

Peet Carl Ferro and Family

out

Best Version Media COVER PHOTO BY AARON HAN PHOTOGRAPHY

Smart Devices Gate Operators Security Systems Gate Hardware Entry Systems **Radio Receivers**



EVERYTHING YOU NEED FOR YOUR ELECTRIC GATE

At Automated Gate Supply, our goal is to do whatever it takes to help you secure the entrances to your property.

Our team has extensive experience as automated gate operators and garage door opener specialists. We are a one stop shop for all your automated gate access needs. Whether you need help deciding on what system fits best to secure your property, or if you want to upgrade your current operator, we supply an array of quality brands to make sure the best operator is chosen for your application.

We're here to serve you. We know that time is of the essence when it comes to keeping your home secure so, if you find yourself in a crunch, we have drivers and delivery trucks ready to arrive at your residence. We're here for you.

Everyone at Automated Gate Supply thanks all of you for your business throughout the years and we will continue to serve you for many more to come.



Vernon & Mario Penaloza

Brands

% (818) 765-3636

info@automatedgatesupply.net www.automatedgatesupply.net

LiftMaster | Linear | All-O-Matic | Doorking Ramset Inc | Reno A&E | SECO-LARM | FAAC EMX Industries | Turtle Gates | Diablo Controls Inc

DECEMBER 2021

PUBLICATION TEAM

Publisher: Joe Sharkey Content Coordinator: Elyse Glickman Designer: Brittany Jooss Contributing Photographer: Aaron Han Photography

ADVERTISING

Contact: Joe Sharkey Email: jsharkey@bestversionmedia.com Phone: 262-706-1806

FEEDBACK/IDEAS/SUBMISSIONS:

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 20th of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: eglickman@bestversionmedia.com.

CONTENT SUBMISSION DEADLINES:

Edition Due:	Content Date:					
January	November 20th					
February	December 20 th					
March	January 20 th					
April	February 20th					
May	March 20th					
June	April 20 th					
July						
August	June 20 th					
September	July 20 th					
October	August 20 th					
November	September 20th					
December	October 20 th					

IMPORTANT PHONE NUMBERS:

Emergency Police Department/ North Hollywood Police Station (818) 754-8300 Fire Department, Station 78 Studio City Neighborhood Council L.A. Public Library/Studio City Branch Studio City Recreation Center Trash Pick-Up Services **Poison Control** L.A. Animal Services L.A. Department of Power & Water PG&E (gas) Governor's Office Council District 2 (CD2) Congressman Brad Sherman – District 30 Los Angeles Unified School District White House Switchboard Animal Poison Control ASPCA MyLA311 (Toll Free 24-hour connection for information on more than 1,500 non-emergency city services) 311 or lacity.org/MyLA311

> Local businesses build community and fund this magazine's publication. Please support our Studio City South magazine advertisers. Thanks!

Best Version Media



0

DEAR READERS.

One of the most distinctive things that sets Studio City apart from other Los Angeles communities is a consistent spirit of giving that lasts throughout the year. Even as we're still living in tougher-than-usual circumstances, the fact that Studio City residents take care of one another on big and small scales enables its residents to hold on to gratitude that they live somewhere knowing their emotional and practical needs will be met.

However, what makes Studio City special is always magnified this time of year. And true to form for this December issue, our cover story about Carl Ferro and his family proves it. With support from new wife, Tracy, and his teenage daughters. Carl puts the same level of care and commitment into addressing homelessness and poverty as he does into Sunfare, his meal delivery and nutrition business. As every member of the Ferro family sees it, one cannot be complete until you find ways to bring change to the lives of people who are in need.

The theme of physical and emotional wellness being gifts that keep on giving flow through this issue, from our stories about some of our new advertisers to suggestions from our expert contributors to the various Christmas staples (recipes, health, home improvements, and so on) we look forward to. As we turn the corner into 2022, we wish you a holiday season that will mark many better things to come.

Elyse Glickman Content Coordinator



EXPERT CONTRIBUTORS



usanna Nagy, Realton Keller Williams Realty lagentnagy@gmail.com 818-481-1602



911

(818) 756-8678

(818) 655-5400

(818) 755-7873

(818) 769-4415

(800) 773-2489

(800) 222-1222

(888) 452-7381

(800) 342-5397

(800) PGE-5000

(916) 445-2841

(213) 473-7002

(818) 501-9200

(213) 241-5200

(202) 456-1414

(888) 426-4435

cott Marshall-Miller, Owner Gift Gallery + Restrained Whimsy info@restrainedwhimsy.com 318-821-3348



Jeffrey D. Munjack, CEP[®] + Financial Planner President, JDM Financial Group MSFS, CTS™, CIS™, PFP www.idmfinance.com 310-479-4122



Dr. Jeffrey Taranto, Owner **Opulent Eyes Optometry** www.opulenteyesoptometry.com info@opulenteyesoptometry.com 818-761-3379



Jody Sherman, CEO & Dr. John Sherman, VP & Executive Directo AAA T.L.C. Health Care, Inc. Live-In and Hourly RNs. LVNs, CNAs, & Caregivers www.aaatlc.com • 310-271-1887











Aaron Albucher Bookkeeping 818-599-0069



Mario & Vernon Penaloza Automated Gate Supply www.automatedgatesupply.net /ernon@automatedgatesupply.ne 818-765-3636



Priscilla and Ozzie Artavia P & O Cleaning Services Priscy5000@gmail.com 818-457-0364 (for Priscilla) OzzieUrzua5000@gmail.com 818-746-6275 (for Ozzie)

To learn more about becoming an Expert Contributor, contact Joe Sharkey at jsharkey@bestversionmedia.com or 262-706-1806

Food for Thought and for the Soul:

By Elyse Glickman Photos by Aaron Han, Aaron Han Photography and provided by Carl Ferro

the

20+

▲ Ithough Carl Ferro has lived in Southern California since 1994. and has been a Studio City resident for nearly a decade, he still proudly carries the Midwestern values he was raised with as well as a global outlook in how he runs his business and brings up his daughters. The family lives on the eastern end of Studio City in a house just south of the Boulevard, and a short walk to local businesses. "I love that my kids can walk to the grocery store, it's that close!"

"When I first moved to California I lived in the Hollywood Hills," Carl explains. "However, as I have eleven year-old and fifteenyear-old daughters, I came to realize Studio City is the perfect place to raise a family. We get the best of all worlds living in a neighborhood with a suburban vibe that is still just minutes away from the modern conveniences of shopping, dining and entertainment. My older daughter, JoAnn, 15 goes to Notre Dame High School and Ellie, 11 year old goes to Laurel Hall. It's a ten minute drive from JoAnn's school and a ten minute drive to Ellies school and they are minutes away from their friends and their favorite sports and after-school activities."

Carl adds that his daughters' favorite clothing boutiques and second-hand stores are a bit further west on Ventura, which means the family can enjoy shopping in a real hometown setting rather than an indoor mall as he did growing up. However, he's encouraged his daughters to pursue sports, excel in academics, and



erro

be well-rounded in all areas of their lives...which includes giving back to the community. As the co-founder of Sunfare, a nutritional food and meal delivery business, this is right in line with his long-standing, deeply held beliefs.

"Ellie's a soccer player and JoAnn is a volleyball player. So here's what our week looks like right now: On Monday, Tuesday, Wednesday, and Thursday, Ellie has soccer practice. Every single day, Monday through Saturday, JoAnn either has a volleyball match or practice," he continues. "On many weekends, we'll either have a soccer game or a volleyball tournament. However, on the weekends when we're not going to a game, we go to our lake home in Arvin, just up the 5 Freeway. This is our favorite place to kick back and recharge. The kids waterski competitively and enjoy other water sports. That said, Studio City is very much our home base, with a relaxed vibe that makes us appreciate the little things that make life good every day."

Because there's so much going on in Los Angeles, Carl says that living in Studio City proved to be an advantage in terms of keeping Sunfare, which he started with his business partner back in 1997, bright and successful. Sunfare now delivers to clients in LA County, Orange County, as far north as Newbury Park, and much of Scottsdale and several Phoenix suburbs. As with his daughters and their athletic pursuits, he takes pride in the fact that sports is a big part of Sunfare's business. His expansive clientele is as impressive as ESPN's line-up, which includes fifteen major league baseball teams during Spring Training in Arizona (including the Chicago Cubs, San Francisco Giants and the L.A. Dodgers), and 22 athletes in the NBA draft last year including the number one pick, and top NFL draft picks over the last couple of years.

"While there are many companies now custom creating and delivering meals to clients, we were ahead of the curve when we started, and because of current circumstances, we are expanding our capacity to provide customized and nutritionally balanced breakfast, lunch, dinner and snacks," Carl details. "To accommodate the demand, we now have an 11,000 square-foot kitchen in downtown L.A and a 10,000 square-foot kitchen in Arizona for our clientele there. We have a program called 'Fat Burn,' which allows people to lose a significant amount of weight on a medi-

cally sound program but with food that looks and tastes good." While one of Carl's major mission of Sunfare is to help his clients attain optimum health through nutritionally balanced breakfasts. lunches, dinners and snacks, it's understandable that he's been profoundly affected by what's been happening just outside his kitchen in downtown L.A. for the last nineteen years as well as observing life on Skid Row coming and going from work. "I got to the point where I just needed to help in the community and do more," he says. "This prompted me to start a charity in 2019 with Dr. John Kowalczyk (a buddy of mine) called Generous Hearts. We pulled together and provided food, clothing and medical services for those in need."

This, in turn, stemmed into their involvement with Share!, a collaborative housing model, as Carl and John realized that feeding the homeless alone was just a Band-Aid because the problems of the homeless run so much deeper for every individual affected.

"I joined the Board of Directors of Share! this year, where I created the first-ever text-to-give campaign," Carl continues. "Influencers included high-profile NFL athletes and celebrities such as







Jack Black, Steve Harvey, the cast of SWAT (Alex Russell, Lina Esco), Chelsea Gray, Andra Day, and Richie Ramone. Together, they helped raise over \$10,000.00 by posting messages on social media".

On the day of this interview, Carl was happy about the fact that he brought over and distributed new socks and blankets for 125 people, and, better still, got five people into housing during the process.

"I actually hired somebody I worked with today...a young woman who was living out of her car because of domestic abuse issues.' Carl says with enthusiasm. "When she told me about her past iob experience in food service, she was the perfect fit. And to help her on her journey, we gave her a place to live that she could move into later that week. I am grateful for all of the special things the charity work allows me to do. We've got about a hundred and twenty employees at Sunfare, and I am at that point in life where I just want to make a difference in the world any time of year, and not just during the holidays."

Elllie and JoAnne participate on Saturdays or Fridays, based on what their schedules allow, while his mother-in-law helps with Carl's charity work when she's in town. Wife Tracy (they married on October 19), meanwhile, helps organize the donations while the kids help box the food and hand out the meals.

"While we once offered family-style meals, because of COVID, we're now doing individual packages," Carl says. "Doing this as a family is really cool, especially because I can see this work is making an impact on Ellie as she's been moved to look at different social media platforms focused on various charitable causes. She'll often find and share stories that she found online about somebody giving another person a place to live or changing a life in another meaningful way."

As Carl and his family are also big supporters of local businesses, it's no surprise that hitting the Farmers Market on Sundays is almost always on the schedule, especially with the holidays coming up.

"When the kids were younger, they loved to climb on that rock wall," he affirms. "Nowadays, Tracy and the girls find it a great place to shop for special foods as well as clothes, jewelry and gifts for friends. As I'm in the nutritional food business, it is truly inspiring and exciting to see vendors with a variety of produce and healthy artisanal things like bread and honey. It's also a blast to run into some of my clients from the Dodgers or the Clippers out and about, shopping with their families at the Farmer's Market, or Home Goods, along with our other neighbors. This is really what makes Studio City feel like home."





By Melissa Gunn | Photos by Melissa Gunn/Pure Strength

uring the holiday season, and as the pace of life picks up again, it is vital to stay balanced and not let our health slip away. Consider this...do you want to age gracefully? Have more energy? Be healthier

overall? As things get busy, it can be easy to lose sight of what you need to do to accomplish these things. However, there are five essential things you can do to stay on track with your health.

Never miss your regular workouts, and make **your time count:** Strength

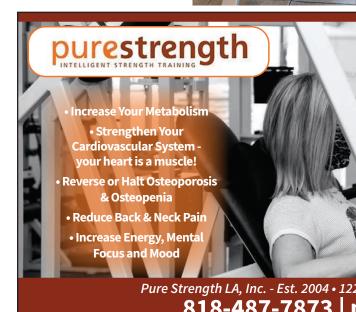
training is one of the most important forms of exercise you can do. Why? Because it increases your metabolism most efficiently, builds resistance to injury, increases your cardiovascular health, combats muscle loss, fights osteoporosis, and reduces symptoms of depression, anxiety, and stress. And here's the best part of keeping up a workout routine: Exercise produces myokines in the body which are chemicals released by muscle



fibers under contraction. This has an anti-inflammatory effect on the body and increases your immunity.

 Rest: It's easy to overlook this one, but we cannot ignore the importance of rest. When your body is at rest, it responds by rebuilding and regenerating that muscle after your workout, leaving you





Discover Aldik Home

Los Angeles' Most Beautiful Store For More Than 65 Years



6 STUDIO CITY SOUTH

PURE STRENGTH

physically stronger. This cycle not only keeps you building and maintaining muscle and strength, but it also helps you bounce back more quickly from surgery and injuries. Your body is essentially trained to heal and repair damaged tissue on a weekly basis. Furthermore, proper

.



EXPERT CONTRIBUTOR

rest boosts your immune system, prevents weight gain, strengthens your heart, and improves your mood, productivity, focus, memory, and exercise performance.

- Nutrition: It's okay to indulge in moderation during this time of year. However, focus your diet on whole foods to fuel your body and give you sustained energy. Healthy fats like avocados, walnuts, and olive oil, a various array of vegetables, lean proteins, whole grains, and fruit are what you should aim for. High amounts of sugar and refined carbohydrates in your diet, conversely, can lead to chronic inflammation in your body which can lead to disease.
- Hydrate: Drink plenty of water. This regulates internal body temperature, assists in flushing waste, lubricates joints and acts as a shock absorber for the brain and spinal cord. Make sure to stay well hydrated throughout the day, and consume all other liquids in addition to your water intake - not instead of it.
- Keep Moving! Get outside and do something you love at least once a day. Better still, shoot for doing this several times throughout the day. Getting outside in the fresh air and moving your body will help to increase your energy and mental focus, as well as improve circulation and mood and lower your blood pressure and heart rate.

By sticking to these essential pillars, you will stay on track with your health. Your body will thank you, giving you a great jump on the New Year!

THE 20-MINUTE, ONCE-A-W

ORKOUT BACKED BY SCIE

Pure Strength LA, Inc. - Est. 2004 • 12265 Ventura Blvd #106 • Studio City, Ca 91604 818-487-7873 | purestrengthla.com



Publisher's Note: At the time this magazine went to print, all live event times and virtual site content "events" were accurate. However, we recommend checking listed websites for the most current information. Some in-person events may have been postponed or canceled.

Fri-Sun, Dec. 3-5 LOS ANGELES COMICON

@Los Angeles Convention Center, 1201 South Figueroa Street, DTLA In 2019, over 106,000 fans joined the collective quest to serve up one of the most diverse and celebrated pop culture events in the US. The confluence of comics, gaming, sci-fi, horror, and pop culture will feature over 800 diverse artists and vendors selling comics, collectibles, art, toys, apparel, and everything in-between. Time: Fri, 1-8pm; Sat, 9:30am - 7pm; Sun. 9:30am - 5pm Cost: \$15-229 comicconla.com

Sat, Dec 11 & Sun, Dec. 12 **'HOME ALONE' IN CONCERT**

@Walt Disney Concert Hall, 111 S Grand Ave, DTLA This beloved family-friendly holiday season comedy classic features renowned composer John Williams' charming and delightful score performed live to picture by the Los Angeles Philharmonic, conducted by David Newman. Time: 8pm, Sat; 2pm, Sun Cost: \$55-187+ skirball.org

Sun, Dec. 12 HANUKKAH, THE JEWISH FESTIVAL **OF LIGHTS**

@Skirball Cultural Center, 2701 N. Sepulveda Blvd. LA The Skirball invites families to celebrate Hanukkah, the Jewish Festival of Lights, which features a full program of a "heartwarming community candle lighting and a lively sing-along to get you feeling festive." Time: 11am-4pm Cost: free with advance RSVP reservations online. skirball.org

Dec. 16-19 **DISNEY ON ICE: DREAM BIG!**

@STAPLES Center, 1111 S Figueroa St, DTLA "Disney on Ice" is a series of touring ice shows produced by Feld Entertainment's Ice Follies And Holiday on Ice, Inc.

under agreement with The Walt Disney Company. The shows feature figure skaters portraying the roles of Disney characters in performances derived from various Disnev films. Time: 7pm Cost: \$56 per seat; see website for special packages disneyonice.com/dream-big/los-angeles-castaples-center

Fri. Dec 24 62nd ANNUAL L.A. COUNTY HOLIDAY CELEBRATION

@The Music Center at the Dorothy Chandler Pavilion, 135 N. Grand Avenue, DTLA The 62nd edition of the beloved annual and Emmy Award-winning Los Angeles holiday tradition is presented in conjunction with The Music Center, guaranteeing holiday season classics will sound as good as ever. The three-hour showcase of L.A.-based artists will be simulcast on PBS SoCal. Time: 3-6pm Cost: free, visit site for ticket application and details; free for telecast. musiccenter.org

Thru Dec. 31 CANDY CANE LANE

@Lubao and Oxnard Streets, Woodland Hills Just 20 minutes up the freeway from Studio City, Candy Cane Lane has become an annual phenomenon recognized as one of Southern California's best Christmas light displays. Neighbors compete against each other for the most lavish and extravagant decorations. There are giant animatronics, Santa Claus, and plenty of

cartoon characters. Time: Sunset-10pm Cost: free

Thru Jan. 7. 2022 L.A. ZOO LIGHTS AT THE LOS ANGELES ZOO

@5333 Zoo Drive, Los Angeles L.A. Zoo Lights is the brightest, most impressive light show in Los Angeles. featuring thousands of LEDs and giant snowflakes, as well as lavish decorations on trees and alleys in almost every corner of the Zoo. Laser technology and 3-D projections combined with music make the Christmas Zoo experience magical. Animated displays feature animals like elephants and lizards. Time:10am-5pm Cost: Adults, \$22; Seniors, \$19: Kids 2-12. \$17: Infants. free lazoo.org

ONGOING

THE STUDIO CITY FARMERS MARKET @2052 Ventura PI, Studio City

Thanks to our warm year-round climate and abundance of local and nearby producers, shopping for everyday kitchen staples and original specialty foods every Sunday can be a special occasion for everybody-though December's bounty promises to be particularly colorful. Time: 8am-1pm Cost: free studiocityfarmersmarket.com

Thru Feb 20, 2022 STAR TREK: EXPLORING NEW WORLDS

@The Skirball Cultural Center. Skirball Cultural Center, 2701 N. Sepulveda Blvd. This fully immersive exhibition showcases Star Trek's significant impact on culture, art, and technology over the past 50 yeas through more than 100 rare artifacts, set pieces, and props, plus state-of-the-art photo and video interactive installations. Time: Tues-Fri, Noon-5pm, Sat-Sun, 10am-5pm, Closed Mon. Cost: \$18, general: \$15. full-time students. seniors + kids over 12: \$13, kids 2-12; free, members, children under 2; free every Thursday skirball.org

Thru Feb 20, 2022 LA SURPRISE: WATTEAU IN LOS ANGELES

@The Getty Center, 1200 Getty Center Dr, Los Angeles Graceful scenes of courtship, music and dance. strolling lovers and theatrical characters: this is the imaginary world conjured by the greatest French painter and draftsman of the 18th century, Antoine Watteau

Time: Tues-Sun, 10am-5pm; closed Mon. Cost: free/parking \$20 Getty.edu

Thru Feb. 28, 2022 MOTOWN: THE SOUND OF YOUNG **AMERICA**

@The Grammy Museum, Downtown LA Follow the history of the culture-defining record label with this decade-spanning dive into Motown. The Grammy Museum exhibition includes stage outfits worn by Motown icons and a station where you can learn the Temptations' signature dance moves

Time: 4:30-11:30pm Cost: \$15, general; \$13, seniors, students, kids 6-17 and military w/ ID; free, children 5 and under. grammymuseum.org

Rich Simple

BY JORDAN KING

Hot chocolate does not have to be complicated or come from a package. With three simple ingredients and perhaps some toppings, this delicious cool weather treat can be enjoyed in moments. Multiply as necessary!

8oz milk 1.5 tablespoon unsweetened cocoa 1.5 tablespoon honey

Pour milk into pot, add cocoa and honey. Heat on medium-high constantly whisking until desired temperature is reached. Enjoy!

Optional additions: cinnamon stick, marshmallows, fresh whipped cream, peppermint extract

Marriage and Family Therapist



As a licensed marriage and family therapist, I work sensitively with individuals and couples. My goal is to ultimately help people harness their inner resources to face life's sorrows and joys. I specialize in:

> Individuals and Couples Relationship Issues Career and Life Transitions Anxiety and Depression • Trauma, PTSD, Grief and Addictions

Rita Bazeley, LMFT *Specializing but not limited to persons in the creative arts

213-300-5295 12725 Ventura Blvd, Suite G, Studio City 91604

8 STUDIO CITY SOUTH





Prep time: 1 minutes Cook time: 2 minutes Serves 1







AARON HAN PHOTOGRAPHY @its.aaronhan | 626-818-2079 | AaronHanPhotography.com



PROFESSIONAL PHOTOGRAPHY FOR PERSONAL & COMMERCIAL BRANDS

EXPERT CONTRIBUTOR

GAIN MORE **INDEPENDENCE** WITH A CAREGIVER



A Testimonial: "The best thing about Fellie was that she always let mother be in control and she understood that mother needed to be the boss. She was wonderful and perfect for mother."

RNs, LVNs, CNAs & Caregivers

All AAA T.L.C. Employees are Fully Vaccinated

AAA T.L.C. Health Care

(833) 422-2852

www.aaatlc.com



AAA T.L.C. | Southern California's Most Trusted Health Care Home Care Agency & Registry

AAA T.L.C. HEATH CARE: Keeping Holiday Spirits Bright

By AAA T.L.C. Home Care Agency and Nursing Registry



he holidays are a special time of year. At AAA T.L.C. Health Care, Inc., we understand the importance of gathering with family and friends. However, planning celebrations while ensuring loved ones are cared for and comfortable can be difficult, especially when distance and medical conditions pose many challenges. By removing these hurdles, our caregivers put you and your loved ones at ease, allowing all family members to focus on enjoying each other's company.

Compromised or changing health should not have to limit one's ability to be present and participate in traditional holiday celebrations. Our professional caregivers will travel with you or your loved ones by car or plane, anywhere in or out of state, and even out of country. All the while, they will assist with and establish required day-to-day routines to which you or your loved ones are accustomed.

Would you like help with preparing holiday meals and entertaining? We have that covered, too! Caregivers can help shop, prepare meals and discretely assist with all aspects of entertaining. AAA T.L.C. takes a seemingly impossible task and makes it simple, easy, and fun.

Of utmost importance, prior to any assignment, AAA T.L.C. conducts interviews that identify physical, mental, and emotional needs to establishes matches with caregivers that are perfectly suited to our clients' personalities and desires. No one and no issue are too difficult. Our "Absolutely Always Amazing Tender Loving Care" approach ensures your annual holiday gatherings will include everyone. Nobody has to be alone.

Call us today to learn more about how we can help you and your loved ones continue your family traditions.

Fish

B VM **Best Version Media**[®]

CONTACT THE PUBLISHER OF THIS MAGAZINE FOR MORE INFORMATION



OPULENT EYES

OPTOMETRY

- Full Comprehensive Eye Exams
- Contact Lens **Evaluations**
- Ortho-K
- Urgent Eye-Care
- "Optos" Digital Imaging -No dilation. No air puff.
- Fittings
- Glaucoma Screening • Ophthalmic Lab on premises

filled

Scleral RGP Contact

10 STUDIO CITY SOUTH





🛛 🔏 of life

• Dry Eye Treatment Keratoconus Contact Lens Fittings Cataract Screening LASIK Screening

Outside prescriptions

Dr. Jeffrey Taranto • Opulent Eyes Optometry 12214 Ventura Blvd. Studio City, CA 91604 www.opulenteyesoptometry.com · info@opulenteyesoptometry.com (818) 761-3379

Essential Oils for the Holidays

Winter is such a wonderful time of the year. Of course, we all associate the winter months with the holiday season and all the festivities that go along with it. When thinking about the holidays, one of the first things that I think of are the smells. Our sense of smell is one of the strongest that correlates with memories. Most people have those special memories of walking into grandma's house when it smells like fresh cookies are baking, or the aroma of the ham in the oven, and the smell of fresh pine when a family puts up their Christmas tree.

Our family enjoys these scents all year long thanks to our use of essential oils in our home. However, we tend to diffuse more of these particular scents during the winter months, as they give off the aroma of memories and delicious food we love. There are also many health benefits to ditching those candles and diffusing in your home. Here are some of our favorites:

1. Peppermint

Of course we think of candy canes when we diffuse this one, but it also is considered a very invigorating scent that can give you energy and clear your nasal passages. If you use food grade oils like we do, a drop in hot chocolate gives it a real pop!

2. Cinnamon

This is a very warm and inviting scent to diffuse in your home. Inhaling cinnamon oil can be very grounding and energizing to your body. If you do put this one on your skin, be sure to dilute it first as it can create a burning sensation. Diffusing cinnamon smells like you are baking cookies in your home!

3. Pine

Our family often has an artificial Christmas tree, but you would never know it when you walk into our home! Diffusing pine oil or another evergreen tree oil gives the illusion to your senses that there is a real tree present. Also the smell of pine is a very relaxing scent and can boost your mood as you remember the feeling of walking in the woods.

It's no secret that certain scents can uplift our mood and keep us feeling that holiday spirit all year long. Next time you are having guests over or just want your home to have that extra kick of delicious Christmas scents, consider diffusing some of these oils. This is the time of year to do whatever you love that brings you joy!





NO MORE TOYS PLEASE: This Mom's Honest Opinion on Material Gifts

By Melissa Magliocco

fter all the holiday presents have been unwrapped grandparents, aunts, and uncles, we always suggest Aand scattered throughout the house, we find the following alternative gift ideas. While they haven't ourselves drowning in a sea of toys. A week or so completely jumped on the "no toy" train yet, it has later, those new toys find homes in the basement or definitely helped to scale back the number of toys our children receive each year. Good luck! someone's bedroom. Few are seen again (until we clean out the following year). When it comes to holiday **10 NON-TOY GIFTS** (and birthday) presents, our family has a rule: if new • Gift of money to save for college toys come into our home, the same number of old toys need to be donated. As our children sort through the • Registration fee for seasonal sport or activity toys, they find many they never had much interest in. Rec classes Often, toys from the previous Christmas find their way into the donation bin, barely played with! Music lessons

Children tend to enjoy *opening* these gifts. It brings them momentary excitement, but the sheer volume soon becomes overwhelming. That's why our family takes a different approach to holiday gifts. Grandparents are notorious for gifting an abundance of toys, so we (as parents) don't give them any! Instead, each child receives three types of gifts from us: something they want, something they need, and something to read. In addition to the three-gift tradition, we also send our children together on a scavenger hunt throughout the house to find clues about our upcoming annual family vacation. They love guessing where we're going! Finally, regarding



- Memberships to museums or zoos
- State park pass
- Monthly subscription boxes
- Educational magazine subscriptions
- Donation to a charity of the child's choice
- One-on-one outings together

Residential & Commercial Cleaning Services Homes, Apartment Buildings, Condominiums, Offices & Retail Stores, Post-Construction Clean Up, Pre & Post Event Cleanup

P & O Cleaning Services Priscilla & Ozzy Artavia

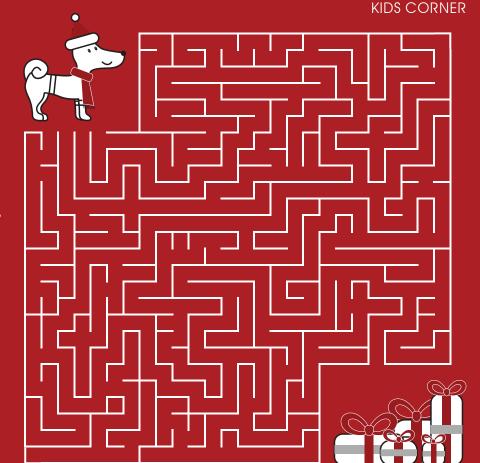
Ozzie 818-746-6275 OzzieUrzua5000@gmail.com

> Weekly, Bi-Weekly, Monthly & One-Time Service





HELP THE PUPPY FIND THE PRESENTS By Kady Parker



BVM/ SPORTS

SHARE YOUR STORY

Share your child's first basket, their first catch, their first smile playing the sport they love!

FREE & EASY · NO ACCOUNT NEEDED

BVMSPORTS.COM





DIO CITY SOUTH







STUDIO CITY MARKET ANALYSIS													
	HOME	ES IN STL	IDIO CI	TY -	SOUTH	10	F VENTURA	A BI	LVD.				
RECENT NEW LISTINGS AND SALES													
	HOME SF	LOT SF	BUILT	BED	BATH		LIST PRICE	CL	OSE PRICE		\$/SF	DAYS	
	2,662	5,384	1979	3	2.5	\$	1,995,000			\$	749		
У	1,736	10,620	1957	3	2	\$	1,736,000			\$1	L,000		
Rd.	5,437	32,938	1986	4	5	\$	3,995,000			\$	735		
t Ave.	2,266	7,890	1955	3	2	\$	1,599,000			\$	706		
d Dr.	2,259	9,762	1961	4	3	\$	1,899,000			\$	841		
errace	1,430	11,036	1937	2	1	\$	1,600,000			\$1	l,119		
w Ave.	4,183	6,742	2017	5	6	\$	3,495,000			\$	836		
ourt	4,057	5,952	1995	5	5	\$	2,399,000			\$	591		
a Dr.	3,076	8,218	1962	5	4	\$	2,495,000			\$	811		
a Dr.	3,466	13,580	1961	5	5	\$	3,299,000			\$	952		
	1,200	4,830	1941	2	2	\$	1,249,900	\$	1,273,800	\$1	L,062	9	
ace Dr.	2,320	11,432	1937	3	3	\$	1,895,000	\$	2,350,000	\$1	L,013	9	
ourt	1,662	11,165	1955	3	2	\$	1,625,000	\$	1,540,000	\$	927	112	
w Ave.	4,572	6,525	2021	5	6.5	\$	3,820,000	\$	3,765,000	\$	823	138	
	2,289	7,753	1940	2	3	\$	1,899,000	\$	1,900,000	\$	830	9	
Dr.	3,371	8,541	1988	5	4.5	\$	1,995,000	\$	1,986,562	\$	589	6	
t Pl.	2,368	10,008	1956	4	4	\$	2,000,000	\$	2,112,000	\$	892	10	
e Dr.	2,796	21,004	1924	4	3	\$	1,929,000	\$	2,110,000	\$	755	10	
a Dr.	2,121	16,543	1964	3	2	\$	1,538,000	\$	1,550,000	\$	731	8	
d Dr.	2,419	8,372	1953	3	3	\$	1,799,000	\$	1,900,000	\$	785	8	

STUDIO CITY MARKET ANALYSIS												
	HOME	es in stu	IDIO CI	TY -	SOUTH	I OF VENTUR	A BLVD.					
RECENT NEW LISTINGS AND SALES												
ADDRESS	HOME SF	LOT SF	BUILT	BED	BATH	LIST PRICE	CLOSE PRICE	\$/SF	DAYS			
11372 Brill Dr.	2,662	5,384	1979	3	2.5	\$ 1,995,000		\$ 749				
3348 Canton Way	1,736	10,620	1957	3	2	\$ 1,736,000		\$1,000				
3621 Shady Oak Rd.	5,437	32,938	1986	4	5	\$ 3,995,000		\$ 735				
3674 Willowcrest Ave.	2,266	7,890	1955	3	2	\$ 1,599,000		\$ 706				
3347 Wrightwood Dr.	2,259	9,762	1961	4	3	\$ 1,899,000		\$ 841				
11664 Sunshine Terrace	1,430	11,036	1937	2	1	\$ 1,600,000		\$1,119				
3738 Mound View Ave.	4,183	6,742	2017	5	6	\$ 3,495,000		\$ 836				
11411 Decente Court	4,057	5,952	1995	5	5	\$ 2,399,000		\$ 591				
11566 Dona Teresa Dr.	3,076	8,218	1962	5	4	\$ 2,495,000		\$ 811				
11428 Dona Teresa Dr.	3,466	13,580	1961	5	5	\$ 3,299,000		\$ 952				
12320 Hillslope St.	1,200	4,830	1941	2	2	\$ 1,249,900	\$ 1,273,800	\$1,062	9			
12405 Laurel Terrace Dr.	2,320	11,432	1937	3	3	\$ 1,895,000	\$ 2,350,000	\$1,013	9			
11408 Decente Court	1,662	11,165	1955	3	2	\$ 1,625,000	\$ 1,540,000	\$ 927	112			
3765 Mound View Ave.	4,572	6,525	2021	5	6.5	\$ 3,820,000	\$ 3,765,000	\$ 823	138			
13044 Dickens St.	2,289	7,753	1940	2	3	\$ 1,899,000	\$ 1,900,000	\$ 830	9			
11690 Laurelcrest Dr.	3,371	8,541	1988	5	4.5	\$ 1,995,000	\$ 1,986,562	\$ 589	6			
10895 Willowcrest Pl.	2,368	10,008	1956	4	4	\$ 2,000,000	\$ 2,112,000	\$ 892	10			
11651 Picturesque Dr.	2,796	21,004	1924	4	3	\$ 1,929,000	\$ 2,110,000	\$ 755	10			
11318 Dona Pegita Dr.	2,121	16,543	1964	3	2	\$ 1,538,000	\$ 1,550,000	\$ 731	8			
3742 Wrightwood Dr.	2,419	8,372	1953	3	3	\$ 1,799,000	\$ 1,900,000	\$ 785	8			

For a complimentary market valuation of your Studio City nome call Susanna today

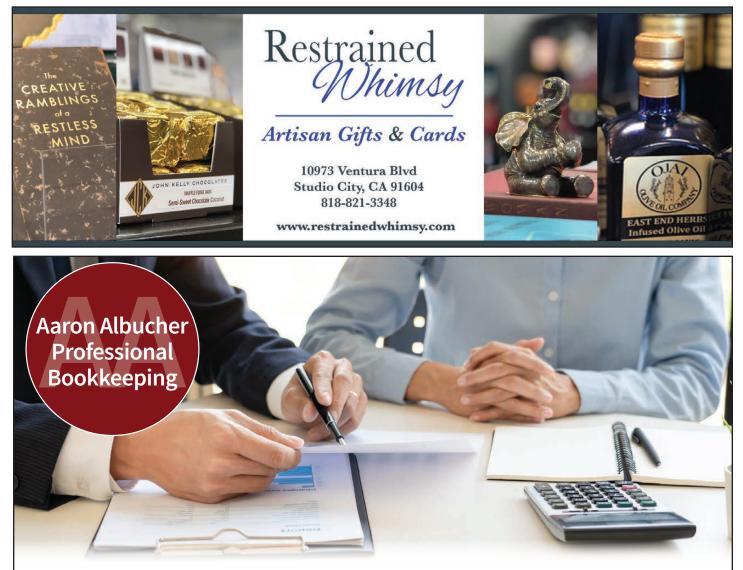
n Media does not guarantee the accuracy of the statistical data on this page. The data does not represent the listings of any one agent or agency but represents the activity of the real estate communit in the area. Any real estate agent's ad appearing in the magazine is separate from the statistical data provided which is in no way a part of their advertisement



Call Susanna for more information

6009 Jellico Ave. Encino





I am certified with the American Institute of Professional Bookkeepers and have been providing personal and professional bookkeeping services for over 35 years.

My practice originally evolved around the entertainment industry, where I still work as a Production Accountant, preparing and reconciling budgets, payroll and more. I have extensive experience with Accounts Payable, Receivables, Payroll, Reconciliations and Budgets.

With such a broad range of experience straightening books, I will make sure that both your personal and business financials are properly organized and prepared for your CPA.

Yours, Aaron Albucher

818-599-0069 amalbucher@hotmail.com