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The cover photo shows part of Marge and Bob Gold's winning decorations in the 2023 Patriotic Home Contest. Photo by Steve Galluzzo.

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# Summer Reads

90272 Magazine asked several local literary authorities for book recommendations to dive into this summer.

BY LILY TINOCO

Whether heading to Will Rogers State Beach to cool off or enjoying other spaces in Pacific Palisades, 90272 Magazine has you covered with a selection of book recommendations from community members—ranging from novels and coloring books, to children’s books and more.

## Zibby Owens’ ‘Ultimate Summer Reading List’ and Upcoming Book Club Picks

At the end of May, Palisadian author, podcaster and media extraordinaire Zibby Owens released her “Ultimate Summer Reading List,” a catalog of works for all readers.

“There are a lot of new books out there,” Owens shared to her website. “Here’s my list—sorted by fun categories—so you can find the book for you. So browse, travel, escape, laugh, cry, feel, think, relax ... and remember, stories are best when shared.”

Some of the titles on the 19-page list include “By Any Other Name” by Jodi Picoult, “The Husbands” by Holly Gramazio, “The Women” by Kristin Hannah and more.

In addition to her list, Owens recommended a number of works as part of her Book Club Picks. Each month, Owens chooses a book and hosts a live virtual meeting with a group discussion and a 30-minute Q&A with the author of that month’s book pick.

Here are Owen’s picks through the month of September:

### “Summer Romance” by Annabel Monaghan

Wednesday, July 24  
at 4 p.m.

“Summer Romance” tells the “heart-tugging” and hilarious story of Ali Morris, a professional organizer, whose life turns around the summer she unexpectedly reconnects with someone from her past.

“No one is more surprised than Ali when the first time she takes off her wedding ring and puts on pants with hardware—overalls count, right?—she meets someone,” according to the book synopsis. “The last thing newly single mom Ali needs is to make her



life messier, but there’s no harm in a little summer romance. Is there?”

### “The Wedding People” by Alison Espach

Wednesday, August 21  
at 4 p.m.

“The Wedding People” will be released July 30. Alison Espach’s work is described as a “propulsive and uncommonly wise” novel about an unexpected wedding guest, and the people who help them start anew.

“In turns uproariously, absurdly funny and devastatingly tender, Alison Espach’s ‘The Wedding People’ is a look at the winding paths we can take to places we never imagined—and the chance encounters it sometimes takes to reroute us,” according to the book description.

### “I’ve Tried Being Nice” by Ann Leary

Wednesday, September 25  
at 4 p.m.

“I’ve Tried Being Nice” is a collection of essays described as a “literary feast” of humor and wisdom, told from Ann Leary.

“With wit and surprising candor, Leary recounts the bedlam of home bat invasions, an obsession with online personality tests and the mortification of taking ballroom dance lessons with her actor husband,” according to the book summary. “Prepare to laugh, cry, cringe and revel in the comically relatable chaos of Ann Leary’s life as revealed in this delightful collection of essays.”

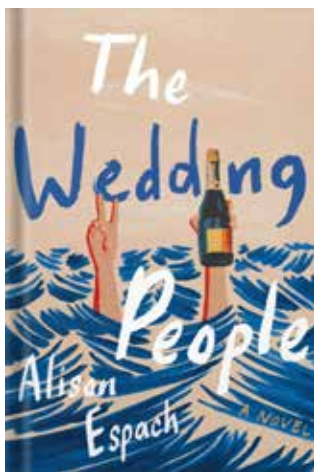
For the complete “Ultimate Summer Reading List” and additional information about upcoming book club picks, visit [zibbymedia.com](http://zibbymedia.com).

## Handpicked by the Librarians of Palisades Branch Library

Palisades Branch Library Adult Librarian II Barbara Birenbaum and Young Adult Librarian Ziba Pérez provided lists of books that are currently popular at the library.

Birenbaum recommended three fiction books—“In a Lonely Place,” “Ride a Pink Horse” and “The Expendable Man”—by author Dorothy B. Hughes, “a mystery writer from the ’60s who captures the feel of California and Los Angeles at that time,” she told 90272 Magazine.

“Our Mysterious Book Club loved these,” she added. The club meets once per month on a Tuesday to discuss a book.



For a “light beach read,” Birenbaum recommended Abbi Waxman’s “Christa Comes Out of Her Shell.”

“Just when she thought she’d gotten far enough away ... a life-changing phone call throws an antisocial scientist back into her least favorite place—the spotlight,” according to the book description.

Three books that were “very popular,” but have calmed down and are currently available include “Lessons in Chemistry” by Bonnie Garmus, “Trust” by Hernan Diaz and “Covenant of Water” by Abraham Verghese.

Birenbaum also recommended one of her personal favorite reads to the community: “Manhattan Beach” by Jennifer Egan. “Manhattan Beach” is a historical novel that takes place during the World War II era, and tells “the haunting and propulsive intertwined stories” of Anna Kerrigan, the Brooklyn Navy Yard’s only female diver, her father who works for both the union and the mob, and more.

For those traveling this summer and beyond, Birenbaum said there are many new travel guides in the library, too.

Pérez recommended a number of young adult works, including “Only This Beautiful Moment” by Abdi Nazemian, a 2024 recipient of the Stonewall Book Awards, which were announced in January 2024. Set against the backdrop of Tehran and Los Angeles, the book unveils the lives of three generations of boys in the same Iranian family, according to a summary of the book.

Pérez also recommended “The Long Run” by James Acker, “The Spirit Bares Its Teeth” by Andrew Joseph White and “Imogen, Obviously” by Becky Albertalli.

For additional information, including the next meetings of the Mysterious Book Club, visit [lapl.org](http://lapl.org).

## Recommendations from the Pacific Palisades Library Association Board

The Pacific Palisades Library Association, also known as the Friends of the Palisades Library, provided a list of book recommendations by board members to 90272 Magazine.

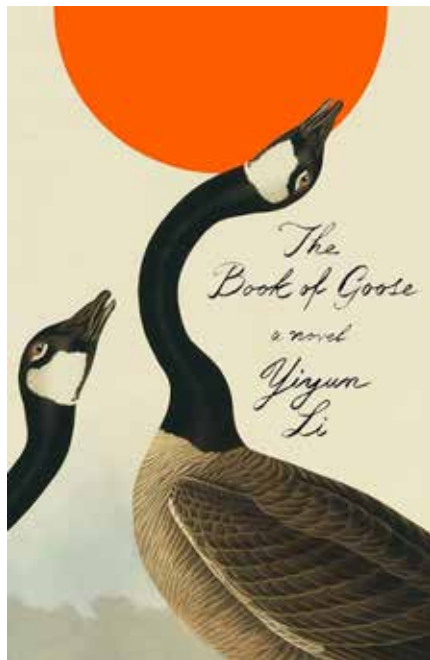
Throughout the year, PPLA helps provide funds for the purchase of books, presents authors and speakers of interest to the community, hosts creative writing contests, and sponsors children’s events, holiday programs and exhibits, and more.





Here are PPLA's 2024 recommendations:

- “The Book of Goose” by Yiyun Li
- “Absolution” by Alice McDermott
- “The Sun and Her Stars” by Donna Rifkind
- “Kunstlers in Paradise” by Cathleen Schine
- “The Heaven and Earth Grocery Store” by James McBride
- “Burn Book: A Tech Love Story” by Kara Swisher
- “James” by Percival Everett
- “Late Migrations” by Margaret Renal
- “This is Happiness” by Niall Williams
- “North Woods” by Daniel Mason
- “Shantaram” by Gregory David Roberts
- “First Lie Wins” by Ashley Elston
- “American Dirt” by Jeanine Cummins
- “Demon Copperhead” by Barbara Kingsolver
- “Tom Lake” by Ann Patchett



“Happy reading,” PPLA President Laura Schneider said to 90272 Magazine.

For more information, visit [friendsofpalibrary.org](http://friendsofpalibrary.org).

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# A Smash on Sunset

Pop-up burger joint Sunset Smash expands menu for summer 2024, while gaining popularity in the Palisades and beyond.



PHOTOS COURTESY OF SUNSET SMASH

BY LILY TINOCO

With no prior experience in the food industry, Palisadians Noah Zaret and Dylan Walsh set out on a venture: bringing more smash burgers to West Los Angeles—specifically Pacific Palisades.

Zaret and Walsh have been friends since they attended Paul Revere Charter Middle School together, then graduated from Palisades Charter High School in 2022. They both went off to school on the East Coast—Zaret to Cornell University and Walsh to George Washington University.

Zaret said the two, beyond being friends, are also “big foodies.”

“We’re both really passionate about food, and food means a lot to us,” Zaret said to *90272 Magazine*. “When we’re out

in LA, we’ll drive an hour and a half for a taco or a special dish. We’ll go all around the city to scout new places.”

The Alphabet Street residents were getting ready to return home for the summer last year, excited to enjoy some of their favorite dishes and restaurants, when they came to the realization that there was a lack of a traditional smash burger in West LA.

“We are huge smash burger guys,” Zaret said. “That’s a food ... we really love and some of our favorite places are in East LA, or downtown or Hollywood. One of us ... half joking, said, ‘What if we started our own pop-up [here]?’ ... One idea led to another, and we started getting really excited about it.”

Zaret said he and Walsh spent the following week in the kitchen, dedicating every night to “mastering the perfect

smash burger.”

“Neither of us had any culinary experience,” Zaret said with a laugh. “We love to eat food, but we didn’t know ... really how to make it. We tried a million different buns and different sauce ratios, every single different cheese and condiment ... and slowly iterated our burgers until we had what we called our perfect burgers.”

After “wreaking havoc” in their kitchens, Zaret and Walsh invited friends and family members to try their burgers. Everybody loved them, so the duo decided to take their burgers a step further: to the community.

The friends served burgers in front of Palisades Branch Library for two weekends before having to relocate, citing a fire hazard.

Discouraged by the move, they

turned to their friend Rodolfo “Rudy” Barrientos of Gracias Señor, a mainstay on Sunset Boulevard and a friend of the duo for years.

Barrientos told Zaret and Walsh they were welcome to use his extra grill for the summer, and so they set up shop right next to him on Sunset Boulevard.

Thus, Sunset Smash was born.

“We set up, and it took off from there,” Zaret said.

Following a positive review from LA food reviewer Adam Alper, known as @RickLox on TikTok and Instagram, Zaret said the duo could barely keep up with the demand.

“We had people waiting up to three hours for a burger,” Zaret recalled. “We had people driving from all over coming to try our burgers, but we had this little grill that can only fit four patties at a time



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and we did not have the capacity. It was almost out of control, but it was this really cool thing.”

On what the duo thought would be their last day in the Palisades, Barrientos wanted to congratulate Zaret and Walsh with a culmination, and allowed them to use his food truck.

“It was our busiest day ever,” Zaret said. “It was the most incredible thing to experience, to work alongside Rudy, somebody who I really look up to and have a lot of respect for. We had so many people come out and support us. It was a really special day.”

After their last day, Walsh and Zaret headed back to the East Coast—counting down the days for their return, which would be “bigger, better and tastier than ever.”

The duo returned to the Palisades on May 18 with a food truck, with a three-month lease, with the possibility to extend it.

The warm beige truck—a color chosen to represent a “beachy” feel—can be found on Sunset Boulevard next to Gracias Señor.

Sunset Smash offers their three original burgers: The Classic, The Spicy and The Truffle, with the addition of The Rudy—in homage to Barrientos—grilled cheese options, and fries—regular or loaded.

When asked “What is the secret to a perfect smash burger?” Zaret said it comes down to the meat.

“I think a good smash burger starts with really high-quality, 80/20 ground beef, 80% lean and 20% fat,” Zaret explained to *90272 Magazine*. “You need ... at least a 20% fat content because

when you smash it down on the grill, the edges caramelize in a certain way and you get something that is juicy on the inside, with a crispy exterior.”

Zaret said Sunset Smash’s add-ons also help take their burgers to the next level, including their Caramelized Onion Jam, House Sauce and Fresno Chilis.

Sunset Smash can be found near the 15100 block of Sunset Boulevard Tuesdays through Sundays from 11 a.m. to 7 p.m. through August 15.

“As of now, we’re here for the summer, but we’re hoping ... to make this a year-round thing,” Zaret said. “That would be our dream, to be operating year-round on Sunset Boulevard.”

*For more information, visit [instagram.com/sunsetsplash](https://www.instagram.com/sunsetsplash).*





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# THE AMERICAN LEGION

## Building a Beacon



The American Legion: Four years to build a community beacon in the Palisades.

BY AMERICAN LEGION  
PALISADES POST 283

Following the vision of Post Commander Jim Cragg, the American Legion Post in Pacific Palisades embarked on a four-year mission to become a cornerstone of one of the most influential communities in the United States with a mission to improve the standing of veterans in American society.

The recently renamed Ronald Reagan-Palisades Post 283, named after one of its former members, has been a solid but relatively quiet pillar of the Palisades since 1927. Upon his election to Post Commander in 2020, Cragg laid out an ambitious three-phase plan.

First his team would undertake a multi-million-dollar remodel to the Post headquarters. Next, he would restructure the Post's operating processes, promoting equity and transparency, and establishing a separate grant-making foundation to regulate its financial gifting.

And finally, they invested in developing programs and events to bond veteran families, support veteran career enhancement and provide Post members with opportunities to continue to serve the community and their nation.

All of this was done while conducting a community outreach campaign that has resulted in establishing this American Legion Post as a family-friendly community center, drawing in all citizens with its programs.

The original Post facility was sufficient, but the joke about town was that it resembled the Post Office next door and that people frequently walked in to drop off their mail. Cragg and his team set of to create the look and feel of an exclusive club worthy of Pacific Palisades.

A wooden exterior resembling old Navy sailing ships with military brass lettering greets visitors as they approach a lobby adorned with a mural dedicated to the



Post Commander Jim Cragg

diversity of American veterans. Visitors are also greeted by a modern painting of Ronald Reagan—or “Comrade Reagan” in Legion terminology—set as an inspiration that any veteran can achieve great heights.

The decor of the main hall resembles a military museum with a subtle effort to show that veterans of all generations served and sacrificed similarly, no matter their role or standing. This decor enhances a setting for fun and camaraderie, best seen at the Post's legendary dances, comedy events and lounge nights.

A relaxed dining and lounge area are supported by a modern bar and kitchen facility. All of this created the setting for the community-engaging events envisioned by

Cragg, and was epitomized in the Grand Opening Ceremony in January 2023.

Shutting down the street, the community came together for a ceremony emceed by actor Joe Mantegna, attended by local politicians and dignitaries, and with music provided by the USC marching band. The opening fulfilled the vision of its coordinators, Cragg, Jay McCann and Kevin Niles.

First and foremost, Cragg saw the Legion as a place of leadership for the community, and immediately interfaced with local emergency services and government. Cragg created a postcard with a phone directory titled “Who to Call for Help in the Palisades,” which the Post mailed to every address in town.

Cragg invited the community to come in and listen to briefings by the Los Angeles Police Department West LA Division, LA Sheriff's Department Homeless Task Force, Los Angeles Fire Department Station 69 and an LASD briefing on active shooter response. These town hall meetings were free to the public in an effort to inform and promote dialogue with these agencies.

During the COVID shutdowns, Cragg and Post members Kurt Heite and Peng Vang distributed face masks in the community and to hospitals sewn by Cragg's company, S.O.Tech Inc. And taking it a step further, Cragg organized classes for members and local educators in first aid, stop the bleed, CPR and even Tactical Emergency Casualty Care, taught by himself and other veterans medics.

The Post already had a robust HAM radio program dedicated to supporting community emergencies. The philosophy behind this was to provide the veterans with an opportunity to feel like they were continuing to serve after they had left the military. They even organized efforts to send chaplains, funding and personnel to assist





Grand Re-opening ribbon cutting



Post Leaders sail on an active aircraft carrier.

the homeless veteran issues developing at the West LA Veterans Administration.

In parallel, the Post's Chapter of the American Legion Auxiliary launched a women's self-defense class, and are planning a young people's etiquette and leadership class based on the West Point model.

As a successful businessman and retiring Army Reserve Officer finishing a 30-year career in Special Operations, Cragg wanted to institute projects to enhance the careers of veterans. He saw the leadership, teamwork, organizational skills and performance-under-pressure skills ingrained in veterans, and sought to bring these out through speakers, trainers and networking opportunities.

The highpoint of this effort was a business leadership discussion led by Medal of Honor recipients Gary Littrell and Jim McCloughan, attended by veterans and public servants from across Southern California.

The Post has also supported events with Toastmasters, the Heroes Linked Veterans professional networking site, the Polk Institute's Veterans Shark Tank, the West Point Society, the Association of the U.S. Army, and a number of speaking presentations and networking events with the Post's chapter of the Sons of the American Legion.

Near to his heart as the father to a 9-year-old daughter are family programs in the American Legion.

"Veterans aren't just struggling to improve their jobs, they are struggling to get quality time with their families too," Cragg said.

As a flagship yearly event, Cragg established the Veteran Family Weekend at Emerald Bay, taking over 100 veteran families to Catalina Island each year and renting out the Scout Camp. They replace many of the scout events with military skills, like night vision goggles, emergency radio, survival field craft and a drone class, where the veteran parent teaches their kids while bonding with them. In 2024 they added SCUBA diving and listened to guest speaker Littrell talk with the kids about values.

Another event hosted at the Post included five Medal of Honor recipients on stage talking to young people about the principals and values of the Medal.

"Watching my daughter stand up and say what freedom meant to her in answer to a question from a man who received the Medal of Honor was one of my highpoints as a Legionnaire and as a parent," Cragg said tearfully.

Post 283 has multiple kids' programs, including leadership classes, picnics and camping. In an effort to become more cutting edge, Jim suggested drone classes, SCUBA classes and HAM radio classes for kids interested in communications. And for those of faith, Cragg asked Chaplain Joe Ramirez to establish a non-denominational spiritual support program that has evolved into Sunday services at the Post.

Cragg said his hope is that this all comes together to form a place in the Palisades that attracts veterans and non-veterans alike to share in camaraderie, enhance their families' lives and engage their skills to support their community. If there is any

metric for success, they can point to the influx of new members to say they have hit the right note.

And to open their doors even further, they've established a new status at the Post called "Friends of Post 283." For those people who didn't serve and don't have an immediate family member that served (these are standard requirements for Legion membership and Legion family membership requirements, respectively), they created the "Friends" status so veteran-friendly members of the community can apply and get on their mailing list to attend Post events. Notably, "Friends of Post 283" can attend events but do not have a vote in membership meetings.

And what does the future hold for Cragg now that he is stepping down as Post Commander? Since they've established Post 283 as a pillar of Pacific Palisades, providing a fulsome image of the successful veteran family in the community, he's identified an opportunity to change the way society perceives and treats its veterans.

McCann and Cragg crafted a resolution with Jason Mayo to "Restore Respect for the Military and Veterans," which has been approved by the Post and is on its way to Department and hopefully Legion National. This is a resolution to compel Legionnaires to go out to schools and all those who influence opinions and provide a positive role model to change the way young people are being influenced to regard veterans.

And locally, he intends to approach the media to discuss improving the way

veterans and active duty are portrayed to diminish the stigma that has been put on those who have worn the uniform.

This 4th of July, you will see Post 283 making great efforts to show the community and media the strength of the military and veterans—they will have the West Point Superintendent, a Medal of Honor recipient, a team of Green Berets, and groups of active military and Team RWB taking part in the events of the day: "We will make an impression."

Cragg will be speaking on the subject at the Pentagon in July to provide awareness of the efforts Post 283 is taking to change the way American society has stigmatized its military and veterans.

Cragg is now passing leadership to Ramirez, a longtime member who is invested in Post programs and its future. His thoughts are melded with Cragg's, and the future is bright for the Post, its members, its family and the Palisades community.

Both Cragg and Ramirez hope every member of the community will find something at Post 283 that draws them in!







PHOTOS COURTESY OF AMERICAN LEGION PALISADES POST 283





# Palisades Will Rogers 5 & 10K Run

8:15 a.m.

Fourth of July begins with the annual Palisades Will Rogers 5 & 10K run, with both courses traversing the “beautiful city streets of Pacific Palisades,” with the “10K extending to Will Rogers State Historic Park.”

“These runs are among the more popular and well-regarded running events in California,” according to the race’s website.

The 5K iteration—which is a run or walk and “relatively flat”—and 10K run all begin at 8:15 a.m. at Palisades Recreation Center, located at 851 Alma Real Drive.

Mia Ruhman—a 21-year-old classical singer and composer who was born and raised in the Palisades—is

set to perform the national anthem before this year’s race. She said she is “honored and grateful to sing ... for the community that nurtured her hopes and dreams.”

Packet pick up for the race is scheduled for Wednesday, July 3, from 10 a.m. to 4 p.m. and Thursday, July 4, beginning at 6:30 a.m. at the rec center.

Road closures will be in place along the route, including portions of La Cruz Drive, Alma Real Drive, Corona Del Mar, Toyopa Drive, Pampas Ricas Boulevard, Drummond Street, Sunset Boulevard, Will Rogers State Park Road, Chautauqua Boulevard, Carey Street and Ocampo Drive.

[palisades10k.com](http://palisades10k.com)



PHOTO BY RICH SCHMITT

# Kids’ Fun Run

9:30 a.m.



PHOTOS BY STEVE GALLUZO AND CRAIG WESTON

Following the start of the Palisades Will Rogers 5 & 10K Run is the annual Kids Fun Run, which begins at 9:30 a.m. at Palisades Recreation Center, 851 Alma Real Drive.

“Kids 10 years of age and under are invited to run or walk in the Kids’ Fun Run,” read the race’s website. “The course is a flat half-mile loops that starts and finishes at the Palisades Recreation Center parking lot on Alma Real Drive.”

Participants—whether pre-registered or registering day of—need to check in at the Fun Run Tent, which will be located on the grass near the park entrance on July 4.

“The Kids’ Fun Run is a non-competitive run emphasizing participation, with each registered child receiving a T-shirt, American flag and participation ribbon at check-in,”

according to the race website. “A patriotic clown will be on hand to entertain the kids at the start line and for balloon animals after the race.”

Complimentary face painting and a photo booth will be provided for participants, sponsored by Laura Brau Estates.

[palisades10k.com](http://palisades10k.com)



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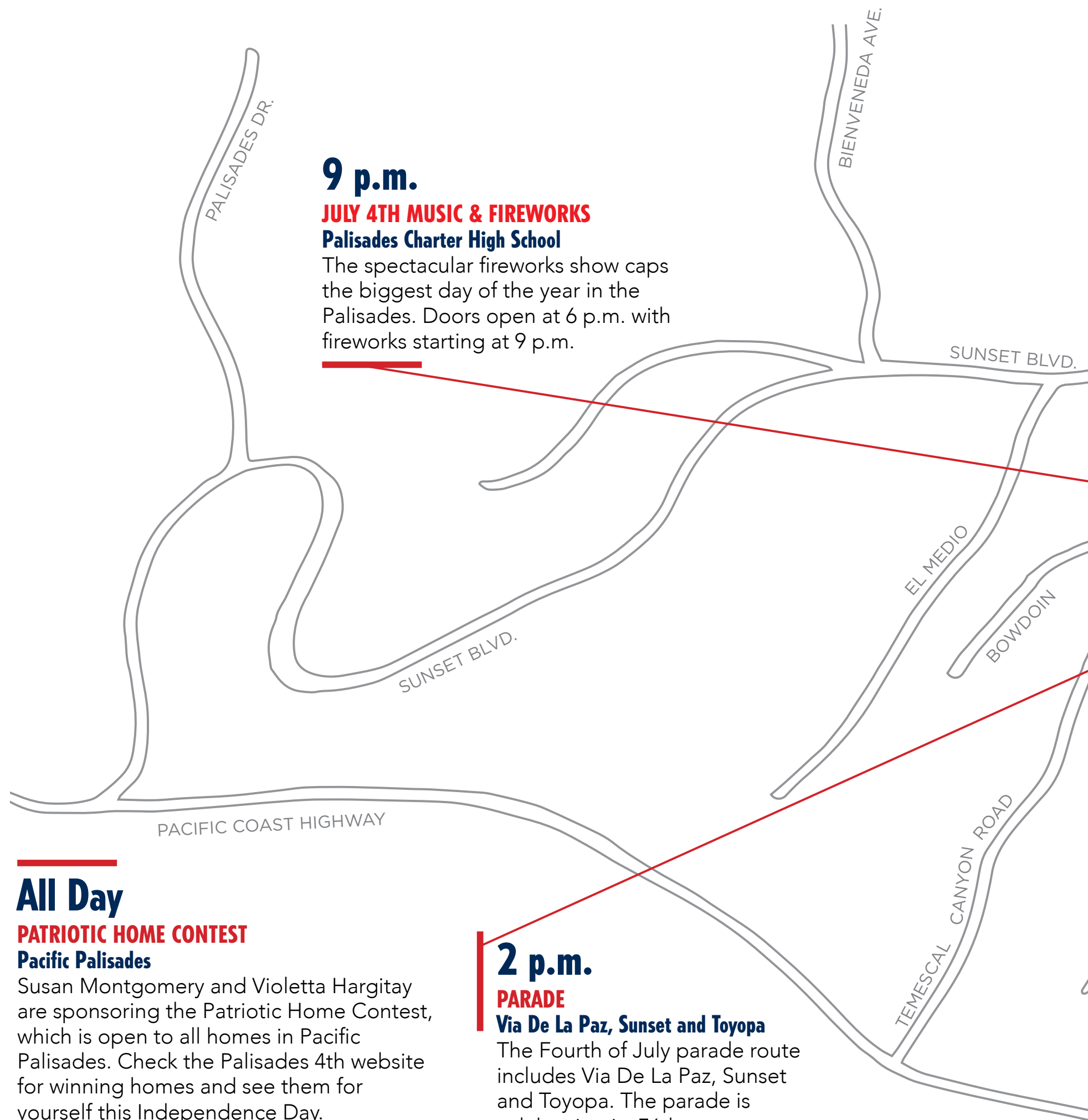
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**9 p.m.**  
**JULY 4TH MUSIC & FIREWORKS**  
**Palisades Charter High School**

The spectacular fireworks show caps the biggest day of the year in the Palisades. Doors open at 6 p.m. with fireworks starting at 9 p.m.

**All Day**

**PATRIOTIC HOME CONTEST**

**Pacific Palisades**

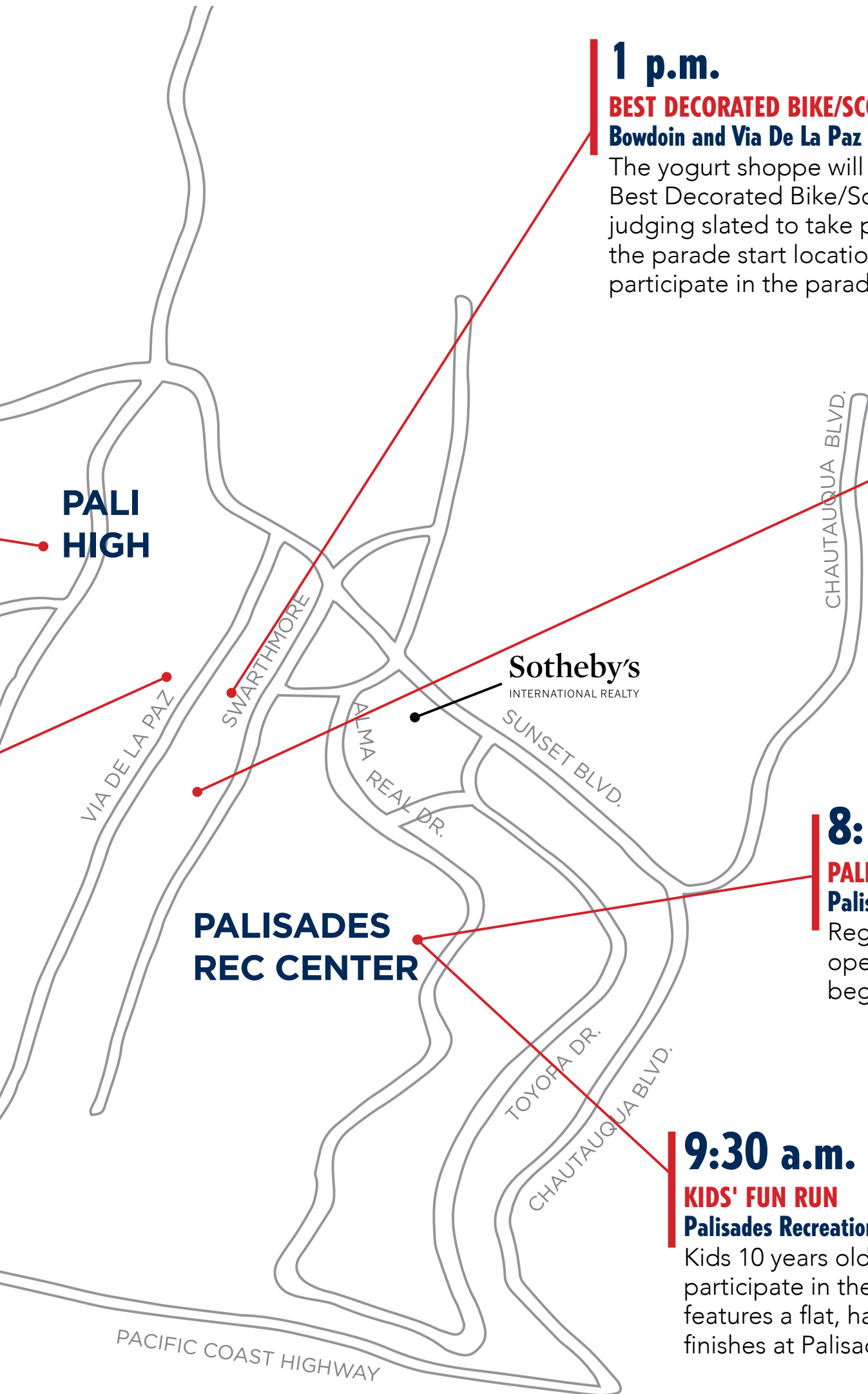
Susan Montgomery and Violetta Hargitay are sponsoring the Patriotic Home Contest, which is open to all homes in Pacific Palisades. Check the Palisades 4th website for winning homes and see them for yourself this Independence Day.

**2 p.m.**

**PARADE**

**Via De La Paz, Sunset and Toyopa**

The Fourth of July parade route includes Via De La Paz, Sunset and Toyopa. The parade is celebrating its 76th year.



**1 p.m.**

**BEST DECORATED BIKE/SCOOTER CONTEST**

**Bowdoin and Via De La Paz**

The yogurt shoppe will sponsor the annual Best Decorated Bike/Scooter Contest, with judging slated to take place at 1:30 p.m. at the parade start location, before Kids on Bikes participate in the parade.

**1 p.m.**

**PATRIOTIC PUPS**

**Palisades Charter Elementary School**

The Patriotic Pups of Pacific Palisades will march in the parade, sponsored by Paws N' Claws. Participating pups are asked to meet between 1 and 1:45 p.m. at Palisades Charter Elementary School.

**8:15 a.m.**

**PALISADES WILL ROGERS 5 & 10K RUN**

**Palisades Recreation Center**

Registration and packet pick up opens at 6:30 a.m., with both races beginning at 8:15 a.m.

**9:30 a.m.**

**KIDS' FUN RUN**

**Palisades Recreation Center**

Kids 10 years old and under are invited to participate in the annual Kids' Fun Run, which features a flat, half-mile loop that starts and finishes at Palisades Recreation Center.

# Parade



2 p.m.

The 76th annual iteration of the Fourth of July parade will make its way through the business district of town beginning at 2 p.m.

The parade route—which is easy to find, as it’s typically lined with chairs by the evening of July 3—begins along Via De La Paz at Bowdoin Street before hanging right at Sunset Boulevard, turning right at Drummond Street, right on Toyopa Drive and wrapping up on Alma Real Drive.

This year’s theme of “Happy Days in the Palisades” was entered into the parade theme contest by Dean Grinsfelder and selected by Palisades Americanism Parade Association.

Each year, dozens of units march along the parade route, including Kids on Bikes, Patriotic Pups, community organizations, dancers, bands and so much more.

Streets will be closed along the parade route and staging areas, which include Via De La Paz, Sunset Boulevard, Swarthmore Avenue, Drummond Street, Toyopa Drive, La Cruz Drive and Alma Real Drive. Streets will reopen after the parade route is cleared by officials, which is estimated to be 4 p.m.

[palisades4th.com/parade](http://palisades4th.com/parade)



PHOTOS BY STEVE GALLUZZO, CRAIG WESTON AND ALIX LEVY



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# Fireworks

6 p.m.

This year's music and fireworks show—hosted by Palisades Americanism Parade Association—will begin at 6 p.m. at Palisades Charter High School, 15777 Bowdoin Street, at Stadium by the Sea.

Lee Dyson of Hey Mister DJ will start the music at 6 p.m., followed by fireworks by Pyro Spectaculars at 9 p.m. Entry gates will close at 8:45 p.m. for fire safety.

There will be food trucks available in the football stadium parking lot, though items will need to be consumed prior to entering the event. Participating food trucks are slated to include Afters Ice Cream, Cousins Maine Lobster, The Lime Truck, Poutine Brothers and more.

Tickets are required for all attendees (including children), with no cash sales at the door. They are \$10 for and free for children 3 and under.

Street closures and/or parking restrictions will be in place around the event, including Bowdoin Street and Temescal Canyon Road.

[palisades4th.com/fireworks](http://palisades4th.com/fireworks)



PHOTOS BY STEVE GALLUZZO AND CRAIG WESTON



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# Patriotic Pups

1 p.m.



PHOTOS BY SARAH SHMERLING, STEVE GALLUZZO AND CRAIG WESTON

Joining the parade for the 30th time are the Patriotic Pups of Pacific Palisades—a tradition that was created by Margaret Haaker, sponsored for more than two decades by Paws N’ Claws.

Each pup that participates in the parade will receive a bandana, water, collapsible water bowl and bags from Paws N’ Claws, which coordinates and leads the unit. Last year, more than 70 pups participated in the parade.

Participants are asked to meet between 1 and 1:45 p.m. near Palisades Charter Elementary School—the corner of “Via De La Paws and BowWowdoin”—on July 4.

“Rescue dogs from the Lovejoy Foundation will be walking with us, hoping to be adopted,” read information shared by Paws N’ Claws.

[palisades4th.com/parade/pups](http://palisades4th.com/parade/pups)



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# Kids on Bikes

1 p.m..



PHOTO COURTESY OF ELIZABETH WEAVER

The Kids on Bikes unit—sponsored annually by the yogurt shoppe—is set to return to this year’s parade.

The shoppe sponsors the parade unit as well as the “Best Decorated Bike/Scooter Contest” for Palisades kids. Those who wish to participate are invited to decorate their bikes or scooters and meet at the parade assembly point for the unit, which is near Palisades Charter Elementary School.

The group will begin to gather at 1 p.m., with all judging to take place at 1:30 p.m. Four winners are set to receive a \$50 gift card, valid at any the yogurt shoppe location.

Participants should be joined by a parent or guardian who will sign a participation form on their behalf and accompany them along the parade route.

[palisades4th.com/parade/kids-on-bikes](http://palisades4th.com/parade/kids-on-bikes)

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# Patriotic Home Contest

Celebrating all decor red, white and blue, the 2024 Patriotic Home Contest is once again being sponsored by Susan Montgomery, joined by Violetta Hargitay.

Both in real estate with Sotheby's International Realty, the two have worked together for more than 25 years.

All homes in Pacific Palisades are eligible to enter the contest. Awards will be given in three categories: "Most Patriotic Home," "Runner-Up Most Patriotic Home" and the "Joan Sather Memorial Sponsor's Award," given to the home with the best use of homemade elements in honor of the contest's longtime sponsor.

"She spearheaded this whole thing and it's turned into a very popular part of the celebration of the Fourth of July," Montgomery said previously of Joan. "I want to continue to do it to honor Joan. I think it's such a great tradition in the Palisades."

Joan and Montgomery co-sponsored the contest for years until Joan died in 2022. Kent Sather continues to support in tribute to his late wife.

Palisadians are able to enter the contest until Tuesday, July 2, at 5 p.m. Judging is completed by the contest sponsors and Palisades Americanism Parade Association members on July 3, with winners announced shortly thereafter. Winners—which receive prizes from area businesses—will be posted to the Palisades 4th website and social media pages.

[palisades4th.com/parade/home-contest](http://palisades4th.com/parade/home-contest)



PHOTOS BY STEVE GALLUZZO



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# 10th Annual Photo Contest



The *Palisadian-Post* is hosting its 10th annual Fourth of July photo contest, with a chance to be featured in an upcoming edition of the paper.

To participate, submit any sort of festive or patriotic photo—whether it is of the race, parade, fireworks, barbecues, home decorations and beyond—to [mypost@palipost.com](mailto:mypost@palipost.com) by Sunday, July 7, at 8 p.m.

Photos should be high resolution to maintain print quality. If sending from a phone, the picture should be sent “actual size.”



PHOTO COURTESY OF ANNIE LEE



PHOTO COURTESY OF SHERI ROBERTS



PHOTO COURTESY OF JOYCE CARLSON



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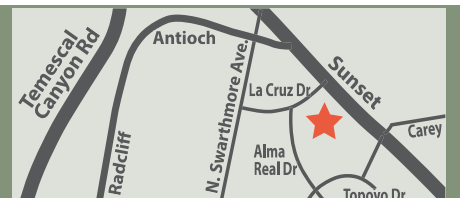
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# 30 Years of Patriotic Pups

Marilyn Haaker speaks on her sister's lasting legacy of a beloved tradition in the Fourth of July parade.

BY SARAH SHMERLING

In addition to seeing convertibles, trucks, horses, dancers and musicians, those who line up to watch the annual Fourth of July parade are also treated to an array of Patriotic Pups, which have been marching along the route for 30 years.

Sponsored by Paws N' Claws Grooming Salon for the past 22 years, the beloved Independence Day tradition was started in the '90s by Margaret Haaker McIntosh, her sister, Marilyn Haaker, explained to *90272 Magazine*. After Margaret died in May of 2022, Marilyn took the reins after working alongside her sister for many years, making sure the unit is organized each year.

"Margaret Elizabeth Haaker McIntosh was born on November 6, 1947, in Berlin, Germany, to parents Edwin Loudon Haaker and Julia Griswold Knapp Haaker, Americans whose careers with *NBC* and the Office of Strategic Services, respectively, took them overseas for the war," read her obituary, which ran



in the *Palisadian-Post*. "Margaret's early years were spent in Berlin and Frankfurt until the U.S.' post-war involvement waned and *NBC* called her father to its Hollywood office in 1952. Pacific Palisades soon became home for Margaret and her family, where they formed dear and lifelong friendships with their Albright Street neighbors."

Marilyn explained that Margaret first talked to the parade committee in 1995 regarding having a dog



entry: "They said 'no.' Margaret talked about seeing a dog unit in a parade up north, Marilyn said, adding that "everyone loved it."

"[People] like to see the marching and they like to see the students walking along, and they like to see the bands and everything," Marilyn said. "But to think of having all these dogs out there, I think it was something that they couldn't put their minds to and they didn't want to until they were tired of saying no ... and I don't think they expected

her to do it."

Eventually, Marilyn said, the committee told Margaret to "go forward" with the unit "if she really thought it would be a good addition to the parade."

"So Margaret put her heart into her idea," Marilyn said.

Margaret put notices up in stores throughout town with pictures of little dogs, calling for the "Patriotic Pups of Pacific Palisades" and encouraging anyone who was interested in walking their dog in the parade

# HAPPY JULY 4TH!

Join the Patriotic Pups in the annual Palisades 4th of July parade!



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PHOTOS BY SARAH SHMERLING

to call her directly.

“Their information was put on a card, which she used for years to contact past participants for an upcoming parade,” Marilyn explained. “And the numbers grew. Finally, it was not even necessary to contact people because everybody knew about it.”

As the popularity of the Patriotic Pups grew, Marilyn and Margaret would go down to Palisades Charter Elementary School—the designated meeting spot for the unit—and put markers around the grass area, so other people wouldn’t go in the area and it was left for the dogs.

Each year, dozens of pups are signed up to walk the parade route. In 2023, there

were 77 participants.

Now, Marilyn lives in Paso Robles, but she will return to town for this year’s parade, though this year, she plans to sit and enjoy the parade, as opposed to marching with the unit.

She said it’s been important for her to carry on the tradition of helping organize, since it was her sister’s idea—and because it’s grown to be so popular.

“It’s just become so popular,” Marilyn said with a laugh. “How could you stop it?”

Each pup that participates in the parade will receive a bandana, water, collapsible water bowl and clean-up bags from Paws N’ Claws, which sponsors

the unit. Patriotic Pups gather between 1 and 1:45 p.m. on July 4 outside of Pali Elementary—at the “corner of Via De La Paws and BowWowdoin.”

Speaking on behalf of Paws N’ Claws, Barbara Buck said it is important to her that they continue to sponsor the Patriotic Pups, as her “whole family loves dogs—we always have.”

Participating pups—which should be “well behaved and comfortable in crowds,” including other pups, cars, horses and people—will need to remain leashed for the duration of the parade, as well as in the assembly area. They will need to be supervised, on and off the parade route, by

pet guardians, as well as cleaned up after.

This year, the Patriotic Pups will be joined once again by rescue dogs from Lovejoy Foundation, who will be walking along the route, “hoping to be adopted.” Last year, Buck said, some dogs who marched were adopted after the parade.

“I wish my sister were here,” Marilyn said, “but I’m just so pleased that it almost becomes more popular every year ... I’m just very, very proud of her ... I was there assisting when she wanted it, but all the ideas were hers.”

Those who wish to participate in the Patriotic Pups can sign up at [palisades4th.com/parade/pups](http://palisades4th.com/parade/pups).

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**REGISTRATION LINK:**

[sunshinevolleyball.sportngin.com/register/form/527399330](http://sunshinevolleyball.sportngin.com/register/form/527399330)

A sea of patriotic pavement pounders floods Alma Real Drive on the morning of July 4, 2023 to start the Palisades Will Rogers 5 & 10K Run, which attracted a field of 2,255 runners.

PHOTO BY CRAIG WESTON



# Going the Distance

Palisades Will Rogers 5 & 10K will return Fourth of July morning.

BY STEVE GALLUZZO

One of the Palisades' oldest and proudest holiday traditions continues bright and early on Fourth of July morning at the Palisades Recreation Center, where friends, family members, classmates, work associates and neighbors of all ages will meet for the 45th running of the Palisades Will Rogers 5 & 10K.

## ORIGIN

Considered to be one of the toughest road courses in California, the 10K race was founded by Brian Shea, Chris Carlson and Bill Klein, members of a local early-morning jogging group called the Ridge Runners. Shea and Carlson came up with the idea of the race while picnicking on the grass on San Vicente after running the Brentwood 10K on Memorial Day in 1977. They mapped out a course, cut through red tape to get the needed city and state permits and in 1978 the Palisades Will Rogers 10K was born.

A 25-year-old Virginia law student, Drew Mearns, was in town visiting his sister when he won the inaugural race. Shea's brainchild grew in prestige and popularity and he served as director from its inception until last summer when he passed the torch to Thomas Hathaway. Runners return year after year to challenge the switchbacks of Will Rogers State Historic Park in the 10K. In 1986, the 5K course became part of the race and a half-mile Kids' Fun Run was added 10 years after that.



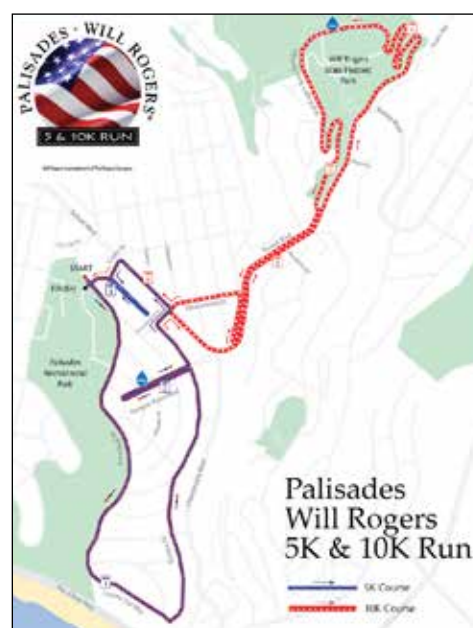
Peter Gilmore won his hometown 5K eight times and set the course record..

PHOTO BY RICH SCHMITT

## COURSE

Runners eager to test themselves on a certified 5K course now have that opportunity after the race committee lengthened the route in 2015 to eliminate congestion that can occur at the Sunset Boulevard and Drummond Street intersection. The change increased the distance by 427 feet, officially making it a USATF-certified 3.1 miles.

The start and finish lines and splits for miles one, two and three are in the same locations as they have always been. However, the separation of 5K and 10K runners now happens heading north on Toyopa (5K runners keep left, 10K runners keep right), just prior to making the right turn onto Drummond.



Once at Sunset, 5K runners turn left onto Sunset, hugging the left (eastbound) curb, while 10K runners turn right on Sunset and continue down the hill to Will Rogers State Historic Park and back.

At Carey Street, 5K runners turn left and proceed to Toyopa, where they again turn left and run to a U-turn point on Toyopa Drive (before reaching Drummond), then return on the opposite side of Toyopa to the finish line. Red traffic cones will be placed where required to keep the 5K and 10K races separated.

## RACE RECORDS

Russell Edmonds of New Zealand set the men's 10K record of 29:46 in 1983 and only four times since then has the winner broken 31 minutes. Also in 1983, Katie Dunsmuir, who had just graduated from Palisades High, set the still-standing women's record of 35:09. A cross country

and track star for the Dolphins, she had won the previous year and would go on to win four straight times (1992-95) for a total of six, including four of the top 10 fastest times ever among females. Dunsmuir, who ran for the Santa Monica Track Club, had set the Mt. SAC Invitational 5K record and was second in the junior women's 5K race at the 1982 national cross country championships in New Jersey.

Peter Gilmore, who grew up on Via De La Paz, set the men's 5K record of 14:10 in 2003 and the closest anyone has come to breaking that was Gilmore himself, who clocked 14:12 the very next year. In fact, in the 36 years the 5K has been run, only five people have won in under 15 minutes and only Gilmore (who ran sub-15 seven times) has done so more than once.

Annetta Luevano set the women's 5K record of 16:29 in 1995. The second-fastest time was run two years earlier by Santa Monica High track coach Tania Fischer, who won the Palisades Turkey Trot 5K five times in a row from 2014-18.

## RACE KING

Less than two months after winning the Palisadian-Post Cup Award as the outstanding senior athlete at Pali High, Gilmore won the 5K for the first time in 1995, foreshadowing his rise as one of the nation's elite marathoners. Gilmore went on to enjoy a successful track career at UC Berkeley. He won the Will Rogers 5K seven more times and still owns the five fastest times and six of the top 10





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San Clemente's Kaitlin Tanner broke the tape in 18:44 in the 5K in 2023.

PHOTO BY STEVE GALLUZZO



Henry Didden of Woodland Hills won the men's 10K in 34:04 last July 4.

PHOTO BY STEVE GALLUZZO



Encino mom Laura Osman crossed the finish in 38:59 to win last year's 10K.

PHOTO BY STEVE GALLUZZO

## 2024 PALISADES WILL ROGERS 5 & 10K RUN

Thursday, July 4  
Palisades Recreation Center

5/10K Races  
8:15 a.m.

Kids' Fun Run  
9:30 a.m.

Anticipated Field:  
2,500-3,000

Title Sponsor:  
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(2121 Santa Monica Blvd.)

fastest in race history.

Gilmore had ambitions of making the Olympics in the marathon and became one of the United States' best at that distance. In 2006 he not only won his last Will Rogers 5K, but was also the top American finisher at the New York Marathon (clocking 2:13:13). The following year he was the top American in Boston and in 2008 he set the course record at the Surf City USA Half Marathon (clocking 1:05:53).

In 2013, Gilmore was back in the Palisades visiting his parents Ed and Rita and opted to give the 10K a go for the first time. He finished sixth overall and second in the 35-39 age group in 35:56. In 2017 he returned at the age of 40 for the 40th anniversary race and took first place in his age group and eighth overall in the 5K.

### RACE QUEEN

While Gilmore remains the undisputed 5K master, no one owns more Will Rogers victories (11) than fellow Palisadian Kara Barnard. A 1996 Pali High graduate, she led the Dolphins to their second City girls cross country title in 1994 and went on to run both cross country and track at UCLA.

Barnard won the 5K five times (with three of the 10 fastest female times) and the 10K six times, including 35:24 in 2004 which is the third fastest by a woman in race history. She and Gilmore swept the 5K four times (1997, 1998, 1999, 2003) and Barnard won three straight 10Ks from 2010-12 to match Dunsmuir's total of six.

### FAMILIAR FACES

Perhaps no two individual runners have logged more miles on the 10K course over the decades than Lawrence Meyer and Paul Junger. Both ran the race every year since it started until 2017—a span of 40 years—but in 2018 the 77-year-old Junger from West LA and the 71-year-old Meyer of Glendale proved that it is never too late to start anew. Wearing their hole-filled and faded white t-shirts from the inaugural 1978 race, which they jokingly called "collector's items," Junger and Meyer switched to the 5K route that sum-

mer and, to neither's surprise, both finished. Junger was fifth in the 80-84 division at last year's 5K and he always waves to his brother George, a Palisadian who volunteers as a timer.

Elite runners representing the Santa Monica-based "Fluffy Bunnies," a track club sponsored by Nike, have fared well at Will Rogers over the decades with numerous victories and top three finishes in the 10K.

Tyson Sacco and Kevin Purcell have each snapped the tape twice, David Olds has won the 5K and 10K and teammate Andrew Atkeson has won the 5K. In 2007, Nate Bowen of Redwood City became the first man to win the 10K four times.

Pilates and fitness instructor Therese Fricke won the 5K three times (2005, 2009, 2011) while Aine Lynam (1989-90) and Jenna Dee (2006-07) each won it

back-to-back.

Lifelong Palisadian David Greifinger was 22 years old when he became the first local runner to win the 10K in 1979 and was 29 when he won the inaugural 5K race in 1986.

In 2018 Uganda native Tonny Okello of the Santa Monica Track Club became the first five-time 10K men's champion and the only runner, male or female, to win five straight times. He was 20th in the 5K last year.

### 2023 CHAMPS

It took University of Michigan club runner Noah Wexler exactly 16 minutes to break the tape in the men's 5K for the first time after having taken second in the Palisades Turkey Trot the previous Thanksgiving.


#### PALISADES WILL ROGERS 5K WINNERS

YEAR	MALE	TIME	FEMALE	TIME
1986	David Greifinger	15:22	Kiki Laborteaux	17:34
1987	Alfredo Perez	15:28	Lari Bright	17:17
1988	Jo Nitti	14:31	Kathy Kanes	16:47
1989	Jeremy Stratton	14:52	Aine Lynam	17:42
1990	David Olds	15:10	Aine Lynam	17:49
1991	Brian Cody	16:10	Julie Matteson	17:05
1992	David Long	14:32	Laurie Chapman	16:47
1993	Jeff Shaver	15:03	Tania Fischer	16:36
1994	David Long	14:56	Jennifer Briggs	17:03
1995	Peter Gilmore	15:19	<b>Annetta Luevano</b>	<b>16:29</b>
1996	Pat Williams	15:55	Joan Hansen Lester	17:43
1997	Peter Gilmore	14:57	Kara Barnard	18:07
1998	Peter Gilmore	14:43	Kara Barnard	18:03
1999	Peter Gilmore	14:30	Kara Barnard	17:12
2000	Jeff Tomlinson	15:38	Kara Barnard	16:50
2001	Mike Spence	15:19	Marie Murphy	18:41
2002	Peter Gilmore	14:18	Elizabeth Farnan	18:30
2003	<b>Peter Gilmore</b>	<b>14:10</b>	Kara Barnard	17:12
2004	Peter Gilmore	14:12	Anna Aoki	17:15
2005	Eric Emilsson	15:06	Therese Fricke	18:39
2006	Peter Gilmore	14:15	Jenna Dee	18:47
2007	Andrew Atkeson	16:25	Jenna Dee	17:57
2008	Brian Duff	16:49	Vivien Wadeck	17:15
2009	Ravi Amarawansa	15:13	Therese Fricke	18:47
2010	Jeremy Doherty	16:28	Lucy Sarkes	20:01
2011	Andrew Bland	15:52	Therese Fricke	18:24
2012	Yu Essay	16:23	Sara Jurek	19:45
2013	Rocky Peterson	16:31	Flora Berklein	19:03
2014	Andrew Bland	15:48	Renee Rodriguez	19:57
2015	Drake Johnston	15:56	Grace Zamudio	18:36
2016	Charlie Sherman	16:07	Renee Rodriguez	19:12
2017	Shane Bissell	16:25	Regina Lopez	17:54
2018	Ethan Stauber	16:05	Natalie Marsh	18:57
2019	Evan Hassman	16:49	Natalie Gigg	18:39
2020	Race Canceled	-----	Race Canceled	-----
2021	Race Canceled	-----	Race Canceled	-----
2022	Jake Ratkovich	15:41	Darby Green	19:46
2023	Noah Wexler	16:00	Kaitlin Tanner	18:44

#### PALISADES WILL ROGERS 10K WINNERS

YEAR	MALE	TIME	FEMALE	TIME
1978	Drew Mearns	31:35	Pam Firestone	39:35
1979	David Greifinger	31:09	Carol Cook	35:53
1980	Charles Gray	30:38	Teresa Haro	38:14
1981	Charles Gray	30:26	Teresa Haro	38:16
1982	Jim Scott	31:15	Katie Dunsmuir	36:22
<b>1983</b>	<b>Russell Edmonds</b>	<b>29:46</b>	<b>Katie Dunsmuir</b>	<b>35:09</b>
1984	Patrick Ewing	30:52	Sherry Simmons	36:30
1985	Luis Tipan	30:52	Beth Milewski	36:25
1986	Ray Cook	30:46	Mindy Ireland	35:56
1987	Jeff Shaver	31:07	Amanda Marks	38:59
1988	Greg Hauser	30:46	Amanda Marks	36:17
1989	Jeff Shaver	31:22	Karon Carpani	39:44
1990	David Baca	31:43	Alfreda Iglehart	39:32
1991	Ken Velasquez	31:06	Kimberly Stewart	36:21
1992	Jeff Shaver	31:07	Katie Dunsmuir	35:18
1993	David Olds	32:13	Katie Dunsmuir	36:30
1994	Peter Hogan	32:19	Katie Dunsmuir	35:53
1995	Timothy Berger	32:57	Katie Dunsmuir	36:36
1996	Ray Cook	32:13	Marie Murphy	37:36
1997	Timothy Berger	32:49	Marie Murphy	39:20
1998	Bill McMorrin	32:57	Tina Lount-Petrie	39:36
1999	Tyson Sacco	32:23	Rosa Cazares-Luna	41:03
2000	Nate Bowen	31:38	Melissa Smith	40:13
2001	Tyson Sacco	33:45	Kara Barnard	37:48
2002	Nate Bowen	31:32	Kara Barnard	37:21
2003	Nate Bowen	33:31	Lucy Fitzgerald	38:12
2004	Brad Becken	32:51	Kara Barnard	35:24
2005	Kevin Koepfer	31:54	Lucy Fitzgerald	39:33
2006	Kevin Koepfer	33:01	Erika Aklufi	35:56
2007	Nate Bowen	33:35	Nancy MacDonald	41:32
2008	Kevin Purcell	34:10	Shawna Burger	37:56
2009	Lewis Elliot	33:29	Shawna Burger	38:02
2010	Kevin Purcell	33:40	Kara Barnard	36:58
2011	Jim Lubinski	32:35	Kara Barnard	37:12
2012	Ankur Tarneja	33:47	Kara Barnard	38:34
2013	Brad O'Bryan	32:33	Laura Conley	40:19
2014	Tonny Okello	31:21	Melinda DiNapoli	40:30
2015	Tonny Okello	32:55	Susanne McNeil Eng	40:33
2016	Tonny Okello	31:32	Katie DeWitt	41:00
2017	Tonny Okello	33:28	Erika Aklufi	38:44
2018	Tonny Okello	32:51	Kaitlyn Peale	36:19
2019	Cosmo Brossy	34:18	Caitlin Crisman	37:17
2020	Race Canceled	-----	Race Canceled	-----
2021	Race Canceled	-----	Race Canceled	-----
2022	Shane Brouwer	33:08	Sarah Bentley	41:23
2023	Henry Didden	34:04	Laura Osman	38:59

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The start of the Kids' Fun Run last Fourth of July morning. The half-mile race debuted in 1996. PHOTO BY STEVE GALLUZZO



Last year's new race announcers Jimmy Dunne (left) and Sam Lagana kept both runners and spectators informed and entertained throughout the morning. PHOTO BY STEVE GALLUZZO



Ross Chitwood sings the anthem at last year's race. PHOTO BY STEVE GALLUZZO



Pali High alum Noah Wexler was last year's 5K champion in 16 minutes. PHOTO BY STEVE GALLUZZO



Five-time 10K champion Tonny Okello took 20th in the 5K last summer. PHOTO BY STEVE GALLUZZO

A former Pali High cross country/track runner, Wexler had just completed his freshman year as a Sports Management major in Ann Arbor. Runner-up for the second straight time was Pali Hi senior-to-be Max Fields.

The women's 5K champion was 26-year-old Kaitlin Tanner of San Clemente, a former track and cross country runner at Texas A&M who woke at the crack of dawn and drove 80 miles in time to register. Her chip time was 18:44, five seconds in front of Ava Baak, who had just won the Palisadian-Post Cup Award as outstanding senior athlete at Pali High after a stellar prep career in cross country and track.

The 10K also produced two first-time winners in Bucknell freshman and Woodland Hills resident Henry Didden (34:04) and 42-year-old mom of three Laura Osman of Encino (38:59).

### TRADITION

Race winners are invited to ride in the Fourth of July Parade in the afternoon and the who's who of celebrities, politicians, pro athletes and A-list entertainers who have either participated in or assisted with the race over the decades includes actor Walter Matthau, singers Toni Tennille and John Raitt, former LA Kings goalie Rogie Vachon, former LA Dodgers second baseman Davey Lopes, nine-time Olympic gold medal swimmer Mark Spitz, nine-time Olympic track and field gold medalist Carl Lewis, LA Lakers General Manager Mitch Kupchak, Congressman Mel Levine, KTLA Prime Time News reporter Lu Parker, Olympic gold medalist and five-time world champion boxer Sugar Ray Leonard, local kickboxing champion Baxter Humby, fitness guru and former Honorary Mayor Jake Steinfeld and five-time NBA champion player and current Golden State head coach Steve Kerr, who was parade grand marshal in 2014 and has piloted the Warriors to four NBA titles in 10 seasons.

### KIDS' FUN RUN

Children ages 10 and under are invited to sprint or walk in the Kids' Fun Run beginning at 9:30 a.m. on July 4. The flat half-mile loop through Huntington streets starts and ends at the Rec Center parking lot.

Whether pre-registered or registering on race day, kids need to check in at the Fun Run tent

near the park entrance. Parents must sign the waiver on their child's registration form.

The Fun Run is a non-competitive race emphasizing participation. All registered runners receive a t-shirt at check-in and an American flag and participation ribbon afterwards.

From Alma Real, the course turns onto Ocampo, then left onto Drummond and left again onto Toyopa to the finish. St. Matthew's School third-grader George Heidt won it last year.

### REGISTRATION

All pre-registered race runners can pick up their packets on July 3 at the Pali Rec Center from 10 a.m. to 2 p.m. Register at [runsignup.com/Race/CA/PacificPalisades/PalisadesWillRogers5K-10KRun](http://runsignup.com/Race/CA/PacificPalisades/PalisadesWillRogers5K-10KRun). Cost is \$60 through June 17; \$65 from June 18-July 3. Fun Run cost is \$25 through June 17; \$30 from June 19-July 3. Race day registration is 6:30-8 a.m. at the Rec Center.

All veterans are encouraged to participate. To register, email [info@spectrumsports.net](mailto:info@spectrumsports.net) to receive your free registration code.

### SPONSORS

The Palisades Will Rogers 5 & 10K Run has stood the test of time and its longevity stems in large part from the many loyal sponsors that have continued to support it year after year.

Serving as title sponsor once again is Providence Saint John's Health Center, a not-for-profit Catholic hospital in Santa Monica that has served the Westside since 1942. Others sponsors are Cynthia L. & William E. Simon, Jr. Foundation; Kennedy Wilson; Laura Brau Estates; Lexus Santa Monica; The Ariola Group; American Legion; and Farmers Insurance.



The start of the inaugural Palisades Will Rogers 10K in 1978. Drew Mearns and Pam Firestone were the winners. The 5K debuted in 1986. COURTESY OF PALISADES10K.COM



Six-time 10K and five-time 5K winner Kara Barnard. PHOTO BY STEVE GALLUZZO



George Heidt won the half-mile Fun Run in 2023. PHOTO BY STEVE GALLUZZO

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# Summer Skin

Lena's Skin Retreat offers a full menu of services on Via De La Paz.

BY SARAH SHMERLING

Lena Berghoudian has been working with clients for nearly a decade in Pacific Palisades—most recently through Lena's Skin Retreat, which opened in December 2022 on Via De La Paz.

Berghoudian, a mother of two, has been an esthetician for 13 years. Prior to having her own space, Berghoudian worked out of Fahi's Skin and Wax Bar, staying on for several months to help the family with the transition of the space after Fahi Rafiei's death in September 2022.

"I feel like she's watching over me," Berghoudian said about Rafiei. "I really appreciate her, and I feel I have Fahi's blessing with me."

Berghoudian said the feedback she has received since opening her own space in the community has been "amazing," that part of her success stems from the referrals she is getting. She described her clientele as "very loyal," that they have followed her for years. Her team includes herself, a second esthetician and her receptionist.

The menu of treatments offered at Lena's Skin Retreat includes threading (eyebrow, lip and chin), lash and brow tint, eyebrow lamination, lash lift, and full body waxing.

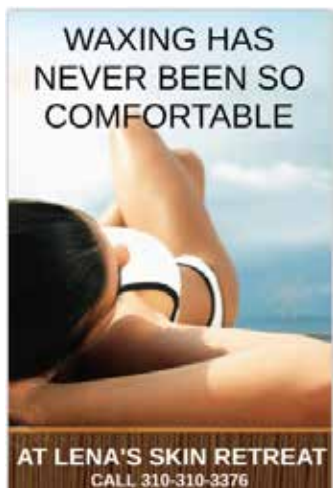
"My wax is less pain, which makes us unique," Berghoudian described. "It's no bumps, no redness and no pain involved. It's very gentle on the skin."

Lena's Skin Retreat also has all types of facials, including anti-aging, lifting and tightening. They also have treatments designed for teenagers.

One of the new treatments Lena's Skin Retreat is offering clients is body lymphatic drainage (LPG endermologie), which Berghoudian said is designed to help remove cellulite, tighten skin and remove inflammation: "If someone has fat cells, it dissolves the fat cells," she added.

"We really create a bond with our clients," Berghoudian explained. "We became like a family to them. That's how they feel so comfortable. Wherever I am, it's because of the support of the clients."

*Lena's Skin Retreat is located at 860 Via De La Paz. For more information, visit [lenaskinretreat.com](http://lenaskinretreat.com) or call 310-310-3376.*



PHOTOS COURTESY OF LENA'S SKIN RETREAT





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
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