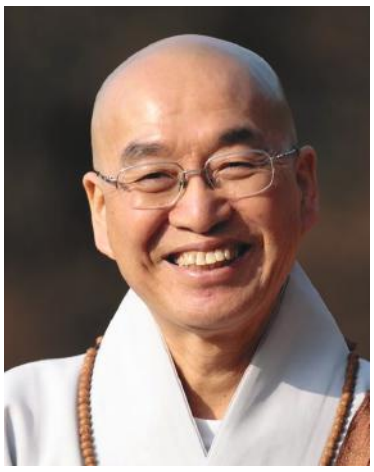
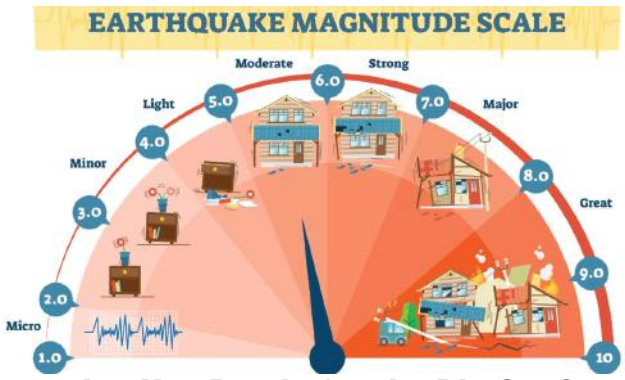


Renowned Scholar to Speak on Buddha's Teachings

See page 8



Are You Ready for the Big One?

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Free Simulcast of Madame Butterfly in Park

See page 6

North Valley News

Volume 3, Number 13

September 19, 2024

Serving Porter Ranch, Northridge, Granada Hills & Chatsworth

News in Brief

SOLID's Pasta Dinner to Support LAPD Devonshire

Supporters of Law Enforcement in Devonshire (SOLID) are hosting their 27th annual all you can eat pasta dinner on Friday, September 27. Proceeds will be used to purchase non city-supplied equipment for officers. The event will be held at St. Nicholas Greek Church, located at Balboa and Plummer in Northridge, from 5 to 8 pm.. Tickets are $15 per person and available at soliddevonshire.org. For over 30 years, SOLID has been supporting the Devonshire Division LAPD Officers with needed resources not provided by the city, making it possible for them to have the tools to serve and protect our community more effectively and efficiently.

Zoning Meeting Set on Old Circle S Ranch

The West Hills Neighborhood Council is holding a zoning and planning committee meeting on Thursday, September 26, at 6:30 pm. The approval process has begun for a five-story apartment building with 322-unit affordable housing units planned for the old Circle S Ranch. This project will be built at Woodlake and Saticoy, and the Neighborhood Council is objecting to the project being built next to single-family homes. They will host a meeting to discuss this project and the proposed Chaminade expansion on the Fields Market property on Thursday, September 26, at 6:30 pm. The meeting will be held at Chaminade High School, 23241 W. Cohasset Street, in the Condon Center. To attend online via Zoom click us02web.zoom.us/j/85777145429. To call in by phone dial (669) 900-6833 then use webinar code 8577 714 5429 then press #. For more information visit westhillnc.org.

Randy Newman's Faust Kicks Off Soraya's New Season

The Soraya at CSUN will kick off their 24-25 season with Randy's Newman's *Faust The Concert* next weekend. The show will take the stage Saturday, September 28 at 8 pm and Sunday, September 29, at 3 pm.

Good and evil battle it out in an American retelling of the classic story. Randy Newman's only musical features the songwriter's unmatched wit and some of his greatest songs. This Soraya-produced original concert will feature an all-star cast of fresh talent let by two Broadway phenoms - Reeve Carney as Devil and Jaiver Munoz as Lord.

For tickets visit thesoraya.org.

2024 Fernando Nominees Announced

Colmenares-Stafford

DeYoung

DuBrin

Heidt

Hernandez

Janigan

Lee

Rabaso

Rosenholz

Scher

Tuckman

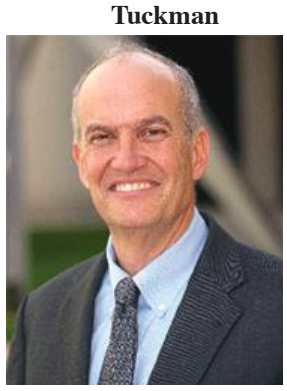
Udkoff

The Fernando Award Foundation board of directors has announced 14 Valley leaders as official nominees for this year's award program honoring volunteer leadership in the San Fernando Valley. One of the nominees will be named the recipient of the 2024 Fernando Award exemplifying outstanding service to the Valley community.

"Since its inception in 1958, the Fernando Award is considered the highest recognition for community volunteerism given to an individual in the greater San Fernando Valley," said Fernando Award Foundation Interim Chair Vahid Khorsand. "Each year, we look forward to recognizing nominees for their community involvement. The list is narrowed to five finalists and culminates with the selection of one distinguished individual at the annual gala."

Since its first awards gala, 64 Valley community and business leaders have been named Fernando recipients. "Each year, community organizations and businesses nominate outstanding individuals to be considered for this lifetime achievement award,"

(Continued to page 3)



Valdespino

Zine

COMMUNITY

32nd Annual

Chatsworth Historical Society

Pioneer Day

Sunday, Oct. 6, 2024
11 a.m. to 3 p.m.

Bring your children & grandchildren

Take the Pioneer Challenge

Old-time fun for everyone!

- Panning for Gold
- Blacksmith
- Leather Crafts
- Chores and Games of Yore
- Bake Sale
- Woodcarvers
- Spinning Wheel Demo
- Design a Quilt Craft
- Rock Chippers
- Bee Keeping
- Telegraph Station
- Butter Churning and more!

Chatsworth Museum Exhibits
Featuring
Chatsworth Early Businesses
and the history of
Chatsworth

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Chatsworth Park South
(West end of Devonshire St.)
10385 Shadow Oak Drive, Chatsworth, CA

Information: (818) 882-5614
chatsworthhistory@gmail.com
www.chatsworthhistory.com

Admission Donation: Adults: $5,
Children: $1
(Free for kids under 5)

Park your car at the Chatsworth Train Depot (10038 Old Depot Plaza Road) and use our free shuttle service, every 15 minutes from 11 a.m. to 3 p.m.

Community Calendar

ONLINE: Dignity Health Northridge Hospital will host a free virtual workshop entitled "Empowerment Through Awareness: Combating Fraud and Scams for Older Adults." Learn fraud and scam identification, reporting tips, and resources to fight fraud. Special guests include Dani Kaiserman, Esquire, Elder Justice Staff Attorney with Bet Tzedek, and Darryl S. Neier, MS, CFE, CECFE, Management Member of DLG Consulting & Advisory Services. The seminar will be held Thursday, September 26, from 8:30 to 10 am. For the Zoom link call (818) 718-5911 or email katherine.thomas93@dignityhealth.org.

GRANADA HILLS: The Granada Hills Library will host Michael Jay's "Johnny Cash Americana Music Concert" on Saturday, October 5, at 3:30 pm. The free concert will be held at 10640 Petit Avenue.

PORTER RANCH: A neighborhood Watch meeting will be held on Wednesday, September 25, at 6 pm and the Vineyards at Porter Ranch, 20065 Rinaldi Street.

NORTHRIDGE: LAPD Devonshire PALS will hold at "Crime Busters" Bingo Night on Friday, September 27, from 5 to 9 pm. The evening includes bingo, wacky contests, prizes, snacks, a bacon-wrapped hot dog and auction. Tickets are $25 and available at https://www.eventbrite.com/e/crime-busters-bingo-night-tickets-970229762337?aff=oddtdtcreator. The event will be held at the Greig Smith Youth Center, 8721 Wilbur Avenue.

CHATSWORTH: The Chatsworth Library will screen the movie *Accidental Texan* on Thursday, September 26 at 1:30 pm. Light refreshments will be available. The library is located at 21052 Devonshire Street.

GRANADA HILLS: The Granada Hills North Neighborhood Council will hold their October board meeting on Tuesday, October 1, at 6:30 pm. The meeting will be held at St. Euphrasia Church, 11766 Shoshone Avenue. For more information visit ghnnc.org.

NORTHRIDGE: The Museum of the San Fernando Valley will host a Latino Heritage Day on Saturday, September 28, from 11 am to 3:30 pm. There is free admission and parking, live music, food vendors, arts and crafts, games and cultural programming. The museum is located at 18904 Nordhoff Street.

GRANADA HILLS: Granada Hills South Neighborhood Council will hold their October board meeting on Thursday, October 3, at 6:30 pm. It will be held at Granada Hills Charter High's Rawley Hall, 10535 Zelzah. For more information visit ghsnc.org

People in the News

Local Realtor Finalist for Good Neighbor Award

The National Association of Realtors® has selected Tisha Janigian, above center, a Realtor® from Canoga Park, among 10 finalists for its 2024 Good Neighbor Awards program. This award honors NAR members who make extraordinary differences in their communities through volunteer work by giving time, money, energy and expertise to uplift people. Janigian, the founder of She Is Hope LA, drew from her own struggles as a single mother without money, credit or assets. After achieving stability, she dedicated herself to aiding others in similar situations. She has since empowered more than 1,200 single mothers by providing credit assistance, financial training, employment opportunities, housing, food and real estate scholarships.

Five winners will each receive a $10,000 grant and national media exposure for their charity, including a feature in the fall issue of *Realtor*® magazine. Starting now, the public can vote for their favorite Good Neighbor finalists. People may cast their vote at realtor.com/goodneighbor before October 2.

Fernando Award Nominees

(Continued from page 1)

explained Khorsand. "Nominees are evaluated based on their volunteer engagement, length and number of years of volunteer service, volunteer leadership roles, fundraising success and volunteer mentorship. The confidential ballot process is managed by an outside CPA firm."

The five finalists will be announced Friday, September 27 at a reception hosted by Galpin Motors.

The 66th annual Fernando Foundation gala reception and dinner will be held at Skirball Cultural Center on Friday, November 8. Information on tickets and sponsorships can be found at fernandoawards.org/2024-event. The deadline for program advertising and sponsorships is Thursday, October 24.

The 14 nominees are:

Armida Colmenares-Stafford – Nominated by Dale Surowitz and the United Chambers of Commerce

Dennis DeYoung – Nominated by Rickey Gelb and California State University, Northridge.

Susan Du Brin – Nominated by One Generation and Lee and Arlene Alpert.

Horace H. Heidt – Nominated by Sherry Keowen and Kathleen Sterling.

Albert Hernandez – Nominated by Alex Parajon and Barry Bussow

Tisha Janigan – Nominated by Timber Rose and Wren Sarrow

Sang Lee – Nominated by Casa Esperanza and the Western Los Angeles County Council, Boy Scouts

Jorge E. Rabaso – Nominated by Alejandro-Guerrero and Soledad Maurizio

Sandy Rosenholz – Nominated by Rotary Club of Woodland Hills and Diana Williams

Tammy Scher – Nominated by the Sherman Oaks/Encino Chamber of Commerce and Kiwanis Club of the Entertainment Industry Group

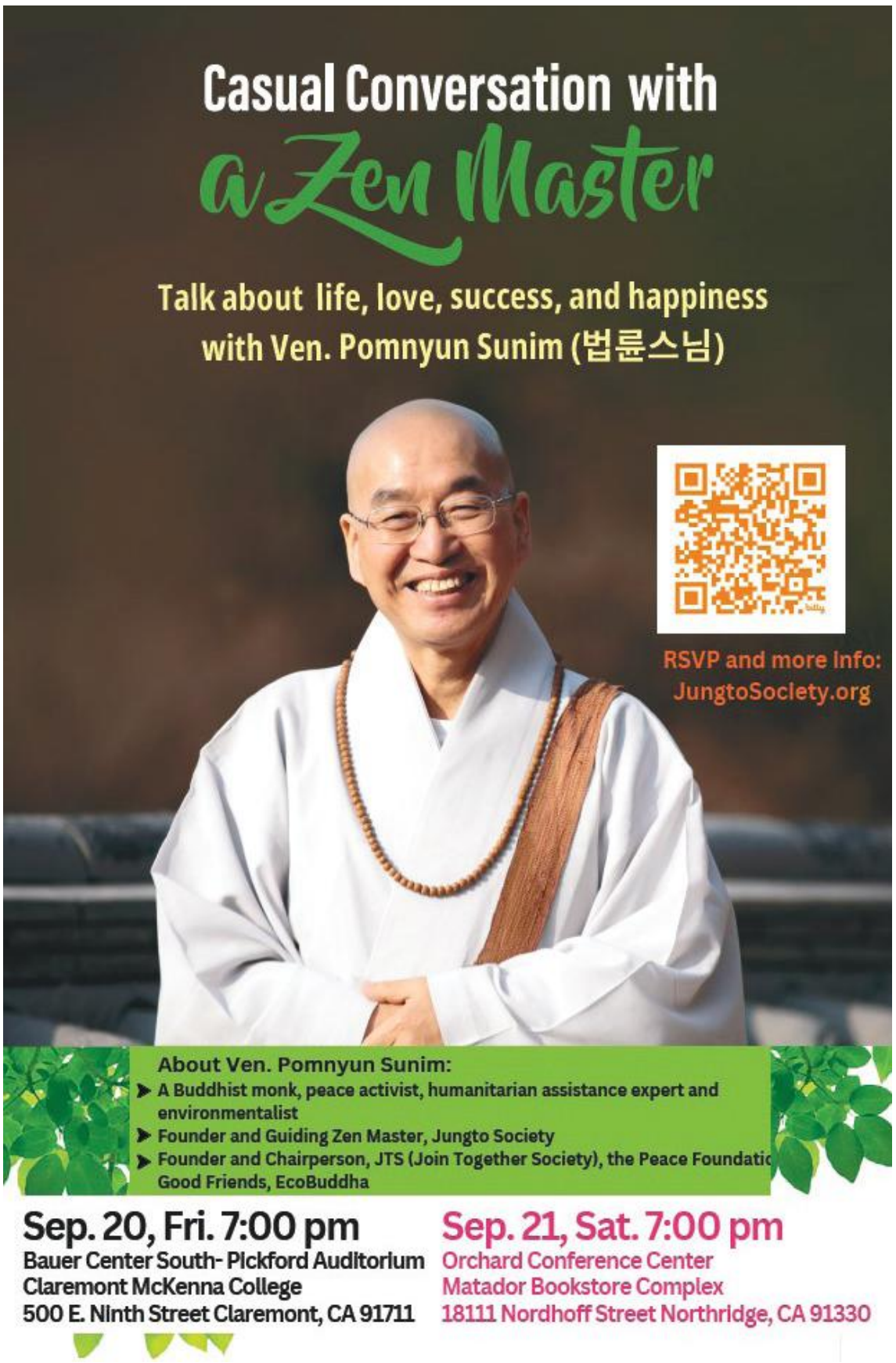
David Tuckman – Nominated by Alison Tuckman and Jeremy Sonenschein

Sharon Udkoff – Nominated by Los Angeles Jewish Health and Los Angeles Valley College

Gustavo Valdespino – Nominated by the Leukemia & Lymphoma Society and Mid Valley YMCA

Dennis P. Zine – Nominated by New Directions for Youth and Arthur Pfefferman

"The process to narrow down this group of deserving nominees to five will be a difficult challenge," said Marian Jocz, executive director of the United Chambers of Commerce and one of seven members of the finalist selection committee.



VIEWPOINT

English Channel

From the late Rodger Sterling...
English Channel offers the best of editor Rodger Sterling's columns that ran continuously in the local papers since 1968.

• My old friend Ray Alexander went to a local bookstore and asked the clerk where the "self help" section was. She just looked at him with raised eyebrows and said," If I told you it would defeat the purpose."

• Max Turrell has a brilliant collection idea. He writes to those that owe him and says "If you don't pay me, I will write all of your other creditors and tell them you paid me."

• Ever noticed people tend to read the Bible more as they get older? Roy Rosen says of course, they're "cramming for their final!"

• Sign seen on Ventura Blvd.: "Stupid does not qualify as a handicap. Park somewhere else!"

• Didja' hear the old joke about the married couple getting ready for bed? The new husband throws his pants to his new wife and tells her to put them on. She does and says, "They're too big." The husband replies, "They are, and don't forget it. I wear the pants in this family." To which the wife flipped him her panties and said "try these on." Husband: "I can't get into your panties." Smart wife: "That's they way it's going to be until you change your attitude!"

• Psychiatrists say one out of four people are mentally ill. Soooo. check three friends. If they're okay, you're it!

• Here's one for the kiddies. What do you get when you cross a porcupine with a tapeworm? Ans> About 10 feet of barbed wire!

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Word on the Street

----------From Kathleen Sterling

This week we're all about fire - fire prevention and protection.

This one is also personal for me, as the Woolsey Fire ripped through our yard, and my family owns a home in Big Bear that we worried about during the Line Fire.

Our Big Bear neighbors texted us that Chef Andrés World Central Kitchen was there feeding community members and first responders.

World Central Kitchen was founded by Jose Andrés and is first to the front lines around the world providing fresh meals in response to humanitarian, climate and community crises.

They were in the news recently having lost seven team members in an IDF strike in Gaza.

But the organization went on, and continues to provide sustenance in times of disaster where food is desperately needed, either to feed the displaced, or to feed those responding to a crisis.

What made me want to write about it is that compared to the war in Gaza or Ukraine, a fire in Big Bear is huge for us but not a global catastrophe.

But it doesn't matter. The need was there, and they showed up.

I know I've preached this time and time again, but showing up is truly half the battle.

As we head into fall, it's award season in the valley - from American Legion Awards for first responders to Fernando Awards for volunteerism. What they have in common is they are recognizing those in our community that showed up. That volunteered. That gave their time and effort because there was a need, and they could help.

The people from World Central Kitchen filled that most basic of needs - food and water.

They kept the firefighters able to stay on the front lines, and the residents able to figure out their next steps.

So what's your next step?

This editorial is very similar to last week's, and one I wrote last year, and one the year before.

But the message needs to be repeated.

You don't have to be a big donor to make a big difference.

World Central Kitchen is a huge organization. The West Valley Food Pantry featured on page three is a small one right here in our own backyard.

But they are also feeding those in need. And their volunteers were recognized this past month.

Because it's not necessarily how much money you give, but how much of you that you give.

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Generating Income in Retirement: Strategies for Business Owners

By Joe Seetoo, Wealth Advisor and Partner at Morton Wealth

For business owners entering retirement, one of the most pressing questions is, "How will I replace the income my business once provided?" The traditional income solutions of bonds and CDs have become less reliable, while market risks continue to loom. At Morton Wealth, we understand these challenges and are passionate about helping business owners craft income replacement strategies.

The Shift to Retirement

In the 2023 Los Angeles State of Owner Readiness Report, over 75% of business owners expressed that they rely on their business income to support their lifestyle. Transitioning from business ownership to retirement can feel daunting, particularly when the income that sustained you for years must be replaced. As advisors, we focus on three key areas to help ease this transition:

Mindset Shift: Business owners are natural doers. You've spent years building value, and it can be challenging to pivot to a spending strategy. Our role is to coach clients through this mental shift, helping you transition from focusing on accumulation to thinking about income distribution.

Financial Planning: A comprehensive financial plan offers clarity and confidence. By understanding how much income is needed to maintain your lifestyle, when to delay Social Security, and how to manage expenses, we can help you build a roadmap for retirement.

It's Not All or Nothing: Retirement doesn't have to mean leaving work completely. Staying on as an employee, becoming a consultant, or choosing part-time work can ease the transition. We work with you to understand how these decisions impact your overall financial picture.

Challenges With Traditional Income Options

Bonds and CDs have long been viewed as reliable sources of income. However, their reliability has diminished in recent years. Bonds, once a staple for income generation, have seen fluctuating interest rates that do not always compensate for the risk. Similarly, CDs, despite offering FDIC insurance, often require lock-up periods and come with reinvestment risk—meaning there's no guarantee the rate will remain favorable when the CD matures.

In light of these limitations, relying solely on traditional income strategies can leave business owners with less security than anticipated.

Expanding Beyond Traditional Investments

At Morton Wealth, we believe in diversifying income streams. Relying on one-dimensional strategies tied to the Federal Reserve's interest rate policy is not a prudent approach for building dependable cash flow. Instead, we focus on three core investment tenets: risk management, true diversification, and cash flow. This philosophy drives our approach to income replacement through alternative assets, including:

Real Estate Equity: Real estate offers both income and growth potential, making it a hybrid investment. Properties can provide steady rental income

Transitioning from business ownership to retirement can feel daunting, particularly when the income that sustained you for years must be replaced.

while also appreciating in value over time. Additionally, depreciation in the tax code can shelter rental income, providing tax advantages.

Real Estate Loans (First Trust Deeds): Private real estate loans, often referred to as "bridge loans," help investors bridge the gap between the purchase or renovation of a property and obtaining long-term financing. These loans are secured by the property itself and can offer higher yields, though they come with certain risks such as illiquidity.

Private Diversified Lending: Asset-based loans provide another income source. These loans are generally secured by tangible assets such as inventory, equipment, or real estate, making them more conservative than traditional business loans. With yields that can be 4-5% higher than Treasury rates, they offer attractive returns in today's market.

Leveraging Unique Tools for Business Owners

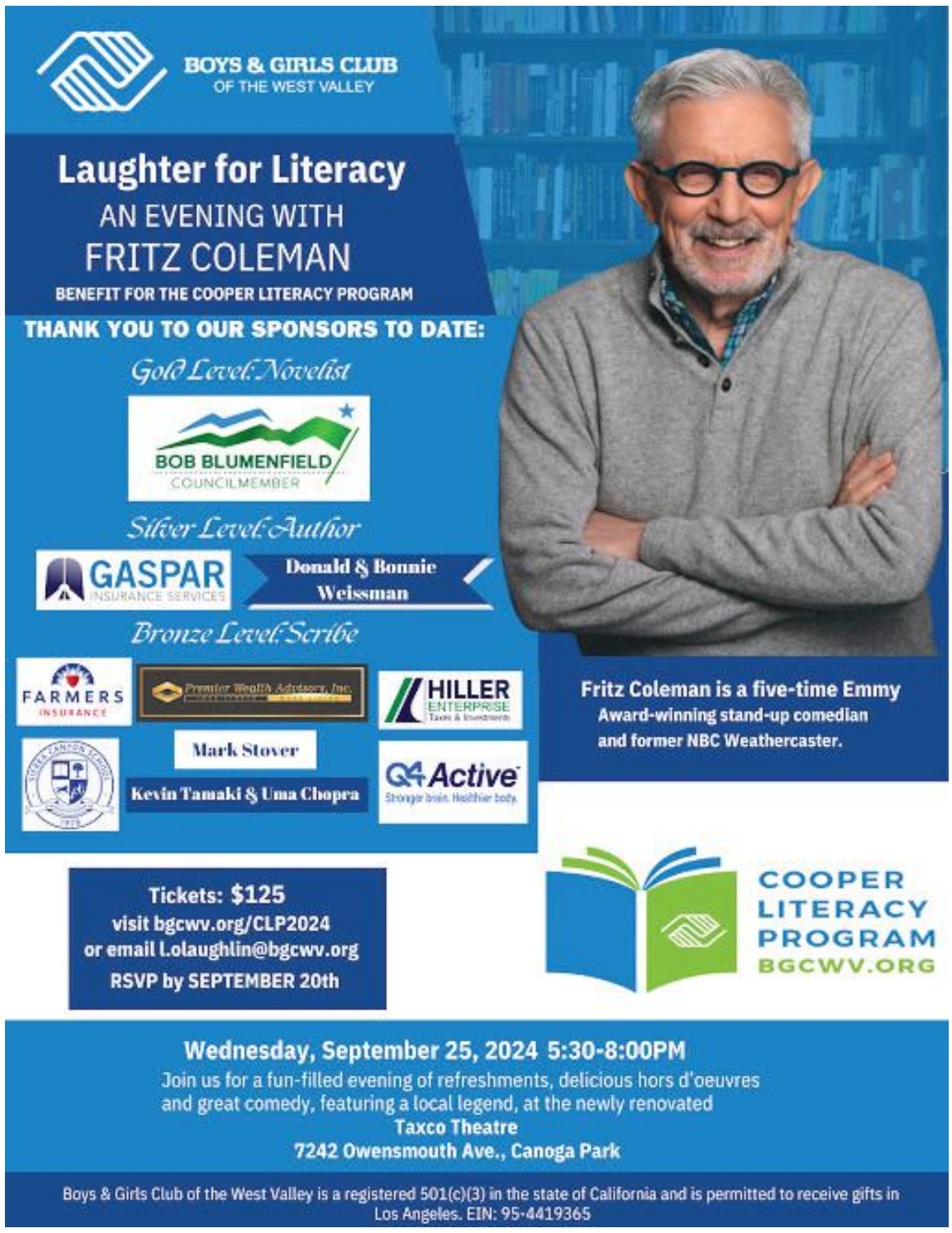
Business owners have additional levers to pull when planning their income replacement strategy:

Separating Ownership from Management: By retaining ownership while stepping away from day-to-day management, owners can continue receiving dividends without running the business.

Earnouts: This allows owners to receive additional payments post-sale if certain financial goals are met.

Consulting or Employment

(Continued to page 10)



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Karah Son as Cio-Cio-San in Madame Butterly.

LA Opera Presents Free Simulcast of Madame Butterfly at El Cariso Community Park

LA Opera will present a live simulcast of its opening night of *Madame Butterfly* for audiences at El Cariso Community Park in Sylmar. At 6 pm on Saturday, September 21, LA Opera's season-opening performance of Giacomo Puccini's beloved romantic tragedy will be transmitted live in high-definition video from nine cameras at the Dorothy Chandler Pavilion.

Music Director James Conlon will conduct a gorgeous production staged by director Mario Gas. Korean soprano Karah Son will make her LA Opera debut as Cio-Cio-San, joined by tenor Jonathan Tetelman as Pinkerton.

Through the generous support of Los Angeles County, LA Opera is able to present these simulcasts free of charge as a special gift to the community.

This will be the second time that LA Opera's annual live simulcast will be experienced by audiences in Sylmar.

"Watching opera under the stars is a magical, uniquely LA experience. This season, I'm thrilled to see *Madame Butterfly* shared with even more Third District communities through simulcasts at El Cariso Park in Sylmar," said Lindsey P. Horvath, Chair of the Los Angeles County Board of Supervisors representing the Third District. "Get your picnic ready and invite your friends and neighbors for this free showing on September 21. Team Horvath and LA Opera will see you there!"

Since Madame Butterfly will be sung in the opera's original Italian, the simulcasts will feature subtitles in both English and Spanish.

Story: An American officer in turn-of-the-century Japan wants a bride, and a greedy marriage broker obliges, assuring him that the union can be easily dissolved. The innocent Cio-Cio-San believes they're in love, even as Lt. Pinkerton moves on. For three years, she fights off rising debts and new suitors, refusing to believe she's been abandoned. But when their long-awaited reunion finally arrives, the lieutenant isn't alone - and he isn't here for her.

Watching opera under the stars is a magical, uniquely L.A. experience.

Directed by the Goya Award-winning Mario Gas, this stunning *Madame Butterfly* gets a cinematic twist as all the action takes place on a 1930s film set. Soprano Karah Son reprises her signature role as Puccini's tragic heroine trying to find her way in a world dominated by men. Tenor Jonathan Tetelman portrays the callous Pinkerton, with mezzo-soprano Hyona Kim as Suzuki, Cio-Cio-San's devoted maid who sees right past his gentlemanly facade, and baritone Michael Sumuel as Sharpless, the sympathetic American consul.

Although no tickets are required for entrance, guests are encouraged to sign up in advance at LAOpera.org/OperaInThePark to get important information about parking and the latest updates, and to receive a free gift at the event.

El Cariso Community Park is located at 13100 Hubbard Street. Free parking is available in the park's lot.

Eugene and Dan Levy hosted this year's awards.

The 76th Emmy Awards: A Night of Schitt's and Giggles

This year's 76th annual Emmy Awards was full of Schitt's and giggles. Father-son duo Eugene and Dan Levy (*Schitt's Creek*) hosted the annual television ceremony only eight months after the last Emmy', which were delayed due to the Hollywood strikes.

With that being said, many of the category winners mirrored those of the previous ceremony… blink and you might miss the fact that this is the 2024 Emmys, not the 2023 ones.

Peppered throughout the ceremony were a slew of famous reunions on recreated sets (i.e. Ron Howard and Henry Winkler of *Happy Days*) and popular pairings, (i.e. famous TV moms, villains and the like).

While it was night of sweeps (*Shogun* claiming the most awards at 18), there were also many firsts (Jodie Foster received her first Emmy!) and tongue-in-cheek moments (Will Smith, no not that one, winning for best writing and acknowledging that this Smith comes in peace).

The following are winners from this Sunday's Emmy ceremony:

Comedy Series - *Hacks*

Drama Series- *Shōgun*

Actress in a Drama Series - Anna Sawai, *Shōgun*

Actor in a Drama Series Hiroyuki Sanada, *Shōgun*

Limited Series - *Baby Reindeer*

Actress in a Limited Series or TV Movie - Jodie Foster, T*rue Detective: Night Country*

Actor in a Limited Series or TV Movie - Richard Gadd, *Baby Reindeer*

Writing for a Limited Series - Richard Gadd, *Baby Reindeer*

Writing for a Drama Series - Will Smith, *Slow Horses*

Writing for a Comedy Series - Lucia Aniello, Paul W. Downs and Jen Statsky, *Hacks*

Supporting Actor in a Limited Series or TV Movie - Lamorne Morris, *Fargo*

Supporting Actress in a Limited Series or TV Movie - Jessica Gunning, *Baby Reindeer*

Talk Series - *The Daily Show*

Scripted Variety Series - *Last Week with John Oliver*

Reality Competition Program - *The Traitors*

Actress in a Comedy Series - Jean Smart, *Hacks*

Actor in a Comedy Series - Jeremy Allen White, *The Bear*

Supporting Actress in a Drama Series - Elizabeth Debicki, *The Crown*

Supporting Actor in a Drama Series - Billy Crudup, *The Morning Show*

Supporting Actress in a Comedy Series - Liza Colón-Zayas, *The Bear*

Supporting Actor in a Comedy Series - Ebon Moss-Bachrach, *The Bear*

Directing for a Drama Series - *Shōgun*, Frederick E.O. Toye for "Crimson Sky"

Directing for a Comedy Series - *The Bear*, Christopher Storer for "Fishes"

Directing for a Limited Series - Steven Zaillian, *Ripley*

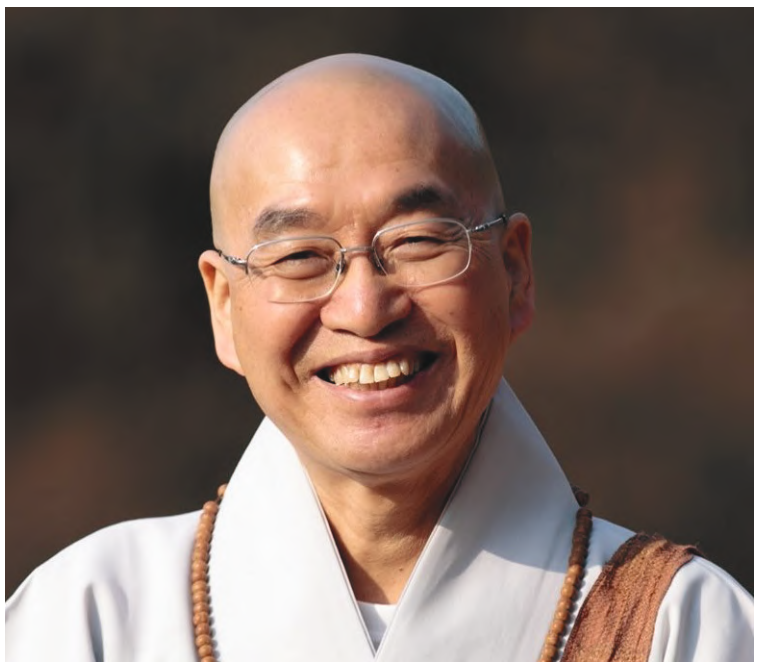
Last Weekend to Catch Comedy at Playhouse

This is the last weekend to catch the comedy *Thank You, OK, Next* on stage at the West Valley Playhouse.

The play is a "musical knockout" with story concept by Jon Berry and Marla Miller, written by Joanne Zahorsky-Reeves. The cast includesRobert Reeves, Marla Miller, Joanne Zahorsky Reeves, Tamarah Ashton, Steve Young, Sabina Rodriguez, Michael Pratt and Rob Rush.

It's on stage September 22, Friday and Saturday at 8 pm and Sunday at 2:30 pm.The West Valley Playhouse is located at 7507 Topanga Canyon Blvd. in Canoga Park. For tickets visit wvplayhouse.com or call the box office at (818) 884-1907.

HEALTH & BEAUTY



The venerable Pomnyun Sunim will appear at CSUN.

Renowned Scholar to Give Talk on Buddha's Teaching

By Richard Ha, D.O.

Venerable Pomnyun Sunim, a monk widely featured in Korean media outlets and publications, will host a question and answer session on applying the Buddha's teachings to daily life challenges for an English speaking audience at Cal State University Northridge Campus' Orchard Conference Center on September 21 at 7 pm.

Pomnyun is well known in Korea for answering all manner of questions about life, including, but not limited to "How do I handle stress?" "How do I help my relationships?" or "How can I suffer less and be happier?" Korean people from all walks of life have come to Pomnyun seeking answers to their life problems.

In addition to providing public Dharma talks, Pomnyun is a recipient of the Ramon Magsaysay Award and the Niwano Peace Prize for his compassionate attention to the human cost of Korea's bitter division (and his hopeful appeal for reconciliation) and his sustainable development initiatives in many Asian countries including India, Philippines, and Indonesia. He continues this work through the non-profit organizations he established (Jungto Society, Join Together Society, EcoBuddha, and Good Friends.

At the age of 71, Pomnyun continues to travel the world to give his Dharma talks and tend to his global community development initiatives. His most recent project includes signing a memorandum of understanding (MOU) with the Royal Government of Bhutan in April 2024 to survey the country and create environmentally friendly sustainable development projects in its rural communities. He was recently invited by the Vietnamese Buddhist Sangha Council to share how he operates Jungto Society in Korea and he was one of the featured speakers at a psychology symposium in Bad Ragaz, Switzerland based on the theme, "Tracing the Footsteps of Guilt" (Der Schuld auf der Spur).

Interested attendees may register to attend for free at jungtosociety.org/casual-conversation-with-ven-pomnyun-sunim-2024/.

Although walk-ins are welcome, seating is limited at the Orchard Conference Center and attendees are encouraged to register for guaranteed seating at the event.

Ketamine Therapy and How it Works

In light of Matthew Perry's recent passing, questions have arisen on ketamine infusion therapy and its role in treating a slew of mental health concerns, primarily depression. While Perry developed an addiction to the drug, outside of supervised therapy, ketamine has become a popular method to improve mental health symptoms. So, how does it work and is it a safe treatment?

Ketamine was originally created in the 1960s as an anesthetic for animals and then approved by the FDA in the 1970s to be used on humans. It is often referred to as a "dissociative anesthetic hallucinogen" because it distorts the perception of one's senses, creating hallucinogenic effects. Ketamine can make users detached from not only their environment, but their pain as it causes a state of sedation, immobility and amnesia.

In terms of mental health therapy, low doses of ketamine are administered to treat depression, post-traumatic stress disorder, OCD and more. In 2019, the FDA approved a nasal spray, Spravato, that must be taken in a certified doctor's office where the patient is led through a guided therapy and then monitored for two hours after receiving the dose.

Ketamine has become a popular method to improve mental health symptoms.

Depending on the individual, the effects can last hours or days since ketamine produces a short-lived but intense experience that triggers an "afterglow" or positive change in insight, cognition and behavior. Ketamine essentially blocks the activity of the N-methyl-D-aspartate (NMDA) receptor, a portion of the brain that is involved in the regulation of mood, cognition and pain perception.

While psychedelic-assisted therapies are not uncommon in mental health treatments, there are definitely risk factors involved. Not only can it cause temporary physical side effects such as nausea and higher blood pressure, the psychedelic properties can put someone at risk if they are not monitored properly because they may be a harm to themselves in such a dissociative state. Like any drug, there is also the risk of dependency, as seen in the case of Perry. Due to the euphoric effects of the drug, users may seek out the drug in unofficial settings to continue the high and uplifting properties of ketamine.

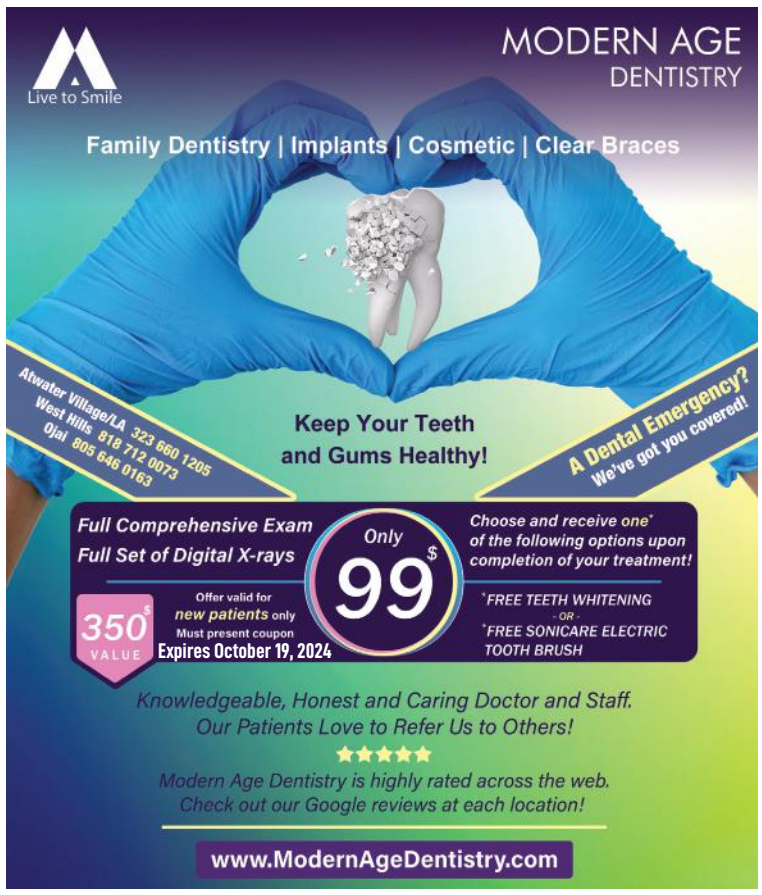
While proven to be effective, it also comes with a high price tag, in addition to the potential risk of addiction. While some insurances may cover the nasal form of ketamine if specific conditions are met, ketamine therapy can range from $500 to $1,500 per session. Those interested in exploring this mental health therapy must have detailed discussions with their doctors and seek out a ketamine clinician that is well-versed on the protocols, risks and benefits in relation to a patient's medical health records.

Red Cross to Hold Northridge Blood Drive

The American Red Cross will hold a blood donation drive this Sunday, September 22, from 8 am to 2 pm at Our Lady of Lourdes Church.

Give blood and help save a life! To register for an appointment and see requirements, visit redcrossblood.org.

Our Lady of Lourdes is located at 18400 Kinzie Street.



REAL ESTATE

Investing for Retirement

(Continued from page 5)

Roles: Many owners choose to transition gradually, working part-time or as consultants to continue generating income while adjusting to retirement.

Seller Notes: Owners can receive deferred payments as part of the sale of their business, creating a steady income stream with interest over time.

Securing Your Financial Future

At Morton Wealth, we help business owners design personalized income replacement strategies that go beyond traditional investments. By incorporating alternative assets and thoughtful planning, we work to ensure your retirement years are as financially secure as the business you've built.

If you are interested in learning more, please join us at Morton Wealth's upcoming third annual Investor Symposium at the Westlake Village Inn on Oct 17. Visit mortonwealth.com/investorsymposium for more details and to register.

Joe Seetoo is a Wealth Advisor and Partner at Morton Wealth with over 23 years of experience providing financial planning and wealth management services to business owners and high-net-worth families. Named as one of the 200 most influential leaders in the Greater San Fernando Valley Region by the San Fernando Business Journal for three consecutive years, and the recipient of the Trailblazer award from the same publication, he is a certified Exit Planning Advisor and a member of Provisors. He currently serves as the Founder and President of the Conejo Valley chapter of the Exit Planning Institute as well as the host of The Ripcord Moment, an exit planning podcast.

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Chatsworth Community Clean-Up Day

The Kiwanis Club of Chatsworth, along with the Chatsworth Neighborhood Council, will host a Community Street Cleanup in Chatsworth on Sunday, September 29

The event will take place from 8 to 10 am. To volunteer meet at the corner of Mason Avenue and Chatsworth Street. Clean up will run from DeSoto Avenue to Mason along Chatsworth Street.

This is part of the City of Los Angeles' "Adopt-a-Street" program. For more information email chatsworthkiwanis@gmail.com. Bring gloves!

Hot Property - Spanish Style Villa in Simi

Welcome to the Montaire Estate community on the charming hilltop of East Simi Valley! This Spanish-style villa offers a picturesque and tranquil setting with valley and sunset views. This approximately 6,024-square-foot lot on a private cul de sac features neat landscaping. As you step inside the approximately 3,232 square feet of living space you will be greeted by an open, airy, and bright floor plan with soaring ceilings and beautiful engineered wood floors. The main level opens to a spacious living area with walk-in bar equipped with granite counters, wine cooler and beer kegerator with working tap. A private en-suite office sits just off the entry and offers a quiet place to work or retreat. The formal dining room has ample room to entertain with French doors that open to the backyard retreat. The gourmet kitchen is a chef's dream, complete with granite countertops, tile backsplash, ample cabinet space, and a large granite topped island for culinary creations and entertaining. Adjacent to the kitchen, there is a spacious yet cozy gathering room that features a newly remodeled gas fireplace and hearth and offers views of the resort-style backyard. This outdoor haven features an oversized pebble-finished spa or spool with cascading waterfall, fireplace, custom hardscape and lush flowering accents. A spacious three-car garage completes the main level. Upstairs, the expansive primary suite offers a private retreat with a spa-like ensuite bathroom with stone tiled dual vanities, a large sunken tub, large stone tiled shower, marble flooring, and dual walk-in closets. There are three additional bedrooms, an additional full bath and large student desk with cabinets built into the landing upstairs. This stunning home upgrades include dual-paned windows with plantation shutters throughout, whole house fan and water filter, and solar panels. The Montaire HOA is currently in the process of becoming a gated community. Offered at $1,329,000 by Cindy Royall Libonati, (DRE#00582036) Sotheby's International Realty, (818) 421-4468.

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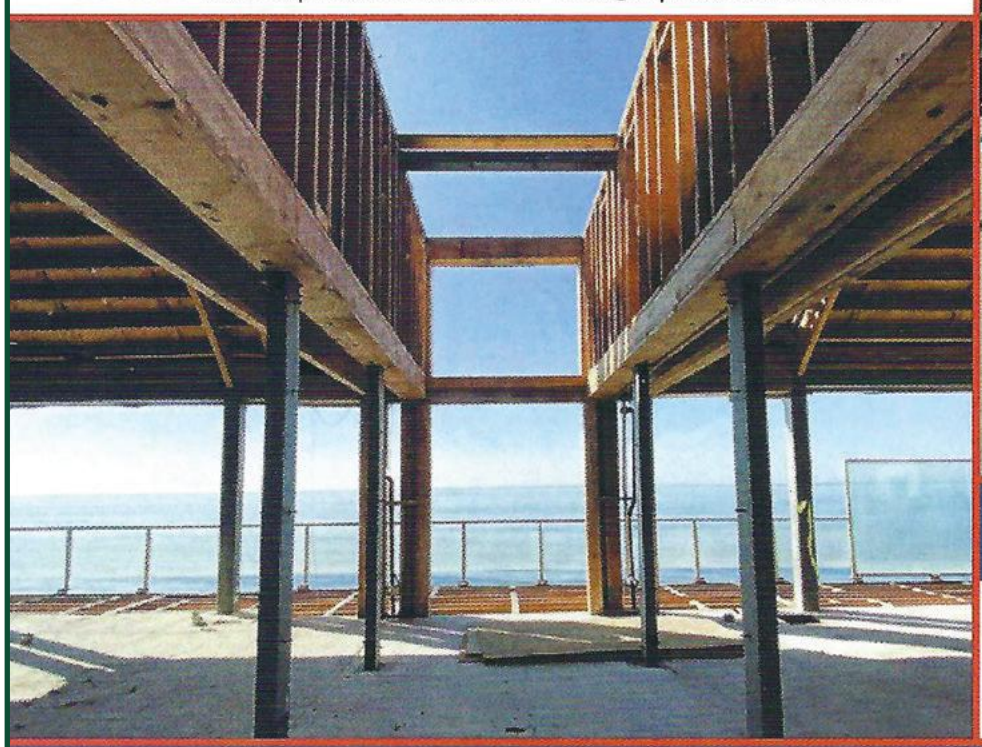

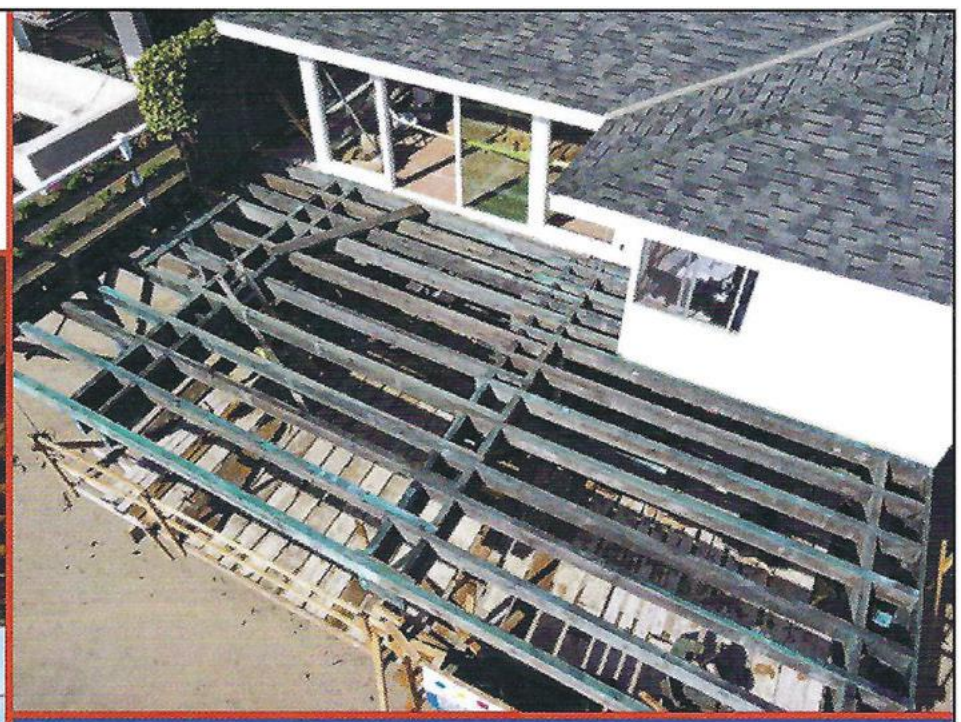

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REAL ESTATE

Last Week's Shaker Was Small - Are You Ready for the Big One?

Magnitude 4.7 last week- a mild shaker as things go. But it wakes us up. Are you ready for the big one? Or a fire like those burning across the state?

Earthquakes are an inevitable part of life in Calabasas and throughout California. They can strike suddenly, and the risk of a major quake is a constant concern for residents.

The Dr. Lucy Jones Center for Science and Society emphasizes that a disaster's true impact extends beyond the initial damage. The real measure of a disaster's effect is seen in how well a community recovers. Will it bounce back to prosperity, or will it struggle as its people lose hope?

At EPIC-FSC, based in Calabasas, the mission is to bolster emergency preparedness within the community. Developing a resilient community is essential for a robust recovery following any disaster.

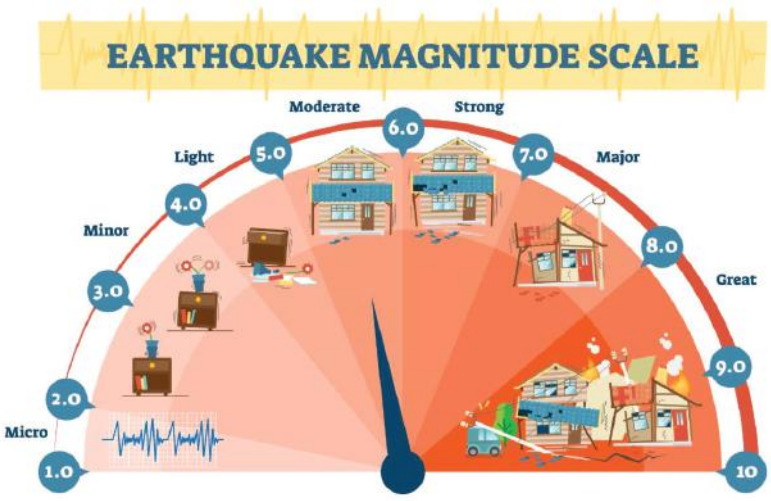
Take proactive measures today. Start by visiting their comprehensive website, where you can download and print essential In-An-Emergency Documents (since internet and cell service may be unavailable during a crisis). Keep these documents easily accessible. On the site, you'll find vital information including:

Create a "Grab-N-Go" Bag

Create a checklist of items and their locations to be grabbed quickly in an emergency evacuation: medications, computers/iPads, phone chargers, cash, and pet food.

Know Your Utilities

Locate water, gas meters, and electrical panels. Learn how and when to turn off each. Learn how to open a garage door manually if a power failure occurs.



Copy Important Documents

Copy all important documents, such as insurance policies, wills/trusts, and banking/business records. Consider making digital copies and uploading them to the cloud or transferring them to a portable flash drive.

Video Your Home

Record videos of every room in your home and do the same outside.

Take digital pictures of every room in your home and upload them to the cloud or transfer them to a portable flash drive.

Have Safety Tools

Purchase/inspect/maintain household fire extinguisher(s). Inspect/test smoke detectors annually.

Make sure your address is clearly visible from the road.

Close the fireplace flue when the chimney is not being used.

Another important step you can take today is to download the EPIC App. This app ensures that emergency information you need is readily available on your mobile device, even when battery power is limited. With emergency tips and essential resources at your fingertips, you'll stay informed and prepared before, during, and after an earthquake.

Key features of the EPIC-FSC App include:

Preparedness Checklists: Convenient checklists to ensure your survival kits are complete, with guidance on what to acquire.

Family Communication Plan: Designate a contact person outside the state and establish a rendezvous point for family members.

Emergency Actions: The app outlines practical actions to take during emergencies. Learn and practice these.

Post-Emergency Guidance: Access critical advice for communication and safety measures post-disaster, even if traditional communication channels are down.

How-To Tutorials: Learn to locate the gas shut off, open garage doors without power, and create safe water sources

Be ready, be resilient, be safe.

Consider making digital copies and uploading them to the cloud...

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Achieving Your Homebuying Dreams in 2024

Planning to buy a home this year? Here's what to focus on:

Improve Your Credit

Your credit score impacts your mortgage rate and future home loan. Monitor your credit and work on improving it by paying off devts.

Plan for Your Down Payment

Save some money from every paycheck for your home fund and get help from a professional to explore down payment assistance options.

Get Pre-Approved

Pre-approval from a lender helps you know how much money you can borrow for your home loan. That way, you can start figuring out your budget.

Decide What's Most Important to You

Make a list of things you want in a home and decide if they're Must-Haves or just Nice-To-Haves. Then, talk to your agent about it before starting your search.

Let's connect to so you have expert advice on how to reach your homebuying goals this year.

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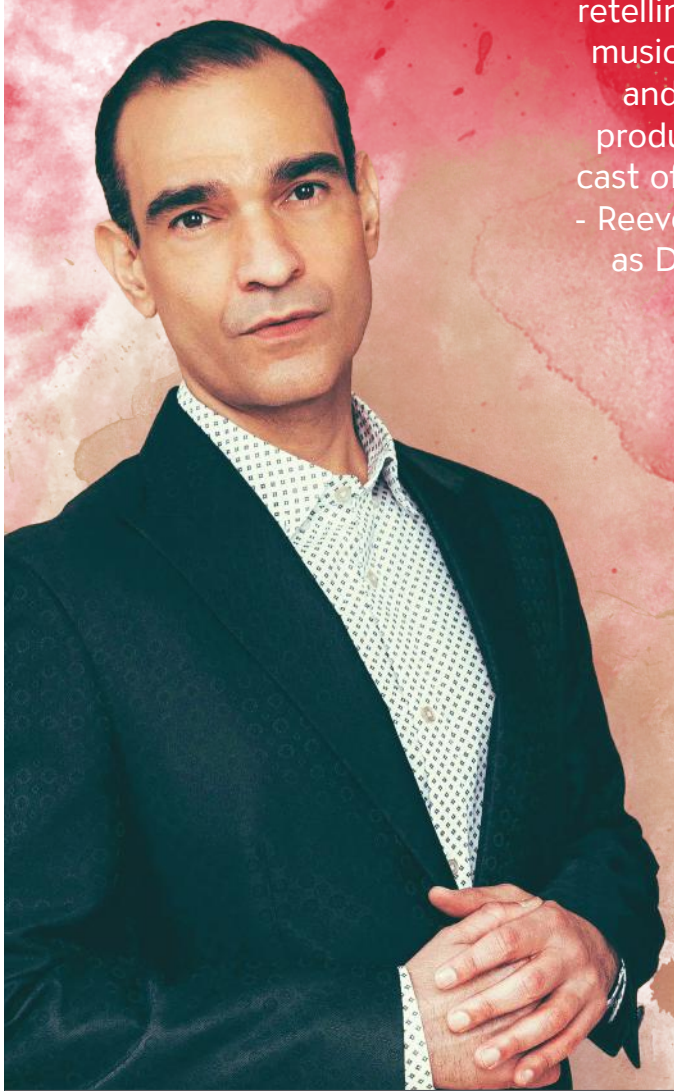
Music and Lyrics by
Randy Newman

Starring
Reeve Carney
Javier Muñoz
Jordan Temple
Ryan McCartan
Veronica Swift
Joanna Lynn-Jacobs



SAT SEP 28 8PM

SUN SEP 29 3PM

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