

THIS!!!

THE LOCAL NEWS - 33 CONSECUTIVE YEARS OF GOOD NEWS, ASSISTING NONPROFITS AND CELEBRATING LIFE!

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# THE LOCAL NEWS

Local News / Area Happenings / Opinion / Entertainment / Common Sense & Humor

VIANNEY LE CAER/INVISION/AP



## GOV. MEL GIBSON?

### Mel Gibson Leading Republican Candidate for California Governor: Survey

By Martha McHardy / US News Reporter  
A candidate for California governor.  
Newsweek has contacted representatives of Gibson for comment via email.

#### Why It Matters

Gibson has emerged as a leading figure in a recall effort against California Governor Gavin Newsom in recent months after wildfires burned over 47,900 acres in California, destroying more than 16,250 homes and businesses, and killing at least 29 people.

Gubernatorial pollster Guillermo Williams told the California Globe that Gibson's involvement in the recall campaign has put him in a favorable spot in California, meaning if he were to run, his popularity, especially among those frustrated with the current leadership, could galvanize conservative voters. His potential candidacy would also come at a time when Republicans have made historic gains in California. The state shifted toward the GOP by 12 points in 2024 compared to 2020.

#### What To Know

According to a new straw poll released by The Lost Coast on Tuesday, conducted among 2,640 respondents in California, Braveheart actor Mel Gibson has emerged as the top Republican candidate for California governor, with 12% of the vote.

He beats Riverside County Sheriff Chad Bianco, who is the only current Republican candidate to have entered the race. Bianco received 11% of the vote.

Gibson has been a vocal critic of California's Democratic Governor Gavin Newsom since his \$14.5-million Malibu mansion burned down in the California wildfires in January.

On an episode of the Joe Rogan podcast the same month, he accused Newsom of failing to "take care of the forest," while jokingly suggesting that the governor was spending all of California's tax dollars on his "hair gel."

He has since joined a recall effort against Newsom, organized by Saving California. At a press conference about the recall petition in February he claimed Newsom doesn't "give a damn" about the state.

"There are many who say it is criminal negligence. Do the mayor and the governor give a damn about you? Hell no!" the actor said.

But while Gibson has been one of the most vocal opponents of Newsom, he reportedly has no plans to throw his hat into the ring to replace the outgoing California governor. Gibson's publicist, Alan Nierob, told the California Globe on Thursday that the actor is not running for California governor. "He's sticking with his day job for now," Nierob said.

Gubernatorial pollster Guillermo Williams told the California Globe that Gibson's position in the recall campaign against Newsom has given him "a lot of goodwill" and that Gibson could have given the Republicans their best showing in



Continued on pg 31

America's Best RB Sand.  
page 6

Morning Beverage  
Can Improve Gut Health  
page 10

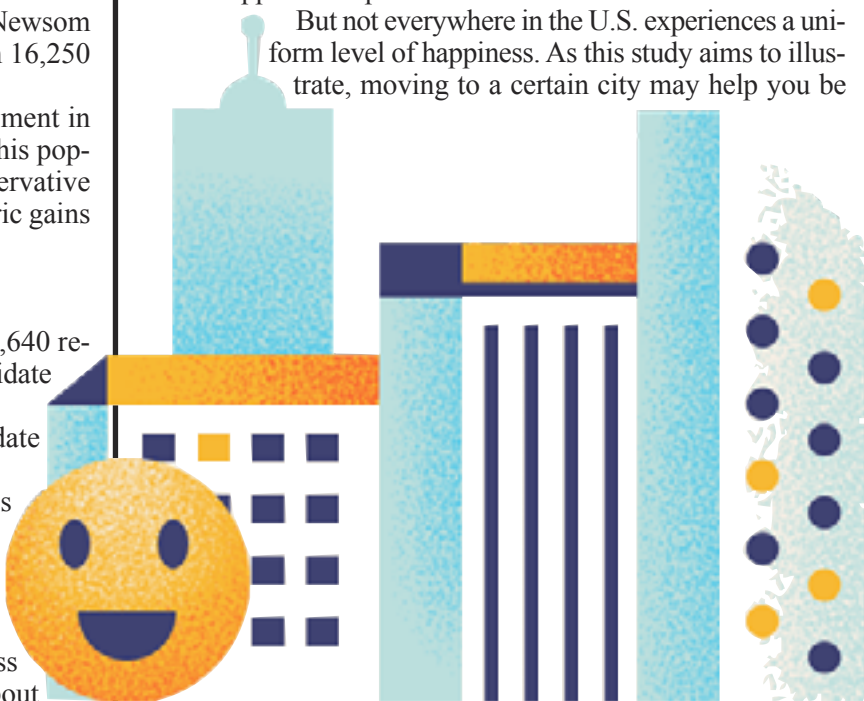
GRAND OPENING  
Nonna Lucci's  
page 34

## Happiest Cities in America

HB #10 out of 182

Adam McCann/WalletHub Financial Writer/Mar 11, 2025  
Location plays a hand in how bright or gloomy our days are. For years, researchers have studied the science of happiness and found that its key ingredients include a positive mental state, healthy body, strong social connections, job satisfaction and financial well-being. However, money can only make you so happy – people who make \$75,000 a year won't get any higher satisfaction from more money. Consider also the fact that while the U.S. is one of the richest countries, it ranks only 23rd on the World Happiness Report.

But not everywhere in the U.S. experiences a uniform level of happiness. As this study aims to illustrate, moving to a certain city may help you be



more content. WalletHub drew upon the various findings of positive-psychology research in order to determine which among more than 180 of the largest U.S. cities is home to the happiest people in America. We examined each city based on 29 key indicators of happiness, ranging from the depression rate to the income-growth rate to average leisure time spent per day.

To see which states combine all the necessary components of happiness, check out WalletHub's report on the Happiest States in America.

"Research shows that having more money only increases your happiness until you're making at least \$75,000 per year – anything more you earn likely won't have an impact. Therefore, when deciding where to live to maximize your happiness, you'll want to pick a city that offers more than just a decent average income. The ideal city provides conditions that foster good mental and physical health, like reasonable work hours, short commutes, good weather, and caring neighbors."

Continued on pg 11

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## MOST EXPENSIVE Cars Owned by Richest Celebrities Will Numb Your Head

One of just ten on the road – and the planet – it was built to celebrate the brand’s 110th anniversary and pay homage to the Bugatti EB110SS.

Yet another part of Ronaldo’s fleet, the footballer bought the 1600 horse power Bugatti in March 2020 while at Juventus. The supercar can go from 0-100 km/h in 2.4 seconds.

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



**Dave Garofalo**  
Publisher

## INSPIRATION

"Don't watch the clock; do what it does. Keep going." -  
~ Sam Levenson

"The journey of a thousand miles begins with one step."  
~ Lao Tzu

### sad truth

I am reminded of a joke:  
What happens if a politician  
drowns in a river?  
That is pollution.  
What happens if all of them  
drown? That is solution!!!

## DID YOU KNOW

The world's  
oldest dog  
lived to 29.5  
years old

## Surprising Sports Facts That You Never Would've Guessed



## SPORTS

Former MLB catcher, Harry Chiti, is the first player to be traded for himself.

"Soccer" comes from the abbreviation for "association," or "assoc," as in Football Association.

The average golf ball has 336 dimples.

# THE YEAR 1907!

This will boggle your mind, I know it did mine!

The year is 1907.

Over one hundred years ago.

What a difference a century makes!

Here are some of the U.S. Statistics for the Year 190 :

The average life expectancy in the U.S. was 47 years old.

Only 14 percent of the homes in the U.S had a bathtub.

Only 8 percent of the homes had a telephone.



A three-minute call from Denver to New York City cost eleven dollars.

There were only 8,000 cars in the U.S. and only 144 miles of paved roads.

The maximum speed limit in most cities was 10 mph.

Alabama, Mississippi, Iowa, and Tennessee were each more heavily populated than California

With a mere 1.4 million people, California was only the 21st most populous state in the Union.

The tallest structure in the world was the Eiffel Tower !

The average wage in the U.S. Was 22 Cents per hour. The average U.S. worker made between \$200 and \$400 per year .

A competent accountant could expect to earn \$2000 per year.

A dentist made \$2,500 per year. A veterinarian \$1,500 per year. And a mechanical engineer about \$5,000 per year.

More than 95 percent of all births in the U.S. took place at HOME .

Ninety percent of all U.S. Doc-

tors had NO COLLEGE EDUCATION!

Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as 'substandard.'

Sugar cost four cents a pound. Eggs were fourteen cents a dozen.

Coffee was fifteen cents a pound.

Most women only washed their hair once a month and used Borax or egg yolks for shampoo.

Canada passed a law that prohibited poor people from entering into their country for any reason.

Five leading causes of death in the U.S. Were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

The American flag had 45 stars. Arizona, Oklahoma, New Mexico, Hawaii, and Alaska hadn't been admitted to the Union yet. The population of Las Vegas , Nevada was only 30!!!!

Crossword puzzles, canned beer, and ice tea hadn't been invented yet.

**These crazy, ridiculous, and almost unbelievable statistics will make you question everything**



**DID YOU KNOW?**

**A HUGE VAULT IN ATLANTA KEEPS THE SECRET FORMULA OF COCA COLA.**

## If Animals



**Have a seat and Explain why you smell like another dog**

## COMEDY TALK

*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*

# America's Best Roast Beef Sandwiches



Kelly C./Yelp

*Cheapism/Lacey Muszynski*  
When you're in need of comfort food, classic roast beef sandwiches are a satisfying solution. While they appear all over the United States, there are plenty of regional variations and famous renditions worth exploring. In the Midwest, pot-roast-style beef is served open-face on bread covered in gravy, and roast beef po-boys are popular on the Gulf Coast. From Baltimore pit beef to California tri-tip, here are some drool-worthy roast beef sandwiches lauded by critics and reviewers.

## Defonte's Brooklyn, New York

### What to order: Hot roast beef

New York City has some of the best Italian sub shops in the country. Defonte's was started by an Italian immigrant almost a century ago, so it's about as old-school as you can get. Their hot roast beef sandwich is stuffed full of shaved rare roast beef, fresh melty mozzarella cheese slices, and the shop's specialty: fried eggplant slices. It's a unique combination worth seeking out and standing in line to get.

## Celebrity Chef Recipes

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



Ina Garten's fresh blueberry muffins

### 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 head-to-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! 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. *Editor's note: This story was originally published in September 2021 and most recently updated on December 26, 2024.*

Use simple and fresh ingredients to make delicious blueberry muffins

### Ina Garten's fresh blueberry muffins.

Trying Ina Garten's blueberry muffin was love at first bite. Paige Bennett for Insider

Ina Garten's simple take on classic blueberry muffins proved to be the best of the bunch.

After using basic ingredients like flour, sugar, baking powder, baking soda, and salt to make the dough, Bennett folded in buttermilk, butter, eggs, lemon zest, and blueberries to make golden and moist muffins.

## The Greatest Breakfast Sandwich in Every State



Andrew W./Yelp

### Louisiana: District New Orleans

District is the kind of spot you could hang out at all day, from that first morning coffee to that after-dinner espresso. Its current breakfast sandwiches are served in the form of kolaches, a kind of Eastern European empanada. Tender, brioche-like dough is stuffed with bacon, scrambled eggs, and cheese to make the perfect, worry-free, to-go option.

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**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.

## Warm River, Idaho Population: 3

If you've been to Yellowstone, there's a good chance you've driven past this small town that serves as a gateway for visitors to the breathtaking Caribou-Targhee National Forest. Despite its small population, it's popular with fly fishing enthusiasts and folks who go floating and tubing.

Fun Fact: An abandoned railroad tunnel near Warm River offers a cool exploration site for history buffs and hikers.

## Rare Historical Photos Reveal More Than Immediately Meets The Eye

### The line of customers at the Grand Opening of the first McDonalds in Moscow, 1990.

McDonalds has been a staple of the American way of life since the first restaurant was opened in 1948. By the '70s the fast food restaurant was more than an inexpensive place to eat, it was a way of life. It represented freedom, so when McDonalds made its way to Russia in 1990 people flipped out and stood in line for hours to get a Big Mac on January 31, 1990. At the time the food at the new establishment was steep, with a Big Mac running 3.50 rubles, more than a monthly bus pass. That didn't matter to the people of Moscow, they were ready to thaw out the Cold War with a burger hot off the grill.



Source: Reddit

# Vintage Photograph



Acrobats Balance On Top Of The Empire State Building, 1934

## Biggest Boomtowns in Every State



Obezyjay / 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 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.

### Arizona: Buckeye

Change in population:

1 year: 20.47%

5 years: 51.26%

8 years: 70.48%

Change in occupied housing units:

1 year: 22.99%

5 years: 55.65%

8 years: 74.96%

Change in owner-occupied housing units:

1 year: 27.89%

5 years: 102.15%

8 years: 126.85%

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People and Their Issues - Our Business...

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all aspects of our lives resulting in our efforts  
to continue to help build a safe and  
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and play in and among our neighborhood,  
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God Bless America!

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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](http://huntingtonbeachca.gov))

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The City of Fountain Valley | Official Website

### KIWANIS OF FOUNTAIN VALLEY

Fountain Valley - Kiwanis International ([kiwanisfv.org](http://kiwanisfv.org))

### FOUNTAIN VALLEY CHAMBER OF COMMERCE

Home - Fountain Valley Chamber of Commerce, CA ([fvchamber.com](http://fvchamber.com))

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[www.e-clubhouse.org/sites/huntingtonbeachca/](http://www.e-clubhouse.org/sites/huntingtonbeachca/)

### ROBYNE'S NEST

[www.robynesnest.org](http://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](http://www.afscenter.org)

### SOROPTIMIST INTERNATIONAL OF HUNTINGTON BEACH

<https://soroptimisthuntingtonbeach.org/>

### SURF CITY ROTARY OF HUNTINGTON BEACH

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### FRIENDS OF THE FOUNTAIN VALLEY LIBRARY

<https://www.facebook.com/groups/458286473769313/events>

Please submit your non-profit name and web address to [hbnews1@aol.com](mailto:hbnews1@aol.com) if you'd like to be listed

## NATURAL Wonders OF THE WORLD

### YUSHAN

*Yushan is Taiwan's tallest mountain, sometimes referred to as Jade Mountain. It's surrounded by a national park of the same name where hikers will find several scenic routes*

*to explore. The trek to the summit is rather arduous at 15 miles and a 6,110-foot gain, and you'll need to make a reservation to stay at Paiyun Lodge — the only option for sleeping along the route — at least four months in advance. If you don't plan to hike to the summit, you can get great views of Yushan from almost anywhere within the eponymous Yushan National Park.*



Photo: weniliou/Shutterstock



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	Hyundai	Check out our Local Deals	16751 Beach Blvd	HB	714.594.1000
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	Yates X-Ray Company	FREE Digital Consultation Values at over \$250	9051 Mediterranean Dr	HB	714.599.0399
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	Capone's Cucina	10% off entire Bill, weekend excluded	19688 Beach Blvd #10	HB	714.593.2888
	Coach's Mediterranean Grill	10% off Dinner Food Service Excludes Mon night dinner specials, \$5 off Bottle of Wine Mon nights. Huge Happy Hour 3 - 6:30 pm daily, 50% Off Appetizers, Special Bar Prices	200 Main St	HB	714.969.2233
	Cucina Alessá	10% Off: Tues & Sun. Happy Hour: M-F, 3-6 Special Select, \$3.50-\$4 Wines & Cocktails	520 Main St	HB	714.969.2148
	Don Jose	10% off your entire food Bill	9093 Adams	HB	714.962.7911
	Gallaghers Pub & Grill	\$3 Domestic pints & Well Drinks, \$4 Import Pints	300 PCH	HB	714.536.4222
	Hurricanes Bar & Grill	50% Off Up To \$20 with card- food only	200 Main St	HB	714.374.0500
	Nonna Lucci's	10% off entire bill	19913 Beach Blvd	HB	714.536.1368
	Olive Pit Grill	\$5 off any bill over \$30 10% off anything else	16365 Bolsa Chica St	HB	714.316.5000
	Thai Wave	20% Off All Appetizers (Dine In) from 3pm to 6 pm M-F. Singha Beer 11 oz; \$2.00	522 Main St.	HB	714.960.0219
Sushi on Fire	20% off Food Bill M-F 2-5pm	301 Main St	HB	714.374.8885	
Paolo's Ristoronte	4-course dinner \$16.95	17561 Center Ave #37	HB	714.373.5399	
<b>Services</b>	SeaShore Pest Control	\$100 Off any Local Treatment. \$200 off any tenting	16562 Gothard St #G	HB	714.842.8003
	AIM Mail Center #64	15% off on All Services/Products	19051 Goldenwest St	HB	714.698.9900
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	Surf City Debt Relief	15% off total fees with enrollment into one of our Debt Relief programs	5267 Warner Ave #183	HB	657.464.9683
	Bella Vita Salon Boutique & Spa	\$45 Hydrating Aromatherapy Steam Facial	301 Main St#108	HB	714.960.8100

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## A New Study Found That This Morning Beverage Can Improve Your Gut Health Almost Instantly



Getty Images

*Women's Health/KORIN MILLER*  
Sipping on a cup of joe is an easy way to infuse some much-needed pleasure into a hectic morning or slow afternoon at work. But a growing body of research suggests that coffee might do your physical health a solid, too, even helping your gut cultivate some great bacteria.

A new study, which was published in *Nature Microbiology*, found that a coffee habit is linked with a certain type of bacteria growth that's believed to boost your gut health. However, the link is a little complicated. So, with that in mind, here's what the study found, plus what doctors want you to know.

Meet the experts: Danbee Kim, MD, nutrition expert, weight loss surgeon, and assistant professor at Rutgers New Jersey Medical School; Nicola Segata, PhD, study co-author, professor, and principal investigator at the CIBIO Department of the University of Trento; Rudolph Bedford, MD, a gastroenterologist at Providence Saint John's Health Center in Santa Monica, CA

### What did the study find?

For the study, researchers analyzed fecal (i.e. poop) data from more than 20,000 people and tracked how much coffee they consumed on a daily basis.

The researchers found that people who regularly drank coffee also had a bacterium called *Lawsonibacter asaccharolyticus* in their gut.

"People who drink coffee, on average, have a six to eight times higher amount of this bacterium in the gut," says Nicola Segata, PhD, study co-author, professor, and principal investigator at the CIBIO Department of the University of Trento.

### What is *L.asaccharolyticus* and why is it good for gut health?

We don't actually know a ton about *L. asaccharolyticus*. The bacterium was first identified in research in 2018. It produces butyrate, a sign of gut fermentation that suggests good digestion and nutrient absorption, Segata explains.

"It's probably producing short-chain fatty acids, which are supposed to be positive modulators of immunity," Segata adds. Still, he says that "strong data" is needed to learn more about what this actually does for your gut health.

What he does know is that there's a solid link between coffee consumption and the presence of *L. asaccharolyticus*. Segata and fellow researchers actually fed coffee to *L. asaccharolyticus* that was growing in petri dishes and found it made the bacteria grow faster. "It's clear that the coffee was stimulating it," Segata says.

This stimulation is possibly due to metabolites in the coffee. Plus, it's "probably not the caffeine, because decaf had a similar effect," Segata adds.

### Can I get *L.asaccharolyticus* from other foods?

As of now, this bacterium is just linked to coffee.

However, aronia berries contain chlorogenic acid and polyphenols like coffee, so they may have a similar effect, says Danbee Kim, MD, nutrition expert, weight loss surgeon, and assistant professor at Rutgers New Jersey Medical School. "Other foods high in chlorogenic acid—such as blueberries, apples, and pears—might also support the growth of this gut bacteria, though more research is needed to confirm this," she says.

### How much coffee do I need to drink to reap the gut benefits?

Having a cup or two of coffee a day promotes the growth of *L.asaccharolyticus*, Segata says. But he points out that "heavy" coffee drinkers, who have three or more coffees a day, have up to 10 times more of the bacteria in their gut compared to people who don't drink coffee.

### Are there any negative impacts of coffee on gut health?

There are a few to keep in mind. The biggest potential drawback is that it could raise your risk of acid reflux, says Rudolph Bedford, MD, a gastroenterologist at Providence Saint John's Health Center in Santa Monica, CA.

"It also increases gastrointestinal mobility and can potentially cause diarrhea," he says. But, overall, Bedford says that coffee is considered a relatively safe drink for people, provided they don't overdo it on the caffeine.

# THE Local NEWS Community



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Continued from pg 1

## Happiest Cities in America

CHIP LUPO, WALLETHUB ANALYST

### Happiest Cities in the U.S.

Overall Rank	City	Total Score	Emotional & Physical Well-Being Rank	Income & Employment Rank	Community & Environment Rank	
1	Fremont, CA	73.54	1	93	4	
2	San Jose, CA	69.34	3	45	10	
3	Irvine, CA	69.32	2	62	14	
4	Sioux Falls, SD	68.66	9	53	5	
5	Overland Park, KS	66.93	4	59	47	
6	Lincoln, NE	66.59	25	51	1	
7	Madison, WI	65.83	15	24	9	
8	Scottsdale, AZ	65.17	22	10	15	
9	San Francisco, CA	64.96	6	68	43	
<b>10</b>	<b>Huntington Beach, CA</b>	<b>64.70</b>	<b>11</b>	<b>80</b>	<b>39</b>	
182	Cleveland, OH	3	4.01	176	166	182

Note: With the exception of "Total Score," all of the columns in the table above depict the relative rank of that city, where a rank of 1 represents the best conditions for that metric category.

Fremont, CA, is the happiest city in America, and one contributing factor is that the city has the highest share of households with an income above \$75,000, at nearly 80%. Studies have shown that increasing your income up to \$75,000 also increases your happiness, but making more than that does not. Therefore, cities where a lot of people make at least \$75,000 per year are more likely to have maximized their happiness. People in Fremont also have the highest rate of life satisfaction, the fifth-lowest depression rate, and the fourth-highest average life expectancy in the country.

Another contributing factor to Fremont's happiness is the fact that it has the lowest separation and divorce rate in the country, at only 8.9%. It also has the lowest share of adults who report having 14 or more mentally unhealthy days per month, so people in the city seem to be taking care of themselves psychologically.

Finally, Fremont also ranks sixth among the most caring cities in America, and when people care for each other, they boost each other's happiness.

San Jose, CA

The second-happiest city is San Jose, CA, in part because it has the longest average life expectancy in the country, allowing people to enjoy their lives into old age. It also has the fourth-lowest separation and divorce rate, so happy couples can spend their lives together into their golden years, and their kids don't have to deal with the upheaval.

In addition, San Jose has one of the best scores on the health and wellness company Sharecare's Community Well-Being Index, which measures how much residents like where they live, feel safe and have pride in their community. It also scores extremely well on Sharecare's Life-Satisfaction Index, which measures people's health risks based on various physical, financial and social factors.

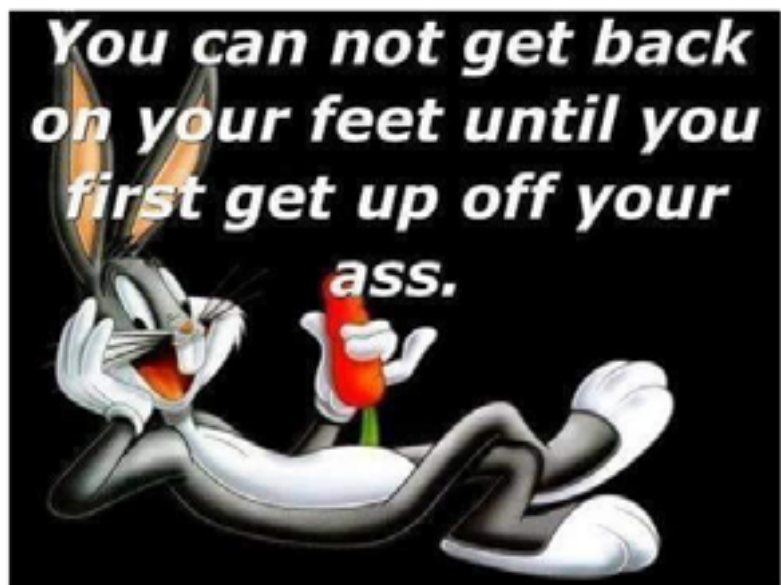
To top things off, San Jose has the third-highest share of households whose annual income is above \$75,000, at over 72%. This allows people to afford both necessities and some luxuries, keeping them content.

Irvine, CA

Irvine, CA, is the third-happiest city, in large part because its residents are healthy. More than 88% of adults in Irvine report having good or better health, the third-highest percentage in the country. In addition, nearly 84% participate in physical activities. The city has the seventh-highest life expectancy for residents, too.

Irvine residents don't just have good physical health, though – their mental health is also well taken care of. For example, the city has the third-lowest percentage of adults who report having 14 or more mentally unhealthy days per month, and it has the eighth-lowest depression rate.

Finally, people in Irvine have good incomes, which can also boost their happiness. Nearly 68% of households in the city make over \$75,000 per year, the income level that's been demonstrated to maximize happiness. In addition, marriages in Irvine last better than ones in many other cities, as Irvine has the third-lowest separation and divorce rate in the nation.



# Most Iconic Moments in History



## Stylish Amelia Earhart In Chicago 1928

Amelia Earhart, the first woman to fly solo across the Atlantic Ocean, is remembered as a pioneer in the field of aviation. When she disappeared over the Pacific Ocean in 1937, during an attempt to circumnavigate the globe, she was just 39 years old. In addition to being an aviator, Earhart was an educator, a feminist, and -- as you can see from this 1928 photo -- a fashion icon.

From the dawn of flight, pilots had always cut a dashing figure in their flight jackets, gloves, goggles, caps, scarves and boots. It was a look waiting for the right woman, and Amelia Earhart wore it well. Earhart used her celebrity and image to try to give American women more options when she launched her own clothing line in 1932, called Amelia Earhart Fashions. As described by the National Air and Space Museum,

Amelia's fashion line was made up of wrinkle-free dresses, skirts, pants, and outerwear. Some designs even used materials such as parachute silk and fabric used for airplane wings. The outfits were crafted for practicality and designed to suit the needs of "active women." They broke the mold for traditional women's dress during the 1930s.

Source: Reddit

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# On the Vine or Nearby

## What's the Shelf Life of Liquor?

From distilled spirits to vermouths, here's a handy guide to storing your bottles—and knowing when it's time to let go.

By Dylan Ettinger

Every home bartender has a bottle or two that has been sitting in the back of their liquor cabinet for an extended period of time. Maybe it's the crème de violette that was purchased to make an Aviation and never touched again, or the 25-year-old single malt that's waiting for the perfect occasion to be opened. After a while, it's natural to wonder if these bottles are even good anymore.

So what is the shelf life of a bottle of alcohol? It turns out the answer is pretty complex.

### SHelf Life of LIQUOR FAST FACTS

Unopened liquor of all kinds will generally keep indefinitely if stored properly. Store out of direct sunlight, tightly sealed, in a stable room-temperature environment.

Once opened, distilled spirits like whiskey and gin won't expire or become unsafe to consume, but they may start to taste "off" after 1–3 years.

Liqueurs, opened, will usually last 6 months–1 year.

Vermouths and other wine-based spirits like vino amari should be refrigerated and consumed within 6–8 weeks.

### How Long Does Liquor Last?

Distilled spirits and liqueurs are remarkably stable products. Liquor is also pretty much non-perishable, meaning it won't spoil or become dangerous to consume. However, there are a handful of environmental factors that can change the flavor, aroma, and alcohol content of a bottle over time.

"I'd say that factors to keep in mind if you want to maximize your enjoyment of your bottles at home are: time, light, heat, and oxygen," says Wesley Moore, shop manager and spirits purchaser at Bar Keeper in Los Angeles. To combat these factors, proper storage is crucial to extending the life of any bottle of alcohol, whether it's open or unopened.

"I'd say that factors to keep in mind if you want to maximize your enjoyment of your bottles at home are: time, light, heat, and oxygen." —Wesley Moore, Shop Manager And Spirits Purchaser At Bar Keeper

"If you don't open [a bottle] and store it at room temperature, it will stay good for a very long time," says Stefano Pileggi, a vintage whiskey collector and the proprietor of high-end bottle shop Collezione in New York City. But once a bottle is opened, the clock starts

ticking.

### Best Practices for Storing Alcohol

When a distilled spirit is exposed to air, it begins to evaporate and oxidize. Oxygen is a highly reactive gas, and exposure to enough of it will change the chemical composition of a distilled spirit. Ethanol also evaporates at a lower temperature than water, so over time the overall proof of the spirit will drop. Both of these processes will change the character of a spirit, causing the balance and nuance to disappear and the liquor to taste "flat" after a long time exposed to air.

Heat is another major enemy of alcohol. Keeping bottles stored away from sunlight in a steady, room-temperature environment is a crucial step in curtailing evaporation. According to Pileggi, direct sunlight can heat the glass of a bottle and the spirit inside of it, increasing the rate of evaporation. "Over time, sunlight can also ruin the label," he adds.

"Higher-proof spirits in particular may expand more from heat than you might expect," says Moore. "This can actually force the cork



Image: Liquor.com / Janet Maples

out of the bottle, possibly spilling the spirit and of course allowing air back in."

"If you don't open [a bottle] and store it at room temperature, it will stay good for a very long time." —Stefano Pileggi, Vintage Whiskey Collector And Owner Of Collezione

Unlike with wine or Champagne, it's a bad idea to store a bottle of liquor on its side.

"Any hard alcohol will eat away at the cork," says Pileggi. As the cork degrades, it can allow air to enter the bottle, and the alcohol to evaporate more quickly. If trying to preserve a bottle with a natural cork for enjoyment after many years, Pileggi recommends turning the bottle

over and wetting the cork for about 60 seconds at a time once a year to prevent it from drying out.

### Shelf Life of Distilled Spirits

If stored properly, an open bottle of liquor will slightly change over time but should generally maintain its character for between 1–3 years. A sealed bottle stored in ideal conditions can last decades while experiencing minimal changes.

Does it matter if you're storing, say, vodka or whiskey? All spirits are extremely similar in their chemical makeup: they're mostly ethanol and water with small variations in compounds, like congeners, that imbue each spirit with flavor. Because of this, two spirits bottled at the same proof in the same environment should theoretically age at the same rate.

There is, however, some anecdotal evidence that there may be differences in the shelf life of certain spirits.

"Based on my observation and experience, I believe that 'white' spirits are less susceptible to change over time that negatively affects flavor," says Moore. "The only bottles I've ever had 'go off' on me were more extensively aged and more expensive spirits that I saved for sipping, often for a good long while."

However, he posits that this could be because drinkers tend to consume bottles of unaged spirits more quickly than heavily aged spirits. It could also be due to the fact that many "brown" barrel-aged spirits, like whiskey, rum, and cognac, spend years resting before being bottled, and therefore have already been subjected to oxidation.

### Shelf Life of Liqueurs and Amaro

Much like distilled spirits, liqueurs and most amari are also quite stable. "Sugar is kind of amazing—not only does it taste good, it acts as a preservative in foods and beverages by preventing microbial growth," says Moore. "Liqueurs at a proper sugar level should be shelf stable for more than long enough to enjoy them, say six months to a year."

With heavily sweetened liqueurs, crystallized sugar can sometimes build up around the opening of the bottle under the cap. To ensure a proper seal and to prevent a stuck cap, use a warm, wet towel to wipe down the bottle after use.

"We've all likely had a slightly sour Manhattan or a musty Martini, with the culprit being vermouth that's gone bad." —Wesley Moore

### Shelf Life of Vermouth and Wine-Based Spirits

Unlike distilled spirits and alcohol-based liqueurs, wine-based products like vermouths and vino amari (like Aperitivo Cappelletti) have a relatively short shelf life.

"We've all likely had a slightly sour Manhattan or a musty Martini, with the culprit being vermouth that's gone bad," says Moore.

Vermouth is fine being stored at room temperature until it's opened. Once opened, bottles should be stored in a refrigerator and used within six to eight weeks.

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## The Finest Vintage Cars of the 1960's Golden Age



*Alamy Stock Photo by Wamodo*

The 1969 TVR Vixen was produced by British automaker, TVR, between 1967 and 1973. The Vixen was a hand-built sports car that used a four-cylinder Ford engine, and weighs a little over 1600 pounds. The trusted little car can reach 60 mph in under 10 seconds, and has a maximum speed of 110 mph.

Even though it features a 1950's chassis, the fiberglass Vixen S1 can be handled quite easily, which is why it became a favorite British sports car back in the day.

### 1969 TVR Vixen 1600 S1

# First Look: The 2026 Morgan Supersport Boasts Retro Looks, Modern Thrills

**Bored with Porsche 911s? This modern but deliciously retro sports car is cheaper and boasts a better weight-to-power ratio than a base Carrera.**

*MotorTrend / Angus MacKenzie  
Writer/Manufacturer*

At first glance, the Morgan Supersport looks much like almost every Morgan roadster built since 1953. But under its artfully rendered retro-modernist exterior is a thoroughly modern sports car with a lightweight aluminum chassis, a turbocharged engine, and independent suspension all around. Inside, you find wood and leather if you want it, but also standard air conditioning, a Sennheiser audio system, and a hands-free phone system that uses active noise canceling so you can have conversations while driving with the roof off.

#### What It Is

Morgan designed its new flagship from the wheels up to be a Morgan roadster that can be driven every day, rain or shine. The Supersport—the name was first used on a Morgan in 1927—is also designed to be more obviously different from the four-cylinder Plus Four than its predecessor, the Plus Six. The Plus Six was essentially a Plus Four with a more powerful six-cylinder engine and a wider track and a noticeably edgier demeanor when driven hard. “We wanted to grow the breadth of our portfolio,” Morgan CEO Matthew Hole says. “The Supersport is fundamentally about making a more usable Morgan.”

#### The Hardware

The 2026 Morgan Supersport’s powertrain, which features a 335-hp, 369-lb-ft version of BMW’s B58 3.0-liter turbocharged straight-six driving the rear wheels through a ZF eight-speed automatic transmission, is unchanged from the Plus Six, as are the four-wheel disc brakes. The chassis is based on the Plus Six’s all-aluminum CX platform introduced in 2019 and still used for the Plus Four, but Morgan engineers made thousands of detail changes to improve ride, handling, and structural rigidity, enough to warrant giving it a new designation, CXV.



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

The food market continues to expand 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.

## Yoghurt

**Company: Dannon, Yoplait, and others**

**Market Share: \$171.83 billion by 2031\***

### Ingredient: Aspartame

It's a lose-lose situation when it comes to yogurt. On the one hand, yogurt with no artificial sweeteners is often high in sugar and carbs, which can wreak havoc on the body, particularly if you're prediabetic or diabetic. On the other hand, when yogurt is sugar free, it has artificial sweeteners like aspartame.

As discussed above, aspartame is gross and can cause a myriad of health problems. So, what's a yogurt-lover to do? One suggestion for those looking for something sweet is to buy unsweetened Greek yogurt and add a bit of honey to it. It'll be healthy yet tasty.

©Madele / Shutterstock.com

## Toaster Pastries

**Company: Pop Tarts**

**Market Share: \$1 billion in Pop Tart sales per year**

### Ingredient: Trans fats, sugar

Healthline took a shot at Pop Tarts in 2017, calling them one of the fifteen "unhealthiest junk foods in America." Pop Tarts are convenient and delicious. You pop them in the toaster, wait a couple of minutes, and then voila! You have a warm, gooey pastry that is a sweet start to your day.

Though that sounds nice, the reality behind toaster pastries like Pop Tarts is that they're full of sugar and carbs. A couple of Frosted Strawberry Pop Tarts contain seventy-six carbs, the majority of which comes from sugar. When you're thinking of a healthy start to the day, sadly, toaster pastries

shouldn't make your list.

©Brent Hofacker/Shutterstock.com

## Sugary Coffee Drinks

**Company: Starbucks, Dunkin' Donuts, etc.**

**Market Share: \$26.58 billion annual revenue for Starbucks\***

### Ingredient: Sugar, dairy fat, artificial flavoring

Take a step back before you order that white chocolate mocha with whole milk and whipped cream from Starbucks. Eat This Not That described that exact drink as one of the eight "worst coffee drinks in America." Though we all like a sweet pick-me-up every now and again, sugary coffee drinks are filled with, well, sugar.

The Au Bon Pain Mocha Latte, Tim Hortons Mocha Iced Capp, Dunkin' Butter Caramel Swirl Frozen Coffee with Whole Milk (come on, that last one just sounds unhealthy), and more can throw your blood sugar way out of whack. According to Business Insider, a scientific study of over 118,000 people showed that the more sugar they drink, the more likely they are to die from illnesses like heart disease.

©vovidzha / Shutterstock.com

## Swordfish

**Company: N/A (It's the fish itself)**

**Market Share: \$275 billion seawater fish market\***

### Ingredient: Mercury

This one really isn't about the companies harvesting and producing swordfish, so much as it is about the fish itself. In 2004, the F.D.A. cautioned people against eating swordfish (along with shark, tilefish, and King Mackerel) because of its high level of mercury. Eating mercury in high quantities can be poisonous.

Swordfish is high in mercury because it's a predator. These pointy-nosed fish might look absurd, but they're smaller fishes' worst nightmare when they're in the water. They prey on other fish, absorbing their mercury too when they eat them. If you're looking for a low-mercury alternative to swordfish, try light tuna, shrimp, pollock, catfish, and every health nut's favorite, salmon.

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# The American Companies That Aren't Actually American Anymore

By Kate Prince/Business

Many 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.

## American Idol

**Original Headquarters:** Los Angeles, California

**Purchased By:** Fremantle

**Country:** England

Whether you're a fan of talent-based reality TV or not, it's nearly impossible not to have heard of American Idol by now. The series has been running since the early 2000s and has jump-started the musical careers of dozens of talented Americans, helping them achieve their 'American Dreams.'

However, American Idol isn't as American as its viewers might think. It premiered in The States and is filmed in The States, but American Idol is, in fact, a British-owned program. The series is owned by London-based FremantleMedia. If you want to go even deeper, Fremantle is a subsidiary of Bertelsmann, a multinational German conglomerate.

@AmericanIdol/Facebook



## Hot Pockets

**Original Headquarters:** Arlington, Virginia

**Purchased By:** Nestlé

**Country:** Switzerland

Are you in a hurry with insufficient time to prepare a gourmet meal for lunch? Perhaps you're looking for a stuffed pastry sandwich to eat on the go? If so, Hot Pockets are what you're looking for. David and Paul Merage, founders of Chef America Inc. created a cal-



zone-ish snack called a Tastywich. In 1983, the stuffed pastries were rebranded as Hot Pockets.

For the next 20 years, Hot Pockets thrived in the stuffed food industry. They even survived attacks from similar products such as Pizza Pops and Pizza Pockets. Due to the Swiss-run Nestlé, which had finalized a deal to acquire Chef America in May 2022, the great American Hot Pocket hasn't been US-Owned since Q1 of 2002.

@HotPockets/Facebook

## Zulily Inc

**Original Headquarters:** Seattle, Washington

**Purchased By:** Alibaba Group

**Country:** China

Whether you're looking for a new pair of pants for casual Friday or a toy for the little one's birthday, the Seattle-based e-commerce company Zulily has it all — kinda. Zulily doesn't actually carry any stock but ships from fulfillment centers similar to companies like Amazon.

The e-commerce company has been doing so well that foreign investors have been slowly chipping away at the percentage of the American-owned company. Already the owner of 5% of Zulily, in 2015, Alibaba Group acquired an additional 4.8 million shares of the company.

@SoundersFC/Twitter.com

## Kraft Mac & Cheese

**Original Headquarters:** Chicago, Illinois

**Purchased By:** Brazilian 3G Capital and Berkshire Hathaway

**Country:** Brazil

Kraft Macaroni & Cheese, or Kraft Dinner (as those north of the border knows it) has been a staple food for high school and university students North America-wide for decades. It's by no means the most nutritional food around, but it is easy to make and quite affordable. Fun fact: Canadians consume nearly 25% of the 365 million Kraft Mac & Cheese boxes sold globally.

These days, Canada's favorite easy-to-make pasta is owned by the Brazilian-owned 3G Capital, which—along with Berkshire Hathaway—acquired the Kraft Heinz Company for \$23 billion in 2013.

@KraftMac&Cheese/Facebook

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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.

## Dian Fossey: murderers in the mist



Shutterstock

Dian Fossey was one of the most prominent voices for gorillas, having written "Gorillas in the Mist" about her experiences with the animals. According to History, inspired by Louis and Mary Leakey, she broke off her engagement and took up a life of wildlife preservation, using her prior work with children to help her gain the gorillas' trust.

According to the BBC, she was found in her cabin in Rwanda, murdered with a machete. The killer knew where to find her bedroom, as they'd cut open exactly that wall. Given how she'd helped soften the reputation of gorillas and contributed to their preservation, it seems difficult to imagine who would have a grudge against her.

That is, People pointed out, it's difficult unless one reads more deeply about her. Fossey had something of a reputation. It has been claimed that she would kidnap and torture poachers while interrogating them, and she allegedly practiced black magic against those who would harm her gorillas, or at least pretended to. One theory posits that she was murdered by the family of a poacher whose sumu, a magical protection bag, Fossey had taken. Even if this did not prove to be accurate, she still made life difficult for antelope poachers and those who'd have liked to drive the gorillas further toward their death so that they could use the land.

Fossey was buried among her gorillas, her headstone bearing the Rwandese word for "the lady who lives alone in the forest."

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# BRENDA SONG RECALLS FIANCÉ MACAULAY CULKIN 'RUINING' "HOME ALONE" FOR HER WHEN THEY WATCHED IT TOGETHER: 'STOP!'

Entertainment Weekly  
WESLEY STENZEL

Brenda Song is a lifelong Home Alone fan — but she has no interest in knowing how the movie sausage gets made.

The Suite Life of Zack & Cody alum discussed revisiting the Christmas classic with her fiancé, Macaulay Culkin, during an interview with The Jennifer Hudson Show. "When we started dating almost eight years ago now, Christmastime came around and I was like, 'It's a tradition! I always watch Home Alone every Christmas,'" Song recalled.



Macaulay Culkin and Brenda Song at TIFF 2024  
Michelle Quance/Variety via Getty

Her beau, who starred in the 1990 film and its 1992 sequel, wasn't as enthusiastic at the time. "He hadn't seen the movie in like a decade, and I forced him — he didn't wanna watch it," she said of Culkin. "I was like, 'We have to.'"

The tables turned, however, when Culkin began reminiscing about the production of the film. "We started watching it, and he started telling me all the behind-the-scenes stories," Song recalled. "And I was like, 'Stop! Stop! You're ruining it for me! You're ruining it!'"

Song said she still understands Home Alone's cultural value, but doesn't quite have the same affection for it that she used to. "The movie holds such a special place in so many people's hearts," she said. "It's just, it's hard for me now, that's all."

Macaulay Culkin in 'Home Alone'

Elsewhere in the interview, Song discussed how Culkin's massive child stardom affected him as an adult. "I always say Mac is a very unique human, being the most famous



20thCentFox/Courtesy Everett Collection

child actor in the world," she said. "He lived and grew up in hotels. He had just never really done laundry, and I was shooketh. I have been doing laundry since I was a

baby, I feel like. I've been doing laundry since I was, like, 10, whatever it is, you know, helping my mom."

Song said that there's an even bigger skill that Culkin never picked up. "He still doesn't know how to drive," she said. "I took him out to drive in our neighborhood — I was terrified, let me tell you. This 44-year-old man driving for the first time? I was like, 'Nope! I gotta hire someone to do that.'"

The actress also said that Culkin had to convince her to pose for their joint Cosmopolitan cover shoot. "I was actually really nervous and he actually had to talk me into it," Song said. "Mac's famous quote is, 'Let's do it for the mantle.' For our kids, we put all of the accolades on our mantle, and he wants to remind our kids and we want to remind our kids that no matter what, mama and papa are still doing their thing."

## ENTERTAIN IN STYLE WITH A SAVORY DESSERT

# Bring Warmth to Winter with a Filling Family Dinner

Family Features

Hearty, comforting foods that go perfectly with cold weather may be some of your family's favorites, but if all those filling meals are starting to (literally) weigh you down, it's time for a better-for-you spin.

Add a superfood to your winter menu for cold-weather dishes you can feel good about serving to your loved ones. Sweetpotatoes, known as a "diabetes superfood" by the American Diabetes Association, are rich in vitamins, minerals, antioxidants and fiber, all of which are good for overall health. They're a natural sweetener for that "sweet" flavor you crave without the added sugar, making them a perfect

addition to this Cheesy Sweetpotato Casserole made with sweetpotato puree, warm spices and ground turkey.

A healthy and easy weeknight dinner, this creative spin on a classic casserole takes advantage of sweetpotatoes' sweet, savory versatility. They enhance both flavor and nutrition content in simple and elevated recipes alike. Plus, they can be cooked and prepared in several ways, such as on the stove, baked, microwaved, grilled, slow cooked or, in this case, boiled and pureed.

Visit [ncsweetpotatoes.com](http://ncsweetpotatoes.com) to discover more ways to cook better-for-you family meals this winter.



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

## Cheesy Sweetpotato Casserole

Recipe courtesy of the North Carolina Sweetpotato Commission

Servings: 6

1 medium North Carolina sweetpotato  
16 ounces shell pasta (or any kind of noodle)

### Ground Turkey:

1 tablespoon olive oil  
1 pound lean ground turkey  
1/2 medium yellow onion, minced  
1 teaspoon garlic powder  
1/8 teaspoon salt  
1/8 teaspoon ground pepper  
1/4 teaspoon powdered mustard

### Cheese Sauce:

3 tablespoons tomato puree  
1/2 cup chicken broth (or any kind of broth)  
1 cup shredded colby jack cheese, plus additional for topping (optional)  
salt, to taste  
nonstick cooking spray  
fresh parsley, for garnish

Peel sweetpotato and chop into 1-inch cubes. Place in pot and cover with water. Bring to boil over high heat. Cook 13-15 mi-

nutes until sweetpotatoes are tender. Drain and let cool 2-3 minutes then puree in food processor or blender.

Bring large pot of water to boil. Add shell pasta. Cook until slightly harder than al dente as it will continue to cook in oven.

Strain pasta, rinse with cold water and set aside.

To make ground turkey: Heat large skillet over medium heat. Add olive oil. When olive oil is fragrant, add ground turkey. Break turkey into small pieces. Mix in onion, garlic powder, salt, ground pepper and powdered mustard; cook 4-5 minutes. Remove from heat.

To make cheese sauce: Heat oven to 375 F and place sweetpotato puree in blender or food processor with tomato puree, chicken broth, 1 cup shredded cheese and salt, to taste. Blend until combined and sauce is smooth.

Spray 9-by-13-inch casserole dish with nonstick cooking spray. Place noodles, ground turkey and sweetpotato sauce in casserole dish and mix until coated in sweetpotato cheese sauce. Sprinkle with additional shredded cheese, if desired, and bake 15 minutes.

Remove, let cool 10 minutes and sprinkle with fresh parsley.

# 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?

## Best Buy

**Year Established: 1966**

**Store Closures: >20 Branches\***

Best Buy is a one stop shop for all things electronic. From great deals on flat screen TVs to finding a replacement for that one random cable you need for an old camera, they have everything you could want or need.

However, the tech retailer has faced a dramatic decline in sales over the years as the rise of online retail has taken hold. It's unclear exactly how many stores will close in the following years, but higher ups at the company say the number will be greater than 20.

@Jonathan Weiss / Shutterstock.com

## GNC

**Year Established: 1935**

**Store Closures: 900 Branches\***

Much like Earth Fare, GNC is another health and wellness store that has bit the dust. The vitamin retailer wasn't doing well before 2020 hit, and the events that year just sealed GNC's fate. In June of 2020, the brand declared bankruptcy and announced that it would close 900 of its stores, which number 7,300 in total.

The closures are slated to take place over the next few years, wrapping up in 2023. When GNC filed for bankruptcy, it asked a judge to protect it against creditors to which it owed money. The judge later would approve a sale to Harbin Pharmaceutical Holding Co., preventing GNC from being sold at auction.

©Mahmoud Suhail / Shutterstock.com

## Bath & Body Works

**Year Established: 1990**

**Store Closures: 50 Branches\***

Arguably one of the most consistent staples of any American mall, Bath & Body Works vaulted from relative obscurity to market king within a decade of its founding. The company is one of the few brands to not only escape the "retail apocalypse" of the 2010s – but actually flourish during this time.

Having said that, the company recently announced that 50 store locations, primarily in the United States, will be closing permanently by the end of 2022. The company plans to offset this with a three-year plan to open to 46 new locations and renovate up to 175 pre-existing locations. Considering the company operates more than 1,600 stores worldwide, this is hardly a drop in the bucket.

@KildonanPlace / Twitter.com

## Ulta Beauty

**Year Established: 1990**

**Store Closures: 19 Branches\***

Ulta Beauty is a dream for people who love makeup. It has pretty much every product you could ever want, and it is always making new deals with beauty brands and other stores. For example, Ulta announced that it was going to open one-hundred mini-stores in Targets across the country during the latter half of 2021.

©Jonathan Weiss / Shutterstock.com

These new openings were exciting to fans, but not all the news from Ulta was positive. Ulta not only shrank its corporate staff, but it also announced its plans to shut down nineteen stores during the third fiscal quarter of 2020. Hopefully, Ulta shoppers whose favorite store closed will be able to go to Target, instead.

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# THERE'S I THING NO ONE SEEMS TO BE TALKING ABOUT REGARDING GENE HACKMAN'S DEATH

HuffPost / SHAUNA SWEENEY  
Fri, March 14, 2025 at 5:00 AM PDT

When the news broke about the deaths of Gene Hackman and his wife, Betsy Arakawa, my stomach dropped. It's a deeply tragic story in and of itself, but as more and more information was released to the public, there was one thing no one seemed to be talking about: This situation is every family caregiver's nightmare come to life.

Hackman, 95, and reportedly diagnosed with advanced Alzheimer's, was found dead in his Santa Fe home seven days after Arakawa's unexpected passing. The official cause was heart failure, but the reality is much more heartbreaking — he likely died because the person keeping him safe was suddenly no longer there.

Authorities suspect he may not have even understood Arakawa was gone, leaving him alone without essential care, medication, or even basic necessities for at least a week.

This isn't just a devastating celebrity story. The truth is, this could happen to anyone currently caring for a loved one's basic needs. This is especially true for



Yera Anderson via Getty Images

my family.

When my father was diagnosed with early-onset Alzheimer's, I was in my early 30s, building a career and living thousands of miles away from him. Overnight, I became his caregiver, but I wasn't ready. The first days and months were pretty rough. I had no idea what I was doing. But I also knew that no one was going to be as motivated or committed to taking great care of him as I was.

There are millions of us out there in this position. We're not experts — we're family, friends and neighbors. And we'll move mountains to ensure our loved ones get the best possible care.

At first, I failed spectacularly, missing bills, missing important deadlines, even prescriptions, while unused subscriptions stacked up. Eventually my dad and I found a rhythm. I built systems to start to bring some order back, though any family caregiver will tell you not to bother trying to get everything in order. It's just not going to happen. We found ways to cushion the pitfalls. I got smarter. I set up daily FaceTime check-ins with my dad, hired professional caregivers, created digital records of his medications and medical contacts, and installed smart home devices to monitor his safety. I even started regularly monitoring the weather where he lives to know if there could be an emergency.

But despite all these measures, I still live with one terrifying question: What if I'm suddenly out of the picture?

A few months ago, my fear became dangerously close to reality. I was sitting at a red light when I got rear-ended — hard. My seat back collapsed, I was thrown forward, and the trunk of my car crumpled like an accordion. As I sat in a daze in the back of an ambulance getting checked out, my first coherent thought wasn't about me — it was of my dad.

I've been taking care of my father for 13 years. I'm still the one who makes sure nothing falls through the cracks. It's my role to navigate the ER, where he sometimes ends up, to ensure he's seen on time and discharged before a shift change. I am the one on the phone pleading to get an appointment with a dermatologist to get that rash on his cheek looked at tomorrow, not six months from now. Yes, it turned out to be cancer, and the effort was worth it.

I have safeguards in place. There are people who help. But if I were to disappear — permanently — would they know everything I know? Would they fight for him the way I do? My dad's situation is constantly changing due to his Alzheimer's. Could someone else really step in? For me and too many others, the answer is no.

On most days, I like to think of myself as superhuman — strong enough to be a good mom, a good boss and a good daughter. Yet, I know I am one accident, one diagnosis, one natural disaster away from our house of cards collapsing. Each day, I face knowing just how fragile the system is and how close we live to a crisis.

This fear is not mine alone. More than 54 million Americans — mostly unpaid and untrained — juggle caregiving responsibilities every day alongside their own personal and professional lives. By 2030, when every baby boomer will be 65 or older, that number will skyrocket. And yet, most caregiving in this country happens in a fragile, makeshift way, held together by love and hope.

For the majority of people, their approach lacks structure, backup plans, or a system of what to do in an emergency. The Hackman-Arakawa tragedy is not an anomaly. It's at many of our front doors.

During the Los Angeles wildfires, an elderly man and disabled son were left alone after his primary caregiver son was hospitalized the week prior. Without immediate care or anyone to step in, the two were not evacuated in time, which ultimately led to both of their deaths.

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This married pair went to a Denver vs. Kansas City game, each cheering for a different team, each decked out in their team colors — the husband red for the Chiefs and the wife orange for the Broncos. And the fact that they're married didn't stop them from poking fun at each other, either. After all, when you're an ardent Kansas City fan and you marry a Denver fan, it's bound to get messy any time the teams play each other. But as their signs say, they married each other anyway.



### Hope is not a strategy.

Every family should have a contingency plan. Who steps in if the primary caregiver is gone? Who has access to medical records? Who knows the daily routines, the medications, the little details that keep a vulnerable person safe?

Technology can help. Smart home devices can detect movement — or the lack of it. Emergency check-in alerts can notify family if something seems off. Digital tools, like shared apps, can keep medical and financial information in one place, accessible when it's needed most.

For me, setting up a system wasn't just about making my dad's care easier — it was about protecting him and others like me.

I don't say this lightly, but if Gene Hackman had a shared emergency plan or even something as simple as an automated weekly check-in system, he might have been found much sooner. Someone could have stepped in.

We can't afford to ignore this growing crisis within our own families. In just five years, the number of Americans needing long-term care will double. At the same time, professional help is only becoming more expensive and harder to find.

Families will bear more of the burden than ever before. We must stop treating family caregiving as an informal, individual family responsibility, and recognize it as a national priority requiring education, structured support, planning and investment. We urgently need better policies: better workplace accommodations for caregivers, financial support to ease the burden, and expanded access to professional caregiving services.

On a personal level, we need to stop pretending this can be figured out later. Later is too late.

To me, the deaths of Gene Hackman and Betsy Arakawa are a wake-up call. He was a two-time Oscar-winning legend. He had resources. He had family. But that didn't save him.

Caregiving is a responsibility we all share — as families, as communities, and as a country. If we don't act now, personally and systemically, the consequences will be devastating — not just for individuals but for an aging nation on the brink of crisis.

And, if you're caring for someone you love, you're already doing an amazing thing. But please ask yourself: What if something happens to me first?

If you don't have an answer, it's time to make one.

Shauna Sweeney is the founder and CEO of *tendercare*, an AI-powered platform that helps families care smarter for aging loved ones. After her father's early-onset Alzheimer's diagnosis in 2014, Shauna experienced firsthand the challenges of managing his care from 3,500 miles away while working as a tech executive at Meta. This inspired her to create *tendercare*, which provides personalized care plans, a trusted services marketplace, emergency preparedness, and intelligent recommendations to answer crucial care questions like "What should I do?" and "Who can I trust for help?" Before launching *tendercare*, Shauna was an executive at Meta, and led a 3,000-member employee resource group focused on supporting aging parents.



# Cookies, Cocktails & WOMEN

## SPAGHETTI AMATRICIANA

Spaghetti Amatriciana is a classic Italian dish hailing from Amatrice, a small town northeast of Rome. This rustic pasta dish is known for its robust and spicy tomato sauce made with guanciale (cured pork cheek), pecorino cheese, and a good amount of red chili flakes. The sauce clings beautifully to spaghetti, creating a meal that is both simple and deeply flavorful, offering a perfect balance of saltiness from the pork, sharpness from the cheese, and a spicy kick from the chili. Spaghetti Amatriciana is not just a dish but a beloved Italian tradition, often enjoyed with a glass of Italian red wine and good company.

**Ingredients:**  
 12 oz spaghetti  
 4 oz guanciale, sliced into thin strips  
 1 small onion, finely chopped  
 2 cloves garlic, minced  
 1 teaspoon red chili flakes (adjust to taste)  
 1 can (28 oz) crushed tomatoes  
 Salt and freshly ground black pepper, to taste  
 1/2 cup grated Pecorino Romano cheese, plus more for serving

Fresh basil leaves for garnish (optional)

**Prepare the Pasta:** Bring a large pot of salted water to a boil. Cook the spaghetti according to package instructions until al dente. Reserve 1 cup of pasta cooking water, then drain the pasta and set aside.

**Cook the Guanciale:** In a large skillet over medium heat, cook the guanciale until it is crispy and the fat has rendered, about 5-7 minutes. Remove the guanciale with a slotted spoon and set aside on a paper towel-lined plate to drain.

**Sauté the Aromatics:** In the same skillet with the guanciale fat, add the chopped onion and cook until soft and translucent, about 5 minutes. Add the minced garlic and red chili flakes, cooking for another minute until fragrant.

**Make the Sauce:** Add the crushed tomatoes to the skillet. Season with salt and pepper. Let the sauce simmer for about 10-15 minutes to thicken slightly and develop the flavors.

**Combine Pasta and Sauce:** Return the crispy guanciale to the sauce. Add the cooked spaghetti directly to the skillet. Toss well to coat the pasta in the sauce.

If the sauce is too thick, add a little reserved pasta water to adjust the consistency.

**Finish the Dish:** Stir in the grated Pecorino Romano cheese until melted and combined. Adjust seasoning with more salt, pepper, or chili flakes if needed.



## BENAZIR BHUTTO

Benazir Bhutto (21 June 1953 – 27 Dec. 2007) was the first woman elected to lead a Muslim state. Bhutto served as Prime Minister of Pakistan between (1988–1990, and 1993–1996).

*“Ultimately, leadership is about the strength of one’s convictions, the ability to endure the punches, and the energy to promote an idea. And I have found that those who do achieve peace never acquiesce to obstacles, especially those constructed of bigotry, intolerance, and inflexible tradition.”*

– Benazir Bhutto



Wikipedia

## Lavender Mule Cocktail

By Dylan Garret

The Lavender Mule is one of the signature cocktails of La Factoría, in San Juan, Puerto Rico. It’s a seemingly simple drink that consists of vodka, lemon juice, ginger tea, and a lavender and dry spice syrup, but behind these four ingredients, an array of subtle touches and preparation tweaks make the drink more than a sum of its parts.

### Ingredients

1 1/2 ounces vodka  
 1/2 ounce lemon juice, freshly squeezed  
 3/4 ounce lavender and dry spice syrup (recipe below)  
 3/4 ounce ginger tea (recipe below)  
 Garnish: lime wheel  
 Garnish: fresh lavender sprig (optional)

### Steps

Add vodka, lemon juice, lavender syrup, and ginger tea to a shaker

filled with ice.

Shake for 12–15 seconds until well chilled, then strain into a Collins or highball glass over fresh ice.

Garnish with a lime wheel and fresh lavender sprig, if desired.



Liquor.com / Tim Nusog

Cocktail Corner

## HACKMAN AND BETSY ARAKAWA'S DOG LIKELY DIED OF DEHYDRATION AND STARVATION, REPORT SAYS

Associated Press

SANTA FE, N.M. (AP) — An examination of the dog found dead along with actor Gene Hackman and his wife in their Santa Fe home shows dehydration and starvation were likely what led to the animal’s demise.

A report obtained by The Associated Press from the Santa Fe County animal control agency details partial mummification and noted that while the severe decomposition could have obscured changes in the organs, there was no evidence of infectious disease, trauma or poisoning that could have resulted in death.

The report noted that the dog’s stomach was mostly empty except for small amounts of hair and bile.

The kelpie mix named Zinna was one of the couple’s three dogs. It was found dead in a crate in a bathroom closet near Betsy Arakawa’s body, while two other dogs survived.

Authorities confirmed last week that Hackman died of heart disease with complications from Alzheimer’s disease about a week after a rare, rodent-borne disease — hantavirus pulmonary syndrome — took the life of his wife. Hackman, in the advanced stages of Alzheimer’s, apparently was unaware that his wife was

dead.

Hackman was found in the home’s entryway, and Arakawa was found in a bathroom. Like the dog, their bodies were decomposing with some mummification, a consequence of body type and climate in Santa Fe’s especially dry air at an elevation of nearly 7,200 feet (2,200 meters).

Zinnia went from being a returned shelter dog to an incredible companion that was always at Arakawa’s side, said Joey Padilla, owner of the Santa Fe Tails pet care facility that was involved in the surviving dogs’ care.

Arakawa, born in Hawaii, studied as a concert pianist, attended the University of Southern California and met Hackman in the mid-1980s while working at a California gym.

Hackman, a Hollywood icon, won two Oscars during a storied career in films including “The French Connection,” “Hoosiers” and “Superman” from the 1960s until his retirement in the early 2000s.

The pair led a private life after moving to Santa Fe decades ago. A representative for the couple’s estate has cited that privacy in seeking to block the public release of autopsy and investigative reports related to their deaths, especially photographs and video. It will be up to a state district judge to consider that request.



AP Photo/Susan Montoya Bryan

## HISTORICAL PHOTOS



A priest praying over the victims of the Titanic 1912

### CONSTANT USE OF OUIJA BOARD DRIVES SEVEN PEOPLE INSANE

Girl Aged 15, Introduces the Device and Convinced Other Six of Its Spiritual Power

(E. P. Leland Write in Telegram) ... in spirit, and he will kill you." ... had directed himself of ... of her spirit, the better to ... with the spirits and ... she tried to ... of the remainder of her class ... charges.

IMAGINE A WORLD WITHOUT NEWSPAPERS...



# EarthTalk®

From the Editors of  
E/The Environmental  
Magazine

## Are prairie dogs threatened or endangered these days?

Dear EarthTalk:  
Are prairie dogs threatened or endangered these days? – Joseph P., via email

Prairie dogs play a key role in grassland ecosystems but encounter many threats. These cute 18” tall tan rodents live in small pockets of habitat across 10 western U.S. states: Colorado, Kansas, Montana, Nebraska, New Mexico, North Dakota, Oklahoma, South Dakota, Texas and Wyoming. However, they are now extinct in Arizona. Roughly half of the U.S. population is in South Dakota, Montana and Wyoming. As keystone species — those whose presence is critical for the balance and health of their ecosystems— they support more than 130 other species such as burrowing owls and black-footed ferrets.

Habitat loss is one of the most noteworthy threats. Urban development, agriculture and land conversion have dramatically reduced habitats. This leaves fragmented areas that make it hard for populations to thrive. Climate change further

compounds thing by altering grassland ecosystems: Rising temperatures and prolonged droughts reduce food and water availability, further impacting prairie dogs and the species that depend on them. “Everything that was in the southern part of their range is kind of lopped off, and you’re really seeing almost Colorado become the central core part of their range and then shifting north,” says Sterling Krank, Prairie Dog Co-

alation Director at The Humane Society of the United States. them, launching a wide range of initiatives including habitat restoration, vaccination efforts against the plague, and public awareness programs. These initiatives have brought achievements. But difficulties remain.

Anybody can help safeguard prairie dogs and their habitat. Supporting groups such as Defenders of Wildlife and the Prairie Dog Coalition aids in financing habitat restoration and disease prevention initiatives. Promoting sustainable methods that protect grasslands and reduce human-wildlife conflicts is another way to help. Raising awareness about the ecological importance of prairie dogs and taking part in citizen science initiatives to track their populations are additional methods to help in their conservation.

Prairie dogs may not hold endangered status at the moment, but their decreasing populations and the dangers they encounter highlight the necessity for intervention. Assisting conservation efforts and adopting sustainable methods is one approach to help guarantee the survival of these species and uphold the balance of North America’s grassland ecosystems.



Conservationists would like to see the prairie dog granted at least threatened status under the Endangered Species Act.

Credit: pexels.com.

Another challenge is sylvatic plague, a disease transmitted by fleas that has wiped out large colonies. Also, prairie dogs are viewed as pests by farmers and ranchers. This leads to poisoning and other eradication efforts. “Prairie dogs, once one of the most abundant animals on the prairie, now occupy two percent of their historic range,” reports Christine Peterson in High Country News.

Prairie dogs aren’t federally recognized as endangered. But activists are working to conserve

**CONTACT:**

Conservation Efforts for Prairie Dogs,  
<https://www.prairiedoghoogland.com/conservation>.

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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

Friendship Through The Toughest Of Times



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## Parenting in the WILD



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# Quinn Minute - School Recess was the Best

by Rix Quinn

Do you remember elementary school recess?

At our school, we ate lunch right before playtime. We'd line up single file to walk through the food line.

The plate lunch often included gravy-laden mystery meat – beef or possibly bird – plus mashed potatoes and something green or yellow.

That lunchroom had only two major rules: throw away food trash, but don't throw away silverware. Once finished, we raced outside for random acts of insanity.

In those precious playground minutes, we dreamed up outrageous stunts for the afternoon.

In third grade, a guy in our class created a bathroom trick that others quickly copied. He would go into a stall, and stand on the toilet.

He'd grab the stall wall, pull his head above it, and position his foot right just above the flusher. Then he'd yell, "Please, don't throw me in!" He would then hit the flusher, and start screaming as his head sank slowly below the stall wall.

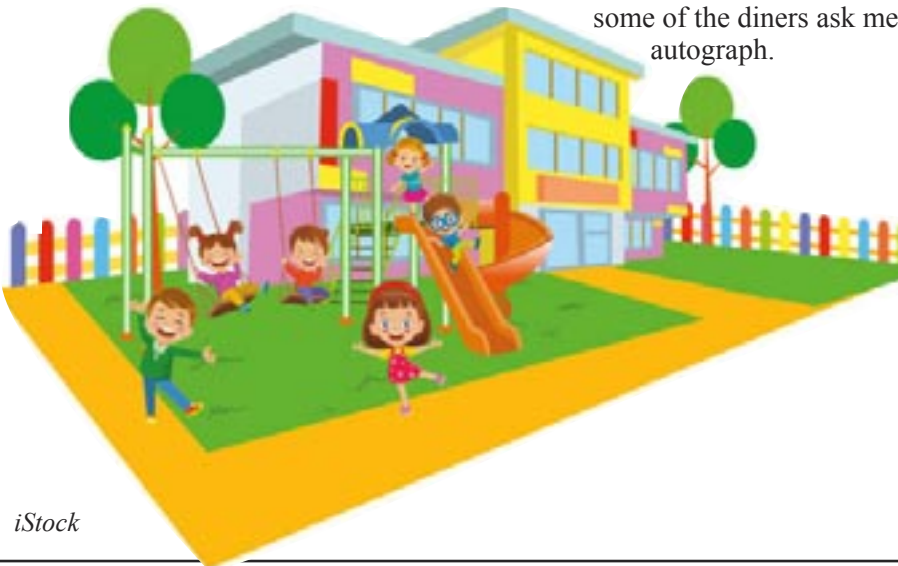
We laughed like crazy. Unfortunately, the principal didn't

A girl in our class could whistle bird calls. She'd start whistling, and some guy would shout, "Hey, do I hear a purple-tufted flutter foul?" Then we'd all run to the window.

The teacher wised up, checked a reference book, and declared the purple-tufted flutter foul officially extinct.

Those days are long past. But sometimes, right after lunch at my favorite diner, I get the urge to go outside and make wild birdie noises.

The restaurant doesn't like it...but some of the diners ask me for an autograph.



iStock

## Most Beautiful Female Billionaires

It 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.



(Photo: scmp.com)

### Perenna Kei

She is beautiful, has a lot of money and has achieved all her wishes at a very young age. She became a billionaire at the age of 24, while a large part of her fortune was made by herself.

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Moe Kanoudi

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### 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, truck stops, and gas stations for a bucket of fried goodness — and maybe a side of potatoes while you're at it.

## Maine: Lori's Cafe Liberty

While this cute local diner does offer "lobstah" rolls, don't pass up the fried chicken, which customers proclaim tasty and not greasy. Even better? The prices are on the low side, which keeps locals stopping by.



Christina D. / Yep

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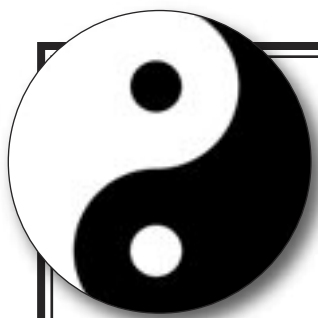


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# ON THE DARK SIDE OR MAYBE THE LIGHTER SIDE...

## KATIE PORTER ENTERS CALIFORNIA GOVERNOR'S RACE AS HARRIS' POSSIBLE ENTRY LOOMS

CNN / EDWARD-ISAAC DOVERE, CNN

The California governor's race isn't waiting for former Vice President Kamala Harris to make up her mind whether she's going to run. Former Democratic Rep. Katie Porter, who represented Orange County in the US House for three terms, announced Tuesday she's entering the race to succeed Gov. Gavin Newsom, who is term-limited from running again.

Porter enters a field that already includes Lt. Gov. Eleni Kounalakis, former Los Angeles Mayor Antonio Villaraigosa, former state Senate Leader Toni Atkins and former state Controller Betty Yee. Last year, Porter finished a distant third in the state's top primary for an open US Senate seat that was ultimately won by Adam Schiff.

Porter, a former law student and protégé of Massachusetts Sen. Elizabeth Warren, often went viral for using calculations on a white board in congressional committee hearings—and she has a white board as part of the background of her video announcement.

The thrust of Porter's announcement video is focused on national politics, featuring shots of President Donald Trump, Elon Musk, Vice President JD Vance, House Speaker Mike Johnson and former Senate Majority Leader Mitch McConnell. Both her script and the imagery behind it reference a more open approach to immigration while fighting corruption, climate change and high costs.

"What California needs now is a little bit of hope and a whole lot of grit," Porter says. "As governor, I won't ever back down when Trump's hurting Californians."



Francis Chung/Politico/AP/File

With the long recovery and rebuilding ahead after the Los Angeles wildfires, Porter makes a specific reference to pushing for increased firefighter pay while in Congress. In a mark of a race that will likely be decided by which Democrat gets the most support, she also says she's committed to "abortion rights, LGBTQ rights and immigrant rights," while saying she's against "Big Oil, Big Banks or Big Pharma screwing people over."

None of that may matter, though, if Harris decides to run – which people close to her have said would need to happen by the summer, so she could have time to make a full-fledged case for why she might want the job and not be seen as just going for a consolation prize after her presidential loss last year. Advisers and friends remain divided over whether they want her to try for the job in Sacramento next year or attempt another presidential run in 2028.

Porter said in December that Harris entering would likely have a "field-clearing effect," and she is sticking by

that even as she launches her run, which is why the former vice president and California senator isn't included in the numbers that her campaign is trying to tout. And though she has a poll that has her in the best shape of "likely" Democratic candidates – her campaign's count of likely candidates notably doesn't include Harris.

"She wouldn't run against Kamala," a Porter adviser told CNN, "and likely none of the others will either."

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## SCIENTISTS THINK THIS IS WHY WOMEN LIVE LONGER THAN MEN

Preventio / KAYLA BLANTON

- A new study may explain why women live longer and why their brains are less prone to cognitive decline.
- The study explored the untapped potential of women's extra X chromosome.
- Researchers are hopeful that interventions can be made to take maximum advantage of the x chromosome's power for both sexes.

Females, on average, live nearly five years longer than males. They also tend to experience age-related cognitive decline at slower rates. Scientists have many theories as to why this may be. Now, a new study takes a deeper look, aiming to explain why women tend to live longer and age smarter.

The study, conducted on mice, was recently published in Science Advances. As you might know, people born as females carry two X chromosomes, and people born as males carry an X and Y. The study helped researchers develop a theory that females' extra X chromosome—which is located in the corner of the cell and thought to be inactive—is activated later in life. Researchers at the University of California San Francisco found that it expressed over 20 genes in aged female mice, most of which aid brain development.

"In typical aging, women have a brain that looks younger, with fewer cognitive deficits compared to men," said Dena Dubal, M.D., Ph.D., a professor of neurology and the David A. Coulter Endowed Chair in Aging and Neurodegenerative Disease at UCSF in a statement regarding the study. "These results show that the silent X in females actually reawakens late in life, probably helping to slow cognitive decline."

The experiments were done on

20-month-old female mice, an age likened to 65-year-old humans. In one group, the researchers engineered the extra X chromosome to remain silent, and yet, found it to express over 20 genes. Many of those expressions lit up in the hippocampus, a region of the brain that deals with learning and memory that typically takes a hit throughout the aging process.

"Aging had awakened the sleeping X," Dubal said.

And so, this research may help explain why women, and their brains, tend to lead longer lives. With this discovery, the hope is that researchers may be able to find interventions that may amplify the helpful, "sleeping" expressions in both men and women, now that they are known to exist.

"Cognition is one of our biggest biomedical problems, but things are changeable in the aging brain, and the X chromosome clearly can teach us what's possible," Dubal said. Obviously, much more research needs to be done, but the findings are certainly promising.



Getty Images

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## These Actors Epicly Played Real People in These Films

Erika Burch

When 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



Alamy Stock Photo & Getty Images Photo by Stan Wolfson/Newsday RM

### I Shot Andy Warhol (1996)

This 1996 film is based on the life of the radical feminist writer, Valerie Solanas. Actress Lili Taylor portrays Solanas during the dark and troubling time in her life that led her to murdering Andy Warhol. The story goes that after Solanas felt rejected by Warhol, she then tried to get her book published by French publisher Maurice Girodias. After confusion over the rights, she felt compelled to kill Warhol after feeling that him and Giordas were conspiring against her.

After a mental health evaluation, Solanas was declared mentally unstable and transferred to the prison ward of Elmhurst Hospital. The film was first screened in 1996 at Cannes, opening up to mainly positive reviews, and holds a 75% approval rating from critics on Rotten Tomatoes. It holds the same score on fellow review site, Metacritic



Alamy Stock Photo & Getty Images Photo by Bettmann

### JFK (1991)

This 1991 political thriller is directed by Oliver Stone, and dives into the events leading up to the assassination of the former president, John F. Kennedy. The film stars Kevin Costner as New Orleans District Attorney Jim Garrison, who headed up the investigation against Lee Harvey Oswald. Amidst the investigation, Jim Garrison faces a surprising amount of government resistance, causing him to shut it down but reopen it later.

JFK was adapted from the 1988 book, On the Trail of the Assassins, written by Jim Garrison. Although it was seen as somewhat controversial is received critical acclaim and was nominated for eight Academy Awards, including Best Director and Best Picture. It was the sixth highest-grossing film of the year in 1991.



Alamy Stock Photo & Getty Images Photo by Jamie Hanson/Newspix

### Erin Brockovich (2000)

Julia Roberts stars in the 2000 film based on the life of Erin Brockovich, who worked to expose the wrongdoings of energy giant, Pacific Gas & Electric Company. Brockovich had found evidence that the corporation was responsible for people in the area getting sick and did everything she could from her position as a law clerk to show the public what they were up to.

Roberts won an Oscar for her performance in the title role, though the film received mixed reviews. Still, it wound up grossing more than \$257 million at the box office..

# The Most Valuable Collectors' Items in History

By Audrey Kyanova

We'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.

## 1958-1959 Gibson Explorer Guitar

**Maker:** Gibson

**Original Price:** \$100\*

**Worth Today:** \$250,000-\$1.1 million\*

Gibson is one of the most famous guitar-makers in America. The company has produced guitars for some of the most popular singers in history, and they still make stage-ready instruments. However, some Gibsons are more valuable than others.

The Korina Explorer, for example, is one of the most valuable Gibson guitars on the market. It is worth between \$250,000 and \$1.1 million according to Vintage Guitar. The production model was built, along with the Flying V, the Korina's counterpart, as part of Gibson's ultra-modern design strategy of the late 1950s. The Explorer is uniquely-shaped, with sharp angles that haven't been repeated elsewhere.

@reverbmarket / Pinterest.com



## Sega Megadrive's Outback Joey

**Maker:** Western Technologies, Heartbeat Corporation

**Original Price:** \$50\*

**Worth Today:** \$10,000\*

Produced in 1994, the Outback Joey was a fitness action game that Western Technologies developed for Sega Mega Drive. Heartbeat Corporation was the publisher. Outback Joey was specifically designed to work with a fitness sensor, and it integrated with the HeartBeat Catalyst, also from Mega Drive.

Outback Joey was released in the U.S. only, and the hardware had a limited production run of just over 1,000 units. Therefore, this game is considered one of the rarest in Mega Drive's history. You might be able to get up to \$10,000 for this video game from the 1990s, even though its original price was far less.

©ebay.com



## Handel Lamps

**Maker:** Handel Lamps

**Original Price:** \$500-\$1,500\*

**Worth Today:** \$2,000-\$5,000\*

Handel Lamps are known for their beauty. These lamps often come with painted scenes, and the scene painted tends to determine the price. On average, these lamps sell for \$2,000 to \$5,000. Scenes that are generic are usually lower-priced, while rarer offerings from Handel will, of course, be on the upper end of the price range.

Almost all Handel Lamps have been signed on the interior rim of the shade, which is one way you can authenticate this antique. Some are also signed on the lamp base as well, and, after the signature, you can usually find a serial number. For special Handels, the artist might even sign his or her name.

@Istdibs / Pinterest.com



# MOST Beautiful ACTRESSES OF ALL TIME

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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!

## Katharine Hepburn (1907-2003)

Katharine Houghton Hepburn was born on May 12, 1907 in Hartford, Connecticut to a suffragist, Katharine Martha (Houghton), and a doctor, Thomas Norval Hepburn, who both always encouraged her to speak her mind, develop it fully, and exercise her body to its full potential. An athletic tomboy as a child, she was very close to her brother Tom; at 14 she was devastated to find him dead, the apparent result of accidentally hanging himself while practicing a hanging trick their father had taught them.



## Julie Christie

Julie Christie, the British movie legend whom Al Pacino called "the most poetic of all actresses," was born in Chabua, Assam, India, on April 14, 1940, the daughter of a tea planter and his Welsh wife Rosemary, who was a painter. The young Christie grew up on her father's plantation before being sent to England for her education. Finishing her studies in



Paris, where she had moved to improve her French with an eye to possibly becoming a linguist (she is fluent in French and Italian)

## Natalie Wood (1938-1981)

Natalie Wood was an American actress of Russian and Ukrainian descent. She started her career as a child actress and eventually transitioned into teenage roles, young adult roles, and middle-aged roles. She drowned off Catalina Island on November 29, 1981 at age 43.



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

# ONE MAN'S TRASH, ANOTHER'S JACKPOT: WILD STOOPING DISCOVERIES IN NEW YORK

Bored Panda / GRETA JARUŠEVIČIŪTĖ  
New York City is known for many things. It is a haven of diversity, a global hub of finance and arts, and, as a famous popstar once encapsulated it, a "concrete jungle where dreams are made of." It is also where you can take home free stuff from the streets.

For New Yorkers, this practice is known as "stooping," and fascinatingly enough, people do

encounter excellent finds. This trend has taken a life of its own, and there is a dedicated Instagram account for it.

We've collected photos from the page showing discarded furniture, pop culture mementos, and artwork worthy of the centerpiece spot in the living room. Indeed, NYC is a captivating place.

PIANO: Image credits: stoopingnyc



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# GOV. MEL GIBSON?

California since 2006 if he had chosen to run. The 2006 gubernatorial election in California saw actor and Republican candidate Arnold Schwarzenegger elected with 55% of the vote

"For Gibson right now, he seems to be in a good spot. He has the special ambassador title right now, and he is very much a leading voice on the Newsom recall. That is getting him a lot of goodwill. He's also speaking up for victims of the wildfires that way too. So not running for Governor makes sense since this is working for him right now. He's winning a lot of people back by doing this too," Williams said.

"Republicans are in the best spot they have been in for years at gaining back ground. The GOP did very well in California in the 2024 elections, and they want to build further next year. At the very least, they want to the race to have the best showing for the party since 2006. Gibson could have gotten there, but he also does have significant baggage with him. We'll see who else runs," he added.

But while Williams thinks Gibson could have been a strong candidate for California governor, he said that many Californians have grown weary of celebrity politicians, like Ronald Reagan and Arnold Schwarzenegger.

"It would have been really something for him to run, especially in this race," Williams said. "But a lot of Californians have tired of celebrities running for office in recent years. Reagan was a union head, Schwarzenegger had a few Presidential appointments, and Gibson was named a special ambassador. So it's not like they don't have anything. But a lot of Californians also want anyone besides Porter or Harris."

Former Democratic Representative Katie Porter, who left the House for an unsuccessful Senate run last year, announced she is running for California governor this week. "What California needs now is a little bit of hope and a whole lot of grit, fresh blood and new ideas, leaders with the backbone to fight for what's right," Porter said in her announcement video. "That's why I am running for governor."

Porter enters a field that is stacked with contenders, including former Democratic mayor of Los Angeles Antonio Villaraigosa, former speaker of the California State Assembly Toni Atkins, the state's current lieutenant governor Eleni Kounalakis, as well as Califor-

nia State Superintendent of Public Instruction Tony Thurmond and former state controller Betty Yee.

But none have emerged as a clear front-runner yet. However, that could change if former Vice President Kamala Harris enters the race. Harris is reportedly considering a run, and has given herself a deadline to decide.

"If Vice President Harris were to choose to run, I am certain that would have a near field-clearing effect on the Democratic side," Porter told The Orange County Register late last year.

"I would support her if she ran, I've always supported her in everything she's done. She would be field-clearing," Democratic California Attorney General Rob Bonta told Politico after saying he would not run for governor.

But The Lost Coast poll shows that Harris is not necessarily the front runner in the race, with Porter beating her with 25% of the vote to the former vice president's 20%. But Williams told The Globe the poll should be taken with "a pinch of salt."

"The Lost Coast poll was just a straw poll with, like you said, mainly North Coast voters. There was no demographic data and was literally just a single question. If this was a SoCal poll, then we would likely see some of those LA candidates get some higher percentages. Take it with a pinch of salt," he said.

Other polls have shown Harris leading other Democrats by a wide margin if she were to enter the race.

According to Emerson College Polling/Inside California Politics/The Hill, conducted between February 10-11 among 1,000 California registered voters, nearly 6 in 10 Democratic primary voters in California, 57% would vote for Harris as governor.

Porter received 9% support, while former California State Assembly Speaker Antonio Villaraigosa and current Lieutenant Governor Eleni Kounalakis each garnered 4%. Seventeen percent of voters remained undecided.

Without Harris in the race, Porter's support rose to 21%, followed by Villaraigosa at 9% and Kounalakis at 5%. A significant 45% of Democratic primary voters were undecided. The poll had a margin of error of +/- 3 points.

Another poll from UC Berkeley and the Los Angeles Times, conducted in October, showed Harris

with a substantial advantage over other candidates for the 2026 California gubernatorial race.

## What People Are Saying

Gubernatorial pollster Guillermo Williams told the California Globe: "The Lost Coast poll was just a straw poll with, like you said, mainly North Coast voters. There was no demographic data and was literally just a single question. If this was a SoCal poll, then we would likely see some of those LA candidates get some higher percentages. Take it with a pinch of salt. That being said, the poll did show that it was still in line with where Californians stood with candidates from previous polls, so there is value here. Plus, the North Coast can be a microcosm of California in some ways, so it at least shows who is popular in the race.

"Porter and Harris were not surprises, although Porter coming before Harris was. Gibson had yet to be on a poll, and it showed him doing quite well. A lot of these candidates are only known in their circles around LA or San Diego or Sacramento, and look how well they did. Gibson, LA guy, is a known entity and he has the lead. Bianco too was a surprise, although he is the only big-name Republican in the race right now.

"Overall, while being skewed to the North Coast, the poll does show that Harris and Porter are the Democratic favorites, with the GOP is still working on it. Bianco has support, but so does Gibson. Right now, we live in a world where we could see a Kamala Harris-Mel Gibson race for Governor next year. But neither of them have said one way or another yet too. Wow."

## What Happens Next

California will elect its next governor in 2026 when Newsom's term ends. Newsom is believed to be a contender for the 2028 Democratic nomination for president. However, he has not yet expressed any desire to run.

In November, Newsom had +550 odds of becoming the next president, according to SportsBettingDime, which amounts to a 15 percent chance. Harris had +2500 odds, or a 4 percent chance.

## SIX OF THE WORLD'S 10 MOST POLLUTED CITIES ARE IN ONE COUNTRY, REPORT SHOWS

**PETER GUO Delhi NCR Battles Cold Wave And Severe Pollution**



Sudipta Das / NurPhoto via Getty Image

**Heavy Fog In Kolkata, India**



Sunil Ghosh / Hindustan Times via Getty Images

**Smoke rising from chimneys at a steel production facility in Jiangsu Province, China, in January.**



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NBC Universal

HONG KONG — Six out the world's 10 most polluted cities are in India, while California has the worst air pollution in North America, a new report shows.

New Delhi was the most polluted capital city globally, followed by N'Djamena, capital of Chad, a country in central Africa with the world's worst air pollution, according to the 2024 World Air Quality Report published Tuesday by IQAir, a Swiss air monitoring company.

Ten out of the 15 most polluted cities in North America, including Ontario and Bloomington, are located in California as the United States reclaimed the top spot as the most polluted country in the region in 2024, the report said.

India, the world's most populous country with more than 1.4 billion people, saw a 7% decline in PM2.5 concentration in 2024, but air pollution remains a "significant health burden" that reduces life expectancy in the South Asian nation by an estimated 5.2 years, the report said. The country's major pollution sources include industrial discharge, construction dust and the burning of crop residues.

PM2.5 refers to tiny particles with a diameter of 2.5 micrometers or less that can go deep into lungs and even enter the bloodstream. Deriving from emission sources such as the combustion of gasoline and oil, it is linked to premature death, heart attacks and breathing difficulties. Though the World Health Organization (WHO) recommends that average annual concentrations of PM2.5 should not exceed 5 micrograms per cubic meter, only 17% of global cities meet its air quality standard, the report said.

Chad's PM2.5 levels were more than 18 times higher than the WHO guideline, with mineral dust in the Sahara Desert as the primary source of air pollutants. Oceania, which includes Australia, New Zealand and Pacific island nations, is the world's cleanest region, with 57% of cities meeting the WHO standard.

Bangladesh and Pakistan, both of which neighbor India, ranked as the second and third most polluted countries. Last November, air quality in Pakistan reached "hazardous" levels due to a combination of festival celebrations, brick kiln emissions and adverse weather. China, the world's biggest emitter

of greenhouse gases, recorded lower air pollution levels in more than 300 cities in 2024, the report said.

While noting Chinese authorities' "ambitious" goal to reduce the country's annual average PM2.5 concentration levels to below 25 micrograms per cubic meter, the report said that is still "significantly" above the WHO guideline of 5 micrograms.

A senior Chinese environmental official said last month that China aimed to effectively eliminate severe air pollution by the end of this year. China announced its "war against pollution" in 2014.

The report also noted the "considerable" gaps in air quality that still exist in many parts of the world. Currently, only 21% of the world population has access to hyper-local, real-time air quality information, according to IQAir estimates.

Cambodia had no official government monitoring, while many critical regions in Africa and West Asia lack sufficient monitoring. In comparison, North America has a "robust" air quality monitoring infrastructure that accounts for 56% of ground-based stations. "Air pollution remains a critical threat to both human health and environmental stability, yet vast populations remain unaware of their exposure levels," Frank Hammes, global chief executive of IQAir, said in a statement.

"Air quality data saves lives," Hammes said. "It creates much needed awareness, informs policy decisions, guiding public health interventions, and empowers communities to take action to reduce air pollution and protect future generations."

Last week, U.S. embassies and consulates said they had stopped monitoring air quality abroad, ending a program that had provided essential public health data for more than a decade.

Data the U.S. provided in dozens of countries had led to noticeable improvements in local air quality in China and elsewhere, reducing premature deaths and generating cost savings associated with lower mortality, studies found.

Air pollution accounted for 8.1 million deaths globally in 2021, according to the WHO. Children under the age of 5 are considered especially vulnerable, with health effects including premature birth, low birthweight, asthma and lung disease.

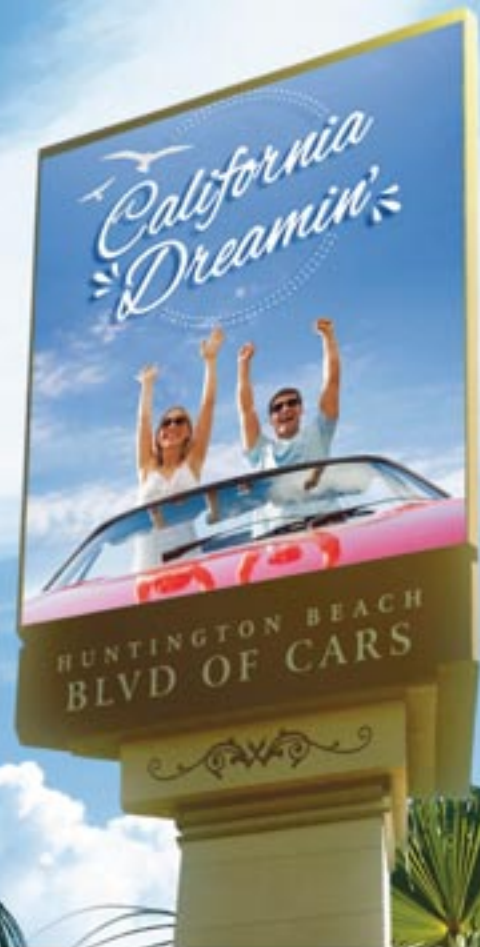
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## Nonna Luccis Pizza

### THE PIZZAS

	10"	12"	14"		10"	12"	14"
<b>Cheese</b> Sauce, Mozzarella	\$12.99	\$15.99	\$18.99	<b>Margarita</b> Sauce, Mozzarella, Basil, Tomato	\$14.99	\$17.99	\$20.99
<b>Hawaiian</b> Sauce, Mozzarella, Canadian Bacon, Pineapple	\$14.99	\$17.99	\$20.99	<b>Meat Lovers</b> Sauce, Mozzarella, Pepperoni, Italian Sausage, Canadian Bacon, Bacon	\$15.99	\$19.99	\$22.99
<b>BBQ Chicken</b> Sauce, Mozzarella, Chicken, BBQ Sauce, Red Onions, Tomato	\$14.99	\$17.99	\$20.99	<b>Veggie</b> Sauce, Mozzarella, Bell Pepper, Olives, Sun Dried Tomato, Artichoke, Red Onion, Mushrooms, Spinach	\$14.99	\$17.99	\$20.99

### THE TOPPINGS

10" Toppings - \$1.00

12" Toppings - \$1.50

14" Toppings - \$2.00

#### Protein

- Canadian Bacon
- Chicken
- Pepperoni
- Bacon
- Italian Sausage
- Anchovies

#### Vegetables

- Pineapple
- Red Onions
- Tomato
- Basil
- Artichoke
- Bell Pepper
- Olives
- Mushrooms
- Spinach
- Jalapeno
- Sun Dried Tomatoes

### THE SAUCES

House Made Ranch	0.504
BBQ	0.504
Buffalo	0.504
Blue Cheese	0.504
Marinara	\$1.00

Download Our Menu Here



### THE PASTAS

Spaghetti w/ Meatballs	\$15.99
Spaghetti w/ Meat Sauce	\$15.99
Baked Ziti w/ Ricotta & Meat Sauce topped with Mozzarella	\$15.99

### BITES

3 Chicken Tenders w/Fries	\$10.99
3 Beef Burger Slider w/Fries	\$13.99
3 Meatball Sliders w/Marinara & Mozzarella	\$12.99

### THE APPS

6 Chicken Wings	\$11.99
12 Chicken Wings	\$16.99
6 Mozzarella Sticks / Marinara	\$ 7.99
French Fries	\$ 4.99
Onion Rings	\$ 6.99
Fried Zucchini	\$ 7.99
2 Garlic Bread	\$ 4.99
2 Garlic Cheese Bread	\$ 6.99
Chips	\$ 1.50
4 Meatballs / Marinara & Parmesan Add Mozzarella	\$11.99
	\$ 2.00

### THE GREENS

Garden Salad	\$10.99
Garden Salad w/ Chicken	\$14.99
Caesar Salad	\$10.99
Caesar Salad w/ Chicken	\$14.99
Antipasto Salad	\$15.99

### THE DRINKS

Glass Bottle Soda	\$ 3.99
Canned Soda	\$ 1.99
2L Soda	\$ 5.99
Bottled Water	\$ 1.99
Red Bull	\$ 3.99
S. Pellegrino	\$ 4.99
Gatorade	\$ 3.99

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### THE DESSERT

Tiramisu	\$ 5.99
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