



## Fire Engine 69 Restored to Palisades



Fireman's union president Frank Lima, Councilman Mike Bonin and LAFD Chief Ralph Terrazas announced the restoration of Engine 69 company. Von Nesselrodt, 3, practices driving the fire truck at Fire Service Day at Station 69. Photos: Shelby Pascoe

The lights were flashing as Engine 69 roared down Sunset towards the fire station at Carey Street on Saturday. The truck and 12 firefighters, representing three shifts, were returning to Station 69 after an almost five-year absence.

Aboard the fire truck was Councilman Mike Bonin, who took up former Councilman Bill Rosendahl's fight to restore the engine—one of 18 cut during the 2011 budget crisis. This is the fourth engine company to return to duty.

"This is a great day for Pacific Palisades," Bonin said. "The City decided to decimate the fire department. They shut down engine companies in every area of the city."

He thanked LAFD Chief Ralph Terrazas and Mayor Eric Garcetti for their help.

"I used to work in this area," said Terrazas, who cited the need to restore service because "this area is isolated geographically and there is a threat of brush fires."

Also on hand for the ceremony were Assistant Chief Pat Butler, LAFD Commander of Operations Joe Castro and former Station 69 Captain Frank Lima, who now serves as president of the firemen's union.

"This is a great day," Lima said.

## 'We Are The West' Will Headline 4th

By LAUREL BUSBY  
Staff Writer

We Are The West had to travel far to find their way home. The three members of the evocative, melodic band grew up many miles from each other. Singer and guitarist Brett Hool was raised in Pacific Palisades, upright bass player John Kibler hailed from the small town of Warsaw, New York, and the final member, drummer Elizabeth Goodfellow, grew up in Stockton.

They each then lived in diverse places, such as the Bay Area, New York City, Paris and Amsterdam. Kibler and Hool met first and became a duo, then three years ago, they were introduced to Goodfellow.

From the moment the trio played together, they hit a groove. "We played through every song we had cooking," Hool said. That included about 25 songs in a "wash of incredible music, a playground of fun songs,"

Goodfellow added.

The three jammed in a Santa Monica underground parking garage that is We Are The West's home for the monthly immersive concerts they play on the Saturday before each full moon.

On the Fourth of July, the band will bring its experimental folk to the 9th Annual Palisades Rocks the Fourth in a concert that will mix subtle, warm songs with some familiar covers. Guest stars, including saxophonist Sylvain Carton and pedal-steel guitar player Tim Walker, will join the mix to entertain Palisadians on their favorite day of the summer.

"We're honored to be a part of it and to be chosen to bring everyone together on that night," Goodfellow said. "It'll be so exciting to play a set and have the fireworks go off right afterwards."

Event organizer Keith Turner heard We Are the West at one of the band's monthly concerts, and he was so impressed that he in-

vited them to headline the show. "I have seen We Are the West perform three separate times," Turner said. "Each show was incredible. These are top musicians who are on the verge of breaking through to the next level."

The band's musical journey thus far has been gentle, yet meandering. Goodfellow had perhaps the most straightforward path. Growing up playing traditional jazz at her Central Valley schools, she studied at San Jose State and simultaneously played with the 561st Air National Guard Band of the West Coast. In 2013, she moved to Los Angeles.

"I came here to focus on playing music I

loved instead of saying yes to every gig that came along," Goodfellow said, and the choice couldn't have worked out better for her. "It's heaven—everything I thought it would be."

Palisadian Hool and his eventual bandmate and fellow lyricist Kibler met through a mutual friend in the Santa Monica music scene, but their music really gelled in Holland and New York. In Holland, they rented a shipping container on a sheep farm and spent a month creating together.

"It was our studio," Kibler said, and in a sense the unusual aspect of that setting

(Continued on Page 25)



John Kibler, Brett Hool and Elizabeth Goodfellow are We Are the West.

Photo: Lesly Hall

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# Optimists Donate \$30,000 in Grants

By SUE PASCOE  
Editor

The Pacific Palisades Optimist Club has awarded \$30,000 in grants to local nonprofits.

The money came from a symbiotic relationship among local residents, the Palisades Will Rogers 5 & 10K Run Foundation and the Optimist Club. When residents register to run in the Fourth of July Will Rogers 5/10K Run, they pay a fee that is used by the Foundation to pay for City permits, medical, security, sound system, t-shirts and timing.

Prior to, during and after the race, Optimist members register racers and hand out water and t-shirts. For that volunteer work

they receive money from the Foundation. This arrangement started about 39 years ago, when the Optimist's Chuck McGlothlin and the Foundation's Brian Shea came up with the win-win solution.

The Optimist Club then began asking local nonprofits, dedicated to youth, to apply for grants. This year's committee, composed of Optimists Bill Skinner, Bill Snyder, Don Scott and Stu Kaiser and Foundation member Michael Sullivan, met to discuss the applicants.

Thirty-six organizations asked for funding that totaled \$143,000. "We wish we could have funded everybody the total amount they asked for," said Optimist Grant chair David Peterson. "It was very difficult to decide the recipients."

They gave the money in varying amounts to 24 nonprofits that benefit youth and community, with almost no group receiving the total amount it had requested.

Community groups receiving grants included Palisades Village Green, Movies in the Park, Palisades Beautiful and PAPA (Palisadian Americanism Parade Association).

The group supported youth sports by sponsoring a Pacific Palisades Baseball Association team, Palisades High School wrestling team uniforms and the Palisades tennis team.

Paul Revere received funding for a cello case and its Road to the Future speakers program. Palisades High School received funding for the same program, plus money for scholarships for two seniors,

ELSA (a program for special-needs students) and Better Angels, Inc. (for low-income students).

The YMCA received money for its annual track meet, the Chamber of Commerce for its annual teen contest and Bryan's Smile for its drug prevention program.

Other recipients included the Crayon Collection, California Poets (elementary schools) and the Palisades Charter Schools Foundation, which annually honors teachers for innovative and best practices.

The Optimist Club also supports a youth home/high school in the Eagle Rock area. These youth basically have no family to support them and the club ensures they have a place to stay and can receive a good education.

## Liar's Punishment Benefits Homeless

Theatre Palisades and the Pacific Palisades Task Force on Homelessness (PPTFH) will present two benefit performances of the one-act play, *The Liar's Punishment*, on May 21-22 at Pierson Playhouse on Temescal Canyon Rd.

Following each performance (8 p.m. on Saturday, 2 p.m. on Sunday), a three-person panel will discuss how their organizations are working to help the homeless.

A reception catered by 10 local restaurants will follow at the theatre. Tickets are \$50 (tax-deductible) Call: (310) 454-1970 or visit: theatrepalisades.org.

Written and directed by Leda Siskind, *The Liar's Punishment* shows us the day Elbee (Nancy Youngblut), a homeless woman living under an L.A. freeway, goes toe to toe with Gwen (Jennifer Laks), a determined social worker.

The panel discussion following Saturday's performance will feature Melinda Soderbergh, Individual Relationships Officer at



Nancy Youngblut

OPCC (Ocean Park Community Center); Alison Hurst, executive director and founder of Safe Place for Youth (SPY) in Venice; and Mark Loranger, president and CEO of

Chrysalis (Changing Lives Through Jobs).

Sunday's panel will feature John Maceri, executive director of OPCC; Juliana Hudson, SPY operations and volunteer manager; and Michael Graff-Weisner, VP, Chrysalis programs and government relations.

Panels will be moderated by actor Jonathan Medina and audience questions will be encouraged.

Proceeds will help fund the work of a two-person OPCC outreach team in the Palisades. Since January, these social workers have brought 10 homeless into shelter.

Producer Nina Kidd, a PPTFH member, developed the idea for this program after reading Siskind's script.

In February, she watched a dramatic reading at Theatre 40. "The stage set was spare, but such is the power of live actors—and this play—that with no dramatic lighting or sound effects, I sat and felt the hearts of two women unfold," Kidd said.

The play will have its theatrical debut at



Jennifer Laks

Pierson Playhouse, and Kidd is grateful for the support of Theatre Palisades, Task Force members and members of Palisades Presbyterian Church youth leadership group, who will act as hosts and ushers.

Contact Kidd at nakidd@aol.com or (310) 739-8985. Visit: pptfh.org

## St. Matthew's Town Fair Is Saturday



Children of all ages enjoyed the rides at last year's Town Fair.

Photo: Bart Bartholomew

St. Matthew's Parish School will hold its 64th annual Town Fair from 10 a.m. to 4 p.m. on Saturday, May 21 at the school, 1031 Bienvenida Ave. The community is invited and courtesy shuttles will start at 9:45 am at the Palisades Library, 861 Alma Real Dr.

"Calling it Town Fair rather than a school fair reflects the fact it is for the entire Pacific Palisades community," said Head of School Stu Work.

There will be a stroller-friendly preschool area with a petting zoo, cookie decorating and spin art. Rides for older kids include Roc-O-Planes, Paratrooper, Giant slide and a Ferris Wheel. Food will be available from hamburgers to strawberry shortcake to roasted corn. Win tickets to Adele's upcoming concert, a year of blow outs at Dry Bar and \$2,000 cash.

Visit: townfair.stmatthewsschool.com

## 90-Year-Old Residents Invited To Luncheon

The annual birthday party for Pacific Palisades nonagenarians will be held from 12:30 to 2:30 p.m. on Saturday, June 4, at the Woman's Club, 901 Haverford Ave. Honorees may bring a guest(s).

"It's time for me to plan the best party of the year!" said Fay Vahdani, who will be aided by fellow Woman's Club members. "We especially want to invite those who turned 90 this past year because we don't have them on our guest list from prior years."

Please RSVP to Fay (310) 699-5885 by May 25 to ensure enough food at the luncheon.



1936 Auburn replica built by Jon Boyd.



1932 Ford Coupe owned by Jim Hendriks.



1967 Westphalia Campmobile owned by Roll Harmon. Photos: Shelby Pascoe

## Sather Sponsors July 4 Home Decorating Contest

Sotheby's Realtor Joan Sather will once again sponsor PAPA's Fourth of July Patriotic Home Decorating Contest, which debuted in 2008.

All Pacific Palisades homes are eligible. To enter, residents must simply upload a photo of their decorated home to the "Pacific Palisades Fourth of July Celebration" page on Facebook, or email the photo to info@palisadesparade.org, and it will be uploaded to the Facebook page.

From those photos, the 12 most promising homes are chosen, and judges visit each address, usually on July 3.

The winner receives an American flag that has been flown over the nation's Capitol, gift certificates, a story in the *Palisades News* and participation in judging the 2017 contest.

Last year's winner was the Jack and Sharon Sutton home on Galloway, which featured a three-generation decorating effort that involved their son Doug, his wife Suzanne and grandson Zach, who were visiting from New Jersey.

In addition, Sather handed out the inaugural Sponsor's Award, presented to "the home which best expresses effort above and beyond." Scott and Susan Corwin and their son Joshua were the winners.

Sather, who has been a realtor in the Palisades for 27 years, has been sponsoring the contest since 2012.

# Chamber's Annual EXPO/Car Show Draws a Crowd

Five-year-old Reagan Whalen belted out "Wheels on the Bus," accompanied by musician Michael Cladis; Fancy Feet performers danced; Gerry Blank's Martial Arts students performed; and Amazing Music students kept the atmosphere festive at the Chamber of Commerce Community EXPO/Car Show on Sunday.

There were 35 vendor booths on Antioch, organized by Chamber member Joyce Brunelle (Suntricity). Sixty-eight vintage and clas-

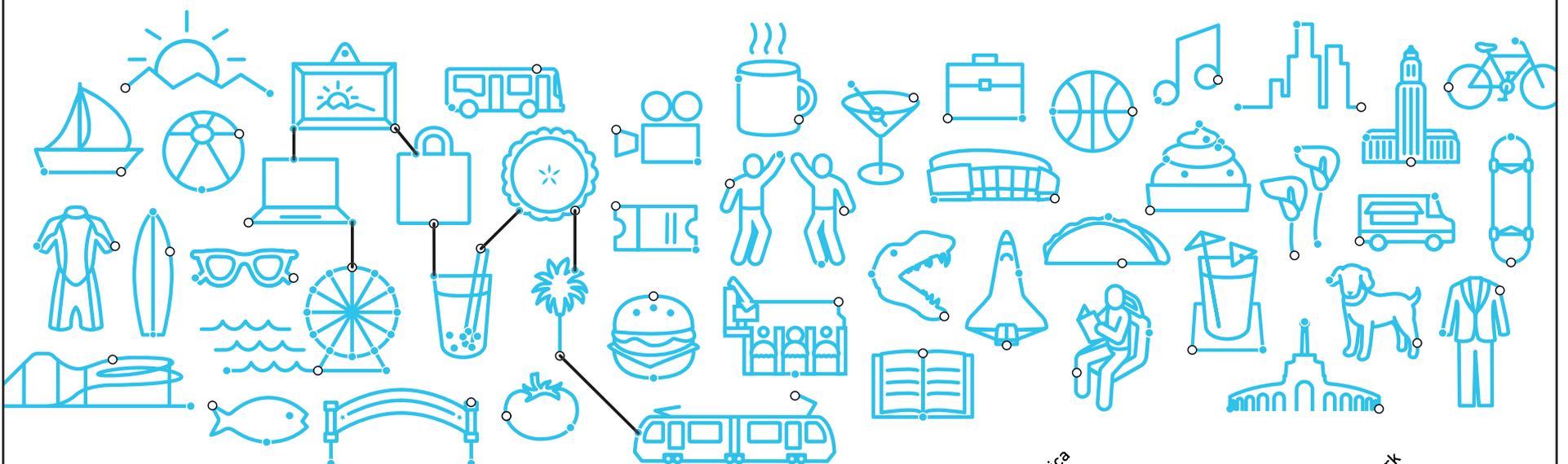
sic cars lined Via de la Paz, including a Tesla Model S. Chamber members who organized the car show were Roberta Donohue, Von Alexander, Bill Shuttic and Mike Ball.

The event's Platinum sponsor was Areté Preparatory Academy, a specialized private school (grades 8-12) in West L.A. Gold sponsor was Hornburg Santa Monica, the only franchised Jaguar and Land Rover dealer. Silver Sponsors were US Bank and Luxe Home Healthcare.

metro.net/moreexpo

# MORE TO EXPLORE

CONNECT YOUR DOTS WITH 7 NEW EXPO LINE STATIONS OPENING MAY 20.



# Potrero: No Opening Date Yet

By SUE PASCOE  
Editor

In jest, the *Palisades News* invited readers to submit their best guess when the long-delayed Potrero Park would finally open to the public.

The park, located just below the baseball fields at the Palisades Recreation Center was first proposed in the 1960s—after 38 homes slid into Potrero Canyon. Park construction began about 1989, but ran into various problems in the early 2000s.

Once a funding mechanism was put into place (by the sale of stabilized lots around the canyon), filling and grading of the canyon resumed in earnest in 2011. Former Councilman Bill Rosendahl said that the park would open in 2016.

In late 2013, everything came to a standstill.

Norman Kulla, Rosendahl's senior deputy, had told the *News* that the project stalled when a neighbor raised objections and had filed a lawsuit over grading. But when Kulla retired a year ago, he said that everything was in place for the project to continue.

On May 4 at the Park Advisory Board meeting, the City's Bureau of Engineering's Robert Hancock gave the newest timeline as, "We're working on it."

What's the current hold-up? According to Director of Communications for the Bureau of Engineering and Department of Public Works Mary Nemick, "The design for the park is nearly complete. The Bureau of Engineering is working with the Department of Water and Power, Caltrans and the Coastal Commission. The DWP is designing the power services for the project and the Coastal Commission is reviewing the

project plans. The design and approvals need to be completed before the project can be advertised for construction."

Although there were prior plans, it seems that there was an engineering miscalculation.

According to Hancock, the dirt needed for fill, stored near the base of the canyon, is about 125,000 cubic yards short. (A cubic yard of soil weighs about 1.3 tons.) He thinks he has located dirt from another site that could be used for grading, but that will mean hauling will need to resume, possibly later this year.

But before that, the Coastal Commission must approve the plan for the passive recreation park, which will be landscaped with riparian plants.

"We're hoping to get that [approval] in June," said Hancock, who added that the City will be required to ensure access to the beach from Potrero Canyon across Pacific Coast Highway.

That would require either a tunnel under PCH, a crosswalk across the six lanes of traffic or a pedestrian bridge. At that location, the bridge appears to make the most sense. Initial estimates for bridge construction are \$6 million. "The Bureau of Engineering is working to fast-track the bridge," Hancock said.

Park construction can once again go forward when the Coastal Commission okays the plan, the dirt is found, bids are placed

and grading resumes. The money from the sale of three homes/lots that are currently in escrow must go into the Potrero account and one additional home has to be sold.

A special fund was set up by Kulla for Potrero that can be used only for the park. The current account has \$24 million.

Hancock said the projected park cost is now \$30 million (not including the bridge) and that the City cannot award bids until it has all the funds.

A restroom will be built below the lower tennis courts to satisfy ADA requirements. Additionally, 25 parking spaces will be added at the Rec Center. Some will be cut into the traffic island in front of the old gym. This requirement came through the completed Environmental Impact Review.

The entire project will be surrounded by a six-foot fence, so homeowners on the rim will not have access unless they go through the two gates that will be located by the Rec Center. The park will open at dawn and close at dusk.

Newest timeline? If grading resumes in November, that will take a year. The landscaping, which will include 1,300 trees, will take another year.

So by late 2018, the park may be opened. PAB Board member Lynn Hyland asked if Hancock had a "Gantt chart." Hyland explained that it was a project management software program that helps coordinate input from various groups and manages deadlines.

Hancock shook his head and said there are too many uncertainties about when something could happen.

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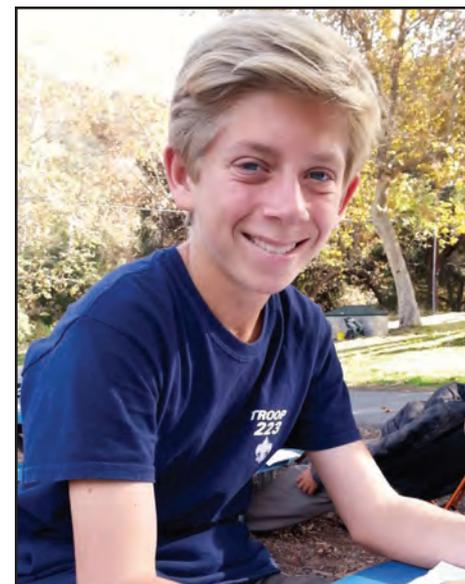
## Troop 223 Scout Helps Injured Motorcyclist

Lukas Richards, 13, a member of Pacific Palisades Boy Scout Troop 223, was in the car with his mother on San Vicente in Santa Monica. They watched helplessly as a motorcycle coming in the other direction was clipped by a car. The motorcyclist was flung off his bike and lay motionless on the ground.

Lukas took charge, telling his mother, "Stop the car, call 911 and bring me the First Aid kit from the trunk."

He rushed over to the man, blocked the sun from his eyes, and started speaking to him in a calm voice. Knowing not to move him, Lukas continued talking, touching and reassuring him that help was on the way. Because of his Boy Scout training, Lukas knew how to handle someone who might be going into shock.

The paramedics arrived and the injured man was quickly stabilized. A passerby who watched the whole incident, came over to Lukas and asked, "Are you a Boy Scout?"



Lukas Richards

You did a really good job here today!"

Lukas said, "Yes, I am. We learned First Aid in my Scout Troop."

## Heard About Town

### No Solar Generators

In the City Planning Commission's request list for Caruso's development, they said that he should use solar or electric instead of diesel generators. Oops, there is no such thing as a solar or electric generator. Yes, solar panels produce electricity, but not enough current for the demands of a construction site. Generators that produce electricity are not powered by electricity; if they were, they would be called extension cords.

### Right Day to Hang Flag

I really enjoyed the article in the *Palisades Post 283 Newsletter* (May) explaining flag etiquette. I cut it out and plan on using it for reference on the days that it is especially appropriate to display the flag.

### Keep Meds Out of Trash

Please don't throw your expired prescriptions, unused pain medication or other medications in the trash. They end up in landfill and eventually can infect underground water. The CVS pharmacy department sells a mailer for \$5 to send meds to a collection organization. Don't know if they restrict controlled substances. Instructions are inside the bag.

### Common Sense

There are three ways in and out of Pacific Palisades—Sunset Boulevard, Temescal Canyon Road and Chautauqua Boulevard. So it seems like it makes sense to keep all construction off these roads. On your website, there was a story that the City caved to pressure from neighbors and will build two pole-top distributing stations: Temescal at Sunset and a second Sunset near a dangerous curve. (See story on page 12.)

### City Shirking Responsibility

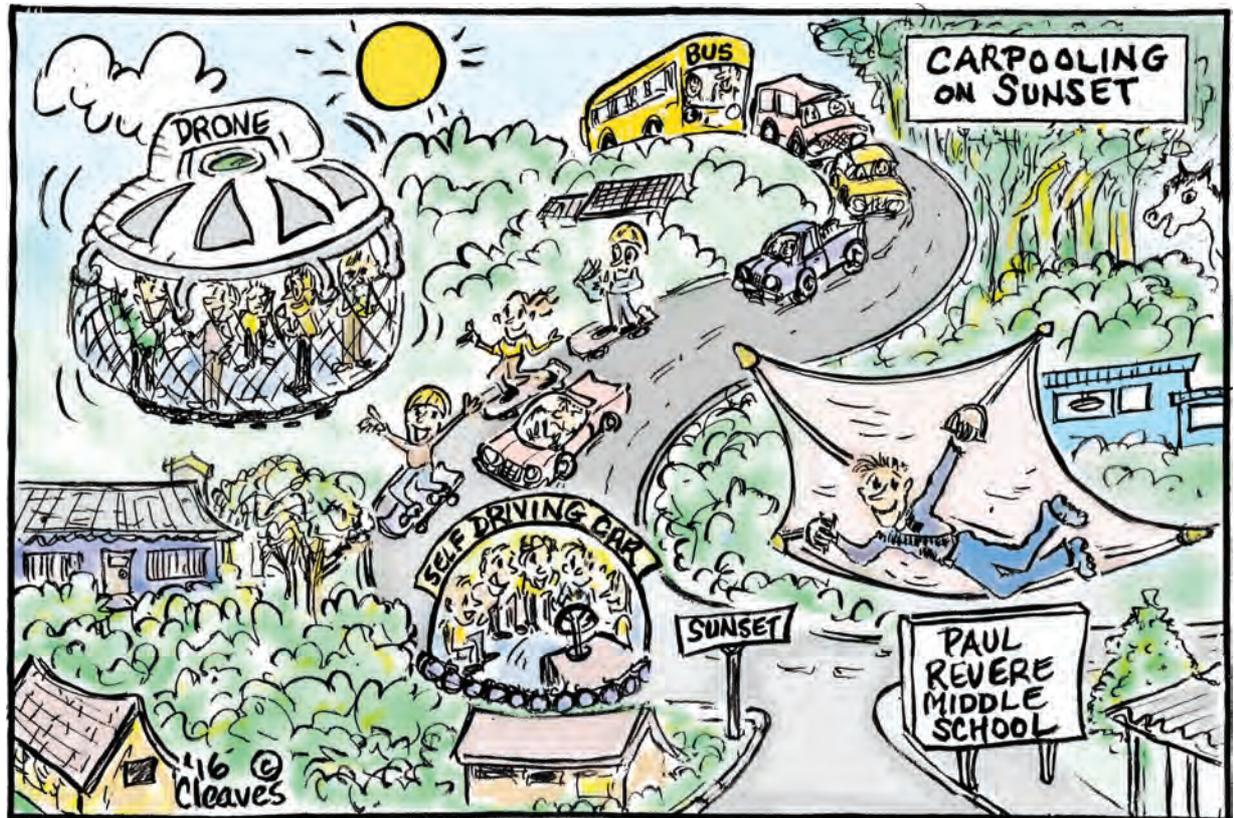
My kid attends Wildwood and they have physical education at Stoner Park (West L.A.). Dogs run all over that park off-leash. The Rec Center attendant comes out and asks people to put them on leash, but the moment she's gone, dog owners let them off leash again. I read that there's the same problem in the Palisades. It is against the law, so why doesn't the City enforce the law before a kid is bitten or badly mauled by a dog? The lack of enforcement is a huge liability for the City.

### More Fancy Language

The crosswalk "intermezzo" suggested in Dr. Mark Grinblatt's April 20 Viewpoint sounds like the kind of idea that might arise from Councilman Bonin's community "charrette."

If you'd like to share something you've "heard about town," please email it to [spascoe@palisadesnews.com](mailto:spascoe@palisadesnews.com)

## ANN CLEAVES



## VIEWPOINT

### Residents Win—For Now

By MICHELE ADAMS  
Special to the Palisades News

Standing at the base of the lot and looking up a steep, cliff-like slope that climbs 115 feet above the street, it's hard to imagine the proposed single-family home at 1345 Paskenta as anything but outrageous, risky and inconceivable. The property consists of a mostly 1:1 (100%) slope and is virtually unbuildable. It was created as a by-product when the road from upper Chautauqua to the Marinette-Oracle subdivision was developed in the 1950's.

To build the home, practically the entire hillside would need to be removed. The excavation of 6,045 cubic yards of earth exceeds the code maximum by nearly 4,500 cubic yards. In an effort to hold the hillside in place, a series of foundations and retaining walls—approximately 150 feet long and 50-60 feet above grade—would need to be built. To accomplish the excavation, an estimated 850 round-trips by 10-wheeler dump trucks would transport the earth material from Paskenta down along the narrow, winding neighborhood streets of Chautauqua and Drummond to Sunset. The hauling alone would take about six months and street parking would be prohibited along the one-mile route.

The dangers of haul routes in hillside areas are well documented as developers game the system using loopholes and exemptions to push excavation limits well beyond code maximums. In the past two years, for example, there have been three deadly accidents involving construction trucks on the narrow hillside streets of Beverly Hills.

About a dozen Paskenta-adjacent neighbors received a notice from the City days before an April 5 hearing for a haul-route approval and an

exemption from required CEQA environmental studies. With little time to prepare, a group of us attended the hearing, hoping the Board of Building and Safety Commissioners would listen to our concerns. Fortunately, a technicality worked in our favor and the Board was forced to continue the matter until May 10. This gave us time to gather factual information to educate the Board about the hazards and risks of the project. We also realized that we were dealing with a broken system and the various departments granting approvals didn't communicate with each other.

Meanwhile, we mobilized a campaign to educate and rally residents from Oracle and Marinette all the way down to Sunset. At first, we took an old-school approach, passing out flyers, as we simultaneously built an online communications and information platform for our evolving group. The response was overwhelming and people came together with dedicated participation because they understood the severity and risks of the development and its impact on the neighborhood.

Thankfully, Councilman Mike Bonin shared our concerns, and just days before the May 10 hearing he was instrumental in getting the environmental exemption revoked by the Planning Department. The project can't move forward until the full impacts of the proposal have been studied in a more public and transparent process. There is more work to be done, but the strength of our group continues to grow through our collaboration, combined talents and persistent drive. We'll be ready for what comes next.

(Michele Adams, a former editor at Martha Stewart Living, is leading The Coalition to Protect Paskenta Road.)

### Thought to Ponder

"In politics stupidity is not a handicap."  
— Napoleon Bonaparte

## PALISADES NEWS

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## VIEWPOINT

# Bonin Plays Key Role in Return of Engine 69

By SUE PASCOE  
Editor

In May 2011, when I worked at the *Palisadian-Post*, I was chosen honorary fire chief at Station 69 (on Sunset at Carey). The plaque read: “In appreciation of your support to the LAFD and the community as a dedicated newspaper reporter.”

I had spent a lot of time at Station 69, especially to gather information about fires and traffic accidents. The firefighters can’t release names, but once I found out there was an accident and possible injuries, I could then call the LAPD West Traffic division, tell them there was an accident and ask for details. A bit of a tedious process, but the firefighters were always helpful. I soon knew the captains on the A, B and C shifts, and spent time in their kitchen and office chatting—in no hurry to go back to work, listening to stories from real-life heroes.

Early in 2011, Councilman Bill Rosendahl brought LAFD Fire Chief Millage Peeks to the *Post*. Peeks explained to our editor, Bill Bruns, why he was about to eliminate Engine 69 and take 12 firefighters out of the station as part of a budget-cutting campaign that would save the city \$200 million over three years.

Peeks said the LAFD had used a computer software program (Apparatus Deployment Analysis Module) to research the number of emergency calls to every LAFD station, and that Station 69 ranked near the bottom in the number of deployments generated by 911 calls. Thus the impending cuts.

On paper, Peeks’ reasoning made a lot of sense, and we could see that Rosendahl was trying to get the *Post*

to support the chief’s strategy. But we elected not to write an editorial.

Fortunately, Rosendahl was a smart man who sought people out, listened to them—and heard them. When he asked what I thought, I suggested he go to Station 69 and speak to the firefighters. He did, and he went from supporting Peeks’ proposal to fighting it. He was supported by the Pacific Palisades Community Council, led by Janet Turner.

Resident Daphne Gronich (who now heads the Fourth of July parade committee) collected 650 signatures on a petition, which read: “The City Council should reject any proposal which puts our community members, homes, businesses, schools and public places at greater risk due to the elimination of locally-based emergency response personnel and potentially greater response times.” About 150 residents even staged a protest in front of Station 69.

Rosendahl told the City Council that he could not support the cuts because Pacific Palisades is geographically isolated; therefore, it would be difficult for nearby stations to help provide a timely response, especially with the planned road construction on Pacific Coast Highway and the 405 freeway. He said the same thing to Mayor Antonio Villaraigosa. L.A. County Supervisor Zev Yaroslavsky also wrote the mayor, opposing the plan.

But in mid-May 2011, the City Council voted 13-2 in favor of the cuts. Engine 69 was closed on July 5.

Former Station 69 Chief Frank Lima, who worked here six years and is now president of the firefighters union, recalled last Saturday, “Mike Bonin, who was Rosendahl’s chief of staff, was already fighting for the engine’s return before he was a councilman.”

Bonin, who was elected in 2013, never gave up the

fight to bring Engine 69 back.

LAFD Commander of Operations Joe Castro told the *News* that one of his jobs is balancing politics with operation. He said he informed Bonin earlier this year that an engine in Hollywood was coming back on line, and Bonin pushed for 69 to be next.

This decision was finally announced on Saturday, during a community open house at Station 69.

Assistant Chief Pat Butler told the *News*, “It’s good to have the engine coming back. It’s long overdue.” He spoke about the city starting to restore resources, noting, “This is the fourth engine to be restored.”

Although Pacific Palisades still has a low call rate, the reason this engine was restored was based on 1.) isolation—the distance it takes to get resources to this area and 2.) wildland interface—homes abut brush areas.

“I’m really happy to restore this one, because I felt we were particularly vulnerable,” Butler said. “The size of the houses here, the winding, narrow streets and the traffic congestion to reach this area are all factored.”

Said Bonin: “Restoring Engine 69 will help first responders reduce the spread of fire, increase the speed of rescues, further limit property damage, and most importantly, save lives.”

“Councilman Bonin never gave up the fight for this engine to be restored,” Lima said. “This engine restoration is a sign that our city leaders continue to realize the critical importance of restoring the LAFD and making it a top budget priority.”

Bonin and Lima should be congratulated for their efforts. Have the feeling that Bill Rosendahl is smiling? I do.

## LETTERS TO THE EDITOR

### Service Dogs vs. Pets

Thank you so much for the informative and accurate article, “Residents Claim Pets Are Service Dogs,” in the May 4 issue. I hope it will discourage some pet owners from faking disabilities to take their pets into Ralphs, Gelson’s and CVS. Doing this is really a disservice to those people who actually own a true service dog who is trained to perform a task.

Marge Gold

### Make the Turn, It’s Legal

While I understand Alisa Bromberg’s reasoning for wanting to wait for a green light before initiating the right turn transitioning from West Channel up Chautauqua (Letters, April 20), the fact remains that it is legal to turn on the red and therefore expected that you will do so.

If it were as dangerous as Ms. Bromberg believes, then there would be a Caltrans sign indicating such, as there is for the “No Right on Red” at Temescal Canyon Road and Sunset, heading east.

If she doesn’t feel safe or want to obey the posted signs, maybe she should find another way into town (Amalfi perhaps, or go right on PCH to Temescal), but holding up traffic and asking others to do the same is no answer.

The next person she hears honking will be me.

Michael Harrington

### New Big Blue Bus Options

The Big Blue Bus recently expanded its bus services in anticipation of the Expo Line expansion, which opens in Santa Monica on May 20. Route 14 now includes a stop on weekdays at Paul Revere Middle School. Route 43, a new route, will begin service in June and will stop at 26th and San Vicente with select trips stopping at Revere. The Revere bus stop is located in the school’s turning circle off Allenford.

Route 14 takes riders to the Bundy/Expo station and route 43 will go to the 26th Street/Bergamot station.

We are hopeful that many Paul Revere students, faculty and staff will use the Big Blue Bus to reduce traffic at the school. The Big Blue Bus will help many local residents who want to access the Expo Line. Please check [bigbluebus.com](http://bigbluebus.com) for more route information.

Andrew Wolfberg

### Yoga in Schools 25 Years Later

I was finishing my master’s degree in marriage and family therapy at Pepperdine in 1992 and also working as a substitute teacher. I was a former high school teacher

and also had a master’s degree in theater from the University of Michigan (I had also worked for Sam Goldwyn Jr. and for Norman Lear and was a member of the Screen Actors Guild).

I was called into sub at an elementary school in Pacific Palisades. The children were to be tested. They were nervous, and frightened about not doing well. I had studied yoga and meditation since 1979, so I gave them an exercise to calm their nerves.

The next day, I was told that a parent complained about the “quieting the mind exercises” and I was told I could never return to the school!! So when I saw your “Kids Yoga Day April 8” celebration announced in the April 6 edition, I was thrilled. It has taken the Palisades 25 years to evolve. I hope that the mother who complained about me might just be reading this in your paper!

Many, many thanks to Teresa Anne Power for her book, *The ABCs of Yoga for Kids: A Guide for Parents and Teachers* (especially for parents and teachers).

Nancy Kezlarian

Palisades News welcomes all letters, which may be emailed to [letters@palisadesnews.com](mailto:letters@palisadesnews.com). Please include a name, address and telephone number so we may reach you. Letters do not necessarily reflect the viewpoint of the Palisades News.

# Bonin, Zar Speak at SM Canyon Meeting

By SUE PASCOE  
Editor

The Santa Monica Canyon Civic Association held its 70th annual meeting and board election on May 10 in the Rustic Canyon Recreation Center gymnasium.

Representatives from the Pacific Palisades Task Force on Homelessness (PPTFH)

and City Councilman Mike Bonin were in attendance.

Sixty residents were on hand as PPTFH Chair Maryam Zar received a \$2,000 donation from the SMCCA and a \$1,000 check from BOCA to help the task force's campaign.

Two social workers, paid for by PPTFH donations to the Ocean Park Community Center, have been doing field work in the

Palisades since January. According to statistics presented by OPCC, the women have made contact with 106 homeless individuals and 10 of them are now off the streets. An additional 48 homeless are classified as "Engaged Level 1," which means the social workers have had multiple contacts with them.

Zar said that the number of homeless in this area has stayed constant from last year and will for the foreseeable future.

"According to LAHSA's data release, there is an influx of homelessness to SPA 5 (Service Planning Area), County District 3 and City Council District 11—all of which we are a part," Zar said in a May 11 email to the News. "Until and unless there's a workable, substantial solution to homelessness at a level far higher than our local community response, there will be a steady stream of new homeless (whether transient or sedentary) into coastal towns like ours."

Reigning Citizen of the Year Sharon Kilbride, a member of the PPTFH, asked Senior Lead Officer Michael Moore if a beach sweep of the homeless could be done before Memorial Day.

Moore said the LAPD could do so, and added that six officers are now concentrating on dealing with the criminally homeless.

Bonin told SMCCA residents that the homeless can sleep on sidewalks from 9 p.m. to 6 a.m., but the City needs to provide

places for the homeless to store their belongings. "I'm proposing one in Venice," he said, noting that there was a need for additional homeless storage on the Westside.

Bonin, asked about the proliferation of Airbnb rentals in Los Angeles, said that a draft ordinance is in the works that would only allow people to rent out a primary residence, which would be registered with the City, and for a maximum of 90 days a day. Feedback is welcome. Visit: [planning.lacity.org/Ordinances/ProposedOrdinances.htm](http://planning.lacity.org/Ordinances/ProposedOrdinances.htm).

Bonin said he was following up with Congressman Ted Lieu and the FAA about citizen complaints of increased airplane noise over Pacific Palisades.

Residents asked about enforcement of illegal gas-powered leaf blowers and Bonin told them to call (877) ASK-LAPD.

Several people expressed dismay about the eucalyptus trees that tower over Sunset Boulevard between Chautauqua and Brooktree in Rustic Canyon. The trees, which are known to shed limbs during droughts and high winds, pose a danger on that stretch of road.

Bonin said he is seeking the use of discretionary funds to have the trees trimmed. Additionally, since many residents are trying to drive less and walk more, Bonin was told there is no continuous sidewalk from Brooktree to the Alphabet Streets.

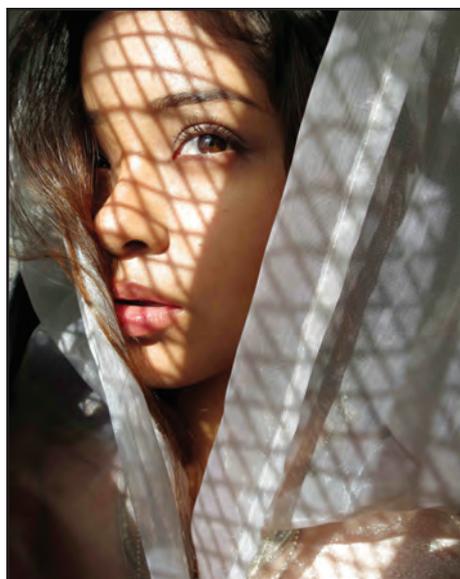
## PaliHi Student Photos Are on Display

Palisades High School student photography is on display through May 27 at the Palisades Branch Library community room, 851 Alma Real Dr.

Teacher Rick Steil chose from the works of more than 120 students in his beginning, advanced and AP photography classes, and the colorful landscapes, portraits and artistic compositions cover the walls.

This summer Steil will host a week-long photography camp with morning or afternoon sessions at PaliHi. Enrollment will be limited to 10 in each session, and a student must be in seventh grade or older (adults are welcome) to enroll.

Steil will teach digital photography basics, including composition, shutter speed/aperture/ISO, Photoshop and inkjet printing. Call: (310) 428-1160 or [rsteil@palihigh.org](mailto:rsteil@palihigh.org).



Self-portrait by Stephanie Manzo.

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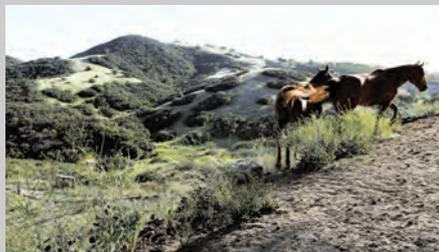


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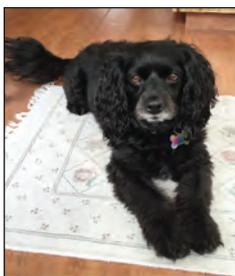
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SPECIALIZING IN PACIFIC PALISADES, MALIBU, SANTA MONICA

# Dog Park Plans Updated

More than 3,000 residents have signed a petition requesting a dog park in or near Pacific Palisades, according to resident Leslie Campbell, who is spearheading the drive.



ity of the park.

“Mike appreciates the input we have gotten about the issue and we are excited about the idea of creating a dog park for people in Pacific Palisades (and their pets) to enjoy,” Shapiro said.

Speaking at the Palisades Park Advisory Board (PAB) on May 4, she said she had met with Councilman Mike Bonin about a dog park. He agreed to look at two sites: the old YMCA swimming pool site owned by the Santa Monica Mountains Conservancy (SMMC) and the area next to Potrero Park off PCH, below Via de las Olas bluffs.

According to Campbell, Bonin said that staffer Sharon Shapiro will do a feasibility analysis for the area off PCH across from the beach, which is currently covered by fill-soil that will be used when grading at Potrero resumes later this year. Additional soil will be brought in, which means that a dog park would have to wait until Potrero grading is finished. (See story, page 5.)

Shapiro said, “We are working on scheduling a time for Mike and SMMC to connect about the idea. We have also encouraged Leslie to continue to try and reach out and work with SMMC, and I have spoken with Cathie Santo Domingo [superintendent of planning for the Department of Recreation & Parks] regarding the feasibility of the park.

The need for an off-leash dog park became more urgent when the L.A. VA Master Plan was unveiled and the Barrington dog park closed in December. It has been temporarily reopened, until implementation of the Master Plan begins. Additionally, many dog owners have been using the Recreation Center as an ad hoc dog park, allowing their dogs to illegally run off-leash. (LAMC SEC. 53.06.) No animal in a park is allowed to “stray, run, or in any manner be at large.”

PAB board member Bob Benton said that although he has two dogs and loves dogs, owners need to respect the law. The PAB board voted in January to support a dog park—but not at the Rec Center.

The petition can be found at different locations around town. Campbell is at the Swarthmore pet rescue location most Sundays and petitions can be found there.

In a related story, an effort is being made to have L.A. County add dog beaches, with Will Rogers as one of the suggested sites. Visit: [LADogbeaches.com/](http://LADogbeaches.com/).

—SUE PASCOE



Hal Vieau (podium) is recounting humorous tales of earlier Optimist escapades. He is surrounded by (left to right) Jeff Vieau, Bill Snyder, Kane Phelps, Dr. Mike Martini and Debbie Harrington.

Photo: Bart Bartholomew

## Optimist Club Celebrates 60th

The Pacific Palisades Optimist Club, founded in 1956, held a birthday celebration on April 28, at the DoubleTree Suites in Santa Monica. Cocktails, dinner and dancing were all part of a plan to celebrate not only the club, but also two of its charter members: Palisadians Hal Vieu, 95; and Dr. Mike Martini, 91.

Invocations were given by Optimist member and Lutheran Church Pastor Wally Mees and by Martini’s son, Monsignor Richard Martini.

Current club president Kane Phelps welcomed members and spouses. As usual, Kane was heckled by past presidents, but it was all in good fun.

Vieu and Martini were honored with a

video of their accomplishments, assembled by longtime member Rich Wilken.

Dr. Martini was a club president in 1960 and Vieu succeeded him. The two men received a framed photo that included well-wishes from current members. They were also the first on the dance floor, pushing their wives, who were confined to wheelchairs. Hal and Beverly have been married 71 years on July 27, and Mike and Elaine will be married 67 years on June 11.

The Optimist Club is a worldwide volunteer organization, dedicated to “Bringing out the best in kids.” It welcomes new members. The Pacific Palisades club meets every Tuesday at 7:30 a.m. at Aldersgate for breakfast, a few laughs and a speaker.

## ELLEN McCORMICK

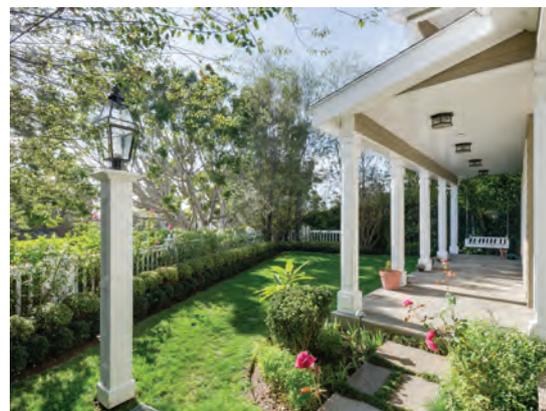
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## Tishbi Jewelry Moves across Via

By SUE PASCOE  
Editor

Flash Jewelry store has a new name, David Tishbi Jewelry, and a new storefront location at 859 Via de la Paz.

Owner David Tishbi, who had opened Flash in the Atrium Building on Via in 2014, moved across the street last month in the space formerly occupied by Shoal Eyewear. He will hold an open house from 1 to 4 p.m. on May 27-28. Residents are invited to stop by.

"Our happy customers, which have referred us to their friends, are the main reason for the growth and expansion," said Tishbi, who has lived in the Palisades with his family since 2010. "I feel extremely fortunate to be part of this amazing community and to be able to share my knowledge, expertise and resources; helping my neighbors and friends with their jewelry needs."

Tishbi, an award-winning jewelry designer, is best known for his mixed-metal organic pieces. His brand is celebrating its 18th anniversary. He also specializes in custom design. "Anything you can imagine, can be made," he said.

In addition to the David Tishbi brand, there's a hand-selected range of fine artisan-made jewelry. "You will find unique gift items at the best value," said Tishbi, who



David Tishbi has moved his jewelry store to a new location on Via de la Paz. Photo: Lesly Hall

also offers expert jewelry repair, ear piercing and cash for gold.

He pierces ears with a special instrument and said that the process is quick and less painful. Tishbi insists on gold studs and people can bring their own or purchase

from him. "Many people are allergic to different metals, such as nickel, and using those earrings can result in not being able to wear some earrings later."

Over the past two years, Tishbi has donated \$20 from each ear piercing to Palisades Elementary.

"It's a way to help Pali and promote what we do," he said, noting that he also arranges private jewelry events, with a percentage of money supporting a cause.

To date, more than \$1,000 has gone to PEP, the Palisades Elementary booster club.

"We love the interaction and the smiling faces when that first ear piercing happens," Tishbi said. "We are grateful for the people who share those moments with us."

He also donates to school auctions and other community fundraising events.

Tishbi has two sons, Rama, a graduate of Palisades High School and now at UC Berkeley, and Eros who attends PaliHi. His daughter Eden attends Palisades Elementary.

"My store is about jewelry, art and design," Tishbi said.

The jeweler, who was born in Iran and raised in Israel, moved to Los Angeles in 1998, after studying business in college. He lived in Encino, Studio City, Beverly Hills and Sherman Oaks before settling here. "You can't get any better than Pacific Palisades," he said. His wife, Holly Surya, is an interior designer/project manager.

## Still More Palisades Street Names

By MICHAEL EDLEN  
Special to the Palisades News

In 1990 Randy and Betty Lou Young published a limited edition book titled Street Names of Pacific Palisades & Other Tales. This short series of summaries of these names is based on that book.

Most of the area between Muskingum and Las Casas, north and south of Sunset, was roughly laid out in 1923.

At that time, there were four sections called Temescal Heights, Las Pulgas Estates, Western Heights and Western Subdivision. In harmony with neighboring tracts, street names generally were either Spanish in origin or referred to Christian colleges.

A small area, opened in 1953, was known as the Palisades Riviera, and included only three streets, now part of the Palisair tract.

**Akron:** Name of a city and university in Ohio.

**Alcima:** "To the Crest" in Spanish.

**Anoka:** A Minnesota town on the Mississippi River.

**Baylor:** A Baptist college in Texas, named for one of the authors of the state constitution.

**Bienvenida:** "Welcome" in Spanish—it should have been spelled Bienvenida.

**Castaic:** An Indian rancheria north of Newhall.

**Chalet:** This short street was laid out in 1955, named after a cabin or Swiss hut.

**Chattanooga:** Methodist institute in Tennessee.

**Las Canoas:** "The Canoes" in Spanish.

**Las Casas:** "The Houses" in Spanish. This was named for an early missionary to the New World who became as a defender of the Indians in 1514.

**Las Lomas:** "Small Hills" in Spanish.

**Las Pulgas:** "The Fleas" in Spanish. Las Pulgas extends along Bienvenida.

**Maroney:** Named for a construction company manager, Maroney originally led

to two large ranch-estates below Las Lomas.

**Marquette:** Named for an early missionary explorer along the Mississippi, and name of a university in Wisconsin.

**Oreo:** "Gentle Breeze" in Spanish.

**Orlon:** A synthetic fiber trademark.

**Palisair:** Probably emulating "Bel-Air," combining Palisades and Bel-Air.

**Palmera:** "Palm Tree" in Spanish.

**Pintoresca:** "Picturesque" in Spanish.

Michael Edlen has been ranked in the top one percent of all agents in the country with nearly \$2 billion in sales and more than 1,200 transactions. Call: (310) 230-7373 or email michael@michealedlen.com



## Hold 'Em Poker Event May 21

The third annual Rotary Texas Hold 'Em Poker Tournament will be held from 5 to 11 p.m. on Saturday, May 21, in Janes Hall at the Pacific Palisades Presbyterian Church. Proceeds will benefit the Palisades-Malibu YMCA and the Rotary Club of Pacific Palisades Foundation.

The prize pool will be more than \$5,000. The initial buy-in is \$200 (includes dinner and two drinks) and the maximum number of players is 100. The deadline is May 1, and tickets are selling fast.

Contact Pete Crosby at (310) 454-6387 or pcrosby@cgrmc.com; or Perry Akins at (310) 459-8551 or perry@perryakins.com.

## Scooter-a-Thon to Fund Research

A Scooter-a-Thon will be held on Saturday, May 21 from 9 to 11 a.m. at Palisades High School to raise money to fund research for Batten Disease. There will be face painting, a DJ, activity booths and In-N-Out Truck.

Three- and four-year-olds ride around the track at 9:30 to 9:45; five- and six-year-old ride at 10-10:15 a.m. and kids seven and older ride from 10:30 to 10:45 a.m. A prize drawing will take place at 11 a.m.

Palisadians Charlotte, 5, and Gwenyth Gray, 3, were diagnosed with Late Infantile-

NCL Batten Disease CLN6. Parents Gordon and Kristen Gray were told the rare disease progressively leaves a child blind, immobile and cognitively impaired; it eventually leads to death, usually between the ages of 6 and 12. The family is trying to raise between \$10 million and \$12 million to push research forward to find a possible treatment.

Register: curebatten.org/scooter or visit: curebatten.org or curebatten@givingback.org or vimeo.com/129076730.



The corner of Sunset and Temescal is one of the new proposed sites for a DWP pole-top distributing station.

# DWP Selects Two New Pole-Top Sites

Residents closest to the proposed pole-top distributing stations (an empty lot next to Marquez Elementary and a site on El Medio south of Sunset Boulevard), raised objections to those sites at a March 14 DWP meeting. Last week, Councilman Mike Bonin announced that alternate sites have been selected.

One pole-top station will be installed above the high school baseball field at Sunset and Temescal, a busy intersection and the expected future haul route for Caruso Affiliated's Village project.

The second pole will be planted at the former Bernheimer Gardens site—Sunset Boulevard near western Marquez Avenue.

At the Pacific Palisades Community Council meeting last Thursday, Area 6 Representative Stuart Muller said, "There are people living across from the site [at Sunset and Temescal] and it's on a scenic highway by beautiful Temescal Gateway Park. This new site was chosen because someone said, 'Let's just put it where no one is organized enough to object to it.'"

In January, the DWP announced it would construct two 65 ft. pole-top distributing (PTD) stations in the Marquez area because the current infrastructure cannot support increased energy demand in Pacific Palisades.

Residents were told by DWP that the poles were needed because of the frequency of outages in this area caused by three overloaded circuits. The poles will serve as "extension cords" until a new substation could be built.

Construction on the PTD stations was originally scheduled for March, in order to be finished by the summer when electricity demands are higher.

According to a May 6 DWP press release, "LADWP will move forward with constructing the pole-top distributing stations, finalizing the electrical design and obtaining all necessary permits, in an effort to begin installation in June."

The alternative locations (the empty DWP-owned lot on Marquez and the lot at Sunset at El Medio) will continue to be backup options in the event that the preferred locations are for some reason rendered infeasible.

—SUE PASCOE

## Marquez Annual Food Truck Festival

Marquez Elementary School will hold its 8th annual Food Truck Festival from 4 to 7 p.m. on Sunday, May 22, in the Marquez Elementary lower yard. There will be live music and kids activities.

Put the pots and pans away that evening, and choose your meal from Baby's Burgers, Joe's Pizza, Cousins Maine Lobster or Meet

the Greek. While watching performances by Fancy Feet and Cheer Mania, enjoy dessert from Martin's Ice Cream Truck.

A percentage of the proceeds will help support the local public school. Go to Facebook: [marquezfoodtruckfestival](http://marquezfoodtruckfestival) or email [marquezfoodtruckfestival@yahoo.com](mailto:marquezfoodtruckfestival@yahoo.com).

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# Red Carpet Walk for Revere Students

By SUE PASCOE  
Editor

A future generation of filmmakers showed they were up to the task when their films were premiered at Paul Revere Middle School's second annual Student Film Festival on April 27.

"The films demonstrated amazing creativity and talent," said festival organizer Lisa Robbins. "There was a great turnout and it was a wonderful time. The show was made possible by the hard work of our contributing student filmmakers, our team of dedicated organizers, and our very generous contributors."

More than 30 films were judged in six categories: animation, live-action short, music video, documentary, commercial and public service announcement.

Filmmakers posed for photographers on the red carpet, picked up popcorn and entered a packed auditorium before learning which films had been chosen best in each category.

Taking first in animation (featuring computer animation, Claymation, Lego and hand drawing) with *Billy Stickman* was the team of Jonathon Lehman and Hana and Maya Romanik. Second place went to Gabe Groenwold for *A Little Force*.

In the live-action short film, capturing



Winners in the commercial category were (back row): (Left) Tessa Smigla and Rose Morris and (front) Zoey Morris.

Photo: Manny Arenas

first for *Paranormal Activity* were Zoe Emilsson, Kerry Cooper, Chelsea Trotti and Bella Dixon.

Best in music video went to the film *Be Cool, Carpool* by Arya Naeim, Cary and Jake Ross, Ellie Torsion, Chloe Ebrahimi and Jada Asgar.

The documentary award went to Jack Grazer, Lucas Schepps-Brown, McKenna

Thompson and Arlene Cruz for *Family Is Family*.

*Nike Basketball* was the winner in the commercial category and was written and filmed by Rose Morris and Tessa Smigla.

In the PSA category there was a tie between *L.A. River* by Grace Smith and *Ryan's World Conservation* by Ryan Ebrahimi.

This year only, filmmakers were asked to do a Paul Revere carpool PSA from 30 seconds to 90 seconds maximum in order to get the message out about traffic surrounding the school, bounded by Allenford and Sunset Boulevard. Palisadian seventh grader Tessa Smigla took first place and her video can be accessed on the *Palisades News* website (palisadesnews.com).

Bruce Jugan, who is involved with Sunset Corridor traffic improvement, a member of the Brentwood Homeowners Association and a member of the Revere transportation committee, was the judge for the Revere carpool PSA. Teachers John Dwight and Jon Hyman judged the other categories.

Others who made the event possible were Relativity School of Film, Media & Performing Arts, Garden Café, Bruce Jugan, Knotts Berry Farm, The Yogurt Shoppe, Pinocchio



Jack Grazer was one of four students whose film *Family is Family* won first in the documentary category. He served as director/editor/co-writer and cinematographer.

Photo: Manny Arenas

in Cucina, ArcLight Cinemas, iPic Entertainment, Sweet Rose Creamery, Robeks, Manny Arenas of CubrixPhotography.com, Jemma and David Brixton and the gang at Whitehouse Post, and PRIDE—the Paul Revere booster club.

## Counselor Training Jobs Offered at Recreation Center

This summer a new program will be offered at the Palisades Recreation Center. Teens 13 to 17 can apply for counselor leadership training for the park's summer camps. Teens can apply for some or all of the period from June 13 to August 12. The cost is \$40 per week, which covers field trips.

When they are not helping with the sum-

mer camps, the park staff will work with them on resume writing, conduct mock job/school interviews and offer leadership training. The program will also allow youth to work on their community-service hours required by most schools.

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## Robitaille: Making a Great Athlete

By SUE PASCOE  
Editor

When the name Luc Jean-Marie Robitaille is mentioned, L.A. Kings hockey fans have fond memories and start citing statistics. During his illustrious career (1986 to 2006), he set records that current and future players hope to break one day.

Robitaille, who now serves as president of business operations for the Kings, was an eight-time All-Star who entered the NHL Hall of Fame in 2009, and five years later joined the Hall of Fame selection committee.

In Pacific Palisades, there are numerous parents who pay for special coaching for their children and we wanted a professional's take. The *News* asked Robitaille, "Can parents help make their son or daughter a professional athlete?"

"My parents were always in the stands whether it was baseball, lacrosse or hockey," the native of Canada said, but added most importantly, "the kid has to want it."

Growing up in Montreal, Robitaille played three sports until he was about 15. He continues to emphasize the importance of playing more than one sport.

"It's the most important thing for kids to develop all of the muscles," he said, noting that's what happens naturally if youngsters plays different sports.

Robitaille cited lacrosse as a great sport for running and developing those muscles, while improving hand-eye coordination. He also played baseball, which helped improve his skills at striking the hockey puck, before dropping the sport at 16 to focus more time on hockey.

And then, Robitaille spoke about Tommy John surgery for elbow injuries in pitchers. "We're seeing that injury in young men in



Luc Robitaille threw out the opening pitch for Pacific Palisades Baseball Association.

Photo: Bart Bartholomew

their 20s because they've spent their whole childhood just using one set of muscles," he said, noting that this injury used to be associated with someone in their 30s.

"The problem is, if kids are good at a sport at 10 and start doing it exclusively, they practice as much as if they are a pro. They're not doing all the sports, they're not developing all the muscles," Robitaille said. "It's scary and sad."

At clinics, "hockey dads" will speak to Robitaille about their 8- or 9-year-olds and ask, "Does my kid have a shot?"

The highest scoring left winger in NHL history (668), asks the parent, "Is it hard to get your kid up for a 6 a.m. practice?"

If the dad says "Yes," then Robitaille simply suggests, "Just let him play and be happy."

It comes down to passion. When Robitaille was growing up, his dad used to be frustrated because he couldn't get Luc out of bed, couldn't wake him up for school.

"But anytime there was anything to do with hockey, I was up and ready to go," Robitaille said. "That's passion. Parents have to know it's okay if the kid just loves the sport."

Ultimately, "All professional players who make it, have a passion," he said. "There are players who are good, but will not last if it was their dad who was pushing."

He was asked about specialty coaches. "The kid has to want it," Robitaille said. "I would ask my dad to spend money to send

me to a power skating school to improve. It was my idea."

Robitaille, who set the Kings' all-time record for goals (551) in 2006, added: "It's not the dad who tells his kid he has to have a coach or attend a sports camp, because if the kid goes along with it, then it becomes

work and it's not his passion."

When Robitaille was selected by the Kings in the ninth round (171st overall) of the 1984 NHL Entry Draft, hockey experts were not surprised because they felt Robitaille had poor skating ability. Of course, he then went on to play 19 seasons in the NHL, 14 with the Kings and the remaining five with the Detroit Red Wings (where he won a Stanley Cup in 2002), New York Rangers and Pittsburgh Penguins.

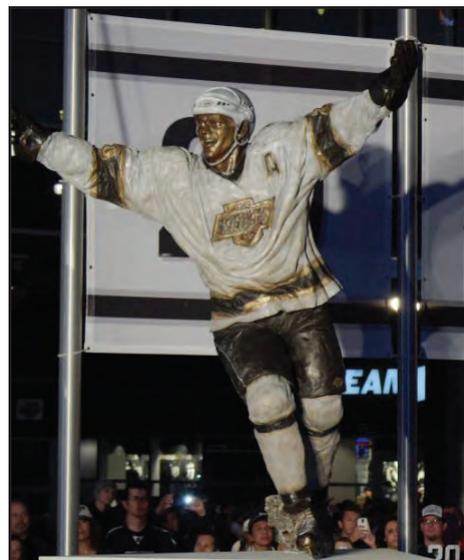
Regarding his critics, Robitaille said, "During my entire career there were those who said I wasn't a good skater. When I was younger, I asked my dad if he thought I wasn't a good skater, and he said 'Well, when the puck is loose, you sure seemed like you were there first.'"

Robitaille developed a philosophy about critics. "You have a choice: You agree with them or you show them they're wrong." Luc chose to prove them wrong.

Since Pacific Palisades is Kings' territory, the *News* wondered about the team's early exit from the playoffs. They had finished second behind the Anaheim Ducks in the Pacific division with a season record of 48-28. But they lost in five games to the San Jose Sharks in the first round.

"We have a good core," Robitaille said. "We just didn't click this year. But that's the beauty of sports, there's always next season. We'll reload [with free agents] and win the Cup next year." The Kings were the Stanley Cup Champions in 2014.

Robitaille has two adult sons, who played hockey, baseball and golf as they grew up. "Today they like to play golf," he said.



A bronze statue of Luc Robitaille has been placed outside Staples Center at Star Plaza.

## Will Rogers 5/10K Race Registration Now Underway

Registration for the town's traditional Fourth of July Will Rogers 5/10K Run is now open.

Online preregistration is \$50 for the 5/10K and \$25 for the half-mile Kids' Fun Run. Online registration deadline is June 29, mail-in deadline is June 25.

For those who register by those deadlines, packet pickup is at Bentons The Sport Shop on July 2 and 3 from 10:30 a.m. to 3 p.m.

Online late registration is Sunday, July 3 by midnight and the cost is \$60 for 5/10K and \$30 for the kids' run. Packet pickup is day of race.

Day of race registration is from 6:30 to 8 a.m. at the Palisades Recreation Center. Cost is \$60 for 5/10K and \$30 for the kids' run.

Honorary Mayor Kevin Nealon will be the race starter and Palisades Indy Driver

Townsend Bell will drive the pace car.

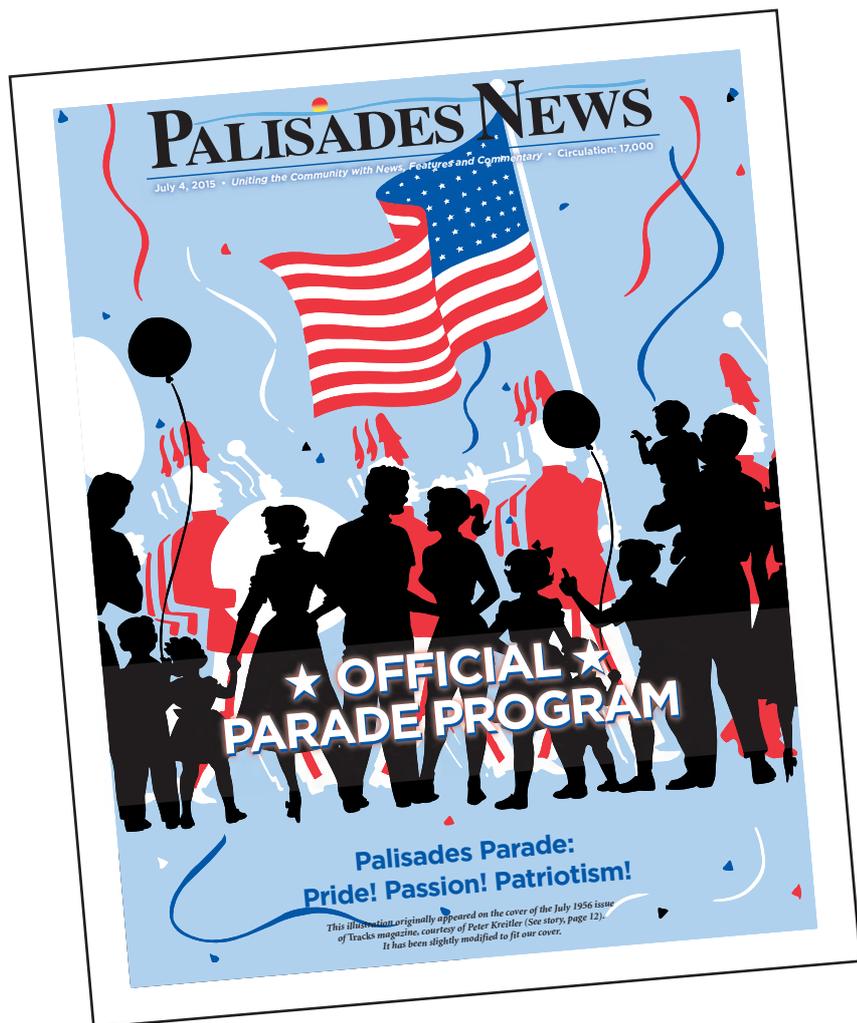
Auditions will soon be held to determine who will sing the National Anthem.

Visit: [palisades10K.com](http://palisades10K.com) or email [admin@palisades10K.com](mailto:admin@palisades10K.com).

## Advertising Banners Available for Race

There are still a limited number of banners available for local businesses or groups that would like to advertise, while supporting the Will Rogers Run. The banners are hung on the scaffolding that supports the start and finish line banners and are seen by more than 3,000 people. The cost is \$500 and those interested can contact Jimmy Klein at [JRK461@gmail.com](mailto:JRK461@gmail.com).

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F45 co-owner Mark Hewlett works with a client.

Photo: Lesly Hall

## F45 Opens in Highlands

By LAUREL BUSBY  
Staff Writer

A new gym that combines personal training and high-energy group classes has opened in the Palisades Highlands.

F45 Training, a company that began in Australia, offers 45-minute classes with two personal trainers who provide encouragement and help participants achieve the correct form in a full-body workout. The classes are different every day and may use bikes, rowers, medicine balls, jumps and weights, with rotating exercises displayed on televisions for guidance, so that no workout is the same.

F45 provides “motivation, inspiration and variety—all those things,” said Mark Hewlett, a trainer and partner in the new location at 532 Palisades Dr. “You’re doing something that’s effective and you don’t have to think to get the maximum benefit in the smallest amount of time.”

Hewlett, a Zimbabwe native and grand champion on the reality show *Fear Factor*, partnered with two Westside natives, Larry Block and his childhood friend, Rick Sasner, who met in kindergarten at Mar Vista Elementary and co-founded the Highlands’ F45 location.

The venture is also joined by partners/trainers Scott Kinworthy, a former Blue Man Group performer, and Ryan Mueller, formerly of Cirque du Soleil, who also operate an F45 Training in Las Vegas with Hewlett.

Athlete Lauren Schwab, a FX reality show veteran of *Opposing Worlds*, a show that featured her living in a cave for 56 days, also joined the venture in both the Palisades and their location in Venice, which opened in February.

Block said that F45 now has more than 400 locations worldwide and is the “fastest growing fitness concept in the world. We’re one of the most innovative concepts out there.”

F45 runs as a membership, and members can attend as many classes as they like. On Mondays, Wednesdays and Fridays, the ex-

ercises focus on cardio, while Tuesdays and Thursdays are geared to weights and strength training. On Saturdays, F45 has a one-hour program that blends both strength and cardio. People of all abilities and ages are welcome, and Hewlett said the ages at his locations have ranged from 14 to 77 years old.

Hewlett, 40, became involved in F45 around 2012 when a friend who had just returned from Australia raved to him about the F45 gyms. A lifelong athlete, Hewlett flew to Australia to check out the gyms and experience the workout himself. F45 impressed him in several ways. First, because he has Type 1 diabetes, the type of diabetes that is caused by an autoimmune disorder, Hewlett was intrigued by how his blood sugar reacted to the workout even more strongly than a typical workout, which generally has a positive afterburn effect.

“I had to reduce some of my insulin,” Hewlett said. Although he was already physically fit, he found himself also surprised at the effect on his muscles when he woke up the next day. “I’ve never been so sore in my life . . . I’m feeling muscles I had started to forget I had.”

He became an immediate proponent of the system and set out to open the Las Vegas location. Hewlett has since moved to California to work in the new locations, and he is happy to be back. He had lived in Pacific Palisades about 18 years ago soon after he first moved to California. Coming to work in the Palisades feels like coming full circle.

Block and Sasner are Westside regulars, graduating from Venice High School together in 1984, before Sasner moved on to UC Berkeley and then Harvard for an MBA. He began investing in real estate and owns a 24 Hour Fitness in Northern California, while Block earned a business marketing degree from CSU Northridge and later opened the first Menchie’s Frozen Yogurt franchise, one of four he now owns.

Block is confident that the new gym will be popular with Palisadians. “They’re going to love us so much,” he said. “There’s nothing else like us in the marketplace.”

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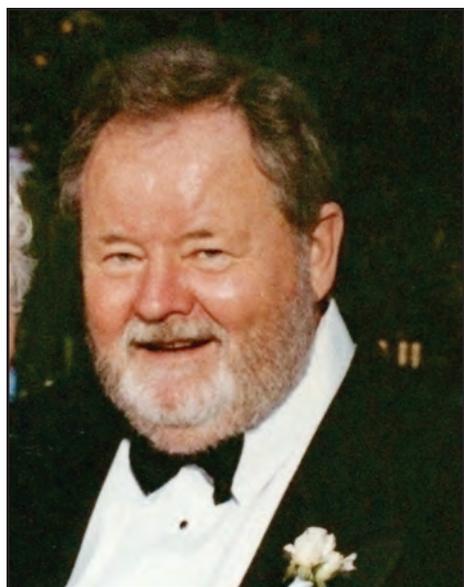
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## PASSINGS

# John C. Gundershaug, 77; An Active Palisadian

Beloved husband, father, grandfather, brother and uncle, John Chesley Gundershaug, 77, passed away peacefully at his home in Pacific Palisades on April 30.

Born in Vallejo, California, on February 6, 1939, John grew up in Lodi with five siblings in a tight-knit, Norwegian family. He attended San Jose State, served in the Marine Corps Reserves, and enjoyed a success-



John C. Gundershaug

ful career in human resources and labor relations, tackling assignments in locations as varied as Portland, Maine, and Farmington, New Mexico.

John and wife Toni met in San Francisco in 1968 and married a year later. Toni called him her "rock" and said that he was a kind and loving partner.

Together they raised two wonderful children and also played an integral role in the lives of the entire extended family. He was known by all in the family as a quietly generous and kind spirit.

John was a 42-year resident, a committed member of the community and a member of the Rotary Club. He was active in Boy Scouts for much of his life and served as an assistant scoutmaster in Troop 223. He served in many capacities at his parish, St. Matthew's.

From skiing in Mammoth and hiking the Sierras to weekends at the beach, John loved the wilderness and beauty of California. He imbued that rugged spirit in his children and family friends on countless ski trips, backpacking treks, and road adventures. He and Toni also traveled abroad, and looked forward to visits with grandchildren in Colorado and northern California.

John is lovingly remembered by his wife,

Toni Gundershaug; daughter Andrea Humphrey; son Erik Gundershaug; daughter-in-law Chenoa Gundershaug; son-in-law Kevin Humphrey; grandchildren Emmett and Kai Gundershaug and Kate and Lachlan Humphrey; sisters Frances Steele and Patsy Lithco; brother Tom Gundershaug and sister-in-law Adelle Carlson. He was pre-

ceded in death by his parents Norval and Betty Gundershaug, and two sisters, Louise Pena and Mary Anne Hawley-Norris.

Donations may be made to The Alzheimer's Foundation of America, 322 Eighth Ave., New York, NY 10001; or, St. Matthew's Outreach Ministries Fund, 1031 Bienvenida Ave., Pacific Palisades 90272

# Donald Alan May, Longtime Resident, Business Owner

Donald Alan May, business owner and longtime resident of Pacific Palisades, passed away at St. John's Hospital in Santa Monica, on April 30, after a heroic five-month battle with cancer. He was 49 years old.

He spent his early years in Lake Geneva, Wisconsin, and moved to Santa Monica with his mother and sister when he was 11. Four years later the family moved to the Palisades, and Donald attended Palisades High School.

He went to Santa Monica College, where he studied journalism and broadcast journalism and wrote for the college newspaper.

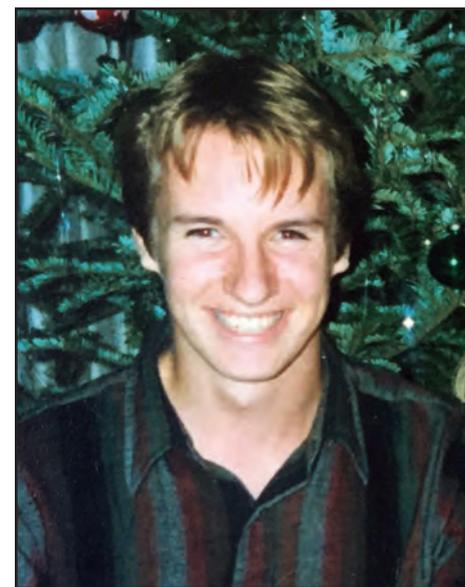
Don was a talented writer, but his extraordinary voice brought him to radio where he became an on-air personality at KSRF, later MARS-FM in Santa Monica. He remained there for several years until the station was sold.

Don loved being a DJ, but also enjoyed audio production, so he opened his own studio, Signal Core Productions, in the Palisades in 1996, specializing in voiceover production. He also started Moonlight L.A., where he continued to DJ private events. For the next 20 years, he was a fun presence at parties, weddings and local venues such as the Oak Room on Swarthmore.

He enjoyed his work, traveling, skiing, kickboxing, his friends and family, but especially loved sailing, which he learned four years ago at the Del Rey Yacht Club, where he made many friends.

Don took to sailing like a duck to water and was a quick study. He was a welcome crew member and sailed up the coast to the Channel Islands and to Mexico. Don was also a regular on the racing circuit, sailing mostly 35- to 40-ft. boats. He was in the process of becoming certified for larger boats when he became ill.

Don was a valued crew member by all he sailed with, always eager, helpful, encourag-



Donald Alan May

ing and tireless in his enthusiasm to learn and become a better sailor. His dream was to own his own boat and sail to remote islands in the Pacific, and he was well on his way to realizing that dream when his illness intervened.

He is survived by his mother Sheila May; sister Shannon May; grandmother Lilith Palo; aunt Norma Flierman; uncles Jeff (Eda) and Eric Palo; cousins Mark Flierman, Chad (Stacie), Ricky and Christina Palo and countless friends. He was preceded by his father, Greg May.

Don will be remembered for his kindness, gracious demeanor, his willingness to help others and most of all for his quick wit and good humor, which he retained until the very end, even during his illness.

A memorial service will be held at the Del Rey Yacht Club in Marina del Rey on Saturday, May 21 at noon, with a light luncheon to follow. At Don's request he will be cremated and his ashes rendered to the sea, where he will sail forever on the ocean he loved so much.

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## PASSINGS

### Mark Thomas Rifenbark, 54; National Paddle Tennis Champ

Mark Thomas Rifenbark (also known as "Rifey" to his close friends) died on April 2 in Santa Monica.



Mark Thomas Rifenbark

He was born January 4, 1962, the son of Richard King Rifenbark and Gina Rifenbark. He was the *Palisadian-Post's* First Baby of the Year.

Mark was named after his grandfather, Reverend Mark Rifenbark. He was raised in Pacific Palisades and attended St. Matthew's Parish School. He played tennis in both high school and college, graduating from Palisades High School and attending both UCLA and San Diego State.

As a member of the Bel Air Bay Club, Mark spent endless hours practicing paddle tennis in his youth and winning countless tournaments. He was one of the very few paddle tennis players to win the National Open singles, doubles and mixed-doubles titles. He always added fun, flair and spectacular shot-making to his matches. He became a legend at the Club not only for his paddle tennis prowess, but also his teaching abilities.

He taught countless members and their children the joy of the game.

Mark also loved to boogie board and body surf, and was an avid Grateful Dead fan. He will be greatly missed by all.

He is survived by his brothers, Richard King Rifenbark, Jr., and Neil Petree Rifenbark; his sister Martha Hindin; seven nieces and nephews and three great-nieces and great-nephews. A celebration of his life was held at the Bel-Air Bay Club on April 27.

### PCH Crosswalk Construction Set

Residents who live in the Palisades Bowl mobile home park reside mere yards from the ocean, but accessing the beach is a problem because of Pacific Coast Highway.

A resident can dart across five lanes of traffic in the current crosswalk, but cars generally don't stop. Or a resident must walk a quarter of mile along the shoulder of PCH to the traffic signal at Temescal.

A pedestrian hybrid beacon (PHB) will be installed at the roadway entrance of the Bowl. Construction will start later this month, according to Caltrans representative Joseph Kibe.

After the signal is installed, cars driving down PCH will be required to yield to residents in the crosswalk. The beacon will operate only when activated.

### Actor William Schallert, 93

William Schallert, a veteran character actor best known for portraying Patty Duke's father on *The Patty Duke Show*, died on May 8 at his home in the Huntington Palisades. He was 93.

He was born in Los Angeles on July 6, 1922. His father was *Los Angeles Times* film and drama editor Edwin Schallert and his mother publicist Elaz Schallert.

Schallert attended UCLA with the idea of becoming a composer, but instead became active in theater. In 1946, he and actor Sydney Chaplin founded the Hollywood Circle Theater, where he appeared in a production of W. Somerset Maugham's *Rain*, directed by Charlie Chaplin.

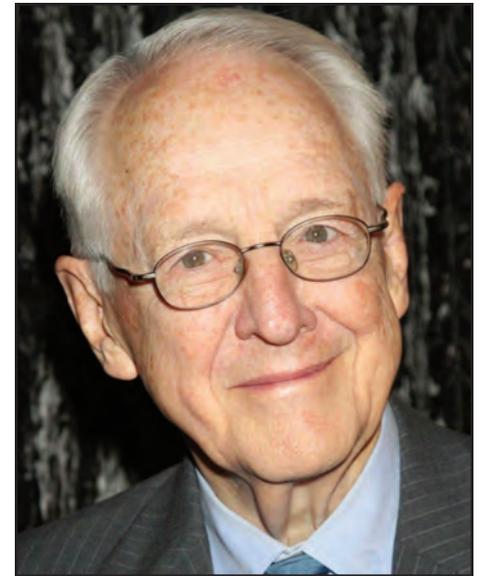
He married Rosemarie Diann Waggner (aka actress Leah Waggner) on February 26, 1949. The couple had four sons: William (1949), Edwin (1952), Mark (1954), and Brendan (1961).

Schallert and family moved to Britain in 1952, because he had a Fulbright Fellowship to study British Repertory Theater. He was a guest lecturer at Oxford.

The long-time Pacific Palisades resident was president of the Screen Actors Guild from 1979 to 1981.

His career spanned seven decades, and he won an Obie award for playing the judge in *The Trial of the Catonsville Nine*.

*Star Trek* fans fell in love with Schallert in 1967 when he played Nilz Baris, the undersecretary in charge of agricultural affairs



William Schallert

for the United Federation of Planets. The episode "The Trouble With Tribbles" is often cited by fans and critics as one of the best episodes of the original *Star Trek* series.

His television credits included appearances on *Zorro*, *Leave it to Beaver*, *Father Knows Best*, *Maverick*, *Philip Marlowe*, *Wagon Train*, *The Twilight Zone*, *The Untouchable*, *The Rifleman*, *The Andy Griffith Show*, *Surfside 6*, *Bonanza*, *Perry Mason*, *The Dick Van Dyke Show*, *The Lucy Show* and *Mission: Impossible*.

Most recently Schallert appeared in a 2014 episode of the sitcom *2 Broke Girls*.

He is predeceased by his wife and survived by his sons and seven grandchildren.

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# Volpicelli Organizes Health Fair

By SUE PASCOE  
Editor

Ellie Volpicelli has co-founded a USC student-run organization, Family A-Fair, which offers comprehensive health services and education resources to the underserved.

The Pacific Palisades resident organized

## Funds Needed for Town's Village Green

The Village Green Board has been fundraising to cover expenses incurred thus far this year, including repairing the sidewalk and redoing a portion of the brick walkway.

"We are also trimming three tipu trees, five pear trees and the pine tree," said member Marge Gold. "To date, we have raised \$10,000, but still need an additional \$4,700 to cover the cost of these improvements to keep this park in shape."

The Village Green is privately owned, receives no city money and has no source of income other than donations, which are tax deductible. The board depends on residents and organizations in the community for support.

Donations may be mailed to The Village Green, P.O. Box 14, Pacific Palisades, CA 90272.

the group's first Community Health Fair, which was held on April 24 at the St. Raphael School, four miles south of USC's University Park campus.

"The goal of the health fair was to spread health awareness and to connect community members to nonprofits and community organizations which are health-related," said Volpicelli, a premed student. She is currently in a post-baccalaureate program that allows students to take extra science courses to prepare for the MCAT, the test needed for entrance into medical school.

Volpicelli, who attended Corpus Christi and Marymount, said that the health fair reached about 500 people.

"Ninety percent of St. Raphael's student population is at or below the poverty line, which is why this fair was so important," Volpicelli said. "We reached out to people who are uninsured, underinsured or don't have access to adequate care."

The event included free health screenings for blood pressure, blood glucose, body-mass index, vision exams, dental exams and health-care enrollment options.

The need for fitness and wellness education were emphasized through exercise classes, mental health services and cooking and nutrition classes.

Free activities included face painting and helping students conduct science experiments. Attendees were given free haircuts

and reading glasses.

St. Raphael High School Principal Barbara Curtis said, "Events like these raise awareness and they're great for parents and kids."

Co-founder David Velasquez, a junior studying human biology, says that the name of the organization, Family A-Fair, was created to emphasize the family connection.

Another co-founder, Jackie Schwerdt, who is also a post-baccalaureate pre-med student, organized the funding for this fair, which was obtained outside of the University, through sources such as Whole Foods and St. Raphael School. The group hopes to get internal USC funding for the next fair, which they are already planning for this fall.

Volpicelli is the daughter of Dr. Louis and Melisa Volpicelli. She has a sister, Lexi, who completed her sophomore year at NYU.



Ellie Volpicelli and a St. Raphael parish member.

## Raising Money for Bikes

Village School sixth grader Sara Konkoly is asking for Pacific Palisades residents' help in raising money for bicycles for kids/adults in Africa. She is a member of The Children for Community Service Team and has organized a fundraiser that will be held at 8:30 a.m. on Sunday, May 22, in the Will Rogers State Beach parking lot.

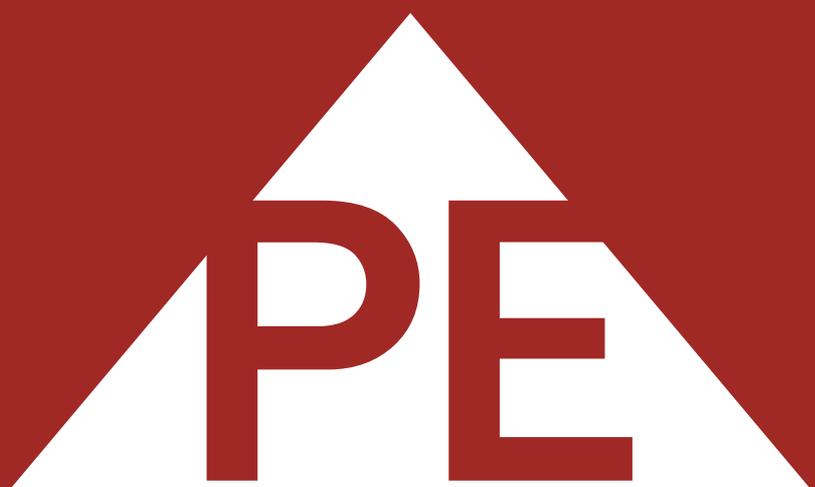
"We are trying to provide specially-designed, locally-assembled bicycles to students and healthcare workers in rural Africa," Konkoly said. "Each student in our group is trying to raise money to purchase one bike (\$147)."

The bikes will be used by students who now walk miles to attend school and by families who would use them to gather food and water for villages.

"We would like to invite everyone to join us on the bike ride and/or to donate," Konkoly said. Visit: [fundraise.worldbicyclerelief.org/village-school](http://fundraise.worldbicyclerelief.org/village-school).

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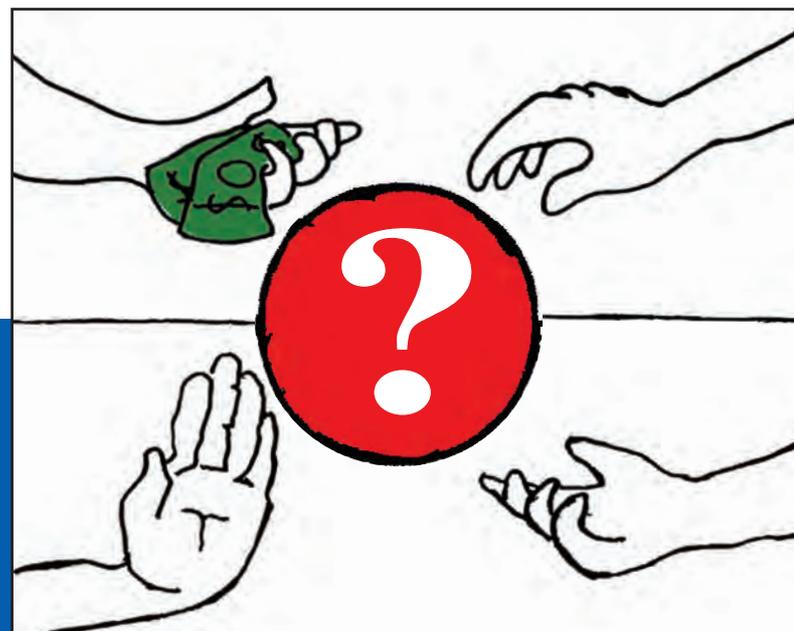
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## Take Me Out to the Ball Game

By LIBBY MOTIKA  
Palisades News Contributor

For some people, baseball is a bewildering mass of facts, rules and statistics, but for far more Americans the game is a hallowed tradition, a rite of passage.

“Only the people who think baseball is dull are dull,” said Hall of Fame sportswriter Shirley Povich, whose colorful commentary in the *Washington Post* for over 30 years challenged anybody to find baseball boring.

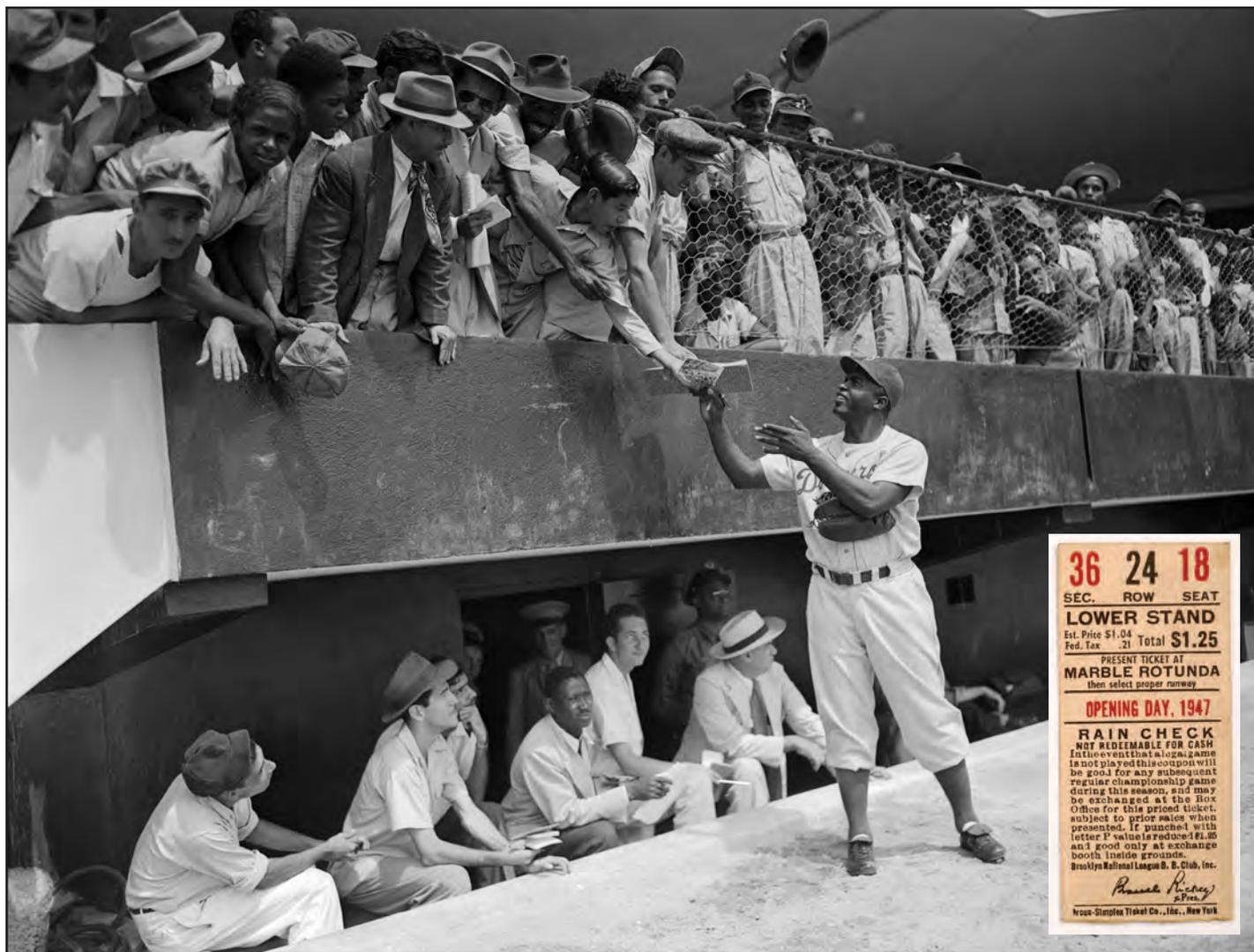
When Don Larsen pitched his perfect game in the 1956 World Series, Povich wrote: “The million-to-one shot came in. Hell froze over. A month of Sundays hit the calendar. Don Larsen pitched a no-hit no-run no-man-reach first base in a World Series.”

Baseball, whether played on a dirt lot or in a domed stadium, still holds a multi-generation, spring-to-autumn grip on this country, despite inroads by football and basketball.

Currently, 150 years after one of the first professional players, Lipman Pike, rose to prominence playing for the Philadelphia Athletics, the Skirball Cultural Center is featuring an exhibition, “Chasing Dreams: Baseball and Becoming American,” that focuses on the game and its place in American social and cultural history.

“Football may be more of an obsession in America, but even today when it comes to the World Series, the world is focused on baseball,” said Skirball Museum Director Robert Kirschner in his introduction to the exhibition, on view through August.

“Chasing Dreams” follows a loose chronicle of the history of baseball, while in a companion exhibition, “The Unauthorized History of Baseball in 100-Odd Paintings,” artist Ben Sakoguchi’s colorful and provocative paintings focus on the intersection of



Jackie Robinson signing autographs on the first day of spring training with the Brooklyn Dodgers, March 6, 1948. Photo donated by Corbis (Inset) Ticket to opening day at Ebbets Field, April 15, 1947. Loan courtesy of Stephen Wong

sport, identity, race and ethnicity.

Baseball has always served as the lingua franca for many different immigrant groups as they have strived to assimilate and become American. While the exhibition does

touch on the Chinese and Hispanic embrace of the sport, the Skirball emphasizes the Jewish experience.

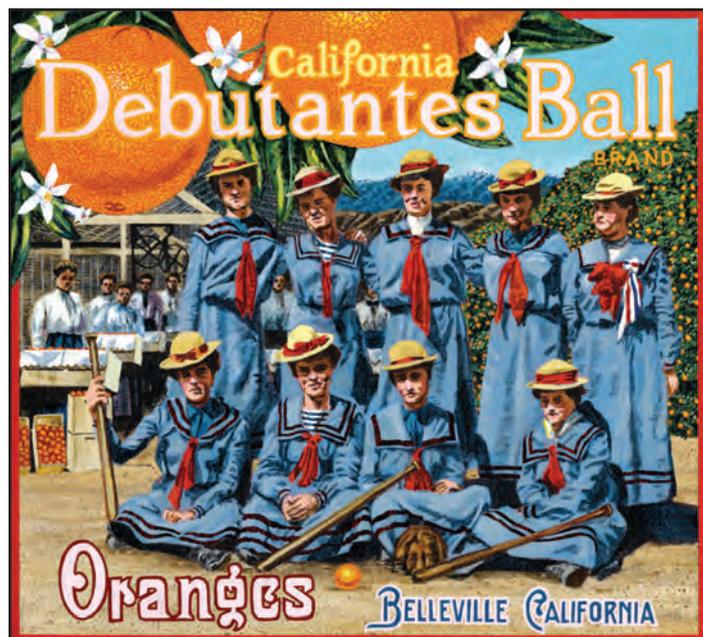
“From the field to the front office, Jews have been vital to America’s game,” says

Skirball Chief Curator Erin Clancey.

By the 1920s, Jews comprised one-third of the population of New York. There was a big push to attract them to the ballpark through not only advertising, but also by players like Andy Cohen, a second baseman for the New York Giants in the late ‘20s. Unlike five other Cohens who preceded him and Anglicized their last names, Andy retained his name despite pressure to change it. “Being a Jew made me stand out,” he said.

Another exemplary player, Hank Greenberg, a superstar for the Detroit Tigers in the 1930s and ‘40s, was the first Jewish major league Hall of Famer, who honored his heritage by refusing to play on Yom Kippur in a decisive late-season game in 1934. While there is no shortage of remarkable players renowned for their skill, there are others whose integrity, and bravery, changed the culture of the game forever.

Greenberg endured battering anti-Semitism, and Jackie Robinson, the first African American to play in the major leagues in the modern era, suffered racist vitriol from teammates and the public alike. Joe DiMaggio’s parents were among the thousands of Ger-



Ben Sakoguchi, Debutantes Ball Brand, 2005. Acrylic on canvas.



Ben Sakoguchi, Gamblin' Rose Brand, 2008. Acrylic on canvas.



Hank Greenberg and Joe DiMaggio.

Photo donated by Corbis

man, Japanese and Italian immigrants classified as “enemy aliens” by the government after Pearl Harbor was bombed by Japan.

Roberto Clemente (Puerto Rico), Fernando Valenzuela (Mexico) and Ichiro Suzuki (Japan) opened the game to talent beyond the frontiers of race and nationality.

The exhibition, organized by the National Museum of American Jewish History in Philadelphia, includes photographs, memorabilia, video clips and even a simulation game in which visitors can “field” balls in the outfield.

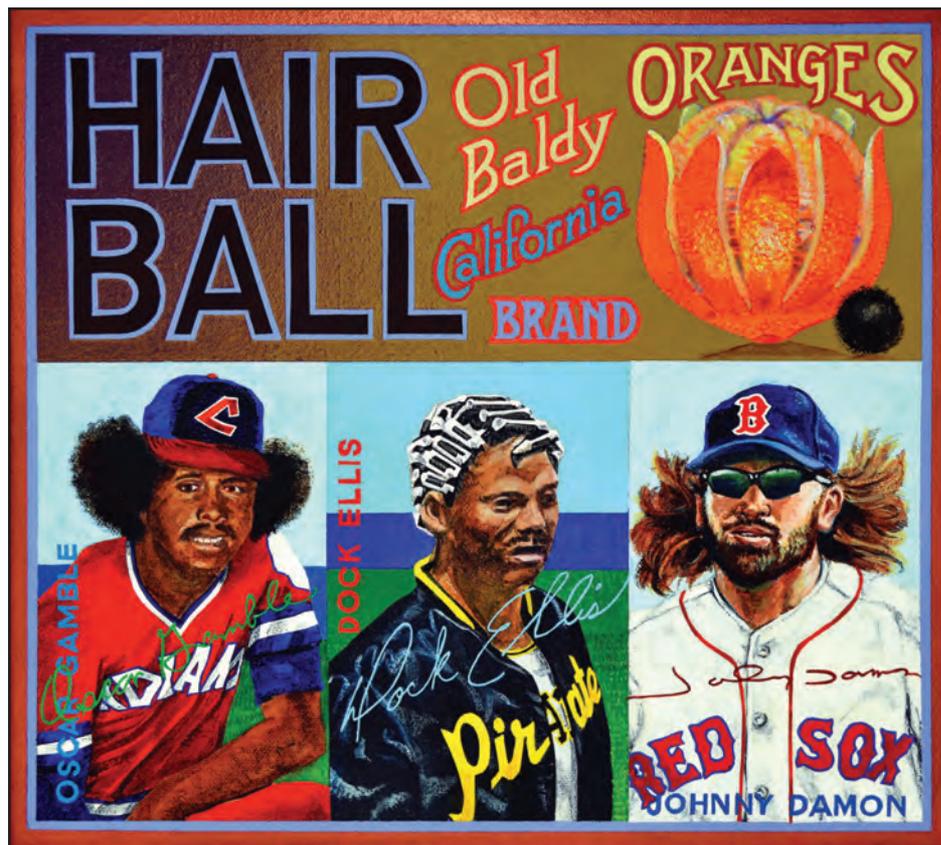
The Skirball augments the exhibition by highlighting local heroes, including former L.A. Dodger Sandy Koufax, the first major leaguer to pitch four no-hitters and whose decision not to pitch Game 1 of the 1965 World Series because it fell on Yom Kippur demonstrated the importance of personal beliefs.

“For an American Jew to give his Jewish identity such prominence was a significant moment in the 1960s, when the Jewish com-

munity was still not entirely unselfconscious about its place in society,” Kirschner said. “Now we have Jews everywhere, in positions of leadership; it’s no longer unusual. Back then, Sandy Koufax was very conscious of what he represented to so many people.”

The exhibition also explores women in baseball and our notions about what a woman should look like and do. Girls who were selected for the All-American Professional Girls Team, 1943-54, were chosen as much for their looks as for their athletic prowess. They wore shorter uniforms and were given a charm-school guide, which encouraged them to wear red lipstick before they hit the field, curl their hair and refrain from smoking.

“Chasing Dreams” looks at baseball as a reflection of the best and worst in American society: the astonishing number of superb athletes, the magic of the game to build community and loyalty—but it does not ignore the ugliness of racism and hatred.



Ben Sakoguchi, Hair Ball Brand, 2008. Acrylic on canvas.

Ben Sakoguchi takes this dichotomy head on. He is interested in telling a people’s history of baseball beyond the statistically interesting moments. He wants to tell the story behind the story, the people behind the baseball.

Sakoguchi is the son of an immigrant Japanese grocer who along with 100,000 Japanese Americans was incarcerated during World War II. His father believed in the American Dream and loved baseball.

For his canvases, Sakoguchi copies the style of vintage orange crate labels, a format familiar to him from having worked in his father’s store. Each piece displays a brand, an orange and a town. “These are not real orange crates, they’re all imagined, but really embody the orange crate imagination,” says Skirball Curator Clancey. “Some of the towns are long gone, but they were all towns at one point.”

*Los Tomboys Brand* features women playing baseball, often as co-owners and as players. *Los Chorizeros* (the sausage makers) was one of Southern California’s best Mexican American baseball teams.

In the section on Segregation-Desegregation, Sakoguchi shows people who rep-

resent the push for equality in baseball and people who represent the worst.

*Black Bucks Brand* features Dock Ellis, an outspoken pitcher who advocated for the rights of players and African Americans, celebrating the moment when the Pittsburgh Pirates fielded an all-African American baseball team.

*Gamblin’ Rose Brand* depicts Baseball Commissioner Bart Giamatti as an umpire watching Pete Rose sliding around the field in clubs and spades. Giamatti negotiated the agreement terminating the Pete Rose betting scandal by permitting the outfielder/manager to voluntarily withdraw from the sport to avoid further punishment.

*Busted Brand* shows rightfielder Sammy Sosa at bat, with a reference to his steroid use in the lower left-hand corner that reads: “Full O Juice.”

Sakoguchi’s body of work and “Chasing Dreams” explore America’s pastime and reflect both the highs and lows of American culture.

The exhibitions continue through September 4. Contact: (310) 440-4500 or skirball.org.

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# Instant Recall—Memory Class Held

By DEBBIE ALEXANDER  
Staff Writer

As an adult struggling with attention deficit disorder, I'm memory challenged. I often ask my family members questions and moments later, repeat them, driving them crazy.

I watched the movie *Still Alice*, for which Julianne Moore won an Academy Award portraying Alice, a linguistics professor about my age who suffers from early-onset Alzheimer's disease.

And, I keep noticing TV ads for Prevagen, an herbal supplement that allegedly boosts memory. Online games and apps like Luminosity and Trivia Crack make similar claims.

So many options, but what could really work? God knows at 53, I refuse to fall down Alice's memory hole, or become like my great-grandma Lillie, who suffered from Alzheimer's.

Then I spotted a small article about a free UCLA Memory Class being held at the Palisades Woman's Club for four weeks, on Mondays from noon to 2 p.m. I decided to go because my mom took a similar class. Also, my husband Scott, out of desperation ages ago, gave me a copy of UCLA memory guru Dr. Gary Small's book *The Memory Prescription*.

Small heads UCLA's Longevity Center as professor of psychiatry, and his research created techniques used in the class.

At the initial meeting, I joined nearly 40 others, most much older than I. By the end of the course there were about 25 regulars.

The teacher, Monica Dunahee, brings classes to the community through a grant from Jewish Family Services, and the Woman's Club donates the space.

Dunahee said memory is a broad topic because it can be sensory, short-term and long-term. She stressed the importance of getting information past the first two and into the long-term area because that is where stuff sticks.

Therefore, paying attention is a key component of successful long-term memory-building skills. No wonder I struggle!

Dunahee said, "Ninety percent of mem-



A memory class was held at the Woman's Club with Monica Dunahee. Photo: Debbie Alexander

ory problems are just learning issues. It's impossible to remember what you have not learned."

She asked us to "associate" each other's names with something, so we could remember. She joked that often she tosses out Monica Lewinsky as a way people could remember her name. Yet, she advised that personal connections can be even more powerful, so I mentally paired her with another Monica I know. For other students like Pete and Shirley, she suggested Peter Rabbit and Shirley Temple. Since I'm a Debbie—Debbie Reynolds.

The instructor kept building upon "associate." We applied this concept to a list of five first and last names, which included a Frank and a Wiener, so hotdogs got mentioned a lot.

Plus, using the concept of "associate" works in meeting new people. We brainstormed about how to remember Terry Tubbs from her picture. Dunahee told us to mentally note key features like her short spiky hair and glasses. Another hint was to repeat Terry's name back to her and use it again when saying goodbye. Asking for a business card also helps complete the connection.

Then, we learned the "Picture Method," where you put two or more mental images together to form a visual in your mind of what you need to remember. "You're in the shower, so you cannot write down that you

need to call the tree trimmer and get extra keys made," Dunahee said.

We came up with keys as the trunk of the tree. Our teacher egged us on—"The sillier the better," she suggested. "There's a reason why Geico has talking lizards selling car insurance. We remember those commercials because they're weird."

Dunahee reassured us that anyone regardless of age can struggle with recalling facts like names, places, movies and songs. She labeled this phenomenon as "tip of your tongue."

Rather than panic, which is the normal

response when "tip of your tongue" strikes, she instructed us to "RELAX—take a deep breath and close your eyes."

"As people age they tend to get upset and anxious," Dunahee said. "That stress is counterproductive."

I applied "tip of your tongue" recently when I could not tell Scott the name of the falafel place in Grand Central Market. I closed my eyes and saw an "m." Eureka! "Madcapra" popped into my head. A quick Google search confirmed I accessed the right info.

"Grouping" is another easy way to consolidate random information and retain it. Dunahee showed us how to break large lists down into smaller ones with a common theme. We quickly became experts at linking the items together: such as vegetables, tools or sports equipment.

She worked us up to the "Sentence Method," creating sentences that link unrelated items such as ordering checks, needing an oil change for the car and returning the neighbor's ladder. Here's a homerun example: "The checks slipped off the ladder from the oil."

From there, we moved to the "Story Method," where to-do lists turn into full-on narrative. For a camping trip, we needed to pack a flashlight, umbrella, bug repellent, travel toothbrush and hold the mail. My  
(Continued on Page 24)



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# Memory

(Continued from Page 24)

group invented this scenario: We're stopping the mail, while popping an umbrella to deflect the repellent and shining a flashlight on a toothbrush.

"There is no right answer," Dunahee said. "It's whatever works for you—silly or gross, though, really helps."

She warned us about the dangers of distraction, autopilot and multi-tasking, which often lead to "Did I?" questions. Common ones include "Is the toaster or iron on, or is the garage door closed?" Or forgetting why you walked into a room.

"Just take that extra moment to ask yourself, What am I doing right now? and remind yourself by saying it out loud," Dunahee said. "It may seem silly to say I'm turning off the coffeepot, but you'll remember that you did. Often we're still in sensory memory, so these thoughts come and go."

We discussed good memory habits, including checklists, alarms, pill organizers and Post-it notes. Also, keep items like cellphones, keys, purses, TV remotes and glasses in the same place.

Sometimes a quick visit to the doctor can solve memory problems, too. Dunahee reviewed eight treatable medical conditions that can mimic Alzheimer's. They include medications, dehydration, a urinary tract infection, diabetes, vitamin B-12 deficiency, thyroid problems and spinal fluid in the brain.

# Eisenstock to Discuss *Warrior*

Palisades writer Alan Eisenstock will discuss his latest nonfiction book, *Warrior: A Memoir*, at 6:30 p.m. on Thursday, May 19, in the Palisades Library community room, 861 Alma Real. The public is invited.

Co-authored by Eisenstock, *Warrior* is the story of Theresa Larson, a former Marine platoon commander in Iraq, previously an All-American softball player, a fitness model, and beauty pageant contestant. She also suffered from bulimia nervosa, sometimes throwing up eight times a day in Iraq while she led her platoon. Finally, realizing that she had to literally save her life, Theresa voluntarily evacuated herself from combat and fought her way to recovery. None of her commanding officers understood what she was going through; some had not even heard of the disease.

*Warrior* recounts the journey and struggles Larson went through to become a healthy woman. *Kirkus Reviews* calls the book "... honest, heartbreaking, poignant ... a courageous and inspiring memoir."

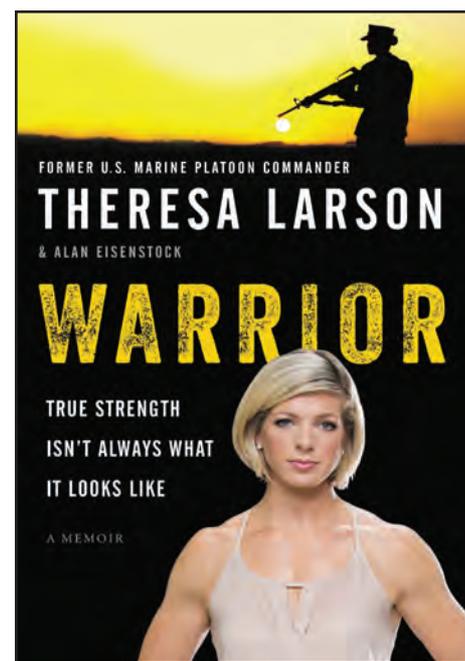
After graduating from Villanova, where she took part in ROTC, Larson joined the Marines and trained to be a leader of mostly male soldiers. Her exemplary fitness helps her excel physically, but the mental and emotional stress of preparing herself and her Marines is intense.

Sexism is part of Larson's military world,

and she combats it head on, letting the men she commands know that she will not tolerate derogatory treatment. However, when her platoon moves to Iraq, she enters a country that has even greater sexism. At one point, she switches her stripes with an officer beneath her, because the Iraqi officials won't negotiate with a woman.

"There are a lot of experiences she had in Iraq that will be really eye-opening—what it was like dealing with the Iraqi government people," Eisenstock said. "It was unbelievable."

Eisenstock's talk is sponsored by the Friends of the Library. *Warrior* is his 13th book and he is currently working on pro basketball great Elgin Baylor's autobiography.



## Free Program for Seniors on May 23

Palisades Alliance for Seniors, in conjunction with the Palisades Branch Library, will offer free programs to seniors on the second and fourth Monday morning of every month, from 10:30 a.m. to noon. The programs will feature a speaker or a facilitated discussion and will be held in the community room.

The next meeting will be held on May 23 and a USC researcher Elizabeth Hagood, a doctoral candidate at Davis School of Gerontology at USC and a member of that school's Healthy Aging Lab will speak about

"Happiness and Vitality in our Later Years."

The meeting on Monday, June 13, will feature a social worker from the Los Angeles County Adult Protective Services who will speak on "Elder Financial Victimization and Exploitation."

Palisades Alliance for Seniors is an inter-generational group helping seniors in Pacific Palisades to stay in their own homes and stay connected with their community. Earlier meetings discussed transportation options for seniors. Visit: palisadesalliance.org.

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# Munchkins Ousted from Culver Hotel

By BOB VICKREY  
Special to the Palisades News

In the last year, our monthly lunch club has visited several of the oldest Southern California hotels in an ongoing quest to dine in the area's most famous and historic restaurants.

One of the city's often-forgotten gems is the 92-year-old Culver Hotel in downtown Culver City. The six-story red-brick flatiron landmark was built by real estate developer and philanthropist Harry Culver in 1924, and was designed by the same architectural firm that drew the plans for the Roosevelt Hotel in Hollywood.

When the hotel opened, the nearby Culver Studios was a burgeoning center of the film industry, and it played host to movie stars like Buster Keaton, Clark Gable, Greta Garbo, Douglas Fairbanks, and Judy Garland. In fact, cast members of *Gone with the Wind* and *The Wizard of Oz* stayed at the Culver during filming of both 1939 pictures, including more than 100 of the actors portraying the famous "Oz Munchkins."

The old hotel fell sadly into disrepair in succeeding decades, but was restored to its former splendor in 2007—just about the same time that Culver City was becoming one of the hottest night spots on the Westside.



The Culver Hotel is a flatiron landmark built in 1924.

Photo: Barry Stein

When we arrived for our anticipated lunch, we found out the kitchen was closed that day for repairs. When we were told the bad news, our facial expressions must have resembled four disheartened boys (albeit, grey-haired boys) who had made the interminably long 19-minute trip from the Palisades, only to find out we had to choose

another lunch destination.

If one happens to have the misfortune of losing a lunch reservation, Culver City would certainly be the best place in Los Angeles to do so. We had already noticed the vibrant street life of the downtown area, which featured dozens of side-by-side restaurants packed with diners inside

and outside, where animated young studio-types enjoyed their meals under sidewalk canopies.

However, we weren't quite ready to leave the lobby of the Culver Hotel until we'd had a chance to explore all the nooks and crannies of this spectacular shrine to the city's past.

When you first enter the "Culver," you have suddenly stepped back in time, as the décor of the lobby and lounge areas reflect the same period as when Harry Culver first opened the doors during the "Roaring Twenties."

We wandered through the sitting areas and second-floor drawing rooms, whose walls were adorned with artwork, including classic George Hurrell black-and-white photos of movie stars of that earlier era. As we descended one staircase, there were two large Hurrell photos on an adjacent wall of a young Gary Cooper, as well as a seductive pose of Bette Davis.

After taking in all the sights of the grand hotel, we strolled along Culver Boulevard for several blocks and agreed that Akasha looked like our best bet for lunch. The busy restaurant offered a simple, but intriguing menu of sandwiches, salads, bowls, flat bread pizza, and other light fare.

Barry and I decided a martini was in  
(Continued on Page 25)

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# Munchkins

(Continued from Page 24)

order to help celebrate our pleasurable tour of the old hotel. Arnie was terribly adventurous that day and ordered an “Arnold Palmer.” Josh drank something that was the color of battery acid, but seemed to be in fine spirits after finishing it.

Barry ordered the quinoa and sunflower seed veggie burger with avocado, caramelized onion, smoked paprika aioli, with cheddar cheese (mainly because he couldn’t pronounce “Gruyere”). I ordered the Cobb salad with a nod to cantankerous “Ty” and his stormy baseball career—even if the salad happened to be named after a lesser Cobb.

Arnie ordered the rib-eye beef burger and Josh ended up with a lunch entree that was light beige in color and appeared to be noodles. I’m assuming the dish must have paired nicely with his robust, oaky battery acid.

A friendly looking gentleman with a kind face hovered over us in the corner as he observed the bustling activity in the room. Barry said to him, “You look like an owner to me.” Alan Schulman approached our table and admitted that he was, in fact, part owner of Akasha (with his wife.) The friendly restaurateur sent over a complimentary dessert after we finished our main courses. (Nice going, Barry!)

As usual, we bored our host and our beautiful server Brooke with the story of our monthly lunch club, and we all agreed



The interior of the Culver Hotel features photos of old movie stars. Photo: Barry Stein

later that they each did an admirable job of acting interested.

After Brooke’s second trip to the table with our drinks, we could tell that Barry was already smitten. He serves double-duty as our “Driver” (capital “D,” please) and our photographer, so he asked Brooke if he could take her picture. She reluctantly agreed to his request just before we left the restaurant, and he smiled all the way back to the car.

On the way home, we talked briefly

about next month’s restaurant choices before I quickly chimed in: “What would you guys think about having lunch at the Culver Hotel?”

*Bob Vickrey is a longtime Palisadian whose columns appear in several Southwestern newspapers including the Houston Chronicle. He is a member of the Board of Contributors of the Waco Tribune-Herald and a regular contributor for the Boryana Books website.*

# ‘The West’

(Continued from Page 1)

became a signature for them. When they moved back to the U.S. and began playing around New York and Brooklyn, they found their music was not at first the best fit with the loud club scene.

“We wanted to create environments that fit the music,” Kibler said, “so the minute you’re there, you’re open to something new. It started out of necessity,” and turned into a good method to connect with concertgoers. We Are The West played concerts in an abandoned convent, an impound tow lot, a Masonic temple, and now their regular gig in the Santa Monica parking garage.

Since then, their music has matured, and they have played at more traditional venues, such as the Troubadour and The Fonda Theatre, while also continuing to use unique spaces like an old silent movie theater in Buffalo. “We’ve definitely moved on from there, but that’s the philosophy of where it started,” Kibler noted

“We’ve been patient with allowing this to grow,” Hool added. “It feels solid, because we’re doing it in our own time and our own way.”

Palisades musicians interested in joining the band as guest stars can email Keith Turner at [kjt@turnerlawapc.com](mailto:kjt@turnerlawapc.com). We Are The West play their next underground concert on May 21, and details can be found at [wearethewest.com](http://wearethewest.com).

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# DINING WITH GRACE

## GOLDEN BULL

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For decades this restaurant has been the 'go to spot' for locals, tourists and friends for a tasty meal. WHY, you ask? The answer is FLAVOR. Every dish has marvelous flavor, be it a simple soup or a salad with a special dressing, and everything in between.

Happily seated in a comfy leather booth in the bar with its aquarium behind the bartender as well as interesting artifacts and an old-time clock on the shelf above the bar, my friend and I studied the menu.

At 7:30 p.m., we were too late for the Early Bird Menu offered from 4:30 to 7 p.m. Monday through Friday. However, there are nightly specials Sunday through Thursday, and the Tuesday combination plate of barbecue ribs, chicken and shrimp (\$20.95) caught my attention. My friend, however, was taken by the Pacific red snapper (\$18.95).

All dinners are served with a choice of the soup of the day or salad, along with a choice of rice, French fries, mashed or a baked potato.

There are six salad dressings to choose from as well as toppings for the baked potato. So when you have studied the entire menu and made your selections you are ready for a cocktail, beer or glass of wine.

There are also 10 appetizers ranging from steamed Little-Neck clams (\$18.95) to potato skins filled with



bacon, cheese green onions and sour cream (\$8.25) to the Maryland crab cakes (\$13.25), which are served with a tasty remoulade sauce.

Then, our generously portioned dinners began. Lentil soup of the day was scrumptious, as was my salad of greens with diced carrots and sliced cucumber, all topped with a terrific blue cheese dressing.

As I said, flavor is the main word here. The firm-textured red snapper came with fresh vegetables, broccoli, cauliflower and carrots, a tasty cole slaw, and a baked potato with an excellent

blue cheese dressing. Most compelling were the zesty barbecued ribs, chicken and shrimp, each of which had incredible flavor. With these came mashed potatoes. Again, not your ordinary mashed but potatoes with added flavor.

The dinner menu offers steaks and chops, ranging from a broiled hamburger steak served with grilled onions (\$17.95), to a 10-oz. filet mignon (\$39.95). There is prime rib of beef, pot roast, and my favorite (which most of my friends do not like)—liver with bacon or onions.

Chicken dishes vary from chicken Marsala (\$20.95) and fried chicken to teriyaki chicken breast (\$17.95).

And then there are pastas served with soup du jour or a crisp green salad.

The dinner menu also offers sandwiches and salads

### JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

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Check out the new, free JUST JUMBLE app

LOVAC  
 RUFIT  
 XOESPE  
 BRYATE

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

(Answers on Page 5)

Here's his new smile. Uh, maybe you should set down your coffee.

I don't like the sound of this.

WHAT SHE TOLD HER HUSBAND BEFORE HANDING HIM THE ORTHODONTIST'S BILL ---

for those who prefer a hot prime rib sandwich (\$18.75) or a shrimp salad (\$20.95). Sandwiches are served with French fries or mashed potatoes.

And, of course, there are great desserts along with specialty coffee drinks and an assortment of liqueurs. The chocolate cake a la mode was marvelously decadent with its warm chocolate dripping over the cake, ice cream and the plate (\$8.75), and according to my friend, "good to the last tiny bite." Equally special was the warm Golden Bull bread pudding with its delicious caramel topping (\$5.75).

Valet parking is \$4. No wonder The Golden Bull is the right destination for locals and visitors who value flavorful food and moderate prices.

— GRACE HINEY

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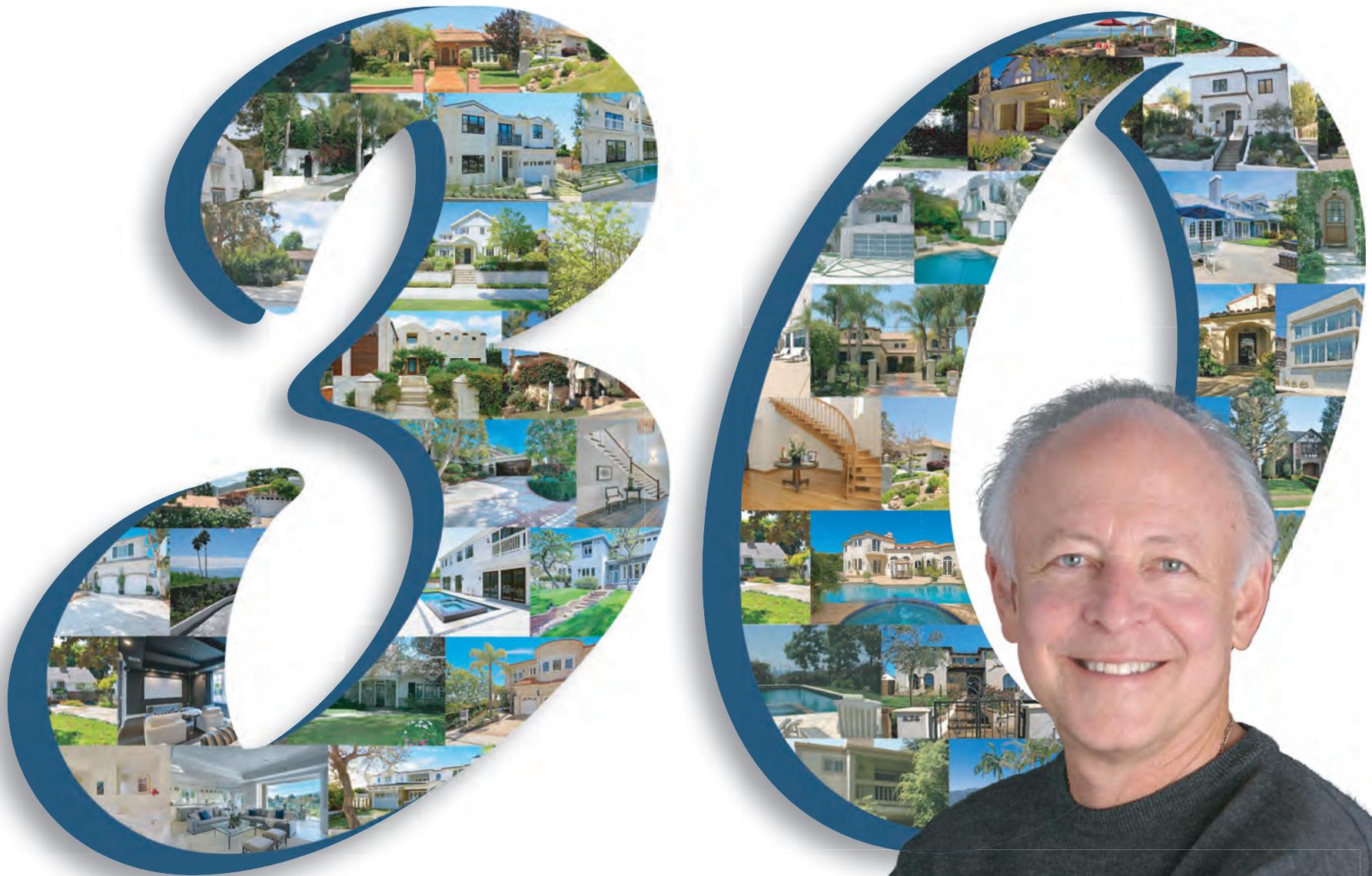
All are welcome. We encourage you to attend with a veteran as it's a great way to honor them for their service.

**Saturday May 28 • 8:00am • 950 South Sepulveda Blvd.**

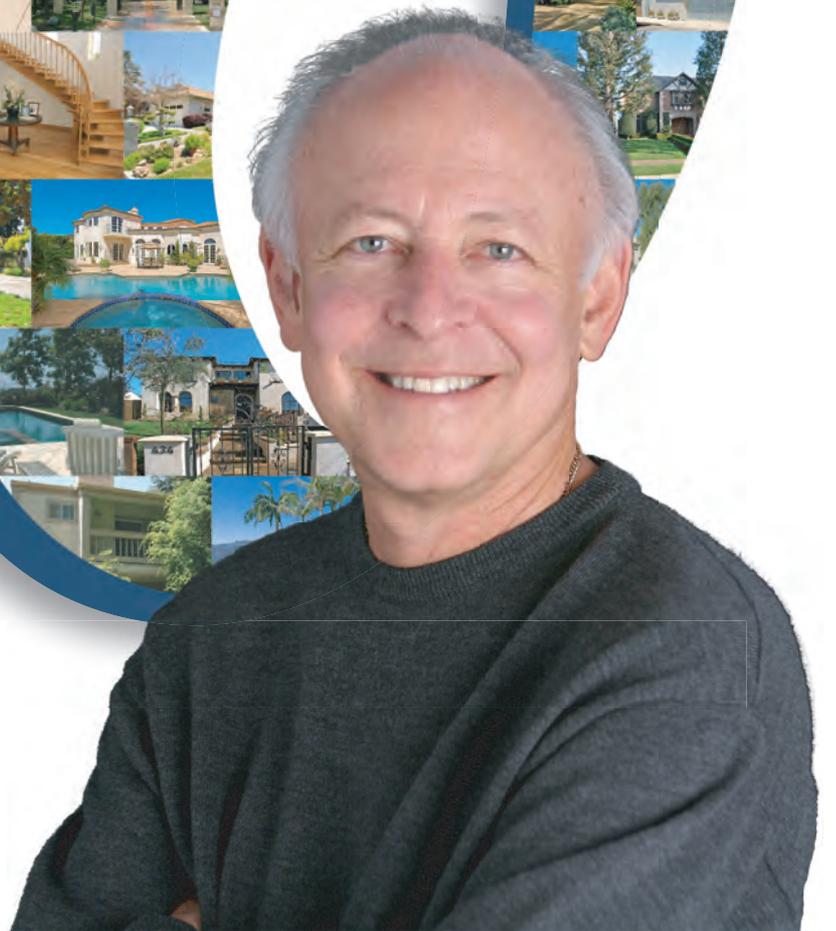
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