Event in Lennox, and the Inglewood District 2 Holiday Toy and Canned Food Drive.

Internationally, Westchester Rotary provided major financial support to build a water pipeline in Costa Rica, an orphanage in Haiti, Chromebooks to a rural school in Guatemala, and support for Polio Plus to eradicate Polio. We worked hard to positively touch the lives of as many people as we could and lighten their burdens during a very challenging year!

The Rotary Club of Westchester continues to be a club of Purposeful Action! Please follow us on Facebook, Instagram or sign up for our newsletter. Come join us for a Zoom Meeting on Wednesday at noon and once the pandemic is over, join us in person! ♦

Please Continue to Be Safe and Be the Good! Yours in Service to Westchester, Tom Johnstone, Westchester Rotary President, 2020-21

ROTARIANS FIGHTING  
**Human Trafficking**  
EDUCATION • RESOURCES • HOPE

Rotary Club of Westchester, USA

[rotariansfightinghumantrafficking.org](http://rotariansfightinghumantrafficking.org)

AMY FRELINGER TEAM  
at Douglas Elliman Real Estate

*Do you love where you live?*

If you need professional guidance with any of your real estate needs, call Amy today at 310.951.0416.

AMY FRELINGER TEAM @DouglasElliman  
310.951.0416 | Amy.Frelinger@elliman.com | DRE# 01484711

GIVE YOUR CHILD THE GIFT of  
**A STRONG FOUNDATION**  
for  
a BRIGHT FUTURE

With our dedication to academics, sports and afterschool clubs, we strive to create endless opportunities for students to develop their leadership skills, to support each other, and to feel supported. And boy, does it pay off.

100% of our graduates get accepted into their first choice high school. Graduates have then gone on to become doctors, lawyers, CEOs, newscasters, entrepreneurs and even an astronaut.

We'd love to tell you more about how Visitation helps each student excel and reach their full potential. Schedule a tour to learn about our vibrant community. Enroll and give your child the gift of a Catholic Education.

Follow us on FB @VisitationSchoolLA

**VS VISITATION**  
CATHOLIC SCHOOL

www.visitationschool.org | 8740 Emerson Avenue, Westchester | 310.645.6620  
*Excellence Since 1947*



**WELCOME TO OUR PHARMACY**

**Experience The Westchester Pharmacy Difference!**

Personalized Service & In-Depth Consultation | Friendly Service  
Free Neighborhood Delivery | Transferring Is Easy - We Do The Work For You!  
Speak To A Live Person! No Automated Recordings

**REFILLS**  
There are several ways you can refill your medication. Find out which works best for you.

**WE MAKE TRANSFERRING EASY!**  
Just a few simple questions and we'll handle the rest!

**WESTCHESTER PHARMACY**  
Since 1925

8930 S Sepulveda Blvd  
Ste 103 Los Angeles, CA 90045  
[westchesterpharmacy.com](http://westchesterpharmacy.com)  
**(310) 670-3463**



RECIPE PAGE

# Chicken Milanese - A Classic Italian Treat

By Chef Lisa Schwab, Cantalini's Salerno Beach Restaurant



- In a medium bowl beat 3 eggs then mix in parsley, garlic, salt and pepper.
- Place chicken breasts between two sheets of plastic wrap or parchment paper and pound them until they're 1/4-inch thick.
- Heat 2-3 inches vegetable oil in a large skillet or Dutch oven over medium-high heat until water sizzles when water droplets are sprinkled on it.
- Set up an assembly line by your workstation with flour in one bowl, beaten eggs in a second, and breadcrumbs and parmesan in a third.
- Dredge each chicken breast in flour, shake off excess, then dip completely in egg wash.
- Shake off excess and press chicken firmly (on all sides) in breadcrumb cheese mixture.
- Transfer coated chicken carefully to hot oil and cook on all sides until coating is golden brown.
- Then remove to a paper towel-lined plate to drain. Repeat with remaining chicken breasts, then transfer them all to a baking dish.
- Place in oven and bake for 12-15 minutes, or until chicken is cooked through.

This is a classic, delicious dish...for a flavorful spin, you can top the fried chicken breasts with sliced Prosciutto and Smoked Mozzarella before baking!

Or...here is a simple sauce (Basil Cream)

**INGREDIENTS**

- 1/2 cup chicken broth
- 1 cup heavy whipping cream
- 1/2 cup grated Parmesan cheese
- 1/4 cup chopped fresh basil

- Approx 1/2 of a 12oz jar of roasted peppers - removed from water and minced (best when packed in water, not oil)
  - 1/8 teaspoon ground pepper
- DIRECTIONS**
- Add chicken broth to skillet. Bring to a boil over medium heat, and stir to loosen browned bits from pan. Stir in cream, boil and stir for 1 minute. Reduce heat.
  - Add Parmesan cheese, peppers, basil, and ground pepper. Stir sauce and cook until heated through. Pour mixture over chicken and serve! ♦

Serves 6

**INGREDIENTS**

- 6 boneless, skinless chicken breasts
- 1 cup all-purpose flour
- 3/4 cup seasoned breadcrumbs
- 1/4 cup parmesan cheese, grated
- 1/4 cup fresh parsley, minced
- 3 eggs, beaten
- 2 cloves garlic, minced
- Canola oil, as needed, for frying
- Kosher salt and ground pepper, to taste

**DIRECTIONS**

- Preheat oven to 350° F.

**Le Cantalini's SALERNO BEACH**  
*Father's Day!*  
 Celebrate Dad Sunday, June 20<sup>th</sup>  
 Dine-in & Al Fresco ~ Lunch & Dinner  
 Chef Specials, Fine Wine & Imported Beers  
 Reservations Recommended  
 carry-out • delivery • online available  
 310-621-0018 • 193 Culver Blvd., Playa Del Rey, CA 90293  
**WWW.CANTALINIS.COM**  
 THE BEST IN TRADITIONAL ITALIAN CUISINE

# Westchester Community

Community photos taken by our local residents. If you would like to have your photo published, please email photos to [photographybyzsuzsi@gmail.com](mailto:photographybyzsuzsi@gmail.com)



**50% OFF** Any Dry Cleaning Garments  
 MAXIMUM OF \$15.00  
 One coupon per customer per day. Must present with incoming order. Not valid with other offers.

**\$10 FREE** Dry Cleaning  
 WITH \$30 MINIMUM ORDER OF DRY CLEANING  
 One coupon per customer per day. Must present with incoming order. Not valid with other offers.

**\$5 FREE** Dry Cleaning  
 WITH \$15 MINIMUM ORDER OF DRY CLEANING  
 One coupon per customer per day. Must present with incoming order. Not valid with other offers.

**25% OFF** Tailoring, Repair and Alterations  
 One coupon per customer per day. Must present with incoming order. Not valid with other offers.

**ROWENA'S cleaners**  
 Since 1960

**8430 Lincoln Blvd., Westchester**  
 (In Bristol Farms' Shopping Center)  
**310-670-0156**  
 Open 7 Days A Week

**FREE DELIVERY AND PICK UP!**

Manchest. Blvd. 85th Street  
 In BRISTOL FARMS Shopping Center  
 Rowena's 84th Street  
 Lincoln Blvd.

Mon-Fri: 7am-7:30pm  
 Sat: 8am-5:30pm • Sun 10am-4pm

Environmentally Friendly  
 Plant on Premises

MasterCard VISA American Express

COMMUNITY SUBMITTED

# Playa Venice Sunrise Rotary Club

By Gwen Vuchsas



As we are hopefully rounding the corner on the pandemic, Playa Venice Sunrise Rotarians have once again rolled up their sleeves and jumped back into hands on service wherever possible.

**IT'S SERVICE TIME AT MAR VISTA FAMILY CENTER**

We have started this spring participating in lots of activities and service at the Mar Vista Family Center. We sorted and distributed books at the annual Literacy Fair for low income kids in April and we continue to assist with the food distribution every Wednesday morning at the Center. On April 17 and as part of Earth Day, we did a cleanup in partnership with Inglewood and Culver City Rotary Clubs under the supervision of Ballona Creek Renaissance. And one of our members Dave & Nancy Voss donated a pool table to the Center for the kids, thank you Dave & Nancy for this gift!



Scholarship recipient Txai-a-Reyes, a junior at WISH Academy,

**PAGEANT OF THE ARTS**

Many congratulations are in order to Txai-a-Reyes, an 11th grader at WISH Academy High School. We sponsored Txai-a in the Rotary District Pageant of the Arts Music (vocalist) Competition and she took 1st place winning a \$1,000 scholarship. Our music instrumentalist (piano) student Stellan Swanlund who attends



LACES received Honorable Mention and our Speech Contestant Alonna Deshotel who is a senior at Venice High School also received Honorable Mention. We are very proud to sponsor these students who are so talented in the arts!

**SCHOLARSHIP SEASON!**

By the time you read this article, we will have awarded fourteen \$1,000 scholarships to local graduating high school students. We offer and award scholarships for leadership, service, academics, media and technology, STEM, business and the arts. Our scholarship program has grown tremendously over the years and we will continue to build and award as many as possible each year. We will list our winners in next month's issue.

**4TH OF JULY**

Although the parade cannot come back this year in full force, we still want to honor and celebrate America's birthday. Please look for our 4th of July Car Parade which will begin at 11:30 a.m. on the 4th of July. We will once again be saluting our community's graduating students and parade through the community in our red, white and blue. The route will be published as we get closer to the event and we look forward to bringing back a full Parade in 2022! ♦

Yours in Fun, Friendship and Service,  
Gwen Vuchsas

**We Can Do It!**  
WOMAN OWNED. WOMAN OPERATED.

We are fully licensed C36 plumbing company. Let us take care of all your residential and commercial plumbing needs.

- CLOG REMOVAL
- SEWER REPAIR
- CAMERA INSPECTION
- HYDROJET SERVICE
- SEWER LOCATION
- GAS LINE SERVICES
- SINK AND FAUCET REPAIR
- TOILET REPAIR
- PIPE REPAIR
- WATER HEATER REPAIR
- BATHTUB & SHOWER REPAIR
- GARBAGE DISPOSAL REPAIR
- INSTALLATION
- AND MORE!

Meet Connie, the owner. She has more than a decade of experience in the field, working in the Los Angeles area!

AMERICAN DRAIN WORKS & PLUMBING COMPANY  
WE CAN DO IT!

Have a plumbing problem? Give us a call. Free consultation and advice  
**310-390-3180**

Exclusions apply. Free Estimates on repairs for current homeowners only.

CSLB License number: 966253

**Seaside Grooming & Pet Supplies**

The Finest in Pet Grooming

Call for Appointment **310-823-7798**

318-C Culver Blvd | Playa Del Rey, CA 90293 ★ Lisa Fletcher

# Your Local Real Estate Company

*In the heart of Westchester for over 20 years.*

*A personal and authentic approach to buying and selling homes by building foundations for families and our community.*



Robin Zacha

310.293.3043  
6605 W 80th St  
Westchester, CA 90045  
ZACHAHOMES.COM

## LA Elderlaw

We help clients preserve what they worked hard for!

Estates aren't just large properties or big homes...

***Your Estate is all the things you own—***  
Don't lose it to health, medical or nursing home expenses. To preserve it for those you care about an *Estate Plan* may be your best answer.



**Call to arrange a free Estate Plan evaluation**

LA ElderLaw.com · 310-823-3943

## For over 175 years, people have turned to New York Life to protect what matters most.

Times may be turbulent, but your future financial security doesn't have to be. I can work with you to build a strategy that helps you protect what matters most.



**SHANTEL GARVER**

Agent

CA Insurance Lic #4019190

New York Life Insurance Company

2029 Century Park E, 950

Los Angeles, CA 90717

310-528-0640

sgarver@ft.newyorklife.com

Insure.  
Prepare.  
Retire.



### Non-Public Elementary & High School (NPS)

Serving students with special needs 3-22 years.

We offer Designated Instructional Services (DIS) which includes:

- Speech & Language Therapy
- Occupational Therapy
- Physical Therapy
- Counseling

### Infant-Toddlers-Preschool-Kindergarten

Carousel Preschool and Infant Center serves children birth through 6 years old in a nurturing, stimulating environment where the cultures and families are embraced and supported.



7899 La Tijera Blvd.,  
Los Angeles, CA 90045  
Ph. (310) 645-9222  
carouselschool.com

### Traumatic Brain Injury (TBI)

We offer Designated Instructional Services (DIS).

### Adult Day Program (ADP)

Carousel is currently serving adults 18-55.

Some program highlights are:

- Opportunities to enhance and maintain levels of independence
- Daily community integrated programs

### Early Intervention (EI) Program

Infants and Toddlers at Risk For Development Delay 18 month-3 years

### After School Program

The After-School Program offers a balanced curriculum in which social and recreational activities are designed to promote the physical, social, emotional, and creative development of each child. The After-School Program serves children ages 5-18.



# PLAYA FLOWERS



Let Our Design Team Create Beautiful Flowers To Share Your Feelings, Add To Your Events, And For All Your Special Occasions.

*Serving Our Community Since 1950*

**PlayaFlowers.com**

**310.821.0984**

**Voted as one of the Best Child Care Centers**