

Palisadian-Post

90272

MAGAZINE

THURSDAY ■ JUNE 30 ■ 2016



2016

Guide ^{TO}
Fourth
OF
July

IN PACIFIC PALISADES



INDEPENDENCE DAY

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Stay Post-ed! The Post Brings You All the Fourth of July Action

This year, the *Palisadian-Post* is bringing you exciting coverage of the array of Fourth of July festivities in the Palisades with the follow-up stories and photos you have come to expect—from the newspaper you have been counting on for 88 years. The *Post* will bring you complete coverage for everything patriotic on the Fourth, including the 5/10K race, the Kids' Fun Run, sky-divers, the parade, Patriotic Pups, and of course the concert and fireworks at the end of the night. This year, the *Post* also invites YOU to join in the fun. Feel free to post your photos, videos and comments on our Facebook or Twitter pages.

Be sure to use #PaliPost4th when you post for a chance to see your pic in the paper.

You can also email sports@palipost.com or john@palipost.com.



Rich Schmitt/Staff Photographer

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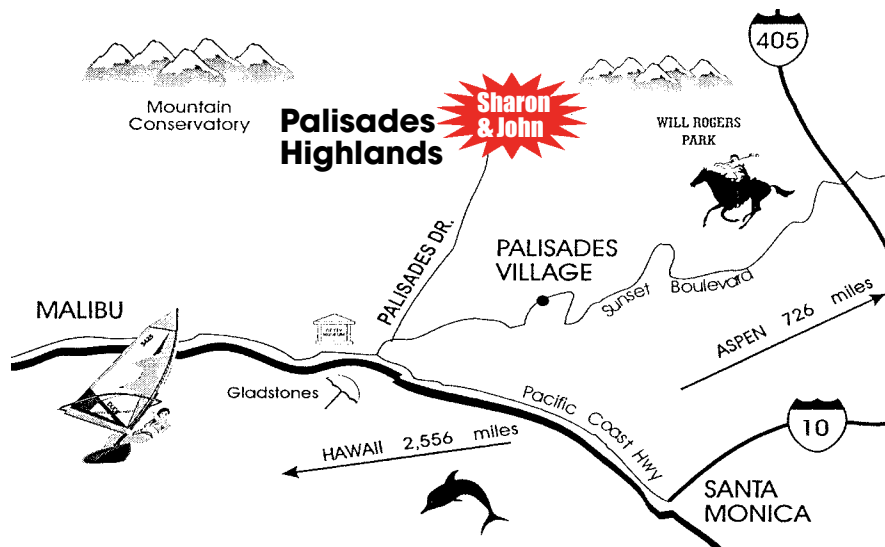


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from the team at:



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Official Guide to Fourth of July in Pacific Palisades

8:15 a.m.
37TH PALISADES-WILL ROGERS 5K AND 10K RACE

(pre-registration at 6:30 - 8 a.m.)
Thousands of runners participated last year in the 5/10K, which is one of the more popular and well-recognized 10Ks in California. The race is organized by the **Pacific Palisades Will Rogers Ridge Runners** and the **Pacific Palisades Optimist Club**.

9:30 a.m.
19TH ANNUAL KIDS FUN RUN

The Kids' Fun Run is a non-competitive run emphasizing participation, with each registered child receiving a T-shirt at check-in and an American flag and participation ribbon after the race. Kids 10 years of age and under are invited to run or walk in the Kids' Fun Run, a flat half-mile loop that starts and finishes at the entrance to **Palisades**

Recreation Center parking lot on Alma Real. 4 p.m. in the parking lot.

1:50 p.m.
SKYDIVERS

This will be the 24th year that Carey Pack's skydiving team opens the parade. The skydivers aim their landing for the intersection of Swarthmore and Sunset.

2 p.m.
PARADE

Grand Marshal and Honorary Mayor **Kevin Nealon** is a actor and comedian. This year's parade theme, "Independence Day—the Palisades Way" comes from Palisadian **Eric Weiss**.

5 p.m.
PALISADES ROCKS THE FOURTH

Gates open at **Palisades Charter High School** for the evening's entertainment. Food trucks and performances start at

6:30 p.m.
CONCERT

We Are The West will headline this year's Palisades Rocks the Fourth concert. Singer and guitarist **Brad Hool** lives in the Palisades and all the musical acts have a connection to the Palisades, keeping things local. In keeping with the feel of all the day's events, the concert is family-friendly. One goal of the concert is to support and celebrate the creative efforts of local residents and Pali students.

9 p.m.
FIREWORKS

Chris Souza from Rialto-based Pyro Spectaculars, who has been bringing dazzling fireworks shows to the Palisades Fourth of July for more than a decade, is back in 2016. The spectacular show caps the biggest day in the Palisades.



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Enter *Post's* 3rd Annual Photo Contest

We want photos of your Fourth of July celebrations! The annual *Palisadian-Post* Fourth of July Photo Contest offers you a chance to see your winning photo in the *Post*. Submit your best patriotic shots featuring the Palisades-Will Rogers 5/10K race, pictures of kids, costumes, patriotic pups, the parade or fireworks show.


Submit your photos to john@palipost.com with the subject line: Fourth Photo Contest. Photos must be high-resolution (300 dpi or "actual size" if sending from a smartphone). Deadline for submission is Thursday, July 7 at 5 p.m.


Last year the *Post* received over 100 fantastic entries. Here's the winning photo from 2015 and a few other entries that grabbed our attention.

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Where to Eat on the Fourth of July in Pacific Palisades

Wondering which eateries are open on the Fourth of July? Here's a list the Post compiled to make it easy for you to find whatever your heart—and stomach—desires. (Store closures and hours subject to change without notice. Stores that did not respond by press time are not included.)



SUPERMARKETS:

Gelson's	CLOSED
Ralphs	6am – Midnight
Vons	5am – Midnight
Ronny's	7am – 10pm

COFFEE AND JUICE:

Starbucks (Village)	4:30am – 11pm
Starbucks (Highlands)	6am- 9pm
Coffee Bean	5:30am – 7:30pm
Robek's Juice	7am – 5pm
Juice Crafters	7am – 7pm

FROZEN YOGURT AND ICE CREAM:

The Yogurt Shoppe	9am – 10pm
Toppings Yogurt	Noon – 9pm

SWEETS:

K Bakery	CLOSED
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RESTAURANTS:

Acai Nation	7am – 7pm
Back on the Beach	8am – 8pm
Beech Street Cafe	11:30am – 9pm
Cafe Vida	CLOSED
Caffé Delfini	CLOSED
Casa Nostra	CLOSED
Cathay Palisades	11am – 9:30pm
Domino's Pizza	10am – Midnight

Fiesta Feast	8am – 9pm
Giorgio Baldi	CLOSED
Golden Bull	4:30pm – 10pm
The Hungry Cat	CLOSED
Il Piccolo Ritrovo	5pm -9pm
Kay N' Dave's	11am – 2pm
Maison Giraud	CLOSED
Marix Tex Mex	4pm – 10pm
Matthew's Cafe	8am – 4pm
Modo Mio	CLOSED
Moku	CLOSED
Noah's Bagels	6am – 2pm
Palisades Garden Cafe	6:30am – 5pm
Palisades Pizza	11am – 11am
Patrick's Roadhouse	7:30am – 9pm
Pearl Dragon	CLOSED
Pinocchio	CLOSED
Pure Energy Cafe	8am – 3pm
Rocco's Cucina	11am – 9pm
Sam's by the Beach	CLOSED
Subway (in the Village)	6am – 9:30pm
Subway (PCH & Sunset)	6am – 10pm
Sushi Don	CLOSED
Taco Bell	7am - midnight
Taste	9:30am – 3:30pm (brunch) 5pm - 9pm (dinner)
Taj Palace	11am – 3pm (lunch) 5pm - 10pm (dinner)
Tivoli Cafe	9am – 4pm
Vittorio's Ristorante	CLOSED

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Past Grand Marshals

- 2015 Bill Handel - radio personality
- 2014 Steve Kerr - NBA Coach/player
- 2013 Ed Asner - actor
- 2012 Jerry Mathers – actor
- 2011 Jeffrey Tambor – actor
- 2010 Jim Brown – football player
- 2009 Katie Stam – Miss America
- 2008 Marion Ross – “Happy Days” actor
- 2007 Pat Boone – singer/actor
- 2006 Patti Page – The Singing Rage
- 2005 Linda Blair – The Exorcist actor
- 2004 Rafer Johnson – Olympic gold medalist
- 2003 Barbara Billingsley – “Leave It To Beaver” actor
- 2002 Art Linkletter – radio/TV personality and author
- 2001 Dennis Tito – space tourist
- 2000 Michael Richards – “Seinfeld” actor
- 1999 Sir Anthony Hopkins – actor
- 1998 Larry Elder – radio talk show host
- 1997 Casey Kasem – radio personality
- 1996 Paul Moyer – TV news anchor
- 1995 Jan Murray – comic storyteller
- 1994 Monty Hall – “Let’s Make a Deal”
- 1993 Michael Jackson – radio talk show host
- 1992 John Martin – TV news co-anchor
- 1991 Eddie Albert – actor
- 1990 Ann Martin – TV news co-anchor

2016 Parade Marshal

Rob Weber

Past Parade Marshals

- 2015 Dr. Mike Martini, Hal Vieau, Judge Harry Pregonson, Bill Branch, Hal Manninger and Dick Littlestone
- 2014 Bill Bruns (PAPA)
- 2013 Bob & Marge Gold – Village Green
- 2012 Gerry Blanck - Gerry Blanck’s Martial Arts Center
- 2011 Flo Elfant – Pacific Palisades Community Council
- 2010 Brian Shea – Will Rogers 5K/10K Race
- 2009 Bud Petrick (PAPA)
- 2008 Rose Gilbert – Palisades High School
- 2007 Phyllis Genovese & Sylvia Grieb – Letter Shop
- 2006 Don & Carolyn Haselkorn (PAPA)
- 2005 John & Vicki Hennelly (PAPA)
- 2004 Emil Wroblicky (American Legion)



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Fourth of July Street Closures

During the Fourth of July celebration, watch out for streets around Pacific Palisades closed for various activities, such as the Will Rogers 5K/10K, the Parade and the fireworks.

RACE CLOSURES: Will Rogers 5K/10K race closures will start at 7 a.m. The **Huntington Palisades** neighborhood including Alma Real Drive, Corona del Mar Toyopa Drive and Pampas Ricas will be closed. Drummond St. from Toyopa to Chautauqua; Ocampo from Drummond to Alma Real will also be shut down. Sunset Boulevard from Amalfi Drive to

Monument Street will be closed in both directions. Chautauqua Boulevard north of Sunset until Drummond and Drummond from Chautauqua to Toyopa will also be closed. The roads will reopen after the race course is closed about 11 a.m.

PARADE CLOSURES: The parade route and staging areas, which include Via de la Paz, Sunset, Drummond Street, Toyopa, La Cruz Drive and Alma Real, will close at 1:30 p.m. or possibly earlier and will not reopen until after the parade route is cleared. Estimated reopening is 4 p.m.

CONCERT/FIREWORKS CLOSURES: Westbound Bowdoin Street, in front of **Palisades High School**, will be closed at noon (or before, depending on the arrival of the fireworks) and there will be no vehicle access from Temescal Canyon Road to the stadium. The eastbound lane of Bowdoin will close at 4 p.m. and not reopen until after the fireworks show. North and Southbound Temescal Canyon Road will close shortly before 9 p.m. to Palisades-bound traffic (no turns off Pacific Coast Highway).

For more information, visit palisadesparade.org.

Know the Rules: Chairs on the Parade Route



Chairs along the parade route in Pacific Palisades are a common sight.

Setting up chairs along the parade route is a long-standing tradition in Pacific Palisades.

Some families have been claiming the same spot for years or even decades.

A quick stroll down the parade route the night before the big event reveals beach chairs of every variety: low-slung basic models, premium models with cup holders, wooden seats and more.

Every year, the chairs seem to appear earlier and earlier along Sunset Blvd., Via de la Paz and other streets on the parade route.

The Los Angeles Bureau of Street Services reminds the community that no spectator chairs should be placed along the parade route prior to 6 p.m. on Sunday, July 3.



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Palisades-Will Rogers 5/10k Run

By STEVE GALLUZZO
Sports Editor

One of the Palisades' proudest holiday traditions continues next Monday morning at the **Palisades Recreation Center**, where friends, neighbors, family members, classmates and business associates of all ages will mingle for the 39th annual Palisades-Will Rogers 5/10K Run.

ORIGIN

Considered to be one of the toughest road courses in California, the 10K race was founded in 1978 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.

Drew Mearns, a 25-year-old law student from Virginia who was in town to visit his sister, won the inaugural race and since then Shea has watched his brainchild grow in prestige and popularity. The event's director since its inception, Shea is tickled that local runners come back 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 later.

PARADE

Runners looking to test themselves on a certified 5K



Paul Junger (left) of West LA and Larry Meyer of Glendale have run the 10K every Fourth of July since the race started in 1978. Photo courtesy of Larry Meyer

course now have that opportunity after the race committee lengthened the route last year to eliminate the congestion that can occur at the Sunset Boulevard and Drummond Street in-

tersection. The change increased the distance by 427 feet, making it a full 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. Course veterans, however, will notice that the separation of 5K and 10K runners now occurs on northbound Toyopa (5K keeping left, 10K keeping right), just prior to making the right turn onto Drummond.

Once at Sunset, 5K runners now turn left onto Sunset, hugging the left (eastbound) curb, while 10K runners turn right on Sunset and continue the route to Will Rogers and back.

At Carey Street, 5K runners now 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. Red traffic cones will be placed where required to maintain the separation of the 5K and 10K races.

RACE RECORDS

In 1983, Russell Edmonds of New Zealand set the still-standing men's 10K race record of 29:46 and no one has broken the 30-minute barrier since.

Katie Dunsmuir, who had just graduated from **Palisades High**, set the women's record of 35:09. Dunsmuir, a cross country and track star for the Dolphins, 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 Invi-

(Continued on page 15)

Runners pack the intersection of Alma Real and Toyopa at the start of the 2015 Palisades-Will Rogers 5/10K Run. Almost 2,200 people participated in last year's race.

Rich Schmitt/Staff Photographer



(Continued from page 14)

tational 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 it was Gilmore himself, who clocked 14:12 the very next year. In fact, in the 30 years the 5K has been run, only five people have won in under 15 minutes and only Gilmore (who did it 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 Tania Fischer, two-time winner of the **Pacific Palisades Turkey Trot** and currently the head track coach at Santa Monica High.

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, foretelling his rise as an elite marathon runner. Gilmore, who went on to a successful track career at UC Berkeley, won the 5K seven more times and still owns the five fastest times and six of the top 10 fastest times in Will Rogers 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 finisher in Boston and in 2008 he set the course record at the Surf City USA Half Marathon (clocking 1:05:53).

Two summers ago Gilmore was back in the Palisades visiting his parents, Ed and Rita, and decided to give the 10K a try for the first time. He finished sixth overall and second in the 35-39 age group in 35:56. Last year, he returned at the age of 38 to give the revised 5K course a try and was fourth overall and first in his age group in 16:55.

RACE QUEEN

While Gilmore remains the 5K master, no one has more overall victories (11) than fellow Palisadian **Kara Barnard**. A 1996 Pali High graduate, she helped the Dolphins win the City Section girls cross country championship in 1994 and went on to run cross country and track at UCLA.

Barnard has won the 5K five times (with three of the 10 best women's times) and the 10K six times, including a 35:24 effort in 2004 that remains the third fastest in race history. She and Gilmore swept the 5K races four times (1997-99, 2003) and Barnard won three straight 10Ks from 2010-12 to match Dunsmuir's total of six.

FAMILIAR FACES

No one knows the course better than Lawrence Meyer and Paul Junger. Each has run the 10K every year since it started in 1978. The 74-year-old Junger, who lives in West LA, clocked 1:31:54 last summer
(Continued on page 16)



Brian Shea has served as race director since One of the reasons the Palisades-Will Rogers 5/10K Run has lasted almost four decades is the sponsors that support it year after year.
Rich Schmitt/Staff Photographer

**HAPPY
FOURTH OF JULY**

INDEPENDENCE DAY 2016

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PALISADES-WILL ROGERS 5K WINNERS

YEAR	MALE	TIME	FEMALE	TIME
1986	David Greifinger	15:22	Kiki Labordeaux	17:34
1987	Alfredo Perez	15:28	Lari Bright	17:17
1988	Jo Nitti	14:31	Kathy Kanen	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	Annetta Luevano	16:29
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	Peter Gilmore	14:10	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

* Race Record Holders in Bold *

(Continued from page 15)

while the 68-year-old Meyer, who lives in Glendale, finished in 1:27:52. They still wear their t-shirts from the inaugural race.

Runners representing the “Fluffy Bunnies,” a Santa Monica-based track club sponsored by Nike, have fared well at Will Rogers with numerous wins 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. Nate Bowen of Redwood City has won the 10K (6.2 miles) 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. Last year, Palisadian **John Holcomb**, who has run the race about 20 times, finished first in his division in 19:32—a 6:18

pace—at 61 years of age. His best time was 16:48 when he was “only” 48.

REIGNING CHAMPS

Tonny Okello won in 32:55 to become only the fourth male in race history to repeat in the 10K and the first since Kevin Koeper won it back-to-back in 2005 and 2006. Okello (who won in 31:19 the year before) was 11 seconds ahead of runner-up Brady O’Bryan, the 2013 winner.

The women’s 10K winner

was 48-year-old ex-triathlete Susanne McNeil Eng (40:33), who was elated to finally break the tape after several top five finishes.

Former Pali High cross country and truck runner Drake Johnston (now at Villanova) won the men’s 5K in 15:56, followed by Loyola High distance runner Charlie Sherman (16:18) and 2000 winner Jeff Tomlinson (16:25), who was runner-up in 2014. Johnston was fifth in 17:05 in 2014.

Grace Zamudio, who ran (Continued on page 17)

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Fluent in English, Mandarin & Cantonese, Josie Tong is a REALTOR® at Sotheby’s International Realty—Beverly Hills, representing local and international buyers and sellers of luxury properties. Before real estate, Josie enjoyed a successful corporate career in consulting and the technology industry. Josie loves travel, foreign affairs, arts and architecture. She is actively involved with the community, including the American Red Cross, Pacific Council on International Policy, Los Angeles World Affairs Council, RAND Corp. Policy Circle, the Beverly Hills Chamber of Commerce and the Pacific Palisades Chamber of Commerce.

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(Continued from page 16)



Grace Zamudio approaches the finish line in the women's 5K last year. She won in 18:36 — the best winning time by a female since 2011.

Rich Schmitt/Staff Photographer

cross country and track at Hart High in Newhall before earning All-West Coast Conference honors at Loyola Marymount, was the women's 5K winner in 18:36, making hers the fastest winning time since Fricke's 18:24 in 2011. Carly Johann of Culver City was second in 19:21 and defending champion Renee Delphin-Rodriguez of Santa Monica was third in 19:44 despite running 13 seconds faster than her winning effort in 2014.

TRADITION

Race winners are invited to ride in the Fourth of July Parade and the list of celebrities and professional athletes who have participated in or assisted with the race over the years includes actor Walter Matthau,

(Continued on page 18)



Tony Okello won in 32:55 last year to become the fourth male in race history to win back-to-back 10Ks and the first since Kevin Koeper repeated in 2006. Rich Schmitt/Staff Photographer

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

* Race Record Holders in Bold *

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Moments after the starting gun at the Kids' Fun Run in 2015

Rich Schmitt/Staff Photographer

singers Toni Tennille and John Raitt, former Los Angeles Kings goalie Rogie Vachon, former Los Angeles Dodgers second baseman Davey Lopes, Olympic gold medalists Mark Spitz (swimming) and Carl Lewis (track & field), Los Angeles Lakers General Manager Mitch Kupchak, Congressman Mel Levine, KTLA Prime Time News reporter Lu Parker, five-time boxing world champion **Sugar Ray Leonard**, kickboxing champion **Baxter Humby**, fitness guru and current Honorary Mayor **Jake Steinfeld**

and Golden State Warriors head coach **Steve Kerr**, who served as parade grand marshal two years ago and last June became the first rookie coach to win the NBA championship since 1982.

Medals are given to the first, second and third place finishers in 28 divisions (14 male and 14 female) in both the 5 and 10K.

KIDS' FUN RUN

The morning's fun doesn't end with the 5/10K. Children
(Continued on page 19)

An advertisement for James Respondek Westside Estates. At the top, a banner reads "Happy 4TH OF JULY" with stars. Below this is a large, stylized "R" logo. Underneath the logo, the text reads "JAMES RESPONDEK WESTSIDE ESTATES" and "SINCE 1979". On the left side, there is a QR code. On the right side, there is a logo for "Sotheby's INTERNATIONAL REALTY". In the center, the website "WWW.JAMESRESPONDEK.COM" and phone number "310.488.4400" are listed, along with the CalBRE# "00713972".

An advertisement for Philip's French Cleaners. The background is a blue gradient with a large, waving American flag. In the center, a wooden clothes hanger is positioned. To the right of the hanger, the text "HAPPY 4TH OF JULY" is written in a large, stylized font. Below the hanger, the text "Philip's French CLEANERS" is displayed. Underneath that, the address "15224 W. Sunset Blvd. Pacific Palisades, CA 90272" and phone number "310.454.7244" are listed. At the bottom, a red box contains the text "Quality service and individualized attention to each garment is always our policy." followed by a list of services: "Free pick-up and delivery", "Custom tailoring", "Fine linens", "Best quality of leather and suede cleaning", and "Eco-friendly, non-toxic cleaning".

(Continued from page 18)

ages 10 and under are invited to run or walk in the Kids' Fun Run beginning at 9:30 a.m. on July 4.

The course is a flat half-mile loop starting and finishing at the Palisades Recreation Center parking lot.

All kids, whether pre-registered or registering on July 4, need to check in at the Fun Run tent on the grass near the park entrance on race day. Parents must

sign the waiver on their child's registration form.

The Fun Run is a non-competitive race emphasizing participation, with each registered child receiving a t-shirt at check-in and an American flag and participation ribbon afterwards.

REGISTRATION

Pre-registration packet pick-up (only for those who register

prior to midnight Wednesday, June 29 online or Saturday, June 25 by mail) will be at **Bentons The Sport Shop** (1038 Swarthmore Avenue) on Saturday, July 2 from 10:30 a.m.-4 p.m. Online late registration for race day packet pick-up will continue until midnight Sunday, July 3.

Pre-registration entry fees are \$50 for that 5/10K and \$25 for the Kids' Fun Run. The online late registration entry fee is

\$60 for the 5/10K and \$30 for the Kids' Fun Run. Race day registration will be from 6:30-8 a.m. at the Palisades Recreation Center.

Online registration is now open. Visit the race website at <http://palisades10k.com> to register.

SPONSORS

One of the reasons the Palisades-Will Rogers 5/10K Run

has lasted almost four decades is the sponsors that support it year after year.

The title sponsor for the 39th edition is once again Saint John's Health Center. Other sponsors this year are Cynthia L. & William E. Simon, Jr. Foundation, TRUECar, Caruso Affiliated, Will Rogers Ranch Foundation, Santa Monica Orthopedic and Sports Medicine Group and Farmers Insurance.


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Peter Gilmore, who won the 5K eight times from 1995-06 and holds the course record, returned to run the revised 5K last year and finished fourth overall in 16:55.

Rich Schmitt/Staff Photographer

39th PALISADES-WILL ROGERS 5/10K RUN

Monday, July 4
Palisades Recreation Center

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9:30 a.m.

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OFFICIAL GUIDE TO THE FOURTH



9:00 p.m.
FIREWORKS
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 The spectacular fireworks show caps the biggest day in the Palisades.

6:00 p.m.
PALISADES ROCKS THE FOURTH CONCERT
Palisades High School/Stadium by the Sea
 We Are The West, featuring Palisades native singer/guitarist Brett Hool, bassist John Kibler and drummer Elizabeth Goodfellow, will headline the concert. Cohort as well as the 2016 Palisades All-Stars will also be performing. The music line-up also includes the award-winning Palisades Charter High concert band. Food trucks will be on site starting at 4 p.m.



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Grand Marshal Kevin Nealon is an actor/comedian. This year's parade theme, "Independence Day – The Palisades Way". The parade starts at Via de la Paz & Bowdoin, then continues down Sunset, Drummond, Toyopa and Alma Real.

1:50 p.m. SKYDIVERS
Sunset & Swarthmore
This will be the 25th year that Carey Peck's skydiving team opens the parade. The skydivers jump from a Cessna flying at 3,500 feet, then free-fall for the first 1,500 feet before opening their chutes.

9:15 a.m. 21st ANNUAL KIDS' FUN RUN
Palisades Recreation Center
The Kids' Fun Run is a non-competitive, flat half-mile loop emphasizing participation, with each registered child receiving a t-shirt at check-in and an American flag and participation ribbon after the race. Kids 10 years old and under are invited to run or walk.

8:15 a.m. 39th PALISADES-WILL ROGERS 5/10K RUN
Palisades Recreation Center
(Registration 6:30 - 8 a.m.)
This year, 2,500-3,000 runners are anticipated for the 5/10K, which is one of the more popular and well-recognized 10Ks in California. The race is organized by the Pacific Palisades Will Rogers Ridge Runners and the Pacific Palisades Optimist Club.

Map labels: Pali High, Sotheby's International Realty, Palisadian-Post, Palisades Rec Center, Via de la Paz, Swarthmore, Sunset Blvd., Alma Real Dr., Toyopa Dr., Chautauqua Blvd., Pacific Coast Highway.



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Pali Parade Theme Winner: 2016 What's in a Theme?

All photos by Rich Schmitt/Staff Photographer

Resident **Eric Weiss** won the Palisades Fourth of July Theme Contest this year with *Independence Day the Palisades Way*. Weiss said, "When I saw Name the Parade Theme Contest carried the prize of getting to ride on a fire truck in the Fourth of July parade, I thought that would be fun to do with my boys. For me, the slogan serves as a simple reminder of an annual Fourth of July parade tradition that has entertained and brought closeness to our community for over 60 years."

Weiss' simple, accurate slogan speaks to much of

what brings thousands to the parade and events every year. He told the *Post* that he has "always loved the Palisades and never considered living anywhere else. Love the small town feel and the close-knit community. It's like 'Mayberry by the Sea.' (Sorry—the Andy Griffith show was a childhood favorite.)"

Weiss' feelings about the Palisades echo what so many in the community feel, that the town is special for some very specific reasons. "Whether it was in my early years in the Palisades or after I was married in 2001, we always attended the Fourth of July parade.

It's now even more fun taking the kids every year. The Palisades parade resonates with me because it is very reminiscent of the small town parade that I attended in my youth growing up in Berlin, New Jersey. I think the Palisades Americanism Parade Association does a great job putting it on and hope the community appreciates it and continues to financially support the annual event.

Thanks for capturing the spirit of the parade and all the events with this year's slogan—*Independence Day the Palisades Way*. And enjoy the ride in the firetruck!





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\$12,000,000 | 915 Amalfi Drive, Pacific Palisades | 7BD/6½BA
Randy Freeman | 310.230.3719



\$4,595,000 | 16678 Via la Costa, Pacific Palisades | 5BD/7½BA
Dan Urbach | 310.230.3757



\$4,295,000 | 1047 Napoli Dr, Pacific Palisades | 4BD/4BA
Gary Glass | 310.820.9343



\$4,195,000 | 16824 Livorno Dr, Pac Pal | 5BD/6BA
Alexandra Pfeifer | 310.230.3776



\$3,495,000 | 629 Radcliffe Ave, Pac Pal | 3BD/3½BA
Jody Fine/Monica Antola | 310.230.3770/310.230.3755



\$3,399,000 | 551 Lincoln Bl, Santa Monica | 5BD/4½BA
Susan Keefer | 310.230.3736



\$3,199,000 | 11540 Clover Ave, Mar Vista | 5BD/5½BA
Marco Rufo | 310.230.3765



\$4,495,000 | 16655 Akron Street, Pacific Palisades | 4BD/5BA
Betty-Jo Tilley | 310.230.3767



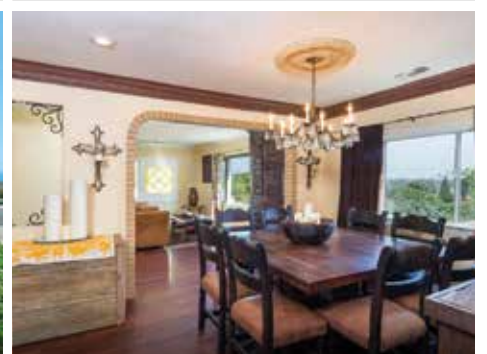
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How to Protect Your Pet During Fourth Festivities

By ERIKA MARTIN
Reporter

While putting the finishing touches on your Fourth of July plans, take a moment to consider your pets.

Along with barbecues and day at the beach, no July holiday celebration would be complete without a dazzling fireworks display.

Unfortunately, our four-legged friends are a lot more sensitive to the noise, flashes and burning smell of pyrotechnic celebrations. Because of this, the American Humane Association reports that July 5 is the busiest day of the year for animal shelters due to the volume of pets that panicked and fled in response to July 4 festivities, winding up lost, injured or killed.

The following tips can help make your holiday more pet-friendly.

1. Keep pets at home rather than bringing them to the fire-

works show or neighborhood barbecue. Dogs are more sensitive to the loud noise and flashing light of fireworks, so it's better to keep them in the house than in the yard. Even pets that are normally outdoors may try to break a restraint or jump a fence to find safety.

2. If you are hosting, be attentive to your pet's temperament throughout the festivities. Place notes on your gates reminding your guests to keep the dog in the yard. When it comes time for the fireworks display, be sure your pets are safely sheltered. Avoid feeding your animals scraps from the grill and cover all alcoholic drinks.

3. If away from home, loud festivities paired with your absence are likely to make your pet anxious, so create a soothing atmosphere. Give your pet plenty of attention and exercise early in the day so she is less inclined to be restless later in the

day. When you depart, leave the blinds down and radio or TV on. If your pet is crate trained, consider keeping him in a crate covered with a blanket.

4. Be sure all pets, even indoor-only animals, are micro-chipped and have proper identification. Pets can become so frightened during fireworks displays they may take desperate measures to escape the noise. If you have horses, you might consider marking a breakaway halter with your contact information and leaving it on your horse.

5. If you know fireworks scare your dog, consult your veterinarian. There are medications and techniques available to help alleviate your pet's stress.

6. Do not put glow jewelry on your pets, or allow them to play with it. Although the luminescent substance in these products is not highly toxic, it still may cause excessive drooling and gastrointestinal irritation if ingested.

7. Many human products can be dangerous to animals. Avoid spraying your pet with insect repellent that contains DEET, which can cause neurological problems. Citronella candles, insect coils and tiki torch oil products can also be



Rich Schmitt/Staff Photographer

toxic. If sunscreen is ingested, it may lead to drooling, vomiting, diarrhea, excessive thirst and lethargy.

check your yard for fireworks debris before allowing pets outside to play or relax. Even if you didn't set off any fireworks yourself, debris can make its way into your yard.

8. After the celebrations,

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Palisades Rocks the Fourth

After the 10K run, the parade and the skydivers, there's still more to the festivities that make up Independence Day in the Palisades. And it's not just fireworks!

The **Palisades Americanism Parade Association** produces **Palisades Rocks the Fourth**—a concert with proceeds supporting the award-winning Palisades Charter High School Music program.

The headliner this year is **We Are The West**. Singer and guitarist **Brad Hool** lives in the Palisades. All the musical acts have a connection to the Palisades, keeping things local. In keeping with the feel of all the day's events, the concert is family-friendly. One goal of the concert is to support and cele-



Rich Schmitt/Staff Photographer

brate the creative efforts of local residents and Pali students.

The concert kicks off at Pali High at 4:00 p.m. in the upper parking lot. The line up hasn't been finalized yet, but 13-year-old singer/songwriter Trinity

Rose will be on hand to do a set. You may have heard the classic rock of The Cohorts coming out of a local garage. If not, head over to the second stage to hear these Pali students play a set.

In honoring the spirit of the



Rich Schmitt/Staff Photographer

day, the Palisades Charter High School band will start off the main stage concert in the stadium with a selection of classic patriotic songs at 6:00 p.m. Concert organizer Keith Turner said that they always include a variety of music genres and mix it up between professional and amateur musicians. Turner said, "Every performer will include one patriotic song to honor the day. It's important and every-

one's excited about that."

Performances will begin on the second stage at 4:00 p.m. in the Upper Parking Lot and move down into the Stadium-By-The-Sea at 6:00 p.m. The concert ends promptly at 9:00 p.m. in time for the fireworks. PAPA is a nonprofit organization, run by all volunteers. They raise money for the parade and other activities. Check the website for volunteer opportunities.

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(Far right) 2015 Mr. Palisades Daniel Gottesman. (top) 2011 Miss Palisades Daniela Grinblatt and Mr. Palisades Jack Koplín, (below left) 2014 Miss Palisades Sofie Fier and (below right) 2012 Mr. Palisades Joel Rosenthal and Miss Palisades Kelly Costa. (bottom) 2013 Miss Palisades Hannah Wasserman and Mr. Palisades Greg Lehrhoff.

All photos: Rich Schmitt/Staff Photographer



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LAFD Fireworks Precautions

The Los Angeles Fire Department (LAFD) reminds Pacific Palisades residents that all fireworks are illegal within city limits. Captain **Dan Rodriguez** of LAFD **Station 69** suggests Palisadians attend professional firework shows instead of acquiring their own. The captain said smaller fireworks actually tend to cause more damage and warned

residents to be wary of sparklers. Rodriguez said children often get hurt with the seemingly harmless holiday favors.

My Safe LA issued five reasons to leave the fireworks to professionals:

1. It's not you that will be hurt, but someone you know.
2. Children are the most likely victims.

3. Dogs and cats hate the noise and smell of fireworks. Keep your pets indoors and in a safe, comfortable room.

4. You aren't a professional pyro-technician.

5. Possession and/or use of fireworks within Los Angeles is a violation of the Health and Safety Code. Have you modeled your new orange jumpsuit for the wife yet?

"Even 'safe and sane' fireworks are outlawed in the city of Los Angeles," said Erik Scott, LAFD spokesperson. "They are all dangerous. Don't become a statistic."

Since several outlying communities still offer "safe and sane" fireworks, the LAFD reminds everyone that before running out to purchase fireworks of any kind, keep in mind:

The risk of fireworks injury was two-and-a-half times as high for children ages five to nine or 10 to 14 as for the general population.

Sparklers, fountains and novelties alone accounted for 36 percent of the emergency room fireworks injuries in recent years.

Scott also reminds residents who own pets to keep them safe during fireworks. The loud noises and fiery blasts associated with pyrotechnics can be traumatic for most animals, causing

stress that can take the form of shivering, cowering, destructive chewing rampages or animals running away to escape.

Officials recommend leaving pets at home during the fireworks, preferably in a quiet room with no windows and remove any items your pet could destroy.



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Where to Watch

Can't make it to the high school to watch the fireworks? Here's are some sweet spots where Palisadians can watch the show.

- El Medio Bluffs along Bowdoin and the corner of Northfield and El Medio
- Via de las Olas Bluffs
- The Highlands
- Sunset Mesa
- Castellammare
- The top of Lachman Lane
- top of Chautauqua
- Where do you watch the fireworks? Tweet us or add it to the comments section on Facebook.



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Home Decorating Contest

For the past six years, local real estate agent **Joan Sather** has sponsored the Home Decorating contest that gives residents the chance to join in the Palisades Fourth of July festivities. Sather is well known in the Palisades with 20 years of experience under her belt. Sponsoring the Home Decorating contest lets her combine her love of homes, the local community and the joy the parade brings.

This year, five or six judges including the new Mayor **Kevin Nealy** will join Sather in making the big decision. PAPA committee members **Daphne Gronich**, **Arnie Wishnick** and Parade Marshal, Rob Webber will also be on board for the judging. Last year's Home Decorating Contest winners, the Sutton family, will help in the decision-making process.

Look for their golf carts to roll through the Village neighborhoods checking out all the entries. But in recent years, the contest has been extended beyond the parade route and fireworks display. Now all residents in the Palisades are

eligible to deck out their homes and show off their patriotic spirit by entering the contest.

Entering the contest couldn't be simpler—just take a picture of yourself out in front of your house and send it to the PAPA website along with your name and address. Sather said that they get entries from kids and grandkids as well as the homeowners. Last year's winners, the Suttons, thought they wouldn't win, but

their grandson said, "Let's do it!"

What are the judges looking for in the winning house? According to Sather, they look for homes where it's clear the family has put thought into decorating. Sather said, "We love everybody's patriotism. Red, white and blue are such great decorating colors. We try to make it fun and keep it light. It's hard to pick!" Prizes and winners to be announced on July 3rd right after the judging.



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RECIPE

FROZEN STRAWBERRY MARGARITA INGREDIENTS:

- 2 cups (12 ounces) frozen strawberries
- 1/2 cup tequila
- 1/4 cup fresh lime juice
- 1/4 cup agave nectar (or honey)
- extra ice, if needed

FROZEN BLUEBERRY MARGARITA INGREDIENTS:

- 1 cup (12 ounces) frozen blueberries
- 1/2 cup tequila
- 1/4 cup fresh lime juice
- 1/4 cup agave nectar (or honey)
- extra ice, if needed

FROZEN COCONUT MARGARITA INGREDIENTS:

- 1/2 cup coconut milk (I recommend full-fat)
- 1/2 cup silver tequila
- 1/4 cup fresh lime juice
- 1/4 cup agave nectar (or honey)
- extra ice, if needed
- Optional: a fresh lime wedge and margarita salt or sugar, to rim the glasses

INSTRUCTIONS: Blend ingredients together and enjoy!



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Jessica M. Berman, a loving Pacific Palisades wife, mother and friend, was diagnosed at age 34 with breast cancer while five months pregnant. She became a tireless fighter for her life and an inspiring advocate for others afflicted by this disease. Though Jessica passed away in August 2014, at age 38, her legacy lives on through the WONDER WOMAN WALK.



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