

STUDIO CITY

SUN

VOL. 4 NO. 22

WWW.STUDIOCITYSUN.COM

JUNE 30-JULY 6, 2006



SUNDIAL COMMUNITY CALENDAR

COMMUNITY

July 4th Fireworks Festival at CBS

Fun-filled family festival featuring exhibits, music, food, fireworks, a children's fun zone, and a business exposition. 4:30-9pm. CBS Studio Center, 4024 Radford Ave., Studio City. Adults \$15, Children \$8. VIP tickets with special fireworks rooftop viewing also available. (818) 655-5916 www.studiocitychamber.com

Annual San Fernando Valley Independence Day Celebration

Featuring music and other live entertainment, food and fireworks. Booths offer information about safety, health, community resources, and more. Take a swim in the 1.5-acre swim lake available for use during the day. July 4 Noon to 10pm. Hansen Dam Recreation Area, 11770 Foothill Blvd., Lake View Terrace 1-868-LA-PARKS (527-2757). www.laparks.org

Studio City Residents Association General Meeting

Meets the second Tues. of every month. Next meeting July 11. Reception 7pm. Meeting 7:30 pm. Beverly Garland Holiday Inn Theater 4222 Vineland. Studio City. www.studiocityresidents.org

Studio City Neighborhood Council General Meeting

Meets the third Wed. of every month at 7pm. Next meeting July 19. CBS Studio Center, Annex 1 Meeting Room, 4024 Radford Ave., Studio City. Enter at Gate A to be directed to the meeting location. (818) 655-5400. www.scnc.info

Studio City Neighborhood Council Land Use Committee

Meets the second Wed. of every month at 7pm. Next meeting July 12. CBS Studio Center, MPR 7, 4024 Radford Ave. Enter at Gate A to be directed to the meeting location. Call (818) 655-5400 or visit www.scnc.info

Neighborhood Council Valley Village

Meets the fourth Wed. of every month at 6:30pm. Next meeting July 26. Colfax Elementary School, 11724 Addison St., Valley Village

Sherman Oaks Galleria's Live Summer Entertainment

Cool jazz, Latin fusion and rock n' roll bands provide free outdoor ambiance at the Galleria on summer weekends. Through Sept. 2, Fri-Sat nights. 7-10 pm. June 30-July 1: Sam Graham. 15201 Ventura Blvd. (818) 382-4100. www.shermanoaksgalleria.com/live

Gala Benefit for Congregation Beth Meier

Featuring a silent auction, raffles and refreshments. July 6, 6:30-9:30pm. \$25 in advance or \$35 at the door. Sportsmen's Lodge Hotel, 12825 Ventura Blvd. in Studio City. To reserve tickets, call (818) 769-0515

2006 Body Image Fitness Challenge and Fit Family Expo to Benefit 'ChildsPree'

The Jaycees (Junior Chamber) are raising money for the annual ChildsPree event where low-income kids get a \$100 back-to-school shopping spree at Mervyn's. Help sponsor by participating in fitness fundraisers at Body Image Gym, 5077 Lankershim Blvd. in North Hollywood. Sat. July 15. \$25 minimum sponsorship. www.uchjayceeschilspree.org

Peace Corps Information Session at Sherman Oaks Library

A presentation on the application process, eligibility requirements, geographic placement, bene- continued on page 24

INSIDE

News.....	5
SCNC.....	8
Habitats.....	8
Comings and Goings.....	9
Community Compass.....	10
Earth Talk.....	11
Home & Garden.....	13
Over the Hill.....	18
Back to the Kitchen.....	20
Theater.....	21
Short Cuts.....	22
Scoops.....	23
Destiny Quest.....	25
Soduku.....	26
Sun Classified.....	26

Inside an environmentally friendly house for healthy living

Expert Mary Cordaro gives tips on going Home Green Home

BY CLAIRE WILLENSON

To say that Mary Cordaro's home is clean and tidy is an understatement. It's pristine. Graceful. Spare. Healthy. Restorative.

It is a green home. Green means environmentally friendly. Reduced toxicity, energy efficient; using mostly organic products with minimal impact to the environment. But green is not just about products. It's a process.

Cordaro is the owner of H3Environmental, a line of green household products and services. Over 16 years, she has created a home ecology sanctuary – a haven without toxins, allergens or pollutants.

Tucked away in Valley Village, her three-bedroom 1950's ranch style home looks at first like any other in the neighborhood. At second glance, it's spectacularly unique.

With support from her husband, screenwriter Scott Davis Jones, Cordaro has transformed her home into a laboratory for healthy living. She built her H3Environmental line around the three prongs of good health – the environment, the home, and the people within.

"It is not healthy for the person and the home, it is



Mary Cordaro at home in Valley Village.

not good for the planet," she explains.

Cordaro grew up in Los Angeles during its smoggiest days. A former allergy and asthma sufferer, she was, perhaps out of necessity, "always holistic and interested in healthy food."

As she made the connections between her unhealthy environment and her ill health, she was drawn to the study of Bau Biologie, a German discipline taught at a Florida Institute that relates

building materials to human health.

Using her home as a model, Cordaro offers dozens of ideas to make any house "greener." Her designs are inspired by the work of German and Swiss manufacturers, leaders in the green industry.

For many, a few simple green tips – often available at minimal cost – may develop into a long-term lifestyle change.

"Here's a great tip, and it's absolutely free," says Cord-

aro. "Leave your shoes outside. Shoes track in all of the pollutants and contaminants from everywhere you have walked. If you feel uncomfortable being barefoot, change to indoor shoes, or at least don't wear shoes in your bedroom."

Cordaro suggests starting your organic home makeover by making your bedroom an oasis. "That's where you spend one-third of your life... where you most need to heal

continued on page 16

New state-of-the-art stadium opens at LAVC

BY JONATHAN AUGUST

After years of waiting, funding from voter-approved propositions A (2001) and AA (2003) has paid off in a big way for one of the nine Los Angeles Community Colleges. On June 20, Los Angeles Valley College (LAVC) President Dr. T'ree Wieder unveiled the college's newly renovated Monarch Stadium.

LAVCathleteskickedoffthefestivities

by running through a large school banner before bleachers filled with alumni, former athletes, community members and students.

"Our coaches have already received phone calls from athletes throughout the city and from other organizations looking to use the facility," Wieder said. "In addition, Grant High School will play some of their night football

games here because they don't have lights on their field and there is talk of holding a city-wide track meet."

The new Monarch Stadium features many easily recognizable changes—the most notable of which is the new Sprinturf football field.

Sprinturf, a synthetic, all-rubber turf, is meant to prevent conventional inju-

continued on page 6

Special Home & Garden: Sepulveda Garden ♦ Takeover My Makeover



**SHERMAN OAKS
EXCLUSIVE**

EST. 1977



*The only independent Jaguar/Land Rover
Pre-Owned Sales and Service Center in Los Angeles.*

Factory Trained Technicians - Extended Warranties Welcome
Towing and Rentals Available

**"An Alternative to High
Cost Dealership Service"**

4601 Van Nuys Blvd, Sherman Oaks
(Between the 101 Freeway and Ventura Blvd.)
Call 818-986-9864 • Open 7 Days



Advertise
in the **SUN** newspapers

Call: 818-508-8251

STUDIO CITY
SHERMAN OAKS
ENCINO

CITYWALK

CITYWALK SUMMER Block Party

FREE EVERY NIGHT. ALL SUMMER LONG.

THURSDAY NIGHTS
BIG FILMS, BIG OUTDOOR SCREEN
Hosted by Leo the Film Freak of 97.1 FREE FM

FRIDAY NIGHTS
TOTALLY 80's BANDS
Hosted by Richard Blade of STAR 98.7

SATURDAY NIGHTS
LA'S HOTTEST BANDS
Presented by the HARD ROCK CAFE

SUNDAY NIGHTS
FIESTA CALIENTE
Dance to Live Latin Sounds



Movie
FREE FM

www.CityWalkHollywood.com or call 818-622-1111

All movies and live shows are subject to change without notice. ©2006 Universal Studios. All Rights Reserved. 06-UCW-11992

Home & Garden

GETTING GREEN: HOW TO GET STARTED

Take your shoes off

Parking your shoes outside your front door will eliminate tracking in toxins like bacteria and pesticides. Alternatives are to use indoor shoes if you feel uncomfortable, or just eliminate shoes in your bedrooms.

Change out your cleaning products.

Stop breathing in the VOCs from chemicals you use to clean with. Use up what you have now, and then replace with a variety of non-toxic or low-toxic products from Trader Joes, Whole Foods and other outlets.

For all healthy lungs.

Eliminate air fresheners, especially the plug-ins.

Don't use scented candles.

Don't use fragrances and perfumes.

Wash bed linens weekly in 132-degree water.

This eliminates dust mites. Be careful to turn up water heater thermostat for wash and then don't forget to turn back down to standard temperature.

Open interior doors and crack a window while using heating and air conditioning systems.

Relieve the interior vacuum pressure (called negative pressure) set up with an airtight HVAC (heating and air conditioning) interior duct system.

Gradually make your bed organic.

In steps, buy a natural pillow, a bedding topper (wool), a comforter (wool) and a mattress. This is especially important for allergy sufferers. Cover existing conventional mattress and box springs with a dust mite barrier cover.

Buy a good air filter, such as a HEPA and carbon particle filter.

Make sure it is shielded from Em's. Clean the filter as directed.

Install a water purification system.

Eliminate moisture problems.

Fix all household leaks inside and out.

Remove soil from touching stucco or wood.

Slope lawns and garden beds away from your home.

Redirect sprinklers away from exterior walls.

If you have carpet, vacuum frequently with a HEPA vacuum.

Consider installing natural hard flooring.

Lawn watering tips.

Water only in the morning. Use a tuna can next to sprinkler to measure 1" water daily only.

MARY CORDARO *continued from page 1* and regenerate. Plus, this is one room you can easily manage." This will improve your mental and physical health, she said, and maybe more.

Featured in her own bedroom is an inviting organic bed, warm wooden tables with reading lamps (rewired with shielded/grounded cables), and very little else. Window treatments are covered in wood blinds - no dust-collecting fabric. The lack of bookshelves and clutter eliminates dust as well.

Even Cordaro's walls are coated with a luxurious plum/taupe water-based paint, made from plant pigments. She also uses a portable Aller Air HEPA (high-efficiency particulate air) filter and carbon filter in addition to the house's main air filtration system.

The elegant bedding - all made by H3Environmental - sits atop a wood bed frame finished with German oils and beeswax. No bed-springs or metal. The mattress is made with organic wool over a pure latex core, and is covered with organic cotton.

If the sticker price suggests a luxury purchase, start slowly. "Build your organic bedroom piece by piece," suggests Cordaro.

"Just start with hypo-allergenic pillows and maybe a wool topper and comforter. Invest in an organic mattress system that can circulate air when you can afford to."

Throughout her home, Cordaro avoids carpeting. "If you have ever taken out a carpet, then you know what is contained underneath even in a visibly clean home," she warns.

Trapped inside a carpet's synthetic fibers are dust mites, and possibly mold or mildew. The material itself may out-gas toxins. If you are considering removing the carpet, Cordaro suggests taking care to prevent the whole house from becoming contaminated.

Cordaro's floors are hardwood maple with non-toxic sealant, glazed ceramic tile, natural polished Satillo tile; and kitchen Marmoleum, a natural linoleum made of a composite of cork, bark and plants.

"The indoor air quality of my home is



PHOTOS BY JOSHUA WILSON



healthier than if I lived at the beach," she states.

"This is significant when the Environmental Protection Agency states that indoor air can range from two to 100 times worse than outdoor air pollution."

This green home is retrofitted with state of the art air filtration and water purification systems. The result is medical grade, distilled water for cooking and drinking, and air so clean that "someone can walk into my home wheezing, and feel comfortable in a short amount of time," according to Cordaro.

But there are less expensive ways to improve the air quality of your home, too.

"Change out your cleaning products," suggests Cordaro. "Stop breathing the VOCs - volatile organic compounds - the toxic elements from the chemicals you clean with. Use up what you have now, but replace each item with a non-toxic or low-toxic product from Trader Joes or Whole Foods Market."

The "green" maven's outdoor space is just as unique as indoors. The usual manicured green lawns are noticeably absent. Landscaped, drought resistant plants that line the yard instead eliminate the need for constant watering - moisture, after all, spawns mold.

Cordaro's gardener arrives with only hand tools - therefore, she suffers no noise or air pollutants from gas powered

mowers or air blowers that only reposition dirt. In addition, beautiful, mature trees surround the house.

"Cherish your trees. The bigger the canopy, the better the shade. This adds more value to your property and lowers your cooling costs," offers Cordaro. "It pays to hire a good arborist to care for trees."

In her yard, the soil has been sloped away from the home to improve drainage. A soft, decomposed granite path in the backyard meanders by a wooden table and chairs, past a hammock, toward a covered outdoor paint studio and into a deep gravel drainage pit.

Nearby, an outdoor fountain provides gentle white noise to mask nearby traffic. There are places for compost and a vegetable garden, both of which are dormant at the moment. "I need to get both of those going again," comments Cordaro, who is eager to suggest that every home is always a work in progress.

Cordaro offers free monthly lectures on every aspect of home health at LivingGreen, a green products store in Culver City. The Green for Baby store in Thousand Oaks will soon also offer her free lectures.

If the prospect of making your home green seems ominous, Cordaro says, "set your priorities for projects that are most important to you and your home, and just take it step by step." *
 

CASA VEGA
MEXICAN CUISINE
Serving You Since 1958



Serving

Lunch and Dinner
11:30 am to 1 am
7 days

13301 Ventura Blvd.
Sherman Oaks
788-4868

Owned and Operated by Rafael "Ray" Vega
Honorary Mexican Consul 1995- 2000



MASTER ADAM

WORLD RENOWNED
HEALER, BIO-ENERGY &
HYPNOTHERAPY MASTER

Unique Body Work Technique
Qigong & Wai Qi

"For 29 years, I had been living with pain. I had been receiving treatment for my frozen shoulder. When I came to Master Adam, I couldn't lift my right arm above my shoulder... I was amazed at the energy Master Adam sent me. It felt like someone was tapping my shoulder though he was 3 feet away! After the treatment, I was 100% better. My pain disappeared and I had full range movement in my arm and shoulder. Thank you for making my pain disappear." -D. Wakham

PHENOMENAL RESULTS WITH
BACK & NECK PAIN • CARPAL TUNNEL
SCIATICA • FROZEN SHOULDER
HEADACHES • CHRONIC PAIN
STRESS & ANXIETY

GUARANTEED RESULTS IN FIRST SESSION
View Testimonials of healing at
www.masteradamhealer.com

Call today for a **Free Pain Relief Demonstration!** (exp. 6/30/06)
818.752.3772 • Studio City



Body
Shaping

Weight
Loss

Strength
Training

REEL FITNESS

12215 Ventura Blvd. Studio City

818-508-0690

It's never too late to start...
Office: 818-508-0690
Cell: 818-679-1261

summer
SALE!

Saturday July 1- 29th
50-75% off



Faire Frou Frou
INTIMATE APPAREL

Faire Frou Frou
13017A Ventura Blvd. * Studio City
tel: 818-783-4970 **PARKING IN REAR**
www.fairefroufrou.com

jewelry * gifts * slippers * hosiery * outerwear * swimwear * designer lingerie