FDA Issues Major Drug Recalls

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ONEgeneration Won't Let the Community Go Hungry – See Page 4

Nighttrek: What to See in the Nov. Sky

See Page 11

ENCINO ENTERPRISE

Volume 6, Issue 131 | A Compendious Source of Information | November 7, 2025

NEWS IN BRIEF

"Adopt a Senior" this Holiday Season with ONEgeneration

Are you looking to add another name to your holiday list and spread a bit of community cheer? ONEgeneration is asking community members to "adopt" a senior this holiday season. Those that take part in the program will receive a profile of a homebound senior who receives meals from ONEgeneration. It will include a small bio, as well as a list of requested items that could range from various toiletries to more "luxury" items like chocolate or small gifts. ONEgeneration social workers will then deliver the items and leave a thank you note for the seniors to return to you. This is a great project for a family, group or company to appreciate the season of giving. If interested, email volunteer@onegeneration.org by November 14 and gifts will be distributed in early December.

Prop 50 Passes in California

California voters on Tuesday overwhelmingly passed Prop 50, which allows redistricting to redraw political lines in favor of Democrats. The measure, backed by Governor Gavin Newsom and powerful state Democrats, will redraw the state's congressional districts in an effort to make five Republican-held congressional districts more favorable to Democrats in next year's elections. The measure was drafted to try to offset the redistricting efforts in Texas that flipped five Democratic House seats to Republicans. Prop 50 allows California Democrats to circumvent the independent commission that controls the redistricting process, allowing Democrats to form more partisan districts. Republican lawmakers said they will still challenge Democrats in the next election. "Even under this new map, Republicans have clear opportunities to flip seats because Californians are fed up with Democrat chaos," National Republican Congressional Committee chairman Richard Hudson said in a statement. When declaring victory for Prop 50 Governor Newsom said, "We're proud here in California to be part of this narrative this evening. We're proud of the work that the people of California did tonight to send a powerful message to a historic president. Donald Trump is an historic president, he is the most historically unpopular president in modern history."

Beau Boeckmann

Kathleen Sterling

Fred Gaines

Waltona Manion

Valley News Group Publisher, Other Valley Volunteers to Win Impact Awards This Weekend

Excitement is building for the 2025 Fernando Award Foundation's annual gala event taking place this Friday, November 7. 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.

"Since its first awards gala, more than 60 Valley community and business leaders have been named Fernando recipients. For more than six decades, the Fernando Award has been given to a local leader for a lifetime of significant and longstanding volunteer work," explained Fernando Foundation Nominations Committee chairman Lee Alpert. "Nominees are evaluated based on their volunteer engagement, length and number of years of volunteer service, leadership, fundraising and mentorship."

This year there are five finalists and the 2025 honoree will be announced at the gala. This year's finalists include Armida Colmenares Stafford, Dennis DeYoung, Steve Fazio, Sharon Udkoff and Jorge Rabaso.

The recipient of the prestigious Fernando Award to be honored at the black-tie ceremony will be joined by this year's Impact Award honorees. Launched in 2018, the Fernando Foundation's Impact Awards have become part of the organization's tradition to highlight community leaders.

"The Impact Awards recognize individuals, teams of people or local businesses who demonstrate outstanding achievements in community engagement, volunteerism and leadership," said Fernando Foundation Impact Awards Committee chairman Mark Levinson. "2025 has been a history-making year so we are especially recognizing our city's first responders together with a select group of our community leaders. This year's honorees are the Los Angeles County Fire Department, the Los Angeles County Sheriff's Department, the Los Angeles Fire Department and the Los Angeles Police Department, attorney Fred Gaines, *Valley News Group* publisher Kathleen Sterling, Galpin Motors and community advocate Waltona Manion."

An award-winning journalist and publisher of five newspapers in the San Fernando Valley, Kathleen Sterling has been dedicated to community journalism, focusing on the Valley's local news since 1982.

In four decades, she has served on the boards of the Valley Cultural Center, Louisville High School, Pacific Lodge Boys Home, Calabasas Chamber of Commerce, the Heart Run & Walk, and the American Heart Association. Sterling has volunteered for Haven Hills, Valley Women's Center, Valley Interfaith Council, West Valley Food Pantry, Girl Scouts, Guadalupe Center, Angel's Way Maternity Home, Woodland Hills Rotary, St. Mel Church and the Calabasas Rotary.

Hundreds of Valley non-profits have been supported by Sterling's newspapers with news coverage and advertising. Her editorials on important civic and community issues have provided much needed information and helped generate public and legislative support.

Fred Gaines served as mayor for the city of Calabasas twice, most notably during the 2018 Woolsey Fire. Before joining the Calabasas council, he served on the city's Library Commission and the Calabasas Civic Center Task Force. He was instrumental in helping Calabasas secure funding for its library and civic center.

As a volunteer activist, he has worked on taxation, transportation, housing and regional planning issues. Gaines

(continued to page 3)

CALENDAR

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COOPER LITERACY PROGRAM BGCWV.ORG

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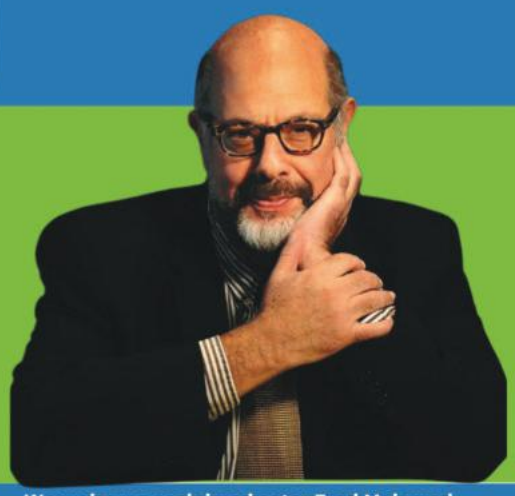
"CELEBRATING THE POWER OF WORDS!"
AN EVENING WITH
FRED MELAMED
A BENEFIT FOR THE BGCWV COOPER LITERACY PROGRAM



Join us for a fun-filled evening!
Social hour with wine and hors d'oeuvres.

We welcome acclaimed actor Fred Melamed, known for his roles in Barry, New Girl, Superstore, and numerous film and television appearances. Join us as Fred shares his thoughts on literacy as a foundation for lifelong learning!

November 13, 2025
5 - 8 PM
Taxco Theater, Canoga Park

Tickets: $125
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Visit:
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The BGCWV Cooper Literacy Program is a year-round comprehensive approach to helping children of the West Valley, ages 6-17, become proficient in readers who enjoy and learn from the written word.

Boys & Girls Club of the West Valley is a registered 501(c)(3) in the state of California and is permitted to receive gifts in Los Angeles. EIN: 95-4419365

Community Calendar

* The Encino Neighborhood Council will be holding their Public Safety Committee meeting on Monday, November 10, at 7 pm at the Encino Community Center (4935 Balboa Blvd). For more information, and the agenda, visit encinonc.org.

* Join the Sherman Oaks Encino Chamber of Commerce for "Lunch Break Live" on Thursday, November 13, at 11:30 am. This meeting will take place at Buca do Beppo (17500 Ventura Blvd.) and the cost is $30 for members and $50 for guests. RSVP at shermanoaksencinochamber.org.

* The San Fernando Valley Audubon Society will hold their monthly beginner bird walk at the Sepulveda Basin on Saturday, November 8, from 9 to 11 am. The walk will highlight the many birds, other wildlife, habitat, and recovery efforts from the fire of September 2020. The emphasis of each tour will vary with participants' interests. To view parking and meet up directions, visit sfvaudubon.org/event/free-beginner-walks-at-sepulveda-basin-4/2025-11-08.

* The Encino Property Owners Association will hold a Zoom on Thursday, November 13, at 7 pm with Los Angeles County Sheriff Robert Luna. For details and the link, visit encinopoa.com/events.

* Westfield Fashion Square, in partnership with the American Red Cross, will be holding a blood drive on Tuesday, November 11, from 10 am to 4 pm. To make your life-saving appointment, visit redcrossblood.org.

* On Saturday, November 8, at 4 pm the Encino Tarzana Library will host "LA Made Presents: Flower Songs Music of Mesoamerica." Musician Christopher Garcia will present original compositions with Indigenous breath, percussion and string instruments of Mesoamerica and Mexico, along with "traditional" post-invasion songs sung in Nahuatl, Purepecha and Spanish.

* The Boys & Girls Club of the West Valley and the Cooper Literacy Program are hosting an evening with Fred Melamed on Thursday, November 13. Melamed is an actor who spent most of his early career primarily as a renowned voice over artist, and occasionally playing small roles in films. He will discuss "Celebrating the Power of Words." The event is sponsored by UCLA Health, The Gaspar Family, Hiller Enterprise and Kevin and Uma Tamaki. It will be held from 5 to 8 pm at Taxco Theatre, 7242 Owensmouth Avenue, Canoga Park. Tickets are $125 per person and available at bgcwv.org/clp2025.

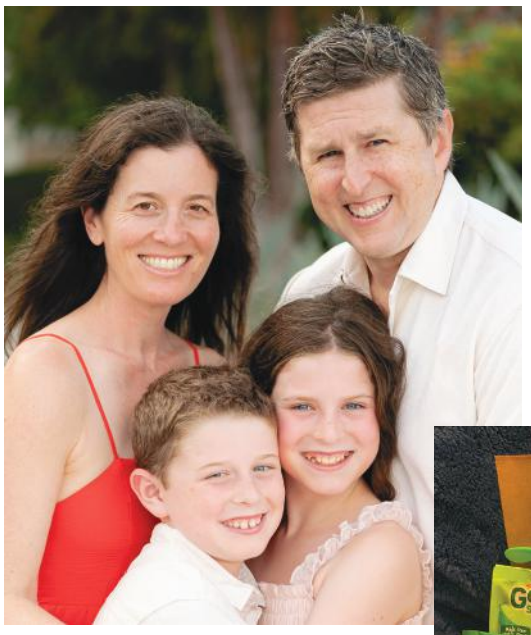
* The Southern California Garden Club will hold a Garden Club Meeting featuring a program, "An Irish Garden," at 11 am on Tuesday, November 18 at the Sepulveda Garden Center (16633 Magnolia Blvd). Presenter Msgr. Beaulieu will speak about three gardens (Powerscourt, Glendalough and Mail Road Cross Garden Centre) and present photos from his travels in the Emerald Isle. There is no admission fee, all are welcome.

* Join the West Valley Regional Library on Wednesday, November 12, at 10:30 am for their Mystery Book Club. The book being discussed at this meeting will be *Moonflower Murders* by Anthony Horowitz.

* The Sherman Oaks Encino Chamber of Commerce will host their next Restaurant Group meeting on Monday, November 10, at 2 pm. The goal of the Restaurant Group is to provide marketing strategies, operational support, and to build a strong network of restaurant professionals. For meeting details, see shermanoaksencinochamber.org.

* Noted storyteller Arnold Weiss will present the rollicking story of Willie Sutton, a notorious bank robber and prison escapee who earned his nickname "the Actor" for his ingenuity in executing robberies in various disguises. With a crime career spanning the 1930s to the 1950s, Sutton was a master of disguise and an escape artist who escaped from prison three times. This "LA Made Presents" series will take place at the Sherman Oaks Library on Saturday, November 15, at 2 pm.

People in the News



Encino local **Rich Weiner** and his family are looking to take the hassle out of "snack duty."

With the launch of their family-owned business SNAKSTER, they take that often-stressful job off of their clients' hands and provide carefully curated snack bags for each team member to celebrate their wins, nourish them after losses, and make every practice extra fun!

Inspired by their own kids' sports practices, they know how hectic it can be organizing enough fun, balanced snacks for a whole team. With the creation of this company, they hope to take a bit of that stress off families.

"At SNAKSTER, it's a joy to be a part of so many local families' lives and get to provide snacks to so many local future pro-athletes," said Weiner.

Snacks can be curated by specific needs but tend to cover all the bases — hydration, something salty, something nourishing, something sweet!

SNAKSTER takes orders up to weeks in advance or a minimum of three days prior to the event. To see more, visit snakster.net.

Impact Awards Cont'd

(continued from page 1)

has been an advocate of the Mountains Restoration Trust and the Canyon Creek senior housing project. He is a current board member of the Los Angeles Jewish Health as well as a past board chair of both VICA – the Valley Industry and Commerce Association (VICA) and The Valley Economic Alliance (TVEA).

Bert and Jane Boeckmann began a tradition of community service and philanthropy for Galpin Motors. Today Beau and Mary Boeckmann and the Boeckmann family carry that legacy forward.

Started in the Valley in 1946, Galpin Motors became a world-famous automotive enterprise and the largest Ford dealership in the world. It has a long history of community service that includes schools, colleges, child care, youth groups, public safety and law enforcement, community services, domestic violence shelters, medical research, animal rescue and adoption, urban improvement and veterans' groups. Homeboy Industries, Heal the Bay, Firefighters Quest for Burn Survivors, Christian Heritage School, WiSH Education Foundation, Boy Scouts of America, the Leukemia and Lymphoma Society, New Directions for Youth, Goodwill, Boys & Girls Clubs, Children's Hospital Los Angeles (CHLA) and The Heart Foundation have all been recipients of Galpin generosity.

For over two decades, Waltona Manion's community service has been wide-ranging. Her work has included chairing Los Angeles Valley College's Citizens Building Oversight Committee (CBOC) and as a Valley Glen Neighborhood Association board member, organizing their annual festival and community clean-ups.

Elected the Encino Chamber of Commerce's president, she helped produce their annual Valley-wide senior services directory; coordinated annual disaster preparedness drill logistics and oversaw the merger of the Sherman Oaks/Encino Chamber of Commerce.

During COVID, she worked with the mayor's office on a 16-month emergency meals program for low-income seniors, using her home as a supply and staging site for labor and food packaging assembly.

In times of crisis, true courage rises—and during the tragedy of the January 2025 fires, the men and women of the Los Angeles City Fire Department once again proved what it means to serve with valor, skill, and unwavering dedication. As flames threatened lives, homes and wildlife, LAFD mobilized with speed and precision. Their efforts during the Palisades and Altadena fires were nothing short of heroic. Thanks to their strategic coordination, tireless work and collaboration with LA County Fire, emergency services and law enforcement, thousands of acres on fire were brought under control.

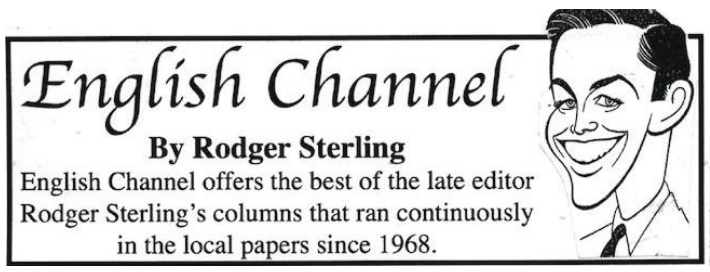
The city of LA has faced no shortage of challenges this year—from the devastation of wildfires that threatened lives and property, to the intensity of civic protests. In both instances, the men and women of the LAPD stood on the front lines, answering the call of duty with courage, discipline, and a commitment to public safety. During the LA fires, LAPD worked tirelessly alongside firefighters and emergency personnel to ensure the safe and orderly movement of residents. Amid the protests, officers upheld the law with professionalism, often enduring long hours under difficult conditions.

When January's flames threatened everything, Los Angeles County firefighters acted swiftly and decisively. They battled difficult terrain, record-breaking winds and fire storm conditions that would test anyone's resolve. Their tireless efforts, often carried out under dangerous and exhausting circumstances, reflect the very best of public service and community spirit.

The Los Angeles County Fire Department worked alongside multiple agencies and support personnel including law enforcement, emergency medical teams, public works and local volunteers.

During the devastating Los Angeles fires, the Los Angeles County Sheriff's Department deputies placed themselves directly in harm's way to protect lives and property and provided order amid chaos. While firefighters fought the flames, LASD deputies secured perimeters, coordinated evacuations, and maintained traffic control under perilous conditions. Their coordination with the Los Angeles County Fire Department and local agencies was vital in keeping evacuation routes clear and ensuring that emergency responders could reach affected areas swiftly. Deputies provided assistance at evacuation centers, helped reunite families and safeguarded evacuated neighborhoods from looting or vandalism.

For more info about the Fernando Award Foundation, visit www.fernandoawards.org.



• Steve Bercsi checks in with this joke...A woman who lost four husbands through the years was married first to a banker, then an actor, then a preacher and finally and undertaker. When asked about the unusual lineup in her spouse's occupations, she replied, "One for the money, two for the show, three to get ready and four to go."

• Connie Hein says to be sure to bring up politics at Thanksgiving dinner. It's going to save you money on Christmas gifts.

• Conversation with my wife:

Me: "Hey baby, I think we have been drinking too much wine. Let's cut it back to one glass a week."

Wife: "You're starting to sound a lot like my ex-husband."

Me: "You were married before?"

Wife: "No."

• Along the lines of getting out and doing something... remember that a procrastinator is a man with a wait problem.

• Piece of the past...how many remember that the Calabasas Inn was once the California, owned by Lana Turner's daughter Cheryl Crane? Or that Warner Center was really owned originally by Harry Warner of Warner Bros, whose ranch was where the present day condo complex The Met is located.

• Didja' hear about the two snails that were mugged by a turtle? When taken to the police station to be questioned about the crime the snails couldn't help the police - they said it all happened so fast!

• Five tips for women: 1. It is important that a man helps you around the house and has a job. 2. It is important that a man makes you laugh. 3. It is important to find a man you can count on and doesn't lie to you. 4. It is important that a man loves you and spoils you. 5. It is important that these four men don't know each other.

• Some people hear voices. Some see invisible people. Others just have no imagination.

LOCAL NEWS

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Warner Center News | Valley Vantage | Las Virgenes And Calabasas Enterprise | North Valley News | Encino Enterprise

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Valley Vantage, Warner Center News, Las Virgenes Enterprise and Encino Enterprise are published weekly by Kathleen Sterling. Offices are located at 22025 Ventura Blvd. #303, Woodland Hills CA 91364. Phone 818.313.9545 / Fax 818.302.1417. Email valleynewsgroup@gmail.com. Website: www.valleynewsgroup.com. Opinions expressed in articles are those belonging to the article's author and do not necessarily reflect the view of the Publisher or its advertisers. Submissions are welcome and must include name, address and phone. All submissions become the property of the Publisher. Valley Vantage is a legally adjudicated newspaper of general circulation serving the County of Los Angeles by Superior Court Degree No. SFC 858.

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ONEgeneration Won't Let the Community Go Hungry; Seeking Volunteers & Donors

As the federal government's recent shutdown and resulting pauses in CalFresh (SNAP) benefits ripple through communities, Los Angeles' most vulnerable residents are bracing for increased hardship. For many across the San Fernando Valley, ONEgeneration's Food Bank and Mobile Food Pantry have become an indispensable source of stability and nourishment amid the uncertainty.

Founded over 47 years ago, ONEgeneration has evolved from a small senior support organization into a cornerstone of community care, providing essential services that bridge generations. Today, its food programs deliver more than 700 home-delivered and congregate meals daily, reclaiming and distributing over 200,000 pounds of food each month, serving more than 5,000 people throughout the Valley.

"Behind our mission, it has always been a priority to ensure that no one in our community goes hungry," said Jenna Hauss, ONEgeneration's President and CEO. "Even if federal benefits are disrupted, our Food Bank and Mobile Pantry will continue to operate and expand to meet the growing need."

The organization's approach is both comprehensive and compassionate. What began as a pandemic response has grown into a cornerstone of community resilience, bridging the gap for those most affected by economic strain and the current CalFresh disruptions.

Walk-up pantries in Van Nuys/Encino, Reseda, and Northridge provide fresh groceries for families in need, while door-to-door deliveries reach homebound seniors who would otherwise go without. Its Mobile Food Pantry brings nutritious food directly to churches, shelters, and community organizations, ensuring equitable access across neighborhoods. ONEgeneration's outreach teams also assist households with benefits enrollment and resource navigation, helping families remain connected to support systems.

While sustained by a network of donors, agencies, and volunteers, the organization notes that additional support is crucial as food insecurity intensifies.

How to help ONEgeneration's food relief efforts:

Donate: Contribute online at onegeneration.org or mail checks to ONEgeneration, 17400 Victory Blvd., Van Nuys, CA 91406.

"Even if federal benefits are disrupted, our Food Bank and Mobile Pantry will continue to operate and expand to meet the growing need."- Jenna Hauss, ONEgeneration President and CEO

Sponsor a food distribution day: Local businesses, faith groups, and schools can underwrite a community pantry event.

Host a food drive: Gather non-perishable goods through your workplace, school, or organization, and collect materials provided.

Volunteer: Assist with food sorting, mobile pantry events, or home deliveries to seniors.

In-kind contributions: Donate surplus food or groceries; contact ssexton@onegeneration.org to coordinate.

To get involved or learn more, email info@onegeneration.org or visit www.onegeneration.org.

Q4 Panic: Turning End-of-Year Overwhelm into Strategic Momentum

by Miri Rossitto

Every business owner knows the feeling. As soon as the calendar flips to October, the Q4 panic creeps in. Suddenly, there are only a few weeks left to hit your annual goals, wrap up client projects, finalize budgets, and somehow prepare for the holiday marketing marathon ahead. Between Black Friday campaigns, Small Business Saturday promos, Giving Tuesday donations, and year-end reporting, even the most organized teams can feel stretched thin.

According to a 2024 QuickBooks survey, over 60% of small-business owners say Q4 is their most stressful quarter, with marketing planning, cash flow, and staffing topping the list of stressors. But here's the thing: panic isn't a strategy. With the right framework, this can actually become your most productive quarter, setting you up for a smarter, stronger start to 2026.

Marketing Strategy Review

Take a breath and look back. Start by evaluating what campaigns and marketing efforts actually worked this year. Identify the initiatives that generated measurable ROI or engagement, and be honest about the ones that drained time, energy, or budget without meaningful results. Understanding where your best leads come from will help you focus your resources more effectively next year.

It's also important to reassess your goals. Perhaps your focus has shifted from aggressive growth to retention. Clarifying these priorities now ensures that your Q1 plan builds on solid insight. Creating a simple "keep, cut, or improve" list helps you visualize what deserves more attention and what can be streamlined.

Website & Digital Presence

Your website is your digital storefront and it needs regular maintenance. Make sure your team page, service listings, and contact info are current. Verify that your site loads quickly and functions seamlessly on mobile devices; over 70% of users now browse on their phones, so slow or clunky design can cost you valuable leads.

Double-check your analytics tools. A quick audit ensures you're still collecting accurate data and can continue measuring success into 2026.

Content & Copy Audit

As your brand voice evolves, so should your content. Review your blog posts, case studies, and social media content to make sure they still align with your company's values, tone, and expertise. Revisit key website pages to confirm that the messaging is clear, accurate, and optimized for search engines.

Take the opportunity to replace any outdated images, statistics, or videos that no longer represent your brand. Fresh, consistent content enhances SEO performance and reinforces credibility and trust with returning clients and new visitors alike.

Design & Collateral Refresh

Consistency builds credibility, especially when it comes to your visual identity. Review your sales decks, proposals, and business cards to ensure they reflect your current branding. Even subtle updates make a significant impact on how your brand is perceived.

Client & Community Connection

Q4 isn't just about closing deals; it's also about strengthening relationships. Take the time to personally thank your clients, partners, and team members for their contributions this year. A small gesture of appreciation goes a long way toward nurturing long-term loyalty. Beyond goodwill, these actions reinforce your company's values and make your clients and collaborators feel valued.

Systems & Scalability Check

Behind every thriving business is a foundation of reliable systems. As you prepare for the new year, assess whether your marketing processes are efficient or overly dependent on one person's expertise. Identify any bottlenecks or areas where technology could improve productivity.

Now is a good time to evaluate your vendor relationships and support networks. Do you have trusted partners ready to help with next year's workload? If not, consider where outsourcing, automation, or delegation could free up your team's bandwidth.

Planning for 2026

Once the dust settles, shift your focus forward. Start by defining what success will look like next year. Each goal requires its own strategies and metrics. Explore which new marketing channels or tools might help you get there. Set measurable goals tied to clear KPIs. A proactive plan now ensures you enter 2026 with confidence and clarity rather than playing catch-up in January.

Yes, Q4 can be chaotic. But it's also a rare opportunity to reflect, refine, and realign before the new year begins. Instead of reacting to the rush, use it to reset your strategy, strengthen your systems, and reconnect with your community.

By approaching these final months with focus rather than fear, you'll turn Q4 panic into Q4 power… and step into 2026 ready to grow with confidence.

Follow Rossitto on social @CoweOfficial or visit the website at cowe.com.

HEALTH

Grief and the Holiday Season

By Sandy Rosenholz

As the holidays steadily approach, many of us begin to prepare for the festive season just around the corner. For most, this time of year is celebrated with nostalgic traditions and rituals, dependent on loved ones and the people we cherish most.

However, for those who are grieving the loss of a loved one, whether recent or long ago, this holiday season is now encapsulated by painful memories associated with a broken heart. While there are many different approaches to dealing with grief, the following five tips are some healthy ways to make it through the holiday season if you are suffering from a significant loss.

1. Create a new ritual or tradition.

Whether it be devouring Mom's honey-baked ham, Dad sitting at the head of the table, or the family singing songs around the piano after dessert, these traditions can define holiday gatherings.

However, once there has been a loss in the family, we may realize that those traditions will never be the same again. When this experience rings true for you, one solution may be to create a new tradition in lieu of the former one. A small adjustment like going out for dinner instead of eating in for the holidays can make a significant impact when you're missing a member of the family.

2. Don't isolate.

Although we may have feelings that others do not want to be around us when we are grieving, it is important for us to connect with family and friends during such a difficult time. Being surrounded by those you care about can help you remember that you are not going through this painful experience alone.

Whether it's having a coffee with your sister or watching a movie at a friend's house, a little social interaction can go a long way. That being said, take the time you need alone to be with your feelings.

3. Be present behind the wheel.

When we are grieving, we can be much more prone to getting into car accidents. While driving, limit all distractions and remain present in the driver's seat by practicing mindfulness.

Mindfulness uses the five senses to bring you back to the present moment, like focusing on the road ahead, feeling the texture of the steering wheel, or chewing a piece of gum.

4. Attend grief support groups.

While grief support groups do not provide long-term relief from grief, they can be beneficial for those that are grieving. Grief support groups allow individuals to process their feelings for an indefinite amount of time and connect with others that are also suffering from grief. Attendees have even been known to make friends amongst other members of grief support groups. Many grief support groups can be found at a very low cost or even free.

5. Work with a Grief Recovery Specialist.

Unlike processing feelings related to grief, grief recovery is an action-based program that provides long-term, real recovery from grief. During the grief recovery process, individuals are required to complete work which may temporarily bring up painful memories during the process. At the same time, that effort leads to the true transformation grief recovery is known for. Grief recovery also requires a financial investment, unlike grief support groups.

For more information, contact Sandy Rosenholz of Senior Resources, Inc. at 818-359-2125 or SeniorResourcesCA.com or Calista Anderson of Certified Grief Recovery Specialist, Living Beyond Grief at 323-475-1080 or livingbeyondgrief.net.

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HEALTH

FDA Issues Drug Recall; Blood Pressure Meds, Cholesterol and Tylenol Affected

The FDA recently announced multiple nationwide drug recalls of products that could be in your medicine cabinet.

Approximately 3,000 bottles of Tylenol were recalled due to "defective containers" and were given the second-highest risk level, Class II, meaning that the medicine may cause "temporary or medically reversible adverse health consequences." They can be identified by the lot code "EJA022," with an expiration date of April 30, 2028 and the description "Tylenol, Acetaminophen, Extra Strength, 24 caplets, 500 mg each."

Additionally, the FDA issued a nationwide recall of more than 140,000 bottles of Atorvastatin Calcium tablets. This prescription cholesterol medicine has also been classified as a risk level Class II and has been recalled due to "failed dissolution specifications." This generic version of Lipitor was found to not dissolve as expected, and thus could be less effective. For a full list of batches affected, visit accessdata.fda.gov/scripts/ires/?Event=97639.

Lastly, Teva Pharmaceuticals and Amerisource Health Services have recalled select bottles of prazosin hydrochloride capsules due to higher-than-acceptable levels of a carcinogenic nitrosamine impurity found within them. This is a Class II risk level and effects approximately 588,042 bottles of blood pressure medication. For a full list of products recalled, visitaccessdata.fda.gov/scripts/ires/?Product=216676.

If anyone is in posession of these affected products, they are advised to call their healthcare provider for an appropriate replacement. It is not advisable to immediately stop taking the medication, except for the affected Tylenol. Those in possession of the recalled Tylenol are advised to either throw the bottle away or return to the place of purchase for a refund or replacement.

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ENTERTAINMENT

Paranormal Activity is Set to Haunt the Ahmanson Starting November 13

Paranormal Activity is set to haunt the Ahmanson Theatre from November 13 to December 7, bringing the hit horror movie franchise to life in a brand new story live on stage.

James and Lou have moved from Chicago to London to escape the past…but they soon discover that places aren't haunted, people are.

An original story set in the world of the terrifying *Paranormal Activity* film franchise, this thrilling new play is from celebrated playwright Levi Holloway (Broadway's *Grey House*) and originally directed by Punchdrunk's Felix Barrett (*Sleep No More*) with illusions by Tony Award-winner Chris Fisher (*Stranger Things: The First Shadow, Harry Potter & The Cursed Child*).

James will be played by Patrick Heusinger and Lou will be played by Cher Álvarez. By arrangement with Paramount Pictures and Melting Pot and a co-production with Chicago Shakespeare Theater, Shakespeare Theatre Company, and American Conservatory Theater.

"Writing *Paranormal Activity* for the stage, collaborating with Felix Barrett in London—working to create an actual nightmare—has been a dream. We strived to create something impossible, mixing the familiar with the uncanny, heart with horror, right alongside all the mischief we've made to trouble their sleep," said playwright Levi Holloway.

Tickets for *Paranormal Activity* start at $40.25 and can purchased at centertheatregroup.org. The Ahmanson Theatre is located in The Music Center at 135 N Grand Ave in downtown Los Angeles.

The play is rated R for disturbing content and horror, this world premiere play will haunt you long after the lights go out. *Yorkshire Times* writes, "Make sure you have someone's hand to hold."

Rebecca Ferguson as Captain Olivia Walker, the most senior officer in the White House Situation Room.

A House of Dynamite is a Terrifying Take on Nuclear War

By Katie Sterling

There are some films that are able to create an obvious boundary between fiction and reality. Then there are the films, that while watching, feel as if the viewer is seeing events unfold in real time. *A House of Dynamite* expertly falls into the latter category.

Recently released by Netflix, *A House of Dynamite* follows a group of high-level Washington executives as they attempt to shoot down a nuclear missile whose trajectory is set on the United States. Set in distinct chapters, the movie shifts perspectives so that audiences can face the issue from various sectors of the government, including the President himself. While the movie is approximately two hours, the narrative itself is focused on just 18 minutes – from the discovery of the impending missile to the projected time of impact.

The uncertainty of war is always a looming threat and A House of Dynamite shines a light on the fact that even the most prepared authorities can come undone under chaos.

Not only is there the threat of impact, but the additional dilemma of whether there is a need to retaliate against the potential adversaries who may have initiated the attack. It's not a black and white issue, but rather one that could have potentially catastrophic repercussions if not handled correctly.

Thanks to the manner in which the film is divided into parts, just when you think you might be getting any answers, the narrative jumps back in time to shift the perspective on how a different sector of the government came to find out about the missile strike. It's only in the last chapter of the film when viewers finally even get a visual on the President, having solely been weaved throughout the narrative prior in voice calls.

A House of Dynamite is a puzzle of sorts, allowing viewers to slowly pick up the pieces as more of each chapter is revealed. Thanks to this editing style, and a tension-filled soundtrack by composer Volker Bertelmann (who scored *Conclave*), the anxiety radiates through the screen.

Written by Noah Oppenheim, directed by Kathryn Bigelow and chock-full of A-listers and familiar faces, there is no doubt that this movie will make a stir. Perhaps not for the reason of Idris Elba as President (we wish, right?) or a female director tackling such a topic, but the subject of a missile strike itself.

It's a controversial topic, perhaps even more so in this day-and-age, and the Pentagon itself even released a statement reprimanding the movie. Sure, it may not be as hyper realistic as possible, but there's an argument here that it doesn't need to be. In a world of staged press conferences and highly-edited statements, *A House of Dynamite* shows the messier, grittier reality of having to make impossible decisions that will have global repercussions. How the government must play chess with both their adversaries and their allies in an attempt to keep a somewhat stable playing field, at best. The pressure can be so suffocating, the tension so high that well, the title of the film is a not-so-subtle nod to the environment they find themselves in.

It's a time when the general public should be looking at the government, their power and what they choose to do with it. Yes, it's a Netflix movie at the end of the day, but whether you love it or hate it, you can't deny that it's creating some much-needed dialogue. The uncertainty of war is always a looming threat and *A House of Dynamite* shines a light on the fact that even the most prepared authorities can come undone under chaos.

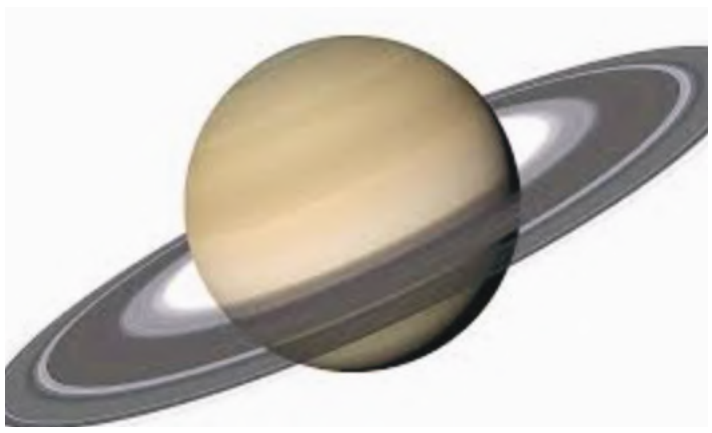
Nighttrek: What to See in the November Sky

By Neill Simmons

Monday night, November 17, brings the peak of the Leonid's Meteor Shower.

Tips for viewing are: Find a dark location, allow 30 minutes for your eyes to adjust, dress warmly and look up. This particular meteor shower is known for producing fireballs. A fireball is an exceptionally bright meteor lasting four to five seconds.

The November full Moon will occur on the 5th and 6th. It will be a "Supermoon," which makes it appear larger and brighter than a typical full Moon, and it is also the closest Supermoon of the year.



The November full Moon is called the Beaver Moon because it coincides with the time of year when beavers are busy building their winter dams and when trappers set their traps to get their thick winter pelts. The name comes from a combination of Native American and early colonial traditions.

One of the greatest sights in the November sky is the Pleiades star cluster. The Pleiades, also known as "The Seven Sisters," is an asterism, or pattern of stars, as well as an open star cluster, made up of more than 1,000 stars. It is located in the constellation of Taurus and is about 410 light-years from Earth.

As a reminder, a light-year is not a unit of time, but a unit of distance that is equal to the distance light travels in one Earth year. Therefore, a light year is almost six trillion miles!

Interesting fact: Subaru, the Japanese auto company, uses the Pleiades in its logo to highlight the six most visible stars. Next time you see one on the road, look for the stars in its logo. The word "Subaru" in Japanese means Pleiades.

The best night to see the planet Mercury is on the 12th of November. Mercury is visible for a short time after sunset, appearing low in the west-southwest but you will need a clear view of the western horizon. Binoculars will help to spot not only Mercury, but also a faint nearby Mars.

Every night in November, the ringed planet, Saturn, will be visible in the southeast. Saturn is the sixth planet from the Sun and the second largest in the solar system, after Jupiter. It is a gas giant made of about 96% hydrogen and 3% helium, with trace amounts of other gases like methane and ammonia. Extremely high winds, reaching up to 500 meters per second, cause the visible yellow and gold bands in its atmosphere. Saturn takes about 29 Earth years to orbit the Sun.

NASA reported that after six months in the ISS, International Space Stations, many physical changes occurred. Astronauts experienced muscle and bone loss. Astronauts exercise for about 2.5 hours daily to combat these effects, but it may not completely prevent all muscle and bone loss.

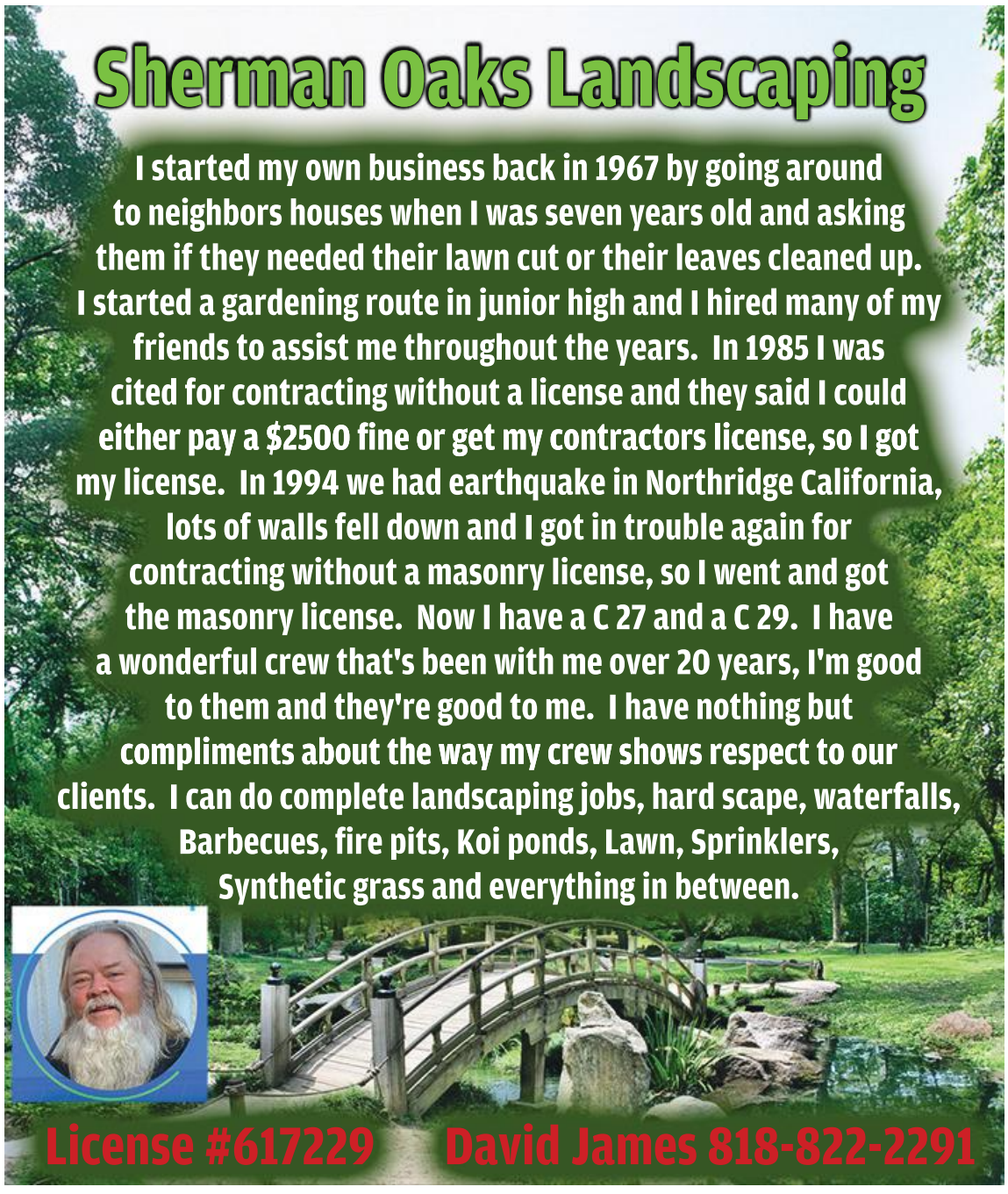
Without gravity, bodily fluids shift upward, causing a puffy face, congestion, and potentially affecting vision. Fluid shifts cause a puffy face and sinus congestion, and arteries can thicken, similar to aging.

Astronauts cannot burp in space in the same way they do on Earth because the lack of gravity prevents the gas from separating from liquids and solids in their stomachs. Instead, attempting to burp in space results in a "wet burp," where the gas, along with a mixture of liquids and solids, comes up, leading to a vomiting-like experience.

The best night to see the planet Mercury is on the 12th of November.

Mark your calendar for Saturday, November 22. Griffith Park Observatory will hold a FREE Public Star Party from 2 to 9:45 pm. There will be lots of telescopes for viewing the sky and astronomers to answer questions.

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 emailed at neill.simmons@lpl.com.



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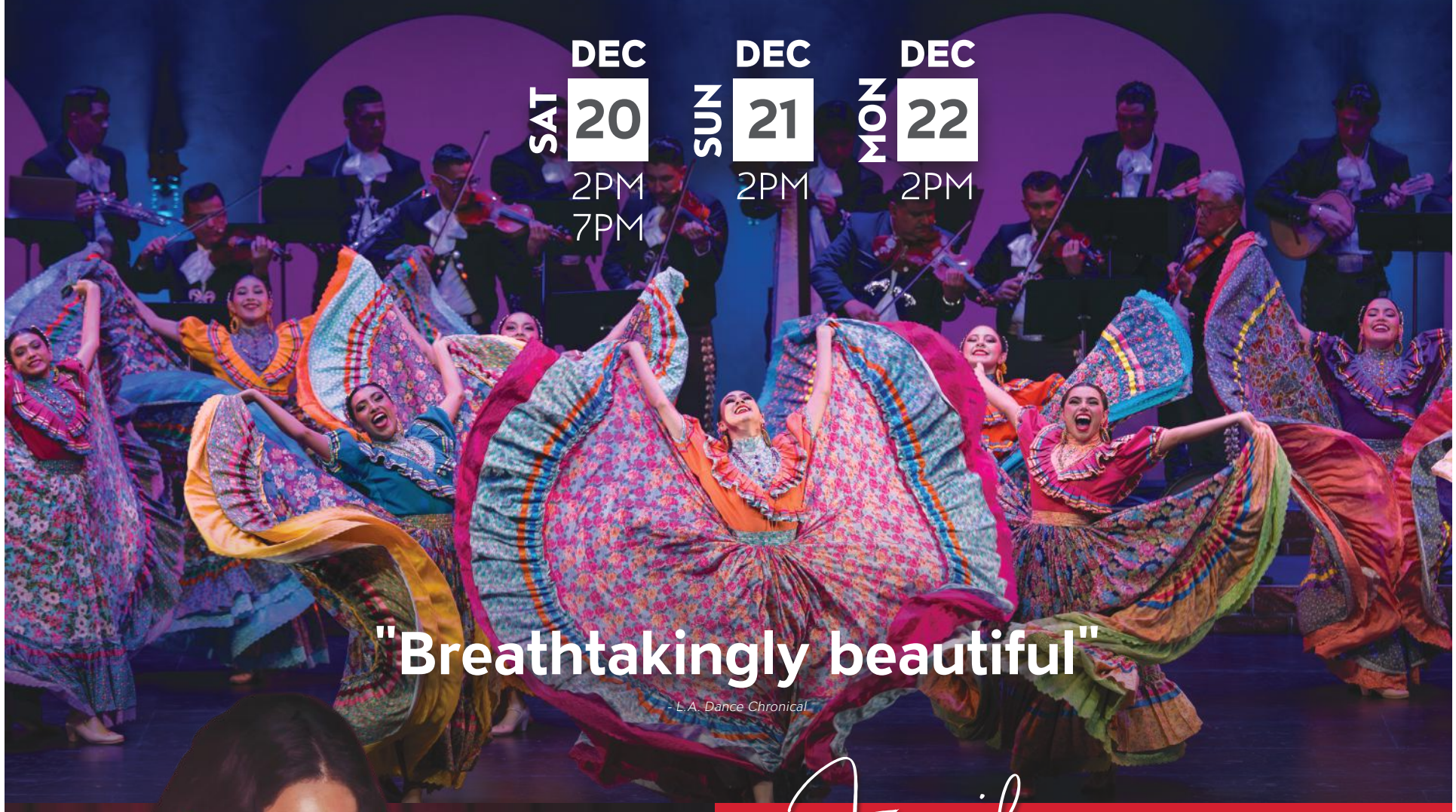

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