

As Fire Burns-People Volunteer!

A designer opening a free clothing store. A veterinarian taking in evacuees' pets. These people, and so many more, immediately asked, "How can we help?"



BvKAITLYN **SCHALLHORN** kschallhorn@scng.com | Orange County Register, RYAN CARTER | rcarter@scng.com | Daily News, LAYLAN CONNELLY | lconnelly@scng.com | Orange County Register, MICHAEL SLATEN mslaten@scng.com and DESTINY TORRES dtorres@scng.com

nnie Harvilicz just planned to take in her brother's two pets as he evacuated his Pacific Palisades home on Tuesday, Jan. 7. But by the end of the week, as high winds and wildfires continued to sweep Southern California, the veterinarian had several dozen animal evacuees cats, dogs and even rabbits — taking refuge in the Marina del Rey animal hospital she owns.

Meanwhile, stylist and designer Melynda Choothesa was in a business meeting with a colleague, both finding themselves unable to focus on social



Designer Melynda Choothesa is organizing a clothing drive at her downtown L.A. vintage store, Quirk. She's planning to use a vacant space across the hall to set up a boutique for people who lost everything in the fires to shop for new clothes and other items, at no cost. Photo by Kaitlyn Schallhorn/SCNG

Miss FV Scholarship Competition page 2-3 Free Baseball Clinic-Youth page 14

Buy Greenland? page 19

FV Royal Regiment page 23

HB Fire Chief Eric McCoy

BY TRIBUNE CONTENT AGENCY

Matt Szabo – Daily Pilot, Costa Mesa, Calif. ric McCoy started working for the city of Huntington Beach in 1997. As a teenager at Edison High School, he was hired as an ocean lifeguard and am-

bulance operator. Public safety has remained McCoy 's realm for decades. Now, he 's the fire chief in his hometown.

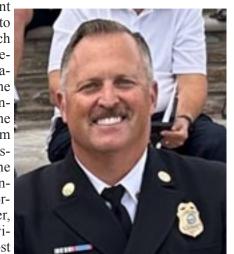
McCoy has been selected as the Huntington Beach fire chief, the city announced Thursday via a news release.

'It 's such an honor and a blessing to be able to take this spot, " McCoy said in an interview with the Daily Pilot. "I 'm really excited to lead the men and women of the fire department and continue to serve the community that I grew up in. It 's a dream, for sure."

He said he believes he 's the city 's first internal fire chief in the last 25 years.

McCoy, 44, worked briefly for the Fountain Valley

Fire Department before returning to Huntington Beach in 2006 as a firefighter and paramedic. During the coronavirus pandemic, he said he got moved from his fire suppression duties and he has held roles including public information officer, Marine Safety Division chief and, most



media strategy amidst continued news of destruction.

"How could we possibly talk about promoting the business when the city is literally on fire?" she asked. "Why don't we pivot and use our resources, our existing infrastructure, to make something really great happen."

So she took to Instagram, posting a call for clothing donations that she'd be accepting at her vintage clothing boutique Quirk in downtown Los Angeles. She is putting together another "boutique" of sorts,

one where people who have lost everything in the fires can come and shop for free. An experience, she says, that is meant to be more dignified

"People deserve to have dignity," said Choothesa. "They've already lost everything. We don't want to give them just any old thing because it's something they can put on their back.'

Continued on pg 26

Continued on pg 37

NEW HB SPORTS HALL OF FAME SEE PAGE 36

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MEET THE CANDIDATES VYING FOR

Miss Jountain Valley 202

The 2025 Miss Fountain Valley Scholarship Competition will be held Sunday, Feb. 2 at 4:30 pm at the Saigon Grand Center Theater in Fountain Valley. The candidates will compete for over \$10,0000 in scholarships, two necklaces and other significant prizes. The newly crowned Miss Fountain Valley and Miss Fountain Valley's Teen will compete at the Miss California 2025 Competition at the Visalia Convention Center, June 2025. The winners will then compete for Miss America 2026 later in the year.

These outstanding and talented young ladies have been busy with our fundraiser, workshops, photo shoot, dance rehearsals, a mock interview and meetings all designed to help the team's experience at the local and state level. The candidates will be scored in five areas: Talent, Evening Gown, On-Stage Conversation, Health & Fitness and Private Interview.

The Scholarship program appreciates the generous sponsors that have provided such meaningful scholarships awards to our candidates. The Title Sponsor is the Fountain Valley Community Foundation with a Grant from Hyundai Motor America. The Gold Sponsor is OC Power Authority. The Silver Sponsors are Kelly Osborn Memorial Foundation (Gary Forman and Dave Osborn), Huntington Beach Auto Dealers Assoc., Lily Campbell of First Team Real Estate, Advance Beauty College, and FV/HB Living Magazines. The Queen's Diamond Pendant Necklace and Teen Crown necklace sponsor is Mimi's Jewelry, owner David Truong. The Spirit of Miss Fountain Valley Award is sponsored by Los Cab Sports Village. The Miss Community Service Award Sponsor is the Woman's Club of Fountain Valley; the Miss and Teen Academic Awards are the CA Pain Center, Fountain Valley, Dr. Van Vu. The Evening Gown Sponsor is the Arlington Law Office, Rose Bui, Esq.; the Crown & Sash sponsor is Summerfest, Fountain Valley. Other sponsors include the Saigon Grand Center, World Organic Corp., Coastal Community Fellowship, Kiwanis Club of Fountain Valley, HB Assistance League, Kevin Hizon Esq. and the Miss Congeniality Miss and Teen awards are donated by Love Bradley and her family. The Little Sister's sponsor is Kasie Hanley. Headshot sponsor is Jason Q. Tran, and the Judges Dinner Sponsor is the Vox Restaurant.

Here's a look at this year's Miss delegates: (8)

• Britney Lam

• Britney Lam School: Graduate of Concordia University, Ir-vine. Platform: Movement Matters - Exercise for Chronic Disease Prevention. Talent: Lyrical **ヹ** Dance

School: IVC. Platform: Coast to Coast Clean Up. Talent: Vocal

Here's a look at this year's **Teen delegates: (5)** • Laurel Brookhyser

School: HB High School. Platform: Art for the Heart. Talent: Vocal

• Samantha Nicart

School: FV High School. Platform: CARE (Children's Advocacy for Resources and Education). Talent: Stunt Cheer Routine with Tumbling

• Gwen Tanner

School: FV High School. Platform: Empowering Female Leadership in Business. Talent: Vocal with guitar

• Ari Ingwerson

School: HB High School. Platform: Arts Therapy. Talent: Broadway Vocal Performance

• Addison Phan

School: FV High School. Platform: Reach, Mental Health Advocacy. Talent: Piano



 Ari Ingwerson Teen delegate



• Gwen Tanner Teen delegate



 Addison Phan Teen delegate



~

• Lauren Worley

@aol.com School: Mount Saint Mary's University. Platform: Heartfelt Farewells: Compassionate Hospice Care for All. Talent: Dance

• Elizabeth McMahon

hbnews1 School: OCC. Platform: Canvas to Career-Artistry in School. Talent: Violin

• Isabel Tuman

School: GWC. Platform: Women in the Trades-Real Deal Revolution. Talent: Automotive Ball ب Joint Repair

• Jackelyn Carbajal

• Jackelyn Carbajal School: CSUSB Graduate. Career: On Air/Dig-ital Fundraising Specialist, PBS SoCal. Platform: A Smile for a Child. Talent: Ukulele • Caroline Murdock

School: GWC. Platform: Sister In Service Rep-Local resenting Inclusion & All Servitude. Talent: Vocal

• Tyler Rose Bohle

- The School: Cypress College. Platform: Advocating for Youth in Sports. Talent: HerStory
- 2 • Tea McConkey







Fountain Valley Scholarship Competition's ad-vance tickets are \$20 for general audience and \$15 for students and seniors. Tickets at the door are \$25. You may also buy direct from any candidate. Ouestions? Call Sandi Licata (714)501-9616 Questions? Call Sandi Licata (714)501-9616.

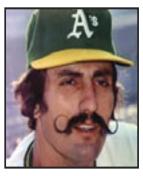
Questions? Call Sandi Licata (714)501-9616. To buy tickets, donate, or join us as a sponsor, please see our website at: http://www.missfoun-ainvalley.com Photography: Jason Q Tran 3 please see our website at: http://www.missfountainvalley.com

Celebrating 35 Tears of Protecting Children and Teens in OC!

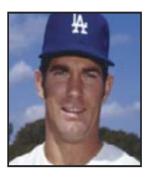
*PAY BY NOV. 1ST... SAVE \$50 ON 3SOME OR \$75 ON 4SOME

15th Annual The Greatest Save Celebrity Benefit

Join our MLB friends and celebs and HELP US SHUT OUT PREDATORS!!



Host & MLB Hall of Famer Rollie Fingers



Co-Chair & MLB Legend Steve Garvey



TGS Celebrity Golf Tournament

Monday, January 27, 2025

The Huntington Club Huntington Beach, CA

Spend the day with MLB celebs, includes one ticket for each golfer to the TGS Reception & Banquet

10:00AM - \$10K Putting Contest

10:30AM - Shotgun Start, Scramble Format

Player's Package - \$375 Single \$1,300* 4-some joining all our celebrities for golf/banquet \$990* 3-SOME WITH CELEBRITY PLAYER

TGS Reception, Banquet & Program

Monday, January 27, 2025

The Huntington Club Huntintgton Beach, CA

4:30 - 5:30PM - Celebrity Reception & Silent Auction

5:30 - 8:30PM – Dinner, Program, Community Awards, Hall of Fame Panel Q&A, Live Auction

Tickets - \$100 Single, \$150 Couple \$1,000 Table of 8 \$75 Single Accompanying Golfer

For details and sponsorship information, please email: hbnews1@aol.com RSVP to Dave at 714-914-9797

PAST CELEBRITY ATTENDEES INCLUDE:

Fernando Valenzuela, Kenny Landreaux, Chuck Finley, Tim Foli, Darrell Evans, George Foster, Darrell Miller, Aaron Hicks, Eddie Murray, Fred Lynn, Rod Carew, Reggie Jackson, Mickey Hatcher, Hubie Brooks, Clyde Wright, Dave Frost, Tommy Davis, Matt Duffy, Dennis Kuhl, John "Blue Moon" Odom, and Mike Reagan.



4

Co-Chair & MLB Legend Bob Boone Presented by

> Enjoy a day on the links with Baseball Legends.

KinderVision[®]

the greatest save



Baseball Legends Reggie Jackson, Steve Garvey, Rollie Fingers, and Bob Boone.

The Greatest Save is a division of the KinderVision Foundation, a 501c3 non-profit organization & a recognized charity of Major League Baseball since 1992. Like Us on Facebook at "KinderVision Teen PSA Program" and visit www.KinderVision.org/huntington-beach for more details!

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15th Annual The Greatest Save Celebrity Benefit - Sponsors



Help us SHUT OUT PREDATORS in Southern California!

Net proceeds stay in this area to protect local children and teens from victimization!

Presenting Sponsor*

(\$15,000 value) \$10,000

- TGS Teen PSA Sponsorship of area high schools
- Welcome and celebrity introductions
- "Golf Player's Package" for 9 (three 3-somes)**
- First choice of participating celebrities for golf & banquet
- Two reserved tables for 8 at Monday's Celebrity Banquet
- One dozen baseballs
- Prominent mention in benefit journal
- On site promotional area/signage at Celebrity Golf Tournament & Banquet
- Social media, promotional material and website inclusion

Celebrity Benefit Sponsor* (2 avail.) (\$9,000 value) \$5,000

- TGS Teen PSA Sponsoship of 1 high school
- Prominent mention in benefit journal
- "Golf Player's Package" for 6 (two 3-somes)**
- One reserved table for 8 at evening program
- Promotional area/signage at Monday's Celebrity Banquet
- Tee sign exposure on golf course
- Six baseballs

Golf Contest Sponsor* (3 avail.) (\$4,500 value) \$3,000

- Three separate on-course contests (choose one)
 - \$10K Putting Contest (Winner splits with KinderVision Foundation)
 - \$1,000,000 Shot Contest (Winner splits with KinderVision Foundation)
 - Hole In One Contest (Sponsor provides pre-approved prize w/ ins. conf.)
- "Golf Player's Package" for 3 (one 3-some)**
- Four tickets to Monday's Celebrity Banquet
- Mention in benefit journal
- On site promotional area/signage

Grand Slam Sponsor

- TGS Teen PSA Sponsorship of 1 high school
- "Golf Player's Package" for 3 (one 3-some)**
- One reserved table for 8 at Monday's Celebrity Banquet
- Mention in benefit journal
- Tee sign on golf course

I cannot attend. Please accept my donation. \$

PAY BY NOV. 1ST... AVE \$50 ON 3SOME

Wellness Area Sponsor (\$3,500 value) \$2,500/\$1,500 (no golf)

- "Golf Player's Package" for 3 (one 3-some)**
- Reserved table for 8 at Monday's Celebrity Banquet
- Mention in benefit journal
- Tee sign/branded hole sponsor
- On site promotional area/signage

Home Run Sponsor

- (3,000 value) \$2,000 "Golf Player's Package" for 3 (one 3-some)**
- One reserved table for 8 at Monday's Celebrity Banquet
- Mention in benefit journal
- Tee sign on golf course

Banquet Table Sponsor

(\$1,500 value) \$1,000

- One reserved table for 8 at Monday's Celebrity Banquet
- Mention in benefit journal
- Tee sign on golf course

Hole Sponsor Onsite – One Hole

\$750

JTee/Green Sponsor \$200 Plus Sponsor \$300

- Mention in benefit journal
- Tee sign on golf course
- Plus Pkg includes two tickets for Monday's Celebrity Banquet

Advertisement in Benefit Journal Only

Full page \$500 • Half page \$300 • Quarter page \$150

Monday Celebrity Banquet Ticket Only

\$100 single/\$150 couple Reception & Banquet \$75 single accompanying golfer

Golf Player's Package

\$375 single

\$1,300* 4-some joining all our celebrities for golf/banquet** \$990* 3-SOME WITH CELEBRITY PLAYER**

Golf in Celebrity Tournament, includes ticket to Celebrity Banquet

* Logo inclusion in pre-benefit promotion on social media & website ** List 3-some or 4-some names and emails on back of sheet Name:

Company:

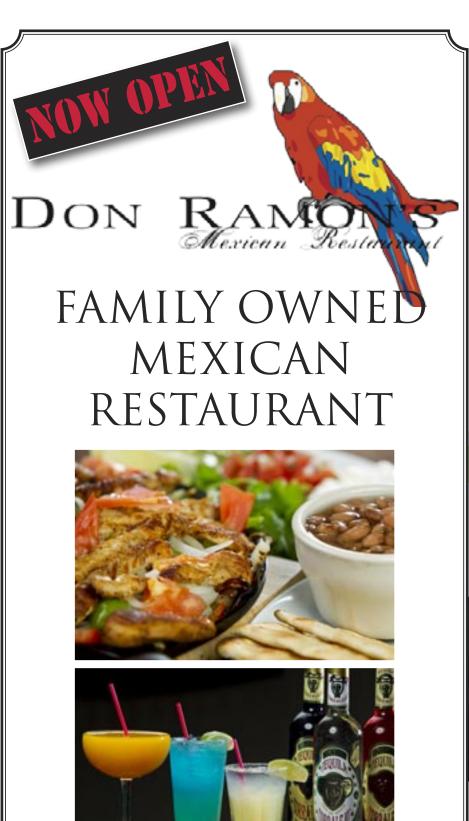
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(\$4,500 value) \$3,000

SAVE \$50 ON 3501, Signature: \$75 ON 4SOME, OR Phone: \$100 ON THE HOME RUN PKG Email:	
The Greatest Save Celebrity Benefit – January 27, 2 The Huntington Club – Huntington Beach, CA	025 <i>RSVP to Dave at 714-914-9797</i>
Send checks payable to: KINDERVISION FOUNDATION 630 Main Street, H OR signup/pay online: www.KinderVision.org/huntington-beach Questions?	untington Beach, CA 92648 email: hbnews1@aol.com
The Greatest Save is a division of KinderVision Foundation, a 501c-3 non-profit organization Your contribution is ta Like Us on Facebook at "KinderVision Teen PSA Program" and visit www.KinderVision.org/hu	

The Greatest Save Celebrity Benefit – January 27, 2025 **RSVP to Dave at** 714-914-9797 The Huntington Club - Huntington Beach, CA

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PHONE (714) 847–4767

MOST EXPENSIVE Cars Owned by Richest Celebrities Will Numb Your Head

Veteran comedian Jerry Seinfeld is also a shopaholic himself! In fact, he's got the largest collection of Porsche cars, estimated at a total of 47 vehicles with a worth of about \$28-\$32 million! But guess what?

He had 150 cars once upon a time! He sold off several of his cars. His precious baby and the one we think has the highest insurance quote, is the Porsche 959, which is estimated at \$1.8 million!

Jerry can very well afford as many Porsche units as he likes and even donate a car (if he's feeling generous) because his net worth is estimated at \$910 million. Where do you think he stashes away his amazing toys? In a \$1.4-million worth garage! Well, you can't settle for anything less when you are the richest star in Hollywood!

Jerry Seinfeld – Porsche 959, Estimated \$1.8 Million









There are four boxes to be used in defense of liberty: soap, ballot, jury, and ammo. Please use in that order.

The Weak That Was America: Home of the Free because of the Brave



I offered my opponents a deal: "If they stop telling lies about me, I will stop telling the truth about them".

~Adlai Stevenson, campaign speech, 1952





"Do not let what you cannot do interfere with what you can do." ~ John Wooden



SIZZLING CANADIAN BACON!

IReprint from the Toronto Star. The flood of "Trump-fearing" American liberals/progressives sneaking across the border into Canada has intensified in the past week. The Republican presidential win is prompting an exoamong left-leaning dus Americans who fear they'll soon be required to hunt, pray, pay taxes, and live according to the Constitution. Canadian border residents say it's not uncommon to see dozens of sociology professors, global-warming activists, and "green" energy proponents crossing their fields at night.

"I went out to milk the cows the other day, and there was a Hollywood producer huddled in the barn," said southern Manitoba farmer Red Greenfield, whose acreage borders North Dakota . "He was cold, exhausted and hungry, and begged me for a latte and some freerange chicken. When I said I didn't have any, he left before I even got a chance to show him my screenplay, eh?"

In an effort to stop the illegal aliens, Greenfield erected higher fences, but the liberals scaled them. He then installed loudspeakers that blared Rush Limbaugh reruns across the fields, but they just stuck their fingers in their ears and kept coming. Officials are particularly concerned about smugglers who meet liberals just south of the border, pack them into electric cars, and drive them across the border, where they are simply left to fend for themselves after the battery dies. "A lot of these people are not prepared for our rugged conditions," an Alberta border patrolman said "I found one carload without a single

one carload without a single bottle of Perrier water, or any gemelli with shrimp and arugula. All they had was a nice little Napa Valley cabernet and some kale chips. When liberals are caught, they're sent back across the border, often wailing that they fear persecution from Trump high-hairers.

Rumors are circulating about plans being made to build re-education camps where liberals will be forced to drink domestic beer, study the Constitution, and find jobs that actually contribute to the economy.

In recent days, liberals have turned to ingenious ways of crossing the border. Some have been disguised as senior citizens taking a bus trip to buy cheap Canadian prescription drugs. After catching a half-dozen young vegans in blue-hair wig disguises, Canadian immigration authorities began stopping buses and quizzing the supposed senior citizens about Perry Como and Rosemary Clooney to prove that they were alive in the '50s. "If they can't identify the accordion player on The Lawrence Welk Show, we become very suspicious about their age," an official said.



Canadian citizens have complained that the illegal immiare creating grants an organic-broccoli shortage, are buying up all the Barbara Streisand CD's, and are overloading the internet while downloading jazzercise apps to their cell phones. "I really feel sorry for American liberals, but the Canadian economy just can't support them," an Ottawa resident said. "After all, how many art-history majors does one country need?"

SPORTS

• Alcohol is considered a performance enhancing drug in most shooting sports as it calms your body down and allows you to shoot straighter.

• There are only eighteen minutes of action in the average MLB game.

• LeBron James passed Kareem Abdul-Jabbar as the all-time points leader in NBA History by slightly over 500 points in 2023. LeBron now has a score of 38,652, while Abdul-Jabbar has a score of 38,387.

statistics will make you question everything

These crazy, ridiculous,

and almost unbelievable



Barcelona, is the only city in the world that has been awarded a Royal Gold Medal for architecture from the Royal Institute of British Architects.



We believe and practice being fully involved with the communities we serve. This is essential in building good will, encouraging growth and above all staying connected in our backyard he Local

The Greatest Breakfast Sandwich in Every State



Indiana: Gallery Pastry Shop Indianapolis

Gallery Pastry Shop allows you to build the breakfast sandwich of your dreams, and on the flakiest of croissants. The breakfast "sammie" features gouda cheese, an over-easy egg, and an option to add bacon, all of it on a buttery croissant. There's also a handful of pastries you can carry home to sweeten your day, as well as a careful selection of locally roasted coffee and creative espresso drinks.

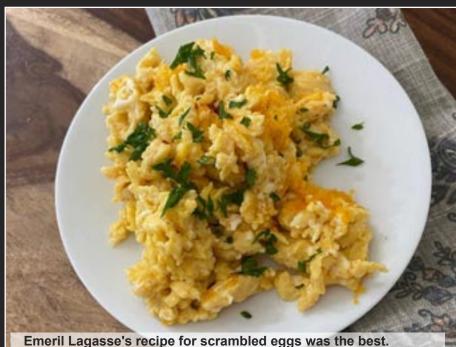


RECORDED CARDINGS &

Your value doesn't decrease based on someone's inability to see your worth.

Celebrity Chef Recipes

We've made 165 recipes from celebrity chefs to find the best ones. Here are the winners in each category.



Emeril Lagasse's recipe for scrambled eggs was the best. Paige Bennett for Insider

Business Insider

- Business Insider put over 160 recipes from celebrity chefs to the test to find the tastiest winners.
- We've tried everything from breakfasts and dinners to desserts and specialty bread.
- •. Some winning recipes came from Guy Fieri, Ree Drummond, Carla Hall, Ina Garten, and more.

Business Insider put the best recipes from celebrity chefs headto-head to find the most delicious salads, desserts, bread, beverages, and more. Here are some of the winners, from hearty breakfasts to refreshing cocktails.

Breakfasts

The most important meal of the day deserves a great recipe. Food writers Paige Bennett and Tiffany Leigh tested scrambled

eggs, omelets, blueberry pancakes, and breakfast burritos to see if they were worth the hype.

The winning chef's scrambled eggs had parsley as a secret ingredient!

Emeril Lagasse's flavorful recipe for scrambled eggs was food writer Bennett's favorite.

Though the seasoning alone had 10 ingredients, the rest of the technique only required eggs, cheese, milk, butter, and salt. According to Bennett, the cooking process was easy and took only a couple of minutes.

The eggs were incredibly creamy, runny, and cheesy, paired well with fresh parsley.

Read more about the winning recipe and full battle here: I made scrambled eggs using 8 recipes from famous chefs to find the best one.

CLICK HERE Watch video to see how to make this recipe!

smallest TOWNS in AMERICA



In a country that boasts metropolises like New York, Miami, San Francisco, and Dallas, it's easy to forget about the other end of the spectrum — small towns with populations in the hundreds, tens, or even single digits. Tiny towns across America offer a striking contrast to modern hubs; these places, where everyone knows your name and life moves at a much slower pace, hold onto a sense of community and history that often gets lost.

Despite their size, these small towns have rich local traditions, fascinating histories, and unique quirks that continue to attract the curious. Whether it's the allure of natural hot springs, a quirky one-resident town, or a town where everyone lives in the same building, these spots are some of the smallest (and most interesting) towns in the U.S.

Hobart Bay. Alaska

Population: 1

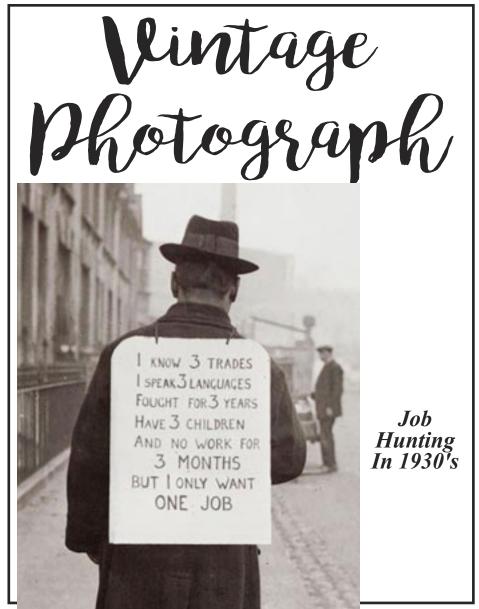
Located 70 miles south of Juneau, Hobart Bay was once a thriving logging town. Until 1998, it had enough residents to support a local school, but now it's almost completely deserted, with just one resident left.

Fun Fact: The town is surrounded by stunning Alaskan wilderness, making it a unique spot for adventure seekers looking for a remote experience.

Rare Historical Photos Reveal More Than Immediately Meets The Eye

Brooklyn Supreme was the world's largest horse and it weighed 3,200 pounds

There are horses and then there are horses, big ones that tower over men and seek to gobble them alive -Brooklyn Supreme was one of those horses. According to a write up on Brooklyn Supreme the horse weighed 3,200 pounds and stood 19.2 hands, and he stood 10 feet around. The horse was so large that he needed a 30 inch bar of iron to make one shoe. For as big as Brooklyn Supreme was he was rather gentle. An old newspaper clipping about the horse stated that he had a penchant for



Biggest Boomtowns in Every State



Rudy Balasko / Shutterstock.com

GoBankingRates / JORDAN ROSENFELD

Boomtown. The word sounds like it's describing an explosion — and in a way, it is. Boomtowns are considered the fastest-growing cities in America due to rapid business and population growth. An example of such a place is Woodbridge, Virginia, which saw massive five- and eight-year percentage changes in population at 863.35% and 840.66%, respectively.

But Woodbridge isn't the only boomtown out there. GOBankingRates

"stealing ice cream cones and goodies from unsuspecting little boys and girls."



found one in every state by looking at the one-, five- and eight-year changes in population, occupied housing units and owner-occupied housing units of cities with a population of more than 25,000 but less than 500,000. Find out if you're living in one of America's most thriving cities, and see if your city makes the list.

Wisconsin: Madison Change in population: 1 year: 2.74% 5 years: 7.89% 8 years: 11.82%

Change in occupied housing units: 1 year: 2.84% 5 years: 8.33% 8 years: 12.32%

Change in owner-occupied housing units: 1 year: 2.46% 5 years: 8.55% 8 years: 9.18%

A Veteran Owned Business HE **LOCAL**e

www.HBLocalNews.com

People and Their Issues - Our Business...

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PLEASE READ CAREFULLY

This space is created for all area non-profit organizations to be listed as a LIVE link to the following organizations...

ORGANIZATION NAME For Live Web Site Click below

CITY OF HUNTINGTON BEACH, CA City of Huntington Beach, California - Home (huntingtonbeachca.gov)

KIWANIS OF HUNTINGTON BEACH Kiwanis Club of Huntington Beach (kiwanishb.org)

ASSISTANCE LEAGUE OF HUNTINGTON BEACH Assistance League – Huntington Beach

GREATER HB INTERFAITH COUNCIL Interfaith | The Greater Huntington Beach Interfaith Council | Huntington Beach (ghbic1.org)

HB COMMUNITY POLICE FOUNDATION Huntington Beach Police Community Foundation | Our Programs (hbpcf.org)

HB FIRE OUTREACH FOUNDATION (20+) Huntington Beach Fire Outreach Foundation | Huntington Beach CA | Facebook

HB POLICE AND COMMUNITY FOUNDATION Huntington Beach Police and Community Foundation | Our Programs (hbpcf.org)

HB FIRE DEPARTMENT City of Huntington Beach, CA - Huntington Beach Fire Department (huntingtonbeachca.gov)

CITY OF FOUNTAIN VALLEY The City of Fountain Valley | Official Website

KIWANIS OF FOUNTAIN VALLEY Fountain Valley - Kiwanis International (kiwanisfv.org)

FOUNTAIN VALLEY CHAMBER OF COMMERCE Home - Fountain Valley Chamber of Commerce, CA (fvchamber.com)

HUNTINGTON BEACH HOST LIONS CLUB www.e-clubhouse.org/sites/huntingtonbeachca/

ROBYNE'S NEST www.robynesnest.org

BOLSA CHICA CONSERVANCY https://bolsachica.org/

BOYS & GIRLS CLUBS OF HUNTINGTON VALLEY https://bgchv.com

ALZHEIMER'S FAMILY CENTER www.afscenter.org

SOROPTIMIST INTERNATIONAL OF HUNTINGTON BEACH https://soroptimisthuntingtonbeach.org/

SURF CITY ROTARY OF HUNTINGTON BEACH SurfCityRotary.com

FRIENDS OF THE FOUNTAIN VALLEY LIBRARY https://www.facebook.com/groups/458286473769313/events

Please submit your non-profit name and web address

Inform, Entertain and Challenge

The Local News, January 15, 2025 hbnews1@aol.com 714.914.9797 10

all aspects of our lives resulting in our efforts to continue to help build a safe and prosperous and healthy Region to live, work and play in and among our neighborhood, commercial and industrial centers. **God Bless America!**

Newspaper Publication Policy: The Local News is a bimonthly digital publication. Generally, we try to publish on the 1st & 15th of each month. We publish approximately 24 times per year not including Special Editions. The only exceptions are those months with 5 weeks. We distribute a 12-month production schedule each January showing exact dates for news, ads, digital and distribution dates.



to hbnews1@aol.com if you'd like to be listed



Rudyard Kipling called this fiord on New Zealand's South Island the "eighth wonder of the world." To see it for yourself, venture out to the northernmost part of Fiordland Na-



tional Park. While there, snap a photo of the nation's famous Mitre Peak, conveniently located on the shores of the sound. The drive from Queensland to the park takes about two hours, and the two options for basecamps with lodging and restaurants are the towns of Te Anau and Manapouri. You'll also find three of New Zealand's Great Walks in the vicinity.

CARD DOWNTOWN HB UPS STORE OLIVE & OUR GOLD Ν MA C

PREMIUM CONSUMER



tegory	Merchant	HB Gold Exclusive Offer	Address	City	Phone
logui y	HB Chrysler Jeep	Check with Merchant	Address 16701 Beach Blvd	HB	714.841.3999
	HB Convision Jeep HB Ford	\$500 off new car, \$19.95 Oil Change; Car Oil	16701 Beach Blvd 18255 Beach Blvd	НВ	714.516.4195
		Change trucks			
	HB Mazda	Check with Merchant	16800 Beach Blvd	HB	866.295.9929
	Mandic Motors McKenna VW	\$20 Off ANY Automotive Repair or Tow \$500 off of any new car	18881 Gothard St 18711 Beach Blvd	HB HB	714.536.6585 866.925.0602
utomotive	Norm Reeves Honda	10% off parts and labor, \$300 discount on any	19131 Beach Blvd	HB	800.306.6472
UIIIULIVG		new or pre-owned vehicle			000.015.0010
ALE.	Surf City Nissan Toyota of HB	Check with Merchant 15% off Parts & Service, ● \$300 off New Car	17331 Beach Blvd 18881 Beach Blvd	HB HB	800.615.9640 888.433.1447
. CONSTI	Hyundai	Check out our Local Deals	16751 Beach Blvd	HB	714.594.1000
US.	DeLillo Chevrolet	\$300 off New Car • 15% off Parts & Service,	18211 Beach Blvd	HB	714.465.4431
	Decino oneviolet	up to a max of \$50 for any single service			
ctronic/TV	Time Warner Cable	Save \$500 on a Commercial Production	Bell Terra Center	HB	888.892.2253
ail	Main St. Eyewear	15% off purchase (Full Service Optical Store)	200 Main St	HB	714.536.6300
ir & Beauty	Red Beauty Salon	20% off all Services (Limited Time Offer)	16511 Goldenwest #103	HB	714.375.0327
uor & Beer	My Keg	\$5 off any size Keg	17871 Beach Blvd	HB	714.847.0799
	Beach Chiropractic	Free Consultation Exam, 1/2 Massage on 1st visit	19900 Beach Blvd	HB	714.965.9577
dical & Fitness	Yates X-Ray Company	FREE Digital Consultation Values at over\$250	9051 Mediterranean Dr	НВ	714.599.0399
	Yoga Works	20% off 1st retail purchase and 2 wks of	301 Main St	HB	714.960.9740
		unlimited Yoga new students \$30			
wspaper & Media	The Local News	25% Off any size ad	5901 Warner Ave #429	HB	714.914.9797
t Care	Dirty Dog Wash	\$5 Off any size service	504 Main St	HB	714.960.7002
Baci	Baci Restaurant	10% off entire Bill	18748 Beach Blvd	НВ	714.965.1194
	Capone's Cucina	10% off entire Bill, weekend excluded	19688 Beach Blvd #10	HB	714.593.2888
		10% off Dinner Food Service Excludes Mon			
	Coach's Mediterranean Grill	night dinner specials, \$5 off Bottle of Wine Mon nights. Huge Happy Hour 3 - 6:30 pm	200 Main St	HB	714.969.2233
	um .	daily, 50% Off Appetizers, Special Bar Prices			
	Cucina Alessá	10% Off: Tues & Sun. Happy Hour: M-F, 3-6			744 000 0440
	outinu Alessu	Special Select, \$3.50-\$4 Wines & Cocktails	520 Main St	HB	714.969.2148
	Don Jose	10% off your entire food Bill	9093 Adams	НВ	714.962.7911
tourout	Gallaghers Pub & Grill	\$3 Domestic pints & Well Drinks, \$4 Import Pints	300 PCH	НВ	714.536.4222
staurant		φ τ import into			
	Hurricanes Bar & Grill	50% Off Up To \$20 with card- food only	200 Main St	НВ	714.374.0500
		400/ off or the Fill	10012 Decek Plud	HB	
	Nonna Lucci's	10% off entire bill	19913 Beach Blvd		714.536.1368
ł		\$5 off any bill over \$30	16365 Bolsa Chica St	НВ	
l	Olive Pit Grill	10% off anything else	ויייים אווייים		714.316.5000
		20% Off All Appetizers (Dine In) from	522 Main St.	НВ	
	Thai Wave	3pm to 6 pm M-F. Singha Beer 11 oz; \$2.00			714.960.0219
	Sushi on Fire	20% off Food Bill M-F 2-5pm	201 Main St	НВ	714.374.8885
ŀ	JUSHI UH FIIC	2070 01 1 000 D11 M-1 2-3µ11	301 Main St		114.014.0000
	Paolo's Ristoronte	4-course dinner \$16.95	17561 Center Ave #37	НВ	714.373.5399
		\$100 Off any Local Treatment.			
	SeaShore Pest Control	\$200 off any tenting	16562 Gothard St #G	НВ	714.842.8003
	AIM Mail Center #64	15% off on All Services/Products	19051 Goldenwest St	HB	714.698.9900
Services	Beauty Supply Zone	10% off products and 25% off hair services	16277 Bolsa Chica St	НВ	
	Soundy Supply 2016	Brian, Jillian or Kristen			714.840.0159
	Surf City Debt Relief	15% off total fees with enrollment into one of our Debt Relief programs	5267 Warner Ave #183	НВ	657.464.9683
	Bella Vita Salon Boutique	\$45 Hydrating Aromatherapy	004 55-1-01//400		
	& Spa	Steam Facial	301 Main St#108	HB	714.960.8100

11

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NEW CA LAWS WILL TARGET ILLEGAL O.C. STREET TAKEOVERS AND SIDESHOW ACTIVITIES



ByArt Pedroza

New legislation (AB 1978, AB 2186, AB 2807, AB 3085) that will go into effect on Jan. 1, will target illegal sideshow activities and street takeovers, which have become a huge problem all over California.

These new laws include:

→ AB 1978 by Assemblymember Kate Sanchez (R-Rancho Santa Margarita) – Vehicles: speed contests

→ AB 2186 by Assemblymember Greg Wallis (R-Palm Springs) – Vehicles: impoundment

→ AB 2807 by Assemblymember Carlos Villapudua (D-Stockton) – Vehicles: sideshows and street takeovers → AB 3085 by Assemblymember

Mike Gipson (D-Carson) – Vehicles: removal and impoundment

These laws will allow law enforcement to impound vehicles involved in illegal street racing and exhibitions of speed, whether on public roads or in parking lots.

→ AB 2807 also defines the term "street takeover," while AB 3085 expands the list of offenses eligible for vehicle impoundment.

In California, the average cost of a vehicle impoundment is around \$136.50 for a standard-sized car, but can vary depending on the vehicle size, towing complexity, and the reason for impoundment, with heavier vehicles potentially costing closer to \$262 for impound fees alone; additional storage fees apply per day the vehicle remains impounded.

The cost of impounding a vehicle in Santa Ana, California depends on the type of impound and storage, and may include additional fees:

→ Regular impound or storage: \$173 → Storage fees: Additional daily charges for keeping the vehicle in impound.

→ Varying factors: Costs can fluctuate depending on the city or county, specific towing situation, and reason for impoundment (like DUI).

Our Editor, Art Pedroza, worked at the O.C. Register and the OC Weekly and studied journalism at CSUF and UCI. He has lived in Santa Ana for over 30 years and has served on several city and county commissions. When he is not writing or editing Pedroza specializes in risk control and occupational safety. He also teaches part time at Cerritos College and CSUF. Pedroza has an MBA from Keller University.

California List The Today Show / GINA VIVINETTO

Macy's has announced plans to close 66 store locations nationwide as part of an ongoing reorganizational strategy.

Macy's is closing more than five dozen store locations across the United States as part of the company's ongoing reorganization strategy.

The retailer confirmed Jan. 9 that it was shuttering 66 "underproductive" stores across 22 states in an effort to "return the company to sustainable, profitable sales growth."

The closures are part of Macy's "Bold New Chapter" strategy, which was announced in February 2024. The reorganization, the company revealed at the time, involved closing 150 stores nationwide within three years and a pivot to a greater focus on luxury sales.

The closures would allow the retailer to prioritize its approximately 350 Macy's remaining locations, as well as Bloomingdale's and Bluemercury beauty and skin care stores.

The company also revealed plans at the time to build 15 new Bloomingdale's stores and at least 30 new Bluemercury stores, along with about 30 Bluemercury remodels, within three years' time.

"Closing any store is never easy, but as part of our Bold New Chapter strategy, we are closing underproductive Macy's stores to allow us to focus our resources and prioritize investments in our go–forward stores, where customers are already responding positively to better product offerings and elevated service," Tony Spring, chairman and chief executive officer of Macy's, Inc, said in a statement Jan. 9.

18111 Brookhurst St., Fountain Valley, CA 92708 714-378-7000 MemorialCare.org/OrangeCoast → 30-day impound: \$235 → Sign-offs for SAPD citations: \$5

→ Sign-offs for non-SAPD citations: \$18.73

→ Copy of a lost citation: \$2

→ Daily storage: \$42.50 on average

→ City parking occupancy tax: 10% of storage fees

→ Mileage: \$7.50 per mile for towing

→ Stolen parts: \$77 if the police removed stolen parts

Key points about vehicle impoundment costs in California:

→ Basic impound fee: Typically around \$136.50 for a standard vehicle.

→ Heavy duty vehicle fee: Can be significantly higher, around \$262. Macy's store locations affected by the closures include:

California

• Otay Ranch Town Center, 2015 Birch Road, Suite 2, Chula Vista

• Sunrise Mall, 6000 Sunrise Mall, Citrus Heights

• Village at Corte Madera, 1400 Redwood Highway, Corte Madera

• Broadway Plaza, 750 W. Seventh St., Los Angeles

• NewPark Mall, 200 NewPark Mall, Newark

• Downtown Plaza, 414 K St., Sacramento

• Hillside Furniture, 2838 S. El Camino Real, San Mateo

• Mission Valley Home, 1555 Camino De La Reina, San Diego

• Westminster Mall, 300 Westminster Mall, Westminster

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DOES THE COLOR OF AN EGG'S YOLK MEAN ANYTHING?

Fox News / CHRISTINE ROUSSELLE

Not all chicken yolks look the same. Some are pale yellow — while some are so orange they're nearly red. But what does it mean? Are egg yolks like lettuce,

where a darker color indicates more nutrients?

Fox News Digital spoke to an egg expert to crack the case.

The color of a chicken yolk, cookbook author and backyard chicken expert Lisa Steele told Fox News Digital, "is completely dependent on the hen's diet."

Steele, who lives in Maine, is the creator of Fresh Eggs Daily, a website about raising chickens. She is also the author of "The Fresh Eggs Daily Cookbook."

"Foods that are high in xanthophyll and carotene, which are basically pigments called carotenoids, will make nice dark orange egg yolks," she said.

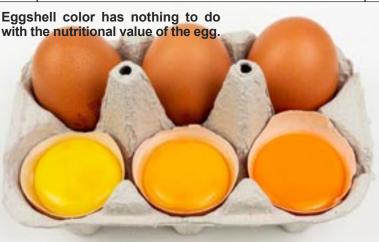
Carotene is found in orange-colored foods, she said, such as carrots, mangoes, cantaloupe and pumpkins.

Xanthophyll can be found in leafy green vegetables, like spinach and kale.

But while a darker egg yolk does not mean a chicken is eating a nutritious, organic or fresh diet, "it likely will correlate, since the foods with the pigment are also packed with other nutrients," she said.

Even so, feed companies and commercial egg farms have discovered workarounds to create a darker egg volk without these nutrient-dense foods. Steele said.

Yolk different colours of chicken egg, yellow and orange, dark and bright, chicken and hen.



These companies "have gotten smart and realized that consumers want to see that bright orange yolk, so they'll add things like marigold, paprika, sea kelp, corn [and] alfalfa to 'artificially' boost the yolk color," she said.

To ensure the most nutritious eggs possible, Steele suggests customers look for certain labels on cartons at |

the grocery store.

Chickens that are "pasture-raised" or "free range" will typically lay eggs with a darker, more orange-colored volk, Steele said, "because their diet consists mainly of grasses, weeds and other plants."

It is important to note that "cage-free" and "pasture-raised" are not the same thing, she said.

A group of free-range chickens exploring the outdoors near a rustic wooden henhouse on a sunny day, showcasing natural farm life.

Pasture-raised eggs are the "gold standard," Steele told Fox News Digital, noting that some "cage-free" chickens may still be living out their lives in a warehouse.

The eggs from pasture-raised chickens have less cholesterol and more nutrients, Steele said, because of their healthier, more varied diets.

Yolks are not the only thing that come in different colors.

The shells vary as well.

Unlike yolks, the color of a shell has nothing to do with the nutritional value of the egg, said Steele.

Person at market looking at different egg colors. The color is "purely based on the breed of chicken," Steele said.

"Some hens have brown dye, while others have blue and some have none."

And that's no yolk.

Maintaining Good Balance is Crucial as You Age. **Asking These Questions Can Help**

Associated Press / ALBERT STUMM

aking a shower. Grocery shopping. Moving around L the kitchen. Getting dressed. The underappreciated link between these mundane activities is good balance, which geriatricians say is key to maintaining an independent lifestyle as we age.

Lacking balance can be dangerous. In the U.S., 3 mil-

Do I ever feel unsteady?

Besides muscles and bones, other systems in the body can affect balance, so it's important to have a doctor check you if you ever feel unsteady, even if only occasionally. The cause could be related to blood pressure, a medication, inner-ear function, a nervous system issue or countless other potential problems.

throughout life. But it's never too late to start prioritizing it, Anmolsingh said.

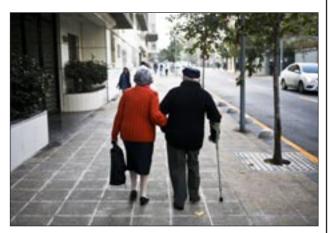
Tai chi and yoga are particularly good for older adults because they involve controlled movements white the ing body weight. There also are individual exercises for their everyday lives.

Anmolsingh recommended standing on one foot while waiting in line at the grocery store. At home, try sitting up and down from a chair several times without using arm rests. While holding onto a chair or the wall, do three-way leg lifts on each side, lifting a leg to the front, side and then back. At the kitchen counter, take a few steps to the side in each direction. 15

lion older people seek medical care for fall-related injuries each year, according to the Centers for Disease Control. But falls are not inevitable, said Roopa Anmolsingh, a geriatrician who created the Cleveland Clinic's balance classes.

"Some people have a misconception that part of getting old is, you're going to fall. That's not true," Anmolsingh said. "You can control how you fall, or if you fall."

To prevent falls, geriatricians say people should start asking themselves questions about their balance as early as 50 years old.



Even if unsteadiness is not an issue, you can determine whether you still might need an intervention with an easy at-home assessment.

Standing next to a wall or something that can lend support if needed, raise one leg. If you can balance on each leg for 10 seconds, you should be fine, said Greg W. Hartley, a University of Miami professor of physical therapy specializing in geriatrics.

"If you can't do that, then you should probably go see a physical therapist," he said.

Another assessment, which Hartley recommended doing supervised, is called TUG, for "timed up and go." Sit in a chair and start a timer when you stand. Walk 10 feet (3 meters), come back and stop the timer upon sitting back down. If it takes longer than 15 seconds, the risk for a fall is very high. Twelve seconds or less, the likelihood of a fall is almost zero.

The National Council on Aging offers an online resource to assess the risk of a fall with questions about medications, whether you worry about falling and if you have trouble stepping over a curb, among others.

What can I do to improve balance?

Because muscle mass begins to decline in most people during their 30s, geriatricians say the best way to preserve good balance is to stay physically active

How often should I do the exercises?

For general physical activity, which will improve balance as well as mood and overall health, the National **b** Institute of Aging recommends at least 150 minutes per week. That should include a mixture of stretching to improve flexibility, an aerobic activity increasing the heart and strength training with weights or resistance bands.

For balance-specific exercises, it's particularly important to do them regularly because it takes at least 50 \checkmark hours of training to have a measurable impact, Hartley 🛱 said. Besides strengthening the associated muscles, o doing exercises repetitively for extended periods trains \mathbf{F} the brain to react properly when you slip or trip.

"Just like an athlete needs to do repetition to train for 2 a sport, you're doing repetition to train for everyday balance activities," he said. 13

Albert Stumm writes about wellness, food and travel. Find his work at https://www.albertstumm.com.

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BaseballAlumni.com



California wildfires: Celebrities Mel Gibson, Anthony Hopkins, Ricki Lake, Haley Joel Osment and more reportedly lose homes

Yahoo Celebrity / DAVID ARTAVIA The Los Angeles wildfires continue to wreak havoc, with celebrities among those affected by the devastating blazes.

From Malibu to Pacific Palisades and Altadena, stars have taken to social media to share their heartbreak over losing homes or witnessing the destruction in their neighborhoods.

Nearly 180,000 people were under evacuation orders in Los Angeles County as of Thursday, according to Los Angeles County Sheriff Robert Luna. NBC News reports that an additional 200,000 residents are under evacuation warnings.

On Thursday, Ricki Lake shared a timeline of "the day we lost our home" — from the time they saw "early signs of smoke" at around 11:24 a.m. on Jan. 7 to when "we finally surrendered our efforts and left our home at 8:02 p.m."

"Grateful to have made it out alive and uninjured," Lake wrote. "No doubt had we stayed, we would not have survived."



Anthony Hopkins, Ricki Lake and Mel Gibson

(Photo illustration: Yahoo News; photos: JC Olivera / WireImage via Getty Images, Corine Solberg / Getty Images, Axelle / Bauer-Griffin / FilmMagic via Getty Images.)

Most Iconic Moments in History

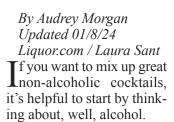


Actor John Candy With His Daughter Jennifer, 1983

Does this large man, wearing curlers in his hair and some interesting clothing, look like a world-famous comedian? Well, he wasn't -- not yet. When this photo of John Candy and his daughter Jennifer Anne was taken, in 1983, Candy was in his early 30s and his career had turned a corner. He was a character actor in the "that guy" phase -- he was that guy in Stripes (Dewey Oxburger) and Vacation (security guard Russ Lasky). He'd also done a couple of seasons on SCTV.

The following year, Candy played a scene-stealing supporting role as Tom Hanks' deviant brother in Splash. The film was a huge hit, and Candy became more than a familiar face -- he was clearly a star. Starring or co-starring roles followed in such films as Summer Rental (1985), Volunteers (1985), Armed & Dangerous (1986), Spaceballs (1987), and perhaps his greatest film, Planes, Trains and Automobiles (1987).

Though the recognition and fame was undoubtedly much appreciated by Candy, it looks like he was pretty happy back in '83 -- when audiences recognized him as "that guy" from a film and his neighbors knew him as "that guy" who's not afraid to wear two violently clashing plaids.



"Making zero-proof cocktails requires a very good understanding of what non-

alcoholic base spirits lack in comparison to base spirits with alcohol," says LP O'Brien, a bartender and the CEO of Focus on Health, a non-profit that provides health and wellness programming for the hospitality industry.

Traditional spirits and liqueurs contribute much more than alcohol to a beverage. Any distilled spirit will add body and texture to a drink, and the ethanol gives off a burn that will be familiar to anyone who's ever taken a shot. Each spirit will also add its own unique flavor to a cocktail. Barrelaged spirits like whiskey and añejo tequila may have tannic notes and No-Alcohol Drinks

When properly balanced, all these elements help make a delicious cocktail, but you don't strictly need alcohol to achieve any of them. In addition to trying one of the many non-alcoholic distilled spirits that have hit the market in recent years, you can source and make ingredients—from tannic teas to flavorful syrups—that contribute body, aromatics, and overall complexity.

Here are some easy ways to build flavor in drinks—no alcohol required.

Non-Alcoholic Spirits

A new wave of non-alcoholic spirits (41 of which we cataloged in a taste test) has made the task of crafting innovative zero-proof drinks at home



A Guide to Making Better Non-Alcoholic Cocktails at Home Build flavor and complexity with tannic teas, flavorful syrups, and more.

On the Vine or Nearby

more standard 1:3 when mixing highballs. Hyatt national bar director Miranda Breedlove's Non-Alcoholic Negroni, which is composed entirely of non-alcoholic distillates, leans heavier on the bitter aperitifs than the gin analog to compensate for the lack of alcoholic heat.

Oversteeped Tea

Tannins are a group of bitter and astringent compounds found in a variety of plants, as well as manufactured food and drinks like wine, chocolate, and barrel-aged spirits. Teas—particularly black teas—are high in tannins, and can be used in cocktails to evoke some of the notes provided by barrelaged spirits like bourbon or scotch.

Beyond simply contributing tannic



notes, many tea varieties offer additional layers of complexity, says Jump.

When using tea as a cocktail ingredient, be sure to oversteep it, or make a tea that's stronger than what you would normally drink. This will create a more concentrated brew that can stand up to the flavors of other ingredients. Cool the tea to room temperature before using it in cocktails.

Fresh Juices

Non-alcoholic drinks are often dismissed as "just juice." But even juices encompass a dizzying array of options—and not just sugary fruit ones. Freshly-squeezed citrus juices, an herbal, vegetal component to her non-alcoholic Spicy Margarita. She suggests fine-straining fresh juices before using them in cocktails to ensure a smooth texture.

Syrups

Homemade syrups add flavor and viscosity to cocktails, and these elements are particularly crucial in nonalcoholic drinks. A basic simple syrup, or equal parts granulated sugar and water dissolved together, can act as a blank canvas for new flavors. Experiment by steeping ingredients like fresh herbs, grated ginger, and vanilla beans in the sugar-water mixture. Once you've established a profile you enjoy, mix and match multiple elements to create new flavor combinations, or go further afield and try to incorporate less-obvious ingredients like fennel, sweet potato, or garlic scapes.

Some tips for extra-savvy home bartenders: Jump recommends using an immersion circulator, also known as a sous vide machine, which allows vacuum-sealed ingredients to infuse under low heat to extract as much raw flavor as possible. David incorporates lactic acid, an organic acid found in foods like yogurt and kefir, in syrups like the Tahitian vanilla syrup to "ramp up the implied mouthfeel." Seek food-grade powdered lactic acid when using in cocktail applications.

Vinegars

"If you want the flavor and piquancy of alcohol, vinegar can do it," says Derek Brown in his 2022 book



drink. A 1:5 ratio of vinegar to other ingredients by volume is a good ceiling, but taste as you go along to find the desired balance.

Sugar helps to mitigate the harsher aspects of vinegar, and can always be added to cut down on bite. An equal volume of sugar

(simple syrup, honey, molasses, agave, and maple syrup are all popular options) to vinegar is a solid starting point, but taste as you go along until you find the balance that works best for your cocktail.

Shrubs are vinegars that are infused with fruit and sugar, also sometimes called drinking vinegars. They typically work best in cocktails that do not already have an acidic element like lemon or lime juice, says Jump. A shrub is a drink in and of itself, but you can top with soda water for a simple non-alcoholic cocktail.

Other Great Ingredients for Non-Alcoholic Cocktails

"There are lots of things that make you feel a certain way when you're drinking a drink, that you can still feel even when you're not drinking an alcoholic cocktail," says Jump. Here are some other ingredients to consider incorporating into non-alcoholic drinks.

Egg whites or aquafaba to give drinks a silky texture and frothy head, as in the Vitamin Parade and Shot in the Dark

Sparkling water for effervescence, as in the Rosemary-Pomegranate Soda

Ginger beer for effervescence and heat, as in the Berry Smash

Fruit purees and jams for body and flavor, as in the Mental Note

Fresh herbs for flavor and aromatics, as in the Mint-Basil Limeade

Bitters for aromatic complexity, as in the Tonic Rickey (Most bitters contribute a scant amount of alcohol to a drink; to make a drink 100% non-alcoholic, you can use an alcohol-free brand like All the Bitter.)

Non-alcoholic wines and beers for additional complexity, as in the Far Afield

easier than ever. Most of these bottlings are not meant to be sipped neat, but rather to be mixed and add complexity to non-alcoholic cocktails, like the herb-forward Garden Collins or the fragrant Far Afield.

When you're experimenting with non-alcoholic spirits at home, keep in mind that they typically contain a higher proportion of water than their boozy counterparts, says Alex Jump, a bar industry veteran and the director of operations for Focus on Health. This ratio affects the amount of perceived dilution in the finished cocktail, which can be compensated for with a shorter shake time or the incorporation of additional ingredients to build body.

You'll also want to play with proportions. As we found in our taste test, a 1:1 ratio of non-alcoholic spirit-tomixer generally works better than the which are essential in full-proof cocktails, add acidity and brightness to any drink. You can also employ a juicer or extractor to make fresh-pressed juices from fibrous fruits and vegetables like carrots, apples, beets, and pineapples. Bar pro Natasha David uses freshpressed juices as the base ingredient of several non-alcoholic cocktails in her 2022 book Drink Lightly. Fresh beet juice gives earthy depth to her Mental Note cocktail, while celery juice adds



Mindful Mixology. Like alcohol, vinegar involves a combination of acetic acid and water that has undergone fermentation. The resulting sharp, tangy, and sour notes can help to create some of the "bite" of alcohol and open up a wide range of flavors to play with.

When using vinegar in cocktails, stick to high-quality, undistilled varieties. Brown prefers a "workhorse vinegar" like Dynamic Health Organic Raw Apple Cider Vinegar, though champagne vinegars are often also a good entry point. As vinegar profiles can vary widely, start with just a teaspoon or two for a single-serving

OUR FAVORITE SYRUPS TO HELP PUNCH UP NON-ALCO-HOLIC COCKTAILS

Ginger syrup or cinnamon syrup can help replicate the heat of alcohol.

A tea syrup will add a tannic quality to your drink, which can evoke barrelaged spirits.

Oleo saccharum, made by macerating citrus peels in sugar to extract and sweeten their natural oils, can act as a stand-in for liqueurs like Cointreau, and often provides bolder citrus flavor.

Verjus, or the non-alcoholic pressed juice of unripened grapes, can help replicate the juiciness of aromatized wine, says Jump. It's too tart on its own to stand in for sweet vermouth in drinks like a non-alcoholic Negroni or Manhattan, but Jump suggests making a verjus syrup with red verjus, water, sugar, and baking spices like cinnamon and cloves.

SPECIAL SECTION

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The Finest Vintage Cars of the 1960's Golden Age



1961 Lancia Flaminia

Another prestigious Italian automobile manufacturer was Lancia, and their 1961 Flaminia was stunning and powerful. Produced from 1957 to 1970, the Flaminia was a coachbuilt cars that had a classic look, making them ideal to use for official state occasions and events.

The Flaminia was a two-door, four-headlight model that had a decreased wheelbase, which meant there was only space for two seats.

Trump Will Be Good For EV, As Well As ICE Business, Barra Says

GM's CEO talks tax credits, recharging infrastructure, and the end of Cruise.

BY TODD LASSAPUBLISHED:

. Asked about the impending death of the EV consumer tax credits of up to \$7,500, Barra said she believes GM has a good portfolio of EVs in the \$30,000 to \$40,000 range.

•. Barra warned that Trump's tariff plans would not just affect vehicles assembled in Mexico and Canada, but virtually every automaker with assembly plants in North America.

•. On autonomous cars: "We're not in the robotaxi business," Barra said of its ending experiment with Cruise. "It's a capital-intensive business, anyway."

"I feel very confident that the (incoming) Trump administration wants efficiency for the entire industry,' Barra said.

Of course, Barra did not get to become GM's longest-serving chief executive since Alfred P. Sloan by picking fights with incoming presidents, whether Republican or Democratic.

Asked about the impending death of the EV consumer tax credits of up to \$7,500, created by the Biden administration's green Inflation Reduction Act, Barra said she believes GM has a good portfolio of EVs in the \$30,000 to \$40,000 range, from the electric Chev-

rolet Equinox on-up, and that the automaker's aggressive electric vehicle plans can thrive without them. An incentive offered directly to EV automakers may remain.

'When you look at manufacturers' credits, there has been a lot of expansion and job creation,' Barra said.

Early this month, GM announced it would sell its stake in a Lansing, Michigan, battery plant it is constructing with LG Chem, to LG. Barra told the APA Wednesday that GM found a third battery plant unnecessary as EV

sales growth slowed, and that the sale of its stake is good for LG's business, too.

Expanding the nation's charging network remains key to EV sales growth, Barra said, which has slowed considerably after spiking a couple of years ago as the COVID-19 pandemic was ending. She did not address Trump's cut of the Biden administration's efforts to expand EV recharging coast-to-coast.

personal vehicles."

"We're not in the robotaxi business," Barra said of its ending experiment with Cruise. "It's a capital-intensive business, anyway."

As recently as January's fourth-quarter 2023 earnings call, Barra said GM remained "committed" to Cruise, though working on a reset and a plan for saving \$1 billion this year.

GM has one of the best Level 2 autonomous systems in personal vehicles, with its SuperCruise, Barra said, and the engineering team already is working on Level 3-plus.

"We think we can do that very quickly on our roadmap to L4," she said.

Asked what changed since GM years earlier predicted Cruise could reach \$50 billion in revenues by the end of the 2020s, Barra replied: "We thought we could roll out (autonomous) vehicles more quickly than we could," and referred to an injury accident in San Francisco last year, which she called "an unfortunate incident."

Barra agreed with Musk's desire for federal regulation of autonomous vehicles, instead of what she called a "state by state patchwork."

"I think a federal framework would allow us to be more efficient," she said, with customer benefits coming more quickly. During Tesla's third-quarter earnings call in late October, just before the presidential election, Musk said there should be a federal standard and lamented that approval for fully autonomous Robotaxis in Texas will come in 2025 but will take much longer in California.

"If there's a department of government efficiency," he said, foreshadowing DOGE, "I'll try to make that happen."

Asked where GM will experience growth in the coming years, Barra listed three areas; electric vehicles, its return to "export mode" in Europe, and in software development, not just for autonomous vehicles, but in all aspects of the vehicles, including in-car services.





hbnews1@aol.com

Axios, at the Automotive Press Association's fireside chat in Detroit Wednesday evening.

the industry," Barra told moderator Joann Muller of

coming Trump administration will be good for the auto

industry, including both automakers aggressively build-

ing an electric-vehicle business and those concentrating

GM is "looking forward to working with the president and administration, because I think we can grow

on internal-combustion and hybrid technology.

While Donald J. Trump as a candidate this year has expressed antipathy toward EVs-a position that has softened considerably as his financial and political ties with Tesla CEO Elon Musk has grown-his anti-regulation philosophy is one held in common with virtually every major automaker.

"If you look at some of the burdens and regulations, there is ample room to have a streamlined process,' Barra said. While virtually every automaker is looking to reduce and eventually eliminate the effect of their products and businesses on the environment, better government efficiency will help them thrive and continue to provide jobs, she added.

The GM CEO also is cautious about Trump's tariff plans, which could add as much as 25% to the cost of Mexican and Canadian imports and nullify his first administration's reworking of the North American Free Trade Agreement (NAFTA) into the USMCA.

Barra warned that such tariffs would not just affect vehicles assembled in Mexico and Canada, but that virtually every automaker with assembly plants in North America importing parts and supplies from the two countries.

"We're not in the robotaxi business," said GM CEO Barra. "It's a capital-intensive business, anyway."

Barra's APA fireside chat Wednesday gave Muller a chance to probe into GM's Tuesday announcement that it will "refocus autonomous driving development on





get on board

FOODS YOU'LL NEVER EAT AGAIN AFTER YOU KNOW THE INGREDIENTS. OR MAYBE SHOULD NOT EAT AGAIN SCARY...

The food market continues to ex-I pand at an accelerated rate, with manufacturers and brands adding new products every day. Business is booming, with grocery store sales having more than doubled in the last 30 years in the US alone.

Consumers love to consume products that are tasty and cost-effective, but have we ever stopped to look behind the veil and investigate exactly what's in our foods? From beaver butt secretion to sheep sebum in our chewing gum, there's a lot out there that you won't find advertised at Walmart.

Salad Dressing **Company: Various**

Market Share: \$23.5 billion by 2026*

Ingredient: Paint chemicals

There's no better way to elevate your salad game than by buying a good dressing, but all may not be as it seems. Some salad dressings actually have titanium dioxide in them, which is actually a chemical found in paints and sunscreens to give them a whiter sheen.

That's not the only secret lurking beneath the appealing exterior, either. Propylene glycol can also be found in it. If you haven't heard of it before, that's because it's antifreeze. It's not something you want unless you're trying to get your car on the road in the middle of winter, so why would you eat it? It's a thickening agent, apparently.

@Chris LayKK/Shutterstock.com

Microwave Popcorn Company: Various Market Share: \$5.2 billion total popcorn market*

Ingredient: Non-stick chemicals

There's nothing better than popping some microwavable popcorn and settling down to watch a movie. It's quick, it smells great, and it's not messy. However, there's a catch. The inside of popcorn bags is usually coated with nonstick to stop the kernels from getting attached to the bag.

It works great, but nonstick coat-

problems for decades now, so it might be time to turn to the stove instead of the microwave. No one wants to wake up one day and realize their popcorn habit gave them a serious illness, do they? While you're at it, ditch the nonstick pans, too.

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Caviar

Company: Various overseas shipments

Market Share: \$496.3 million by 2025*

Ingredient: Borax

It doesn't take a scientist to know that Borax shouldn't be consumed. Even the FDA knows it, which is why it's banned from a lot of foods made and sold in America. That being said, there are some things that sneak their way through to shelves, including caviar.

A lot of brands across the world use Borax to preserve the fish eggs, although it's listed as E285 on the ingredients label. Next time you decide to splash the cash on something fancy for your dinner party, take a look at where it comes from and see if there's anything unsavory lurking inside.

©BT Image / Shutterstock.com / Shutterstock.com

Donuts

Company: Various Market Share: \$8.9 billion by 2023*

Ingredient: Carnauba wax

Everyone loves a happy, round donut, don't they? Whether you're into a jelly one, like them more exciting, or just love a bear claw, there's something for everyone. Have you ever wondered how donuts get their lovely, glossy finish?

It's not true for all companies, but some use something called carnauba wax. It might sound harmless, but it's the same ingredient that's used in shoe polish, cosmetics, and even floor cleaner. It's supposedly safe to consume, but it's still a little bit off-putting, isn't it? Next time, we'll go for plain.

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ings have been connected to health





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'BUY US!': GREENLANDERS SHOCKED, INTRIGUED, BEWILDERED BY TRUMP ZEAL FOR ARCTIC TERRITORY

KIM HJELMGAARD, USA TODAY

Orla Joelsen wants to Make Greenland Great Again but is pretty sure ditching Denmark and allowing the Arctic territory to be annexed by a superpower is not the best way to go about it.

President-elect Donald Trump is not the first American leader to promote the idea of buying the U.S.'s strategically located northern neighbor, which is rich in minerals and oil, for security reasons. President Harry Truman offered \$100 million – about \$1.3 billion today – in gold bullion for the world's largest island in the post-World War II era.

But Trump's amplification this month of an idea he first floated in his first term, backed by his refusal to rule out using U.S. military power to achieve it, has left Greenlanders not only wondering if it's a joke. It's also left them worried, intrigued, excited, bewildered and everything in between.

"It's shocked us," Joelsen, a native Greenlander who works as a prison official in the island's capital Nuuk, said by telephone. "We need to talk about the independence of Greenland from Denmark. But not like this." Joelsen's prisons job falls under the authority of Denmark's justice department. He said he was speaking in a private capacity.

Funny and absurd. Then there was a big airplane with Trump's name on it.

Christian Ulloriaq Jeppesen is a radio producer from Nuuk who lives in Denmark. He said when Trump initially proposed purchasing Greenland in 2019 it was something he, his friends and family found funny – even absurd.

"Then suddenly there was a big airplane with Trump's name on it in Nuuk and people were walking around with MAGA hats on it and the whole thing got real," he said by phone from Copenhagen. Trump's eldest son landed in Nuuk on Tuesday and spent the day handing out red caps, filming a documentary and speaking to residents.

Donald Trump Jr. arrives in Greenland: his father reiterates interest in the island

"I would say some Greenlanders are a bit concerned and scared about this," Jeppesen said. "It's also a little bit of a joke. It's weird. I'm personally quite mad about the whole idea that someone thinks they can just buy a country."

Trump wants Greenland. What to make of that?

So which is it? A staged joke or serious threat? Why does Trump appear to be so intent on taking control of a territory that's been an established part of the Danish crown since 1830? And how rattled are Greenlanders and Danes about the possibility, real or remote, of Trump's threats to acquire Greenland?

Aaja Chemnitz is one of two Greenlandic lawmakers who represents the 836,000-square-mile island's 57,000 inhabitants in Denmark's Folketing, its Parliament. As an autonomous territory of Denmark, Greenland has its own legislature, known as the Inatsisartut, with 31 seats. It's a chamber that administers various internal affairs. Greenland's defense, national security and financial policies remain the responsibility of Denmark and the Folketing.

On Thursday night, Chemnitz attended what she called an emergency "crisis meeting" in Copenhagen about Trump's Greenland pitch with party leaders from across Denmark's political spectrum. Greenland's Prime Minister Mute Egede flew in on Wednesday to meet with Denmark's Prime Minister Mette Frederiksen and King Frederik X.

The majority of Greenlanders are Inuit, an indigenous

Greenlanders don't want to be Americans or Danes

In a New Year's speech, Greenland's leader Egede said it was "about time we ourselves take a step and shape our future, also with regard to who we will cooperate closely with, and who our trading partners will be."

Greenland's "history and current conditions," he said "have shown that our cooperation with the Kingdom of Denmark has not succeeded in creating full equality. It is now time for our country to take the next step."



A view of Pituffik Space Base (formerly Thule Air Base) in Greenland, on Oct. 4, 2023.



Denmark's Prime Minister Mette Frederiksen, right, and Greenlandic Prime Minister Mute Egede attend a press conference in Copenhagen, Denmark, on Jan. 10, 2025.



Donald Trump Jr. arrives in Nuuk, Greenland, on Tuesday, January 7, 2025, in this screen grab taken from a video. Donald Trump Jr. is on a private visit to Greenland. *Mads Madsen Arctic Creative/Ritzau Scanpix/Handout via REUTERS*



and questioned whether he really had Greenland's best interests at heart. "We are so few inhabitants," said Jens Danielsen. "I fear our language would disappear very quickly (under the U.S.), so I would prefer to stay with Denmark." Danielsen added he thinks the only reason Trump may be interested in Greenland is because he wants to extract its uranium and other raw materials.

"All a company needs to do is apply for a license," said Gad.

In a recent interview, John Bolton, a former national security adviser in Trump's first term, said that controlling Greenland would enable Washington to better protect its interests in the region – including critically important shipping lanes – against expansionist efforts by Russia and, more recently, China.

Why Trump wants Greenland, Panama Canal: One reason may surprise you

But Rasmus Jarlov, a Danish opposition Conservative lawmaker, said the two reasons mentioned by Trump and the people around him for his interest in Greenland – resources and national security – don't really make any sense.

"Trump needs to understand he has no legitimate claim to Greenland, and also the difference between 'yours' and 'mine' and respect that," Jarlov, a former minister of business affairs, said in a phone interview.

Greenland and the Panama Canal: Trump refuses to rule out military force to acquire them

"With regards to the military argument, well, there are no big military threats against Greenland. Russia and China don't have any aspirations to take it over. The only real threat is the United States. Denmark has a defense agreement with the U.S. The U.S. used to have a bigger military presence in Greenland," he added, referring to when about 10,000 U.S. troops were stationed at a dozen bases scattered around Greenland's coast.

Now, Pituffik Space Base, formerly known as Thule Air Base, is one of the most remote U.S. military assignments in the world. Built on permafrost in Greenland's far north, it hosts about 200 troops.

"The U.S. voluntarily downgraded its Greenland military presence – itself," said Jarlov. "If the Americans change their minds, and want a bigger presence, then by all means we're more than open to that."

Speaking at a joint press conference in Copenhagen on Friday with Frederiksen, Denmark's prime minister, Greenland's leader Egede said that he had not been in contact with Trump and urged everyone to respect Greenland's wish for independence. He said Greenlanders did not want to be Americans or Danes.

'Buy us! Buy Greenland!'

In Nuuk, prisons official Joelsen said he favors an independent Greenland so that it can pursue partnerships, economic and diplomatic, with other countries without having to seek approval from policymakers in Denmark.

"Part of the USA? No, no, I don't want that," he said. "I don't really know about the culture there."

Jeppesen, the radio producer, said when he moved to Copenhagen from Greenland in 2017 he experienced a lot of discrimination and he often felt he was the butt of a racist joke usually involving Greenlanders who drink too much. He said he's tried to educate Danes about this but it's an uphill battle. Jeppesen is 28. He said he hopes to eventually move back to Greenland once he has established himself more with his career.

"There's a lot problems between Greenland and Denmark but I don't see any benefit in becoming part of the U.S."

people who also live in Alaska and Canada. Greenlandic, the language they speak, is vastly different to Danish. Ulrik Pram Gad, a researcher at the Danish Institute for International Studies in Copenhagen, said the culture and traditions in Greenland are also highly distinct from what's found in Denmark and Western Europe more generally. But he said many Greenlanders today are related to Danes through marriage, partnership or blood and that many go to Denmark for schooling, work and vacation. Most, he said, prize the Scandinavian country's welfare state which gives them access to free education and healthcare.

However, Gad also said polls over the last few decades have consistently shown the majority of Greenlanders want independence from Denmark for reasons connected to its dark, colonial past and persistent discrimination, though there is division over the timing of it and concern over what it could mean for living conditions.

"Greenlanders still feel today that they are treated unequally and not on their own terms," said Gad, who worked in Nuuk for Greenland's government before moving full-time into academic research.

"The Danish system feels like an imported system, with Danish terms and conditions, for a different culture."

Donald Trump Jr. visits Nuuk, Greenland, on Jan. 7, 2025.

Yet it's far from clear that most Greenlanders view that next step as being in sync with Trump's ambitions.

Kalaallit Nunaata Radioa is Greenland's national public broadcaster. When it canvassed Nuuk's residents this week about Trump's stated desire to purchase Greenland it found a few local voices, such as those of Karen Kielsen and Imaakka Boassen, who seemed interested in the idea of becoming part of the U.S.

"The U.S. is more attractive. Everything just gets more and more expensive here," Kielsen, described by KNR as a cleaning assistant, said. Boassen, a student, said he didn't "fully trust Danes. Maybe I will have more trust in Trump."

Others described Trump as "dangerous" and "worrying"

lander who is widely known in Nuuk for all the wrong **g** reasons, according to Jeppesen and multiple Danish, media reports. Zeeb is a local drug dealer with a long list of convictions for that activity and other crimes, some of them violent, stretching back many years.

He was featured in a video shared by Trump when he **J** posted on his Truth Social media platform that he was hearing from his son in Nuuk "that the people of Greenland are 'MAGA'' and that "Greenland is an incredible place, and the people will benefit tremendously if, and when, it becomes part of our Nation."

Zeeb has a big bushy beard and is heavy-set. He had just come out of a store when he ran into members of Donald Trump Jr.'s entourage in Nuuk. They put a MAGA cap on his head, stuck a camera in his face and pressed record.

"Buy us! Buy Greenland!" he says in the 30-second video, in which he directly addresses the president-elect. Zeeb then said "he loves America but people are too fat over there," before sticking his tongue out and bursting into laughter. He later told Denmark's state broadcaster that even those with a criminal past are entitled to an opinion.

This article originally appeared on USA TODAY: What Greenlanders think about Trump's zeal for Arctic territory 19

The American Companies That Aren't Actually American Anymore

By Kate Prince/Business

www.HBLocalNews.con any brilliant companies - from Apple to Starbucks - have been founded in the United States, starting out as small ventures to become international leaders in their fields. However, the world of business isn't always as straightforward as it looks. Regardless of how well-rooted a company's American history is, it doesn't mean that it will always belong to Uncle Sam.

In fact, many quintessentially American brands are no longer American-owned at all. From Ben and Jerry's to IBM and Holiday Inn, overseas investors have played a big part in keeping these companies moving forward. Without them stepping in, some of them may have ceased to exist altogether.

SMPC

Original Headquarters: Manila, Philippines

Purchased By: DMCI Holdings

Country: China. Philippines SMPC is a mining company based in the Philippines but owned by DMCI Holdings, Inc. SMPC (Semirara Mining & Power Corporation) is the country's biggest coal pro-

ducer, making up 92% of coal production as of 2015. SMPC began expanding to the foreign market in India, Japan, Taiwan, Hong Kong, and Thailand in 2007.

DMCI Homes, its parent company, is owned by DMCI Holdings which was founded by Chinese-Filipino businessman Isidro Consunji. DCMI was incorporated in the mid-1990s to consolidate a group of construction, construction companies, and related businesses. DCMI was listed on the P.S.E. in 1995, and the company rakes in hundreds of millions in revenue a year.

(a)SMPCEmpoweringOthers/Facebook

Triple H Coal Original Headquarters: Jacksboro, Tennessee Purchased By: TPI **Country:** China

As MarketWatch put it, China "d[ug] into American coal mines" with this purchase. Triple H Coal is a ica. ©Photomarine/Shutterstock.com

Ray-Ban

Original Headquarters: Rochester, New York Purchased By: EssilorLuxottica **Country:** France and Italy Ray-Ban was created in 1936 by the well-known eye-

wear company Bausch & Lomb (B&L). Throughout the

years, B&L released Ray-Bans of all shapes and sizes. Most notably, Aviatorstyle shades-which have become more than just eyewear for pilots.

When opportunity comes knocking, one would be a fool not to listen. In 1999, Italian eyewear industry giant Luxottica Group reportedly offered B&L \$640 million for the Ray-Ban brand. The New York-based company accepted the offer and handed over the rights to one of the biggest sunglass brands in the world.

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Oreo

Original Headquarters: New York City, New York

Purchased By: 3G Capital and Berkshire Hathaway

Country: Brazil

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In 2015, three years after Kraft Foods' renaming to Mondelez International, Kraft and another king of the food industry, Heinz. However, Berkshire Hathaway and Brazilian 3G Capital owned Heinz at the time of the merger, therefore, making the new Kraft Heinz Company half Brazilian.

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mining company in Campbell County, Tennessee. It

owns the rights to 125 square kilometers of land and the

coal beneath it. In 2011, Triple H Coal was bought by

Rights Investment Fund, which loaned TPI the capital.

TPI is far from the only Chinese company trying to get

coal assets in America. Datang, Shenhua, Huadian,

Qinfa Group, China Coal Solution, and China Coal are

also attempting to acquire coal mining assets in Amer-

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FAMOUS MURDERS THAT REMAIN UNSOLVED

By Thomm Quackenbush

Despite what television would have you believe, not every murder is solved in under an hour. No matter how much effort police put into the cases at the time and amateur sleuths do afterward, some murders will never be solved.

That's not to say that all unsolved murders are created equal. For some, almost everything about the case is unknown: the culprit, the victim's identity, the method, the motive. On occasion, the best the police can tell the public is that someone was definitely killed, but anything after that is nebulous. With other cases, everyone knows who did it, but they managed to get acquitted or gave the police an alibi. In still others, the only reason that witnesses aren't pointing fingers at the culprit is that these fingers will be immediately cut off — along with their heads.

However, for what little good it did for the victims, sometimes being unable to solve a murder drives those left behind to improve the world so that no one else has to suffer the same fate.

JonBenét Ramsey: Slain child beauty queen



On Christmas morning 1996, John and Patsy Ramsey could not find their six-year-old daughter JonBenét, a child beauty pageant winner. According to Time, after a frantic search of their Boulder, Colorado, home, Patsy found a handwritten three-page ransom letter demanding \$118,000 for JonBenét's safe return. However, it was much too late for that. Hours later, John found his daughter strangled in the basement.

Scrutiny immediately fell on the parents. The ransom letter was too unusual, and the motivation for trying to ransom an already murdered girl was too strange, especially since ransomers could have demanded much more from JonBenét's wealthy, well-connected parents.

The Ramseys were cleared of the charges. To the Denver Post, Patsy said, "I'm appalled that anyone would think that John or I would be involved in such a hideous and heinous crime." John declared finding the killer his "sole mission" and wanted them to get the death penalty. The family offered a \$100,000 reward to this end. In the same interview, they emphatically denied that anyone in the family had molested JonBenét and expressed their resentment that so much police energy went into examining them rather than other potential killers. Clive Pit FRESH MEDITERRANEAN GRILL EST. 2008

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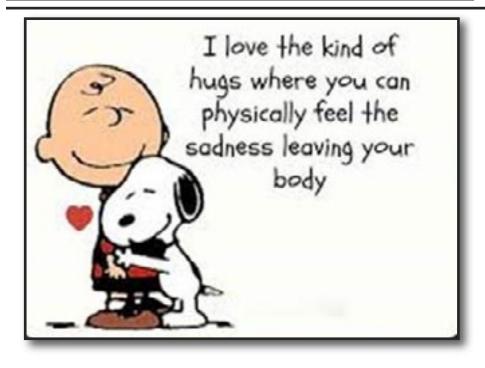
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Fountain Valley Royal Regiment Has its Coronation With Marching Band Title

By Andrew Turner

Don Leach / Staff Photographer

osxel Ludovice picked up a trumpet for the **K** first time in the sixth grade at Masuda Middle School.

For as long as he could remember, the draw to band and to the performing arts had been about the music itself.

Playing music is an artistic expression of oneself. Take Ludovice, for example, who still finds time to play "Star Wars" sheet music during his side sessions. What Ludovice, 17 - now a senior and a section leader at Fountain Valley High — did not realize was how much being part of the school band would come to be defined by the collective experience.

"It's the connection you have with everyone in the band," Ludovice said. "That is what you remember."

The class of 2026 is the first to experience four full seasons of marching band since the coronavirus pandemic. The Royal Regiment, as the band is called at Fountain Valley High, has been a top performer.

Fountain Valley had its crowning moment when it won a 27-team competition for the Division 3A title in the California State Band Championships Southern California

Division on Nov. 16 at Capistrano Valley High in Mission Viejo.

"At first, it was a feeling of disbelief because for all of high school, we've come short, second place two years in a row to being division champions," Ludovice said. "After my upper-

classmen graduated, when I came into a position of leadership, all I wanted to do was make it up for them and win a division championship before I graduated."

The Royal Regiment then placed second to Delano Cesar E. Chavez in the Division 1-3 combined state finals the following week at Bolsa Grande High in Garden Grove.

Among the 16-team field for bands with 70 members or less, half the competing schools were from Orange County — Aliso Niguel, Capistrano Valley, Laguna Hills, Rancho Alamitos, La Quinta, Bolsa Grande and Westminster.

State champion Woodbridge headed another five county teams in the Division 4-6 finals, a group that also included El Toro, La Habra, Sunny Hills and Marina.

Haruka Koyama and Thomas Hartman are the current drum majors for the Royal Regiment. The field show was "Appassionata," and last year's was "Radiance," both of which Jackson Lai, the school's instrumental music director, has played a big part in writing. Sophomore Avé Acosta, 16, had two older sisters in color guard who helped shape her path. She recalls pretending to make her own shows in her room, using brooms to replicate flags. "Appassionata" was a four-movement show, but Acosta especially felt an element of empowerment when performing with the instrumental music used in one of singer Adele's songs playing behind her. "We were told that it was supposed to be like painting," Acosta said. "We were painting, and we used orange silks, and color guard was supposed to represent the fire. During our ballad, we used the big, blue swing flags to Adele's 'Set Fire to the Rain.'... When the trumpets went blaring behind us, we're like, 'Oh yeah. Yeah, we know what we're doing." The coronavirus pandemic brought its own set of challenges for marching bands. Competition division requirements were reduced concerning the number of members.





Lai has relied on a culture of encouragement and recognition to bring about enthusiasm within the program. A state divisional title should help reverse a trend of declining numbers.

"Hopefully, more and more people join, now that the program is gaining more traction again," Ludovice said.

"We have to be positive and motivate them and encourage them to be able to do it," Lai added. "One thing I found that has been a challenge is that attention spans have been just a hair shorter [since the pandemic].... It does seem a little frivolous that we have to encourage the students to do something that they should come in wanting to do, but I think it's still an art form that needs to be nurtured and developed.

"As teachers, we have to sort of propel that a lot more. I think COVID definitely didn't help with the online learning, where if a student checks out, they just turn off their camera and go take a nap. It's slowly trickling away, but I do feel like the remnants of it have been quite everlasting these past few years."

Band class has been making an early impression on its newcomers. Percussion captain Ema Terada, 17, a junior marimba player who is in charge of the front ensemble, said a core memory came in her freshman

year.

"I never did band in middle school, nor did I do a sport, so I didn't know what it felt like to be with so many people and have something that we all work for," Terada said. "I remember after we performed our final show, we have a tradition called 'senior circle,'

where we group up and

light a candle, and all the seniors light all the underclassmen's candles."

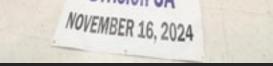
Enzo Oviedo, 17, a junior percussionist who plays bass drum, said it is a moment that has moved him to tears.

"They basically say, 'This is my spark. I pass it on to you," Oviedo said. "It's really emotional. That is probably my favorite memory."

Freshman Taylor Lam, 15, had her interest captured by color guard just before high school, and that summer, she found herself marching with the Barons in their annual appearance at the Fourth of July parade in Huntington Beach.

"It was actually when I was transitioning from eighth grade into high school," Lam said of her introduction. "They had this assembly for students to go to [and] check out different sports. Color guard was there to put on a performance, **a** and when I sat down and I watched them, that was when I truly realized that color guard is something that I want to be a part of. "I just saw the way the flags spun around, the different colors of the silks, how the rifles would spin around in the air, and how the catches were so clean. I thought that's something I would like to put effort into." The Royal Regiment also played in the Pearl Harbor Memorial Parade on Dec. 7, and Lai intends to take the band to Washington, D.C. next year to celebrate the 250th anniversary of the United States in the nation's capital. "It helps students really connect the dots as to why we perform music and the importance of music in history," Lai said. "With all of the experiences that we're giving the students, I think that they're able to connect the dots. They're able to go to Pearl Harbor and understand all the sacrifices that were made, so that they can have this experience. "In a way, they can give back through their music performance, to honor those that have come before us, those that have sacrificed their 23 lives for us all to be here."





CSBC

TOP TO BOTTOM: Members of the Fountain Valley High Royal Regiment band, including Rosxel Ludovice, the trumpet section leader, in the school's band room on Wednesday.

Color guard members Chloe Vu, Vera Zachary and Ava Ly, from left, of the Fountain Valley Royal Regiment enjoy a laugh as they remember the moments receiving the 2024 plaques in the school's band room on Wednesday.

Plaques and awards from the 2024 field season for the Fountain Valley Royal Regiment on display in the school's band room.

A unique participation tiki trophy given to the Fountain Valley Royal Regiment from a Pearl Har-bor Memorial Parade. (Don Leach / Staff Photographer)

Members of the Fountain Valley Royal Regiment pose in front of the banner for winning the CSBC **Division 3A title.**

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TRUMP UNVEILS SERIES OF CABINET NOMINATIONS AS HE PREPARES TO TAKE **BACK WHITE HOUSE**

NY Post / ANNA YOUNG

reveral former members of Donald Trump's first administration have been tapped to fill key cabinet roles as he prepares to take back the White House this month, the president-elect announced in a series of Truth Social posts Saturday.

Trump, 78, nominated Steven Bradbury to serve as deputy secretary of transportation; Katharine MacGregor - the vice president of environmental services at NextEra Energy — to serve as deputy secretary of the interior; and David Fotouhi as deputy administrator of the Environmental Protection Agency.

The incoming president also chose Paul R. Lawrence to serve as deputy secretary of Veteran Affairs; University of Chicago professor Casey B. Mulligan as chief counsel for advocacy at the US Small Business Administration; and Army veteran James Danly as deputy secretary of energy.

Bradbury, who served as the general counsel of the Department of Transportation during Trump's first term, was credited by the 47th president for rebuilding "our crumbling infrastructure" and slashing regulations that were "killing jobs" and small businesses.

MacGregor will return to the Department of Interior, where she served during Trump's first four years as president.

"She helped us in our quest to make our National Energy DOMINANT, and was also an integral part of the team that produced our Historic "Salute to America" at the National Mall," Trump said.

Fotouhi, who worked at the EPA for the entirety of Trump's first term, will return to the environmental agency to advance "pro GROWTH policies, unleash America's Energy Dominance, and prioritize Clean Air, Clean Water, and Clean Soil for ALL Americans," he said.

Trump hailed Lawrence for his work during his first term, adding that his latest nominee will focus on taking care of veterans and ensuring they are treated with the "respect they deserve."

"Paul was a great VA Under Secretary of Benefits in my First Term, implementing Legislation I signed to improve the GI Bill and Appeals Modernization," Trump wrote on Truth Social

"Paul also helped us drive the claims backlog to its LOWEST LEVEL in VA History."

Trump praised Mulligan as a "fantastic economist" and a "highly respected expert on regulations that are crushing our Small Businesses." He previously held the title of Chief Economist of Trump's Council of Economic Advisers.

Danly is a retired US Army officer, who served two tours in Iraq, where he earned the Bronze Star and Purple Heart, Trump said.

"He served in my First Term as General Counsel, Commissioner, and Chairman of the Federal Energy Regulatory Commission, where he won countless cases before the Federal Courts, and drove regulatory reform to ensure abundant and affordable energy for the American People," the incoming commander in chief said.



Steven Bradbury was tapped to serve as deputy secretary of Transportation. Steven G. Bradbury/

NTERTAIN IN STYLE WIT **SAVORY DESSERT A Mouthwatering Fish Dinner**

Culinary.net

During the spring months, fish can be a popular food for at-home meals. It's a perfect nutritious option during Lent, and it's flaky and delicious for seafood lovers and families of all kinds throughout the year.

This Cheesy Basil Cod has a light crust and a glistening center, which creates a delicious bite of texture. Serve it with rice and vege-

tables to complete a better-for-you dinner that's packed with nutrients as well as flavor.

This recipe, rich with cheese and seafood delight, serves four but is easy to double for a larger crowd. It requires just a few kitchen utensils and bakes for less than 15 minutes for a quick meal that's easy to clean up.

more seafood recipes. For visit Culinary.net.



CLICK HERE Watch video to see how to make this recipe!

Cheesy Basil Cod

Recipe adapted from Laurenslatest.com Servings: 4

- 3 cod fillets (12 ounces each)
- 1/2cup mayonnaise

1/2cup freshly grated Parmigiano Reggiano cheese

- tablespoon parsley flakes 1
- 2 tablespoons basil leaves
 - cloves garlic, minced
- 1/4teaspoon salt

2

1/4teaspoon pepper

rice, for serving (optional) steamed vegetables, for serving (optional) Preheat oven to 450 F.

Line baking sheet with parchment paper. Place fish fillets on baking sheet and set aside.

In small bowl, stir mayonnaise with cheese, parsley, basil, garlic, salt and pepper. Spread evenly over fillets. Bake 10-12 minutes, or until fish starts looking flaky.

Switch oven to broil and brown tops of fish until lightly golden. Remove from oven; cool 3-5 minutes.

Serve with rice and fresh steamed vegetables, if desired.





Wikipedia

Paul Lawrence was chosen as deputy secretary of Veteran Affairs. Paul Lawrence/LinkedIn

Katharine MacGregor was nominated for Deputy Secretary of the Interior.

> Katharine MacGregor/ Linked In

David Fotouhi was tapped as deputy administrator of the EPA. David Fotouhi/LinkedIn

- Dr. Casey Mulligan will serve as chief counsel for advocacy at the US 24 Small Business Admin-
- istration.

Dr. Casey Mulligan/AFPI





series of posts on Truth Social Saturday. Anadolu via Getty Images

LAST CALL: These Chain Stores Are Closing Locations in 2023

The retail sector can often be fickle, even when the company is loved and established. Some of the titans in the industry have faced tough times in recent years, with even the seemingly infallible ones shuttering locations for good.

From Aldi to Costco, Walmart, and even designer stores, it looks like no one is safe. Business status can change on a dime, but let's see which household names are closing the doors for good in 2023. Will your local store be next – or has it managed to escape the retail apocalypse?

Gopuff Year Established: 2013 Store Closures: 76

Established less than a decade ago as a hookah and hookah accessory delivery service, Gopuff has evolved into a complete on-demand delivery service that provides customers with almost anything they would find at their local convenience store. As of the summer of 2021 Gopuff was valued at a whopping \$15 billion, but that hasn't kept it from seeing its share of troubles.

Still considered a start-up, even though it has had tremendous success over the years, Gopuff announced it would be closing 76 of its U.S. warehouse locations, effectively leaving approximately 1,500 employees (more than 10% of its global workers) searching for alternate employment.

©Ceri Breeze/Shutterstock.com

Smithfield Foods Year Established: 1936 Store Closures: 1

Having produced and processed pork and other foods since the 1930s, Smithfield Foods has become more than just a household name in America—it also has processing facilities in half a dozen other countries. Smithfield Foods has more than 500 U.S. farms alone, along with the 2,000+ independent pig farmers who have signed contracts with the now China-owned company.

Citing the rising costs of operating in the Golden State,

Smithfield Foods' top brass has made the tough decision to cease operational activity at the company's Vernon, California, meatpacking plant by early 2023. The decision means that around 2,000 Smithfield employees will soon be out of jobs.

©rblfmr/Shutterstock.com

YMCA Year Established: 1844 Store Closures: Unknown

There was a time when it was "fun to stay at the Y-M-C-A." Thanks to the pandemic, which has caused many people to rethink their decisions to join community and fitness centers, that overwhelming desire to join the ranks of the Young Men's Christian Association has dramatically subsided in some places.

For instance, one of Southern Maine's YMCA locations saw more than a two-thirds drop in membership during 2020/2021 and is yet to rebound from the ordeal. This has resulted in the unfortunate announcement that September

2, 2022, would be that Y location's final day. ©*Claudio Divizia/Shutterstock.com*

Hale and Hearty Year Established: 1990 Store Closures: 16

Brothers Jonathan and Andrew Schnipper understood that not enough can be said about the classic mealtime combination of a hearty soup and a well-prepared sandwich. They believed in the concept so wholeheartedly that they created Hale and Hearty Soups and turned it into a popular New York City lunch spot at 849 Lexington Ave.

More Hale and Hearty locations began to open as the years went by. They even became so popular that the concept spread to Long Island and Boston. In July 2022, without any explanation or warning, every one of New York's sixteen Hale and Hearty stores.

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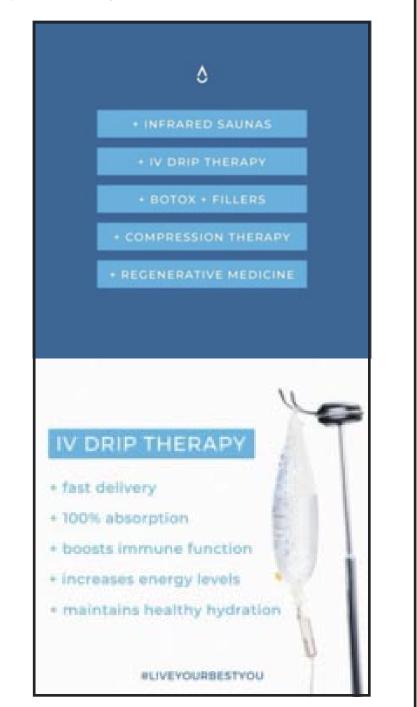
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As Fire Burns-People Volunteer!

Her request immediately took off. Within 24 hours, large garbage bags and suitcases full of donated clothes took over an empty store across the hall from her boutique. As of Friday evening, Choothesa estimated she had taken in about 5,000 pounds of clothes.

And that's just from people in and around the city. Promises of more donations from people around the country have also flooded in.

Harvilicz and Choothesa are just two people — among so, so many — who have stepped up to help their neighbors amid the winds and fires, using their personal talents and contacts and infrastructure to help in ways that they know best.

Harvilicz, a veterinarian for 20 years, said she looked around and thought about the space sitting unused in Marina del Rey.

"This is an empty slate," she said. "There are plenty of animals that we could keep here. We need to help people."

Like Choothesa, Harvilicz also took to social media to offer her space to evacuees. The response, she said, was overwhelming — and it was mostly people who weren't seeking shelter but rather to donate food and time and supplies.

At one point, the hospital housed 40 pets. By Friday morning, Jan. 10, Harvilicz was only playing host to some 18 dogs, most animals reunited with their families.

Meanwhile, the urge to help their Southern California neighbors extended into neighboring counties, as well.

Celebrity Chef Andrew Gruel put out the call that Calico Fish House, his Sunset Beach restaurant, would cook for anyone displaced by the fires. Its large parking lot could also serve as a place for people to camp out.

Jeff Provance asked for the community's donations of blankets, clothes and non-perishables to be dropped at his Blooms Irish Pub in San Clemente. He would take care of distributing to people in need.

By the end of the week, Blooms' back storage room was filled with donated goods. Provance's plan to use the bed of his pick-up truck to haul donations up to the Los Angeles area pivoted to a rented U-Haul trailer.

Then to a large 10-foot truck.

And then again to a 26-footer. "I'm so glad to see the community coming together," Provance said. "It's right in our backyard, so we should be doing all we can. It feels like a different country when you watch the news. But it's literally an hour away." People flooded the Calico Fish House parking lot with donations and volunteers were packing the water, diapers and pet food onto trucks to head north. Among them was Bill Schallmo, a Costa Mesa resident who is still recovering from a knee replacement surgery he had six months ago. He arrived at the restaurant at 6:30 a.m. on Friday, tackling the large pile of donations that filled the front door to the restaurant. "Whatever little I can do, I'm going to do it," said Schallmo. "Relatively speaking, this is nothing. A day out of my life.'

tounding, so much so that non-evacuees who showed up to the Pasadena Convention Center — what has become a hub for those who fled the Eaton fire — to help were turned away.

"Due to an overwhelming outpour of donations and support, the Pasadena Convention Center is no longer able to accept food, water, emergency supplies or donations of any kind until further notice," it posted to social media on Thursday. "We thank you for your generosity."

Michael Giardina was one of those folks who showed up to help but was turned away.

He found a way to volunteer any-way.

Giardina posted up outside the center, making peanut butter sandwiches. Soon, his family joined in. When the center was full of volunteers, other local residents came out and affixed themselves to the effort.

On Wednesday, they made about 400 sandwiches. Then came another 250 on Thursday.

Frances Silva, who joined the effort, said, "We kind of just made this into something it wasn't."

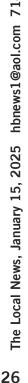
As Giardina put it, the goodwill just began circulating. Even evacuees were donating for other fellow evacuees.

Choothesa, who was raised in a Thai and Buddhist family where benevolence and community and helping others were paramount, said she'd rather be in the background of these humanitarian efforts but knew she had the unique resources to pull something like a nice "shopping" experience for evacuees off — and quickly.

"I love my community, and I love my friends, and I want to see people do well," she said. "Honestly, it's just a matter of believing in helping the community and the greater good and abandoning a sense of individualism."

Choothesa is still seeking volunteers and donations for her clothing drive, which she is doing in conjunction with the Historic Core BID and Well Cloth'd, a Brooklyn-based nonprofit that provides clothes to women of color in need.

Aside from good-condition clothes, she's also seeking racks and hangars to display the items. People can also pledge to work as a "community captain," collecting items in their neck of the woods and delivering them to her downtown Los Angeles boutique (located at 112 West 9th St., #200), or volunteer to help sort through the donations. (She plans to donate items that are soiled to a textile recycling outfit or work with a cleaning service or laundromat to clean them.) Anyone interested in donating or volunteering can find out more at shopquirkla.com/la-fire-help or by emailing lafirehelp@gmail.com. Harvilicz, aside from taking in evacuees' pets, also runs a nonprofit animal rescue group, the Animal Wellness Foundation, that has already created search and rescue teams to find more animals affected by the fires. Find out more at animalwellnessfoundation.org/ donate. 'We're looking around for animals that need care," Harvilicz said. "There are going to be animals that have smoke inhalation, lacerations, burn wounds."



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The sheer amount of goodwill across Southern California alone has been as-

Cookies, Cocktails & Easy Cajun Shrimp

This easy Cajun shrimp recipe takes just 5 minutes and comes out juicy and perfectly seasoned! The best quick weeknight dinner.

Ingredients

1 ¹/₂ pounds medium shrimp, develned and thawed if frozen *(tail on or peeled)*

¹/₂ teaspoon kosher salt

2 teaspoons purchased Cajun seasoning OR 1 ¹/₂ tablespoons homemade Cajun seasoning

¹/₂ teaspoon garlic powder $\frac{1}{2}$ teaspoon onion powder

2 tablespoons olive oil

Steps

Pat the shrimp dry. In a medium bowl, mix the shrimp with ¹/₂ teaspoon kosher salt, the Cajun seasoning, garlic powder and onion powder. In your largest skillet* (cast iron or stainless preferred), heat the olive oil on medium high heat. Add the shrimp and cook for 1 to 2 minutes per side until just opaque and cooked through, turning them with tongs. Once cooked through, serve immediately.



INDIRA' GANDHI

Indira Gandhi née: Nehru; (19 November 1917 - 31 October 1984) was the Prime Minister of the Republic of India for three consecutive terms from 1966 to 1977 and a fourth term from 1980 until her assassination in 1984 - a total of fifteen years. She was India's first female Prime Minister.



By Dylan Garret

Before the Hugo Spritz took over in popular culture as the world's elderflower liqueur-based spritz of choice, the St-Germain Cocktail held that title. Late spirits pioneer Rob Cooper invented St-Germain in 2007 and the French elderflower-based liqueur quickly become a staple in craft cocktail bars around the world. This simple to make spritz helped to get it there.

Ingredients

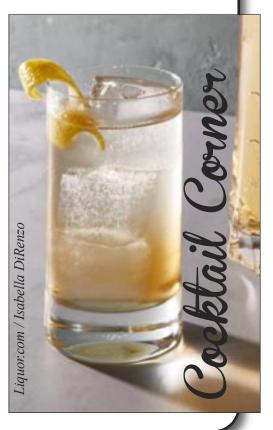
1 1/2 ounces St-Germain elderflower liqueur

2 ounces dry white wine or Champagne 2 ounces club soda

Garnish: lemon twistSteps

Steps

Fill a Collins glass with ice, then add the St-Germain and wine and stir briefly. Top with club soda. Garnish with a lemon twist.

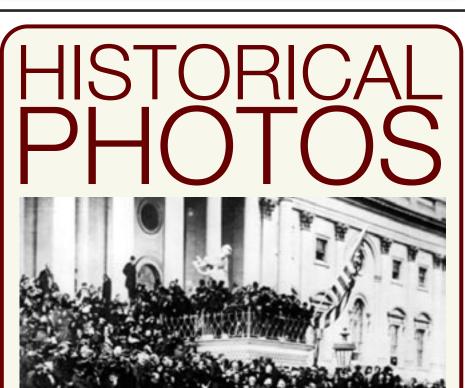


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Wikipedia









Wolf Blitzer — Bethesda, Maryland, Est. \$1.34 Million

The veteran reporter and journalist Wolf Blitzer has been with CNN since 1990 and is a much-respected name in the world of journalism. He also hosts The Situation Room and is the lead political anchor of the network. Though he had won several awards in his career, critics often find his opinions to be completely humorless. The 72-year-old has been working tirelessly for the last 48 years and doesn't intend to call it quits.

He has been staying in Bethesda, Maryland since 1989. The house that he purchased came with an investment of \$710,000. But over the years, its price has increased and now it is evaluated to be around \$1.34 million. It doesn't seem like Blitzer and his wife of 46 years are going to move anywhere else soon, and this house might even be their retirement home as well.



The only known photo of Abraham Lincoln's second inaugural address. John Wilkes Booth can actually be seen in the center of the top row of the top platform March 4, 1865

The Back Page State population to double by 2040; babies to blame Area Counties

IMAGINE A WORLD WITHOUT **NEWSPAPERS...**

EarthTak From the Editors of **E/The Environmental** Magazine

Dear EarthTalk: What exactly is congestion pricing as just implemented in New York City and how will it help the environment? Should other cities also adopt this policy?

~H.M., San Diego, CA

New York City recently became the first U.S. city to implement congestion pricing, a strategy aimed to reduce traffic in extreme congested areas by charging drivers a fee during peak hours. This approach not only helps alleviate traffic but also provides notable environmental benefits.

seeks to manage demand for road space

in busy areas. Drivers pay a fee to enter these zones with electronic tolling systems that track vehicles and collect payments. The revenue generated is usually invested into improving public transportation and infrastructure. For example, New York plans to issue these funds toward improving its subway system, which millions of residents depend on daily.

Reducing the number of vehicles on the road improves air quality. Fewer cars mean lower greenhouse gas emissions and less air pollution, major contributors to climate change and public health problems. Cleaner air also means fewer respiratory

issues for residents mainly in the areas near major traffic hubs.

Credit: Alper Çuğun, FlickrCC.

Beyond environmental gains, congestion pricing makes cities more tolerable. If traffic congestion decreases, it leads to faster commute times and less stress for drivers. Streets become quieter and more friendly for pedestrians. Walking and biking are encouraged more if streets are convivial. Cities like London have seen a 30 percent reduction in traffic volumes after executing congestion pricing; there have also been crucial improvements in public transit reliability.

Critics of congestion pricing usually point to worries about fairness. This is generally notable for low-income drivers who may struggle to afford the

fees. Small businesses that rely on vehicle deliveries also worry about added costs. However, advocates of congestion pricing argue that the advantages outweigh these challenges. Investments in public transit can make commuting more attain-

able and affordable for everybody; programs offering discounts or exemptions can help mitigate the impact on vulnerable groups.

Individuals can play a key role in helping congestion pricing succeed. Reduce your own driving by using public transit, biking or walking when possible. Participate in community discussions or campaigns that support congestion pricing. Volunteer or donate to groups advocating for sustainable urban planning. Moreover, you can educate others about the benefits of congestion pricing and how it improves urban life. Support local policies that fund clean energy solutions or improve bike and pedestrian infrastructure. Together, we can create cleaner and less congested urban environments for everyone.

> **CONTACTS**: Better Cities Project: https://better-cities.org;

U.S. Department of Transportation Congestion Pricing Resources: https://ops.fhwa.dot.gov/congestionpricing

Earthwall® is produced by Roddy Scheer and Doug Moss for the 501(c)3 nonprofit EarthTalk. See more at https://emagazine.com. To donate, visit https//earthtalk.org

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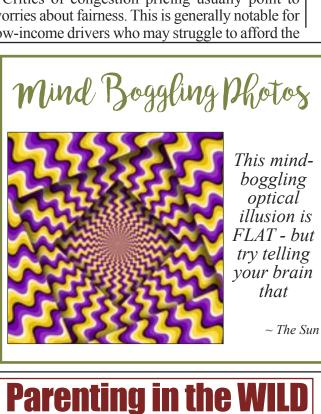
The information contained in this column does not necessarily reflect the opinion of The Local News.



FRIENDSHIP SAID BEST IN PICTURES

Bubbles The African Elephant & Bella The Black Labrador







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Low Impact assisting, and other Aerobics, Zumba) careers and a •Brain Fitness full-time Counselor Program for who can assist you **Older Adults** in planning for Art, History, your future. Personal Finance, Home Arts, **New main Campus!** and other 17231 Gothard St., Leisure Classes Huntington Beach •HS Diploma or 92647 GED program (714) 842-HBAS Parent Education (-4227) •Parent Smart (located just south Preschool and of Warner and **Toddler Classes OV High School)** (Parent Education) Visit www.hbas.edu for a full Schedule of Classes

We're Here for You!



by Rix Quinn

Most students read "Romeo and Juliet" by Shakespeare, then ask (1) Where did those people learn to talk so cool? and (2) Wasn't this the same plot as "West Side Story?"

The play centers around Romeo Montague and Juliet Capulet (a name that rhymes). Juliet's dad arranges for his daughter to marry a big-shot named Paris, and sets up a costume party where they can meet.

Romeo shows up in disguise, thinks Juliet is hotter than a blowtorch, and grabs a kiss. Then he follows her home, stands under her window, and blathers all sorts of gushy stuff that lovesick guys have quoted for centuries.

Juliet adores Romeo right back, even though the families hate each other. But, what the heck...they're both 14, so they decide to marry!

Romeo convinces a friendly friar to tie the knot immediately.

Then, in events more twisted than a contortionist's colon, Romeo's friend and Juliet's cousin slice-anddice each other. Romeo tries to bust up this knife battle, but accidentally kills the Capulet kid, and goes into hiding.

Then the friar hatches a plan. He gives Juliet a sleeping potion to make her "appear dead." When her family carries her to the tomb, the friar will fetch Romeo to rescue Juliet, and they can escape!

But news of Juliet's "death" reaches Romeo before he learns about the trick. Heartsick, he buys poison, then races to her tomb so they can dirt nap together.

When Juliet wakes up to find Romeo deceased, she stabs herself. The warring families find the fallen lovers, and the philosophical friar explains that the couple wished only love, which reunites their families.

I've left a lot out, but the basic message is: (1) don't kiss strangers in costume, (2) never fight if you can avoid it, and (3) middle school is way too young to marry.



Most Beautiful Female Billionaires

Its takes one several years of hard work in business to become a billionaire. Some of the young women presented in this list were lucky to have inherited billions of dollars while others have accumulated their multi-billion wealth from businesses. Interestingly, some of these women are still young in their early twenties and yet they have a personal net worth higher than budgets of some developing countries. The cash that they possess is enough for them to do whatever they want and more despite being born into very rich families.

Don't Let "Mis-information" Ruin the Best Years of Your Life!

MYTHONE

"I've heard I won't qualify for a reverse mortgage because of my limited income."

MYTH TWO:

"If I take out a reverse mortgage the lender will own my home."

MYTH THREE:

"There are restrictions on how reverse mortgage proceeds may be used."

MYTH FOUR

"Only low-income seniors get reverse mortgages."

"If I outlive my life expectancy, the lender will evict me."

MYTH SIX

"A reverse mortgage will affect my government benefits."

MYTH SEVEN:

"There are no objective advisors available to seniors trying to decide if a reverse mortgage suits their needs."

MYTH EIGHT

"My children will be responsible for the repayment of the loan."

"Reverse mortgage lenders take



Sara Blakely

for TIME

Sara Blakely is a 45-year-old worth \$1.14 billion. She founded the company Spanx, which makes intimate apparel, pants, and leggings. Time named her as one of the most 100 influential people in the world in 2012. Not only that, but Forbes has named her the 93rd most powerful woman in the world. The Florida-native married Jesse Itzler, co-founder of Marquis Jet. Together they have four children. advantage of seniors."

"I cannot get a reverse mortgage if I have an existing mortgage."

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Moe News Than You Can Handle

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Moe Kanoudi

THE BEST HOLE-IN-THE-WALL RIED CHICKEN IN THE WHOLE WORLD

Restaurants Worth Crowing About

When it comes to restaurants, looks can be deceiving. Great food can come from almost any kitchen, whether the restaurant is fancy or not. It's the unassuming spots that often prepare some of the best fried chicken, maybe because fried chicken is an unassuming dish itself. We examined customer reviews and expert recommendations to find fried chicken joints in every state that offer fantastic chicken in an unpretentious atmosphere. Next time you're in the mood for Southern-style fried chicken, check out these hole-in-the-wall joints, walk-up windows, drive-thrus, and maybe a side of potatoes while you're at it.

Iowa: Sneaky's Chicken Sioux City

Since 1979, Sneaky's has been serving up broasted chicken, another name for pressure fried. It occupies its own building in a strip of highway-adjacent chain restaurants, but the big chicken statue sets it apart. Chicken dinners come in red checkered paper-lined baskets with sides like their own broasted potatoes. And just in case you're wondering: Sneaky is the restaurant's raccoon mascot, and you can see a stained glass version of him above the bar.





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ON THE DARK SIDE OR MAYBE THE LIGHTER SIDE

THE FOUNTAIN VALLEY POLICE ISSUED 17 CITATIONS DURING THEIR DEC. 13 DUI CHECKPOINT

By Art Pedroza

In 12/13, the Fountain Valley Police Depart-ment, with the assistance of Westminster Police Department motor officers, conducted a DUI/CDL Checkpoint to spread awareness of the dangers of impaired driving.

Of the 913 vehicles that passed through the checkpoint, 752 drivers were contacted, and 17 drivers were cited for license violations. 5 drivers were evaluated for DUI, but ultimately did not meet the criteria for an arrest.

Remember, if you booze and cruise, you'll always lose!

A DUI in California can cost between \$8,000 and \$25,000, but the total cost can vary widely: • Fines: A first-time DUI can result in a fine of

\$390 to \$1,000

- Court costs: Court costs can range from \$1,000 to \$2,000
- DMV fees: A first-time DUI can result in a DMV fee of \$125
- Attorney fees: Attorney fees can range from \$2,500 to \$7,500



Other costs include:

•• DUI school fees

Ignition interlock device (IID) installation and maintenance

- Increased vehicle insurance rates
- Towing and impound fees
- License reinstatement fees

Other factors that can increase the cost of a DUI include: Lost earnings, Transportation costs, The distance of the tow, and the length of the impound.

By Art Pedroza

O.C. Register and the OC Weekly and studied journalism at CSUF and UCI. He has lived

in Santa Ana for over 30 years and has served on several city and county commissions. When he is not writing or editing Pedroza specializes in risk control and occupational safety. He also teaches part time at Cerritos College and CSUF. Pedroza has an MBA from Keller University.

CITY OF SEAL BEACH PRESS RELEASE -DAYLIGHTING PARKING REGULATION

SEAL BEACH, CA. - The Seal Beach Police Department is notifying residents and visitors of a new statewide parking regulation, the Daylighting Law, which prohibits parking within 20 feet of the approach side of any crosswalkmarked or unmarked-to improve visibility for pedestrians and drivers at intersections.

Under California Vehicle Code (CVC) §22500, as amended by California As-

sembly Bill 413, parking is prohibited: • Within 20 feet of the approach side of

any marked or unmarked crosswalk at an intersection.

• Within 15 feet of an intersection where curb extensions are present.

This section applies to all intersections regardless of whether curbs are painted red or no-parking signs are present.

This statewide legislation aims to enhance pedestrian safety by improving sightlines at intersections and reducing the risk of collisions. Compliance with this regulation requires drivers to adjust



JANUARY 1, 2025 California Vehicle Code §22500(n)(1)(A) prohibits parking within 20 feet of crosswalks to improve visibility & safety.

their parking habits, as parking within the prohibited areas may result in citations starting January 1, 2025.

In Seal Beach, this change is expected to improve visibility at crosswalks in busy areas, particularly near schools, parks, and other high-traffic zones. However, the law also introduces challenges to parking availability in some neighborhoods.

To support the transition, the Seal Beach Police Department will focus on educating the community about the new regulation. However, anyone parked in violation of any California Vehicle Code section may be subject to citation.

Seal Beach residents and visitors are encouraged to familiarize themselves with the new statewide regulations and avoid parking within 20 feet of crosswalks. To help drivers estimate parking distances, a regular passenger vehicle is approximately 15 feet in length.

"Our goal is to improve pedestrian and bicycle safety while giving residents the opportunity to adapt to these changes," said Chief Michael Henderson. "We encourage the community to take the time to learn about the law and make adjustments now to avoid potential violations."

For more information, please visit: https://leginfo.legislature.ca.gov/faces/codes displaySection.xhtml?section-Num=22500.&lawCode=VEH

EVA LONGORIA DITCHES THE UGLY SWEATERS FOR A SEXY BIKINI IN SUNNY CHRISTMAS VACATION SNAPS

People / RACHEL RAPOSAS

Tva Longoria spent Christmas in some sizzling swimwear.

The actress, 49, posted a carousel of photos on Dec. 26 of her tropical vacation, including her sexy holiday outfit — a deep triangle bikini top with matching string bottoms (showing off her almost perfect: 34-23-33).

time between Spain and Mexico.

Longoria has been living outside of the United it's politicized because the [article's] author did a States for years now, she told Marie Claire. With her really good job talking about my patriotism," she told husband and son, the actress has been splitting her Ana Navarro during a recording of The View's Behind the Table podcast.

In the November interview, Longoria — who spent She continued, "I'm a proud American. I've always

Our Editor, Art Pedroza, worked at the

"Out of office," Longoria captioned the post.

In the first photo on the post, Longoria stepped out barefoot in the bikini, A photo of her in the same beach attire appeared later in the carousel, and showed the actress holding a drink while laughing.

In many of the Instagram snaps, Longoria's hair was styled in effortlessly textured, beachy waves.

Her post also included shots of her family - her son Santiago, 6, her husband José Bastón, 56 and her stepdaughter Natalia, 28. In the family photo, Longoria wore a bright red maxi wrap dress with loose long sleeves and a short slit. Natalia and Santiago wore breezy, monochromatic white, and José opted for an all-black shirt and capri combination.

In another photo, Santiago laid in his mother's lap as they wore neutral bathing suits and vibrant orange life jackets.

Among other scenes from their vacation were Longoria's egg and avocado meal, a family selfie on the way to the pool and the very end of a tropical sunset.

a large portion of her life in Los Angeles — noted that she was fortunate to be able to spend time outside of United States.

"I get to escape and go somewhere. Most Americans aren't so lucky," she said. "They're going to be stuck in this dystopian country, and my anxiety and

sadness is for them."

She's currently working on the sequel to 2023's Searching for Mexico, entitled Searching for Spain, she told the outlet. to stay up-to-date on the best of what PEOPLE has to offer, from celebrity news to compelling human interest stories.

After facing accusations that she left America due to the tumultuous political climate and the upcoming return of Trump administration, Longoria clarified that she had been working in Europe years before the election and was a "proud American." "I just don't like that been a proud American. Proud Texan, proud American. I didn't want it to be taken that I left because of Trump -- absolutely not — or because of the elections."

Read the original article on People



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America would not be America without each and

These Actors Epically Played Real People in These Films

Erika Burch

Then an actor plays a role, he or she does everything in their power to really get into it, to feel as that person would feel, and to portray those feelings on the film. But what happens when an actor lands a role based on a real person



The Theory of Everything (2014)

This biographical romantic drama stars Eddie Redmayne as legendary physicist extraordinaire, Stephen Hawking. The English genius was a theoretical physicist, cosmologist, and author who was director of research at the Centre for Theoretical Cosmology at the University of Cambridge at the time of his death. The film was adapted from a 2007 novel, based on the scientist's relationship with his wife, Jane, titled: Travelling to Infinity: My Life with Stephen .

The Theory of Everything follows Hawking's rise in science, along with his diagnosis and decline of health. It received a number of positive reviews, as well as five Oscar nominations. At the British Academy Film Awards, it was up for ten accolades. In the film, Redmayne shares the screen with Felicity Jones, Charlie Cox, Emma Watson, and Harry Lloyd, among others.



Monster (2003)

Charlize Theron is nearly unrecognizable on screen in her role as Florida prostitute turned serial killer, Aileen Wuornos in Monster. The biographical drama follows the troubled woman along in her endeavors as she's beaten, battered and bruised to a point that turns her into a killer. It's a tragic story that raises questions about the American justice system and the treatment of women.

Aside from following her abuse and string of murders, it tells the tale of her falling in love with another woman, played by Christina Ricci. Wuornos was ultimately executed by the state of Florida for her crimes, while Theron received an Oscar for her performance in the role.



every one of you

God Bless You God Bless Huntington Beach God Bless America...



Bob S. and The Local News!

The Wolf of Wall Street (2013)

Leonardo DiCaprio, who also helped to produce the movie, stars in this 2013 production as stockbroker, Jordan Belfort. The film follows along to tell the tale of the banker turned criminal, who got wrapped up in fraud and corruption on Wall Street, leading him down a dark path that ended behind bars. The real Belfort was involved in some outlandish scenarios that are eerily close to the way they are depicted in the film.

Margot Robbie plays the comman's wife, and Jonah Hill costars as his partner and friend. It grossed nearly \$117 million at the box office, and was nominated for five Academy Awards, including Best Picture, and Best Director for Martin Scorsese's work on the film.

The Most Valuable Collectors' Items in History

By Audrey Kyanova

re've all heard the stories about someone stumbling upon a valuable comic or knick-knack in a Salvation Army, or the family who moves into a new house only to find a wine cellar below the floorboards worth a fortune.

Anything from baseball cards or vintage Coca Cola cans to stuffed toys or even ticket stubs from legendary concerts, could be the items worth millions. You never know what items are lurking in your basement or your local thrift store that could be worth big bucks to a collector.

Read on to discover a list of some of the most valuable collectible items of all time. You never know, it might be time to bring out the stepladder and venture into the attic. You could have been sitting on a dusty goldmine for decades, blissfully unaware.

Lite-Brites Maker: Hasbro **Original Price: \$5-\$10*** Worth Today: \$330*

In 1967, the Lite-Brite was invented. At the time, the toy lacked the sophistication that you see in current models. It was just a lightbox with plastic pegs fitted into a panel. You could create an image using the included templates, or you could come up with your own "freeform" picture. There were eight peg colors in total" violet, pink, yellow, green, clear, orange, blue, and red.

@psrandy / Pinterest.com Hasbro would provide new colors and refills in the event that kids lost the pegs (which they often did). If you have a Lite-Brite from the 1960s, you might be able to resell it for up to \$330, assuming it's in decent condition.

Jordan 1 Retro Legends of **Summer Red Glitter Sneakers** Maker: Nike **Original Price: Unknown** Worth Today: \$15,120*

Air Jordans have long been a pinnacle in sneaker design. They've made former NBA star Michael Jordan a very wealthy man, and, often, certain Air Jordan variations will resell at auction for tens of thousands of dollars, if not more. The Nike Air Jordan 1 Retro High "Legends of the Summer" Glitter shoes are no exception.

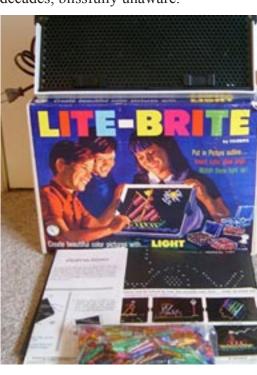
@asean / Pinterest.com

A series of these glittery red shoes were worn by Justin Timberlake onhis "Legends of Summer" tour with Jay-Z in 2013. Timberlake gave the shoes to a select group of people, and their rarity (and celebrity history) led to them being prized by col-

lectors. Sotheby's recently sold a pair in size ten for \$15,120.

1908-14 Lionel 8 Trolley **Maker: Lionel Standard Original Price: \$10*** Worth Today: \$8,500*

You might not know this, but the world of model train collecting can be very, very lucrative. One such lucrative piece of model train history is the 1908-14 Lionel 8 Trolley. Made in the early 1900s, this train had just five versions produced, but only a few are known to exist from the first generation.





Reautiful ACTRESSES OF

BY HEALTH DISCOVER TEAM

From the golden era of Hollywood to the modern spotlight, American women have left an indelible mark on the world with their timeless beauty. Explore the most beautiful American women, from the Golden Era of Hollywood to the latest pop culture icons and traverse through time to pay tribute to these iconic figures and their beautiful selves!

BY IMDB



Elizabeth Taylor (1932-2011)

We take a look back at the legendary film career Elizabeth Taylor. of Which role is your favorite?

Elizabeth Rosemond Taylor was considered one of the last, if not the last, major star to have come out of the old Hollywood studio system. She was known internationally for her beauty, especially for her violet eyes, with which she captured au-

diences early in her youth and kept the world hooked with ever after.



Lauren Bacall (1924 - 2014)

Lauren Bacall was born Betty Joan Perske on September 16, 1924, in New York City. She was the daughter of Natalie Weinstein-Bacal, a Romanian Jewish immiand William grant, Perske, who was born in New Jersey, to Polish Jewish parents. Her family was middle-class, with her father working as a salesman and her mother as a secretary. They divorced when she

was five and she rarely saw her father after that.

Grace Kelly (1929-1982)

@liveauctioneers / Pinterest.com

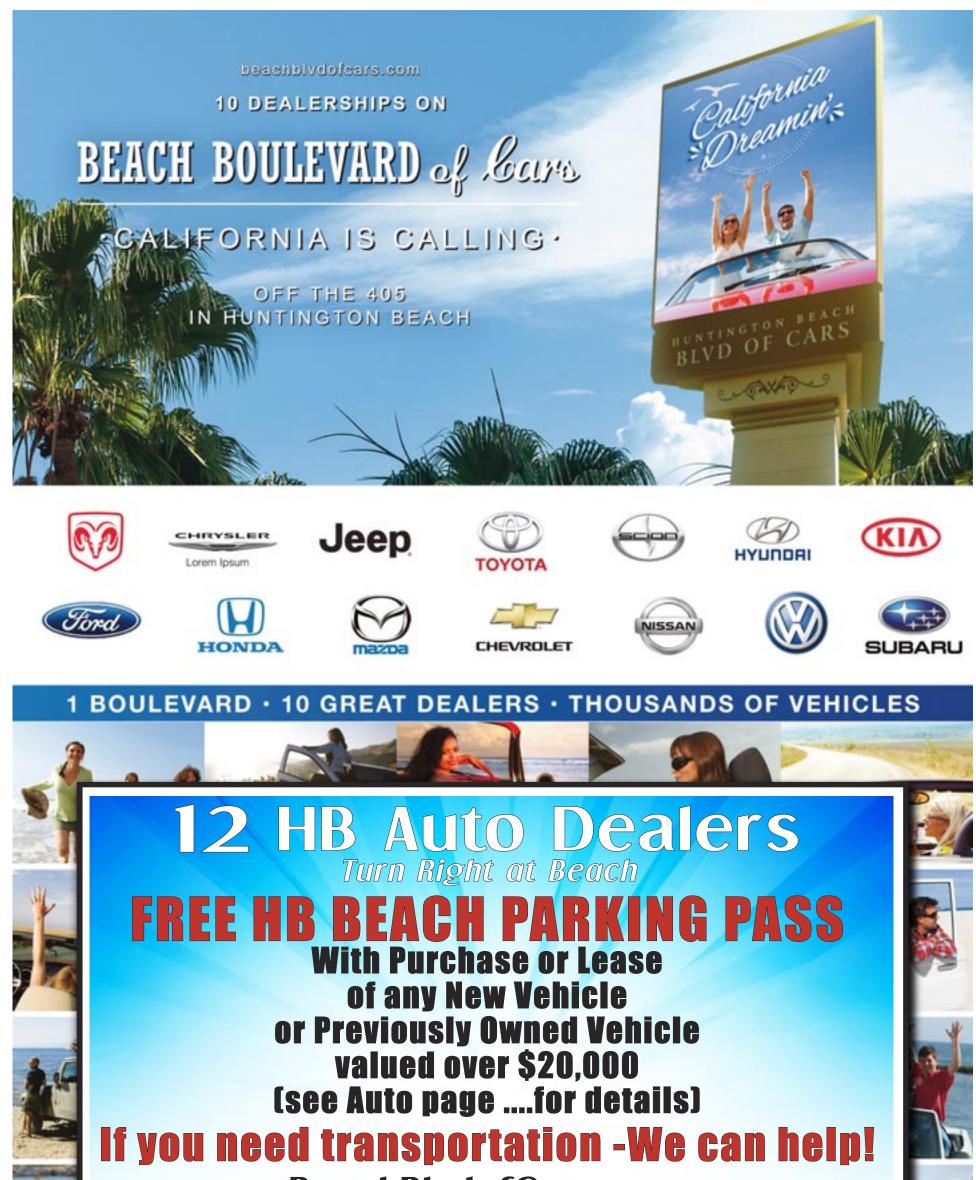
The train has "8" marked on the sides, as opposed to a far-more-common "No. 8" inscription. It measures 20.25" long and has a "Pay as You Enter" sign on it. A recent model sold for a whopping \$8,500 at auction, so anyone lucky enough to have this train in decent condition could be looking at a high resale value.



A spoiled heiress must choose among three suitors: her iazz musician ex-husband, a stuffy businessman, and an undercover tabloid reporter.

On November 12, 1929, Grace Patricia Kelly was born

in Philadelphia, Pennsylvania to wealthy parents. Her girlhood was uneventful for the most part, but one of the things she desired was to become an actress which she had decided on at an early age. After her high school graduation in 1947, Grace struck out on her own, heading to New York's bright lights to try her luck there. Grace worked some as a model and made her debut on Broadway in 1949.



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I Asked 5 Chefs for Their Favorite Fast Food Milkshake, and Here's Their Must-Try List



Allrecipes / KARLA WALSH

Since they can be curly or waffle-shaped, seasoned with fun spice blends or simply salted, cut into wedges or matchsticks, it's understandable that folks have strong feelings about which fast food brand has the best french fries. But it turns out that diners pledge allegiance to certain food establishments because of their drinks, too.

From the crispiest Coke to the smoothest coffee and the quintessential sweet tea, we've been on a quest to draft a "fantasy team" of the best beverages in the biz. Along the way, we realized it would be best to call in the pros to help with one very competitive category that bridges the gap between drink and dessert: milkshakes.

Read on to learn about the brands and flavors chefs believe make milkshakes a top-tier treat, then discover which menu item they love to pair with milkshakes for the ultimate sweet and savory eating experience.

Our Panel of Milkshake-Judging Chefs

* Erin Clarke, Milwaukee-based recipe developer and author of "Well Plated Everyday"

* Brent Daigle, executive chef for Premier Food Group in Thibodaux, Louisiana

* Tania Cienfuegos Harris, pastry chef at Hotel Hartness and Patterson Kitchen + Bar in Greenville, South Carolina

* Dominic Iannarelli, chef-owner of Prime & Providence in West Des Moines, Iowa

* Robert St. John, owner of Ed's Burger Joint in Hattiesburg, Mississippi (where he says ordering a milkshake is basically a requirement)



I'll need to start out with a spoon!" Harris says that it's possible to hit the sweet spot of not too thick and not too runny, advising, "this has to do with the milk-to-ice cream ratio."

The Best Fast Food Milkshake, According to Chefs

When we asked the chefs to cast their votes for the best fast food milkshake, every response met the above criteria—and every pick came from a different restaurant.

So we narrowed down the field to five, and think the only fair way to find a winner is to put it in your hands! Your mission, should you choose to accept it: Taste and rate the five best fast food milkshakes on the market.

Freddy's Chocolate Malt: "Using real ice cream is the single most important thing for a solid milkshake," Daigle believes. "Well that and milk!" But this shake doesn't start with your standard ice cream, it starts with custard, which contains milk and egg yolks for a creamier, denser consistency. His go-to order is the chocolate malt, although you can also get a chocolate or vanilla shake or order your shake or malt "half and half" (chocolate and vanilla). According to the brand's website, "If you would like your [shake or malt] a little thinner than we normally make them, simply ask for it thin when you order, and we'll make sure to blend it a bit longer."



Shake Shack Chocolate Shake: This custard-based choice is so thick and luxurious, "a spoon is mandatory to consume it," Clarke says. For a shake that actually tastes like chocolate, why settle for something less decadent? Clarke confirms it's "everything I want in my splurge!"

Culver's Vanilla Shake: Our final custard competitor is Culver's Vanilla Shake, which is Iannarelli's pick "due to the rich frozen custard they are famous for." That custard is made daily in each restaurant in small batches, using "real farm fresh dairy," Culver's promises. Although you could opt for mix-ins ranging from Andes Mints and sugar cookies to blackberries, peaches, and beyond, Iannarelli favors classic vanilla and believes it doesn't need any spiffing up to be spectacular.

Wendy's Frosty: Admittedly, Wendy's confirms that its Frosty recipe is not technically a milkshake or ice cream. "It has a creamy texture that's thicker than a milkshake but not as firm as traditional scooped ice cream," Wendy's explains on its website. To Cienfuegos Harris, it still qualifies, and she stands behind its quality. She notes, "The consistency is very smooth and always on point, and the flavor is simple and delicious!" When it's available, she's particularly sweet on Wendy's Strawberry Frosty, which is spiked with "little pieces of strawberries, which I love," she explains. As of the original publication date, the Strawberry Frosty is listed as discontinued on the menu, but Wendy's confirms, "We are constantly evaluating our consumer needs so never say ever to an old Frosty flavor making its return." Translation: There's still hope for a strawberry comeback, chef!

Baskin Robbins Vanilla Milkshake: The brand that was once renowned for its 31 flavors now boasts more than 1,400 in its flavor library. The gold standard reigns supreme at Baskin Robbins, according to St. John. "They use real ice cream, not soft serve," St. John says, which is what makes the chain stand apart from other places. His preferred order is a vanilla shake, ideally with chocolate syrup and malt powder mixed in. (This is a special order that most locations can make a reality!)

Qualities of the Best Fast Food Milkshake

While some restaurants simply dispense a flavor or two from a spigot, others allow for a wide world of flavors and mix-ins. The optimal flavor boils down to personal preference, but certain standards apply across the board to make a milkshake a contender for the cream of the crop.

tender for the cream of the crop.
The base should be made with full-fat ice cream or custard. Iannarelli and St.
John agree that a milkshake should start with actual ice cream or frozen custard, not ice milk, low-fat dairy products, or something artificial. Four out of five chefs prefer that the shake starts with vanilla ice cream or custard to set the tone for the flavor, which can then be blended with other ingredients if desired.

which can then be blended with other ingredients if desired.
If it's fruit-flavored, it should contain fruit. "It's fairly uncommon for fast food places to use fresh food, but I like when they use at least fruit that has been macerated," admits Cienfuegos Harris. "I like to taste the flavor of the fruit itself, not just a sweet syrup."

• The flavor should be rich and balanced. From the first sip or spoonful, you should taste rich, pure dairy rather than "overly sweet or artificial," explains Clarke.

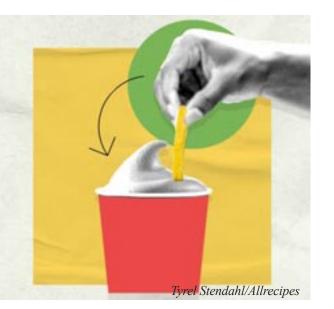
• The ice cream-to-milk ratio needs to be dialed in. Speaking of the spoon vs. straw debate, the chefs are split. If you ask Iannarelli, it should be rich and creamy but "blended enough so you can drink it with ease using a straw." As for Clarke, "a sucker for a creamy milkshake," she believes "the sip needs to be a real effort, or better yet,

The Perfect Fast Food Milkshake Pairing

Depending on the size you order, a milkshake could feel like a meal in itself. However, the chefs believe you're doing it wrong if you don't add at least one other item to your order.

"I'm going to say it: I dip fries in my milkshakes! That salty-sweet combination is irresistible," Clarke says, a sentiment the other chefs echo.

"There's nothing better than fries with a good vanilla milkshake on the side," Daigle adds. "Now that's living life!"



HB Fire Chief Eric McCoy

recently, deputy chief of operations.

McCoy takes over as fire chief for Scott Haberle, who retired at the end of last year. He played a key role in starting the new program in which the city embarked on selling advertising space on the side of lifeguard towers.

"It 's going to be a way for us to offset the cost of replacing the towers," McCoy said. "The revenue that we get from the lifeguard tower ads is going to help to pay for the annual preventative maintenance that we do, as well as a replacement schedule for those lifeguard towers. It 's something that we 're really excited about."

McCoy said goals include developing future leaders in the organization, building upon the fire department 's legacy of quality service and innovating the current

FEFT FOR THE STATE OF THE STATE noon, officials said.

McCoy has a bachelor 's degree from Cal State Long Beach and a master 's in organizational leadership from Columbia Southern University. He is currently enrolled in the Executive Fire Officer program at the National Fire Academy, and anticipates graduating in April.

He lives in Huntington Beach with his wife and three children.

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