

CRESCENTA VALLEY WEEKLY

THE FOOTHILLS' COMMUNITY NEWSPAPER

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JUNE 24, 2021

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VOL. 12, NO. 43

Glendale Arts Appoints New CEO, COO

The board of Glendale Arts voted unanimously to promote Nina Crowe to chief executive officer and Maria Sahakian to the role of chief operating officer with a specific focus on the Alex Theatre's operations. The two leaders represent close to 30 years of experience in non-profit theatre management, budgeting, fundraising and business development. Under their leadership and the direction of the board, Glendale Arts will embark on its post-COVID chapter with the addition of streamed performances and digital media services as well as a continued drive to further solidify the organization's financial standing and diversify programming to meet the needs of the local community.

Crowe and Sahakian officially assume their new positions on Aug. 1.

Established in 2008 to manage and operate the iconic Alex Theatre, Glendale Arts has inspired a thriving arts scene in the surrounding neighborhood. In addition to presenting programming and creating partnerships that benefit youth, patrons, artists, organizations and businesses in the community and at the Alex Theatre, it hosts a variety of community programs throughout the year that raise funds for the Theatre.

Crowe has been with Glendale Arts for more than 10 years. She currently serves as the co-managing director and is responsible for shaping the financial future, community relations, and contributed income of Glendale Arts. As CEO, Crowe will expand on her existing duties as well as continue to build upon and implement the financial and strategic direction of the organization.

Since joining Glendale Arts in 2011, Crowe has helped raise close to \$3 million towards operations and special projects as well as hundreds of thousands of dollars towards Glendale Arts programs. She has been

see ARTS on page 7

Good Morning, Forest Friends

By Mary O'KEEFE

Precautions need to be taken when visiting the forest including visitors being mindful of their trash.

Every weekday morning, CVW, along with countless others, receives an email with the heading "Good Morning, Forest Friends." It is a message sent out by John Clearwater, the public affairs officer with the U.S. Forest Service, Angeles National Forest – San Gabriel Mountains National Monument.

The emails are filled with fun facts and photos shared from people who have visited the forest. Those of us who have covered the ANF for so long – from fire to flood to missing hikers – wanted to highlight what it really means to be a "forest friend" and how visitors can help the U.S. Forest Service in preserving this magnificent and protected area for generations to come.

The Angeles National Forest was established in December 1892 by Execu-



Photo by Charly SHELTON

Whether hiking, tent camping or enjoying an RV, all visitors to the forest are asked to be mindful of their surroundings, including not leaving even the smallest particle of trash.

tive Order. It covers about 700,000 acres. The Angeles manages the watersheds within its boundaries to provide valuable water to South-

ern California and to protect surrounding communities from catastrophic floods. Elevations range from 1,200 to 10,064 feet. Most of

the forest is covered with dense chaparral. The ANF offers natural environments, spectacular scenery,

see ANF on page 7

Vehicle Pursuit Ends in La Crescenta

By Mary O'KEEFE

A three-hour vehicle pursuit on Monday night ended at Foothill Boulevard and La Crescenta Avenue in La Crescenta.

It started when the Los Angeles Police Dept. received a call about a stolen vehicle in the Pacoima area. Officers spotted the vehicle and attempted to make a traffic stop; however, the driver, a male adult suspected of stealing an Audi, took off leading LAPD on a chase that lasted about two hours through streets in various cities.

According to a LAPD Foothill Station spokesman, the vehicle pursuit began at Remick Avenue and Kamloops Street in Pacoima and continued through Pacoima, Sunland-Tujunga, Burbank and Glendale before coming to an end in La Crescenta.

Along the way the driver stopped for a moment to let a passenger out of the vehicle; that passenger was taken into custody by police.

see CAR CHASE on page 4

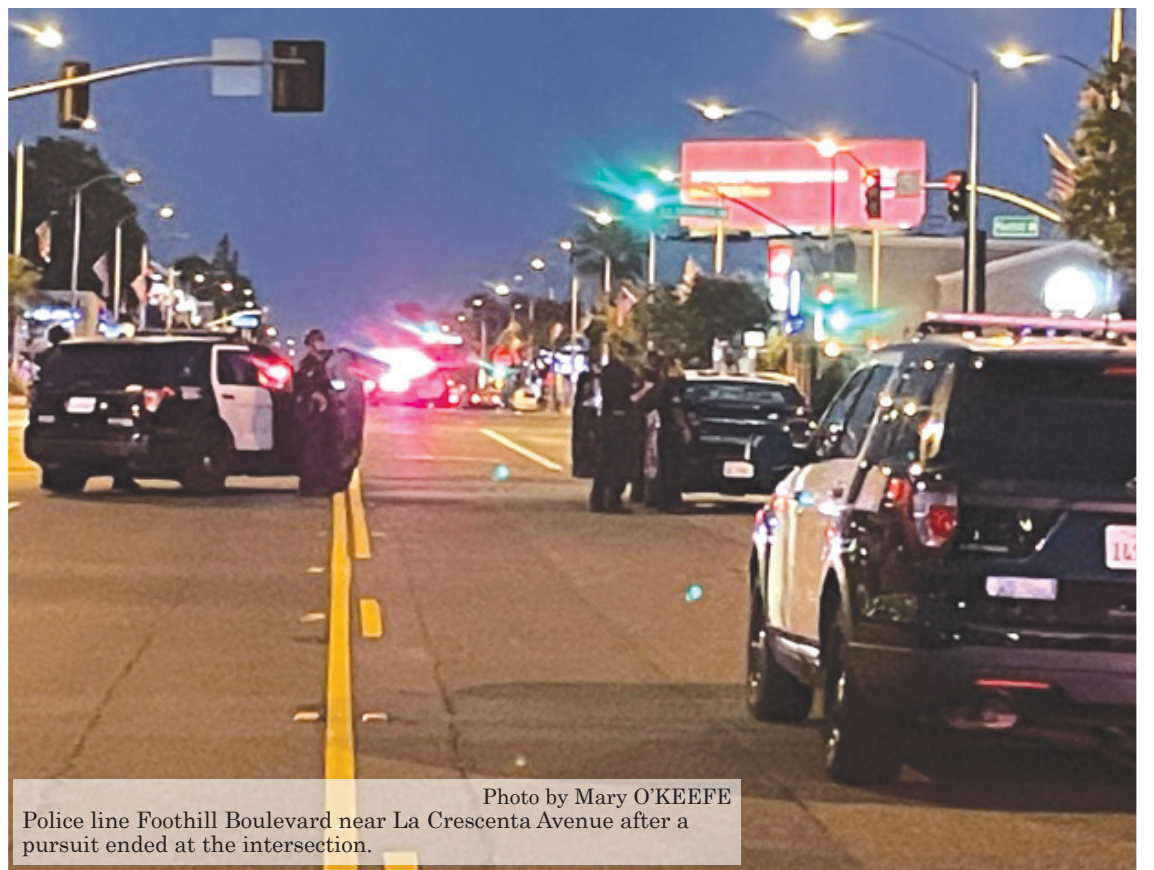


Photo by Mary O'KEEFE

Police line Foothill Boulevard near La Crescenta Avenue after a pursuit ended at the intersection.

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FROM THE DESK OF THE PUBLISHER

COVID Fallout

So yesterday, Wednesday, I was driving south on Ramsdell toward Honolulu, right near Jeremy's Coffee Shop. I saw the traffic signal, which is usually red, was actually green. Thankfully, I didn't speed up because a man, totally oblivious to my approach, stepped into the middle of the street (not in the crosswalk) while talking on his phone. Though I had to slam on my brakes, the man didn't even look up much less react to a car bearing down on him.

Of course by the time he got across the street to his truck the light had turned and I had to wait a full cycle before getting the green go ahead.

I was mad when I got into the office – not a good thing on production day when all focus should be on the paper. I shared with Mary O'Keefe and our office manager Rachelle what had happened and Mary attributed it to "COVID fallout."

As we come out of quarantine, people, she opined, are no longer expecting to see others out and about at the same level that we were before the pandemic. We talked about the possibility that this, too, could be why there are more incidents of road rage. For over a year we didn't have a lot of traffic on the road and now it is back, causing delays and stress.

It seems like a valid reason to me.

Wasn't Monday night's chase unbelievable? I live north of Foothill Boulevard and it sounded like helicopters were going to land on my rooftop. My son Danny and his wife Tricia were arriving back home, moving from Georgia, and were surprised to see the drama taking place in their hometown. (Don't worry, honey, this doesn't happen very often.)

Not surprisingly, Mary O'Keefe was on the scene of the pursuit's end and had the chance to talk to some of LAPD's finest while waiting to see what the suspect would do (he wouldn't come out of his car for about an hour). The officer mentioned what a nice place Glendale was.

"We're not in Glendale," Mary corrected him, though there were Glendale officers on scene.

The officer was confused, so Mary pointed west, way down the boulevard, where Pennsylvania Avenue is located.

"That's Glendale," she told him explaining that the pursuit ended in the unincorporated portion of Los Angeles County – La Crescenta.

It could have been worse; earlier one of the TV news media outlets said the pursuit ended at La Crescenta Avenue and Foothill Boulevard ... in Pasadena!

Sigh.

Robin Goldsworthy is the publisher of the Crescenta Valley Weekly. She can be reached at robin@cvweekly.com or (818) 248-2740.



Weather in the Foothills

"Sunrise doesn't last all morning
A cloudburst doesn't last all day ...
All things must pass
All things must pass away."

~ George Harrison, musician, "All Things Must Pass"

Did you read last week's Crescenta Valley Weekly? What about Weather in the Foothills? If so, it may have arrived wet. The weather forecast did not include accurate information. Thursday morning surprised all of us with a sudden and intense thunderstorm. There had been absolutely nothing from NOAA meteorologists just the day before about this thunderstorm. Apparently, they were as surprised as us common folks. All in all, .10 inches of unexpected rain fell! One last spring shower slipped in just under the wire; Sunday, June 20, was the first day of summer.

While most Southern California stormy weather occurs with winter storms, each summer also brings periodic thunderstorms to the region's mountains, deserts and far inland valleys. We've all seen the beautiful and billowing clouds – cumulus nimbus – rise to great heights over the San Ga-

briel Mountains on the north side of the Crescenta Valley.

Most common is on hot August days; they can't be mistaken for a winter thunderstorm. They're produced by a North American monsoon. Monsoons are analogous with India and Southeast Asia and for good reason; the annual rainfall averages 390 inches! In comparison, the lighter Southwestern version, primarily impacting Utah, Colorado, New Mexico and Arizona, produces about 14 inches with 50% falling during the summer monsoon. We get the mostly wrung-out leftovers.

Monsoons are driven by the sun heating up the land and the Pacific Ocean at different rates with land surfaces warming more quickly than the ocean. The warm land creates low-pressure zones as hot air rises. Once this pattern establishes across the region, there's a shift in the winds. Moist air moves northward

during summer from the Gulf of California. Fall brings cooler air and monsoons drop off the weather radar.

The often difficult to predict thunderstorms cause life-threatening flash floods, but if one is cautious, the monsoonal rains are just an inconvenience. They tend to be brief and spotty with intense, local storms drenching some neighborhoods but not others. Stormwaters flood streets and sometimes structures. At one time the water was essential in the life of the Native American tribes living in the southwest. Times change ...

Monsoonal conditions, plus a weakening onshore flow, will impact our weather. Expect triple digits and humidity. The befitting single word definition is "sultry." Sue Kilpatrick is a Crescenta Valley resident and Official Skywarn Spotter for the National Weather Service Reach her at suelkilpatrick@gmail.com.

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4th of July FIREWORKS



The Crescenta Valley Fireworks Association is very happy to announce that we will be hosting our annual fireworks show on Sunday, July 4th, 2021. **Due to COVID restrictions in place at this time and due to the timing for securing the proper permits, we will NOT be able to have any spectators on the field this year.** There will be many great places to watch the show from outside the school and around the valley. We plan on getting all our loyal fans back on the field in 2022. This year's event will be primarily high up in the air to allow residents across the Crescenta Valley to enjoy the show.

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Wishing you all calm and health!



NEWS

IN BRIEF

CVCA MEETING TONIGHT

The Crescenta Valley Community Association will have its monthly meeting tonight, Thursday, June 24 at 7 p.m. via Zoom. The meeting will include discussion on local issues as well as an opportunity for Foothill area residents to bring concerns. Contact the CVCA at crescentavalleycommunityassn@gmail.com with questions and for Zoom meeting information. All are welcome.

THE (FIREWORKS) SHOW WILL GO ON

The Crescenta Valley Fireworks Association will be hosting its annual fireworks show on Sunday, July 4th, 2021.

Due to COVID restrictions in place at this time and due to the timing of securing the proper permits, spectators will not be able to be on the field this year (see the May 6 issue of the CV Weekly for the complete story). However, there will be many great places from which to watch the show outside the school and around the valley.

Donations are still being accepted; visit www.cvfireworks.com to support the show.

DINE OUT BENEFITS CVMIM

The Crescenta Valley High School Instrumental Music Dept. is having a dine out fundraiser at Tutti Fruitti frozen yogurt at 2411 Honolulu Ave. in Montrose on Tuesday, June 29 from 2 p.m. to 5 p.m. Mention CV Instrumental Music for proceeds to support the organization!

BIDDING CONTINUES ON CV CHAMBER AUCTION

Bidding on items in the Crescenta Valley Chamber of Commerce Vendors' Live Silent Auction ends tonight, Thursday, at midnight. Don't miss out on these exciting items! To see a list and to place bids, visit www.32auctions.com/123420.

CVTC STREETS & TRANSPORTATION COMMITTEE

The next meeting of the Crescenta Valley Town Council Streets & Transportation Committee will be held virtually on Tuesday, June 29 from 6 p.m. to 7 p.m. On the agenda are updates on various pedestrian improvements and pavement resurfacing projects; grant applications; and timelines for other local projects.

The Zoom meeting ID is 956 9812 8070 and the password is 750226.

CITY OF GLENDALE REOPENS APPLICATION PERIOD FOR BLUE RIBBON PENSION REVIEW COMMITTEE

The Glendale City Council in March moved to form a Blue Ribbon Pension Review Committee. This Committee will be tasked with gaining an understanding of the overall pension system structure, discovering future anticipated costs, and ultimately advising the City Council on options and priorities for addressing pension costs and reducing the unfunded actuarial liability.

The Pension Review Committee will be comprised of 15 individuals, 10 of who will be appointed by City Council through an application process. The remaining five members will be appointed by the city manager.

Members selected to serve in this capacity should possess relevant education and experience in such fields as finance, law or accounting in order to competently and responsibly engage in the review and recommendation process. Those interested in serving on the Blue Ribbon Pension Review Committee will need to submit an application to myglendale@glendaleca.gov by 5 p.m. on Monday, July 5. All applications received by this deadline will be shared with the City Council for their review and selection of candidates.

For questions or more information, contact John Takhtalian, deputy city manager, at jtakhtalian@glendaleca.gov or (818) 548-4844. Applications can also be found online at www.glendaleca.gov/pensionreviewcommittee.

Nurturing the Community for 30 Years

By Robin GOLDSWORTHY

It was 1991 and Berolina Bakery on Ocean View Boulevard was for sale. The owner decided the baking business wasn't for him and wanted to sell the bakery that had been around for nearly 40 years.

Anders Karlsson knew the bakery business. He had worked as an intern in his home country of Sweden where he learned the art of baking and the business of owning a business. With his wife Youna, the young couple (he was 26, she just 25) decided to gamble on not only moving to America but also on buying a business.

Youna recalls that from the beginning there were challenges.

"We weren't familiar with California and its regulations," she recalled. "We were learning by experience."

And learning how to keep their customers happy. A woman came through the doors of the bakery one day and frankly told the Karlssons, "Don't screw this up." She was a longtime customer and artisan bakeries weren't readily available.

"I remember her words every day," Youna said understanding the importance of keeping consistency in their products, their hours and their service. In the long run, though, it goes beyond just being able to bake.

"It takes lots of hard work, lots of tears and employees who are equally hard-working," Youna said.

That included bringing the family to work. Son Simon was born in 1992 and Youna recalled bringing the baby and his bassinet to the bakery.

Over the years, and after the birth of Philip in 1998, the Karlssons built on the foundation of quality goods and services that Berolina was known for. They had earned a reputation as being reliable (and delicious) so it was a tough decision in 2000 to close the bakery on Mondays to give the family, and the Berolina staff, a needed weekly break.

"It was a big change to close on Monday," said Youna, "but it was challenging trying to raise a family."

Berolina customers adapted to the change and the business continued to thrive. Over the years, the bakery would close for a short time for remodeling and other improvements.

But then it was the Karlssons' turn to adapt when COVID-19 came on the scene. Customers could no longer enter the bakery yet still wanted – and needed – items that weren't readily available on store shelves.

"We decided to basically go 'full in,'" Anders said. They kept the regular bakery hours and selections. They also sold flour, eggs, salt and other essentials that customers needed. They wanted to be able to offer their customers those things that were hard to find.

"It was traumatizing enough," said Anders of the pandemic.

They switched to an online ordering service that allowed customers to continue buying their favorite products without having to enter the bakery. In the meantime, the Karlssons contemplated how to make the bakery safer for its patrons once in-store service resumed.

"We asked ourselves how would we feel safe and applied those attitudes to the bakery," Anders said.

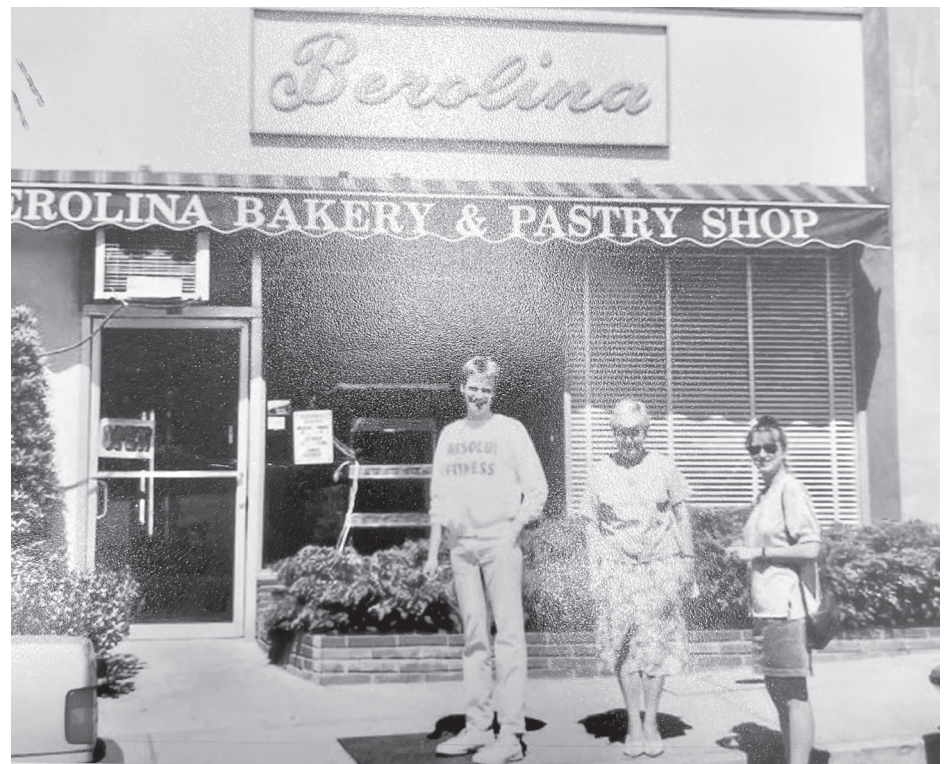
Those protocols, including transitioning to a fully online ordering system, have remained. Anders, a self-described *see BEROLINA on page 7*



Photos courtesy of the Karlsson Family

ABOVE: A banner outside Berolina Bakery shares the joy of the Karlsson family in reaching the 30-year milestone.

BELOW: In 1991, Anders (left), Youna's mother and Youna stand outside the newly purchased bakery.



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Portantino Keeps Promise to Amend Controversial Journalist Access Bill

By Justin HAGER

State Senator Anthony Portantino followed through on his commitment to work with North Coast Senator Mike McGuire to amend SB 98, fulfilling a promise made by the two elected on June 4.

The bill is authored by McGuire and Co-authored by Portantino. It seeks to ensure journalists have access to public assemblies and other free speech activity by extending existing state protections for journalists working in disaster areas to also apply to journalists covering civil disturbances such as demonstrations, marches, protests or rallies.

It became a hotbed of controversy on May 20, after a proposed amendment would have required journalists to seek law enforcement command authorization to enter closed-off areas. The amendment prompted a firestorm of activity, including an open letter dated June 1 from a coalition of California journalists that included the

Los Angeles and Orange County Press Clubs, The National Press Photographers Association, the National Writers Union, both the northern and Southern California chapters of the Society of Professional Journalists, and more. Many of those same organizations had previously endorsed the bill as it sought to expand access for journalists and curb instances of police interference with the free press.

“This amendment may actually restrict existing press freedoms rather than expand them, turning this bill on its head and into something that hurts the very people it was written to help,” the letter stated. “An amendment added by the Senate Appropriations Committee on May 20, 2021 would require journalists to seek permission of a police commander to enter closed areas around protests – a hurdle that doesn’t currently exist under state law.” The letter also included language declaring the coalition’s intent to oppose the legislation if

necessary, stating: “But as now amended, we must withhold any endorsement and are prepared to actively oppose SB 98 until its intent to protect journalists is restored.”

McGuire and Portantino responded three days later with a statement that read, “As the author and co-author of SB 98, we are committed to making the bill a strong measure that protects press freedom. Press access to first amendment events is critical to the future of our democracy.

“To that end, we have agreed to fix the problem and amend the bill back to its original form. We’ll complete this action in the bill’s first Assembly committee.

We remain vigilant in our shared commitment to put this critical bill on the Governor’s desk.”

A new set of amendments was introduced by McGuire and Portantino on June 17 that rolled back the requirement for command authorization. The bill now awaits a hearing in the Assembly Public Safety Committee.



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Briggs United Vows to Continue Supporting Neighborhoods Facing SVP Placement

By Mary O’KEEFE

The recent revelation that a sexually violent predator was scheduled for release into Briggs Terrace in La Crescenta got a lot of people thinking about how these decisions are made by the state.

Los Angeles County Board Supervisor, Fifth District, Kathryn Barger received notice of the proposed release on Freeman Street in Briggs Terrace and immediately released a statement of her objection. A well-worded post on social media from Alex Gardner, a neighbor near the proposed SVP home, started a grassroots effort that is now Briggs United. The organization consisted of neighbors who lived not only in Briggs Terrace but also throughout the area rallied to have letters sent to the district attorney in charge of the upcoming court proceedings. A petition was also created against the placement of the SVP in the neighborhood and informed people of this possible placement.

Calvin Grassmier is considered a sexually violent predator by the State of California and was proposed to be placed at a home at 5632

Freeman Ave. in La Crescenta. The proposed location is in an extremely high fire risk area and has one entrance in and out; the house is very near to other homes and there is spotty cellphone service. All of these issues played a role in Judge Bianco’s finding the proposed location unsuitable for placement of Grassmier.

Members of Briggs Terrace were relieved when Judge Bianco made his decision; however, they are not ready to step back after being successful in bringing well-researched, thoughtful evidence of the issue to their neighborhood. They want to share what they have learned while continuing to research and learn more about the process of placing SVPs.

Members recently held a meeting to discuss what their path would be as they move forward. All members voiced their support in helping other communities that are facing SVP placement. Members have been in touch with a San Diego community that recently fought against a similar placement. That community helped guide Briggs United in what worked, and what didn’t work, in

their fight. Briggs United now wants to help other communities. It is also focused on working with lawmakers to change the way communities are notified of possible SVP placement, and what is taken into consideration when a company looks at a possible location.

Another factor that did not seem to be taken into consideration was the nearness of survivors of violent sexual attacks near the proposed location. Lead Briggs Terrace organization Alex Gardner said he was shocked at how many survivors of sexual violence live in nearby homes in his neighborhood. His concern was that these women were once again being victimized because a person who had committed similar crimes as their attackers would be placed close to their home.

One of the neighbors who lived close to the proposed site spoke with CVW about her experience of fighting against Grassmier’s placement.

She is a survivor of a violent sexual assault. She had been asleep when a man broke into her home and raped her. He went on to rape more women and murdered a woman

CAR CHASE from Cover

The chase continued even after an unsuccessful PIT (pursuit intervention technique) and three well-placed spike strips. The driver continued the chase even when the vehicle’s tires flattened then fell off. The driver lost control along Foothill Boulevard in Sunland but continued to drive until finally coming to a stop on the

south side of Foothill Boulevard just west of La Crescenta Avenue.

Glendale police and LACounty Sheriff’s Dept. – Crescenta Valley Station assisted LAPD as they cordoned off the area closing several streets leading to Foothill Boulevard near La Crescenta Avenue. But that didn’t stop the many onlookers

from watching the standoff who stood on the other side of the yellow caution tape.

The suspect barricaded himself inside the vehicle for over an hour. LAPD shot beanbag rounds into the vehicle that shattered the windows.

The suspect finally was taken into custody at about 9:28 p.m.

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during one of the attacks. Rape can be survived but it is not forgotten. It is important for those who survived feel safe; when an SVP moves into a nearby house, it can bring back fears and actually make survivors feel they need to move.

Gardner, and other members of Briggs Terrace, wants those who have been sexually assaulted be taken into consideration when SVP locations are proposed.

“It was kind of bittersweet,” the woman said of the judge’s decision not to place Grassmier in her neighborhood. “I was so relieved but I fear for any community where [SVPs] can move.”

Supervisor Barger made a motion that asked that the district attorney and board of supervisors be notified when the Dept. of State Hospitals makes a recommendation for outpatient treatment to the superior court to send into the community a person convicted as a sexually

violent predator. Supervisors Hilda Solis, Holly Mitchell and Shelia Kuehl all voted against this motion concerning notification.

“It is essential that placements of sexually violent predators into local communities are made with the collaboration of all those impacted to ensure that appropriate services are provided and public safety is ensured. I am disappointed that my colleagues have chosen to turn their backs on what should be a fair and equitable process to provide a voice for everyone involved,” Barger stated. “I remain committed to supporting my communities and residents. I will continue to aggressively pursue advanced notification so my constituents are aware anytime the State makes a recommendation to send a person committed as a sexually violent predator into a 5th District community.”

One Soldier's Experience with PTSD – Part 1

Submitted by Joseph Reagan

June 27 is National Post Traumatic Stress Disorder (PTSD) and Injury Awareness Day. It is a day dedicated to raising awareness about the signs, symptoms and stigma associated with PTSD. As a former infantry officer with two deployments to Afghanistan, this issue is deeply personal to me. The U.S. Dept. of Veterans Affairs (VA) has reported that somewhere between 10% and 15% of veterans has a clinical diagnosis for post-traumatic stress. The actual number is likely far greater. A recent survey suggests that over a quarter of the U.S. population believes PTSD is incurable and those who have it are dangerous and mentally unstable. It is for this reason that so many veterans refuse to seek help. Twenty-two veterans will take their own life today; two thirds of them will have never stepped foot inside a VA facility – 15 veterans will die today without ever asking for help.

The redeployment process was like an assembly line: 2,600 soldiers going from office to office getting their checklist signed off by each office (dental, vision, finance, etc.). The mental health station was no different: walk in, answer a few questions, get your sheet stamped and leave.

It was June 2006. I had re-

turned a week earlier from a 16-month deployment to Afghanistan. I walked into the mental health office and, without looking up, a man asked, "What was the worst thing you experienced while you were deployed?"

I proceeded to tell him, in detail, about the suicide bomber attack on my platoon that resulted in every member of the platoon being awarded the Purple Heart. He looked up at me and said, "Lieutenant, that is the worst story I've heard all day."

He left me with one question: "Am I still me?"

I answered yes, partially because I thought it was true, but partially because I knew if I said no it would mean an early end to my career.

Over 30 soldiers would recount the same attack that day; 30 soldiers would answer "Yes, I'm good" and walk out of the office with their paper stamped "cleared mental health" and start preparing for the next deployment.

Fast-forward a few years. I left the military, used my GI Bill to get a master's degree, and had started a new career in management consulting. The guidance most people gave to veterans starting civilian careers was to not talk about being a

veteran, so I did not. During a conversation with a colleague, I happened to mention my service because it was related to the topic at hand.

My colleague stopped and said, "I didn't know you were in the military. You're remarkably well adjusted." Not exactly a compliment but also not far from the truth. From the outside I was a normal businessman; from the outside you could never tell that had it not been for an Afghan guard who grabbed the suicide bomber at the last minute I probably wouldn't have seen my 26th birthday; from the outside I was still me. On the inside, these memories are defining moments: "You can't unsee a suicide bomber attack" or all the other memories associated with combat. Again, from the outside, for the most part you can't tell what another person has experienced but these memories tend to pop up at the unexpected times.

A child's nosebleed triggers a memory you're not equipped to deal with as you comfort the child in the middle of the night. That's PTSD. It's your past fighting with your present and no one on the outside can see that battle.

I cannot describe the weight of command, especially in a combat environment. As a junior officer I was given the responsibility

of leading an amazing team of men and women. The mantra of "mission first, people always" was a heavy reminder that it was my job to maintain a balance of keeping my soldiers safe and accomplishing our mission. I wasn't always successful at either, but we all came home alive.

Today, my office is built for our "Zoom world." Behind me hang the awards and pictures that represent the proverbial "T-shirt" as in "Been there, done that." I've got the T-shirt to prove it.

In front of me, out of view of the camera, is a collection of bracelets, each inscribed with the name of a friend or colleague I've lost, either to our enemies abroad or the demons within. So, while the world sees all my accomplishments I am

confronted with my why – the friends I've lost. There is one in particular that inspires me to do more every day – the one I couldn't save.

Part 2 of Joseph's story will be featured in the July 1 edition of the CV Weekly.

Joseph Reagan is the director of Military and Veterans Outreach for Wreaths Across America. He has over 10 years experience working with leaders within government, non-profit and Fortune 500 companies to develop sustainable strategies supporting national security, and veterans' health. He served eight years on active duty as an officer in the U.S. Army including two tours to Afghanistan with the 10th Mountain Division. He is a graduate of Norwich University, the oldest private military college in the country.

The History of LGBTQ+ Pride Month

By Justin HAGER

During the month of June, communities across the country celebrate LGBTQ+ pride month. "LGBTQ" stands for lesbian, gay, bisexual, transgender and queer or questioning. The "+" symbol represents the many additional identities that make up the diverse community of people whose biological sex, perceived gender, gender identity, and relationships with other people fall outside the Victorian perception of the sex or gender binary. Examples of people in the "+" category include people who are pansexual, intersex (people born with reproductive or sexual anatomy that doesn't clearly align with either the "male" or "female" binary; this is roughly 1.7% of the global population, or about as common as being born with red hair), two-spirit (an umbrella term used by indigenous North Americans to describe people who fulfill a third-gender or gender-variant ceremonial and social role in their cultures), and Hijra (a third gender legally recognized by the Hindu faith and the governments of Nepal, Pakistan, India, and Bangladesh who collectively represent 22% of the global population).

Pride is celebrated in June in recognition of the Stonewall Riot, which began on June 28,

1969 at the Stonewall Inn in New York City, and is often perceived as the "beginning" of the LGBTQ+ rights movement. However, celebrations of Pride and demonstrations for the rights of LGBTQ+ people did not start or end with Stonewall. In fact, almost two decades before Stonewall, in 1950, a national gay rights organization was founded in Los Angeles County. Nine years later, and still more than a decade before Stonewall, LAPD harassment of LGBTQ+ people led to a demonstration at the Cooper Do-Nuts Café in Downtown LA. Then, on Jan. 1, 1967, as balloons dropped to ring in the New Year, six men at Silver Lake's Black Cat Tavern were arrested, charged and forced to register as sex offenders because they kissed at midnight.

The arrests sparked not only massive demonstrations, but also inspired the creation of the Advocate Magazine, now the nation's largest LGBTQ+ news magazine.

Without question LGBTQ+ people existed and contributed to society prior to being formally recognized by society. Alexander the Great and Leonardo Da Vinci both engaged in numerous documented acts of lovemaking with other men. Alan Turing, the founder of modern computer science, famously cracked the

Enigma Code and helped defeat Hitler in WWII before being arrested by his own government for the crime of homosexuality in 1952. And Bayard Rustin, the architect and lead organizer of the 1963 March on Washington, stayed behind-the-scenes at his own event after he, Dr. King, and other civil rights leaders determined that the movement would not survive having a gay man in a prominent public role.

More recently, LGBTQ+ leaders have become visible in almost every facet of society, from arts and entertainment leaders like Laverne Cox, Lily and Lana Wachowski and Ellen DeGeneres, to athletes like Sheryl Swoopes, John Amaechi and Esera Tuaolo, to military leaders like Brigadier General Tammy Smith and former Navy Seal Kristen Beck, to scientists and explorers like Lynn Conway and Sally Ride. LGBTQ+ people have repeatedly contributed to building prosperous communities.

Unfortunately, as Sally Ride demonstrated, there are likely many more LGBTQ+ people who never came out at all and still others, like Matthew Shepard, whose potential will never be known because their lives were cut short due to violence against homosexuals. Ride's orientation

see LGBTQ+ on page 6

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Environmental Lawsuit Filed by TGHS

The Glendale Historical Society (TGHS) filed a public interest lawsuit in June 2021. The case alleges that Glendale violated the California Environmental Quality Act (CEQA) when approving a 12-unit market-rate housing project on the site of a historic 1913 Aeroplane Craftsman at 534 N. Kenwood. The City recognizes the property as a historic resource.

The project would entail demolition of much of the historic Craftsman property, including

the original garage, as well as a 1920s Craftsman next door at 538 N. Kenwood, which the City does not recognize as historic. TGHS contended that the City failed to perform an adequate environmental review before approving the project and thus did not consider its impacts on the Aeroplane Craftsman. The new three-story building would wrap around it, rising 17.5-feet taller (40'3" versus 22'9"), and it would be built only 10 feet from the

Craftsman and five feet closer to the street.

TGHS submitted detailed, fact-based, expert opinion explaining the project impacts on the historic resource that legally triggers an environmental impact report (EIR). An EIR provides not only adequate analysis of project impacts but consideration and adoption of feasible project alternatives to reduce significant impacts. In addition, many community members objected to the negative

impact on the aesthetics of the streetscape. A letter from the Adams Hill Neighborhood Association, for example, pointed out that the siting and size of the new construction would "have a significant adverse impact by dwarfing the Historic building" and would "obscure and visually diminish this rare Craftsman treasure."

Historic Preservation Commissioner Catherine Jurca notes that "historically Glendale

You can read more at CVWeekly.com/NEWS

LGBTQ+ from page 5

didn't "come out" until after her death when her 27-year relationship with another woman was finally revealed to the world. And Shepard, a 21-year old college student, was mistaken for a scarecrow after being beaten, tortured and left for dead outside Laramie, Wyoming.

Despite these and other tragedies, there have also been great successes. Here in the United States, LGBTQ+ identity has been decriminalized and opportunities, like marriage, can be enjoyed with LGBTQ+ people participating as equals in many different societal spaces and activities. Just this week, Las Vegas Raiders Defensive End Carl Nassib was the first openly gay player to come out while actively on an NFL roster. While Nassib's decision is courageous and a reason for celebration, it is clouded by the fact that this week also saw a decision by the

U.S. Supreme Court declaring that agencies contracted by the local governments for services such as adoption are not required to abide by those city's non-discrimination laws unless explicitly required by the terms of the contract. This decision effectively gives private religious organizations the ability to use ministerial oversights as an excuse to ignore local laws while benefitting from taxpayer-funded service contracts and taxpayer-funded tax-exempt status. Hundreds of private religious colleges and universities also enjoy this tax-exempt status while continuing to have the right to expel students for not only identifying as LGBTQ+ but for simply offering words of support or encouragement for their LGBTQ+ friends or family members. Moreover, 29 U.S. states still do not have laws in place to fully protect LGBTQ+ people

from discrimination, including discrimination in housing and public accommodations. This means that in 29 states, I as a gay man could be evicted from my apartment for writing this article. Collectively, these and other forms of discrimination are why, according to the Williams Institute at UCLA, LGBTQ+ suicide rates are more than 7 times higher than non-LGBTQ+ people and the poverty rate for LGBTQ+ people is double that of the general population.

There is still work to be done, which is why Pride celebrations remain so important. Pride provides an opportunity for LGBTQ+ people to not only celebrate the progress made thus far, but also to gather, organize and demonstrate the dedication and resolve to continuing the fight for equality, dignity and pride moving forward.

Happy Pride.

Obituary

Eleonore Wilma Schlef



Aug. 21, 1943 - June 15, 2021

Eleonore Wilma Schlef, 77, passed in Glendale. She was a resident of La Crescenta for 50 years. She was born in Indio to Vivian Lenelle Reade and Gilbert Eugene Reade and was the wife of Roland Bruce Schlef, who passed on April 6, 2013. She is survived by her sons Bruce Scott Schlef and Scott Brian Schlef and daughter-in-law Deborah Schlef. Her siblings are Irene, Oscar, Nathan and Karen.

Eleonore was a dedicated teacher's aide who worked with disabled students, which she did proudly for over 21 years. She loved traveling but her hobby of wood working and painting brought her the most joy. She was a very loving and caring person and was always willing to help others when possible.

She will be missed by all who knew her.

CRIME BLOTTER

June 21

200 block of Baptiste Way in La Cañada Flintridge, a man reported someone had entered his vehicle without his permission. Surveillance footage of the area revealed a suspect enter the unlocked vehicle; he appeared to be looking in the interior of the vehicle for a while then stepped out of the car and walked down the street. The suspect reportedly was seen attempting to open the door of another vehicle that was parked nearby without success. He continued westbound on the street and out of view.

The incident occurred at 4 a.m.

June 19

4500 block of Leata Lane in La Cañada Flintridge, the rear side driver's window was smashed and several tools were stolen from a vehicle overnight.

June 18

3000 block of Foothill Boulevard in La Crescenta, a man reported that upon returning from his honeymoon he found that two of his electric bikes that were secured to a gate in a parking garage had been stolen between June 14-18.

June 15

900 block of Milmada Drive in La Cañada Flintridge, a lawnmower was stolen from the bed of a pickup truck between 4 p.m. and 5 p.m.

Angeles Crest Highway in Angeles National Forest, a woman placed her camping gear and other

personal items in the trunk of her vehicle prior to going for a hike. A man approached her and offered her water while she was placing items in the trunk. She said she had water; he told her he was trying to be nice but, according to the report, his response was in a "rude" tone.

The man is described as 5'9" tall, 180-to-200 lbs. He was wearing black wrap-around sunglasses, a white tank top shirt and black shorts and had tattoos covering both arms to his wrist. He walked away and entered the driver's seat of a late 1990s beige possible Honda or Toyota sedan.

The woman left for her hike and when she returned found the rear driver's side window shattered and her camping gear and personal items missing, including a credit card. She found that her credit card was used at several businesses in La Cañada Flintridge.

The theft occurred between 11:34 a.m. and 1:34 p.m.

June 10

Angeles Crest Highway, Upper Little Tujunga Canyon Road, a man reported that he had parked his vehicle at the location and then walked about 30 yards down from the roadway. Shortly after he lost sight of his vehicle. He heard a loud "smashing" sound and his car alarm was activated. He went to the roadway and saw a male adult walking from his vehicle then getting into the driver's seat of an older model 1980s to early 1990s single cab pickup truck with

faded black paint and gray primer patches on the body. The truck had a "black tube-style" rear bumper. The driver drove eastbound on the Crest. The man reported finding the rear driver's side window was shattered and miscellaneous sporting equipment was stolen from the backseat. The victim got into his vehicle and followed the suspect's vehicle, which continued to drive increasing his speed. The victim stopped following the suspect's truck when he felt it was unsafe to continue following it.

The theft occurred at 5:30 p.m.

May 25

600 block of Foothill Boulevard in La Cañada Flintridge, a woman reported that she had purchased an item at the store. She had paid for the item with cash from an envelope, which she placed on the counter. She purchased her item, received her change, gathered her items and left the location, leaving the envelope on the counter. Shortly after exiting the store she realized she had left the envelope behind. She went back into the store but the envelope was gone. Surveillance footage revealed after the victim left another shopper, described as wearing a black T-shirt, black pants and a white facemask, approached the register. While making her purchase she saw the envelope and placed her purse on top of it. When she finished purchasing her items she grabbed the envelope, put it in her purse and left the area.

The theft occurred at 12:30 pm.



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BEROLINA from page 3

“technology geek,” has incorporated techniques that include a cashless pay system that extends to customers and vendors.

“A lot of people appreciate online and curbside pickup,” Youna said. Anders added the newly installed protocols have resulted in a better use of time for employees and customers and allowed a continuation of service to customers.

“It’s easier for customers and the bakery,” said Anders. “It’s a pleasant experience for customers.”

They’ve been visited by familiar faces over the last 30 years.

“It’s really fun to have our former customers and employees come back,” said Anders, sharing that many times they bring their children – and sometimes their children’s children – to the bakery.

Youna still recalls that lady who stopped by early on to advise them not to “screw this up” and she also recalls words of wisdom from her own mother.

“My mom would tell me she went through world wars and the bakeries always survived,” recalled Youna. “Bakeries are nurturing.”

And that may be what best defines Berolina.

ANF from Cover

developed campgrounds and picnic areas, swimming, fishing, skiing and the solitude of quiet wilderness areas, according to the U.S. Forest website.

“The forest in size is fairly small but the Angeles has complexity that many others don’t. We are basically an urban forest,” said Aaron Ash, acting district ranger for Los Angeles Gateway District. “Angeles is one of the busiest [forests] in the country.”

ANF is one of the largest urban forests in the U.S., too, as it offers open space to the estimated 18 million residents in the greater Los Angeles area.

The forest offers a lot for visitors to do and during COVID-19 the trails were a popular way for people to get out of the house and enjoy nature. The number of visitors increased during the pandemic and, although it is a good thing for the forest to be enjoyed, there were also people who do not understand, or ignore, the delicate balance of this natural resource.

During the pandemic there were a lot of first time visitors to ANF who did not realize that although the forest offers a lot of fun and exploration it is also a place where temperatures change dramatically throughout the day into night, cellphone service is spotty at best and time and space can be confusing – meaning when hikers

step off the trail for a few minutes they can discover night falls quickly then find themselves lost and unprepared.

“The forest can be a dangerous place if you don’t know what you are doing,” Ash said.

For those who live along the base of ANF the primary concern is fire. As of Tuesday, the fire level was “high” though wildfires are always a concern. The vegetation is dry and the humidity is low so all precautions need to be taken while visiting the ANF. The majority of fires in the Angeles are human-caused; this can result from unsafe campfires but often are caused by cars that catch fire on the side of the freeways that surround the area.

But litter is really one of the most destructive issues in the Angeles.

“The best word to describe [the trash left behind] is disrespect of the forest,” Ash said. “So when most people think of trash they think of a pile of litter but, unfortunately, when it breaks down it becomes micro-trash,” he said. “Bear and deer may avoid the micro-trash but other smaller animals, [like] mice or birds, [do not].”

Micro-trash is small pieces of trash like cigarette butts, gum and candy wrappers and small pieces of Styrofoam and plastics. These do not biodegrade and are often found by small animals. The California condor, for example, is a

natural scavenger and is attracted to these small pieces of trash. Once eaten the trash gets stuck in the gastrointestinal track and can stop the bird from digesting food resulting in the condor dying of starvation.

“Please just don’t drop Styrofoam or anything that doesn’t degrade,” Ash said.

He added that often even the food that is dropped, even small pieces, have been treated with chemicals that are not healthy for native wildlife.

“Pack everything out,” Ash advised. “Whether it’s an apple core or [other food] keep everything out of the forest.”

Scouts are taught this from the first time they go on camping trips; you pack everything out that you packed in.

But beyond the micro-trash there is also just out-and-out dumping in the forest and especially along the Angeles Crest and other forest roadways. People will drive into the forest with a lot of trash in their vehicles.

“They push the trash out of their truck,” he said.

The trash is pushed onto the roadways where it not only becomes a danger for the health of the forest but also becomes a dangerous obstacle for those driving on roadways.

The trash consists of everything

from hazardous waste, like paint and cleaners, to construction debris like dry wall. In addition forest workers find bags of garbage that have been dumped into the forest, in parking lots, along roadways and on trails.

“It creates a world of problems for us who manage the forest,” Ash said.

Because of those who disrespect the Angeles a group of volunteers was formed who go out into the forest and pick up micro-plastics and perform other chores to help clean the forest. There are also experienced hikers who help those they find along the trails who are not prepared and find themselves in trouble. Scout organizations also continue to teach their members how to respect the forest.

Ash is a former U.S. Navy pilot. He has some suggestions for those coming to the Angeles whether for the first time or the hundredth time.

“I am a big safety guy coming from the Navy,” he said. “Take time to make sure your car is [well maintained]. There are dead zones where cellphones don’t [work]. Pack out your trash; wear sunscreen. Bring tons of water, and notify someone when and where you are going. Do some research and be careful.”

ARTS from Cover

instrumental in developing, planning and executing fundraising events such as the annual Alex Theatre’s Birthday Celebration, The Illuminate Dinner, Taste Walk Glendale, and community enrichment events such as POPUP, the Open

Arts & Music Festival, and more. Crowe’s achievements have been recognized with a Woman in Business Award in 2019 from State Senator Anthony Portantino. In 2020, she participated in the Executive Service Corps’ Executive Directors Leadership Institute

and in 2021 was accepted into the ACTIVATE Innovators Cohort, an arts advocacy leadership institute through Arts for LA.

Sahakian brings over 18 years of experience with the Alex Theatre to her new, expanded role. In addition to Alex Theatre

bookings and programming, she will be responsible for all earned income and day-to-day operations, including rentals, programming and patron services, food and beverage, ticket sales, and merchandise. Since joining the staff in 2003, she has booked

over 3,400 dates at the Alex, which have generated nearly \$30 million in revenue and attracted over 1 million attendees. An active community member, Sahakian was presented with the Glendale Educational Foundation’s (GEF)

see ARTS on page 19



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VIEWPOINTS

TREASURES OF THE VALLEY » MIKE LAWLER

Pioneer Memories: Joel Ward

Continuing on with the collected memories of several pioneers that were printed in a 1938 newspaper.

This particular one has much to do with the disappointing beginnings of Montrose in 1913. In 1938, when interviewed, Joel Ward owned the Lizbeth Candy Shop at 2250 Honolulu Ave., what is today Mayhall's Sewing and Vacuum Center, at the corner of Honolulu Avenue and Market Street.

Joel Ward had apparently moved to the valley just before Montrose was created in 1913, initially living in the canyon in which Indian Springs resort was later constructed. Ward wrote: "It was in fact a wide open space and the Holmes-Walton company was subdividing that tract of land and making it into a 'ritzy' real estate development. The location as the junction of Verdugo, La Cañada and La Crescenta valleys, fringed with mountains, had seemed the logical place for a town. It had a combination of mountain, desert and ocean air and was above the fog. What other requirements were necessary? Hopes were running high

in 1913."

Yes, wide-open space indeed. A 1905 photo of the future Montrose shows a vast expanse of sagebrush with nary a tree, bordered on the south by the Sparr orchards. In 1910 the developers bought 250 acres of this seemingly worthless desert from Irene Briggs, the daughter of founder Dr. Benjamin Briggs. They hired crews of European immigrants to cut all the brush, pull out the stumps and clear the land right down to dirt. Rocks were stacked in huge piles for later use in new homes. The developers hired Joel Ward as their "resident manager" and so he was witness to the raw beginnings of the town.

Ward continues: "The acreage east of Ocean view was first developed, and Robert Walton [the developer] promoted the Oakmont Country Club whose original [office] site was ... on Ocean View and Florencita. Lots were 100 feet wide and there was a building restriction of \$3500.

Streets were being laid out, paved and curbed, and a car line [electric trolley] was serving the hamlet when along came the World War."

As Europe plunged into WWI, the world economy was shaken. Ward wrote about the disappointing start to Montrose: "Banks began to refuse loans. People began to be frightened. The project went into the hands of receivers and the Colton Cement Company bid on it. It had furnished materials for the development, it was said."

Sales were lukewarm at best through America's entry into the war and the influenza pandemic that followed. The Holmes-Walton company was unable to follow through on their promise of a "ritzy" development. It was not until the 1920s that development in Montrose really took off.

And finally, Joel Ward added more juice to the twisted legend of the origin of the name Montrose: "Then came the question of a name and a

contest was promoted and won by a woman from Montrose, Colorado, and Montrose, California was duly christened."

It seems every time the story of the Montrose name origin was told in the past, a different story unfolds. This was a new one to me.

Local historian Robert Newcombe takes a deep dive into the origin of the name in his book "Montrose." The stories are many. It was named so because of the rose pattern of Montrose's street layout. It was named because there were so many rose-fanciers in the valley. It was named after Sir Walter Scott's popular novel "The legend of Montrose." It was named for someone's hometown of Montrose, Pennsylvania.

Looking at old newspaper articles, Newcombe compares each naming story to what was reported at the time and finds every one of them suspect. Newcombe even surmises a new one: That each day as the

developers traveled from their Los Angeles offices to the Crescenta Valley, they would have passed Montrose Street near Echo Park Lake. Maybe they just liked the name. Bottom line, probably no one will ever know the true story.

But if you love Montrose (and who doesn't?) pick up the book "Montrose" by Robert Newcombe. It contains the stories Joel Ward tells, and more, along with lots of vintage photos.



Mike Lawler is the former president of the Historical Society of the Crescenta Valley and loves local history.

Reach him at lawlerdad@yahoo.com.

LETTERS TO THE EDITOR

HOA Outlines Opposition to Project

A developer has submitted an application to the City of Glendale to demolish the used car dealership and commercial buildings at 3411-3437 Foothill Blvd., just west of New York Avenue, and replace them with 78 apartments, 17,200 square feet of commercial space and 208 parking spaces. The complex would be four and five stories high! If approved, this project would be more than twice as large as the controversial one recently approved at 3950 Foothill Blvd.

The applicant intends to submit a Density Bonus application to include affordable housing. But here's the catch. According to city planner Roger Kiesel the most apartments that could be approved for this property under current zoning is 58. The applicant seeks to use 58 units as the starting point and go up from there.

But there is no right to build to the maximum. Proposals must be approved by the Design Review Board, which is charged with determining whether the project is appropriate considering the size, mass, floor area ratio, lot coverage, height, pressure on the infrastructure, and compatibility with the surrounding neighborhood as well as aesthetics.

The Crescenta Highlands Neighborhood Association opposes this project as outlined in the application. We are not opposed to responsible and compatible development. We need affordable housing and mixed-use projects along commercial corridors can be a means of providing it. But five stories and 78 units will destroy the character of our suburban/rural community, overburden our infrastructure, create traffic nightmares, and rob many homeowners of their mountain views. In short, the stretch of Foothill Boulevard in Glendale could end up looking like the Stucco Canyon on Central Avenue in

downtown Glendale.

The Design Review Board will conduct a preliminary hearing on this application on Thursday, July 8. The meeting starts at 5 p.m. Unfortunately the public will only be able to participate remotely. Residents can view the meeting on Charter Cable Channel 6 or online at <https://www.glendaleca.gov/government/departments/management-services/gtv6/live-video-stream>. To provide comments or ask questions during the meeting, call (818) 937-8100. You can also email Mr. Kiesel at rkiesel@glendaleca.gov before the meeting.

*Mary-Lynne Fisher, President
Crescenta Highlands
Neighborhood Association*

Commends Local Republican Brandstater

As the seasons change and time seems swift and fleeting, noble Republicans like Allen Brandstater in Glendale, La Crescenta, Montrose, La Cañada Flintridge, and Burbank keep American traditions front and center in the public eye.

Mr. Brandstater's many noble Republican writings and actions over the years should become current inspirational reading materials to uplift the area's present school and adults populations. Scholarship transcends time and space.

Republicanism, even in the times of Radical Republicanism during the Civil War (The War Between The States) and the Reconstruction Times, will show readers how magnificently our America has many rewarding surprises to inspire.

Mr. Brandstater is a wonderful Republican Party sage and pedagogy in our neck of the woods. Next Memorial Day show up to learn from him and others who show American pride and traditions.

*Emzy Veazy III
Burbank*

Need to Increase Vaccination Rates in Glendale

First of all, I really appreciate the CV Weekly, especially its coverage of Glendale City Council and other events throughout Glendale and La Crescenta.

In the June 10 issue of CV Weekly, there was a summary of the City Council meeting, including a section with quotes by Dr. William Wang, chief medical officer of Glendale Memorial. One of Dr. Wang's quotes was that these vaccines "are extremely safe and extremely effective." I totally agree.

However, the article went on to discuss vaccination rates in Glendale, including the roughly 70% of seniors who have had at least one shot. Dr. Wang is quoted as saying, "This is wonderful news because Glendale is taking care of its older population." However, Glendale's vaccination rate for all ages and particularly for seniors is substantially below those of other areas. The overall U.S. rate is 87% for seniors having at least one shot. For California it is 88%. For LA County: 86%. For Burbank: 81% and for Pasadena it is a whopping 92%. So Glendale is far behind at 70%. [Glendale also lags behind these other areas for other ages.]

I urge Glendale to figure out why and what can be done. Is it because the major vaccine center was at Glendale College, which is not that easily accessible? Is it because of insufficient outreach to seniors who may not speak much English? Distrust of vaccines by people of certain races/ethnicities?

I urge all leaders in Glendale, including City Council, city government, religious organizations, hospitals and schools (as well as individuals), to encourage everyone eligible to get the vaccine now and to make it as convenient as possible to do so. Look into creative ways to encourage people such as partnering with local doctors, barbers, churches and schools as well as having mobile clinics. Also

consider what incentives Glendale can offer.

*Jackie Gish
Glendale*

Summer Car Maintenance Tips

Spring is here and summer is just around the corner. As we prepare for the temperature change, it is essential to prepare homes and vehicles for the changing seasons. Every winter, people across the United States prepare cars for snow and rain and rarely remember the importance of preparing vehicles for the summer heat.

Los Angeles County residents need to consider several factors for maintaining vehicles during the summer months. Some of the most important things to check on cars are tires, batteries and air conditioners. Below are additional ways to prepare vehicles this summer.

Summer car maintenance tips

- Check car tire pressure regularly to help prevent blown tires as heat increases tire pressure
- Check car batteries as they are more likely to die in the heat of summer
- Change oil regularly to reduce the car's oil viscosity which can damage a vehicle

When preparing cars for summer, it is essential to recycle the used oil and oil filters properly by taking them to a certified collection center. After completing an oil change, re-fill the oil container you just emptied with the used oil, making sure it does not get in contact with other liquids, including water. For your used filter, place it in a clean leak-proof container. For more information, visit CleanLA.com or visit CalRecycle.ca.gov to find a certified collection center.

*Los Angeles County
Public Works*

Our Representatives

It baffles me that there is such a transition in the values of our

representatives over the years.

I recall vividly during WW II days their platform was a pledge to upholding the Constitution and supporting our troops and law enforcement, strengthening our economy and reinforcing the best educational programs in the world. No other country provided the opportunities we had during this era.

Our success was dependent on the ability to educate ourselves, work hard and obey the law. We didn't have politicians [who] interfered with our religion, news media, education, or our industrial might and law enforcement. We voted for them because we believed they would uphold the Constitution and our Bill of Rights. Most of them have become very wealthy during their term of office by lobbying for individuals whose only interest is to gain power and wealth.

To regain the status we once had we must first impose term limits for all representatives who are elected. Secondly, we must have legislation that prohibits representatives from lobbying with financial investors.

As George Washington once said when he was asked to remain for his third term in office, "I didn't put my life on the line to rid our colonies of a king to only create another king. Therefore, I decline the nomination."

If we want our country back we must vote for what is rightfully ours. There are too many minority groups that only represent themselves and unfortunately have incredible support from the media.

The majority must come forth and vote! Our nation is at the risk of collapse if we remain complacent.

*A. Gero
La Crescenta*

Pride Divides

[The CV Weekly] newspaper recently published [a letter to the editor on June 10] wherein a writer

see LETTERS on page 9

LETTERS from previous page

stated that the purpose for celebrating pride month is to recognize the impact that LGBTQ+ individuals have had on history. The writer failed to cite just a single example of such an impact from this alphabet group.

I will argue that others have had a much larger impact in shaping history yet those “communities” don’t get a month set aside for them to celebrate. The most obvious and compelling example would be male/female relationships resulting in the creation of children necessary to continue the cycle of life. We don’t get to fly our own identity flags yet we are virtually shamed into accepting lifestyles with which we do not agree.

I will also argue that forcing us to recognize this community or face the cancel consequences will only serve to drive a wedge between people just wanting to live their lives and people forcing their lifestyles upon us. There is no common ground where one group demands that they be accepted or face cancellation. If that is the future for La Crescenta then that will be a dark future.

Lastly, shame on Harry Leon and the Town Council for promoting a very divisive event. Everyone contributes to the betterment of La Crescenta. Singling out one group over all others is like spitting in the faces of those who do not subscribe to this rainbow indoctrination.

Bob Tanabe
La Cañada

Another Public Comment re: CVWD Board Meeting

I am really disappointed in the recent action of CVWD:

[Event 1] June 8, 2021: At the CVWD board meeting, Board President Sharon Raghavachary abruptly announces she is suspending the Community Advisory Committee (CAC) until July 2021.

[Event 2] June 19, 2021: I send a public comment to CVWD pointing out that President Raghavachary’s suspension of

the CAC was illegal because neither she nor the Board had any authority over the CAC, which was created by staff. (CVWD legal counsel confirmed my opinion was correct.)

[Event 3] June 22, 2021: CVWD General Manager Nem Ocha sends a “Dear John” email to CAC members saying the CAC had completed its work and was no longer needed.

Really? Even a blind person can see this is a cover-up. Why has the CAC gone from being “suspended until July 2021” to suddenly “no longer needed”?

And why is General Manager Nem Ocha sacrificing his good reputation as a “straight-shooter” to give cover to someone like President Raghavachary, a reckless leader who time and again illegally tries to exert power that she does not have?

President Raghavachary’s actions should be censured, not covered up.

If CVWD persists in the cover-up, CVWD will lose any trust it has developed with the Crescenta Valley community.

How can the community trust CVWD when it says it really needs an 8% rate increase for the next three years when the community sees CVWD doing the following: [1] CVWD is willing to give cover to the attempted illegal actions of a Board President; [2] CVWD is willing to sacrifice the hard-working members of the CAC who are volunteers from the community for this cover-up by callously treating them as a light switch to be abruptly turned off.

In the past I have been willing to trust CVWD and speak out in favor of the proposed three-year schedule of rate increases, but it CVWD persists in this cover-up and the resulting appalling treatment of CAC member, I will instead speak out that perhaps CVWD is not to be trusted after all.

Marilyn Tyler
La Crescenta

Looking for Answers from CVWD

As a member of the Crescenta Valley Water District’s Community Advisory Committee (CAC), I wanted to let the community know about my experience prior to the upcoming rate increase. Our water district has raised rates for 19 of the last 20 years. The 2019 rate increase received a lot of negative community feedback so [CVWD] formed the CAC from two of the vocal community members and other people close to the board. Previously, CVWD has annually notified for rate increases but this year they want to give notice for an 8% increase per year for three years, the maximum amount allowed under Prop 218.

We found that the district had seeded the CAC with a board member from the Foothills Water District who is quite close to the CVWD directors. When this seeming conflict of interest was pointed out the member stepped down. As the CAC, without the influence of FWD board member, discussed the rate increases and the reasoning for the increases we began to ask more and more questions about the operations and rate structure. The rate structure is legally required to distribute the cost of the water and service based upon the customer’s use of the water and service. We were told that a new rate analysis is coming this summer but that they are going ahead with the rate increase anyway. We have been told that the tier structure for water rates are to encourage conservation and also told that it’s not about conservation but to reduce peak usage. Confusing. We asked why multi-family with single meters, commercial and agriculture properties pay a flat rate without tiers, but received no adequate answer. Questions about average vs. median water usage and reducing meter fees went unanswered. As we asked more questions and the deadline for the rate increase notification loomed, our meetings were cancelled by the utility and we were sent notice that we won’t be needed any more.

Something fishy is going on.

Burt Culver
La Crescenta

‘Luxury’ Housing?

It’s been so great to see our community rally together to stop the placement of a sexual predator in our community,

But there is another threat to the longterm health of our community that is being passed in our state legislature right now! It is a law that will abolish all R-1 zoning, single-family dwellings, throughout the state and allow apartments in their place. All this is being done in the name of providing more housing in the state.

This should outrage every citizen who has worked hard to own their own home in a place of their choosing; this should outrage every citizen who the state thinks it has the right to dictate to local towns and cities how and where they will create the fabric of their own communities. Legislators promoting this law say it is solving the housing problem but that is so mendacious when they also say that R-1 zoning, SFD is “luxury” housing and inherently “racist” (their statements!)

Really!?! Tell that to Black families in Altadena, Watts and Compton who live in R-1 zones who own their own homes that they live in “luxury” housing.

Already they have written about their anger in having this stolen from them by fiat from the state. Everyone needs to call their state representative today and tell them to vote against this intolerable measure. Already it has passed in the senate, and our own Anthony Portantino has voted in favor of this.

People, this is a law that is being foisted on us by agenda-driven activists who are arrogating to the state to tell localities how to organize their future growth. It has to be stopped now!

Stuart Byles
La Crescenta

NEWS FROM WASHINGTON » REP. ADAM SCHIFF

Congress Has Its Work Cut Out on Stopping Cyber-Attacks

At first glance, it may seem as though the New York Metropolitan Transportation Authority, Colonial Pipeline, a regional ferry company in Massachusetts, a small hospital in Los Angeles, and the world’s largest meatpacker have little in common. They serve different purposes in different industries in different parts of the country and the economy.

But what we are discovering is that every industry, in every part of the country, both large companies and small, are suffering debilitating and increasingly common cyber-attacks. And these are just the ones that have made headlines – there are many more that have not been made public.

There’s no mistaking it – cyberspace is the 21st century’s battlefield, and the actions we take today – or don’t – will have long-lasting repercussions on every walk of life. These types of hacks and attacks aren’t new, but they are worsening in terms of scope and scale – interfering with Americans’ daily lives and even endangering our national security.

Every day, hackers and cybercriminals with links to hostile regimes across the globe are attempting to steal, extort

and prepare the battleground to disrupt elements of our nation’s critical infrastructure. And although these criminals tend to operate within covert criminal networks, they often benefit from the implicit support of America’s adversaries.

Autocrats like Russia’s Vladimir Putin or China’s Xi Jinping have repeatedly shown a willingness to give cover and safe harbor to cybercriminals and malign actors, or at least turn a blind eye to their destabilizing actions, because it advances their national interests.

It’s abundantly clear that America cannot rely on the leaders of regimes to act against the cybercriminals who operate inside of their borders. But that does not mean we must accept these hacks as a fact of life – far from it. Not when they cost tens of millions in ransom payments, millions in lost productivity, and untold losses to our supply chain or critical industries.

This month, President Biden met with Putin and put forward a clear list of industries and critical infrastructure that constitute a red line and must never be the target of cyber-attacks and hacks. Importantly, Biden promised real consequences if Russia did not

cooperate in efforts to hold those responsible to account. This type of blunt talk from the President is a welcome change from the last four years and puts Putin on notice that these attacks will no longer be tolerated.

Protecting our country from escalating acts of aggression must be a bipartisan imperative and I’m confident that it will be. Republicans and Democrats must work together to enact the sweeping reforms and security enhancements needed to defend America from future cyber-attacks, beef up protections for critical infrastructure and industries, and improve communication between the public and private sectors about threats and attacks. We also need to set nationwide and worldwide cyber rules of the road so all countries are playing by the same rules and are aware of the consequences of providing safe harbor for criminals.

As chairman of the House Intelligence Committee, I’ll continue to work with the Biden Administration to combat future cyber offensives and impose severe consequences on those who seek to carry them out through sanctions and other means. But the private sector also has a role to play and it must

work in tandem with Congress and the Administration to report any attacks as they happen and adopt the security reforms necessary to stop cybercriminals in their tracks.

This threat isn’t going away on its own and may get worse before it gets better. In our increasingly connected world, everything – from the gas that powers our vehicles to the food we feed our families – can be vulnerable to cyber-attacks. But America can do a much better job defending itself and using its considerable cyber capabilities to disrupt those who would attack us. In Congress, we will make sure the Administration has the resources and authorities it needs to do so.



Rep. Adam Schiff (D-Burbank) represents California’s 28th Congressional District in the U.S. House of Representatives.

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CRESCENTA VALLEY WEEKLY
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YOUTH

Lincoln Holds Class of 2021 Promotion Ceremony

Lincoln Elementary School held the promotion ceremony of its sixth grade Class of 2021 on the playground of the school campus on June 8. It was one of the largest classes to promote at Lincoln, which saw 78 sixth graders gathered with their parents at a social distance of six feet away and fully masked.

The promotion began with sixth grade Boy Scouts Peter James, Gavin Arntson, Dominic Horton and Joshua Stone leading the flag salute. Musical highlights included the “Star Spangled Banner” played by Grace Lee and Hoon Cho, “Minuet” by Luigi Boccherini played by Max Mucic and “Bourree” by G.G. Handel performed by Gabriella Michel. Student speaker was Joseph Papaleo.

The Lincoln class history was read by a variety of sixth graders. Principal Barbara Fariss delivered her message to the sixth grade class followed by the presentation of the certificates by sixth grade teachers Tracy Black and Karen Gilbaugh. The parent message was given by Ameri Ramirez, who thanked “the marvelous sixth grade teachers, principal and all the sixth grade parents” who worked so diligently this year to help the graduating class have the best year possible during a pandemic.

Ramirez then presented the sixth grade gift to the school, which was a new computer for the Lincoln library. When the ceremony ended the graduates and their parents were escorted to a quick photo op with Principal Fariss before heading to the Hindenberg section of CV Park for a reception and memory book distribution. There they collected autographs, had photo ops with friends and family and reminisced about their elementary days at Lincoln.

Submitted by Nicolas JAMES



Photos provided by Nicolas JAMES
Joshua Stone and Dominic Horton



Gabriella Michel and Maxwell Mucic



Gavin Arntson and Peter James



Dylan McLemore and Principal Barbara Fariss



Grace Lee and Hoon Cho



Alex Manukyan receiving his certificate.

Mustangs Celebrate Strong Season

The CSA Mustangs celebrated their teams the Dodgers (in blue), which took second place, and the Mustang champions the Underdogs (in green).

CSA President Joal Ryan received kudos after stepping into the position of president after the previous CSA president moved out of state.

According to parent David Krohn, “Ryan put together a really fun, organized season despite dealing with unprecedented obstacles. There was a

greatly reduced timeline to plan and get games in – there was only one field to work with when there are usually four – and there were ever-changing regulations from the city and county.”

He lauded the job she performed for the six age divisions that CSA serves.

“She made sure that all the kids played ball and had fun doing it,” Krohn said.

Submitted by David KROHN

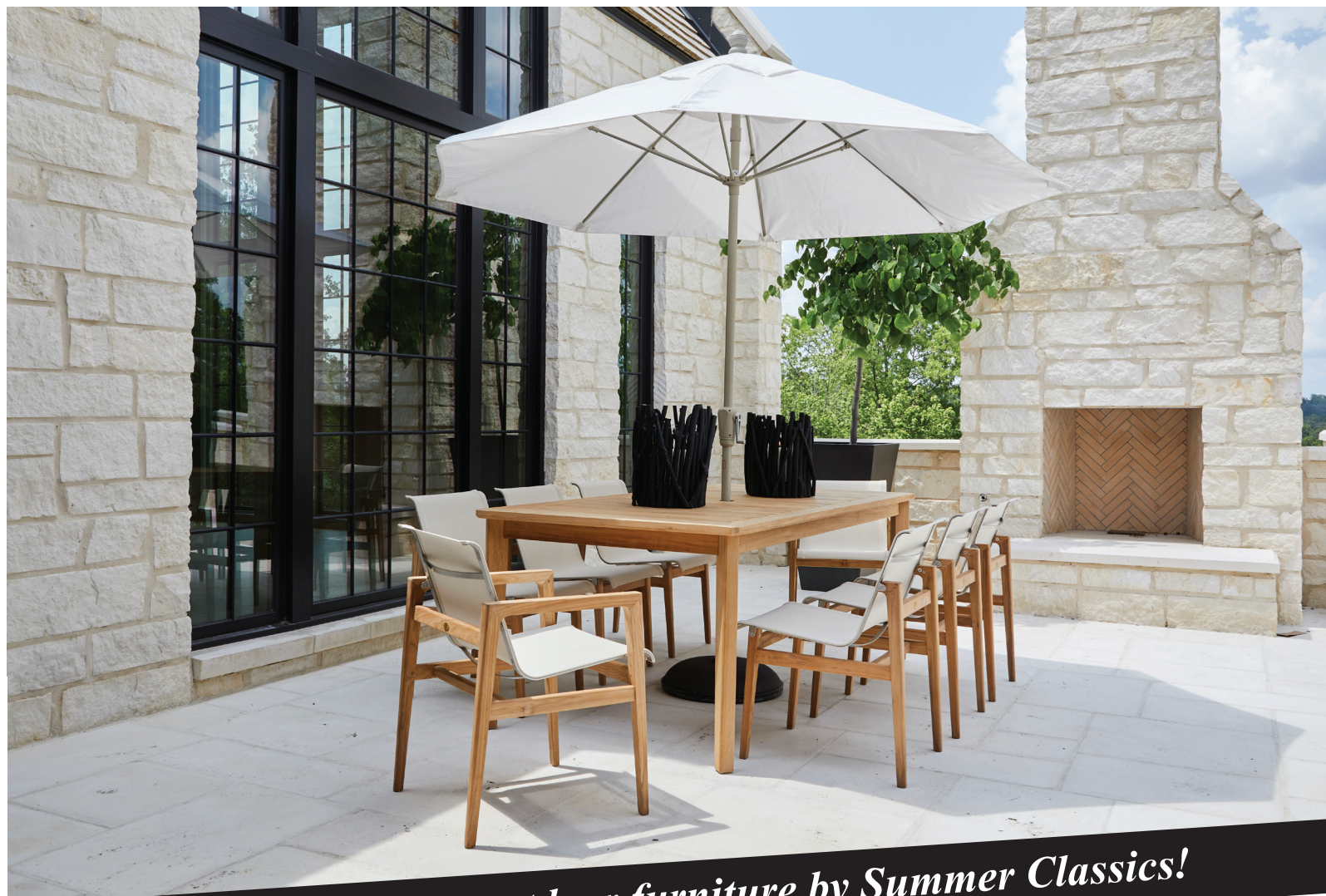


Photos by David KROHN
ABOVE: Joal Ryan took over the reins as CSA president.
LEFT: The Underdogs are the Mustang champions.
BELOW: The Dodgers took second place.



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Spring St. Francis Football Round Ups, New Head Coach Announced

Here is the second of the 2021 Spring Football Round Ups and the announcement of the new St. Francis head coach:

At Mira Costa – St. Francis wins 38-35

St. Francis' Evan Jernegan hauled in an 11-yard touchdown pass from Jack Jacobs with 23 seconds left in the game to give the Golden Knights a thrilling 38-35 win over the host Mustangs. Jacobs completed 24 of 37 for 390 yards and four touchdowns.

At Damien – St. Francis loses 23-19

Damien started Friday night's showdown with visiting St. Francis in fine form. But it was the way they finished the contest that allowed the Spartans to outlast the Golden Knights, 23-19. After taking a 10-0 lead in the first 16 minutes or so, St. Francis rebounded and led 19-10, thanks to three combined touchdowns by their guy, Bryson Reeves. In the fourth and deciding quarter, however, Damien finished on a 13-0 run.

In all, Reeves caught eight passes for

just under 150 yards. Jacobs finished 19 of 32 for 253 yards, with two TD's and the late pick. Evan Jernegan had a big game for the Golden Knights, catching seven balls for 70 yards

At Garces – St. Francis wins 48-42

Max Garrison rushes for 279 yards and scores four TDs. The Rams took a 14-0 lead after the first quarter and enjoyed a 28-14 advantage at the break. But things started to change on the first play of the second half ... and it wasn't necessarily

on purpose. The Golden Knights opened with a squib kick that deflected off a Garces player, but was recovered by St. Francis. It was the beginning of a 16-0 surge in the third quarter, and the Golden Knights built a 48-28 lead.

At Loyola – St. Francis loses 41-14

You can read more at CVWeekly.com/YOUTH

Despite COVID Challenges, Academy Students Performed Well

By Thalia MILLER

This year, CV High School students and organizations have faced the difficulty of adapting to the world during lockdown. Specifically, members of the CV Academy of Science and Medicine have been forced to change their tried-and-true methods of helping students prepare for a future in the science field. From virtual field trips to meetings over Zoom, the Academy has improvised to provide the best opportunities for their students.

One of these opportunities was the National SkillsUSA competition. The competition was held virtually this year but still allowed students from around the country to participate in various categories. Some categories that Academy students competed in include extemporaneous speaking, health knowledge bowl, medical math and medical terminology, among others. Despite the challenging circumstances faced by the Academy students, several passed through the regional and state competitions and

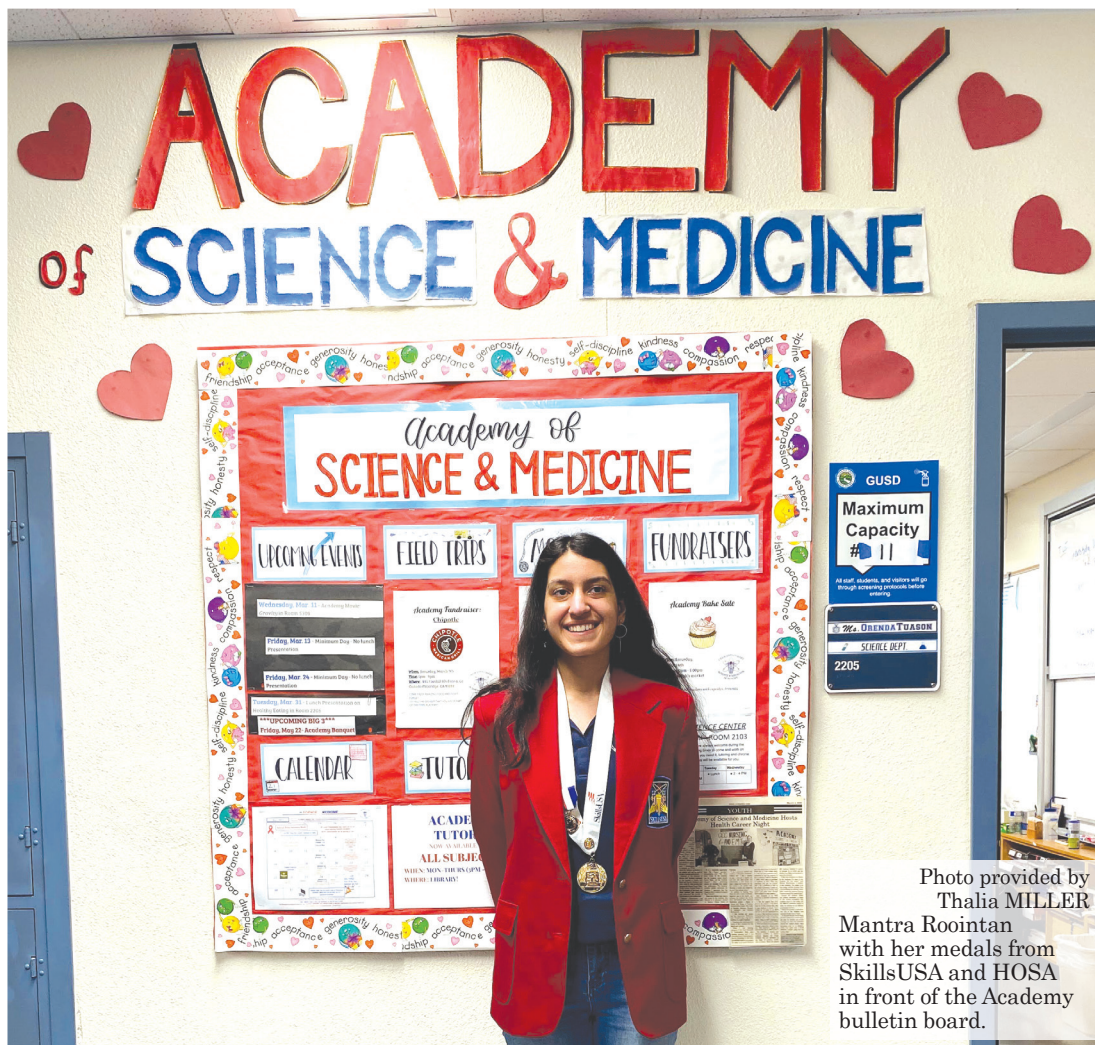


Photo provided by Thalia MILLER
Mantra Roointan with her medals from SkillsUSA and HOSA in front of the Academy bulletin board.

will continue to compete on the national level.

Another difficult competition that students had to compete in from home was the HOSA, or Health Occupations Students of America, competition. Among other students who did well in the initial levels, several students placed first and second in their categories and will move on to the international HOSA competition. These students include Mantra Roointan and Michelle Chung in Research Poster, a team comprised of Kevin Dong, Eric Markarian, Megan Parada and Ashley Park in HOSA Bowl, and Liana Kazarian in medical terminology.

Roointan and Chung are two students of the Academy's Science Research Class (SRC) who have done extraordinarily well even when faced with the limitations of COVID. They were on separate teams for the SkillsUSA competition and, accompanied by fellow SRC students, won gold

in the categories of career pathway showcase in natural resources/agriculture/food cluster and career pathway showcase in health services cluster. These students have looked into specific areas of the medical field that have an absence of knowledge or data and have researched ways to close this gap of knowledge. In a year unaffected by COVID, they would have access to labs or other in-person benefits; however, many limitations were placed on them this year. Yet these SRC students were able to go above and beyond the expectations for their grade and level of expertise, gathering professional data and creating excellent projects. They have competed in numerous other competitions and performed equally well.

Thanks to the support of teachers and staff like Orenda Tuason, Veronica Clementel, and Alamelu Arunachalam, the Academy students were able to thrive in this unusual year, and bring pride to every person involved in the Academy.

YOUTH NOTES

Crescenta Valley Sheriff's Station is actively recruiting for the next Explorer Academy. Young adults who are between 14 and 20 years of age can apply.

The Los Angeles County Sheriff's Explorer Academy is an 18-week commitment. The Academy is held every Saturday once started. The next academy will be held at STARS Center in Whittier starting Sept. 18.

Requirements:

- GPA of 2.0 or higher
- No serious criminal record/probation
- Must pass drug screening
- Must submit to a background check

The Explorers will be trained in laws, searching/handcuffing, writing reports, handling calls for service (domestic violence, family disturbance, felony traffic stops, active shooters, assaults, etc.). When trained, they can go on "ride-a-longs" with full-time deputies on patrol in La Cañada Flintridge or La Crescenta. As Explorers gain experience, they have the opportunity to go on ride-a-longs at other stations throughout the county.

The Crescenta Valley Station Explorers assist with numerous events such as the La Cañada Fiesta Days Parade, La Cañada Turkey Trot, Station Open House, Haunted Jail and volunteer rummage sale.

The Crescenta Valley Explorer Post has attended over 100 competitions. The Explorers have earned hundreds of trophies and certificates for their participation in these competitions. During the competitions the Explorers compete against other Explorer posts from across the United States.

Meetings are usually held the second and fourth Monday of each month excluding holidays, school commitments, family obligations, etc.

Over the years CV Station Explorers have gone onto the Naval Academy, Marine Corps Officer Candidate School, Marine Corps, and the Coast Guard. Several of its Explorers have graduated the Sheriff's Academy and become Los Angeles County Sheriff deputies, San Diego County Sheriff deputies, Glendale police officers, and Los Angeles police officers.

Anyone between the ages of 14 and 20 who has interest in law enforcement can contact the Explorer coordinators Sergeant John Gilbert at (818) 236-4027 or Deputy Marcelo Ruiz at (818) 236-4026.

TRAVEL & LEISURE

Learning from the 'Long and Winding Road'

By Robin GOLDSWORTHY

The Beatles have been noted as one of the most influential bands in music history if not cultural history. The messages delivered through their music were intriguing, fun and yes – described as being “possibly satanic.” And no matter where people fall on the spectrum of enthusiasm for the English rock band that disbanded in 1970, the love for The Beatles has not diminished but in fact has expanded to include subsequent generations.

Exploring the impact of The Beatles on the lives of fellow artists is the story that local musician David Blasucci will bring to the Crescenta Valley on Saturday night, June 26. “The Long and Winding Road” is a live concert documentary that shares the stories of well-known and well-established musicians of how the music of this legendary band affected their own careers.

Blasucci will be joined on stage at Community Life/First Baptist Church on Saturday night by top level touring and studio musicians (band mates of Pat Benatar and Neil Diamond, for example) who will be playing key Beatles songs between reflections gathered about The Beatles and their influence.

“This is stuff you won’t hear anywhere else,” said Blasucci.

The evening begins with a clip from the group’s first live televised appearance on “The Ed Sullivan Show” on Feb. 9, 1964. In between subsequent memories, Blasucci’s group will perform a song from each album.

“We went to friends to ask

for their experiences with The Beatles,” said Blasucci of how the personal retrospectives were collected.

Getting a response to his request was not difficult. Performers like Brian May of Queen, Donny Osmond, Graham Nash, Elliot Easton of The Cars, and many more shared their personal stories of how The Beatles influenced them and, subsequently, their careers.

The idea for the show started around three years ago and Blasucci and the band had a great response when playing at venues like the House of Blues. He said that he didn’t want to create a tribute band, though he has respect for those bands. He said he wanted to do “something right by the music that plays the music very well.”

“Even if you’re not a Beatles fan, listening to these musicians share their stories is fun,” he said.

There are parts where the audience is encouraged to sing along and some parts are “very emotional,” said Blasucci.

The night might be emotional for him and his band; aside from some “concrete concerts” played locally and informally during COVID, Saturday night’s performance will be their first professional live performance since restrictions were lifted surrounding the pandemic.

Tickets to “The Long and Winding Road” are \$20 and available via Eventbrite at <https://tinyurl.com/y3mnd3jx>. The 90-minute show begins at 8 p.m. and will be performed inside the Community Life/First Baptist Church at 4441 La Crescenta Ave.



Photos courtesy of David BLASUCCI

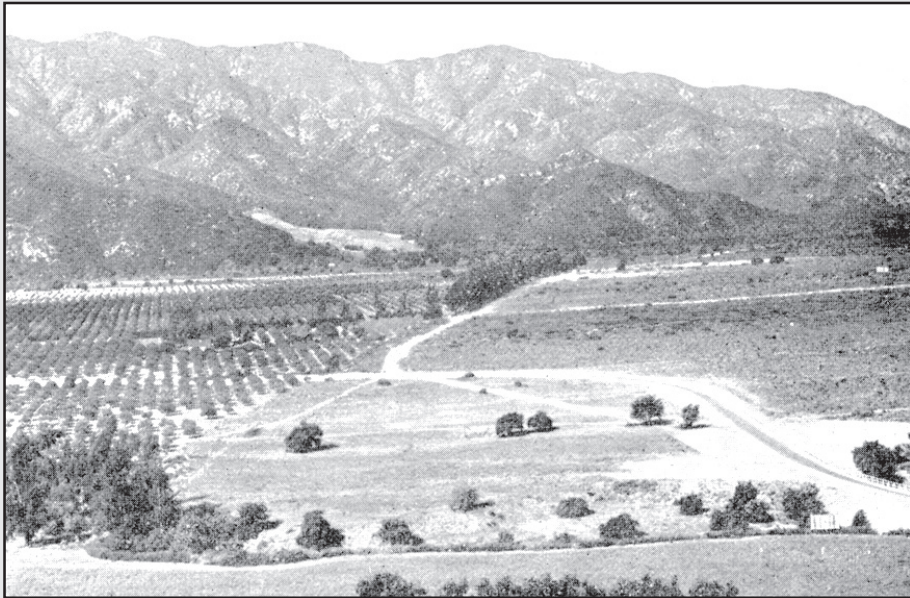
ABOVE: Local musician David Blasucci (with guitar) with fellow musicians will be performing ‘The Long and Winding Road’ on Saturday night.

BELOW: Pre-pandemic, the band’s retrospective was a popular feature at The House of Blues.

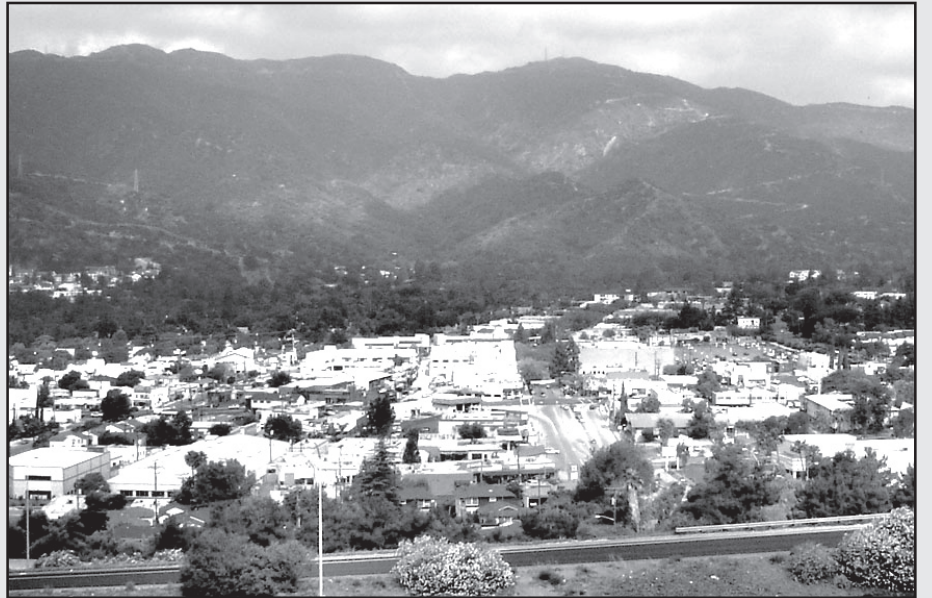


THEN & NOW I

Undeveloped Montrose Courtesy of the Historical Society of CV



Then » This was Montrose around 1910 looking down from the San Rafael Hills (where the hospital is) before any buildings were built. Honolulu Avenue had not yet been cut through the sagebrush, and one can see Verdugo Road make the sudden turn toward La Cañada where the intersection of Verdugo and Honolulu is today. The road running across the valley next to the line of trees is today Broadview. South of that (to the left) are the citrus orchards of Mr. Sparr, which later became Sparr Heights. The cleared land on the Verdugos in the center is the Onandarka Ranch of Col. Homer Baldrige, where Oakmont Woods is today.



Now » From dirt roads to freeways in a hundred years! This photo from the Verdugo Hills Hospital show the dominant features of the land to be the 2 Freeway as it merges with the 210, and the many commercial buildings of the Montrose Shopping Park. But you can still pick out the curve of Verdugo Road as it turns towards La Cañada.

Violinist Lori Ashikawa and Bassist Michael Hovnanian Performing for Glendale Noon Concerts

On Wednesday, July 7 at 12:10 p.m., the Free Admission Glendale Noon Concerts program will be streamed. Violinist Lori Ashikawa and bassist Michael Hovnanian will perform duos by Maurice Ravel, Lee R. Kesselman and Theodor Albin Findeisen on a Facebook stream and on YouTube.

The selections “Duo pour Violon et Violoncelle” by Maurice Ravel (arranged by Michael Hovnanian), “Bagatelle 2 for Violin and Double Bass” by Lee R. Kesselman and “Romantische Suite, Op. 10, for Violin and Double Bass” by Th. A. Findeisen will be presented.

Lori Ashikawa hails from Pasadena where she studied violin with Alice Schoenfeld at the University of Southern California, and was a member of the Long Beach Symphony. Ashikawa now lives in Chicago where she has

musical supplement commemorating Claude Debussy, who had died two years earlier, in 1918. Between 1920 and 1922, Ravel wrote three additional movements of what would eventually become the “Sonata for Violin and Cello.” The work shows influences of Kodály and Bartok, as well as Debussy. Ravel considered it a turning point in his evolution as a composer. He wrote, “The music is stripped to the bone, harmonic charm is renounced, and there is an increasing return of emphasis on melody.”

Lee Kesselman is a Chicago-area composer/conductor who is professor and chair of Music at College of DuPage. He has written well over 100 works in virtually all acoustic genres. Of “Bagatelle 2,” he writes, “Bagatelle 2” was one of two short solo piano bagatelles written in 2012. In 2016 it was re-arranged for solo violin and solo double bass. Both bagatelles explore simple musical forms and limited musical materials. ‘Bagatelle 2’ is written in a simple ABA, or three part, form with the first part containing the opposition of an ‘electronic graffiti’ ostinato figure in the bass against a sustained melodic line in the violin, enhanced by double-stops in thirds. In the final section, the roles reverse, with the bass playing in unison against the violin ostinato. In the middle section, the two instruments combine to form a more expressive and dissonant duet in which both instruments are melodic and more equal partners. This performance marks the premiere of ‘Bagatelle 2’ in its violin/bass version.”

Theodor Findeisen was a noted German double bassist, pedagogue and composer. He was a bassist in orchestras at Köthen, Breslau, and Leipzig, where he eventually became solo double bassist of the Gewandhaus Orchestra. His works, particularly his etudes and method books, are popular among double bassists today. “The Romantic Suite” is in four movements, each



Violinist Lori Ashikawa

performed with the Joffrey Ballet, Chicago Opera Theater, Music of the Baroque, Chicago Symphony, Fulcrum Point New Music Project, and Goodman and Steppenwolf Theaters. Ashikawa studied period violin with Elizabeth Blumenstock in San Francisco, and Sayuri Yamagata and Shunsuke Sato in Amsterdam and she performs on Baroque violin with the Haymarket Opera Company and Ars Antigua. When she puts the violin down, Ashikawa studies the shamisen (three-string Japanese lute) with legendary jazz bassist Tatsu Aoki.

Michael Hovnanian grew up in the Seattle area. His primary teachers were James Harnett and Ronald Simon of the Seattle Symphony. He also studied with Frederick Tinsley of the Los Angeles Philharmonic at California Institute of the Arts, where he received a Bachelor of Fine Arts degree. From 1989-2019 he was a member of the Chicago Symphony Orchestra, serving under music directors Sir Georg Solti, Daniel Barenboim, and Ricardo Muti. He is currently an instructor of double bass at DePaul University in Chicago and works as a freelance musician in the Chicago area.

Ashikawa and Hovnanian live with their two cats Taro and Hinoki, who are thrilled that they haven't been on vacation for over a year. (Lori and Michael are less thrilled.)

In 1920, regarded as one of the leading composers in France, Ravel was invited to submit a composition to the magazine, “La Revue musicale,” to be included in a special



Bassist Michael Hovnanian

having an evocative title. I. “Am Birkenwald” (“In the Birch Wood”), II. “Nachtlicher Marsch de Gnomes” (“Night March of the Gnomes”), III. “Unterm Haselbusch” (“Under the Hazel Bush”), IV. “Erlauscht” (“Overheard”).

More information about the program and artists, and the link to the stream, can be found at <http://glendalenoonconcerts.blogspot.com>.

For more information, email glendalesda@gmail.com or call (818) 244-7241.

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BETWEEN FRIENDS

Dining Out: A Win-Win Situation

La Cañada Flintridge Orthopaedic Guild (LCFOG) invited the public to dine at New Moon Restaurant (2138 Verdugo Blvd., Montrose) on June 9 to support the Orthopaedic Institute for Children (OIC). LCFOG received 15% of all food purchases from 11 a.m. to 8 p.m.

Food could also be ordered for pickup by calling the restaurant. Patrons could dine inside or outside. The only request was for diners to put their receipt in the box provided for that purpose.

The world renowned orthopaedic surgeons at OIC serve an overwhelming number

of children weekly, 93% of whom are underinsured or uninsured. Occupational and physical therapists at OIC also play a big part in helping children recover so they can play basketball again and be able to walk again when others said they would never be able to.

This year, due to COVID-19, there was a decrease in OIC revenue as well as unexpected increases in operating costs. OIC invests an average of \$50 per visit to ensure children receive expert care. Each child receives the treatment they need to grow well and play well, whether through surgery, physical therapy, prosthetic care, etc. It was

the intent of the LCFOG fundraiser at New Moon to raise funds to help more children in their quest for good health and diners did not disappoint! For those unable to take part in the fundraiser, donations are still being accepted. Please send a tax deductible donation to La Cañada Flintridge Orthopaedic Guild, Attn: Joanne Ploszaj, P.O. Box 777, La Cañada Flintridge, CA 91012-0777.

For the past 110 years no child has ever been turned away for lack of funds or insurance. LCFOG believes in OIC and devotes time and funds to promote their goals.

Submitted by Arlene MASSIMINO

» BUSINESS SPOTLIGHT

Whether Group or Private Training – Both Get Results at Rose Gold Fitness



Let's face it, 2020 wasn't great on our waists. Stop blaming your dryer. Time to put down the cheeseballs, delete the Postmates app, and get back to the gym.

Hi! We're Rose Gold Fitness, a family-owned boutique gym that survived 2020 because of our amazingly supportive FitFamily! So much so that we just opened our second location in La Cañada this year taking over Taix Fitness Studio. Linda Taix trusted us to take care of her clients – just as she had done for almost two decades.

Our wide range of qualified and experienced coaches will meet you where you are and work with you to tailor your ideal birthday suit. We maintain a zero Jerks Allowed Policy. Whether taking a group class at our La Crescenta location or getting customized private training at our La Cañada studio, we're ready to get down to business while having fun in the process! Otherwise, what's the point?!

We offer Small Group (4 people to 1 Coach), Large Group (16 people to 1 Coach), and private training for individuals or duos. From newbie to advanced, young (12 years old-plus) to the golden ages of your life, we're here for you!

Rose Gold Fitness means getting your heart rate up, lifting weight you never thought you could, putting in one more rep, hitting your health goals – then celebrating that hard work! Perhaps with a glass of rosé – because we're realistic!

Don't be intimidated by our class names – SWEAT, BUILD, REST, and soon offering SCULPT and SPIN! We'll show you every exercise – even if you need us to repeat them multiple times!! We are here to help you!

Want to see what happens when everything comes up rose...gold? Well, sip that last mojito, retract that recliner and we'll see you in the gym!

Veterans Corner June 2021 The Final Salute

We Honor Veterans, a program of the National Hospice and Palliative Care Organization (NHPCO) in collaboration with the Dept. of Veterans Affairs (VA), invites hospices, state hospice organizations, hospice-veteran partnerships and VA facilities to join a pioneering program focused on respectful inquiry, compassionate listening and grateful acknowledgment. By recognizing the unique needs of America's veterans and their families, community providers, in partnership with VA staff, will learn how to accompany and guide them through their life stories toward a more peaceful ending.

We Honor Veterans provides educational tools and resources in advancing these goals:

- Promote veteran-centric educational activities
- Increase organizational capacity to serve veterans
- Support development of strategic partnerships
- Increase access and improve quality

We Honor Veterans also provides tiered recognition to organizations, known as partners, that demonstrate a systematic commitment to improving care for veterans. There are five levels that partners can achieve in the program. Partner organizations assess their ability to serve veterans and, using resources provided as part of the program, integrate best practices for providing end-of-life care to veterans into their organization.

The We Honor Veterans program is provided at

no cost to hospice organizations and you do not need to be a current member of NHPCO to become or remain a Level 1-4 partner in the program. The goal of the program is simple – to care for and honor those who have served when they reach the end of life. By working through the partner levels and participating in community partnerships and collaborations, partner organizations are able to educate, engage and expand awareness to veterans and their families. A vast majority of veterans are not enrolled in VA and may not be aware of end-of-life services and benefits available to them, including the Medicare Hospice Benefit and VA-paid hospice care.

To help sustain this program, community-based health care organizations, such as skilled nursing facilities, assisted living facilities and funeral homes, have collaborated with NHPCO to become WHV community partners. The program activities of community partners were designed to mirror those of hospice organization requirements and partners are expected to go through the same amount of training and activities. Through the program, community partners hope to serve all veterans with respect, integrity and dignity no matter the service provider they choose. To learn more about becoming a community partner, please contact veterans@nhpco.org.

As they achieve each level, organizations will have the ability to promote their increasing commitment to veterans by displaying the We

Honor Veterans affiliation in their facilities, on their websites, in printed community outreach and educational materials and through social media outlets. This allows community members, including veterans, to easily identify organizations that have made a commitment to offer veteran-specific care and services provided by a competent and highly skilled workforce.

NHPCO is the nation's largest membership organization for providers and professionals who care for people affected by serious and life-limiting illness. Its broad community of members includes local hospice and palliative care providers, networks serving large regions of the United States, and individual professionals.

NHPCO gives ongoing inspiration, practical guidance and legislative representation to hospice and palliative care providers so they can enrich experiences for patients and ease caregiving responsibilities and emotional stress for families. By providing its members with the essential tools they need to stay current with leading practices, understand policy changes, and improve their quality of care, NHPCO addresses the challenges that providers navigate on a daily basis and offers a wealth of expert knowledge and step-by-step solutions to fill the gaps.

Provided by Blake HYFIELD

Blake Hyfield is the post service officer for the local VFW and American Legion posts. He can be reached at bhpegleg@yahoo.com.

Questions About Today's Real Estate?

Ask Phyllis! Professional Fiduciary

Dear Phyllis,

For the last five years I have been taking care of my father with little help from my brother (who lives locally). He and I are co-trustees of our father's estate. Sadly, we stopped speaking several years ago. I have tried to address our differences with my father. But he won't remove my brother as a co-trustee, so that I can be the sole decision maker. When the time comes to liquidate our father's estate there is no way the two of us can work together.

It is nearing the time to move my father to assisted living. My accountant suggested that for tax purposes, we should rent his home and sell after he passes. I don't believe that my brother and I can agree on hiring a property

manager and getting the home rented. Do you have any suggestions as to what course of action I should take?

Planning ahead

Dear Planning ahead,

I am sorry for your estrangement with your brother. Unfortunately, as a real estate agent I find that one child often bares the responsibility of their parent(s).

You and your father need to meet with your trust attorney. One of the options you should discuss is the possibility of hiring a professional fiduciary. A professional fiduciary is someone the court appoints to safeguard the estate's assets. They have specialized training, and ongoing continuous education.

Your father's attorney can petition the court to either add the professional fiduciary as a co-trustee, or replace one of you or both of you. It is best to address this sooner rather than later.

This fiduciary will be neutral and likely could replace both of you as co-trustees. Once your father is presented with this option, he might agree to delete your brother as a co-trustee. The fiduciary charges a fee, typically 1% of the assets. But in your scenario, I think the fee charged will be well worth the expense. If you and your brother need the attorney to act as a go-between your legal fees might be astronomical.

I wish you success in getting this quickly and satisfactorily resolved.



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RELIGION

Question:

We have a close friend who at the slightest physical symptom panics big time! We attend the same church and we dearly love this person but don't know how to put her mind at ease. Most of her symptoms have been easily treated and not long lasting; still, we're concerned what is happening to her emotional well-being. Our pastor's sermons are great and he often speaks about having faith. Somehow our friend is not "getting it."

Is there anything we can do to help her?

~ Worried Friends

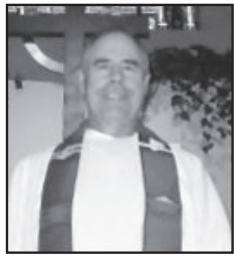
Dear Worried Friends,

First of all, thank you for your concern about your friend. Not everyone would show so much sympathy. But what to do about her? I would suggest that she see a psychiatrist.

Please don't be put off by such a suggestion. I myself have had some therapy when I thought I was "stuck" on an issue and my experience with the "mind doctor" was quite helpful. While you are worried about what you see there may be other things going on with her, too, things about which you know nothing. So maybe there are some deeper things going on with her that are manifested through physical symptoms, and maybe even she doesn't realize it.

If her problem is physical, perhaps her family doctor can help. But if the problem is not physical perhaps a mental health professional can be of assistance. Also, a psychiatrist can prescribe any medication that she might need. Some of us Americans may have a stigma about seeing somebody about something in our head; but, as I noted above, a mental health professional helped me out one time and maybe such a person could do the same for your friend.

Wishing you and her all the best,



The Rev. C. L. "Skip" Lindeman
lindemanskip@yahoo.com

Dear Worried Friends,

What strikes me immediately is the love and caring you have for your panicking friend. Rather than judge her or tell her to "get over it," you are trying to find a solution for her – and a spiritual solution is exactly what she needs.

I like to think of our state of mind as a coin. One side of the coin says "Faith", and the other side of the coin says "Fear." We cannot be on both sides of the coin at the same time. As new thought author Marianne Williamson says, "We can see all human behavior as either love, or a call for love." Your friend is suffering from a deep sense of fear. I cannot know what that fear is, but it really doesn't matter exactly what it is; it only matters what it is doing to her state of mind and her quality of life. The Bible states, in Joshua 1:9, "Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." Our greatest fear as humans is the fear of separation from our creator, and from our birthright of unconditional love. Fear of death or illness is also fear of separation from love. Focusing on the presence of Spirit, breathing in and out slowly and repeating to oneself "all is well" are tools that we can use when we feel anxious or afraid of what is to come. Grounding ourselves in the now moment takes us out of worrying about the past or the future.

Jesus told his followers that they should not be afraid of what was going to happen

SPIRITUALLY SPEAKING

Spiritually Speaking Participants

Rev. Jon Karn of Light on the Corner Church; Rev. Kimberlie Zakarian of Holy House Ministries; Anthony Kelson, RScP; Laney Clevenger-White, RScP and Rev. Dr. Beverly Craig of Center for Spiritual Living – La Crescenta; Rabbi Janet Bieber; Carolyn Young; Sharon Weisman; Rev. Mary Morgan of Redondo Beach Center for Spiritual Living; Rev. Dabney Beck of International Church of the Four Square Gospel; Lucinda Guarino; Pastor Randy Foster of Christian Life Church; Rev. Dr. Ellen Contente of Global Truth Center; Pastor Scott Peterson of Lutheran Church of the Foothills; Rev. Karin Ellis of La Cañada Methodist Church; Rev. Dr. Antonio Gallardo of St. Luke's of the Mountains Episcopal Church; Rev. Sharri James of UP Church; The Rev. C. L. "Skip" Lindeman of Upland Christian Church; Rev. Rob Holman of St. Luke's Anglican Church; Rev. Sharri Johnson of One Heart Retreat Center; Rev. KC Slack of Unitarian Universalist of the Verdugo Hills; Rev. Jeff Blanton and Rev. Emanuel David of Community Life Church; Rev. Karen Mitchell of High Desert Center for Spiritual Living; Rev. Kyle Sears of La Cañada Congregational Church.

Responses are offered from the perspective of individual clergy members, which may or may not be in agreement with other respondents of Spiritually Speaking nor the editor and staff of the Crescenta Valley Weekly.

tomorrow, but to live in today with peace and joyful expectancy. Jesus knew that worrying about the past, or the future, robs us of our joy. Dr. Ernest Holmes, founder of the global organization Centers for Spiritual Living, wrote, "Fear is the great enemy of man ... we are speaking about morbid fear, the kind that devalorizes us mentally, emotionally and physically."

My best recommendation to you, dear friends, is to see your friend as a perfect child of God, happy joyous and free. See her as the beautiful Spirit she is behind her fears. She is perfect, whole, and complete. Pray for her to allow into her heart the love that surrounds her and to rest secure in the present moment. That is affirmative prayer, which transforms our lives and our world. Remember 1 John 4:18: "There is no fear in love. Perfect love casts out fear" and, in time, your friend will know it, too.



Rev. Karen Mitchell
revkarenmitchell@gmail.com

Question:

I had a tumultuous childhood. Our home was filled with my parents fighting – mostly one-sided because my dad would get drunk, come home and argue with mom. Sometimes he would beat her up. When I was a senior in high school, I'd had enough and called the sheriff. They came and took my dad away for several months. I left home shortly after that.

Yesterday, the subject came up and a close relative wanted to know the details so I told him. I was surprised that I still had angry feelings about my dad because I believed I had forgiven him a long time ago. I also had extremely sad feelings about what my mom went through until she finally left him. I really want to totally forgive him and let it go. Is there a way to do that once and for all?

~ Sad Memories

Dear Sad Memories,

I'm sorry your childhood was tumultuous. Can I ask some initial diagnostic questions?

First: Do you blame yourself for any of the tumult or do you blame your dad?

Second: Do you think you did the right thing by calling the sheriff?

Third: Do you feel guilt for leaving home?

Lastly: Do you think it's reasonable to expect to have no angry feelings toward your dad or sad feelings about your mom?

I'd like to remind you that none of this ugliness was your fault. Your dad brought violence into your home through drunkenness. You bravely interrupted the cycle of violence by calling the sheriff and you extricated yourself by leaving a toxic situation. But the last question is the hardest.

How can you have heard all you heard and seen all you saw and not feel sad and mad about it? Sadness and anger are completely appropriate responses to what happened in your home. These are deep and traumatic wounds from your formative years.

I applaud your desire to forgive. It is indeed noble. But while everyone smiles approvingly at the thought of forgiveness, the truth is when you forgive you give up something. And I just want to make sure you're ready to give what forgiveness requires.

The cost is high. Forgiveness means you are volunteering to live with the consequences of your dad's evil actions and then move on. You take retaliation off the table. You say goodbye to thoughts of revenge. You leave bitterness behind. Can you do this? We talk about this in church. Malice and bitterness have no place in the footsteps of Jesus.

I don't know your religious background but the Bible mentions this subject.

Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. (Romans 12:9) Are you willing, right now, to let your dad off the hook? Or better yet – are you willing to take your dad off your hook and put him on God's hook?

If you can do this, then you can forgive.

For those who seek to forgive, I always recommend first a reckoning of our own sins at the foot of the cross. Then I also recommend the guidance

see SPIRITUALLY SPEAKING on next page

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SPIRITUALLY SPEAKING *from previous page*

and encouragement of a qualified counselor who deals skillfully and regularly with these kinds of thorny issues.

May God grant you the ability to forgive and release from family brokenness.



Rev. Jon T. Karn
pastorjon@lightonthecorner.org

implications on the family system now that you're mature and understand the behavior, and feeling a myriad of competing emotions for the victimized parent.

Your story is, sadly, one of many adult children of alcoholics. Your actions of calling the sheriff when you couldn't stand by and do nothing speak volumes to your character and integrity. And that you were able to support your mom when she made the tough decision to overcome her fears and venture out on her own shows your courage as well. As a side-note, the national average of survivors of domestic violence leaving their abusers is a stunning eight times. It sounds like your mom may have been one of the fortunate ones who went to create a new life for herself sooner than later.

Forgiveness is an extremely misunderstood concept. We've heard the phrase "forgive and forget" as a means to move on from an unhealthy or abusive situation. The reality is that we seldom forget atrocities,

such as abuse, so it seems counterintuitive to try. Another way to look at forgiveness, particularly from a faith viewpoint, is to forgive as an act of will. The action doesn't necessarily include forgetting.

When we forgive someone as an act of will, the process allows us to release the burden of holding the negative emotions and allowing God to exact justice on our behalf. It means we agree to do our best to let go of our need/desire to punish and leave that task to Him to deliver the consequences of His choice. We are then free to love again with an open heart. We may even find ourselves loving the abuser, from a distance of course, and praying for him or her to heal from the hurts that were the driving factors that perpetuated the abuse.

Scripture is replete with messages about forgiveness, beginning in Genesis and extending throughout the New Testament. One of the most thought-provoking is Luke 22:34a, which reads: "Then Jesus said, "Father, forgive them. They don't know what they're doing." (GW)

Some of the last words that Jesus uttered were about forgiveness. He was in physical, mental and emotional agony, separated from the Father, and still willing to let go of offense.

This action is powerful imagery for us to emulate. As we surrender our anger at injustice to Him, the weight and burden of offense lifts off our backs, leaving it with the rightful judge.

Sometimes we have to surrender our anger many times before we finally believe that we're free from the oppression. From my own experience as a survivor of

domestic violence, I can tell you that it's worth the effort.

Be well & be blessed!



Lucinda Guarino
lucindaguarino1@gmail.com

Dear Sad Memories,

It's interesting how emotions emerge when we least expect them and creates uncertainty for situations we thought were already reconciled. Anger for a parent who was abusive and sadness for the surviving parent is not uncommon in dysfunctional households, particularly where alcohol is involved. As an adult child, you have the combined challenge of forgiving the offending parent, knowing more of the

NOTES & NODS

Find Treasures at Rummage Sale

Center for Spiritual Living is having a rummage sale on donation payment basis only (no haggling) on Saturday, June 26 from 8 a.m. to 2 p.m. (Please wear a mask!) Center for Spiritual Living, 4845 Dunsmore Ave., La Crescenta.

This Week at LCIF

Lutheran Church in the Foothills invites the community to worship in the church's Worship Center. On Sunday, June 27 at 10 a.m. Pastor Scott Peterson will deliver the message called "Lifted Up."

The service will also be live-streamed at 10 a.m. on the church's YouTube channel. For those unable to attend or watch live, the videos will be available on the website, Facebook page and YouTube channel after 11 a.m.

Visit the church's website at lcifoothills.org for details on all of the events happening including small group gatherings and opportunities to serve.

The church office is located at 1700 Foothill Blvd. in La Cañada Flintridge and is generally open Monday through Friday from 9 a.m. to 2 p.m. Contact the office via email at office@lcifoothills.org or call (818) 790-1951 for details, information, offering help or requesting help.

Prayers in the Park

All are encouraged to pray with members of Lift Up La Crescenta at Deukmejian Wilderness Park, 3429 Markridge Road in La Crescenta on Saturday, July 10 from 4 p.m. to 5 p.m.

The goal of the group is to come together regularly in the name of Jesus and in the name of love and in the name of unity of the body of Christ to pray for the healing of our land.

Meet in the bleachers just east of the parking lot. Try to get there early as parking can be very limited. Bring masks and social distancing is observed.

Those who have a fever, cough, congestion or difficulty breathing should not attend.

Indoor Worship Services at La Crescenta Presbyterian

The community is invited to join La Crescenta Presbyterian Church for worship services in the church sanctuary every Sunday at 10 a.m.

Come for live music, prayer time and an inspiring message, surrounded by the church's historic stained-glass windows that were beautifully restored last summer.

Sunday services also feature special programs for children and youth from preschool age to high school.

COVID-safe practices in line with Los Angeles County public health guidelines will be observed.

For those who prefer to worship from home, LCPC's online services are available at lcpc.net every Sunday at 9 a.m.

La Crescenta Presbyterian is located at 2902 Montrose Ave. in La Crescenta. For more information, visit lcpc.net or call (818) 249-6137.

Walk and Word

Walk and Word on Sunday mornings, a time to discover Scripture while hiking Deukmejian Park, is on hiatus until further notice.

For more information, contact Jean Lavieri at (818) 383-3137 or email jnlavieri@earthlink.net.

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JUST FOR FUN

CALENDAR this

CV CHAMBER AUCTION CONTINUES

The Crescenta Valley Chamber of Commerce is hosting an online auction of items that promote local businesses with proceeds benefitting the Chamber's philanthropic efforts.

Bidding continues through today, June 24; to see the variety of items and to place bids, visit www.32auctions.com/123420.

RIBBON CUTTING PLANNED

The Crescenta Valley Chamber of Commerce is hosting a ribbon cutting

for Pure Interval Training Fitness on Saturday, June 25 at noon. The grand opening is from 8 a.m. to 1 p.m. Promotions for membership!

Pure Interval Training Fitness is located at 3115 Foothill Blvd. in La Crescenta.

PASADENA HERITAGE SPRING HOME TOUR

Pasadena Heritage presents Part 3, the final installment, of its spring home tour. The Revival-style architecture of the charming Lansing Beach House, a French Norman-style

home built in 1927 by David Witmer and Loyall Watson, will premiere on Sunday, June 27.

The original owners of this house, Lansing and Katherine Beach, met in France during WWI. It is said that they had this home built in this style as a tribute to their courtship. Participants will also virtually visit the home of architect Everett Phipps Babcock. This home, known locally as the "fairy tale castle" then, has the feeling of a medieval manor. Built in the English Tudor style in 1926 for the architect and his wife Clare, it served as Babcock's residence and home office for a period. The home is a city landmark and is part of the recently designated Arden Road Historic District.

Tickets are one day of tours with two homes \$18 for nonmembers, \$15 for members.

Visit the website at <https://tinyurl.com/3uy58n7y> for more

information.

DRUMMING FOR HEALING

An online demonstration of the healing power of drumming will be given at the Cancer Support Community-Pasadena on Tuesday, June 29 from 4 p.m. to 5 p.m. The program is free of charge.

Master drummer Gerald C. Rivers and a small group of drummers will demonstrate the healing power of West African djembe, with the intention of sending a healing vibration to listeners.

Location is the Cancer Support Community-Pasadena, 75 E. Del Mar Blvd., Suite 215 in Pasadena. Questions: Call (626) 796-1083 or visit www.cscpasadena.org.

VHHS PLANS REUNION

"Team 74" is planning a 50th high school reunion in 2024. Friends and graduates of Verdugo Hills High

School are invited to attend to trade stories of family, careers, adventures and anything else.

Currently Team 74 is in the planning phase of collecting names and numbers of classmates and putting together a database; emails from classmates can be received at cls74reunion@yahoo.com. Information should include a mailing address, cell number and graduate's name at graduation (if different than now).

A list of frequently asked questions will be provided to keep everyone updated as the reunion plans move forward. Those who belong to various VHHS groups will see redundant information to ensure all classmates are notified and have an opportunity to attend.

At this time the FB VHHS groups will be the reunion information outlet until a more focused site is created.

ZACK hill

by John Deering and John Newcombe



WEEKLY HOROSCOPES

Provided by horoscope.com June 21, 2021 - June 27, 2021

♈ ARIES March 21 - April 19

A health issue that has caused you problems may be about to change for the better. You may get the information you need to make a more informed choice about available treatments. Perhaps you'll find a new consultant who can pinpoint exactly what's wrong. Either way, things are looking up.

♉ TAURUS April 20 - May 20

One of the most important things you can do for yourself is work out regularly. This keeps you grounded and centered, helps you beat the blues, and keeps your circulation and heart in good order. Make your body a priority or it could start to cause trouble when you least expect it.

♊ GEMINI May 21 - June 20

Give your feet the loving care and attention they need. You may be prone to spraining your ankles. Wear shoes that feel right and give you the necessary support. If in doubt, find a specialist to give your feet and toes some expert attention. The better your feet feel, the better you feel.

♋ CANCER June 21 - July 22

Life looks great on all levels, and that includes your health. Your soaring optimism is the main reason you feel so good. You have plenty of positive energy to deal with any intense or stressful situations. You might feel slightly more tired than usual. Rest is the answer.

♌ LEO July 23 - August 22

You're in good shape now. You might be more susceptible to subtle atmospheres that cause you to feel off center. You aren't about to catch a virus, but your boundaries may not be as strong as usual. You may feel overwhelmed, but you can try visualization to help ward off those negative energy fields.

♍ VIRGO August 23 - Sept. 22

Remember to tune into your feelings. The cosmos may add some extra tension to the mix. Stay in the flow and you'll have abundant energy. You could have too much fun, however. Keep up the practice of eating good food, exercising, and treating your body with the respect it deserves.

♎ LIBRA Sept. 23 - Oct. 22

This is a very boisterous and upbeat time in which there isn't too much to stop you from making progress. You might be doing more socializing, so give your body a chance to recuperate. There is plenty of excitement around, so try and pace yourself.

♏ SCORPIO Oct. 23 - Nov. 21

It's time to think ahead. Take a look at your health priorities and create a set of viable goals for the coming months. You might benefit from a strategy that enables you to reach your targets step by step. If you need a personal trainer's help, this is a good time to locate one.

♐ SAGITTARIUS Nov. 22 - Dec. 21

You're developing a new relationship with your health. You may be drawn to some interesting alternative healing methods. You're eager to experiment and willing to try anything to bring your health into harmony with yourself. This is a good time to research options and discover the resources out there. A world of health awaits you.

♑ CAPRICORN Dec. 22 - Jan. 19

Continue your quest for harmony and balance in mind and body. You're used to going out on a limb as far as your health goes. You seem to be looking for answers to some of your most urgent questions, but you aren't looking where everyone else is looking. The cosmos encourages you to explore. Keep an open mind and you may find hidden treasure.

♒ AQUARIUS Jan. 20 - Feb. 18

The Universe is bringing a new openness and awareness your way, so you might want to change a few things. One of your first goals might be to make your home as organic and health oriented as possible. Perhaps your kitchen needs sprucing up. Make it perfect for cooking the healthy food you love. You might want to grow some vegetables, too.

♓ PISCES Feb. 19 - March 20

With many thoughts flitting through your brain, you could be so busy dreaming up wonderful plans that you forget you even have a body. What this means in reality is that you could have a tendency to try to do more than you're able. Reconnect your head with the rest of your being.

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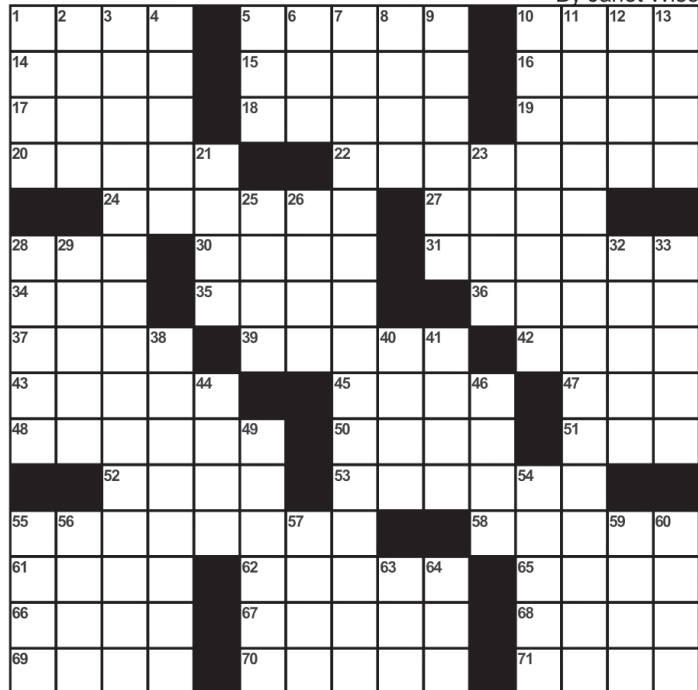
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ACROSS

- 1) Cakewalk
- 5) Diploma word
- 10) Asian nurse
- 14) Jewish month
- 15) Newton of science
- 16) Hearty party
- 17) Commotion
- 18) Low point
- 19) Work in the cutting room
- 20) Bouquet
- 22) Protract
- 24) Like some yogurt
- 27) "Dear" ones
- 28) "That's my boy" recipient
- 30) Trigonometric term
- 31) Summer ermines
- 34) Turkish official
- 35) Cosecant's reciprocal
- 36) Poison ivy, for one
- 37) Boring
- 39) African capital
- 42) Canape topper
- 43) Continue, as a subscription
- 45) At one time, at one time
- 47) Amstrayed
- 48) Mystifies
- 50) Cicatrix
- 51) Computer monitor type
- 52) Chowder morsel
- 53) Beat out, as grain
- 55) Follow, as rules
- 58) Cultural character
- 61) It pulls a bit
- 62) Elevated storage areas
- 65) Noble one
- 66) Battering wind
- 67) Courtroom event
- 68) Field of study
- 69) Racetrack quote
- 70) Plop down next to
- 71) Maltese comment

ANGRY NUTS

By Janet Wise



DOWN

- 1) Pro ____
- 2) What the nose knows
- 3) Michelangelo subjects
- 4) Interest piquer
- 5) God hates it
- 6) "Born in the ____"
- 7) Coped
- 8) A lot of it is first-class
- 9) Down's opposite, sometimes
- 10) Demographic
- 11) Nuts or bananas
- 12) Came down to earth
- 13) More than dislike
- 21) Aardvark fare
- 23) Pesky insects
- 25) Diamond decision
- 26) "Black Beauty" author Sewell
- 28) Mideast native
- 29) Like some bodies on a beach
- 32) Golden Horde member
- 33) Bloodhound's trail
- 38) Greeks
- 40) Eyebrow shape
- 41) Bygone leader (Var.)
- 44) Sign of gradual use
- 46) Certain surgeon's patient
- 49) Refines, as ore
- 54) Engine type
- 55) Cornstarch brand
- 56) Not working, as a battery
- 57) Daughter of Aaron Spelling
- 59) Sandwich cookie
- 60) Cole ____
- 63) Bar bill
- 64) Not aboveboard

PET OF THE WEEK

CV Weekly loves to hear about your pets!

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LEGALS

NOTICE OF NAME CHANGE

ORDER TO SHOW CAUSE FOR CHANGE OF NAME: ADRIENNE MACDONALD. Case number 21GDCP00219. Superior Court of California, County of Los Angeles 600 East Broadway Glendale, CA 91206 Glendale Courthouse. To all interested persons: I, Petitioner ADRIENNE MACDONALD filed a petition with this court for a decree changing names as follows: a. Present Name: ADRIENNE MACDONALD to Proposed Name: ADRIENNE OXFORD. THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING a. Date: AUGUST 18, 2021 Time: 8:30AM Dept.: D b. The address of the court is same as noted above. A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Published Crescenta Valley Weekly June 10, 17, 24, July 1, 2021.

NOTICE OF SELF STORAGE SALE

Please take notice US Storage Centers - La Crescenta located at 4454 Lowell Ave La Crescenta, CA 91214 intends to hold an auction to sell the goods stored by the following tenants at the storage facility. The sale will occur as an online auction via www.storagecenters.com on 7/15/2021 at 10:00AM. Unless stated otherwise the description of the contents are household goods and furnishings. Henry Runge (2 units). All property is being stored at the above self-storage facility. This sale may be withdrawn at any time without notice. Certain terms and conditions apply. See manager for details. Published in the Crescenta Valley Weekly June 24, July 1, 2021.

NOTICE OF SELF STORAGE SALE

Please take notice US Storage Centers - Montrose located at 3708 Clifton Place Montrose, CA 91020 intends to hold an auction to sell the goods stored by the following tenants at the storage facility. The sale will occur as an online auction via www.storagecenters.com on 7/15/2021 at 10:00AM. Unless stated otherwise the description of the contents are household goods and furnishings. Christine Vrtanesyan (2 units); Angel Orozco Sandovall. All property is being stored at the above self-storage facility. This sale may be withdrawn at any time without notice. Certain terms and conditions apply. See manager for details. Published in the Crescenta Valley Weekly June 24, July 1, 2021.

CRESCENTA VALLEY WEEKLY IS READY FOR YOUR LEGAL NOTICES!

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NOTICE OF INTENT

CIVIL COURT NOTICES

NAME CHANGES

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ARTS from page 7

2021 Diamond Award for Distinguished Achievement in the Arts and subsequently joined GEF's board of directors. She is also a founding member and immediate past chair of the Glendale Young Professionals (GYP), a program of the Glendale Chamber of Commerce, and represents Glendale Arts on the City of Glendale's annual Armenian Genocide Commemoration and Tech Week planning committees.

Elissa Glickman, CEO of Glendale Arts since 2012, will remain in an advisory capacity to assist in the smooth transition of leadership. She has been involved with Glendale Arts and the Alex Theatre for over 17 years. Under Glickman's leadership, Glendale Arts and the Alex Theatre weathered the elimination of the Redevelopment Agency, grew from a \$1.7 million organization to \$2.48 million, and increased contributed

income to \$400,000. Prior to the pandemic, the historic theatre generated over \$9.5 million of economic activity and produced over 2,500 programs.

The future of the Alex Theatre under the management of Glendale Arts remains on a prosperous path. It successfully guided the organization through the pandemic, leading the migration to virtual events and fundraisers, and establishing a

digital media department for ongoing live streaming of performances. It will also be launching a new box office and ticketing solution for the Alex Theatre as well as an updated website.

"It is an honor to have Nina and Maria lead Glendale Arts in an exciting new chapter for the organization. Their experience, dedication, and passion have guided us through the pandemic and we

look forward to continued growth," said Glendale Arts Board Chair Phil Kubel. "Through Elissa's strategic leadership, she has crafted an operational foundation and built a team that has garnered the respect not only of the industry, but the community as well. We are privileged to have her remain on board in an advisory role as we emerge from one of the most challenging times in the Theatre's history."

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