

THE OLIVE PRESS

July 2025
EDITION 38



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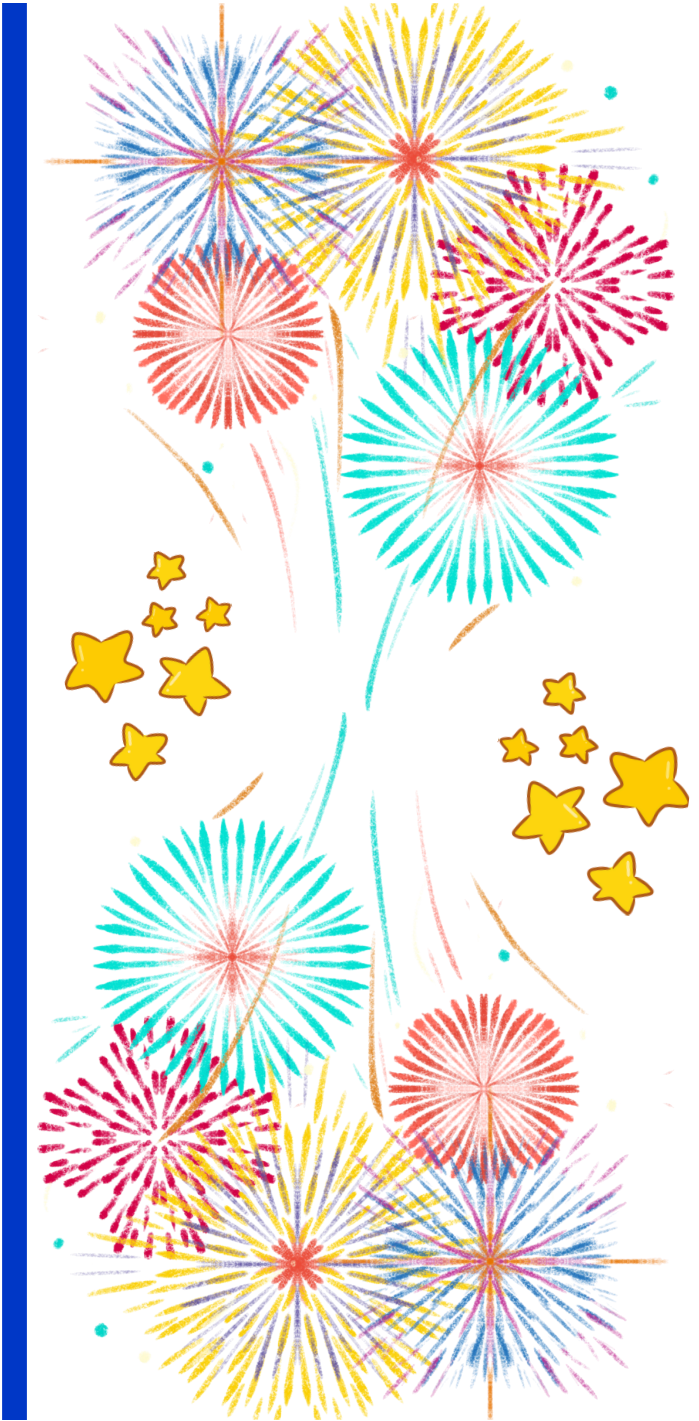
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SHAKESPEARE BY THE SEA

Summer Youth Group Outing: *Shakespeare's Julius Caesar!*

Looking for a unique summer experience? Join our youth group on Sunday, July 6th at 7PM at Hesse Park for a live, outdoor performance of *Julius Caesar* presented by Shakespeare by the Sea!



This free community event is a chance to enjoy great theater in a beautiful park setting. Just bring a lawn chair and blanket, and settle in for a powerful drama filled with ambition, loyalty, betrayal—and timeless lessons about human nature.

Fun for the whole family, it's also a chance to engage with culture through a biblical lens. Shakespeare was deeply influenced by Scripture, and his plays often reflect Christian themes like justice, mercy, power, and sacrifice. *Julius Caesar*, in particular, raises big questions about leadership, honor, and the consequences of our choices—ideas we explore often in our walk of faith.

Everyone is welcome! Bring a friend or your whole family. You don't need to RSVP to attend the performance.

Want to come early? We'll be gathering for a pre-performance barbecue near the baseball field. It's a great time to relax, hang out, and enjoy a meal together before the show starts. If you'd like to join us for the BBQ, please let Julie know by July 3rd so we can plan for food:

☎ 310-489-1969

✉ jckurtz@gmail.com

Don't miss this chance to do something different—laugh, think, and maybe even see a little bit of the Bible in a new light... through the words of Shakespeare!



President Ulrike Ziegner Hokanson on

Safety of Popular Natural Products

If you're considering herbs, teas, essential oils, and other natural products to manage your allergies and boost your immune system, it's crucial to tread carefully. Natural doesn't always mean safe, and when it comes to allergic disease, knowing the safety of these popular natural products overrides their potential benefits.

Take a moment to find out why it may be better to steer clear of popular natural products that are often promoted for managing allergies.

Potential for adverse reactions

Over 90% of patients who take natural products have a desire for natural interventions. However, natural products can and do cause adverse reactions.

In fact, 60% of allergists report seeing adverse reactions in patients using natural products, according to a survey by the American Academy of Allergy, Asthma and Immunology. It's essential to remember that "natural" doesn't mean harmless.

Natural products that are commonly used for allergy relief, such as curcumin, pine bark extract, and butterbur, aren't free of side effects.

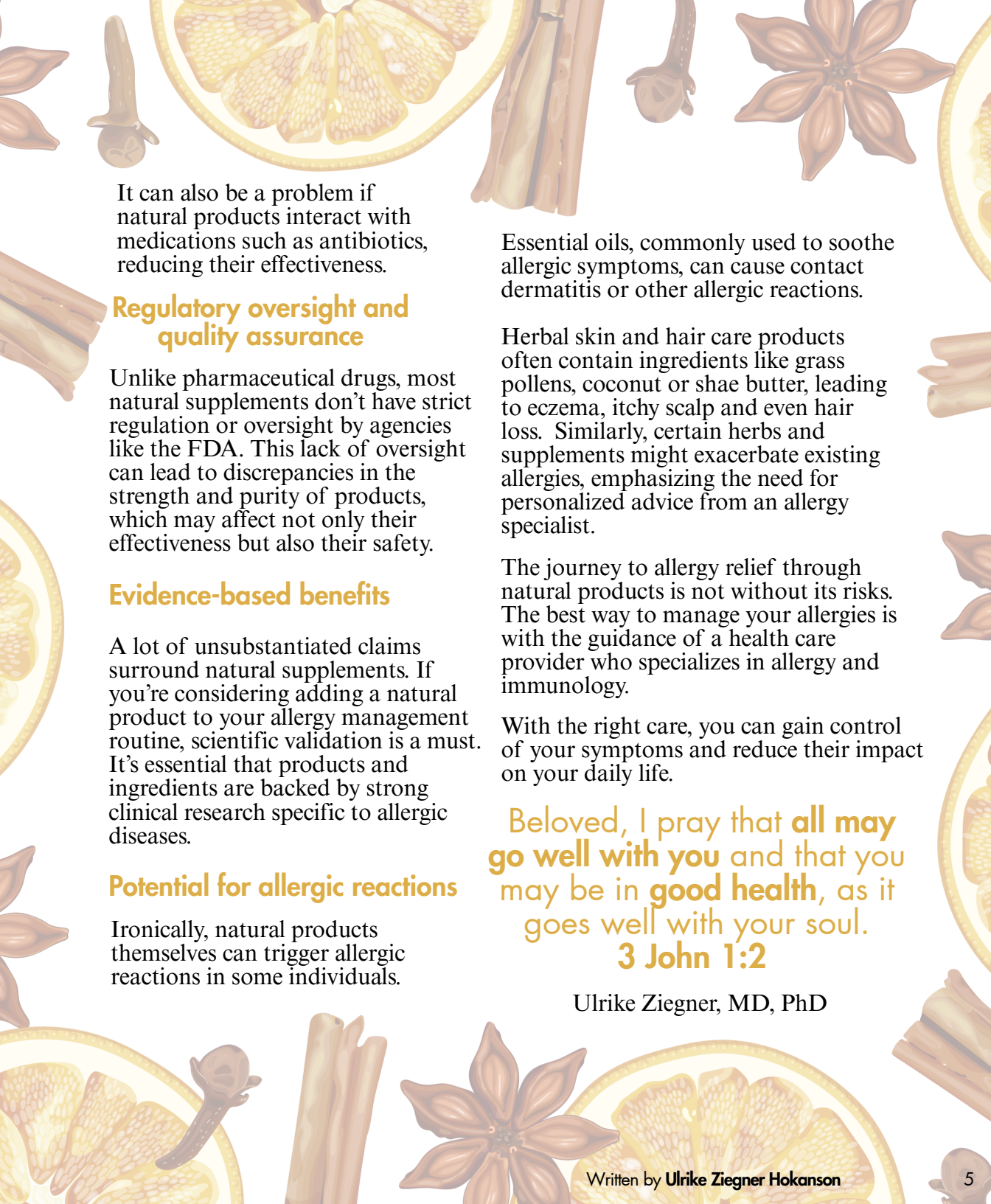


For example, butterbur needs careful processing to remove substances that harm the liver, and curcumin can cause nausea and headache.

Turmeric, also found in curry, is supposed to boost your immune system and is a very popular supplement. However, not only can it raise blood pressure, but also has a high potential for allergic reactions. Essential oils might exacerbate asthma and cause nasal congestion.

Interactions with medications and conditions

Natural products can interact with over-the-counter or prescription medications in various ways. They can reduce the effectiveness of medications or cause serious problems if you take medications to control chronic conditions, such as high blood pressure, diabetes, asthma, or high cholesterol.



It can also be a problem if natural products interact with medications such as antibiotics, reducing their effectiveness.

Regulatory oversight and quality assurance

Unlike pharmaceutical drugs, most natural supplements don't have strict regulation or oversight by agencies like the FDA. This lack of oversight can lead to discrepancies in the strength and purity of products, which may affect not only their effectiveness but also their safety.

Evidence-based benefits

A lot of unsubstantiated claims surround natural supplements. If you're considering adding a natural product to your allergy management routine, scientific validation is a must. It's essential that products and ingredients are backed by strong clinical research specific to allergic diseases.

Potential for allergic reactions

Ironically, natural products themselves can trigger allergic reactions in some individuals.

Essential oils, commonly used to soothe allergic symptoms, can cause contact dermatitis or other allergic reactions.

Herbal skin and hair care products often contain ingredients like grass pollens, coconut or shea butter, leading to eczema, itchy scalp and even hair loss. Similarly, certain herbs and supplements might exacerbate existing allergies, emphasizing the need for personalized advice from an allergy specialist.

The journey to allergy relief through natural products is not without its risks. The best way to manage your allergies is with the guidance of a health care provider who specializes in allergy and immunology.

With the right care, you can gain control of your symptoms and reduce their impact on your daily life.

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.
3 John 1:2

Ulrike Ziegner, MD, PhD

PRESCHOOL ACTIVITIES



Preschool Graduation!



Koby and Pippa sitting together on a wagon

photo by David Welch

PRESCHOOL NEWSLETTER

Jordyn Watering Flowers



June started with a fabulous graduating class of fourteen students. The weather was fabulous, and children spent most of their time outdoors. Several parents toured our school, and we have already enrolled a few children for the fall. Our educational team focuses on the “whole child” and provides an environment suitable for all types of lifelong learners

Love the Lord your God with all your heart, soul, and mind.” This is the first and greatest commandment. And the second is like it. **‘Love your neighbor as yourself.’**

Matthew 22:37-39

Our monthly Christian curriculum consists of the stories The Wise & Foolish Builders, The Parable of the Talents, and The Story of the Good Samaritan. Our Discovery Point says that Jesus replied, “Love the Lord your God with all your heart, soul, and mind.” This is the first and greatest commandment. And the second is like it. ‘Love your neighbor as yourself.’
– Matthew 22:37-39

**Written by Preschool
Director David Welch**

photos by **David Welch**

Dylan and James sleeping on logs!



KNOW YOUR ELDER: JULY

ELDER CASE DAHLEN

Case Dahlen with Wife Kristin and Daughter Emily



Case Dahlen has been a member at Mt. Olive for several years now along with his family. Recently he became more involved with the church and is an Elder. Case's Christian faith was instilled in him by his parents Roy and Lesley at a young age and Case was baptized nearby at St. Francis Episcopal Church in Palos Verdes Estates.

Case was born in Torrance and moved to Palos Verdes with his parents and younger brother and sister when he was five years old. Case grew up playing whatever sport was in season and attended Peninsula High School where he graduated in 2003. He received a baseball scholarship to the University of California at Berkeley where he played for four years and graduated with a Bachelors degree in 2007.

Although he loved his time in Northern California he moved back down south after he graduated to be close to the beach. This is where he would eventually meet his wife, Kristin, in a beach flag football league in Hermosa Beach. Kristin and Case were married in 2015 and now live in Palos Verdes with their six-year-old daughter Emily.

Case currently works at CBRE where he is an industrial real estate broker focused on the San Gabriel Valley and Inland Empire markets. Case feels extremely blessed to be able to raise his daughter in the same neighborhood where he grew up and continue to live so close to both sides of his family. He looks forward to continuing to grow his faith within the Church and helping to serve Christ and his community however he can.

Case Dahlen and his Family at MOLC



Photos by Elder **Case Dahlen** written by Elder **Case Dahlen**



Dear Mt. Olive Church Members,

It is with a mix of joy, gratitude, and a little sadness that I share with you that I will be stepping down from my role at Mt. Olive as a full-time staff member as I prepare to begin a new chapter in my career journey. This past year has been one of deep growth, learning, and fulfillment, and I want to take a moment to thank you sincerely for the incredible opportunity to serve.

To the Church Council—especially Bill and Ulrike—thank you for trusting me with this position and for your steady leadership and support. Your faith in me gave me the confidence to grow into this role, and your collaboration made the work both meaningful and rewarding. It has been an honor to serve alongside such thoughtful and Spirit-led individuals.

To my mentor, supervisor, and future mother-in-law Julie Moe Reynolds, your encouragement has been a constant source of strength. You didn't just guide me professionally—you cared for me personally, challenged me when needed, and reminded me of the greater purpose in all we do. I have learned so much from you, and your influence will stay with me long after I leave this role.

Serving this church and its people has been more than just a job—it's been a calling, a privilege, and a profound blessing. I have witnessed God's presence in meetings, coffee fellowship conversations, quiet sanctuary moments, and in the joy of shared ministry. This community has shaped me in ways I never expected, and I will carry those experiences with me always.

Though I'm moving on to a new career path, please know that my heart remains with this church. I am endlessly thankful for the friendships, the memories, and the grace you have extended to me. I will continue to pray for the work you are doing, and I look forward to seeing how God continues to use this congregation in powerful ways.

Remember to pray continually, laugh often, and smile at everyone you see. These things make life feel lighter as you walk in the presence and the joy of the Lord.

*"For it is by **grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—** not by works, so that no one can boast. For we are God's handiwork, created in Christ Jesus to do good works, which God **prepared in advance for us to do.**"*

Ephesians 2:8-10

With deep gratitude and love,
Emma Carter

Editor's Message

Just a quick introduction...



Greetings, Mount Olive!

Blessings to you, MOLC congregation! I'm Julja Hokanson, the Interim Administrative Business Manager for Mount Olive Lutheran Church, and editor for this month's Olive Press.

It will be a pleasure to serve this congregation, and I am looking forward to taking on this new role for the rest of the summer season.

I hope you enjoyed reading this newsletter. If there are any improvements that could be made, don't hesitate to email me at office@mtoliverpv.com.

God Bless!

Julja Hokanson



written by Julja Hokanson

CALENDAR

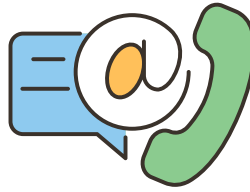


JULY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 9am Confirmation 9am Bible Class 10am Worship	30	1	2	3 9:30am Preschool Chapel	4 Independence Day	5
6 9am Confirmation 9am Bible Class 10am Worship	7	8	9 2pm Book Meeting	10 9:30am Preschool Chapel	11	12 7pm Youth Group
13 9am Confirmation 9am Bible Class 10am Worship	14	15	16	17 9:30am Preschool Chapel 10am Preschool Board 7pm Elders Meeting	18 9:15am Parents Chapel	19 10am Supernatural Saturday
20 9am Confirmation 9am Bible Class 10am Worship	21	22	23	24 9:30am Preschool Chapel 7pm Council	25	26 7pm Youth Group
27 9am Confirmation 9am Bible Class 10am Worship	28	29	30	31 9:30am Preschool Chapel	1	2 Homemade GIFTS MADE EASY

Holidays and Observances: 4: Independence Day

*For further calendar updates, please visit www.mtoliverpv.com



MOLC WEBSITE



*Don't Forget about
the Bylaws Voters
Meeting happening
on Sunday, July
13th!*

COUNCIL CONTACTS

President: Ulrike Ziegner

uziegner@rivieraallergy.com

Vice President: Andrew Sherwin

contact@sherwinandrew.com

Chief Elder: Bill Dahlgren

apache1223@aol.com

Treasurer: Julie Reynolds moejmr@gmail.com

Preschool: Audrey Dahlgren drdahlhg@aol.com

Trustee: Richard Xie rchdx@hotmail.com

Recording Secretary: James Kringel

james@crcdata.net

Administrative Business Manager: Julja

Hokanson **office@mtoliverpv.com**

FOLLOW US ON INSTAGRAM!



MT. OLIVE: @mtoliverpv

MT. OLIVE PRESCHOOL:

@mtolivepreschoolrpv