

The Government Center Gazette

& Van Nuys News Press

Serving Van Nuys,
Sherman Oaks, Encino,
Tarzana, N. Hollywood
& Glendale

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"He only half dies who leaves an image of himself in his sons." -- Carlo Goldoni

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HON. MAYOR GEORGE THOMAS ANNOUNCES STREET REPAIR WORK IN VAN NUYS

Seeks Public Input To Identify Specific Locations

VAN NUYS, CA -- The Van Nuys Neighborhood Council & the Bureau of Street Services have scheduled pothole repairs for this coming Thursday in the mid San Fernando Valley. If you know of any specific spots that need addressing, please email Council President George Thomas at info@vnnc.org. (A picture attachment would be supremely valuable, but an address will suffice.)

"The City of Los Angeles should address the very basic services local governments are intended for, and in this case we are filling potholes in Van Nuys on Thursday. I am pleased to work alongside the Bureau of Street Services, and lets see if we can do something about the interchange at Burbank and Sepulveda Boulevard. Year after year, that is the top location and concern of people when asked about potholes in Van Nuys," said Honorary Mayor and Council President George Thomas.

"The Bureau of Street Services (BSS) is one of the five Bureaus that comprise the Department of Public Works (DPW). We are responsible for maintaining numerous elements of the City's public works infrastructure and for providing services that directly improve the quality of life of city residents, visitors, and stakeholders. While our mission is to provide quality street services in a timely and efficient manner, our strategic plan is committed to delivering the most innovative street services while being instrumental in the development of a green and prosperous City of Los Angeles," said Director of the Bureau Nazario Saucedo. *If you know of any specific spots that need addressing, please email Council President George Thomas at info@vnnc.org. (A picture attachment would be supremely valuable, but an address will suffice.)*



WINE & DINE AT FINE NEW ORLEANS LOCATIONS

NEW ORLEANS, LA -- The gastronomic allure of New Orleans is difficult to overstate.

Here is a city which proudly serves the only indigenous cuisine in the United States, and which is constantly broadening its horizons, adding a wealth of culinary diversity to its world-renowned classic dishes.

It's difficult to know where to start, but casually dipping into the city's best dishes is a wise choice, especially for first time visitors. A perfect spot is Roux on Orleans, the restaurant of the Bourbon Orleans hotel, where you can get a taste of shrimp remoulade, seafood gumbo or catfish and grits in a laid-back, casual atmosphere.

It's also well worth making reservations at one of the French Quarter dining institutions, where tradition and style complement menus that have been refined over decades of elegant service. Antoine's has stood since 1840, and to this day holds its place in the upper echelons of local dining, countless visitors having been charmed by their famous oysters Rockefeller. Another French-Creole titan of the Quarter is Marti's, recently reopened after a full refurbishment and already reclaiming its beloved place in local eating lore.

Of course, pre and post-meal drinks are as essential a part of NOLA life as eating. Wine buffs will love the sophisticated ambience of Patrick's Bar Vin at the Hotel Mazarin, where the owner will happily walk you through his extensive list. For cocktails and a lively, modern atmosphere, Vive! Bar at Hotel le Marais is as stylish a spot as any. For those in the know, Patrick offers his "best kept secret" a glass of fine, usually French wine at just \$5 per glass – any day of the week! It is worth the trip!

If you like a slice of history with your aperitif, then May Bailey's Place at the Dauphine Orleans Hotel will transport you back to the colorful times of the 1900s, when the French Quarter was a den of iniquity. Hear the legends and watch out for the odd ghostly figure. The ghost and mystery tours regularly pass through, as this is one of the most authentic locales in the French Quarter.

Finally, for New Orleans locals, there's also a way to have one last taste of the cuisine you love, before getting your trip or vacation off to a stress-free start. By staying at the Crowne Plaza New Orleans Airport Hotel, you can take advantage of one of the best values in the state: the hotel's Park, Stay & Go offer, which gives you a night's accommodation at the hotel, up to 14 free night's parking and a free shuttle to the airport. You'll be so relaxed that you'll be able to fully enjoy the superb Cajun cuisine served up by Chef Ryan Ware at The Landing Restaurant. You can't really ask for a better start to your 'bon voyage'.



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By the end of the week it will be borderline chilly.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
H:	71	73	73	72	67	64	64
L:	44	48	48	50	48	47	44

There's a 60% chance of rain this Saturday and a 20% chance on Sunday!



--WEATHER CORNER --

WHAT IS A STANDING LENTICULAR CLOUD? A Standing Lenticular Cloud is a, more or less, isolated cloud with sharp outlines that is generally in the form of a smooth lens or almond. These clouds often form on the lee side of and generally parallel to mountain ranges. Depending on their height above the surface, they may be reported as stratocumulus standing lenticular cloud (SSCL); altocumulus standing lenticular cloud (ACSL); or cirrocumulus standing lenticular cloud (CCSL). *Source: noaa.gov*

HEALTH & FITNESS



PROTECT AGAINST MEASLES BEFORE INTERNATIONAL TRAVEL

SACRAMENTO, CA -- With the spring holidays approaching in the next weeks, many Californians are heading to the Philippines or other countries where measles outbreaks are occurring or measles circulates in the population. The California Department of Public Health (CDPH) strongly encourages all Californians to make sure they are protected against measles and other dangerous diseases before they go abroad. "Measles is extremely contagious and can be very serious. The best way to protect yourself and your family against measles is with the Measles Mumps and Rubella (MMR) vaccination, which is 97 percent effective after two doses," says Dr. Gil Chavez, deputy director of the CDPH Center for Infectious Disease Prevention and state epidemiologist. "Vaccination is especially important for those who plan to travel internationally,

which places them at high risk of getting the disease and spreading it to others after they come home." The current outbreak beginning in December 2014 is likely to have started from a traveler who got measles overseas. Most cases of measles in the United States in 2014 were associated with travel to and from the Philippines, where measles has been widespread. Other cases were associated with travel elsewhere in Asia, Europe or Africa. Measles has also been spread at international airports. Immunization with MMR vaccine protects against measles while abroad and back at home. Unvaccinated Californians who are traveling outside of North or South America should receive the MMR vaccine before they go. Infants who are traveling abroad can be vaccinated with an early dose as young as six months of age (though they should also have the two standard doses of the MMR

at 12-15 months and at 4-6 years of age). Check with your health care provider to see whether you and your family are fully protected against measles, influenza and other diseases that are common in other countries. Travelers can find helpful information about the vaccinations needed on the Centers for Disease Control and Prevention (CDC) website, cdc.gov. Travelers should also watch for the symptoms of measles after returning home. Measles begins with a fever that lasts for a couple of days, followed by a cough, runny nose, red, watery eyes, and rash. The rash typically appears first on the face, along the hairline, and behind the ears and then affects the rest of the body. If you think you or a family member may have measles, promptly contact your health care provider by telephone before entering a medical facility, where the disease could spread to others.



ARTISTS FOR TRAUMA, TOPANGA TERRACE REHABILITATION & SUBACUTE, AND THE VILLAS OFFER RECOVERY THROUGH ART

CANOGA PARK, CA -- Artists for Trauma, a non-profit organization that aims to expedite recovery by providing a creative portal to help patients after suffering a traumatic illness or injury, is partnering with two local rehabilitation and subacute care facilities. AFT's organizational goals focus on practical, enjoyable, self-care programs and practices based on adaptive, integrative resources for the recovering trauma survivor and their families. On Tuesday, February 17, 2015, Artists for Trauma launched a series of workshops, beginning with adaptive painting. Topanga Terrace Rehabilitation and Subacute and the Villas at Topanga Terrace, a 12-bed homelike rehabilitation facility, believe that by offering these AFT workshops to their residents they can provide an experience which will enrich the lives of their patients through artistic expression. "Topanga Terrace Rehabilitation and Subacute, and the Villas, present a friendly respectful staff of highly trained medical professionals to assure a consistent quality of care during the patient's stay. AFT is honored to collaborate with Terrace Rehabilitation Subacute and The Villas by bringing our free of charge, adaptive, creative, fun, evidence based, integrative healing through art programs and workshops to the patients of your facilities" said Laura T. Sharpe, Founder, CEO and Executive Director for Artists for Trauma. Topanga Terrace Rehabilitation and Subacute is located at 22125 Roscoe Boulevard in Canoga Park. For more information visit www.topangaterrace.com or www.artistsfortrauma.org.

VALLEY COMMUNITY HEALTHCARE OPENS

VALLEY TEEN CLINIC IN NORTH HILLS

NORTH HILLS, CA -- In January 2015, Valley Community Healthcare opened a second site for its award-winning, nationally respected, Valley Teen Clinic. Located at their new North Hills Wellness Center, 9119 North Haskell Ave, and adjacent to Monroe High School, the Valley Teen Clinic offers adolescents aged 12-19 a confidential, teen-sensitive environment for free reproductive healthcare and education, and access to primary care services on a no/low cost basis. Teen Peer Providers hired from the local community, are specially trained to assist young adults make appropriate lifestyle choices, and manage their multicultural environments. "Peer Providers are certified as community health workers to ensure they provide accurate information in a professional manner," explains Adolescent Medicine Specialist, Jill Halper, MD. "The Teen Clinic is a vital portal to integrated health care for teens, who may not otherwise seek medical treatment." According to Connie Kruzan, Director of Adolescent Services, female teen patients who have gone through the Clinic's year-long follow-up program have a 1% pregnancy rate, compared to 2.8% in the community at large. "In collaboration with the administrators at Monroe High School, we will combat what is one of the highest student pregnancy rates in the area, and ensure that teens have access to the comprehensive healthcare they need" states Paula Wilson, President and CEO of the Valley Community Healthcare organization. "We've done it before, and we can do it again!"

Golf in the 70's. Degrees, that is.

2 Courses that Beat the Southern California Heat



Book Your Next Stay & Play Package in Ventura

With year round temperatures averaging in the 70's, Ventura offers two award-winning courses. Olivas Links is named, "Top Municipal Course in the Nation, 2009, 2010" by *Golfweek* Magazine. The 6,818-yard, Par 72 course features a rolling links-style layout defined by seaside grasses and cool coastal breezes.

Minutes away, Buenaventura Golf Course is a parkland-style design incorporating mature trees, subtle undulations and rolling contours. At 5,884 yards, Par 70, the course is suitable for all playing abilities and a shot maker's delight. Buenaventura is rated "4 Star" by Golf Digest "Best Places of Play."

3750 Olivas Park Drive
(805) 677-6770
olivaslinks.com/stay



5882 Olivas Park Drive
(805) 677-6772
buenaventuragolf.com/stay



