



THE PAPER

THE VOICE OF THE FOOTHILLS

FRIDAY, JUNE 28, 2019

TELLING THE TRUTH FOR OVER 14 YEARS

VOLUME 15 • NUMBER 10

David DeMulle' Of The Foothills Paper Receives Award From the L.A. Business Journal

The Los Angeles Business Journal Nonprofit Corporate Citizenship Awards, which were presented last Friday, at the Millennium Biltmore Hotel, are designed to honor those professionals and organizations in the nonprofit world that continue to make a positive impact on the community, and do so under difficult financial constraints.

The Foothills Paper was fortunate to receive the award. "We thank and salute all of the honorees and finalists, those of you who give something back. You are more than heroes; you are an essential part of future corporate and societal success," said Mathew Toledo, the Business Journal's CEO and Publisher.



Sierra Perez May Have Set New World Record



Sierra Perez with her 54.5-pound halibut

Sierra Perez, a long-time resident of Sunland, went deep-sea fishing on June 24 aboard the Mirage out of Ciscos Landing in Oxnard. The Mirage traveled to its destination, Santa Rosa Island, one of the Channel Islands, and Sierra started fishing at 5:15 a.m. She hooked a fish that turned out to be a large halibut. Sierra fought the fish for 15 minutes before bringing it to the surface, where two deck hands used gaffs to bring it on deck. Perez's halibut was the first fish caught that day and it also turned out to be the largest. Deck-hand Ryan explained to her that this fish might be a women's world record and they would need to weigh it at the dock.

Continued on Page 2

Welcome Back Ken!

One of the fun things about going to a restaurant is being known by the management and staff. Ken Sumner is one of those great Coco's managers that goes out of his way to make your visit pleasurable.

He is so good that Coco's management sent him to Mission Hills to take over there, and was a great loss to Sunland-Tujunga.

So great was the loss that patrons contacted corporate and asked for his return. AND that happened last Saturday. With blue ribbons marking out his welcome

path and banners saying "WE MISS YOU KEN!" Ken returned to his place at Coco's Sunland with over 25 people standing in line to welcome him back.



Ken and everyone else was happy to bring him back to Sunland!

STAT Meeting



STNC Board Members and STAT committee members join together to coordinate their efforts.

STNC President Liliana Sanchez Said:

Traffic Safety is one of the top concerns that was brought to my attention by stakeholders here in Sunland-Tujunga during my campaign for STNC 2019 President candidacy. The Special Joint Traffic Safety Town Hall held on Saturday,

June 22 at the Tujunga United Methodist Church is just the first meeting of a series that will bring education and focus to a very immediate concern of our community. The STNC will continue to work with our Council District, Law Enforcement and Transportation agencies to make our streets safer.

Check out The Foothills Paper interactive website: thefoothillspaper.com

The only unsullied event left in Sunland-Tujunga is the Rotary Club's Annual 4th of July Parade. I find it really amazing how many people from all walks of life come out to mingle with their neighbors this one day of the year.

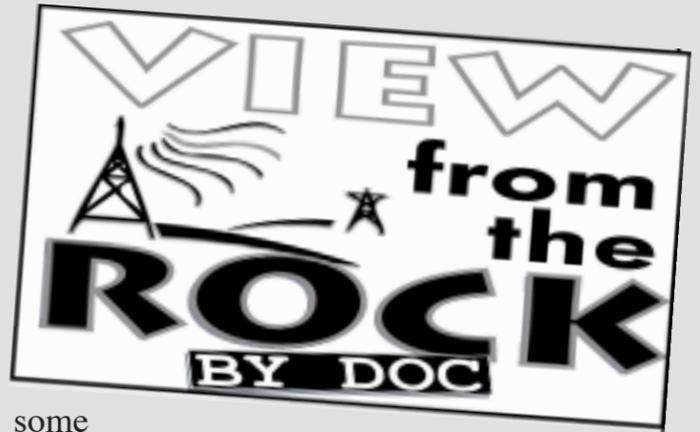
Sure, we've had the Watermelon Festival, the Easter Sunrise Service, the Petting Zoo and even the WOW jam in Sunland Park. But the 4th of July Parade is OUR EVENT. It's not sponsored by church groups or social clubs,

but by members of the elite Sunland-Tujunga, Shadow Hills Rotary Club. Someone once said that our 4th of July Parade was like a mating of the Doo Dah Parade with Mayberry! And you know, I think whoever said that was right. This is the one time of year and the one place that everybody gets together to have fun-fun-fun! This year I think will be one of the best we've had in a long time. The motto this year is "Out of This World" And boy, do we seem like that.

Our Rotary Club

does a lot of the things that get done here behind the scenes. I've had the honor of working with the S-T Rotary Club even though I was a member of the Crescenta-Canada club. But it doesn't matter. What matters is that our friends and neighbors get a chance to let their hair down and march or drive or ride down Foothill Boulevard with thousands of people watching.

This is the Rotary Club's 39th Annual 4th of July Parade. And that means that we're going to have



some pretty old people in it. I'm looking for a Rascal Brigade of senior citizens doing wheelies and burning doughnuts going down the road. But what the heck — it's time for everyone to get to know each other and have fun. Towards the end of the parade, the

LAFD and the volunteer fire water-truck opens their valves and spray the kids (and adults who are brave enough) to get wet. And yes, you can officially say "It's The Water!"



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COMMUNITY NEWS

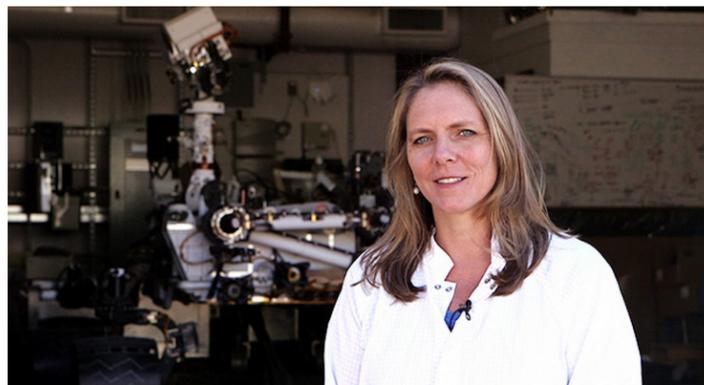
Ryan Howard Helbing of Sunland-Tujunga Awarded Degree from UA

Ryan Howard Helbing of Sunland-Tujunga, CA (91040), has received his degree from The University of Alabama: Bachelor of Science in Commerce & Business Administration. UA awarded some 5,716 degrees during spring commencement May 3-5.

With a beautiful campus, dozens of challenging

academic programs, expert faculty and numerous opportunities for service and growth, The University of Alabama is a place where legends are made. UA offers its students a premier educational, cultural and social experience with more than 200 undergraduate, graduate and professional programs.

Jennifer Trospen, a JPL engineer, is this year's Rotary Club Grand Marshall!



Her work is "out of this world"

Sierra Perez May Have Set New World Record

Continued from Page 1

When the boat returned to the dock, the halibut was hung on the scale where it was said to weigh 54.5 pounds. The previous women's record was 42 pounds.

Pending the approval of the International Game Fish Association (IGFA), Perez may have set a new women's all-tackle world record for California halibut.

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ASK RUSTY Confused about Working, Medicare and Spouse Benefits



by AMAC Certified Social Security Advisor Russell Gloor, Association of Mature American Citizens

Dear Rusty: I will reach my full retirement age (FRA) in September of 2020 at age 66. My wife will be 64 at that time and will start drawing her SS at 1/2 of my benefit because it will be more than hers, even if she reached her FRA. My question is, I know I will need to sign up for Medicare Part A this year at age 65 but do I need Part B at this time? Both myself and my wife work for the same company and have insurance through them. I will have insurance for one more year through the company until I retire

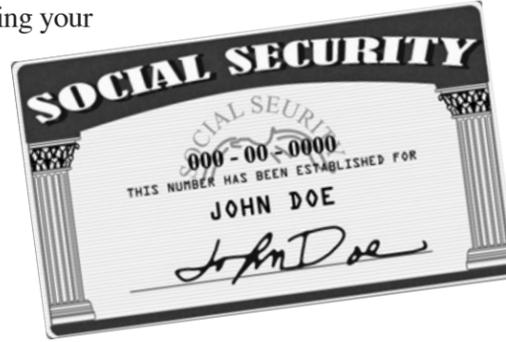
at 66. Another question is when I retire at 66 and my wife retires at age 64 at 1/2 my benefit, will she be able to sign up for Medicare because she is drawing SS benefits? Or will she have to wait until 3 months before she turns 65? Signed: Planning Our Retirement

Dear Planning: Signing up for Medicare when you turn 65 is optional if you have creditable employer coverage. If you enroll in Part A, and you have a Health Savings Account (HSA) you and your employer must both stop contributing to it the month before you turn 65. Whether you should take Medicare Part B (coverage for doctors and other outpatient services) at age 65 depends upon whether your healthcare coverage through your employer is considered a “creditable” alternative to Medicare Part B coverage. Generally, if it’s a group plan with more than 20 participants it will

be considered creditable, but you should check with your HR department to make sure. Assuming your employer coverage is “creditable,” you can defer enrolling in Part B until your employer coverage ends. At that time, you’ll enter a “special enrollment period” during which you can enroll in Medicare Part B (and Part D drug plan) without a late enrollment penalty. You can enroll in Part B (and Part D) a little before your employer coverage ends so as to avoid any lapse in health care coverage.

If your wife claims her Social Security benefit at age 64 when you claim your SS at age 66, her own benefit will be reduced, and her spousal benefit will also be reduced from 50% of yours because she is claiming the spousal benefit earlier than her full retirement

age. Any time any Social Security benefit is claimed earlier than one’s



full retirement age it is reduced. Taken 2 years before her FRA, your wife’s spousal benefit will be about 42% of yours, not 50%.

Your wife cannot enroll in Medicare simply because she is collecting Social Security; she’s not eligible for Medicare until she is 65 (she can enroll 3 months earlier for coverage to start the month she turns 65). If your wife retires from work before she is eligible for Medicare, she may use COBRA coverage until she reaches age 65 and her Medicare coverage begins. If your wife claims her

Social Security to start when she retires at 64, she will be automatically enrolled in Medicare Parts A and B just prior to her turning 65 years of age, but if she continues to work and still has creditable employee (not COBRA) healthcare coverage from her employer at that time and wishes to delay enrolling in Part B (to avoid the premium), she can do so until her employer coverage ends. Then when her employer coverage ends, she should enroll in Medicare Part B (and Part D plan) during her special enrollment period so as to avoid any future late enrollment penalties.

Finally, you should both be enrolled in Medicare Part A (hospitalization coverage) because it is required to collect Social Security benefits after age 65. Medicare Part A coverage is free for anyone who is eligible to receive Social Security benefits.

HAPPY BIRTHDAY AMERICA!



Each and every year, as we celebrate the 4th of July, it is easy to forget that this uniquely American holiday represents so much more than barbecues, fireworks and going to the beach. It represents our triumphant battle against tyranny and the struggle to free ourselves from the control of others.

In the 243 years since we first claimed our “unalienable right” to “life, liberty and the pursuit of happiness,” Americans have continued to declare our independence and to assert the principle of universal equality in so many ways. It might mean speaking out on behalf of those who are persecuted because of their race, religion, gender or sexual orientation.

Or it might mean promoting the ideals of freedom and democracy at home and abroad.

No matter how you look at it, this great nation is unlike any other. And by the same token, every man, woman and child who calls it home is also different. But let us remain united in our differences.

Today, let’s commemorate the birth of the U.S. by reaffirming our commitment to freedom and equality for all. These are the basic principles that our country was founded upon, and as long as we strive to uphold those principles, we will never forget the true meaning of independence.

Happy Birthday, America!
Luz Rivas, Assemblywoman – 39th District

Happy Birthday, America!

I hope everyone in Sunland/Tujunga & surrounding areas, come out to watch the best 4th of July parade in Los Angeles! Our theme this year is Celebrating Our Volunteers, because the Rotary Club really wants the community to have a chance to be appreciated, & to appreciate everyone in our area who volunteers their own time to help make our neighborhood great!



The Rotary Club of Sunland Tujunga & Shadow Hills is proud to acknowledge the importance of volunteers within our community. Academic teams, business teams, sports teams, and even civic teams which make up a very important part of our day-to-day lives.

This year, we at the Rotary Club are pleased to have Riverwood Ranch resident Brian Schneider as our Grand Marshal. Working with Art Miner and dozens volunteers from the community, they organized the clean-up and removal of debris in the Big-T. Another volunteer is Gail Carlson who against all odds, got the DOT boxes in Sunland-Tujunga decorated by volunteers.

We have had children’s dance classes, clean-ups of Foothill Blvd. and the working with neighbors to create a new form of Neighborhood Watch to protect our local businesses.

It takes a village, and we have a wonderful one!

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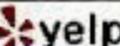
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Toasted Tomato Pie With Quinoa Crust



2 large egg whites, lightly beaten
1/4 to 1/3 cup Parmesan cheese (grated)
1 teaspoon Italian Herbs

Directions:

Preheat oven to 350 degrees. Line a rimmed baking sheet with parchment paper.

Place quinoa on parchment paper and bake on lowest rack in the oven for 10 minutes or until golden brown. Remove from oven and let cool. Place quinoa in a food processor and pulse for 30 seconds. Transfer to a large bowl. Add almond meal, cornstarch, and 1/4 teaspoon of the salt. Stir to combine. Add the egg and 1 tablespoon of the oil. Stir until mixture is crumbly. Press into the bottom (and 1/2 inch up the sides) of a 9-inch springform pan coated with cooking spray. Bake for 5 minutes. Remove from oven and set aside.

Heat a skillet over medium-high heat. Add remaining 1 tablespoon oil to pan. Add leeks and sauté for about 3 minutes. Add garlic and cook 1 minute more. Using a medium mixing bowl, combine leek mixture with the thyme and the remaining 1/4 teaspoon salt. Add egg whites, stirring to combine.

Spread this mixture on the crust and arrange tomato slices on top. Sprinkle with cheese and herbs. Bake for 15 minutes. Remove from oven and let it set up for about 5 minutes before cutting into slices for serving.

Have you ever considered food as art? I'm not talking food that's styled for a photo shoot with unappetizing peas painted green or salad greens misted to make them "look" fresh. I'm talking about food you can eat. I'm talking about food that looks so good it is a work of art.

Sometimes I imagine this recipe as the work of a minimalist artist expressing his art through cooking. Other times I just look at it and drool thinking about how good it will taste once I cut it into wedges and wolf it down while savoring the super nutritious and crunchy crust.

Give this recipe a try and let me know how you like it. Better yet, make it and let me know if it reminds you of a work of art!

Ingredients:

1 cup uncooked quinoa
1/2 cup almond meal
1 tablespoon cornstarch
1/2 teaspoon salt (divided)
1 large egg (lightly beaten)
2 tablespoons olive oil (divided)
Cooking spray
2 cups thinly sliced leeks
2 garlic cloves, minced
2 large heirloom tomatoes (sliced thin)
1 teaspoon fresh thyme (chopped)

For additional recipes,
see Chef Randy's website at
valley-vegetarian.com

July 4th is Not So Pet-Friendly

How to make July 4th safe for your pet



The Fourth of July is one of the most stressful and potentially dangerous times of the year for pets. While you and your family, friends, and neighbors are celebrating the holiday with fireworks, pets are finding these festive activities anything but celebratory.

Many pet parents assume that if their pet is not afraid of thunder or other loud noises, they will not be bothered by fireworks. This is not necessarily true. Even pets who normally are not bothered by thunder and other loud noises are often frightened and panicked by the cumulative effects of the fireworks, the excited voices outside, and being left alone inside the house.

If pets are left outside and unattended, the noise and raucous often drives them to run away. In fact, the July 4th holiday is a very busy time for animal shelters across the U.S. They report taking in a higher number of dogs that run off during fireworks festivities. In addition, many police stations log higher volumes of stray dog calls and barking complaints on July 4th compared to any other day of the year.

By planning ahead and taking some common sense precautions, you can help ensure your pet is happy and safe this Fourth of July:

1. Do not take your pet to fireworks displays.

2. Do not leave your pet alone in the car during fireworks (or ever). With only hot air to breathe inside a car, your pet can suffer serious health effects even death in a few short minutes. Partially opened windows do not provide sufficient air, but they do provide an opportunity for your pet to be stolen. Leaving your pet alone in the car is never a good idea. However, if your pet is most comfortable in the car, some pet parents find that driving around with their pet in the car helps to calm their pet.

3. Keep your pets in your home in a comfortable and quiet area with the shades drawn. If your pet is crate trained, then his crate is a great choice. Some animals can become destructive when frightened, so be sure that you've removed any items that your pet could destroy or that would be harmful to your pet if chewed. Leave a television or radio playing at normal volume to keep your pet company while you're attending Fourth of July picnics, parades, and other celebrations.

4. Consult vet for anxiety relief. If you know that your pet is seriously distressed by loud noises like thunder, consult with your veterinarian before July 4th for ways to help alleviate the fear and anxiety he will experience

during fireworks displays. 5. If your pet seeks comfort in a bath tub, under a bed or other small space... let him. Do not try to lure him out. If the space is safe and it makes him feel more secure, let him be.

6. Never leave pets outside unattended. Even in a fenced yard or on a chain is not safe. In their fear, pets who normally wouldn't leave the yard may escape and become lost, or become entangled in their chain, risking injury or death.

7. Make sure your pet is wearing an identification tag. If your pet does run off, proper ID can help ensure a safe return. In addition, it is also recommended to microchip your pet.

This is an added safeguard should your pet lose his ID tag. Animals found running at-large should be taken to the local animal shelter, where they will have the best chance of being reunited with their owners.

Here's to you and your pet having a happy and safe Independence Day!

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News From An Urgent Care Clinic: Itchy Insulation

Dr. Sam Samalin



Dr. Sam is a Physicians Assistant

Today we have a letter from a concerned reader and possible patient, and owing to patient-doctor confidentiality, I have left out the person's name.

Dear Doctor Sam, I'm concerned. I was working in the attic of my house and pulling wires through this pumped-in insulation. I didn't start itching or coughing and my eyes didn't get red until the next day. It's now been a week and I'm still itching. Any suggestions?

Dear Concerned:

Without seeing a sample of the insulation, I'd suggest that you were probably exposed to a fiberglass based insulation. The first thing you should do when exposed to insulation is to take a cold shower because a hot shower opens up your pores and the glass fibers can enter

and cause irritation. Although uncomfortable, the insulation isn't dangerous (unless you inhale it) because your skin is constantly renewing itself and will expel any foreign particles.

If the itching or the redness in your eyes continues, come over to Urgent Care or to your local doctor. Fiberglass is made of fibers of glass. When you inhale them into your lungs, they are not easily broken down by your body if at all. If you don't like the idea of getting wood or metal particles in your lungs, then you shouldn't inhale glass fibers either. For small amounts, you will be fine. You can wear a cheap dust mask to avoid this.

The good news is that it does not cause cancer. It does cause skin, eye and lung irritation. I have seen many patients over the years year's and so far I have not noticed any continuing ill effects.

If it is still itching, and then come in to Urgent Care or go see a doctor if it doesn't go away. Fiberglass is probably not that good for you just like many other things you breathe in on a daily basis. I would recommend that next time you work in your attic you wear long sleeves, a dust mask and goggles.



NOTICE

All Fireworks* are illegal in the City of Los Angeles

Fire Investigators and Police Officers will be out in force this year. Violators risk serious fines, confiscation of fireworks, and jail.

It is unlawful to purchase fireworks in other cities for use within the City of Los Angeles.

Possession and/or use of fireworks within Los Angeles is a violation of Municipal Code 57.55.01A, or Section 12677 of the Health and Safety Code.

The public is requested to report the sale or use of fireworks within the City of Los Angeles by calling 911.

Every year, fireworks cause horrible injuries and thousands of dollars in damage. For a safe 4th of July, go to a Professional Fireworks Show.

For information about Professional Fireworks Shows in Los Angeles County, call the Fireworks Hotline. The number is:

(888) 654-FIRE

www.SafeJuly4th.org



www.LAFD.org

*Not including permitted professional fireworks shows.



SUNLAND-TUJUNGA SHADOW HILLS ROTARY CLUB presents

4TH OF JULY PARADE



**THURSDAY
JULY 4, 2019**

**Out of this
World**
Sunland-Tujunga
July 4, 2019



Parade starts 10 am - Mt. Gleason and Foothill