

ManhattanBeachSun

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MB Recognizes May as Older Adults Month

By Karen Russo

As Senior Advisory Committee Chairman Richard Zeif says, "If you gotta get old, do it in Manhattan Beach." The reason? There is a lot going on for you. Thanks to the creative efforts of that committee and the Senior Resource Committee and the cooperation of the City Council and Parks and Recreation department, Manhattan Beach has more activities geared to older adults than any other town around. Just drop in at the Joslyn Community Center and pick up a flyer listing all the choices. And during this merry month of May, there are several special events in recognition of Older Adults Month.

Back in 1963, President John F. Kennedy designated May as "Senior Citizens Month." In 1980, President Jimmy Carter changed the name to "Older Americans Month." Now we seem to use the term "Older Adults." Behind it all is the recognition of older adults for their contributions, and the focus on preventative efforts and programs to lower the risk of chronic disease and disability. Each year the United States designates a theme. This year the theme is "Living Today for a Better Tomorrow." Manhattan Beach got on board in 2007 with the City Council making its first proclamation. The 2009 proclamation will be read at the Council's May 5 meeting.

All during the month of May, framed oils and watercolors created by older local artists will be displayed in the Library, City Hall, Joslyn Center and Manhattan Heights Community Center. Beth Muir, who teaches Japanese brush painting, is organizing the event.

The Play Reading group that meets the first Tuesday of the month from 1:30 to 3:30 will be giving their first performances, free-to-the-public, on Tuesday May 5 at Joslyn and Sunday May 17 at Manhattan Heights, each run from 2-3 p.m. Members who have been practicing for these events will read monologues or two or more person scenes from plays by such authors as Noel Coward, Jules Pfeiffer, Mark D. Kaufman, Oscar Wilde, Nora Ephron, Carole Glickfeld, Garry Michael Kluger, and their own member Jim Mueller.

The Poetry Reading group, a dedicated group that has been coming together regularly on the second and fourth Tuesday of the month, also from 1:30-3:30 p.m., is scheduled to give a free-to-the public reading at the Library on May 26 from 7-8 p.m. The group reads classics and works by our poet laureates or those found through an Internet search. Most popular lately is the poetry written by the members.

Friday, May 15 is the annual Senior Health Fair at Joslyn, from 8:30 a.m.-noon. Tests for cholesterol, blood pressure, body fat analysis, bone density, vision, hearing, lung capacity, and chiropractic health will all be offered. Doppler tests (stroke screenings) are given by appointment. Call 802-6177, ext. 1123 for more information. Lunch and bingo follows. The fair is sponsored by South Bay Family

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Neptunian Fashion Show Celebrating 100-Year Anniversary



Rosemary Ray, Mary Morigaki, Evelyn Frye and Elaine Trotter lent helping hands for the Fashion Show. Photos by Lynne Cochran and Linda Le Roy.

By Karen Russo NEPTUNIANS CELEBRATE 100 YEARS

The theme of the Neptunian Woman's Club annual fashion show and luncheon, chaired by Elaine Trotter and held in their redecorated 1929 clubhouse, was what else but "100 years." Celebrating its 100-year anniversary, this is the first organization in Manhattan Beach to do so. And unlike many organizations that have seen their membership slide, this one is on a roll with 178 members, with 32 new last year and another 81 new this year. On the second Tuesday of the month, the festive luncheon meetings look like the place to be.

The first thing that struck one's eye walking into the clubhouse for the fashion show-- besides the blast of energy-- were the dozens of stunning flower arrangements. Val Rae and Julie Meidroth and their committee designed the purplish bouquets with such exotic flowers as lilac, kale, lizianthus, protea and eucalyptus.

The second thing was the bevy of cute guys decked out in white shirts and black trousers bartending and serving the gals. Lunch was catered by Farm Stand in El Segundo and served by representatives from City Hall and good sport husbands: Nick Arquette, Steve Brubaker, Fire Chief Scott Ferguson, Bill Fournell, Brad Jacobson, Lou Le Roy, Carl Madsen, Dennis McCormick, Errol Morigaki, Councilman Wayne Powell, Stu Riddle, John Russo, Rocky Williams and Dave Yates. All hung in until the end, aiming to please and smiling all the way.

Mira Costa High School models Kristin Cooper, Grace Marquez, and McCall Lee modeled outfits of their own design, created in their fashion design class taught by Ms. Cox. The girls are headed for college mostly to study business and fashion.

Fashions for the main show were provided by Manhattan Beach institution Cotton Cargo and brought to life by the lively music and the models: Martha Andreani, Robin Kirk,

Rosemary Gray, Kristin Thomas, Valerie Ray, Sandra Fetherston, Barbara Marpee, Madelyn Wilson, Cindy Roth, and yours truly. Designs were by Citron, Produce, Key Lime Pie, Prarie, Kleen, and Kinu.

Rose Jacobson has owned and run the women's funky clothing shop Cotton Cargo on Manhattan Avenue since 1979. She and her late husband moved here 50 years ago from Venice because Manhattan Beach reminded them of the best of Venice as it used to be in their youths; and also to provide better schools for their children. But be careful what you ask for in life. Rose had always been in retail, but this store was a surprise gift from her husband. He bought it for her from former owners who had a clothing store of a different name and type. "He knew I would enjoy it," said Rose, "and he was right. I love the buying, being

in the store, the support of employees who have been with me for 20 years or more, and all the loyal customers." She started out carrying T-shirts of every color, shorts and pants. Then she branched out to include ethnic-looking resort wear, often designed by local people and also foreign designers. One of my favorite outfits was by a Tokyo designer named Kinu who Rose found in Hawaii. Still she aims for "sensible beach clothes that take you all day whether on vacation or just here in Manhattan Beach." It's the place to go for something different, casual, and not over the top in cost. "I've made some mistakes," Rose admits. But there is no doubting, Rose has an eye.

An array of collectibles, as well as, Dodger and theatre tickets, the services of an organizer,

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Read the *Herald* and *Sun* on the Web!

If you happened to miss a week of the *Herald* or *Sun* or maybe want to check out an article or ad from a previous issue, you can now do so online by visiting our website Heraldpublications.com.

It took us awhile to finally jump on the Internet bandwagon, but we feel this additional coverage will provide a wonderful benefit to our readers, writers and advertisers. A special thank you is in order to El Segundo Mayor Pro Tem Eric Busch, who contacted us months ago and encouraged us to take the plunge.

This week, you can view the *El Segundo Herald* and *Manhattan Beach Sun* editions published on April 23 and

24 respectively. We'll continue to post the prior week editions from this point forward. We'll feature every individual page from both papers, including all editorial, classifieds and advertising, so you won't miss a beat!

Both papers will of course continue to be available at news racks all over El Segundo and Manhattan Beach as well as being delivered door-to-door to residences. So we'll be sure to get you the news one way or another.

Cheers!

Heidi Maerker
Editor-in-Chief