Nighttrek Report: What to See in the March Sky

See page 11

SPECIAL HEALTHY NEW YEAR ISSUE

HEALTHY NEW YEAR ISSUE

SEE PAGES 7-10

Sepulveda Basin's Newest Firefighters

See page 7

North Valley News

Serving Porter Ranch, Northridge, Granada Hills & Chatsworth

Volume 3, Number 27 March 6, 2026

News in Brief

Murder Suicide Suspected in Chatsworth Shooting

A married couple was found dead inside their Chatsworth home Monday night. A neighbor called LAPD after finding the man and woman with gunshot wounds at the home at 27040 Como Lane. The man, 48, and woman, 55, were pronounced dead at the scene. A gun was recovered at the house, and police said they do not believe there were any other suspects and there was no threat to the community. "Preliminary investigation determined the male and female were married. Based on the initial findings, the incident is being investigated as a murder-suicide," the LAPD said in a news release. A neighbor said that the victims were members of a "very close family" and had a son.

Save the Date for Granada Hills Centennial Celebration

Granada Hills will celebrate its centennial on Saturday, April 18, 2026, at 6 pm with an evening at The Odyssey. Early bird tickets are $85 per person until March 6; $95 per person thereafter. The black-tie optional evening will include cocktails and dinner, according to John V. Ciccarelli, Honorary Mayor of Granada Hills and Chairperson of Granada Hills 100 Celebration and Councilman John Lee, Honorary Chairperson of Granada Hills 100 Celebration. The Odyssey is located at 15600 Odyssey Drive, Granada Hills. To purchase tickets and register for the evening visit granadahills100.com.

Daylight Saving Starts This Sunday - Spring Forward!

Are you noticing the days getting longer and the light lingering longer? Daylight Saving Time is almost here! Get ready to "spring forward" on Sunday, March 8, when clocks move ahead one hour at 2 am. In this digital world, most clocks will reset themselves but set a reminder to set any analog clocks one hour ahead on the night of March 7. Enjoy the longer evenings for a good amount of time as Daylight Saving won't end until Sunday, Nov. 1, 2026 at which time clocks "fall back" and reset to 1 am.

The Wall That Heals Coming to Valley

The Wall that Heals, the three-quarter scale replica of the Vietnam Veterans Memorial and accompanying Mobile Education Center, is coming to Woodland Hills at Pierce College, March 9 through 22.

In November 1996, the Vietnam Veterans Memorial Fund (VVMF) introduced a mobile version of the Vietnam Veterans Memorial in Washington, D.C. This replica, unveiled on Veterans Day, was created to bring the Memorial's powerful message to communities across America. Since its first tour, The Wall That Heals has visited hundreds of locations, allowing millions to connect with its enduring legacy.

This powerful exhibit honors the more than 58,000 service members whose names are etched on the Wall, while providing a place of reflection, healing and education for veterans, families and the community.

The Wall That Heals exhibit features a three-quarter scale replica of the Vietnam Veterans Memorial in Washington, D.C. The replica is 375 feet in length and stands 7.5 feet high at its tallest point.

Like the original Memorial, The Wall That Heals is erected in a chevron-shape and visitors can do name rubbings of individual service member's names on The Wall. The replica is constructed of Avonite, a synthetic granite, and its 140 numbered panels are supported by an aluminum frame. Machine engraving of the 58,281 names along with modern LED lighting provide readability of The Wall day and night.

As on The Wall, the names on The Wall That Heals are listed by day of casualty. Beginning at the center/apex, the names start on the East Wall (right-hand side) working their way out to the end of that wing, picking up again at the far end of the West Wall (left-hand side) and working their way back in to the center/apex, joining the beginning and end of the conflict at the center.

Admission is free and open to the public.

State of the County Set for March 25

Los Angeles County Supervisor Lindsey Horvath of the Third District will be the keynote speaker at the 2026 State of the County luncheon on Wednesday, March 25.

The event is sponsored by United Chamber of Commerce and will be held at Porter Valley Country Club, 19216 Singing Hills Drive in Northridge. Registration opens at 11 am and the program begins at 11:30 am. Reservations are required at unitedchambers.org. No walk-ins will be accommodated.

COMMUNITY

NORTHRIDGE: A free St. Patrick's Day dance is set for Tuesday, March 17, from 1 to 3 pm. Enjoy free refreshments and light snacks, dancing and a raffle. The dance will be held at the Willkinson Senior Center, 8956 Vanalden Avenue. It is sponsored by Blue Shield and Hazwood Insurance Services.

GRANADA HILLS: LAPD Senior Lead Officer John Parker will hold a Basic Car 27A35 Neighborhood Watch meeting on Tuesday, March 10, at 6:30 pm. The meeting will be held at St. Euphrasia Catholic Church, 11779 Shoshone Avenue. Visit lapdonline for more information.

COMMUNITY CALENDAR

GRANADA HILLS: The Granada Hills Branch Library will be closed for facility repairs from February 9 through April 12 and will reopen to the public on April 13, 2026. The library will receive a fresh coat of paint as part of the improvements. During the closure, patrons are advised to return items to the Northridge or Mid-Valley branch libraries.

PORTER RANCH: A multi-chamber networking breakfast will be held on Thursday, March 26, at 9 am. Join the Northwest Valley Regional Chamber, the Granada Hills Chamber and the Northwest Valley Chamber at Pillars Cafe, 19700 Rinaldi Street (on Shepherd Church campus). Register at nvrcc.org.

CANOGA PARK: The Northwest Valley Chamber will hosting a community event and vendor show on March 28, from 10 am to 4 pm. Enjoy music, family fun, guest speakers and a raffle. There will be food trucks and a full bar. They are still accepting vendor applications. The event will be held at 21433 Strathern Street. For more information or vendor registration visit nwvchambersfv.com or call (818) 341-2428.

GRANADA HILLS: Join Sage Learning in Retirement from to 11 am on Friday, March 20, for their Spring Showcase at St. Andrew & St. Charles Episcopal Church, 16651 Rinaldi St. Learn about their lifelong learning classes and social activities in the San Fernando Valley. RSVP to (818) 831-5064 or sagelearners@csun.edu.

ENCINO: Southern California Garden Club invites you to a Garden Club Meeting featuring the program, "Celebrating Our Rose Garden," on Tuesday, March 17, at 11:00 am, presented by NGC Gardening Consultants Natalie Bloxham and Robin Pokorski, who will present the story and progress of the Rose Garden at the Sepulveda Garden Center. The program is preceded at 9:30 am by a plant market and country store and plant specimen display, brief business meeting at 10 am and a workshop, "Have a Cactus?" at 10:30 am, presented by NGC Gardening Consultant Rosemary Ecker. Lunch (bring your own) follows the program at 12 pm. The club provides beverages and desserts. No admission charge for guests. All are welcome.

PORTER RANCH: The Porter Ranch Library is offering tech help for seniors on Mondays, from 12 noon to 1 pm. A staff member will be on hand to assist with specific computer issues. The library is located at 11371 Tampa Avenue.

HOLLYWOOD: The Paley Center for Media's annual television festival returns from April 4 to 12 at Dolby Theatre in Hollywood with cast conversations and screenings from Scrubs, Emily in Paris, Shrinking, The Pitt, Nobody Wants This, and more, plus a 50th anniversary reunion of Charlie's Angels. For the full schedule of events and to purchase tickets, visit paleyfest.org.

NORTHRIDGE: Northridge East Neighborhood Council will hold a board meeting on Wednesday, March 18, at 7 pm. View the agenda and Zoom link at nenc-la.org.

People in the News

Valley resident, Realtor and community activist **Wendy Silver-Hale**, above right, recently hosted a meet-and-greet for Los Angeles County Assessor **Jeffrey Prang**, who is running for re-election. The event was attended by local Realtors and staff of the Southland Regional Association of Realtors. Hale credited Prang for over 30 years of community service, creating amazing tools to help homeowners. Prang served four terms as Mayor of West Hollywood and has served three terms as County Assessor. "He has raised the profile of the office and made it accessible," Hale added. Prang laughed and said that his office is misunderstood, saying, "My biggest challenged with re-election is no one know what I do. I don't raise your taxes, I just record your taxes." He said that he runs the largest agency in the United States with real property valued at $7.2 trillion and $47 billion in property taxes. Prang has digitized the office which has recovered millions in uncollected taxes and saved 45,000 personnel hours. He is working on pushing a measure to eliminate the property taxes small business pay on furniture and equipment.

Students in the News

The following students were named to the Dean's List at Biola University in La Mirada California: **Brandyn Hong** of North Hills, majoring in Cinema and Media Arts; **Emma Kendrick** of Chatsworth, majoring in Business Administration; **James Lowrance** of Porter Ranch, majoring in Biological Science and **Hillary Ramirez** of Chatsworth, majoring in Writing for Film & Television.

•••

The following students graduated from the University of Maryland's Global Campus in Adelphi, Maryland: **Michael Docodcil** of Northridge, Associate of Arts, **Omodolapo Elebute** of Northridge, Master of Science in Information Technology: Project Management and **Matthew Mee-Lee** of Sherwood Forest, Bachelor of Science Summa Cum Laude/President's List in Computer Science.

•••

Christopher McCaleb of Porter Ranch, California, has earned the Master of Library and Information Science from Valdosta State University in Valdosta, Georgia.

•••

Lorelei E. Thornton of North Hills was named to second honors on the Clark University Dean's List. Clark is located in Worcester, Massachusetts.

•••

Isabel Alyssa Rodriguez of Northridge, majoring in elementary education has been named to the Deans' List at the University of Nebraska-Lincoln for the fall semester of the 2025-26 academic year.

RETIRED COUPLE
HAS $1MIL TO LEND ON CA. REAL ESTATE*
V.I.P. TRUST DEED COMPANY
Buys T.D.s and Buys/Lends on Partial Interests
OVER 40 YEARS OF FAST FUNDING
Principal (818) 248-0000 Broker
WWW.VIPLOAN.COM *Sufficient equity required - no consumer loans
Real Estate License #01041073 CA Department of Real Estate, NMLS #339217
Private Party loans generally have higher interest rates, points & fees than conventional discount loans

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.

• Lawyer Roger Stanard, a dyed-in-the-wool Dodger baseball fan, tells us "Baseball is a religion without the mischief."

• Did you know that over 65 million years ago the first dinosaur blouse boutique opened? It was called Try Sara's Tops.

• When you think about it, good health is merely the slowest possible rate at which one can die.

• Glendene Zuk sends in these bumper stickers for old folks:

-When I was younger, I wanted a BMW. Now I don't care about the "W."

- I asked my wife if old men wear boxers or briefs. She said depends...

- And..I'm so old food has replaced sex in my life. Now I can't even get in my own pants.

• In the 60's people took acid to make the world weird. Now the world IS weird, and people take Prozac to make it normal.

• Lynn Homsy got a laugh with this one: While creating husbands, God promised women that good and ideal husbands would be found in all corners of the world. And then he made the earth round.

• We're at the age...so I went in for my check up before a colonoscopy, and one of the many sheets of information they gave me was one informing me that Anthem Blue Cross is the only insurance company that does not cover anesthetic for a colonoscopy procedure! Seriously? Should I tell their execs to try it without? Or maybe just where to stick it?

Valley News Group

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

PUBLISHER
Kathleen Sterling
EDITOR
Katie Sterling
EXECUTIVE ASSISTANT
Connie Hein
BUSINESS EDITOR
Miri Rossitto
EDITORIAL ADVISORY BOARD
Joyce Fletcher
Martin Cooper
Rickey Gelb
Brad Rosenheim
Miri Rossitto
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

Valley Vantage, Warner News, Calabasas Enterprise and Encino Enterprise are published weekly by Kathleen Sterling. 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 in the County of Los Angeles by Superior Court Decree No. SFC 858.

Guest Editorial

No More Parades? What Los Angeles is About to Lose

By Tim Gaspar

For decades, Los Angeles neighborhoods have marked the calendar not by press conferences or budget hearings, but by parades.

Memorial Day in Canoga Park. Opening Day for Sunrise Little League. The Chatsworth Christmas Parade. These events are not spectacles. They are rituals, organized by volunteers, funded by bake sales and sponsorships, and sustained by people who believe that gathering in the street with neighbors still matters.

That tradition is now at risk.

A few months ago, the Canoga Park Memorial Day Parade, a decades-old event, volunteer committee received a $37,000 bill from the City of Los Angeles. No warning. No prior estimate. No precedent. The charge, we were told, covered Department of Transportation personnel and overtime.

Just weeks ago, Sunrise Little League called me in a panic. Their annual opening day parade, the same one they've held for more than 20 years along Victory Boulevard early on a Saturday morning, was suddenly quoted a $12,000 cost from the city. They were told this, again, was for DOT staffing.

I've since learned that the Chatsworth Christmas Parade was hit with a similar surprise bill in December.

These charges are new. They were not part of past planning. They were not disclosed in advance. And they are not manageable for volunteer organizations.

In the case of the Memorial Day Parade, Councilmember Bob Blumenfield personally covered the cost because it was such a shock and because the event mattered to the community. But that kind of last-minute intervention is not a solution, and it is certainly not scalable across Los Angeles.

If this policy continues, the result is simple and unavoidable: there will be no parades. No street fairs. No community celebrations. Not because Angelenos stopped caring, but because they are being priced out of civic life.

The city's explanation is that these fees reflect staffing costs and overtime driven by Los Angeles' current financial situation. That explanation may satisfy an internal spreadsheet, but it doesn't answer the fundamental question: why are community organizations being asked to pay for the city's budget failures?

These parades are not commercial ventures. They are not profit-making events. They

The Chatsworth Christmas Parade was hit with a surprise bill from the City in December.

are expressions of civic pride, remembrance, and neighborhood identity. Memorial Day parades honor those who gave their lives for this country. Little League parades celebrate kids and families. Holiday parades bring together communities that rarely agree on much else.

Treating them like discretionary luxuries, or worse, like nuisances that need to be "managed," misses their value entirely.

What makes this especially troubling is how quietly it is happening. These costs are not debated publicly. They are not phased in. They arrive after the fact or weeks before an event, leaving organizers with no real choices. Pay up, scramble for emergency funds, or cancel.

That is not a partnership. That is a shake-down.

Los Angeles routinely speaks about equity, inclusion, and community engagement. But policies like this do the opposite. Wealthy neighborhoods and well-

funded organizations may be able to absorb these fees. Most cannot. The result is a city where only communities with deep pockets can celebrate together in public space.

We should be asking why the city is charging volunteer groups for basic public services that exist to support public gatherings. We should be asking whether DOT staffing models are being applied without regard to context or history. And we should be asking why long-standing community events are being treated as line items rather than civic assets.

No one expects the city to ignore safety or logistics. But there is a profound difference between reasonable coordination and imposing five-figure invoices on volunteers who are trying to keep traditions alive.

Parades are not just nostalgia. They are one of the few remaining ways neighbors physically show up for one another in a city as large and fragmented as Los Angeles. When we lose them, we lose something far more important than a morning road closure.

If City Hall continues down this path, it should be honest about the outcome. Because the real question isn't whether Los Angeles can afford parades.

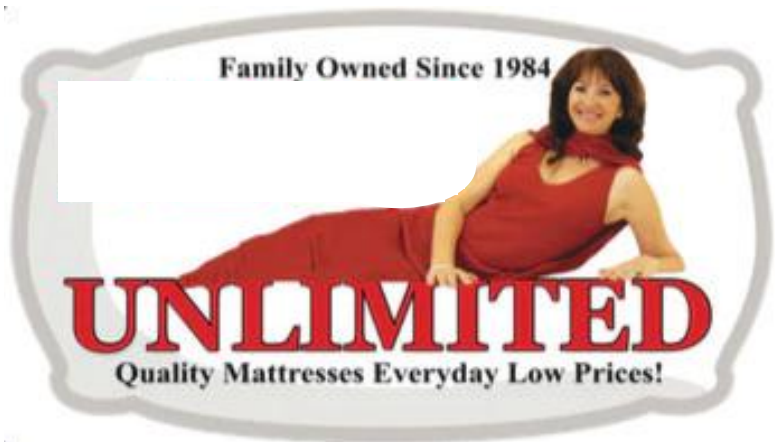
It's whether Los Angeles can afford to lose them.

Tim Gaspar is a businessman and Candidate for L.A. City Council - West Valley).

Need to Pick Up a Paper? Visit These Merchants

Northridge Library
Chatsworth Library
Nat's Diner
Brent's Deli
Ralphs Markets
Vons Markets
Albertsons
Logix Credit Union
Jon's Market
Starbucks Vineyard
IHOP
Soleil Hotel
Northridge Hospital
North Valley Chamber
Granada Hills Chamber
Handel's Ice Cream
PorterValley CountryClub
Knollwood Pharmacy
Los Toros
Ihop – Reseda
Whole Foods Cafe
Rosies BBQ
La Fitness
AAA
Northridge Urgent
Aldi Northridge
Premier America

Proud Member: California News Publishers Assn.



After 41 Years... Blissful Sleep Springs to Online Format

By Lucie Volotzky

After 41 years in business, Bilssful Sleep is closing our doors — but this is not goodbye. We are moving forward and continuing online with e-commerce.

Our journey began in 1984 at the indoor swap meets, where we proudly served six different locations across Los Angeles. In 1988, we opened our first store on Sherman Way near Alabama. We were very successful there until the 1994 earthquake damaged the building — our merchandise survived, but the roof did not.

In 1995, we relocated to 6949 Topanga Canyon, where we have proudly served our community ever since.

In this store, I raised four wonderful children, and today I am blessed with six grandchildren. My four children all worked in the business. They learned responsibility, work ethic, and how to build success in life. While they have chosen different career paths and will not continue in the mattress industry, I am so proud of the people they have become.

Customer service has always been our priority. We are deeply grateful to our loyal customers and dedicated employees who helped make these 41 years possible.

Although we are sad to close this chapter, sometimes life calls for change. We will continue to serve you online, and we will keep the same phone number. I will always be available to answer your questions — because for me, serving you has never just been about selling a mattress. It's about helping you get a good night's sleep.

For the next month, we invite you to visit us for our liquidation sale. We are offering discounts up to 70% on floor samples and selected merchandise (while supplies last — first come, first served).

On March 14, we will host a farewell event in partnership with the Woodland Hills Chamber of Commerce, the Winnetka Chamber of Commerce, and the Northridge Chamber of Commerce. We would love to see you there — but you don't have to wait until March 14. Come visit us anytime during this final month.

This is not goodbye. We are moving forward and continuing online with e-commerce.

Thank you for being part of our family of blissful sleep. We look forward to seeing you and serving you — now and online.

With gratitude,

Lucie Volotzky and the Blissful Sleep family

Considering Bankruptcy?

Times are tough...
Develop a reasonable plan to pay off your debt.

Call the Law Offices of Hagen & Hagen

- 35 Years of Experience
- Attorney & CPA
- Certified as a Specialist by the State Bar Of California and the American Bankruptcy Board Of Certification

WOODLAND HILLS
818.501.6161
Email: jeff@hagenhagenlaw.com

JEFF HAGEN

Transform Your
Business

Our Expertise is Your Secret Weapon

Whether you're looking to boost brand awareness, dominate digital spaces, or engage audiences in ways that matter, we challenge the status quo and deliver results that last.

- BUSINESS MARKETING & STRATEGY
- BRANDING & REBRANDING
- PUBLICITY & PUBLIC RELATIONS
- SOCIAL MEDIA MARKETING
- WEBSITE DEVELOPMENT & MANAGEMENT
- GRAPHIC DESIGN
- PHOTOGRAPHY & VIDEOGRAPHY
- COPYWRITING
- NONPROFIT DEVELOPMENT

COWE COMMUNICATIONS
BUSINESS & BRAND DEVELOPMENT

COWE.COM | 800-527-3646

8-MONTH CERTIFICATE
6.00% APY*

- Exclusive offer for new members
- $5,000 maximum deposit

A High-Rate Offer You Don't Want to Miss

888.413.6509 | Mention the Valley News ad when you call or visit.

FPCU.org/wcnews

Visit your local branch at 6250 Topanga Canyon Blvd, (next to Susie's Cakes).

Scan the QR Code to Learn More

AMERICA'S BEST CREDIT UNIONS 2026 Newsweek

FINANCIAL PARTNERS CREDIT UNION

*APY = Annual Percentage Yield. Minimum deposit is $1,000. Maximum deposit is $5,000. Penalty for early withdrawal/early closure. Offer is available to new members only in Los Angeles, Orange, Riverside, or San Diego County; the city of South San Francisco; and the city of Alameda, California. Limit one per new member. Fees could reduce earnings on the account. Rate quoted as of 02.02.2026 and subject to change at any time. Offer is subject to change, be revoked, or end at any time. A new Financial Partners Credit Union membership required. © 2026 Financial Partners Credit Union. All rights reserved.

Federally Insured by NCUA

FPCU.org • 844.TRY.FPCU

VALLEY ENTERTAINMENT

NATIVE SPIRIT LODGE

Bring this coupon in for

4 FREE Sticks of 4" Sage

15 Different Kinds of Sage to Choose From

One coupon per family. Expires 3-15-26

BIGGEST SELECTION ANYWHERE FOR

- •CRYSTALS & DISPLAY SPECIMENS
- • SAGE & INCENSE
- • DOWNFLOW INCENSE BURNERS
- • CRYSTAL BRACELETS
- •CRYSTAL & BRASS SINGING BOWLS
- • DRUMS & SALT LAMPS
- • TAROT & ORACLE DECKS
- • SEMIPRECIOUS STONES

NATIVE AMERICAN

- • DREAM CATCHERS
- • POTTERY
- • WEDDING VASES
- • ARROWS
- • COUP STICKS
- • KACHINA DOLLS
- • BREASTPLATES
- • CHOKERS
- • RATTLES

STORE HOURS 11 - 7 TUESDAY - SUNDAY , CLOSED MON

WE HOST SOUND BATHS & DRUM CIRCLES

SOUND BATHS ONLY $20

FRIDAY & SUNDAY 12 PM SATURDAY 4 PM

Drum Circles on Hiatus Until Spring

ANY QUESTIONS PLEASE CALL (818) 703-7046

22559 VENTURA BLVD.

WOODLAND HILLS

Sepulveda Basin's Newest Fire Prevention Fighters? Goats!

In an effort to combat fires that frequently plague the area, the Sepulveda Basin Wildlife Reserve welcomed some new, albeit temporary, residents last week. Over 1,000 goats were released on 35 acres to feast on brush and invasive plants in order to mitigate fire-fighting efforts and encourage further growth of native plants.

Spearheaded by multiple organizations including the San Fernando Valley Audubon Society, Mayor Karen Bass' office, the City of Los Angeles Department of Recreation and Parks, U.S. Army Corps of Engineers, Councilmember Padilla's office and local LAFD stations, this pilot project aims to safely clear hard to access areas in a sustainable way.

The idea initially struck in 2020, but navigating permission from multiple departments and delaying start dates thanks to Mother Nature took time and the goats have now been set loose!

Mike Choi of Fire Grazers Inc. provided the "trip" or group of goats whose grazing has been proven to be an ecologically-sound, cost effective and efficient means of fire-brush clearance. They currently occupy the field near the Apollo XI Model Airplane facility, adjacent to the wildlife reserve.

The goats (all of which are female!) will be allowed to graze for a few weeks before the official start of birding season, around March 15, when they will then be removed from the basin. An electric fence keeps them in a designated area, where a herding dog and a goat herder also reside to watch the trip and keep predators and intruders away.

The goats (all of which are female!) will be allowed to graze for a few weeks before the official start of birding season.

The Army Corps of Engineers granted permission and a Right of Entry for Fire Grazers to occupy the space, while the City paid for a biological survey of the land before the goats' arrival. The funding for the goats themselves came from the San Fernando Audubon Society but member Pat Bates stresses, "it's thanks to the support and push of the mayor's office who went above and beyond or this wouldn't have happened."

If the pilot program proves successful, there is the hope to bring the goats back in mid-July in addition to other mitigation offerings. As locals can attest, fire has been an ever-constant threat in the basin and any efforts to reduce those threats is welcome.

Katheryn Barton, President of San Fernando Valley Audubon Society, told *Valley News Group* that, "SFV Audubon is committed to keeping our parks and reserves safe for wildlife as well as residents."

Members of the San Fernando Valley Audubon presenting a check to Fire Grazers Inc. for their troop of goats.

TIMING IS EVERYTHING.

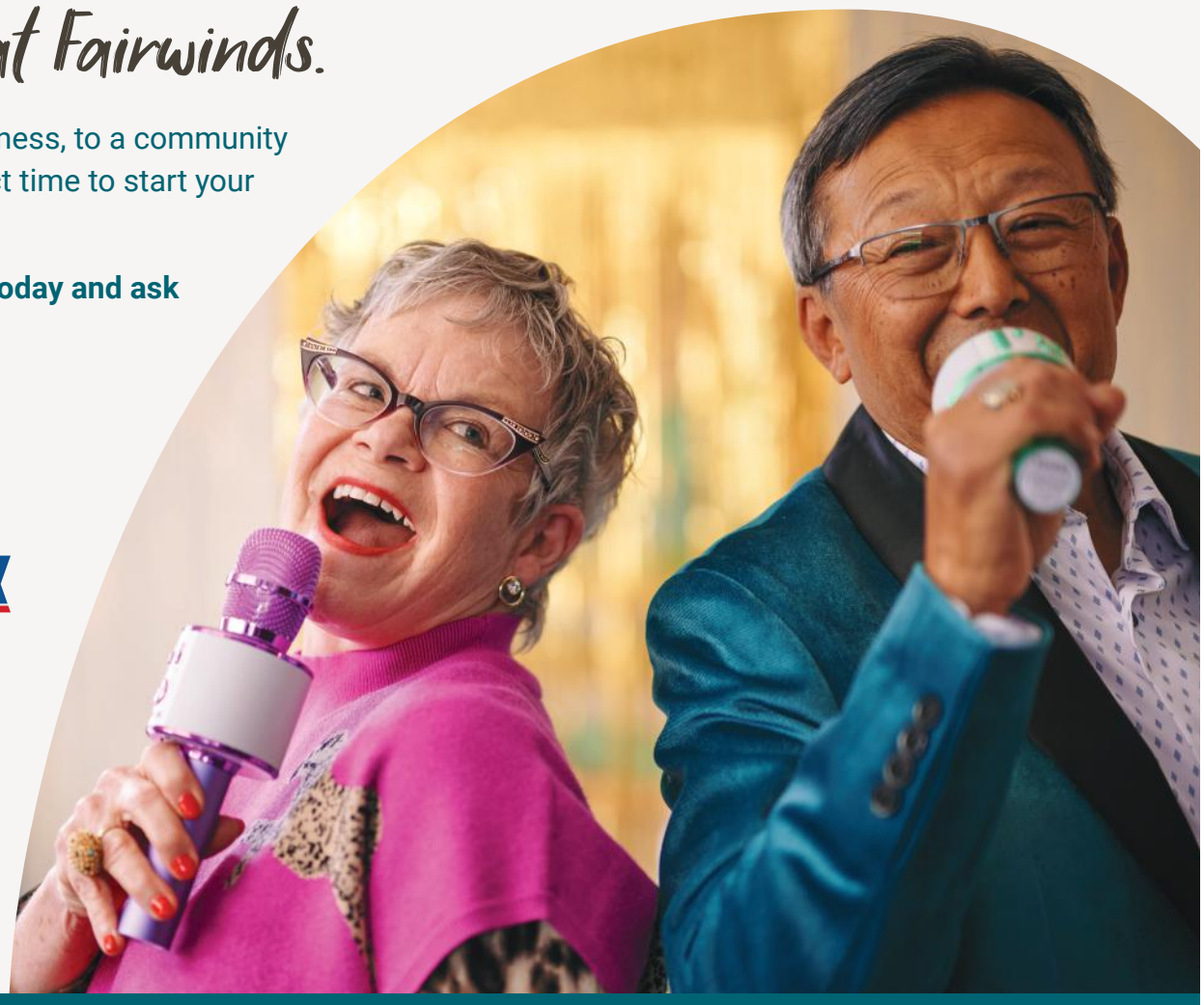
And the time is now at Fairwinds.

From our signature program, PrimeFit Wellness, to a community calendar filled with activities, it's the perfect time to start your tomorrow, today.

Call 818-938-2816 to schedule your tour today and ask about our Rent Freeze until 2027!

BEST INDEPENDENT LIVING U.S.News & WORLD REPORT 2025

BEST ASSISTED LIVING U.S.News & WORLD REPORT 2025



FAIRWINDS
WEST HILLS

8138 Woodlake Ave | West Hills, CA 91304
818-938-2816 | FairwindsWestHills.com
LIC # 197603296

LEISURE CARE

HEALTH & BEAUTY

Fairwinds Offers Five-Star Fun

Fairwinds West Hills retirement community prides itself on "five star fun."

Fairwinds offers its residents a wide choice of living arrangements, from studio apartments to a two-bedroom deluxe unit.

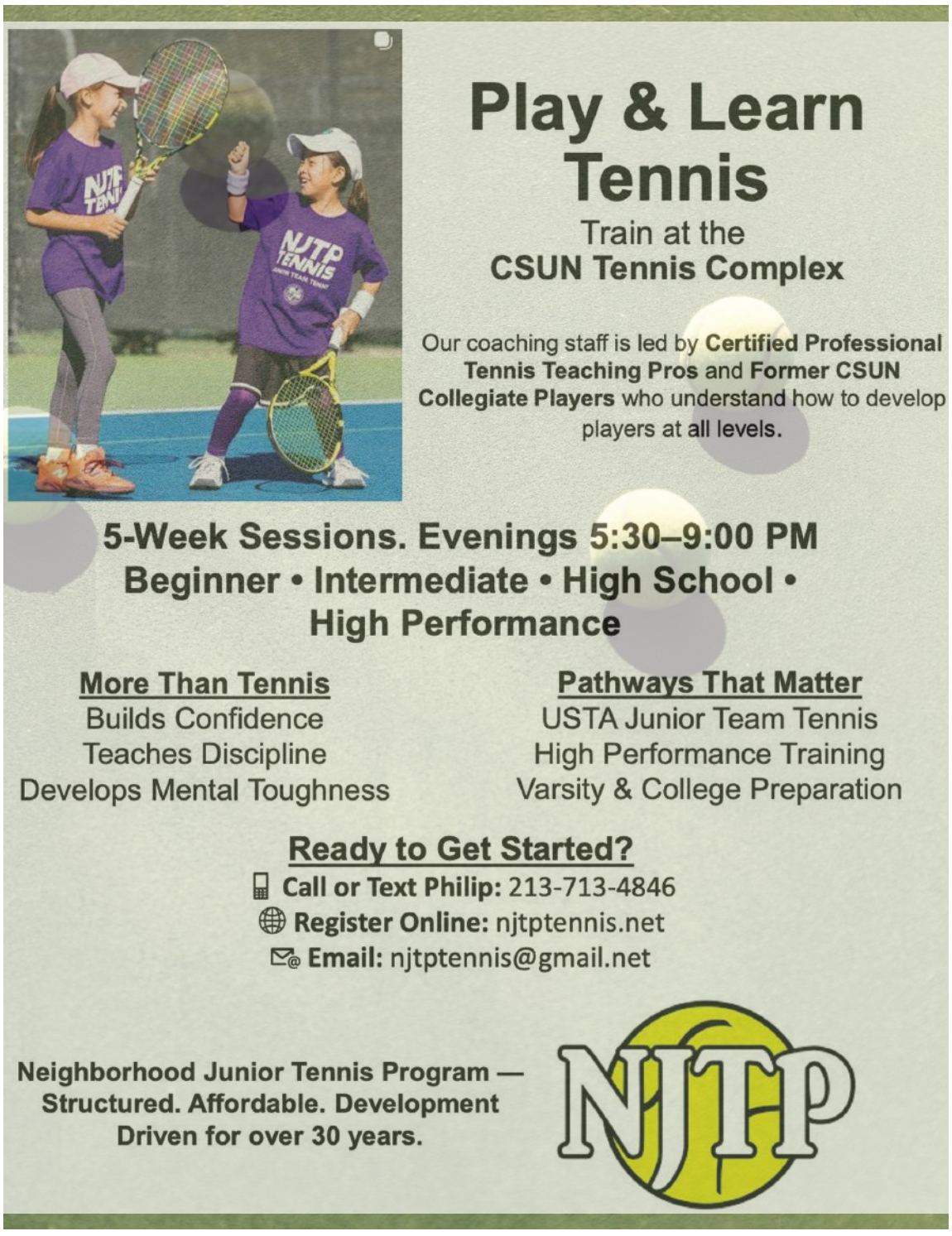
The beautiful building set among gardens and a walking path offers a large community room where the Wii tournaments, opera lectures, book club and more take place, residents gather with family and friends and a full schedule of activities is held.

The monthly rent at Fairwinds includes all the niceties of a hotel - with weekly housekeeping and linen service, cable TV, all utilities except for phones, and three meals daily in the elegant dining room.

Meals are offered from a full menu each seating with wait service. There is a full service salon on site, as well as a library, computer room and laundry facility. Scheduled transportation takes residents to shopping, events, activities and medical appointments.

Fairwinds is a retirement home, but residents can gradually move into assisted care as needed. Staff can offer assistance with bathing, dressing, medical management, incontinence, diabetes support and transferring. Eventual hospice care is also available. One unique service is that assisted living care can be offered on a temporary basis such as after an illness or operation.

Fairwinds is located at 8138 Woodlake Avenue. Call (818) 938-2816 to schedule a tour.



Seniors and Their Families Need to Plan in Advance

By Sandy Rosenholz

As our new year has begun, it offers something powerful to seniors and their families: a fresh opportunity to plan, protect, and prioritize health and happiness. While many people focus on resolutions, the healthiest decision a senor family can make is simple — make a plan. Planning ahead reduces stress, prevents crisis decisions, and creates peace of mind for everyone involved.

Consider this first step. Meeting with a professional who understands senior care. Too often, families try to manage everything on their own. They do their best, but without guidance they can miss valuable resources, benefits, safety upgrades, or care options that could improve a loved one's quality of life. A knowledgeable and trusted advisor can help evaluate needs and outline smart next steps before small issues become major problems.

A thoughtful family discussion is also essential. Gather everyone and talk honestly about the senior's current condition — physically, medically, mentally, socially, financially, and in terms of daily activities. Is mobility changing? Are medications being managed properly? Is there loneliness or isolation? How are finances structured for long-term care? These conversations may feel uncomfortable but having them early avoids confusion and conflict later. Transparency builds unity and planning can keep you out of crisis mode.

Legal preparation is another cornerstone of a healthy new year. Important documents should be current and easily accessible: Trusts, Wills, Durable Power of Attorney, Health Care Directives, HIPAA authorizations, POLST forms, DNR instructions, and written end-of-life wishes. When paperwork is complete, families can focus on care and connection rather than scrambling during an emergency.

Gather everyone and talk honestly about the senior's current condition — physically, medically, mentally, socially, financially, and their daily activities.

- Sandy Rosenholz

If private custodial care becomes necessary, using a licensed, bonded, and insured in-home care agency provides protection and reliability. Agencies offer trained caregivers, supervision, insurance coverage, and backup staff if someone calls out sick. That safety net gives families confidence and reduces burnout.

Most importantly, remember that we are living longer than ever. Extra years are gifts. Staying active and engaged keeps both body and mind strong. Encourage

(Continued to page 11)

Sleep Apnea – New Treatment Available From Local Surgeon

Sleep related problems affect many American. The most commonly known disorder, sleep apnea, affects at least 65 million people in the United States.

There are three types of sleep apnea: Obstructive Sleep Apnea (OSA) where the throat muscles relax and block the airway, Central Sleep Apnea (CSA) where the brain fails to send proper signals to muscles that control breathing and Complex Sleep Apnea a combination of both OSA and CSA. There are serious medical complications from OSA which include hypertension, heart disease, arrythmias, pulmonary problems and sudden death. The common symptoms and signs of OSA are snoring, daytime sleepiness, falling asleep while watching TV or driving, and witnessed breath stops.

Treatment for sleep apnea depends on the severity, but the goal is aways the same-- keep the airway open and maintain normal oxygen levels during sleep. Some contributing factors that can affect sleep apnea include weight gain, nasal obstruction, and dental issues. Treatment options for mild apnea include lifestyle changes such as weight loss, regular exercise, sleeping on your side instead of your back, avoiding alcohol before bed time, quitting smoking and treating nasal congestion.

To make the definitive diagnosis of OSA your doctor should order a polysomnogram or sleep study. This can determine the level of severity. The first line treatment is to consider the use of CPAP which is continuous positive airway pressure masks that open the airway at sleep time by forcing air into the nose and throat to overcome the obstruction.

Dr Marc Kerner, a leading sleep apnea surgeon located in Northridge has developed cutting-edge surgical procedures for sleep apnea. These are used in patients that cannot tolerate CPAP but need some form of treatment to lower the risk of medical complications from OSA.

The goal of treatment is aways the same - keep the airway open and maintain normal oxygen levels during sleep.

Dr. Marc Kerner

Dr. Kerner is one of only a handful of surgeons in Los Angeles who perform craniofacial surgical procedures that alter the airway to overcome the obstruction during sleep, and performing multi-level airway reconstruction for sleep apnea. In addition, he offers the implantable device Inspire® which detects when your airway begins to collapse and sends gentle electrical pulses to move your tongue forward and keep your airway open to overcome the obstruction.

Each of these surgical procedures are custom tailored to the individual patient based on their anatomy and after a procedure called DISE is undertaken. The DISE is a drug-induced sleep evaluation performed as an outpatient which allows precise assessment of the levels of airway obstruction.

It's important that patients who have or think they may have sleep apnea consult a physician for proper diagnosis and treatment. For more information on Dr Kerner, please visit www.calwestent.com or call (818) 349-0600.

Lead the Fight Against Alzheimer's

The Alzheimer's Association is seeking respected community and business leaders to serve in key volunteer leadership roles for the Walk to End Alzheimer's.

Executive Event Chair: Serve as the lead volunteer champion for the Walk, working alongside Association staff to drive mission impact, community engagement, and fundraising success. This high-profile role guides the Executive Leadership Team, secures top sponsorships, and helps shape the future of the event.

Executive Leadership Team Members: Join a team of influential leaders committed to raising awareness, recruiting sponsors and company teams, and helping exceed the Walk's fundraising goals. Ideal for leaders passionate about community impact and corporate engagement.

Commitment: 10–18 months

Impact: Meaningful leadership, community visibility, and progress toward a world without Alzheimer's.

To learn more or express interest, contact: Ronda Wilkin: San Fernando Valley Walk Executive Event Chair: Email: rondawilkin@gmail.com

SENIORS - WE'RE HERE TO HELP!

COLDWELL BANKER REALTY

Scott M. Friedman
Realtor ®

818.317.2011
scottmfriedman@yahoo.com
www.margieandscotthomes.com
CalRE#: 01744368

- COLDWELL BANKER REALTY SHERMAN OAKS
- Seniors Real Estate Specialist
- Short Sale and Foreclosure Resource
- Certified Negotiations Specialist

15490 Ventura Blvd #100, Sherman Oaks, CA 91403

Affiliated real estate agents are independent contractor sales associates, not employees. ©2024 Coldwell Banker. All Rights Reserved. Coldwell Banker and the Coldwell Banker logo are trademarks of Coldwell Banker Real Estate LLC. The Coldwell Banker® System is comprised of company owned offices which are owned by a subsidiary of Anywhere Advisors LLC and franchised offices which are independently owned

25 YEARS WITH OVER EXPERIENCE
MODERN AGE DENTISTRY
Live to smile
CALL NOW
(818) 712-0073

All-on-X Full Arch Transformation

From missing teeth to a confident, natural smile. All-on-X implants replace an entire arch of teeth with just a few precisely placed implants. The result: stability, comfort, and a smile that truly lasts.

No slipping. No removable dentures. Just everyday confidence.

Modern Age Dentistry | West Hills • Ojai • Atwater Village
Free Consultation

HEALTH & BEAUTY

Helping Seniors Navigate Selling Their Home

By Scott Friedman

It's a rude awakening when a parent dies. Growing up, my father, Morton Friedman, was the biggest and strongest thing in my life. I was devastated when he passed ten years ago. It also forced me and my mom to make some difficult decisions regarding her future.

We tried live-in help, but in the end the only thing that made sense was to sell her home of 60 years and move into a senior community.

This is where it gets interesting.

I found that she had a very difficult time using a computer, had a very difficult time reading the 150 or so pages in a transaction (contract, disclosures, etc.) and had a very difficult time remembering what we discussed.

It took time and patience to walk her through the process of selling her home, sorting her possessions, deciding what to take to a new community – and even choosing that community.

It made me look at my job in a whole new light.

Selling a property for seniors, or for children of seniors, requires more than the routine sale and opening escrow. It involves working one-on-one with the seniors, documenting the process, and then making sure they understand step-by-step what they are doing and what decisions they are making.

I have assembled an entire team of Senior Real Estate Specialists (SRES) to work with seniors and the children of seniors to avoid all of these situations.

It took time and patience to walk her through the process of selling her home, sorting her possessions, deciding what to take to a new community – and even choosing that community.

On my team I also have a will and trust attorney, a senior escrow specialist and a member that will pack, move, set up the estate sale and discard unwanted items. We work together to make senior moves as easy and uncomplicated as they can be.

For more information, contact me at 818 317 2011 or scottmfriedman@yahoo.com. Contact me so I can help you and your family. Friedman is a Realtor with Coldwell Banker Realty Sherman Oaks. He is also a Seniors Real Estate Specialist, short sale and foreclosure resource, certified negotiations specialist and is licensed in Medicare supplements and long term care.

Do you know a senior who struggles with any activities of daily living?
Do you know someone who needs help getting to appointments or grocery shopping?
WE HAVE SOLUTIONS.

SR 65+

I can help!

- Complimentary needs assessment
- FREE guided tours of homes and communities
- Hourly caregivers or companions

Senior Resources, Inc.
Compassion. Care. Dignity.

Sandy Rosenholz • Office 818-400-1700 • Mobile 818-359-2125
Email SR@SeniorResourcesCA.com • www.SeniorResourcesCA.com

Los Angeles Jewish Health...Energizing Senior Life!

Nonprofit Los Angeles Jewish Health, formerly Los Angeles Jewish Home, is committed to excellence in senior care for all.

Our comprehensive selection of living options and award-winning care meets seniors where they are in life, providing individualized services focused on mind, body, and spirit.

- Independent Living
- Assisted Living
- Senior Behavioral Health
- Short-Term Rehabilitation
- Skilled Nursing
- PACE
- Hospice & Palliative Care
- Nursing School
- Geriatric Health
- Memory Care

Call (855) 227-3745 or go to LAJH.org

LAJHealth
LOS ANGELES JEWISH HEALTH

Scan Me!

REAL ESTATE

The constellation Orion the Hunter

Nighttrek Report: What to See in the March Sky

By Neill Simmons

The whole month of March brings us a brilliant Jupiter in all its glory. Look straight up to see the king of all planets after sunset. Four of Jupiter's 95 known moons are visible through binoculars. These four moons - Io, Europa, Ganymede, and Callisto were discovered by Galileo in 1610, which provided early evidence for a sun-centered solar system.

On March 8, a Venus and Saturn conjunction will occur, with the two planets appearing very close together in the low western sky shortly after sunset. A conjunction occurs when celestial objects appear close to each other in the sky. This is an optical illusion caused by the observer's perspective since the objects are usually million of miles apart. Every night from now until September, Venus will be getting brighter and brighter each evening. Look west.

One of our favorite constellations, Orion the Hunter, will be shining in the west. Orion is best found by locating its "belt"made up of three bright, evenly spaced stars in a straight line. Look for the reddish star Betelgeuse which is Orion's shoulder and the blue star Rigel which is his foot to identify the full hunter constellation. In addition, look to the left of Orion to find the brightest star in the sky, Sirius, which is in the constellation Canis Major.

In March, the Big Dipper is a prominent feature of the spring night sky. Look northeast during early evening. It is now oriented "upside down" or standing on its handle. The Big Dipper is not a constellation. It is an asterism, which is a recognizable pattern of stars that is part of a larger constellation, Ursa Major. The most critical function of the Big Dipper is its role as a pointer to Polaris, the North Star. Polaris sits almost exactly above the North Pole. Once you find it, you will know which was is North, and consequently, East, West, and South.

When Elon Musk founded SpaceX his dream was to set up a colony on Mars. A lofty goal,

Orion is best found by locating its "belt" made up of three bright, evenly spaced stars in a straight line.

mostly because we've really only sent rovers to take pictures of Mars. But now Musk wants SpaceX to change gears and instead colonize the moon. According to Musk, a city on the moon would take about 10 years to build. Don't book your ticket just yet!

Mark your calendars! On Friday, March 13, at 7 pm, the Ventura Country Astronomical Society (VCAS) will host a free and open to the public lecture. The guest speaker will be Sarah Elizabeth McCandless, Navigation Engineer at NASA's Jet Propulsion Laboratory. It will be held at the Hillcrest Center for the Arts in Thousand Oaks.

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.

Planning for Seniors and Their Families

(Continued from page 8)

exercise appropriate for ability, social outings, community groups, faith involvement, volunteering, hobbies, and time with grandchildren. New friendships and new interests can begin at any age.

The new year is not just about adding years to life — it is about adding life to years. With planning, communication, legal preparation, and the right support, seniors can enjoy a year filled with dignity, safety, connection, and joy.

To find out more about various local senior care choices, call Sandy Rosenholz, owner of Senior Resources, Inc. at 818-359-2125, email SR@SeniorResourcesCA. com or visit his website, SeniorResourcesCA.com.

CINDY ROYALL LIBONATI

Serving my real estate clients since 1976.

REALTOR®, CFSP
DRE#00582036

818.421.4468
CindyAgent@aol.com
CindyAgent.com

#1 Selling Agent Calabasas Brokerage

Your Local Area Trusted Professional Real Estate Advisor

INNOVATE REALTY

24025 Park Sorrento, Ste 310
Calabasas, CA 91302

REAL ESTATE IS VOTED
THE BEST LONG-TERM INVESTMENT
12 YEARS IN A ROW

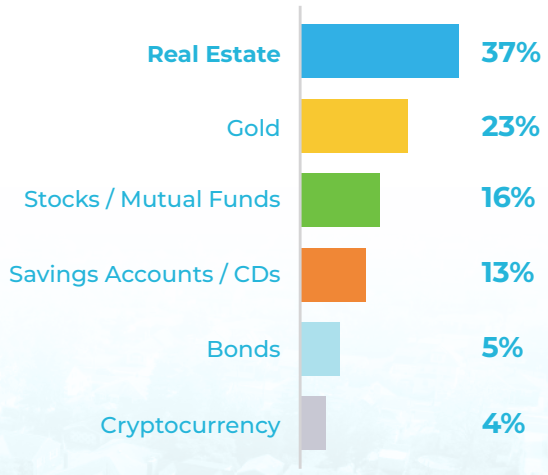
Why Real Estate is Still #1

Even with price growth slowing down, ongoing affordability hurdles, and uncertainty in the economy, a home is an asset that typically grows in value over time. As that happens, it gives your net worth a boost.

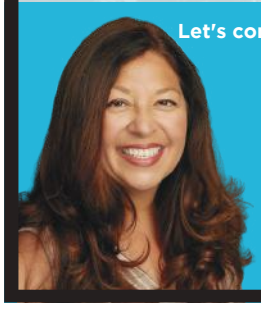
A home is more than just a place to live-It's often a family's most valuable financial asset and a cornerstone to building long-term wealth.

Sam Williamson
Senior Economist, First American

America's Choice for the Best Long-Term Investment



If you've been trying to decide if it makes sense to buy a home today, let this reassure you. **Homeownership wins in the long run.**



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

Jessica Miller
REALTOR® DRE Lic. #02088743
310.592.7361
JessicaMillerRE@gmail.com

PINNACLE ESTATE PROPERTIES, INC.

FREE Concerts at Warner Park 2026
PRESENTED BY
Valley Cultural 50 YEARS FOUNDATION
Sunday Evenings · 5:30pm–8:30pm
June 14
Dog n Butterfly
HEART TRIBUTE
June 21
Red Corvette
PRINCE TRIBUTE
June 28
Cali Country All Stars
July 12
Flashback Heart Attack
'80s TRIBUTE
July 19
Ridin' The Storm Out
REO SPEEDWAGON TRIBUTE
July 26
Abbey Road
THE BEATLES TRIBUTE
August 2
New Romantics
TAYLOR SWIFT TRIBUTE
August 9
Start Me Up
THE ROLLING STONES TRIBUTE
August 16
Super Soul Group
MOTOWN
August 23
Led Zepagain
LED ZEPPELIN TRIBUTE
Lineup subject to change.
Valley Cultural 50 YEARS FOUNDATION
ValleyCultural.org · 818.888.0822
Warner Park · 5800 Topanga Canyon Blvd, Woodland Hills