



Spring Egg Hunt

Nico Bachmann, Margaux LaPonta and Sienna Sherman participated in the Spring Egg Hunt at the Palisades Recreation Center. A similar hunt was held at Rustic Canyon Park at the same time.

Photo: Shelby Pascoe

Pali Wrestling Coach Ousted

By SUE PASCOE
Editor

Palisades High's wrestling team had just completed the school's most successful wrestling season, but rumors swirled that Head Coach Aldo Juliano's job was in jeopardy because of an ongoing conflict between Juliano and the parents of one of his athletes.

In response to the rumor, numerous parents and wrestlers attended the March 20 PaliHi board of trustees meeting in Gilbert Hall to support Juliano, who had been with the program since its inception in 2011 and moved up to head coach this season.

During the public comment period, the trustees heard one impassioned plea after another begging them not to let Juliano go; that he had helped the program grow, had treated kids with respect and infused them with self-confidence. Parents remarked that one disgruntled parent had harassed Juliano

(Continued on Page 19)

Will \$5.4 Million Be Returned to Parks?

By SUE PASCOE
Editor

The L.A. Board of Recreation and Park Commissioners still has not voted to return \$5,420,196 in Quimby funds to a dozen Council District 11 recreational facilities.

In a March 7 story ("Rec Center Loses \$90K in Quimby Funds"), the News revealed that the money, which had been allocated to recreation centers and parks in Mike Bonin's District 11, had quietly been moved to the Venice Pier Refurbishment project.

Department of Recreation and Parks Public Information Officer Rose Watson told the News in a March 29 email, "Most likely the vote will end up on the [board's] April 18th agenda."

In voting to reallocate those funds at a June 2017 meeting, the RAP Board took

away more than \$92,000 in designated money from the Palisades Recreation Center, \$1 million from the Barrington Rec Center and more than \$50,000 from Rustic Canyon Rec Center.

Other CD 11 facilities losing funds were the Felicia Mahood Senior Center, Glen Alla Park, Westminster Park, the Ocean Front Walk in Venice, the Venice High School pool and the Mar Vista, Oakwood, Penmar, Stoner and Westchester Recreation Centers.

The money was originally designated to those facilities through Quimby funds, which come from new-construction fees in the facility's area.

Under Sec.12.33 Park Fees (amended April 15, 2016), "New residential dwelling units increase demand on existing park and recreational facilities and creates a need for additional facilities."

The money acquired from fees for new

construction is supposed to be used to develop new or rehabilitate existing recreational facilities within a two-mile radius specified for Neighborhood Parks.

There is an exception. The Board of RAP Commissioners can reallocate Quimby funds elsewhere if it is determined there is no need at a local park.

The Venice Pier, according to 2016 Rec and Park documents, needs major renovation, and \$2,080,072 in Quimby funds had been allocated for the pier.

The Board report prepared for the June 2017 meeting said additional funding was needed for Venice, but "RAP staff needs to reallocate Quimby and Zone Change Fees from other Capital Improvement Projects that need to be accepted as final or cancelled."

The RAP Board was told that Palisades and Rustic Canyon projects (unspecified) had been completed, and therefore money could be given to the Venice Pier project.

The News emailed the Palisades Rec Cen-
(Continued on Page 8)



Photo: Luis Velasquez

Parade Theme Deadline April 7

This will be the 70th Anniversary of the Pacific Palisades Fourth of July Parade, and PAPA (Palisades Americanism Parade Association) is once again asking residents to submit a memorable parade theme.

Themes need to be short and winners are usually five words or less. Last year, Shirley Griffith won with "Palisades on Parade." Enter more than once if you can't decide which of your creative efforts is best.

Visit: Palisades4th.com to the theme button to submit your best by April 7 at midnight. If your theme is selected, you will be invited to ride in the parade with select family and friends atop a Station 69 fire truck, and the Palisades News will feature you in a story.

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Law and Order Night Recognizes Heroes

By SUE PASCOE
Editor

They are the true heroes. These are the men and women who are the outstanding paramedics, firefighters, police and FBI agents who serve Beverly Hills, Los Angeles and Santa Monica.

Annually, the American Legion honors local heroes at a special dinner and awards ceremony at Post 283. District Legion president Michael Holmsted, from the Hollywood Legion, chaired the event, which was organized by Post 283 member Tim Carr.

Among those recognized were Station 69 LAFD Engineer Yvonne Gutierrez and Firefighter/Paramedic Mark Glenchur.

West Bureau Commander Deputy Chief Armando Hogan introduced Glenchur. "He is a 53-year-old who is a career paramedic who has served in the busiest areas of the City."

He explained that Glenchur joined the department in October 1990 and served the first four years as a firefighter in downtown Los Angeles and Hollywood.

After fighting fires for nine years, the firefighter "decided to further his abilities to serve the citizens of Los Angeles by going to paramedic training," Hogan said. "He has dedicated the last 19 years of his life to serving others."

Glenchur transferred to Pacific Palisades in July 2011.

"Thank you. I'm honored to be with peers who have dedicated their lives to public service," he said. "Thank you to the American Legion. You have saved the world



Members of the B-shift from Station 69 at the Legion American Law and Order Night were (left to right) Captain Thomas Kitahata, Firefighters Rich Tucker and Mike Thompson, Engineer Yvonne Gutierrez, Firefighter/paramedic Mark Glenchur, Firefighter Jeff Escalante, Engineer Brian Koneval and Captain Robert Bates.

many times over and I can't compete with that, but I am honored to be here."

Next, Gutierrez was introduced by Hogan. "Yvonne spent the first part of her career in East Los Angeles, where she learned the basics of fighting fires. Her positive attitude and abilities made her a perfect candidate to return to the training academy to mentor and train young recruits," said Hogan, who noted that she had spent the last 18 years serving the citizens of West Los Angeles and transferred to Fire Station 69 in 2016.

Captain Thomas Kitahata said, "Yvonne and Mark wanted to make sure I also men-

tioned the supporting cast members—fellow firefighters at Station 69."

Kitahata added that Yvonne grew up in Culver City and was one of three triplets—the other two are boys. She never had to keep up with them, but instead they had to keep up with her. Much the same as we try to keep up with her at the fire station and on the fire ground."

He said she had 25 years of service, with 18 years as an engineer and was only one of six female engineers in the LAFD.

A graduate of Culver High, Gutierrez received a full scholarship to play softball at

UCLA, from 1989 to 1992, and led her team to three NCAA Championships.

"She was asked to commit to the U.S. National and Olympic teams while she was an LAFD Probationary firefighter but declined because her commitment was now to the Los Angeles Fire Department and the community she served," Kitahata said. "Yvonne uses her team player attitude while teaching young probationary members how to become competent at their craft and also to firefighters aspiring to be fire engineers."

"Public speaking is not my forte," Gutierrez said. "But this means a lot to me, and to us."

Village Green Is Yarn Bombed, Again!

Michelle Villemaire has struck again!! On March 23, she oversaw a group of volunteers as they draped colorful yarn around trees, benches, lampposts, two bicycles and even the dolphin figurine in the center fountain, who received a little pink knitted hat.

This was Villemaire's fourth year of drawing attention to National Woman's History Month, which had as its theme "Women of Color."

Village Green board member Marge Gold, who helped with the installation, said the reaction of the community was so amazing to see.

"It brings people of all ages out and everyone is so delighted," Gold said. "It feels to me that is what community is about and I am so pleased that the Village Green can be a part of it."

The Village Green board realized that Villemaire needed liability insurance before she could start. Jim Kirtley, executive director of the Palisades-Malibu YMCA, stepped up and took the creative Palisadian under its insurance umbrella. He also climbed up into the trees to help with the installation.



For the past four years, Michelle Villemaire has led yarn-bombing projects during National Woman's History Month to honor famous women.

Photo: Bart Bartholomew

Villemaire selected a particular tree or object and once the yarn was wrapped around it, she named it for a particular woman, putting that woman's biography (typed and laminated) in a tag at the site.

This year she also fashioned the first names of famous women with a flexible cord and put it on different yarn sites. There was Anna (Anna May Wong—first Chinese-American movie star), Rosa (Rosa

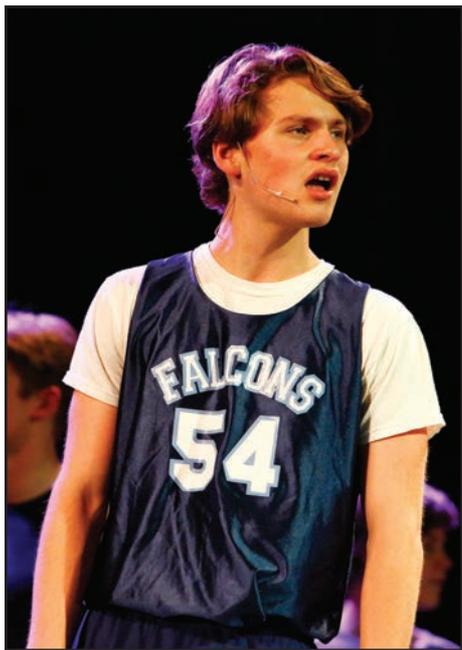
Parks, civil rights activist), Alice (Alice Walker, novelist), Shirley (Shirley Chisholm, first black woman elected to Congress) and Michelle Kwan (figure skater).

"I want kids to walk through and see if their first name is here," said Villemaire, a Palisadian since 2011. "They can connect with a famous woman through their shared names."

On April 2, the installation was dismantled and the yarn pieces up-cycled "to make blankets for women and families who are transitioning out of homelessness," said Villemaire, an "Air Force brat" who was born in Massachusetts but spent much of her childhood in Saudi Arabia.

Both an actress and writer, Villemaire has written for the Huffington Post and blogs on homemademimi.com with DIY (do it yourself) projects. She also has a YouTube channel.

"This [yard bombing] has become a great way to talk with my kids about inspirational women and women who have had an impact on us," said Villemaire, whose husband is TV writer/producer Jonathan Abrahams. The couple has two daughters: Pearl, 8, and Vivi, 5.



Jagger Hunt plays Ren. Photo: Monique Smith



(Left to right) Roberta Alaman, Ivy Schoffman, Taylor Schonbuch and Gabi Palazzo act and sing in Footloose. Photo: Monique Smith

L.A. Met Opera Presents *Norma*

The Los Angeles Metropolitan Opera resident opera company at Mount Olive Lutheran Church announces its 2018 season will include *Norma* (Bellini) and *La Traviata* (Verdi).

Norma will be performed at 8 p.m. on April 7 and at 1 p.m. on April 8 at the church, 1343 Ocean Park Blvd., Santa Monica. Suggested donation is \$30 presale and \$40 at the door. Visit: losangelesmet.com or call (310) 570-6448.

Bellini's *Norma* centers around a clandestine love affair during the Gallic-Roman wars. The story focuses on a Druid high priestess, whose role demands a strict vow of celibacy. But she has violated that code by falling in love with the leader of the occupying army and leads a double life to conceal her secret.

Footloose Will Open Tomorrow

Footloose will open tomorrow, April 5 at 7 p.m. in Mercer Hall at Palisades High School, 15777 Bowdoin St. The show is based on the (1984 and 2011) movie and the 1988 musical of the same name.

The story follows Ren McCormack (Jagger Hunt), a young boy from Chicago. When his father abandons his family, he and his mom move to a little town called Bomont. One of McCormack's key ways of handling stress has been dancing, but this

city forbids it.

The City Council has passed a no dancing law, the passage of that ordinance was led by Minister Shaw Moore (Ethan Jones). As Ren becomes acquainted with the town's teens and gets in a couple of fights, he meets Ariel (Roberta Alaman), the pastor's daughter, who is dating bad-boy Chuck (Jack Butler).

Ariel and Ren unite in their fight to abolish the law against dancing, and find themselves and each other.

Directors Cheri and Monique Smith, who are dance teachers at PaliHi, bring this play to life, showcasing Palisades Charter High's diverse arts department in the music, costumes, decoration and acting.

PaliHi musical productions are generally exceptional and not to be missed. Tickets can be purchased at the door or at brownpapertickets.com. (Performances are April 6, 7, 12, 13, and 14 at 7 p.m. and on April 7 and 14 at 2 p.m.)

Comedy Show Saturday

A comedy show, "Veteran Comedy Relief," created by veterans and featuring veteran standup comics, will be held from 7 to 10 p.m. this Saturday, April 7, at American Legion Post 283, 15247 La Cruz Dr.

Produced by VetStream TV, the event will live-stream on its website vetstreamtv.com. Tickets are \$5 and can be purchased at: eventbrite.com/e/veteran-comedy-relief-tickets-44278328673. The public is invited.

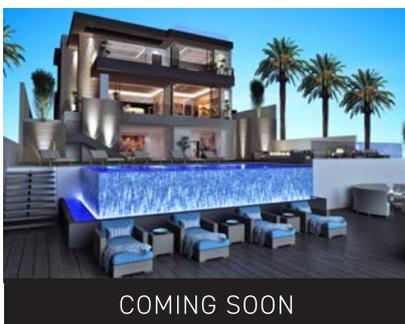


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Parking Sought for Homeless in Cars

By SUE PASCOE
Editor

Dr. Scott Sale, who is spearheading Safe Parking L.A., spoke to the Pacific Palisades Community Council on March 8.

He made a plea to every council member who belongs to a faith-based organization to ask their church/synagogue leaders to consider opening their parking lot in the evening to homeless vehicle dwellers.

“Faith organizations are wired to do this,” Sale said.

Safe Parking, a 501(c)3, is currently at two locations in Los Angeles, in South L.A. and in Koreatown, and would like to expand to other areas in the city.

Currently those living in their vehicles on the streets of L.A. are governed by Los Angeles Municipal Code 85.02, Vehicle Dwelling, which is in effect through July 1, 2018. It allows vehicle dwelling between 6 a.m. and 9 p.m. more than one block away from licensed schools, pre-schools, daycare facilities and parks.

Between 9 p.m. and 6 a.m., vehicle dwelling may take place in non-residentially zoned areas which are more than one block (500 feet) away from licensed schools, pre-schools or daycare facilities or parks.

“I have \$209,000 that Sheila [County Su-



Dr. Scott Sale

pervisor Kuehl] granted me,” said Sale, who added that he has yet to spend the money. He said he’s having trouble getting buy-in from faith-based organizations. “Religious preschool parents are our biggest nightmare.”

But Sale said that District 11 Councilman Mike Bonin is on board with the plan. Bonin has told him that the parking lot at Corinth Avenue by his West Regional Office would be available for Safe Parking.

One PPCC board member wondered about the neighbors on Corinth, in West L.A.

“Bonin doesn’t care about the neighbors,” Sale said. “He’s blessing the lot; it’s right next to the police station.”

Sale said that vehicle dwellers often locate Safe Parking lots through word of mouth, and that the hours are dependent on whatever the lot owner specifies. A porta-potty is brought to the location and a guard/security is provided. People parking must have a valid driver’s license, vehicle registration and insurance.

Sale said that ideally a parking lot should hold a minimum of five cars overnight and each parking lot owner gets \$500 a month for “soft” costs such as water and electricity.

Potential vehicle dwellers must fill out an application and sign a waiver that includes the rules about noise and camping. Single men are screened in the National Sex Offender database.

He said the system has worked well in San Diego and Santa Barbara.

Under Dreams for Change, San Diego initiated its first Safe Parking program in 2010, according to the website. The program exists on two sites and serves 70 families and individuals each evening.

Santa Barbara’s Safe Parking program is operated under New Beginnings and began in 2004, according to its website. There are 115 parking spaces at 20 “confidential” locations, and parking is usually from 7 p.m.

to 7 a.m. (Interestingly enough, this program is rated on Yelp and has averaged 2.5 stars in three reviews.)

According to the New Beginnings website, those living in vehicles are offered job tutoring and resume preparation.

Visit: safeparkingla.org.

Kehillat Israel to Host ‘Be the Change’ Event

Join a discussion about what the different faith traditions are that guide people to seek peace, healing and justice. “Through an understanding of our similarities and our differences . . . we can create an atmosphere of mutual respect.”

The free event will take place from 4 to 6 p.m. on Thursday, April 15, at Kehillat Israel, 16019 Sunset Blvd. Sign up at: ourKI.org.

Moderator Brie Loskota, executive director of the USC Center for Religion and Civic Culture, will be joined by four panelists: Rabbi Amy Bernstein (senior rabbi at KI), Reverend Grace Park (associate pastor at Palisades Presbyterian Church), Robert E. Buswell, Jr. (professor of Korean and Chinese Buddhist Studies at UCLA) and Salam Al Marayati (president and co-founder of the Muslim Public Affairs Council).

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Heard About Town

Focus on Mentally Ill

I, too, think we should ban many types of guns. But the evil young men who killed 26 people at Sandy Hook and 17 people in Parkland, Florida, were both mentally ill. We need to find those people and help them before they kill. Once guns are gone, those individuals could still find a way to bring bombs in backpacks (like the bomber in Austin).

Rain and a Good Book

When it was raining heavily (March 22), I thought about the *Cat in the Hat* book by Dr. Seuss and how it would have been the perfect day to read it to a kid. Alas, mine are grown now.

Is This Elder Abuse?

I was standing in line behind an elderly woman who was withdrawing a large sum of cash at a local bank. She indicated that it was for a local homeless woman because the woman wouldn't take a check. This sounds like elder abuse, as discussed at a recent Palisades Senior Alliance meeting.

Groceries to the Homeless

If you think you're helping the homeless by giving them groceries instead of cash, beware: the minute you leave, they often bring the groceries back into the store and return them for cash, even without a receipt.

Fear of Being Rebuked

The Pacific Palisades Community Council states that it's a forum for the community, yet often at meetings, when someone in the audience expresses a differing opinion, that person is openly criticized by certain Council members. People should be able to express their views without fearing a public rebuke.

Blowing in the Wind

A few years ago, tired of the deafening roar and putrid stench of leaf blowers, I asked our gardeners to please use a rake or broom instead. I paid them a bit extra for their time and it's worked out beautifully. This morning we woke to fresh rain-washed skies and spring blossoms. But suddenly there was a thunderous racket next door with the familiar toxic fumes wafting over the fence. Our neighbor's gardeners were fouling the air with illegal gas-powered leaf blowers. I propose we all work together to solve this problem. The first step is to simply ask your gardener not to use his horrid blower.

If you'd like to share something you've "heard about town," please email it to spascoe@palisadesnews.com

ANN CLEAVES



VIEWPOINT

Buoyed by the Fury of Teenagers

By PETER KREITLER
Palisades News Contributor

As a retired minister who spent a career working with teenagers, including 20 years here in Pacific Palisades at St. Matthew's, and now watching my three teenage grandchildren grow up in this uncertain world, I have been filled with pride watching students across the country stand in solidarity with the students at Marjory Stoneman Douglas High School and articulate their anger about gun violence and the need for sensible gun-control measures.

This remarkable outpouring of teenage fury and compassion, now focused on political activism, gives me hope that tougher gun laws will memorialize the 17 people killed by that six-minute, 20-second spree of bullets in Parkland, Florida.

Coincidentally, my wife Katy and I were flying into Ft. Lauderdale on that fateful Valentine's Day as the shooting in nearby Stoneman Douglas was taking place. When we touched down, a man ran forward yelling "I have to get off—emergency!" He explained that his daughter was hiding in a closet texting him as the sound of bullets were echoing throughout her school. At the gate he was allowed to deplane immediately. We secured our rental car and then discovered the streets and freeways were gridlocked because the shooter was still at large and police were everywhere. We made it to our destination, albeit an hour late, but without further incident.

The proliferation of guns in my lifetime has taken a dangerous and threatening turn across our nation. The glorification of violence and the implacable stance of apologists defending

the personal right to arm oneself has deviated far from the original intention crafted in our Second Amendment. Frankly, the inaction from our elected leaders after the Columbine shooting, the Sandy Hook massacre of our most vulnerable, and other mass shootings had led me to walk an unfamiliar path of pessimism.

But then came the national walkout at thousands of schools on March 14 (including the impressive student rally at Palisades High), followed on March 24 by the March for Our Lives in Washington, D.C. and hundreds of cities. Together, they broke my personal morass and re-awakened within me the hope that I have felt my entire life that we can collectively change our most intransigent human behavior patterns.

We can follow the sixth commandment, "Thou shall not kill," and an easy way to do that would be to eliminate guns. That's not going to happen, of course, nor is this the time to argue for or against shooting clubs where you entrust your firearm to the custodians of the locked cabinets at the range, or whether the Second Amendment should be revisited. But I believe that keeping rapid-fire, 100-bullet magazines, AK-47s and AR-15s out of the hands of civilians should be a no-brainer for everyone.

Thank you, young people of every color, creed or persuasion, including our 38-year-old daughter Laura, who marched in San Francisco. You have all awakened truth in the hearts and minds of millions about an issue that affects all of our lives on a daily basis.

And thank you, Delaney Tarr, David Hogg and Emma González (just to name three of many)—your passion, poise and words have helped restore my hope and re-confirmed my faith in young people.

Thought to Ponder

"Peace is not absence of conflict, it is the ability to handle conflict by peaceful means."

— Ronald Reagan

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EDITORIAL

It's Okay to Ask Caruso Questions

There's no question that people have a lot of questions about Caruso's Palisades Village as it takes shape along Swarthmore, Monument and Sunset, progressing towards a September 22 grand opening.

This questioning about every aspect of the project, from its apparent density to the size of its ballyhooed "park," is entirely in keeping with Pacific Palisades tradition. People challenge anything that's going to affect the quality of life in this community, either as activists concerned about developers abiding by various building standards, or as traditionalists who fear that the Palisades is losing its treasured small-town spirit.

On March 16, architect Donna Vaccarino posted 22 questions for Caruso on Nextdoor Palisades, the social media forum. Community activist Lou Kamer chimed in to say that he was submitting his own list of questions, and various Nextdoor members began adding other queries. This finally provoked an ardent Caruso supporter to complain, "The question period is really long over. There was plenty of opportunity to be heard. Once the cement is poured it's not fair to ask that it be removed."

We can't agree with that attitude. This is a \$200-million complex, bounded on two sides by a residential neighborhood, and part of a third side by a condominium building. Residents have every right to question what is happening, at every stage of the process, so that there's transparency on the part of the developer and people have a chance to advocate improvements.

On March 22, project director Michael Gazzano presented a Caruso project update at the Community Council meeting, but wouldn't answer any questions. Instead, he directed everybody to visit Caruso's website (palisadesvillageca.com) the next day.

Here are most of the questions the *News* sent to Caruso

a week before the PPCC meeting, and the company's answers on its site:

Q. *Has the height increased in any of the buildings? Do any buildings now exceed the height limit of the Pacific Palisades Specific Plan?* A. The building heights are the same as approved in June 2016 and all buildings comply with the Specific Plan.

Q. *Where will the Community Room be located and what is the size of the room?* A. The community room is located in the center of the project, on the second floor adjacent to the elevators and is approximately 1,100 sq.ft., consistent with requirements that it's not intended for large gatherings.

Q. *Why was the location of the three electrical transformers on Albright never shown on the plans that were submitted to the community, DRB, Planning Commission or City Council?* A. The location of the transformers was informed by DWP. (A story will be in the next issue.)

Q. *Where will the trash be processed and held before leaving the site?* A. All trash will be collected in enclosed trash rooms, situated in several locations throughout the property.

Q. *Will the Bay Theater be properly soundproofed so that sound does not travel to neighboring condos?* A. Yes, the theater will be soundproofed so that interior sound will not be audible on the exterior.

Q. *In several public meetings, Mr. Caruso stated that this project would be a LEED Gold or Platinum project. Does Caruso know which it will be?* A. The project will obtain LEED Gold status, which is one of the highest standards in environmental efficiency and design.

Q. *How much roof area will have solar panels, and will they generate enough energy to run Palisades Village?* A. Solar panels will be located on top of the theater building. The energy provided by these panels will help reduce power needs.

Q. *Will a wall be constructed along Monument? If so, how high? Will there be openings for people to enter Palisades Village?* A. No brick or concrete wall will be constructed along Monument. However, there will be mature hedges and landscaping which will serve as a buffer, with an opening in the landscaping to provide access.

Q. *What is the current total square footage of the project's buildings and has footage been added since the March 2016 project approval?* A. The village is 125,000 sq.ft. of retail.

Another question asked on the website was: *Have uses in the project changed and has square footage been added since the project was approved?* A. No uses have changed.

Residents have asked questions about the "no changes" answer. For example, the grass park area was supposed to be 7,865 sq. ft. according to the 2016 plans, but now is projected at 5,600 sq. ft.

Another resident urged the *News* to go to the City Building and safety website (ladbs.org) and search 1030 Swarthmore (Caruso project).

A cursory glance found changes, for example "expand footprint of the office at suite 2-203 (1,363 sq. ft.) and proposed changing the use of spaces 4-103, 4-101A, 4-10B from retail to takeout restaurant (no seating)."

There were actually quite a few changes, but most of us who have been through construction, know changes are inevitable.

So, here's another question: Why didn't Caruso just say, "Sure there have been some changes, but it's for the community?"

Questions are never a bad thing—and no one should ever be chastised or ignored for asking them. People have been sending us other questions to pursue about Palisades Village in the coming weeks, and we'll do our best to provide the answers. No question about that.

LETTERS TO THE EDITOR

City Council Doesn't Want to Hear

(The *News* received the following letter regarding the *Preven Report Viewpoint* "Doe the Council Want to Hear?" that describe residents who want to address the L.A. City Council during public comment period, but may be turned away because "that agenda item was already taken up in committee"—and the Brown Act says that if an opportunity for public comment is given at a committee meeting, then the Council doesn't have to hear public comment at the regular meeting." Or if a resident is one of the lucky ones who goes in front of the Council, they are only allowed a minute.)

Dear Josh and Eric,

Thanks for your viewpoint in the *Palisades News* on March 21st. I appreciate your bringing this issue to the wider community. I do hope the City Council, esp. President Wesson, will be receiving a copy of the article as published in the *News*.

Linda Deacon

'Theft' of Quimby Funds

I just perused today's issue of the *Palisades News* (March 7, "Rec Center Loses \$90K in Quimby Funds) and was shocked that there was no follow up to your front-page

article. If I may respectfully suggest, the title of your article does not allude to the full scope of this \$5 million+ issue. Perhaps that is why there is not more interest?

I live in Brentwood and have patronized Barrington Rec Center for nearly two decades. The youngest two of my four children are in elementary school and still participate regularly in organized sports at the Barrington facility.

To think the park had set aside over \$1 million for improvements and that it was quietly siphoned off by a group of Mayor-appointed "volunteers" for another project is outrageous. The park suffers from a plethora of neglect, including broken fences, large, uncleared cut trees, significant rodent infestation on all the fields resulting in unsafe turf conditions, antiquated building facilities, and inadequate parking.

Many of us have wondered all along why our facility, in the heart of Brentwood, is in such disrepair? Perhaps now we know! It is my understanding from reading your article that the Quimby Funds are generated by new construction fees and supposed to be restricted to benefit the local community within a very tight radius.

Residents and commuters to the immediate area surrounding the Brentwood Rec Center have suffered for many years and to this day, with traffic generated from the

never-ending construction in the area. Brentwood is most definitely in need of those funds and has apparently earned them. I am curious to know if you have followed up since first publishing the article or received any other feedback?

Tracci Shibuya

The Start of a Solution

I read with interest the letters about Margaret. Someone called for compassion, respect, alternatives and solutions, a very well thought out response. Maybe a community member could offer Margaret a place to park her car on their driveway and a bathroom where she could shower regularly. This would be a beginning of a solution. This needs to be followed by the effort to get Margaret the mental health treatment she so desperately needs. Without treating her mental illness, she will continue the way she has for decades.

Tiffany Kelley

(Continued on Page 8)

Palisades News welcomes all letters, which may be emailed to 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.

Letters

(Continued from Page 7)

Local Poll Workers Needed

My name is Sandy Yang and I am from Los Angeles Registrar-Recorder/County Clerk's office. We are recruiting community pollworkers for the upcoming Statewide Direct Primary Election on June 6. This is a one-day position and pollworkers will get pay up to \$240. Pacific Palisades is one of the harder-to-recruit areas because of its low community participation. I would like to know if there are any suggestions or any events that I can attend to reach people in the community? Thank you.

Sandy Yang
Community/County Pollworker Recruiter
Pollworker Outreach Section
Phone: (562) 462-2523 • yyang@rrcc.lacounty.gov

'Off to College' Fund Donations

Supporting our youth with the Palisades Optimist Foundation's "Off to College" Fund is important. A careful selection process administered by the PaliHi College Center ensures all funds go to deserving, meritorious college-bound seniors.

Most gifts are in the form of Target gift cards but also include some small scholarships, depending on the amount of community donations. This helps new college students purchase necessities otherwise unaffordable. In addition to sending checks to the Foundation at P.O. Box 242, Pacific Palisades 90272, donors can use a credit card at the Foundation's website palisadesoptimistfoundation.org.

Donations of any size are greatly appreciated and fully tax-deductible.

Don Scott,
Palisades Optimist Foundation President

Corpus Christi Does Well in Decathlon

Out of 105 schools competing at the annual Archdiocese of Los Angeles Junior High Academic Decathlon, Corpus Christi placed tenth.

The five individual medal winners included Bill Coleman, who placed first in social studies. Three other Corpus Christi students—Sydney Brumback (science), Brooke Frevere (English) and Keira Wood (religion) took fifth in their respective categories, and Natalia Banks (literature) was ninth.

Banks also served as team captain; other team members were Declan Burke, Katherine Csiszar, Adelle Levi, Isabella Montgomery and Maddie Neilson.

Alternates included Jackie Diaz,



Lucas Golling, Gigi Miller, Philip Quigley, Alexia Rufo, Brooke Stratton and Eliza Wolf.

Faculty coaches were Mrs. Slattery, Ms. Mahony, Mrs. Sesarago and Mrs. Valeriano.

Quimby

(Continued from Page 1)

ter in early March to see what projects had been completed. None—and parents are currently trying to raise funds to refurbish the gym.

The Santa Monica Canyon Civic Association was asked if the Facility Enhancement Project at Rustic Park had been completed. The answer was no.

Meanwhile, money had been designated for basketball-court renovations at Barrington Rec Center, but this

money was now allocated to the Pier project. Was it because Rec and Parks had paid to have the courts redone? No.

The *News* learned that parents were told there was no money and helped raised funds to redo the inside courts in 2012. About three months ago, according to a Barrington Park employee, Archer School for Girls paid to have the outdoor courts redone.

The *News* first contacted Councilman Mike Bonin's office on February 28 and asked about the Quimby funds. He responded in a March 1 email:

"When I learned from the *Palisades*

News that Quimby funds allocated to neighborhood parks around the district, including those in Pacific Palisades, had been reallocated to help renovate the Venice Pier, I immediately asked the Department of Recreation and Parks to reverse that action."

In order to give the money back, that has to be voted on, again, by the Board of RAP Commissioners.

Motions prepared for the March 21 RAP meeting and are online, but there was no mention of reallocating the funds. Subsequently, the meeting was cancelled.

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They combine style with substance – their beautiful office is designed for optimum patient comfort with plush A-dec dental chairs, iPads to stream Netflix and Pandora, and Bose noise-cancelling headphones, along with intra-oral cameras and high-tech dental equipment.

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Chamber Remodel Is Underway

Like an architectural time machine, the interior of the Chamber of Commerce office on Antioch Street had escaped remodeling for decades.

But thanks to a generous \$20,000 donation from Caruso and \$7,500 from the building's landlord, the Lee Family Trust, the space will be updated—losing the wood paneling that was so fashionable from the 1950s through the 1970s, the drop ceiling and some of the historic black-and-white photos that graced the walls.

After spending weeks paring down boxes and boxes of accumulated material, executive director Arnie Wishnick and administrative assistant Marilyn Crawford relocated last week to a temporary space in the Rodeo Realty branch office at 839 Via de la Paz.

"We're more than delighted to work with the Chamber," said branch manager Nick

Spirtos, who is providing the space for free. He joked that after 25 years at the Chamber, Wishnick is well-positioned to moonlight in real estate. "He could become our number-one agent," Spirtos mused.

But when asked how Arnie was doing after three days at Rodeo, Spirtos said, "He hasn't sold anything yet."

Anyone having Chamber business can visit Wishnick and Crawford at the Rodeo office between 9 a.m. to 5 p.m. or call (310) 459-7963.

Also donating to the Chamber renovation are Elliott Zorensky of Udo Realty (interior doors and light fixtures), Richard Blumenberg of RLB Architecture (time and expertise to draft remodeling plans) and developer Reza Akef (construction).

During the expected five-week remodel, Pacific Union (formally Gibson International) and Union Bank will provide complimentary space to hold Chamber board meetings.

According to Chamber President Susan Payne, Wishnick plans to retire this year and become an ambassador to members and the community.

Additionally, the Chamber board of directors approved new bylaws in February, and Payne was asked when the membership, according to California Corporation Code 7512, would vote on them.



The Chamber's Arnie Wishnick joins Rodeo Realty agents and staff (left to right) Stephanie Daniels, Larry Warren, Kat Johnson, Nick Spirtos, Alex Gharibian, Marty Halfon, Ryan Victor, Wishnick and Puvnit Ransi.

Payne replied, "Our previous bylaws allowed the board of directors to amend the bylaws at its discretion. No general membership approval is required for our bylaws that were recently adopted. They will not be distributed to the general membership."

The News had an old copy of the 10-page bylaws and couldn't find any provision that allows the board to bypass membership approval for a bylaws change.

Responding to an e-mail query from the News on March 27, Payne explained: "The

old bylaws are 13 or 14 pages. Previously, for an undetermined amount of time, Arnie provided only the first 10 pages of the bylaws when a member requested a copy or to view them. You may have an incomplete copy of the old bylaws."

The News stopped by last week to get the missing three or four pages from Wishnick, but he only had the 10-page version.

Members who want to view the new bylaws, which are 33 pages long, can see Wishnick or ask them to be emailed.

Fire Safety, Disaster Preparedness April 9

The Palisades Alliance for Seniors will present "Fire Safety and Disaster Preparedness: Know What to Do" from 10:30 a.m. to noon on Monday, April 9 at the Palisades Library community room, 861 Alma Real. The talk is free. The speaker will be LAFD Captain II John Ignatczyk, Disaster Preparedness Officer.

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Emergency Airlift from Mountains

By SARAH STOCKMAN
Staff Writer

Have you ever gone hiking or mountain biking in our local mountains and witnessed an airlift firsthand? I've seen a handful of them and find them pretty amazing to watch, if rather loud.

Every time I see one I find myself wondering how the process works, so I contacted the Los Angeles Fire Department and spoke with Captain Tom Kitahata of Station 69 and hoist operator Joel Smith of Station 90 to find out more.

When a distressed hiker or mountain biker in Temescal Canyon, Will Rogers State Park, or Topanga State Park above the Highlands calls 911, the call goes out to either Station 69 or 23 and Air Operations Station 90 in Van Nuys, prompting an immediate response.

The air ambulance team at Station 90 jumps into action. "Approximately from the time we get the ring and travel down to the Palisades it's 7 to 10 minutes," Joel Smith of Station 90 told the *News*.

Simultaneously firefighters from either Station 69 or 23 try to reach the distressed person, even if they're miles from a road.

Six to eight firefighters hike in carrying a rolled plastic stretcher, a backpack with medical supplies, a portable defibrillator, and medications like morphine in case the patient doesn't want to be or cannot be transported by helicopter.

"The reason we do is that depending on where we are, we might get there faster," Captain Tom Kitahata said. "Then we're there to help package the patient."

Murder Mystery To be Held at Woman's Club

The Pacific Palisades Woman's Club invites the community to a fundraiser, a Prom Murder Mystery and buffet dinner at 6:30 p.m. on Saturday, April 14.

The setting is a 1957 high school prom dance and then . . . a murder. Who in the room is the killer and why?

Guests are encouraged to wear prom clothes to the event, which will be held at the Woman's Club, 901 Haverford Ave. Tickets are \$75 per person, and proceeds will support the ongoing renovations of the Clubhouse. Call: (310) 454-9012 for tickets. Space is limited.



Air Ambulance Team lifts a distressed/injured hiker to safety.

Photo courtesy of LAFD

By "package," Kitahata means load the patient onto the gurney and wrap them in plastic to protect them from the wind and the downwash from the chopper as they are hoisted upward.

Two helicopters from Station 90 respond each time. "For any hoist we have a hoist ship and a HELCO [helicopter coordinator] ship," Smith said. "The HELCO ship flies above and positions itself where it can see the ground." This is because the rescue ship can only coordinate with the HELCO ship, so the HELCO's job is to see the victim and relay messages between the ground team and the other helicopter.

Although the Air Ops team responds to every 911 call, not every patient is airlifted.

"We typically airlift individuals if they are unable to walk out on their own power or they have become stranded in locations that are too dangerous to attempt to walk out," Public Information Director for the LAFD Peter Sanders said.

Some people opt not to be airlifted to a hospital. "It depends on the severity of the injuries and illness," Smith said. "Some people don't want to be lifted."

The types of injuries Stations 69, 23 and 90 respond to vary. "We go on quite a few mountain-bike crashes and also for dehydration issues [in the summertime]," Kitahata said.

Smith says they have rescued people for all manner of reasons. "From my experience, there is a little bit of everything," he said. "We go on a lot of lost-hiker calls."

Adverse weather is the biggest hindrance to the helicopter rescues, especially fog. "We can't do hoist operations if we're flying in the clouds," Smith said. "We have to see the victim on the ground."

If the victim is airlifted, they are flown to a local hospital. "Any of the area hospitals are within five minutes," Smith said.

Kitahata says the most common one is UCLA's Ronald Reagan Medical Center in Westwood because it has a trauma center and a good helicopter landing pad.

Ideally if the patient needs to be transported to a hospital they are taken by the helicopter because Los Angeles traffic can be a hindrance to ground ambulances.

If a patient is airlifted to a hospital it

costs as much as an ambulance ride.

"We do not charge the public to airlift them," Sanders said. "However, if they are transported to the hospital via helicopter they receive a bill similar to one they would receive if they were transported by ground ambulance."

So far in 2018 our local firefighters and Station 90 have responded three times to hikers in distress in the Palisades, the most recent on February 17 in Will Rogers State Park.

"I would say overall, we probably respond to at least 20 to 30 times per year to the Palisades area, but only do actual airlifts a dozen times," Sanders said.

As the summer approaches, firefighters say to plan ahead and be careful when hiking and biking in our local mountains. Make sure to bring enough water and wear proper hiking shoes because it gets hot fast and the trails are notoriously slippery. If you do need emergency assistance, do not hesitate to call 911.

Oops!

In the March 21 paper, the story "Woman's Club Hands Out \$16,000," the amount was incorrect, it should have said \$38,000. Wow! Go Woman's Club!!



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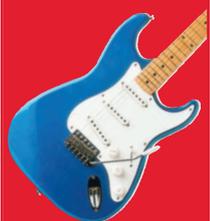
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Brenda French, 78; French Rags Founder

Brenda French passed away peacefully in her sleep on December 2 in Santa Fe, New Mexico. She was 78.

Brenda was born on June 24, 1939, in Ashton, England, to Frank and Nellie Howarth. Her first six years were spent living through World War II, with constant air-raid sirens, severe rationing and many nights spent sleeping in the cellar.

She attended a strict all-girls high school from 1954 to 1958 and hated the required uniform and the oppressive rules.

After graduation, Brenda became a home economics teacher, but found little joy in the job. Her parents wanted her to marry a shopkeeper, but instead she decided to move to America.

At age 21, with two friends and a few hundred dollars in her pocket, Brenda boarded a cruise liner and landed in New York City in the summer of 1960. She landed a job as a proofreader at the Tobe Report, which released weekly publications on New York fashion.

In 1963, Brenda's father gave her an "Anywhere in America" bus pass for her birthday and as she traveled the country, she was particularly inspired by Santa Fe. Two years later she met Robert French, a partner in a commercial film production company. They were married and, in 1969, their only son Nicholas was born.

Brenda left her job at Tobe and opened

her own clothing store. Many nights as she walked home, she would pass the enormous display windows of Bloomingdale's and say to herself, "Someday my clothes will be in those windows."

In the mid-1970s, Robert's business closed, and they moved with Nicholas to Los Angeles. Brenda often told the story of driving up Chautauqua Boulevard for the first time and falling in love with the small town of Pacific Palisades. She found a three-bedroom apartment on Haverford with an ocean view and sun deck for \$400 a month.

In 1978 Brenda and Robert were divorced. He gave her \$3,000 and moved to India and was never again a part of the family's life in a meaningful way again.

With that money, Brenda started a business. She purchased a special knitting machine and yarn and hired one employee. She began making scarves in the spare room of her apartment, dyeing them in the kitchen sink, then hiring a babysitter so she could sneak off to the local laundromat in the middle of the night to wash them.

Brenda's clothes were an instant hit. Someone saw her wearing one of her scarves and said, "What's that rag around your neck?" Brenda snapped back, "That's not a rag, it's a FRENCH RAG" and the company name, French Rags, was born.

The business grew rapidly and Brenda opened a small factory in Culver City. She

was able to design a full fashion line based on her idea of casual elegance: jackets, skirts, sweaters, hats, dresses, tops, coats. Each piece handmade, hand-finished and beautifully designed with exact English tailoring.

Four years later, Brenda went back to visit New York and saw her clothes featured in Bloomingdale's windows.

Her company exploded during the '80s and '90s, with three factories and 375 employees.

Brenda purchased her first house on Kagawa Street and opened a store in Santa Fe. Hillary Clinton was photographed for the covers of *People*, *Newsweek* and *Time* magazines, wearing French Rags. President Bill Clinton was photographed wearing a sweater Brenda had made especially for him. Subsequently, she was invited to the White House.

Brenda appeared on television shows and received numerous awards and honors, including Business Woman of the Year in Los Angeles.

At age 24, Nicholas French, who graduated from Palisades High School, was diagnosed with a rare inoperable sinus tumor and was given only months to live. An experimental surgery was performed at UCLA that saved his life. Brenda took care of Nicholas during years of very difficult treatment and, despite the long odds, he survived.

In the mid-1990s, Brenda became frustrated with the department stores and pulled her product out, while pioneering trunk



Brenda French

shows in hotels and people's homes. She also opened a store inside her own factory and did well with direct selling.

By 2005 it became increasingly difficult to maintain the business and compete with overseas garment manufacturers, who made 98 percent of all the clothing sold in America. In 2006, Brenda closed French Rags, sold her Palisades house and retired to Santa Fe.

She loved tennis, flowers, Hawaii, The Beatles, Cary Grant, Fred Astaire, a nice cup of tea, California, dogs, the beach, elephants, Queen Elizabeth II, sea shells, musicals and partying with her friends.

During her last years, when she had ovarian cancer, her son Nicholas cared for her.



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Math Can Be Fun at Mathnasium

Mathnasium instructors strive to teach children to enjoy math and also feel confident in their math skills.

“Building confidence, that’s far and away the biggest goal,” said Skylar Kerzner, who recently opened a franchise at 15233 La Cruz. “Just feeling better about this whole math thing applies both to students who are struggling and kids who have maybe had it too easy... Maybe when a problem is hard, they’re very quickly intimidated.”

Kerzner’s new franchise opened in February and actually has more than one local connection. The parent company, which is approaching 1,000 franchises worldwide, is co-owned by Palisadian David Ullendorff, who began developing the concept of math-centric learning centers in 2001.

He and his partner, Peter Markovitz, looked at curriculum and also talked to hundreds of people, including local teachers and both UCLA and USC education specialists, to help them transform the way students view math. They eventually were referred to math teacher Larry Martinek, whose approach appealed to them.

“I wanted kids to think of math as an art



David Ullendorff, Mathnasium company owner, and Palisades Center Director Skylar Kerzner.

Photo: Bart Bartholomew

as much as a science—something they didn’t need to hate doing,” Ullendorff said. “We went in with the assumption that math is fun. We saw education not as a competition,

but as an emotional experience. The kids will learn math initially not because they’re curious, but because they like the people who are teaching it to them.”

Using Martinek’s method as an inspiration, the business partners opened a first small center in Westwood, experimented with materials and also worked to ensure that the approach could be replicated and didn’t need to rely on Martinek’s prowess. By 2005, they had determined that other instructors could be just as effective, so they began to expand.

As they grew, Ullendorff’s own children attended Mathnasium locations, including his youngest, Henry, 13, who is currently enrolled at the Palisades location. In addition, he and his wife, Alison, an attorney, enrolled their other children, Jonah, 20, who earned a perfect score on his advanced math SAT, Caleb, 18, and Abigail, 17.

Although high math test scores may be a product of enrolling in Mathnasium, they aren’t the goal. Understanding and enjoyment are, so students don’t memorize steps, but instead are guided to gain understanding, so they can use their skills on varied problems. The idea is also to learn by doing, just as people do when they work out at a gymnasium.

“You have to create an environment
(Continued on Page 14)

Insights into Today’s Home Selling Process

By MICHAEL EDLEN
Special to the Palisades News

Have you wondered how the home sale process works today? If you haven’t sold a home in the last 10 years, you’ll find it’s changed quite a bit.

The process begins with the selection of a qualified agent. Ten or 20 years ago, many homeowners “gave their listing” to a neighbor, social group friend, or perhaps the friendly agent who happened to knock on their door. Today, sellers usually interview two or three prospective agents, based upon the agents’ presence in the area where the property is located.

The interviews should be based on what is important to you and you can expect that each agent will skillfully ask a lot of questions about the timing and location of your planned move. They will provide basic counseling regarding the current marketplace, sale process and other actions required of a seller.

The agents should have obtained information regarding your home, and will have taken care to see what liens there may be and what other issues might impact the home’s saleability.

Agents generally will have prepared a comparative market analysis before meeting with you, so they can discuss your home’s

theoretical value. They will need to explain how automated home valuations systems (such as Zillow) work, why these are of little benefit in our particular area, and how the appraisal process is done.

Once you have selected the agent, he/she should discuss pre-inspections, ideas about home preparation, alternative marketing and pricing strategies, and the timing.

Your agent may discuss with you what items could be repaired, how to handle the volume of required disclosures, and what to expect during marketing and escrow.

The process may begin with the agent helping you prepare your property for photos that will be taken prior to marketing, and to be used in advertising for greater exposure in print and on the Internet.

The agent will arrange for brokers to preview your property during “caravan,” which is typically a three-hour period during which real estate agents and possibly their clients tour your home without having to make an appointment.

The marketing period may be as short as a few days or as long as several months, largely depending upon: 1.) the ease or difficulty of showing, 2.) property appearance, and 3.) competitive pricing in the current marketplace.

Showings are generally arranged with

you in advance and usually a day ahead. A typical showing might require 15-20 minutes, and you can expect second showings to take 30 minutes or more, depending on the size of your home and property.

Once an offer is received, your agent will discuss all of the various aspects, strengths and weaknesses, and will suggest various alternative counter-offers. If you are fortunate to receive more than one offer at the same time (which has often occurred in the last several years), hopefully you have selected an agent who has experience handling multiple offers.

Ideally you would want your agent to help you attain the best quality contract, and to have the next best offer/buyer be in a back-up position in case the first buyer cancels escrow.

The next phase consists of the buyer arranging for various property inspections, including sewer-line scoping, chimney and roof inspection, pest-control inspection, as well as a general checkup of the entire property.

Even though the standard purchase contract now states that the buyer is purchasing the property in its “as-is” present physical condition, nearly every buyer will do at least a basic general inspection.

The buyer typically will have up to 17 days to perform investigations (although in this current market, the time frame is usually closer to 7-14 days), and then to decide

which requests or credits they may want to ask of you.

Ideally, you will arrive at an acceptable agreement regarding any requests the buyer makes, and escrow will continue towards closing.

It will be your choice whether to accept, reject or negotiate a compromise regarding requests. During this same period or shortly thereafter the buyer’s lender (assuming they will be obtaining a loan) will have an appraisal done to ascertain the value of the property for financing purposes.

The moving process itself can be complex. However, if organized and planned well in advance, it can be accomplished efficiently. An experienced real estate agent will often provide suggestions about preparations for moving before starting the marketing process.

The entire sale process can be rather challenging for most people, requiring a great deal of patience and a good sense of humor. It is always helpful for you to keep the end goal clearly in mind, ask clarifying questions no matter how silly or small they may feel to you, and be fair-minded in the negotiations and any later resolutions.

Michael Edlen has been ranked in the Top 10 of all Coldwell Banker agents in the country. Call: (310) 230-7373 or email: michael-edlen@gmail.com or visit: EdlenTeam.com.

Mathnasium

(Continued from Page 13)

where they're always doing math," said Ullendorff, who grew up in Germany and moved to L.A. in 1993, then the Palisades in about 2002. "At a gym, you can't stand around and watch other people work out. You have to actually do it."

To help create this environment, the personality and motivation of each franchise owner is key. Before approving a franchise, Ullendorff meets each potential owner with the goal of finding people who care about students and are likely to invest personally in the business.

"You want the best person there—what he does every day is what's really going to make the difference," Ullendorff said. "The quality of the center director is the single most important factor" in the effectiveness of a location.

The Palisades center director, Kerzner, is someone who Ullendorff said both inspires and connects with his students. Overqualified like many Mathnasium owners, Kerzner has a physics degree from UC Berkeley and a master's in applied math from UC San Diego.

Thus far, Kerzner has found that the earlier students can attend the better, because often students struggle and begin to think of themselves by high school as "not a math person." He said, "I much prefer to have these kids come in fourth grade and actually become a math person."

Students run the gamut from those who might have gaps and need catch-up help to kids who are bored with school math and benefit from moving faster.

When they arrive, each new student receives a free assessment, a free trial session, and then a binder to track their progress once they enroll. Students attend as much or as little as they desire, usually 2-3 times per week for a monthly fee ranging from \$399-\$459 per month. Each student then progresses through the curriculum at variable rates with a goal of achieving mastery in each topic. Throughout, they frequently interact with the instructors.

"The students are constantly engaging about math—doing problems, but frequently having conversations about them," said Kerzner, who first worked as the center director in Manhattan Beach. "That's why I like Mathnasium so much. You're not just sitting there doing worksheets for an hour. You're also not just talking about math."

In addition, there is a fun factor, because as students complete worksheets, they can also earn prizes ranging from squishies and stress balls to a razor scooter or Lego set.

"I would really like to communicate that everybody stands to benefit—not just people who are behind and not just people who are ahead," Kerzner said. "I honestly believe every student could benefit."

The Palisades Mathnasium is open Monday-Friday from 2 to 7 p.m. and Sundays 1 to 5 p.m. Contact: (310) 695-1502 or pacificpalisades@mathnasium.com.



Wisteria is now in full bloom, thanks to March rains.

Photo: James Kenney

Gardening Workshop Offered At Library by Ms. Marie

Marie Steckmest of Palisades Cares will offer a gardening workshop for children of all ages from 9:30-11:30 a.m. on Saturday, April 14, at the Palisades Branch Library, 861 Alma Real.

This will be an opportunity to celebrate Earth Day and spring with Ms. Marie, a master gardener. Information for adults will be available.

Sponsored through a grant from the Pacific Palisades Optimist Club, activities will include decorating pots, planting seeds in recycled pots, making seed tape for planting

seeds in your garden, learn about ways to start seeds, making wind chimes from pots. There will be veggie and flower seeds and seedlings available, as well as recipes.

Steckmest has been a volunteer garden teacher at Marquez School for the past six years and has not only taught gardening skills and lessons about native plants, but has also interwoven nutrition and healthy eating.

Older students that want to help should contact Steckmest before the event: info@palisadescare.org.

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PACIFIC PALISADES

Irwin Discusses ‘Medicine’ that Works

By SUE PASCOE
Editor

If a doctor offered you a pill that would improve your sleep, help stop the aging process by lowering stress, bolster the immune system and prevent the inflammatory process (which can cause disease), would you take it?

Turns out there may be a pill, but not one you swallow. Those benefits may result from practicing mindful meditation, yoga or tai chi.

Dr. Michael Irwin, a psychiatry professor at UCLA and director of the Mindful Awareness Research Center, spoke about integrative medicine at the Senior Alliance meeting on February 12 at the Palisades Library.

Irwin’s research focuses on the interaction between the immune and central nervous systems and the role of sleep disturbance, particularly with cancer survivors and older adults. But his results have implications for everyone.

According to some estimates, about 50 to 70 million Americans suffer from sleep disorders and about 4 percent rely on prescription medication to fall asleep.

Irwin, a Pacific Palisades resident, said that scientists have found that sleeping pills take away one of the four non-REM sleep cycles (followed by REM sleep), which means missing one of the essential cycles.



Yoga may be beneficial in lowering stress.

Photo: Alison Burmeister

Non-REM sleep includes Stage One, which happens within minutes of falling asleep, when the brain produces alpha and theta waves; Stage Two produces an increase in brain-wave frequency known as sleep spindles; Stage Three is deep sleep; and in Stage Four the brain produces delta waves (which experts believe is when the body repairs muscle and tissues, which boosts immune function).

REM is when dreaming occurs and is thought to play a role in learning and mem-

ory function. The length of each cycle depends on a person’s age.

Irwin said that sleep deprivation, sleep disturbances and insomnia can lead to increases in inflammation, which is a key risk factor for diabetes, cardiovascular disease, cancer, rheumatoid arthritis, depression, morbidity and mortality.

In a 2012 paper, University of Rochester neuroscientist Maiken Nedergaard and colleagues discovered a waste-disposal system in the brain, in which toxic metabolites such as beta amyloid—associated with Alzheimer’s and other neurodegenerative diseases—are flushed out by cerebrospinal fluid with the help of support cells called glia. That system turns on during sleep.

Nedergaard said, “It’s been known for years that diseases like Alzheimer’s are associated with sleep disturbances. But maybe physicians should be treating sleep to slow the progression of the disease.”

A 2009 study at Washington University found that sleep-deprived mice developed Alzheimer’s-like brain plaques more often than their well-rested cousins.

Nedergaard said, “Because it fits, right? If you don’t sleep, you don’t clean your brain.”

Irwin also noted that “physicians may treat cardiovascular issues, but never learn that you aren’t sleeping well,” which might affect one’s heart problem.

The American College of Physicians recommended in 2016 that cognitive behavioral therapy for insomnia (CBT-I), a behavioral approach that targets poor sleep behaviors and dysfunctional worries about sleep, should be used as a first-line treatment for individuals with chronic insomnia, rather than sleeping pills.

CBT-I is cognitive behavioral therapy that includes regular, often weekly visits to a clinician (four to six weeks), who gives a series of sleep assessments, requires a sleep

diary and has sessions with the patient to help change the way he/she sleeps.

Irwin wondered if there was a way to treat sleep disturbances that would be as effective as CBT-I and which could be delivered in the community, with greater access and lower cost.

In a sleep study presented in the JAMA Internal Medicine journal, Irwin said people were divided into three groups, each receiving a different sleep technique.

1.) Those in the sleep hygiene education group were told to avoid using iPads, e-readers, phones, computers or any other device emitting blue light (it alters circadian rhythms) before bedtime. They were also told not to watch television in bed, that the bedroom was only to be used for sleep and sex. They were also warned that alcohol impairs sleep.

2.) The second group was taught mindful meditation, which is defined as learning to be present in the moment. A person learns to focus on his/her breath, and the practice can be done for as little as five minutes to 20 minutes every day.

Both groups improved, but the mindfulness subjects improved the most.

Irwin is also exploring other alternatives, such as tai chi and yoga. He said that cancer survivors often have sleep problems, particularly those who have had breast cancer.

“Forty percent of those women, even after treatment, will continue to have sleep problems,” said Irwin, who noted that in a five-year study, “women who used tai chi had an overall improvement in their health and a lessening of fatigue and depression.” Importantly, tai chi treatment yielded improvements in insomnia that were comparable to the benefits of CBT-I.

He said the inflammatory system is important for the primary fight-or-flee system, and that this hard wiring has been carried down through the centuries.

“When people have hyper levels of stress, they have diminished low waves of deep sleep,” Irwin said. “But today we are no longer threatened by lions. Now we’re exposed to social threats. Those threats, including isolation and loneliness, can activate inflammation.”

Practicing tai chi pays off, he said, because it causes “a downregulation of active genes,” which means “a decrease in inflammation, which will slow aging.”

People who are depressed have a lower level of immune response, according to Irwin. In one study, only about half of the people who received the Zoster herpes vaccine (shingles), produced an immune response, which means the other half did not receive the necessary prevention. But a study showed that when people who had practiced tai chi for about 16 months were given the shot, they got the desired result.

Irwin believes that practices such as mindful meditation, tai chi and yoga can lead to a better immune response, better sleep and less inflammation.

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A Statue for NBA Great Elgin Baylor

By LAUREL BUSBY
Staff Writer

On Friday, Elgin Baylor, a game-changing superstar from the early L.A. Lakers, will be honored with a statue outside Staples Center, and four days later, his memoir, written with Palisadian Alan Eisenstock, will be released.

The book, *Hang Time*, was a delight to write for Eisenstock, who spent many months visiting each afternoon with Baylor, now 83, and his wife, Elaine, at their Beverly Hills home. Eisenstock often brought a bottle of wine, and they sipped and reminisced about both Baylor's glories and his traumas playing basketball and growing up in a segregated Washington, D.C.

"It was an absolute labor of love doing this book," said Eisenstock, a longtime basketball fan who has written multiple memoirs. "It was really joyful. I think they looked forward to my coming over there. I really did look forward to going over there. It didn't feel like work."

The trio got along well from their first meeting. "I loved him, and I loved Elaine," Eisenstock said. "He's such a gentle soul. I just felt something deep about him."

The book they created together, which by chance coincided with the statue planning and installation, opens with an airplane trip the trio took two years ago. Strangely enough, Jerry West, Baylor's close friend and former teammate who also has a statue at Staples Center, happened to be sitting across the aisle from Baylor.

West told his friend that he was pushing for a statue to commemorate him, and Baylor, who played for 14 seasons as a Laker and led the team to multiple trips to the NBA championship finals, imagined how nice a

statue would be. Baylor will be the ninth person and the fifth Laker to receive this honor.

The statue inscription, which Eisenstock wrote, lists some of Baylor's achievements, including selection as the NBA's No. 1 draft pick in 1958, Rookie of the Year honors, 11-time NBA All Star, 27.4 points per game average, and his election to the NBA Hall of Fame in 1977.

In addition, it reads, "Elgin Baylor—the first Los Angeles Lakers superstar—was a once-in-a-lifetime player. A true innovator, influencer, dynamic scorer, and dominant rebounder. Often copied but never equaled, Elgin literally changed the sport itself from a game played methodically, on the ground, to one played spontaneously, acrobatically, above the rim. On the court and off, he rose above all obstacles in his path, including racism. He faced life the same way he played the game—powerfully, with dignity and class. Elgin Baylor was an inspiration to his contemporaries and to everyone who has ever since played the game."

The inscription also would aptly describe the book, which details Baylor's early life and development, his personal challenges, and his many failed attempts to bring the Lakers an NBA championship.

From the beginning, his mother was a constant support to him, while his father was a challenging, often angry man whom he only began to understand as an adult. Racism was rampant, and the police repeatedly took his brothers to the station even though they had committed no crimes. Officers even came into their home and forced his father to beat Baylor's sister in one of the book's most powerful and illuminating moments.

This incident "was such a difficult thing for him to experience," Eisenstock said. "It was very painful."

Most of Baylor's childhood was spent in D.C., where he learned to play basketball secretly at night in the amenity-filled whites-only park. Across the street was the blacks-only park, which was one step up from a field. Eventually, the black park got a hoop, and it became his after-school haunt.

"Basketball was his escape, and I don't know if you want to call it therapy, but it was in a way," Eisenstock said. "He was always most comfortable playing basketball."

Baylor practiced feints to get other players to commit before he did. He learned to time his jumps, so that he was going up while his defenders were coming down. But he also brought a spontaneity to the game that Eisenstock likens to jazz music.

"I don't think he did the same thing twice. He just kind of invented the game. He made the game spontaneous—when you look at old footage, players, not only are they not capable of stopping him, they also



Elgin Baylor started his college career at Idaho.

stopped what they're doing and they look at him. They gawk at him and say, 'What the heck?' It's wild."

Baylor's entrée into the NBA was not an easy one. First, the major local paper, the *Washington Post*, only covered games at white high schools, and the black high schools were not allowed to play against them. So there was little media attention to alert colleges to his skills.

Despite this, in 1954, Baylor earned a scholarship to the College of Idaho, and also began his first foray into integrated society. He later transferred to Seattle University, and eventually declared his intention to be drafted before graduating.

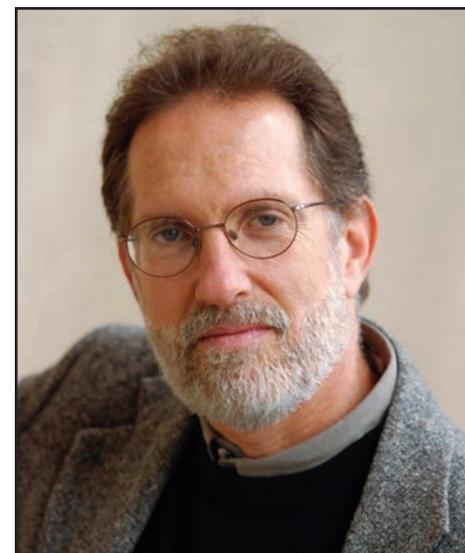
At the time, the NBA was relatively slow about integrating its teams. The first three black players were drafted in 1950, and when Baylor joined the Minneapolis Lakers in 1958, he was one of only three black players on the team. Some cities were still segregated and unwelcoming.

For example, a hotel once declined to provide rooms to the three blacks, so Baylor chose not to play in that game. His actions meant he received hate mail and threats, but it also changed the league as the NBA created a policy forbidding hotels from discriminating against players.

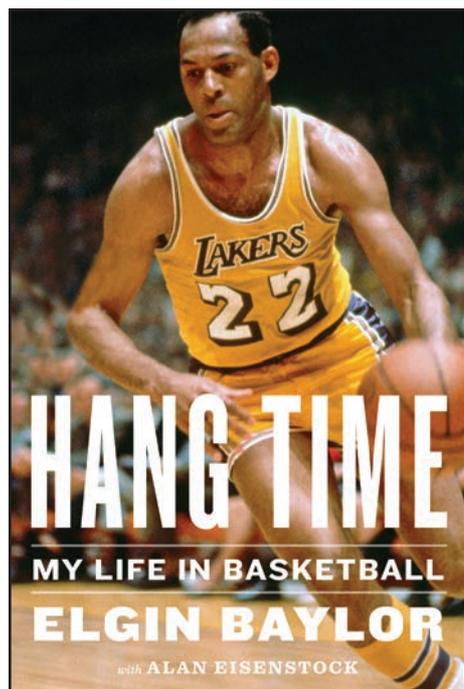
"There's a thread of racism that runs through his life," said Eisenstock, who also

touches briefly on the documented racism of Donald Sterling, whom Baylor later worked for as the L.A. Clippers' general manager. "It kind of just continued. Elgin, he wasn't an activist, but he took strong stands in a very dignified way . . . [Before writing the book], I knew about his physical strength as a player, but I wasn't aware how strong he was as a person."

Eisenstock and Baylor will sign copies of Hang Time at Diesel Books on April 26 at 6:30 p.m. Eisenstock will also speak at the Palisades Library on May 17 at 6:30 p.m.



Alan Eisenstock



PaliHi Volleyball: Always a Threat

Although currently contending with a series of mid-season injuries, the Palisades High boys volleyball team should contend once again for the L.A. City Section championship.

Last year, with only one senior on the team, the Dolphins beat El Camino Real (25-20, 28-30, 29-27, 25-19) in the title game and were 8th-seeded in the CIF Southern California playoffs, where they lost to Corona del Mar.

Coach Carlos Gray was named City Section Division I Coach of the Year and junior libero Jeff Stuart was named Co-Player of the Year. In addition, sophomore setter/opposite hitter Marcus Partain and sophomore outside hitter Akhil Tangutur made first team All-City, while setter/opposite hitter Miles Partain and junior outside hitter Scott Stuart made second team.

With all these top players returning, PaliHi's goal is to not only defend its City title but advance beyond the first round in the State playoffs.

The team has started out strong, with a 12-1 overall record. That only loss was against Alemany on March 17 in the Dos Pueblos Invitational Tournament, but the

Dolphins beat Valley powerhouse Chatsworth without Partain and Stuart.

The *News* caught up with Gray after Pali's 3-0 win against Western League rival Westchester on March 22, in which only eight of his players suited up.

"I have four players with injuries," said Gray, noting that Partain (6'2") and Stuart (6'2"), junior Mason Mallory (6'2" opposite hitter) and sophomore Miles Partain (6'3") were not 100 percent. Stuart and Mallory were dealing with thumb issues and Miles had a shoulder problem.

There were no games or tournaments scheduled over last week's spring break.

"We're just trying to get healthy," Gray said. "Sometimes it's not the X's and O's, it's the Jimmys and the Joes. If you don't have the Jimmys and the Joes, you can't do anything."

Gray began coaching the team five years ago after years of coaching at Malibu High, where he is a special education teacher. He played high school volleyball at St. Monica's and college ball at Santa Monica College.

Gray said that he loves coaching this year's team because they have a high volleyball I.Q., which means they understand the



PaliHi's Akhil Tangutur (10) rises high to spike the ball against Westchester's defense, as Miles (11) and Marcus Partain (2) prepare to react.

Photo: Lesly Hall Photography

nuances of the game. "If I just point out something that I see, they already know how to adjust to it." But right now, "we just have to get healthy."

League play resumed with an away match at LACES on Tuesday, and the Dolphins will host Venice on Monday, April 9, at 4 p.m., with the JV game at 2:30 p.m.

Basketball Players Honored

Palisades High junior Nick Kerkorian was named to the L.A. City Section All-City Division 1 team. The Dolphins' team captain and guard was also named to the Western League first team.

Teammate Anthony Spencer, a sophomore guard, was named to the Western League second team and sophomore forward Graham Alphson made honorable mention.

PaliHi finished 4-8 in league (which includes state powerhouses Fairfax and Westchester) but reached the quarterfinals in the Division 1 playoffs by winning their opening game against Dorsey.

On the girls side, sophomore Jane Nwaba was also named to the All-City Division 1 team. Alexis Pettis was selected to the All-League first team as was Nwaba.

Weakened when Nwaba was sidelined by an injury, the Dolphins finished 2-10 in league and lost in the first round of the Division 1 playoffs.



Nick Kerkorian. Photo: Lesly Hall Photography

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PaliHi Baseball Wins in San Diego

Every spring break, in order to gain experience against top teams from California and Nevada, the Palisades High baseball team participates in the Lions Invitational High School Baseball Tournament in San Diego.

Founded in 1951, the Invitational is the oldest and largest high school tourney in the country. Games are played over four days by more than 130 teams at fields all over San Diego County.

Palisades Head coach Mike Voelkel has some good pitchers this year. In addition to Jared Brecher, he also has junior Will Coquillard, who pitched well on March 26, striking out 8 in six innings as the Dolphins won their tournament opener against Carlsband, 12-4.

The next day, Pali lost 10-2 to Montgomery (San Diego), with sophomore Miles Kirshner and juniors Brecher, Kent Johnson and Chris McCullough all taking a turn on the mound.

The Dolphins next defeated Desert Oasis (Las Vegas), 7-2, behind the pitching of Josh Barzilai and Lucas Braun, to win their division and advance to the semifinals.

Alas, Francis Parker High (San Diego) crushed Pali, 12-2, scoring eight runs in the first inning and ending the game with 14 hits.

Francis Parker (ranked 76 in California) lost to Poway (ranked 48) in the champi-



Lucas Braun gets a hit, knocking in a run.

Photo: Lesly Hall Photography

onship game, 8-4.

Back on March 19, PaliHi opened Western League play by beating Hamilton at home, 9-5, as Brecher pitched five innings and struck out five.

The Dolphins trailed 4-2 in the bottom of the fifth, when their bats suddenly warmed

up. Ten hitters came up and, helped by a Hamilton error, two walks and some good base running, Pali scored six runs.

With the bases loaded, catcher Benji Taylor hit a two-run double, and Barzilai scored another run with a sacrifice fly. After a walk, outfielder/pitcher Kent Johnson hit a deep fly to center to drive in a run.



Jared Brecher pitched the first five innings against Hamilton. Photo: Lesly Hall Photography

In addition to two league games a week in April, PaliHi will participate in the Tigers Tournament on consecutive Saturdays against Marshall, Cleveland, Banning and El Camino Real.

Palisades hosted University on Tuesday this week and will travel to University on Thursday.

Dunk MS to be Held May 5

Former UCLA basketball player Blake Arnet is organizing the first Dunk MS event on Saturday, May 5, from 10 a.m. to 1 p.m. at Palisades High School, 15777 Bowdoin.

The fundraiser will feature a professional dunk contest with some of the world's best players to benefit Multiple Sclerosis research. Participants may register at dunkms.com.

Before the contest begins at 11:30 a.m., there will be a basketball clinic for kids ages 8 to 12, a silent auction and raffle that includes signed basketballs from Bill Walton and Brandon Ingram, a Ring Camera package, massage and cryotherapy sessions. Notable sponsors and in-kind donations will be available from the Lakers, UCLA Athletics, Caruso and Fiji Water. There will also be food trucks and entertainment.

Arnet, who played at UCLA from 2008-11, created Dunk MS because his mother, Brigitte Renae DeRouen-Venclik, died from the disease at age 47, when Arnet was a sophomore in college.

Arnet said, "She was the rock of the family and her independent and hardworking

spirit helped so many people throughout her life. She was my best friend and role model who inspired our family to never give up and always persevere."

He said the family has been participating in MS events, such as walks and bicycle rides, ever since his mom's death, but with his background in basketball and coaching, "I decided to take on a new life mission alongside my family: finding a cure for MS. This is the first step."

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Scott Wagenseller, Owner and Publisher

Juliano

(Continued from Page 1)

and had wanted the school to fire him for not treating his kid fairly.

Juliano also spoke and asked for a chance to continue to work with his athletes, seven of whom reached the City Section Finals in late February, with four advancing to the State meet.

The next day, a Wednesday, Juliano received a letter from Palisades High School Director of Human Resources Amy Nguyen stating "You are hereby notified that your employment with Palisades Charter High School will end effective the end of today, March 19, 2018." The decision had been reached on Monday, the day before the board meeting.

Juliano told the *News* that when he asked Nguyen why people hadn't been told beforehand, noting that it was a waste of everybody's time, she replied, "No, you got to see how the kids felt."

"I already know how they felt," said Juliano, who had started working with his team last summer after second-year Head Coach Steve Cifonelli was dismissed.

In both cases, Palisades High officials did not comment on the dismissal of either coach, citing confidentiality. Since the wrestling coach is an at-will employee, the school does not have to give a reason for the dismissal of these coaches.

According to documents obtained by the *News*, Juliano had problems with the father of one of his junior wrestlers from the beginning of the school year.

A letter in late summer from Juliano to the father stated, "You lobbied hard to get Steve [last year's coach] out and told me not to worry if I take over because you would help."

But "[the son] is never there for lifting or conditioning. . . I believe it's a huge team bonding time. All wrestlers are supposed to let me know if they are not going to make practice, but we never hear from you guys."

"Believe me, as fair and as hard as Steve tried to get [your son] a spot on the team, I will not go to that extreme; if he loses in a wrestle-off, he is not in the lineup."

The parent replied that Cifonelli was fired because he was belligerent and abusive. He wrote, "Me and a couple of parents saw to it that he remained fired . . ."

Juliano supported his predecessor, telling the *News*, "Steve was pretty fair with how he handled it. No coach I know would let one kid wrestle-off at three weight classes if he lost at the prior two."

A video of the wrestle-off for the 160-weight class to go to the City tournament was shared with the *News*. The athlete who had been representing Pali at that weight class at prior meets won the wrestle-off.

The father sent a letter to Tom Jones, the CIF Los Angeles City Section wrestling coordinator, claiming his son did not have a fair chance to wrestle. The father said he had been an assistant coach the prior year but had decided not to help this year and felt that the current coach, Juliano, was holding a grudge.

Jones replied, "This is a school issue. The coach has the authority to select his team."

Juliano told the *News* he had gone on numerous occasions to Athletic Director John Achen and Vice Principal Russ Howard to complain that the parent was following him on the wrestling floor and trying to speak while he was coaching.

A PaliHi assistant coach wrote to Achen and Howard in January that the parent had told him, "My attorney is involved, and I will sue everyone at Pali up to the Superintendent." A January 24 letter from the mom to Howard and Principal Pam Magee claimed that her son was not being treated fairly by Juliano.

What caused the dismissal? Juliano thinks it was because of an incident involving the father, when Juliano was coaching a team of PaliHi athletes at the USA Folkstyle club

wrestling tournament in Fresno on March 10.

Juliano said he was in the stands when he heard PaliHi called on the loudspeaker. He went down to the floor to check, and then saw the father coaching his own son. The boy was not part of the PaliHi contingent that Juliano had brought to the meet, and Juliano lost his temper. He shouted at the father and, according to one report, threatened him.

Reportedly there is an audio tape that confirms that Juliano threatened the parent, but Juliano says he has not seen it, nor has the *News*.

The *News* contacted the school March 22 and asked who would be taking Juliano's place, because he was working with college coaches to place his seniors. Nguyen, by return email, said the search was underway,

Juliano, who has already had four coaching offers, asked Nguyen who would order trophies for the end-of-year party. He worries that the high school will drop the program that he has worked so hard to build.

To hear the comments by wrestlers and their parents in support of Juliano, go to PaliHigh.org, click on governance and click on the audio under the March 20 meeting.

Kids' Yoga Day Here on April 6

Pacific Palisades resident Teresa Power will host a special Kids' Yoga Day celebration from 3:30 to 4:30 p.m. on Friday, April 6, at the Palisades Recreation Center, 851 Alma Real Dr.

Parents and kids of all ages are welcome. The first 50 kids will receive a free yoga mat and gift bag. Fresh fruit and healthy snacks will be donated by Bristol Farms and Whole Foods.

The event will celebrate the Third Annual International Kids' Yoga Day. Children are introduced to a short yoga routine and practice it with other children around the world.

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Young Musicians Thrive in L.A. Youth Orchestra

By LAURA ABRUSCATO
Contributing Writer

While some of the young musicians in the Los Angeles Youth Orchestra (LAYO) will pursue professional music careers, many others go on to careers in other fields. Either way, the goal for artistic director Russell Steinberg is to build a passion for music for life.

Twenty Palisadians are among the 120 youth in the orchestra, which is divided into two sections—an intermediate group and a pre-professional group. Students are required to study two years with a private teacher before they can audition for the orchestra.

The youth meet on Sundays at the Encino Community Center, where they spend half the time playing with their entire orchestra and half working either with a woodwinds, strings or percussion coach.

Palisades High freshman Charlotte Costain has been playing violin since age 4, and as a member of LAYO toured Vienna and Prague in 2015 and Italy in 2017. “It’s a really good experience meeting kids who come from different schools and different parts of Los Angeles,” says Costain.

For PaliHi freshman Aidan Lee, a member of LAYO for two years, cello is a more recent endeavor—he began playing as a sixth grader at Paul Revere Middle School.

“Russell [Steinberg] really knows what he’s doing and he chooses excellent music,” says Lee. “I like the people in the orchestra and the coaches are really good.”

Steinberg treats the students like adults. “It goes way beyond the notes,” says the composer and conductor. “I talk to them about how the music is put together, bigger ideas behind the themes.”

The orchestra started almost 29 years ago as a Jewish symphony through Milken Community High School, where Steinberg was the music director.

It expanded over the years, and came to include Jewish and non-Jewish students, ages 8-18, from all over L.A. The orchestra achieved nonprofit status in 2008 and relies on foundations, corporations and private donations to help run its programs.

Palisadian Fati Adeli was so impressed



Some of the Palisades students who play with the L.A. Youth Orchestra are (left to right) Vera Fang, Himalya Joshi, Layla Adeli, Leena Adeli, Riley Scaff (in back), Ryan Zaid, Kiran Slomka, artistic director Russell Steinberg (in back), Kimberly Affeld, Aidan Lee (in back), Alice Hanscom, Haroun Daoud and McCartney Hutchinson.

Photo: Matt Mindlin

with the orchestra after her older daughter joined in January 2017 that she joined its governing board a year later.

Her daughters, Leena and Layla, both began violin in first grade with Children’s Music Workshop, an after-school program offered at Palisades Elementary.

Leena, a fifth grader, joined LAYO in August. “I love the challenging pieces and I see how much I have improved as a violin player since joining LAYO,” she says.

Layla, a seventh grader at Paul Revere, says, “The pieces Russell chooses are challenging but fun, and with hard work we are able to sound like a professional orchestra.”

Although Steinberg was initially hesitant to travel internationally with the group because of the expense, he has found that his students gain valuable performance experience beyond their local fall and spring concerts.

He recalls seeing pictures of Mozart and Haydn on Vienna city buses and notes, “The students get to be in other cultures where classical music is revered.” Argentina is next for summer 2019.

Steinberg believes music benefits young people in many ways. “It’s character building,

it literally rewires the brain, and it takes years to develop. It’s technology that’s thousands of years old and nothing about it is easy.”

The director often speaks before concerts at the L.A. Philharmonic and hears from elderly music lovers who tell him, “I’m so angry with my parents; they let me quit [my instrument].”

Steinberg refers to LAYO, which he describes as “diverse, all cultures, all socioeconomic backgrounds,” as “the future of culture in L.A.”

The orchestra will play Tchaikovsky’s *Capriccio Italien* and *Symphony No. 5 in E minor*, Offenbach’s *Ballet Parisien*, Rachmaninoff’s “Vocalise” and selections from Grieg’s *Peer Gynt*, as well as Steinberg’s “Carnegie Overture” (which he wrote for LAYO when they played Carnegie Hall) at UCLA’s Schoenberg Hall at 4 p.m. on Sunday, April 15, and at 7:30 p.m. at Pasadena’s Ambassador Auditorium on April 16.

For tickets, email: laticketinfo@mail.com or visit: losangelesyouthorchestra.org.

Play On! to Open April 6

Theatre Palisades’ second show of the season is *Play On!* by Rick Abbot, which opens Friday, April 6. The farce centers around an opening night of *Murder Most Foul*, but the cast has yet to make it through one rehearsal, and the playwright keeps rewriting the script. This is a fast and funny backstage comedy appropriate for the entire family.

Directed by Sherry Coon, the cast features Michael Bernstein (Henry), Lauren Chapman (Violet), Richard Conolly (Saul),

Bella Dixon, (Smitty), Ria Parody Erlich (Aggie), Sue Hardie (Louise), Keely O’Sullivan (Smitty), Cindy Pearl (Phyllis), Catherine “Cat” Rahm (Gerry), Marina Tidwell (Polly) and Robert Watson (Billy).

The show runs through Sunday, May 13. Performances are Fridays and Saturdays at 8 p.m. and on Sunday at 2 p.m. at the Pierson Playhouse, 941 Temescal Canyon Rd. Tickets are \$20 for adults and \$18 for seniors and students. There is free parking. Call (310) 454-1970 or visit theatrepalisades.org.



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Exhibit Honors L.A.'s First People

By LIBBY MOTIKA
Palisades News Contributor

In the early 1800s, an Indian girl spent 18 years alone on the desolate island of San Nicholas, using her wit and the wisdom of her ancestors to sustain body and spirit.

At the time of the European contact, two distinct ethnic groups occupied the Channel Islands: the Chumash on the Northern Islands and the Tongva on the Southern Islands, including San Nicholas.

After first suffering slaughter by Native Alaskan otter hunters working for a Russian-American company, and then removed to the mainland by the Franciscan padres, the Tongva islanders disappeared.

Except the Indian Girl, who was inadvertently left stranded on San Nicholas for almost two decades. Ultimately rescued, Juana Maria, so named by the padres, lived for just a short time on the mainland before succumbing to a fatal illness. She died in 1853.

The story of Juana Maria serves as a synopsis of Tongva history. Her survival on the island depended on her ingenuity in providing for herself. She built a hut, partially constructed of whalebones; she fashioned a skirt made of cormorant feathers; and she contrived all her domestic essentials, including baskets and bone needles.

The current exhibit at the Santa Monica History Museum explores the history and cultural influence of the Tongva and the actions of the tribe to recognize and preserve their presence in Southern California.

The Tongva inhabited all of Los Angeles County, the northern parts of Orange County, and the four southern Channel Islands, including San Nicholas, Santa Barbara, Santa Catalina and San Clemente.

They were the people who canoed out to greet Spanish explorer Juan Rodriguez Cabrillo off the shores of Santa Catalina and San Pedro in 1542. He declined their invitation to come ashore and visit.

By the time of the first Spanish settlers in 1781, an estimated 5,000 Tongva lived in some 31 known villages with as many as 400 to 500 huts.

Each village was identified by family lineages of extended families. Many contemporary place names derive from Tongva, such as Topanga, Cahuenga, Tujunga and Moomat Ahiko Way in Santa Monica.

A number of Tongva sites on the Westside bear testimony to those who inhabited our land long before us.

The Kuruvungna Springs, or a place we stop in the sun, on the University High School campus, is the site of Tongva burial groups. A 150-year-old Mexican cypress, known as the Abue Wete Tree, was planted by the Portola expeditions as a water marker. The Gabrielino Tongva Springs Foundation opens it to visitors each month.

Los Lions Canyon is a place of significance in Tongva oral histories. It was threatened with development in



The Tongva constructed dome-shaped houses made from willow-tree branches, covered with tule rushes and other stiff grasses.

Photo: Lesly Hall Photography

the 1990s when members made a successful case for its preservation.

The Tongva Park in Santa Monica, opposite the Santa Monica Pier, is a symbolic nod to Santa Monica's earliest inhabitants, whose descendants supported the naming. Planned to preserve existing trees, it includes native grasses and succulents.

Precontact Tongva were hunter-gathers. Each family in a village had its own leader, who took care of the sacred objects belonging to the village, settled disputes and collected taxes.

In the villages near the coast, the main food came from the sea. Away from the coast in the foothills, acorns, piñon nuts, sage, berries and other plants provided nutrition.

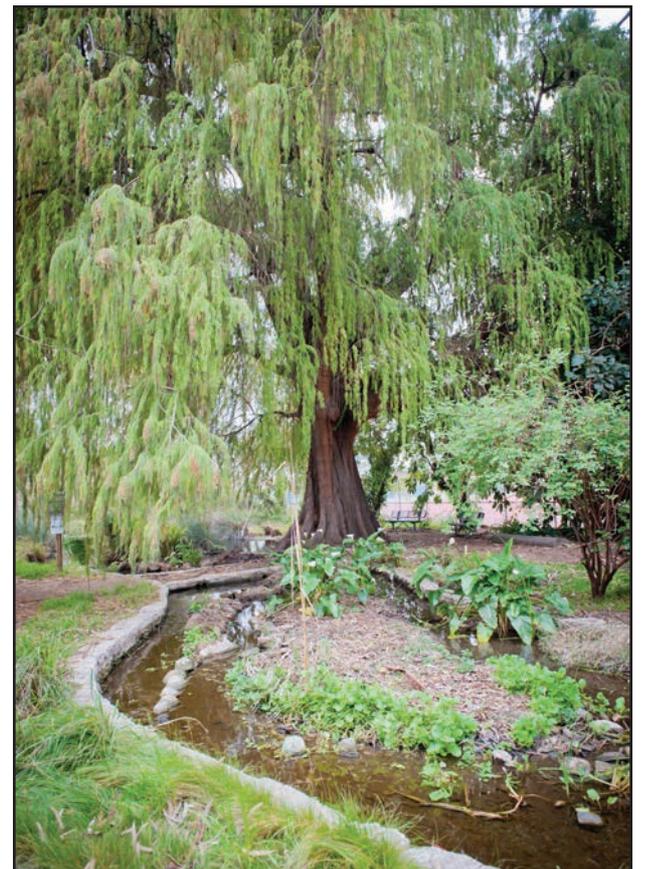
Interaction among the villages was common, leading to intermarriage and political alliances. Steatite, also known as soapstone, was the primary trade item for the Tongva. They also supplied shell beads, dried fish and sea-otter skins to people living away from the ocean, in exchange for acorns, seeds, obsidian and deerskins.

The Tongva believed in a religion named after their creator: Chingichnish.

Women and men could be shamans, the religious leaders and healers of the tribe. It was believed that they had special powers to heal the sick and to change their shape from human to animal.

By the mid-19th century, with the Mission San Gabriel fully established, well over 25,000 baptisms had been conducted, which led to the disappearance of the

(Continued on Page 23)



The Kuruvungna Springs is a Tongva sacred site located adjacent to University High School. A 150-year-old-Mexican cypress watches over a small cultural center.

Photo: Lesly Hall Photography

Tongva

(Continued from Page 22)

pre-Christian religious beliefs and mythology. The People of the Earth, lost to assimilation into Spanish and Mexican culture, were rechristened Gabrielinos because of their close association with the Mission San Gabriel.

The Tongva language was on the brink of extinction by 1900, leaving only fragmentary records of the indigenous language and culture.

But fortunately, the Tongva were storytellers. Passed down through the generations, the stories taught lessons, customs and beliefs and how to understand the natural world.

For Tongva tribal elder Julia Bogany, stories not only have been guides to her own identity, but also as primers in teaching the next generation. She takes great comfort in her 12-year-old great-granddaughter Marissa Aranda, who has shown an interest in her culture and looks to be the vehicle carrying the culture into the next generations.

“Stories of six of my ancestor women are powerful to me and have empowered my life and I hope to pass on to Marissa,” Bogany said in an interview with the News.

An educator and cultural affairs officer for the Gabrielino-Tongva band of mission Indians, Bogany has devoted decades on awakening the world to the ex-



The Tongva built canoes to travel from island to mainland and for fishing and hunting sea mammals.

istence of her people. She and other Tongva educators consult with schools, cultural centers and museums to correct misinformation about the tribe.

At a two-day workshop in August 2017, co-sponsored by the UCLA American Indian Center, the Cal State Dominguez Hills History Project and the UCLA History Geography Project, Tongva educators gathered with two dozen elementary school teachers to increase their understanding of the Tongva community and history. The goal was to develop a curriculum for third graders.

Bogany takes special pride in changing the narrative of the Tongva at the San Gabriel Mission, where her ancestors were brutally enslaved and subjected to starvation and disease.

“It took three bishops to get them to have an offensive sign removed,” Bogany said. “It read: ‘The Spanish came with beautiful horses but had to deal with the Red Skins.’ The museum is doing something really powerful because if the government doesn’t recognize us, they should, because WE WERE THERE.”

The Gabrielino-Tongva are one of two state-recognized tribes and the best documented tribe in the state without federal recognition.

“People of the Earth: Life and Culture of the Tongva” continues until May 5 at the Santa Monica History Museum, 1350 Seventh St.



Map of Tongva village locations in the Los Angeles basin.

Photo: Libby Motika



Earrings, necklace and purse by Georgina Garcia (Tongva).

Photo: Lesly Hall Photography

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Host Homes Needed For Homeless Students

By SUE PASCOE
Editor

One out of every five community college students, and one out of every ten college students are homeless—and these are students at UCLA, Santa Monica College and West L.A. College.

But don't they have housing when they register? How does this happen? Those were questions asked Palisadian Ellen Sloan when she spoke to the Palisades Rotary Club on March 1.

Sloan, who created a social enterprise, So-CapTech, to develop technology solutions for nonprofits, spoke about "Heather," who grew up in a gang-laden area north of Sacramento.

The young woman got a full scholarship to UCLA, but the school mailed part of her financial aid to her mother. When Heather arrived at her dorm room to check in, there was an "eviction" notice on the door, saying the room fee had not been paid.

Heather was now homeless. According to Sloan, she joined other homeless students who sleep in the student centers, libraries and cars. These students shower at the school gym facilities while they try to keep up with their studies.

Santa Monica Canyon resident George Wolfberg, who works out early at UCLA several mornings a week, says he sees kids sleeping in the bleachers around the track.

Sloan, after hearing about Heather's plight, offered her a room at her house until housing was worked out—a process that took about three months.

About eight years ago, Sloan, who graduated from Occidental College with a bachelor's degree in biochemistry and a master's degree in business from USC, thought "Why can't these students stay in a room [in the Palisades] with empty-nesters?"

That thought has now been formalized into a pilot program: Host Homes Project.

Sloan, a CPA and Certified Financial Planner, has worked for more than 20 years in finance, investments and philanthropic services with Bank of America, U.S. Trust, City National Bank, and Price Waterhouse Coopers.

Rain Report

Pacific Palisades received 1.70 inches of rain from the March 21-23 storm, bringing the season total since July 1 to 7.30 inches. The two previous storms in March produced 3.24 inches, helping to break a near-record dry spell.

According to Carol Leacock, the town's County-certified rainmeister, who lives on Bienvenida, the driest season in the Palisades since record-keeping began in 1942 was 4.11 inches in 2006-07. The 2013-14 season ended with 6.13 inches. The most rain recorded here was 42.60 inches in 1997-98.



Ellen Sloan

She told the Rotarians that if college students could live with people whose children have moved out, this would provide much-needed shelter, especially in a city that has a shortage of student housing.

"There are more graduate students that are housing-insecure than ever," Sloan said.

The Host Homes Project will offer residents \$500 a month to take a student into their home, with the funds coming from donors and grants. "These are people [students] who just need a little help," Sloan said.

Some of those attending school are foster youth and "have nowhere to go during school vacations," said Sloan, who noted that her mom was able to age in place because she had someone staying in her house. "It's like a multi-generational effort—like having a grandchild staying with you."

Sloan pointed out it could be particularly helpful for parents who no longer live near their elderly parents in Los Angeles. "There would be someone in the house, so the family would have a contact person," she said.

A student staying with an elderly person would be there at night, could help with household tasks and could run errands for their "roommate."

Once launched, Host Homes would do fingerprinting and background checks through a service provider, such as Safe Place for Youth, Sloan said. "An agreement would be drawn up regarding parking, visitors, hours—almost like an Airbnb-type of platform."

The service provider would be retained or funded by grants and would provide recruiting, interviewing, screening, training and program management.

Sloan, who teaches a graduate course in social entrepreneurship at Pepperdine University, said that host homes for college students is being done in other areas of the country. "We're not creating something new, we're just bringing it to L.A."

Sloan has lived in Pacific Palisades for 21 years and has two daughters: one attends West L.A. College and the other is at USC. In the spring quarter of 2017, the family had another student stay at their home.

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The Perilous Saga of Book Publishing

By BOB VICKREY
Special to the Palisades News

As I reported for my first day of work in October 1972 and entered the creaky Boston office headquarters of America's oldest publishing house, I thought perhaps that I had stepped back into the 19th century.

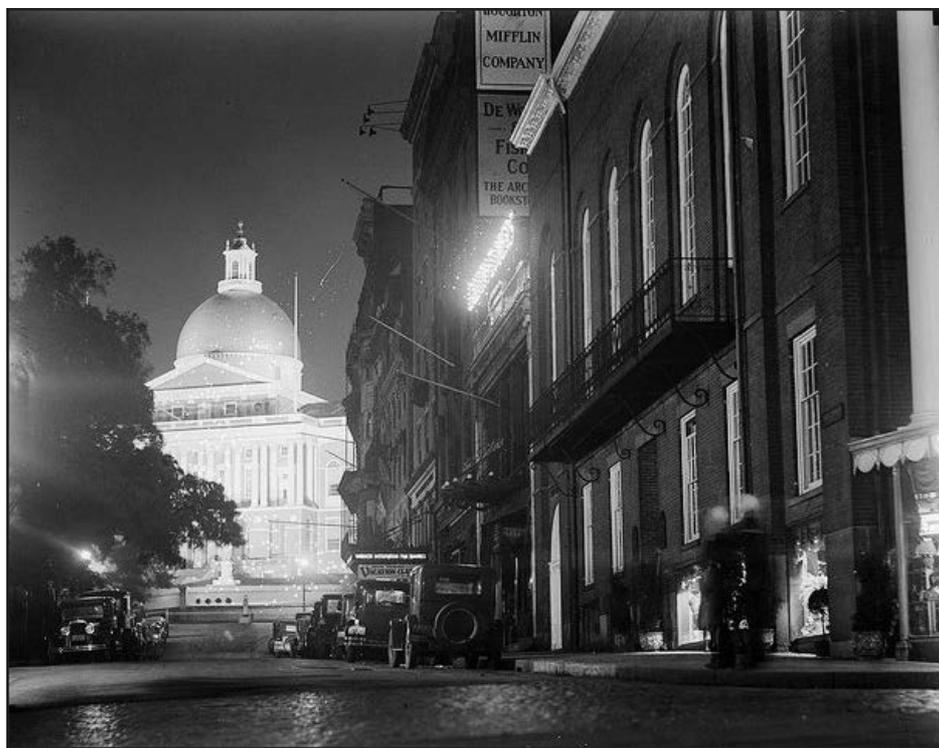
Houghton Mifflin had indeed been linked to that century by publishing authors such as Emerson, Thoreau, Longfellow and Harriet Beecher Stowe.

One could witness the history preserved there by simply walking the hallways of this 100-year-old charming, but well-worn brick structure located on Park Street just down the block from the ornate Massachusetts State House. The front side faced Boston Common and the backside office windows looked out on the Boston Granary, which was home to considerable Colonial history, including the gravesites of Paul Revere, Samuel Adams and John Hancock.

I was taken to the third floor by an outdated elevator that was referred to as the "birdcage" by its gracious operator, Mrs. Williams, whose tenure I imagined as dating back long enough to have escorted the distinguished Mr. Emerson to his appointments with his editor.

I had been hired in the sales department as a representative, whose job it would be to present the company's forthcoming books to independent bookstores throughout Texas and the Southwest. At that moment, it was impossible to envision the enormous changes across the bookselling landscape awaiting in the years ahead that would perhaps eventually steer my career—at least metaphorically speaking—toward my own marble headstone in that backyard Granary.

Houghton Mifflin was no longer a dominant force in publishing as it had been in the first part of the 20th century, but by the time I had arrived it was still actively publishing bestselling authors like John Kenneth Galbraith, Arthur Schlesinger, Jr., and J.R.R. Tolkien. The whole place was alive with its grand history, and for a young buck like me, I thought I'd died and gone to heaven, having been surrounded by the many literary



Two Park Street in Boston used to be the site of Houghton Mifflin Publishing Company.

icons of merging centuries. The president of the company sat at Longfellow's desk and the editorial director once occupied Nathaniel Hawthorne's.

It now occurs to me that with all that history at play in this impressive vault called 2 Park Street, there would be little wonder why traditional publishing failed to keep up with modern business trends and models. Among the many categories Houghton published, poetry was always the one genre known for commanding a certain cultural distinction, but often yielding little in consumer sales. Let's face it, a company's mission statement that even remotely implies "for the greater good" is not a message that generally endears itself to an accounting department.

The editorial leadership there fully understood the nature of its mission, and thus forced the inevitable collision at the intersection of culture and commerce. The two forces simply never meshed—yet no apology was offered by anyone in the company who had knowingly taken the symbolic "vow of poverty" when we signed up for our jobs.

Publishing was born of a romantic notion,

seemingly armed with a noble calling that flew completely in the face of any basic business principles that required yearly growth in sales. Therein lies the rub for that persnickety group called "the Board of Directors."

Out in the marketplace, there were also major shifts afoot in the way books were being bought and sold. The discount book chains changed the retail landscape forever for the independent owners around the country, and the decline in the number of those family-owned stores was swift and dramatic.

Long before online book buying and downloading to hand-held digital devices from Amazon became the rage among consumers, I was already being greeted in my neighborhood by my friend and veteran writer Josh Greenfeld as "the village blacksmith." He tried to gently warn me that my obsolescence was just beyond the horizon.

When Houghton's general book department eventually moved from its venerable headquarters into the upscale glass towers only a few blocks away, the move essentially signaled an end to publishing's past and introduced the beginning of contemporary

corporate life. After Park Street was abandoned, the aging structure housed nothing more than the memories and voices of the company's distinguished history.

When Houghton Mifflin merged with Harcourt Publishing in 2008, the new firm found itself fighting for survival in a fierce battle being waged in a digital world in which the whole publishing industry was caught virtually unprepared.

Upon reflection, I now realize that my role had become as outdated as that misunderstood poet who had lost his voice long ago within the corporate system. Neither of our missions translated within that culture and we both had unwittingly encountered the same inevitable destiny as that ill-fated village blacksmith.

I worked in an earlier era graced by a certain manner of old-fashioned courtliness that was defined by the closely interconnected relationships between authors, editors and staff members, as we found inspiration in watching talented new writers ascend to literary stardom.

And even in later years, after many of us veterans had become tired and skeptical about whether publishing miracles could still happen, we acknowledged that these splendid moments are what ultimately embolden and sustain publishing dreams for both the writer and publisher.

One of those moments happened recently when I learned that one of my best friends here in town, Alan Eisenstock, the author of 14 previous books, is publishing his latest book with my "alma mater," Houghton Mifflin Harcourt. His book *Hang Time: My Life in Basketball*, which he co-authored with Elgin Baylor, is due out April 10. His editor in Boston is my longtime friend, Susan Canavan, who is one of the finest editors in the business.

This has once again reminded me that despite our occasional skeptical protestations, publishing dreams remain very much alive today—even for old cynics like me.

Bob Vickrey is a longtime Palisadian and a regular contributor to the News. He also writes for the Houston Chronicle and the Waco Tribune-Herald.

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Playwrights Showcase To Be Held this Month

Set aside three Tuesdays this month, April 10, 17 and 24, to enjoy local talent when the sixth annual Theatre Palisades Playwrights Festival is held at the Pierson Playhouse. There will be wine, snacks, and a question-and-answer period after each performance. Admission is \$5 at the door. Call: (310) 454-1970.

The first play to be presented is *Starry Night* by Karen Howes on April 10 at 7:30, is a romantic comedy about a bride-to-be as she travels to her wedding destination island and prepares to marry the perfect man. What could go wrong?

Howes, who has a bachelor's degree in philosophy from William and Mary and a master's degree in fine arts from U.C. Riverside, has had hundreds of magazine features on science and technology published throughout the worlds.

Several of her plays have been selected for festivals, and she has received commissions to write original works. Her play *Last Flight of The Mercenary* was awarded the CalTech 2015 Mach 33 for New Science Driven Plays, and her play *Moment of Evolution* won the Maxim Mazumdar New Play Competition for best full-length play in 2011.

Howes is currently a member of The Skylight PlayLab development group in Los Angeles, a writer for Safehouse and a recipient of a Fulton County Arts grant for new play development.

Michael Wolfson's *Everything is Negotiable* will play on April 17 at 7:30. The plot revolves around competition between a professor and a businessman, which is elevated once a woman enters the picture with her own negotiations.

He has a long list of credits, which include *Undue Influence*, L.A. Theatre Works, *A Paradise Of Fools*, Detroit Repertory Theatre, *The Soul Sitter*, Little Theatre of



Karen Howes

Alexandria, Virginia and *The Prisoners Dilemma*, Vital Theatre, New York City.

Wolfson was born and raised in California and received a bachelor's degree in physics and a master's degree in engineering from UCLA. He worked in the early space program before shifting his career. After receiving a law degree from Loyola law School, he worked as a trial lawyer (assistant U.S. Attorney), then a tenured law professor at Loyola. His father was a novelist, a screenwriter and producer in motion pictures and early television, so Wolfson was surrounded by creative folks since childhood.

The final play on April 24 is by Robert Weibezahl *Which Way the Wind Blows*.

This play is about friendship, memory and a crisis of conscience which asks the question "How can an honest man resolve a crisis of conscience in such a way that he can do what he's always done—the right thing?"



A slight berm and stacked wall create a private seating area protected from the street.

Photo: Lesly Hall

Advance Tickets on Sale For April 22 Garden Tour

The annual Pacific Palisades Garden Club tour will take place from noon to 4 p.m. on Sunday, April 22.

This year's tour features six gardens in Pacific Palisades and Brentwood, plus the native garden on Temescal Canyon Road.

If you are thinking of updating your landscaping or installing a new garden, the tour will feature a variety of garden and landscape designs that explore the ever-increasing palette of native California plants, as well as design alternatives for hardscape that recog-

nize the importance of the outdoor lifestyle.

Presale tickets (\$30) are available online (visit: pacpalgardenclub.org) or at the following locations: 1.) Gift Garden Antiques in Pacific Palisades, 2.) Merrihew's Sunset Nursery in Santa Monica, and Yamaguchi Bonsai Nursery in West L.A.

On tour day, there will be home-baked cookies for sale and filtered water for tour guests.

(A preview of all the gardens will be featured in the April 18 issue of the Palisades News.)

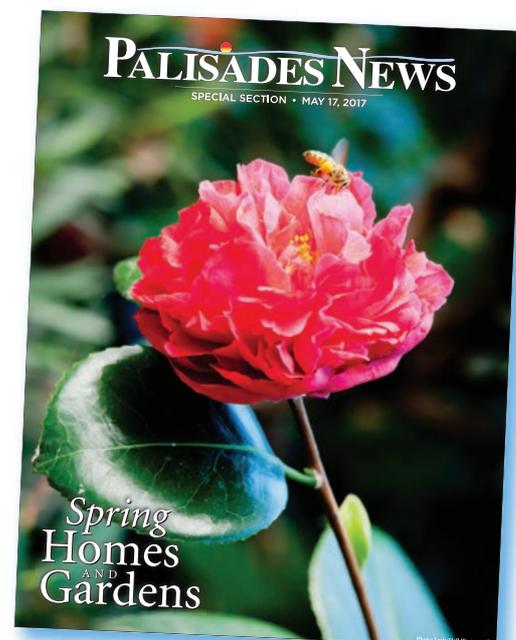
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Following an electrical fire in October, 2016, this popular Palisades Mexican eatery had to be closed down for repairs and remodeling, leaving many local diners upset. But hurrah! The restaurant has reopened with a liquor license that enables customers to order specialty drinks like margaritas, as well as beer and wine.

Right now, Kay 'N Dave's is accepting only walk-in diners, but soon it will take reservations, which will make us all happy, as the restaurant is very crowded at lunch and dinner and waits can be long. Hours are 11 a.m. to 9 p.m. daily.

If a Mexican breakfast is your pleasure, there are delightful offerings such as the breakfast burrito of eggs, cheese, beans, guacamole and chicken (\$10.50) and chorizo and eggs served with rice, beans and tortillas, (\$11.50).

Lunch specials, served until 4 p.m., include a half-pound hamburger (\$11), a taco salad or Santa Fe chopped chicken salad (\$11), and Mexican specialties such as soup, salad and a taco or enchilada (\$9.50).

If seafood is your choice, there's the Baja fish burrito made of batter-fried whitefish, with rice, slaw, avocado and chipotle crema, along with a pomegranate citrus salad (\$10.50), or a seared ahi taco (\$10), or the blackened



salmon taco (\$9), each of which are served with the pomegranate citrus salad.

Aware of the dinner crowds, my friend Barbara and I decided to eat at 5:30. We started off with a treat: chicken in a crispy fried tortilla with mole sauce, and chicken and pork taquitos with guacamole. The mole, a rich dark reddish-brown sauce with its bit of Mexican chocolate, was thoroughly enticing. This was followed by a basket of freshly made, slightly warm tortilla chips.

The new menu is so large and varied that it took us several minutes to decide

what we wanted. Listed are "favorites," "combo plates," "soups and salads," "entrees," "tostadas," "burritos" and "quesadillas." There are vegetarian dishes and kid's plates (for those 12 and under).

Barbara decided that the blackened salmon was for her, while I wanted to try the Cochinita Pork Pibil, which I had never had before.

The grilled salmon was excellent. With it came red peppers, zucchini and squash and a delightful spinach salad (\$21).

My pork had been oven-roasted, marinated and slow-cooked in banana leaves, making the pork inside the leaves a delicious treat. It was served with spicy pickled radish and Spanish rice (\$18). The portion was large

JUMBLE

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

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

(Answers on Page 15)

enough that I took some home to enjoy the next day. Tortillas were freshly made and accompanied everything.

Naturally, we had to sample a dessert, the mudslide, a rich chocolate brownie with vanilla ice cream, whipped cream and fresh strawberries. Rich and delicious.

What makes this restaurant so inviting to Palisadians is that it is located right here in town, so you can eat a delightful meal without facing traffic. And you can take your friends, young children, grandparents and your spouse for a tasty meal without spending a fortune.

No wonder everyone is delighted to have Kay 'N Dave's reopened, especially now that you can also have a margarita with your meal. Welcome back!

— GRACE HINEY



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