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Council Certifies EIR

By Julie BUTCHER

"We have a project before us – and the question is what's the best way to confront climate change while keeping the lights on?" It was close to midnight on Tuesday night and Glendale Mayor Paula Devine urged her colleagues on the Glendale City Council to act on the proposed repowering of the Grayson plant.

"There are costs to delaying, costs in construction, in selling bonds, in timing. We've seen the graphs and the numbers showing that the amount of generation we need requires the five units – I don't see what more time will do. Now three LA council members want to get involved at the last hour? Where were they months ago when we were asking for their help?" said Devine. "If we vote to repower Grayson with the five, are we going to stop looking for alternatives? No. This is not the end; it's just the beginning. We're going to do everything Mr. Brotman has put on his list. We've asked the Glendale Environmental Coalition (GEC) to help us do that – it's in the plan. I'm not going to vote for stalling or delaying."

The Grayson plant is old, Glendale Water and Power general manager Mark Young reminded the council, and it is "no longer reliable."

"The oldest generator was built in 1941," said Young. "The newest we're proposing to replace was built in 1977."

Glendale depends heavily on transmission, Young noted. Units 1-5 cannot be upgraded and will be forced to be shut down in 2024.

"GWP is obligated to ensure reliability," he said. "We must maintain adequate reserves to ensure that reliability and we have to answer to LA as our balancing authority."

Young explained the limitations of adding additional energy transmission: local lines are

see GCC on page 8

'Charlie Chaplin' with Roses in Hand Greets Montrose Shoppers

By Bethany BROWN

The Montrose Shopping Park Association held its annual Valentine's Day rose giveaway on Saturday, Feb. 12. "Charlie Chaplin" was present on the corner of Ocean View Boulevard and Honolulu Avenue to hand out roses to passersby between 1 p.m. and 3 p.m. Further entertainment was provided by the seven-women musical group Monday@JoJo's, who performed on the opposite side of the street.

The MSPA was unable to celebrate the event last year due to COVID-19 restrictions in Los Angeles County. Event Coordinator Dale Dawson emphasized how excited they were to be back on the corner again this year and have the opportunity to connect with and show appreciation for residents in the community by offering free long stemmed roses.

Dawson said the idea originated in 2014 when the MSPA wanted to create an event centered around Valentine's Day where a rose was given to shoppers who showed a receipt for the day from any MSP store or restaurant. They initially hired a flower truck that failed to arrive on time, and it was decided that the following year roses would be handled "in house" to avoid complications. 2015 began the official tradition of the street corner flower cart and the character actor "Charlie Chaplin" portrayed by



Photo by Bethany BROWN

"Charlie Chaplin" (Audrey Ruttan) handed out dozens of roses to passersby on Saturday in the Montrose Shopping Park.

Audrey Ruttan.

"We met Audrey completely by accident," Dawson said. "My wife Mary sat next to her – in full Chaplin costume and makeup – on a bus ride at the LA Gift Show in 2014. We later found out that she's an actress specializing in

her Chaplin impersonation. It was too perfect and she's been with us every year since. It's just a fun thing and adds a nice touch of theatre."

Ultimately, it was decided that the roses would be handed out to all passersby without requiring

any receipts. Those who do show a receipt from the day of the event totaling \$50 or more in MSP purchases, however, were given \$10 in MSP scrip in return to spend at any time in the shopping park. Since 2015, 500-plus roses have

see VALENTINE'S on page 8

Gus & Andy's Moves Hopefully Closer to an Opening

By Mary O'KEEFE

It has been a long time since the restaurant on the northwest corner of Honolulu Avenue and Verdugo Road closed its doors.

In 2017, CVW reported that restaurateur Tom Christopoulos announced that he intended to open up an eatery at the location, which he named Gus & Andy's Montrose Grill. Since then he has been working on bringing the restaurant up to all kinds of codes, creating a place where the community could meet up with friends, family and teammates to have a great meal.

Christopoulos has been respectful of the heritage of the location, working with the approval – and gratitude – of the Historical Society of the Crescenta Valley. Although it looked like the restaurant would

see GUS & ANDY'S on page 8



Photo by Mary O'KEEFE

Work continues on the former site of Rocky Cola as Gus and Andy's prepares for its opening.



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» FROM THE DESK OF THE PUBLISHER



Executed Perfectly

Last week I shared the plans for the week ahead: “Charlie Chaplin” in Montrose handing out roses, the “big game” on Sunday at SoFi Stadium (what an exciting game it was, too) and, for the Goldsworthy family, the arrival of our newest member: Aubrey Goldsworthy.

Aubrey had her own ideas of when she’d arrive. She squeezed in between the date of her great-grandfather’s birthday (Feb. 8), the anniversary of the Sylmar Earthquake (Feb. 9) and the birthday of her cousin Todd (Feb. 11). Yes, it appears she had it planned though she kept her mom, dad, grandmas and grandpa (plus uncles and aunt) on pins and needles.

But the end result, at least in this grandma’s opinion, is she planned perfectly – because she is perfect.

Not surprising, Friday evening, most of Saturday and Sunday were spent at the house of the proud parents – changing diapers, offering bottles and just gazing at our little gem (oh, and watching the game). I am so thankful that Danny and Tricia (the proud parents) are so welcoming to the family; we trooped through

the house at different times so we could meet our newest family member.

What a treat!



Though Aubrey is our second grandchild, she (or should I say we) have it easier this time around. Why? Because Mary O’Keefe is also a grandma.

Her grandson Donny was born in June 2020 and Mary is definitely a “hands on” grandma. Consequently she has a network of local friends who are eager to share their baby items. For example, fellow grandma Kim gave Mary a crib that she had used when her grandchild was born. Donny no longer uses it so voila! Off it goes to grandma Robin for our house. Looking down the pike I don’t think there will be the need to purchase a lot of toys as Kim passes to Mary who passes to me. What a great system! Maybe we should create our own Grandma’s Club.

It was a tough decision but we here at CV Weekly

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

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Weather in the Foothills

“Man must rise above the Earth – to the top of the atmosphere and beyond – for only thus will he fully understand the world in which he lives.”

– Socrates (470–399 BC),
Greek philosopher from Athens credited as a founder of Western philosophy

What could evoke a person such as Socrates – 2,500 years ago – to envision Earth from beyond the highest clouds or the tallest mountain peaks? It seems beyond explanation and the capability of the imagination of the human brain.

Last week, temperatures in Southern California began to climb. Are we aiming to bypass summer all together? Nope ... Not more than two days later the Rose Bowl Stadium and surrounding areas were covered with a winter blanket (hail, snow and grauple!) At that time, on Tuesday, the weather was neither here nor there; a mixture of clear and cloudy conditions co-mingled and caused all hell to break loose. Varied kinds of white stuff (snow, sleet, hail and grauple), hard rain, wind, rainbows, lightning occurred and lots of cats and dogs darted to safe places – like under the bed (Brighton shakes at the first rumble of thunder).

Back to Socrates ... As he said, we “must rise above Earth.” During last week’s warm period dozens of small satellites – 40 out of 49 – were destroyed after they were hit by a geomagnetic storm a day after launch (not lunch!), causing them to fall from orbit and burn up. Such solar “storms” are caused by powerful explosions on the sun’s surface, which spit out plasma and magnetic fields that can hit Earth. It is the same kind of mechanism that creates aurorae like the northern lights, but it can have dangerous effects, too.

The company SpaceX is owned by billionaire Elon Musk. Starlink is expected to provide high-speed internet using thousands of orbiting satellites. “To the top of the atmosphere ...” and beyond. Was the Greek philosopher foretelling?

The system is relatively expensive but can be used in places where wired connections cannot. For example, in Tonga where January’s earthquake severed the island’s nation’s undersea data cable, a Starlink station is being built in nearby Fiji to help restore access. When all is said and done Starlink’s impact on internet accessibility worldwide will be greatly improved.

Weekend weather looks pretty mild with a cooling trend and light winds. Plenty of sunshine on Saturday but then increasing high clouds on Sunday. Come Monday, rain? Low snow levels? On Tuesday, there’s another chance of precipitation and gusty winds. The NWS gurus are expressing uncertainty with these storms.

So, as said many times before ... the weather is up in the air for now!

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

IN BRIEF

CVTC GENERAL MEETING

The Crescenta Valley Town Council general meeting is tonight, Thursday, Feb. 17 at 7 p.m. It will be held via Zoom. To take part, dial (669) 900-6833; meeting ID is 283 256 4275, password is 626159. On the agenda is an audit report for 2021 and the 2022 budget; reports on bulb-outs and resurfacing pavement projects; and adding an outdoor gym at Two Strike Park.

VERDUGO WASH PUBLIC MEETINGS PLANNED

The City of Glendale is hosting three meetings held consecutively regarding the future of the Verdugo Wash. The public outreach events will be held from 11 a.m. to 2 p.m. on Saturday, Feb. 19 at Fremont Park, 600 Hahn Ave. in Glendale; at Verdugo Park, 1621 Cañada Blvd. in Glendale; and in downtown Glendale at 250 N. Orange St.

Attendees will learn about the project, provide feedback on the current design vision and participate in "visioning exercises" that will shape the future of the Verdugo Wash. A debriefing and after party will be held from 3 p.m. to 5 p.m.

To RSVP, visit <https://www.surveymonkey.com/r/NW3KBY5>.

ROSEMONT PRESERVE OPEN GATE MORNING

An "open gate" event is taking place at the Rosemont Preserve on Sunday morning, Feb. 20. 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.

COMMUNITY WORKSHOP PLANNED FOR FOOTHILL BOULEVARD TRANSPORTATION PLAN

Los Angeles County Public Works and the cities of Glendale and La Cañada Flintridge announced a new planning initiative along Foothill Boulevard, between Lowell Avenue and Oak Grove Drive, to better connect the cities of Glendale, La Cañada Flintridge and the unincorporated community of La Crescenta-Montrose.

Public comment is encouraged as active transportation improvements along the corridor are explored, including new and upgraded bike lanes, safer pedestrian access, bus stop enhancements, and new street trees and landscaping.

To take part and to learn more about the plan and how to get involved, attend the virtual meeting on Wednesday, Feb. 23 from 6 p.m. – 7 p.m. via Zoom. Zoom link is <https://bit.ly/foothill-blvd-atp2>; passcode: 174322; call in: (669) 900-9128, webinar ID: 828 4938 3694.

ARBOR DAY 2022

The community is invited to support Arbor Day 2022 by contributing to the purchase of a tree to combat the last few years of intense drought and tree loss. A 24-inch box size tree ("specimen tree") is available for \$150; another option is supporting trees through the city with a suggested donation of \$75.

Donation forms are due by Feb. 22. To donate by credit card, visit www.glendalebeautiful.org/arbor-day or fill out the mail-in form and return it with a check to P.O. Box 1307, Glendale, CA 91209.

Arbor Day observances take place on Tuesday, March 1 at 10 a.m. at Casa Adobe de San Rafael Park, 1330 Dorothy Drive in Glendale 91202. In case of rain, the observance will be held in the Glendale Civic Auditorium, 1401 N. Verdugo Road, lower level.

CVCA TO MEET

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

The Big Band Played On

By Mary O'KEEFE

On Saturday, Feb. 12 the Crescenta Valley High School quad was transformed into a swing dance club with beautiful lighting floating from the trees to the dance floor, a table of food elegantly displayed, a paper moon photo booth and a jazz band that would make Glenn Miller and Tommy Dorsey tap their feet.

For about 15 years the CV instrumental music jazz event was not only a great fundraiser but a fun community event. In years past it was held in the school's cafeteria, titled Jazz Night in the Café, but due to COVID-19 concerns the event was moved outside to the quad, where it actually seemed to work better, and renamed Jazz Night Under the Stars.

Large round tables surrounded the dance floor, the band sat behind its CV Jazz fronts on the stage and dancers from all ages put their best swing step forward under the stars.

"This is wonderful," said Mat Schick, CVHS band director. "Is not too cold, not too hot."

Schick praised the CVIM parents for all of their support and creativity as they went above and beyond for the event. For the entire history of the jazz night the Blood family has been part of the dance. Dena, husband David and their children could be found teaching swing dance at the beginning of the event. Unfortunately, the Bloods recently moved from La Crescenta.

"They are missed," Schick said. "Dena was hoping to be here but the dates changed [often]."

Schick reached out to the community and found a dance instructor who taught those who were experiencing swing dance for the first time and others who needed a little refresher course.

Another issue was finding a dance floor to cover the quad's cement surface. Schick found stored in a room an old dance floor that had been used by the CVHS dance company. The present dance instructor didn't use it anymore and fortunately kept it.

"We put it down and it worked great," Schick said.

The outdoor event was popular with 250 to 300 tickets sold.

"We sold out of our tables," said Leila Bell, CVIM parent. Reserved tables were for two or four people.

Recently, CVIM was awarded a large matching grant of \$30,000 for new drum sets, Bell said. On Saturday Mary Pinola of the Mary Pinola Foundation gave the band additional checks for mallets and jazz fronts. Schick said that additional support was a surprise and so appreciated.

The color guard had its own fundraiser at the event offering photos within the paper moon, with boas and fedoras, to add that little 1940s flash.

The band kept everyone happy, playing for hours for Jazz Night Under the Stars.

"The band prepared 34 tunes," Schick added.

Big band music was the soundtrack to a generation that faced an uncertain future that included the Great Depression and seeing its sons marching off to World War II. The music played on Saturday night got that generation through a lot and now plays for current – and future – generations.



Photos by Mary O'KEEFE
LEFT: Group poses for a photo in the moon cutout.
BELOW: The CV jazz band took its magic outside when it played under the stars.
BOTTOM: A smooth dance floor was rolled out creating a smooth surface on which to dance.



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A Conversation with Greg Krikorian



By Mary O'KEEFE

Recently Greg Krikorian announced he would not run again for the Glendale Unified School District board ending a 21-year chapter serving local students, parents, teachers and staff.

Prior to being elected to the school board, Krikorian worked in government offices including as a field representative for Jim Rogan, who served in the U.S. House of Representatives at the time, and with then-State Senator Jack Scott.

"I was looking at the makeup of the board of education and there was really no parent on the board [with students in school at the time] except for Pam Ellis," Krikorian said. "I thought, 'You know, it makes sense to consider a [run].'"

Several friends banded with him and he received a lot of community support including from Grace Chase, a Crescenta Valley resident. He added that local CV High School student James Jenkins was one of the first to come to Krikorian and offer to volunteer for him.

James was a well-known basketball player at CVHS who died while on a hike with his father. Krikorian said the loss of James was felt deeply throughout the entire district family.

When Krikorian joined the school board he said he was lucky to have mentors like Chakib Sambar, Lina Harper, Jeanne Bentley and Pam Ellis. But it was Sambar who really took Krikorian under his wing.

Krikorian has worked with superintendents including James Brown, Dr. Michael Escalante, Dr. Richard Sheehan, Dr. Donald Empey [interim], Dr. Joel Shawn, Dr. Marc Winger [interim], Dr. Winfred Roberson, Dr. Kelly King [interim] and Dr. Vivian Ekchian. He served as a board member while working with

his father at their company Business Life Magazine, coaching baseball and raising his family.

During his 21 years on the school board, Krikorian oversaw and helped guide several programs, like the piggyback purchase when Glendale Unified School District worked with other local districts to purchase items.

"That saved us a lot of money," he said. "If our district and another district needed to purchase windows we saved money by joining [together]."

He was in the beginning of his school board tenure when he worked with other members of the board to bring back the Glendale Education Foundation.

In one of his earliest interviews with this reporter in the early 2000s, Krikorian spoke about revising the foundation to bring funding to the district and to celebrate the district with a State of the Schools breakfast.

"Chip Stone, Susan Hunt and Vic Pallos, along with our board, worked to bring the GEF to the district," he said.

He praised Stone, Hunt and Pallos for their leadership and involvement with the district.

"The GEF has brought in millions to our district," he added.

There were several other programs and changes he has been a part of during his tenure including supporting Clark Magnet High School. He was able to present the first Clark Magnet graduating class their diplomas, brought the foreign language program to district schools and ushered in the first City of Glendale/GUSD joint use park with Pacific Community Park and Edison Elementary School.

Krikorian is quick to credit the advances of the district with his fellow board members, both past and present, during

his time with GUSD.

"We have always worked as a team," he said.

That doesn't mean that teamwork has always been easy. Those in Crescenta Valley will remember the issue surrounding a new track and field at CVHS in the mid 2000s. GUSD had planned to spend funds to repair the track and field at Glendale High School. CVHS used the GHS field for its football games, as it does now. Two school board members rejected a suggestion to repair/replace CVHS and Hoover High School's track and field. Instead, board member Mary Boger suggested that CV parents had the money to pay the \$1.4 million themselves for a new field. During this ongoing board debate local parents and community members created CV CAN, an organization to raise funds for the field. In a little over a year CV CAN raised about \$200,000, which was impressive, but it still had a long way to go. Krikorian and Sambar had shown their support for the CVHS field from the beginning of the discussions.

The teams, including girls and boys soccer, held games on the CV field and were struggling with more dirt than grass, large and small holes that caused twisted ankles and severe flooding when it rained. With their continuing fundraising and strong community support, CV CAN gained the attention of a philanthropic donor, Susan Osborne, who came through with the majority of the funding for a new CVHS field.

When CV CAN took the donated funds to the school board two members questioned whether it was fair to accept the funds. Krikorian and Sambar were the two loudest voices in support of accepting the funds to move forward with a new field. In a final vote, then-board member Lina Harper voted to



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accept the money and CVHS had its field.

Krikorian said that even when they disagreed board members still worked together. During the pandemic that working relationship became even more important as the district faced some of the toughest decisions they would have to make.

There were tough times as well including a protest that took Glendale teachers and community members to Krikorian's home. A candlelight vigil was held in 2010 outside his house opposing proposed teacher layoffs. At the time Krikorian said teachers had inappropriately confronted his children at a board meeting concerning the layoffs.

But the pandemic has brought protests to a whole new level. Krikorian has had to deal with issues surrounding the teachers' union.

"Look, I reach out to them and we are in communication," he said as he showed several text messages between teacher leaders and himself.

But the threats have been a bit more personal than the candlelight vigil of the past with vulgar voice messages left for him.

"I'm not stepping down because of that, though. I am not stepping down due to anything due to COVID," he said. "It's just time - 21 years. It's time."

Sea Level to Rise a Foot by 2050, Interagency Report Finds

Coastal flooding will increase significantly over the next 30 years because of sea level rise, according to a new report by an interagency sea level rise task force that includes NASA, the National Oceanic and Atmospheric Administration (NOAA), and other federal agencies. Titled Global and Regional Sea Level Rise Scenarios for the United States, the Feb. 15 report concluded that sea level along U.S. coastlines will rise by 2050 between 10 to 12 inches on average above today's levels.

The report – an update to a 2017 report – forecasts sea level to the year 2150 and, for the first time, offers near-term projections for the next 30 years. Agencies at the federal, state and local levels use these reports to inform their plans on anticipating

and coping with the effects of sea level rise.

“This report supports previous studies and confirms what we have long known: Sea levels are continuing to rise at an alarming rate, endangering communities around the world. Science is indisputable and urgent action is required to mitigate a climate crisis that is well underway,” said NASA Administrator Bill Nelson. “NASA is steadfast in our commitment to protecting our home planet by expanding our monitoring capabilities and continuing to ensure our climate data is not only accessible but understandable.”

The task force developed their near-term sea level rise projections by drawing on an improved

understanding of how the processes that contribute to rising seas – such as melting glaciers and ice sheets as well as complex interactions between ocean, land and ice – will affect ocean height.

“That understanding has really advanced since the 2017 report, which gave us more certainty over how much sea level rise we'll get in the coming decades,” said Ben Hamlington, a research scientist at NASA's Jet Propulsion Laboratory and one of the update's lead authors.

NASA's Sea Level Change Team, led by Hamlington, also developed an online mapping tool to visualize the report's state-of-the-art sea level rise projections on a localized level across the U.S.

“The hope is that the online tool

will help make the information as widely accessible as possible,” Hamlington said.

The Interagency Sea Level Rise Task Force projects an uptick in the frequency and intensity of high tide coastal flooding, otherwise known as nuisance flooding, because of higher sea level. It also notes that if greenhouse gas emissions continue to increase, global temperatures will become even greater, leading to a greater likelihood that sea level rise by the end of the century will exceed the projections in the 2022 update.

“It takes a village to make climate predictions. When you combine NASA's scenarios of global sea level rise with NOAA's estimates of extreme water levels and the U.S.GS's impact studies, you

get a robust national estimate of the projected future that awaits American coastal communities and our economic infrastructure in 20, 30, or 100 years from now,” said Nadya Vinogradova Shiffer who directs the NASA Sea Level Change Team at NASA Headquarters in Washington.

“This is a global wake-up call and gives Americans the information needed to act now to best position ourselves for the future,” said NOAA Administrator Rick Spinrad, Ph.D. “As we build a climate ready nation, these updated data can inform coastal communities and others about current and future vulnerabilities in the face of climate change and help them make smart decisions to keep people and property safe over the long run.”

Hospitalizations Decline – No Masking Required for Outdoor Events But Still Mask Up When Indoors

On Wednesday, the Public Health of Los Angeles County confirmed 102 additional deaths and 3,348 new cases of COVID-19 in the County. This brought the total number of deaths in LA County due to COVID-19 to 30,081.

Hospitalizations have been under 2,500 for seven consecutive days; therefore, Public Health issued a modified LACountyHealthOfficerOrder on Wednesday recommending to no longer require masking at outdoor mega events and outdoor spaces at K-12 schools and childcare centers. This was done due to the declining COVID hospital admissions. The week ending Feb. 13 saw a 26% decline in County hospital admissions.

“While masking will no longer be required at outdoor mega events or in outdoor spaces at childcare facilities and K-12 schools, the masking requirement at indoor establishments will continue until LA County has seven consecutive days at or below moderate transmission of 10 to 49.99 new cases per 100,000 persons in the past seven days,” according to Public Health.

“While entering post-surge is welcoming news, we are all aware that post-surge does not mean the pandemic is over, or that transmission is low, or that there will not be additional unpredictable waves of surges in the future that will require integrated public health measures. Post-surge

acknowledges the consistent and welcomed declines from the surge peak and realigns our current public health response to meet current mitigation needs. We anticipate that with continued steep declines in case numbers indicating much lower transmission we will be able to safely lift indoor mask mandates in mid-March. Please continue to take sensible precautions that reduce exposures so that we don't lose ground,” said Dr. Barbara Ferrer, director of Public Health.

The state and county regulations continue to require masking at K-12 schools, childcare facilities, youth settings, healthcare settings, correctional facilities, homeless

and emergency shelters and cooling centers. The state will prove an update assessment on Feb. 28 on appropriate safety considerations for schools.

Due to federal regulations masking is still required for those riding public transit and in transportation hubs.

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Coalition Gives Voice to Verdugo Wash Neighbors

By Mary O'KEEFE

As the Neighborhood Watch captain for Sycamore Woods, Julia Leeper has had several people contact her about the status of the proposed biking/walking path known as the Verdugo Wash Vision. The concerns of those who contacted her involved the proposed path that is only a few feet from homeowners' property.

“What we know is the City of Glendale contracted a New York firm to design a bike path on top of the wash at a cost to date of \$440,000,” Leeper shared via email.

“The current design includes grassy areas, bridges, restrooms, lighting and trash cans and may be accessible

24/7. There will be access points along the route that are yet to be determined.”

The route of the path is proposed to begin at Crescenta Valley Park and extend for about nine miles connecting to a bike path near the Golden State (5) Freeway, she stated.

During meetings with residents in the Whiting Woods and Sycamore neighborhoods, questions included what law enforcement agency would be responsible for patrolling the area since CV Park is within the unincorporated area of Los Angeles County, which is under the jurisdiction of the LA Sheriff's Dept., while Sycamore Woods, Mountain Oaks and Whiting Woods are under the Glendale Police Dept. jurisdiction. Other

concerns include fire danger, since the proposed path is in an extreme wildfire area, and if the City of Glendale will have funding and resources to maintain the paths.

In efforts to lead with a united voice in the Far North area and to share the facts, as opposed to rumors, the Verdugo Wash Neighborhoods website was created.

The website has a great deal of information about what the City is proposing and has very interesting historical photos and information about the wash, Leeper stated.

“The Coalition was started as a result of the lack of communication from the City prior to the visioning of

see COALITION on page 6

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Check Washing Nightmare

By Mary O'KEEFE

A reader recently contacted CVW about the theft of his mail. That theft resulted in the amount of a check he had mailed being changed and cashed.

The reader, who was aware of scams and thefts, knew not to leave his outgoing mail at his home for USPS pick up. He normally walks inside the local post office to mail his letters; unfortunately, the drive through mailbox was locked so the letter that contained a check for payment was deposited in a blue mailbox in his neighborhood.

He later found the check's amount had been altered, increasing the amount from a hundred to several thousand dollars. He received a notice from his bank notifying him that his account had been overdrawn.

The check had been washed. The signature was intact but the amount and payee was changed.

"Check washing scams involve changing the payee names and often the dollar amounts on checks and fraudulently depositing them. Occasionally these checks are stolen from mailboxes and washed in chemicals to remove the ink," according to the USPS Inspection Services. In some cases, suspects use copiers or scanners to print fake copies of a check.

Postal inspectors recover more than \$1 billion in counterfeit checks and money orders every year, according to USPS.

There are several ways checks can get into the hands of criminals from suspects simply taking letters from mailboxes to stealing letters from mail trucks.

The reader wanted to alert community members of this crime and issue a warning to be cautious when mailing checks even when using a mailbox. The resulting fallout can create a nightmare for the victim as bank accounts have to be changed, as do all financial information and related accounts.

There are some ways people can protect themselves from check washing. These include using a gel ink pen. Some ink pens, like gel pens, permeate below the surface of the paper. It is advised to ask the merchant at an office supply store what pens work best.

The USPS advises depositing outgoing mail in blue USPS mailboxes before the last pickup of the day or going into the post office; residents should never leave mail in their mailbox overnight. Those who go on vacation should make sure to ask the USPS to hold their mail or have it picked up daily by a neighbor or friend.

The altering of checks is considered forgery. Anyone who feels they have been victims of mail fraud of any kind can contact their local law enforcement agency and the USPS Inspection Services at (877) 876-2455.



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COALITION from previous page

Verdugo Wash designs being started," said Patrick Murphy of the Coalition.

Murphy lives on Sycamore Avenue and first learned of the Verdugo Wash plan from flyers that were placed in his neighborhood by people living in nearby Whiting Woods. He attended a Sept. 11, 2021 meeting at Whiting Woods and said that most in attendance were upset over the lack of communication. He said residents see that money was already spent on designs without input from them.

"There are now four communities that have joined the Coalition," Murphy said. "All are on the Wash or people who live [near] the Wash."

The City has initiated outreach meetings for other areas of the planned path but the two meetings that have been in the Whiting Woods and Sycamore areas have been initiated by residents. The Coalition has met with a City representative and are planning a meeting whose location is closer to those who live along the Wash.

Murphy reiterated the concerns of law enforcement coverage and the loss of privacy for those living along the Wash.

Another issue Murphy and other Coalition members have with the Verdugo Wash design/plan is that the firm that has done the design, !melk, is

from the east coast and does not seem to understand the area.

"The representative from [the New York design firm] said the Wash was a 'scar on Glendale' and [referred] to our area as 'no man's land' during a special meeting on Dec. 14," Murphy said.

He said the presentation of similar parks/walks that were done in New York made sense. Murphy is from New York and is familiar with the paths' repurposed rail lines. He said they were a great idea in the east coast city but have nothing in common with Sycamore and Whiting Woods.

Another primary concern of Murphy and the Coalition centers on fire danger. The Coalition neighborhoods are in extreme wildfire areas. Insurance rates have increased and he thinks premiums will possibly be affected by the proposed plan.

Being fire aware is a constant way of life in the area and there is always a watchful eye on the Verdugo Mountains that lie to the south of the Coalition neighborhoods.

"And with our winds we experienced last week," he said. "It is a scary thought."

To learn more, visit the website SaveTheWash.com.

CRIME BLOTTER

Feb. 11

300 block St. Katherine Drive in La Cañada Flintridge, the back door window was smashed; nothing was reported stolen. The home was under construction.

The burglary occurred overnight.

Feb. 10

2400 block of Montrose Avenue in Montrose, an unsecured bike was stolen from the location between 9:30 a.m. and 10:45 a.m.

Feb. 8

1500 block of Foothill Boulevard in La Cañada Flintridge, while a woman was at a gas station pumping gas, she left the vehicle's door open when she walked away from her car to throw something into the garbage bin. The victim looked back and saw a "heavy set female Hispanic," about 5' to 5'5" tall, weighing about 200 to 210 lbs., between 20 and 25 years old with black hair and wearing a white shirt, black pants and white shoes. The suspect was inside the victim's vehicle and stole her purse with personal items and her cellphone. The suspect exited the vehicle and ran toward Foothill Boulevard. The victim ran after her as she entered the front passenger side of a vehicle described as a 2010 silver Honda Accord with black paper plates. The victim grabbed a hold of the passenger side door and witnessed a "male Hispanic" suspect driving. The car drove away.

The theft occurred at 3 p.m.

Feb. 6

1900 block of Lyans Drive in La Cañada Flintridge, a catalytic converter was stolen from a vehicle overnight.

Feb. 4

Angeles Crest Highway in Angeles National Forest, a woman reported she parked her vehicle at the Angeles Crest Ranger Station parking lot and went on a hike. Prior to leaving her vehicle she placed her wallet in the vehicle's glove box and locked it. When she finished her hike and was in the area of cellphone reception she began to get numerous messages from her credit card company that there had been attempts to use her cards. She did not give anyone permission to use the cards.

She went to her vehicle and found the door lock had been damaged and the glove box was open. All her credit cards were missing from her wallet. The theft occurred between 8:50 a.m. and noon.

Feb. 3

700 block of Angeles Crest Highway in Tujunga, a woman reported that she had parked her vehicle in the Switzer Falls parking lot and went for a hike. Prior to leaving her vehicle she placed her purse in the vehicle's glove box. When she returned from her hike she found her vehicle's door unlocked, the glove box open and her purse gone.

Feb. 2

300 block of Santa Inez Way in La Cañada Flintridge, a catalytic converter was stolen from a vehicle at 4:20 a.m.

Jan. 31

2900 Community Avenue in La Crescenta, a student reported that someone stole his wallet from his backpack while he attended a physical education class. His backpack is too large to place into the lockers in the boys' locker room so he left it on the floor in front of the locker. When he returned to the locker he found the backpack was unzipped and his wallet was missing.

Jan. 5

4500 block of Lasheart Drive in La Cañada Flintridge, on Jan. 4 the resident placed a check for a payment in the USPS mailbox on the corner of Foothill and Lasheart boulevards. On Jan. 6 he received an alert from his bank that his account had been overdrawn. The resident checked online and discovered a check had been written for a large amount and cashed on Jan. 5. He viewed the check online and discovered it was the check he had written and mailed on Jan. 4. The payee's name and amount had been altered but his signature remained the same. The resident believes someone tampered with the USPS mailbox because the mail pickup time was 10 a.m. on Jan. 5, which is the same date the check was fraudulently cashed.

of his credit cards at a store but it was declined.

The theft occurred between 10:10 a.m. and 1 p.m.

Feb. 2

300 block of Santa Inez Way in La Cañada Flintridge, a catalytic converter was stolen from a vehicle at 4:20 a.m.

Jan. 31

2900 Community Avenue in La Crescenta, a student reported that someone stole his wallet from his backpack while he attended a physical education class. His backpack is too large to place into the lockers in the boys' locker room so he left it on the floor in front of the locker. When he returned to the locker he found the backpack was unzipped and his wallet was missing.

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GPD REPORTS

TWO ARRESTED FOR BURGLARY AND VEHICLE THEFT

On Feb. 15 at approximately 8:15 a.m., Glendale PD officers responded to the 1400 block of Valley View Road regarding a burglary that had just occurred. Upon arrival, officers located 34-year-old Nancy Calderon (transient) and 23-year-old Jose Gonzales of Los Angeles who were being detained by the building's security officer. Surveillance footage showed Calderon and Gonzales walk through the parking structure and into a parking stall with a locked storage cabinet, which was found to have fresh pry marks on it. Gonzales was found to be in possession of a pry tool and Calderon had a screwdriver, gloves and a large amount of cash on her person.

Two backpacks that belonged to Calderon and Gonzales contained various tools including screwdrivers, bolt cutters, a file and several sets of keys. Calderon was also in possession of paperwork for a vehicle.

Officers searched the location and found a vehicle parked nearby with a punched ignition. Further investigation revealed the vehicle had been stolen overnight and had not yet been reported as stolen.

Calderon and Gonzales were arrested and booked for burglary and vehicle theft.



TWO ARRESTED IN POSSESSION OF CATALYTIC CONVERTER

On Feb. 14 just after midnight, a Glendale PD officer on patrol observed a vehicle park next to a red curb on the 3900 block of San Fernando Road. The vehicle had a vehicle code violation and, using departmental resources, the officer discovered that the registration was expired.

The officer conducted a traffic stop and spoke to the driver, 28-year-old Anya Bence (transient), and passenger, 26-year-old Victor Rosa of Sun Valley. Assisting officers arrived and spoke with Bence and Rosa; Rosa was discovered to have an outstanding warrant for his arrest. Bence was unable to provide the officers with a driver's license or any form of identification.

The officers observed a floor jack inside of the vehicle and a vehicle search produced a hypodermic needle, methamphetamine, a backpack containing several tools including a sawzall and replacement blades, and a large catalytic converter. Ultimately, Bence was arrested and booked for grand theft and driving without a license. Rosa was arrested and booked for grand theft, possessing a controlled substance and an outstanding warrant.

TRAFFIC STOP LEADS TO ARREST OF CONVICTED FELON IN POSSESSION OF A LOADED FIREARM

On Feb. 8 at approximately 2:15 p.m., officers assigned to Glendale PD's Special Enforcement Detail (SED) were driving on the 4400 block of San Fernando Road when they observed a vehicle with blacked out taillights. Using departmental resources, the officers discovered the registration for the vehicle was expired; however, the vehicle had a false registration 2022 sticker on the plate. The officers conducted a traffic stop for the violation and spoke to the driver, 35-year-old Nicolis Thomas of Panorama, regarding the violations. Thomas was discovered to have a prior felony conviction.

While speaking with Thomas, officers found on his person evidence indicative of identity theft. A subsequent vehicle search produced a safe containing a loaded firearm, ammunition and pepper spray. Officers also located inside of the vehicle fentanyl, several arrow keys (used by mail carriers to access certain mail boxes) and a credit card in someone else's name.

Thomas was arrested and booked for being a convicted felon in possession of a firearm, owning ammunition when prohibited, illegally possessing tear gas, illegal possessing controlled substances, identity theft and having false registration tabs.



Glendale City Council Approves Phase 3 of The Mandatory Water Conservation Ordinance

The Glendale City Council approved Phase III of Glendale Water & Power's (GWP) Water Conservation Ordinance that began on Feb. 1. Glendale and many cities in the state that rely on water from the State Water Project are moving towards increasing their Mandatory Water Conservation phases due to a lack of expected runoff amid the summer months.

Phase III of the Mandatory Water Conservation Ordinance will limit Glendale water customers to outside watering to two days a week: Tuesdays and Saturdays for no more than 10 minutes at each watering station. The drought charge for Phase III of Mandatory Water Conservation is \$.45/HCF, which equates to about \$.0006/gallon, or 60 cents for 1,000 gallons of water. The drought charge is intended to recover the portion of fixed expenses that is collected in the variable water rate. Customers who reduce their water use will either continue to receive the same bill, or have lower bills depending on how much water

they conserve.

Most of a customer's water usage is used for outside landscaping. The easiest way to conserve is to curtail outdoor watering as much as possible. Customers can visit <http://saveourh2o.org/>, www.GlendaleWaterAndPower.com or www.Bewaterwise.com for more tips and information on conserving water.

Outdoor Water Conservation Tips

- Use a nozzle on your hose while washing your car.
- Do not hose down driveways or walkways; use a broom instead.
- Repair leaks, replace damaged sprinkler heads, and adjust sprinklers to avoid over-spray.
- Set your lawn mower blade height at two or three inches. Longer grass blades will reduce evaporation and shade the roots.
- Use mulch under trees and plants to help retain moisture.
- Water early in the mornings or late at night.

Indoor Water Conservation Tips

- Wash only full loads in the dishwasher and washing machine
 - Turn off the water when brushing your teeth or shaving.
 - Catch the shower water in a bucket as you wait for it to warm up use this water for indoor or outdoor plants.
 - Put a bowl when washing fruits and vegetables under running water. Use the water for plants.
 - Take five-minute showers.
 - Repair all faucet leaks.
 - Use faucet aerators and low-flow shower heads. Purchase them from the GWP Marketplace at GWPMarketplace.com.
- Customers who do not comply with Phase III of the Water Conservation Ordinance will receive a violation warning notice. Repeat violations can result in a fine of up to \$1,000. Customers can anonymously report water waste by calling GWP's water waster hotline at (818) 550-4426 or submitting an online form at www.GlendaleCA.gov/ReportWaterWaste.

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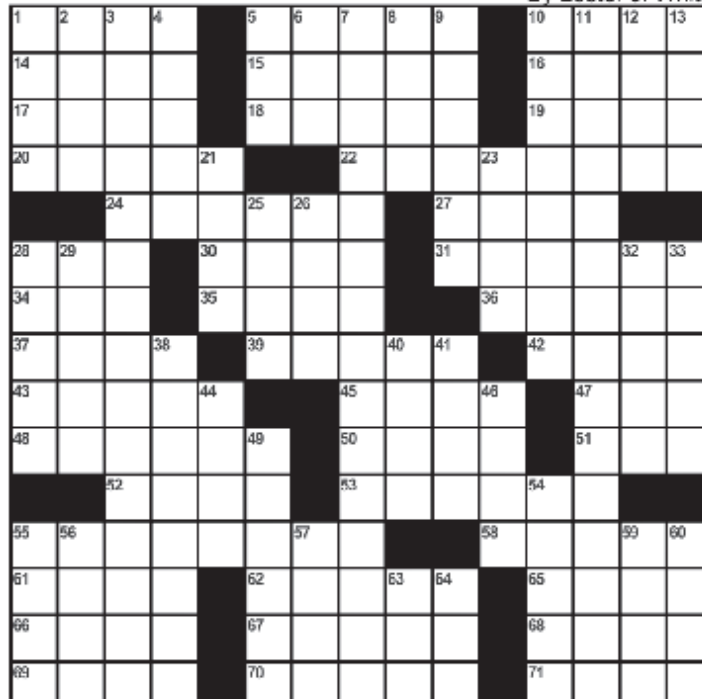
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- Rotten to the core
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- Haunted-house inmate
- USS Enterprise captain
- Computer operator
- Israeli round dance
- Eye feature
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DOWN

- Biting remark
- Bassoon's cousin
- Select group?
- Brief quarrel
- File folder feature
- Amber drink
- Boastfully performed in a concert?
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- "Bear" that's not a bear
- Drink noisily
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- Dressed to kill
- Chilly-weather garments
- Continental monetary unit
- For guys only
- Babe in the woods
- "X marks the ___"
- Minor insult
- Hemp fiber used in caulking
- Smoke passage
- Get checkmated
- "Beat it, fly"
- It's made of wood
- Three-handed card game
- "The Bridge of ___ Luis Rey"
- Common article

PRIMARY COLOR

By Lester J. White



www.cvweekly.com

GUS & ANDY'S from Cover

open at least by the end of 2021, permit issues continued to haunt and halt the progress.

The latest delay was caused by incorrect information given by the City of Glendale as to what water pressure and volume served the building. That incorrect information was given to the owner was confirmed by both the owner and the Crescenta Valley Water District (CVWD) – and disputed by the City of Glendale.

It has been a confusing and an expensive correction. As anyone who lives in the area knows all too well, the division between Glendale and the unincorporated area of Los Angeles County/La Crescenta can be blurry at times for those who work and live here. CVWD is the water source for the restaurant even though the building itself is in Montrose, which is an annexed area within the City of Glendale.

Bottom line is the owner and representatives of Glendale Water and Power and CVWD have been working to find a solution to this issue so Gus & Andy's Montrose Grill can open.

Finally, it looks like a solution has been reached.

“Allen Castillo [of the City of Glendale] and Councilmember Ardy Kassakhian have been very helpful with getting this resolved. CVWD will be connecting us to a new main water service in about five to six weeks,” said Christopoulos.

As of this week, the City has provided Gus & Andy's conditions to open with a temporary certificate of occupancy.

Christopoulos is cautiously optimistic but it does appear there is a light at the end of the permit tunnel. He is hoping to get conditional approval soon.

“We are hoping for a soft opening in the first week of March,” he said.

GCC from Cover

oversubscribed and new transmission lines are improbable. GWP has made a formal request to LA Dept. of Water and Power (LADWP) requesting long-term purchase or transmission agreements and has been advised that there are more than 2,000 megawatts of requests pending – “We'd be last in that long line.”

“We're always looking for ways to expand transmission and were lucky enough to get a share of the Intermountain Power Project. We heard the council in 2018 and have increased reliance on energy efficiencies, demand response, work on the Virtual Power Plant, renewable biogas at Scholl Canyon, increased clean and renewable imports, local solar developments on city-owned properties, an additional 72 MW from the Southwest Transmission System (in 2027),” Young said, adding that the utility's long-term forecasting requires that it plan for “the worst-case scenarios.”

Young then introduced the team of expert engineers and environmental scientists responsible for preparing the plans, including project manager Dave Tateosian, and summarized the benefits of the repowering plans: to ensure the reliability of local reserves and power.

“It reduces air emissions and water use on a per energy output basis; adds large-scale energy storage to help store local and imported clean energy; includes utility-scale solar; enhances reliability and resiliency. All our thermal units will be less than 10-minute starts, which is vital with regard to reliability and contingency reserves and, more importantly, it builds a bridge to 100% clean energy. We are on the path,” Young said.

The council heard 10-minute presentations from both the GEC and an attorney representing the local chapter of the Sierra Club and then heard from more than 60 callers. A petition with 1,350 signatures and 180 comment cards collected at the GEC's rally on Feb. 6 were submitted and acknowledged by the council.

“I'm going to buy an electric car, but I need reliable electricity to run it,” two callers said, speaking in favor of the plan as proposed.

Patrick Diamond of Adams Hill urged the council “not to pass this proposal in its current form.”

“The cost of solar, wind and battery storage energy has rapidly declined over the past decades and is expected to continue to decline into the future,” Diamond said. “Why risk spending millions on a gas plant that will likely be obsolete in the near future? It seems like a huge waste of money that will be a setback in our fight against climate change.”

“I support the Grayson repowering project and Alternative 7 and the final EIR. Glendale's power is already 64% clean energy,” Kurt Sawitskas told the council via phone. “None of our neighboring cities are this clean. Zero carbon emissions at this time, at this scope, is as feasible as finding a unicorn – it just can't be done. So just buying more power from LADWP will deeply affect us by outside rate influences, so negotiating there doesn't make much sense, either.”

“We need internal generation to avoid uncontrollable rate hikes and GWP won't have any control over where LADWP sources the power it transmits to us. With a repowered Grayson, we'll have a local, reliable source of energy that can quickly respond to local demands. Grayson will be available in case we lose an external resource be it through transmission line failure, wildfire, earthquake,”

The calls were divided between those supporting the plans as presented and those advocating for no fossil fuel at all at Grayson.

Advocates from the Historic Preservation Commission (HPC) urged the council to consult the commission for input on the historic aspects of the project. City attorney Mike Garcia acknowledged that the HPC's approval of the demolition clearance would be required but added that it would be premature to ask them to weigh in before the council had acted to approve a plan. Councilmember Vrej Agajanian urged the council to delay action for two weeks after he read a statement emphasizing the importance of renewable energy.

“We import 85% of our energy. Transmission is restricted into the LA basin. I wanted to see this at 100 MW or less. We cannot decide based on ideology – we have to depend on science,” Agajanian said, seeking to clarify the requirements of “N-1” and “N-1-1” reserve planning. [N-1 means the loss of the largest contingency; N-1-1 is the loss of the second largest contingency.]

“Whether we accept or reject the N-1-1 or use the M90 reserve of 80 MW and before we start bashing LADWP, let's remember when we went looking for additional transmission from LA – we stood on the steps of City Hall, not Glendale City Hall but LA City Hall – and announced our participation in the Eland Project, from which we'll be getting 75 MWs once it's up

and running,” said Councilmember Ara Najarian sharing his thinking about the proposed plans. “The LA City Council getting involved is good but our advocacy needs to be at the commission level. They're going to have a new mayor soon and they may have one who is especially friendly to Glendale but we don't know where that goes.”

“How much risk are you willing to accept? Advocates who only want renewable power and say they don't want any fossil fuel burning at Grayson are willing to accept a greater risk of non-reliability and reduced power, be the event weather-related or due to an earthquake, an act of terrorism, whatever,” he added. “I'm a little more risk-averse. I feel like it's my role to keep the most reliable sources of energy for our city. That's just me; I feel like that's my responsibility.”

“However, I do accept that the technology is changing and we're thinking more outside the box, focusing on peak load reduction, fuel cells, the potential of transitioning the Wartsilä engines to hydrogen, firming up the deal with Sunrun – we'll see how much power we can get from residential solar.”

He then relayed a discussion he had with fellow Councilmember Dan Brotman.

“[Councilmember Brotman's] out there interviewing staff at the AQMD and meeting with LA councilmembers. I'm in favor of certifying the EIR and then pausing up to the last minute before purchasing any internal combustion engines, if at all. Every day we're getting efficiencies from photovoltaic cells – and now there's the possibilities of hydrogen.”

Councilmember Brotman offered detailed plans to certify the Environmental Impact Report (EIR) as a “modified alternative 7” and to move ahead with the demolition stages of the plan but to not purchase the five Wartsilä engines. In the meantime, he proposed the city work directly with Los Angeles to purchase additional reserves or redefine the definition of reserves that requires Glendale to plan for more energy than it will actually require; to develop an additional 50 MW of distributed energy, through city-sited solar and storage and commercial- and industrial-sited solar and storage as well.

After more debate, the council voted 3-2 to certify the EIR and to adopt Alternative 7 of the proposed plans, as recommended by the GWP commission. Councilmembers Brotman and Ardy Kassakhian voted no. The “Brotman motion” to delay action on purchasing any gas-powered engines will be heard at the next council meeting on March 1.

“I believe we are at a critical juncture and the decisions we make today will determine how we generate power for the city moving forward. It is difficult for me to understand how spending hundreds of millions of dollars on technology that will be obsolete in 23 years makes financial sense. I think we can and should do better,” Councilmember Kassakhian explained his vote to the Crescenta Valley Weekly. “Our residents and businesses deserve no less.”

VALENTINE'S from Cover

been handed out each time the event was held.

Many rose recipients on Saturday posed for pictures with Chaplin and said, “You made my day,” or “This is just what the world needs right now,” as they continued walking down the block with big smiles on their faces and roses in hand.

“It really felt like old times,” Dawson said, “like nothing had changed. It seems like everybody absolutely loved it and that's exactly why we do it every year. We want to generate goodwill and loyalty among folks who choose the Montrose Shopping Park as their destination for shopping, dining or just strolling.”

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VIEWPOINTS

TREASURES OF THE VALLEY » MIKE LAWLER

Debbie's Guide To Guide Dogs

For the last two weeks I've recounted the remarkable story of Debbie Chevalier Kraimer. In 1971, she survived a horrible car crash on La Tuna Canyon Road that she seemingly should have died in. She then successfully battled terminal liver disease and was blinded by glaucoma. She has resurrected her life today as an advocate and educator on guide dogs (seeing eye dogs). She has lectured extensively about guide dogs and has written training manuals and provided training on dealing with the blind for law enforcement. She is also featured in a book, "A Gift Of Dogs," by Carolyn Wing Greenlee.

I thought I'd share some of the info Debbie presents about how we, as the sighted, should deal with guide dogs and their handlers. I'll pull selected quotes from a piece she wrote, aptly titled: "Can I Pet

Your Dog?"

Debbie describes the tension of making her way through a crowded airport, her guide dog laser-focused on guiding her safely, when someone asks to pet her dog.

"Yes, it is okay to ask to pet a guide dog but up to the handler if, or if not, to allow this. The primary responsibility of a guide dog is to its blind partner. Remember, the handler's safety depends on the guide dog's alertness and concentration. The petter has just interrupted the attention of the guide dog and their moving safely through the situation. Handlers are not trying to be impolite or rude when they tell an interested person not to pet their dog.

"When the harness is removed, guide dogs are just dogs. A handler may choose to let you pet the dog, but usually the handler will first

remove the harness in order to keep the distinction between work and play clear for the dog.

"Some people think that the dogs are tied up in a device that is wrapped around their body 24/7. This is far from the truth. A guide dog's harness is a very special piece of equipment. When the handler is ready to put the harness on, guide dogs get quite excited. They know the difference when the harness is on. The dog becomes suddenly focused, patiently waiting for a command. That's how it is with my current guide Sheena, a German shepherd. When she's in harness, her ears are erect, along with her posture. It's such a proud stance.

"Never offer treats or food to a guide dog. These dogs have been trained to resist offers of food so they can go into restaurants without begging.

"At a crosswalk, please do not honk or holler from a car when signaling it is safe to cross the street. As traffic has become more congested and the cars much quieter, listening to the flow of traffic has become more of a challenge for a blind handler. No, guide dogs do not know when the light is green. It's the handler's responsibility to listen to the flow of traffic in order to direct the guide to cross the street when it is safe.

"Sometimes guide dogs must be corrected to maintain their training. Please remember that handlers have been taught by experienced and skilled professionals the appropriate correction methods for their dogs."

Debbie points out in her writing that the blind and their guides are entitled to the same access to public places as the sighted and that they

are protected from harassment. That's the law, and that's why Debbie trains law enforcement on the legal issues involving the blind and their guide dogs.

"Guide dog teams have earned the right to travel safely. If you would like to know more on this issue, please feel free to talk to us guide dog handlers, but not to our guides. Always speak to the handler and not the dog. You never know, you just might have the chance to pet one of these outstanding and loving guide dogs for the blind.

"For a young girl who was told she would never walk, I cannot count the miles that my guide and I have travelled."

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

NEWS FROM SACRAMENTO » ASSEMBLYMEMBER LAURA FRIEDMAN

New Year, New Round of Bill Introductions

We're quickly approaching the deadline for members in both the California State Assembly and Senate to introduce their bills for 2022. By the time the Feb. 18 deadline has passed, we'll likely see the introduction of over 1,500 new bills. Of course, not all of them will be fully developed; some will not survive their first committee hearing, let alone all the other stops and votes they will need before the legislature adjourns at the end of August.

As I have done since my first year in office, I am continuing to focus my legislative package on three main arenas: addressing climate change and building sustainable and resilient communities, protecting vulnerable Californians, and addressing our housing and

homelessness crisis. I'd like to take this opportunity to tell you about some of the bills that I'll be working on this year.

Our transportation sector is the biggest source of greenhouse gas emissions and a major driver of climate change. As the chair of the Assembly Transportation Committee, I'm working with my colleagues on both sides of the aisle to reduce our emissions, boost alternative energy sources, like offshore wind, and make transit and active transportation, such as biking and walking, safer and easier options.

The evidence is clear that increasing options for active transportation has a positive impact on our environment and our health. Switching from a car to a

bicycle saves 150g of CO2 emissions per kilometer traveled, a significant reduction when accounting for bicycle ridership in California. Additionally, biking is closely linked to health benefits such as decreased risk of developing cancer and a lower risk of cardiovascular disease.

Currently one of the largest barriers to riding a bicycle is safety concerns. According to the National Highway Traffic Safety Administration, California saw 3.9 fatal accidents per 1 million residents from 2016-18, the sixth highest fatality rate in the country. When it comes to keeping cyclists safe on our roadways, we can do better and that's why I've introduced AB 1909. The bill will ease restrictions on e-bikes so that

see FRIEDMAN on page 10

OP ED » MARY O'KEEFE

Remembering Steve

By Mary O'KEEFE

This weekend a memorial service was held for Steve Fox at St. Luke's of the Mountains Episcopal Church. Steve and I were both members of the St. Luke congregation, and we were friends though friendship was not how our relationship began.

Our journey was very rocky to say the least. On the surface Steve and I were opposites in the way we saw the world; and yet, just below the surface, we found we had very strong commonalities.

We first starting butting heads when it came to the Fire House youth center. He saw it going in one direction; I saw it going in another. But then Steve and I began talking, really talking, about the church and we found that we had some very important things in common. For one thing we both loved the church. Steve and I were both raised in the Episcopal faith, so there was that, but it was actually the history of the building at the corner of Rosemont Avenue and Foothill Boulevard where we found our foundation of friendship.

St. Luke's sanctuary was built in 1924 with rocks from the Angeles National Forest. The Fire House was also built during this time and was originally Fire Station 19. When you walk onto the church grounds you feel a sense of calm that only respected history can bring. There are plaques that honor those who have long passed.

This is where Steve and I found our common ground. It seemed so ridiculous that we had wasted so much time arguing with each other when, in fact, we wanted the same thing – we were just coming at the subject from different starting points.

To say Steve loved St. Luke's is an understatement. He threw himself into the history of the church he had known for decades. Every repair, whether large or small, he oversaw with exact detail. He searched the

records to find out about the early days of the church. It wasn't that he only loved walking the grounds – he was part of it.

It's funny to think, but Steve and I really began to bond over rats. We had rats at the church and at the Fire House, and it was awful. We made sure all the food was put in containers that would keep out rats, or at least make them work harder to reach. He and I would actually report sightings of rat droppings. We would strategize on how to get rid of the menacing creatures. To be honest, I didn't think of it being fun at the time but now I miss our rat texts/conversations.

Once the rats were under control he then started sharing how he would be moving forward on other areas that needed repair. Like I said, this was an old church and it needed a lot of tender loving care so there was always something to do.

Steve got sick a while back and it did not look good for him but, miraculously, he recovered and although he was slowed he did not stop.

Thanks to the Mary Pinola Foundation, the Fire House was able to install cameras around the church's grounds. Steve was constantly watching those camera feeds. There was a fight at the parking lot one day; the sheriff's station needed to view the footage. Steve called my son Charly to help download the footage. The church was vandalized recently by someone who threw rocks through the windows. Steve called me though he had already called the sheriff's station but he wanted me to follow up. I would walk the grounds just to check on things; Steve would call me to say "hi" because he was watching the camera feeds.

He called me in mid-December very concerned about a woman who appeared to be homeless. It was nothing new to see homeless people at the church but this woman had a young child with her. Steve was very

see O'KEEFE on page 10

THE HISTORY OF LOS ANGELES GRAFFITI

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Graffiti written in storm drain tunnels, on neighborhood walls, and under bridges tells an underground and, until now, untold history of Los Angeles. Drawing on extensive research within the city's urban landscape, Susan A. Phillips traces the hidden language of marginalized groups over the past century—from the early twentieth-century markings of hobos, soldiers, and Japanese internees to the later inscriptions of surfers, street artists, and punk rockers.

Susan A. Phillips is an American anthropologist and criminologist who works as a professor of environmental analysis at Pitzer College. She is known for research on graffiti, and her books on gangs and graffiti.



Susan A. Phillips

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FRIEDMAN from previous page

they can take full advantage of our existing bike trails and strengthen our traffic safety laws to protect cyclists, whether they're moving through a busy intersection or traveling along Chevy Chase Drive.

Building on my work from last year to allow communities more control over speed limits, I'm also working on legislation that will allow cities to crack down on egregious speeding and reckless driving by

utilizing speed cameras in areas with a history of accidents. When used in conjunction with education and traffic engineering, speed cameras can significantly reduce speeding, improve traffic safety and prevent traffic-related fatalities and injuries, including roadway worker fatalities.

In addition to transportation, I've introduced bills to clean up our environment and eliminate harmful chemicals from everyday products.

My bill, AB 2026, will phase out single-use plastic packaging from e-commerce. The amount of non-recyclable plastic being used in packaging continues to skyrocket and its impacts on our environment are disturbing and costly for taxpayers. These plastics used for a very short period of time are ending up in our waterways, clogging our waste systems and, worst of all, they'll take centuries to degrade.

The impact of single-use plastic also impacts our pocketbooks. Most municipal recycling programs in California do not accept shipping envelopes, plastic air pillows, bubble wrap or expanded polystyrene (including packing peanuts and molded foam). This plastic waste increases disposal costs for local communities, their residents and businesses. As we continue to shift more toward online retailers, we have to ensure they're operating sustainably and I'm working with those retailers to find a solution that

helps them transition to sustainable packaging materials.

Last year, I was successful in passing AB 652 that phases out a class of chemicals known as perfluoroalkyl and polyfluoroalkyl substances, or PFAS, in products designed for children. Studies have shown that PFAS chemicals not only linger in our environment and bodies, they're carcinogenic and harm our immune and reproductive systems. Many of them are so toxic that in many countries they're outright banned. This year, I'm authoring legislation to prohibit the use of PFAS chemicals in personal care products. Chemicals that are known to be toxic simply have no place in the moisturizers, lipsticks, cleansers and other products that Californians use every day.

Finally, I'm continuing my effort to improve health care affordability. We've taken steps over the past several years to expand health care coverage options, but having health insurance isn't enough if the copays,

deductibles and out-of-pocket costs delay patients from seeking care or prevent them from getting the treatment that they need.

That's why I've introduced AB 2024, which requires health plans to cover advanced diagnostic image screenings, like breast magnetic resonance imaging (MRI), with the same cost sharing as general screenings, if a health care provider determines the scan is necessary. Thanks to the Affordable Care Act, health plans are already required to cover screening mammograms and keeping the tests affordable is key to detecting cancer and starting treatment earlier. However, in cases when a patient's initial screening indicates a need for further testing, the out-of-pocket costs can lead to delays in treatment and ultimately more expensive treatment in the long run, along with worse health outcomes.

A woman whose doctor fears she might have breast cancer shouldn't put off a diagnostic test because of cost concerns. No one should have to choose between paying their utility bill and paying a co-pay for a critical medical test. As a breast cancer survivor, I know firsthand the importance of having access to comprehensive screening and treatment: I might not be here today if my treatment had been delayed. It's well past time for every Californian to have affordable access to the care that they need.

I'm looking forward to sharing more information about these bills and hearing your perspective on these issues and more in the weeks and months ahead.

As always, I'd like to hear your thoughts on our budget, legislation or any general comments or concerns. You can reach my district office at (818) 558-3043 or by email at Assemblymember.Friedman@Assembly.ca.gov.

O'KEEFE from previous page

worried about the child because it was cold and had been raining. He asked me if I would go up and see if she needed help; of course I went. The woman was indeed homeless and did have a child with her who was around 5 years old. We spoke, I offered help, she refused but said she had friends that she was going to for shelter. She walked away from the church and I followed her to the Marketplace parking lot where she met up with a friend. I let Steve know what happened and he asked me to follow up because he was so concerned about the child. I called the authorities for help and have continued to follow up on her.

The last time I heard from Steve was on Dec. 24 when we were texting each other about ... rats. Yep, they came back during the winter break but we were on it and were taking care of it right away. Even now I feel Steve watching over the church and Fire House, keeping a loving eye on the place he loved so much.

One of Steve's main focuses was to repair the St. Luke's of the Mountains chimes. There were a gift from the Robert Watchorn family in 1926 in honor of their son who died during WWI. Steve set up a GoFundMe page to help get and keep these chimes maintained. For those interested in supporting this effort, please visit <https://www.gofundme.com/f/chime-tower-at-st-lukes>.



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YOUTH

CVHS Celebrates the Lunar New Year

By Bethany BROWN

Korean-language classes at Crescenta Valley High School celebrated the Lunar New Year on Jan. 31 and Feb. 1. The holiday was celebrated on both days to accommodate the newly implemented block scheduling and ensure each student had the opportunity to experience the festivities arranged by Korean-language teachers Tina Song and Young-iL Kim.

The block schedule came as students returned to on-campus learning after being remote due to the COVID-19 pandemic. With a block schedule, students attend three of their six periods one day and the remaining three the next, alternating every other day.

Song said she felt “overjoyed” to celebrate with her students again this year after not being able to last year. She set up four different cultural “centers” across campus and students in each block period were separated into smaller groups. Each group rotated between the centers and began in the classroom where they got to put on traditional Korean dress, or hanbok. Students would then offer a traditional bow to their teacher and in return receive a goodie bag containing traditional Korean games and



candy.

During Lunar New Year, it is tradition to give the gift of a bright red envelope to friends and family. The red color symbolizes good luck and prosperity in Chinese and other East Asian cultures. These are often filled with “lucky money” meant to represent good wishes for the year ahead. Song included her own “lucky money” for students – fake dollar bills that served as extra credit points.

The next two centers invited students to play Korean games like Jegi Chagi – a game similar to the Western game of hacky sack – and Yut Nori, a board game involving yut sticks instead of dice. The sticks are thrown into the air and how they land determines how far the

player advances on the board. Students ended their rotation at the last center where they found an assortment of Korean foods from which to choose as they made their own bowls and sikhye – a traditional sweet rice beverage – for dessert. They were encouraged to connect with their peers through conversation and celebration.

“It was a great two days; the students were really happy and super excited,” Song said. “It may have been a bit of extra labor for me [to set everything up] rather than just in-the-classroom teaching, but it’s always worth it at the end because the students really get to experience their culture and learn about our traditional customs in a hands-on and fun way.”



Photos provided by Bethany BROWN

TOP LEFT: Song and students ring in the Lunar New Year in traditional Korean attire

TOP RIGHT: Song hands out goodie bags to students in hanbok as they offer a traditional bow.

ABOVE: Korean-language students celebrate the Lunar New Year with traditional games, food and dress.

Science Abounds at Mountain Avenue Science Fun Fair

By Lori BODNAR

Two hundred students participated in the Mountain Avenue Elementary School (MAES) 14th annual PTA Science Fun Fair. Approximately 160 students completed 125 science projects (some worked in teams)

and 40 sixth-grade students competed in “The Great Paper Roller Coaster Challenge.”

The goal of the sixth grade engineering build was to work in teams to create a roller coaster from cardstock paper to maintain a marble rolling for the longest time. Besides first place and

runner-up for the longest coaster time, prizes were given for creativity with the best theme.

The MAES Science Fun Fair was open to all grades, from transitional kindergarten through sixth grade. Students could work individually or in teams and could receive help if

needed from family or friends, since projects were not judged at the elementary fair.

The theme of the science fair was “Science is Among Us” that promoted the idea that science is everywhere. The science fair co-chairs were Jackie Bodnar and Meena Arunachalum.

The fair was held during Science Week, Jan. 24-28. Each day the entire school answered a science question, such as, “What color is the sunset on Mars?” Students presented their projects to their classmates and teacher; in addition all science projects were displayed in the auditorium for all classes to file past.

On Friday, Jan. 28 a recognition family night was held virtually when all 200 student names, project names and pictures were shown to the audience. The students also made videos of their science projects for family and friends to view.

During family night, Crescenta Valley High School (CVHS) Robotics Team 589 joined the Zoom meeting live to show the robots and engineering build room at the high school. Members of the high school team who explained the process

of building a robot include Bethany Lai, Renee Limonadi and Chloe Schroeder. The robotics club school advisor is Lyn Repath-Martos.

In addition, the CVHS Chemistry Club joined the family night fun by leading science demonstrations on how to make slime, oobleck and lava lamps and blew up a balloon using the chemical reaction caused by combining baking soda and vinegar. The CVHS Chemistry Club advisor is Julie Patton, and the students who lead activities were club co-presidents Seon Jae Yoon and Matthew Jang and secretary Nara Sirakian, as well as experiment coordinators Hyunwoong Yang and Ethan Lee.

“The Mountain Avenue Science Fun Fair is a fabulous PTA event that partners academic content, student engagement and joy of learning,” said Mountain Avenue Principal Jaclyn Scott. “Students love to complete hands-on science experiments and the science fair gives them this opportunity. The student projects this year were amazing and so creative!”

You can read more at CVWeekly.com/YOUTH

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SPORTS

CIF Boys' Soccer Tournament Filled with Wild Weather and Wild Outcomes

By Justin HAGER

It may be the "winter sports" tournament but the CIF Southern Section doesn't typically have to deal with hail, snow or sleet. Yet that's exactly what the weather brought to the southland on Tuesday, just in time for the kickoff of second-round action in the CIF-SS boys' soccer tournament.

As a reporter who grew up in Wisconsin, I can say with confidence that Lambeau Field in Green Bay had nothing on Oak Park High School as officials there were forced to shovel the lines of the school's outdoor soccer field to complete a match against Hesperia. Closer to home, the Rose Bowl saw hail while Crescenta Valley was hit with sleet and near-freezing rain. The result: a wild afternoon of CIF-SS soccer.

Unfortunately, that wildness did not bode well for local teams.

The local region was already short on teams heading into the

second-round after Friday's first-round losses by Glendale (2-1 at Crossroads) and Flintridge Prep (5-1 at South Hills), combined with

last Wednesday's wild card losses by La Cañada (1-0 to Diamond Ranch) and Burbank (2-1 at Monrovia).

see BOYS' SOCCER on next page



Photo by Justin HAGER
ABOVE: CVHS defeated Newbury Park in a hotly contested CIF SS first-round match.
BELOW: Freezing rain led to a wet, slippery loss for the Falcons boys soccer team.



To Grandmother's House We Go By Joanna M. Glass

Directed by Linda Alznauer

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Difficult Saturday for Girls' Soccer as Flintridge Prep is Last-Local Team Standing

By Justin HAGER

Due to its population, mild climate and concentration of

wealth, California is known as one of the best college and professional athletic recruiting states in the country. The CIF showcases the

state's incredible talent by putting the best teams up against each other. And any coach will tell you

see GIRLS' SOCCER on next page

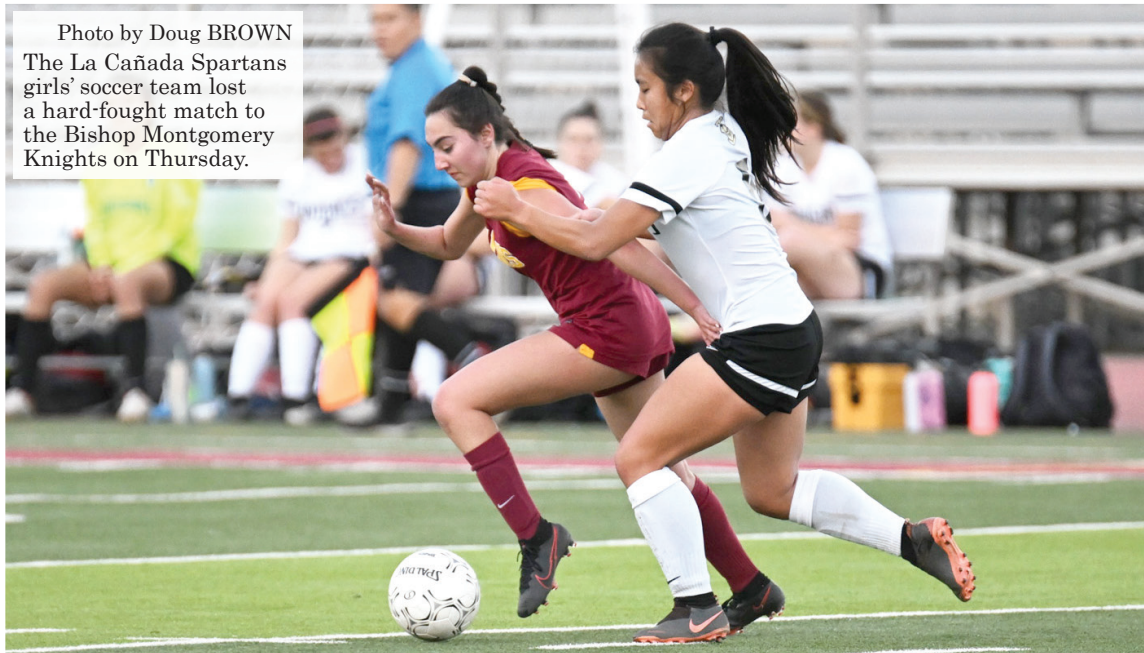


Photo by Doug BROWN
The La Cañada Spartans girls' soccer team lost a hard-fought match to the Bishop Montgomery Knights on Thursday.

BOYS' SOCCER *from previous page*

Entering the second-round of play, only Crescenta Valley High School and John Burroughs High School (Burbank) were left to carry the Pacific League and regional banners.

Burroughs arrived in the second-round after a nail-biting thriller in the first-round against the San Pedro school Mary Star of the Sea. Both teams allowed less than 20 combined goals to be scored against them in regulation play over the course of the entire season. So it was no surprise that, when regulation play ended, the two defensive behemoths sat tied at 0-0. Moving into a sudden death penalty shootout that lasted 13 shots, Burroughs came out on top 7-6 and secured a ticket to round two. Unfortunately for the Bears, their defensive prowess couldn't stop the Desert Sky Champion Silverado Hawks, who continued their 12-game streak without a loss, defeating Burroughs 2-0 in regulation.

Crescenta Valley arrived in the second-round after a very physical round one match against Newbury Park. The match was so hotly contested that at one point a Newbury Park coach could be heard

telling their team to "lay out" a CVHS player. A CVHS coach later described the comments as "disgraceful." Despite the animosity, and a hard push by Newbury Park in the final eight minutes of the match, the Falcons held on to win 2-1.

Second-round play saw the Pacific League champion Falcons host the Mullholland League champion Wiseburn-Davinci Wolves from El Segundo. As the match got underway the air was cold but dry – a scenario suited to the Falcons who dominated the first half in terms of pressure and shots on goal. Unfortunately, the Falcons were unable to convert that early dominance into a significant lead. As the match progressed, the rain, cold and wind picked up, turning into sleet and leading to a wild bout of slip-and-slide on the field. At the end of regulation the match was tied 2-2 and was settled with a penalty shootout that saw Wiseburn DaVinci advance 4-3.

While the Falcons are certainly disappointed with the outcome, the team will return next year with its entire roster intact, setting up a possible championship run for CVHS.

GIRLS'S SOCCER *from previous page*

that winning a CIF tournament game is difficult. Never was that difficulty on greater display for the local region than during the CIF-SS girls' soccer tournament.

The Burbank-Glendale-Crescenta-Cañada region entered last week's gameplay with six teams in the hunt for a sectional championship, including three in the regular first-round bracket and three competing for a wild-card berth.

Wild-card play began Thursday evening with Glendale, Burroughs and La Cañada competing for the chance to play in the first round of the tournament.

Burroughs, which took third place in the Pacific League, traveled to Palmdale to face off against the Highland Bulldogs. After an exciting and evenly matched 1-1 bout, the match entered a sudden-death overtime. Highland defeated Burroughs in a heartbreaking loss by out-shooting the Bears 3-2 in the sudden-death. While the match does mark the end of the season for the Burroughs girls' soccer team, there is reason to be optimistic going into next year. All three goals scored by the Bears during the CIF-SS wild-card match were kicked by sophomore Nadia Aguilar and junior Julia Narmore, both of whom are expected to return next season.

Like Burroughs, the La Cañada Spartans also saw their season come to an end in the wild-card match. The Spartans entered the match with a 10-4 record and were favored to win over a Bishop Montgomery Knights team that had gone just 5-6 on the season. However, with the incredible emergence of freshman standout Natasha Zuvic, the Bishop Montgomery Knights knocked off the Spartans 2-1 in regulation. Fortunately, 13 returning roster members next year should bode well for the already strong Spartan squad.

The lone regional victor in wild-card play came from Glendale High School. Led by an impressive squad of mostly juniors, Glendale overpowered the Hawthorne Cougars, taking 14 shots on goal, three of which landed. Junior goaltender Riley Millward saved three shots on goal and helped

lead the Nitros to a 3-1 victory. Unfortunately for the Nitros, the victory was short lived as the Nitros found themselves on the opposite side of a dominant performance by the Hemet Bulldogs four days later. Hemet defeated Glendale 3-0 in the first-round matchup.

First-round play also saw local action in the Division 2 bracket, as both Crescenta Valley and Flintridge Sacred Heart hoped to move closer to a title.

The 3-6 Flintridge Sacred Heart Tologs found themselves heavily outmatched against the 13-6 Moore League champion Woodrow Wilson Bruins. Despite a solid defensive performance, a single goal was all the Bruins needed to secure a victory 1-0.

The Pacific League champion CVHS entered their matchup against at-large entry Corona Del Mar as a slight favorite. But, once again, CIF tournament play showed that California offers the best of the best and even the fourth place team in the Sunset-Surf League is no joke as the Sea Kings defeated the Falcons 2-1. The loss is particularly disappointing for a CVHS team that went deep into the Southern Section tournament last year and had aspirations of pursuing a state title this year.

With a number of seniors departing, including co-captains Rachel Park, Kaisa Lindman Marshall, Megan Parada and Lindsey Furstenberg, team assist leader Lauren Graves, defensive powerhouse goalkeeper Isabella Galvan, and offensive dynamo Teleya Blunt, the Falcons will almost certainly see themselves rebuilding over the next year or two.

The sole round one victory for local schools came in Division 3, where the Flintridge Prep Wolves, the Prep League champion, dominated the Canyon Cowboys 4-0. Each of the goals and assists were performed by juniors and freshmen, setting up the Wolves to return a strong team next year. But first, they continued their journey through this year's CIF-SS tournament with a game against Santa Barbara on Wednesday. The result of that game was not available at press time.

Weekend Marks the End of Local Contenders in CIF Girls' Water Polo



Photo by Christian SCHMIDT
Despite outstanding defensive play, the La Cañada girls' water polo team couldn't get their offense rolling and lost to Yucaipa.

By Justin HAGER

The Crescenta-Cañada region had a lot to be excited about entering the second round of the CIF girls' water polo tournament last Thursday. With four teams earning victories in the first round, including an incredible 22-1 victory by CIF at-large bid earner Flintridge Sacred Heart over Bell Gardens and a dominant 15-8 victory by Crescenta Valley over Diamond Bar, the energy around area swimming pools was palpable. Unfortunately, this is CIF-SS tournament play and every team participating has earned their place and is playing to win.

The first team to fall was Flintridge Prep, which was dominated on both sides of the ball by a heavily favored Oxnard. Oxnard is ranked in the top 50 teams nationally according to MaxPreps and just two days prior to their showdown with Flintridge Prep the Oxnard Yellowjackets took

down Pasadena in a 22-6 rout. The Wolves didn't fare much better, losing the match 20-4.

Simultaneously, over at the Glendale Aquatic Center the Crescenta Valley Falcons had sports reporters on upset alert as they entered the second half of their match against the No. 2 seeded Camarillo Scorpions, trailing by just three. Recognizing the opportunity at hand, the Falcons came out swinging in the second half, scoring quickly to bring the match to within two points. Unfortunately it would be the last scoring the Falcons would do as Camarillo went on to win 10-4, ending CVHS' incredible season.

Further down the valley, at Notre Dame Sherman Oaks, Flintridge Sacred Heart was squaring off against JW North. The matchup was especially unique because both teams entered the tournament as at-large bids facing heavily favored

opponents. Yet both teams won their first-round match in dominant fashion with FSH defeating Bell Gardens by more than 20 and JW North defeating West Valley 20-4. Only one team could move forward and, in the end, a nail-biting finish gave Flintridge Sacred Heart a 15-12 victory.

FSH advanced to the quarterfinal round along with La Cañada High School, whose 20-15 victory over St. Lucy's three days earlier had earned them a direct path to the quarterfinals. Unfortunately, it would mark the end of the road for both teams. Flintridge fell to La Habra 12-7 while La Cañada was overwhelmed by Yucaipa 16-3, officially ending the girls' water polo season for all local high schools.

CIF-Southern Section girls' water polo semi-final play was scheduled to continue on Wednesday, Feb. 16, but final scores were not yet available as of press time.

Spring Sports Are Back!

By Justin HAGER

Boys' varsity lacrosse kicked off the spring sports season across the region this weekend as the CVHS Falcons hosted Hart High School and took home a victory on Saturday afternoon. In recognition of the return of spring sports and the 60th anniversary of the Falcons' first varsity baseball schedule, local history guru Mike Lawler is writing a special edition of Treasures of the Valley next week that focuses on the history of Stengel Field.

In addition to lacrosse, the spring season also means the return of other sports, like CVHS boys' baseball, whose first pitch was at

6 p.m. on Saturday, Feb. 12; girls' lacrosse, which hosted Westridge on Monday, Feb. 14; tennis, whose first volley will host rival La Cañada today, Thursday, Feb. 17 at 3:30 p.m.; volleyball, whose first serve will be at St. Francis High School on Wednesday, Feb. 23 at 5 p.m.; track, whose first race will be held this weekend, Feb. 19 at 9 a.m. at the CVHS Distance Meet; girls' swimming and diving, whose first meet will be on Feb. 23; and golf, whose first match will be at Santa Anita Golf Course on March 3. Girls' softball began their season on Feb. 8, but won't play a home game until March 3.

With cases of COVID-19 declining,

the CV Weekly Sports team is excited to return to more regular prep sports coverage of these events, and more, including more robust coverage of CIF tournament action and other schools in our region including those in La Cañada, Glendale, Burbank and Pasadena. However, we need your help. To stay up-to-date on the latest prep sports news, scores and highlights, follow us on Twitter at @CVWSports or on Facebook @Crescenta Valley Weekly.

And as always, if you have sports-related photos, stats, scores, information or stories you want to see covered in the CV Weekly, please let us know by emailing Justin@cvweekly.com.

SPORTS NOTES

CVHS track and field is hosting its first meet of the year with an all-distance meet at CV High School from 9 a.m. to noon on Saturday, Feb. 19. The day begins at 8:45 a.m. with an

open community one-mile race for all ages.

Fourteen schools from across Southern California will be competing. Adults pay an entry fee of \$5 on-site (cash).

TRAVEL & LEISURE

Flaksman Presents Original Works for Solo Cello

On Wednesday, March 2 at 12:10 p.m. the Free Admission Glendale Noon Concerts program will be streamed. Cellist-composer Jonathan Flaksman will be the featured performer on a Facebook stream and YouTube.

Flaksman will perform his original compositions for solo cello "Total Stoke: Sending It On The Cello" and "Social Dissonance: Music Inspired by Life During

the Pandemic."

Born in Kent, Ohio in 1981, Jonathan Flaksman began playing the cello at the age of 5. His father, Michael Flaksman, a world-renowned cellist and teacher, was one of the major influences of his teaching and playing.

He also studied under many other world-class musicians including Madalena Burle-Marx, Richard Aaron and Fred Sherry. He

attended the Cleveland Institute of Music, the Juilliard School and the University of Mannheim in Germany.

Flaksman was awarded fellowships to attend festivals and master classes throughout the U.S. and Europe, including Interlochen Arts Camp and music festivals in Portogruaro, Aspen, Schleswig-Holstein and Lancut, Aurora Chamber Music and Bayreuther Festspiele. He played in various

orchestras in Germany, including the Nationaltheater Mannheim, Pfalztheater Kaiserslautern, and the philharmonics of Heidelberg and Ludwigshafen, gaining invaluable musical knowledge and experience.

He performs regularly at the Ascoli Piceno Festival in Italy.

You can read more at CVWeekly.com/LEISURE.

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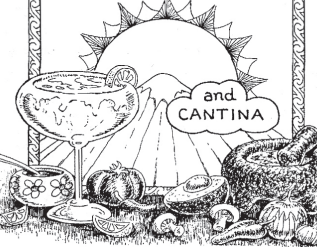
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THEN & NOW

Verdugo Park
Courtesy of the Historical Society of CV

Then » Since the 1890s Verdugo Park has been a popular picnic destination. The privately owned park actually had a rail line that brought Los Angeles residents up to Verdugo Canyon for recreation in a shady, country atmosphere. A fresh flowing stream ran through it.

Now » By the teens, the Verdugo Woodlands north of the park began to be developed for housing. The park became a City of Glendale park. The 38-acre active use park now features just about every activity and sport imaginable, even a skate park. And the stream? As our water tables have lowered, the stream is bone dry.

BETWEEN FRIENDS

Kiwanis Club of Glendale Presents Legion of Honor Awards



Photo by Bob PRAUN
Members of the Kiwanis Club of Glendale were recognized for years of service by being presented with the Legion of Honor Award.

The success of the Kiwanis Club of Glendale results from the strong and active service of thousands of members throughout its 100 years of existence. This past month the Kiwanis Club presented the Legion of Honor Awards, an award that is presented to Kiwanians who have had at least 25 years of Kiwanis Club membership. Gratitude is extended to the 17 individuals who have devoted

their time and talent to the Glendale organization. Their contributions to Kiwanis and Glendale are remarkable. Kiwanis Club of Glendale honorees are Ron Baker, John Sadd, Brad Guske and Liza Bourbari for 25 years of service; George Chernich, Mary Broerman, Cathy Zappala and Richard Dell for 30 years; TJ Denton, Jack Bilheimer and Patrick Liddell for 35 years;

Sonny Sardo and Page Whyte for 40 years; Tony Pearson (presented posthumously) and Duane deCroupet for 45 years; George Humphries for 50 years; and Skip Neville for 55 years.

For more information about the Kiwanis Club of Glendale visit its website at GlendaleKiwanis.info or email GlendaleKiwanis@gmail.com.

Submitted by
Albert HERNANDEZ

New Research Links Heart Health to Brain Disease

New research shows that heart disease directly impacts brain function, which can lead to dementia and Alzheimer's disease – all of which are leading causes of death in the United States. Dignity Health cardiac experts urge people to keep their heart and brain health top-of-mind.

Findings from the American Heart Association's (AHA) 2022 Heart Disease and Stroke Statistics Update show that coronary heart disease was associated with a 40% increased risk of poor cognitive outcomes, including dementia, cognitive impairment or cognitive decline. The AHA data, collected over an extended period, indicated that people with midlife hypertension were five times more likely to experience impairment on global cognition and about twice as likely to experience reduced executive function, dementia and Alzheimer's disease.

"New research shows us that nearly half of all adults in the U.S. have elevated blood pressure," explained Raed Bargout, MD, chief of Cardiology at Dignity Health Glendale Memorial Hospital and Health Center. "Knowing what we know about the effects of hypertension on our heart and brain, it is important that we take

charge of our health by adopting positive incremental lifestyle changes."

The latest research by the AHA also demonstrates that heart disease causes a breakdown of critical brain function. In a meta-analysis of four longitudinal studies, the risk for dementia associated with heart failure was nearly two-fold.

"Alzheimer's and dementia are commonly associated with people over 50. However, lifestyle patterns gradually affect the heart and brain from childhood to young adulthood," explained Dr. Bargout. "It's never too early to begin eating healthier foods, increasing physical activity or scheduling a routine health check-up."

The study also found that people with high blood pressure at midlife are 55% more likely to develop impaired cognitive behaviors, including attention, orientation, memory, language and fluency. Additionally, obesity at midlife is associated with a 33% higher risk of developing dementia than people with a normal body mass index.

To learn more about heart health and services offered at Dignity Health-Southern California hospitals, visit DignityHealth.org/SoCal.

CV WEEKLY ON THE MOVE

CV Weekly loves to travel! Take us along on your next trip and send us a photo. You may find yourselves on the pages of the community's favorite newspaper.

Send a pic and small caption to Robin@cvweekly.com to share your lovable pets with the community!

Questions About Today's Real Estate?

Ask Phyllis!

Purpose Of The Home Inspection

Dear Phyllis,
I think you provide a valuable service to the community, and I look forward to reading your real estate column. If you have already discussed the purpose of the home inspection, my apologies for being redundant. Upon my son's Realtor's insistence, he hired a home inspector. The inspector was great and noted some major problems with old, galvanized plumbing, a worn roof, and outdated electrical. Even so, the seller refused to make any repairs or credits. Reluctantly, my son moved forward with the purchase. When my wife and I purchased our home (and I admit many years ago), the seller gave us a substantial credit for repairs. My question to you: if the seller won't make repairs or credits what's the purpose of the home inspection?

Walt

Dear Walt,
This is great question and addresses a common misunderstanding regarding the purpose of the home inspection. In some instances, home buyers view the inspection report as a laundry

list of repairs to be made by the seller. This is far from the case. As your son has learned, the seller is under no obligation to make any repairs or credits.

Current market conditions often dictate how inspection negotiations play out. In our current Los Angeles real estate market, most homes are selling in multiple offers. Therefore, sellers have the upper hand in these negotiations. Your son did have the option of cancelling escrow after his inspection. However, had your son cancelled, the seller likely would have found another buyer to accept the condition of the home at the same selling price.

All homes have defects. The home inspection provided your son with valuable information pertaining to the home he purchased. He has been made aware that in the near future he will need to address the roof, plumbing and electrical. The cost of repair or replacement of these high-cost items can now be budgeted for.

Thank you for your question and thank you for being a loyal reader. Best of luck to your son in his new home.

People Making News

Matthew Gottfried, class of 2025, and Diana Kim, class of 2022 who is majoring in environmental studies, each earned dean's high honors for the 2021 fall semester at Connecticut College. Both are from Glendale.

Founded in 1911, Connecticut College is a private liberal arts college of 1,800 students located on a 750-acre arboretum campus in New London. The College's mission is to educate students to put the liberal arts into action as citizens of a global society.

Makenna Christensen of La Cañada Flintridge has been named to the dean's list for the fall 2021 semester at Marquette University in Milwaukee, Wisconsin. Christensen is pursuing a Bachelor of Science in marketing.

To make the dean's list, students must have earned at least 12 credits for the fall 2021 semester and have no disqualifying grades. The GPA threshold varies by college; for the College of Education and the Klingler College of Arts and Sciences, undergraduate students must have at least a 3.7 to be named to the dean's list.

Marquette University is a Catholic, Jesuit university

that draws over 7,500 undergraduate and 3,500 graduate and professional students from nearly all states and more than 60 countries. In addition to its nationally recognized academic programs, Marquette is known for its service learning programs and internships as students are challenged to use what they learn to make a difference in the world. Find out more about Marquette at marquette.edu.

La Crescenta residents David Komjathy, who is attending the College of Agricultural & Life Science, earned a spot on the dean's list and Charles Pingry, attending the School of Human Ecology, earned a spot on the dean's honor list at The University of Wisconsin-Madison.

Students who achieve at a high level academically are recognized by the dean at the close of each semester. To be eligible for the dean's list, students must complete a minimum of 12 graded degree credits in that semester. Each university school or college sets its own GPA requirements for students to be eligible to receive the distinction. Most call the honor "dean's list" but some grant the "dean's honor list" and "dean's high honor list."



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LILI SINGER GUEST SPEAKER AT VIOLET SOCIETY

The next club meeting of the Burbank African Violet Society will be today, Thursday morning, Feb. 17 at 10 a.m. at The Little White Chapel Christian Church, 1711 N. Avon St. in Burbank.

The guest speaker will be Lili Singer, horticulturist, garden writer and educator. Singer will present the program "Adding California Native Plants to Your Garden." Questions and answers will follow.

There are raffle and silent auction tables. Refreshments are served and friendships made. Guests are always welcome to attend the meetings. For more information call (661) 940-3990 or reference the website www.burbankafrienviolets.weebly.com.

COMMUNITY TREE MULCHING EVENT

On Saturday, Feb. 19 from 8:30 a.m. - 11 a.m., there will be a Sunland-Tujunga community tree mulching event held with participation by the Crescenta Valley Group of the Sierra Club, Ralph's Market in Sunland and Tree People. The groups will be mulching and watering about 60 trees along Foothill Boulevard in Sunland (between Ralphs and Vons). Anyone who wants to participate can also adopt the trees they mulch for future watering.

The event begins in the parking lot of the Ralphs Shopping Center,

10455 Sunland Blvd, Sunland-Tujunga. Mulch and water for the trees will be provided. Training takes place at 8:30 a.m. by Tree People ambassador Xiomara Duran on how to properly set the mulch around the tree base. Volunteers need to watch the instruction before being assigned a tree. Volunteers should bring two five-gallon buckets to carry mulch and a watering can, a hand rake or spade, gloves, a facemask and a safety vest (if they have one). Compost from local compost bins and scraps of cardboard to place under the mulch to nourish trees is also welcome.

The event will last as long as it takes to get 60 trees mulched. Please register in advance at patkramerstnc@gmail.com.

LIONS CLUB HOLDING SPEAKERS CLUB CONTEST

The Lions Club is holding its annual speakers club contest on Saturday, Feb. 19. The contest is open to all students in the Crescenta Valley area who are in grades nine-12. The winner of the local club contest will move on to the Lions Club International Zone Contest held in early March. The theme is "How Can Kindness Reunite Our Country?"

The purpose of the contest is to provide an opportunity for competitive public speaking among students on a subject of vital interest to the contestants and to the American people as a whole; stimulate self-expression and

independent thinking; present to the public through the student speakers contest the problems surrounding the maintenance of this commonwealth as a free nation; and consider the means at our disposal of meeting the present and future world problems.

Those interested in participating or would like more information can contact Lions Club at lions91214@gmail.com.

SCIENCE OF DANCE WEEKEND

As part of Discovery Cube Los Angeles' Feb. 26-27 "Science of Dance Weekend," Benita Bike's DanceArt will present a dance discovery program on Saturday, Feb. 26 at 2 p.m. at Discovery Cube LA, 11800 Foothill Blvd., Los Angeles, 91342. Those who pre-register by emailing benita@danceart.org will receive a free ticket. Attendance of this event is also included with general admission at Discovery Cube. This performance is supported, in part, by the City of Los Angeles Cultural Affairs Dept. and Discovery Cube Los Angeles.

HIKING SAFELY, HIKING SMARTLY: TIPS FROM EXPERT HIKERS

On March 1 at 7 p.m. join David Eisenberg, program chair for the Verdugo Hills Group of the Sierra Club, and Pat Kramer, program chair for the Crescenta Valley Group of the Sierra Club, for an informative question and answer session with

members of Montrose Search and Rescue team and trainers from the Sierra Club's Wilderness Training Course as they shed light on the problems they most often see on the trail that lead to injuries, accidents and the need for rescues. Learn how to avoid these issues by being better prepared.

Advance RSVP is required. Space is limited. Please use the RSVP link to register. <https://act.sierraclub.org/events/details?formcampaignid=7013q000002GVgsAAG>

ARBOR DAY OBSERVANCES PLANNED

Glendale Beautiful, in cooperation with Glendale's Community Services and Parks Dept., will hold Arbor Day observances on March 1 beginning at 10 a.m. at the Casa Adobe de San Rafael, 1330 Dorothy Drive in Glendale. All are invited

to the community-wide effort by contributing to the purchase of a tree!

After the last few years of intense drought and tree loss, community contributions are more important than ever. To cope with these challenges and changes, a 24-inch box size trees ("specimen trees") are available for \$150. The option of supporting trees throughout the city is available for a suggested donation of \$75. Contributions will be used to help reforest and care for all the trees in local parks and public areas. The donation deadline is Feb. 22. Go to www.GlendaleBeautiful.org/Arbor-Day.html to process a donation online (includes processing fee) or to download the donation form and mail in with a check.

For questions contact Chris Choreanian at GlendaleBeautiful@gmail.com or call (747) 228-2688.

WEEKLY HOROSCOPES

Provided by horoscope.com February 14, 2022 - February 20, 2022

♈ ARIES March 21 - April 19

It may help to get a regular routine sorted out in terms of your health and well-being. You do have a tendency to be erratic with your exercise and diet. You tend to switch direction and change focus from day to day. If you want to get results, try to stick with the regimen you've set. Don't veer off course.

♉ TAURUS April 20 - May 20

You may be tempted to buy into a new diet scheme that will encourage you to pay good money in order to lose so many pounds over so many weeks. It may seem like the best thing since sliced bread, but it probably isn't. Make sure you read a few genuine testimonials before you get out your credit card. If it feels right, go for it; otherwise don't bother.

♊ GEMINI May 21 - June 20

Rather than follow your intuition, you may have a tendency to do what your friends do with regard to staying fit and healthy. This probably isn't working out very well for you. Take time this week to assess your situation and do what feels right to you. Your body is unique and needs special care. You won't get the results you want by following someone else's path.

♋ CANCER June 21 - July 22

This week your health is back under your control. You may have experienced some strange symptoms recently that appeared and then receded just as quickly. This phase is over and now you can take action to create the results you want. If you haven't begun a diet or exercise routine yet, this is a good time to begin. Start slowly for best results.

♌ LEO July 23 - August 22

Your social life is keeping you awake. While this is a great time to make friends and new connections, you also need to think about your body. Get out and have fun, as it's doing you good. But remember to work out, drink plenty of fresh water, eat well, and get some sleep. Try not to go out every night of the week, as it's important to have some time to unwind.

♍ VIRGO August 23 - Sept. 22

This may be a good time to get the help of a personal trainer. If you aren't sure how to go about getting the body you want or the look you deserve, then get someone to show you how. Not only will this person be able to guide you, you'll also learn how to get there by the shortest possible route. You'll get results, because he or she won't let you fail.

♎ LIBRA Sept. 23 - Oct. 22

It's time to examine your beliefs about health and healing. If you keep getting ill, one course of action may be to examine your thinking. If your thoughts tend to go around in the same negative groove, you may be doing yourself a disservice. Being mindful about watching yourself from moment to moment will help you home in on the problem.

♏ SCORPIO Oct. 23 - Nov. 21

It may be a good idea to feed your nerves this week, as you may have a lot on your plate. Besides making sure that your diet is up to the mark, it will help you to work out on a regular basis. If you spend some time every day exercising in whatever way suits you best, you'll feel so much more relaxed. Try dancing or swimming if the gym doesn't suit you.

♐ SAGITTARIUS Nov. 22 - Dec. 21

Partners are going to give you a lot of help and support, especially where your health and fitness activities are concerned. If you don't work out together, maybe you should try it. In this way, you can give each other the encouragement needed to reach your targets. It may also be a good idea to adopt a healthy new eating regimen and discover the benefits of cooking and dining together.

♑ CAPRICORN Dec. 22 - Jan. 19

The more you read about the benefits of exercise and a good diet, the more determined you are to make the changes necessary to your own good health. You don't have to jump into the deep end right away. You can begin by taking more walks in nature and gradually building up your strength and stamina. Trying to do too much at once will act as a deterrent.

♒ AQUARIUS Jan. 20 - Feb. 18

Don't be surprised if deep-seated emotional issues come to the surface. Although they may seem to have nothing to do with your health, they have everything to do with it. You can release them by working out vigorously on a daily basis and also by being mindful in your approach to life. This encourages you to let go of negative thoughts and relax in spaciousness and peace.

♓ PISCES Feb. 19 - March 20

The stars may be encouraging you to pamper yourself more than usual this week. This may not be such a bad thing. You've been pushing very hard for quite a few months now, and sometimes you forget to care for your body and overall health. Think about visiting a health club or local spa and enjoying the chance to relax.

PROBLEM SOLVED CHRISTOPHER ELLIOTT

The Avalanche offered her money back. Looks like her refund request got buried.

Sara DeGroot's Colorado Avalanche game is canceled at the start of the pandemic. The organizer promises her a refund but then switches to a credit. Can it do that?

Q In February 2020, I bought tickets to a Colorado Avalanche game for March. Then the pandemic hit and the game was canceled. In May 2020, the Avalanche (Kroenke Sports and Entertainment) sent us an email saying we could request a refund. I promptly requested my refund and then waited. It's now been more than a year and I have exchanged several emails with Kroenke Sports and Entertainment, and they have reneged on their refund offer saying that the billionaire owner of the team can't afford to give us the refund the team promised.

Now they are offering tickets to a game for this season but they can't tell us what the COVID protocols will be or if there will be any at all. The three of us who were supposed to attend the game are considered high risk and, even after being vaccinated, do not feel safe attending a game, particularly when no vaccines or masking will be enforced.

Can you help me get my \$207 refunded?

~ Sara DeGroot, Superior, Colorado

A: If the Colorado Avalanche offered you a refund, why didn't you get one? I reviewed the paper trail between you and the team - nice work keeping all the information, by the way. In an email to you, the team said, "We are aware that Groupmatics is having difficulty processing your refund and has informed you that they may not be able to issue any refund to you at all."

It looks like Groupmatics, which handles digital event tickets, was having some unnamed problem processing the refund the Colorado Avalanche promised you.

It continues, "While this is not the news you wanted to

hear, the Colorado Avalanche values your past and future support and we would like to offer you the opportunity to claim complimentary tickets in the same quantity as your Groupmatics purchase."

Hmm, that doesn't make sense. "Complimentary" means that you didn't pay for them. But you did pay for these tickets. It would be more accurate to say the Avalanche is offering you seats for a future game, which is what you said they offered.

You didn't accept the ticket credit, [instead] taking up your case with managers at Kroenke Sports and Entertainment. It looks as if you got through to someone at a fairly high level (although I haven't yet published the names and numbers of Kroenke Sports and Entertainment's executives on my consumer advocacy site, here's a little tip: The executives use the domain name @teamkse.com for their emails rather than krsedenvervenues.com).

Here's the bottom line: If you buy tickets to a game and it's canceled, you deserve a refund. I think you might have been able to lean on your credit card company for a dispute under the Fair Credit Billing Act. The event didn't happen, which means the law protects you.

A sports team may offer tickets to a future game but you don't have to accept them. And I'm not buying the excuse that a third party was "having difficulty" processing refunds.

I contacted Kroenke Sports and Entertainment on your behalf. It refunded the \$207 you paid for your tickets.

Christopher Elliott is the chief advocacy officer for Elliott Advocacy. Email him at chris@elliott.org or get help with any consumer problem by contacting him at <http://www.elliott.org/help>. © 2022 Christopher Elliott

RELIGION

Q Our daughter Teresa just experienced her third miscarriage and is inconsolable as is her husband Tom. They had made plans to have a family even before they were married. We've cried with them and always made time to listen. They have been to many specialists to resolve whatever the problem may be and have not had any helpful diagnosis. If they must they will adopt, but their first and deepest desire is to have their own children.

We've run out of things to say and to comfort them. Our church has been live streaming and not meeting in person. We watch the live streaming together. Church has been a big help for us at this time. What else can we say or do?

~Almost Grandparents

Dear Almost Grandparents, The grief that is experienced with miscarriage is deep, not just in the loss of life but also in the loss of the hoped-for future and the joys that come from parenting.

I think the first step is to name this loss, to feel this loss and to share in this loss with loved ones. It is an act of faith to express our grief and know that God does not turn away from us, but instead comes to

comfort us. The stories in Scripture of the many women who were unable to conceive yet found themselves blessed by God might encourage your daughter. Sometimes that blessing came in the form of miraculous intervention but often was in the simple truth that God will not turn away from those whose future hope has turned into despair.

I believe that God works with all things to bring good – specifically in redeeming our losses toward greater love. I am encouraged that adoption is being considered. I am the father of two biological daughters and one adopted son from Korea. Before he came home, I was afraid that my love for him would be different – lesser – than my love for my girls. I am happy to say I was wrong!

As I have come to know other families that formed through adoption, the same is true. Whether domestic or international, their kids are their kids in every way. And this love extends to extended family: uncles and cousins and grandparents love my son deeply.

Since you have been seeking out specialists to help address the concerns, I want to encourage them to also seek out adoptive families,

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.

learn from their experiences and consider taking the next step in the adoption process. To that end, I would be happy to talk more in person over a cup of coffee.

My hope is that your family sees how God is already at work to redeem and restore your hopes.



Rev. Kyle Sears
kylesears@lacanadachurch.org

Dear Almost Grandparents, I cannot imagine the heartbreak your family is going through. I did some research on this because I wanted to share the best information I could. No doubt you have done all the "right" things with this situation in trying to console your daughter and husband ... talked, listened, cried, hugged each other, just been there for them. Sometimes you just have to keep breathing and remembering that, when the time is right, good things will happen. This is a time when you stand in faith and trust in God that there is divine order and divine right action in the Universe, and in our lives, even though the appearances are otherwise.

In "You Can Heal Your Life" by Louise Hay, she states that a miscarriage is fear of the future and inappropriate timing. She provides affirmations to repeat. Louise's basic premise is that you have to love yourself to heal all illness. Your thoughts and words are very powerful tools.

Other sources/books I found are "Peace from Broken Pieces" by Iyanla Vanzant; "Sacred Woman" by Queen Afua; "Anatomy of the Spirit" by Carolyn Myss; and "The Alchemy of Life" by Allyn Boucher. A website I found is soulmajourney.com. It appears to be supportive of those dealing with motherhood issues. One other suggestion is "The Five Stages of Grief" by Elisabeth Kubler Ross and David Kessler. I hope these resources will be of some help to your family.

Regardless of what you read or support groups you may go to, the bottom line is staying in touch with your faith. Through your faith you can find peace of mind

in your heart and soul. We don't always know why life happens as it does. We don't always have the right answers but with faith, trust, love and gratitude we can survive the heartbreaks that happen and come out stronger.

To share my favorite Willie Nelson quote, "You don't get over it, you get through it." And that takes time.

Many heart hugs to your family, with prayers for peace and acceptance, and with grace and love,



Laney Clevenger White, RScP
Emeritus
laneycl@ca.rr.com

Q Over the past year, I've sent two wedding gifts, three baby gifts for showers that were held virtually and two graduation gifts. Out of these, I've only received one "thank you." It's not so much the thank you as it is knowing the gifts were received.

Have times changed? I always send a thank you regardless. This all started when I was a child and my parents had my brother and me always write a thank you for each and every gift. My parents set a good example because they did as well and often helped us with what to write.

My concern is that perhaps there are those who no longer think this is necessary. What is your thinking about this?

~ Puzzled

Dear Puzzled, I can very much understand your anger, disappointment and even hurt at not receiving a thank you for the gifts you have given. Sometimes such things can make us feel that both the gift and ourselves are undervalued and unappreciated. I agree it would be lovely if everyone were raised to at least say thank you. But that is not the case and probably never will be in this world. Sometimes human beings can behave in ways that are either, intentionally or unintentionally, thoughtless, uncaring and insensitive.

A number of years ago, when I was a poor college student, I ran

into a classmate who was so depressed he hadn't felt like eating for a couple of days. To compound that, now that he felt hungry he didn't have money for a meal. On hearing this, I invited him to lunch as my guest even though buying him lunch was a major financial sacrifice for me at that time. Afterwards he left without even saying thank you. Considering the sacrifice, I felt hurt, outraged and resentful.


Eventually I recognized that when people are depressed they can be so self-focused and self-absorbed in their own internal suffering they may be incapable of acknowledging and even appreciating a kindness shown to them. What I interpreted as rudeness and a personal slight was, in fact, nothing more than a sad and crippling limitation on their part. As human beings, we are all flawed at times. We all can come across as insensitive, selfish and uncaring. So how do we get ourselves to the point of acceptance and forgiveness over what has happened? How do we deal with it so it doesn't close our heart to giving to others, much less upset our peace of mind or sense of self worth?

Ernest Holmes, founder of the Science of Mind, once said if we wish to change our experience of the world it always begins with a change in our mind, in our perspective, in our attitude. Here are a few points to help you alter your perception in hopes it will provide you with some comfort:

Holmes believed that, at the core of it, behind all illusion to the contrary, ultimately God is the giver of all gifts, who will meet every need when asked. In the old hymn "Come Thou Font of Every Blessing" there is the great line reminding us that God is continually pouring forth "streams of mercy" (i.e. grace and forgiveness) never ceasing." Saint Bernard tells us that grace is nothing more than that which is freely given to us without obligation. Indeed, if we had the eyes to see, in spite of all the sham, dross, predation and lack in the world, the world is still filled with wondrous and marvelous examples of continuing gifts of grace (blessings) pouring down upon us all, never ceasing. The divine pours its grace upon us without ever requiring, expecting or even hoping to receive a thank you.

Likewise, whether we believe it see RELIGION on next page

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or not, we are each chosen and destined to be God's agents for good in this world. He does for us only what He does through us. When any divine gift is given to us or another it is always through the agency of a person in some way or form. In other words, God sometimes uses your hand to bless another ... whether that person may seem in need or not, deserving or not, grateful or not. There is always a reason for the gift and we may not always be privy to the reason. Often times we fail to recognize this important role each of us plays in delivering God's gifts to His own creation. Instead of the beggar, we are given the opportunity to become the divine giver.

To put it another way, God is the giver; we are merely the errand boy or girl.

It is always lovely to receive a tip at the point of delivery in the form of a thank you. But if we don't, let our role in all this be an act of gratitude on our part for the privilege of being chosen as a channel for the divine gift. Let

it be our own return "thank you" to the Father for the good we may have received in our life, especially when it was needed.



Anthony Kelson, RScP
anthony@apkelson.com

Dear Puzzled,
I am sad to say this, but I am thinking that people have changed and it is a sign of the times.

I was raised the same way as you. I found it to be a rewarding activity to sit down and write thank you notes. As I got older, I remember someone at a family gathering say, "If someone thanks you in person, there is not a need to send a thank you note." This was news to me.

Overall, many of us interact less directly with people in person due to busy schedules, different lifestyles, social media and recently even COVID. I have noticed that the same people raised to send thank you notes, who also raised their children to do so, often now text, email, post a picture of said item on social media with a thank you, or call (even phone calls have become scarce).

These forms of interactions have now become normal even in the workforce – even therapists and physicians text. With all this said, and sad to many people, it is an objective fact.

One way to address the issue when you are the sender is to contact the recipient of your

gift and ask if they have received it as you are worried maybe something happened to the item (which is possible). Keep the conversation uplifting and avoid a passive aggressive tone.

And, on your end, keep up the thank you notes – you just might keep the tradition going with certain individuals by modeling this behavior.



Rev. Kimberlie Zakarian
kimberlie.zakarian@gmail.com

NOTES & NODS

LCIF News

Lutheran Church in the Foothills will celebrate a return to in-person services on Sunday, Feb. 20 at 10 a.m. after having been online only since mid-December due to the omicron surge. Children's Church will resume as well, along with fellowship time with coffee and donuts. Worship will continue to be broadcast on the internet for those unable to attend.

The church also announced that LCIF Pastor Chuck Bunnell has received an award from Lutheran Social Services-San Fernando Valley for his "exceptional leadership and unconditional commitment." Reverend Bunnell was recognized for his years of dedicated service as a member of Lutheran Social Services Southern California board of directors.

Outreach efforts at LCIF continue, including a clothing drive that is underway. Gently used clothing can be dropped off at the church and will be donated to people in need.

Visit lcifoothills.org for event details, including small group gatherings and opportunities to serve. For more information or to request/offer help, email office@lcifoothills.org, or call (818) 790-1951. The church is located at 1700 Foothill Blvd. in La Cañada Flintridge. Office hours are 9 a.m. to 1 p.m., Monday through Friday.

La Cañada Presbyterian Offers Class for Parents on Youth Issues

La Cañada Presbyterian Church (LCPC) announced a four-week Parent Express class. "Essential Topics for Today's Parents" meets in-person on Wednesday nights in February from 7-8:30 p.m. It began on Feb. 2. This class will tackle some of the most relevant issues facing youth today and is open to all adults (not just parents) who are interested in learning more about these issues. Topics will include:

- Fentanyl and Addiction (understanding the prevalence, precautions, and resources) with Vicki Rekedal
- Mental Health (understanding the signs, symptoms, and resources) with a panel of mental health professionals
- Racial Reconciliation (understanding the Biblical foundation to promote unity through a non-political lens) with Sandy Lee Schaupp
- Technology (understanding the concerns, precautions, and steps to managing technology well) with Sloan Walsh

Facilitated by Paula Giboney, the class will meet

in LCPC's Worship Arts Center. Free programs are available for fourth - 12th graders from 3 p.m. to 9 p.m. as part of LCPC's Family Ministries' MERGE program. Childcare for infants – third grade is also available upon request.

LCPC Parent Ed is offering this class in partnership with other LCPC Ministries for a special discounted rate of \$40 (with tuition waivers available if price is prohibitive). Masks will be required for all participants, preferably a surgical or KN95 mask. Registration is open at www.lacanadapc.org/parented. For more information or to request childcare or a tuition waiver, email amanda@lacanadapc.org.

To learn more about LCPC Parent Education or Family Ministries, visit LCPC's website at www.lacanadapc.org. La Cañada Presbyterian Church is located at 626 Foothill Blvd, La Cañada.

Walk and Word

In February, Walk and Word participants will meet in the parking lot of Deukmejian Wilderness Park, 3429 Markridge Road in La Crescenta/Glendale at 8 a.m. on Feb. 20 & 27. They will walk for the first hour and then gather to read a selection of Scripture. About a half hour will be spent journaling about what was read and then there will be conversation, sharing thoughts.

Participants are asked to bring something to write with, anything wanted to eat or drink, and a chair to use for the writing part of the morning. Because people will be outdoors and social distancing will be practiced, masks will be optional.

Those with questions can email Jeanne at jlavieri@earthlink.net.

All are welcome. If the hike is too strenuous, there are level paths at the park. There are ramps from the parking lot to the field where the group gathers after the hike.

Prayer Event Rescheduled

Due to the increase in the number of omicron variant cases the date of the 24 hours of prayer event has been moved to March 24-25 from 6 a.m. to 6 a.m.

The location remains at St. Luke's Anglican Church, 2416 Montrose Ave. in Montrose.

Parking is in the rear. The theme this year is the Unity of the Church and our land (Ephesians 2: 13-16).

An announcement will be made once the online signup site is available.

St. Joseph Table Returns to St. Bede Church



File photo
Phyllis Harb is shown receiving a certificate of recognition for her leadership in a previous St. Joseph's Table event sponsored by the Italian Catholic Federation Branch 374 at St. Bede the Venerable Roman Catholic Church. She will take on the duties of silent auction chairperson for the 2022 event.

Postponed the last two years due to the COVID-19 pandemic, the Italian Catholic Federation (ICF) at St. Bede the Venerable Church will be holding its celebration of the feast of St. Joseph on Sunday, March 20 in the parish hall adjacent to the church. The table event will include the always bountiful silent auction and home-prepared foods and baked goods. The hall will be open to the public after each Sunday Mass with the table being blessed after the 7:30 a.m. Mass by Monsignor Antonio Cacciapuoti, pastor of St. Bede parish and archdiocesan director of ICF. Masses at St. Bede are at 7:30, 9 and 11 a.m.

The St. Joseph feast is dedicated to St. Joseph, the foster father of Jesus Christ, and is a tradition that began in Sicily, Italy centuries ago. Each year residents of Sicilian communities provided food for the poor and distributed it at their parish centers.

Local businesses are encouraged to donate gifts and gift certificates for the silent auction. They can do so by contacting Phyllis Harb at (818) 790-7325. St. Bede parishioners and friends of the St. Bede parish

community can donate home-made foods and baked goods by contacting Maria De Salguero at (626) 791-6035.

Proceeds from the event go to the many charitable efforts of the local ICF branch, an annual scholarship for a high school senior from local schools and to students at St. Bede School. A portion of the proceeds will also go toward the St. Bede Church Building Fund.

The Italian Catholic Federation is a Catholic Christian organization with branches throughout California, Illinois and Arizona with a virtual national branch for the U.S. based at St. Peter Church in Los Angeles. Through families and fellowship, the Italian Catholic Federation:

- Promotes and supports the Catholic faith and its values;
- Encourages apostolic and charitable works
- Celebrates our Italian American heritage and all the heritages of our communities.

Membership is open to all Catholic ethnic individuals and families. Branch 374 meets at St. Bede Parish Center every third Wednesday of the month.

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