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SUMMER | 2020

90272

magazine

# Fourth OF July

IN PACIFIC PALISADES

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## 4 FOURTH OF JULY IN PACIFIC PALISADES

This year, Independence Day brings a mixture of new and old traditions to Pacific Palisades.

## 10 A CELEBRATION OF CREATIVITY

The yogurt shoppe-sponsored Kids on Bikes Contest returns.

## 12 'CELEBRATING A DIFFERENT KIND OF 4TH'

A collection of photos to remind us of celebrations over the years.

## 14 A BREAK IN TRADITION

Palisades Will Rogers 5 & 10K Run turns to fundraising goals in 2020.

## 18 'HOMETOWN U.S.A.'

A look back at the Fourth of July parade in 1981.

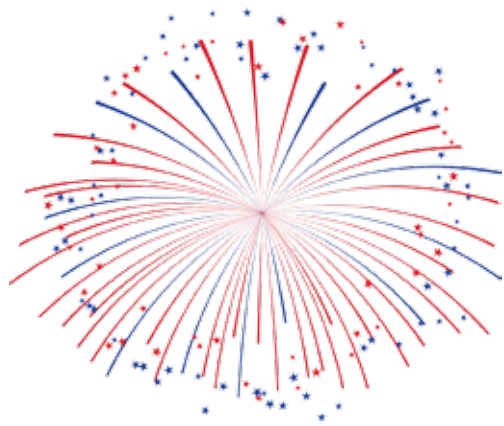
## 20 SUMMER ALTERNATIVES TO SCREEN TIME

Betsy Brown Braun offers suggestions for when it's time to put the phone, tablet and computer down.

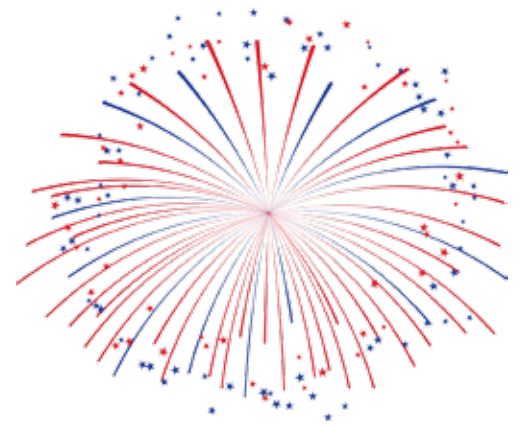
## 22 FOURTH OF JULY SWEETS, TREATS AND DRINKS

As Pacific Palisades prepares to spend Fourth of July largely at home, *90272 Magazine* assembled a few recipes for a pop of red, white and blue.





# Fourth of July in Pacific Palisades



Each year, the Fourth of July brings fun, festivities and traditions to Pacific Palisades—and though July 4, 2020, looks different than years past, community members have been working hard to ensure that the altered celebration will go on. *90272 Magazine* has compiled a guide to what Palisadians can look forward to participating in this year.

## Home Decorating Contest

Each year, Palisadians that have put up home decor throw their hat in the ring for a chance to win prizes and bragging rights through the PAPA Patriotic Home Decorating Contest, sponsored by Joan Sather and Susan Montgomery of Sotheby's International Realty.

And this year, the contest is promised to be “bigger and better than ever, with more ways to participate and win.”

“Health concerns will prevent the community from assembling for the annual parade this year,” event organizers shared in a press release, “but the additional time at home gives every Palisadian a joyful opportunity to show their spirit by festooning their home with flags, bunting and creative patriotic displays.”

In 2020, Palisadians will have more chances to win, with prizes and runners-up named in five categories: Home-town Style Award (most outstanding use



Condor Squadron

PHOTO COURTESY OF CONDOR SQUADRON

of homemade decorative elements); In This Together Award (best representation of theme); Proof Through the Night Award (best use of nighttime lighting elements); Americana Award (most outstanding depiction of national treasures and traditions); and Grand Champion Award (best overall display).

“The Fourth of July is such an import-

ant holiday in the Palisades,” Sather shared with *90272 Magazine*. “We honor our town ... because it’s such a special place.”

Those who entered have the chance to win a flag that flew over the U.S. Capitol and gift certificates from local businesses.

Judging is slated to be conducted and awards presented on the afternoon of July 3—so Palisadians who want to check out

the patriotic displays are invited to browse their neighborhoods on July 4th.

Sather explained that the way the contest is judged will be shifted to adhere to social distancing regulations. Usually a team traverses areas of town in a golf cart, but judges will have to make their way individually in 2020.

## Condor Squadron Flyover

The community is invited to view a flyover of the Condor Squadron—a group of World War II fighter pilots—at 2 p.m. The group will fly North American AT-6 airplanes in formation over the Palisades to commemorate veterans and Independence Day.

“The Condor Squadron Officer’s and Airmen’s Association is a unique non-profit organization founded in 1965 by a group of WWII fighter pilots, preserving a piece of aviation history that played an important part in securing the freedoms we cherish as a nation,” according to the group’s website. “We proudly fly WWII, North American AT-6 airplanes in formation over parades, memorial services and events commemorating veterans.”

The Van Nuys-based Condor Squadron was founded by Richard T. Sykes and boasts 55 active members. The group is made up of aviation enthusiasts who share that they are dedicated to preserving the memory of those who have served the country over the years.

“After the war ended the venerable old planes were often assigned to National Guard and other units for training purposes,” the website continues. “In 1962 several members of the 146th Fighter Group formed the Condor Squadron as a search and rescue unit of the Civil Air Patrol.”



Home Decorating Contest Past Winner

PHOTO BY RICH SCHMITT



Joan and Susan

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Preview of 2020

PHOTO COURTESY OF PALISADES ROCKS THE FOURTH

## Palisades Rocks the Fourth

What typically takes over Palisades Charter High School in the evening time of the Fourth of July has switched to a virtual show this year.

But the show must go on: Palisades Rocks the Fourth is gearing up for its 2020 lineup, with a concert program starting at 8 p.m.

Palisades Rocks the Fourth officially started in 2009 and has since grown to

feature, in a typical year, more than 300 minutes of live music, two stages, kids activities, food trucks and an annual attendance of 6,000.

Viewers have the chance to tune in to the 2020 show at no cost on Facebook Live, YouTube Live and Twitch.

“The concert will feature three-time Grammy winner Ben Harper, Grammy nominees Rocky Dawuni and Louise Goffin, touring pros Tom Freund, Adam Topol (Jack Johnson), Jessy Greene (Pink,

Foo Fighters), as well as many very talented local amateurs,” event organizers wrote.

Palisades Rocks the Fourth will be emceed by Sam Lagana and will include “several surprise greetings from celebrities who live in the Palisades.”

This year, the night will conclude with a chance to step outside and join neighbors in a community-wide sing-along of “This Land is Your Land” at 9 p.m.

The concert will also raise awareness of two charities: MusiCorps, an organization that helps wounded veterans play music and recover their lives, and the MusiCares Covid-19 Relief Fund for working musicians who have been adversely affected by the pandemic.

Palisades Rocks the Fourth is being co-produced by Palisadians Keith Turner and Rob Weber, with assistance from Musical Directors Adam Topol and Tom Freund, and editor Joshua Cutsinger.

“During this unprecedented crisis, music is one of the few things that has consistently spread hope and inspiration throughout the world,” event organizers shared. “The scenes of neighbors singing together from their balconies and rooftops will long be remembered among the most uplifting sights of our time.”

## Patriotic Pups

Another beloved community tradition that has switched to virtual in 2020 is the Patriotic Pups of Pacific Palisades. This year, PAPA invites participants to share photos of patriotic pups on Instagram or Facebook using #Palisades4thPatrioticPups.



A patriotic pup in 2009

PHOTO BY RICH SCHMITT



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2019 photo contest entry

PHOTO COURTESY OF ASHLEY MARKS

### Sixth Annual Photo Contest

Each year, the *Palisadian-Post* collects an assortment of images from community members showing off how they celebrate the Fourth of July, and though celebrations

will look different, the paper will continue the tradition with the sixth annual photo contest.

Readers have a chance to submit photos of anything they see fit. From celebrating pets to kids showing off red, white and blue attire and decked out

homes—anything goes.

To participate in this year's photo contest, send high-res images (300 dpi or "actual size" if sending from a smart phone) to [mypost@palipost.com](mailto:mypost@palipost.com) by Monday, July 6, at 10 a.m. for a chance to be featured in print and online.

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# A Celebration of Creativity

The yogurt shoppe-sponsored Kids on Bikes Contest returns this year.



BY JENNA SITEMAN



The Wolfsons and the Sabins

Fourth of July traditions run strong in the Palisades and one fan favorite is the annual Kids on Bikes Best Decorated Bike/Scooter Contest, which has been sponsored for more than a decade by the yogurt shoppe.

And though some alterations to programming have been made to accommodate social distancing, the contest is returning this summer.

Each year, the contest, which is aimed to encourage both creativity and a healthy lifestyle, allows local children to decorate their bikes and ride them by the shoppe the day before the Fourth of July in a parade. The three winners of the competition win a gift card to the yogurt shop for \$50.

Normally the Fourth of July Kids on Bikes Contest consists of an in-person activity only, but following suit with many festivities this year, there is a new online option for those who feel more comfortable engaging from home.

Parents are now able to upload a photo of their child's decorated bike or scooter via a form on the Palisades 4th official website, or on their own Instagram feed or TikTok. Parents must add the tags #palisades4thkidsonbikes and #theyogurtshoppe.

Entries must be posted before 11:59 p.m. on July 4. As per usual, kids looking to appear in person may ride by, socially



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PHOTOS BY RICH SCHMITT

distanced, on their bikes or scooters July 3 and 4 to get their picture taken.

Toward the end of 2019, the yogurt shoppe changed ownership, and new owners Christine and Adam Wolfson shared that they are thrilled to continue this tradition.

Adam explained that though the shoppe has undergone a few changes, the sponsorship of the contest will remain consistent.

“We see how the traditions of the yogurt shoppe have really cemented it as a staple within the community,” Adam explained.

He added that Kevin Sabin, the previous owner, asked the family what they were planning on changing when they took over.

“We said we just really aren’t going to change a lot,” Adam recalled. “We’re going to add to it and enhance some things, but it’s not a lot we want to

change because the brand is so strong.”

Adam shared his feelings on encouraging healthy behaviors and how not only does their family try to show this with their products, but with sponsorships just like this.

“Something that’s important to us is health, fitness and wellness,” Adam said. “That’s why we like the yogurt shoppe, because we don’t really use a lot of ingredients in our yogurt; a lot of it’s very natural, which we love. And the thing about the Kids on Bikes, which we talked to Kevin about, is that we want to keep a lot of traditions going and bikes and [being] healthy relate to each other.”

The Wolfsons purchased the shoppe before the COVID-19 pandemic hit, and since they were deemed an essential business, they remained opened throughout Safer at Home orders.

Adam explained that in the beginning of the pandemic, they were open mostly to donate fun treats to frontline workers to show their appreciation. Now, they have devised a “touchless” system for customers to order take-out yogurt or delivery.

“We gave a lot away the first month to first responders, people that were working on the frontlines, Gelson’s employees, and people like that because they just needed some sort of comfort during COVID,” Adam said. “And instead of closing, we just made a take-out where our employees will make everything for you.”

The Wolfsons have always dreamed of owning a local shoppe in their community and to be able to provide a fun dessert in these hard times is a pleasure, Adam said.

“We really wanted to own something within the town that we lived in,” Adam shared. “And to us, the Pacific Palisades is the most ideal dream town ever, ever imagined. Not only just from the people, but also the atmosphere.”

*For more information or to enter the contest, visit [palisades4th.com/parade/kids-on-bikes](http://palisades4th.com/parade/kids-on-bikes).*



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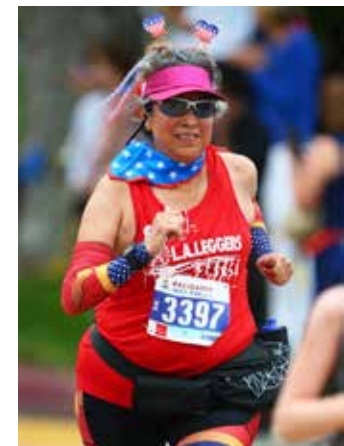
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# ‘Celebrating a Different Kind of 4th’

PHOTOS BY RICH SCHMITT

This year, the Fourth of July looks different in Pacific Palisades, which is why the Palisades Americanism Parade Association selected a theme of “Celebrating a Different Kind of 4th.” And while community members forge ahead and create new memories with new festivities, *90272 Magazine* went back a few years, sharing an assortment of photos from 2009 up until 2019—reminding of us of what will return in the future.



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Runners pack the intersection of Alma Real and Toyopa at the start of the 2019 Palisades Will Rogers 5 & 10K Run. More than 2,300 people participated in last year's race.

## A Break in Tradition

With the Palisades Will Rogers 5 & 10K Run canceled for the first time, Sports Editor Steve Galluzzo offers a look into the history of the race.

BY STEVE GALLUZZO

PHOTOS BY RICH SCHMITT

One of the things Pacific Palisades has become known for over the last four decades is the Palisades Will Rogers 5 & 10K Run, but for the first time in its 43-year history, the event won't take place this Fourth of July morning, despite the efforts of race founder and director Brian Shea and his committee to obtain permits from the city of Los Angeles amid the coronavirus pandemic. The race debuted in 1978 and has been held every year since, but the focus this summer turns to fundraising.

"Every little bit helps" is the message Shea wished to send to

local runners and families who can make a minimum donation of \$20 for a shirt.

### ORIGIN

Considered to be one of the toughest road courses in California, the 10K race was founded by Brian Shea, Chris Carlson and Bill Klein, members of a local early-morning jogging group called the Ridge Runners. Shea and Carlson thought of the idea of the race while picnicking on the grass on San Vicente after running the Brentwood 10K on Memorial Day in 1977. They mapped out a course, cut through red tape to get the needed city and state permits and the next year, the Palisades race was born. Since then Shea has seen

his brainchild grow in prestige and popularity.

The 10K route, which starts and ends at the Palisades Recreation Center, winds through the switchbacks of Will Rogers State Historic Park and is reputed to be one of the toughest road courses in California.

In 1986, the 5K (through the Huntington neighborhood) became part of the race and a half-mile Kids' Fun Run was added 10 years later. Both the 5K and 10K are certified lengths.

### RECORDS

It was in 1983 that Russell Edmonds from New Zealand set the 10K record of 29:46 and no one has broken the 30-minute barrier since then. The same year, Katie Dunsmuir, who had just graduated from Palisades Charter High School, set the women's record of 35:09 that still stands. A cross country and track star at Pali High, she had won the previous year and would go on to win four straight times (1992-95) for a total of six.



Race founder and former Ridge Runner Brian Shea has served as director ever since the race started in 1978.

Peter Gilmore, who grew up on Via De La Paz, set the men's 5K record of 14:10 in 2003 and the closest anyone has come to breaking it was Gilmore himself, who clocked 14:12 the next year. In fact, in the 34 years the 5K has been run, only five winners have completed it in under 15 minutes and only Gilmore (who did it seven times) has done so more than once. Shortly after graduating from Pali High, Gilmore won

the 5K for the first time in 1995, foreshadowing his rise as one of the nation's top marathoners. He won his hometown 5K seven more times, the last in 2006.

Annetta Luevano set the women's 5K record of 16:29 in 1995 but no one has won the 5K more times than local girl Kara Barnard. In fact, the 1996 Pali High graduate has more race victories (11) than her. She has won the 5K five times (including three of the 10 best women's times) and the 10K six times, including a 35:24 effort in 2004 that remains the third fastest in race history. She and Gilmore swept the 5K races four times (1997-99 and 2003) and Barnard won three straight 10Ks from 2010-12 to match Dunsmuir's total of six. Barnard also holds the record for most consecutive wins (8) from 1997-2004 (five 5K, three 10K).

In 2018, Santa Monica Track Club member Tonny Okello (who lives in Mar Vista but is originally from Lira, Uganda) became the first runner, male or female, to win either race five years in a row, clocking 32:51 in the 10K.

## CHAMPIONS

Cosmo Brossy, a 22-year-old from Los Angeles, snapped Tonny Okello's five-year reign in the 10K by winning the 6.2-mile race in 34:18 last year.

A Fluffy Bunny Track Club member, Brossy had recently graduated from Amherst College in Massachusetts. In high school he was a cross country and track runner at Brentwood.

After dueling eventual winner Kaitlyn Peale of Portland for the first five miles before settling for second place the year before, 33-year-old Caitlin Chrisman returned last Fourth of July to take the women's 10K title in 37:17—over six minutes ahead of runner-up Elizabeth Scott from Topanga.

The 5K champion last year was 20-year-old Evan Hassman, a steeplechaser at Harvey Mudd College in Claremont. He won in 16:49 and vowed to be back to defend his title.

Palisadian Natalie Gigg beat former Pali High standout



Palisadian Natalie Gigg won the 5K in 18:39 last July 4. She finished third in the 10K the year before.

Natalie Marsh to finish first in the women's 5K in 18:39. The 24-year-old Gigg, who attended Corpus Christi from kindergarten to eighth grade, played club soccer for the Westside Breakers, earned All-CIF status at Marymount High and played soccer for USC, was third in the women's 10K in 2018 but chose the shorter course last year. The



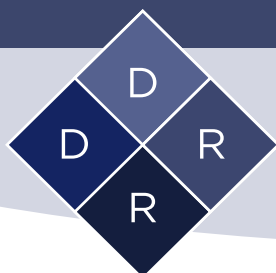
Tonny Okello won the 10K five years in a row from 2014-18 before taking second place last summer.

2019 race marked the first time since 2013 that there were four new winners. Putting 3,339 registered runners in a patriotic mood last July was Pali High senior Hunter Barnett, who sang the national anthem before members of the Borland Family (honorary race starters in memory of Ridge Runner and longtime volunteer Lynn Borland), blew the horn.

## PALISADES WILL ROGERS 10K WINNERS

YEAR	MALE	TIME	FEMALE	TIME
1978	Drew Mearns	31:35	Pam Firestone	39:35
1979	David Greifinger	31:09	Carol Cook	35:53
1980	Charles Gray	30:38	Teresa Haro	38:14
1981	Charles Gray	30:26	Teresa Haro	38:16
1982	Jim Scott	31:15	Katie Dunsmuir	36:22
1983	<b>Russell Edmonds</b>	<b>29:46</b>	<b>Katie Dunsmuir</b>	<b>35:09</b>
1984	Patrick Ewing	30:52	Sherry Simmons	36:30
1985	Luis Tipan	30:52	Beth Milewski	36:25
1986	Ray Cook	30:46	Mindy Ireland	35:56
1987	Jeff Shaver	31:07	Amanda Marks	38:59
1988	Greg Hauser	30:46	Amanda Marks	36:17
1989	Jeff Shaver	31:22	Karon Carpani	39:44
1990	David Baca	31:43	Alfreda Iglehart	39:32
1991	Ken Velasquez	31:06	Kimberly Stewart	36:21
1992	Jeff Shaver	31:07	Katie Dunsmuir	35:18
1993	David Olds	32:13	Katie Dunsmuir	36:30
1994	Peter Hogan	32:19	Katie Dunsmuir	35:53
1995	Timothy Berger	32:57	Katie Dunsmuir	36:36
1996	Ray Cook	32:13	Marie Murphy	37:36
1997	Timothy Berger	32:49	Marie Murphy	39:20
1998	Bill McMorran	32:57	Tina Lount-Petrie	39:36
1999	Tyson Sacco	32:23	Rosa Cazares-Luna	41:03
2000	Nate Bowen	31:38	Melissa Smith	40:13
2001	Tyson Sacco	33:45	Kara Barnard	37:48
2002	Nate Bowen	31:32	Kara Barnard	37:21
2003	Nate Bowen	33:31	Lucy Fitzgerald	38:12
2004	Brad Becken	32:51	Kara Barnard	35:24
2005	Kevin Koeper	31:54	Lucy Fitzgerald	39:33
2006	Kevin Koeper	33:01	Erika Aklufi	35:56
2007	Nate Bowen	33:35	Nancy MacDonald	41:32
2008	Kevin Purcell	34:10	Shawna Burger	37:56
2009	Lewis Elliot	33:29	Shawna Burger	38:02
2010	Kevin Purcell	33:40	Kara Barnard	36:58
2011	Jim Lubinski	32:35	Kara Barnard	37:12
2012	Ankur Tarneja	33:47	Kara Barnard	38:34
2013	Brad O'Bryan	32:33	Laura Conley	40:19
2014	Tonny Okello	31:21	Melinda DiNapoli	40:30
2015	Tonny Okello	32:55	Susanne McNeil Eng	40:33
2016	Tonny Okello	31:32	Katie DeWitt	41:00
2017	Tonny Okello	33:28	Erika Aklufi	38:44
2018	Tonny Okello	32:51	Kaitlyn Peale	36:19
2019	Cosmo Brossy	34:18	Caitlin Chrisman	37:17

\* Race Record Holders in Bold \*



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## PALISADES WILL ROGERS 5K WINNERS

YEAR	MALE	TIME	FEMALE	TIME
1986	David Greifinger	15:22	Kiki Labordeaux	17:34
1987	Alfredo Perez	15:28	Lari Bright	17:17
1988	Jo Nitti	14:31	Kathy Kanes	16:47
1989	Jeremy Stratton	14:52	Aine Lynam	17:42
1990	David Olds	15:10	Aine Lynam	17:49
1991	Brian Cody	16:10	Julie Matteson	17:05
1992	David Long	14:32	Laurie Chapman	16:47
1993	Jeff Shaver	15:03	Tania Fischer	16:36
1994	David Long	14:56	Jennifer Briggs	17:03
1995	Peter Gilmore	15:19	<b>Annetta Luevano</b>	<b>16:29</b>
1996	Pat Williams	15:55	Joan Hansen Lester	17:43
1997	Peter Gilmore	14:57	Kara Barnard	18:07
1998	Peter Gilmore	14:43	Kara Barnard	18:03
1999	Peter Gilmore	14:30	Kara Barnard	17:12
2000	Jeff Tomlinson	15:38	Kara Barnard	16:50
2001	Mike Spence	15:19	Marie Murphy	18:41
2002	Peter Gilmore	14:18	Elizabeth Farnan	18:30
2003	<b>Peter Gilmore</b>	<b>14:10</b>	Kara Barnard	17:12
2004	Peter Gilmore	14:12	Anna Aoki	17:15
2005	Eric Emilsson	15:06	Therese Fricke	18:39
2006	Peter Gilmore	14:15	Jenna Dee	18:47
2007	Andrew Atkeson	16:25	Jenna Dee	17:57
2008	Brian Duff	16:49	Vivien Wadeck	17:15
2009	Ravi Amarawansa	15:13	Therese Fricke	18:47
2010	Jeremy Doherty	16:28	Lucy Sarkes	20:01
2011	Andrew Bland	15:52	Therese Fricke	18:24
2012	Yu Essay	16:23	Sara Jurek	19:45
2013	Rocky Peterson	16:31	Flora Berklein	19:03
2014	Andrew Bland	15:48	Renee Rodriguez	19:57
2015	Drake Johnston	15:56	Grace Zamudio	18:36
2016	Charlie Sherman	16:07	Renee Rodriguez	19:12
2017	Shane Bissell	16:25	Regina Lopez	17:54
2018	Ethan Stauber	16:05	Natalie Marsh	18:57
2019	Evan Hassman	16:49	Natalie Gigg	18:39

\* Race Record Holders in Bold \*

## TRADITION

Race winners are invited to ride in the Fourth of July Parade and the list of celebrities and professional athletes who have participated in or assisted with the race over the years includes actor Walter Matthau, singers Toni Tennille and John Raitt, former Los Angeles Kings goalie Rogie Vachon, former Los Angeles Dodgers second baseman Davey Lopes, Olympic gold medalists Mark Spitz (swimming) and Carl Lewis (track & field), Los Angeles Lakers General Manager Mitch Kupchak, Congressman Mel Levine, *KTLA* Prime Time News reporter Lu Parker, five-time boxing world champion Sugar Ray Leonard, kickboxing and Muay Thai champion Baxter Humby, fitness guru and former Honorary Mayor Jake Steinfeld, and Golden State Warriors head coach Steve Kerr, who served as parade grand marshal six years ago and in June 2019 guided the Dubs to the NBA finals for the fifth straight year.



Pali High alum Peter Gilmore won the 5K eight times and set the course record of 14:10 in 2003.

Medals go to the first, second and third place finishers in 28 divisions (14 male and 14 female) in the 5 and 10K. A "High School Challenge" debuted last summer, with Pali High winning the Dick Lemen Memorial Trophy.

## FUNDRAISING

The Palisades Will Rogers 5 & 10K Run Foundation is ask-



A drinking fountain and plaque dedicated to Lynn Borland, Chris Carlson and Dick Lemen has been installed at Will Rogers State Park.

ing people to celebrate the 43rd year by making a contribution. In coordination with the Optimist Club of Pacific Palisades, net proceeds will be distributed to youth projects. Visit palisades10k.com to donate.

A drinking fountain and plaque dedicated to former Ridge Runners Lynn Borland, Lemen and Chris Carlson has been installed in the restroom area at Will Rogers State Historic Park.



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# 'Hometown U.S.A.'

A look back at the Fourth of July parade in 1981.

With the parade on hold for the first time since its founding 72 years ago, 90272 Magazine dived into the archives to pull out fond parade memories. The following piece, penned by Post Associate Editor Juliet P. Schoen, was originally published on July 9, 1981, celebrating what was referred to as “one of the best parades ever.”

The lucky ones were those who were able to place their chairs under trees. The lucky ones were those who wore bathing suits, brought along jugs of cold liquids, carried parasols or sat in the Golden Circle seats under the canopy.

Did the extremely hot weather dampen the enthusiasm of Palisadians and keep them away from their annual Fourth of July Americanism Parade?



PHOTOS FROM PALISADIAN-POST ARCHIVES

Never. More than 25,000 cheering throngs lined the steaming streets—and a good many more lined the roofs, windows and balconies overlooking the parade route.

Those who came saw one of the best parades ever. Old-timers can never quite put their finger on what it is that makes one pa-

rade more enjoyable than another, but attempts were made to analyze this one. For one thing, the parade started on time, moved along swiftly and ended at 4 p.m. on the button.

It was the kind of parade where not a single horse disgraced itself in front of the reviewing stand! There was the perfect balance of old favorites and new attractions.

One huge banner, hung across a Sunset Boulevard building, proclaimed, “Welcome to Pacific Palisades—Hometown of Our 40th President.” Although none of the floats acknowledged President Reagan as a local resident, a distinct sense of community pride permeated through the parade in tribute to this year’s theme, “Hometown U.S.A.”

There were many hometown floats. Some were magnificent, like the prize winner Lelah Pierson Realty Co., showing typical houses in a typical neighborhood, all in shining colors. Kites are flying, geraniums are growing and the lawn is an unbelievable green.

More modest, but equally delightful was the float representing the local Optimist Club’s Boys’ Home. Pacific Palisades Men’s Club came through with a gorgeous float which seemed to show Valley Forge, with the Father of our country in command. The bare trees were a welcome rebuttal to the heat.

Another float by Pacific Pal-



isades Garden Club showed a “Picnic in a Garden,” with several members enjoying the ride down Sunset Boulevard. On the spectacular side was the float by Harleigh Sandler, with “hometown beauties” in old-fashioned bathing suits. And weren’t they the lucky ones, too.

Dozens of local organizations were represented in the parade, including the AYSO, which contributed a score of soccer players to march with the various introductory banners.

The Oom-Pa-Pa Hometown Marching Band was there, bigger and better than ever, and exhibiting a newly acquired sense of precision. Other local organizations were represented by antique cars, trucks, bicycles and various kinds of vehicles and floats.

Again local personalities, political figures and celebrities rode in classic Thunderbirds and were cheered wildly by the crowds. Just about every major organization in Pacific Palisades was represented.

This year, the parade was graced by two mayors, rather than none. Mayor Tom Bradley, representing the mama city, and Ted Knight, honorary mayor of Pacific Palisades, each waved grandly to fans. Dorothy Knight,

the First lady, practiced the Queen Elizabeth style of waving as she held a patterned parasol.

Other celebrities were Norman Fell, Isabel Sanford, Ken Kercheval and Graham Jarvis, all television favorites. And you would think it’s an election year from the number of political figures who joined the festivities — Councilman Marvin Braude, with Marjorie, Assemblywoman Marian La Follette and State Senator Ed Davis.

Kate and Pete Ahrens, representing Hometown U.S.A., were smiling Parade Marshals and the six 1981 Sparkplugs served as division marshals — Jack Sauer, Henry Ullerich, Robert Neubacher, Jean Dillingham, Bobbie Farberow and Del Wright. Miss Palisades, in the person of Jeanne Elfant, brought a touch of glamour.

But excitement came with the big band sound, as drum majorettes tossed batons, drill corps members brandished their flags and the brightly uniformed musicians clanged their cymbals, banged their drums and blew their brasses.

The crowds welcomed back favorites like the Royal Cavaliers, Los Caballeros, Velvet Knights, Long Beach Junior Concert Band, Diamondettes and Santa



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Ana Winds. They welcomed the Norwalk All-City Youth Band and the Crusaders Band and Drill team which came all the way from Edmonton, Canada.

There were the light moments, too. The Good Time Clowns came along, dragged an "innocent bystander" from the crowd and doused the lucky man with water. Roller skaters, wearing winged hats, zipped down the avenue. When a float bearing a large replica of the U.S.S. Nevada came by, people finally understood why, before the parade, two sailors had been asking, "Where can we park our boat?"

But it was really hot. Drill corps members who tried to go down on one knee with their flags were burned by the asphalt. A group of disciplined dogs refused to obey the command to "sit" and no one could blame them.

One young band member grew faint and was helped to the sidelines. The band closed ranks beautifully and carried on without her.

There was a lot of back-slap-

ping to be done, and it was accomplished after the parade at American Legion headquarters where a reception was held. (Before the parade, a reception had been hosted by the Pacific Palisades Woman's Club.)

Everyone made a hurried trip to the punch bowl and then enjoyed various refreshments, including All-American hot dogs and ham sandwiches. Ronnie and Bill Lomas of Pageantry Productions, which produced the parade, received congratulations for a job well done.

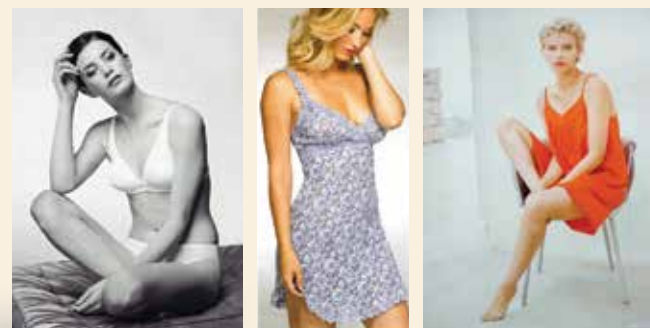
Guests were also treated to first class entertainment by three Scottish groups which marched in the parade — McPherson's Pipe Band, Cabre Fei Pipe Band and Royal Canadian Legion Pipe Band. Four young ladies, in Scottish attire, performed dances.

Wally Miller, president of Palisades Americanism Parade Association, welcomed the parade participants and dignitaries. Autograph seekers gathered around the celebrities who graciously obliged.

In the evening, residents gathered at Palisades High School's athletic field for the day's grand finale. The local Oom-Pa-Pa's band performed stirring patriotic music and flag girls did their thing. As the skies darkened, there followed a colorful and imaginative pyrotechnical performance, which was a fitting birthday tribute to the United States and its many, many home towns like Pacific Palisades.



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# Summer Alternatives to Screen Time

Betsy Brown Braun offers suggestions for when it's time to put the phone, tablet and computer down.

BY LILY TINOCO

PHOTO BY RICH SCHMITT

**N**ow more than ever screens are a prominent part of everyday life—whether you're an adult working from home, a child fulfilling educational and social needs, or simply one of the many smartphone users who pick up and use their device first thing in the morning, within minutes of being awake.

Although our devices and smartphones have become integral, it's still important to consider the effects of the increased use of screen time and create a healthy balance, or maybe even take a break.

Palisadian Betsy Brown Braun, a child development and behavior specialist, weighed in on the topic.

"While everyone is pretty darn tired of living life online, it still seems to be the fallback when 'there's nothing to do,'" Betsy said to *90272 Magazine*. "But most parents agree that summer needs to be a time without tech. And many have discovered that when their kids are away from screens, life sprouts anew. Kids play, explore outside, become creative ... and even relax, become more pleasant. The tension disappears."

Betsy shared a number of alternative suggestions to screen time this summer:

- Learning something you've always wanted to do: play the ukulele, learn hip-hop, ride a pogo stick, tap dance, crochet. "There is so much we don't know how to do and now have the time to learn," Betsy said.
- Starting your own "Treasure Tree" in your neighborhood, where you can hang treasures from the branches of a tree: "There's one to which we've added on Brooktree Road, trinkets of all kinds are stuck in the bark of the Redwood tree."
- Or, starting a "Wish Tree" in your neighborhood, where you can write or draw your wishes and hang them using craft supplies (string, ribbon, pipe cleaners). Betsy suggested leaving a basket of paper, pens and string for neighbors to leave their own wishes.
- Creating a performance of some kind to suit your personal interests: an instrument recital, an original poetry reading, a play.



*A family participates in the first Great Backyard Campout.*

- Writing and publishing a Neighborhood Newsletter—collect news, type it up, add your own byline and an illustration or two. Those who are interested in penning stories for the *Palisadian-Post* through the Junior Reporter program are encouraged to email [mypost@palipost.com](mailto:mypost@palipost.com) for more information.
  - Offering services to your neighbors: bringing in trash bins from the street, pulling weeds, dog-walking, offering to collect their mail while they're gone and more. "Many kids love the responsibility of doing a job for someone who isn't mom or dad," Betsy said. "And if there is payment, it's a bonus."
- Additional suggestions to unplug include:
- Bringing out your tents and sleeping bags for a night of family fun, camping from the comfort of your very own backyard can be a great time for all ages. If you have a fire pit, you can roast up hot dogs and gather around for s'mores in the afternoon.
  - Cooking or baking together, making fun out of a meal. As simple as it may seem, preparing food as a family or with your children can be a great opportunity to spend more quality time together.
  - Consider designated times or days when screen time is allowed, some families are more lenient with screen time over the weekend than throughout the week.



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# Fourth of July Sweets, Treats and Drinks

As Pacific Palisades prepares to spend Fourth of July largely at home, *90272 Magazine* assembled a few recipes for a pop of red, white and blue.



PHOTO COURTESY OF LORI GOLDMAN

## 1. Fourth of July Charcuterie Breakfast

[popofgold.com](http://popofgold.com)

You can't go wrong with a festive waffle board for your family to wake up to—Angeleno Lori Goldman's waffle board is an easy, fun and delicious way to start the day. You could customize the board to your liking, but Goldman made use of:

Mini Cinnamon Toast Waffles  
Blueberry Waffles  
Strawberries  
Blueberries  
Whipped Cream

Goldman suggested adding other breakfast foods, such as bacon, chocolate chips, bananas and to have fun. A beautiful flower arrangement adds a nice touch as well.

## 2. Maple Bacon, Strawberry Gorgonzola Salad with Fig-Vanilla Balsamic Dressing

[theeverythinghousewife.com](http://theeverythinghousewife.com)

### Ingredients:

4 cups baby spinach  
4 cups arugula  
1 lb. maple bacon, cooked and chopped  
1 lb. sliced ripe strawberries  
1/2 cup dried cranberry/golden raisin mix  
4 oz. Gorgonzola

### Vinaigrette Dressing (shake all ingredients in a mason jar):

1/4 cup fig vanilla balsamic  
1/4 cup aged balsamic  
1/2 cup olive oil  
1/4 cup white vinegar  
1 teaspoon yellow mustard  
1 tablespoon dry onion pieces  
1 teaspoon kosher salt  
1 teaspoon garlic powder  
2 tablespoons honey  
1/8 cup water

### Directions:

Assemble ingredients to liking. Pour shaken dressing over salad and serve.



THE EVERYTHING HOUSEWIFE

## 3. (Easy!) Red, White and Blue Angel Food Cake

[seededatthetable.com](http://seededatthetable.com)

### Ingredients:

Angel food cake (store bought or homemade)  
1 lb. fresh strawberries  
2 cups of fresh blueberries  
8 oz. Cool Whip  
10 oz. mini marshmallows

### Directions:

1. Slice the cake into three layers (two horizontal slices with a large serrated knife). Mash the strawberries in a bowl and fold in the Cool Whip. Spread a small amount of strawberry frosting on the bottom cake layer then sprinkle with blueberries.



SEEDED AT THE TABLE

- Place the middle cake layer over the bottom layer and spread more frosting on the top, and sprinkle more berries. Place the top layer on the cake.
- Mix the mini marshmallows into the remaining strawberry frosting. Cover cake with the strawberry marshmallow frosting. Top with more strawberries and blueberries and optional mint for garnish.
- Refrigerate at least two hours before serving so the marshmallows have time to soak in the juices. Slice and serve cold.

## 4. Rosé Watermelon Sangria

[thisgirlwalksintoabar.com](http://thisgirlwalksintoabar.com)

### Ingredients:

1 bottle rosé  
3 cups watermelon juice  
3/4 cup Cointreau  
3/4 cup lemon juice  
1/4 cup lime juice  
Watermelon stars and lime wheels garnish

## 5. Root Beer Float Cocktail

[thisgirlwalksintoabar.com](http://thisgirlwalksintoabar.com)

### Ingredients:

2 heaping scoops of vanilla ice cream  
4 oz. root beer  
2 oz. bourbon or rye



JORDAN CATAPANO

## 6. Peach Watermelon Gimlet

[thisgirlwalksintoabar.com](http://thisgirlwalksintoabar.com)

### Ingredients:

1 1/2 oz. peach vodka  
1/2 oz. St. Germain  
3 oz. watermelon juice  
1 oz. lime juice



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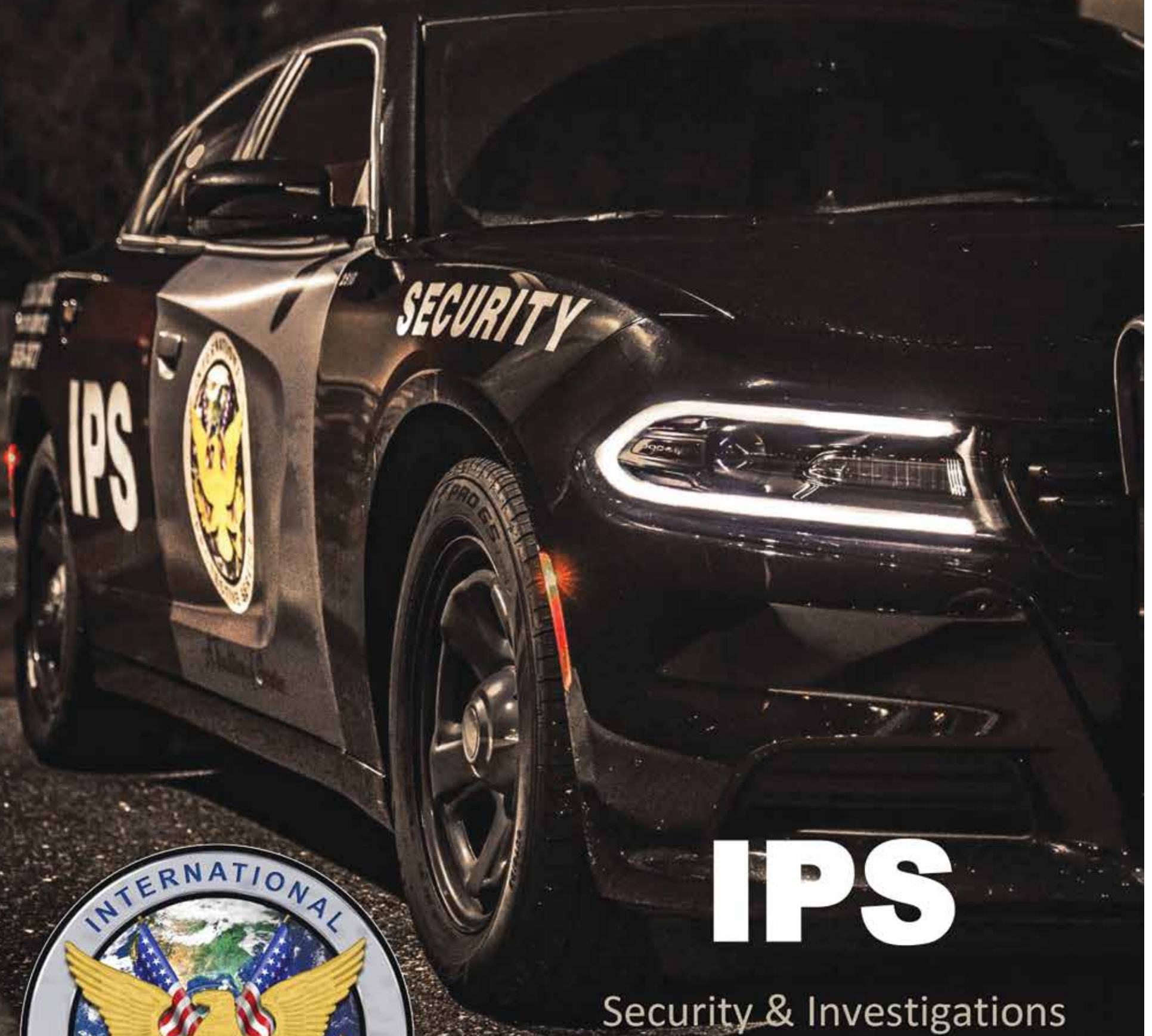
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