SPECIAL
HEALTHY NEW YEAR
ISSUE

North Valley News

Volume 2, Number 23 February 1, 2024

Serving Porter Ranch, Northridge, Granada Hills & Chatsworth

News in Brief

Murder-Suicide Shocks Granada Hills

An apparent murder-suicide last weekend shocked the community of Granada Hills. Officers responded to the 11600 block of Lerdo Avenue Saturday night around 7 pm in response to a report of shots fired. The shooter appeared to be the elderly father living at the residence. Victims included a man and woman in their late 40's, a woman in her 80's and the man believed to be the shooter, who took his own life. They have been identified as 79-year-old Rodrigo De Leon, Arabella De Leon, 80, Merceditas De Leon, 49, and Rodrigo De Leon, 53. The 911 call was reportedly made by another resident of the home, a lone survivor who hid in a back room. That was the adult daughter who has special needs. Neighbors say they were surprised by the violence, describing the family as "quiet."

Northridge Man Admits to Threatening Mass Shootings at Synagogues

Northridge resident Andre Morrow Lackner pleaded guilty this week to stalking after sending abusive texts to a woman for over a year, threatening to shoot synagogues and "exterminate" Jews and Asian Americans. His texts included "Hitler was right about you people." "Would you like to celebrate the next synagogue shooting?" and "We need to start more Asian hate and wipe Asian people off the plant too." From 2021 to 2022 Lackner texted harmful and anti-semitic messages to the victim, who feared injury and death to herself and her family. Lackner has been in federal custody since December 2022 and will be sentenced June 3.

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 panel 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 Northridge Man on Wednesday

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: YAHOO NEWS

Alleged street racing kiilled Northridge resident.

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.

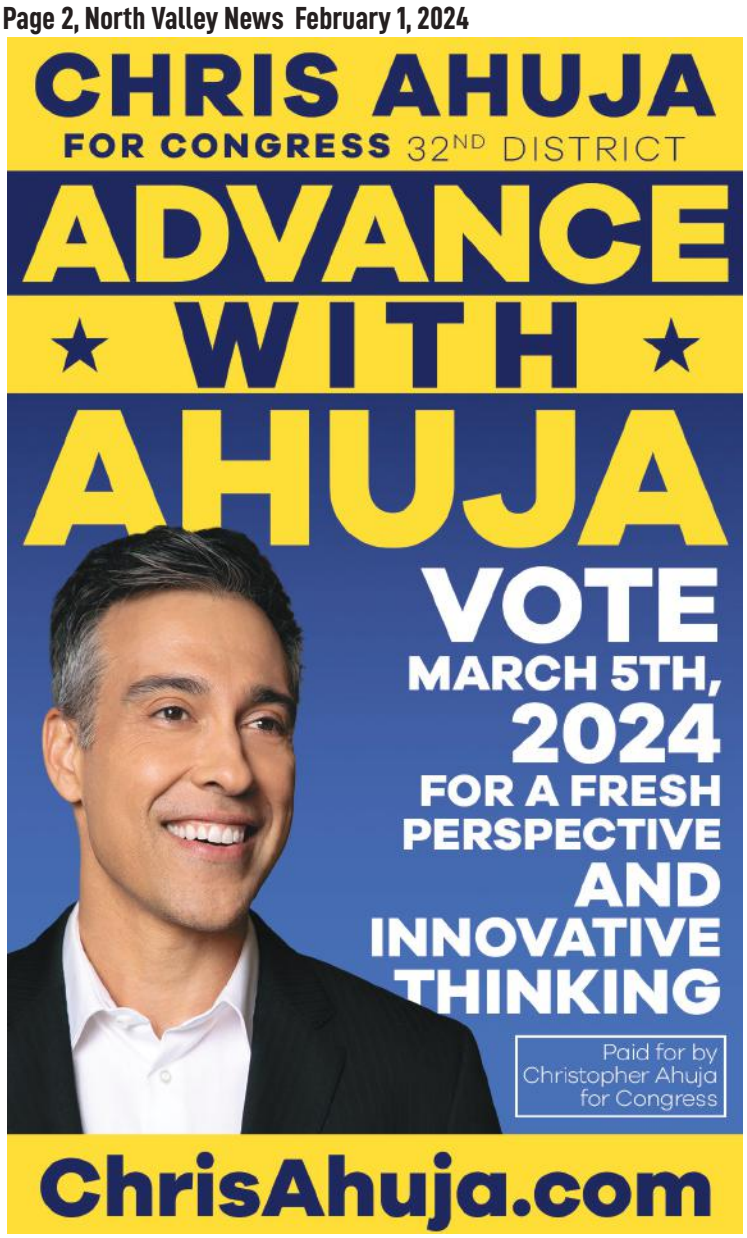
Truck driver killed by 17-year-old - 2019.

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.



PORTER RANCH: 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.

CHATSWORTH: Just in time for Valentine's Day craft a heart-shaped pendant for a friend or loved one at the Chatsworth Library. They will have craft supplies, magazines, and craft paper. You can also bring your own pictures or images. The library is located at 20152 Devonshire Street. For more information call (818) 341-4276.

NORTHRIDGE: Northridge West Neighborhood Council will hold a general board meeting on Tuesday, February 13, at 6:15 pm. For more information visit northridgewest.org.

Community Calendar

CHATSWORTH: Join adult gaming at Chatsworth Library on the first Wednesday of the month, February 7, at 11 am for a variety of board games and card games. Games available include checkers, backgammon, Rummikub, Uno, Gin Rummy, and Monopoly. For more information call (818) 341-4276. The library is located at 21052 Devonshire Street.

NORTHRIDGE: 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.

GRANADA HILLS: The First Presbyterian Church of Granada Hills is hosting a Soup'r Bowl Food Pantry Drive on Sunday, February 11, at 8:30 am. Bring canned goods, dry packaged goods and personal items to the church at 10400 Zelzah Street.

CHATSWORTH: The Chatsworth Neighborhood Council will hold their general board meeting on Wednesday, February 7, at 6:30 pm. For more information email chatsworthnc@gmail.com.

NORTHRIDGE: Come celebrate Lunar New Year at Northridge Park Child Care Center (10058 Reseda Blvd.) from 10 am to 1 pm! This free community celebration will include music, dance performances, children's activities and story telling.

PORTER RANCH: The Porter Ranch Neighborhood Council will hold a special meeting on Thursday, February 15, at 6 pm at Castlebay Elementary, 19010 Castlebay Lane. For agenda visit prnc.org.

GRANADA HILLS: LAPD Senior Lead Officer John Parker will hold a Basic Car Neighborhood Watch meeting on Tuesday, February 13, at 6:30 pm. The event will be held at St. Euphrasia Catholic Church, 11779 Shoshone Avenue.

NORTHRIDGE: The Northridge East Neighborhood Council will hold a general board meeting on Wednesday, February 21, at 7 pm. For agenda and more information visit nenc-la.org.

GRANADA HILLS: The Granada Hills Woman's Club will hold a rummage sale on Friday, February 16 and Saturday, February 17, from 8 am to 2 pm. The sale will be held at 10666 White Oak Avenue.

NORTHRIDGE: The Wilkinson Senior Center will hold a Valentine's Dance Party on Wednesday, February 14, from 1 to 3 pm. Lunch is scheduled at 11:30 am. Refreshments and music are sponsored by Anthem. Dance the afternoon away and get your picture taken at the photo booth to take a keepsake of your Valentine's dance fun. RSVP by February 8 to (818) 654-8382. The Wilkinson Senior Center is located at 8956 Vanalden Avenue.

United Chambers of Commerce
Of the San Fernando Valley

DISTRICT ATTORNEY
CANDIDATE FORUM

February 13, 2024
6:00 pm – 8:00 pm
Shepherd Church
19700 Rinaldi Street
Porter Ranch, Ca 91326
Check-In opens at 5:00
Program begins promptly at 6:00

Registration Required
No Walk-ins

Register Here Today

Moderated By
Frank Mottek
KABC Radio

The Following Candidates Have Been Invited

Valley Vantage • Calabasas Enterprise
Warner Center News • Encino Enterprise • North Valley News

Find All Papers Online at
ValleyNewsGroup.com

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People in the News

Chatsworth resident **Lisa Goldman** and Winnetka resident **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.

Northridge resident **Robin Kellogg**, professional writer, editor and business content consultant with Your Writing Resource, has published her first novel.

It All Began With a Goodbye traces the life of Sarah Steinman, the grandchild and child of immigrants, who has experienced great loss in her 19 years. Her mother and father are gone and a family treasure has been taken, which Sarah is intent on getting back. Her sense of justice is also tested when she uncovers an embezzlement scheme at work that makes her doubt herself and everyone around her. The book is available on Amazon February 15.

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VIEWPOINT

• 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.

- The woman who slipped on a spilled soft drink and broke her tailbone. The soft drink was on the floor because she had just thrown it at her boyfriend during an argument.

- 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.

- And the winner...an Oklahoma woman who purchased a new Winnebago, drove it down the freeway, set the cruise control at 70 and went to the back to make a sandwich. Not surprisingly it crashed and overturned. She got $1,750,000 plus a new coach. Winnebago actually changed their manuals as a result in case she has any relatives who might also buy a motor home.

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Word on the Street

The news paints one picture.

The *LA Times* lays off over 100. The *San Fernando Valley Business Journal* folds into the L.A. edition. *Sports Illustrated* fires most of its staff.

It would seem that print journalism, as reported by many, is in trouble.

But the reality - at least for small local papers here - paints another.

I point to the 42-year success and growth of our own *Valley News Group*. Our five community newspapers across the valley are thriving.

The *Acor*n newspapers to our west have four separate editions. The *San Fernando Sun* publishes two papers, one in English, one in Spanish.

The difference, I belive, is that we are all hyper-local. Daily papers have to compete with the Internet. If national news breaks, it's on the web and your phone immediately.

We don't focus on international or national news. We won't cover the president unless one comes to town (three have: Clinton, Bush 41 and Ford, all of whom we covered because they spoke in the valley).

We focus on local news. The homeowners meetings. Neighborhood Council agendas. Local people doing good. Local business. Local features.

Being smaller, we also run a tighter ship. When you call any of the papers I mentioned, you get the editor. You can talk to a live person. You can pitch a local story. Tell your story. Have us tell your story.

It truly breaks my heart to see other publications go down the tubes. There is room for all of us in this big city, and every paper reaches a different audience.

My hope is these changes make those papers stronger. That they'll come out of this with renewed focus and dedication. We need a strong daily paper here in Los Angeles.

In the meantime, we're doing our job. Focusing on community. Focusing on local. Focusing on news you need. Focusing on you.

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Campaign Coverage

Brad Sherman for Congress

Brad Sherman builds coalitions and works tenaciously to get results.

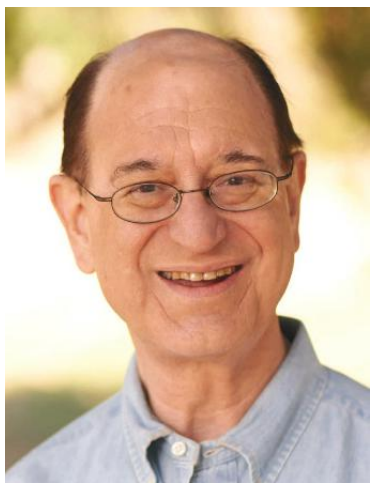
Brad Sherman has held more than 250 Town Hall meetings. He has helped thousands of residents unsnarl problems with federal agencies and receive the benefits they have earned.

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.



Congressman Brad Sherman

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

UCLA Health Buying West Hills Hospital

In a statement just released this week, UCLA Health is purchasing West Hills Hospital. Carmella Gutierrez, spokesperson for HCA Healthcare Far West Division, said, "We are proud of our long-standing commitment to the West Hills community, delivering high-quality care for decades. The agreement between UCLA Health and HCA Healthcare for the proposed acquisition of West Hills Hospital and Medical Center is a testament to the excellence of the hospital and our clinical care teams' ongoing dedication and commitment to our patients. This will provide our patients with an enhanced care network and seamless access to specialty services across Southern California. It also promises to strengthen the region's capabilities as a destination for medical innovation, allowing UCLA Health to keep great health care local and increasing access to meet the needs of the community."

VALLEY ENTERTAINMENT

Add a 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.

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.

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.

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

(Continued next page)

Soraya Presents Third Annual Jazz at Naz Festival

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. Teh 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 Wednesday, January 13, and Thursday, February 1, at 8 pm.

Delfeayo Marsalis and the Uptown Jazz Orchestra will perform February 7.

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 (Herb Alpert not available to stream) for $49.

The Soraya is e located at 18111 Nordhoff street in Northridge on the campus of CSUN. For more information and a full schedule visit thesoraya.org.

You'll Cheer for Boys in the Boat

(Continued from previous page)

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!

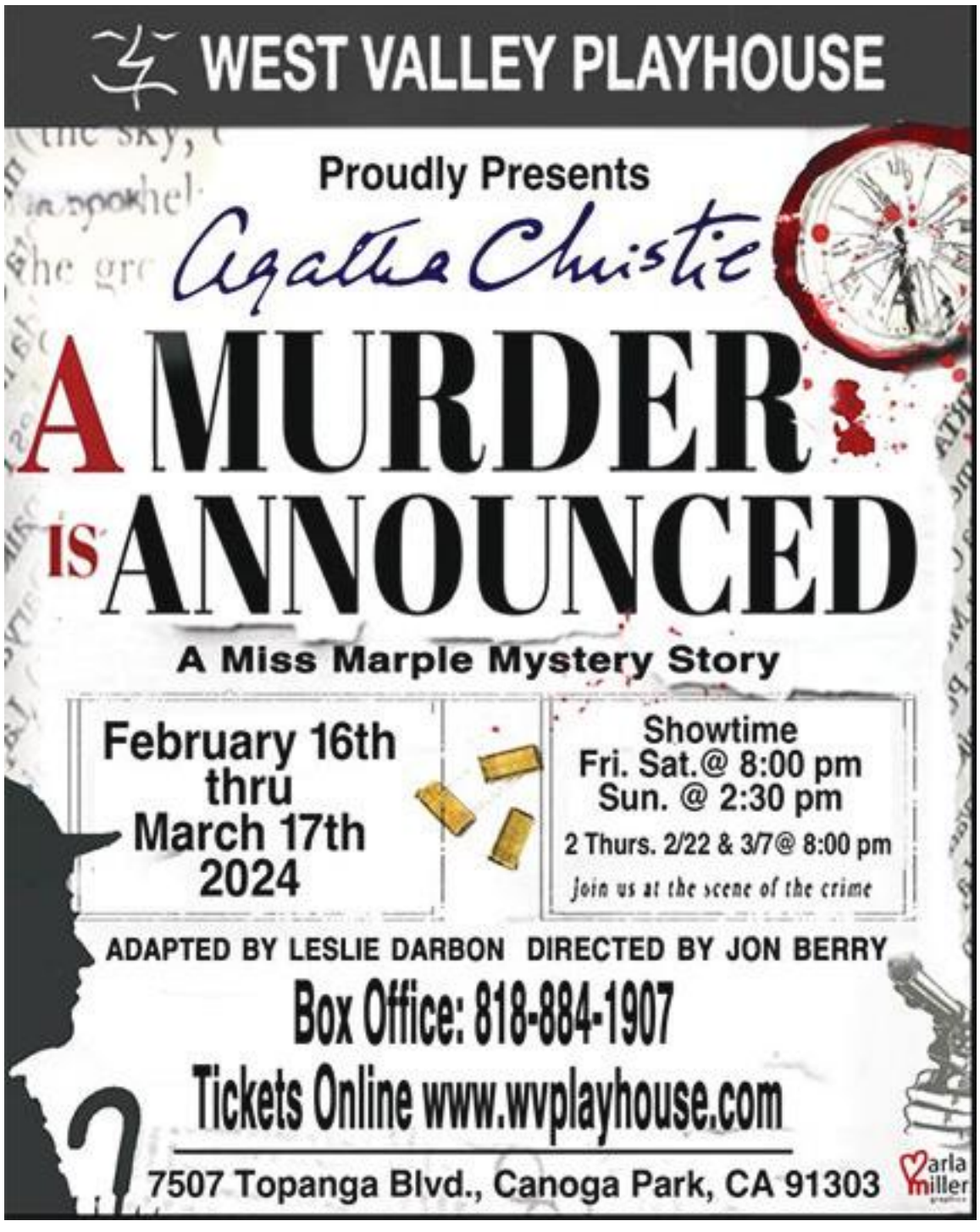
What makes this film so enticing to watch is not only the impeccable acting by the leads, but the beauty of the act of rowing. Clooney knows how to set a scene and the shots of the oars gliding in synchronicity only add to the overall magic of an underdog story. These crew races are literally a photo-finish 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.



VALLEY ENTERTAINMENT

And the Oscar (Maybe) Goes To...

By Katie Sterling

The Academy of Motion Picture Arts and Sciences recently announced their nominations for the 96th Oscars – the awards show with perhaps the most coveted statue of them all. Per usual, there were snubs, there were surprises, and Spielberg once again broke records.

While many look to the winners of the Golden Globes to determine who might take home the Academy Award, the annual show has proved that it can be a night full of surprises. While the 96th Oscars won't be televised until March 10, and hosted by the always comedic Jimmy Kimmel, it's never too early to start thinking of those Oscar ballots. Who will win? Who should win? Some may even say, "Who cares?"

Oppenheimer leads the nominations with a total of 13, followed by *Poor Things* with 11, *Killers of the Flower Moon* with 10 and *Barbie* with eight. While the list of nominees and categories is extensive, below are some of the top awards with speculation as to who may win. biggest snub audiences have declared regarding this year's nominations).

Best Actor in a Leading Role

Bradley Cooper – *Maestro*

Colman Domingo – *Rustin*

Paul Giamatti – *The Holdovers* – if Murphy doesn't win, it's Giamatti as a very very close second

Cillian Murphy – *Oppenheimer* – won GG, will most likely win Oscar – many were shocked Leo DiCaprio was snubbed in this category

Jeffrey Wright – *American Fiction*

Best Actress in a Leading Role

Annette Bening – *Nyad*

Lily Gladstone – *Killers of the Flower Moon* – won the GG, will most likely win the Oscar (fun fact: if she does, she fulfills her high school superlative of "Most Likely to Win an Oscar")

Sandra Huller – *Anatomy of a Fall*

Carey Mulligan – *Maestro*

Emma Stone – *Poor Things* – the second "Stone" to potentially steal it (again, many were shocked Margot Robbie was robbed of a nomination for playing the titular character of perhaps the biggest box office movie of the year, *Barbie*)

Best Actor in a Supporting Role

Sterling K Brown - *American Fiction*

Robert De Niro – *Killers of the Flower Moon*

Robert Downey Jr – *Oppenheimer* – won the GG

Ryan Gosling – *Barbie*

Mark Ruffalo – *Poor Things*

(It wouldn't be surprising if this came down to the two Roberts…however, given how the *Barbie* nominations have gone, it wouldn't be totally shocking if Ken took home the prize)

Best Actress in a Supporting Role

Emily Blunt, *Oppenheimer*

Danielle Brooks, *The Color Purple*

America Ferrera, *Barbie*

Jodie Foster, *Nyad*

Da'Vine Joy Randolph, *The Holdovers* – won the GG and the Oscar is most certainly hers.

Best Picture

American Fiction

Anatomy of a Fall – won GG for Best Motion Picture Non-English Language and Best Screenplay

Barbie – won GG for Cinematic and Box Office Achievement (Greta Gerwig and Margot Robbie were both snubbed for Director and Lead Actress, although Ryan Gosling got nominated for Best Actor soooo basically life imitating *Barbie* art?)

The Holdovers

Killers of the Flower Moon

Maestro - this is where Spielberg breaks records - he has been a producer on 13 films that have all been nominated for Best Picture

Oppenheimer – won GG for Best Motion Picture, Drama – likely to take home the Oscar

Past Lives

Poor Things – won GG for Best Motion Picture, Comedy or Musical

The Zone of Interest

Best Directing

Justine Triet, *Anatomy of a Fall*

Martin Scorsese, *Killers of the Flower Moon* – most nominated living director

Christopher Nolan, *Oppenheimer* – won GG for Best Director and will most likely win the Oscar.

Yorgos Lanthimos, *Poor Things*

Jonathan Glazer, *The Zone of Interest*

(The exclusion of Greta Gerwig is perhaps the

THE SUSPENSE IS OVER.

(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.

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LEISURE CARE

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

Scott Friedman

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.

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.

Modern Age Dentistry Offers $99 Exam and X-Ray

Modern Age Dentistry in West Hills offers full service family dentistry, including clear braces, implants and cosmetic dentistry. Dr. Ali Saeghi has practiced dentistry for more than 26 years. He received his Doctor of Dental Surgery certificate from the University of Gothenburg in Sweden before completing specialized training at the School of Dentistry, where several advanced cosmetic procedures were developed. At Modern Age Dentistry, patients know they are receiving the most effective and advanced treatment, and are never sold services they don't need. Dr. Saeghi explains all treatment options available to every patient, allowing the patient to make decisions about their own dental care.

Currently Modern Age is offering a full comprehensive exam with a full set of digital x-rays for new patients for only $99 (a $350 value). Upon completion of your treatment you can choose a free teeth whitening or free Sonicare electric toothbrush.

Modern Age is located at 7606 Fallbrook Avenue, Suite 13. Call (818) 712-0073.

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 remodeling celebration by February 8.

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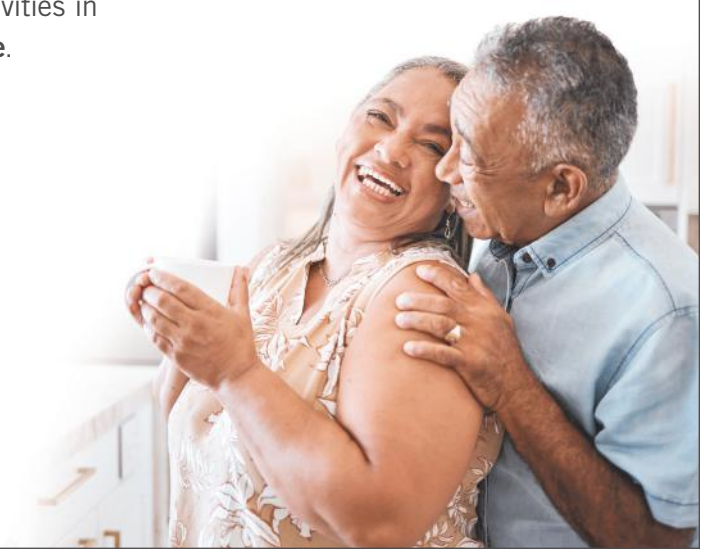

Dignity Health - Northridge Hospital Named One of America's 50

Northridge Hospital Medical Center (NHMC) has announced that it is one of America's 50 Best Hospitals for a seventh consecutive year (2018-2024), according to new research released by Healthgrades, the leading marketplace connecting doctors and patients.

This achievement puts Northridge Hospital Medical Center in the top one percent of hospitals nationwide for overall clinical performance across the most common conditions and procedures.

Northridge is one of two hospitals in Los Angeles County to be a recipient of Healthgrades America's 50 Best Hospitals' Award for seven years in a row (2018-2024).

"We're honored to be recognized by Healthgrades for the high-quality care we provide the communities we serve," says Paul Watkins, NHMC President and CEO. "This award reflects our vision of providing safe, compassionate medical care with excellent clinical outcomes for our patients. It also highlights the ongoing investments in training and technology to assure our communities receive the highest quality care right here, close to home."

Healthgrades evaluated patient mortality and complication rates for 31 of the most common conditions and procedures at nearly 4,500 hospitals across the country to identify the top-performing hospitals.

This year's analysis revealed significant variation between America's Best 50 Hospitals and hospitals that did not receive the distinction. In fact, if all hospitals performed similarly to America's 50 Best, over 150,000 lives could potentially have been saved, based on Healthgrades analysis of MedPAR data for years 2019 through 2021 and three-year estimates for Medicare patients only.

"We're proud to recognize Northridge Hospital Medical Center as one of America's 50 Best Hospitals for 2024," said Brad Bowman, MD, Chief Medical Officer and Head of Data Science at Healthgrades. "As one of America's 50 Best Hospitals, Northridge Hospital Medical Center consistently delivers better-than-expected outcomes for the patients in their community and is setting a high national standard for clinical excellence."

Visit Healthgrades.com/quality/americas-best-hospitals for an in-depth look at Northridge Hospital Medical Center's performance and profile to explore the highest quality care in Northridge today. Consumers can also visit Healthgrades.com for more information on how Healthgrades measures hospital quality.

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

By Sandy Rosenholz

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.

Medicare covers home health.

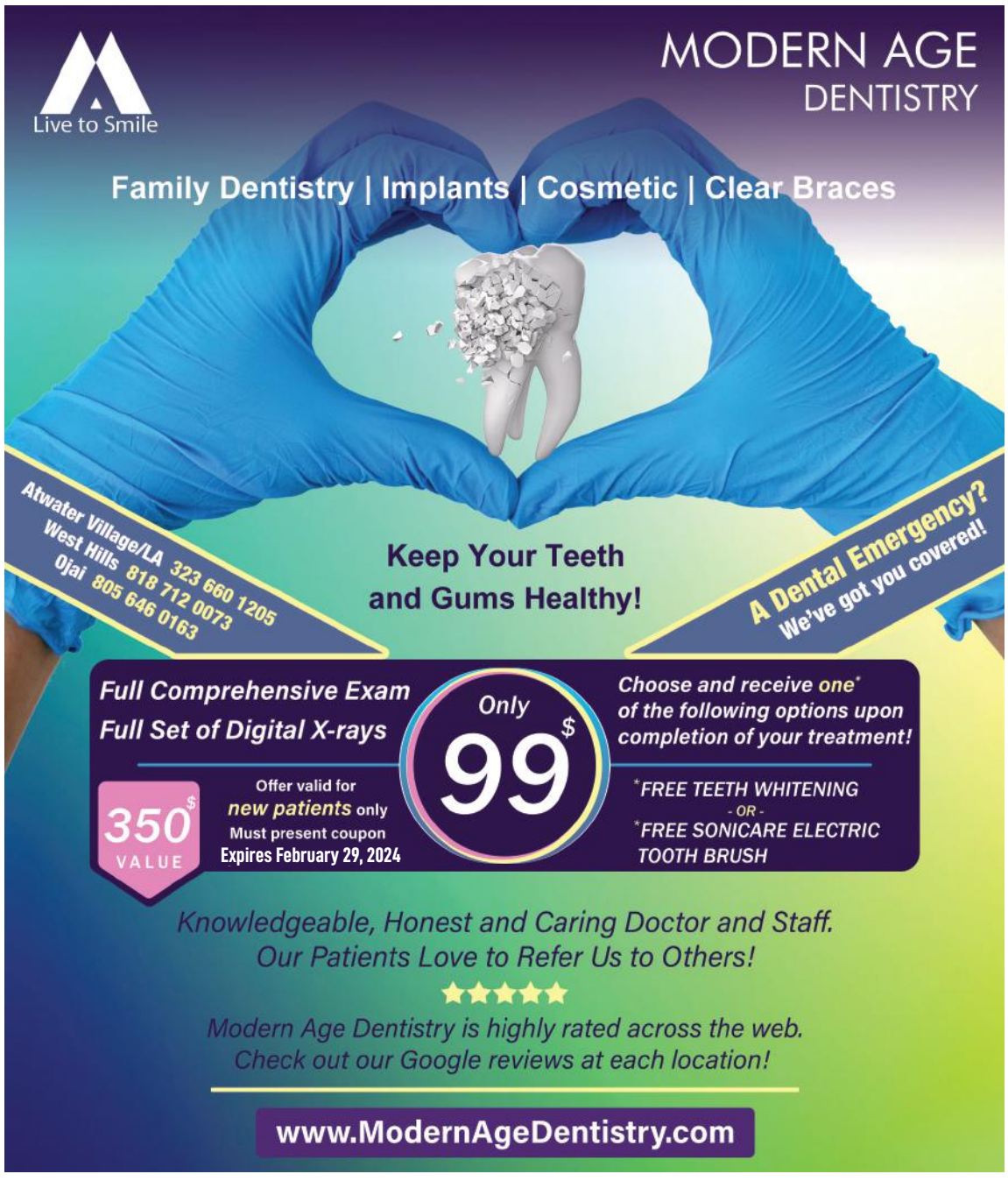
Home care is non-medical. You or a family member hires a home caregiver through an agency or private arrangement. These individuals are not healthcare professionals and often are family members or recommendations from friends. Their primary function is to help with acts of daily living, such as showering 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.

Working Together

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 visit our website, www.SeniorResourcesCA.com.



Modern Age Dentistry Offers $99 Exam and X-Rays

Modern Age Dentistry in West Hills offers full service family dentistry, including clear braces, implants and cosmetic dentistry.

With over 25 years of experience, Dr. Alistair Saeghi, DDS, and his highly-skilled team offer the convenience of access to a wide variety of services and procedures.

Families are always welcome at Modern Age Dentistry. Dr. Saeghi and his team of dental hygienists love treating patients of all ages, including young children all the way up to seniors. After all, smiles are meant to last a lifetime.

Dr. Saeghi received his Doctor of Dental Surgery certificate from the University of Gothenburg in Sweden before completing specialized training at the School of Dentistry where several advanced cosmetic procedures were developed.

Currently Modern Age is offering a full comprehensive exam with a full set of digital x-rays for new patients for only $99 (a $350 value). Upon completion of your treatment you can choose a free teeth whitening or free Sonicare electric toothbrush.

Modern Age is located at 7606 Fallbrook Avenue, Suite 13. Call (818) 712-0073.

Quake Heroes Expo at CSUN

The 1994 earthquake shook up the valley, and a Quake Heroes expo at CSUN on February 3 is designed to remember the lessons and losses of that day, and improve safety and resilience today.

The event will feature the inspiring film *Quake Heroes*, based on true stories. The motivational documentary blends Hollywood storytelling with real-life heroism from January 1994. The film was created by the Southern California Earthquake Center with support from FEMA and many sponsors to inspire individual and community resilience.

Expo activities include invited heroes from the film, a Safe-T-Proof Quake Cottage mobile earthquake simulator, comments from invited officials, booths for each of the "Seven Steps to Earthquake Safety" where you can sign up for trainings and alerts, purchase discounted disaster supplies, learn life-saving skills and more.

There will also be special exhibits about the Northridge earthquake and opportunities to share your earthquake stories through video, audio and written reports.

There will also be a raffle for preparedness products and other items.

The expo will be held from 10 am to 4 pm. For more information visit quakeheroes.org.

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REAL ESTATE

Save the Date for Day of the Horse

The popular Day of the Horse in Chatsworth will be held on Sunday, April 7, from 11 am to 3 pm. This is the 20th annual event and the theme this year is the wild horses of Chatsworth.

The free event offers horsemanship exhibitions, vendor booths, free food, crafts and more.

It is sponsored by the Chatsworth Neighborhood Council, Councilman John Lee and Ride on Therapeutic Horsemanship and will be held at 10860 Topanga Canyon Blvd. For more information and updates visit chatsworthcouncil.org.

The new Hampton Inn & Suites by Hilton Porter Ranch.

First Hotel in Porter Ranch to Open in April

The first hotel to be built in Porter Ranch is set to open early April, according to General Manager Dean Kirk.

The 69,000-square-foot Hampton Inn & Suites by Hilton Porter Ranch Los Angeles will offer 100 guest rooms. Those include standard kings, standard queens and a king studio suite that has a sitting area with a fold-out couch, microwave and mini refrigerator.

Amenities include free parking, EV charging, free wi-fi, a complimentary hot breakfast buffet and fitness center. There is also a heated, mountain-view outdoor pool.

The 700 square feet of meeting space offers state-of-the-art audio visual equipment. According to Kirk, the majority of calls he is getting to reserve space are actually for weddings. "We have a large space and it's all brand new," he said. "We're the only hotel in a five-mile radius."

He said that the proximity to local country clubs is a big factor, as is the age of other properties in the north valley.

Kirk said that the Hampton Inn brand started in Memphis in 1984 under the Holiday Inn umbrella. They were the first to put coffee makers, irons and ironing boards in all rooms. "They were also the first to establish the 'if you're not satisfied, don't pay' policy for hotels," he added.

Hampton Inn is an innovator in the hospitality industry, and Kirk says this contributes to the popularity of the brand. "We're confident that the Hampton Inn will be the perfect place to stay for both business and leisure travelers."

For more information and updates on the Hampton Inn & Suites Porter Ranch Los Angeles visit hamptonbyhilton.com/porterranchlosangeles.

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- State law requires advance 30-day written notice to tenants for rent increases of less than 10%.

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The International Space Station make its best pass over California on Friday.

Nighttrek Report: 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 in 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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