

90272

magazine

Holidays in the Palisades





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CINDY AMBUEHL'S 2022 TOP SALES



1529 AMALFI DRIVE
PACIFIC PALISADES | \$21,000,000
\$1,250,000 OVER ASKING



S CANYON VIEW DRIVE
BRENTWOOD | \$19,250,000



1141 MARONEY LANE
PACIFIC PALISADES | \$17,500,000



888 TOULON DRIVE
PACIFIC PALISADES | \$16,500,000



2383 MADEVILLE CANYON ROAD
BRENTWOOD | \$16,000,000



664 ELKINS ROAD
BRENTWOOD | \$11,995,000



401 OCEAN AVE, UNIT 5
SANTA MONICA | \$10,500,000



645 SAN LORENZO STREET
SANTA MONICA | \$7,770,000



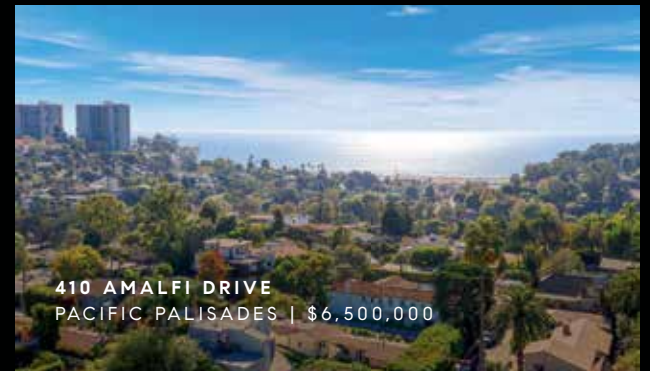
926 LLIFF STREET
PACIFIC PALISADES | \$7,300,000



706 SAN LORENZO STREET
SANTA MONICA | \$7,050,000



634 KINGMAN AVE
SANTA MONICA | \$7,020,000



410 AMALFI DRIVE
PACIFIC PALISADES | \$6,500,000



13161 PSOMAS WAY
MAR VISTA | \$6,500,000



1119 MARONEY LANE
PACIFIC PALISADES | \$4,880,000



712 SAN LORENZO STREET
SANTA MONICA | \$4,400,000



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Cover photo by Rich Schmitt, featuring a selection of holiday items at Kier Design Interiors in Pacific Palisades, located at 15260 Antioch Street. Items range in price from \$25 to \$100.

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PHOTO COURTESY HOLIDAY ROAD

Holiday Road



PHOTO BY RICH SCHMITT

Holiday HoHoHo



PHOTO COURTESY ASTRA LUMINA

Astra Lumina

PALISADES-MALIBU YMCA TREE LOT

For those on the search for the perfect tree, the annual Palisades-Malibu YMCA Tree Lot is open for business at Simon Meadow.

Jim Kirtley, executive director of Palisades-Malibu YMCA, previously explained that the tree lot is an annual fundraiser for the YMCA. All proceeds stay local to help support different scholarships and programs.

“You’re spending money in your community, and it’s coming right back and staying in your community, helping other families,” Kirtley said to the *Palisadian-Post* in 2020. “It’s all about paying your own community forward.”

The tree lot will be open Monday through Friday from 3 to 7 p.m., as well as Saturdays and Sundays from 11 a.m. to 7 p.m.

MENORAH LIGHTING CEREMONY

Chabad of Pacific Palisades will join Palisades Village to host its annual Menorah Lighting Ceremony on December 18 from 4 to 6 p.m.

“Celebrate the first of eight nights of Hanukkah with Rabbi Zushe’s blessings, musical entertainment and traditional light bites,” according to information from the Palisades Village team.

Last year, the menorah lighting ceremony—marking the 33rd annual event—featured Pacific Palisades Honorary Mayor Eugene Levy.

“It’s an honor for me tonight to be here, kicking off the holiday season in my favorite village in the whole world, by lighting the first Hanukkah candle—or turning the first Hanukkah bulb on here—in 2021,” Levy shared at the time. “This is the biggest menorah I have ever stood in front of, the menorah that I have at home is much smaller ... if I had this at home, it could be a lot happier Hanukkah in my place.”

Other menorah lighting ceremonies at Caruso properties this year include December 20 at The Grove and December 21 at The Commons of Calabasas.

For more information, visit palisadesvillageca.com.

THINGS TO DO

90272 Magazine has compiled a list of things happening in and around the Palisades this holiday season.

BY SARAH SHMERLING



PHOTO BY RICH SCHMITT

Menorah Lighting Ceremony



PHOTO BY RICH SCHMITT

Palisades-Malibu YMCA Tree Lot

HOLIDAY HOHOHO

A beloved Palisades tradition dating back over 70 years, Holiday HoHoHo is slated to return December 17 to Simon Meadow.

“Don’t miss this Palisades tradition with Santa and the Palisades fire truck on-hand with Station 69 captains to greet families and children as they set out to celebrate the winter holidays,” according to an email from Pacific Palisades Community Council.

The celebration will take place between 2 and 4 p.m.

“In 2018, when the original organizers decided to halt the event, a group of Palisades residents banded together to keep the tradition alive,” according to event or-

ganizers. “The Palisades-Malibu YMCA soon stepped up to host the event at the Christmas Tree Lot at Simon Meadow and now organizes the afternoon through the YMCA Fun Committee, along with local residents and businesses.”

Festivities will include free photos with Santa, hot chocolate from Palisades Garden Cafe, dance performances by Fancy Feet, European pancakes from BlinBlin, demonstrations from Gerry Blanck Martial Arts, crafts tables, a holiday photo booth, magic, balloons and surprise appearances.

Attendance and all events are free, and parking is available at Temescal Gateway Park as well as along nearby roads.

Due to public health orders, in 2020, HoHoHo took place as a socially distant, drive-thru event. In 2021, community members gathered at Simon Meadow in early December to celebrate in person.

For the latest updates about the event, visit instagram.com/palihohoho.

ASTRA LUMINA

This holiday season, Palisadians can visit the South Coast Botanic Garden in Palos Verdes for Astra Lumina: An Enchanted Night Walk Amongst The Stars, which will take place from December 8 through January 15.

“Astra Lumina is an enchanted night walk at South Coast Botanic Garden that invites visitors to discover the wonder of visiting stars,” according to an event description. “Set off across mysterious grounds to discover a celestial pathway of lustrous light, cosmic visions and astral song.”

Highlights include projections, lighting and music, described as a “multisensory immersive experience for all ages.”

Astra Lumina, which takes about one hour, is open from 6 to 10 p.m. daily, apart from Christmas and New Year’s days. For more information or to purchase tickets, visit astraluminalosangeles.com.

HOLIDAY ROAD

Billed as “LA’s ultimate immersive holiday experience,” Holiday Road returns for its third year—with a promise to be “more enchanting than ever.”

What began as a drive-thru experience at King Gillette Ranch during the COVID-19 pandemic has now expanded its offerings.

“Greater Los Angeles area residents and celebrity fans alike are expected to visit Calabasas for the annual event that includes countless photo opps, immersive walking trail, festive souvenir shop, premium holiday bar, top food trucks and more,” according to event organizers. “Join us this season for larger-than-life holiday installations, thousands of Christmas lights, Santa and Mrs. Claus, countless candy canes, and all of the holiday cheer.”

Holiday Road, which is tailored for all ages, will be open through December 30, from 5 to 10 p.m. Tickets are available at holidayroadusa.com.

“It’s Not What’s Under the Tree That Matters, It’s Who’s Around It” - Charlie Brown

Sometimes the most important goals in our lives are overshadowed by the complications of modern life. As the roller-coaster that was 2022 draws to a close and the warmth of this holiday season approaches, we must find time to refocus on what is truly most important. LOVE. This intangible bond between people can transcend all barriers and eventually find its way to each and every heart we connect with on our daily journey. For that, I am most grateful.

This life we live may be short but made all the better when our actions toward one another are life-giving. I am forever thankful to the family, friends, clients and associates that I have connected with throughout 2022.



*Wishing you the
Happiest of Holidays
and a life filled with
love in 2023!*



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2022

HOLIDAY GIFT GUIDE

Shop local in the Palisades



▲ Holiday Ornaments

\$18-20

BLACK INK

869 Swarthmore Avenue



◀ Ed Massey-Designed Pickleball Paddles

\$130

PORTRAITS OF HOPE

portraitsofhope.org



▲ Color Code Drum and
Rainbow Roll-Up Piano

\$50-\$125

LOOMEY'S TOYS

833 Via De La Paz



◀ Santa's Pet Shop
Fringe Toys

\$13.99

COLLAR & LEASH

518 Palisades Drive

Sapin Candle

\$48-\$84

DIPTYQUE

15275 Palisades Village Lane ▶



◀ Safari Animals Gift Set

Starting at \$42

THE LITTLE MARKET

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▲ Reversible Thermal Jacket

\$40

Bed

\$28

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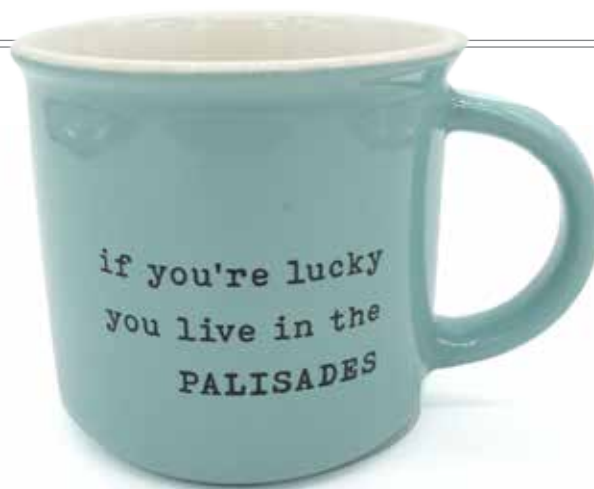


2022 HOLIDAY GIFT GUIDE

Shop local in the Palisades



▲ The Hot Chocolate
\$81
PALISADES CANYON
palisadescanyon.com



▲ Lucky in the Palisades Mug
\$16
PALISADES GIFT SHOP
palisadesgiftshop.com



▲ "Let's Make a Garden"
by Hillary Vari
\$19.95
BUILD UP BOOKS
buildupbooks.com



◀ Pint of the Month Club
\$195 for three months
MCCONNELL'S FINE ICE CREAMS
15209 Palisades Village Lane

Bohemian Vine Tableware Collection ▶
\$32-\$225
VERONICA BEARD
1062 Swarthmore Avenue



◀ Artisan Sipping Tequila
\$70-90
THE SMOKE LABEL
thesmokelabel.com
Available at Ronny's,
Palisades Wine & Spirits
and Erewhon



▲ Holiday Decor and Ornaments
\$25-\$100
KIER DESIGN INTERIORS
15260 Antioch Street

Chanukah at
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VILLAGE**

A Menorah Lighting Celebration



Hosted by The Chabad Jewish
Community Center of Pacific Palisades

SUNDAY, DECEMBER 18

5PM - 7PM

LOCATED ON SWARTHMORE AVENUE

Live Music • Kid-Friendly Fun
Traditional Chanukah Refreshments



Learn More

Caruso

2022

HOLIDAY GIFT GUIDE

Shop local in the Palisades



▲ Inessa Velvet Dress
\$328
REFORMATION
15225 Palisades Village Lane



▲ Crossbody Bags
\$110-\$132
BOCA
970 Monument Street



◀ Love Scarf for Breast Cancer
\$225
NAKED CASHMERE
nakedcashmere.com



◀ P.J. Salvage PJ Sets
\$68
KITSON
15248 Sunset Boulevard



▲ elysegwalker Label Harlow Cashmere Blanket
\$495
ELYSEWALKER
15306 Antioch Street



◀ Hats or T-Shirt
\$20
PALISADIAN-POST
palipost.com



▲ Puffy Cropped Jacket
\$125
PALISKATES
1021 Swarthmore Avenue



▲ Shylee Rose 2” Pave Diamond Hoops in Rose Gold
\$3,550
TOWNE BY ELYSEWALKER
15257 Palisades Village Lane



▲ Artisan Fragrances
\$60
DENISE CAROLYN
15276 Antioch Street



▲ Trois Encens
\$196
BYREDO
15225 Palisades Village Lane



▲ Pacific Palisades Centennial Commemorative Blanket
\$100
PACIFIC PALISADES HISTORICAL SOCIETY
pacificpalisadeshistory.org



▲ Onno Candles Collection
\$215-\$600
ELIZABETH LAMONT
15231 Sunset Boulevard

Cable Scarf ▶
\$98
FAVORITE DAUGHTER
15277 Sunset Boulevard



▲ Chaser Top
\$46
KEETAN
1015 Swarthmore Avenue



◀ 2023 Garden Calendar
\$45
MY HAND IN YOURS
myhandinyours.com

Maya Tote ▶
\$500
ANINE BING
15231 Palisades Village Lane





MAKING MOVES

Local Realtor Michael Edlen answers the question:
Are the holidays a good time to sell a home?

BY MICHAEL EDLEN

Conventional belief is that November to December is the worst time of the year to have a home on the market. Is it a correct observation or a misconception that listing your home for sale during the holidays is a disadvantage? Does the pandemic make a difference this year, and do rising interest rates create an added disadvantage?

In general, the reasons for this thinking are that people go on vacation, holidays distract attention, bad weather may inhibit some buyers and real estate agents may discourage home sellers from winter listings.

A long-standing practice of real estate professionals is to take homes off the market before Thanksgiving in order to “refresh” the listing for the new year. Agents may also tell homeowners to wait until March to list their home, since more homes sell better at that time of the year.

The fact is, if someone wants to sell their home, there are a number of reasons and advantages to putting it on the

market during the end of year/winter season, and this may even more be the case during the next few months in the Palisades.

More than 90% of the home buyers do their initial searching online and mostly do so in the evenings. Even if they are out of town visiting relatives, they have internet access. A growing number of home seekers are far more mobile and are looking for homes more frequently, as relocation for professional reasons is imperative.

Others have been seeking a home outside of more crowded urban areas and have lost out on previous listings. People who are searching online can only look at the current inventory available.

These buyers will choose from the homes that are actively listed at the time they are in the market to buy. Therefore, those that are not listed will miss consideration.

There usually are fewer showings during November to December than many other times of the year. However,

those potential buyers who are looking at homes during this period are more motivated and serious about buying, and some buyers will actually have more time to look at homes during the holiday period.

Because they have fewer homes to select from with the lower inventory level, any seller whose home is on the market will have less competition. Although multiple offers have been commonplace for the last few years, there are far fewer today.

To validate the suggestion that the end of year period is really an advantageous time to be on the market, a review of the holiday season home sales since 2013 provides substantial evidence that this is true.

Using Pacific Palisades as the marketplace to analyze this, 50% of the escrows opened in each of the two winter months were put on the market and entered escrow between November and January 1, and received multiple offers. And having reviewed my own sales re-

cord, we have found that in 20 of the last 24 years, I have had transactions begin during that holiday period.

Though it may seem counter intuitive, it well may be that the end of the year/winter season is an excellent time to be in the marketplace.

Moreover, during a period of unprecedented interest rate hikes, it might only be a matter of months before the combination of historic high prices and rising costs of money results in a significant diminishment of buyer affordability. As that point draws nearer, sellers who wait logically will have fewer advantages and then may find that their homes do not sell for as much as they could have in the next few months.

Michael Edlen has provided real estate counseling to thousands of prospective sellers and buyers for the past 35 years, including during three previous turbulent markets. He can be reached at 310-600-7422 or michael@edlenteam.com.



Giving Thanks....

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'ROAD TRIP ADVENTURES'

The Disney On Ice show takes families on a fun-fueled excursion to iconic Disney destinations December 8 to January 2.

Disney On Ice presents Road Trip Adventures will whisk families away on an immersive getaway chock-full of magical participatory moments.



PHOTO COURTESY OF DISNEY ON ICE

Featuring new and classic tales, this unique multi-generational experience makes its SoCal debut for four weeks playing Los Angeles, Anaheim, Ontario and Long Beach from December 8 through January 2, 2023.

Hit the road with Mickey Mouse and his pals for a high-octane ride in Disney On Ice presents Road Trip Adventures. Exciting twists and turns await as Mickey, Minnie, Goofy and guests of all ages embark on an interactive and memory-rich adventure to iconic Disney destinations.

See the world from the rooftops of London with Mary Poppins and Jack and his band of dancing lamplighters. Travel to the sun-soaked Motunui and help Moana restore the heart of Te Fiti.

Set off on a safari and snap unforgettable photos of wild cheetahs and monkeys when guests traverse through the Pride Lands with Simba, Timon and Pumbaa. Discover a whole new world and be swept up in Aladdin's princely

parade filled with spectacular stunts, magical moments with Genie and a brand-new song from Jasmine that will render the audience "Speechless."

Mosey on over to a larger-than-life comedic carnival and team up with Woody and Bo Peep as they search for their new friend Forky. Fans will hit a high note with Mickey and pals while singing along to beloved Disney tunes as they welcome Merida, Belle, Ariel, Mulan and Tiana to the ice.

Families should be prepared for a getaway jam-packed with unexpected hijinks and surprise, up-close character interaction as Disney On Ice presents Road Trip Adventures makes several pit stops throughout the Greater LA area.

Shows will take place in Los Angeles on Thursday, December 8, at 7:30 p.m.; Friday, December 9, at 7:30 p.m.; Saturday, December 10, at 11 a.m., 3 p.m. and 7 p.m.; and Sunday, December 11, at 11 a.m., 3 p.m. and 7 p.m.

Performances will take place at Crypto.com Arena, located at 1111 S. Figueroa Street, Los Angeles, CA 90015.

Family-friendly ticket pricing is available. Tickets can be purchased online at [axs.com](https://www.axs.com) or in-person at the venue box office. Ticket pricing is subject to change based on market demand.

In Anaheim, performances will take place Thursday, December 15, at 7 p.m.; Friday, December 16, at 7 p.m.; Saturday, December 17, at 11 a.m., 3 p.m. and 7 p.m.; Sunday, December 18, at 11 a.m., 3 p.m. and 7 p.m.; and Monday, December 19, at 7 p.m. at Honda Center, located at 2695 E. Katella Avenue, Anaheim, CA 92806.

Family-friendly ticket pricing is available. Tickets can be purchased online at [ticketmaster.com](https://www.ticketmaster.com) or in-person at the venue box office. Ticket pricing is subject to change based on market demand.

In Ontario, performances will take place Thursday,

December 22, at 7 p.m.; Friday, December 23, at 3 p.m. and 7 p.m.; Saturday, December 24, at 11 a.m. and 3 p.m.; Sunday, December 25, at 1 p.m. and 5 p.m.; and Monday, December 26, at 11 a.m., 3 p.m. and 7 p.m. at Toyota Arena, located at 4000 Ontario Center Parkway, Ontario, CA 91764.

Family-friendly ticket pricing is available. Tickets can be purchased online at [ticketmaster.com](https://www.ticketmaster.com) or in-person at the venue box office. Ticket pricing is subject to change based on market demand.

In Long Beach, shows are scheduled to take place Thursday, December 29, at 7 p.m.; Friday, December 30, at 7 p.m.; Saturday, December 31, at 11 a.m. and 3 p.m.; Sunday, January 1, at 11 a.m., 3 p.m. and 7 p.m.; and Monday, January 2, at 5 p.m. at Long Beach Arena, located at 300 E. Ocean Boulevard, Long Beach, CA 90802.

Family-friendly ticket pricing is available. Tickets can be purchased online at [ticketmaster.com](https://www.ticketmaster.com) or in-person at the venue box office. Ticket pricing is subject to change based on market demand.

For specific local venue event information, visit disneyonice.com/LA. Subscribe to the Disney On Ice YouTube Channel at [youtube.com/DisneyOnIce](https://www.youtube.com/DisneyOnIce).

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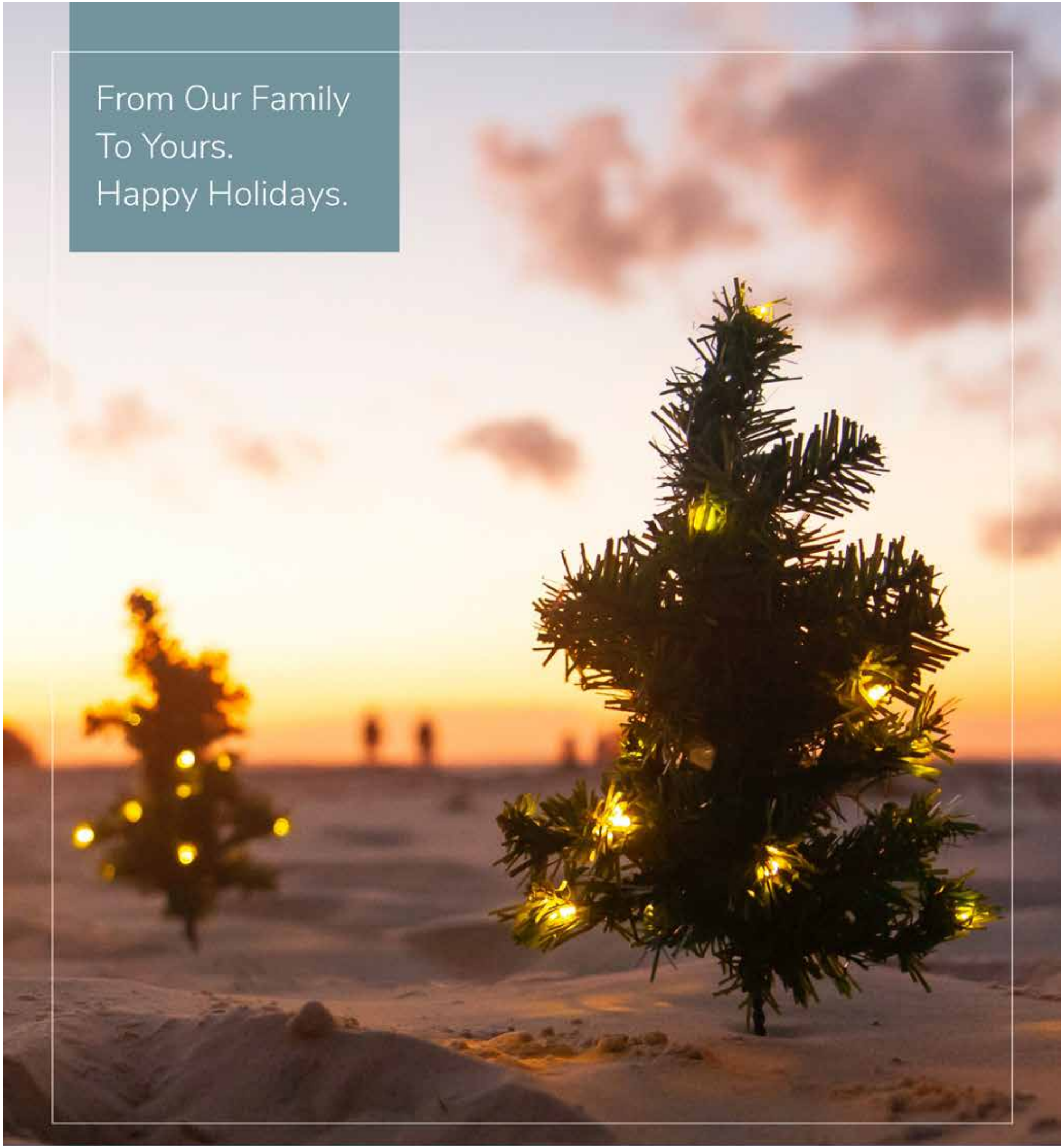
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A selection of gifts available this holiday season at the store

PHOTOS BY RICH SCHMITT

THE PERFECT GIFT

Loomey's offers toys and items for infants, children and tweens.

BY LILY TINOCO

Running a small business comes with its challenges—but having one located in Pacific Palisades makes it worthwhile.

Palisadian Amanda Rastegar opened Loomey's Toy Boutique in the space that formerly housed Sew Chateau, located at 833 Via De La Paz, earlier this year in March. She said the support she has received from the community has far exceeded her expectations.

"The experience has been a lot more rewarding than I expected," Rastegar said to *90272 Magazine*. "The community has really shown up and been our greatest cheerleaders."

The boutique offers toys for infants and children up to 8 years old, as well as items for tweens—in recognition of her two teenagers, who the store is named after.

"Loomey's is a combination of my kids' nicknames," Rastegar said. "My daughter Darby is 'Darbaloo,' but we call her 'Loo,' and my son Max is 'Moomey,' so we did Loomey's."

Rastegar said she currently has several Palisadian teens helping run the shop, and younger children often visit and ask for their opinions. She said seeing the relationships that have flourished has been "really great" and that it contributes to maintaining the small-town feel of the Palisades.

"To see them develop these relationships with the little ones, who are as young as 3 years old, it just pulls on my heartstrings," Rastegar said. "Everyone knows each other's names. It's like they're walking into our home and just hanging out for a while. It's been really fun."

Ahead of the toy store's first holiday season in the Palisades, Rastegar revealed that she has been preparing since June. She started buying merchandise over the summer, handpicking toys she felt were different than the ones Loomey's typically carries—"just to add a little bit of surprise and different taste for the holidays," she said.

Rastegar shared a selection of toys to look out for this holiday season with *90272 Magazine*.

For younger children, Rastegar recommended Fat Brain Toys' RollAgain Tower—a swirling tower with a funnel for balls to roll down onto the next level.

"It's really colorful, it's really inviting," she said. "It's a great way for kids to strengthen their fine motor skills and teach cause and effect, and that's a good piece for kids 12 months and older."

For children 2 years and older, she recommended Fat Brain Toys' Timber Tots Tree House: a portable playset designed to look like a treehouse, full of "little critters."

"It encourages storytelling and creativity and imaginative play," Rastegar explained. "[Children] can add onto the tree





house and build a little village, it's really sweet ... They can put all the pieces in the tree, and they can collapse it and carry it around. They really like to do that at that age."

For the musically inclined, Rastegar recommended Mukikim's Rock and Roll It: Code Drum and Rainbow Piano.

Both sets are portable and flexible: just "rock out then roll it up," according to Mukikim.

The Code Drum is color coded to assist in learning, and features multiple drum sounds, professional demos, the option to record and playback, and more.

The Rainbow Piano is a 49-key piano that promotes tactile learning and hand-eye coordination, according to Mukikim. The keyboard comes with a "Play By Color" song book that includes classics like "Twinkle, Twinkle Little Star" and "Happy Birthday."

Both toys are for children 6 years and older.

"The sound is really good and they're beautiful to look at," Rastegar commented. "And they're fun to play, I really enjoy watching the kids play on those."

For young photographers, Rastegar recommended Kidamento's Instant Print Camera.

The kids' polaroid camera comes equipped with a large sheet of decorative stickers, lanyard, scavenger hunt photobook, and 20 built-in filters and frames. It is recommended for children 5 to 10 years old.

"It just allows them—without using Mom or Dad's iPhones or iPads—to go around and capture memories from their eyes," Rastegar said about the camera. "It's really cute and fun. It's a new piece I'm carrying for the holidays because I thought that as families go on vacations and have family over, the littles can run around and snap pictures. I think it will be a lot of fun to go back and look at that camera roll."

For children a little older, Rastegar recommended KEVA's Contraptions Reactions—a set of planks and unique pieces to create chain reactions—a two-player pinball game by BRIO, and Thames & Kosmos' Mega Cyborg Hand STEM Experiment Kit.

The Mega Cyborg Hand kit comes with the

pieces necessary to construct a wearable, mechanical hand, "adjustable to fit virtually any human hand," according to Thames & Kosmos.

"[It] kind of touches on the science and tech side of the world, and it's a great piece for kids who are 7 and older," Rastegar said. "They build this giant, hydraulic hand that they can slip their hand into, and the fingers will function and they can actually pick things up."

"The piece takes some focus and concentration but it's really rewarding once they finish it. It's actually amazing."

When choosing which toys to offer this holiday season, Rastegar said she considered the feedback she accumulated in the past eight months in-shop.

"When the kids and parents and grandparents come in, they want pieces that inspire creative and imaginative play," she explained. "They also want a teaching side to the experience, but they also want a piece that's long-lasting ... When I go to toy fairs, I take all this information with me and apply it to every decision I make when I'm choosing a toy."

"I tried to go for pieces that were long-lasting, really inspired play and have a little bit of an educational twist to it, too. They're learning something with each piece: Whether they're constructing something or using their imagination, following instructions ... that's a form of education."

Rastegar said Loomey's will be open on Christmas Eve until 3 p.m. for Palisadians looking to pick up a last-minute gift.

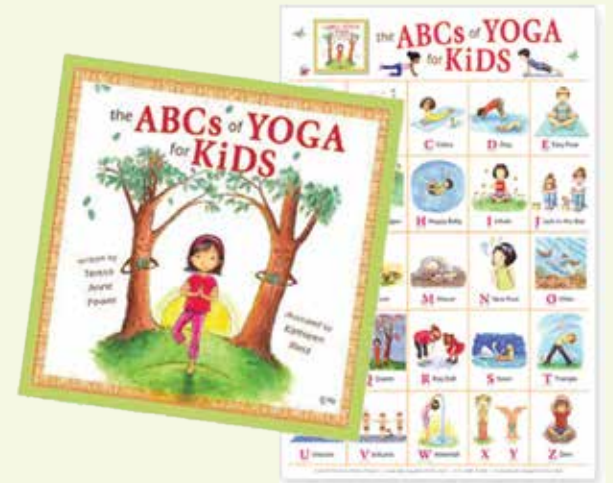
"This year is our first year," she shared, "so me and my kids will be celebrating with the community."



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GIVING SEASON

One on One Outreach creates an opportunity for the whole family to give back.

BY GAVIN ALEXANDER

For as long as I can remember, my parents have instilled in me the importance of giving back—especially to people and places in our local community.

When I started high school last year, I had community service hours I needed to fill. While I could earn hours doing projects in the office at school or by helping my teachers, I wanted to find an organization in the LA area that would allow me to volunteer.

My mom had heard of One on One Outreach through a friend. In fact, our temple, Kehillat Israel, has partnered with this charity for many years.

A quick Google search brought me to the One on One Outreach website. A few weeks later, my mom and I, along with 20-plus strangers, all showed up at the driveway of a home in South Central Los Angeles to pack and deliver boxes to more than 170 families in the neighborhood.

One on One Outreach is a 100% volunteer organization founded by Michael Schwartz and Ashly Plourde more than 20 years ago to change the lives of low-income families in a specific neighborhood in South Central Los Angeles.

On the last Sunday of the month, when paychecks have typically run out, volunteers prepare and deliver boxes with things like groceries and cleaning supplies.

It is remarkable to see the teamwork among all the volunteers. It is common to see all ages (children 7 and up are welcome to come and participate) and people from all over Los Angeles gather in support of One on One Outreach. What is even better is once all the boxes are packed, we hand deliver them to the homes and apartments in the

neighborhood.

The individuals living in the neighborhood need these boxes, and their smiles and gratitude are the icing on the cake.

One on One Outreach is truly a magical experience in my opinion. I have been volunteering with them for over a year now and have been in awe of how these families are so appreciative when we come to their houses.

It's remarkable knowing you are making a difference in someone's life, which makes me want to go back every month. In addition, I've invited friends to join me, and they all agree it is an awesome experience.

Around Thanksgiving, One on One Outreach delivered turkeys and hams. On Christmas Day, they will deliver hundreds of brand-new, unwrapped toys to the neighborhood kids.

One on One Outreach is also providing refurbished laptops to some of the children in the neighborhood. They recently donated a computer to a teenager from the neighborhood who is attending UCLA on a full ride.

In addition, One on One Outreach helps facilitate scholarships from Pali Adventures to neighborhood kids so they can attend sleepaway camp for a week. Although the beach is only 12 miles away, many of the kids living in this neighborhood have never seen the ocean.

One on One Outreach is a 501(c)(3) organization that relies on donations and grants. If you are interested in donating time or money, visit oneonone-outreach.org.

If you would like to donate a brand new, unwrapped toy for the children to open on Christmas or have a laptop in working condition you are no longer using, contact mypost@palipost.com for coordination.



Gavin with organizers and volunteers

PHOTOS COURTESY OF GAVIN ALEXANDER





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ASK BBB

Renowned parenting expert Betsy Brown Braun answers a question about children and gifts during the holiday season.

Q: The holidays are upon us, and I am concerned about my children being so focused on what they are going to receive. I know I may have caused this in the past years, but I am over it! I don't want to have spoiled children. Is there anything I can do to tone it down?

I sure am glad you asked this question now before you look back in horror in the aftermath. I have lately been presenting my seminar, "Raising a Balanced Child in an Age of Affluence," to many schools and organizations. So, this topic sure is on my mind. And there is so much I could share with you, but, unfortunately, this column doesn't allow me the room to present my whole seminar.

While you may not count yourself among "the affluent," know that children in solidly middle-class families can be spoiled and have a case of the "gimmies." The problem is not that the children are in a constant state of I want I want I want. That is fairly typical of kids.

All kids want things. Their friends have it, they want it. They see it on TV, they want it. As they grow, it is that very wanting that is a great motivator: You can do some jobs to earn the money to buy that toy if you really want it.

Rather, the problem is the child's expectation that she will want and she will get, and that drives parents crazy, especially when they already live in their own Toys "R" Us at home.

And when it comes to the holidays, it is more pronounced than ever. The problem is that they have not developed another context for experiencing the holidays. It's all about me me me.

It is time to think about rebranding the winter gift-getting holidays by building in some holiday celebrations that are focused outward or are other-oriented. Here are some tips for rebranding:

1. Right away have your child—from preschool age on up—make a list of people to whom she would like to give a gift at the holidays. Explain that these are not gifts for friends but for people to whom they want to say "thank you." Maybe it's the crossing guard at school. Maybe it's the nice produce man at the grocery store. Maybe it's the janitor or a neighbor or the gardener.
2. A trip to one of our Palisades Village stores is not necessary! Take the time to CREATE with your children a family gift that they will give. Maybe you make small loaves of cranberry bread or chocolate-dipped pretzels or sweet-smelling sachets. Regardless, it is made by the child and you so she feels like SHE is giving it. And by all means, involve her in the wrapping and card making, too. (The worse it looks, the more real and appreciated it will be!)
3. Allow your child to help you wrap the gifts you are giving. Kids like to be involved. (And if it doesn't look perfect, so be it!)
4. As you wrap, talk about the joy you get in giving to others, in making someone else happy.
5. If you send holiday cards (sadly, a dying tradition), have your child help you ready them. She can sign cards, lick envelopes, put on stamps. But involve her in the process, as this is something that doesn't focus on her receiving.
6. Let the holidays be a time of family experiences. It is a wonderful time to create all kinds of traditions that are part of your own family. (Remember, family traditions and the memories thereof are the glue that keep families close forever.) Examples of these might be:
 - Put on your PJs, pile into the car and comb the city for holiday displays.
 - Have one night of Hanukkah reserved for playing dreidel, using M&Ms or chocolate Hanukkah gelt as the prize.
 - Christmas celebrants can have a game night with the whole family, also have treats for the winners. It is being all together that makes it special with a lasting memory.
 - Play games of "hide the candy

cane," and whoever finds it is the next to hide it.

- Do your own caroling. Seriously! You really can go to your neighbors' homes (plan ahead and let them know you are coming) and sing outside their doors. Alternatively, you can go to your own rooms in the house, knocking on doors and singing outside the door. Fun and funny.
- Have "Secret Santas" or "Secret Max." Each family member does kind, helpful, funny or tricky things for a family member of their choosing. For example, if a child chooses his sibling, he can secretly do his chores for him. If a child chooses his dad, he can dust buster his car as a surprise.

While the day of receiving the gift is always special, let the build-up be just as special.

It's not too late to turn the tide. Remember, children take their messages from you. If it's special and fun for you, if you are enthusiastic, likely they will love it, too. All is not lost!

BBB is a child development and behavior specialist in Pacific Palisades. She can be reached through betsybrownbraun.com. Submit questions to mypost@palipost.com with the subject line "Ask BBB."

Happy Holidays



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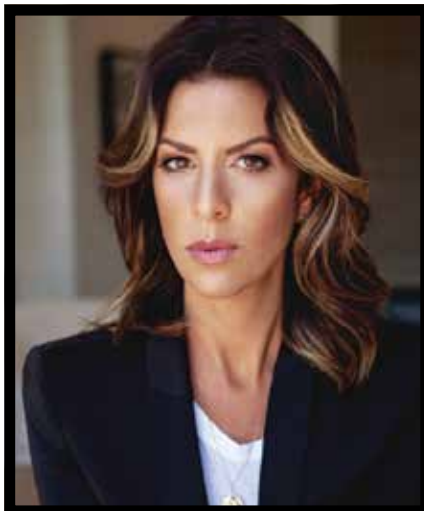
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HOLIDAYS PAST

90272 Magazine dove into the *Palisadian-Post* archives, finding holiday memories from the 1970s and '80s to share.



December 2, 1982



December 6, 1974



December 6, 1974



December 6, 1974



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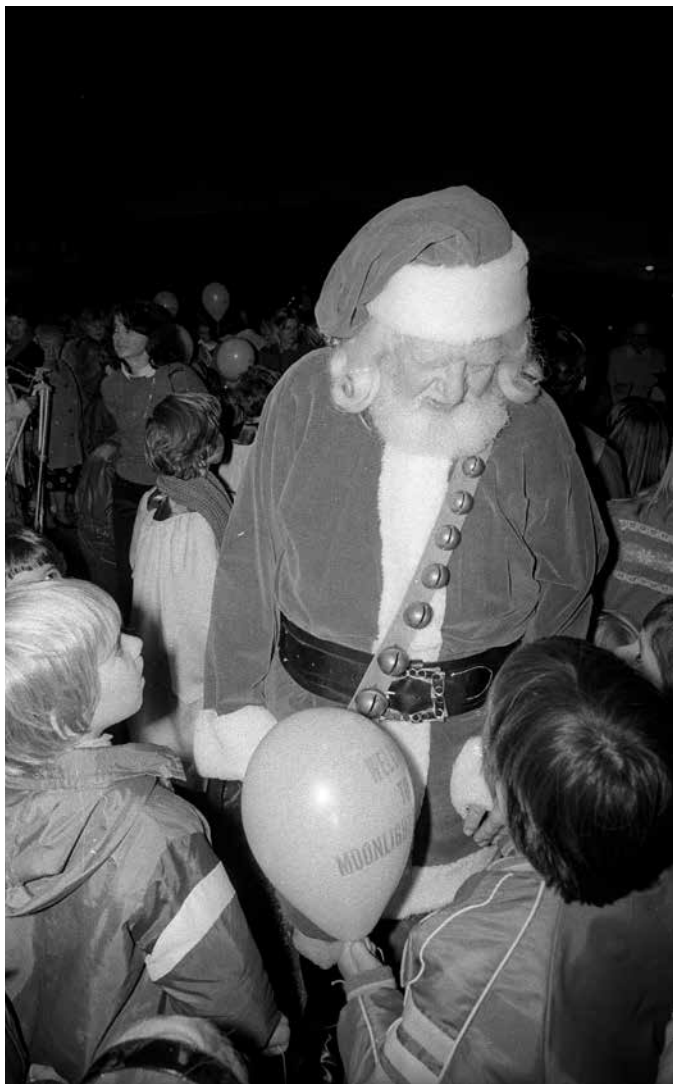
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HOLIDAYS AND GRIEF

griefHaven Founder Susan Whitmore shares about holidays and the “what to do” when a loved one has died.

BY SUSAN WHITMORE

For many of you, planning for the upcoming holiday brings a sense of excitement and is something you look forward to. For others, not so much, and that includes those who have had a significant person in their lives die—a person whose presence is so blatantly missing that the holidays become a time to “get through” rather than a time to enjoy.

You as the supporter can make a difference. And you as the griever have many options.

It does not matter how many years that person has been gone. Love never dies, and that loved one will always be missed, especially during specific dates and holidays. The holidays are a constant reminder that someone beloved is gone. This is even more difficult if there is no mention of the person’s name or, when gathered together, everyone acts as if nothing

has changed.

We regularly hear, “What can I do to just get through these times? What can I do to at least minimize the sadness I feel during this time? How can I get my family and friends to understand how much it means to me for him/her to be included?”

The greatest gift you as the supporter can give is to do something—even a small thing—for a person who will be joining you this year whose loved one has died. They will be forever grateful. And, if they cry, that’s OK. You’ll know that you have touched them in a meaningful way.

If you aren’t sure about any of the suggestions below, you can always ask the person, “I was thinking about putting out Jeff’s photo this year, but wanted to make sure that’s OK with you. Or is there something else you might prefer?”

The greatest gift you as the griever can give to yourself is to do something at some point in the day that is meaningful and includes your loved one’s memory in whatever way you deem appropriate. Check out the suggestions below or come up with your own ideas.

For the Griever
Share this article. Show your

family and friends this article so they will have a greater understanding of how the holidays can be made easier and meaningful.

New normal. Your holidays were once wrapped in love and family closeness as you celebrated together. With the death of a family member, others may try to “cling” to old family traditions, even though this may cause you much pain. Others need to try to accept that nothing will ever be the old “normal.” If everyone can join together, then you can create new family traditions without leaving anyone out.

Acknowledge your loved one’s presence and absence. Do something to acknowledge and remember your loved one at these times. In other words (pardon the poor grammar), “Don’t do nothing.” Hold a moment of silence, say a prayer, light a candle, arrange a place setting, share memories, visit the gravesite, etc. Have a family meeting (include children) to identify ways to acknowledge your loved one. Create one or two new rituals or traditions.

Talk about them. Talk about your loved one. Tell a favorite story, give a toast, write a poem, play their favorite song, go around the table and each person tell a story of gratitude about your loved one, or make a favorite food. These will help you express the

importance of them, and then perhaps you and other family members will be able to appreciate the holidays with an even deeper and more meaningful significance.

Children. No matter the age, children are grieving too, and the holidays are also difficult for them. Listen to what is important to them, and then see if you can incorporate their hopes or wishes into the holidays without completely giving up what you need.

You can also break the day up into smaller segments of various types of events, such as opening presents at home as a family, a visit to the cemetery as a family, dinner with relatives, and then home early where you share memories of your loved one, work on a puzzle, or watch a movie.

Have a family meeting (including children) to identify ways to acknowledge your loved one. Create one or two new rituals or traditions.

Plan ahead. Talk with others about the reality that your loved one has died and that therefore your life (and your celebrations) will feel and be different. Make a plan regarding how you will get through the day and with whom you will spend it. Think about spending time with other “like hearts” and people who are compassionate and

understanding of your needs.

There is a decided advantage in thinking ahead about what you want the day to include and with whom you want to spend it. If you haven't told others what you would like for the holidays, then do so. No one is a mind reader, and what is comforting to you might not occur to someone else.

Grief group or therapy. If you are in a grief group, discuss your concerns and possibilities in group. Don't hesitate to meet with a grief professional to assist you in deciding what to do. Trained grief professionals can help you articulate your feelings, fears, hopes, losses and concerns. When those are expressed, you will be better able to figure out what you can and can't handle.

Other ideas include lowering expectations, taking care of yourself physically, rethinking the holidays, trying a new take on shopping (like shopping online or skipping it altogether), connecting with others (including via Zoom or FaceTime), giving yourself leeway when accepting invitations, write a letter, and looking at photos, movies or memorabilia that include your loved one.

Be kind to yourself. Be gentle and tender with yourself. Seek out the softest place to land so that you are

in a position to honor your loved one, while also creating new traditions. One day you will most likely look forward to holidays filled with the true meaning of the holiday spirit.

For the Supporter

Read the suggestions in the griever's section above. Many of the suggestions above also apply to those who want to know how to support someone who is grieving.

Change expectations. Grief, especially in the first year or two, can be physically exhausting. If you can, allow your loved one to take a different role on planning and/or preparing and cleaning. They may insist on helping, and that's OK too.

Gifts. Depending upon the loss, some mourners find it hard to pick out gifts, at least for the first holiday and sometimes even longer. Be patient if they ask whether it's OK to skip gifts this year. In fact, you can even suggest it. The time will come when mourners get back to being able to buy gifts.

Children. Regardless of how old the children are, if they have lost a loved one, whether it's a parent, sibling, grandparent or other, they are grieving too. Remember to include them in special ways that are age appropriate.

Young children can be engaged in

play or other fun activities, while teens might not want to talk about their loved one and instead be doing other things, such as sports. Take your cues from the teen or even ask the parents ahead of time what they think would be best.

Perspective. Just as with the griever, a significant death puts things into perspective. Many of the things that used to be exciting and fun to those who are grieving are not that way right now. Eventually they will find that "new normal" they are grappling with, but they will never be the same person they were before.

Their view of life has changed on many levels, and as painful as that is, it is also a life-affirming experience. They need your love and patience if they just aren't into doing things the way they used to. In fact, they may truly feel as if much of the holidays are utterly ridiculous unless the days include a deeper meaning.

Connect. If they are not joining you in person, connect with them and their family through Zoom or another platform so they aren't too isolated and feeling alone and forgotten. Even a simple phone call to say hello is nice.

Ask them. Talk with those who are grieving and will be joining you and ask if there is some specific way they would like you to honor their loved one.

You might even send over this list of suggestions and ask which of these, if any, they would like.

Ahead of time. One of the most difficult things for the griever is when there are guests who do not know that they have lost a loved one, especially in the case of a child or spouse.

As part of getting to know each other, a guest will always eventually ask, "So, do you have children ... ?" It's uncomfortable for the person who asked the question, and it's very difficult for the person who has to answer. Let your guests know ahead of time that your brother will be attending and recently lost his wife.

Other suggestions for the supporter include talking about the loved one in the normal course of conversation, getting out photos, putting out a photo display, acknowledging their loved one's presence and absence, making room for them under the tree (including an ornament), considering going somewhere else for the holidays, making it OK to cry and making them feel welcomed.

For more information about *griefHaven*, a nonprofit based and founded in Pacific Palisades, as well as a full version of this article, visit griefHaven.org.



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BIRDS IN WINTER

Wild Birds Unlimited Santa Monica explains how birds make it through colder months.

BY CHARLOTTE WOLTER



Downy woodpecker



Scrub jay

PHOTOS COURTESY OF WILD BIRDS UNLIMITED



Birds are tiny. So, how do these small creatures survive winter?

The season can be challenging, even in Southern California. While it doesn't freeze here, there are many long cold nights with temperatures less than 40 degrees.

But, still most make it, and it's actually impressive how many strategies birds employ to make it through the cold dark months.

First is food. Birds eat whatever they can get in the fall, trying to find as much food as possible before the weather gets really cold. If you feed birds, you may notice feeders being emptied much faster than usual.

Birds are trying to gain as much weight as they possibly can. They go for the high-fat foods, such as suet (a sort of nut butter for birds). Putting out suet usually draws a crowd of eager eaters, such as woodpeckers and oak titmice.

Some birds, such as nuthatches and Western scrub jays, cache foods. If you put out peanuts, you may notice that they don't

eat them, but rather fly off to some secret place to hide them.

Jays love peanuts in the shell, because peanuts stay edible even after weeks in a cache. Sometimes jays will empty a feeder full of peanuts in an hour.

And they make sure the caches are well hidden from other suburban denizens, such as squirrels, raccoons and their fellow jays. Of course, sometimes the jays go raiding someone else's cache.

But, even with abundant foods, birds still have to be mindful of the cold. It's all about finding a balance between the food they eat and loss of energy to the cold.

For example, this time of year, many of them look plump. That's not because they have extra weight. It's because they fluff up their feathers—especially the soft down next to their skin—to trap heat and stay warm. Some birds have oil glands that they use to keep their feathers water-resistant, so their down stays fluffy.

And that's not the only way to conserve heat. Some birds, such as woodpeckers, actually huddle in small groups. They

carve out hollows in trees, then share those shelters with other woodpeckers at night. After all, the more woodpeckers in the shelter, the warmer everyone is.

Birds also take advantage of simple strategies to beat the cold. House finches perch under overhangs while other small birds find a wall that can be a windbreak. Whatever they use for shelter, again it is about managing that balance between food and heat loss.

Food is the reason that winter can be the best season to see a variety of birds. Put out a feeder and you're certain to draw birds to your yard. That's why the largest national bird-counting event, Project Feederwatch, takes place in winter. Sign up to count just an hour or two per week and you too can be a citizen-scientist for the famous Cornell Lab of Ornithology.

Enjoy the birds this winter!

For more information about Project Feederwatch, visit feederwatch.org. Wild Birds Unlimited is located at 12433 Wilshire Boulevard.

Give a gift that lasts all year.



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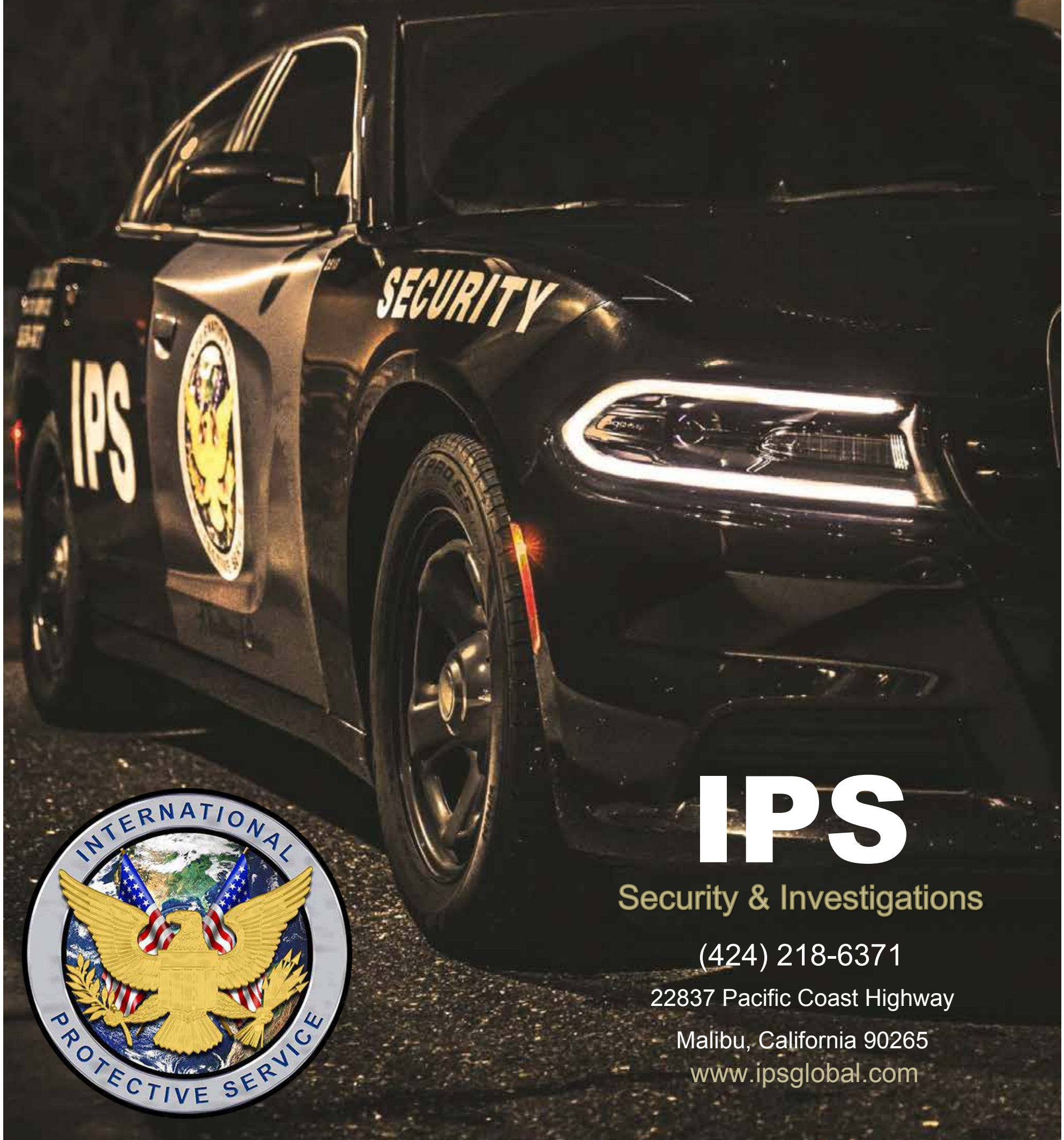
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