Country and Culinary Adventure in the City of Music

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ENCINO ENTERPRISE

Volume 5, Issue 98 | A Compendious Source of Information | June 21, 2024

NEWS IN BRIEF

Tarzana Community & Cultural Center Comedy Night June 22

The Tarzana Community & Cultural Center will host a Comedy Night on Saturday, June 22, at 7 pm. Comics Samantha Hale, Larry Omaha and Dustin Chafin will entertain guests with live performances. Tickets are $20. Snacks and beverages are available for purchase. This event will be held indoors, so seating is limited and tickets must be purchased in advance at mytarzana.org. The Tarzana Community & Cultural Center is located at 19130 Ventura Blvd. at Vanalden. For questions and more information call (818) 705-1286.

Volunteers Cleaning Communities Reseda Clean Up June 29

Volunteers Cleaning Communities will be clearing the litter from Reseda Blvd., starting from Rinaldi all the way to Ventura Blvd. on Saturday, June 29, from 8:30 am to 10:30 am. During this two-hour period volunteers will be help clean nine miles of street! Those interested in attending will be assigned a street and partner to work with to clean both sides of the assigned street going north and south - ridding the curb, sidewalk and planters of all litter. Registration is mandatory so organizers can assign streets properly and have enough supplies. RSVP at docs.google.com/forms/d/e/1FAIpQLSeDXj_Aw2fi3mmJSNkz31TPT4XGUse1J2-5zK2YJJSTTEY5vg/viewform.

Illegal Fireworks Spark Danger

With July 4th right around the corner, it's a time for celebration...and illegal fireworks. The County of Los Angeles Fire Code, Title 32, Section 5601.3 states that it is illegal to store, manufacture, sell, use or handle all forms of fireworks without a valid permit. Each year, thousands of individuals risk their safety, and that of the community, through uncontrolled explosions. State law fines at least $500 and/or a year in jail upon conviction for violating fireworks laws. Those in possession of any fireworks are asked to turn them over to your local fire department and anyone who wishes to report illegal fireworks going off in their neighborhood are asked to call the LAPD West Valley non-emergency number at 1-877-ASK-LAPD (1-877-275-5273).

Dozens attended the unveiling of the new art panels.

"Snoopy Bridge" Debuts New Restored Panels

Councilmember Blumenfield joined community members and students from Tarzana Elementary School last week to formally unveil the restored art panels on the one-of-a-kind Snoopy Bridge.

The 90-foot bridge was built in 1971, and according to the L.A. Department of Public Works is listed as the "Wilbur Avenue Bridge." But to thousands of students who grew up in the area, it will always be known as the "Snoopy" bridge after the Peanuts characters painted on its side.

Over the years the bridge, and those panels, have suffered from age, deterioration and graffiti. The '94 earthquake closed the bridge when the city shut it down because of quake damage to its support columns. The bridge was repaired and the community held a parade and a carnival to welcome back their famous friends.

In the mid 70's, a political party taped pictures of its candidates over the faces of the characters, causing outrage.

"Snoopy Bridge has been a staple in the community on Wilbur Ave since the 1970s and sadly over the last few years, graffiti has made these wonderful murals an eyesore," said Councilmember Bob Blumenfield. "I am thrilled that the art panels have been restored for future generations to enjoy and I am grateful to the community members who brought this to my attention and have been a driving force behind this project, especially Stephanie Brody, Kirk Donovan, and Patty Jo Wolfson."

Since the 1970s, the Snoopy (also called "Peanuts") Bridge over Wilbur Avenue near Tarzana Elementary School has been a beloved community landmark. After the Snoopy art panels were defaced with graffiti, Blumenfield and his team worked with community members, Charles M Schulz Creative Associates, and Hattas Studios to refurbish this Valley treasure. It was a complicated task, but all parties worked together to make it happen.

"I attended Tarzana Elementary School in the 70's and most of us remember it was Principal Mendie Koenig and the PTA's connection to Charles Schulz that prompted the Snoopy panels to be gifted to our school for the bridge. As young as we were, we all knew what a special honor it was to receive these Snoopy panels," said Stephanie Brody, a lifelong West Valley resident. "It was the best of times growing up here, leaving me with great memories."

Blumenfield secured $20,000 in funding and contracted with Hattas Studios to bring the murals back to their original condition. The work also included an application of an anti-graffiti coating both to deter future vandalism and, if it occurs, make it easier to remove.

CALENDAR

There are better ways to get acquainted.

As a local business, you're always looking to meet new contacts and find ways to grow your business. The Sherman Oaks/Encino Chamber of Commerce offers easy, fun and useful ways to make new connections and find new resources. Got a problem? Need some help?

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Community Calendar

* The Encino Neighborhood Council will hold their general board meeting on Wednesday, June 26, at 7 pm. For more info, visit encinonc.org.

* The Encino Property Owners Association (EPOA) will hold a meet and greet fundraiser on Sunday, June 23, from 11 am to 2 pm at The Stand Encino. Join them for fun and food and meet the EPOA Board and other community leaders. If you can't stop by during these hours, you can still help EPOA by ordering food at anytime up to 9 pm closing as The Stand is donating 20% of your purchase to EPOA. Be sure to mention EPOA or show the EPOA flyer. If you plan on dropping by between 11 am and 2 pm please RSVP to info@encinopoa.com. Whether you come to the Meet and Greet or come later until 9 pm, remember to mention EPOA or bring the EPOA flyer when you pay for your food order. You can also order food to go with The Stand app and enter coupon code "EPOA."

* Support your local chamber by attending the United Chamber of Commerce's Mega Mixer on Thursday, June 27, from 5 to 8 pm. Attend the largest networking event in the Valley and make new business connections! The event will be hosted by Anheuser-Busch (15800 Roscoe Blvd.) and tickets are $35 for members and $30 for non-members if you RSVP by June 18. Get your tickets at unitedchambers.org.

* San Fernando Valley Audubon Society is continuing to work with partners, the Friends of the Los Angeles River (FoLAR) and the California Native Plant Society (CNPS) on the ongoing habitat restoration efforts in the Sepulveda Basin Wildlife Reserve. This group will gather on Saturday, June 22, from 8 to 11 am to work and weed. If you would like to get involved and get your hands dirty, this is for you! Plus, there will be a guided Audubon walk after the work. For more info, and to sign up, visit sfvaudubon.org/events/sbwr-habitat-restoration-4.

* The Encino Farmer's Market is celebrating 30 years! Held rain or shine every Sunday, the market will be highlighting this milestone on Sunday, June 30, with a special program at 10 am. Mark your calendars and come out to celebrate and shop local. For more info, email event@onegeneration.org.

* The Encino-Tarzana Library is hosting an American Red Cross blood drive on Monday, June 24, from noon to 6 pm to encourage donors to roll up their sleeve and help save lives. As a thank you, those who come give at this drive will receive a $15 e-gift card to a merchant of choice. Secure your spot at redcrossblood.org.

* Celebrate Pride Month at the San Fernando Valley march, rally and block party on Saturday, June 29, from 11 am to 5 pm. The event will kick off with a rally which will be hosted at Van Nuys Blvd and Sherman Way. Then a march down Van Nuys Blvd. will end at the Van Nuys Civic Center (14410 Sylvan St., Van Nuys) where the block party will be hosted. For more info, see eventbrite.com/e/san-fernando-valley-pride-2024-tickets-865801394277?aff=oddtdtcreator.

* Come along for a ride of color and form in "Visual Journey," a virtual online art exhibit that presents the work of 12 members of ARTIST CO-OP 7, in conjunction with the San Fernando Valley Arts & Cultural Center. For information on artists, visit sfvacc.org.

* The Tarzana Community and Cultural Center will be hosting watercolor art classes with instructor Martha Bell on the first three Wednesdays of every month. The class runs from 1:30 to 3:30 pm and are $20 per class. Bell will guide students at their own pace and level of experience. To register, call 818-705-1286 or send an email to Info@MyTarzana.Org.

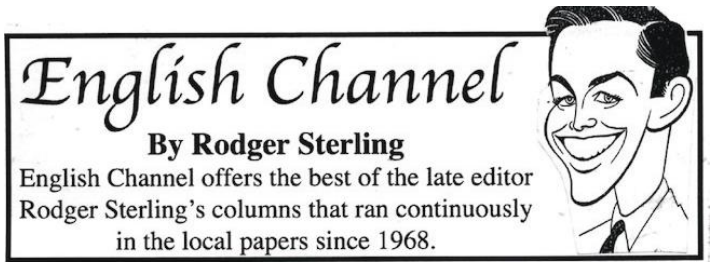
People in the News

Representing the Department of Neighborhood Empowerment, **Vincent Autiero** is the new Neighborhood Empowerment Advocate (NEA) for the Encino Neighborhood Council. Autiero earned his Baccalaureate of Arts in Political Science from California State University, Long Beach and holds a Master's Degree in Education from Pepperdine University. Last year he earned his Doctorate Degree from UNLV with an emphasis in Public Policy. A review of Autiero's community involvement includes having previously served on the board of the Mid City West Neighborhood Council for five and a half years and a Budget Advocate for two years. In addition, he was a former active member of the Los Angeles Area Chamber of Commerce and the Los Angeles World Affairs Council. Born and raised in Los Angeles, Vincent currently resides in the West San Fernando Valley.

Celebrating their 75th Anniversary, members from the National Charity League, Inc., San Fernando Valley Chapter (NCL, Inc.), recently gathered to acknowledge overall time contributed to serving NCL's Mission and its commitment to community service, leadership development and cultural experiences.

The San Fernando Valley Chapter Debutantes being presented at the 58th Annual Charity Ball are (above): **Miss Sarah Kathleen Bryant, Miss Faith Angelica Dalton, Miss Skyler Jean Farley, Miss Sadie Jane Freeman, Miss Adriana Beatrice Granato, Miss Gillian Mryl Harrison, Miss Peyton Reese Kaminsky, Miss Brooke Ryan Norris, Miss Sydney Leigh Soussan, Miss Taylan Evanne Takac, and Miss Katherine Isabella Yi.**

Philanthropies supported by the San Fernando Valley Chapter include: West Valley Food Pantry, Motion Picture & Television Fund, Guide Dogs of America/Tender Loving Canines, Boys and Girls Club of the West Valley, American Cancer Society Discovery Shops, Operation Gratitude, New Horizons, ONE-generation, Special Olympics Southern California, and My Stuff Bags Foundation.



* Did you hear about the cheese that started working out? He's now shredded!

* As writers constantly on the hunt for unusual words we found these tantalizing definitions:

- The dot over an "I" or a "J" is called a tittle.
- The space between your nostrils is called columella nasi.
- The armholes in clothes where the sleeves are sewn is called armscye.
-And illegible handwriting is called dysania. Baffle someone tomorrow with a quiz!

* We like to print this once and awhile to remind ourselves of famous folks who started out as newspaper carriers in their early years and then made it big. Like Walt Disney, Martin Luther King Jr., Red Skelton, Tom Brokaw, Bing Crosby, John Wayne, J. Edgar Hoover, Jackie Robinson, Bob Hope...and our own L.A. corporate attorney Eric Reimer.

* Didja hear about the fellow who had a photographic mind but it was never developed?

* Here's an idea for those folks who promote special diets. Just sell refrigerators with handles two inches from the floor!

* Here are two short reads we know you can get through easily. *Things I Can't Afford*, by Bill Gates, and *My Guide to the Pacific*, by Amelia Earhardt.

* What do you call an American drawing? A Yankee doodle!

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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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Boys & Girls Club of West Valley Honored by Jesse Gabriel

Recently, Assemblymember Jesse Gabriel (D-Encino) proudly announced The Boys & Girls Club of the West Valley (BGCWV) as the 2024 California Nonprofit of the Year for Assembly District 46.

At a special luncheon in Sacramento, Assemblymember Gabriel celebrated the recognition with BGCWV's CEO Geovanny Ragsdale and Chairman of the Board, Donald Weissman.

The recognition underscores the vital role BGCWV plays in the San Fernando Valley. Founded in 1992, BGCWV has long been dedicated to providing safe, affordable, and educational activities for at-risk youth during non-school hours. Its mission is centered on fostering its students' academic and career successes, thereby strengthening the social and economic fabric of the community.

As a cornerstone of the community, Assemblymember Gabriel recognized that the club not only supports the personal growth of its members but also contributes to the overall well-being of the region. "The Boys and Girls Club of the West Valley has been an incredible resource for children and families across the San Fernando Valley," said Assemblymember Gabriel. "I'm so grateful for their dedication to serving young people with thoughtful and creative programming and I'm proud to recognize them as our 2024 Nonprofit of the Year."

Initially operating on school campuses, BGCWV established a permanent 10,000-square-foot facility in Canoga Park in 2004. This facility has become a hub for youth across the Valley, offering them opportunities to engage in positive social activities, receive academic support, and participate in health and wellness programs.

CEO Geovanny Ragsdale emphasized the organization's commitment to addressing the complex challenges faced by today's youth. "The work we do daily with youth is impactful for our community. Today, our youth are facing new challenges of mental and emotional health like we've never seen before," Ragsdale said. "They are struggling to fully understand their identity, values, and place in the world."

Ragsdale highlighted the comprehensive support system that BGCWV provides to nearly 3,000 youth, offering mentors who assist young people with achieving academic success, community engagement, and healthy lifestyles. "I take this responsibility to heart as we aim to ensure our members graduate on time and future-ready, as contributors to society," Ragsdale added.

For help with any state matter, contact Gabriel's District Office at 818-380-2460 or visit a46.asmdc.org. For info about the Boys and Girls Club of West Valley, visit bgcwv.org.

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BUSINESS

Investing to Grow: How Businesses Spend Money to Make Money

By Miri Rossitto

When it comes to business, the age-old adage "You have to spend money to make money" rings true. Whether a startup or a well-established corporation, businesses must continually invest in various aspects to drive growth, enhance efficiency, and maintain competitiveness. This strategic spending, referred to as capital and operating expenditure, includes a wide range of investments from marketing and infrastructure to employee training and research and development.

Marketing and Advertising

One of the significant areas businesses allocate important resources is marketing and advertising. Effective marketing strategies enhance a company's visibility, attract new customers, and retain existing ones. From traditional mediums like broadcast media and print to modern digital platforms like social media and search engines, businesses must invest in these channels to reach their target audience

A well-executed marketing campaign not only boosts sales but also builds brand recognition and loyalty. For instance, tech giants like Apple and Google spend billions on advertising to maintain their market positions and introduce new products. The return on investment (ROI) from these campaigns often justifies the expenditure as increased sales and market share directly correlate with these efforts.

Technology and Infrastructure

Today's fast-paced, tech-driven world necessitates investing in technology and infrastructure. To improve their operational efficiency, businesses need to keep up with technological advancements to improve their operational efficiency and deliver better customer experiences. This includes upgrading both hardware and software, adopting cloud computing solutions, and enhancing cybersecurity measures. Nowadays, this also means keeping up with advancements in AI technology.

Investing in modern infrastructure like an efficient supply chain system can lead to significant cost savings and productivity improvements. As an example, Amazon's continuous investment in its logistics and delivery network enables it to offer faster delivery times, attracting more customers and increasing sales.

Employee Training and Development

A business' workforce is one of its most valuable assets. Investing in employee training and development programs ensures employees possess the necessary skills and knowledge to perform their roles effectively. This enhances productivity and boosts employee morale and retention.

Companies like Google invest heavily in continuous learning and development programs, recognizing that a well-trained workforce is the key to innovation and growth. By fostering a culture of learning,

(continued to page 13)

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HEALTH

Staying Hydrated and Healthy This Summer

Extreme heat kills, on average, twice as many people annually than other natural disasters. While the elderly and small children are at a higher disadvantage, dehydration can cause heat-related illnesses in all. As the Valley begins to heat up this summer, it's imperative to recognize the symptoms of dehydration and incorporate ways to combat it.

Dehydration occurs when your body doesn't have the adequate amount of water to function properly and can leave you feeling thirsty, tired, disorientated and sick. Mild to moderate dehydration symptoms include dry skin, fatigue, decreased urine output or dark yellow urine, dry mouth, lightheadedness, increased heart rate and muscle weakness or cramping.

Severe dehydration symptoms include low blood pressure, lethargy, cracked lips, lack of urination, sunken eyes, confusion or loss of consciousness. In extreme cases, if your internal organs are not receiving enough blood flow thanks to dehydration, complications like kidney failure or liver injuries could occur.

Unless one's dehydration falls into the severe or extreme category, it can easily be rectified by drinking plenty of fluids such as water, coconut water (which contains electrolytes), or a sweet drink to replace lost sugar in addition to a salty snack to replace lost salt. If you're feeling ill, start with small sips and gradually drink more. Avoid any caffeine or alcohol as this can make dehydration worse. If your symptoms are severe, an individual should head to urgent care where they can administer IV fluids if necessary.

While dehydration can affect anyone, especially during heat waves, the best way to combat it is to stay on top of hydration. A few methods to encourage you to incorporate more fluids in your diet are as follows:

1. Carry a refillable water bottle at all times. Most public places have dedicated water fountains or refilling stations so you can always ensure a full bottle of water. While Stanleys have become quite popular as portable drinking vessels, there are a myriad of options available depending on the size or material you would like in a bottle. There are even water bottles with specific demarcations that coach you on how much water you should have had by a certain time of day!

2. Set alarms on your phone. As silly as it sounds, setting frequent reminders throughout the day can help you remember to drink more water. This is especially true for athletes or those working in outdoor conditions. While people can get swept up in errands or meetings, an alarm will bring you back to your water intake goal.

3. Add flavor or electrolytes. So many individuals who don't drink enough water claim the taste is boring. Try adding fresh fruit or mint to make the water taste a bit more enticing. There are also a plethora of sugar-free, electrolyte additives you can add to your water such as Liquid I.V. that not only change the taste of the water, but infuse it with added vitamins and minerals.

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Generic Variant Found Linked to Alzheimer's

While there is no current cure for Alzheimer's, scientists have long associated the gene variant APOE4 with a higher risk of developing the disease. Individuals with two copies of the gene are not only at a higher risk, but now scientists are proposing that two copies of APOE4 can actually cause the disease. The studies, published in the journal *Nature Medicine*, point to the fact that individuals could receive an Alzheimer's diagnosis before they even begin to show symptoms.

Researchers studied 3,297 brains that were donated for science and the brains of 10,000 individuals participating in the study. Of the 273 individuals that had two copies of APOE4, all showed signs of Alzheimer's and thus, two copies of APOE4 should be considered as a possible genetic form of the disease.

By age 55, participants with two APOE4 copies were accumulating more amyloid, a protein that forms plaques in the brain that signal Alzheimer's, than those with just one copy of another form of APOE (the APOE3 allele). By 65, almost all of the individuals had abnormal levels of amyloid. However, given that all the participants were white, the findings cannot be universally applicable.

"The study beautifully demonstrates that having two copies of the APOE4 gene predictably leads to pathological changes in the brain in almost every carrier," Jim Ray, PhD, director of the Belfer Neurodegeneration Consortium at MD Anderson Cancer Center stated.

With these results, scientists are hoping to develop new drugs that specifically target individuals with two copies of APOE4 to treat their brains before and after they begin to experience symptoms. Although certain drugs already exist to combat amyloid in the brain, they are rarely prescribed because of the severe side effects that can occur. Bleeding and swelling of the brain can occur, even more severely for individuals for two copies of APOE4.

Genetic testing is not currently used as a routine diagnosis or to predict if someone will develop Alzheimer's. While individuals whose parents were both diagnosed with Alzheimer's are more likely to carry two APOE4 genes, they may never show symptoms. Additional research is needed to understand the full effects of how the gene can affect an individual's brain, especially as it matures and ages.

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LA County Reporting Increase in Mpox

The LA County Department of Public Health recently reported an increase in Monkeypox, now called Mpox. There has been a "concerning increase" of 10 new cases in the last two weeks.

Mpox is spread through close contact and bodily fluids and symptoms include: rash or blister-like sores on the face and genitals, fever, chills, muscle aches, headaches and/or swelling of lymph nodes.

Due to this increase in recent cases, LA Public Health urges anyone with symptoms to get medical attention and get tested immediately.

Early detection, testing and vaccination are vital to controlling the spread of the disease and protecting Los Angeles County residents, according to health officials.

Given the recent increase in cases, Public Health strongly recommended that anyone who develops symptoms consistent with Mpox seek medical attention and get tested. For the most up-to-date information and resources, visit ph.lacounty.gov/mpox or contact the Public Health Call Center at 1-833-540-0473.

The vaccine is available to anyone, but highly encouraged for any man or transgender person who has sex with men or transgender people or those living with HIV.

Enhanced surveillance, contact tracing and outbreak investigations are underway in the Department of Public Health to identify potential sources of the infection and prevent further transmission.

Summer Could See a Minor Uptick in COVID

According to the data from the Centers for Disease Control and Prevention (CDC), the States may see an increase in COVID-19 infections this summer.

California COVID test positivity was 12.8% higher than regions on the East Coast. While this data shows an increase, it is not something the CDC says should necessarily alarm anyone.

On average, the States have seen an increase of COVID every summer, especially after Fourth of July. Because cases have been at an extreme low, this increase is more like a subtle drift upwards, not necessarily a surge that should cause concern. This is also due to the public's increased knowledge of how to now manage the virus and having immunity against it.

"Our bodies have learned how to manage the virus over the last four years, meaning that many people have had successive waves of infection, many people have had initial vaccinations," Dr. Peter Chin-Hong, a professor of medicine and infectious disease specialist at the University of California, San Francisco, said. "So that combined immunity gives a big force field that can help protect us during the summer. … Although most people will be fine, there are still some people that are going to get very sick."

Hospitalizations and deaths that are still occurring due to COVID are in large part among high-risk individuals such as the elderly and those with compromised immune systems.

Individuals should still take precautions around infected persons by wearing masks, avoiding close contact and thinking of getting the newest COVID vaccine, which will most likely come out in September.

"Very much in the same way that flu vaccines are tailored each year to adapt to the strains that we see, the same is occurring with COVID," Dr. Cameron Wolfe, a professor of medicine in the infectious diseases division at Duke University said. "And I think for someone who might be themselves or someone in their family or close contact known to be high risk I'm going to be still actively encouraging those people to get vaccinated."

ENTERTAINMENT

Country and Culinary Adventure in the City of Music

By Katie Sterling

It has to be said that if you extend an invitation that requires a plane to get there, I am more often than not looking at flights before the full details are even relayed. Any chance to explore a new city, or revisit a favorite one, is the only excuse I need. Life is short, buy the plane ticket! In the case of this specific trip, the life we were invited to celebrate was the impending arrival of a family friend's baby in Nashville – a city I was eager to return to and which my travel companion had yet to explore. With our tickets booked and our itinerary set,

this mother-daughter duo set out to celebrate the newest mother-daughter duo and have a few adventures along the way. In the immortal words of Shania Twain, "Let's go girls!"

After an airline delay, we landed in the City of Music not quite in the mood to boot scootin boogie, but rather rest and recharge before the full weekend ahead. Thankfully our hotel, Tempo by Hilton Nashville, was the perfect choice to ignite our excitement for our country-fueled weekend while still allowing the opportunity to sit back and soak in the amenities.

Having only opened a few months prior, Tempo by Hilton stands just minutes from the bustle of Broadway and evokes a stylish, more contemporary take than traditional Hiltons. Leaning into the city that surrounds it, Tempo is outfitted in an art-deco design that mirrors the art and architecture of Nashville's past and present. It even goes so far as to craft the country aspect by paying homage through art to the greatest female country artist… you've never heard of. Mary Louise, a completely fictional singer, is brought so vividly to life through the hotel's décor, it comes as a shock to visitors to learn of her true history. It's not only a clever marketing tool, but a message that in this city, any and all singers can get their moment in the spotlight.

Famished from the flight, we settled in to the Lovelorn Lounge, located adjacent to the fifth-floor lobby, which afforded sweeping views of the city. Not too tired to indulge in our first meal of Southern specialties, we ordered Nashville hot fried calamari and crispy chicken fritter sliders off a menu expansive in options. Thankfully, the bar rotunda requires no reservations, making it the ideal stop for weary travelers like ourselves or those looking for an afternoon indulgence. Satiated, and on the precipice of exhaustion, we simply had to take the elevator up a few floors to our room. Expertly designed and quite spacious, the double-queen room had everything a traveler could need to settle in for their stay; from heavenly-scented Apotheke shower amenities to a Bluetooth speaker mirror ready to blast those country tunes and dare I say, perhaps the most comfortable hotel bed I've ever slept in.

With a full night's sleep, we woke up refreshed and ready to hit the first stop that only seemed appropriate for these newsies: Hatch Print Shop! After all, Hatch is a working letterpress print shop that still uses vintage type and hand-carved blocks to create one-of-a-kind posters, the same technique old newspaper printing presses utilized. While glass windows allow passing patrons to see the press machines being put to use, we opted for the official tour where guests are taken behind the scenes for a thorough breakdown of Hatch's history with the city and the chance to create your own letter-block souvenir. Hatch is located just adjacent to the Country Music Hall of Fame, a must-see museum for first timers as it perfectly encapsulates the history of this musical city and the evolution of country music itself. We were delighted to discover that one of the current exhibitions happened to serendipitously be about the roots of Los Angeles country-rock, highlighting the crucial role country tunes played in reinvigorating the rock scene throughout Laurel Canyon and local nightclubs. We had left LA to learn about Nashville and circled back to a little history of our own home!

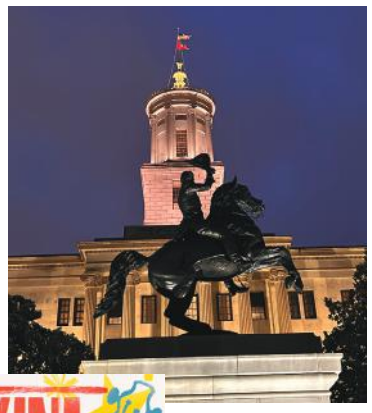
Our historic tour of Nashville continued with an excursion to Andrew Jackson's famous manor home, The Hermitage, a short ride from downtown. Having previously toured Belle Meade Mansion (highly recommend), we chose this trip to learn a bit more about the seventh president by touring his manor, museum and expansive grounds. Tours are offered throughout the day to explore the home itself, but perhaps the highlight of The Hermitage is the freedom to walk the property, through the cemetery where the Jacksons are laid to rest, and the beautiful gardens.

With heads now full of history and legs weary from walking, we set out for perhaps the most important item on our agenda: dinner. Sperry's is an old school steakhouse, and dare I say, a Nashville institution, made famous for opening in 1974 with the city's first-ever salad bar. Seeing as how we were meeting up with our family friends, this local haunt in Belle Meade was an ideal spot to cozy up in the corner of the dimly lit steakhouse and catch up over wine and old-school favorites. When you step into Sperry's, you could be stepping back into time where the food isn't fussy, but instead hearty classics that only solidify why this establishment is a much-beloved spot. To end the evening, as any newspaper editor should do, we ventured to Printer's Alley. In its heyday, 13 publishers and 10 printers were located in this alley before it became a hotspot for speakeasies during Prohibition, and now serves as a lively option for live music and late-night drinks.

If Friday was for tourism, Saturday was for exploring local haunts…in more ways than one. With the sun shining, we headed out to Nashville's Farmers Market, a year-round establishment that has farmers and artisans selling their wares outside with an expansive food hall inside. It's an ideal spot to do a little local shopping and then recharge with a hearty lunch.

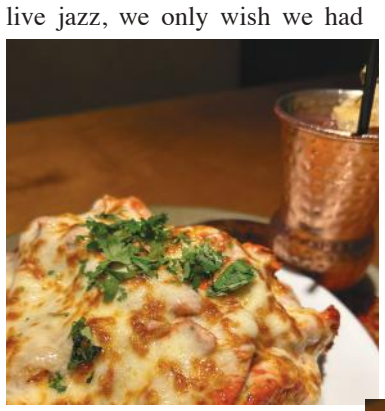
But, as any local or recurring visitor knows, the weather in Nashville can take unexpected turns. Since we needed to wait out the rain, we decided to head back to Tempo to try out their virtual TopGolf, one of a myriad of games on offer. It's an ideal spot to grab a drink or a bite and still be active when the weather acts up.

Leaving our clubs behind, we ventured out to familiarize ourselves with another female rockstar making waves not in the country world, but the culinary one. Co-owner and Executive Chef Maneet Chauhan opened Chauhan Ale & Masala House in 2014 to combine Indian flavors with traditional Southern dishes. Let's just say you'll never know how much you need tandoori chicken poutine in your life until you've dined at this establishment. Celebrating their 10th anniversary this year, Chauhan's menu offers diners a plethora of traditional dishes with options to customize based on your favorite curry.



Along with the poutine, we ordered the tandoori chicken and tamarind lamb chops in a korma curry, all washed down with a Taj Mule beverage. Each dish was fresh, easily shareable and as beautifully presented as it was exceptionally flavorful. And as anyone knows, dessert feeds the soul not the body, so we had to top the night off with their spiced mirat Nashville rum cake topped with salted caramel cardamom and sprinkled with pistachios. Chauhan Ale & Masala House is an ideal spot for those looking to venture away from the traditional BBQ the city romanticizes and instead, dine on flavorful dishes that exude individuality.

With just an hour to kill post-dinner and before our next excursion, we popped into Rudy's Jazz Room which was one of the most unexpected delights of our trip. When in doubt of how to spend your time, always ask a local! We never would have known about this spot if our wonderful waitress at Chauhan hadn't recommended it. An intimate space, serving Prohibition-era cocktails and live jazz, we only wish we had



a bit more time to spend here. But, ghosts were calling! That's right…our last stop of the day was a haunted walking tour of Nashville with Ghost City Tours. While some smirk at the idea of a ghost tour, I find it a fun and frankly, fascinating way to hear the history of a city and see famous monuments at night when they're beautifully lit up and devoid of the usual daytime crowds. Equally entertained and spooked, we returned to Tempo with a bit more local knowledge and cheeky stories to regale.

While our last day was mostly filled with baby shower duties, we did sneak out to visit one more classic Nashville spot. Since 1910, The Hermitage Hotel in downtown Nashville has been a cultural institution thanks to its political history, infamous ghosts and "Best Restroom in America" award thanks to its distinctive tiling.

After wandering the five-star hotel, we settled in for their afternoon "Spillin' Tea with Draper James" served in the grand lobby and veranda. This traditional three-course tea, with a Southern flair, was the ideal way to decompress from a weekend of exploring and sightseeing. As modern as The Hermitage Hotel is, you can still feel the rich cultural history of the space, a sentiment that I feel applies to most of Nashville. It's a city constantly evolving, but still recognizing the importance of holding onto its roots.

Those that travel here will no doubt sense this juxtaposition, especially if you're willing to go off the beaten tracks a little. After all, it's in the unexpected detours where we found the Southern charm of the city shined the brightest.

From top: Seeing the city by night, a Hatch poster, tandoori chicken poutine, tamarind lamb chops, the Lovelorn Lounge and artwork of Mary Louise.

ENTERTAINMENT

The Reel History of the Valley

By Martin M. Cooper

Walt Disney: The Truth

The most famous person who ever worked in the San Fernando Valley was Walt Disney.

His name has appeared on countless motion pictures, television programs, merchandise, theme parks, streaming services, and much more. His name is so ubiquitous that you can mention "Uncle Walt" nearly anyplace in the world and people will know who you are talking about…and more often than not, proffer a smile at the mention of his name.

Not surprisingly, a number of myths have arisen about his name and company. It's time to look at some of the Walt Disney myths.

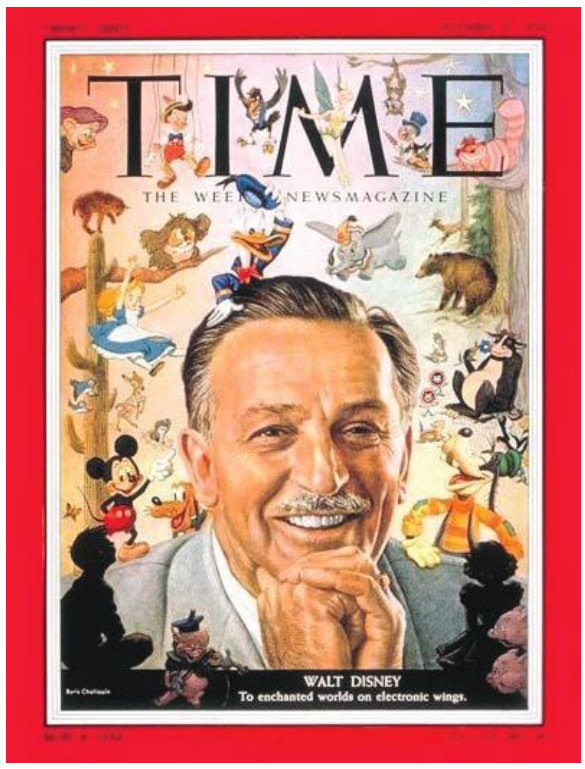
Disney was frozen. False; many people think that he had an interest in cryogenics. He actually was cremated and was interred at Forest Lawn Memorial following his death on December 15, 1966. His memorial site is located in the Court of Freedom at Forest Lawn Cemetery, not far from the studio that bears his name. It's a small garden with a memorial plaque for him and his family. The "Walt was frozen" story probably emanates from a pair of biographies, 1986's *Disney's World* by Leonard Mosely and 1993's *Walt Disney—Hollywood's Dark Prince* by Marc Eliot that posited his interest in cryogenics would have led to having his remains frozen.

Disney was fascinated by the new. True. Disney wanted to hear about everything that he might incorporate into his films, Disneyland, or his other ventures. He loved hearing of new inventions and processes.

Anaheim was Walt Disney's first proposed location for a theme park. False. The initial idea for a new type of family entertainment came about when Disney was visiting Griffith Park in Los Angeles with his two daughters, Diane and Sharon.

When I was Disneyland's Advertising & Promotion Manager, in the 1960s, engineers from Bell Aerosystems developed the Bell Rocket Belt. They brought it out to the studio and Disney and a group of executives, including me, watched a demonstration as the Bell technician strapped the dual rockets to his back and actually flew up and around the studio parking lot. Disney was so excited by the Rocket Belt that he wanted to try it himself; we talked him out of it.

The Disney Family Garden at Forest Lawn in Glendale, California, just a stone's throw from the Disney Studio.



Walt Disney and but a few of his famous creations on the cover of Time Magazine on December 27, 1954.

The Disney Studio was designed so it could be a hospital. False. The success of 1937's *Snow White and the Seven Dwarfs* provided Disney and his brother Roy the funds to build their own studio in Burbank. The myth of a studio designed to be converted into a hospital was either created or propagated by Richard Schickel in his 1968 book, *The Disney Version*: "Delighted as they had been by Snow White's acceptance, Disney's bankers were still not absolutely certain he was here to stay. They would advance him money for a new studio only on condition that its principal structure could easily be adopted to some other use. This particular section of Burbank needed a hospital, and so the bankers insisted that the building be constructed for easy conversion into such a place."

The Disney Archives executives insist the studio's main building was designed for optimum use as an animation factory, not a hospital.

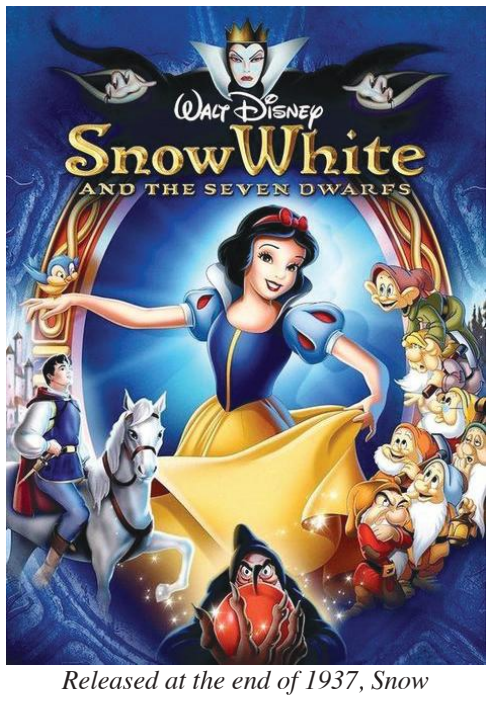
Anaheim was Walt Disney's first proposed location for a theme park. False. The initial idea for a new type of family entertainment came about when Disney was visiting Griffith Park in Los Angeles with his two daughters, Diane and Sharon. While watching them ride the merry-go-round, he came up with the idea of a place where adults and their children could go and have fun together, though this idea lay dormant for many years.

When Disney first conceived of a theme park that would be the antithesis of the sleazy carnies that were prevalent at the time, he thought of putting it across Riverside Drive from his new studio in Burbank.

According to the *Los Angeles Almanac*, Disney's initial name for his vision was Mickey Mouse Park: "In 1951, Walt brought in artist Harper Goff to illustrate his vision for the park. In 1952, the proposed $1.5 million park development for Burbank was announced to the public and Walt incorporated an organization around the park development project. When Walt finally presented his plans to Burbank's city council, the plans were rejected because local politicians didn't want to bring a 'carny' atmosphere into Burbank. This and the reality that Walt's expanded vision for the park had quickly grown far larger than 16 acres, compelled Walt to look outside Burbank."

He then retained Buzz Price and his company, Economic Research Consultants, to find the optimum place for what was to become Disneyland.

Burbank's loss, Anaheim's gain.



Released at the end of 1937, Snow White and the Seven Dwarfs was such a blockbuster that it allowed Walt and Roy Disney to fund their own studio in Burbank, today the home of the largest entertainment company in the world.

Martin Cooper, President of Cooper Communications, supervised public relations for the Academy of Motion Picture Arts & Sciences for 10 years; held executive positions with Disney and Universal Studios; and served as Chairman of the Board of the UCLA Film & Television Archive. An award-winning author, he has written four books, two of them on the San Fernando Valley. He is currently researching his next book, the history of motion pictures in the Valley.

ENTERTAINMENT

Richard Thomas stars in To Kill a Mockingbird.

To Kill a Mockingbird Opens in Thousand Oaks

The American Theatre Guild will present *To Kill a Mockingbird*, Academy Award® winner Aaron Sorkin's new play, directed by Tony Award® winner Bartlett Sher and based on Harper Lee's classic novel.

Emmy Award-winning actor Richard Thomas is starring as Atticus Finch for the history-making production.

This production will close out the 23–24 Broadway in Thousand Oaks series at the Bank of America Performing Arts Center. The play will be staged June 25 to 30.

Set in Alabama in 1934, Harper Lee's enduring story of racial injustice and childhood innocence centers on one of the most venerated characters in American literature, small-town lawyer Atticus Finch.

The cast of characters includes Atticus's daughter Scout, her brother Jem, their housekeeper and caretaker, Calpurnia, their visiting friend Dill, and a mysterious neighbor, the reclusive Arthur "Boo" Radley.

The other indelible residents of Maycomb, Alabama, are Bob Ewell, Tom Robinson, prosecutor Horace Gilmer, Judge Taylor and Mayella Ewell.

Richard Thomas as Atticus Finch has been embraced by critics and audiences alike. His performance has been called "Easily the most powerful work I've seen from Richard Thomas" (*BWW Charlotte*), "A memorable performance rarely seen in a touring Broadway production" (*Curtain Up Phoenix*), and "Sheer perfection - this role was made to be played by Thomas" (*Around the Town Chicago*). *The Buffalo News* proclaims "Both modestly human and divinely heroic. All rise for Richard Thomas," and the *Dallas Voice* declares "Richard Thomas as Atticus Finch is at the height of his career."

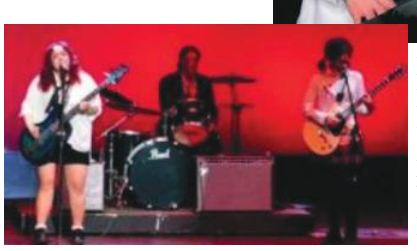
Since its tour launch in March 2022, the First National Tour of *To Kill a Mockingbird* has played more than 500 performances in 44 cities, seen by more than one million theatergoers, and hailed as "A must-see" (*Northwest Herald, Chicago*).

Tickets to Harper Lee's *To Kill a Mockingbird* are available for purchase at BroadwayInThousandOaks.com and BAPACThousandOaks.com. Group ticket savings for 10+ are available by contacting Groups@ATGuild.org.

The Bank of America Performing Arts Center is located at 2100 Thousand Oaks Blvd.

NoHo Summer Nights Kicks Off This Weekend

NoHo Summer Nights schedule of free concerts and movie screenings kicks off this weekend! On Saturday, June 22, Elton vs. Billy will square off for a concert at 7 pm.



Emerging Artist Sorry We're Late (at left) will perform prior to the main act. Concerts take place at the NoHo Rec Center behind the Amelia Earhart Library!

LA Zoo Announces Summer Schedule of Themed Events

The LA Zoo recently released an electrifying lineup of adults-only and family-friendly summer evening events that are sure to delight animal lovers and partygoers alike!

Kicking things off will be their Roaring Nights on Saturday, July 13. Gather your brat pack to celebrate one of the most outrageous decades - the 1980s!

From totally tubular live music and an immersive silent disco to retro photo ops, a paint party, and special animal presentations, these nights will transport guests to the ultimate era of dance, music, and big hair. On July 13, the AstroYachts, a local "yacht rock" revue band, will bring their ultra-smooth vocals that will keep the crowd sailing on through the night; and on the second night of Roaring Nights on September 14, Flashback Heart Attack, one of SoCal's most popular cover bands, will pump out the high energy hits of the '80s. These events will also have a full bar and food truck offerings for an additional fee. Tickets are $25 for non-members and $20 for GLAZA members. To learn more and to purchase tickets, visit lazoo.org/roaringnights.

Then Brew at the L.A. Zoo: A Sip & Stroll Event makes its popular return on Saturday, August 3.

Brew at the L.A. Zoo is an adults-only tasting adventure that allows guests the opportunity to wander through the lush grounds of the zoo while sampling craft beers, specialty cocktails, distilled spirits, and creative mocktails from over 35 beverage partners. The event will also feature food from L.A.'s top food trucks for an additional fee, live entertainment, music, and more. The evening's musical lineup includes popular KCRW DJs Tyler Boudreaux and Raul Campos, as well as DJ Johnny Hawkes.

Amid the music and merriment, guests can also partake in animal viewings until sundown and pop-up keeper talks, as well as explore the LAIR, the zoo's reptile and amphibian house until 8 pm. Standard admission is $75 for non-members, $65 for GLAZA members; VIP admission is $175 for non-members and $165 for members. For more info and to purchase tickets, visit lazoo.org/brew2024.

Lastly, Zoo Friday Nights will take place Fridays, August 9, 16, 23, and 30.

Gather to witness wildlife during twilight hours to see what they get up to as the sun goes down. This event offers an array of activities including a family dance party and games, live music, and interactive education stations, plus paid add-ons like tasty treats from a variety of food trucks and a full bar for those 21+. Tickets are $25 for adults and $20 for children for non-members, and $15 for GLAZA members. For more info and to purchase tickets, visit lazoo.org/zoofridaynights.

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Councilmember Bob Blumenfield's
July 4th Extravaganza
Featuring
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EMERGING ARTIST: **The Paul Litteral Band**

July 14
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EMERGING ARTIST: **Abby Berman**

July 21
Twisted Gypsy
Tribute to Fleetwood Mac
EMERGING ARTIST: **Paper Citizen**

July 28
Red Corvette
Tribute to Prince
EMERGING ARTIST: **Timothy J. Wilson**

August 4
Wanted
Tribute to Bon Jovi
EMERGING ARTIST: **Saticöy**

August 11
ABBA-LA
Tribute to ABBA
EMERGING ARTIST: **Tomorrow's Tigers**

August 18
Blank Space
Tribute to Taylor Swift
EMERGING ARTIST: **Abigail Fierce**

August 25
Aeromyth
Tribute to Aerosmith
EMERGING ARTIST: **American Superdrive**

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Lineup subject to change.

After the Rains...It's Time to Clean Your Drains!

Maintaining yard drains during the summer in Southern California is essential due to the dry climate and occasional summer storms. Debris such as leaves and dirt, can accumulate and clog drains, leading to blockages. When unexpected summer storms occur, clogged drains can cause flooding and water damage.

Regular maintenance ensures that drains remain clear, preventing these issues and protecting your landscaping and home foundations. Additionally, clean drains help prevent stagnant water, which can attract pests like mosquitoes. By keeping yard drains well-maintained, you ensure proper drainage, protect your property, and maintain a healthy outdoor environment.

Your sewer line is also a critical component of your home and requires upkeep.

If your home is connected to a sewer system, there is a sewer line that links your home's drains to the main sewer drain. This line is located underground and is considered part of your home's plumbing system and your responsibility for maintenance and repairs. Sewer lines are typically four to six inches wide and slope downwards to push the flow of wastewater away from your home and into your city's sewer.

Getting a sewer line inspection for older homes or those with more trees is a good idea. Because the sewer is not visible, most homeowners don't think about their sewer pipes until there is an actual problem.

How often you should have your sewer lines cleaned depends on your home's plumbing. There is no set time frame for sewer line cleaning; however, if you start to see the signs of a blockage or problem, you will want to get in front of it before you have a mess on your hands.

This (sewer) line is located underground and is considered part of your home's plumbing system and your responsibility for maintenance and repairs.

If you continue to have issues with drains clogging and have multiple drains throughout your home with issues, there could be a problem with your sewer line.

Nothing is worse than a sewer backup in your home. If you are at the point where wastewater is starting to come up through your drains, there is a serious problem and you need to call a professional plumber immediately.

If your drains are draining slowly, that could be a warning sign of a sewer line clog in formation.

If your drains start to smell funky and you are smelling gases and foul odors, that is usually a sign that the wastewater isn't moving correctly and there may be an issue in your sewer line.

The sewer main clean out is a pipe/s with a cap that provides access to the sewer line so that blockages can be easily removed. If you open your sewer line clean-out and see it's flooded or find soggy ground around it, you likely have an obstruction somewhere in your sewer line.

Ideally you should clean your sewer line at least every two years.

For drain and sewer line inspection and cleaning call The Drain Co., serving the San Fernando Valley since 1969. They offer all plumbing and drain cleaning services. Call (818) 442-0966 or visit thedrainco.com.

Investing to Grow Continued

(continued from page 5)

businesses stay ahead of industry trends and maintain their competitive edge.

Research and Development

For businesses in sectors like pharmaceuticals, technology, and automotive, research and development (R&D) is a cornerstone of growth and innovation. Investing in R&D allows companies to develop new products, improve existing ones, and stay ahead of competitors. This investment is often risky and requires substantial financial resources, but the potential rewards can be immense.

Customer Service and Experience

Customer expectations and demands are on the rise and investing in customer service and experience is an important consideration. Businesses must ensure that their customers have positive interactions at every touchpoint. This involves investing in customer service training, advanced CRM systems, and responsive support channels. By prioritizing customer satisfaction, businesses can differentiate themselves from competitors and drive long-term growth.

Spending money to make money is not just a business strategy; it is a necessity in the competitive landscape of today's economy. Strategic investment in the areas of marketing, technology, employee development, research and development, and customer experience can yield significant returns.

However, businesses need to carefully plan and manage these expenditures to ensure they align with their overall goals and deliver their desired outcomes. By doing so, businesses can thrive by sustaining and expanding their respective markets.

Miri Rossitto is CEO of Cowe Communications. Follow them on all social @CoweOfficial.

REAL ESTATE

Get All Local News of YOUR Neighborhood With Valley News Group

Warner Center News — Covering Warner Center and Woodland Hills

Valley Vantage — Covering Woodland Hills & Tarzana

Las Virgenes And Calabasas Enterprise — Covering Calabasas, Hidden Hills & Agoura

Encino Enterprise — Covering Encino, Tarzana & Sherman Oaks

North Valley News — Covering Chatsworth, Northridge, Granada Hills & Porter Ranch

REAL ESTATE

Dry Weather is Time for Roof Repair and Solar Panel Cleaning

Skies are dry, so now's the time to tackle your roofing projects and repairs.

Leaky roof? Broken skylight? Rotting wood? Aquaguard can handle all your needs. Owner Donny Ritter, a licensed general contractor, has been in the roofing business for over 18 years, and has spent 30 years in the construction, painting and carpentry industry

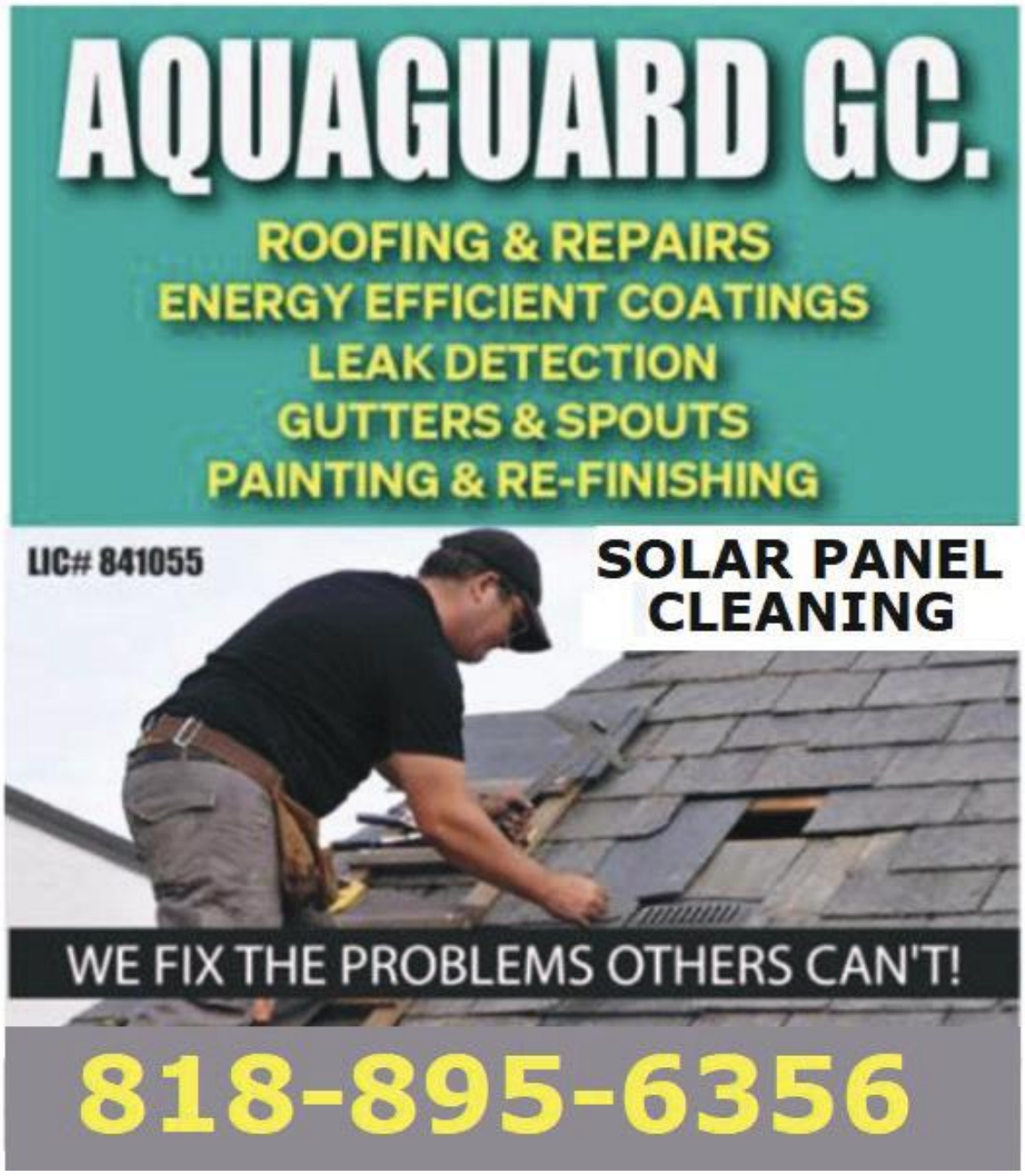
Aquaguard offers complete re-roofing repairs, as well as repairs from a family of sub contractors.

He explained that many contractors will not offer repairs, they will only offer complete re-roofing, which can be extraordinarily expensive. Many also do not offer water intrusion and leak detection.

Aquaguard also offers a unique service - solar panel cleaning. Ritter says that dirty solar panels can take away about 20% of your solar power. Aquaguard cleans them with a very light glass chemical designed for solar panels. That and a jet brush clean muck and grime from pollution, tree debris and more. He recommends cleaning them twice a year to get the maximum energy from your system. Ritter prides himself on prompt and professional service and the highest quality materials. He offers free estimates and competitive prices.

Ritter's complete range of services includes wood replacement, energy efficient coatings and alternatives, painting and refinishing as well as gutter and spout repair and replacement

To reach Aquaguard call (818) 895-6356.



Let Alpha Structural Take Care of the Outside of Your Home

When remodeling your home – don't forget the outside. You don't want the outside… coming inside! The heavy spring rains left many hillsides shaky – we saw that in Topanga Canyon which closed for months for that reason. With dry weather it's a good time to check your hillsides for erosion and damage that could cause bigger problems and flooding when the next rains come.

These are some of the important signs to check for:

- Leaning telephone poles, trees, fences or walls. These are signs of potential landslides.

- Water flowing towards your foundation as this can cause damage to your perimeter foundation walls over time.

- If you are in an area that was involved in recent fires, look out for any signs of hillside erosion.

If you start to notice any of these, reach out to Alpha Structural and they will send an assessor out to your property if needed. For over 25 years now, Alpha Structural, Inc. has developed a powerful reputation as the #1 design/build firm in the Los Angeles area. They have over 400 years of combined technical experience and all of it is hard-core and down-in-the-trenches, not managed from behind a computer. Their in-house engineers and technicians are among the most experienced in all of Southern California. As hillside specialists they know what it takes to properly engineer and build, or repair, a hillside deck, retaining wall or any needed structural repair to your home.

Whether you're noticing your floors sloping and are concerned about foundation issues, or you have a cantilevered deck that needs to be replaced, they can design, engineer and construct the most cost-efficient repair or upgrade for your property.

Give Alpha Structural a call at (323) 258-5482 if you have any questions or concerns about your property or possible rain or hillside damage.

Refreshing? Remodeling? Let PSardo Interiors Help – From the Inside to the Outside

Updating an older home? Preparing to sell? Want a new look? PSardo Interiors can work with you to redesign your entire living space - inside and out.

The family-owned business has been helping discerning customers with their design project needs for over 60 years.

Started in Italy by Phil Sardo's father, Antonio, the company is now run by CEO Alex Sardo, Phil's grandson.

"Because we're a family business with 60 years experience behind us, we are hands-on, and our team knows how to work with our customers to give them a remodeling experience that will amaze them," Alex told *Valley News Group*.

In 1954 PSardo started offering custom-made furniture and re-upholstery. Over the years they have expanded into custom wall upholstery, draperies, blinds, shades and shutters, custom bedding, area rugs, flooring and carpeting.

They also help create home theaters, patio furniture and awnings.

They make "beautiful things happen" from the smallest chair to the largest sectional, treating each piece with care, paying attention to all the details.

In reupholstery they strip the furniture down to the bare frame and install all new materials to create the perfect "sit" for you. They are also able to recreate any style and period of furniture you desire in your home.

PSardo designers assist you in the selection of the perfect fabrics from their vast library, which includes thousands of fabrics from very luxurious silks and velvets to practical synthetics. They carry all the top fabric collections including Kravet, Duralee, Scalamandre, F. Schumacher and more.

"We can make the remodel process not only productive - but easy! We handle everything from start to finish: the interior design, purchasing the materials, even reupholstering old favorite furniture. From the inside to the outside, PSardo can make your home exactly what you want it to be!" said Alex.

Founder Philip Sardo, at left, and his grandson Alex, now CEOP of PSardo Interiors.

"From management to delivery of your pieces, everyone at PSardo Interiors has the same positive constructive dedication to give you the highest quality finished project. We are able to satisfy thousands of happy customers a year, as each furniture piece gets its own individual attention and care."

From one room to an entire home redecoration, let PSardo Interiors assist you in creating the home of your dreams.

PSardo is located at 19330 Ventura Blvd. in Tarzana. Call (818) 990-9747 or email psardointeriors@gmail.com for a complimentary "in-home" appointment. Visit psardo.com to see more photos of their outstanding design work.

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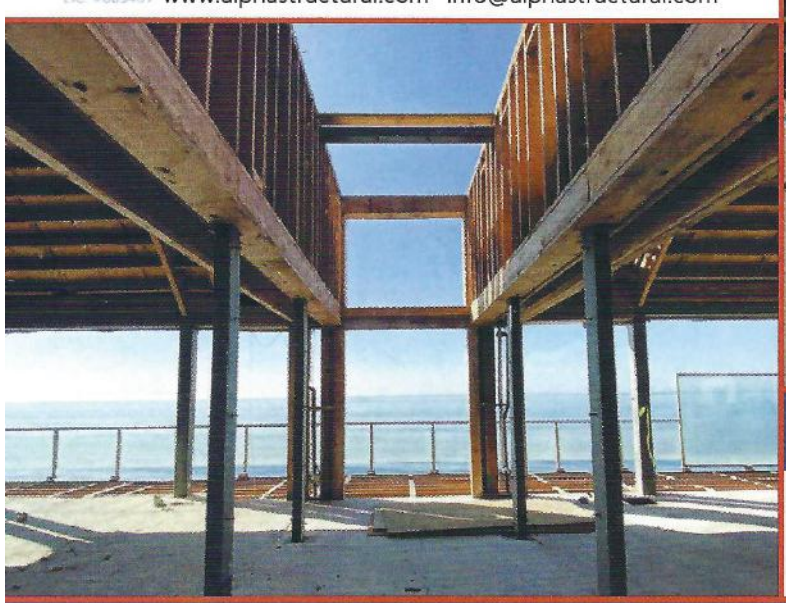

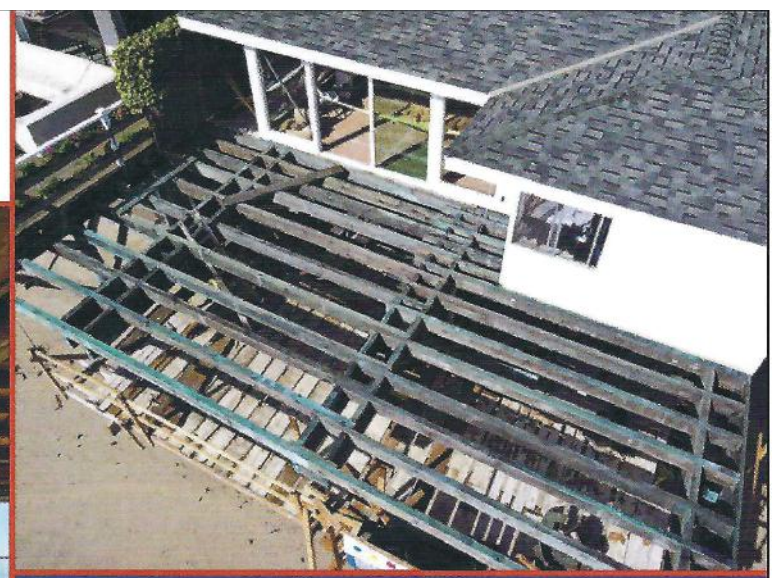

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