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North Valley News

Volume 3, Number 16 August 14, 2025

Serving Porter Ranch, Northridge, Granada Hills & Chatsworth

News in Brief

Back to Back Attempted Robberies in Northridge Tuesday

Tuesday night two attempted robberies were thwarted only because the homeowners interrupted the thieves. The two incidents happened within miles - and minutes - of each other. The first occurred at approximately 10:20 pm at a home on Murphy Lane and White Oak, where a masked suspect broke in through a back window. The suspect, described as a man in a hoodie and sweatpants, ran away when he saw the residents - a woman and her baby - were at home. Just 20 minutes later a thief broke a window in a home off Nordhoff, but again ran off when he heard the homeowners. According to neighbors, the house on White Oak had been hit once before, even though it has a Ring camera.

Spectrum Lines Cut in Northridge; $25,000 Reward Offered

The Spectrum outage affecting thousands across Los Angeles was caused by what the company called a "felony criminal attack." Service went down when someone intentionally cut their fiber optic lines in Northridge Wednesday afternoon. Extra crew was brought in to splice more than 1,600 fibers to make the repairs and restore service. Those affected include a U.S. military base, emergency and 911 communication services, local fire and police, court building, healthcare facilities and hospitals, educational institutions and cell towers - leading Spectrum to call the incident "an act of domestic terrorism." The LAPD, however, is investigating it as a "case of felony vandalism." Thieves likely cut the cables to get to the metals inside. Spectrum is offering a $25,000 reward for any information that leads to arrest. Anyone with information is encouraged to contact Spectrum at 833-404-TIPS or contact local law enforcement officials.

North Valley Chamber Hosting Havana Nights Casino

The North Valley Regional Chamber of Commerce will hold their annual "Havana Nights" casino under the stars on Friday, September 19, at 7 pm. The event will feature a casino, classic cars, cocktails, a cigar lounge and Cuban food. It will be held at 9015 Wilbur Avenue in Northridge. Proceeds will benefit the North Valley Foundation, which focuses on philanthropic efforts that uplift and serve the broader community. Tickets are available at nvrcc.com.

Turn on the Tap! Water Restored to North Valley

After almost a week without water, residents of Granada Hills and Porter Ranch can turn on the tap and resume normal use of their water. The boil water notice issued on August 6 was lifted on Tuesday, August 12.

The problem started on August 5, while LADWP crews were repairing a pump station connected to a 10 million gallon tank, and a valve 24 feet underground either broke or failed to open, shutting off the water supply. The tank drained, leaving over 9,000 DWP customers without little or no water.

After the incident, DWP advised its customers to avoid using tap water and issued the boil water notice. They urged residents to turn off sprinklers, water heaters, flushing toilets, etc. - leaving most residents high and dry.

The agency quickly brought in pallets of water, temporary showers and toilets and more for residents as they continued to work on the problem.

To repressurize the system they had to continuously pump water back into the tank, which would be thwarted by even small use by residents.

Even though the boil water notice has been lifted, DWP recommends flushing your pipes for at least five minutes before using to get rid of any stagnant water that has been sitting there for a week.

Flush the system by removing aerators and screens from all faucets. Set water softeners and filters to "bypass mode."

Open and flush external hose bibs and faucets until the water is clear and temperature is constant.

Run all cold water faucets at the highest flow or fully open.

Though the boil water notice has been lifted, DWP recommends flushing your pipes for at least five minutes.

Drain your hot water tank to discharge any sediment. Flush all toilets one time.

Dump your ice makers and flush water feed lines by making and discarding three batches of ice.

Soak and disinfect all aerators and screens in one cup of bleach to four cups of water.

Run an empty dishwasher and washing machine once on a rinse cycle.

Replace all filters and reset all water devices from "bypass mode."

LADWP brought in portable toilets, showers and washing machines for residents without water.

PHOTOS: MarkHovater

Community Calendar

NORTHRIDGE: UCLA Health will host a "New to Medicare" seminar on Wednesday, August 20, from noon to 1 pm at Mimi's Cafe, 19710 Nordhoff Place, Northridge. Get your questions answered and learn about the basics of Medicare, and ask about the UCLA Health Medicare Advantage Plan. With a growing network of more than 7,000 providers, your doctor may already accept UCLA's coverage. To RSVP call (844) 258-2178.

CHATSWORTH: The Kiwanis Club of Chatsworth is holding a beautification event on Saturday, August 16, from 8 to 10 am. Volunteers are invited to join the clean up at Oakdale and Devonshire, and should bring tools if you have them - rakes, push brooms, shovels and pruners. For more information email jill@vcc.world.

WEST HILLS: Fairwinds West Hills will celebrate National Senior Day on Thursday, August 21, from 11:30 am to 2:30 pm. The full day of appreciation will offer live entertainment, a chef- prepared luncheon, fun giveaways and raffles, community tours and mingling, a photo booth and keepsakes. RSVP by August 16 to (747) 293-613. Fairwinds is located at 8138 Woodlake Avenue.

GRANADA HILLS: SAGE Learning in Retirement will host a free training on "How to Protect Yourself Against Cyber Crime" on Tuesday, September 9, from 11am to 2 pm at the Episcopal Church St. Andrew & St. Charles, 16551 Rinaldi St., Granada Hills.

CHATSWORTH: The Chatsworth Library will host the BARK therapy dogs on Saturday, August 23, at 11:30 am. Kids can improve their literacy skills by reading aloud to trained therapy dogs. The library is located at 21052 Devonshire Street.

GRANADA HILLS: Listen to Japanese classical guitar at Granada Hills Library on Saturday, August 23, at 3:30 pm. Misha will introduce the audience to Japanese film music and contemporary music. The library is located at 10640 Petit Avenue.

NORTHRIDGE: Explore architecture and design in a fun hands-on series for kids and teens ages five and up at Northridge Library on Thursday, August 21 and 28 at 4 pm. Each workshop introduces big ideas in ways that are easy to understand and fun to try! The library is located at 9051 Darby Avenue.

WOODLAND HILLS: Taking the stage this Sunday in Warner Park is DSB with their accurate recreations of Journey classics. DSB (Don't Stop Believin') has captured the lush and signature sound of renowned vocalist Steve Perry and Journey in their prime. They take the stage at 6:30 pm. Emerging artist Velzy starts the show at 5:30 pm. Warner Park is located at Topanga Canyon Blvd. and Califa in Woodland Hills.

PORTER RANCH: Join Porter Ranch Library for sensory, small group storytimes. This is an alternative to the popular morning storytimes. This smaller, more intimate program is perfect for children who may get overwhelmed by large crowds or for working parents.

People in the News

Councilman Bob Blumenfield, left, and Councilman John Lee, right, congratulate Ed Reynolds.

WOW Leader Says Wow to 90!

Well over 100 valley residents, community leaders, politicians and Wings Over Wendy's (WOW) members came together Tuesday night to celebrate Ed Reynolds on his 90th birthday. Reynolds leads Wings Over Wendy's, a valley veterans group that meets weekly.

Reynolds is a retired Air Force Lt. Colonel. He served as a navigator on air refueling tankers, Air Operations Staff Officer, Missiles Targeting Officer for MIRVs (multiple independently targetable reentry vehicle), and Intelligence Advisor to the Vietnam Air Force and action officer - for six years - in the Pentagon. There he introduced computer terminals to the Air Staff and managed the USAF Aircraft Inventory database. He has 5,000 flying hours including 640 combat hours in 147 combat missions.

Following his service in the Air Force, he worked as an International IT Management Consultant at United Airlines, SRI International and several other defense contractors. He formed service management consulting groups for companies before focusing on traveling the world. He is one of only 100 people known to have visited every country in the world.

Cavaretta's Celebrates With Community and Canolis

They were all smiles at Cavaretta's Deli in Canoga Park last Saturday as **Paul Nunneri** and **David Weisberg**, above, celebrated 25 years of partnership - along with over 100 residents, customers and officials. For the past 25 years the two have continued to grow the business and build outreach to the community. The two are holding celebratory certificates from L.A. County Supervisor Lindsey Horvath.

Students in the News

Emma Kendrick of Chatsworth, majoring in Business Administration, **James Lowrance** of Porter Ranch, majoring in Biological Science, **Hillary Ramirez** of Chatsworth, majoring in Writing for Film & Television, and **Amber Soendker** of Granada Hills, majoring in undecided, were all named to the Dean's List at Biola University in La Mirada, California.

Michael Amoun of Chatsworth, **Jesse An** of Northridge and **Megan Ramaswami** of Porter Ranch all graduated in the spring class of 2025 from Georgia Tech in Atlanta, Georgia. Georgia Tech is one of the top public research universities in the U.S., developing leaders who advance technology and improve the human condition.

Alyssa Acosta of Porter Ranch earned a Bachelor of Science in Biotechnology from the University of Maryland Global Campus in Adelphi.

•••

Noam Mendelsohn of Northridge is one of 420 students named to Knox College's spring 2025 Dean's List.

Knox is located at Galesburg, Illinois.

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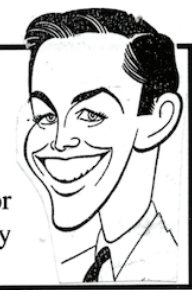

By Rodger Sterling

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

• A friend of mine says he's suffering from "optilrectalitis" - he says his optical nerve is connected to his rectum, giving him a crappy outlook on life.

• Seen tattooed on the back of a man's calves in the mall: "Gas" on the right calf, and "Clutch" on the left calf. Hope he's not relying on those to help him drive...he can't see them!

• What do you call a one-eyed deer. Ans> No idea. (Get it - no eye deer.)

• Didja know that Google's name was derived from the term "Googol," coined by the mathematician Milton Sirotta to describe the number 1 followed by 100 zeros? Google founders Larry Page and Sergey Brin originally called their new search engine "Back Rub" after its ability to analyze the "back links" connecting to a website.

• We can't wait for those Target ads to reappear for back to school... the ones that have parents singing the Christmas song, "It's the most wonderful time of the year," as they tire of trying to figure out what to do with their little darlings in the last days of vacation.

• Sometimes your life is a 52 card pickup. Your day depends on which cards you choose to pick, and which you leave lying on the table.

• Remember what the old Hidden Hills curmudgeon Bill Wilkensen used to say, "Old age is not for sissies!"

Word on the Street

By Kathleen Sterling

Brazen Crime Hits Woodland Hills.

Home Invasions Continue to Hit Encino.

Gun Violence Hits North Valley.

Hours After Crime Meeting Home Invasions Hit Valley.

We've had several readers ask us why we are so negative. Why we are reporting so much bad news. Why we are focusing on crime.

To which I ask them - do you watch the news?

Crime is rampant in the valley, much of it right here in the west valley. Encino has become a magnet for home invasions, and the daytime robbery of a home on Canoga Avenue was shocking in its ballsy execution. Two attempted robberies took place in Northridge Tuesday night.

And for the most part - they're getting away with it.

At a recent community meeting in Encino, Los Angeles District Attorney Nathan Hochman said he was in favor of "incarceration," not former DA George Gascon's policy of "decarceration."

However, we gave him a real-life case to investigate. A robber entered a home three weeks ago with a crowbar and a gun, was shot by the homeowner and arrested at the hospital when he checked in with a gunshot wound.

He was released two hours after the arrest.

Hochman still hasn't gotten back to me on that one.

The whole system has to change.

The city is broke, so we can't afford more police - we have 8,700 to serve all of Los Angeles. New York has 48,000.

The judicial system is flawed - if someone can commit a home invasion with a firearm and is then let loose to rob again.

We don't have the answers, except to vote in a new administration, new leaders and new laws.

We just report the news. If it's good we rejoice. If it's bad, we let you know.

And for those that think we're "too negative," wake up. This is happening right next door to you. You need to know. You need to be prepared.

The system won't protect you - so you better be prepared to protect yourself.

Know your neighbors. Know the neighborhood. Join your neighborhood watch group. Go to community meetings. Get a dog.

Get a gun.

I never thought I'd say the last one but given what's happening I now agree with Dennis Zine.

We're once again the wild wild west, and the outlaws are running the show.

Senator Henry Stern told me another scary - and true - story. A homeowner called 911 to report a robber breaking into their home. The 911 operator told them, "We won't get there in time. Go hide."

That's the reality in Los Angeles. That's the real worry for all of us. The city doesn't have the resources, the police, the oversight to protect us.

So you have to protect yourselves. You have to be smart. You have to be aware - which means paying attention to the news, no matter how negative you think it is.

It may save your life.

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Kathleen Sterling
EDITOR
Katie Sterling
EXECUTIVE ASSISTANT
Connie Hein
BUSINESS EDITOR
Miri Rossitto
HEALTH EDITOR
Janey Rifkin
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Dan Brin
Joyce Fletcher
Martin Cooper
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Richard Sherman
Scott Silverstein
John Walker
Diana Williams
Dennis Zine

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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Signs You're Wearing Too Many Hats (And It's Hurting Your Business)

By Lindsey Sine

Many of us are juggling more than ever, and not in the fun, carnival-act kind of way. For small business owners, it's all too easy to pile on responsibilities until you're wearing the hats of CEO, marketer, accountant, and HR- all at once. The problem? Taking on too much can quietly chip away at your focus, energy, and business growth. With the right approach and a little strategic delegation, those many hats can become your secret weapon for growth.

Here are a few tell-tale signs you might be wearing too many hats and what to do about it.

Loss of Focus & Efficiency

When you're stretched too thin, it becomes harder to stay focused on what matters most, and the quality of your work inevitably suffers. For small business owners, losing focus in the early stages can stall growth, lead to costly mistakes, and set the business back before it has had a chance to thrive.

You Experience Burnout & Stress

Burnout may be a buzzword lately, but it's not a new concept. Psychologist Herbert Freudenberger first coined it in the 1970s to describe the toll of extreme stress and relentless workplace demands. Long hours and mounting responsibilities can lead straight to exhaustion, decreased productivity, and a to-do list that never seems to shrink.

Your Business Performance is Suffering

If you are constantly bogged down by everyday tasks, your growth could not only slow, but also stall. Your focus is on completing everyday operations instead of strategic ways to get your business to the next level. Functioning in this solely reactive state can make it more difficult to adapt to changes and weaken your competitive edge. The more time spent in "survival mode" is more time away from the business of your dreams.

The good news? There is a way to get unstuck. You can take a step back, identify where your energy is best suited, and hand off the rest. Then you can create space for strategy, creativity, and long-term growth.

The Fix:

Delegate, Delegate, Delegate

You don't have to do it all, and you shouldn't have to. Start by identifying the tasks that drain your time or pull you away from your highest priorities. These might be things like social media management, bookkeeping, scheduling, or even customer support. Then, decide which ones can be outsourced to experts or streamlined with tools and systems.

When you free yourself from the constant pull of small tasks, you gain back your most valuable asset: time. Time to focus on strategy, develop new ideas, strengthen client relationships, and actually enjoy running your business. With the right support, delegation is not just a quick fix; it's a growth strategy.

Lindsey Sine is the Director of Marketing at Cowe Communications. Follow them @CoweOfficial or visit their website at cowe.com.

VALLEY ENTERTAINMENT

Rachel Simone Webb and Mateus Leite Cardoso in & Juliet.

What if Juliet Didn't End it All? See What Happens in & Juliet at Ahmanson

What would have happened if Juliet didn't end it all in Shakespeare's famous play?

Find out the alternative to losing your life over love in the hilarious new musical from the writer of *Schitt's Creek*.

& Juliet at the Ahmanson Theatre follows Juliet as she ditches her famous ending for a fresh beginning and a second chance at life and love - her way.

The new story is accompanied by a playlist of pop songs as iconic as her name, including "Since U Been Gone," "Roar," "Baby One More Time," "Larger Than Life," "That's The Way It Is," and "Can't Stop the Feeing" - all from Max Martin, the songwriter/producer behind more number one hits than any other artist this century.

Get over the balcony scene and get into this romantic comedy. The only tragedy would be missing the play that the *Washington Post* called, "A pull-out-all-the-stops sensation that gets your heart racing." *Variety* said *& Juliet* is "A smart, laugh-out-loud shot of pure gold!"

& Juliet is directed by Luke Sheppard with book by David West Read and choreography by Jennifer Weber.

It's on stage August 13 through September 7. For tickets visit centertheatregroup.org. The Ahmanson is located at the Music Center in downtown Los Angeles, 135 N. Grand.

Maya Lagerstam as Storyteller 1 and Tyler Joseph Ellis as Storyteller 2 in Shucked.

Get Shucked! Enjoy the Corn-Fed Musical Sure to Satisfy Your Appetite for Humor

Get ready for a feast for your eyes - and ears - as *Shucked* comes to the Hollywood Pantages August 19 to September 7.

The Tony award-winning musical is a corn-fed, corn-bred play sure to satisfy your appetite for musical theatre that the Wall Street Journal calls "flat out hilarious!"

Shucked takes place in a small town named Cob County, where the livelihood and identity of the residents are deeply intertwined with their corn crop. Our present-day hero is Maizy, who is all set to marry childhood sweetheart Beau when something inexplicably goes wrong: The corn, the cash crop from which Cobb County residents make pretty much everything, starts rotting away. She travels to Tampa and enlists the aid of a con man posing as a "corn doctor." The musical explores themes of community, unity, and the power of humor as the town grapples with its crisis and the unconventional solutions offered by outsiders.

The cast will be led by Miki Abraham as Lulu (Abraham understudied the role in *Shucked* on Broadway), Tyler Joseph Ellis (*The Sex Lives of College Girls*) as Storyteller 2, Maya Lagerstam (*The Gospel According to Heather*) as Storyteller 1, Mike Nappi (*Darling Grenadine*) as Peanut, Jake Odmark (*Kinky Boots*) as Beau, Quinn VanAntwerp (*Shucked* on Broadway) as Gordy, and Danielle Wade (*Mean Girls* national tour) as Maizy.

Featuring book by Tony Award winner Robert Horn (*Tootsie*), a score by the Grammy® Award-winning songwriting team of Brandy Clark and Shane McAnally (Kacey Musgraves' "Follow Your Arrow"), and directed by Tony Award winner Jack O'Brien (*Hairspray*), this play harvests every corny innuendo you can think of - and then some!

Tickets are available at broadwayinhollywood.com. The Pantages Theatre is located at 6233 Hollywood Blvd., Hollywood.

The Reel History of the Valley

By Martin M. Cooper

The Valley is Ready for its Close-Up, Mr. DeMille

The first film critic to be awarded a Pulitzer Prize was Roger Ebert. The film critic for the *Chicago Sun-Times* for 46 years, he wrote "If you wanted to show a single year that demonstrated the full potential of the movies, 1939 would be it."

Whether that year's stellar cinematic output was the result of great scripts, talented directors, or simply good luck, that one year produced more great films than any other in the nearly 150-year history of motion pictures.

To prove the point, these are just 10 of the films released in 1939: *Gone With the Wind; The Wizard of Oz; Stagecoach; Union Pacific; Mr. Smith Goes to Washington; Wuthering Heights; Dark Victory; Ninotchka; Goodbye, Mr. Chips*; and *Destry Rides Again*…and fully half of them were filmed in and around the San Fernando Valley.

Bette Davis won one of her 10 Academy Award nominations for her role in Dark Victory. The Best Actress Oscar that year went to Vivien Leigh for Gone with the Wind, as Scarlett O'Hara.

The first film critic to be awarded a Pulitzer Prize was Roger Ebert.

So, let's start with one of the most popular – and highest-grossing – films of all time: David O. Selznick's Civil War epic: *Gone With the Wind*. Selznick leased the RKO Encino Ranch for filming portions of *Gone with the Wind*, notably the lumber mill and road to Tara scenes.

Although the film is set largely in Atlanta, Georgia, not a single shot was filmed in that state; most of it was lensed on Selznick's Culver City lot. However, when Scarlett O'Hara vows never to go hungry again, that early morning sunrise scene was filmed at Lasky Mesa in Calabasas. The field hands "Quittin' time" scene was shot in nearby Agoura Hills, while the final horse ride of Gerald O'Hara, played by Thomas Mitchell, was filmed in Calabasas, on Lasky Mesa, near the end of today's Victory Boulevard.

If there is one genre that the San Fernando Valley was famous for in the middle decades of the twentieth century, it was the Western. And perhaps the greatest of them all was partially filmed in the Valley.

A number of key scenes from John Ford's classic *Stagecoach* were filmed at the Iverson Ranch in Chatsworth. While much of *Stagecoach* was filmed in Monument Valley, Utah, several action scenes were shot in the San Fernando Valley, particularly close-up action, stunts, and inserts that could not practically be shot in Monument Valley.

Many close-ups of the stagecoach on mountain or canyon roads, and cliffside and rock outcropping shots were shot at the Iverson Ranch. Some of the tight, winding canyon shots of the coach were likely filmed at Iverson's at Garden of the Gods.

As is often the case with reference sources, there is disagreement where a specific shot was made. A good case in point is the setting of the Golden Spike in Cecil B. DeMille's *Union Pacific*, about the building of the first transcontinental railroad.

The International Movie Database (IMDb) lists the Paramount Ranch in Agoura as the site of the film's climactic scene. However, Larry Jensen's *Hollywood's Railroads, Vol. 1*, states that Paramount also staged scenes on the Southern Pacific Canoga Park/Burbank branch (now Pierce College) for the Golden Spike sequence.

"If you wanted to show a single year that demonstrated the full potential of the movies, 1939 would be it."

Hollywood trade publications from 1939 mention DeMille's production team constructing a large railroad set in Canoga Park for the spike ceremony scene.

The Douglas County Historical Society and other historical film sources confirm that Canoga Park was used to film parts of Union Pacific as a substitute for Utah landscapes during production in late 1938 and early 1939.

The unlikely pairing of Marlene Dietrich and James Stewart resulted in one of 1939's funniest films, Destry Rides Again.

Dark Victory was the vehicle for one of Bette Davis' Academy Award nominations. The film was shot entirely in the San Fernando Valley, largely on the Warner Bros. Burbank lot, the Warner Ranch, and several Calabasas locations.

Director George Marshall's film, *Destry Rides Again*, is no doubt the funniest film of these 1939 hits. *The New York Times* called it a "rollicking comedy." Much of the fictional town of Bottleneck was a constructed Western street on Universal's back lot. Most of the interiors, including scenes of the saloon, jail, and courtroom, were filmed on the studio's sound stages. The outdoor sequences were filmed not far away, on the Iverson Ranch.

Time magazine's 1989 retrospective article, "1939: Hollywood's Greatest Year," celebrated the 50th anniversary of that banner year, and dubbed it "Hollywood's greatest year... a stunning explosion of cinematic energy and artistry that has never been equaled." We may never see such a burst of creative energy, filmic craftsmanship, and fine acting, again.

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 was Board Chairman of the UCLA Film & Television Archive. An award-winning author, he has written four books, two of them on the San Fernando Valley. His next book, The 'Reel' Hollywood: The San Fernando Valley, the history of motion pictures in the Valley, will be out later this year.

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Gerardo Fonseca at right, with happy customer Varant Majarian.

Fonzy's: A "Cut Above" Serving North Valley

Not only does he give a great haircut and shave, but Gerardo Fonseca of Fonzy's Barber Studio believes in giving back.

The Mission Hills barber is a member of the Granada Hills and Calabasas chambers, and recently gave free haircuts to all the children at Dignity Northridge Hospital receiving treatment.

For two days this week he offered discounted haircuts for kids going back to school.

Opened just over two years now, Fonzy's is getting a reputation as the place to go for a haircut or fade.

Fonzy's is located at 10644 Sepulveda Blvd. in Mission Hills and is open Monday to Saturday 8 am to 7 pm and Sunday 9 am to 3 pm.

They are currently offering a $60 special for a haircut and beard trim. Call (747) 256-1852 for more information or email Fonseca at gf23924@gmail.com. Visit fonzysbarberstudio.com for more information.

LEISURE CARE

You're invited to celebrate

NATIONAL SENIOR DAY

Thursday, August 21st | 11:30 am–2:30 pm

Join us as we celebrate the strength, wisdom, and vibrant spirit of our senior community with a day full of joy and appreciation!
• Live Entertainment
• Chef-Prepared Luncheon
• Fun Giveaways & Raffles
• Community Tours & Mingling
• Photo Booth & Keepsakes

Whether you're a resident, family member, friend, or future neighbor – come celebrate the heart of our community with us!
RSVP by August 16th to 747-293-3613.

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AI-Powered Breast Cancer Detection Takes Leap Forward

One of the largest health networks in Southern California, managing nearly 600,000 members, has announced that RadNet's EBCD program will now be included as a benefit in their members' health plans.

Regal Medical Group, Lakeside Community Healthcare and ADOC Medical Group, affiliates of Heritage Provider Network (HPN), make history as the first providers to offer the AI-powered breast cancer detection service to all of their mammogram-eligible patients. These medical groups contract with most major health insurance carriers. Additionally, RadNet will launch an ongoing patient-outreach program to increase compliance within these medical groups and improve patient outcomes.

RadNet's EBCD program uses AI to help its breast radiologists detect even subtle lesions by pointing out areas of suspicion that are not always visible to the human eye. After the radiologist reads the exam, the AI acts as another set of eyes, and performs an additional review. If there is a suspicious finding, a second radiologist is brought in to consult, providing yet another set of eyes on the imaging.

"The closest we can come to a cure is early detection," explained Dr. Jason McKellop, Medical Director at Breastlink Tarzana.

"EBCD delivers that extra layer of scrutiny, and many thousands of patients, to this point, have benefitted from its use."

Clinical performance has shown a 21% increase in cancer detection in all women.

Since rolling out the EBCD program, impact analysis on clinical performance has shown a 21% increase in cancer detection in all women, and a 23% increase in breast cancer detection in women with dense breasts. EBCD has assisted radiologists in detecting over 500 cancers. (Statistics based on an analysis performed on data gathered over a two-year period of clinical use.)

It is estimated that one in eight women will develop breast cancer during her lifetime, but when breast cancer is detected in its earliest stage, when treatment options are most optimal, the five-year survival rate is 99% (American Cancer Society). To find a RadNet women's imaging center near you, visit www.radnet.com.

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The Recent Backlash on Benadryl

Benadryl, or diphenhydramine, has long been a staple in household medicine cabinets for relieving allergy symptoms. Whether combating seasonal allergies, hives, adverse reactions to food allergies or even insomnia, the little pink pill has been the go-to for instant relief. Now, allergy experts are warning consumers that the medicine may actually be doing more harm than good.

Approved as an over-the-counter drug in 1980, Benadryl is known as a "first-generation" antihistamine that works by binding to and blocking the body's histamine receptors. Histamine is produced during allergic reactions in one's blood vessels, airways, nerves and brain.

Due to its formulation, allergy experts from Johns Hopkins University and the University of California, San Diego are now expressing concern that the side effects outweigh the benefits of the drug.

Side effects of diphenhydramine include drowsiness (because the H1 receptors are blocked and it crosses the blood-brain barrier), mild sedation, elevated heart rate, blurry vision, and in some case, cardiac effects that can quickly turn dangerous. Due to these extreme side effects, "second-generation" antihistamines were created that cross the blood-barrier at a much lower level and thus, don't have such extreme side effects. These include allergy medicine like Claritin and Allegra.

The study urges that Benadryl be phased out or at least be moved behind the pharmacy counter since users are not always aware how severe the side effects can be on their bodies, with extreme drowsiness causing the most accidents.

The American Academy of Allergy, Asthma, and Immunology and the American College of Asthma, Allergy, and Immunology even stress the importance of prescribing second-generation antihistamines over first-generations ones to mitigate any negative reactions.

"The presence of effective and safer second-generation antihistamines, frequent and sometimes severe adverse reactions to first-generation agents, as well as its demonstrated abuse potential, strongly suggest it is time to remove diphenhydramine's availability from both the prescription and over-the-counter markets," the study concluded.

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REAL ESTATE

Neighborhood Council Meetings

The **Chatsworth Neighborhood Council** will hold a full board meeting open to the public on Wednesday, September 3, at 6:30 pm. For agenda and Zoom link visit chatsworthcouncil.org.

The **Northridge East Neighborhood Council** will hold a full board meeting open to the public on Wednesday, August 20, at 7 pm. For agenda and Zoom link visit nenc-la.org.

The **Granada Hills South Neighborhood Council** will hold a full board meeting open to the public on Thursday, September 4, at 7 pm. For agenda and Zoom link visit ghsnc.org.

Cascade to Crisis: Aqueduct History Echoes in Today's Water Outage

By Mark Hovater

As part of the year-long Granada Hills Centennial Celebration, the Granada Hills Branch Library hosted another event in its special summer lecture series. This week's presentation came at a timely moment—thousands of Granada Hills and Porter Ranch residents were without running water for five days after a Department of Water and Power main valve failed. Retired LADWP Senior Manager Jack J. Feldman spoke about the Los Angeles Aqueduct, connecting its history to our community's present-day water challenges.

Feldman's talk went far beyond the November 5, 1913 debut, when the first water roared down into Los Angeles. He took the audience back to the city's early days, when water was the key to transforming a dusty, growing settlement into a thriving metropolis. Built between 1908 and 1913 at a cost of $23 million, the 233-mile aqueduct tapped the Owens River and delivered life-giving water south. The project required 142 tunnels totaling 43 miles, with the longest—Elizabeth Tunnel—stretching more than five miles. Even the first Caterpillar tractors were put to the test on the Elizabeth Lake Tunnel section, but the

The presentation on the aqueduct came at a timely moment - when thousands of residents were without water.

Mojave Desert proved too harsh, forcing a return to mule teams.

At the center of the aqueduct's creation was William Mulholland, a self-taught civil engineer who arrived from Belfast, Ireland, in 1877. Hired first as a ditch digger by Frederick Eaton of the newly formed Los Angeles City Water Company, Mulholland rose to lead the project. Feldman explained how, between 1902 and 1905, Eaton, Mulholland, and others used questionable tactics to secure Owens Valley water rights—actions that remain

(Continued to the next page)

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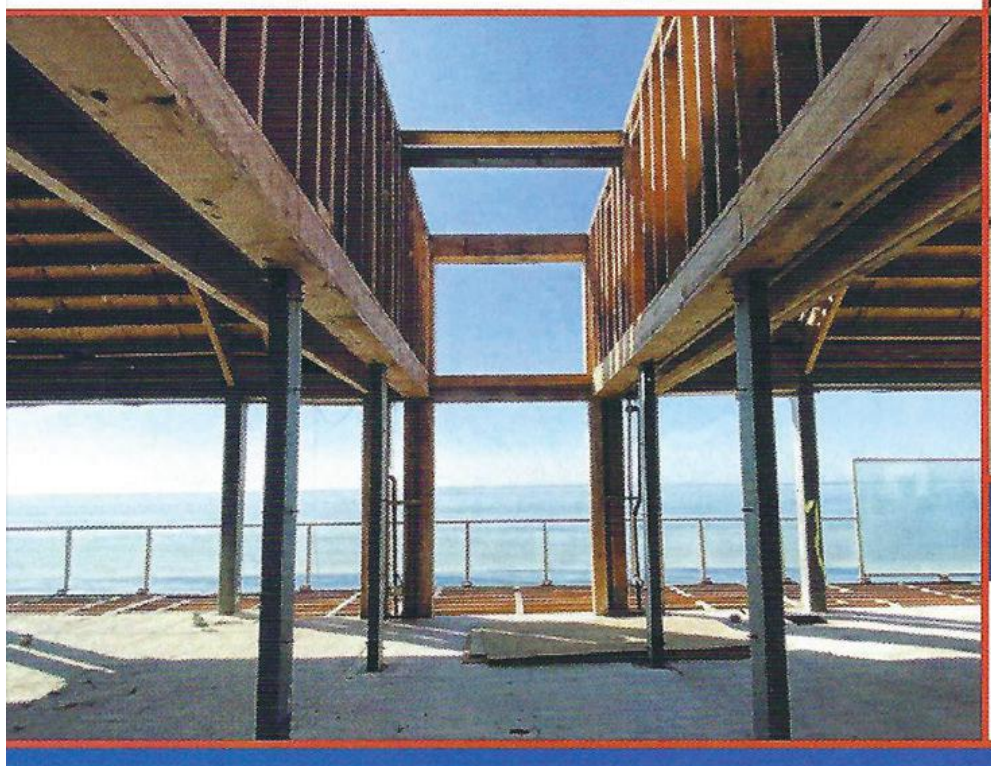

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REAL ESTATE

Are You Mowing Your Lawn to the Right Height?

One of the most highly debated topics in lawn care—mowing height—is also one of the most important.

That's why Exmark has partnered with landscape designer, Doug Scott with Redeem Your Ground, on a new video offering tips and insights for selecting the right height of cut for your lawn. So, why is mowing height so critical?

"Grass mowed to the right height better captures the light, rain and nutrients your lawn needs, helping it grow deeper, denser, stronger and healthier," says Scott. "Mowing too low makes your lawn susceptible to being burned by the sun, weakening the roots and creating the potential for a weed infestation. Whereas mowing too high runs the risk of excess moisture build-up, which creates a welcoming environment for pests and disease." To strike the right balance, follow the golden rule of mowing: Never cut off more than one-third of the blade at a time, even if your lawn is overgrown. While you may feel like you're saving time, a harsh haircut does your lawn a major disservice. Gradually lowering your blades to the desired height will help maintain a strong root system and lush yard canopy.

Another consideration is grass type, with warm-season grass and cool-season grasses falling into two mowing height ranges.

For warm-season grasses, like Zosia and Bermuda, you'll want to drop the deck height of your mower close to its lowest setting, close to between 1-2 inches high. That's because these grasses thrive in the scorching summer sun, so they can handle a lower height. If you have cool-season grass, like Fescue or Kentucky Bluegrass, you'll want to cut it a little bit higher. These grasses are built for freezing winters and need some height as protection from the elements. So make sure to keep your cool-season lawn between 2.5-4 inches high.

"While knowing the range for each grass type provides nice guardrails for mowing, where you mow within that range changes with the season," warns Scott.

Once springtime rolls around, lower your deck height by a half inch from your normal summer height. This encourages new growth.

During summer, mow on the higher end of your grass type's specified range. Taller grass provides shade to the soil, retaining vital moisture needed to help your lawn stay healthy and cool.

In fall, continue your normal summer routine, especially if you have warm-season grass. If you have a cool-season lawn, you might have to up your mowing frequency, as it's this grass type's prime growing season.

For the last mowing session of the year, drop your mowing height by half an inch again. That brings you up to winter, the perfect time of year for you and your lawn to rest. With most grasses going dormant in winter, mowing isn't typically necessary. So take that time to do other activities and tasks you enjoy in the yard. For warmer climates, you can continue to mow, just cut down on the frequency to ensure a healthier lawn.

For more insights, watch "How to Determine Mowing Height," a new episode of "Done-In-A-Weekend Projects," an original series from lawn care equipment manufacturer, Exmark. To watch the video, visit Backyard Life — a unique multimedia destination focused on helping homeowners improve their outdoor living spaces. There you can also download additional tips and view other Exmark Original Series videos.

-Statepoint

Library Hosts Talk on the L.A. Aqueduct

(Continued from page 8)
controversial today.

Eight years later, the aqueduct's opening just north of Granada Hills drew an unprecedented crowd, with over 30,000 people gathered to witness the water's arrival. The moment was hailed as a masterpiece of engineering, delivering the "precious wet stuff" we depend on to survive. Feldman reminded the audience that the current loss of water in our neighborhoods is a sharp reminder that we often take this resource for granted—until we turn the faucet and nothing comes out.

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