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90272

magazine



*Spring Bloom in
Pacific Palisades*

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Date Night Ideas Perfect for Springtime

The sun is smiling, the birds are chirping and the bees are buzzing above blooming buds—all signs that spring has arrived. *90272 Magazine* rounded up a few local hotspots for Palisadians to check out on their next date night.

BY MAGNOLIA LAFLEUR

The Draycott

A Palisades favorite, The Draycott offers running specials that rotate every one to two weeks, with a large patio and the perfect view of the evening sky to share bliss-filled wine toasts with the one you love.

"Concurrently, Chef Josh is running a special of grilled asparagus with anchovy compound butter, lemon and parmesan," The Draycott Representative Max Dornbush said to *90272 Magazine*. "It's a simply presented spring item, but is umami rich in flavor and pretty on the plate. We'll likely keep that on through the first half of spring."

"Generally, we try to keep balance with the specials: a seasonal vegetable [and] an entrée, often seafood. Or a dessert instead."

Spruzzo Restaurant and Bar

If you're looking for the perfect spot to spend time with family and friends, Spruzzo in the Highlands has everything you need. From their traditional spaghetti bolognese that warms the belly, to some of the tastiest pizza in the Palisades, Spruzzo offers Palisadians a spacious and welcoming atmosphere to enjoy large portioned, wonderfully tasting dishes.

"This is really a family friendly place and it's great for group date nights. We have intimate booths, flowers, lighting



PHOTOS BY RICH SCHMITT

that invites families of all sizes and ages to enjoy eachothers company," Owner Ryan Gowhari said.

Fia Steak

A steakhouse like no other, Fia Steak offers restaurant goes an intimate space,

great bar, music that makes you groove and food that makes you swoon at every bite. From owner and restaurateur Micheal Greco and Chef Brendan Collins, Fia Steak is connected to local and coastal-inspired Fia Restaurant in Santa Monica.

"I love our chef's masterful work and professional team the most," Lang shared with *90272 Magazine*. "His cuisine and art are the things one cannot find anywhere else."

A delightful experience, customers are offered the comforting taste of authentic cuisine inside an atmosphere of tangible romance, presenting a culminating affair of culinary perfection where unpredictability lies in the excitement of re-discovering one's own taste buds.

Sweet Laurel Bakery

For a place that makes your inner child, or your kids, happy, Sweet Laurel Bakery offers customers a dainty atmosphere and the most delectable sweets that melt the tongue, while maintaining whole organic ingredients. With keto and vegan options, all of the bakery's treats are paleo and made with less than five ingredients. Sweet Laurel Bakery is the perfect way to put an exclamation mark on your dinner date.

"The beauty of our bakery is that we use only real ingredients so that everyone can enjoy our desserts," Marketing Manager

Carly Honing said to *90272 Magazine*. "No matter what food protocol your date is on, you two can enjoy a delicious and beautiful dessert together."

Honing's recommendations for a spring treat include:

- Vanilla Coconut Jam Cake: Tastes like a tea party—fresh, delicious and charming.
- Lemon Coconut Cake: Oh so moist, bright and lovely. Tastes like sunshine.
- Mini Strawberry Rhubarb Pies will be making their return in April. "They're cute, delightful and would make the perfect cherry on top of any date," Honing said.



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Gallery Hop With a Walk Through Local Galleries

With the pandemic subsiding and springtime making its entrance, Palisadians are invited to catch up on all the new art they might have missed out on.

BY MAGNOLIA LAFLEUR AND LILY TINOCO



The Getty Villa Museum

PHOTO BY TAHNEE L. CRACCHIOLA

Getty

Getty has two locations: one in the hills, and one near the ocean.

The Getty Villa Museum, located in Pacific Palisades, allows visitors to “step into the Ancient World,” with Greek and Roman antiquities in a re-created Roman country home, complete with art, gardens and the ocean breeze.

The Getty Villa Museum currently has many shows, like that of “Persia: Ancient Iran and the Classical World,” which centers around what was once ancient Iran, Persia. The exhibition is a part of the museum’s collective program called “The Classical World in Context,” which studies the cultural and artistic connectivity between Iran, Greece and Rome, all rival powers at the time. The show will run from Wednesday, April 6, through Monday, August 8.

The Getty Center, located in West Los Angeles, is described as a museum “with something for everyone,” offering art, modern design, unique gardens and ocean views.

If you’re looking for mural art, the upcoming exhibition featured at the Getty Center, “Judy Baca: Hitting the Wall,” based on the artist Baca’s 1984 mural that was placed under a freeway in downtown Los Angeles, will showcase colorations, sketches and true-to-size reproductions of sections of the mural. This exhibition will premiere Tuesday, May 31, and run through Sunday, September 4.

If you can’t make it to Rome but have every intention of getting in an Italian state of mind, the exhibition “The Lost Murals of Renaissance Rome,” showcased at the Getty Center, may quench your thirst for travel. Exhibiting a drawing series called “Early Life of Taddeo Zuccaro,” this series reflects the facades that were once painted on buildings with frescoes in Rome, now a staple in the Getty’s collection. This show will run from Tuesday, May 31, through Sunday, September 4.

getty.edu

Bruce Lurie Gallery

A Palisadian of 10 years, Bruce Lurie offers art lovers alluring pop, street, abstract, minimal art and photography, as well as sculptures from emerging to mid-career artists at his gallery, located at 873 Via de la Paz.

“I try not to have anything that other art galleries have,” Lurie said. “I handpick every single artist I have ... I work with some of the biggest artists in the country, I work with some amazing photographers.

“My art is always very contemporary, all the artwork I have is really good work ... I stand by everything I sell.”

Current artists on display include Jean-Michel Basquiat, Plastic Jesus, Isaac Pelayo, Monica Perez and more.

Although there isn’t a show planned for April, Palisadians can look out for the gallery’s next show, slated to be on view Saturday, May 14.

luriegallery.com



Bruce Lurie

PHOTO BY RICH SCHMITT



The Broad

PHOTOS BY MIKE KELLEY

The Broad

Although further out from town, The Broad is for certified art-lovers. Located in the heart of Downtown LA, The Broad offers visitors an active program of rotating, innovative and interactive exhibitions, from the 1950s to the present.

Founded by philanthropists Eli and Edythe Broad, the museum is home to the Broad collection, one of the world’s leading collections of postwar and contemporary art.

The Broad recently announced two new exhibitions by Japanese artist Takashi Murakami: “Stepping on the Tail of a Rainbow” and “This Is Not America’s Flag.”

The collections mark the artist’s first solo exhibition at The Broad, and will both run from Saturday, May 21, through Sunday, September 25. It will feature 18 works and “immersive environments.”

“Murakami’s exhibition will allow museum visitors to experience his expansive artistic universe, with both recent works and ones from earlier in his career,” according to the museum. “Exploring subject matter such as globalization, postwar Japan, pop culture, and religious iconography, the works will span sculpture, painting, wallpaper and immersive installations.”

The museum offers free admission, but tickets for access to Murakami’s exhibitions will be released Friday, April 15, at 10 a.m.

thebroad.org



"Superbloom Sunset" by Jan Bushart



2022 INTERNATIONAL

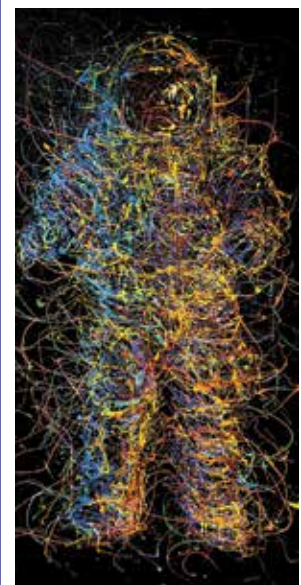
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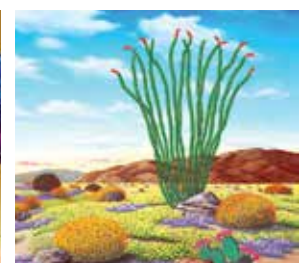
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PALM SPRINGS LIFE





Travel Tips

BY LILY TINOCO

As I've gotten older, I've learned that I love to travel. The memories are priceless and last a lifetime.

In the last few months, I have visited Washington, Tennessee and Hawaii—three states that couldn't be more unlike. But I would like to believe each place I have visited has helped me on my quest to become a—self-proclaimed—savvy traveler.

To help Palisadians ahead of their next adventure, I have compiled a list of my best travel tips:

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Do your research

This may sound like a no-brainer, but I mean it. If you don't know much about your destination, you risk losing time while you're there. This doesn't mean you should curate an hour-by-hour itinerary, but you should have a good idea of the sights you want to see, restaurants you want to try, and things you want to do before arriving.

This should also help you navigate your destination. Before visiting Rome, I learned that I wouldn't need a rental car to navigate the city, which saved me money (and the hassle of looking for parking.) I familiarized myself with the public transportation modes and explored the city like a local—meeting new faces along the way.

.....

Try something new

I know some extra picky eaters, and when I travel with them, I always advise them to try something new. When else are we going to try freeze-dried crickets? Or mascarpone gelato? You will never know what you're missing if you don't



give it a chance.

This is also an opportunity to cherish a new culture, eat local. Ask locals for food recommendations and support local businesses.

.....

Set a (rough) budget

You can't exactly plan how much



PHOTOS COURTESY OF LILY TINOCO

you're going to spend abroad, but you don't want to be left pinching pennies.

What has helped me? I recommend pulling out a set amount of cash for leisure spending. This way you can easily keep track of how much you have left for souvenirs, merchandise or other fun expenses. Another option, if you don't like carrying

loose cash, is taking a prepaid card with that same amount. This will help you spend within your means.

Carry a credit card with you for emergencies, and use the prepaid card or cash for all else.

.....

Take half the clothes you think you need

I will admit, I'm still working on this one.

I used to be that person who would pack four extra outfits and articles of clothing that I hadn't worn in years, just because I thought I would have a revelation on vacation and switch up my style—After trial and error, I can say that was never the case. It was only a waste of space.

Pack light (and use packing cubes.)

.....

Be respectful and mindful

Different countries have different rules that need to be abided. Be mindful when visiting a new location, be respectful of the culture and reflect that in your actions when visiting.

.....

Don't be afraid to get a little lost

Now, I'm not saying to stray so far off the path that you have no clue where you are, but I encourage you to wander away from the crowd of tourists from time to time. Turn a different corner or take a different route.

You might be pleasantly surprised by a hidden gem: a hole-in-the-wall restaurant, a quaint shop. It is extraordinary what you'll find through being lost. It is surely one of the best ways to indulge in a new setting.

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Time to Travel

Springtime is calling for Palisadians to open their bags, pack their vacation necessities, and embark on their travels—by land, sky or sea.

BY MAGNOLIA LAFLEUR



PHOTOS COURTESY OF AUBERGE RESORTS COLLECTION, WARREN BOONE, MARISSA HERMER, EMMA KRUMWIEDE

.....
Scottsdale, Arizona



Emma Krumwiede, who works at Camp High in Pacific Palisades, recommends a place where the sun always smiles: Scottsdale, Arizona. It is her stomping ground and favorite place to travel in the spring.

“Specifically, in February to the Waste Management Phoenix Open, AKA ‘the Greatest Show on Grass,’” Krumwiede said to *90272 Magazine*. “I have been going since I was a little girl ... not only does it make golf fun to watch, but also because everyone dresses up super preppy and you get to see the people you only see once a year, and people come

from all over the world to go.

“Another reason I like going to Scottsdale in the spring is because of spring training. We have the best weather in Arizona this time of year, 75 and sunny. Nothing like sitting on a grassy hill, having a beer and watching some baseball.”

.....
Aspen, Colorado



For those looking for a place to “chill,” Palisadian Warren Boone said he loves to hit the slopes in color and style, and suggests visiting Aspen: The perfect place if you’re looking for a cool place to hang.

“Over the years, my friends and I have spread out around the country, but we have a tradition

of gathering in Aspen, Colorado, every spring,” Boone said. “The mountain doesn’t close until mid to late April, and if conditions are right, they’ll push Closing Day into May or even June.

“You can’t find the same combination of world class skiing, dining and nightlife anywhere else.

The slopes and a chance to catch up over a great meal keeps us close.”

.....
Costa Rica

Now that domestic travel has opened up—just in time for Spring Break—there are so many destinations to choose from. Highlands resident Karen Murphy O’Brien said she just returned from Hacienda AltaGracia, an Auberge Resort located



in Costa Rica.

“I scaled a 125-foot Acacia tree to watch the sun rise and enjoyed a Costa Rica coffee scrub, followed by a river bath plunge and a full body massage,” Murphy O’Brien recalled.

She also offered a handful of closer options for easy family travel, including the Quail Lodge and Golf Club in Carmel Valley, La Quinta Resort and Club, and Ojai Valley Inn and Spa—one of her personal favorites.

“There they have a working artists studio and apothecary for instruction in aromatherapy oil blending, an apiary and immersive beekeeping program and the farmhouse, which features world renowned chefs on a regular basis,” Murphy O’Brien said. “Of course, there’s always Los Cabos and I always stay at Esperanza, an Auberge Resort, on the Sea of Cortez where my every desire is met and the cuisine is ocean to table.”

.....
Zihuatanejo, Mexico

After *Travel + Leisure Magazine* named Mexico the “2022 Destination of the Year,” Palisadian and Draycott co-owner Ma-



rissa Hermer decided to pack up the family and head to the golden beaches of Zihuatanejo. From the food, to the small village shopping and activities, there was no shortage of fun and discoveries that Hermer and her family ceased to experience.

“A quick internet search for available accommodation brought us to Casa Chulada in Troncones, a one-road fishing village and legendary Mexican surf spot just 45 minutes from Ixtapa-Zihuatanejo International Airport,” Hermer shared. “Nestled on the end of Troncones Beach ... The rate is shockingly inexpensive for the dreamy experience that is, as Andy Dufresne daydreamed, ‘a warm place with no memory.’”

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Pacific Palisades' Gated Oceanview Community, One Coast, Reaches \$100 Million in Sales

On the heels of releasing its Phase II homes, One Coast's oceanfront community in Pacific Palisades celebrates \$100 million in total sales. With the bluff-top enclave now 50% sold—and only three homes under \$4 million and two 2-bedroom homes remaining—demand is growing fast, and for good reason.

Serene ocean views. Lock-and-leave comforts. Quick access to Beverly Hills, Santa Monica, Brentwood, Malibu and more. From its manned private gatehouse to its personalized services and coastal-inspired amenities, the luxury community offers the ideal coastal haven for primary and secondary homeowners. Discover palatial residences and townhomes ranging from 2,810 to 5,017 square feet, each with Wolf® and Sub-Zero® appliances, seamless indoor-outdoor living spaces and breezy verandas, terraces or rooftops. Revel in a quiet locale set high above where Pacific Coast Highway meets Sunset Boulevard—close to it all, yet seemingly worlds away. Developed by award-winning etco HOMES, One Coast is truly an only-of-its-kind offering found nowhere else along the Pacific coastline, and now's the time to make it yours.

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Mindfulness Tips for Earth Day and Beyond



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There is so much uncertainty in the world right now, and there is so much out of our control. However, becoming more mindful of how we interact with our environment is one way to bring in some much-needed self-care.

Engaging in mindfulness does not just mean sitting quietly and focusing on your breath. It can involve bringing more awareness to your everyday activities. This awareness can then help you make wiser, Earth-friendly choices. Also, it will give you a better sense of control over things and help the planet in the process.

Here are some things you can do:

1. **Plastic pollution:** Did you know that fossil fuels are used to make plastic? Also, only about 9% of plastics are recycled in the U.S., and millions of pieces of plastic end up polluting the oceans to the highest mountains every day.
2. **What you can do:** Be mindful of your use of plastic. Are you going to the farmers market or grocery store? Bring your own bags (for produce too.) Be aware of your impulse to take a new plastic bag for your fruits and vegetables. Even if you forget your bags (hey, no one is perfect!), many types of produce don't need to be individually bagged.
3. **Be aware of other situations** where you might use single-use plastics. Decline plastic cutlery when ordering take-out. Bring your own to-go containers at a restaurant where you usually take-home leftovers. Bring a reusable water bottle on a long car ride or to the gym, so you won't need to buy water in a plastic bottle.
4. **Water usage:** The first two months of 2022 were among the driest months in California's history. We have seen the effects of these dry conditions with horrible wildfires across the state and in our community. **What you can do:** Do you find your-

self zoning out in the shower and taking more time there than is necessary? The shower can be a perfect space to practice mindfulness. Activate your senses in the shower: feel the water on your body, smell the soaps and the shampoo, listen to the sounds of the rushing water. Most importantly, be mindful of your water usage. In bringing more awareness to showering, you can appreciate the experience much more and reduce your amount of time in there.

5. Also, while you are in the bathroom, bring more awareness to brushing your teeth. Turn off the water when the brush is in your mouth—it's a simple change that adds up to a lot of water savings.
6. Another way you can be mindful of your water usage is to be aware of your food choices. Eating meat has a massive impact on water usage, and it takes about 1,800 gallons of water to produce one pound of beef. Although it might not be realistic for

you to adopt an entirely plant-based diet, being more mindful of your food choices can help. Ask yourself if there is something plant-based you want to eat instead of making a choice involving meat. The answer might be no, but if sometimes it's a yes, that's a win for the planet—and probably your health.

7. **Energy:** Most of the energy consumption in the United States comes from fossil fuels. Also, the burning of fossil fuels is the main contributor to climate change.
8. Being more conscious of your energy use can help reduce your reliance on fossil fuels. Do you wander out of a room, not thinking to flick the switch to turn off the lights? With the weather warming up, do you tend to put your air conditioning on full blast without a second thought? Worse yet, do you leave it on when you leave the house? Can you group your errands together so that you are driving less frequently? Or, can you carpool to places when possible? Do you find yourself idling in your car when you are waiting for someone, or pulled over to text or email? It's actually more energy efficient to turn off your engine when idling for more than 10 seconds. Bring more awareness to your personal energy use to make more deliberate choices.
9. Speaking of energy, consider participating in the Resilient Palisades Pali Microgrid project if you own your own home and have the financial means. For more information, visit resilient-palisades.org/microgrid. Also, if your gardener is still using a gas leaf blower, check out the Resilient Palisades Gas-Free Gardens campaign: at resilient-palisades.org/greengardens.

In sum, many of us are often on autopilot and don't think twice about how our actions impact the environment. However, bringing mindful awareness to our choices can ultimately make a difference for the planet and our mental well-being.



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The Best Local Summer Camps

From technology to learning to swimming at the beach, Palisadians have a range of choices when it comes to camps and programs.

90272 Magazine checked in with a few local programs to see what is being offered this summer.



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PHOTOS BY SAKEN SAND & SEA

SUMMER CAMPS

Saken Sand & Sea

Saken Sports Camp has been proudly serving the Los Angeles community for almost 30 years, including Pacific Palisades, Bel Air and Playa del Rey. Offering a variety of sports clinics and programs, Saken Sand & Sea returns this summer at multiple convenient locations.

Our Bel Air location on Mulholland and Casiano includes basketball courts and soccer and grass fields on the American Jewish University campus. Meanwhile, our beach locations at Will Rogers and Dockweiler State Beach also offer a multitude of sports games along with surfing, beach volleyball and water play. All of our campers, from ages 5 to 13, have access to different sports, a game room tent, and an art tent where our art director leads a new project every day. Every day features a new theme day at Saken Sand & Sea, whether that's Wacky Hair Day, Hawaiian Luau, Coaches versus Campers, Carnival Day and more.

Our camp includes a Coach-In-Training Program for all campers 14 to 17 years old, in which high schoolers may receive approved service hours for school credit. As a CIT, you have access to join in on camp fun

while learning coaching skills and training other kiddos in sports you love. Work alongside our certified lead coaches and junior coaches. Our resourceful staff is highly skilled and certified in all facets, allowing us to maintain a low coach-camper ratio.

CITs who graduate through our camp are first preference for junior and lead coach positions when of legal working age. As a family business, we've naturally "kept it in the family" since 1994, as many of our lead coaches were once campers.

Saken Sports Camp is built on the philosophy that all children should have a phenomenal camp experience regardless of their gender, age or athletic ability. Saken Sports Camp focuses on building character and emphasizes playing with pride, playing with honor and playing for fun. Our goal is to ensure that each camper has an unforgettable experience participating in various games in a safe environment. Our hope is for campers to return and grow up with our camp. When a camper leaves SSC, they will possess an enhanced value of sportsmanship, character and self-confidence.

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uled world. Behind the fun and freedom lies intention and the core principles of child development. We call it "messy by design."

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Sandy Days is my daughter's absolute favorite summer camp. She would attend for the entire summer if she could!

— Julia M.

Summer wouldn't be complete without Sandy Days. [They] can't wait to go and have fun in the water and on the beach with all the great counselors.

— Karen G.

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PHOTO BY SANDY DAYS KIDS CAMP

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Camp Information Website:
Westside Beach Camp (sunshinevolleyball.org)

Registration Site:
 2021 Sunshine Summer Beach Camp | 2022 Sunshine Summer Beach Camp
 Sunshine Volleyball Club (sportngin.com)



PHOTOS COURTESY OF FITNESS BY THE SEA

SUMMER CAMPS

Fitness by the Sea

Celebrating 23 years of summer camp, Fitness by the Sea takes pride in being the “Safest Beach Camp” in the Los Angeles area, Founder Eric Colton explained to *90272 Magazine*.

“At Fitness by the Sea, children can spend the day at the beach, participating in activities like surfing, swimming, arts and crafts, soccer, gymnastics, baseball, hip-hop dance, martial arts,” Colton said. “Over 200 activities, giving campers the power to choose which activities they want to participate in and customize their camp experience to suit their tastes.”

Colton added that the staff understands children, especially younger children, and encourages campers to try something they might not have considered participating in before attending Fitness by the Sea.

“Because all the activities are age-appropriate and our camp counselors are patient and caring, FBS provides maximum individual attention for each child every step of the way,” Colton added, explaining that the staff has an average age of 26, with a camper to staff ratio of 6:1.

Fitness by the Sea also offers flexible scheduling options for busy families.

“You can register your child for any number of weeks and are not locked into signing up for a minimum number of weeks. You pick the days that work for your schedule,” Colton said. “We understand, as parents with three kids of our own, that a summer schedule is unpredictable. You can even change your dates for no additional charge.”

Colton also touched on the topic of safety: “Our approach to safety is three-tiered: safety in the water, safety from the sun and safety from others. We make sure that our safety procedures are all-inclusive because a child’s protection is what we care about most.”

Fitness by the Sea, designed for campers ages 4 to 14, will be in session from June 13 to August 26, from 9 a.m. to 3 p.m. at Will Rogers State Beach, Tower 14.

Extended care is available, it begins at 8:30 a.m. and runs through 5:30 p.m.

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K&M Center

Can learning be accelerated?



PHOTOS COURTESY OF K & M CENTER



We are at a challenging point in education as schools strive to recover from the pandemic and any learning losses that occurred. The learning gap many students are experiencing due to the pandemic has researchers pushing schools to accelerate rather than remediate. The reason? Acceleration moves students toward grade-level goals with just-in-time training on foundational goals. Remediation in the classroom tries to teach everything that was missed and tends to keep students behind grade level because there just isn't time to do both. As a center that focuses exclusively upon remediation, students at K&M can gain the foundational skills they need to support grade-level goals. Our work is one-to-one and targeted to students' precise learning needs. Our remediation leads to accelerated learning as we can systematically build underlying skills, without the constraints of a full classroom curriculum. Accelerated learning is the goal for all targeted remediation, such as we provide at K&M. When strong foundational skills are built, students can jump ahead.

Some subjects, such as math and reading, build on a solid understanding of number sense or phonics before higher level math concepts or reading comprehension skills can be mastered. The push for acceleration in the classroom is important and a valid goal. We all want students back on grade level as soon as possible. However, we also want to make sure the basic foundations for reading, writing and math are taught so students can become comfortable and independent learners.

Our summer programs are designed to help students make big learning leaps. Summer is a great time to learn. Students are relaxed in the summer which allows them to process new information more easily. Summer sessions run Monday through Friday mornings and allow students to dive deep into the material as they gain mastery. Afternoon sessions are open for what fits your schedule.

Sign up for a summer session to help your student gain skills and confidence this summer.

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Sunshine Volleyball Club

Sunshine Volleyball Club has over 25 teams competing in Southern California Volleyball Association tournaments. The club consistently has teams in every age division, and is ranked in the top ten in Southern California. Sunshine Volleyball Club competes at the highest level in national competitions, according to its website

Sunshine's summer training is open to all players from all clubs.

"Players are encouraged to register for as many dates as possible, as our coaches will build on skills learned in prior weeks," according to Sunshine's website.

Summer training includes small-group skills clinics, team-style training workshops, developmental classes for beginners, a summer beach camp in Pacific Palisades and more.

Class sizes are limited, and it is recommended to register early for best selection and because clinics will fill quickly.

There are currently two Westside locations: Marymount High School near UCLA, and Lincoln Middle School in Santa Monica.

sunshinevolleyball.com; 314-443-9098



PHOTOS COURTESY OF SUNSHINE VOLLEYBALL CLUB

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Meet Gabriel Goren, Recognized for Accomplishments in the Field of Phlebology



PHOTO COURTESY OF VEIN DISORDERS CENTER

Gabriel Goren, MD, has been featured in Marquis' "Who's Who in America." Individuals are selected based on a number of factors, including noteworthy accomplishments, visibility and prominence in a field.

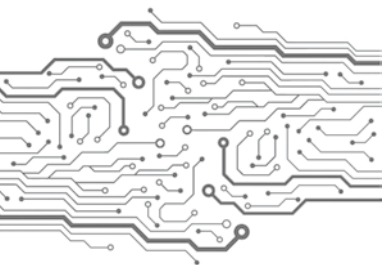
Drawing upon decades of experience in vein disorder, Goren is recognized for introducing the Swiss method of treating leg varicose veins to American surgeons. This makes a big difference compared to the over a century-old surgery performed in a hospital under general anesthesia and with weeks of recovery.

He presents his knowledge in 31 professional vein meetings and congresses in the United States and Europe, from England to Germany, France, Austria, Switzerland and Hungary.

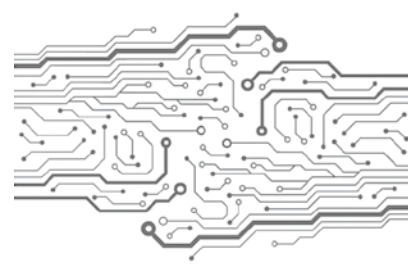
He said the road was not easy: He visited and learned from 17 individual surgeons from the U.S. and Europe, not counting six years in medical school, a one year internship, almost two residencies and more—totalling 12 years of medical education, above the six years of medical school.

In accounting for his success, Goren credits the influence of his family and his wife, the late Elaine. He said he learned the value of honesty and a diligent work ethic from them.

Looking ahead, Goren aspires to continue experiencing the growth and success of his career. For him, age is just a number.



Technology For You



Ramis Sadrieh

Ramis Sadrieh has many roots in Pacific Palisades. Having grown up here, he attended all the local schools, including UCLA for his undergraduate education and eventually, Pepperdine University for his MBA. He won the title of Mr. Palisades in 1993 and eventually became president of the Pacific Palisades Chamber of Commerce in 2009. He was also past president of the Palisades Americanism Parade Association for two years, which puts on the 4th of July parade in town.

After achieving his MBA in 2003, he started his own business, Technology for You Inc., as a personal technology consultant providing multiple services in the technology world.

These services include the sales, setup and maintenance of computers, both Mac and PC, as well as home-entertainment services, including the sales and setup of televisions and sound systems. He also sets up Ring cameras, powerful wireless networks and a wide array of personal gadgets.

Ramis has two daughters, Layla and Aria, with his wife Sara. His parents, Dr. Khosrow and Fatemeh Sadrieh, still reside in town.



PHOTOS COURTESY OF RAMIS SADRIEH

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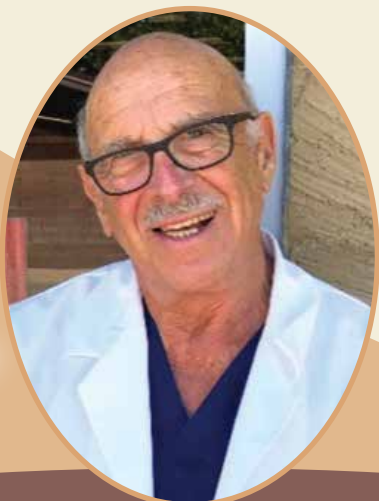


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As a direct result of a generous grant that they received from the Koum Family Foundation, Malibu Urgent Care recently purchased a complete array of diagnostic and medical equipment that has greatly improved the medical outcomes for patients visiting their clinic.

A 62 year-old male patient appeared short of breath and was clutching his chest. He was immediately brought back to a gurney and placed on a cardiac monitor, while EKG leads were simultaneously connected to his chest. An ER doctor arrived at his bedside, examined the patient and determined that the EKG was not consistent with a heart attack.

The physician considered other causes for the chest pain: a pulmonary embolism, collapsed lung, and pericarditis (inflammation around the heart), amongst other causes of chest pain. He quickly set out to initiate a comprehensive work up.

A bedside ultrasound was performed, revealing a normally

contracting heart and the absence of inflammatory fluid. The x-ray showed no lung collapse or pneumonia. Within the hour, laboratory tests confirmed normal cardiac enzymes and a normal d-dimer, excluding both heart attack and pulmonary embolism.

In a short amount of time, a host of life-threatening conditions had been ruled out, and arrangements were made for appropriate treatment and additional diagnostic studies. This scenario is commonplace in most hospitals, but in fact was just another day at Malibu Urgent Care.

With the generous grant from Malibu resident and philanthropist, Jan Koum, Malibu Urgent Care was able to purchase a new cardiac monitor, ultrasound machine, laboratory equipment, fiberoptic scope, ophthalmologic slit lamp, medical gurneys and more. The great majority of patients that visit MUC can be managed locally here in Malibu, receiving care that mirrors standards and protocols from leading ER departments.

Meet Real Estate Mogul Cindy Ambuehl

Cindy Ambuehl is arguably Los Angeles' most sought-after real estate professional, consistently ranking as a top producer in one of the world's most competitive luxury markets, while retaining the trust of the area's savviest homebuyers, sellers and fellow agents. A familiar face who spent 20 years in the entertainment industry as a prominent actress and model, Cindy now leverages her natural ability to connect with people—not to mention her impressive capacity for negotiation and executing mutually rewarding business deals—as a full-time agent, helping clients buy and sell the most luxurious properties the greater Los Angeles area has to offer.

A longtime resident of LA, Cindy's extensive knowledge of the area's most coveted luxury communities also played a role in driving her rapid career trajectory. But what continues to set her apart is her unwavering work ethic, along with her tenacity and

drive. In the early days of Cindy's real estate career, when the real estate industry was at one of the lowest points in recent memory, she still managed to rank among the top 1% of real estate professionals nationwide—and she's only gained momentum since.

In 2017, she ranked #20 in California and #40 in the nation as measured by sales volume, closing almost \$160 million in sales that year alone. Named one of Hollywood's Top 30 Real Estate Agents by *The Hollywood Reporter* and recognized by *Variety* as one of the "Showbiz Real Estate Elite," Cindy repeatedly earns a spot on Real Trends' annual "The Thousand" and countless other accolades.

A resident of Santa Monica who, together with her husband, actor Don Diamont, has seven boys, Cindy still manages to find the time to give back. She's actively involved with several charitable organizations, including Giveback Homes, The Humane Society, and P.S. Arts.



Cindy Ambuehl



PHOTOS COURTESY OF CINDY AMBUEHL

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Teen Cancer America's Annual Polo Tournament



PHOTO COURTESY OF TEEN CANCER AMERICA

Come join us to celebrate the prestige, glamour and excitement of the amazing "Sport of Kings" Polo. We are hosting the event of the season with our third annual polo tournament at the historic Will Rogers State Park Polo Field on Saturday, June 11, at 11 a.m. in celebration of Teen Cancer America's 10th Anniversary.

Teen Cancer America, a charity founded by legendary rockers of The Who: Roger Daltrey and Pete Townshend, will again deliver a truly memorable day. We are known for our exclusive backyard concerts, held in partnership with UCLA Health, that have featured The Who, Pink, Ed Sheeran, Foo Fighters, Eddie Veddar and more.

Now, we have created another great event hosted locally. Previous star supporters include producer and actor from The CW's "Jane the Virgin" Justin Baldoni, musician Harry Hudson, Edward Akrouf ("Killing Eve"), Treenyce ("American Idol"), Neetu Chandra, Nouri, and local entrepreneurs and restaurateurs, Matt and Marissa Hermer. Local residents and Teen Cancer America board members Becky Mancuso Winding and Rebecca Rothstein have hosted previous events. Grace Wang Mellis, TCA advisory council member, hosts and plays in the polo tournament. Palisades Charter High School volunteers also come out to lend a hand.

"We are so excited to bring

our signature polo event back to the Palisades community," Director of Development for Teen Cancer America Michelle Aland said. "Working with local partners, we create a fantastic day out for all ages to appreciate the beautiful horses and athletic daring of the sport of polo, which in turn benefits our mission to help young people experiencing cancer."

You are invited to Will Rogers State Park for a lively Saturday afternoon featuring refreshing cocktails, decadent wines, ice-cold beers, all manner of sweet and savory treats, special live music performances, a live DJ, and of course, the adrenaline-pumping action of a highly competitive polo match.

Choose a VIP table package for the most luxurious experience the day has to offer. These special tickets come with sparkling wine, and deluxe seating. Our VIP table package is a great option to treat family, friends, colleagues or clients.

All guests will enjoy a glass of champagne and a divot stomp, an adorable stick pony race for the kids, a puppy kissing booth, flower crowns, corn hole, henna tattoos and a delightful DJ set to close out the day.

It's all the perfect complement to the excitement of the polo tournament. This party has a purpose and you don't want to miss it. Thank you for your support.

teencanceramerica.org

Ukraine: Students and Teachers are Fighting Their Own War

BY TATYANA YUKHTMAN

War is the worst.

No matter the context or circumstances, it's just bad. But the war in a country that has 7.5 million children? That's truly devastating. The war in Ukraine is ravaging the country, and children are paying the steepest price.

Children have seen their homes, schools, orphanages and even hospitals come under attack. More than 1.5 million of them, that's one child every single second, have fled Ukraine as the war continues to ravage the country. Families desperately seek safety and protection. Children are at a heightened risk of violence, exploitation and abuse when they're displaced.

Every war is a war against children. Because of their vulnerability, children's lives are at the mercy of the adult community. Children's lives have been put at risk, and the Russian invasion of Ukraine has disrupted their daily routines. In the span of a single day, their situation has deteriorated significantly.

Ukraine's ongoing conflict with Russia has taken a devastating toll on the country's infrastructure—including its schools. According to a Ukrainian government estimate, 379 Ukrainian schools have been damaged. An estimated 59 have been completely destroyed by bombing and shelling.

UNICEF reports that 5.7 million children are out of school due to nationwide closures. Some children have been abandoned or left to find food and shelter.

Currently, it is difficult for many Ukrainian children to attend school regularly or get a good education, as schools are often lacking basic supplies like desks, chairs, computers, internet access and textbooks. In addition, teachers are said to have not been paid for a long time because of the instability.

A 15-year-old Kateryna, who was studying at a specialized school in Donetsk prior to the conflict, says she's worried about her future now: "I want to continue my studies, but I don't know how."

Those heartbreaking incidents are just a few of many stories. How about the teachers?

As the conflict in Ukraine continues, teachers who have fled to neighboring countries such as Poland, Hungary, Germany, among a few, or remain in the country are figuring out new ways to keep their students educated despite the difficulties they face. It is not uncommon to hear of educators who have fled the country using virtual education to teach their students from afar or children still trapped in the war zone. The determination these teachers are showing is remarkable. Olena, a middle and high school literature teacher, says, "I cannot serve in the army, but I can teach students."

We have an opportunity to make a difference and to help these young students continue their education and have a shot at a real future by supporting non-profit organizations that are working to provide them with the resources they need to grow and prosper.

Groza Care Foundation is a local non-profit organization that was started by a Ukrainian immigrant, Tatyana Yukhtman, who knows first-hand what it means to leave your home, your friends, and everything that you know behind for an opportunity of a future and a safe place to call "home."

She came to this country not speaking the language and having to learn step-by-step how to stand up on her two feet. Today, both Tatyana and her husband have personally donated over \$50,000. The foundation will use these funds to build Learning and Support Hubs for children of Ukrainian refugees to provide them with academic and emotional support.

In addition to academic subjects such as math, science, and literature classes, these hubs will give children an opportunity to learn languages, art, writing and receive emotional support. In addition, Groza Care intends to employ Ukrainian teachers who the war has displaced. The goal is to provide them with a glimpse of hope and normalcy. So they can start getting back on

their feet.

"It's a nightmare scenario. It's horrible and heartbreaking, and we can't just stand quietly on the lines doing nothing. Children are suffering and need our help," Yukhtman said. "It's a long road for these kids, but I know that together, we can do something about it. The goal of our foundation is to see children sparkle again."

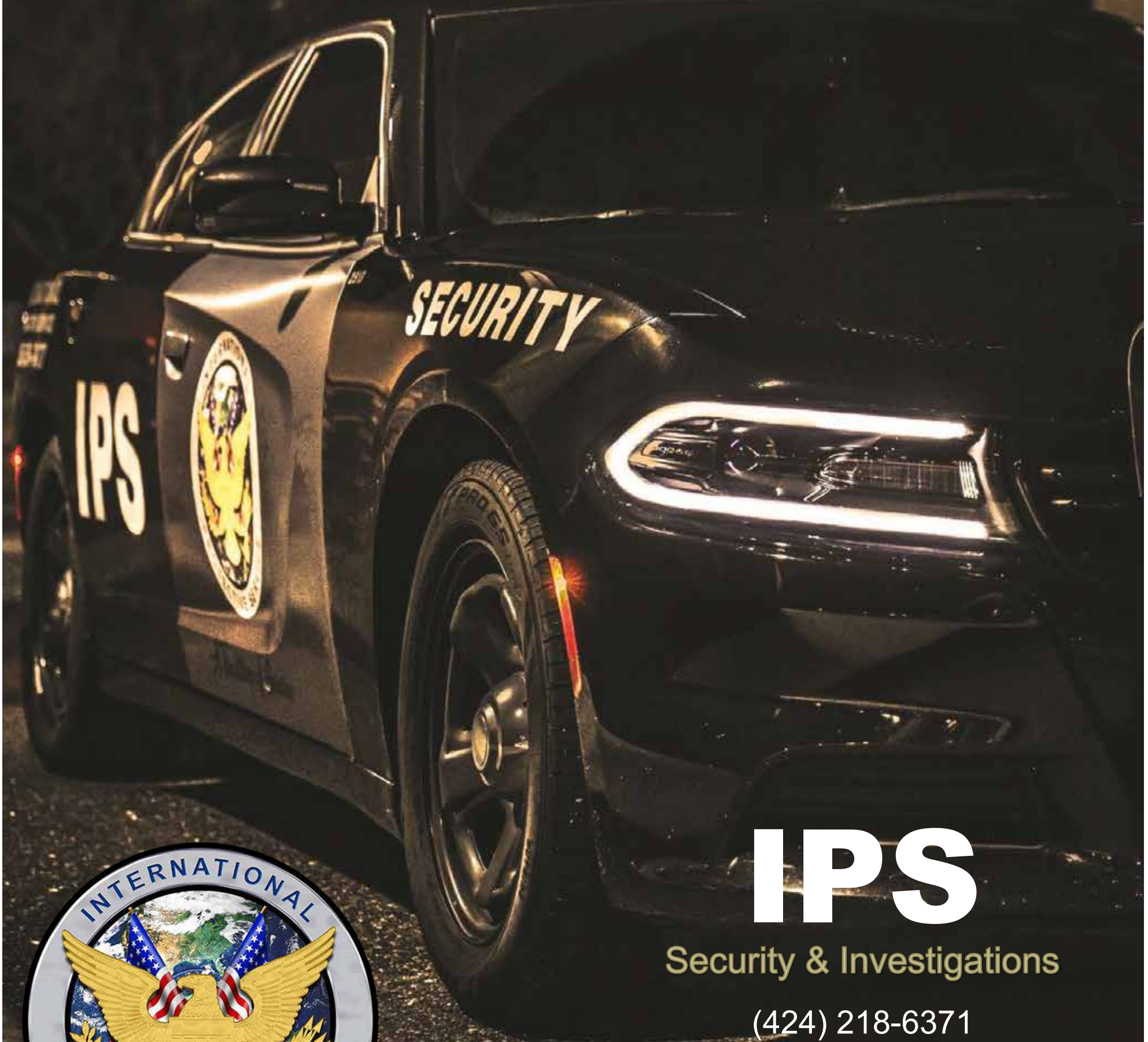
Together, we can give hope

to children whose lives and education have been severely disrupted by the ongoing conflict. The education community, including Groza Care Foundation, must and will stand united in doing what we can to help the youngest victims.

If you want to join our movement and help the Ukrainian children, please visit our website at grozacare.org.



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AFFORDABILITY

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**Our campuses are closed on Monday, June 20 and Monday, July 4.*

VISIT and ENROLL
summer.xrds.org

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CROSSROADS SCHOOL FOR ARTS & SCIENCES
Middle and Upper School: 21st Street Campus | 1714 21st St., Santa Monica, CA 90404
Elementary School: Norton Campus | 1715 Olympic Blvd., Santa Monica, CA 90404