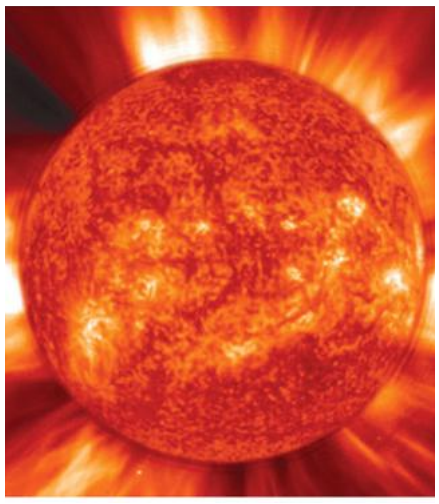
Memorial Garden Planted at New Horizons

See page 3



Nighttrek Report: What to See in the July Sky

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Avoiding Heat Exhaustion During This Scorching Summer

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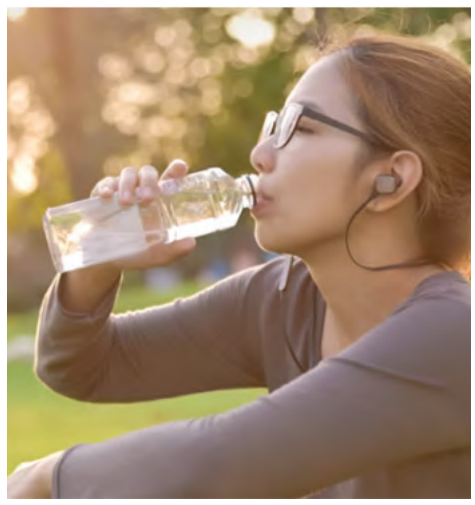

North Valley News

Volume 3, Number 27 July 4, 2025

Serving Porter Ranch, Northridge, Granada Hills & Chatsworth

News in Brief

Free Backpacks and School Supplies July 19

Child Care Resource Center's 3rd annual Back to School event will be held on Saturday, July 19, from 10 am to noon. Free backpacks, school supplies and books will be given away while supplies last. There will also be a resource fair, sponsored by Los Angeles County Supervisor Lindsay Horvath, Assemblymember Pilar Shiavo and the Child Care Resources Center. It will be held at 20001 Prairie Street, Chatsworth. To register visit bit.ly/ccrpbackpack2025.

Fernando Award Nominations Open

The Fernando Award Foundation, Inc. has announced that nominations are now open for the 67th annual Fernando Award. A nominee for the Fernando Award should be making a very clear difference in the Valley through significant volunteer leadership with civic organizations, programs and/or critical social and community causes. The nominee should have a solid and consistent history of volunteerism that is helping Valley residents and/or has brought about positive social change. Nomination applications are available at fernandoawards.org/award-nominations and will be open until July 28.

Illegal Fireworks Spark Danger

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 the use of illegal fireworks and uncontrolled explosions on July 4th. Handled incorrectly, fireworks can lead to severe burns and disfiguration plus millions of dollars in property loss plus the threat of starting fires. 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 is asked to call the LAPD West Valley non-emergency number at 1-877-ASK-LAPD (1-877- 275-5273).

Have a Safe and Sane 4th of July!

Fireworks to Light Up West Valley!

The San Fernando Valley's favorite Independence Day tradition returns! Now in their 50th year, Valley Cultural Foundation - in partnership with Los Angeles City Councilmember Bob Blumenfield - proudly presents Councilmember Bob Blumenfield's July 4th Extravaganza.

This free, family-friendly celebration brings the community together for an unforgettable evening of live music, food, and one of the most spectacular fireworks displays lighting up the West Valley sky on Friday, July 4, at Warner Park, 5800 Topanga Canyon Blvd., Woodland Hills.

This annual event draws thousands from across the San Fernando Valley for an unforgettable evening of live entertainment, community spirit, and one of the best fireworks shows in Southern California. The celebration starts at 6 pm with a live concert from Strange Days, a tribute to the Doors, followed by a dazzling, professionally produced fireworks display at approximately 9 pm.

Strange Days is a worldwide touring Doors concert experience. Formed and based in Los Angeles,

Strange Days captures the magic and the mystery of The Doors in their prime.

By combining vintage instruments with the latest technology, Strange Days offers both an authentic on-stage look and an unmistakable studio album sound. The result is truly a one-of-a-kind show that has thrilled audiences around the world.

Strange Days has had the honor of having Doors guitarist Robby Krieger join them onstage numerous times. Rarely, if ever, do tribute artists get to play with the actual legends to which they pay homages.

Come see why audiences everywhere are saying, "The Lizard King Lives!"

This annual 4th of July event is made possible through the generous support of Councilmember Bob Blumenfield, Valley Cultural Foundation, and its dedicated community sponsors.

Come out for a memorable Independence Day celebration — we'll see you at the park!

CHATSWORTH
PORTER RANCH
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RSVP to 818-713-0900 by July 17th to reserve your spot.

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8138 Woodlake Ave
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818-713-0900
FairwindsWestHills.com
LIC #197603296
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Community Calendar

GRANADA HILLS: Granada Hills 100 will host a free old-fashioned 4th of July picnic on Friday, July 4, from 11 am to 3 pm. The event will feature a pie eating contest, barbershop quartet, children's games, moon bounce, hot dogs (while supplies last) and more. Bring lawn chairs, blankets and picnic baskets to Granada Hills Recreation Center, 16730 Chatsworth Street. For more information visit granadahills100.com.

CHATSWORTH: The public is welcome to join Saint Mary Anglican parish as they celebrate America's Independence Day with the singing of patriotic songs, hymns and prayers, followed by celebratory refreshments. The event will take place at 10 am on Sunday, July 6, at the 1903 Pioneer Church, 22601 Lassen St., in Oakwood Memorial Park at the top of the hill. For more information call 818-389-0423.

NORTHRIDGE: Northridge East Neighborhood Council will hold a general board meeting on Wednesday, July 16, at 7 pm. For agenda and Zoom link visit nenc-la.org.

GRANADA HILLS: The Granada Hills Chamber will offer art classes for children, presented by Gasparyan Fine Art School. Classes are offered Mondays and Wednesdays from July 7 to 30, from 10 am to noon. Cost is $90 per week or $360 for the month. The chamber is located at 17723 Chatsworth Street. Register at granadahillschamber.com.

PORTER RANCH: Porter Ranch Neighborhood Council will hold a general board meeting on Wednesday, July 9, at 6 pm. The meeting will be held at Castlebay Lane Charter Elementary, 19010 Castlebay Lane. For more information visit prnc.org.

CHATSWORTH: Chatsworth Library will host world-famous Magic Castle magician Allen on Saturday, July 12, at noon. He will present an outstanding magic show that reaches the hearts of children and families. The library is located at 21052 Devonshire Street.

NORTHRIDGE: The Northridge Library will offer a class on line dances. Have fun, meet new people and get some exercise. All levels are welcome. The class will be held Wednesday, July 9, at 1:30 pm. The library is located at 9051 Darby Avenue.

GRANADA HILLS: LAPD Senior Lead Officer John Parker will hold a neighborhood watch meeting on Tuesday, July 8, at 6:30 pm. The meeting will be held at St. Euphrasia Catholic Church, 11779 Shoshone Avenue.

FREE Concerts at Warner Park
Valley Cultural 50 YEARS FOUNDATION

Sunday Evenings · 5:30pm–8:30pm
5:30pm Emerging Artist · 6:30pm Headliner

June 15
No Duh
The World's Greatest Tribute to No Doubt & Gwen Stefani
EMERGING ARTIST: Eye of the Sun

June 22
DJ Quik
EMERGING ARTIST: Trevan

June 29
Mamase
A Michael Jackson Tribute
EMERGING ARTIST: Cherose

Friday, July 4
Councilmember Bob Blumenfield's
July 4th Extravaganza
featuring
Strange Days - Tribute to The Doors

July 13
Twisted Gypsy
Fleetwood Mac Re-imagined
EMERGING ARTIST: Ava August

July 20
Kenny Hale
The Music of Neil Diamond
EMERGING ARTIST: Jeffrey Chan

July 27
Surfin'
The Beach Boys Tribute
EMERGING ARTIST: Millie Oliver & The Missing Pieces

August 3
Live From Earth
Tribute to Pat Benatar & Beyond
EMERGING ARTIST: Abby Borman

August 10
Which One's Pink?
A Tribute to Pink Floyd
EMERGING ARTIST: Astral Mixtape

August 17
DSB
The World's Greatest Journey Tribute Band
EMERGING ARTIST: Velzy

August 24
Locked Out of Heaven
The Freshest Bruno Mars Tribute
EMERGING ARTIST: Bella Brown & The Jealous Lovers

Valley Cultural 50 YEARS FOUNDATION
ValleyCultural.org · 818.888.0822
Warner Park · 5800 Topanga Canyon Blvd., Woodland Hills
Lineup subject to change.

People in the News

Last week, Sylvia's Garden was dedicated on the grounds of New Horizons in North Hills. The special garden was planted in memory of Sylvia Simon. Joel and Sylvia Simon were longtime supporters of the organization, which is dedicated to empowering individuals with special needs to reach their full potential and fulfill their dreams. Joel was a board member, and Executive Director John Brauer, who along with New Horizons' Development Director Leilani Downer, loved the idea of the garden, said that Joel, "immediately responded to any requests for help."

The garden was the brainchild of a small group of friends and New Horizons supporters who thought about sending flowers, an idea that "snowballed into the idea of a beautiful garden." Committee members above from left, are **Waltona Manion, Diana Duenas, Mark Levinson and Sue Du Brin** (with **Joel Simon** holding scissors). Not pictured, committee member **Liat Cohen**.

The garden was created by landscape designer **Cheryl Kellough,** who donated her services and supervised the installation.

At left, **Simon** and **Brauer a**t the memorial plaque in the garden. which Brauer said is already being used by the members.

Mark Parra, above, is celebrating the 30th anniversary of his House of Champions in Van Nuys. Parra started training in martial arts in 1976 under the Urquidez family and the famous Benny the Jet. He black-belted in the late 80's - all while continuously working as an actor. He founded House of Champions to "create a path - a way for people to have something to point them in the right direction to find their way." He trains all ages, though he says, "kids are my heart." He teaches them - starting at age four - through martial arts to never give up - whether it's training, schools or relationships. His goal is to create strong individuals, and he works with special needs and autistic children as well adults and children with ADHD and Parkinson's. He has many success stories to tell, and the movie *Rise Eight* about his confrontations with gangs, dead-end kids and more will be released in 2026.

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VIEWPOINT

English Channel

By Rodger Sterling

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

• Susan Renick isn't sure if she's coming or going...last week in her mail she received a letter from Great Expectations and another from the Neptune Society.

• Didja' hear about the assertive Calabasas toddler who called his favorite store "Toys or Else!"

• We still love this assessment of our profession: Much of journalism consists of reporting Frank Jones is dead to people who didn't know Frank Jones was alive.

• What do they talk about at a mime convention?

• This jewel comes from a friend who is wise beyond his years. "There are two theories to arguin' with a woman; neither one works!"

• We heard this from a teacher at St. Mel School. He asked a child to name the Ten Commandments in any order. His answer: "3,6,1,8,5,8,2,4, 10 and 7!"

• A Japanese scientist has invented a new spray-on Viagra. Now, if you thought the cosmetic clerk in the mall was annoying when they spritzed you...

• Oops, we're sorry to report that the manager of a local movie theatre passed away last week. The funeral will be held on Sunday at 2:15, 4:20, 6:30, 8:40 and 10:50.

Valley News Group

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Katie Sterling
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PHONE 818.313.9545 FAX 818.302.1417
Email: ValleyNewsGroup@gmail.com
22025 Ventura Blvd. #303 Woodland Hills CA 91364
www.valleynewsgroup.com Facebook.com/valleynewsgroupwoodlandhills

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Guest Editorial:

Two Proposed Ballot Measures That Will Take Our City From Bad to Worse

By Tim Gaspar

You may have noticed, Los Angeles has a few issues to rectify ahead of the 2028 Olympics and certainly before next year's World Cup. These are many of the same issues you may notice while commuting to work, having a stroll at the park or going to Erewhon to grab a $22 smoothie (yes, I am judging that last one).

Homeless encampments, trash, graffiti, a shortage of city buses, a potential shortage of hotel rooms and a shortage of service workers are all concerns ahead of the world's largest events coming to Los Angeles. In the middle of all this, the hospitality union United Here Local 11 is proposing two new ballot measures that will have a devastating impact on our city's businesses, residents, budget and our city's ability to welcome visitors.

You may have read that our city council recently approved a minimum wage of $30 for hotel and airport workers in Los Angeles by 2028. This same group has filed paperwork on a new ballot initiative that proposes a $30 minimum wage for all employees in the city of Los Angeles regardless of industry, size of business, etc. The current minimum wage in Los Angeles is $17.28 so this is an increase of almost 100%. Some larger businesses in Los Angeles that have healthy profit margins and/or don't rely on minimum wage workers can afford it, but most businesses simply cannot.

Unfortunately, the question of whether businesses can afford this new minimum wage is not part of the conversation. If this ballot measure passes it will absolutely lead to lost jobs and closed businesses. That's not me being dramatic, for most businesses their largest single expense is labor - and to double that cost within a very short time is simply not feasible. Perhaps this leads to businesses only having to lay off people but for many businesses, it will make their business model impossible and will lead to the closure of that business. Businesses in Los Angeles struggle in a city that has more taxes and more regulations than pretty much any other city in the country. This will be the straw that breaks the camel's back.

Oh, and that's just the first ballot measure. The second piece would require voters to approve new hotels or event spaces being built in the city. This would specifically apply to hotels with more than 80 rooms and event spaces more than 50,000 square

If this ballot measure passes it will absolutely lead to lost jobs and closed businesses.

feet. It's already incredibly difficult to build just about anything in Los Angeles, adding a law that requires these new buildings to be voted on by city residents is completely insane. This means if you are a builder and you have the land, financing, blueprints and permits to build a hotel you still need to wait until the next general election to get approval. That is insane.

I understand the goal of at least the first ballot measure on the minimum wage piece. I would also love to see Angelenos make more money. The idea that someone must work two or three jobs to afford rent is sickening. When I was 19 and bankrupt, I worked during the day in an office and then the graveyard shift for a fulfillment center taking calls for all those late night infomercials you would see. That experience sucked. Unfortunately, if all we do is increase the minimum wage for everyone, rents will go up right along with it. High housing costs are a supply and demand issue, and we desperately need

more housing supply. The reason we don't have more housing is because of city regulations, yet we continue to create rules that make building in Los Angeles incredibly difficult and unprofitable.

The city is in an incredibly perilous position, not the least of which is our one billion dollar budget shortfall. If the first measure gets passed, it will result in fewer jobs and businesses/services for our residents, as well as less business tax revenue for our city. For the businesses that stay open, any increase in labor cost will be passed along to the end customer - which is you. If the second measure gets passed, we could potentially have no new hotels and limited event space for the upcoming World Cup, Super Bowl in 2027 and the 2028 Olympics as well as missing out on desperately needed transient occupancy tax dollars for the city.

These two initiatives will hurt not only our city but the very people they are intended to help. I am hopeful voters will understand the consequences of these ballot measures and vote no (assuming the city council does not approve them before that which could happen).

That being said, given the types of laws and regulations our city has put in place over the last several years, I wouldn't bet on it.

Tim Gaspar is the founder of Gaspar Insurance in Woodland Hills and a candidate for City Council in District 3 which covers the West Valley.

Letter to the Editor: Neighborhood Watch Editorial

Your Jun 19 editorial on social media community engagement sites highlighted their positive impact. However, the anonymity of posters and hidden agendas behind attacks on businesses, individuals, and officials, often without evidence, can reveal a dark side. As I learned , be cautious online—your words can backfire and you might be held legally responsible.

R. Lemech, Woodland Hills

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Vons Markets
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PorterValley CountryClub
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Los Toros
Ihop – Reseda
Whole Foods Cafe
Rosies BBQ
La Fitness
AAA
Northridge Urgent
Aldi Northridge
Premier America

Selling Your Business? The 5 Legal Issues That Can Kill the Deal

By Janice L. Miller, Esq.

Selling a business is a major milestone. It's often the result of years of hard work and dedication. But even with an interested buyer and a solid offer, deals can unravel if legal issues aren't addressed early. Below are five common legal pitfalls that can derail your sale and how to avoid them.

1. Messy Ownership and Corporate Structure

Buyers need clarity on who owns what. If your company has multiple owners, investors, or informal equity arrangements, unclear documentation can be a dealbreaker. For example, if a partner claims a share of the business without a signed agreement, it can lead to delays, disputes, or even lawsuits. Before going to market, ensure your capitalization table is accurate, your shareholder or operating agreements are up to date, and all decision-makers are aligned. (Source: *Harvard Business Review*, "How to Sell Your Company")

2. Incomplete Financial and Legal Records

A buyer's due diligence process is rigorous. Missing tax returns, inconsistent financial statements, or undocumented liabilities can raise red flags that either lower your valuation or kill the deal outright. It's not enough to have accurate books. You must also be able to present them clearly and transparently. Ensure your business has at least three years of organized financials, up-to-date tax filings, and all required licenses and permits. (Source: *Forbes*, "What Kills M&A Deals? Poor Financial Records")

3. Intellectual Property (IP) Uncertainty

If your company relies on proprietary technology, branding, or content, IP ownership must be clear and documented. Problems arise when contractors or freelancers create key products without signing IP assignment agreements, or when trademarks are registered in a founder's name instead of the business. Conduct an IP audit and work with legal counsel to ensure all assets are properly registered and owned by the company. (Source: American Bar Association, "IP Due Diligence in M&A Transactions")

4. Contract Restrictions with Customers or Vendors

Key contracts can include clauses that restrict transfer or require consent if the business is sold. If those agreements are essential to your operations, such as with major clients or suppliers, a buyer may walk away if they can't be transferred. Review all contracts in advance, identify change-of-control provisions, and be proactive in seeking necessary approvals.

5. Pending Litigation or Employment Issues

Active lawsuits, labor disputes, or poor HR documentation can turn buyers off. Even minor claims can raise liability concerns. Issues such as wage violations, harassment allegations, or misclassified employees can trigger a deeper investigation—and potential deal fallout. Clean up your HR files, resolve disputes, and disclose all known risks early in the process. (Source: *Entrepreneur*, "The Legal Issues That Can Kill Your Business Sale")

Buyers value certainty. Legal issues introduce risk, and risk lowers valuations and stalls deals. With early preparation, clean documentation, and professional guidance, you can address these legal issues before they become deal-breakers and sell with confidence.

The best deals don't just happen. They're built on a foundation of transparency, organization, and trust. By addressing these five legal issues before they become deal-breakers, you can position your business for a successful and rewarding exit.

Disclaimer: This article is not meant as legal advice. It is solely for educational purposes.

Janice L. Miller Esq. is the managing partner of Miller Haga Law Group, LLP in Calabasas, CA. She is a highly recognized legal advisor, published author, noted speaker, and panelist with over 25 years of experience as an innovative general counsel in business, real estate, entertainment, and intellectual property.

VALLEY ENTERTAINMENT

A Piece of the Past You Can Visit Now: Horace Heidt's Big Band Museum

The building itself is an integral piece of Valley history, and what's inside is the collected history of an extraordinary man.

The Horace Heidt Big Band Museum is a chronicle of Heidt's years as a bandleader, mentor, and television star. Indeed, he has two stars on the Hollywood Walk of Fame, one for radio and one for television.

Heidt started his career as a football player, but an injury derailed that career. He could still play piano, so he started a band. Not loving the wedding and nightclub scene, he wanted to be on stage. He incorporated a dog named Lobo into his act, and went on the road.

He broke all records in New York, playing at the Palace Theatre during the era known as Tin Pan Alley in the early part of the century. His secret to the big band's success was playing music "you can dance to!"

The music was only one aspect of his career. He was also host of the successful radio show *Pot o' Gold,* the first major giveaway money program. He also founded the television show the *Original Youth Opportunity Program*, traveling the U.S. to discover new talent. Then came the Swift Show Wagon, where he toured America and showcased each state's famous stars. He also went to Korea in 1953 to entertain the troops. Everywhere he went hosts, mayors, celebrities, and even the military gave him souvenirs.

Eventually his travels led him back to Hollywood with his 60-piece band - and he had nowhere to house them. He purchased what was then a horse ranch and dedicated one large room to house the memorabilia he'd collected. That ranch is now the Horace Heidt Magnolia Estates Apartments in Sherman Oaks.

On one wall of the museum there is a collection of photos of those he helped mentor and get started - from Gordon McRae and Alvino Rey to Art Carney and The King Sisters. Mary Martin sang with him. John Williams arranged for him, and even Johnny Carson was on one of his talent shows - and lost!

All this and more is memorialized in the museum, along with the sheet music of all his hits, including his first in 1941, "I Don't Want to Set the World on Fire," and his recording of "Hi Ho" from Disney's *Snow White and the Seven Dwarfs*. Each frame has a QR code so you can listen to the song.

There's the first Hammond organ, music-themed chess sets, the Wheel of Fortune from *Pot o' Gold*, a baseball bat from one city, a gold trumpet from another. Display after display offers a treasure trove of trophies, citations, plaques, unusual items.

Heidt's "American Way" philosophy included, 'Tis Better to Build Boys Than to Mend Men, and to help others regardless of race, creed or color.

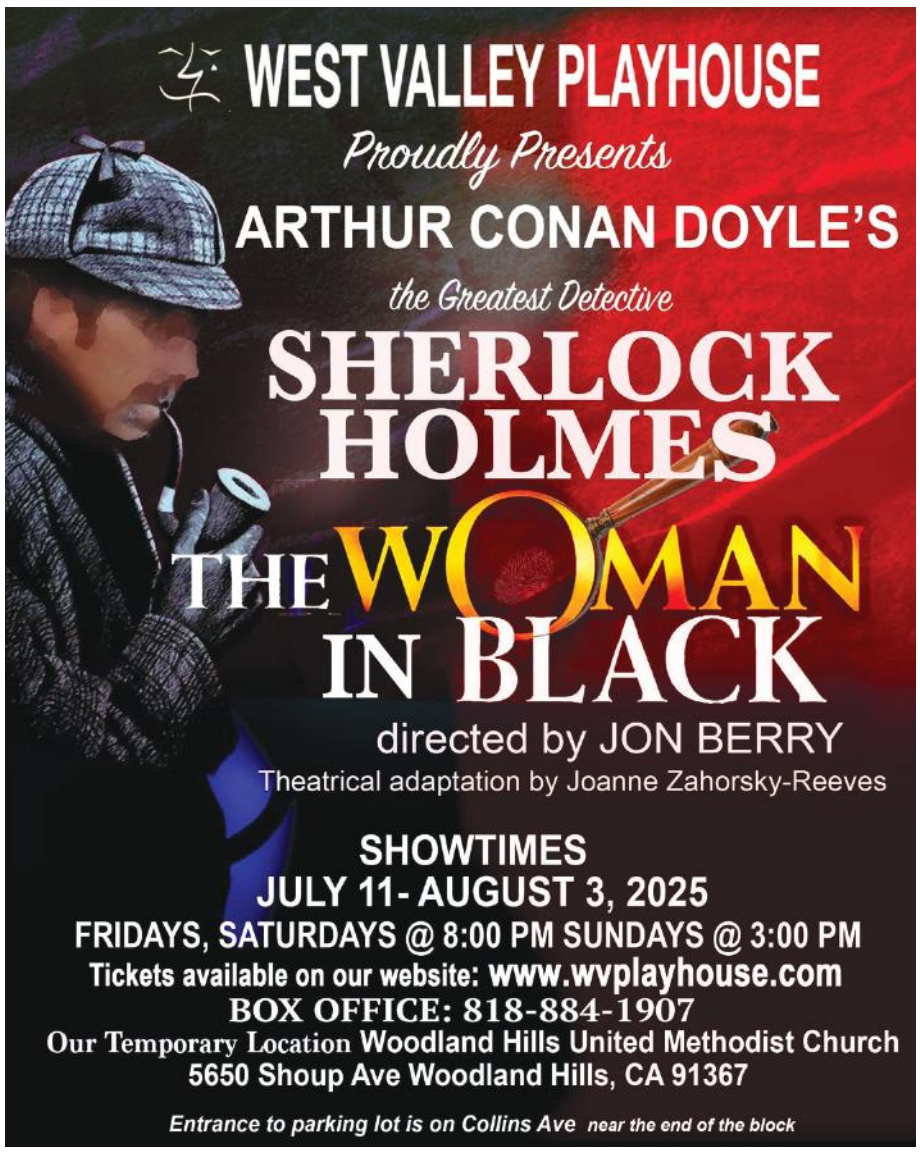
Today, his son Horace Heidt Jr., himself a Valley-based musical director and conductor, continues to maintain and constantly improve the museum, and continue the legacy of an amazing Valley man and musician.

The Horace Heidt Big Band Museum located at 14155 Magnolia Blvd, Sherman Oaks.

It is free and open to the public by appointment. Visit bigbandsfoundation.org or call (818) 784-8211.

School groups, local organizations, research fellows and tours are always welcome if scheduled in advance

Magnolia Estates, home to the museum, Horace Heidt, stars he started, museum memorabilia.



Chris Evans, Dakota Johnson and Pedro Pascal in The Materialists.

The Materialists is Neither a "Rom" Nor a "Com"

By Katie Sterling

It's not quite the rom-com the trailer makes it out to be. In all honesty, there's truly very little "com" peppered throughout the movie and the "rom" well, doesn't quite land. While influenced by Nora Ephron classics, director Celine Song's latest film *The Materialists* is a far cry from the quirky love stories that Ephron was able to enthrall audiences with. Rather, this film takes a frank look at the modern world of dating and while the male leads might be captivating, the storyline falls flat.

Lucy (Dakota Johnson) is a professional matchmaker who looks at the world of love as a numbers game, not necessarily one where you're searching for that special spark. Her clientele in New York are matched together based on their worth as compatible figures (height, income, value, etc.) So, it's only natural, and not at all surprising, that when she finds herself in a love triangle, the two men couldn't be on further ends of the "value" spectrum.

Harry (Pedro Pascal) is a partner in a private-equity firm whose net worth is in the millions and doesn't blink when a check is placed in front of him. John (Chris Evans) is a cater waiter and aspiring theater actor who lives with roommates in a crumbling apartment. According to Lucy, it's clear on paper who the "unicorn" is, but there's one factor that disrupts her usual go-to calculations: history.While Harry is a new love interest met at a client's wedding, John is her ex-boyfriend who takes Lucy by surprise when he shows up as a waiter at said wedding. It's obvious that the two haven't fully gotten over each other but the issue of why they broke up years ago is still glaringly obvious…the fact that John has no money. It's clear that both men have amazing attributes, and could be great partners for Lucy, but she is too much in her own head to really give either her full attention.

It's not a new take in a romantic comedy, the battle between being pragmatic and being romantic, but Lucy is never someone you're really rooting for. It could be because of Johnson's usual unemotional line deliveries (which frankly, fit with this character for once) or because the courting from both parties never feels exciting. When you're watching a movie where PEDRO PASCAL and CHRIS EVANS as the love interests and you're bored… that's a problem. Additionally, there are two side storylines that don't really aid in the excitement you'd hope to get from a movie marketed as a romantic comedy. One centers on a sexual assault that one of Lucy's clients faced and one is so ridiculous (albeit, a true procedure) that it starts to feel that this movie piles on too much and then never gels together in a satisfying way.

When you're watching a movie where PEDRO PASCAL and CHRIS EVANS are the love interests and you're bored...

The Materialists does take a realistic look at the dating world and the caveats that come with it, but it seems its biggest fault is not that it's not necessarily a romantic comedy, but that it was marketed that way. Would it be more enjoyable if audiences had a clearer idea of what they would really be watching? It's a problem that has only seemed to intensify over the years, with trailers misleading audiences on what a film actually is. Get the promos out, get them in the door and then see if they actually like the movie or not. It's frustrating for a moviegoer and perhaps the reason so many wait to stream movies at home. Why pay $25 per person to be disappointed in a theatre, when that disappointment might not hit as heavy after paying $20 for multiple people to watch it at home?

If you're truly looking for a feel-good rom-com, skip The Materialists and delve into Ephron's catalogue where any choice is a better option than this movie.

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Child Development Institute Celebrates Anniversary; New Arts Pavilion

Child Development Institute in Reseda celebrated their 30th anniversary and the launching of their new arts pavilion with a Summer Soiree on June 22.

CDI offers enriching programs, community resources, play-based learning and therapeutic services for infants, young children and their families. They work tirelessly to ensure that every child has the opportunity to reach their full potential by nurturing the relationships and environments that shape their early development.

Joan Maltese founded the organization in 1995 to meet the need for early child development and intervention services for young children in the San Fernando Valley. CDI professionals began training in Stanley Greenspan's DIR/Floortime model which integrates child development with mental health to support a holistic approach to the successful developmental growth of the whole child.

"We give children and families a safe space in an overwhelming world to build strong foundations and relationships," said Tessa Graham , CDI's CEO.

Funding is underway to build a new arts pavilion to further encourage creativity in learning.

Los Angeles City Councilmember Nithya Raman, center, presents a certificate to Child Development Institute on the occasion of their 30th anniversary. At right is CDI founder Joan Maltese, with CEO Tessa Graham on the left.

Spray Sunscreen Mistakes You Might Be Making

It's officially beach season and with that comes the reminder of how important the use of sunscreen is. While individuals should be applying face sunscreen daily (no matter the season), spray sunscreen becomes quite popular during the summer months.

Many love this form of sunscreen for its easy touch-free application, but there are a few common mistakes being made during its application that may negate the effectiveness of the product. When using spray sunscreen, be mindful of these specifics:

1. Not using enough – Traditionally, health experts advise using a shot glass worth of sunscreen to cover exposed skin. With spray sunscreen, it becomes increasingly harder to measure how much sunscreen is actually being used. Experts advise spraying each area of the body for at least six seconds from a few inches away.

2. Not rubbing your sunscreen in – Many individuals lean towards spray sunscreen because it is a less messy alternative. However, despite the spray nozzle, experts stress that this type of sunscreen still needs to be rubbed into the skin to work effectively. After spraying the skin, rub the sunscreen in to ensure even coating and that no spots are missed. Mineral sunscreen, which has more of a white cast, can help since you can actually see where the white needs to be thoroughly rubbed into the skin.

3. Applying spray sunscreen in the wrong conditions – Because of the nature of the spray, it should only be used outdoors where ventilation is key. Find a spot with little to no wind, as spray sunscreen can easily be picked up by the breeze and thus, you won't actually get enough on your skin.

4. Not layering your sunscreen – Depending on how long you are in the sun and what kind of direct coverage you are getting, it's imperative to layer your sunscreen for maximum protection. Spray sunscreen might not block enough UV rays by itself, so health experts suggest first coating your skin with a cream sunscreen and then using a spray for continuous touch ups throughout the day.

5. Not reapplying frequently enough – Similar to layering your sunscreen, you have to continue to reapply sunscreen every two hours or immediately after being in the water. While many sunscreens claim to be water-resistant, this is not necessarily true. To help you remember to reapply, set a timer on your phone or purchase sun stickers for the body that change color when it's time to reapply.

6. Using expired sunscreen – Active ingredients in sunscreen deteriorate over time and thus, become less effective at blocking UV rays. While it may be tempting to reuse a sunscreen from last summer, it might not have the same potency to protect your skin at adequate levels. Check the expiration date and if your sunscreen has also been in high heat for an extended period of time, it's best to toss the product and purchase a new one.

Identifying Heat Exhaustion During These Scorching Summer Months

The San Fernando Valley is all too familiar with triple-digit temperatures. While the summer brings scorching heat, it also brings the threat of heat exhaustion.

But what are the symptoms? How can you tell the difference between simply overheating or entering dangerous heat-related illness?

Heat exhaustion is a slow buildup of bodily reactions to one's body overheating that include heavy sweating, muscle cramps, extreme thirst and fatigue. While the body's natural response to cooling down is to sweat, excess sweating can lead to dehydration and the loss of fluids doesn't allow your body to function properly. Thus, one might feel faint, lightheaded or experience nausea and headaches.

If these symptoms aren't immediately rectified, then heat exhaustion occurs. Heatstroke is classified by a temperature over 104 degrees Fahrenheit, confusion and trouble speaking and flushed skin that can either feel moist or dry.

The most immediate solution to heatstroke is to get somewhere cooler and rehydrate as much as possible. Grab a sports drink with electrolytes to replenish those you lost while sweating.

Excess sweating also purges the body of sodium so experts advise eating a salty snack while rehydrating.

Additionally, it can be helpful to wet your skin, then fan it off to mimic the cooling reaction of sweating and allowing your body temperature to lower.

As usual, the best step to combat heat exhaustion is to plan ahead by drinking plenty of water when temperatures soar, continuously reapplying sunscreen and limiting your time in the sun as much as possible.

If heat exhuastion symptoms persist and you can't seem to cool your body, seek medical help immediately.

Free Seminar for Seniors on Downsizing

Ask the experts about senior issues on Thursday, July 10, from 10:30 to 11:30 am.

Scott M. Friedman with Coldwell Banker Realty in Sherman Oaks will lead a team discussion on senior real estate issues such as selling your home, right sizing, taxation and the importance of trusts and wills.

Friedman is a Senior Real Estate Specialist, Short Sale and Foreclosure Resource and Certified Negotiations Specialist.

Thomas P. Christopher, Esq., of the Christopher Law Group, will address the importance of having an updated will and trust for seniors. Professional organizer Dina Braverman will discuss simplifying and downsizing.

The event will be held at Ivy Park at West Hills, 9012 Topanga Canyon Blvd.

RSVP to (818) 701-9550 as space is limited.

Scott Friedman and Margie Markus, a number one team at Coldwell Banker Residential Brokerage Sherman Oaks, enthusiastically bring over 25 years of experience assisting clients in the San Fernando Valley and Westside of Los Angeles.

Guided by the unwavering principles of concierge customer service, Friedman and Markus are dedicated to delivering outstanding results by focusing

on the objectives of their clients. Buyers and sellers value their strong negotiation skills, market knowledge and detailed focus throughout every transaction. As top producers, they continuously earn the International President's Circle Team award for excellence and have Certified Negotiation Specialists and Short Sale Foreclosure Resource designations.

Friedman and Markus can be reached at (818) 317-2011 or scottmfriedman@yahoo.com.

Foundation for Senior Services Online Classes

The Foundation for Senior Services is offering several Zoom classes. A disaster recovery, grief and loss discussion and support group will be held Wednesday, July 9, at 11 am. Aging solo, staying safe, secure and supported will be held on Thursday, July 10, at 10 am. Register for the classes at foundationforseniorservices.org.

Donate Blood in Granada Hills

The American Red Cross will hold a blood donation drive on Wednesday, July 9, from 10 am to 4 pm. The drive will be held at The Odyssey Restaurant, 15600 Odyssey Drive, Granada Hills.

For more information and to register visit redcrossblood.org.

Gardening School Open

The Southern California Garden Club recently announced the upcoming Gardening School at Sepulveda Basin. This is a series of four courses designed to learn the correct way to plant and prune, learn about lawns and lawn alternatives, learn how to effectively grow flowers and vegetables, learn propagation methods and learnbasic botany. For more info, email Robin at CGCIRobin@gmail.com.

UCLA Health | Medicare ADVANTAGE PLAN

Turning 65? Attend a free New-to-Medicare Seminar

Medicare can be confusing. Make things simpler by meeting with a Local Licensed Agent at a nearby seminar. Get your questions answered and learn about the differences between Medicare, Medicare Supplement, and Medicare Advantage—including UCLA Health Medicare Advantage Plan.

Call 844-258-2178 (TTY 711) 8:00 am – 8:00 pm, Mon. to Fri. to learn about seminars near you and RSVP

UCLA Health Medicare Advantage Plan (HMO) has a contract with Medicare and enrollment in the plan depends on contract renewal. UCLA Health Medicare Advantage Plan includes Part D drug coverage. To enroll in UCLA Health Medicare Advantage Plan, you must have both Medicare Parts A and B and reside in the plan service area, Los Angeles County. In addition to your monthly plan premium, you must continue to pay your Medicare Part B premium. For accommodations of persons with special needs at meetings, call 844-258-2178 (TTY 711).

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REAL ESTATE

Los Angeles County is Mapped by Genasys Emergency Zones - Do You Know Your Zone?

L.A. has 3,000 emergency zones in the Genasys system. Do you "Know Your Zone?" Why is this important?

Advance warnings about changes to your Zone status give you the chance to "Get Ready" and tell you when it's time to "Go" during emergency events.

During an evacuation, confusion about your zone can delay your departure, and in a wildfire, every minute matters.

An Evacuation Warning alert indicates a potential threat to life and property. Those who need extra time to evacuate, as well as individuals with pets, livestock, or special needs, should leave NOW and not wait for the final wvacuation alert.

If you live in an area where evacuation routes may become compromised, or if you need to arrange transportation for yourself or your pets, you should seriously consider that an Evacuation Warning is equivalent to an Evacuation Order.

An Evacuation Order is the official notice that an area is being evacuated due to an imminent or very likely threat to life and/or property. Residents should evacuate immediately.

Shelter in Place: AKA "You're Not Going Anywhere"

This is the third and most serious emergency order—when conditions are too dangerous to evacuate. Roads may be blocked, fire is too close, or it's simply too late to leave safely. In this situation, you're instructed to stay exactly where you are and do everything possible to protect yourself inside your home. That means sealing windows, staying away from exterior walls, and keeping emergency supplies close. It's not ideal—but with preparation, it doesn't have to be a disaster.

A Red Flag Warning means the National Weather Service has issued alerts for wind gusts exceeding 25 miles per hour with relative humidity below 25% to warn residents about dangerous fire conditions and the need to be READY to evacuate if law enforcement orders it.

The same zones used for evacuation will also guide repopulation efforts, helping authorities safely and systematically return residents to their homes after an emergency.

How do you find your zone?

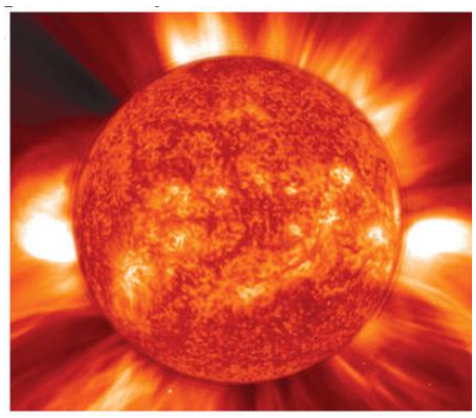
Your address determines your zone for either your home or your work location. You can check your zone's current status anytime by searching for your address.

Visit the Genasys Protect search page, enter your home address in the search field, and save your home location. Then, repeat the same steps using your work address.

Nighttrek Report: What to See in the July Sky

By Neill Simmons

The highlight of July is the return of one of the biggest constellations in the night sky – Scorpius. Look south after dark to spot the curved tail of the scorpion. Notice the bright red star towards the head of the scorpion. This red star named "Antares," is the heart of the scorpion. Antares is over 700 times bigger than our Sun. If Antares replaced our Sun, it would extend all the way to Mars. Now that's BIG! This Zodiac constellation has over 18 stars which can be seen with the naked eye.



Make plans to go to the "Night Sky Festival" on Saturday, July 26, at Paramount Ranch in Agoura Hills. This Star Party will be sponsored by the National Park Service and the Ventura County Astronomical Society. There will be many telescopes set up for viewing with astronomy guides to answer your questions. This is a FREE event. Make sure to get there by 7 pm to enjoy all the activities that are planned. Parking is plentiful and free.

The planet Mars is visible in the west this month and sits in the constellation of Leo the Lion. On Monday the 28th, the crescent Moon will appear close to Mars, which is a nice sight to see. Scientists say a mysterious giant cloud hanging over the surface of Mars, which was first spotted in 2018, has recently reappeared on the Red Planet. Made of water and ice, the elongated cloud sits 12.4 miles above the volcano Arsia Mons and stretches some 1,110 miles in length. Scientists have named the formation the "Arsia Mons Elongated Cloud" (AMEC). However, experts are not clear why it has formed, how long it will stay or when it will disappear from the Martian atmosphere.

NASA has warned that the Sun will be very active in July. There will be several Coronal Mass Ejections (CME) which will create auroras in the night sky. Chances to see an aurora increase the farther north you travel. A CME is a powerful eruption of plasma and magnetic field from the Sun's upper atmosphere, or corona. CMEs can eject billions of tons of material and travel at speeds of up to 1,800 miles per second.

Three sights to see without a telescope in July are: The Big Dipper which is hanging straight down by its handle. The fifth brightest star, Vega, is in the northeast. The Summer Triangle, which is an asterism, or pattern of stars, that's made up of three bright stars from three different constellations. Vega is one of these stars from the constellation Lyra.

The planet Venus is bright in the early morning sky from 3:30 am until dawn. Look on Thursday, July 3, with binoculars to see Uranus in the same field of view as Venus. Uranus has faint rings made of dust and ice, with the inner rings being narrow and dark, and the outer rings being brighter and easier to see. Uranus has 28 known moons and Venus has no moons.

The full Moon in July is called the Buck Moon because the antlers of male deer (bucks) are in full-growth mode at this time. The name is thought to come from Native American culture. This full Moon will occur on Thursday, July 10. The Moon is a rocky body made up of iron, magnesium, aluminum, silicon, titanium, gold, silver, and mercury.

As summer vacation starts, make sure to get away from the city lights to see the Milky Way in the south, the Little Dipper in the north. Earth is located on one of the spiral arms of the Milky Way galaxy. Looking out at the Milky Way is actually looking to the center of the galaxy. It is estimated that there are over 300 billion stars within our galaxy. The Little Dipper, also known as Ursa Minor, is a constellation in the northern sky. The Little Dipper is made up of seven stars, but only three are bright enough to see in the night sky, and the others are only visible in very dark skies. One of these stars is Polaris, also known as the North Star. This star is located at the end of the Little Dipper's handle and is very important because it doesn't appear to move and helps orient people in the direction of north. The closest dark skies are at the beaches north of Malibu or the area around Mt. Pinos which is about an hour's drive away.

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

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EXPERIENCE IVY LIVING

SENIOR SEMINAR

ASK THE EXPERTS

Thursday, July 10th • 10:30 to 11:30 AM

Join us for an educational seminar on Senior Real Estate such as selling your home, right sizing along, taxation with the importance of trusts and wills. Featuring:

Scott Friedman, Senior Real Estate Specialist with Coldwell Banker Realty
Thomas Christopher, ESQ: Wills and Trusts with Christopher Law Group
Dina Braverman, Organizing Concepts and Design

Kindly RSVP by **July 3** to **(818) 701-9550** as space is limited

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