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VOL. 12, NO. 49

Honors for Adventist Health Glendale

By Mary O'KEEFE

For the third consecutive year Adventist Health Glendale has been named in the top 5% of hospitals statewide and the top 10% of Los Angeles area hospitals by U.S. News & World Report in its ranking of 2021-22 "Best Hospitals."

"First and foremost we ranked 12 out of 130 [area hospitals]," said Alice Issai, president Adventist Health Glendale.

Issai explained that the ranking is 75% objective and 25% subjective, or opinion.

Some of the questions, she said, dealt with the hospital's reputation and if patients would return or recommend the facility. In that category the rating was high as well. This is important, especially because it was during the time of pandemic that the hospital was reviewed by U.S. News & Report.

The hospital has consistently received a safety grade of "A."

"That demonstrates how our process is hardwired," she added.

This safety grade for hospitals will show patients how well the facility prevents infections while encouraging hand washing, supporting strong health care teams and following protocols that are in place to prevent errors.

"These are exceptional achievements that make us proud," said Issai.

Issai added she feels Adventist Health Glendale receives these high ratings because of their intensivists, or specialists, in specific care and treatment.

Receiving the honors is especially impressive because hospitals, like other medical centers throughout the country and the world, have faced the most challenging times during the pandemic – which are occurring again.

Adventist Health Glendale has seen an increase in cases of COVID-19 patients at their hospital.

see ADVENTIST on page 8

Neighborhood Block Parties Highlight NNO

By Mary O'KEEFE

Residents and safety personnel, not to mention food trucks, make this NNO party something to look forward to.

National Night Out was held on Tuesday night and neighbors across the country stepped out to meet each other, police and fire personnel – all in an effort to bring communities closer.

Sparr Heights Connect and Prepare is an organization that was started by Sparr Heights residents Ron and Melody Scott.

"It's a [mix of] Neighborhood Watch and disaster preparedness," Ron said. "It's just community building."

On Tuesday, residents of Sparr Heights Connect and Prepare closed Sunview Drive between Buena Vista and Las Palmas avenues. Food trucks were brought in and firefighters with the Glendale Fire Dept. brought a fire engine to explore. Glendale police walked down the street talking to residents and answering all types of questions.

The first noticeable thing at the NNO event was the number of kids in the neighborhood. There were young kids running and playing and other children in strollers while parents talked with other parents. The event was exactly what, at its foundation, is what NNO was designed to be: A night when residents who may just wave at each



Photos by Mary O'KEEFE
 Ginger Galloway and her daughter Elizabeth, with their dog Ripley, invited neighbors to sign a thank you sign for GPD.

other every once in a while actually take time to talk and get to know each other.

Ron added the Sparr Heights group has already participated in the American Red Cross program titled Map Your Neighborhood (MYN). The program was designed by Washington Emergency Management and implemented by American Red Cross. Its purpose is to improve disaster readiness at the neighborhood level. MYN teaches neigh-

bors to rely on each other and helps communities "fill the gap" between Community Emergency Response Team (CERT) and individual preparedness, according to Neighborhood Councils Empower LA.

In addition, the Sparr Heights group is planning to be part of the Great ShakeOut earthquake drills on Oct. 21.

see NNO on page 8

Understanding the Gubernatorial Recall

By Justin HAGER

Californians should expect to see a flurry of activity as the campaign to recall Governor Gavin Newsom heats up. Ballots will begin to be mailed to voters less than two weeks from now and advocates on all sides of the recall effort kicked into high gear this week after last week's LA Times/Berkeley IGS poll found that 47% of likely voters said they'd vote to recall Newsom. The good news for Newsom and democrats is that 50% of likely voters said they'd oppose the recall but the margin of error, the enthusiasm of Republican voters, and the historic apathy of Democrats in midterm elections has strategists believing that Newsom may become the third governor in U.S. history to be successfully recalled and the

first since Gray Davis in 2003.

The poll results were especially surprising in a campaign in which Newsom and his supporters have outspent their opponents 200-to-1 and in which Republicans have not yet coalesced around an opposition candidate the way they coalesced around Arnold Schwarzenegger in the 2003 recall. Newsom won by a landslide 23-point margin just three years ago, the largest victory for governor since 1930. But that was before a previously unknown virus shuttered schools, churches, businesses and events; before California's unemployment system was defrauded of billions of dollars; and before embarrassing photos were released of Newsom violating his own masking and social-distancing

see RECALL on page 8



Will California Governor Gavin Newsom experience a recall election and, if so, how will he fare?

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FROM THE DESK OF THE PUBLISHER

A Certified Freak

As many of you know, I am a disco diva. I was raised by a mom who loved to jitterbug and taught me how to shimmy my way across a dance floor. Consequently, I was well-prepared when the disco craze of the '70s hit the social scene.

I frequented a club in the San Fernando Valley called The Sugar Shack, which catered to the under 21 crowd. The music was wonderful and nearly every Friday and Saturday night I could be found there dancing the night away to the likes of Donna Summer and the Bee Gees.

As I grew older disco nights faded away but my love for music didn't decline and instead expanded. A few years ago my second son, Matt, introduced me to what has become one of my all-time favorite bands, the Foo Fighters.

The Foo Fighters have a storied history; its leader Dave Grohl (who has been referred to as one of the nicest guys in the music world) was drummer for the rock band Nirvana, which hit the music scene hard in the early '90s. The future of the band members was in question following the 1994 suicide of Nirvana frontman Kurt Cobain.

Drummer Grohl locked himself away, emerging some time later with the tracks to his new band's debut album, Foo Fighters. (As an aside, the songs still hold up some 26 years after being released.)

Matt played some of the music and videos of the Foo Fighters and I was hooked. The playful videos that were paired with the rock music were very entertaining and even now I will look them up on YouTube to lighten my mood.

I've followed the Foo Fighters to some obscure places including the parking lot of the Hollywood Palladium where they played and in 2015 to the Castaic Lake State Recreation Area where they performed in support of the Wounded Warrior Project. I now look forward to seeing them in a "real" concert venue; Steve bought me tickets to the Forum for their rescheduled concert being held on Aug. 26.

But my love for disco never completely waned. I'm happy to report that it is once again alive courtesy of my beloved Foo Fighters. "Hail Satin," recently released by the Foo Fighters under the name of Dee Gees (a play on the name of disco favorite Bee Gees), features covers of five disco songs on its A-side (four by the Bee Gees and one from their Bee Gees brother Andy Gibb). The flip side features live performances of five songs from the most recently released Foo Fighters album "Medicine at Midnight."

I watched the video while listening to "You Should Be Dancing" by the Foo Fighters with Grohl on the mic. Along with being oh-so-much fun, I was amazed he could hit those high notes that Bee Gees lead singer Barry Gibb is known for. Congrats, Dave Grohl.

I think I am now a certified Foo Freak – with definite disco undertones.

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

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Across the entire planet twice a day at midnight and noon (in Greenwich, England), weather meteorologists launch weather balloons to sample the global atmosphere. In our neck of the woods, the NWS WFO (National Weather Service, Weather Forecast Office) in Reno, Nevada launches weather balloons and radiosondes (a small instrument package hung from balloon) at 4 a.m. and 4 p.m. Pacific daylight saving time and at 3 a.m. and 3 p.m. Pacific standard time. These flights are launched in all weather conditions including hurricanes and blizzards, high winds and temperatures over 100 degrees, 365 days a year including weekends and holidays. The only real exception or delay of a flight would be when convective activity, like a thunderstorm, is in proximity to the weather station.

There are exceptions made for balloon launchings, such as for research, rapidly changing weather conditions or when severe weather is expected in a region. For example, local scientists at Scripps Institution of Oceanography in La Jolla send balloons up when winter storm systems move into Southern California. On these occasions weather balloons may be released every three hours to (literally) stay on top of weather extremes; potential harm from flooding and crop damage can be prevented and people can be given time to get out of harm's way.

Weather balloons reach heights of 20 miles above Earth – twice as high as planes typically fly. Every few seconds as winds carry the balloons up to 125 miles away, sensors collect and send critical temperature, humidity, wind and atmospheric pressure measurements that will be analyzed. Accurate weather forecasts beyond a few hours are almost impossible.

In 1783 the first observation balloon was launched to gather pre-flight wind readings to assist the first manned balloon flight by Frenchmen Jean-François de Rozier and the Marquis d'Arlandes. With French meteorologist Leon Teisserenc de Bort (1855-1913) they proved their worth and pioneered the use of the first weather balloons. With his acquired data, Teisserenc de Bort determined the existence of a lower level of the atmosphere – the troposphere or "sphere of change." Deemed not too practical, kites with meteorological instruments recorded pressure, temperature and relative humidity on clockwork-driven chart recorders. Kites had several disadvantages: limitation of reached heights and weather conditions. However, Ben Franklin famously flew his kite during a lightning storm in order to demonstrate the electrical nature of lightning ... and lived to tell the tale!

Although slightly cooler temperatures are predicted for the weekend, by Tuesday heat accompanied by a monsoonal flow is in the works. With a potential for thunderstorms, don't "go fly a kite!"

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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NEWS

The Sound of Silent Movies

By Mary O'KEEFE

Laughter and music filled the night at Two Strike Park on Saturday as people gathered for the annual Silent Movie Night. The event is a tradition sponsored by the Historical Society of the Crescenta Valley and Supervisor Kathryn Barger.

Joe Rinaudo once again brought his 1909 hand-cranked projector and films of the silent era featuring artists like Laurel and Hardy. It is difficult to believe that once there were films in which the audience did not hear car crashes, explosions or even voices. To compensate, the actors had to exaggerate their emotions and actions in some scenes while the audience had to suspend reality as they watched these actors work. These films were technically silent; technology was not yet available to synchronize sound to moving pictures. But for audiences films weren't exactly silent.

Near the screen would sit an organ or piano, sometimes even a full orchestra, with musicians ready to play to help set the stage for each film. They would compose music that made people laugh during a comedic scene and music that would tear at the hearts of audiences when the actor on screen would face tragedy. These musicians played a role as important as the actors, writers and directors.

Although "talkies" became the norm for the film industry in 1929, silent films live on today and are still a treat for audiences. To keep them musically alive on Saturday night was Cliff Retallick who brought his portable piano.

Retallick is a Los Angeles musician who has accompanied silent films screened throughout Southern California. He attended the University of North Carolina School of the Arts. He had always loved silent films and when he arrived in LA years ago he went to the Silent Movie Theater on Fairfax Avenue. There he met legendary organist Bob Mitchell, who played at the Silent Movie Theater. Within three weeks of arriving in LA, Retallick began filling in for Mitchell, who died in 2009 at age 96.

Since then it was non-stop for this musician and composer who served as

the resident accompanist with UCLA and its Festival of Preservation. He also performed with Retroformat at monthly screenings at the Egyptian Theatre in Hollywood. Retroformat Silent Films is a non-profit organization that promotes education and excitement about the art of silent film.

What may surprise those who attend silent film events like the one at Two Strike Park is that Retallick does not get a composition to play. Silent films basically depended on the musicians to bring their own talent for music.

"There were scores but they were more of a suggestion," Retallick said.

Some films, like the "Ten Commandments," required a full orchestra and were scored but most musicians were tasked with "making it up" as they went along.

"People are shocked," he said when they find out there is no score to follow.

At one film he accompanied, Keith Emerson from the band Emerson, Lake and Palmer was in the audience. At the end of the film Emerson approached Retallick and asked if he wrote the score, and asked if there were music sheets. He was very surprised when Retallick said it was not scored – it was just him playing.

Many times Retallick doesn't even preview the film before it is played in front of the audience. On Saturday, for example, he had not seen the films prior to playing.

It highlights the talent of a musician and composer like Retallick when he can just see a film and then play. The fact that he is a composer helps him musically translate the film.

Saturday was the first time Retallick had performed at a silent film event since the pandemic, but that didn't mean he wasn't busy during the past two years.

"I have been busy," he said. "Retroformat had an online series. People were so happy to see the films. Our audience grew. I think people were just anxious for entertainment and hungered for intellectual stimulation."

Although many virtual events were a success, the smiles and applause from Saturday night's silent movie at Two Strike Park demonstrated that in person art is still appreciated as well.



Photos by Mary O'KEEFE

ABOVE: Pianist Cliff Retallick was dressed in period garb for his performance during Silent Movie Night at Two Strike Park on Saturday.

BELOW: Movie goers chat with pianist Cliff Rattlick prior to the screening.



IN BRIEF

CV CHAMBER HOSTING MIXER

The Crescenta Valley Chamber of Commerce is hosting its first mixer of the year. The networking event takes place tonight, Thursday, Aug. 5 at 6 p.m. at Alissa's Ocean View Bar and Grill, 3826 Ocean View Blvd. in Montrose. There will be a members-only drawing (members must be present to win), food, beverages and entertainment by Tony DiGiovanni.

The cost to attend is \$10 for chamber members, \$15 for non-members.

For more information, contact the CV Chamber at (818) 248-4957.

GYO ACCEPTING AUDITION VIDEOS

The Glendale Youth Orchestra is eager to return to in person rehearsals after a virtual season this past year. The Glendale Youth Orchestra has changed the audition process for the 2021-22 season due to COVID-19. All applicants must submit unedited video auditions.

At this time, the GYO plans to start the fall quarter in person, but will be subject to the social distancing restrictions of LA County and the State of California. The GYO will remain vigilant, following requirements, implementing sanitization practices, keeping meeting groups small and safe, and trying to be flexible to deal with this new normal while upholding its passion for music. Please note that all audition videos must be submitted by Sunday, Aug. 15.

Audition information can be found at glendaleyouthorchestra.com.

Questions can be directed to glendaleyouthorchestra@gmail.com.

ROSEMONT PRESERVE OPEN GATE MORNING

An "opengate" event is taking place at the Rosemont Preserve on Sunday morning, Aug. 7. This is a chance for residents to visit the Preserve and wander the trail at their own pace and enjoy the tranquil setting,

the wildlife and the natural beauty. Photographers: bring your camera to capture the morning light and citizen scientists, bring your iNaturalist app to add wildlife sightings!

The gate will be open from 9 a.m. to 11 a.m., and Friends of the Rosemont Preserve Committee members will be available to answer questions and present this community resource.

The Preserve is located at the north end of Rosemont Avenue, just past the chain link fence. As street parking is limited, please park at Two Strike Park, 5107 Rosemont Ave. Those with mobility issues who require a closer parking spot should contact the Rosemont Preserve Committee.

Those planning on walking the trails should wear sturdy shoes.

This event is free to the public and suitable for all ages; no reservations required. Rain cancels. Sorry, no pets please.

For further information, contact the Friends of the Rosemont Preserve at RosemontFriends@gmail.com.

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Schiff Honors Women of the Year from 28th Congressional District

On Sunday, Rep. Adam Schiff honored inspiring women from communities in California's 28th Congressional District.

"Every year, we honor women across the 28th Congressional District who make a positive impact on the lives of their neighbors and improve and enrich our community," said Rep. Schiff. "Throughout the COVID-19 pandemic, we have witnessed the unimaginable burden shouldered by women as essential and frontline workers, health care personnel, caregivers, scientists and teachers. I am proud to recognize these heroic individuals and their contributions, sacrifices, and selfless service as recipients of the 2021 Women of the Year award."

At a luncheon Sunday in La Cañada Flintridge, Rep. Schiff celebrated with the 2021 honorees, as well as 2020 honorees whose celebration last year was postponed due to the COVID-19 pandemic. CV Weekly reporter Mary O'Keefe was among the 2020 honorees.

"The 2020 Women of the Year honorees are also remarkable women who have all worked tirelessly for the common good, and to make our District a better place. They are pillars of our communities, and I thank them for their invaluable service," added Rep. Schiff.

Among the 2021 honorees was MiMi Aung of La Cañada Flintridge, who received a Special Districtwide Recognition.

Aung received the Special Districtwide Recognition for her trailblazing work on the Ingenuity Mars Helicopter. Aung moved to Southern California in 1990 and began working at the National Aeronautics and Space Administration's (NASA) Jet Propulsion Laboratory (JPL). She began her career by working on mathematical algorithms for deep space communication with spacecraft hundreds of millions of miles away from Earth and, during her 30-year career at JPL, was selected for various positions with increasing degrees of responsibility specifically in Deep Space Network projects, organizational line management, technology development, and space flight projects. With Aung as the project manager, worldwide history was made on April 19, 2021, when the Ingenuity Mars Helicopter took its first flight and was the first powered, controlled flight in the planet Mars' atmosphere, and the first such flight anywhere outside of Earth.

From Burbank, Nareh Manooki was recognized. Manooki joined Glendale Community College in 2018 as an instructor of engineering. When the coronavirus pandemic hit, she wanted to help frontline workers and, while researching online, she came across articles about 3D printing personal protective equipment (PPE). Manooki was printing with 3D printers in her home and reached out to colleagues and students for help; together as a team, they donated over two thousand face shields and ear tension straps to the community. In 2020, the Glendale College Foundation approved her proposed program to advise and mentor students on how to learn to operate 3D printers and

improve existing PPE designs. Manooki's students created their own prototypes while gaining hands-on engineering technology skills.

Rebecca Berberian of Glendale was recognized for her work at Adventist Health White Memorial for more than three decades. She presently serves as the hospital's director of the Risk Management and Infection Prevention departments. Her passion for her job became even more evident during the coronavirus pandemic. Specifically during the surge periods, she worked long hours supporting the hospital's efforts in responding to the pandemic, including taking part in strategic decision-making about converting hospital units to accommodate high hospitalization rates, contact tracing infections among staff, and securing personal protective equipment. She has also volunteered at the hospital's vaccination clinics.

Dr. Wint Hun from La Cañada Flintridge, board-certified in Infectious Disease and Internal Medicine, was also recognized. She treats patients in her office and at Adventist Health Glendale, USC Verdugo Hills Hospital and Methodist Hospital in Arcadia. When coronavirus became a worldwide pandemic, she applied her expertise to the USC Verdugo Hills Hospital's team giving them courage to battle the healthcare crisis. She was also an indispensable resource to the Infection Prevention team, as it developed rapid isolation and testing protocols to keep patients and staff safe.

Susan Sung Hee Lee from La Crescenta was honored. She is a registered nurse at USC Verdugo Hills Hospital in the Intensive Care Unit, where she has been a relief charge nurse for nearly 11 years. During the pandemic, she worked at least one overtime shift every week and would stay past her 12-hour shifts when there was a shortage of nurses. She also used her sewing machine to sew her own scrub caps and provided scrub caps to each of her colleagues, as well as putting her years of haircutting experience from her mission trips to use by giving haircuts to her colleagues when the hair salons and barber shops were closed.

Pattee Colvin of Sunland is the founder of Making It Happen, a food and clothing pantry in Sunland whose mission is to help those in need. Colvin was honored because, when the coronavirus pandemic began, there was an increase in demand for food and meals, and the Making It Happen Saturday food pantry attendance grew from about 60 individuals and their families to almost 200 individuals and their families. At the height of the pandemic, the Sunday Hot Meal program increased from 75 people to 200 people. Stepping up to the challenge, the organization began offering a weekday lunch program, which included meal deliveries and, in response to COVID-19 safety protocols, changed the manner in which they serve the needy from a walk-through pantry and seated dinners to a drive-through and delivery.



A division of Crescenta Valley Publishing, LLC

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Crescenta Valley Weekly is distributed on Thursdays to: La Crescenta, Montrose, La Cañada, Sunland, Tujunga, Glendale and Eagle Rock. Yearly subscriptions are *\$65.00
 *Rate is higher for mailed copies

Mail Payment to:

CV Weekly, 3800 La Crescenta Ave., #206, La Crescenta, CA 91214
 To contact us, call (818) 248-2740, fax (818) 248-2444

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Printed by Reed Printers, 4071 Graystone Drive, Ontario, CA 91761



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Devil's Gate Reservoir Sediment Removal Restoration Project Ahead of Schedule



Photo provided by the office of Supervisor Kathryn Barger
 Supervisor Barger and Public Works Director Mark Pestrella at Devil's Gate.

A planned four-year effort to remove 1.7 million cubic yards of sediment from Devil's Gate Reservoir will conclude in mid-August, more than a year ahead of schedule, Los Angeles County Supervisor Kathryn Barger announced on Tuesday.

"The County's goal of restoring flood protection to communities downstream of Devil's Gate Dam has been achieved with a level of robust community engagement that makes the project a model of collaboration, safety, sustainability and innovation," Supervisor Barger said.

Devil's Gate Dam was built in 1920 by the Los Angeles County Flood Control District to provide flood protection to communities in the lower Arroyo Seco watershed. The 2009 Station Fire burned more than 160,000 acres of the San Gabriel Mountains, and subsequent storms brought in more than a million cubic yards of

sediment into Devil's Gate Reservoir

"On behalf of the residents of Pasadena, particularly those who live in and around Hahamongna, I'd like to thank our County partners for completing this project nearly one year ahead of schedule," said Pasadena Mayor Victor M. Gordo. "Now it is time to restore the native plants and habitat. I look forward to working with Supervisor Barger and County staff to accomplish this in the near future."

The Devil's Gate Reservoir Restoration Project began in December 2018. Managed by Los Angeles County Public Works, the project's sediment removal operations began months later in May 2019 with the goal of removing the equivalent of three Rose Bowls full of sediment that had accumulated behind the dam.

see BARGER on page 8

The Delta Variant is Hitting Hard

By Mary O'KEEFE

The Delta variant is dominating the newest COVID-19 infections. Los Angeles County has seen a rapid increase in COVID-19 cases; in the past four weeks cases have increased 20 fold from 124 cases on June 21 to an average of more than 3,000 cases last week, according to LA County Public Health.

The test positivity rate has increased from 0.7% about a month ago to 6.2% this week. The number of people hospitalized from COVID-19 reached over 1,000 people this past weekend. This is up from 280 people hospitalized due to COVID-19 on July 2.

“Some early studies of the Delta variant suggest that its faster replication, higher viral load, and greater affinity for lower respiratory tract cells compared with earlier COVID strains make it more efficient at spreading

from person to person. The Delta variant is currently the dominant strain in Los Angeles County, representing 96% of the specimens collected for sequencing between July 18 and 24. This is consistent with the rise of Delta nationwide, as just two weeks ago the CDC estimated that Delta strains accounted for 83% of COVID-19 cases. While emerging data shows that fully vaccinated people are well protected from severe infections with Delta variants, people with only one vaccine [shot (of a two-shot regimen)] are not as well-protected, and there is increased evidence that a small number of fully vaccinated individuals can become infected and are able to infect others. More than 90% of those recently hospitalized with COVID were unvaccinated, and 99% of those who have tragically died from COVID since January were unvaccinated,” according to Public Health.

To stress those facts: 90% of those hospitalized with COVID were unvaccinated and 99% of those who have died from COVID since January were unvaccinated.

Not only is the Delta variant more infectious but it is a more severe disease.

“All viruses, including SARS-CoV-2, the virus that causes COVID-19, change over time. Most changes have little to no impact on the virus’ properties. However, some changes may affect the virus’ properties, such as how easily it spreads, the associated disease severity or the performance of vaccines, therapeutic medicines, diagnostic tools or other public health and social measures,” according to the World Health Organization (WHO).

The variants so far have included Alpha, which was first found in the United Kingdom in September 2020, Beta from South Africa in May 2020, Gamma from Brazil in

November 2020 and Delta was first found in India in October 2020. And there are more variants waiting in the wings, like Lambda, which was identified in December 2020 in Peru.

The best defense against

these variants is the vaccines that have been approved by the CDC. Even if vaccinated people may test positive and, in some cases spread COVID, vaccines are still the best way to protect people from being hospitalized and from dying.

PET OF THE WEEK

CV Weekly loves to hear about your pets!

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Mail letters to: Crescenta Valley Weekly; 3800 La Crescenta Ave. #206, La Crescenta, CA 91214 or via email at robin@cvweekly.com.

Local Attorney Named a 'Top 40 Under 40' California Lawyer

By Justin HAGER

Altadena resident and Eco-Rapid Transit Attorney Matthew Summers was named to the prestigious “Top 40 Under 40” of California lawyers by the Daily Journal Corporation, publisher of California’s leading legal trade paper. The annual list honors just 40 leading lawyers of the nearly 6,000 practicing attorneys under the age of 40 in California. Honorees are selected from hundreds of nominees in all legal fields across the state and, at 34 years old, Summers was among the youngest.

The Daily Journal highlighted Summers’ work as the city attorney for Barstow, Calabasas and Ojai, including successfully helping those cities manage and recover from the Great Recession; navigate the rapidly shifting, federal, state and county regulations related to the COVID-19 pandemic; and implement complex cannabis regulations in the wake of Proposition 64, the 2016 voter initiative that legalized adult use of recreational marijuana. More locally, Summers represents the Eco-Rapid Transit Authority whose members include the Burbank-Glendale-Pasadena Airport



Authority. Eco-Rapid Transit (formerly known as the Orangeline Development Authority) is a joint powers authority created to increase transportation options for riders of this region utilizing safe, energy-efficient, environmentally friendly, advanced transit technology.

Summers is a 2011 graduate of California’s oldest law school, the University of California, Hastings College of the Law. Raised in the Bay Area, he relocated to Los Angeles in 2012 to pursue a career at the Pasadena-offices of Colantuono, Highsmith & Whatley, PC (CHW). CHW helps smaller cities, counties, special districts and government entities receive expert legal representation at a fraction of the cost by

servicing multiple cities simultaneously, sharing time and costs, and creating opportunities for innovative solutions to challenges faced by multiple cities, such as the COVID-19 pandemic.

“The COVID pandemic of the past year has posed real challenges for local governments, including the people, businesses and schools that help these communities thrive,” said Summers. “We dusted off 100-year-old case law and used templates from wildfire emergency declarations to try and bring some sense of calm and order to the chaos. Eventually we realized that we didn’t have ready-made solutions and that we were going to be forced to be creative and adaptive and build the ship while we were sailing it.”

As an active leader and executive committee member for several League of California Cities committees, Summers used the divided structure of his position as an advantage by learning from the best and most effective practices in each city he and his colleagues represent, helping them make progressively better decisions to weather the pandemic and earning him the 40-under-40 title.

“It’s an honor to be recognized for my work on behalf of local government and local communities across California,” he said. “Every city I work with has a rich history, diverse culture and an inspirational population of residents and elected officials who believe whole-heartedly in serving their community. I’m proud to work with these great leaders and serve cities that tirelessly pursue a better future for the next generation while respecting and preserving important pieces of the past.”

More information on the Daily Journal’s “Top 40 Under 40” list can be found at <https://www.dailyjournal.com/>. More information about Summers and his firm can be found at <https://chwlaw.us/>.

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Officials Respond to Rumored Placement of SVP Grassmier

By Mary O'KEEFE

There is a rumor that convicted sexually violent predator (SVP) Calvin Grassmier has been moved to a house in Littlerock, California near Sun Village in the Palmdale area.

"It's a third party witness rumor," said Lt. Bardon, Los Angeles County Sheriff's Dept. at the Palmdale Station.

Grassmier has not been placed at the Littlerock house. His placement hearing is on Sept. 1, when a judge will decide if he is to be placed at the proposed location in Sun Village.

The office of LA County Supervisor Kathryn Barger has also confirmed that Grassmier has not been placed in the Littlerock house.

The rumor apparently began after someone witnessed early morning activity outside the house that they perceived was the placement of Grassmier. The rumor has prompted several community

members to camp outside of the Littlerock house with a blow horn, protesting the placement. Bardon said the station has sent deputies to clarify that Grassmier is not at that address.

In June, Superior Court Judge James Bianco rejected Grassmier's then-proposed placement in a Briggs Terrace house citing several factors including inconsistent cellphone reception. Neighbors in Briggs Terrace organized a grassroots effort – Briggs United – to gather signatures in opposition to Grassmier's placement, encouraged a letter writing campaign to the district attorney and learned about how SVPs are placed in California.

The newly proposed location for Grassmier is in Sun Village in the Antelope Valley. Briggs United has offered the Sun Village community support, sharing what the members have learned and offering to help the community in any way possible.

As with the La Crescenta

placement, Los Angeles County Supervisor Katherine Barger voiced her concerns and objections to Grassmier's placement in the Antelope Valley.

"I reiterate my grave concerns and considerable alarm with the latest proposed placement of sexually violent predator Calvin Grassmier into a home in Sun Village, which may impact the safety and well-being of the local residents. I believe that the residents deserve transparency and accountability from all those involved in this process and I will work with the local elected officials, public safety leaders, and the community to continue to vehemently oppose this proposed placement. I encourage others to join me in expressing their

concerns to the Superior Court and the District Attorney's Office, and advocate for the safety of the children, youth and adults who reside in this community," Barger stated.

The proposed house is less than a quarter mile from Littlerock High School and close to Daisy Gibson Elementary School and the Sun Village Community Center, according to Barger.

Grassmier has a long list of violent sexual crimes. He was convicted in 1989 and, for decades, he has been in a state hospital.

"A 'sexually violent predator' means a person who has been convicted of a sexually violent offense against one or more victims and who has a diagnosed mental

disorder that makes the person a danger to the health and safety of others in that it is likely that he or she will engage in sexually violent criminal behavior," according to the state of California definition.

Grassmier's hearing concerning Sun Village placement will be held on Sept. 1 with the District Attorney's Office, which will accept public comments about the proposed placement. Comments will be submitted to the court, counsel for Grassmier and California Dept. of State Hospitals.

Comments will be accepted through Aug. 10 and will be presented to the court by the DA on Aug. 17. Those who wish to comment can do so by emailing SVP@da.lacounty.gov.

CRIME BLOTTER

Aug. 1

4400 block of Rosemont Avenue in Montrose, the front and rear passenger sides of a vehicle were damaged by pry marks at 12:42 a.m.

July 31

3000 block of Markridge Road in La Crescenta, a gray Kia Optima was stolen. Surveillance footage revealed that at about 3:30 a.m. a black, possibly Nissan, vehicle drove slowly eastbound on Markridge. A suspect, possibly female, stopped her vehicle next to the victim's car. A second suspect, a man, got out of that vehicle and walked toward the Kia.

It appeared the male suspect was tugging on the driver's side door; he opened the door, turned on the engine and drove away.

The theft was reported at 5:30 a.m.

July 30

5800 block of Angeles Crest Highway in La Cañada Flintridge, a woman placed her purse with her wallet inside under the front seat of her vehicle at the location. She went on a hike, returned to the car, went to the grocery store and discovered that all of her cash and credit cards were missing from her wallet. She

locked her vehicle prior to leaving for the hike and it was still locked when she returned to her car. She received several text messages from her bank and credit card companies that stated there was fraudulent activity on her accounts.

The theft occurred between 8 a.m. and 10:30 a.m.

July 29

3900 block of Park Place in Montrose, the rear passenger windows were shattered, cracks were found in the front driver and passenger side windows and several computer items were stolen from a vehicle overnight.

GPD REPORTS

Convicted Felon Arrested for Possessing a Loaded Handgun

On July 24 at approximately 9:27 p.m., a Glendale PD patrol officer observed a vehicle exit the parking lot of a motel along the 1400 block of East Colorado Street. As the driver made his turn onto Colorado Street, he did not use his turn signal and the vehicle also did not have a front license plate attached to it.

A records check of the license plate on the vehicle revealed who the registered owner was and a records check on the registered owner revealed he had multiple outstanding arrest warrants.

A traffic stop was conducted on the vehicle for the observed violations and the vehicle yielded. Once stopped, the driver, later identified as 41-year-old Jamie Tillet of Pasadena, without being asked exited the vehicle. Officers quickly detained Tillet and he verbally identified himself as "Jamie," the registered owner of the vehicle. Also upon detaining Tillet, officers observed a knife sticking out of his pocket.

Officers asked Tillet if he had anything illegal inside of his vehicle and he told them he had a "gun" in his vehicle. During a search of Tillet's vehicle, officers recovered a loaded unregistered handgun along with an additional magazine that was loaded along with a stun gun/metal knuckle device.

Tillet was subsequently arrested and booked for multiple charges including being a convicted felon in illegal possession of a firearm, ammunition and a stun gun.

Multiple Subjects Arrested for Various Charges Including Fraud and Illegal Drug Sales

On July 16 at approximately 4:30 p.m., officers assigned to the Glendale Police Department's Special Enforcement Detail (SED) observed a male, later identified as 39-year-old Terry Smith (transient), carrying multiple items and sweating profusely enter a crosswalk while there was a solid red hand up. This caused multiple cars to have to wait after the light turned green until Smith reached the other end of the crosswalk.

The officers contacted Smith and a records check revealed that he had several warrants out for his arrest and that he was on probation with search and seizure conditions.

A search of Smith produced what initially appeared to be multiple firearms; however, upon further inspection, they were replica firearms loaded with rubber balls, a BB rifle gun, CO2 cartridges, a plastic baggy with a large amount of fentanyl, a plastic baggy with a large amount of methamphetamine, and \$1,000 in cash in various denominations.

Throughout the investigation, officers learned that Smith was staying at a nearby hotel. A subsequent probation search of the hotel room associated with Smith revealed a baggy of methamphetamine, a pouch containing fentanyl, a rotary drill, a Los Angeles City Fire Dept. lock box, arrow keys (keys used to access mail boxes), a bag containing miscellaneous checks belonging to other people, numerous tools, two lock boxes containing personal identifying information and several EDD/EBT cards belonging to other individuals, and numerous pieces of mail belonging to other people.

Also associated with the hotel room was 39-year-old Daniel Meyer of Nebraska who was seen smoking outside of the room and found to be in the possession of a debit card belonging to another individual, 25-year-old Dennis Fox (transient), and 41-year-old Anna Ataeva (transient).

Smith was arrested and booked for possessing controlled substances for sale and his outstanding warrants. Meyer was arrested for identity theft, Fox was arrested for identity theft, receiving known stolen property, and possessing burglary tools. Ataeva was arrested for identity theft, possessing narcotics, and possessing controlled substances.



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Mosaic Planned for Stone Barn at Deukmejian

In celebration of the upcoming opening of the Stone Barn Nature Center, the installation of a mosaic mural is planned for the area adjacent to the barn at Deukmejian Wilderness Park. According to the Glendale Parks & Open Space Foundation, which is overseeing the project, the barn, which will house the nature education center, will serve as a “portal into the park and convey the rich history of the area.”

Zoe Mosaics was commissioned by Glendale Parks & Open Space Foundation to design the mural, entitled “The Breath of a Deukmejian Day.” Hannah Maximova, a frequent visitor to the park, is the artist who will be working on the mural.

“The biodiversity here is so exciting,” Maximova stated. “The more I’ve learned, the more impressed I am by what an extraordinary resource we have in this untouched wilderness. It’s a gift that our city has invested in preserving and sharing the natural world of this wonderfully diverse region. The nature center and its mosaic will add a moving entrance to this precious area.”

The mural will depict numerous flora



Design of “The Breath of a Deukmejian Day”, an original stained glass mosaic mural by Zoe Mosaics for the Glendale Parks & Open Space Foundation

and fauna that call Deukmejian Wilderness Park home. The artwork will be anchored by a large manzanita tree and includes natives such as the wrenit bird, which is iconic in this chaparral biome. Additionally, kit fox, mountain lion, mule deer, Anna’s hummingbird and brush rabbits, appear among others.

The public has the opportunity to sponsor a tile that will be a permanent part of the mosaic. Contributions to the project will support the vast reach of Glendale Parks and Open Space’s programming which supports park projects, recreation programs, and trails and open space activities that enrich the community.

To get more information about sponsoring a tile, visit <https://tinyurl.com/452v47dr>.

No firm dates for completion for the nature center and mural have been set, but a grand opening is tentatively scheduled for later this year.

Photo provided by Glendale Parks & Open Space Foundation

Opening Draws Near for Gus & Andy’s



Photos by Mary O’KEEFE

LEFT: Gus and Andy’s owner Tom Christopoulos (left) gave Mike Lawler and other members of the Historical Society of the Crescenta Valley a peek inside the restaurant due to open in September.

ABOVE: Members of the Historical Society of the Crescenta Valley talk about the plans for the restaurant with owner Tom Christopoulos.

By Mary O’KEEFE

The Historical Society of the Crescenta Valley was given a glimpse into Gus and Andy’s Kitchen and Bar as the owner prepares for the grand opening some time in September.

The site at 2201 Honolulu Ave. has been empty since Rocky Cola Café closed its doors in 2012. Another restaurant owner had attempted to open a restaurant at the location but had to let the lease lapse. Then longtime La Cañada Flintridge resident and restaurateur Tom Christopoulos acquired the location and started to work. The HSCV thanked Christopoulos for respecting the history of the building and returning the exterior to its 1940s glory days.

“Tom had said from the start that he would restore the restaurant to its 1940s art deco façade. We are so happy that he kept his word. Gus and Andy’s speaks to Montrose’s heritage, and will be the perfect welcoming beacon into

the Montrose Shopping Park,” said Mike Lawler, HSCV. “The Historical Society of the

Crescenta Valley salutes Tom. We would love to see some of the other historic buildings in

Montrose follow the example of Gus and Andy’s.”

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Melody Scott, left, and Ron Scott (with two neighbors) oversaw the preparations for NNO. The couple started Sparr Heights Connect and Prepare.



“We are building momentum,” Ron said.

He and Melody were happy with the turnout on Sunview and are eager to see next year’s event as more neighbors get involved.

Ginger Galloway is a resident of Sparr Heights who lives on Las Palmas Avenue. She and her daughter Elizabeth were at a table where they invited people to sign thank you signs for the GPD for their community policing. There were several such tables throughout the neighborhood.

“I have met people I have never met before,” Ginger said of NNO.

She has lived in the neighborhood for over 20 years and has noticed new families moving in. She said having an NNO event was good not only for meeting the Glendale community officers but also to meet the firefighters. An NNO event was planned for last year but due to the pandemic that was put on hold.

“Next year we want to have more games,” she said. “It was just fun to see all the young families.”

Glendale police Sgt. Teal Metts was on hand to meet and greet.

“We do this once a year and it’s important to get out and meet everyone,” Metts said. “Just walking through I heard people introducing themselves to each other, which is really cool whether it is a new resident or people [who] didn’t know each other and only live a block away.”

Whitney Katzer is a teacher at Crescenta Valley High School and has been in the community her entire life. She joined the Sparr Heights group to get to know her neighbors and to know what programs are available.

“I have grown up in the community and we all know each other but it is really nice to get together with everybody,” she said.

Katzer added she felt these types of organizations and NNO can be important for preventing neighborhood crimes because “once you get to know one another you look out for one another.”

“We are safer together if we know each other,” she said.

ADVENTIST from Cover

“We are at 53 [patients as of Tuesday],” she said. “It is horrible; we see more every day.”

This follows a downturn in the number of COVID-19 patients seen at LA County hospitals; the Delta variant and unvaccinated people are the reasons that numbers are on the rise and nurses, doctors and all medical staff are bracing for even more cases.

“It has been very tiring. Our nurses are exhausted. Our pharmacists are exhausted. It is taking a toll on us,” she said. “It is so upsetting that [individuals in] our community are not getting vaccinated.”

But through it all, the staff has remained professional and supportive of the hospital and has responded positively to surveys and feedback distributed to those working at Adventist Health Glendale.

“It is a very special culture here,” she added. “[The staff] loves this hospital, and that is very heartwarming.”

The awards and recognition is an honor but Issai said they

are continuing to work to keep their positive reputation, to support their staff as the Delta variant continues to take a toll and provide the most advanced health care in all areas of need not just those related to the pandemic.

Doctors, nurses and all staff at the hospital continue to work and support each other. The staff including Issai did not work remotely but stayed

in person at the hospital to make certain all were there to show support, and now as they deal with another wave they continue to be prepared for what the future will bring.

“We are staying ahead of the curve,” she said.

Photo provided by Staff at Adventist Health Glendale remains dedicated to patient care.



BARGER from pg. 4

The project was designed to restore the facility’s flood control capacity while establishing a permanent maintenance area surrounded by 70 acres of native habitat and various recreational opportunities.

“First, I want to thank all the neighbors and neighborhood groups that worked to ensure the project was being done as mindfully as it possibly could to minimize impacts on the native wildlife and the nearby residents,” said Pasadena District 1 Councilmember Tyron Hampton. “I’d also like to express my gratitude to Supervisor Barger who diligently worked on the concerns that were raised to get us to the point we are today. The

project is not yet complete, but I’m excited that the Big Dig is behind us. The next phase of the project involves native plant restoration, and I look forward to once again working with the Supervisor and the neighbors. I am very grateful to everyone for their continued engagement.”

“There was remarkable collaboration between the County, local residents, community groups and regulatory agencies,” said Mark Pestrella, director of Los Angeles County Public Works. “Working with the community, we envisioned a facility that would provide multiple benefits for generations. Once sediment removal operations are completed, the County will

continue its habitat restoration efforts to achieve a richly-diverse and sustainable reservoir.”

“Thanks are due to my Community Advisory Committee, all our stakeholders, and the residents throughout Altadena, La Cañada and Pasadena for their patience and support during this project. The fact that the sediment removal is finishing early is a testament to what can be accomplished by working together,” Supervisor Barger said.

Crews will perform construction finishing activity within the reservoir through November of this year. The habitat enhancement component of the project will continue.

RECALL from Cover

policies. Newsom was photographed attending a political adviser’s birthday party, unmasked, at the posh French Laundry restaurant in Napa Valley in November 2020. Newsom apologized for attending the gathering and violating his own safety protocols but with the birthday event happening on the eve of cancelled holiday season gatherings, many Californians were apparently not ready to accept his apology. The petition to have him recalled gathered the majority of its 1.7 million signatures after the photos were released.

While acknowledging that mistakes have been made, Newsom and his supporters said that the recall is about partisan politics and Republican attempts to make an end-run around democracy and seize the statehouse without winning a majority of the electorate. Their claims are backed up by the fact that this is the sixth attempt to recall Newsom and that the Republican National Committee spent \$250,000

encouraging people to sign the recall petition. Moreover, the current petition for recall predates the pandemic and makes no mention of COVID. But even if the recall movement began as an attack on Newsom’s progressive politics, it’s hard to deny that it’s become a referendum on his handling of the pandemic.

What is less talked about, though, is that this recall is also functionally a referendum on which party should have control of the statehouse. While the answer would seem to be self-evident in a state with 3.7 million more registered Democrats than Republicans and a Democratic super-majority in the state legislature, those numbers are all but irrelevant in a recall vote like this.

Unlike regular elections, recall elections do not require any candidate to receive a majority of the vote. Instead, the ballot asks two questions: “Do you want to recall Newsom, yes or no?” And, “If more than 50% of voters say ‘yes,’ who should replace him?”

If less than 50% of voters recall Newsom, he remains in office and Democrats retain unified control of all three branches of state government. If more than 50% of voters recall Newsom, then the governorship goes to the candidate who receives the most votes, no matter what percentage they represent. Newsom has successfully fended off any challengers from the left, which increases his odds of surviving the recall, but that also means if he is recalled and current poll numbers hold, Larry Elder, the 69-year-old conservative talk radio host, would become California’s next governor with support from only about 16% of Californians.

Regardless of whether you believe Newsom should be recalled or not, it is important to recognize that this election will not only determine whether Newsom remains in office but will also determine which Republican will replace him. Voters will begin receiving ballots on Aug. 16 with all ballots due by Sept. 14, 2021.

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VIEWPOINTS

TREASURES OF THE VALLEY » MIKE LAWLER

Pioneer Memories: Wild Times at the Montrose General Store

Continuing with the memories of several CV pioneers that were printed in a 1938 newspaper, we turn now to the memories of Mrs. T.O. Potts.

T.O. Potts opened the first business in Montrose in 1914, a general store on the southeast corner of Honolulu Avenue and Verdugo Road. That same corner building is still there, having been home to the recently closed Benitoite Restaurant. Mr. Potts had visited the area as a lumber salesman and felt there was potential in Montrose. I quote here from the article:

"Mr. and Mrs. Potts and 6-year-old Robert came here. They rented the white brick building on the southwest corner of Honolulu and Montrose avenues and started a grocery store. They had what was known as a general store and 'everything' was on sale there. Outside was their gas pump. The rent for the entire building, having space for six stores, was \$25

monthly."

The building was brand new. It was built (surprisingly for that era) by a Los Angeles woman. It was quite beautiful with its bright white brick facing (now covered by stucco). It featured big floor-to-ceiling wraparound windows accented by a section of stunning colored art glass bricks at the top (also now stuccoed over). An old-style glass-topped gas pump protruded from the sidewalk right on the corner.

The store remained isolated initially as Montrose had a slow start. The Pottses established the first foothold in what would soon become a bustling shopping district.

"Looking along Honolulu Avenue when they first arrived, Mrs. Potts recalls that there was not a building in sight. One large mailbox served the community, and mail addressed to Montrose, California arrived safely.

"They did a good transient business there. On the Sparr Ranch there were four or five American

families and some Japanese who cared for the orange, lemon and apricot groves."

Despite the isolation, they had their share of adventures.

"Mrs. Potts remembers there was a contractor who had a gang of Mexicans unloading gravel on Verdugo Road, and he came into the store asking that the men be given credit, and said that on a certain day they would pay their bills. The day of payment arrived and the men were marched into the store. One Mexican said he could not pay.

"Mr. Green, foreman for the Sparr Ranch who was a deputy, stepped forward as Mr. Potts armed himself with a can of corn. The Mexican, sensing the situation, immediately paid. There was an elderly couple from Indiana in the store and they were deeply impressed with the way bills were collected in what they deemed the wild and woolly West.

"One day Jim Burns had an altercation with a man who was

trying to 'do' him and he chased the man into the Potts' store. There the man yelled through the door: 'You can't touch me now! There is a lady in here!'

"One day a freight car on which Charles Shattuck, freight master of the Glendale & Montrose Railway, was riding, got loose and went on its mad and merry way. Jim Burns and T.O. Potts saw it dashing along and got in an automobile and followed it. The car was almost to Glendale when it became derailed and smashed. When the men arrived, they expected to find Mr. Shattuck dead, but instead saw him limping along with a sprained ankle."

This was not the only time a freight car from the tiny fledgling electric railway got away from its workers. There are other stories of people chasing loose cars as they picked up speed rolling down Verdugo Canyon toward Glendale.

The Pottses didn't stay long in the corner building. The gas pump did such good business that after a year

they opened a gas station across the street. They abandoned the store and, to emphasize Montrose's slow start, it sat empty until 1922 when a bank opened there. Later the Pottses sold the gas station and opened another store on the northeast corner of Montrose and La Crescenta Avenue, where the 7-Eleven is today. T.O. Potts could be considered the "father" of the Montrose shopping district.



Mike Lawler is the former president of the Historical Society of the Crescenta Valley and loves local history. Reach him at lawlerdad@yahoo.com.

VIEWS FROM THE VALLEY » SUSAN BOLAN

Book Smart

It may seem strange but some of my fondest memories as a young girl were times I spent waiting to be seen by a doctor. I wasn't a sick child; it was just that the medical facility that our family went to had very long wait times. My mom, to her credit, brought things for my siblings and me to do while we waited. That activity almost always involved reading a book. I remember climbing up to my mother's lap and listening to the cadence of her voice as she quietly read us a story amid all the other families with kids running around and jumping off the rows of plastic chairs. The rhythm of her words was soothing and, for a while, I would get lost in the images that

came into my head as I imagined naughty Peter Rabbit getting into trouble.

My parents regularly took us to the Sunland-Tujunga Library where the oak tree outside loomed large. I remember sitting with that mighty oak and feeling a sense of comfort like it was a good friend. The best part of going to the library, though, was walking inside and seeing all of those books! I would mosey to the children's section and scan the shelves for titles I had not yet read.

My folks would tell me I could choose as many books as the library allowed but I had to gauge the number I could read by the

return date. I was able to decide for myself which ones and how many.

It was during that time that I was introduced to chapter books like "Charlotte's Web," "The Phantom Tollbooth" and "Charlie and Chocolate Factory." They were timeless stories and I loved going on adventures with the characters. Books with maps in them were even better. I was also drawn to non-fiction books about animals or science, if they weren't too "school-ish." One had experiments that I could do on my own and that summer I made my own rock candy. It was delicious.

In seventh grade at Mt. Gleason Junior High, I was introduced

to the concept of a "book fair." What was this wondrous festival I had not heard of? I don't know where I got the money, perhaps the \$10 birthday check from my grandparents, but I came home with a large stack of paperback books to read. By that time I had graduated to teen series books and "The Outsiders" and "That Was Then, This Is Now" were popular. I think I read them both in a week.

As an older teenager, I migrated to books that were also made into movies like "The Exorcist," "Jaws" and "The Shining." I learned a valuable lesson then: Always read the book first!

When I started my own family, I always knew that reading would play an important role in my parenting. My husband Jeff liked books, too, so it came naturally. After our first child was born, we received "The Very Hungry Caterpillar" as a gift for the baby. On a whim, we started reading it right away and, to our surprise, baby Zach was delighted with each word. He reached out to

touch the smooth cardboard and smiled at the bright drawings. He was very young but that moment began his love of reading and books. As a curious adult, he has now moved on to the electronic versions, using his phone to scour the internet for information and his "e-reader" to choose any book he wants.

Nowadays when I go to the doctor, I am usually the only person in the waiting room who either just sits quietly or brings something to read. It's okay. I don't feel like I am missing out by not having a phone in my hand. Sometimes, I even dare to strike up a conversation.



Susan Bolan
susanbolan710@gmail.com

LETTERS TO THE EDITOR

Advices Cleanup of Parking Areas

Regarding the continuation of the outdoor eating parklets in Montrose ["Outdoor Dining Parklets to Stay a Little Longer in Montrose," July 29], I can understand why the restaurants are happy with them. However, as has been pointed out, one of the problems they have created are the removal of parking spaces. Montrose seems to have enough parking, though the lots are behind the shops and restaurants requiring a bit of a walk. All that would be fine, except for the conditions of these lots, particularly to the

south of Honolulu. The main lot behind the 2200 and 2300 blocks is smelly, trashy and altogether unpleasant. It is not the sort of "welcome" shoppers and visitors should have to face.

I'm not sure why the first area customers encounter would be so shamefully neglected. I hope the [MSPA] and the merchants might turn their efforts towards the elimination of litter, foul-smelling dumpsters and grime in their lots in order to make visiting Montrose that much nicer.

Brenda Gant
Glendale

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YOUTH

Donations Requested



Kathleen Gang (left) and Claire Koukeyan of Girl Scout Troop 9471 are continuing to collect new and gently used blankets for a local homeless shelter as part of their Silver Award Project. The two Cadettes invite the community to bring donations to Once Upon a Time Bookstore, 2207 Honolulu Ave. in Montrose Shopping Park during business hours.

Make Your Own Pizza Raises Funds for CVIM

Photo by Ruth SOWBY



La Crescenta resident Katherine Rands enjoys a make your own pizza at La Cañada's Blaze Pizza's "dine out." The proceeds from the July 27 event will help support the instrumental music program at CV High School.

Prom Plus Club: Back to Helping the Community, One Event at a Time



By Mary O'KEEFE

It has been a difficult two years for students with their schools being shut down due to the pandemic, virtual learning and isolation, then back to school with masks and vaccinations. There is also the concern not only for their health but also the health of loved ones.

For members of the Prom Plus Club (PPC) at Crescenta Valley High School, another aspect of COVID-19 isolation was the cancellation of events that need volunteers. PPC at Crescenta Valley High School has historically been a very dynamic philanthropic club.

Prom Plus is an after-prom party offering CVHS seniors and their guests a place to go after prom that is safe and fun. The first Prom Plus event was held in 1994 at the then-empty — and future home of — Clark Magnet High School. The event eventually moved to the YMCA of the Foothills in La Cañada Flintridge and evolved into a party that includes a full casino, zip line, bungee run and many more games. The seniors and their guests are fed throughout the night, as are adult volunteers who are there to provide support through the night.

see BEACH on page 19

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Women Providers, Women Patients

Men and women are built differently and can have different health care needs and concerns. For example, many autoimmune diseases are more common among women than men, and women are more likely to develop osteoporosis. Abdominal aortic aneurysms effect far more men than women and color blindness is widespread among men compared with women. Four specialists from Keck Medicine of USC who practice at USC Verdugo Hills Hospital share their insights into the specific needs of their female patients.

Podiatry

A lot of women love shoes that don't love their feet. High heels or shoes that are narrow in the front can cause deformities such as bunions or hammer toes, which are much more common problems for women than for men. Flip flops, if worn too frequently, can cause stress fractures over time. The wrong shoes can lead to neuroma and nerve damage.

The team of podiatrists at Keck Medicine of USC have an array of solutions for women who have any of these common problems. "We provide a lot of education in this regard," notes Laura Shin, MD. "We can do full evaluations and recommend a number of options."

Some patients may get relief by changing the types of shoes they wear, some may need physical therapy, and the podiatrists can also make specialized orthotics. The team at Keck Medicine also provides a full suite of surgical options if other measures fail.

Pelvic and Reconstructive Medicine

About one-third of women deal with pelvic floor disorders and, while these disorders are extremely common, it is also common for women to avoid treatment for these issues. "They aren't life threatening so a lot of women don't bring them up with their doctors," notes Aldene Zeno, MD. "But they can really be a major quality of life issue."

Pelvic floor disorders often come about after pregnancy or menopause and can lead to bladder leak, fecal incontinence or pelvic organ prolapse. In some women, these conditions interfere tremendously with social lives, work, sex lives and self-image.

Women who have sought help from doctors who specialize in pelvic floor disorders have found that there are many simple ways to treat these conditions and dramatically improve their lives. Treatments include physical therapy, medication, devices or surgery, depending on the type of disorder and severity. Many of the treatments are minimally invasive and can really change people's lives, notes Zeno.

Family Medicine

Certainly, most women know that their family medicine doctors provide annual exams and help manage chronic conditions like high blood pressure or

diabetes. Fewer, however, know their family medicine doctor might also provide general obstetrics and gynecologic care.

Family medicine specialists, notes Isabel Edge, MD, also receive training in general obstetrics and gynecology and so while many patients may think they need to see an OB/Gyn specialist in addition to a family medicine doctor, that may not be the case.

"We do Pap tests, prescribe birth control, do IUD placements," says Edge. "We can also provide prenatal care and deliver babies."

Gastroenterology

Both bloating and constipation are common problems for women and a typical response is to examine one's diet or reach for an over-the-counter medication. Many women who have chronic gastrointestinal problems do not know that their problem may result from a dysfunction in the gastrointestinal tract.

Irritable bowel syndrome, which is the most common functional disorder in the GI tract, is common among women and can dramatically impact their quality of life. "It is important to have a proper evaluation", says Sonia Taneja, MD, "because getting to the root cause of the problem is the first step in finding a solution".

There are a range of treatment options for functional problems that includes medication, dietary changes, physical therapy, stress management or psychotherapy.

USC-VHH has been serving the Crescenta Valley and Foothill communities of Southern California for almost 50 years. For more information, visit USC-VHH.org.



Isabel Edge



Laura Shin



Sonia Taneja



Aldene Zeno

ALG Hosts Christmas in August



Photo provided by Danette ERICKSON

Preparing Christmas in August are (from left) Anne Wilson, Marion Graydon and Tamara Hughes.

Ornaments * Accessories * Books * Jewelry * Silverware * Crystal Craft Supplies * Holiday Clothing * Baskets * Pictures * Fabric
A building full of Christmas excitement can be found on Thursday, Friday and Saturday on Aug. 5, Aug. 6 and Aug. 7 from 10 a.m. to 2 p.m. at the Assistance League of Glendale, 314 E. Harvard in Glendale. Free admission! There is also plenty of free parking and the site is wheelchair accessible as well.

Proceeds benefit Glendale and La Crescenta communities through Operation School Bell, which dressed over 500 children last year in spite of the pandemic. The ALG Thrift Alley offers vocational training, typically for 15 young adults. Assistance League serves all Glendale schools with Authors & Illustrators plus offers college scholarships available to every GUSD school and Glendale Community College.

The community is encouraged to stop by and see the twinkling lights, the trees and all the deals the women of the Assistance League have to offer.

Greg Brown Named 'La Cañadan of the Year' for 2020

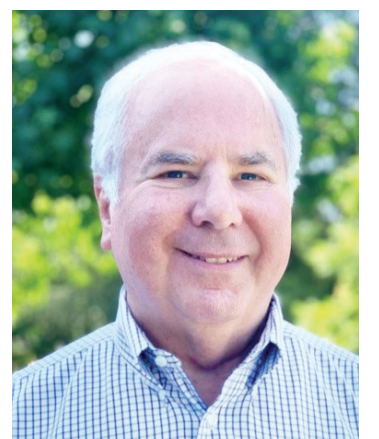
The Kiwanis Club of La Cañada announced its choice for "La Cañadan of the Year" for 2020 is Greg Brown. Brown was recognized for his outstanding volunteer service that spans more than three decades. The award was established 70 years ago to applaud exemplary leadership and hard-

working dedication that has made a positive impact on the La Cañada Flintridge community, local youth, and a church or house of worship.

Brown will be honored at a special buffet luncheon on Wednesday, Aug. 25 at 11:30 a.m. at the recreation hall at the Church of Jesus Christ of Latter-day Saints, 1830 Foothill Blvd. in La Cañada Flintridge.

"La Cañadan of the Year" committee chairperson, Nick Berkuta said, "We invite the public to come together in a show of appreciation for Greg's selfless contributions and great community spirit. We look forward to acknowledging him in this special way for the countless volunteer hours he's given over the years."

Brown has been on the civic forefront as a member of the La Cañada Flintridge City Council



see BROWN on page 19

Questions About Today's Real Estate?

Ask Phyllis!

Who Should Be Holding Your Home Open?

Dear Phyllis,

I look forward to reading your Real Estate Q + A. Last year my daughter sold her home and selected a Realtor® that I would not have recommended. Although homes in my daughter's neighborhood were selling quickly hers did not. There were several open houses to the public, but her Realtor®, the one who knew all of the details of her home, never once held it open. It was always another agent from her office. And the open houses yielded no results. Finally, after several price reductions, my daughter's home sold. Do you agree that her Realtor® should have been at the public open houses?

Maria

Dear Maria,

I understand that you felt that the listing agent should have given your daughter's home more attention. I agree with you that it is beneficial to have the listing Realtor® hold open houses. While doing so, the Listing Agent is able to address questions and concerns. The agent will also learn which features buyers appreciate most and their areas of concern. Future advertising can be revised to reflect the positives. Furthermore, this gives the agent an opportunity to be a good listener. Listening allows the Realtor® to vet the buyers and get a feel for which buyer is most likely to close escrow without a renegotiation.

In today's internet-driven society, open houses can be an important selling tool. Most buyers are looking for homes online and a simple way to view them is through open

houses. If the home hasn't sold after the first or second week of open houses, it is time to change strategy. At this point, I find it best that other Realtors® hold the home open. Other real estate agents will bring different social media exposure. They will have their own followers on Instagram, Facebook, etc. This varied online exposure often drives diverse potential buyers to the open house.

Often, I will ask a local lender to co-host an open house with me. My reasoning, is that while I have an online network of friends, past and potential clients, most of their followers are fellow Realtors®. The sharing of my open house with these followers is especially beneficial.

Thanks for the question Maria and I am delighted that your daughter's home finally closed escrow.



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Scene in LA – August 2021

By Steve ZALL and Sid FISH

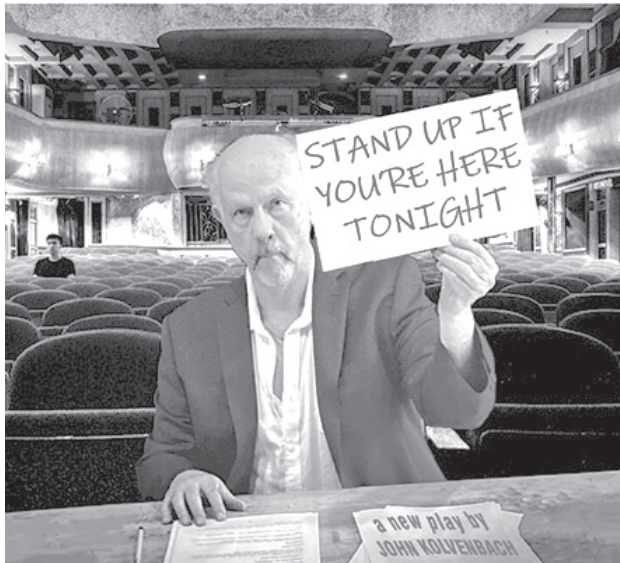
California had fully reopened and removed all capacity limits and physical distancing requirements regardless of setting, but now we have a new COVID-19 variant that is wreaking havoc on us – the Delta variant. Just when we were at the point where we could safely remove our masks if fully vaccinated, we are now faced with the new mandate to start wearing them again, regardless of vaccination status, since this new variant produces 100 times the viral load of the original virus and is sending people to hospitals and ICU wards in record numbers ... again.

This puts theatres in a difficult situation and some are choosing not to proceed with their plans to reopen. Government authorities will ultimately determine the fate of these venues but, until we receive an official announcement, it is being left to us to decide on the safety of attending live performances. The information presented in this column is the latest available at the time of printing; however, you should check with the theater to confirm before making definite plans.

Here are the shows that have announced opening dates or are already running this month:

“Stand Up If You’re Here Tonight” You’ve tried everything. Yoga. Acupuncture. Therapy. You floated in salt water in the pitch-black dark. You juiced, you cleansed, you journaled, you cut, you volunteered. You got a mattress that fitted itself to your fetal form. You ate only rinds for three days and nights. You reached out, you looked within, you have tried and yet here you are.

Note: These are all fully vaccinated performances and will require proof of vaccination at the door. Seating will be socially distanced and limited. Written and directed by John Kolvenbach, it runs Aug. 12 through Sept. 28 at the Atwater Village Theatre in Atwater Village. For tickets visit www.eventbrite.com/e/stand-up-if-youre-here-tonight-tickets-161947454195.



“The Importance of Being Earnest” *Note:* In addition to the live, in-person performances, the show will also be livestreamed.

It is the story of two bachelors, John “Jack” Worthing and Algernon “Algy” Moncrieff, who create alter egos named Ernest to escape their tiresome lives. They attempt to win the hearts of two women who, conveniently, claim to only love men called Ernest. The pair struggles to keep up with their own stories and become tangled in a tale of deception, disguise and misadventure. The elaborate plot ridicules Victorian sensibilities with some of the best loved, and indeed bizarre, characters to be found on the modern stage.

Written by Oscar Wilde and directed by Jack J. Bennett, it runs Aug. 20 through Sept. 24 at the Fremont Centre Theatre in South Pasadena. For tickets visit www.ttp://www.youngstarstheatre.org/tickets.



Disneyland Resort
Disney’s California Adventure
<https://disneyland.disney.go.com/>

Knott’s Berry Farm
<https://www.knotts.com/>

Legoland California
<https://www.legoland.com/california/>

SeaWorld San Diego
<https://seaworld.com/san-diego/>

Six Flags Magic Mountain
<https://www.sixflags.com/magicmountain/>

Universal Studios Hollywood
<https://www.universalstudioshollywood.com/>

Go online to www.cvweekly.com/LEISURE to see the offerings of area theatres.

Our best wishes go out to all of readers as we continue to navigate the uncertain sea of pandemic waves, so please be cautious regarding this new Delta variant that is causing the current crisis, and follow whatever modified directions that may be issued regarding them.

Steve Zall, Publisher

Sid Fish, Co-Publisher and Editor

“Wait Until Dark” The hunter or the hunted – who is the prey? A classic American play about a woman in peril and tables that are turned. A blind housewife confronts a trio of nefarious men in search of a doll she does not know she has – its contents being a fortune in illicit goods. A suspenseful battle of wits leads to a confrontation between the lady and the devil, culminating in a thrilling climax!

Written by Frederick Knott and directed by Tony Torrisi, it runs Aug. 27 through Oct. 3 at the Theatre Palisades Pierson Playhouse in Pacific Palisades. For tickets, call (310) 454-1970 or visit www.theatrepalisades.org.

While keeping mindful of what we said at the opening of this column about the Delta variant, our local theme parks continue to operate at high capacity, which is a welcome relief to many enthusiasts who are flocking to them in droves. Most require advance reservations online as well as advance ticket purchases. Ticket buyers will need an app in many to be able to take full advantage of those attractions that have reopened. Attendance is limited to California resident visitors in most parks. Please check their websites for details, restrictions and availability before planning a trip to them:

Theatre Palisades
Presents

Wait Until Dark

by Frederick Knott

Director
Tony Torrisi

Producers
Martha Hunter & Sherman Wayne

Aug 27 - Oct 3, 2021

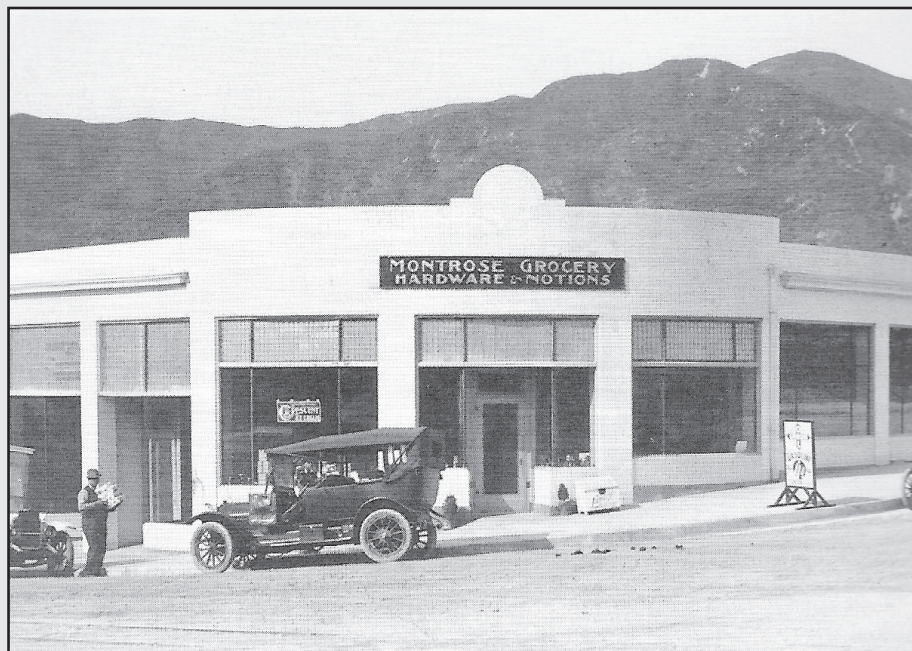
Fridays & Saturdays at 8 p.m., Sundays at 2 p.m.

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Tickets:
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THEN & NOW I



Then » This beautiful storefront was the first commercial building built in Montrose, on the corner of Verdugo and Honolulu. It was built of gleaming white bricks and featured art glass blocks above tall wraparound windows. It opened in 1914 with the Montrose Grocery, owned and operated by T.O. Potts.

Potts Store Courtesy of the Historical Society of CV



Now » At 107 years old, the building still looks good, although the white bricks and art glass have been covered with a layer of stucco. It has been home to many businesses over the years – Slender Sweet Shoppe, a cupcake store and most recently a restaurant, which closed a couple of years ago.

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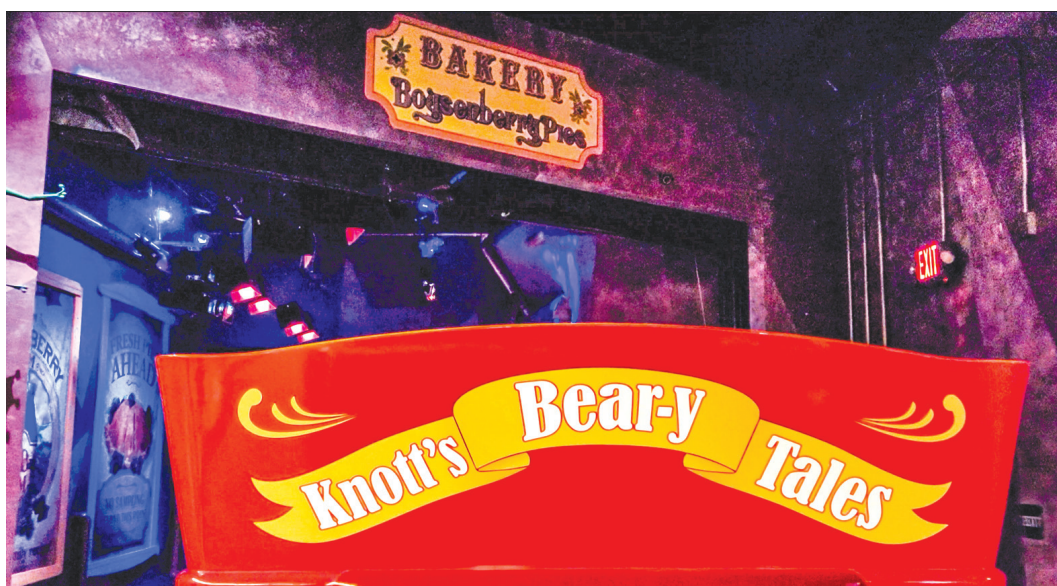
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'Knott's Bear-y Tales: Return to the Fair'



By Charly SHELTON

As we enter the last leg of the summer, it's time to plan those last few theme park reservations before school starts up again. If you haven't been down to Knott's Berry Farm yet this summer, it is celebrating its 100th anniversary with a special look to the history that made them. And part of that history is reviving a fan favorite, a classic attraction, in a whole new way. "Knott's Bear-y Tales: Return to the Fair" takes guests on a fun trip down memory lane heading to the county fair to sell some boysenberry pies.

In 1975, Knott's opened a dark ride in the Roaring '20s area of the park (now the Boardwalk area) designed by legendary designer and Disney Imagineer Rolly Crump. Knott's Bear-y Tales was a cute ride-through with animated figures and beautiful sets done in the sketchbook/sideshow attraction style that Crump was famous for. Guests travelled with Boysen Bear and Girlsen Bear as they headed to the pie contest at the county fair. They traversed the various lands of Thunder Cave, Frog Forest and more, all the while their pies were constantly under threat of being stolen by Crafty Coyote. The ride quickly became a cult favorite and has attained near mythic status in the theme park fan community today. The ride was closed in 1986 to make way for another dark ride, Kingdom of the Dinosaurs, which in turn was closed in 2004 before sitting abandoned



for 10 years. The space was then gutted and completely remade into an interactive 4D ride with spinning vehicles, projected 3D screens and VR guns to shoot at digital sea creatures in "Voyage to the Iron Reef." This ride was not particularly well-received and was closed just four years after it opened, which brings this story full circle as the space welcomed back "Knott's Bear-y Tales: Return to the Fair" at its original location with vastly improved technology.

The ride now is very similar to what it was – Boysen and Girlsen, now grown up with families of their own, are still fighting Crafty Coyote and his family of pie thieves as they try to make it to the fair. But this time guests in the ride vehicles can help out. Armed with the Boysenberry Blaster (a jar of boysenberry preserves with a handle and a pull-string trigger), guests can shoot virtual jam globs at the pie thieves on the projected screens to rescue the pies and

Photos by Charly SHELTON
MIDDLE: A vehicle heads into the Bear-y Tales ride.
BOTTOM: The Boysenberry Blaster (a jar of boysenberry preserves with a handle and a pull-string trigger).

stop those coyotes in their tracks.

This is a super fun ride that is a perfect way to honor the history of the attraction while elevating it for a modern audience. Those who went on the original ride will notice that the digital set pieces closely recreate the former ride, with the same scenes in the same places, while first-time guests can enjoy the ride for what it is – a great, Knott's-themed ride set in a berry pie factory that holds up to today's flash and glamour of new rides.

For those who haven't been down to Knott's Berry Farm yet this summer, get set to relive some favorite memories for the first time or the hundredth time.

"Knott's Bear-y Tales: Return to the Fair" is open now.

JUST FOR FUN

ZACK hill by John Deering and John Newcombe



WEEKLY HOROSCOPES

Provided by horoscope.com June 26, 2021 - August 1, 2021

♈ ARIES March 21 - April 19
You can look forward to a busy day, Aries. Don't schedule anything extra! Your home, family, or mate is likely to demand a great deal of you. In fact, your energy may be stretched to the breaking point, so be careful to keep some strength in reserve. If you give yourself to them completely, your nerves will be shot!

♉ TAURUS April 20 - May 20
It's easy to imagine a friend coming to your house to have a cup of coffee and ending up transmitting all of their energy to you. Let's hope this doesn't happen too late in the evening, Taurus, because you will then have trouble going to sleep! This energy is going to give your projects a great boost. You're going to go on a crusade! Choose carefully.

♊ GEMINI May 21 - June 20
You may feel an urgent need to use your physical energy, which brings up the question of sports in your life, Gemini. Do you get enough exercise? If not, this could be a good time to join a gym. Even better would be participating in a group sports activity. Find one you like and get moving.

♋ CANCER June 21 - July 22
A day like today should give you the perfect demonstration of an old truth - people quickly forget the difficulties they've had in life and remember periods of happiness for a long time. You will be brimming with energy, Cancer. The question now is what are you going to do with it? There are many domains in which you could expend your energy. You have to start from scratch.

♌ LEO July 23 - August 22
Do you have a desire to take a trip far from where you live, Leo? Would you like to live in Europe or Asia? These are desires that you may have at the moment because you're in the process of widening your field of possibilities. See if you can seriously set up a project of this kind. People will be confident in your solidity at the moment.

♍ VIRGO August 23 - Sept. 22
What's happening in your usually amicable relationships, Virgo? It seems you're looking for a fight. Could it be that someone has stolen a leadership position from you that you wanted? You tend to like being at the head of the group, and now you're confronted by resistance. So get involved in a new group project so that everyone will be reconciled. Think about going on a trip.

♎ LIBRA Sept. 23 - Oct. 22
There are moments when everyone strongly feels where their destiny lies, Libra, and today will be one of those moments. You may soon want to give your life a fundamentally different orientation that will be valid for several years. It isn't just your profession that will be affected but every domain in your life - where you live, relationships, and children.

♏ SCORPIO Oct. 23 - Nov. 21
After a few days of apathy, the day ahead will give your energy a new boost. Anyone who tries to hold you back had better watch out, Scorpio, because you won't be in the mood to tolerate objections. You can't be restrained! This is an excellent time to reinforce your reputation as an excellent coach or the captain of your crew!

♐ SAGITTARIUS Nov. 22 - Dec. 21
Today you may be influenced by a person (probably a man) who exudes the kind of determination that is produced by a combination of spiritual and intellectual strength and faith. This is what they're talking about when people speak of a leader of great integrity. The encounter with this person is likely to inspire you to commit to some good work, perhaps a charity.

♑ CAPRICORN Dec. 22 - Jan. 19
You may have had a tendency to go about your daily routine lethargically lately, Capricorn. But today the alarm clock wakes you up. You may understand that your help is urgently needed and there's no time to waste. You can expect to pour a great deal of energy into a single, well-defined goal. If you usually wander from project to project, this will be a change for you.

♒ AQUARIUS Jan. 20 - Feb. 18
The day will be fairly eventful, Aquarius. There's some likelihood that you will feel compelled to finally settle some tedious matter, either the details of a project or a problem concerning your domestic life. You won't rest until it's finished, and you won't be distracted, no matter how you're cajoled to join the others. The only thing that will matter to you will be solving this problem.

♓ PISCES Feb. 19 - March 20
The day ahead will be trying for you, Pisces. You will have a fire raging inside. You may have a speech to deliver or a private performance to put on for your loved ones. In any case, you will have to prove yourself, and you will spare no energy in the attempt. You will be completely drained by the end of the day. Plan to rest.

CALENDAR this

BOLTON HALL MUSEUM IS OPEN
Permission to reopen Bolton Hall Museum to visitors has been granted by Los Angeles Recreations and Parks Dept.

Bolton Hall Museum is now open on Saturday and Sunday afternoons from 1-4 p.m. and will observe all safety guidelines specified by the LA County Dept. of Public Health as we go along into the weeks and months ahead.

As determinations are made regarding scheduling of future programs and events, the information will be available on our website: <http://boltonhall.org/> and Facebook page: <https://www.facebook.com/boltonhallmuseum/>

GOLF TOURNAMENT BENEFITS CHAMBER AND SCHOLARSHIPS

The CV Chamber of Commerce is hosting its annual scholarship golf tournament at Scholl Canyon Golf Course. The day starts with coffee and breakfast pastries, a thrilling putting contest, a bucket of range balls for practice, a "goody bag" from USC Verdugo Hills Hospital filled with donated gift items, 18 holes of golf with some spectacular views, a mouth-watering barbecue lunch, and trophies for winners and even some for those who don't do as well.

Golf entry and/or sponsor forms and information are available at the Chamber office, 3131 Foothill Blvd. St. D, La Crescenta or by calling (818) 248-4957 or visit our Crescenta Valley Chamber website, www.crescentavalleychamber.org.

AUTHORS SHARE INSIGHTS ON NAVIGATING COLLEGE AT FLINTRIDGE BOOKSTORE

On Thursday, Aug. 19 at 7 p.m., Flintridge Bookstore presents authors and high school coaches Jill and Dave Henry who will share insights and advice from their award-winning book "The Greatest College Health Guide You Never Knew You Needed: How to Manage Food, Booze, Stress, Sex, Sleep, and Exercise on Campus." This is a "no BS-guide to managing physical and mental health

on campus, featuring hilariously powerful stories of personal triumph and inevitable struggle." The book helps students avoid the freshman 15, sophomore slump, crippling anxiety and the worst hangover and also how to de-stress throughout undergrad years and beyond.

For this event: Seating is limited. Reservations are recommended. Masks are required.

Flintridge Bookstore is located at 858 Foothill Blvd. La Cañada Flintridge and is open Monday - Friday, from 10 a.m. - 8 p.m.; Saturday, Sunday, 10 a.m. - 7 p.m. There is street parking as well as a lot behind the store off Beulah Drive. To make reservations for Jill and Dave Henry's free event, stop in the store to sign up, call (818) 790-0717, or register on the event page on the <https://tinyurl.com/5c2jsnen> (scroll down to the bottom of the page and fill out the form).

MOTOR CLASSIC BENEFITS CANCER PATIENTS AND THEIR FAMILIES

Cancer Support Community Pasadena (CSCP) will once again be a beneficiary of proceeds from the San Marino Motor Classic's upcoming Symphony of Cars Gala on Aug. 21.

This year's motor classic has a weekend full of unique events, including an automotive art exhibit and sale, a gala and an exhibit of auto-themed watches, as well as the outstanding automotive exhibit and contest.

For tickets and more info about the San Marino Motor Classic, visit www.sanmarinomotorclassic.com.

Founded in 1990, Cancer Support Community Pasadena is a 501(c)(3) nonprofit organization providing professionally facilitated support groups, educational workshops, and healthy lifestyle classes for cancer patients and their families, survivors, and those bereaved having lost someone to cancer. All of its programs are offered free of charge. For more information on CSCP, visit cscpasadena.org or call 626-796-1083.

MAKING MUSIC THE SUZUKI WAY

The Suzuki Music Program of Los Angeles (SMPLA) will hold its "Making Music the Suzuki Way - Every Child Can Learn!" parent information night on Thursday, Sept. 2 from 7:30 - 9 p.m. in Encino. All adults are invited to attend. For more information and the exact address and to RSVP, visit www.SuzukiMusicofLA.org.

The Suzuki Music Education philosophy and method, child development issues, and the SMPLA program will be discussed in detail.

The Suzuki Method is renowned for helping children develop musically, especially from a young age, and SMPLA offers music education in violin and guitar. Early musical education significantly enhances a child's brain development, motor coordination and speech, and also increases a child's level of discipline, awareness, and character.

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 clsof74reunion@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.

FreeDailyCrosswords.com

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Edited by Timothy Parker

ACROSS

- 1) Opposite of a blessing
- 6) One of the major world religions
- 11) I-M link
- 14) PC text format
- 15) Music's "March King"
- 16) Abu Dhabi's land (Abbr.)
- 17) True pleasure
- 19) NYC bus and train group
- 20) E-I-E-I-O
- 21) Swinlike beast
- 23) Dried (off)
- 26) Gotten out of bed
- 27) Some reasons for glasses
- 28) The "se" in "per se"
- 30) Children
- 31) Responds peevisly
- 32) Engine lubricant
- 35) Conclude
- 36) Not worth a dime
- 38) Genetic transmitters (Abbr.)
- 39) Alumna identifier, sometimes
- 40) Kind of post
- 41) Comet alternative
- 42) Learned teacher
- 44) Danson played him
- 46) Prepare for mummification
- 48) Message middleman
- 49) Electric battery inventor
- 50) Peace in the Middle East?
- 52) What the maid lost to be mad?
- 53) Be a party pooper
- 58) Hair arrangements
- 59) Lop off branches
- 60) Popular singing star
- 61) It makes lush slush
- 62) Organizes, as mail
- 63) Domingo or Tomas

HAPPINESS

By Tim Burr

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15						16	
17				18							19	
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39				40						41		
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46	47							48				
49					50	51						
52				53	54					55	56	57
58				59						60		
61				62						63		

DOWN

- 1) One that's tired?
- 2) "___ as directed"
- 3) Name on a VCR, perhaps
- 4) He played Bilko
- 5) Ideals or phantoms
- 6) Marooned, in a way
- 7) Gardener's dirt
- 8) Tire nuts
- 9) Cigar refuse
- 10) Pad with springs
- 11) Shows elation, in a way
- 12) Interviewer Couric
- 13) Absorb
- 18) Females in natural wool
- 22) Have a malady
- 23) Commuter's coin, once
- 24) Express a viewpoint
- 25) Marital ideal
- 26) "Raiders of the Lost Ark" snakes
- 28) Shoreline irregularity
- 29) 1.3-ounce Asian weight
- 31) Hemmed or basted
- 33) Totally ridiculous
- 34) Less severe
- 36) Removes, as a necklace
- 37) Come across as
- 41) Shaded walk
- 43) Straw grass
- 44) Certain cheese sandwich
- 45) Hellos from Hawaiians
- 46) Duck
- 47) Early recordings
- 48) Breathing anomalies
- 50) Whiskey concoction
- 51) Something dropped
- 54) Voting yes
- 55) Wetlands
- 56) Utmost (Abbr.)
- 57) Prefix for "natal" or "classical"

Visit our Facebook page tomorrow for

Feel Good 

fridays

...an upbeat way to end the week!

Let us share your Feel Good videos, too!
Submissions need to be 30 seconds or less. Send to robin@cvweekly.com and visit our Facebook page at **Crescenta Valley Weekly** or website www.cvweekly.com

RELIGION

Question:

My neighbor and I are widows. We each have two adult children. Almost every evening we have dinner together, either at my home or hers. We watch a little television or discuss books we have been reading. Last evening, I found her in tears. She hadn't heard from her children in about six weeks even though she has left messages for them. She's asking herself what she did to offend them. I told her nothing – they're just busy with their jobs and kids. Although my kids are great about staying in touch and so are my grandchildren, I wasn't about to mention that in the moment.

About the only times she sees her family are holidays and some birthdays. Please remind adult children that older parents get lonely. Life is shorter than most people realize and one day, inattentive adult children may be visiting a gravesite.

~Sad Neighbor

Dear Sad Neighbor,

This is a heartbreaking story. Sadly, as you point out, it is common to others as well. Thank you for being such a blessing and good friend to your neighbor. I have no doubt that your kindness, loyalty, attention and support are a great comfort and strength to her. In your own way, you are doing God's important work in her life just by being such a loving and caring human being.

The question is how to deal with and resolve this particular situation. How can it be changed for the better and the good of all involved? It sounds as if a talk with her children about how they are affecting their mother may not be possible, and maybe doubtful in some minds, if it would have any result. It doesn't matter. We don't even need to go that route. Why is this so?

Ernest Holmes, founder of the Science of Mind, tells us that if we wish to change anything outside

of us, we merely need to change what is inside of us. To change the outside, we change the inside. We change the mind, how we think about it, believe about it and even feel about it ... because what we think is what we get. Life mirrors back to us what we think/imagine/feel into it.

But Ernest Holmes was not the only one who saw the truth of this. Saint Paul tells us in Roman 12:2: "And be not conformed to this world; but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." Both of them are merely underscoring a truth that Jesus taught – namely, it is done unto you as you believe (Matthew 8:13). To put it another way, it is done unto you as you think.

So how do we use this knowledge to benefit your friend?

The answer is affirmative prayer. Affirmative prayer is not a begging prayer. Affirmative prayer is a commanding prayer. Moses didn't beg for the waters to be parted. He commanded it. Jesus didn't beg for the dead to rise. He commanded it. Jesus didn't plead for the lame to walk. He commanded it. By what authority did both of them do this? As Isaiah pointed out in Isaiah 45:11, God tells us concerning the good work of his hands we wish to see, you command. You tell me and I will do it. In like manner, we will use affirmative prayer to command a manifestation of divine good for your friend.

This is an affirmative prayer you can say on behalf of your friend. You can say it daily or when you think about her situation or whenever you see her challenged with sadness. Affirmative prayer works miracles.

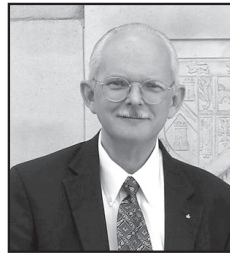
"My friend is completely and fully loved and cherished by both family and friends. She is supported by a loving and caring family that actively involves her in their lives. There is a perfect healing in their relationship where each sees the value of the other, and there is a renewed and wonderful intimacy among them that is lasting and

**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.

fulfilling for each party involved. And so it is. Amen."



Anthony Kelson, RScP
anthony@apkelson.com

Dear Sad Neighbor,

You are kind to worry about your neighbor and gave her good advice. She shouldn't assume she offended her children, it's much more likely they're overwhelmed with daily life during a pandemic. Jobs and child rearing can be difficult anytime and now we have climate change, a rapidly evolving virus, and political upheavals to deal with. I think she is wise to leave messages for her children and hope she can keep the lines of communication open without having too specific expectations about a response.

All families are different; some stay close and others have less frequent contact. Those dynamics usually change over time as circumstances change. Grandchildren may choose a college nearer grandparents, teens can benefit from a summer visit without parents, and special events such as graduations, marriages or births often bring together a far-

flung family. I think it's healthy to anticipate such possibilities and meanwhile your neighbor friend can take pleasure in having raised self-sufficient children.

You and your neighbor are lucky to have each other to share evening meals. Perhaps enlarging your contacts a bit with other friends and neighbors, particularly other generations, would create outlets for mothering moments. There may be someone missing their mom and needing a sympathetic, experienced ear near by. She can possibly overcome her own sadness by easing someone else's.

I echo your plea to adult children to check in on their parents as well as any family members living alone. Those caring for disabled or memory impaired family members may be in need of some other contact, too. It's also a possibility there are neighbors without family or a friends to dine with who will notice their tears. We can all keep an eye out for anyone who might enjoy a call or visit. Kindness can multiply.



Sharon Weisman
sharon@jetcafe.org

Question:

Before our children, ages 8 and 10, return to school we decided to take a road trip with no destination in mind. Along the way we took photos. We stopped outside a small town in northern California to take photos and when we got out of the car we heard crying. We found a puppy half submerged in water in a drainage dish. Our thinking was he was dumped there. He certainly couldn't have gotten there by himself. We drove on into Trinidad to see if someone had lost a puppy, but we didn't think so. We asked around and no one seemed to know. We wanted to have the puppy checked out by a veterinarian, but there wasn't one in this small town; however, a man directed us to a nearby town where there was one.

We're Christians and believe we stopped at the roadside by "divine appointment." At the same time we are having a difficult time believing this could happen to a puppy. The Bible tells us we have dominion over the animals of the earth and that means taking good care of them. What are your thoughts about taking good care of animals? By the way, we're keeping the puppy, which will grow our menagerie to three dogs.

~Animal Lovers

see SPIRITUALLY SPEAKING
on next page

NOTES & NODS**This Week at LCIF**

Lutheran Church in the Foothills invites the community to worship in the church's Worship Center. On Sunday, Aug. 8 at 10 a.m. Guest Pastor Deborah Andersen will lead worship with a message from her series in Ephesians titled "The Times: They are a Changing."

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 is collecting non-perishable food and clean, gently used clothing to distribute to local people in need. Please bring the items to the church office lobby during office hours.

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.

Blood Drive at Local Church

The La Cañada Presbyterian Church will be hosting a blood drive in the Fellowship Hall on Thursday, Aug. 12 from 8 a.m. until 2 p.m. The church is located at 626 Foothill Blvd. in La Cañada.

Those who have received a COVID-19 vaccine will need to provide the name of the manufacturer before donating. After being vaccinated, a card or printout should have been given indicating what COVID-19 vaccine was received. Bring that card on the day of the blood donation. In most cases, there is no deferral time for individuals who received a vaccination as long as they are symptom free and feeling well at the time of donation. Those who have eligibility questions can call (800) 733-2767.

Come to LCPC 15 minutes prior to the scheduled donation time to line up.

Please have photo ID in order to give blood. A mask must be worn by those not vaccinated.

To expedite the blood donation process, please fill out RapidPass® the day of the blood drive prior to the appointment by going online to redcrossblood.org/rapidpass.

Appointments may be made by visiting redcrossblood.org and using sponsor code lacanadapreschurch or by using the Red Cross mobile donor app. Walk-ins are welcome.

For questions about this event, please contact Carrie Campbell at Carrie.campbell2@redcross.org or call LCPC Blood Drive volunteer Sheri Morton at (818) 790-7612.

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.

SPIRITUALLY SPEAKING from previous page

Dear Animal Lovers,
What a wonderful story of adoption! I agree with you; God placed you in the right place at the right time to care for this puppy. One of my fondest memories of childhood is growing up on my grandfather's farm. We were surrounded by cows and dogs and chickens and cats and, since my grandmother operated the local animal shelter, there were always new visitors joining us.

One of our universal callings as humans is to care for creation, to love it and nurture it. Unfortunately, I have heard teaching that concludes "dominion over" means that creation and creatures are simply disposable resources to be used then discarded when inconvenient. However, the proper understanding is not the rule of a tyrant, but the rule of a parent, one of self-giving love and compassionate nurture.

Jesus taught that God provides for creatures as common as sparrows, and clothes the lilies with splendor befitting kings. He

concludes that, if God's love for creation is abundant, then just imagine how abundant God's love for humanity is! And if we, as people of faith, commit to follow God in all of God's ways, we should practice that same abundant care.

Sadly, we limit the idea of Christian practices to singing hymns, praying prayers, and reading our Bible. What if we were to recover spiritual disciplines like playing with our puppies, conserving energy usage, or hiking along the trails in the mountains? What if we started a garden as an act of devotion or, like you showed, adopted a forsaken pet? I think we might have a better appreciation of how God has gifted every good thing under heaven to us.

I hope that your experience and especially your children's experience is that each of us is capable of standing against the callous abandonment of God's creatures. We do this best when we respond in love, in welcome, in adoption.

And I hope you continue to see how this little pup is a gift to you and that it brings happiness to your family.



Rev. Kyle Sears
kylesears@lacanadachurch.org

Dear Animal Lovers,
How great that you got to take a road trip with your family. Family vacations are great opportunities to make good memories together and establish all as a cohesive group providing foundation for lifelong connection.

It was definitely "kismet" that you got out to take photos within earshot of the struggling pup. However he arrived in that terrible predicament, I'm sure he

was overjoyed to be rescued by your family that he has become a part of.

I am surprised that you have a hard time believing this could happen to a puppy. There is so much that is wrong in our world. There are people who live their lives without examining their own motives and reflexively hurt others that can't hurt them back. We have all been hurt or damaged in some way. We all carry these hurts inside and have the impulse to recycle them to others. I am surprised that you haven't been aware that all kinds of helpless animals and human beings are not only abandoned out of negligence, cruelty and lack of empathy and caring; countless numbers are hurt or killed for sport or profit or absolute disregard for how our world is made worse by their actions.

I am glad that you have rescued this puppy. All who care and are empathetic rebalance the world by such loving and altruistic acts of kindness. We have a saying in

Hebrew that commands us human beings to repair the world in the way that God would: "Letakane Olam Malchut Shaddai."

This is our work, to make the world better. The more of us that take this seriously, the better our world will be.

May we all learn how to be of service to improving our environment and bring healing wherever we go and whatever we do. Pay attention to the ripples you cause in this world.

"Do justice, love mercy and walk humbly with your God." (Micah 6:8)



Rabbi Janet Bieber
jbieber1155@aol.com

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CLASSIFIEDS & SERVICE DIRECTORY

LEGALS

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 tenant at the storage facility. The sale will occur as an online auction via www.storagecenters.com on 8/19/2021 at 10:00AM. Unless stated otherwise the description of the contents are household goods and furnishings. Karina Bennett. 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 July 29, August 5, 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 8/19/2021 at 10:00AM. Unless stated otherwise the description of the contents are household goods and furnishings. Michael George Seifert; Samantha Teresa Gregory. 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 July 29, August 5, 2021.

EMPLOYMENT

HAIRSTYLIST NEEDED

Looking for a full or part time licensed hairstylist to rent a station at our salon in La Cañada. Call Sarah (818) 790-2062.

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NEEDED/WANTED

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BROWN from page 12

from 2003-11 and from 2017-20 and was mayor pro tem from 2005-06, and 2019-20. He served as mayor from 2006-07. He was on numerous LCF City Council sub-committees, including those overseeing the building of soundwalls, installation of sewers, implementing the Downtown Village Specific Plan, and advocating joint-use projects with the LCUSD. He also served as a member of the Arroyo Verdugo Steering Committee, was on the San Gabriel Valley Council of Governments. He served on the Pasadena City College Bond Oversight Committee as vice chair from 2004-06, and as chair from 2006-08. He has also consistently championed the revitalization and restoration of the city's trail system.

Some of the milestone accomplishments under Brown's tenure as mayor included: the unanimously approved Town Center project, with virtually no opposition; the groundbreaking for Olberz Park, which was gifted and dedicated to the City of La Cañada Flintridge; and the opening of the trail crossing over the 210 Freeway at Indiana Avenue, which completed the long dreamed-for trail loop around the city.

Prior to his serving on the LCF City Council, Brown held numerous leadership roles and was on the

BEACH from page 11

PPC was founded about eight years ago by students at CVHS and is the youth arm for the main organization. From its beginning, PPC has been an active volunteer force. It was not uncommon for PPC members to be volunteering every weekend during some months.

PPC held virtual meetings during the pandemic and decided on projects they would do once restrictions were relaxed. With masks and social distancing, PPC members began working on building a Little Library and Little Food Pantry in front of the Fire House youth center at St. Luke's of the Mountains Episcopal Church. The project began when PPC members realized there were a growing number of families in need and that some did not have the means to get to local food banks. It took almost a year between COVID surges to build the library and food pantry but the project finally was finished. St. Luke's of the Mountains church members and PPC now oversee the library and food pantry.

In December, PPC members helped the Glendale Police Dept. gather items for its annual toy drive. PPC partnered with CV Instrumental Music and, with strong support from the American Legion Post 288 and Veterans of Foreign Wars 1614, were able to collect over 300 toys for families in need.

Recently, the club members volunteered and supported the Crescenta Valley Chamber of Commerce bingo night, worked to organize and make future plans for the Fire House youth center.

On Saturday, members volunteered to clean Redondo Beach with Surf Rider Beach cleanup. PPC members are happy as their calendar continues to fill up with more volunteer opportunities and more ways to help their community.

City's Planning Commission from 2001-03. He also led a project that added lights to existing fields, thus extending the usable hours for recreational facilities, and worked diligently towards the creation of the City's skate park. He served on the La Cañada Flintridge Mayor's Trails Committee as vice chairman, helping to create strategy to enhance and protect the trail system.

As a member of the La Cañada Flintridge Mayor's Discovery Park Planning Committee from 1999-03, he was instrumental in the acquisition and design of a new City park and led the negotiation and implementation of the joint use agreement for the use of the adjoining baseball diamond.

With an enthusiastic pulse on the community, Brown currently lends his leadership skills by serving on the board of directors for the following organizations: Kiwanis Club of La Cañada, Lanterman House/Lanterman Historical Museum Foundation, La Cañada Flintridge Trails Council, La Cañada Flintridge

Sister Cities Association (and Leadership Team), and La Cañada Flintridge Coordinating Council. He is also vice president-administration of the La Cañada Flintridge Tournament of Roses Association.

Past affiliations include serving as a La Cañada Flintridge Educational Foundation, board member, and assisting the La Cañada High School Music Parents Association by holding various positions, including president.

A graduate of George Washington University in 1973 with a Bachelor of Arts degree (Phi Beta Kappa), Brown received his Juris Doctor degree in 1976 from the UCLA School of Law.

In 1980, Brown co-founded the law firm Bright & Brown, which currently operates with nine lawyers. He left his namesake law firm in 1996 to join the management of one of his clients, serving as general counsel, corporate secretary and chief administrative officer to a multibillion-dollar energy company with more than 800 employees and operations in 13 states. Under his

auspices, BreitBurn Energy Partners L.P. was named "Legal Department of the Year" by the National Law Journal in 2015.

Brown and his wife Joyce have enjoyed living in La Cañada Flintridge since 1977. Joyce graduated from Brigham Young University (summa cum laude) with a degree in mathematics; subsequently she earned her master's degree in marriage, family and child counseling. She is a retired junior high school mathematics teacher, math tutor and volunteer high school religion teacher. Their daughter, Melanie, was born in 1980, attended LCF schools and graduated from La Cañada High School in 1998. She is a graduate of Brigham Young University and Columbia University School of Law. Currently, Melanie is preparing to spend a year in London, England to earn her master's degree in library science.

The family has been active in the Church of Jesus Christ of Latter-day Saints in La Cañada Flintridge where Greg and Joyce have worked

extensively with congregants of all ages. Brown has held numerous leadership positions, most recently serving for the past seven years as Bishop (equivalent to minister or parish priest) to a congregation in Glendale.

Members of the public are invited to attend the luncheon celebration. Tickets are \$30 per person, and may be purchased by going to lacadakiwanis.org and clicking on the "La Cañadan of the Year" tab. Tickets may also be purchased by mailing a check to: Kiwanis Club of La Cañada - "La Cañadan of the Year," P.O. Box 33, La Cañada Flintridge, CA 91012. Be sure to include name, email, contact phone and the name of any guest(s). Deadline to reserve tickets is Aug. 16. For additional information, call (818) 495-5141 and leave a message, or email lacadakiwanis@gmail.com for a response by a club member. The ceremony will be conducted following COVID-19 guidelines in effect by Los Angeles County.

Submitted by Alice PEREZ

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