SPECIAL HEALTHY NEW YEAR ISSUE

ENCINO ENTERPRISE

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NEWS IN BRIEF

ONEgeneration to Host Vaccine Clinic February 18

Save the date! ONEgeneration will be holding a Vaccine Clinic at the Encino Farmer's Market on Sunday, February 18, from 9 am to 12 pm. Vaccines available include COVID, flu, shingles, pneumonia and RSV. Health insurance is required for all the vaccines, except COVID, although it is requested if possible. A photo ID is required for all. For more information, call 818-738-9927.

Taste of the Valley Set for April 18

Valley Cultural Foundation has announced that their annual Taste of the Valley event is back on April 18 at Topanga Social. Indulge in a variety of drinks, food and music! Doctor Wu - the music of Steely Dan - will be the entertainment and food vendors include Jay Bird's Chicken, Fat Sal's Deli, Tail O' the Pup, Primos Donuts, Hey Hey tea, Dtown Pizzeria, Wanderlust Creamery, Burrata House, Dumpling Monster, I Love Micheladas, Man Eating Plant, Poke Me, and ShrimpDaddy's. Plus, candy, coffee, margaritas, whiskey, beer and so much more! Tickets now available at ValleyCultural.org.

San Fernando Valley Business Journal Folds Into L.A. Edition

After 28 years the *San Fernando Valley Business Journal* is merging with the *Los Angeles Business Journal*. The new format will be a bimonthly magazine titled *Inside the Valley*, inserted within the pages of the Los Angeles edition. Publisher Josh Schimmel said that, "*Inside the Valley* will don the *Los Angeles Business Journal* masthead and will continue to cover important business developments, economic trends and newsmakers, but in a way that will have greater longevity. *The Business Journal* will continue to expand Valley business events including panels discussions, networking receptions honoring Valley leaders, and recognition programs from the commercial real estate awards to our women's leadership symposium and our diversity, equity and inclusion program." The new magazine will debut in March.

Street Takeovers and Street Racing Taking Over Valley

Deadly Race Kills One Wednesday on Topanga

It was insane. It was terrifying.

We pulled up to the red light at Fallbrook and Roscoe last Saturday night. Nothing unusual, and then out of nowhere a car roared into the intersection and began doing skids in front of us. Fifteen feet in front of us. We had nowhere to go and no way to get out. Stunned - we could only watch in horror.

That car roared off down Fallbrook and a truck took its place. Bigger, faster, and louder. Closer to our car than the first.

It seemed that suddenly there were 50 people in the intersection, cheering on the driver and his passenger who was hanging out of the car filming himself.

It's one thing to write about it. Another to experience it. According to residents, the street takeover went on for at least another hour at the intersection. We were able to jam out of there only when there was a break in the action. Facebook posts the next day reported that one car actually crashed into a bystander's vehicle.

It could have been us.

Street takeovers and street racing are taking over the valley.

Wednesday morning two cars were speeding down Topanga Canyon Blvd. and the resulting crash left one person dead.

Just after 1 am near Topanga and Vanowen a Toyota Camry and Mercedes were, according to witnesses, allegedly racing. When the Mercedes clipped the Toyota, the driver lost control and slammed into a light pole, splitting the car in two and killing him.

Photo: YahooNews

Alleged street racing kills one in Canoga Park.

The driver has been identified as 26-year-old Alejandro Lopez Munz of Northridge. The driver of the Mercedes has not been located at presstime.

Many of the incidents of street takeovers and racing, including the one we reported just last week in the papers, are attributed to people seeking Internet fame through these stunts.

"The popularity of street takeovers is the monetization for social media," Deputy Chief Donald Graham of LAPD's Traffic Division has said. "The more reckless, the more dangerous the footage can be, the more they increase their following on social media."

Street racing tends to happen in the valley on the straight, long boulevards that run from north to south, such as Valley Circle, Kanan, Tampa and White Oak. Detective Barrigan of LAPD's Valley Traffic Division, says there are several reasons for that. "The west end of the valley has such long, wide streets - Ventura Blvd., Valley Circle, Vanowen and Victory - that we're seeing an increase in speed racing. That the streets are so long and wide seems to be the attraction. Tampa is another one they see as an 'open road' so they use it for racing also," he added.

And so often the racing leads to death:

Young woman killed at Topanga and Dumetz - 2022

Hit and run killed pedestrian on Ventura Blvd. -2022

An innocent woman in a Prius on Valley Circle - 2021

Two children in a crosswalk - 2020.

Truck driver killed by 17-year-old - 2019.

Fatal crash, Ventura at Del Moreno - 2017.

Three dead at Ventura and Desoto - 2016.

Those are just the ones we've reported.

And today, tragically, we add another to the list.

CALENDAR

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call 818-994-SING (7464)
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Say hello to the new Sherman Oaks/Encino Chamber of Commerce.

As a local business, your company creates jobs, hope and opportunity.
As the newly-merged Sherman Oaks/Encino Chamber of Commerce,
we are a stronger, even more exciting advocate for business owners.
And we're here to get you what you need to succeed.
Got a problem? Need some help? Want to make new connections?
Join us today.
Call 818-906-1951 or email us at hello@shermanoakschamber.org.

Discover what we can do together.

SHERMAN OAKS/
ENCINO CHAMBER
OF COMMERCE

Community Calendar

* The Sherman Oaks Encino Chamber of Commerce will host their monthly "Lunch Break Live" on Thursday, February 8, from 11:30 am to 1:30 pm at Frida (15301 Ventura Blvd.). Cost is $30 for members and $45 for others. To RSVP, visit shermanoakschamber.org.

* Join the West Valley Regional Library on Friday, February 2, at 4:30 pm for the Black History Pioneers Workshop to celebrate Black History Month with Dr. Thomishia Booker. You will learn about the multifaceted Mae Jemison and her contributions to history and then create your own rocket ship and set goals to soar into the future!

* The United Chambers of Commerce will host a free District Attorney Candidate Forum on Tuesday, February 15, at 6 pm. The event will be moderated by Frank Mottek of KABC radio and 12 candidates have been invited, including current Los Angeles District Attorney George Gascon. The forum will be held at Shepherd Church, 19700 Rinaldi Street in Porter Ranch. Registration is required and no walk-ins permitted. Register at unitedchambers.org.

* The San Fernando Valley Audubon Society will be holding their monthly Sepulveda Basin Bird Walk on Sunday, February 4, from 8 to 11 am. This is their premier walk, perfect for first-time bird enthusiasts or young birders! For more information, and where to meet, visit sfvaudubon.org/events/sepulveda-basin-bird-walk.

* Tap into your innate creativity while relaxing in a fun and creative way through the use of coloring pages. Those interested in adult coloring sessions are asked to join the Encino Tarzana Library on Monday, February 5, at 6 pm. All materials provided, thanks to the support of the Encino-Tarzana Friends of the Library.

* Join TreePeople and the City of LA at the West Valley Regional Library on Wednesday, February 7, at 5:30 pm for a free workshop to learn about the urban forest in Reseda and share your vision. Your feedback will help shape Reseda's first Urban Forest Management Plan, a roadmap for the future of trees in our communities. Participants will receive a free fruit tree and native plant and light refreshments will be provided.

* Jerk Wings Cafe is offering "relationship building" cooking classes for parents and children on February 3 and 17 and March 16 and 30 from 9 am to 10:15 am for "Mommy & Me" and 10:45 am to 12 noon for "Daddy & Me." Learn to cook dishes from around the world with guest chefs and enjoy bonding time. The classes are held at 8300 Tampa Avenue. $75 for one parent and one child. There is no age limit. Email jwcmarketingandevents@gmail.com or call (747) 237-7244 to register.

* The Tarzana Community and Cultural Center will be holding adult watercolor classes on February 7, 14 and 21, from noon to 2 pm. Enjoy expression through art while connecting with like-minded developing artists! Cost is $20 per class. Those interested in attending are asked to call 818-705-1286 or email info@mytarzana.org.

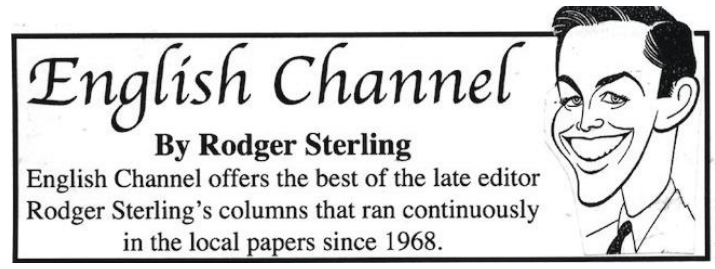
* Join the United Chambers of Commerce's monthly Government Affairs Committee on Monday, February 12, at 12 pm. It is made up of members from local chambers who want to have a stronger voice in state and local government! Hear updates from elected officials' representatives and discuss issues affecting the business community. Register by 12 pm on Friday, February 9 to receive the Zoom link and meeting packet. Details at unitedchambers.org.

* Save the date and save a life! Saint Cyril of Jerusalem Church will be holding a blood drive on Sunday, February 20, from 8 am to 2 pm. Visit redcrossblood.org and enter sponsor code SCJCC.

People in the News

For the fourth consecutive year, the **Math Club at Crespi Carmelite High School** in Encino has secured the title of National Champions in the Arete Labs Math Madness Challenge, competing against over one thousand students nationwide. Under the leadership of team captains Eddy Zhou, Kevin Liu, and Vincent Chen, these math prodigies engaged in the online, team-based tournament-style competition every week since early October.

Individually, Vincent Chen achieved a flawless score of 150 out of 150, while Kevin Liu followed with an outstanding score of 149.5 out of 150 on the AMC 12 in early November. These exceptional scores have earned them well-deserved invitations to the American Invitational Mathematics Examination in February. Notably, Chen and Liu join the esteemed ranks of Crespi alums Luke Jones '24 and Devin Shen '24 as the only students to achieve such recognition and invitation.



Do you know what the Stella Awards are? They are named after 81-year-old Stella Liebeck who spilled hot coffee on herself after taking the lid off and putting the cup between her legs while driving. She sucessfully sued McDonald's. So these are awards for the most outlandish lawsuits in the US. Here are some top winners:

- The woman in Texas who was awarded $80,000 by a jury after tripping over a toddler and breaking her ankle in a furniture store. The toddler was hers!

- The 29-year-old in LA who won $74,000 plus medical expenses when his neighbor ran over his hand. The 19-year-old was trying to steal the hubcaps at the time.

- The idiot who burglarized a garage and couldn't get the automatic garage door to open, so he survived eight days on Pepsi and dog food he found in the garage. Awarded $500,000 for his anguish.

- Another brilliant woman was awarded $12,000 and dental expenses for falling from a bathroom window to the floor, knocking out her two front teeth. At the time she was attempting to climb through the window to avoid paying the $3.50 cover charge to enter the club.

Lisa Goldman and **Star Tomlinson**, above, have opened Core Bungee Fitness Plus in Tarzana. Tomlinson is the award-winning owner of The Drain Co., and Goldman is a fitness enthusiast who opened her own cycling studio in 2015. Core Bungee Fitness takes their business acumen and love of staying active while having fun and transforms it into a studio that offers classes in bungee fitness, indoor cycling, Zumba, yoga and "laughter yoga." There is also a smoothie bar on the premises. A bungee workout synthesizes components of Pilates, yoga, dance, circus and aerobics. With the bungee harness and cord as your apparatus, you can take to the air with moves and poses that may have previously been inaccessible. Their motto is "When you don't like to exercise but love to have fun!" Core Bungee Fitness Plus is located at 19397 Ventura Blvd. For more information on classes and their "buy one get one free" offer call (833) 286-4333, email hello@corebungeefitnessplus.com or visit corebungeefitnessplus.com.

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PHONE 818.313.9545 FAX 818.302.1417
Email: EncinoEnterprise@gmail.com
22025 Ventura Blvd. #303 Woodland Hills CA 91364
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Campaign Coverage

Andreas Farmakalidis for LAUSD District 3: A Champion for Music and Arts in Schools

Andreas Farmakalidis

Andreas Farmakalidis, a renowned music educator and business owner, will be on the ballot for LAUSD District 3 School Board.

As an independent candidate, Farmakalidis brings a fresh perspective and a passionate commitment to revitalizing music and arts programs in schools. With a proven track record of success and a vision for a brighter educational future, Farmakalidis aims to provide every child with a well-rounded education. Farmakalidis is not just an exceptional educator and business owner; he is also an accomplished movie composer, having contributed music to several renowned films.

His talent and dedication earned him a prestigious Spotify and Hollywood Music Award. Beyond music, Farmakalidis enjoys cooking, specializing in Greek and Cypriot cuisine. He is happily married to Alexis Lopez, a former *American Idol* finalist, and together they embrace the joy of parenting their two-year-old daughter, Mavis. Known for his unwavering hard work, dedication, and passion, Farmakalidis has always championed causes that are close to his heart, especially education.

With a diverse and vibrant community in LAUSD District 3, Farmakalidis recognizes the unique challenges and opportunities that lie ahead. His commitment to this district is rooted in the belief that every child, regardless of their background or circumstances, deserves a high-quality education that equips them with the skills and knowledge they need to succeed in life.

"I have witnessed firsthand the transformative power of education in the lives of young people and the broader community," says Farmakalidis. "It is our responsibility to invest in our schools, teachers, and students. By ensuring safe and welcoming learning environments and providing necessary resources and support to our educators, we can achieve equity and inclusivity in our educational system. Every child should have a fair shot at achieving their dreams."

Furthermore, Farmakalidis is dedicated to fostering strong partnerships between schools, parents, businesses, and the broader community. Recognizing that collaboration and engagement are essential to address the unique needs of the district, he aims to create opportunities for learning, growth, and success for all. In addition to his commitment to academic excellence, Farmakalidis firmly believes in the importance of the arts in education.

He envisions a District 3 where every child has access to a comprehensive arts education, regardless of their background or neighborhood. By investing in music, visual arts, theater, and dance programs, and providing students with the necessary tools and resources, Farmakalidis aims to inspire creativity, foster innovation, and provide a powerful means of self-expression. The arts play a crucial role in developing critical thinking skills, enhancing cultural awareness, and building empathy by exploring diverse perspectives.

"I am running for LAUSD District 3 because I believe that, with the right leadership, we can make our schools even better, provide our children with a brighter future, and strengthen our community as a whole," says Farmakalidis. "Together, we can work towards a brighter, more equitable future for all our students."

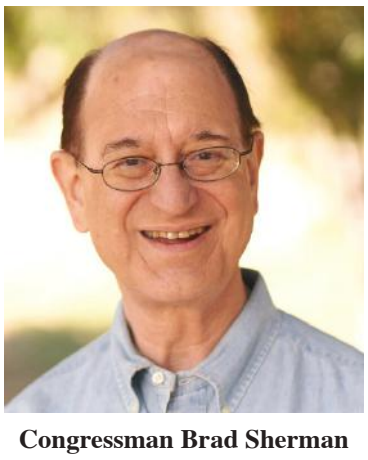
In the upcoming election, LAUSD District 3 voters have a choice to make. Farmakalidis stands out as the only candidate who prioritizes bringing music and arts back to schools, recognizing the profound impact they have on students' development and growth.

The stakes are high in this election.The right candidate can shape the future of education in LAUSD District 3, ensuring that every child has access to a high-quality education and the opportunity to thrive. Andreas Farmakalidis's proven dedication, commitment, and passion make him the ideal candidate to lead the way.

For more information on Andreas Farmakalidis and his campaign, please visit www.lausd3.com Follow him on social media @afarmakalidis.

All statements are the personal opinions of the candidates who submitted them and do not reflect those of Valley News Group.

Brad Sherman for Congress



Congressman Brad Sherman

Brad Sherman builds coalitions and works tenaciously to get results.

Brad Sherman has held more than 250 Town Hall meetings. He has helped thousands of residents unsnarl problems with federal agencies and receive the benefits they have earned.

Brad Sherman cosponsored the Consumer Financial Protection Act and the Credit Card Holder Bill of Rights which have saved Americans billions of dollars.

Brad Sherman supports the Federal Assault Weapons Ban and earned an "F" rating from the NRA.

Brad Sherman cosponsored the Women's Health Protection Act, which would guarantee the rights established in Roe vs. Wade.

Brad Sherman's voting record has secured the following ratings: NAACP, 100%; Human Rights Campaign, 100%; Planned Parenthood, 100%; AFL-CIO, 100%; Brady Campaign to Prevent Gun Violence 100%; and a nearly 100% lifetime rating from the Sierra Club and League of Conservation Voters.

Brad Sherman is endorsed by the Democratic Party of the San Fernando Valley.

From the Desk of Councilmember Nithya Raman:

It's been an incredible honor to serve as Encino's Councilmember for the last two years. Since the redistricting process brought Encino into Council District 4 at the beginning of 2022, I've worked with so many constituents and neighborhood leaders to address the community's most urgent priorities, and I'm proud of our record of dedicated service as I embark on my first re-election campaign.

For those who may not know me, I'm the mother of twin second graders and an urban planner by training. I was educated at Harvard and earned a Masters in Urban Planning at MIT, and after several years working in my birth country of India, I moved to LA and worked to address homelessness as a volunteer in my neighborhood.

When I first took office in the middle of the COVID-19 pandemic, there were large tent encampments across our district. We quickly built the largest in-house team of any City Council district, and through our work bringing people indoors, we were able to achieve our district's first decrease in street homelessness since 2016 in our first year in office. In Encino, we've removed tent encampments at Genesta Park and under overpasses along the 101 by connecting people with shelter resources.

Improving public safety is a major priority of our office, and I'm proud that Council District 4 saw reductions in both violent and property crime in each of the last two years according to LAPD data. Because CD4 covers the hillsides, we've also focused on disaster and wildfire preparedness, and have held workshops across the district including at Lanai Road Elementary.

Improving public safety is a major priority of our office, and I'm proud that Council District 4 saw reductions in both violent and property crime in each of the last two years according to LAPD data

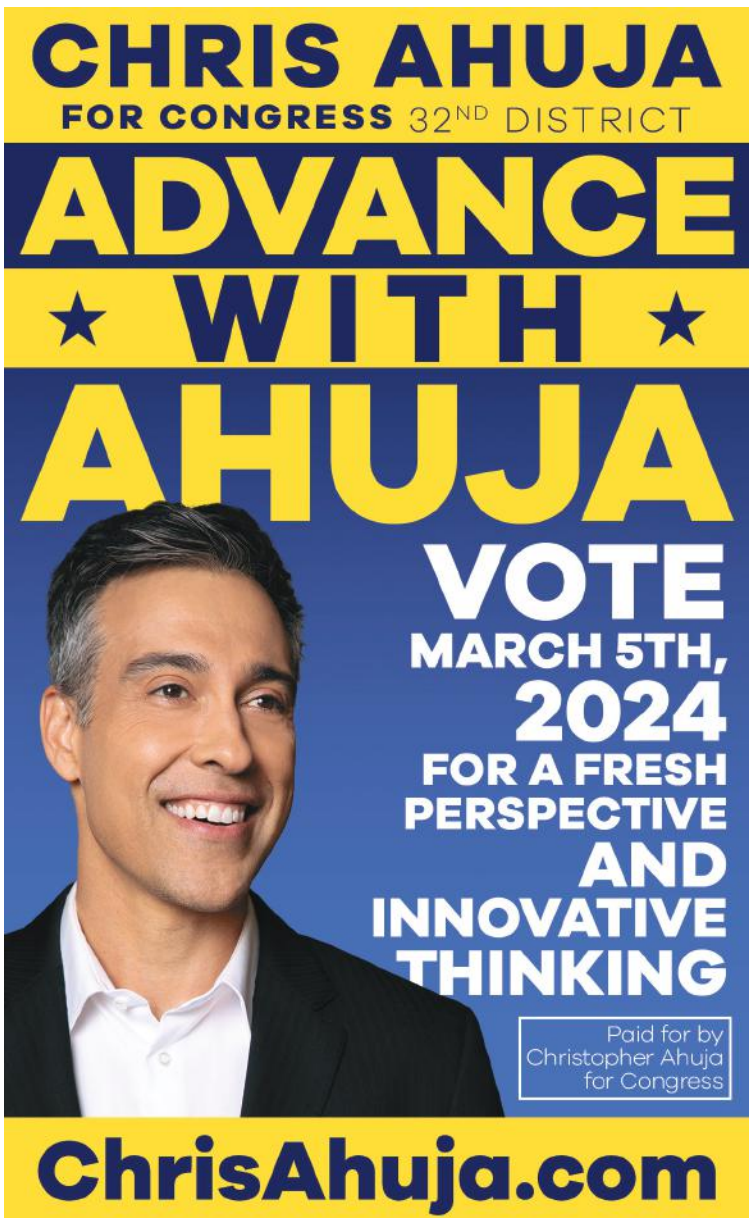
Traffic issues are a common concern for Encino residents, so our team has worked to improve conditions in multiple ways. We've installed traffic infrastructure like a special signal to reduce cut-through traffic at Ventura and Andosol, and we're engaging with community members to address longtime problem areas like the Chick-fil-A at White Oak and Ventura. We've also initiated a community survey on traffic problems in the Encino Hills that will culminate in the implementation of multiple solutions to reduce traffic volume and speed.

I'm proud to have built the broadest coalition of support in this campaign, including from the LA County Democratic Party, the *Los Angeles Times*, many community and labor organizations including the Armenian National Committee of America - Western Region and the California Nurses Association, and dozens of elected leaders including Mayor Karen Bass, Congressman Brad Sherman, and Council President Paul Krekorian.

I have so many wonderful memories in Encino from these past two years – honoring Encino Charter Elementary for its 100th anniversary, celebrating Holy Martyrs Ferrahian School's campus expansion, watching outdoor performances of the Los Angeles Youth Orchestra, and even judging a Halloween costume contest in Encino Village!

Thank you so much for welcoming me and my staff. We've worked every day to make Encino and all of our Council District 4 neighborhoods safe, healthy and joyous places to live, and I'd be immensely grateful for the opportunity to do so for another term.

BUSINESS



Letters of Intent and Certain Mistakes That Could Derail Your Lease Agreement

by Janice L. Miller, Esq.

In the realm of lease negotiations, the importance of a well-drafted Letter of Intent (LOI) cannot be overstated. The LOI is an early-stage foundational document that acts as the cornerstone of the deal-making process, providing a critical blueprint for what is to come. While the primary function of the LOI is to delineate the lease's terms with unequivocal clarity for all parties involved, when it comes to the commercial real estate sector, this becomes especially critical when the idiosyncrasies of real estate law can vary from state to state.

When negotiating commercial leases, certain considerations must be made when drafting an LOI. A few topics to consider are as follows, however this list is by no means conclusive.

Is Your LOI Binding?

It's a common misconception that an LOI is entirely non-binding. While it's true that an LOI typically cannot enforce the entire transaction, certain aspects, like confidentiality clauses and the commitment to negotiate exclusively for a set period, can be legally binding. The enforceability of an LOI hinges on the clarity of these terms and the specific damages for breach, which are often limited to out-of-pocket expenses. However, breaches of good faith negotiation duties can lead to more substantial damages, including potential lost profits.

Include the Most Important Negotiated Terms

An LOI should clearly state all crucial terms agreed upon during initial negotiations but should never leave out these considerations:

Exclusivity agreements, ensuring the tenant's unique position within a property.

Caps on Common Area Maintenance (CAM) expenses, often limited to a certain percentage increase annually.

Tenant Improvement (TI) allowances, specifying the contribution from the landlord and the payment method.

Delivery conditions of the premises, detailing the exact state in which the property will be handed over, including specific fixtures and installations, and if the premises are ADA compliant.

Omitting Deal Killers

A well-written LOI should also include a checklist of all issues that might cause the client to abandon the negotiations. This may even result in the letter of intent addressing some issues that will not be reflected in the lease, such as the prospective tenant successfully terminating a present lease or the prospective landlord successfully removing an existing tenant. Additionally, address any special conditions or 'deal-killers' that might affect the tenant's decision, such as specific operational requirements or allowances.

Ensure Fee Disclosure

While some may wonder if they're inviting costs, it's better to ask up front if the landlord has included all regular or recurring fees in the LOI. Landlords aren't necessarily being underhanded by not including them, but unfortunately, they may assume that it goes without saying. When it comes to fees and costs, the LOI should err on the side of inclusivity which aids in evaluating the overall cost of the lease.

Landlord Contingencies

All landlord contingencies should be explicitly stated in the LOI. This includes any existing tenant conditions, the landlord's financial and legal obligations, and necessary permits and approvals. If any of these prohibit the deal from moving forward, the landlord might agree to cover some of the costs that the potential tenant has incurred to date.

Negotiating Estoppel Certificates & SNDAs

The negotiation of estoppel certificates and Subordination, Non-Disturbance, and Attornment Agreements (SNDAs) is crucial. Considerations should always include:

Allowing ample time for providing these documents.

Protecting reconciliation rights in estoppels.

Ensuring that estoppels do not waive future rights to declare landlord defaults or audit claims.

Throughout these negotiations, it's crucial to replace general knowledge clauses with more specific acknowledgments based on the tenant's current, actual knowledge, without the obligation to conduct further investigations. A meticulously written LOI sets up the foundation of a successful negotiation by establishing trust and understanding between all parties involved. Disclaimer: This article is not meant as legal advice. It is solely for educational purposes.

Miller is the managing partner of Miller Haga Law Group in Calabasas.

Helping Seniors Navigate Selling Their Home

By Scott Friedman

It's a rude awakening when a parent dies. Growing up, my father, Morton Friedman, was the biggest and strongest thing in my life. I was devastated when he passed eight years ago. It also forced me and my mom to make some difficult decisions regarding her future.

We tried live-in help, but in the end the only thing that made sense was to sell her home of 60 years and move into a senior community. This is where it gets interesting.

I found that she had a very difficult time using a computer, had a very difficult time reading the 150 or so pages in a transaction (contract, disclosures, etc.) and had a very difficult time remembering what we discussed.

It took time and patience to walk her through the process of selling her home, sorting her possessions, deciding what to take to a new community – and even choosing that community.

It made me look at my job in a whole new light. Selling a property for seniors, or for children of seniors, requires more than the routine sale and opening escrow. It involves working one-on-one with the seniors, documenting the process, and then making sure they understand step-by-step what they are doing and what decisions they are making.

I have assembled an entire team of Senior Real Estate Specialists (SRES) to work with seniors and the children of seniors to avoid all of these situations.

Selling a property for seniors, or for children of seniors, requires more than the routine sale and opening escrow.

On my team I also have a will and trust attorney, a senior escrow specialist and a member that will pack, move, set up the estate sale and discard unwanted items. We work together to make senior moves as easy and uncomplicated as they can be.

For more information, contact me at 818-317-2011 or scottmfriedman@yahoo.com. Contact me so I can help you and your family.

Scott Friedman is a realtor with the world-famous Coldwell Banker Realty Sherman Oaks. He is also a Seniors Real Estate Specialist, short sale and foreclosure resource and certified negotiations specialist.

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Democrats, Stop!

Do Not Vote for Brad Sherman.

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How Do I Know If I Need Home Health or Home Care?

By Sandy Rosenholz

I often hear seniors discuss the different types of care that they can receive at home. One conversation caught me by surprise when I heard one woman tell another about her positive experience with home health, noting how helpful her physical therapist had been. Her friend responded, "How can I get some of that?" The first woman said, "I'm not sure, I think your doctor has to order it." But her friend's response to that statement made me realize the misconceptions. She said, "Pish posh, tell me what type of exercises he did, and I'll just have my neighbor help me with them. She's not a physical therapist but I'm sure she can handle it."

All I can say is, "Sheesh." Here's how I explain it to clients.

The main difference between the two is that home health is provided at your residence or wherever you are by licensed and skilled professionals such as nurses, physicians and physical therapists. This type of care typically occurs following a fall or surgical procedure. Your doctor orders it through a licensed home health agency. Your doctor defines the needed services, how often, and when they cease. The agency sends the appropriate skilled and licensed personnel to help you meet these healthcare goals. They provide everything from skilled nursing and wound care to physical therapy, pain management, and intravenous or injections.

Although they're different services, they complement each another.

Medicare covers home health.

Home care is non-medical. You or a family member hires a home caregiver through an agency or private arrangement. These individuals are not healthcare professionals and often are family members or recommendations from friends. Their primary function is to help with acts of daily living such as showering and bathing, doing errands, taking you to doctor's appointments or social events, light housekeeping, laundry, meal preparation, medication reminders and companionship.

Due to its non-medical status, Medicare does not reimburse individuals for home caregivers.

Although they're different services, they complement each another. If you're receiving home health, you may need help around the home, which can be provided by an in-home caregiver. Combining these services offers the client a holistic approach to their recovery process.

Sandy Rosenholz, owner of Senior Resources, Inc., helps seniors transition to living situations that suit their lifestyle needs, including independent and assisted living or non-medical in-home care. Sandy pre-screens the senior communities he recommends, offers personalized guidance and consultations, complimentary guided tours by a licensed facility administrator, and compassionate, ethical, and unbiased service. He can be reached at 818-359-2125, via email at SR@SeniorResourcesCA.com or by visiting SeniorResourcesCA.com.

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Scan Me!

For Young Women, Exercise Reduces Risk of Breast Cancer

By Marla Lipsyc-Sharf, MD

Breast cancer is the most common cancer in women worldwide, including in young women under age 50 years old. Breast cancer is becoming more common in young women over time, and it is unclear why this is happening and what can be done to reduce the risk of breast cancer in this age group.

New research published last month suggests that exercise is an important part of reducing young women's risk of developing breast cancer.

Researchers conducted a large study including data from over 500,000 young women worldwide to study the association between "leisure-time physical activity" (such as exercise, sports, and recreational walking) and breast cancer risk. They found that overall, young women who pursued more exercise had a 6 to 10% decrease in risk of developing breast cancer.

It is unclear exactly why exercise reduces the risk of breast cancer. Some researchers suspect this may be due to the effects of exercise on hormones, blood sugar regulation, and/or inflammation.

In addition to exercising, there are other ways to reduce the risk of developing breast cancer. Specifically, limiting alcoholic beverages as much as possible, ideally consuming no more than three to four alcoholic drinks per week, reduces the risk of breast cancer.

Additionally, maintaining a healthy weight is important: obesity is associated with an increased risk of breast cancer. Whether or not women are pursuing healthy habits, it is recommended that all women age 40 years or older discuss breast cancer screening with their doctors.

They found that overall, young women who pursued more exercise had a 6 to 10% decrease in risk of developing breast cancer.

For young women looking to start the new year off healthfully, I recommend increasing exercise to reduce your risk of developing breast cancer. If you or someone you know has been diagnosed with breast cancer, it is never too late to incorporate physical activity into your treatment plan. It would be my pleasure to discuss safe ways to include movement into your treatment.

Dr. Marla Lipsyc-Sharf is a breast medical oncologist with UCLA Health. She practices in Encino and Santa Monica. Learn more at uclahealth.org/providers/marla-lipsyc-sharf.

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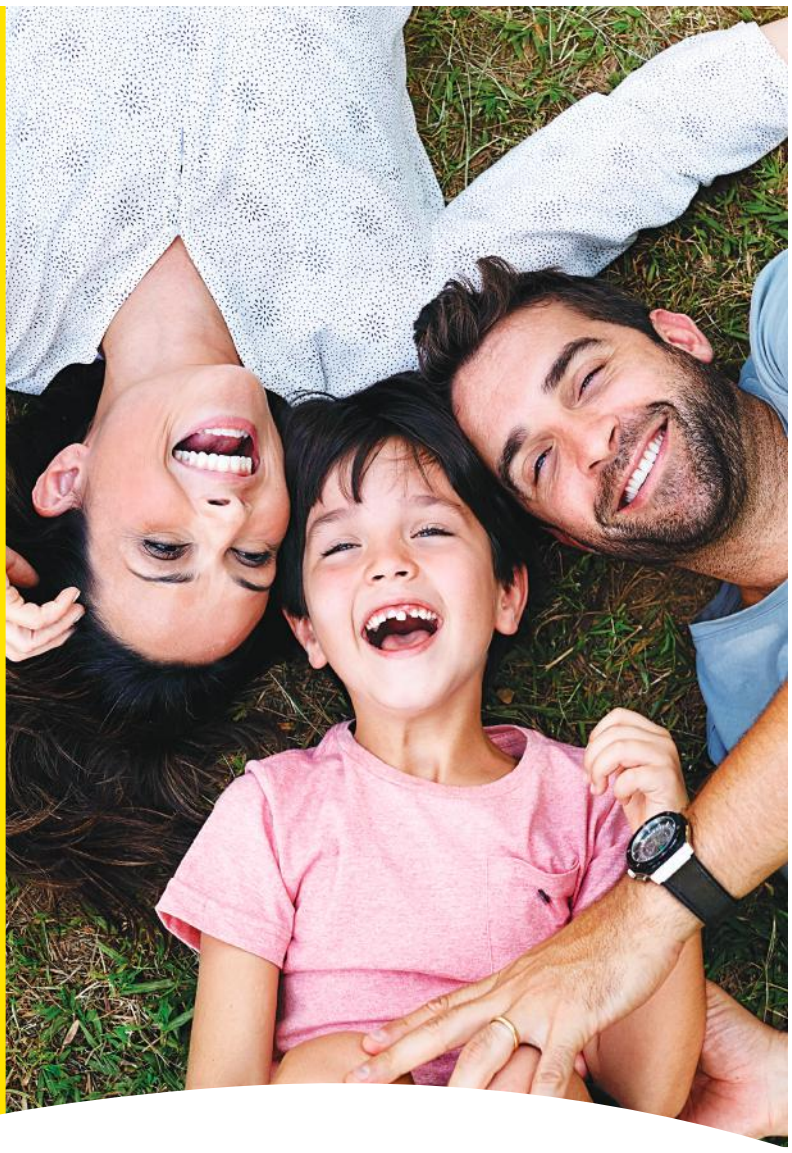

UCLA Health

HEALTH

Fairwinds West Hills Completes Remodel; Sets Celebration Event February 13

Fairwinds West Hills retirement community, which prides itself on "five star fun," has completed an extensive remodel. To celebrate, they are hosting a celebration event on Tuesday, February 13, from 11 am to 3 pm. Tour the remodeled community, enjoy cocktails, appetizers, live music and raffle prizes. Enter to win a dream vacation hosted by Travel by Leisure Care, valued at $10,000.

Fairwinds offers its residents a wide choice of living arrangements, from studio apartments to a two-bedroom deluxe unit. The beautiful building set among gardens and a walking path offers a large community room where the Wii tournaments, opera lectures, book club and more take place, residents gather with family and friends and a full schedule of activities is held.

The monthly rent at Fairwinds includes all the niceties of a hotel - with weekly housekeeping and linen service, cable TV, all utilities except for phones, and three meals daily in the elegant dining room. Meals are offered from a full menu each seating with wait service. There is a full service salon on site, as well as a library, computer room and laundry facility. Scheduled transportation takes residents to shopping, events, activities and medical appointments.

Fairwinds is a retirement home, but residents can gradually move into assisted care as needed. Staff can offer assistance with bathing, dressing, medical management, incontinence, diabetes support and transferring. Eventual hospice care is also available. One unique service is that assisted living care can be offered on a temporary basis such as after an illness or operation.

Fairwinds is located at 8138 Woodlake Avenue. Call (818) 713-0900 to RSVP for the celebration by February 8.

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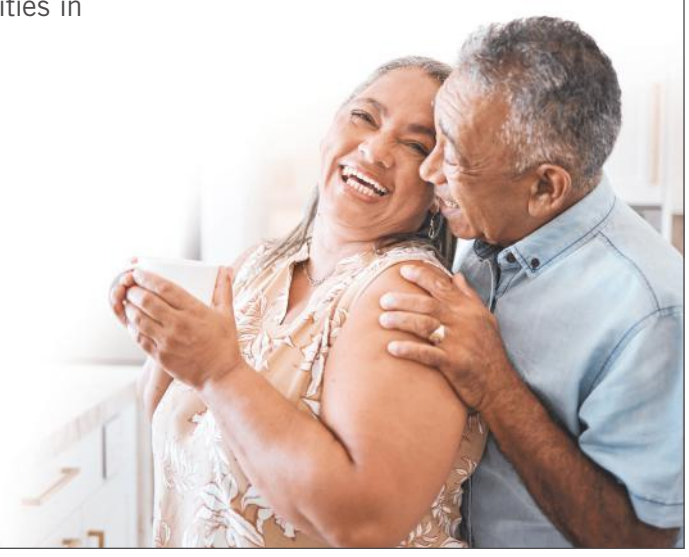

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(It was worth the wait!)

Tuesday, February 13th | 11:00 am–3:00 pm, Ribbon Cutting at 1:00 pm

Join us for our **Remodel Celebration** event! We've been serving the West Hills area for more than 20 years. The staff and resident longevity, combined with the consistency of being a Leisure Care-managed community, offers unique benefits to our residents. The building has been refreshed to allow Fairwinds – West Hills to continue to serve as a local cornerstone for senior living well into the future.

Call 818-713-0900 to RSVP by February 8th.
Don't miss your chance to win a dream vacation hosted by Travel by Leisure Care valued at $10,000! Must be present to win. The day will include cocktails, appetizers, live music, and raffle prizes.

FAIRWINDS
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8138 Woodlake Ave | West Hills, CA 91304
818-713-0900 | FairwindsWestHills.com
LIC # 197603296

LEISURE CARE

ENTERTAINMENT

Add at Little Spice to Your Super Bowl Party, And Your Palate, at Jerk Wings Cafe

Add a little Jamaica to your diet! Jerk Wings Cafe at Westfield Topanga offers all the best of the island - from jerk chicken and wings to curry chicken and oxtail.

Delicious sides include coconut rice and beans, plantains, sweet potato fries and mac and cheese. There are also vegan options.

Jerk Wings Cafe is the creation of west valley residents Yvonne Brooks and her son Mark. Chef Mark learned the recipes at his Grandpa Gladstone's knee, and has translated them for the family- owned and community-oriented restaurant.

They partner with the Boys & Girls Club as a champion sponsor for their "Student of the Month" program at Canoga Park High. They also feed the homeless, and offer internships for budding teen chefs. Their JWC Culinary Arts Youth Internship Program is open to ages 15 to 24 and they are currently seeking more interns.

Since cooking is their passion, the owners offer "relationship building" culinary events. These classes offer bonding time with parents twice a month where guest chefs teach cuisine from around the world.

"Mommy and Me" classes are held Saturdays from 9 to 10:15 am, and "Daddy and Me" from 10:45 am until noon on February 3 and 17, and March 16 and 30. There is no age limit on too young or too old to participate! Classes are offered at $75 for one parent and one child.

Jerk Wings Cafe has two locations: Westfield Topanga and 8300 Tampa Avenue. For more information call (747) 237-7244 or visit jerkwingscafeca.com.

Don't forget Super Bowl is right around the corner! Jerk Wings Cafe caters too - order up those wings for the big game.

"Jazz at Naz" Returns to Soraya

The third annual "Jazz at Naz Festival" at The Soraya is blowing the roof off!

Fast to be recognized as one of the best winter jazz festivals on the West Coast, the festival features an all-star lineup of the finest musicians in both The Soraya's Great Hall and its innovative onstage Jazz Club - a unique and intimate setting for jazz performances hosted directly on The Soraya's stage with less than 300 seats available.

Whether you're a hard-core jazz aficionado or simply looking for a fun night out, Jazz at Naz offers a wide breadth of talented jazz greats - from Booker T. Jones and Hammond Organ prodigy Matthew Whitaker to Delfeayo Marsalis' New Orleans Jazz, and the poignant rhythms of Cuba with Eliades Ochoa and Harold López-Nussa. The festival kicked off with Herb Alpert and Lani Hall on January 27, and continues with a world-class lineup through February 10.

Performances can be enjoyed in person or live-streamed. Executive and Artistic Director Thor Steingraber and accomplished jazz musician and educator Reggie Quinerly will return as hosts of the 13-camera digital stream, featuring exclusive backstage content and candid interviews with the artists.

"The Soraya's third-annual Jazz at Naz festival promises to be our best yet," said Steingraber. "We will host some of the greatest musical talents that span generations and geography. Distinct regional sounds of jazz will come to us from New Orleans, Cuba, New York, the Carolinas, Memphis and nearby - from the great Herb Alpert who crafted a uniquely L.A. sound."

Ranky Tanky with their get funky Gullah vibe and special guest Lisa Fischer perform in the Jazz Club Thursday, February 1, at 8 pm.

Booker T. Jones with Green Onions & The Hammond B-3 and special guest Matthew Whitaker performs Friday, February 2 and Saturday, February 3 at 8 pm.

Delfeayo Marsalis and the Uptown Jazz Orchestra bring the sounds of New Orleans to the Great Hall on Wednesday, February 7, at 8 pm, and Eliades Ochoa with special guest Harold Lopez-Nussa brings the hazy melodies and poignant rhythms of Cuba to the Great Hall on Saturday, February 10.

New this year, the Soraya's jazz club will be catered by local restaurant Humble Bee Bakery & Cafe. Dinner is available for pre-order to Jazz Club concert in-person attendees with premium tickets (table seating).

Tickets are available at thesoraya.org or by calling (818) 677-3000. Tickets can be purchased to individual concerts or the Jazz Pass allows purchase of all concerts with in-person tickets at a discount of 15%, with access to the Jazz Lounge after each Great Hall performance. Choose any three Jazz at Naz performances and save 10%. Purchase a streaming pass for any show for $19 or purchase the four shows that will be streaming for $49.

The Younes and Soraya Nazarian Center for the Performing Arts is a 1,700-seat theatre and is located at 18111 Nordhoff street in Northridge on the campus of CSUN. For more a full schedule visit thesoraya.org.

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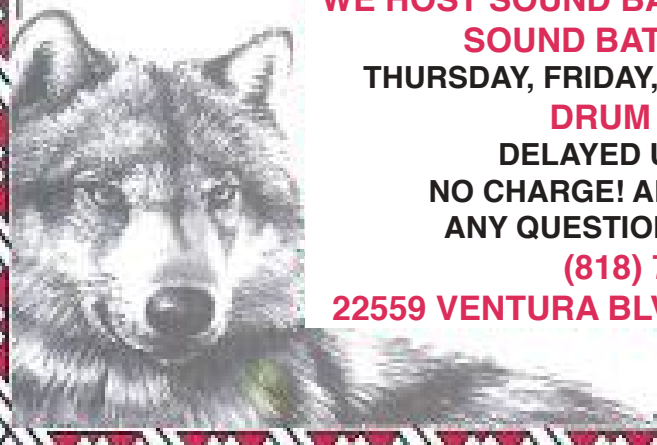
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ENTERTAINMENT

Callum Turner, second from front.

Boys in the Boat is an Underdog Tale Worth Watching

By Katie Sterling

It is seemingly impossible not to root for an underdog. Put that underdog in a sports setting…forget about it! Cue "Chariots of Fire!" Start chanting, "Rudy, Rudy, Rudy!"

While a myriad of underdog stories exists in the world of film, perhaps none give that extra spark of joy more than the ones based on true events. These characters that captivate you are based on real individuals who overcame real adversity and whether they intended to or not, became beacons of inspiration.

Those who have read the book or are simply familiar with history will know how it all turns out but like any good story, it's not just about the ending, it's about the journey getting there.

In the latest George Clooney directed film, underdogs are front and center as the University of Washington junior rowing team find themselves at the Berlin Summer Olympics of 1936 much to the shock of others, and frankly, themselves.

The Boys in the Boat is based on Daniel James Brown's bestselling book of the same name. As if growing up wasn't hard enough, this group of boys are doing so in the midst of the Depression; they're scrappy, hungry and hell-bent on doing whatever needs to be done to survive, even if that means joining a team in which they know nothing about the sport.

Such is the case for Joe Rantz (Callum Turner), who decides to try out for the crew team because anyone who makes the team will be financially supported by the school. Having been abandoned as a young boy, and essentially homeless, this is his one hope to survive during a time when jobs are few and far between.

While there wouldn't be a story without him making the crew team, Coach Al Ulbrickson (Joel Edgerton) doesn't make it easy for the eight individuals who were lucky enough to have claimed their spot. Cue the sports montage! The sweat, the tears, the injuries!

What makes this film so enticing to watch is not only the impeccable acting by the leads, but the beauty of the act of rowing. Clooney knows how to set a scene and the shots of the oars gliding in synchronicity only add to the overall magic of an underdog story. These crew races are literally a photo-finish sport and the aerial shots during competition are some of the most captivating of the movie. It's a sport that takes grueling internal effort, but outwardly projects such a seamless delivery.

Thanks to the team's gumption, they find themselves heading to Germany for the Olympics where Hitler reigns and the hope of medal is just within reach. It's an us against them mentality, heightened by wealthy Ivy League athletes and Germans intent on displaying their superiority. Those who have read the book or are simply familiar with history will know how it all turns out but like any good story, it's not just about the ending, it's about the journey getting there.

The Boys in the Boat delivers a classic tale in a straightforward manner which seems to be lacking in the film cannon of today. In a world of comic book movies and endless sequels, *The Boys in the Boat* is a nostalgic story that proves sometimes the best superheroes are the ones that nobody expects.

The Boys in the Boat is available to rent on Amazon Prime.

Photo by Johan Persson

Matthew Bournes' Romeo and Juliet Dances Into Ahmanson

Matthew Bourne's *Romeo and Juliet* is now running until February 25 at the Center Theatre Group/Ahmanson Theatre, presented in association with Glorya Kaufman Presents Dance at The Music Center.

The music is by Terry Davies, based on the original score by Sergei Prokofiev. It is directed and choreographed by Bourne in collaboration with the New Adventures artistic team.

A masterful re-telling of an ageless tale of teenage discovery and the madness of first love, *Romeo and Juliet* garnered universal critical acclaim when it premiered in 2019, and now returns to the New Adventures repertoire alongside Bourne's world-renowned dance theatre productions.

Bourne's new version gives Shakespeare's timeless story of forbidden love a scintillating injection of raw passion and youthful vitality. Confined against their will by a society that seeks to divide them, our two young lovers must follow their hearts as they risk everything to be together.

Bourne is renowned for shattering stereotypes, and exploring and pushing boundaries in dance. However, Bourne's aim is not to simply re-tell a well-known story, but instead put his own spin on the narrative that provokes the audience to think, feel, and consider the story in a new light.

This adaptation of *Romeo and Juliet* is no exception, bursting with youth, vitality and Bourne's trademark storytelling

Tickets are available at CenterTheatreGroup.org. The production is recommended for ages 14+.

Photo by Lynn Theisen

Message in a Bottle Arrives at Pantages

Broadway in Hollywood, Sadler's Wells and Universal Music UK are pleased to announce that the Hollywood Pantages Theatre in Los Angeles will host the U.S. premiere performances of *Message in a Bottle*, a new dance theatre production by Sadler's Wells Associate Artist Kate Prince, set to the music of 17-time Grammy Award-winning artist Sting.

Message in a Bottle will play the Pantages Theatre for a limited one-week engagement (seven performances only) from February 6 to 11.

Message in a Bottle sees a village alive with joyous celebrations suddenly come under siege. In the chaos, three siblings - Leto, Mati and Tana - are separated from their parents. They undertake a perilous journey to new lands and set out on their own extraordinary adventures. Songs include "Every Breath You Take," "Roxanne," "Every Little Thing She Does Is Magic," "Walking On The Moon," "Englishman In New York," "Shape Of My Heart" and "Fields Of Gold."

Tickets are available for purchase at www.BroadwayInHollywood.com or in-person at the Hollywood Pantages Box Office (6233 Hollywood Blvd).

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Mayor Bass and LAPD Release End of Year Crime Statistics

Los Angeles Mayor Karen Bass and Los Angeles Police Chief Michel Moore announced crime statistics this week for the City of Los Angeles in the year 2023.

"We know that many in our city do not feel safe, which is why we are working urgently to address and prevent crime," said Mayor Karen Bass. "After a series of flash robberies, we launched an organized retail taskforce to address why some Angelenos feel unsafe in our shopping centers. Since the inception of the task force, there has been a 33% reduction in flash robberies and the task force has affected 128 arrests, of which they've recovered 15 firearms, and recovered more than $150,000 in stolen property. We know that there is much more work to be done and we will continue our work to ensure all Angelenos feel safe."

The following was released by the Los Angeles Police Department:

Homicides

In 2023, there were 327 homicides, which was a 17% reduction in homicides as compared to 2022. All geographic bureaus within the LAPD saw a reduction in homicides.

Operations - South Bureau experienced the largest decrease at 23% fewer homicides in 2023 as compared to 2022.

The homicide clearance rate citywide average was at 76% with Operations - West Bureau leading the department at a 95% clearance rate. Operations - South Bureau had an 81% clearance rate followed by Operations - Valley Bureau at 80% and Operations-Central Bureau at a 64% clearance rate.

Violent Crimes

Citywide violent crimes showed a 3.2% decrease in 2023 compared to 2022; however, Citywide Part 1 Crimes showed a 1.9% increase from 2022. Citywide, there was a decrease of 10% (-127) in victims shot in 2023 compared to 2022.

Operations - Central Bureau had the largest decrease of 14% (-65) in victims shot in 2023 compared to 2022.

A catalyst to this decrease in shooting victims was in part to 8,154 firearms seized by the LAPD. The LAPD identified 1,232 of those seized as "ghost guns." This is 474 fewer than the 1,706 ghost guns identified in 2022, a decrease of 28%.

Property Crimes and Thefts

The Citywide property crimes statistics showed a 3.5% increase in 2023. Motor vehicle thefts increased by 2% as compared to 2022. The Organized Retail Theft Task Force made 128 arrests in Los Angeles. During those arrests, LAPD recovered 15 firearms and more than $150,000 in stolen property. The Task Force has contributed to a 33% reduction in flash robberies.

Traffic

The majority of crashes that caused fatalities are attributed to irresponsible and illegal acts behind the wheel. Driving under the influence of alcohol, marijuana, or some other intoxicating substance, driving at speeds which are inherently unsafe, and driving while distracted by texting or other means are all too often the causes of these traffic crash-related deaths.

Felony hit and run traffic crashes resulting in a death increased by nearly 23%.

Driving Under the Influence (DUI)-related crashes resulting in death increased by 32% percent.

Traffic crashes where a pedestrian was struck by a vehicle resulting in a death increased by almost 13%.

Other Important Statics

36% decrease in homeless related homicides in 2023 from 2022.

10% reduction in Part 1 crimes involving houseless individuals. Part 1 crimes include criminal homicide, forcible rape, robbery, aggravated assault and burglary.

26% decrease in gang related homicides in 2022, and 33% decrease in gang related homicides in 2021.

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Nighttrek: What to See in the February Sky

By Neill Simmons

The highlight of February is the International Space Station (ISS) making its best pass of the year over Southern California on Friday, February 2, at 6:28 pm.

The ISS will come out of the northwest and will be overhead for three minutes at 6:31 pm. Remember the ISS has no blinking lights like airplanes. The ISS will be visible as it moves east toward Las Vegas. Traveling at 17,200 miles per hour, it will be over Vegas in one minute. Make sure to show this to the little ones.

While outside looking for the ISS, notice the planet Jupiter in the west. Jupiter is the largest planet in our solar system. Jupiter also has the strongest magnetic field, pulling many rogue asteroids into its orbit which has saved Earth from being hit.

This month there will be a faint comet named Comet C/2021. It will be in the area of Taurus the Bull on the 14th and 15th of February. Try to spot it with binoculars since it can't be seen with the naked-eye.

The giant constellation Orion is at its best in the south. Our nation's astronomers are keeping a close eye on Orion's shoulder, which is the star known as "Betelgeuse." Every month this orange-red star keeps dimming, which is a sign that a star is dying. It will eventually collapse upon itself and could explode into a dazzling light show. However, astronomers say this event could occur tomorrow or any night in the next 100,000 years!

Make sure to look to the left and down from Orion to see our brightest star in the heavens called Sirius. Sirius is in the Canis Major constellation. Each night when it is low in the east it twinkles in three colors - white, red, and blue. Astronomers say Sirius shifts through every color of the rainbow when the air in front of it is unstable or windy.

Sirius is one of six bright stars that make the giant "Winter Hexagon." The Winter Hexagon is big! It is made up of six very bright stars from six different constellations. If you can get away from the city lights, the Winter Hexagon has a portion of the Milky Way running through it.

DAWN PATROL: Venus rises after 5 am. Make sure to look on February 21 to the 23 when the planet Mars will appear to be close to Venus.

This month there will be a full Micro Moon. A Micro Moon is when a Full Moon is at its farthest away from Earth and thus looks smaller than normal. This happens on Saturday, February 24.

NASA reported that the Ingenuity mission is over after three years of flying. The little helicopter had 72 flights before its rotor blades got damaged.

Vandenberg Space Force Base has been very active with Starlink rocket launches from Space X. There is another planned rocket launch on Saturday, February 3. Check Vandenberg's website for updates.

Griffith Observatory is having a Winter Star Party on Saturday, February 17, from dusk to 10 pm. Telescopes will be set up to help you see the stars and planets. This is a free event.

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

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