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Valley Vantage

Volume 35, Issue 34

A Compendious Source of Information

October 17, 2019

News in Brief

Holiday Hiring Fair at Westfield

'Tis the season when retailers are prepping for the holiday season and need extra sets of helping hands! Are you looking for part-time, full-time or seasonal employment? Westfield Topanga invites you to their Holiday Job Fair on Saturday, October 19 from 1 to 4 pm (level one of the center next to Peloton). Bring copies of your resume and your best attitude to find that perfect professional fit for the holidays and the New Year ahead!

LAPD Topanga Station Hosts Open House

The Los Angeles Police Department's Topanga Division hosts its Open House and Pancake Breakfast at the Topanga Station on Sunday, October 20, from 8 am to noon. Meet officers and command staff, take tours of the station, visit displays, learn about CERT and the Volunteer Community Patrol, enjoy face painting by local Girl Scouts, and have an IHOP breakfast at the station (\$7 at the door). The Topanga Station is located at 21501 Schoeborn Street, Canoga Park, just east of Topanga Canyon Blvd

Hearing to Be Held on Ventura Cell Towers

The City of Los Angeles Department of City Planning will hold a public hearing about proposed cell towers at 21500 West Ventura Blvd. The two wireless antennas will be placed atop the building that now houses Lindora Clinic on the south side of the boulevard. The hearing will be held Monday, October 21, at 2 pm at Marivn Braude Center, 6262 Van Nuys Blvd., Sroom 1B. The project was approved by the Woodland Hills Warner Center Neighborhood Council on August 14, but nearby neighbors are circulating a petition to stop the construction, saying it is within 500 feet of homes and Fire Station 84 Park.

Pumpkin Festival Rolls Into Town Saturday & Sunday

The annual Calabasas Pumpkin Festival rolls into Juan de Anza Park this weekend.

The festival has been a Calabasas tradition since the 1970's. Wonder why Calabasas is the home of the pumpkin? The most popular local legend is that a Basque rancher from Oxnard spilled a wagon-load of pumpkins in 1824 while on his route. The following spring, hundreds of pumpkin seeds sprouted alongside the road. The area where the pumpkins fell became dubbed Las Calabasas after the Spanish word for pumpkin, calabazo.

The festival will run Saturday, October 19, and Sunday, October 20, from 10 am to 5 pm daily.

The admission price of \$10 (\$5 for veterans, military with ID and persons over 60; free for those two and under) includes unlimited inflatables, reptiles and bug shows, pie eating and mummy wrap contests, Halloween carnival games, a car show, live music and more.

Enjoy pumpkin-themed activities, food and more - and don't forget to choose and buy your own pumpkin on the way out!

The festival will be held at



Juan Bautista Park, 3701 Lost Hills Road. Parking is available in adjacent office building parking lots and a shuttle service will bring you to the festival grounds.

For more information visit www.calabasaspumpkinfestival.com.

com.

The annual Pumpkin Festival is presented by the City of Calabasas (www.cityofcalabasas.com) and the Calabasas Chamber of Commerce (www.calabasaschamber.com).

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Pleasant Holidays.

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

COMMUNITY CALENDAR

WOODLAND HILLS: Celebrate Halloween and Día de los Muertos at the Woodland Hills Library on Saturday, October 19, at 3 pm by making two delicious crafts. You'll be making Oreo Cookie Spiders and Day of the Dead Marshmallow Pops. They're creepy treats to display or eat, and all materials will be provided!

CALABASAS: Join the Calabasas Library on Tuesday, October 22, from 4:30 to 6 pm where elementary students can create their own handmade book! The event is sponsored by the Friends of the Library and The Calabasas Reads events are in conjunction with the Ventura County Library System's One County One Book program.

WEST HILLS: The West Hills Neighborhood Council's Beautification Committee invites the community to help clear the sidewalks along the north side of Saticoy Street between Fallbrook and Sale Avenues on Saturday, October 19 from 8 to 11 am. Meet at the northeast corner of Fallbrook and Saticoy. Committee Chairs Brad Vanderhoof and Faye Barta supply gardening tools. Bring a hat, a pair of gloves, some sun block and a smile.

CANOGA PARK: The Canoga Park Women's Club will hold a "Spooky Time Bingo" fundraiser on Friday, October 18 from 6 to 9 pm at 7401 Jordan Ave. RSVP to Cyndy Keeley at (818) 437-2232.

CALABASAS: The Calabasas Historical Society will be presenting a special lecture entitled "The Francis Lederer Story" on Thursday, October 24, at noon. Ed Stauss will share the fascinating story of Francis Lederer who was an actor in movies and television, and owned a ranch in what is now West Hills. He was also active in peace endeavors and arranged a Sister City program between Canoga Park and a small town in Mexico. Ed Stauss knew Francis Lederer personally through their membership in the Canoga Park/Taxco Sister City program. Included in the program will be a video with an interview of him conducted in 1992 by Donna Shaw, a former Canoga Park/Taxco Sister City member.

SUN VALLEY: The Interfaith Society Network will host their third annual Interfaith Solidarity March on Sunday October 27, from 2 to 5 pm. The march will start at Valley Beth Israel, 13060 Roscoe Blvd., with stops at St. Genevieve Catholic Church, Panorama Presbyterian Church, Muslims for Progressive Values, The Sikhs of Los Angeles, Radha Govind Dahm and the Giving Spirit homeless outreach group. Dinner provided afterwards. For more information visit www.interfaithsolidaritynetwork.org or email rabbikaufman@tbhla.org.

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GREAT NEWS! Our temporary location is at the Promenade Mall, off of Erwin, next to Maggiano's, the Corner Bakery, and the Post Office in Woodland Hills
 visit us on our website: www.wvplayhouse.com

Photo: Associated Press



Fire Season's Here - What Happens Now?

By **Tim Gaspar**

Better think twice about filing that smoke damage claim....

We almost made it to the one year anniversary of the Woolsey Fire. Eleven months after one of the most destructive fires in our state's history (11 months later most of these homes have not even started being rebuilt by the way) we are hit again with the Saddleridge fire. This incredibly destructive fire destroyed 30 structures, resulted in a mass evacuation of the North San Fernando Valley and worst of all caused three deaths.

In the 11 months since the Woolsey Fire there have been a significant number of articles about the various effects from the fire. One of the more notable has been the affect on home insurance

in not just areas prone to wildfires but in low risk areas as well. Insurance carriers have not renewed a significant percentage of policyholders and increased coverage greatly for others. 2019 has easily brought the most expensive and challenging homeowners insurance since the Northridge earthquake in 1994. Increases in some areas have been 300% with some areas becoming totally uninsurable.

So what happens now? Well, homeowners insurance rates and coverage options are about to get worse and smoke claims are a leading reason. Sometime this week if you live north of Nordhoff you are probably going to get a letter from any number of law firms asking if your home was affected by smoke or ash damage.

"You might have damage and not know it!" During the next month there will be literally thousands of claims filed for smoke damage cleanup, ash cleanup, etc. Mind you, some folks really do have significant damage (smoke is incredibly destructive) and by all means have a legitimate claim. Other folks are looking for a free way to get their home repainted.

If you are going to file a claim, just give it some thought first. We are in the most difficult home insurance market in 25 years and having a recent claim is not going to make it any easier for you to get insurance.

Timothy Gaspar is CEO of Gaspar Insurance Services, Inc. in Woodland Hills. Reach him at tim.gaspar@gasparinsurance.com or (818) 302-8060.

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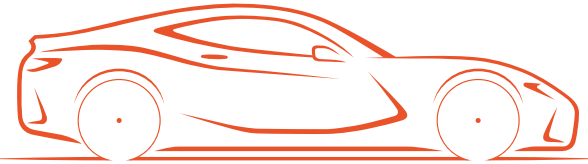
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VIEWPOINT

English Channel

By Rodger Sterling

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



• We're not sure but we never figured out how "Dumetz Road" figured in the neighborhood of Spanish names south of the boulevard. But we recently found a random plaque in Malibu about a Francisco Dumetz, a monk at the San Buenaventura Mission. Since there is a San Buenaventura Street close by we're going with that explanation, unless someone has a better guess!

• I realized something amazing about my mother-in-law. For 30 years, she served nothing but leftovers. The original meal has never been found.

• If you are left-handed, you should know the longest word using only the left hand on a typewriter is "stewardess" while right hand people can find the longest word on the typewriter using one hand is "lollipop."

• This is a fav - what's the difference between a lawyer and a rooster? A rooster clucks defiance!

• Remembering all our lawyer jokes come from lawyers, here's one from barrister David Smith. A client who felt his bill was too high asked his lawyer to itemize costs. The statement included this item. "Was walking down the street and saw you on the other side. Walked to the corner and came up behind you. Saw it wasn't you after all. \$50."

• And finally, didja' hear the story about the cannibal who said to his friend, "I don't like my mother-in-law." Replied his friend, "That's fine, just eat the noodles."

• A Halloween haha: What's an optimistic vampire's favorite drink? Ans> B positive!



Valley News Group

Warner Center News
1300 FINGERBEE AVE
CALABASAS ENTERPRISE

Valley Vantage
ENCINO
ENTERPRISE

PUBLISHER

Kathleen Sterling

EXECUTIVE ASSISTANT

Connie Hein

BUSINESS EDITOR

Miri Rossitto

ENTERTAINMENT EDITOR

Theda Reichman

HEALTH EDITOR

Janey Rifkin

EDITORIAL ADVISORY BOARD

Dan Brin

Joyce Fletcher

Martin Cooper

Rickey Gelb

Glen Kovacs

Brad Rosenheim

Miri Rossitto

Richard Sherman

Scott Silverstein

Molly Unger

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](https://www.facebook.com/valleynewsgroupwoodlandhills)

Update on Bothwell Ranch from Councilman Bob Blumenfield

Earlier this year, I heard the awful news that the orange grove at the Bothwell Ranch was going into escrow to be developed into new homes.

For many years I'd heard stories about how this ranch played such a special role in San Fernando Valley history and about the indelible impact that Lindley and Ann Bothwell had in our Valley.

Like many of you, I was very concerned about the potential loss of this historical and beloved site. The ranch literally contains the Valley's last commercial orange grove. It is the last vestige of what once was a predominant feature of the Valley. Unfortunately, it is no longer feasible or profitable for its owner to maintain.

Consequently, I introduced legislation to declare it a City Historic-Cultural Monument. This is private property and it is beyond my power to stop any and all development, but this action gives time to our community to discuss potential options and to help ensure that whatever may get built there embraces the unique beauty and history of this ranch.

The City Council has passed my initial motion and we are currently waiting for the City Historic-Cultural Monument Commission to render their opinion on whether this site deserves landmark status. If they believe that all or part of it is historic, that recommendation will go back to the Council's Planning and Land Use Committee and then to the full City Council for a final vote. In the meantime, all city permits have been frozen.

Over the past few weeks, my staff and I have been talking with the property owners, community members, stakeholders, developers and essentially anyone who has ideas for the future of the Bothwell Ranch. Right

now the future is unknown, but I want to make sure that all of our neighbors are informed and invited to be part of the process. The City is not in a position to buy the ranch, so creative ideas that comply with property rights and laws are welcome. It is my hope that the land marking process will spur such ideas.

For nearly a century, the

As a representative of our Valley community, it is my duty to help retain our Valley-identity.

Bothwell Ranch which straddles Tarzana and Woodland Hills has been a family-operated enterprise that has captured the spirit of the West Valley. Much has changed since the Bothwell family first bought the 100-acre land in 1926. Los Angeles' agricultural parcels have disappeared throughout



the City as housing booms took land from farmers and their vast acreage.

As a representative of our Valley community, it is my duty to help retain our Valley-identity. This includes exploring how we can save special landmarks like this. If you have any comments, questions, concerns or ideas, please contact my Planning Director Andrew Pennington at 213.473.7003 or by email at Andrew.Pennington@lacity.org. Again, I want to make sure I hear from you about the future of this wonderful place so please do not hesitate to reach out.

Publisher's Note: Power of the Press!

We don't often toot our own horn, but every week we do our best to bring light to issues in the community, help local groups publicize their events, and inform our readers as to important events or changes that affect them.

This issue we publicize an upcoming hearing on proposed Verizon cell towers, which many neighbors south of the boulevard are opposing.

Last week we printed a story about a petition to save the weekend barbecue at Jim's Fallbrook Meat Market. One local neighbor has been complaining and threatening to go to the city to try to shut down this local institution.

I was thrilled to say when I went by to drop off papers Saturday morning they'd already had dozens of residents come by after seeing the article to support the barbecue and sign the petition.

In all the years I've been publisher, we've had stop signs erected, tree branches cut down, a ridiculous beauty pageant replaced by a business fair and much more. We're doing our job!

As John F. Kennedy said, "And so it is to the printing press - to the recorder of man's deeds, the keeper of his conscience, the courier of his news - that we look for strength and assistance."

- Kathleen Sterling

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Bank of America Canoga Avenue
The Village at Westfield

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Business Tricks & Treats: Movie Monster Edition

By Miri Rossitto

The glorious month of October is in full swing! Yes that's right - you can officially see/smell/taste pumpkin flavored *insert product here* absolutely everywhere. Ugg boots and uncomfortably short shorts are very much back in Southern California fashion and happy hour just can't come soon enough. (That's every season though right?) As the days get shorter and the nights come earlier, I can't help but think about how there just isn't enough time in the day! How can a business survive with so many distractions? How can a business owner risk everything they have to be successful and come out on top? Or even scarier, what if a business's methods are actually counterintuitive and they turn out to be poisoning the pipeline? Luckily for you, I have turned to our favorite Hollywood movie monsters for answers and business advice on how not to kill your business.

Frankenstein says "Don't make friends and then strangle them to death."

Creating, curating and distributing great content is critical to a successful marketing strategy. Do you know what's not great? Crap content. Do you know what's worse? Repeatedly posting crap content. If your business is lucky enough to gain fans and/or followers, then you have a



Don't make friends and then strangle them to death.
-Frankenstein

responsibility to not consistently bombard that person with useless or pointless information. At Cowe Consulting, we have very strict guidelines as to what types of content can be shared. That is not to say that we don't love a great skateboarding fail video. But if people are coming to us looking for business and brand development, shame on us for not giving them what they want.

The Wolfman says "Learn to live with and love your dark side."

Building a winning business model takes a whole lot of good old fashioned failure. Mistakes are an integral part of success and as far as I am concerned, should be embraced and celebrated.

How else will you know what works or doesn't? What if the person, who looks unimpressive on paper, turns out to be the rock star salesperson you have been waiting years for? It's also important to know that your mistakes are wonderful lessons for your team and that by sharing them, it makes you look more human and less like a monster.

The Wicked Witch of the West says "Build a team that is loyal, inspired and engaged."

Your team has the power to make or break your company. Have you ever called a business and been greeted by a less than enthusiastic receptionist that acted almost offended that you interrupted her day? Moments like that can end any potential client moving forward and over time, those losses add up to lost business, lost revenue and potentially the death of your business. An unhappy, bored salesperson isn't going to go out of their way to drum up sales. Anyone's desk job can become punishment over time and no matter how many times you click your heels, the problem isn't going to magically get better. It is so important to pay attention to your team and to communicate with them. Ask them about their goals, inquire about what they like and don't like about the organization and then find ways to empower

(Continued to page 13)

BUSINESS



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²Minimum balance required to open account is \$10,000. Minimum balance required to earn APY is: \$10,000 - \$49,999 = 0.05% APY; \$50,000 - \$99,999 = 1.00% APY; \$100,000 - \$249,999 = 2.00% APY; \$250,000 and above = 2.00% APY. Tiered rate dividends paid starting at \$2,500. Fees may reduce earnings. Dividends accrue daily, paid monthly. High-Yield Money Market account is not available for overdraft protection access.

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It's "Summer" at Hollywood Pantages

She worked hard for the money! She was a girl from Boston with a voice from heaven, who shot through the stars from gospel choir to dance floor diva. But what the world didn't know was how Donna Summer risked it all to break through barriers, becoming the icon of an era and the inspiration for every music diva who followed. With a score featuring more than 20 of Summer's classic hits including "Love to Love You Baby," "Bad Girls" and "Hot Stuff," the musical "Summer" is a moving tribute to the voice of a generation. "Summer" takes the stage at Hollywood Pantages Theatre November 5 to 24. For tickets visit hol

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ENTERTAINMENT CALENDAR

VALLEY ENTERTAINMENT

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Pumpkin Party at Leonis Adobe

The Leonis Adobe in the heart of Old Town Calabasas will hold their annual Pumpkin Party on Saturday, October 26, from 1 to 4 pm. Enjoy crafts, family fun, costumes and more. Admission is \$8, free for those under two and museum members. The Leonis Adobe is located at 23537 Calabasas Road. Visit leonisadobemuseum.org for more information.



Pokemon Art Carnival!

Join Young Art Lessons for a fun Pokemon Art Carnival on Friday, October 18, from 5:30 to 8:30 pm at Westfield Topanga and The Village. All ages are invited to this creative event, which includes clay sculpting, origami, painting poke balls and more! Tickets range from \$5 to \$20 depending on the activities you take part in. Tickets will be sold at the door day of.



Trunk or Treat!

A family focused event, Trick or Trunk provides a safe and confined area where children will walk from car to car instead of house to house. Parents will compete for the title of the best-decorated trunk, while kiddos trick-or-treat from car to car showing off their costumes and collecting sweet treats. Hosted by Shepherd of the Valley Lutheran Preschool on Saturday, October 19, at 3 pm, kids are encouraged to wear their costumes. Not only will there be candy, but the event will have a bounce house, obstacle course, face painting, a photo booth, tattoo station, fun games and food trucks! Admission is \$13 per child at the door.

Halloween Party

Get in the Halloween spirit at Macy's Kid's Halloween party on Saturday, October 19, from 11 am to 3 pm at Westfield Topanga! Indulge in a day of festive prizes, games, treats and more! Be sure and wear your best Halloween costumes as Macy's will be holding a costume contest from 11 to 3 pm!



Fun Filled Family Festival

Our Lady of Grace invites the community to their three-day Carnival Encino with rides, entertainment, delicious drinks and food for the whole family! The festival kicks off on Friday, October 18 from 5 to 11 pm and continues on both Saturday, October 19 from 12 to 11 pm and Sunday, October 20 from 11 am to 10 pm. Visit carnivalencino.com for a full schedule, food vendors, carnival guide and more! Early bird tickets and packages are available for a discount before the festival begins so purchase yours before the deadline!



Kid's Club: Reptiles

Join the Calabasas Commons Kid's Club on Tuesday, October 22, from 6 to 7 pm for a weekly dose of fun, including music, entertainment and so much more at the Community Stage. This week's segment is all about reptiles! Learn all about these fascinating animals with trainers, Courtney and Chris and get up close and see your favorite cold-blooded creatures, featuring snakes, lizards, and more.

IT'S ALL HERE

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VALLEY ENTERTAINMENT

Halloween Happenings

Sat. Oct. 26
1-4 PM

Pumpkin Party

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Gelson's Spooky Village Set for October 26

Gelson's 23rd annual "Spooky Village" celebration will be held on Saturday, October 26, from 3 to 6 pm.

Grab your little goblins and ghouls and get ready for a free spooktacular event the whole family can enjoy!

The event will feature family fun, trick-or-treating, food, face painting, balloon artists, a children's magician, strolling characters, photo ops, mini pumpkin decorating and much more.

Be sure to wear your best costume for prizes!

Gelson's Village is located at 22277 Mulholland Highway in Calabasas.

For more information visit spooky-village-2019.eventbrite.com.



Nights of the Jack at King Gillette Ranch

"Nights of the Jack" returns to King Gillette Ranch in Calabasas from October 3 to November 3 with an interactive Halloween wonderland perfect for the whole family!

Vast grounds of intricately hand-carved and illuminated pumpkins will welcome visitors as they make their way through the half-mile trail around the ranch.

This year, the ranch has partnered with Nickelodeon to bring to life two well-loved shows during this spooktacular season! The first is a "SpongeBob SquarePants" installation that brings Bikini Bottom and its crew of characters to life while the second is an "Are You Afraid of the Dark" pre-show tent that includes twisted surprises and an interactive augmented reality experience. The event will also feature a live pumpkin carver, food trucks, a Spookeasy Bar and a gift shop!

The venue opens at 6 pm nightly with the first time slot at 6:30 pm. Advance ticket purchase is required and guests are asked to not arrive any sooner than 30 minutes prior to their purchased time slot. Tickets are \$22 per child and \$27 per adult and can be purchased at nightsofthejack.com. King Gillette Ranch is located at 26800 West Mulholland Hwy.



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www.CalabasasPumpkinFestival.com



Boo at the Zoo!

The L.A. Zoo is getting into the Halloween spirit with a month-long celebration jam-packed with interactive programs to celebrate the season alongside some of the zoo's creepiest, crawliest and most fearsome residents!

All four weekends in October include animal encounters and feedings, spine-tingling interactive shows, a spirited pumpkin patch and hay maze, spooky crafts for kids, photo ops and more! Every day during "Boo at the L.A. Zoo," there are numerous activities to choose from that are all included in the price of admission!

Little goblins can roam the mini pumpkin patch and extinct animal graveyard where they can honor dearly departed species and learn how they can help save at-risk wildlife today. Plus, grab the family and try to make your way through the Mystery Maze and try to avoid "dead" ends! Select "Animals and Boo" hands-on presentations are also held throughout the day with a special edition of the popular World of Birds Show, dubbed the "Boo Bird Show," starring owls, vultures, and more. For an extra dose of educational adventure, the "Wild, Weird, and Wonderful Tour" invites guests to explore the zoo in search of wacky, creepy or just plain funny animal facts.

Visitors will witness animal feedings where plant eaters will relish "Creature Treats" such as pumpkins, while carnivores will devour their favorite fare - carcasses and bones - during "Fearsome Feedings." (Parental discretion advised for the latter.) Further, sweet-and-spooky activities include "Swazzle's Monster Menagerie," an interactive puppet show, a "Spooktacular Show" featuring a mad scientist's bustling lab experiments and boo-tiful photo ops to capture the spirit of the day. Plus, create a spooky-yet-sustainable bat from a recycled toilet paper roll. (Guests are encouraged to bring their own toilet paper roll.) For a full list of various Halloween events and a schedule of performances, visit www.lazoo.org/boo.



Visiting Oakland? Stay at the Waterfront Hotel

By J.C. Thomas

If you have never considered Oakland as a travel destination, may I suggest you think again? National Geographic Traveler recently named Oakland one of the “28 Best Places to Visit in the World for 2019.” The world. It is only one of four locations in the United States and the only one in California to make the cut.

I wasn't aware of the National Geographic accolade when my family planned our recent late-summer long-weekend trip to Oakland. Rather than the remarkable cultural assets highlighted in the publication we were drawn to the many great family attractions offered by the East Bay. With two- and four-year old children to entertain, our plans included the excellent Oakland Zoo, the Chabot Space and Science

sticking on the Oakland side of the bay, as there's plenty to explore.

First impressions upon arriving at the Waterfront Hotel are that it's fittingly, cheerfully nautical. The wide blue-and-white-striped exterior resembles both an oversized lighthouse, complete with crow's nest and mast, and a classic Breton shirt. Inside, the décor takes a turn toward the refined. Nautical touches are a given (any alternative aesthetic would be out of place), and a recently completed renovation succeeded in quashing any hint of kitsch. Yes, there's the occasional porthole window, a model sailboat on lobby shelving and brass accents aplenty. But the huge marble fireplace is minimalist in style, the furnishings a soothing palette of off-whites, seafoam and coral, and the modern macramé wall hanging worthy of its very own Instagram post.

Such understated sophistication continues to the guest rooms and suites, which the Waterfront Hotel offers in configurations ranging from one queen to king suites. Choose



Center and Jack London Square, Oakland's busiest visitor hub.

For our family of four, there was no better place to stay than the Waterfront Hotel on Jack London Square, which hosted our visit. Firstly, the location is unrivaled. The boutique hotel sits right on the edge of the water, boasting views of the bay, sailboats and sunsets from its waterfront swimming pool, deck and many of its rooms and suites. Between the water's edge and the hotel property is a wide boardwalk perfect for a morning or evening stroll. (Bring your dog – the hotel is pet-friendly.)

On the city side of the hotel one of the liveliest sections of Jack London Square, where there's fun to be had all day and night. Dozens of great restaurants and shops are within a short stroll of the hotel, as are historic attractions like Heinold's First and Last Chance Saloon (dating to 1883), and a recreation of Oakland-raised author Jack London's grass-roofed Klondike log cabin. There's also a 20-minute ferry connecting the square directly to San Francisco. However, I do recommend



accommodations with or without a balcony, fireplace and water, pool or city views. A two-queen room was ideal for our family, and we enjoyed views of both the water and heated saltwater swimming pool. We lacked for nothing in comfort nor amenities, with fabulously plush beds, a big flat-screen TV, iPod dock, refrigerator, microwave and free Wi-Fi. Note that the hotel is 100-percent non-smoking and launders its linens with green cleaning products.

On weekdays, the hotel hosts a wine and cheese reception in the lobby lounge from 5 to 6 p.m. For drinks, snacks and meals look no further than Lungomare, the attached restaurant. Its fine cuisine brings together the culinary traditions of Northern Italy with the finest homegrown ingredients of Northern California. Pastas, salumi and gelati are made in-house from scratch, and

(Continued to page 12)

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Half & Half	10.50	Meatball	1.00	2 Toppings	7.50	13.00
Spaghetti & Ravioli		Meatball with Sauce	1.50	3 Toppings	8.25	14.50
Shrimp Creole	15.00	Garlic bread (limit 12)	0.25	4 Toppings	9.00	16.00
with spaghetti and/or ravioli		Salad		5 Toppings	9.75	17.50
¼ Baked Chicken with small spaghetti and/or ravioli	9.75	Minestrone Soup		Thick crust add \$2.00. Thick crust by the slice \$2.00		
Steamed Salmon with rice pilaf and vegetables	12.25	Steamed Vegetables	3.00			
Chicken Parmigiana	10.00	Italian Rice Pilaf	4.50			
with small spaghetti and/or ravioli		Combination of Rice, Vegetables, or Garlic Roasted Potatoes	4.50			
Eggplant Rollatini or Parmigiana	9.00	ITALIAN SANDWICHES			DELECTABLE TOPPINGS	
Beef or Vegetable Lasagna	9.00	Add \$1.00 for soup or salad with any Italian sandwich.			Pepperoni - Sausage - Meatball - Bacon - Mushrooms	
Mushroom & Cheese Sachetti with sage butter sauce	9.00	Chicken Breast	6.75	Mixed Bell Peppers - Jalapeno - Eggplant - Black Olives		
Meat Torellini	9.00	Vegetarian	5.00	Red Onion - Garlic - Extra Cheese		
		Sausage	6.75	Sales Tax is included on all items.		
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Dr. Jared Ament (left) and Dr. Amir Vokshoor with the Mazor robotic system.



Dr. David Schreier, left, and Dr. Frank Candela with the Intuitive robotic system.

Robotics to Recovery at West Hills Hospital

West Hills Hospital & Medical Center recently showcased its latest robotic technology - used in bariatric surgery, general surgery, urology, gynecology and even spine surgery.

New equipment from Intuitive Robotic Systems allows the surgeon to look through a viewfinder at a 3D, high-quality image sent back by the robot's camera, allowing the doctor to work the surgical arms. The instruments are "wristed" and have a greater range of motion than the human arm. Nick Kearin of Intuitive said the robotic machine could be used in every surgery except "brains and bones!"

For surgery with "bones" such as spinal reconstruction, the hospital uses the Mazor robotic surgical system, which allows precise alignment due to its greater precision and increased range of motion.

Patients benefit from robotic surgery with faster recovery, minimal scarring due to small incisions, shorter hospital stay, less blood loss and less pain during recovery.

For more information on West Hills Hospital visit westhillshospital.com.



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World Mental Health Day in October

HEALTH & BEAUTY

Learning the The Power of “No”

By Allie Priore

With World Mental Health Day falling in October, I figured I would delve deep and talk about the power we have as individuals through one simple word: no.

In recent years, this idea of saying no has evolved in our culture driven by FOMO, aka the “fear of missing out.”

As a result, I find that my peers, and myself, are burning out a lot quicker than we used to. With the rise of social media there is always something to watch that is happening in real time that causes a state of constant anxiety to ensue. The fear of not having those same experiences, or not being a part of something amazing, has taken over. We as a society do not seem to mind putting ourselves second and will compromise our health to ensure we do not miss out on anything.

Unlike the Jim Carrey movie “Yes Man,” we (as a society) are choosing to say yes to everything rather than being unable to say no. Instead of declining an invite, we make the conscious decision to go to all that we can—even if it means jeopardizing our mental and physical health. I have noticed that my peers would rather attend that dinner, go to that

event and say yes to hanging out with people they may not even like that much for the sake of feeling a part of something and, let’s face it, to have that picture to post on whichever social platform you use. The art of saying no has died out and we are learning to lead lives full of chaos and imbalance because of it.

It is important to take a step back amongst the craziness of our lives to really evaluate what is worth putting that time and effort into.

I used to be that “yes person” a lot more, always worried about saying no because I didn’t want to be the one friend who was not at that concert or birthday celebration. But as I get older, I realize that the ability to say no is actually one of the most powerful tools one can have. As I learn more about my triggers and what causes my anxieties, I am realizing that the real value comes from being able to say no and then being okay with that decision.

Learning how to not let others life experiences affect you is challenging. It is hard not to be jealous at times or wish you could have or do what you see amongst your peers. If you can learn to say no, and realize

that it is okay to say no, then it starts to become a bit easier.

It is important to learn how to say no for your mental and physical health. If you are always agreeing to everything it is going to eventually catch up to you. You may begin to

feel physically ill or you might not be able to think as clearly and keep your schedule straight.

It can become overwhelming and daunting realizing the chaos that has become your life, but the best part is that you have the control to change it. You

are able to make the call on what is worth putting energy into for you and what is not.

Allie Priore is certified Pilates instructor based in the Los Angeles area and has been a professional in the fitness industry for five years.



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HEALTH & BEAUTY

Visting Oakland? Stay on the Waterfront

(Continued from page 9)

the kitchen carefully sources its seasonal ingredients, including heirloom produce and pasture-raised meats, from local providers.

Lungomare is open seven days for brunch, lunch and dinner, with its café section open from 6:45 a.m. Waterfront seating is available, as are al-

fresco tables facing the square. Waterfront Hotel offers the following amenities:

- Heated saltwater swimming pool (10 a.m. to 10 p.m.)
- Wine and cheese reception on weekdays (5 to 6 p.m.)
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Health & Wellness Update:

Instant Coffee Welcomed Back

By Janey M. Rifkin

Remember starting your day with Folgers? Or Maxwell House? Or even Nescafe? Or, maybe you're too young! Anyway – those instant coffees and their aromas have been long gone (at least in popularity).

But wait! We're creative! And a host of small players have emerged in the marketplace, even drawing winning accolades from the connoisseurs of the coffee clubs. This handful of startups includes Waka Instant Coffee, Sudden Coffee, and Swift Cup Coffee. Claims, of course, are to improve the taste and flavor of the versions Grandpa used to drink.

Instant is a niche product, with just 6% of Americans drinking it, according to the National Coffee Association, but sales among 18 to 39-year olds have prompted Starbucks Corporation and Dunkin Brands Group Inc. to reevaluate the category. Instant coffee used to be made by spraying brewed liquid into hot air and drying it into powder or granules. For those that tried the real thing, instant coffee's

body and flavor left much to be desired. BUT, it was convenient.

So, a new version enters the fray – you will pay more than expected; as Starbucks and Dunkin executives are taste-testing prototypes to create instant varieties to offer in their stores. Meanwhile, retail food suppliers are selling one or more brands

Starbucks and Dunkin executives are taste-testing prototypes to create instant varieties.

for at-home use. And you can pack the single-serve packets in your bag and travel everywhere.

And just think about it. If the day gets off to a slow start or we're in a hurry, it's great to have instant coffee. Americans are hooked on convenience and portability. And this surely is the setting for the success of entrepreneurs – a desirable product for a thirsty population.

Janey Rifkin is a locally based journalist; executive editor of a national magazine; and a syndicated health columnist.

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Business Tricks or Treats

(Continued from page 5) them. These acts will make a world of difference and you will find that as the team grows stronger so will the business.

Hannibal Lector says "Be confident in your particular brand of crazy."

Nicola Tesla. Elon Musk. Teresa Ngo. Being a visionary takes courage, an open mind and super thick skin. It's not easy building a business when 99% of everyone thinks that you are a bit nuts for venturing outside of the box. Teresa Ngo knew early on that she was going to run one of the best, most craved donut shops in all of Southern California. Some balked at her and thought, "Meh, just another donut shop." Teresa has worked tirelessly and consistently for years and years and now, Blinkies Donuts is on every must-have donut list. She is on speed dial for hundreds of celebrities, corporations, sports teams and every party planner in Los Angeles. How did this happen? Because Teresa embraced her fears, made no apologies for her drive and pursued her dream. If only we could all be that crazy.

Miri Rossitto is CEO of COWE Consulting and can be reached at (818) 970.9177(cell) or (855) 435.7484 (office). Connect with her on LinkedIn@ mirirossitto.

Golden State Self Storage. Notice of Public Sale of Personal Property.
 Notice is hereby given that Golden State Storage intends to sell the personal property described below to enforce a lien imposed on said property Pursuant to Lien Sale per the California Self Storage Facility Act (B&P Code 21700 et seq). Golden State Storage will sell items at <http://www.storage-treasures.com> by competitive bidding starting on Oct 10, 2019 at 6:00 pm and ending on Monday Oct.21, 2019 6:00 pm. The said property has been stored and is located at Golden State 15655 Roscoe Blvd, North Hills, CA. 91343. 818-892-5669.

TENANT ITEMS
 Grace Pinon 4 suit cases, step ladder, ceramic heater in box, heavy duty cross cut shredder box, 10+ bags of unknown, 2+ boxes of unknown, umbrella, clothing and linens and a hand bag.
 Theresa Saavedra Christmas decor, lap top case, 20+ totes of unknown, 7+ boxes of unknown, luggage, clothing & linens and a purse.
 Evelyn Huerta Haier window A/C, 8+ bags of unknown, storage tote, 2 back packs, clothing and linens and a table w/ wheels(parts).
 Charles Watson Floor freezer, subwoofer box w/ port, wood hutch, fishing poles, 10+ totes of unknown, cooler, 10+ boxes of unknown, large duffel bag, framed pictures and key board piano.
 Golden State Storage 8516 Sepulveda Blvd. North Hills, CA. 91343. 818-895-1241

TENANT ITEMS
 Pascal Baillien (#35), Office furniture, 5+ office chairs, folding chairs, step ladder, luggage, 2+ fans, lighting, coffee maker, couch
 Orlando King (#53) Casio keyboard, custom pool que, kitchenware, refrigerator, luggage, 15+ storage tubs, various electronics, stereo
 Shannon Ruth McFadden (#118) Clothing, linens, toys, easy bake oven, 3+ bags of unknown
 Catherine A. Moreira (#115) Mini storage, clothing, shoes, personal items, toys
 Miguel M. Morales (#23a) King Mattress set, large mirror, chair, lamp, drawers
 Alicia Cabrera (#182) Clothing, car-bench seat, 2 backpacks, duffel bag, extinguisher, speakers, razor scooter, luggage, cooler
 Samuel Martinez (#190) 6+ boxes of unknown, shoes, office supplies, personal hygiene supplies, umbrella
 Julie Baca (#221) DVDs, pet carrier, 3+ luggage, toys, 10+ boxes of unknown items, 3+ storage tubs of unknown, clothing/linens
 Tara Christian (#232) Tv, 3+ storage tubs of unknown items, 5+ bags of unknown, all in one printer
 Sunthorncharoenwong Anusak (#346) 4+ alternator, 2 compressors, luggage, push cart, 5+ boxes of unknown items, 2 vintage typewriter
 Purchases must be paid at the time of sale with cash only. All sales are subject to prior cancellation. Sale rules and regulations are available at the time of sale. Company reserves the right to refuse any online bid.
 Auction by <http://www.storage-treasures.com>
 Phone: 480-397-6503. Dated Oct 3rd, 2019,
 Golden State Storage. Valley Vantage Oct 10, 17, 2019



Hot Property Calabasas

Veteran music video director F. Gary Gray ("Waterfalls" by TLC, "Ms. Jackson" by Outkast, "It Was a Good Day," by Ice Cube) and filmmaker ("Friday," "The Italian Job," "Straight Outta Compton," "The Fate of the Furious") quietly purchased a Tuscan villa-style mansion in the hills of Calabasas. The house sits on a hilltop of more than 2.6 acres, surrounded by open land and other large estate (Will Smith lives nearby). The house itself is more than 6,500 square feet with a grand double-height foyer hardwood and stone flooring, a living room with columns, an oversize chandelier and fireplace. The kitchen has an island with granite countertops, copper sinks, built-in wine rack and high-end Viking and SubZero appliances. The master suite has a dual-sided fireplace and his/hers walk-in closets. The purchase price was reportedly \$2.9 million.



WHHO To Meet October 23

The Woodland Hills Homeowners Organization will meet on Wednesday, October 23 at 7:30 pm at the American Legion Hall, 5320 Fallbrook. Agenda not yet announced; visit whho.com for more information.

E-Waste Collection Saturday

The City of Calabasas will hold an e-waste collection drive this Saturday, October 19, from 10 am to 3 pm. Bring your old appliances, computers, cell phones, telephones, microwaves and more to El Camino Shopping Center, 23381 Mulholland Drive. For a list of acceptable items visit www.cityofcalabasas.com.

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 Foundation for Las Virgenes Schools
 Board Member



Michael Bloom
 BRE#01188440



Cell 818.207.2088
michael@michaelbloomhomes.com
www.michaelbloomhomes.com
 23901 Calabasas Road, Suite 1050
 Calabasas CA 91302



PHOTOGRAPHY SERVICE HEADSHOTS, PRODUCTS, AND REAL ESTATE

BOOK TODAY

Las Virgenes / Conejo Valley

TAP-IN 2019

WATER BUSINESS SUMMIT

November 7, 2019 10:00 AM - 2:00 PM
 Agoura Hills Recreation and Event Center
 29900 Ladyface Court, Agoura Hills, CA 91301

Join Las Virgenes Municipal Water District, the City of Agoura Hills, Calleguas Municipal Water District, the Calabasas Chamber of Commerce and the Greater Conejo Valley Chamber of Commerce in exploring how businesses and water coexist in our region and how that can help your bottom line.

Register for FREE at LVMWD.com/Tap-In2019
 Space is limited - Lunch is included - Registration required

GREAT SPACE - ONE MONTH FREE

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Choose from our 16 Outstanding Properties in the Valley

- ✓ Specializing in 500-2500 square feet of office space
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- ✓ Month-to-Month and Yearly Leases Available



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- General Pediatrics
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