NEWS IN BRIEF

Encino 2019 Crime Update

At the Encino Neighborhood Council meeting held at the end of January, attendees were given a crime report from Senior Lead Officer Walia on 2019 statistics as well as current crime reports for the Encino area. At the end of 2019, the West Valley was listed fourth in the city for reduction of crime from 2018. Encino had the highest reduction of crime by 20%. The crimes that tend to make up a large part of these statistics are burglary and theft associated with motor vehicles – burglary constituting the breaking into of cars and theft being the actually stealing of materials from cars. Walia advised that the best way to combat these crimes is to simply remove your personal possessions from the car – don’t leave valuables in plain sight.

Additionally, the West Valley LAPD has seen a substantial rise in theft from residential construction projects. While the property is being redone, homeowners tend to leave their expensive appliances in the construction site, which burglars view from the street and subsequently steal. Homeowners are advised to store these appliances elsewhere while the property is open to construction.

The West Valley LAPD posts their weekly crime statistics on their Facebook page and those who are interested in hearing directly from officers are invited to their monthly meetings at the West Valley Station on the second Tuesday of each month at 7 pm.

Encino Chamber Heads to Paris For Their 2020 Business Awards

The Encino Chamber of Commerce recently announced details for their 2020 Business Awards on Saturday, March 7, beginning at 6 pm at the Warner Center Marriott. “An Evening on the Plaza” will honor UCLA Health as Business of the Year, Dr. Joan Maltese as the Heart of the Community, Mitch McRae as the Diamond of the Community as well as Karie Purcell, the outgoing president of the Chamber and the 2019 Board of Directors. With a cocktail reception and silent auction to precede the program and dinner, both sponsorships as well as advertisement opportunities are available in addition to tickets. For information on this gala, visit EncinoChamber.org or call the office at 818-789-4711.

Coffee With a Cop

Come chat with your local cops over a cup of joe! LAPD West Valley will be at Starbucks at 19305 Victory Blvd (Loehmann’s Plaza) on Monday, February 10, from 9 to 11 am. Meet the officers that patrol your neighborhood and discuss important issues that affect your community. Plus, learn how you can work with the West Valley LAPD to keep your communities safer. For those who are offline, this is a great opportunity to personally connect with their local leaders.

Nighttrek: What to See in the February Sky

SEE PAGE 10

The Beauty of Movement

SEE PAGE 15

Encino Enterprise

A Compendious Source of Information

February 6, 2020

What’s in a Name?

How Flora, Favorite Daughters, Failed Travels and More Led to Your Cities’ Monikers

By Christopher James

If you have ever wondered about where the names of the different neighborhoods and cities in the Valley came from, you may be surprised by the historical, economical, political and even accidental ways various areas got their identities.

Take for example the city of Calabasas. It was named by accident, literally. Allow me to explain… First off, how many of you know that the land of the Kardoshians and the Sagebrush Cantina loosely translates into, “The place where the pumpkins fell?” While that may seem like a better title for a Hemingway novel than an upscale bedroom community, it’s the loose Spanish translation of Calabasas. That’s right. In Spanish “calabaza” translates into either pumpkin, gourd or squash and as the legend goes an Oxnard farmer on his way to the markets of the Los Angeles Pueblo spilled a wagonload of pumpkin seeds into the dirt and winds and the next spring wild pumpkin patches had sprung up all over the area.

Now, for all of you Calabasas residents shocked to find out that your fancy-schmancy community was named after a vehicle accident involving a lowly gourd, just be grateful it wasn’t named “Oh s&!t”, or “Mierde” after the wagon driver’s probable reaction to the wreck.

The Spanish theme is a common one in the Valley seeing as how after the indigenous Chumash and Tongva Indian tribes, the Spanish were the first Europeans to visit the region. Encino, San Fernando and Pacoima are the most obvious examples of this storied heritage. Surprisingly, Tarzana is not.

Encino was shortened from “Los Encinos,” which was shortened from “El Valley de Santa Catalina de Bononia de Los Encinos,” which the locals probably decided was too long to fit on a sign before the words “car wash.” Encino means “oak” in Spanish and the first Spaniards to meander into the Valley came by way of the now-named Sepulveda Pass and were amazed by the number of oak trees in the area that is now Ventura and Sepulveda. As was customary, the Spanish friars and soldiers threw in the name of a saint, this time Catherine of Bologna who is the patron saint against temptations. They reportedly chose her AFTER a gut busting and fatty lunch at Jerry’s on Petit.

The same Spanish explorers were also responsible for naming Van Nuys. It was named after a local farmer turned real estate developer, Isaac Newton Van Nuys, who owned the land in partnership with another farmer, Isaac Lankershim.

The founding face of Van Nuys. The Encino oak stump that long stood as the city’s emblem.

Stop and smell the… Reseda inspiration?

Lankershim got the raw end of the deal apparently, as he just got a street while his partner plastered his name on the whole damn town. Call me crazy but I think there could have been some town name that would have worked for both of them…Hmmmm…let me think…hmmm…..

Tarzana, if it had a

(continued to page 14)
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O’AHU, HAWAII

Must be booked by February 29, 2020 with travel complete by December 31, 2020. Minimum five night stay at participating AAA Vacations properties required. $100 activity voucher is nonrefundable, nontransferable. Has no cash value and applies to the following destinations: Phoenix, Hawaii, Central & South America and select Caribbean destinations. Savings not reflected in rates shown and applies to the following destinations: $50 savings: USA (excluding Hawaii & Canada), $100 savings: Australia, New Zealand, London, Asia, select Caribbean destinations (Bahamas, Barbados, Bermuda, British Virgin Islands, Curaçao, Grand Cayman, Grenada, Martinique, St. Kitts, St. Lucia, St. Thomas, St. Martin and St. Maarten), St. Vincent and the Grenadines, and Turks & Caicos). Kids in per person, land only based on double occupancy, for check-in on May 4, 2020 in standard twin or queen room accommodations at Dreams Punta Cana Resort & Spa; in Punta Cana, Dominican Republic and includes government taxes, $150 savings: USA (excluding Hawaii), $200 savings: Europe, $250 savings: Australia, New Zealand, Asia, select Caribbean destinations (Bahamas, Barbados, Bermuda, British Virgin Islands, Curaçao, Grand Cayman, Grenada, Martinique, St. Kitts, St. Lucia, St. Thomas, St. Martin and St. Maarten), St. Vincent and the Grenadines, and Turks & Caicos). Kids in per person, land only based on double occupancy, for check-in on May 4, 2020 in standard twin or queen room accommodations at Dreams Punta Cana Resort & Spa; in Punta Cana, Dominican Republic and includes government taxes/fees.

Community Calendar

* Join the Encino Tarzana Library as they welcome YouTube star and professional artist Evan Busre on Saturday, February 8, at 1 pm. Evan will share his secrets on how to start and grow your own YouTube and social media channels, how to post, how often and more! Evan Busre has been creating and teaching drawing videos online for the past nine years on his YouTube channel, youtube.com/cartoonblock.

* Burnt Toastmasters is seeking new members. The group meets Thursdays from 7 to 9 am at Label’s Table Deli, 19005 Ventura Blvd. Learn the ins and outs of public speaking with this 60-year-old group. For more information call Ron Rosate (818) 284-0275.

* Do you know the difference between fact and opinion? Join Valley Beth Shalom on Thursday, February 20, for a special “Reading Between the Headlines” discussion with guests Cheryl Fair, Dan Schnur and Rob Eshman. Tickets are $60 before February 6 and $65 after. Dinner and registration begin at 6 pm with the discussion to start at 6:30 pm. Register at hadassah.org/events/dinediscuss2020.

* The West Valley Regional Branch Library will celebrate African American Heritage Month with a screening of the Academy Award-nominated “Harriet,” directed by Kasi Lemmons on Saturday, February 8, from 2 to 4:30 pm. The film will be followed by a discussion about the film and its themes.

* Topanga Canyon Gallery artists Farideh Azad, Donna Geist Buch and Idelle Okman Tzbyir join forces for an exceptional exhibition entitled “Real to Surreal: People, Places, Things.” Merging their styles, the works cover aspects of the intellectual and cultural, as well as interpretations of reality. An artists’ reception kicks off the exhibit on Saturday, February 8 from 4 to 7 pm. The exhibition runs February 6 through March 1 at 120 N Topanga Canyon Blvd #109.

* The Southern California Garden Club continues its 93rd season with a Garden Club Meeting featuring a program, “Miniature Floral Design,” on Tuesday, February 18, at 11 am presented by Lang at the Sepulveda Garden Center. Lang is an NGC Flower Show Judge and miniature floral design specialist. In preparation for the annual Flower Show in March, Lang will teach attendees how to create miniature floral designs. The program is preceded at 9:30 am by a plant market and country store, plant specimen display and a workshop, “Pollinator Garden Workshop.”

* The Foundation for the Preservation of the Santa Susana Mountains continues its training series for park docents, naturalists and hike leaders on Saturday, February 8, from 10 am to 1 pm. This session is “Birds of the Santa Susanas,” led by Ranger Frank Hoffman and Art Langdon of the Audubon Society. Meet at the former site of the Santa Susana Field Lab at the top of Woolsey Canyon Road. Cost: $50 for the series, $15 per class for drop-ins. RSVP required: santasusanafriends@gmail.com.

* Join community leaders for a special LAPD Community Security Meeting on Thursday, February 13, at 7 pm at the LAC Sheikh Community Center (6530 Winnetka Ave). Deputy Chief Jorge Rodriguez, Consul General of Isreal of LA Hillel Newman, Councilmember John Lee and Councilmember Bob Blumenfield will gather to discuss recent safety concerns and issues in the religious community. Registration is required to attend. Sign up at israeliamerican.org/Los-Angeles/LAPD.
People in the News

Encino local **Barbara Roisman Cooper** (at left) recently published her fourth book, *Great Britons of Stage and Screen, Volume II: Directors in Conversation*, featuring personal interviews with some of the leading film and stage directors of the last 75 years. During more than 20 visits to the UK, Roisman Cooper personally conducted conversations with a dozen leading theatre, film, and television directors.

The directors Roisman Cooper interviewed are Ken Annakin; Michael Attenborough; Michael Blakemore; Howard Davies; Sir Richard Eyre; Michael Grandage; Sir Nicholas Hytner; Pat Jackson; Charles Jarrott; Ronald Neame; Tony Palmer; and Deborah Warner. Renowned actor David Suchet wrote the Foreword. *Great Britons of Stage and Screen, Volume II: Directors in Conversation* is available in both hardcover and softcover editions from the publisher BearManorMedia.com, as well as Amazon.com, AbeBooks.com, and retail outlets.

Shane Hoggard (at left with a satisfied customer!) and his Three Dog Bakery Encino team were recently awarded the “Top Dog” award for being number one in sales...nationwide! Three Dog Bakery specializes in everything you need to pamper your pooch including natural, premium treats for a healthy and happy dog. Is your furry friend your true Valentine? Treat them to a specialty heart-shaped cake to show how much you love them! Three Dog is located at 17301 Ventura Blvd #3. Give them a ring at (818) 935-6966.

* All of us suffer the horror of committee meetings. Know the definition of a committee? It’s a group of people who set out to design a horse and end up designing a camel. Someone else offered a committee is a group of people who keep minutes and lose hours.

* Food for thought: Do regular dogs see police dogs and think, “Oh no! It’s a cop!”?

* Jeff Blum checks in with this hahaha: A truck loaded with Vicks Vapor Rub overturned on the highway. Amazingly, there was no congestion for eight hours.

* I discovered I scream the same way whether I’m about to be devoured by a great white shark or if a piece of seaweed touches my foot.

* Our friend Dave Smith, himself a barrister, checks in with this lawyer joke: Did you hear about the man who was walking through the cemetery and noticed a gravestone that read “Here lies a lawyer and a good man.” “Imagine that,” said the man to himself. “Two men buried in the same grave.”

* Some people hear voices. Some see invisible people. Others just have no imagination.

* If happy hour starts at 5 pm and you arrive at 5:15 pm, are you depriving yourself a little bit of happiness?

* As we get closer to tax time we remind you that nothing makes time pass more quickly than an income tax installment every three months.

* What’s the difference between a taxidermist and a tax collector? The taxidermist takes only your skin - Mark Twain.

The Chamber is current.

For all that the Chamber has accomplished in the past, our sole focus is on creating new opportunities for success today and a bright future tomorrow.

Discover new opportunities at www.EncinoChamber.org
READ ALL ABOUT IT!
Blue Shield Plan F & G EXTRA
Limited Time Opportunity

Don’t miss this
UNPRECEDENTED OPPORTUNITY
to change plans!

OFFER ENDS FEBRUARY 15.

GUARANTEED ISSUE FROM ANY MEDICARE SUPPLEMENT PLAN

If you live in California and have any Medicare supplement plan from any company, you are guaranteed acceptance. No health questions.

They call it an "Underwriting Holiday"

COMMONLY ASKED QUESTIONS

“What’s the difference between Plan F and G?”
With Plan F you have no deductibles.
With Plan G you are responsible for the Part B deductible ($198 in 2020).
NO OTHER DIFFERENCES. SAME NETWORK
(Any provider that accepts Medicare.)

“Are the core health benefits the same as on my current plan F?”
YES! IDENTICAL BENEFITS. SAME NETWORK

“Will my doctor accept this plan?”
Any provider that is “contracted with Medicare” anywhere in the USA should accept this plan.

Plan F Extra includes the following extras (not covered by Medicare), using network providers:

- SILVER SNEAKERS – free gym network membership
- VISION BENEFITS – exam, eyewear allowance
- HEARING BENEFITS – annual exam + hearing aid discounted pricing
- PERSONAL EMERGENCY RESPONSE SYSTEM – device and monitoring

Plan G Extra – Same benefits as Plan F Extra except:

- Does not include Personal Emergency Response System
- Does Add $100 per quarter in FREE Over the Counter Items (stuff you purchase every month)

Compare these L.A. Area rates with your plan!

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Additional couples discount of 7% available if enrolled in identical plan. If "New to Medicare" $25 discount available for first 12 months. Plan F available only if you became eligible for Medicare before 1/1/2020.

Call us at 818-888-0880
www.pdinsure.com

Voted “Best Insurance Agent” for 18 years by readers of the Daily News 2002-2019!
Letter to the Editor

Trader Joe’s replacing Ralph’s would be the best solution and “may” eliminate the problem that allows use of parking by persons going to the East/North bldg. structure that charge “pay to park!” Hard to park to shop at Ralph’s, especially on Mondays! Sad to see “my” Ralph’s closing and its kind and friendly employees going elsewhere. I’ll miss them! Ralph’s has been there for me since it opened many years ago.

-Marc M

The Bird Blurb

By Katheryn Barton, San Fernando Valley Audubon Society

When you look out at your yard, or walk your dog in the park, do you notice the birds? Maybe you have a bird feeder or two, or maybe you pay attention more than the average person, and there it is, that small creature that flits in and out of view.

Have you ever wondered “What is that bird?” We are the San Fernando Valley Audubon Society, and we are here to help! Each column will feature a different bird common to the Valley and easily seen by those who wish to look. We may think we live in a concrete jungle, but wildlife can be found almost anywhere.

We’ll start this journey with the White-Crowned Sparrow, a charming winter visitor to our region. It breeds in Alaska and upper Canada, then migrates down to our warmer climes. These sparrows have been the subject of multiple research studies related to song learning, dialects, and the genetics of the development of language.

These sparrows are seed eaters, so you’ll find them in small flocks under or near bushes in parks and other open areas. If you have bird feeders, you may spot them eating the seed spilled on the ground underneath.

Unlike many birds who sing primarily during breeding season, the White-Crowned Sparrow sings all year round. Perhaps they’re practicing, because the young birds must learn their song from their fathers! In fact, these sparrows have been the subject of multiple research studies related to song learning, dialects, and the genetics of the development of language.

After gracing us with their company for the winter, the White-Crowned Sparrow will, come April, feel that ancestral pull back to the taiga, and head north. But not to worry—next September they and their offspring will return once more.

To learn more about the San Fernando Valley Audubon Society’s mission as well as the numerous nature walks they offer, visit them at sfvaudubon.org.
Northridge Hospital Grants Wishes to Local Non-Profits

Dignity Health - Northridge Hospital Medical Center (NHMC) has granted a total of $157,011 to three, non-profit organizations who are making a difference by addressing the health care needs of the local, underserved communities.

Journey Out, ONEGeneration, and Phoenix House will each receive $52,337 to implement the following programs throughout 2020.

Journey Out’s project involves a coordinated multiagency response to provide crisis and long-term supportive services to victims of human trafficking. The overall aim will address the vulnerabilities that serve as both risk factors and barriers to getting out of human trafficking, all while preventing others from falling victim to this public health epidemic.

ONEGeneration Health & Housing Project (HHP) will implement vital services to arrange behavioral health interventions utilizing preventative and ongoing support, with an emphasis on reducing social isolation and loneliness for seniors in our communities.

Phoenix House’s program will offer individual/group therapy for mental health/substance use, coupled with nature-oriented services to teens in residential and outpatient treatment at Phoenix Academy.

“This year we have increased our funding and are grateful to be partnering with organizations that strive to meet the needs of our communities, from youth mental health, to human trafficking, to support for our seniors,” says Paul H. Watkins, NHMC President.

“Through our Community Health Grant Program, we are able to work collaboratively and improve the well-being of the communities we serve.”

Since 1991, the Community Grants Program at Dignity Health has awarded over $70 million to 3,382 community-based health improvement projects.

For more information, please visit dignityhealth.org/about-us/community-health/grant-programs.
Tech Tips While Traveling

By Hank and Sharyn Yuloff

We are on the road every month talking about marketing to groups of business owners and associations. That means we need to pack two laptops, phones, quite often a projector and various other tech in order to make our presentations run smoothly.

Here are our “Top 10 Travel Tech Tips” that will keep you up and running.

Tech Travel Tip #1: DO NOT FORGET YOUR CHARGING CORDS.

Tech Travel Tip #2: Make sure your devices are backed up before leaving. That incudes your laptop AND your phone. If you use your phone for most of your vacation photos, periodically back it up to your laptop (or the cloud if you do not bring your laptop) during your trip. You cannot replace those memorable photos.

Tech Travel Tip #3: ALWAYS make sure you have put your hand physically on your charging cords before you leave the hotel for home.

Tech Travel Tip #4: Investigate thoroughly the internet connection situation of each place you will visit. While you are at it, make sure that you have the proper electrical current plugs and adapters.

Tech Travel Tip #5: Do not assume your phone will work where you are going.

Tech Travel Tip #6: Find out how much you will be charged for your phone to be used where you are traveling to. EVERY phone carrier has something called an “out of home area” fee schedule. It is often quite expensive, especially when you are traveling internationally.

Tech Travel Tip #7: If you are speaking at a presentation out of town, always make certain you have your powerpoint slides on a flash drive – do not assume they received them or did not accidently delete your slide deck.

Tech Travel Tip #8: Use a well padded travel bag for your tech items.

Tech Travel Tip #9: Before you leave the TSA section of the airport, check to make sure all your equipment made it back into your travel bag. Every time we travel we hear the “Will passenger Jingleheimer Schmidt please report back to TSA for your computer.” TSA gathers hundreds of tech products each day from passengers like us who are so focused on getting to our travel gate, that we forget to repack our stuff.

Tech Travel Tip #10: If you DO forget or lose your charging cords, BEFORE you go buy a new one, check with the concierge desk of the hotel where you are staying. Quite often they have a box FULL of cords left by past guests.

Recently, we were on the road speaking to a professional association and had a power cord die on us. We were able to use a charging cord for four days while were at the hotel and then returned it to the same front desk person. She smiled and told us that we were the only people who had ever returned a borrowed cord.

A BONUS: Since we always like to give our audience a bit more than they expected, here is Tech Travel Tip #11: Batteries. Start with fresh ones from home and bring extras with you. It is amazing how much the battery availability varies from country to country. Especially all those little, round ‘watch’ type batteries. If you want help in preparing your travel, please don’t call Hank and Sharyn Yuloff. But for a free assessment of your marketing program, you can get a free half hour with them when you go to www.FreeMarketingConsultation.com. Hank and Sharyn Yuloff are business coaches specializing in marketing, sales and human resources.

For Valentine’s Day, Share a Pizza Your Heart

Looking to spend the night in on Valentine’s Day? Or want to show your love through the gift of grub?

Ameci Encino is offering specialty heart shaped pizzas for Valentine’s Day! Choose from their array of toppings to craft a pizza heart perfect for sharing with your loved one or indulging in yourself!

Those interested in ordering a heart-shaped pizza are asked to call in to the store to preorder at (818) 906-0597.

Feeling extra adventurous? Check out their new hot Cheetos pizza to spice things up!

Ameci Encino is located at 15615 Ventura Blvd.

For all they do to help promote the Chamber, it’s members, and the Encino community!
Cedars-Sinai Opens New Medical Offices in Tarzana

Cedars-Sinai marked a milestone in its goal to bring high-quality care to neighborhoods across the Southern California region by hosting the opening of its flagship medical offices in the San Fernando Valley on January 29, with a ribbon cutting featuring the West Valley Warner Center Chamber of Commerce and Councilman Bob Blumenfield.

The 40,000-square-foot location at 18133 Ventura Blvd. features a multidisciplinary cancer center, with orthopaedic specialists from the Cedars-Sinai Kerlan-Jobe Institute and an internal medicine office following soon. The facility is a short drive from Providence Cedars-Sinai Tarzana Medical Center.

“We are on a mission to bring our doctors and care closer to where our patients live and work,” said John Jenrette, MD, executive vice president of the Cedars-Sinai Medical Network.

The Tarzana location offers extensive cancer care, including radiation oncology, medical oncology and an infusion center, surgical oncology and diagnostic imaging.

“We’re the first to provide the Valley area with a full range of cancer services from an academic medical center,” said Dan Theodorescu, MD, PhD, director of Cedars-Sinai Cancer.

“We believe it’s important to make life less complicated for our cancer patients. By offering comprehensive care in a convenient location, we hope to accomplish that,” Theodorescu said that a lot of patients who have cancer have been going over the hill for treatment. “Often times they are just too tired to drive that far – our goal is to treat the whole patient. If we make facilities closer it benefits our patients who can get everything here in one stop.”

The clinics also will include on-site labs and X-ray services. Most forms of insurance are accepted, including HMO, POS, PPO and Medicare.

Theodorescu told Valley News Group, “This is the golden age of cancer research. There are amazing advances being made that are now being implemented. We are at the beginning of the end of this disease.”

“We are proud and excited to be opening our flagship Valley medical offices in Tarzana,” said Cedars-Sinai President and CEO Thomas M. Priselac. “We are ensuring that a community of expert physicians and caregivers is right there, ready to make a difference.”

He said the San Fernando Valley is vital to their vision of making Cedars Sinai services available to more patients. He said, “Our patients are a profound source of inspiration to us and deserve the best care close to home.”

To learn more about Cedars, visit cedars-sinai.org.

The Departments of Neurosurgery and Neurology invite you to a free seminar

UCLA movement-disorders specialists will discuss treatment options, including medicines, surgery (deep brain stimulation) and noninvasive therapies, to cope with tremors.

Saturday, March 28, 2020
Registration: 9 – 9:30 am
Presentation and Q&A: 9:30 am – Noon

Topics include:
• Coping strategies
• Surgical therapies — deep brain stimulation (DBS)
• Medical treatments
• Noninvasive treatments — focused radiation and ultrasound

Ronald Reagan UCLA Medical Center
Tamkin Auditorium, B level
757 Westwood Plaza
Los Angeles, CA 90095
RSVP
Please register by Thursday, March 26, 2020
310-571-5741
ucla.tremor@gmail.com

John Jenrette, MD, executive vice president of the Cedars-Sinai Medical Network, speaks at the opening.

Refreshments will be provided
Support provided by: Abbott, Medtronic, Boston Scientific and Insightec

Cedars-Sinai marked a milestone in its goal to bring high-quality care to neighborhoods across the Southern California region by hosting the opening of its flagship medical offices in the San Fernando Valley on January 29, with a ribbon cutting featuring the West Valley Warner Center Chamber of Commerce and Councilman Bob Blumenfield.
The cancer experts you trust, now closer to you.

Cedars-Sinai Cancer Care Available In Tarzana

Cedars-Sinai is bringing comprehensive cancer care right to your neighborhood. Now, getting the care you need is more convenient than ever with medical oncology, radiation oncology, surgical oncology and imaging all under one roof.

1-800-CEDARS-1
18133 Ventura Blvd, Tarzana, CA 91356
cedars-sinai.org/valley

Most insurance plans accepted.
The Beauty of Movement

By Allie Priore

I often take for granted the sheer fact that I have the gift of movement. That I am capable of choosing to use the power and strength of my body on any given day. When a tragedy like the one that took place two Sundays ago happens, you get a nice dose of perspective. Especially when it strikes suddenly and happens in your own backyard.

This past week has been a hard one full of many different emotions. As we try to process as a city this tragic event that occurred and honor those lives lost, it is important to make sure we are taking care of ourselves. One way to do so is to find strength through movement.

All week I have not been able to think of anything except the preciousness of life. We are so lucky to be alive and to be able to move our bodies — truly being aware of the strength and power we possess.

We have the choice and the ability to move our bodies on a daily basis — whether that simply be taking a walk, going for a run, or taking your favorite workout class. Whatever it is we get to move, we get to be alive.

I have also been thinking a lot this week about how in an instant all of that can be taken away from us. Too often I think we take for granted the beauty of movement. The sheer fact that we house a body that allows us to move is incredible.

In times of hardship, the gift of movement can be the most special. When you move your body you are finding a release. You are allowing yourself to tune in to what is going on internally. You give yourself a chance to feel empowered. It helps you find that strength that you think you have lost.

So as we, the city of Los Angeles, continue on in these next few weeks and months ahead, I encourage you to continue to move and be grateful that you are able to. I encourage you to find healing in movement. I encourage you to try different forms of movement and explore all the options that are available to you.

Remember that you are stronger than you think. Vow to live each day to the fullest. Most importantly, do not take anything for granted. Allie Priore is a certified Pilates instructor based in the LA area and has been a professional in the industry for six years.
Our San Fernando Valley hospitals and physicians are committed to creating healthy communities. **We’re here when you need us.**

**Encino Hospital Medical Center**
- 24-Hour Emergency Department
- Acute Rehabilitation Services
- Outpatient Rehabilitation Services
- Gastrointestinal Services
- Geriatric Psychiatric Services
- Imaging/Radiology Services
- Laboratory Services
- Multi-Specialty Surgical Services
- Primary Stroke Center
- Subacute Nursing Care Center

**Sherman Oaks Hospital**
- 24-Hour Emergency Department
- Cardiac Cath Lab Services
- Center for Reconstruction and Wound Healing
- Hyperbaric Oxygen Therapy
- Gastrointestinal Services
- Geriatric Psychiatric Services
- Imaging/Radiology Services
- Laboratory Services
- Multi-Specialty Outpatient Clinic
- Multi-Specialty Surgical Services
- Primary Stroke Center
- Subacute Nursing Care Center

**You are our community. We are your hospitals.**
ENTERTAINMENT CALENDAR
brought to you by

LAPD West Valley Welcomes Captain III Espinosa

Join the West Valley LAPD for their “Toasts and Smokes” event welcoming West Valley’s Captain III Paul M. Espinosa on Wednesday, February 19, at 6:30 pm. Held at Joey’s Cigars (17022 Ventura Blvd), a ticket will afford you two cigars, drinks and food. Tickets are $100 and are available to purchase at the door or by calling Sgt. Avila at 818-374-7694. Checks should be made out to West Valley Boosters. All proceeds from this fundraiser benefit the West Valley Station.

Love the Nighttrek Column? Enjoy it Live at the Library!

NIGHTTREK is putting on a “Star Show” at the Encino Tarzana Library on Thursday, February 20, at 6 pm. Grab your friends and family and come out to the event as Encino Enterprise’s own Neill Simmons reviews great new events in astronomy. He’ll look at current projects at NASA and JPL that are developing. You’ll also learn about the winter sky and how to see the naked-eye planets, plus lots of fun astronomical trivia. For more info call the library at (818) 343-1983.

Sweets for Your Sweet!

Celebrate Saint Valentine with jewel-toned macarons delicately piped and filled with buttercream and white chocolate ganache. During this specialty three-hour themed class at Sur La Table Woodland Hills on Friday, February 14, at 9 am, you will practice the techniques for folding, piping and baking your own macarons. You’ll learn to make almond macarons with raspberry lemon buttercream and gold-dusted vanilla bean macarons with white chocolate rose ganache. Sweet gifts for your sweet! Class is $69 per person. Those interested can sign up on the Woodland Hills page at surlatable.com

Valentine’s Day Pottery Class

Enjoy a special date night at Bitter Root Pottery at Westfield The Village on Friday, February 14, from 11 am to 9 pm. Channel your inner “Ghost” scene with a loved one and experience a two-hour Valentine’s Day pottery date that includes wine, cheese, and chocolates! Ages 21+, $150 per couple. For those interested, RSVP is required at thevillage@bitterrootpottery.com

Valentine’s Storytime & Activities

Discover a heartwarming story in this interactive book that shows us how love grows for our dearest friends and family! This special Storytime at Barnes and Noble Studio City on Saturday, February 8, at 11 am features fun activities following the reading of Always More Love by Erin Guendelsberger.

Valentine’s Fairy Tea Time

A Faery Hunt is hosting a special Valentine’s tea on Sunday, February 9, at 11:30 am at the Tarzana Community and Cultural Center. Each table will be hosted by one of A Faery Hunt’s charming fairies with a decadent spread including English tea sandwiches, shortbread cookies, fairy fruit and veggies, plus fairy tea! Come dressed in your fairy, prince or princess finest attire and enjoy circle-time story time with the fairies, music, dancing and surprises. Space is limited for the Fairy Tea Party, so get your tickets now for this catered event. $45 a person. Call to reserve your seat at 818-324-6802.

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Mural Mile’s Newest Addition

By Britt Campbell

Happy 2020 Encino! We’ve talked murals, and maybe you’ve gone so far as to check out The Great Wall of Los Angeles featured in 2019. Well, public art enthusiasts, closing out 2019 brought the San Fernando Valley another major accolade – the completion of the largest above-ground mural in almost 50 years.

“Rushing Waters” by Levi Ponce is the newest addition to Mural Mile in Pacoima.

Beautiful encourages the use of the arts to empower community development. As it stands, Mural Mile is a three mile stretch of Van Nuys Boulevard between Arleta and Glenoaks. There are over 30 murals that highlight prominent features (Hansen Dam, the Sylmar Aqueduct, San Gabriel Mountains, the Los Angeles River, Whiteman Airport) of the San Fernando Valley.

Ponce thanks the work of Sandoval, Pacoima Beautiful, and Councilwoman Rodriguez for the part they have played and continue to play in the success of Mural Mile.

Ponce’s “Rushing Waters” comes in at 25 feet tall and 500 feet long. It is located on San Fernando Road along the Metro Link and can be accessed by driving down San Fernando or when exiting the 118 Freeway.

Two key features of “Rushing Waters” are a 25-foot tall Tataviam woman, and blue “forget-me-not” flowers.

Each image becomes a symbol for the resilience and strength of community. The woman was painted by artist, Erica Friend in collaboration with Tataviam elders. The blue “forget-me-not” flowers express eternal remembrance for Armenian people. The mural stands on what was once Tataviam land, and the owner of the building is Armenian. Pacoima is quietly working to situate itself as the destination for art revitalization. Artists, grassroots organizations, local government and local businesses have come together to create something uniquely Pacoima, and uniquely SFV.

So rush and don’t wait to see the newest addition! Britt Campbell is a second generation Angeleno who lives in the San Fernando Valley. Campbell currently works at The Autry Museum in Los Angeles.

Let’s back up just a little… What is Mural Mile? Pretty much the most positive female boss energy I’ve come across in a long time.

One key player is Pacoima local and muralist, Kristy Sandoval. After attending school in San Francisco, Sandoval came back to her hometown and wondered why there was no sign of mural culture. She took it as a vocation to try to share her knowledge and experience by teaching mural design workshops all over the Northeast Valley.

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Sandoval started this work in the 2000’s, but Pacoima’s revitalization from within was work that Environmental Justice Group, Pacoima Beautiful, has been seeking since its founding in 1996. Started by a team of mothers to address the poor air quality and other toxic elements in the Northeast Valley, Pacoima received some strength of community. The mural stands on what was once Tataviam land, and the owner of the building is Armenian.

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Free FIDM Exhibit Showcases Costumes

Celebrating the creativity of Costume Designers for film in 2019, the FIDM Museum will present the “Art of Motion Picture Costume Design” exhibition for the 28th year. The exhibit showcases costumes created by all five Academy Award nominees.

Representing the past year in cinema, visitors will see over 100 outstanding costume designs from 29 films and all five Academy Award nominees for Costume Design including “The Irishman” by Sandy Powell and Christopher Peterson; “Joker” by Mayes C. Rubeo; “Rocketman” by Mark Bridges; “Little Women” by Jacqueline Durran and “Once Upon a Time…in Hollywood” by Arianne Phillips.

This major exhibition is the only one of its kind in the world that pays homage each year to the creativity of the costume designer for film with a museum show of outstanding costumes and Oscar® nominated designs.

The exhibition is free to the public through Saturday, March 21. Visitors’ hours are Tuesday through Saturday, 10 am to 5 pm, closed Sunday and Monday.

FIDM Museum is located on the campus of FIDM, a college specializing in multi-disciplines of design.

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(continued from page 1) regional heritage would not be Spanish, but rather African, as it was named after, you guessed it, Tarzan, king of the jungle. Edgar Rice Burroughs, the author of the “Tarzan” books, built a sprawling estate in the hills overlooking what is now the arid region was blessed with the Fernandina Valley just before this particular part of the real estate syndicate Harrison Grey Otis who was named Reseda. It was named Encino was not originally just north of Tarzana and was built on arid land just before the water arrived actually bought most of the San Fernando Valley just before this dry farmland was blessed with the water controversly transported down to the L.A. region from the Owens Valley via the California Aquaduct. The syndicate, who by no accident purchased the low-priced dry farmland just before the aqueduct they proposed and pushed for was approved, named many of the neighborhoods in the Valley. Imagine what a birthday present that was from your old dad Harrison. “Honey, I know last year we got you a pony…this year we’re giving you a city.” This is actually quite common with real estate developers. They name cities, streets and parks in the communities they build after favorite family members. I’m sure you’ve all seen a “Donna Drive,” or “Heather Way” in your travels. I just wonder whose unlucky daughter was named “Shoup?” Now back to Reseda, long after Harrison, or Marian, who was coincidently married to Harry Chandler (the daughter got a city, the son in law only got a street) developed and sold off the town of Marian, the local residents got together sometime in the 1940’s and renamed it Reseda after the fragrant plant “Reseda Oderata.” Apparently that was the favorite plant of one “Mrs. Turner” (first name lost to history). Mrs. T apparently rallied, organized or bullied the locals into renaming Marion after a smelly plant as 92 of them convened and agreed to rename to Reseda. As of this publishing our research has not been able to confirm how many votes the runner up name “Dichondra” received. Apparently the name of Chatsworth was bestowed by real estate developer George R. Crow and it stuck, long and it stuck, onward. If you are a Tarzana resident embarrassed by your way, I’ve been to lush, green Chatsworth striking in its own unique way, I’ve been to lush, green Derbyshire and also to the English baroque manor house and somehow the similarities have escaped me. Woodland Hills also started out in life with a different name. The above mentioned syndicate who bought cheap farmland just before the water arrived actually bought most of the valley in separate partnerships, though all were a mixed bag of relatives or shell companies associated with one or more of the big hitter Booth/Chandler/L.A. Times family, the O’Melvany family and the family of L.A. banker Moses Sherman. As an aside, all these guys were there to welcome the first water when it cascaded down the open spillway just above what is now the 5 Freeway before being diverted to the east, west and south portions of their previously nearly worthless land. I would like to imagine that Moses was at the lever that “parted the waters.” Now back to Woodland Hills. The syndicate didn’t bother to come up with a name for this region before they sold most of it to one Victor Girard (born Victor Girard Kleinberger who lived and died at Ellis Island) who subdivided it into residential partials and sold them off to his “suckers,” who lured from downtown with free lunches. So the next time you find yourself traversing through town, take a beat to soak in the unusual, and quite frankly sometimes comical names that form the story of the town you call home.
Nighttrek: What to See in the February Sky

By Neill Simmons

The highlight of February is being able to view the swiftest planet, Mercury.

Look in the early evenings of February 10, 11, and 12. This planet will be at its highest point in the west. Try to get to high ground so you have a good view of the horizon. The Sun sets about 5:30 pm so go out around 6 pm to look. First notice a bright point of light which is the planet Venus. Mercury will be right below Venus. Remember Mercury is so quick it makes the trip around the Sun in 88 days!

All month long, Venus gets brighter and brighter in the west. Make sure to look west on the 27th and 28th when the beautiful, thin crescent Moon will be near this dazzling planet.

Mercury is so quick it makes the trip around the Sun in 88 days!

Every night in February the greatest constellation, Orion, stands upright in the southeast night sky. Remember, in Greek mythology, Orion, was the son of the God of the Sea, Poseidon.

Orion has been making exciting news! Normally, the two shoulder stars of Orion are both very bright. Go out and note the one on the left, Betelgeuse, the red giant, is dim! Astronomers think it is close to exploding into a Super Nova. If that happens it would be brighter than the Moon! However, it could happen now, or in 100 years, as no one knows exactly when it will occur.

Under the constellation Orion is the brightest star in all the night sky, Sirius. Notice early in the evening that the star twinkles white, red, and blue when it is low near the eastern horizon.

Next to Orion is the Zodiac constellation, Taurus the Bull. The giant red star, Aldebaran, signifies the bull’s eye. In Greek mythology, Orion is fighting Taurus for his life.

February 9 brings the full “Hunger” Moon. The Native Americans’ food reserves were very low and the snow was deep on the ground so it was hard to hunt, hence the name.

Ranger Scott of the U.S. National Park Service put on a “Star Party” at Paramount Ranch in Agoura Hills on Saturday night, February 1. Participants enjoyed the beauty of the winter night sky with several telescopes on hand. For more information on future events, the phone number is 805-370-2301. These are typically FREE events. Make sure to get there when it is still light as it gets very dark in that area and may be hard to find.

Griffith Park Observatory is having a FREE star party on February 29 on the front lawn. This event is from dusk to 10 pm.

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For more info call the library at 818-343-1983. The address is 18231 Ventura Blvd, just past Reseda Blvd. Hope to see you there at 6 pm.

When not star gazing, Neill Simmons is a Wealth Advisor with LPL Financial in Woodland Hills. If you have any questions, he may be reached at (818) 936-2626 or neill.simmons@lpl.com.

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