

CRESCENTA VALLEY WEEKLY

THE FOOTHILLS' COMMUNITY NEWSPAPER

ARIANNA PHARMACY

**COVID-19 SHOTS & BOOSTERS
PEDIATRICS COVID-19 SHOTS
FLU & SHINGLES VACCINES**

**WALK-INS
WELCOME!**

**WE ARE HERE FOR ALL OF
YOUR PRESCRIPTION NEEDS!**

3600 N. Verdugo Rd. • Montrose/Glendale • 818.957.9200

MAY 19, 2022

WWW.CVWEEKLY.COM

VOL. 13, NO. 50

City Continues Budget Study Sessions

By Julie BUTCHER

Glendale Library director Gary Shaffer spoke at the beginning of the council's third budget study session, answering questions about library statistics outstanding from the second budget study session. In FY 2018-19 the library had a system high of 993,000 visits and was on track to hit a million visits in the following year. So far this year, visits are at a third of that number.

"We're in the process of re-building," Shaffer told the Glendale City Council. Library staff is also down, from 67 full-time library workers 15 years ago to 47 today. He added that the department has a facilities master plan in the works and is studying the best ways to serve the city.

The council moved into its May 5 infrastructure budget study session overviewing budget proposals for two departments: Public Works and Glendale Water and Power (GWP). Public Works includes engineering, planning, design, bids and awards, project management, fleet services, facilities management, watershed management, land development, parking enforcement, sewers, pavement, sidewalks, storm drains, trees, refuse collection, landfill, and transit, with a proposed overall budget of \$183.4 million for FY 2022-23, up from \$179.3 million for the last budget year. The department's budget assumes six fewer full-time positions and savings from contracting out commercial and apartment trash collection.

The Public Works budget included increases in tree planting (1,500 new trees) and tree maintenance as the city aims to increase its tree canopy from 21% to 25%; \$400,000 for pedestrian safety as it rolls out a Vision Zero study later this year; \$1.3 million for seismic retrofits for fire stations 23 and 27; new electric vehicles and equipment;

see GCC BUDGET on page 19

Car Show, Military Info Showcase Annual Armed Forces Day

By Mary O'KEEFE

On Saturday at Crescenta Valley Park the community is invited to celebrate Armed Forces Day with veterans from the American Legion Post 288 and Veterans of Foreign Wars (VFW) 1614

The Fifth Annual Armed Forces Day car show, which takes place on Saturday, May 21 at CV Park will this year be in memory of one of the Posts' own, Roy Allmon, USAF.

"Roy was very supportive of veterans and one of our key guys for our projects," said Gerry Collins, American Legion. "He was a leader and a great guy."

Allmon served in the U.S. Air Force from 1958 to 1964 and was an active member of the American Legion, VFW and Kiwanis and supported several organizations throughout the area, especially those that supported veterans and children.

Those who participate in the Armed Forces Day car show will compete for awards in 14 different categories with a special award presented in Allmon's name for "best of show." His family members will be the judges for this award.

A variety of vehicles will be on display including army jeeps, trucks, hot rods and classic cars.



File photo
At the 2019 event, military vehicles were on display and available for the public to look over.

There will also be military vehicles on display as well as vehicles from the Fire Department, law enforcement and Montrose Search and Rescue. In addition to the car show there will be food trucks, vendors and music by Inferno.

All this is to recognize Armed Forces Day, which actually predates by five years Veterans Day on Nov. 11. Armed Forces Day was established in 1949 as a day to celebrate all branches of service at once, as opposed to the previous Army Day, Marine Corps Day, Air Force Day, Navy Day and Coast Guard Day.

It was just a few years earlier in 1947 when

President Harry S. Truman signed the National Security Act into law. The Act unified the four branches of the military under a single executive authority, the Secretary of Defense. The decision led to the creation of the National Military Establishment, according to the govinfo.gov.

On March 18, 1961, President John F. Kennedy signed the Presidential Proclamation officially declaring Armed Forces Day a national holiday.

"Our service men and women are serving
see ARMED FORCES DAY on page 6

New Mobile Unit for CV Station

By Mary O'KEEFE

Through the financial support of the City of La Cañada Flintridge, the community-based Crescenta Valley Sheriff's Support Group and LA County Supervisor Kathryn Barger the Crescenta Valley Sheriff's Station now has a new mobile command post.

The mobile command post will be activated when there are large emergency events, like wildfires and earthquakes, said Sgt. John Gilbert.

The station has an older mobile trailer that, in the past, was used at several events including along parade routes as a proactive tool in case of emergencies. It was also used during the 2016 Creek Fire in Kagel Canyon in the Angeles National Forest.

Gilbert said the majority of the time the station's mobile command post was used at Montrose Search and Rescue responses. But the old

see COMMAND CENTER on page 7



Photo by Mary O'KEEFE

Sgt. John Gilbert of the CV Sheriff's Station stands in the entrance of the station's new mobile command post.

VOTE DR. SUZIE ABAJIAN GLENDALE CITY CLERK



Suzie is the most qualified choice. She's the only candidate:

- ✓ with experience managing a team of staff in a public agency
- ✓ endorsed by 1200+ Glendale Teachers and National Women's Political Caucus

Suzie was raised in Glendale and has chosen to raise her family here. She's a graduate of Glendale High School and has a Ph.D. from UCLA. Learn more at SuzieAbajian.com

Paid for by Suzie Abajian for Glendale City Clerk 2022 FPPC ID# 1446778



Congresswoman Judy Chu:

"I have known Dr. Abajian for many years as a dedicated public servant and as someone who cares deeply about inclusion, equity and community. She has always carried out her fiduciary responsibilities and duties with great care and integrity."



Assemblymember Adrin Nazarian:

"Dr. Suzie Abajian is a passionate advocate for voter protections and voter empowerment and her track record of public service has demonstrated her commitment to good government and public transparency when in public office."



Glendale Councilmember Dan Brotman:

Dr. Suzie Abajian is an experienced administrator with a strong track record in public service. I am proud to endorse Dr. Abajian for the important job of City Clerk."



» FROM THE DESK OF THE PUBLISHER

Nappy Time

As readers of this column may remember, aging is of particular interest to me. My dad died when he was 52, my mom at 63 and my only sister at 52. In my opinion, I really don't know what "old" is going to look like for me. I have determined, through doctor's visits, that debilitating arthritis and diabetes are probably not in my future. I am also proud that I have a low blood pressure (typically around 110/85-90) though I also have a low heart rate, which may indicate the need of a pacemaker in my later years.

So it caught my eye when a recent study was published in Alzheimer's and Dementia and reported in Everyday Health stated that senior citizens who take an afternoon siesta might be more inclined to develop Alzheimer's disease. And if indeed they do develop Alzheimer's disease they may nap more often and/or for longer periods of time.

I have to step right up and admit I am a napper. Not every day but especially when I travel I generally need some shuteye to get back on track. Also, on the weekends I may find myself prone in bed in mid-afternoon when, seemingly out of nowhere, I find myself totally exhausted. Sometimes I don't even fall asleep; just the fact that I've stepped back from daily house chores can rejuvenate me.

But the study did have me pondering. Am I destined for Alzheimer's because I like to nap? I might have to lie down to think about it.

And speaking of age, I am enduring an injury that I'd like to think was not generated due to age but action.

In early April I had the extreme pleasure of attending a gala for Ascencia at City Club LA. It was a gorgeous venue attended by some of the most interesting people affiliated with

the Crescenta Valley and Glendale. In addition to the delicious food, fun silent and live auction there was dancing – a favorite pastime of mine. While I was out "tripping the light fantastic" (and I'd like to think looking good while doing it) I apparently turned my knee.

Initially I didn't think anything of it; it didn't immediately hurt and, in fact, the following night Steve and I attended the GEF fundraiser where I didn't have any trouble navigating the outdoor property.

However, since April 2 the pain in my right knee has grown progressively worse to the point where I now have trouble going up and down stairs – and we have a two-story house so that's problematic.

Off to the orthopaedic doctor – Dr. Stetson in Burbank is a favorite. When son Matthew tore his ACL when he was a youngster, Dr. Stetson shepherded him to young adulthood

while putting off surgery until Matt's growth plate in his knee has closed. After getting an MRI this week, a small tear in the meniscus was discovered; but was this the source of the pain? There was no way to find out since we did not have a baseline to go from. So he injected me with cortisone with the hope that would take care of the issue and prescribed physical therapy as well. (I start that the week of May 30 – my birthday.) He did warn me that the cortisone would not touch the pain if indeed the tear is its origin. I'm hopeful, though.

But I am angry that a young person's action (dancing) resulted in an old person's injury.

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

INSIDE	NEWS.....	3	BETWEEN FRIENDS.....	13
	VIEWPOINTS.....	8	LEISURE.....	15
	YOUTH.....	10	JUST FOR FUN.....	16
	SPORTS.....	12	CLASSIFIEDS.....	18

AIR CONDITIONING & HEATING

PREVENTATIVE MAINTENANCE REPAIRS • NEW INSTALLS

GILMORE

HEATING AND AIR CONDITIONING

Gilmore Heating & Air Conditioning has been proudly serving the La Crescenta, La Cañada, Glendale, Burbank, Tujunga, Pasadena, and surrounding areas since 1977. We strive to maintain our long running tradition of excellent customer service.

- EPA certified
- Sales, service, and installation
- Senior citizen discounts
- All work guaranteed
- Service all makes and models
- Fully licensed and insured
- Family-owned and operated

\$50 off

Use Coupon Code: MPsocial50 for \$50 off your service

818-248-8128

Voted the Finest 6 years in a row! Serving our community since 1977

830 W DORAN ST. GLENDALE, CA 91203

WWW.GILMOREAIRCONDITIONING.COM



Weather in the Foothills

"Most floods are caused by man, not weather; deforestation, levee construction, erosion and overgrazing all result in the loss of ecosystem services."

– Paul Hawken, American environmentalist

Summer is soon to arrive. Nature's sprinkling system – rain – is now at a low trickle. Water sources are low. The lush green spring grasses have dried and turned brown ... and it's only May! What now? There are barbecues, pool time, beach trips and vacations all to look forward to. On the flip side there is the threat of wildland fires. And so goes the cycle. But the chance for a flood can't be overlooked. The connectiveness of fire and flood is a real and potentially deadly one.

I got to thinking about floods as we were recently walking (running) Brighton through Hahamongna Watershed Park. For years it was known as Devil's Gate Dam. It's been in recent news as the area is under major renovation; over the years sediment has built up. The concern is a rainy year could cause an overflow, sending water into the Arroyo Seco communities below the dam.

Hahamongna is the rare spot in the Arroyo Seco at the foot of the San Gabriel Mountains where the mountainous watershed meets the urban plain. Due to our elevation and steep incline there's a pronounced orographic lift, bringing heavier rains to outlying places. Periodically floods roar into this basin. When there were heavy rains the water gushed forth from the narrow canyons. Left behind in its wake? Not much!

Hahamongna is bounded on the north by the mountains and Jet Propulsion Laboratory and at the south by Devil's Gate Dam. Most sites like this in Southern California have been destroyed whether by man or naturally occurring. Any traces of these sites in our valley have been erased by our cycles of fire and flood or by development.

The relatively most recent floods are well documented and told by local historian Mike Lawler. But what about the first locals? The following is Mike's summarization:

"The Tongva Indians hunted, camped, established villages, lived entire lives of tragedy and triumph right here where we have our homes – in Briggs Terrace, in Sparr Heights, and Verdugo City. They had a strong central village – Wikangna (wi-kong-na) – somewhere along the base of the Verdugo Mountains, probably where the Verdugo Hills Golf Course is today. The trail between the neighboring villages of Tujungna (Big Tujungna Canyon) and Hahamongna (where JPL is) followed the routes of Honolulu Avenue and Tujungna Canyon Boulevard. They gathered acorns in the dense oak forests of CV Park and in summer retreated to the cool forested canyons of the San Gabriels and Cooks, Dunsmore and Pickens canyons." The first people suffered the effects of wildfires as well, although they practiced fire suppression.

Low clouds and fog will move into the valleys the next few nights. Then the heat gets turned up and a warming trend hits early next week. Meteorologists are butting heads over the degree of heating. Temperatures will range from 90 to 100 degrees.

Sue Kilpatrick is a Crescenta Valley resident and Official Skywarn Spotter for the National Weather Service Reach her at suelkilpatrick@gmail.com.

PET OF THE WEEK

Captain Ralphie

CV Weekly loves to hear about your pets!

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



CV WEEKLY IS ONLINE!
WWW.CVWEEKLY.COM

NEWS

IN BRIEF

CV TOWN COUNCIL TO MEET TONIGHT

The monthly general meeting of the Crescenta Valley Town Council is tonight, Thursday, May 19 at 7 p.m. The in-person meeting is at the La Crescenta Library, 2809 Foothill Blvd. in La Crescenta. People who want to take part virtually can either open their Zoom account or call (669) 900-6833. Meeting ID: 283 256 4275; password: 626159.

On the agenda is an update from the local LA County representative on the board of GLAVCD who will give information on the Aedes mosquitos, and how people can help prevent their spread and how to get help.

ROSEMONT PRESERVE OPEN GATE MORNING

An "open gate" event is taking place at the Rosemont Preserve on Sunday morning, May 22. 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.

CONGRESSMAN SCHIFF ANNOUNCES \$15.4 MILLION IN FUNDING REQUESTS FOR COMMUNITY PROJECTS IN CA-28

On Wednesday, Congressman Adam Schiff announced he is requesting nearly \$15.4 million in the fiscal year 2023 federal government funding legislation for critical housing, homelessness support, employment, public safety, public health, and education projects throughout Burbank, Glendale and Los Angeles.

In the FY22 federal government spending package, Schiff was able to secure nearly \$8 million for 10 health, housing, education, and cultural programs in CA-28. To see the full press release with detailed information, visit www.cvweekly.com/NEWS.

CVCA PLANS MEETING

The Crescenta Valley Community Association will have its monthly meeting on Thursday, May 26 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 concerns. Contact the CVCA at crescentavalleycommunityassn@gmail.com with questions and for Zoom meeting information. All are welcome.

JAZZ NIGHT PROMISES FUN FOR SENIORS

The Crescenta Valley Youth Town Council is hosting a jazz night performance for local seniors. The free concert includes dancing, refreshments and more. The dance is on Friday, May 27 from 6 p.m. to 8 p.m. at the American Legion/Verdugo Hills Hall, 4011 La Crescenta Ave. in La Crescenta.

RSVP to the Youth Council at bit.ly/seniorjazznight or contact the Youth Council at youthtc.cv@gmail.com.

CV CHAMBER AUCTION CONTINUES

Bidding on the silent auction benefitting the CV Chamber of Commerce continues until May 27. A variety of items, from a vacation location to a full family Y membership, are available. Visit <https://www.32auctions.com/cvchamber> to check out the items and to bid.

Sound Bath Captures Sense of Peace, Relaxation



Photo provided by Kevin BICE LCEC students recently joined Dr. Bice as he continues to promote wellness and centeredness. Gongs, crystal singing bowls, bronze Tibetan bowls, chimes, drums, shakers, and more are generally used in sound baths. Bice is pictured with crystal singing bowls.

By Bethany BROWN

The La Cañada Engineering Club (LCEC) held an evening of meditation for La Cañada High School students as they push through the final stretch of the spring semester and prepare to conquer final exams. Staff, mentors, family members and other residents in the community were also welcomed to attend on Friday, May 6 at the LCHS gymnasium as a sound bath was led by first-year LCHS science teacher and LCEC advisor Dr. Kevin Bice.

The program served as both a fundraiser to support LCEC and an opportunity for attendees to disconnect from the "outside world" so they could relax, release their anxieties and feel at peace. A sound bath is a meditative experience where those in attendance are "bathed" in sound waves. These waves are produced by various sources including healing instruments such as gongs, singing bowls, percussion, chimes, rattles, tuning forks and even the human voice.

A study conducted by research experts at University of California, San Diego suggests that waves of soothing, echoing sound may help with symptoms of stress, fatigue and depression. Since stress is associated with other conditions, like diabetes and heart disease, engaging in sound baths might be a good preventive strategy to reduce the risk of chronic conditions.

"We found that sound baths elicit the relaxation response and in this response the body relaxes, the blood pressure lowers, heart rate lowers and the body basically enters healing mode," said Tamara Goldsby, one of the research psychologists in the Department of Family Medicine and Public Health at UCSD who aided in the study. "When people are in chronic stress, they tend to be in fight-or-flight mode, so sound baths really help to counter the fight-or-flight response."

Bice and his wife Maryem have been offering sound baths for nearly a decade and feel passionately about the baths' unique ability to help settle and center one's state of mind. He emphasized that this was the first in a tradition of many to follow, with newly implemented plans to hold one quarterly. These will be open to not just students, but anybody in the community who may be interested in the experience.

"The event was a total success," he said, noting that a total of \$900 was raised for LCEC. "All of the bathers seemed to have a positive experience and it was just a really peaceful and enlightening evening."

LCEC is a group of students of all grade levels throughout the area who are passionate about STEM (science, technology, engineering and math). The mission of the club is to acquire and spread the knowledge and skills of STEM by participating in national engineering competitions of all types, as well as inspiring and changing the culture by reaching out to surrounding communities through workshops, demonstrations, after school programs, LCF Engineering Appreciation Day and summer camps. Members stress that they have learned that it is not only about the robots that they build, but the relationships they

form and the impressions they make on those around them.

Christopher Kurdoghlian, LCHS student and member of LCEC, said he benefitted tremendously from the sound bath experience and hoped more people will take the chance to participate when the next one is offered. He believes parents and teachers would benefit from an opportunity to slow down and focus on relaxing, too.

"Generally, in our everyday lives, we are concerned with events and items that relate to us. At school we think about our grades, our friends, our teachers, our assignments and our tests and at home we think about our family and our work," Kurdoghlian said. "We all have these concerns and thoughts, but the sound bath offered an experience where, instead of being concerned with the things around me, I was able to focus on myself and my soul. It provided time for internal reflection, which is something that is hard to find in our busy lives."

Dr. Bice said his hope is that, with increased efforts to spread the word, the community will gain awareness of what a sound bath is, how beneficial it can be to a person's wellbeing and ultimately people will feel inclined to participate in the experience next time.

"Wellness is a really important aspect of the LCHS mission; you know, it's a rigorous school and there's a lot of pressure on kids to perform," he said. "Offering programs like the sound bath provides a nice moment of peace for everybody and can help remind them to prioritize their health, both mentally and physically."

BEEVE VISION CARE CENTER



Comprehensive Eye Care

An Ophthalmologist's exam may not only be sight saving, it may be life saving.



Scott W. Beeve, M.D., F.A.C.S. is proud to be part of this community!

818.790.8001 www.drbeeve.com
1809 Verdugo Blvd, Suite 150 • Glendale, CA 91208

NOTES & NODS

LCIF News

Lutheran Church in the Foothills is teaming up with a number of local agencies to help people who are homeless. Emily Abbott from Door of Hope will speak to the congregation on Sunday, May 22 during the 10 a.m. service to explain how the Pasadena-based non-profit is getting people off the streets and keeping families together. Door of Hope is one of several agencies that LCIF is supporting through its endowment fund to help people find shelter and supportive services.

A clothing drive to help local people in need continues. Gently worn items can be dropped off at the church. LCIF is also continuing to collect medical supplies for victims of the war in Ukraine. A list of needed items can be found on the church's website.

With summer quickly

approaching, LCIF reminds the community that its vacation Bible school will be held from June 27 to July 1 for preschoolers through sixth grade. The fun-filled program will run from 9 a.m. until noon. Look for the VBS link on the church's website to register.

Pastor Chuck Bunnell would like to remind the community that he is available to consult with anyone interested in baptism, confirmation or membership. He is also available for visitation. Anyone with a loved one wanting a pastoral visit at their home or in the hospital should contact the church.

Weekly Sunday Bible study with Pastor Bunnell is held from 9 a.m. until 9:45 a.m. in the church's conference room. All are invited and no prior knowledge of the Bible is necessary. Worship service begins at 10 a.m. in-person

and live-streamed on LCIF's YouTube Channel.

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 from 9 a.m. to 1 p.m., Monday through Friday.

Walk and Word

In May, 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 May 22 & 29. 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 jnlavieri@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.



A division of Crescenta Valley Publishing, LLC

Robin Goldsworthy
 Publisher and Editor-in-Chief
robin@cvweekly.com

Mary O'Keefe
 Lead Reporter
mary@cvweekly.com

Designers
 Steve Hernandez
 Senior Artist
steve@cvweekly.com

Matthew Barger
matt@cvweekly.com

Columnists
 Mike Lawler
lawlerdad@yahoo.com

Sue Kilpatrick
suekilpatrick@gmail.com

Contributors

Bethany Brown • Julie Butcher • Rev. Beverly Craig
 Lori Bodnar • Justin Hager • Brandon Hensley
 Susan James • Charly Shelton
 Anne McNeill, proofreader

Advertising

Chuck Holler
 (818) 468-2956
chuck@cvweekly.com

Jon K.
 (818) 248-2740
jon@cvweekly.com

Sonya Marquez
 (818) 381-2000
sonya@cvweekly.com

Lisa Stanners
 (818) 523-1234
lisa@cvweekly.com

Office Manager/Inside Sales

Rachelle Miller
rachelle@cvweekly.com

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

Mail Payment to:

CV Weekly, 3800 La Crescenta Ave., #206, La Crescenta, CA 91214
 To contact us, call (818) 248-2740, fax (818) 248-2444
 E-mail info@cvweekly.com. Visit the web at www.cvweekly.com
 Delivery issues? delivery@cvweekly.com.

Thank you for your support!

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



RELIGION SERVICE DIRECTORY

Center for Spiritual Living - La Crescenta
 "Where it is our dream to help you build and manifest your dreams!"

4845 Dunsmore Ave.
 La Crescenta, CA 91214
 (818) 249-1045

Celebration Service Sunday 10:00 a.m.
 Wednesday Night Service 7:00 p.m.

COMMUNITY LIFE
 WORSHIP SERVICE
 SUNDAYS @ 10AM
 OFFICE HOURS
 MON - THURS: 9AM - 3PM
 4441 LA CRESCENTA AVE.
 818-249-5832
 WWW.MADEFORCOMMUNITY.COM

CVCHURCH
 BELONG • BELIEVE • BECOME

4001 La Crescenta Avenue | La Crescenta 91214
 Scott & Kathe Wood, Pastors 818-249-5805

Sunday Services
 9:30 AM & 11:30 AM
Celebrate Recovery
 Fridays 7:00 PM

Visit us at www.cvchurch.com
[Facebook](https://www.facebook.com/cvchurchla) @ [cvchurchla.com](https://www.instagram.com/cvchurchla)

Crescenta Valley United Methodist Church

WORSHIP Sunday 10am
 Childcare and Sunday School offered at 10am.

REVEREND DENYSE BARNES
 2700 Montrose Ave
 Montrose, CA 91020
www.cvumc.org

GETHSEMANE LUTHERAN CHURCH
 (Missouri Synod)

COME JOIN OUR CHURCH FAMILY
 Pastor Jim Edwards
 2723 Orange Avenue,
 La Crescenta, CA 91214
 818-248-3738
www.gclmslc.org

Sunday Adult Bible Study: 9AM
 Sunday service: 10AM
 Wednesday Bible Study: 7PM

Light on the Corner Church

Pastor Jon Karn
 1911 Waltonia Drive
 Montrose
 (818) 249-4806

SUNDAY SERVICES 10:45 a.m.
www.lightonthecorner.org

Lutheran Church in the Foothills

1700 Foothill Blvd.
 La Cañada Flintridge

WORSHIP WITH US!
 In Person and on YouTube
 Sundays at 10 AM
 Services available on our website during the week.
 CHUCK BUNNELL, INTERIM PASTOR
www.lcifoothills.org / 818-790-1951

COME MEET US!
 St. Luke's of-the-Mountains Episcopal Church

Sundays
 Gathering 9:30AM
 Worship 10:00AM
 Domingo Misa en Español a las 12:00PM
 Sunday School and Child Care
 All are Welcome
 2563 Foothill Blvd, La Crescenta
 818-248-3639
<http://stlukeslacrescenta.org/>
[www.facebook.com: stlukeslacrescenta](https://www.facebook.com/stlukeslacrescenta)
 St. Luke's of the Mountains Episcopal Church

Join us for Sunday Services at 11:30 am

Led by Rev. Jeri Linn
 in the **Sanctuary of Center for Spiritual Living**
 4845 Dunsmore Ave, La Crescenta

unity (818) 249-4396
 Church of the Valley A positive path for spiritual living

YOUR AD HERE

Prayer Breakfast Held

By Mary O'KEEFE

The Crescenta Valley Prayer Breakfast, sponsored and organized by the CV Town Council, was held last Saturday at the Verdugo Hills American Legion Hall. The event was canceled in 2021 and 2022 due to the pandemic but returned with the same focus on community youth. The funds raised were dedicated toward council projects including the CVTC scholarship program. The theme this year was "Your Youth: Rejoicing in Hope." Among the highlights was when representatives from Christian Life Church, Chabad of the Crescenta Valley, Montrose Church and Western Diocese of the Armenian Church shared prayers with the audience.

COVID-19 still affected the event with the scheduled appearances of the CV High School Charismatics and keynote speaker Vince Luculano canceling due to testing positive for COVID. Comedian Ron Pearson stepped in to act as keynote speaker. Pearson is known for his appearances on "The Drew Carey Show," "That '70s Show," Comedy Central and many more productions. Organizers thanked those who donated food, flowers and supplies including Super King Markets, Byblos Restaurant, American Legion Post 288/Veterans of Foreign Wars Post 1614 and Forest Lawn, which donated floral centerpieces and water.

Photos by Mary O'KEEFE

TOP: Randy Foster of Christian Life Church prayed with audience members.

MIDDLE: Prayer Breakfast attendees recite the pledge of allegiance at the beginning of the event.

BOTTOM: Rachelle Miller read a prayer from the Torah given to her by Rabbi Mendy Grossbaum of Chabad of the Crescenta Valley.



Stark Tales to be Shared at Fundraiser

By Mary O'KEEFE

For over two months the world has witnessed the unprovoked invasion of Ukraine, a sovereign state. America has heard many stories with tragic endings, but there are also stories that show the patriotism, heroism and just plain strength of the Ukrainian people. Most of the world has shown a united front in helping the people of Ukraine but the need for support remains.

On May 26, people can show their support for the Ukrainian struggle through a fundraiser being held at St. Luke's of the Mountains Episcopal Church. The event will be a fundraiser for Third Wave Volunteers as well as support for a Ukrainian woman who has made her way from the war-torn area of Ukraine to La Crescenta thanks in part to a Boy Scout from Troop 319.

In March, local residents Mike Leum and Dr. John Rodarte traveled to Romania to help get children out of Ukraine. They worked with Third

Wave Volunteers, a non-profit organization that has focused on special needs orphans stuck in Kyiv who have U.S. parents waiting for them. Rodarte and Leum, both members of the Montrose Search and Rescue team, along with Jack Osbourne, a civilian volunteer and an EMT, went to the area to help set up a path for the children to evacuate. They saw firsthand what the Ukrainian people were facing and how the many volunteers were there to provide support.

During the May 26 fundraiser, Leum and Rodarte will share photos and stories of their travels to Ukraine and how others can help support the efforts to get orphaned children safely out of the area.

In addition, Boy Scout Lucian Kugler and a resident from Ukraine who had recently relocated to La Crescenta will share their stories, which began in 2017 when Kugler and his Scout troop attended a Southern California Scouting camp. That is where he met Irina (who we're only identifying by

her first name due to concerns for her safety and security). She is a Russia-born Ukrainian citizen who worked as a school psychologist in Kiev but traveled to the U.S. each summer to work as a camp counselor.

"The night that Russia invaded Ukraine, I called to offer my support and asked if she needed help getting out of the country," explained Kugler in a previous CVW interview. "She was concerned about leaving the country on her own. She would be a young woman who is ethnically Russian, traveling by herself, carrying valuables, in a country in which the civilian population had been armed and the police were no longer responding to calls for help."

That's when other Scouts and Scouting leaders began contacting Kugler to ask if he had any information about Irina and offered assistance.

The trip from Ukraine to America was not easy for Irina, with apparent scammers offering



Photo provided by Mike LEUM
John Rodarte (left) and Mike Leum (center) (with Jack Osbourne in Ukraine) will share stories of their travels during a fundraiser on May 26.

"a rescue" for payment of thousands of dollars, as well as having to navigate massive amounts of red tape, but she finally landed on U.S. soil.

That story will also be shared at the event. Doors open at 6:30 p.m. with the program beginning at 7 p.m. The event is supported by the

Crescenta Cañada Lions Club, St. Luke's of the Mountains Episcopal Church and CVW. St. Luke's is located at 2563 Foothill Blvd. Parking is on the street and in the parking lot located off Cross Street. Donations are tax deductible.

To learn more, see the ad for the event on page 19.

GUSD Commits to Building Mental Health Awareness, Providing Resources

By Bethany BROWN

The month of May has been nationally recognized as Mental Health Awareness Month since 1949 and organizations like NAMI – National Alliance on Mental Illness – work tirelessly to fight stigma, provide support, educate the public and advocate for policies that support people with mental illnesses and their families. Many events are held throughout the month across the country to bring voices together to advocate for mental health and promote the appropriate care for those suffering.

As the month draws to an end, Glendale Unified School District remains committed to building awareness surrounding the prevalence of mental health struggles in area youth and providing resources for students so that they may live healthy, fulfilling lives.

GUSD on-site psychological services provider Tanya Loussinian said the GUSD Student Wellness Services Dept. has done and continues to do a lot to support students with mental health challenges. They offer a variety of services, such as school-based counseling services, an online counseling referral system for teachers and staff, intervention programs, suicide prevention training and wellness rooms both on campus and virtually for students, among others.

"Spreading awareness among our students, parents and community is important to reduce stigma," Loussinian said. She distributed a Mental Health Awareness Month newsletter across all district campuses discussing signs of mental illness, resources offered and healthy coping strategies with the hope to build further awareness

in staff, parents and students and encourage those who are struggling silently to speak up and seek help.

Ilin Magran, Ed.D., director of the GUSD Student Wellness Services Dept., emphasized how important the need for mental health professionals in schools is "now more than ever." Since 2020, GUSD has quadrupled the number of therapists it has at its district office. The therapists serve students and families throughout the district at elementary, secondary and high school levels, and Dr. Magran said she is in the process of onboarding several more professionals to ensure each GUSD school has at least one psychological services provider on campus at all times.

"We understand that there was a lot of loss and isolation during COVID-19," Dr. Magran said. "We're doing a lot of group support for students that are grieving and adjusting so they know they are not alone, as well as promoting regular wellness checks."

She said since the return to on-campus learning post-pandemic the number of student referrals for psychological services has skyrocketed to a level never seen before in the district. In the 2021-22 school year alone, one thousand referrals from concerned administrators, counselors and teachers have been submitted. Out of these thousand, nearly 200 parents declined services for their children but over 700 welcomed help and support.

"Our team is very active in assessing students," Dr. Magran stressed. "We assess and determine whether it is a high, medium or low risk and, depending on where they are, we find solutions for them with our students' wellbeing and safety remaining the top priority."

Additionally, this year the Student Wellness Services Dept. introduced a social, emotional and wellness curriculum to all schools. This is either a five-week or eight-week course where professionals on the team visit classrooms per teachers' request and discuss some of the norms that kids missed during the pandemic: mindfulness, emotional regulation, deep breathing, where to get help, and more. The curriculum has been presented on nine campuses so far, while others have opted out or have yet to decide on whether they will offer it or not.

"It's a new thing so there's some expected resistance in some of our schools but, overall, it has evoked a positive response, and many are choosing to implement this program," Dr. Magran said. "It has been very effective from what we've seen already and we're hearing from students [who say] they feel calmer and more confident in their ability to locate and access the tools and resources they need to cope in a healthy way."

Dr. Magran highlighted her belief that there is a need to do more within the community to build awareness. She intends on continuing her efforts to do so by brainstorming promotional opportunities such as placing posters, flyers and banners in frequented areas within the city. She hopes that parents will place their trust in GUSD and reach out if they need a plan of support for their children as they navigate mental health struggles.

"At the end of the day, we just need to be sure that parents know where to access resources and students know that it is okay to ask for help," she said. "We are here, and now is the time to seek help. Don't wait."

The Chiropractic Place

NEW CLIENT SPECIAL!

Dr. Brian Miller D.C. and the friendly team at The Chiropractic Place in Montrose provide chiropractic, nutrition and natural healing arts to target your unique needs. Whether you are suffering from back pain, neck pain, headaches or even just plain old muscular tightness and tension, you can benefit from the services offered at The Chiropractic Place:



- Chiropractic Care
- Lifestyle Advice
- Nutritional Counseling
- Advanced Lab Testing

You may need pain relief after suffering from an accident, experiencing an injury, or have a specific condition such as carpal tunnel syndrome, migraines, or neuropathy; even if you just want to improve your overall health, Dr. Miller can help you achieve your wellness goals!

Free consultation!

Dr. Brian Miller D.C.
The Chiropractic Place

2235 Honolulu Avenue, Montrose, CA 91020
(818) 249-2300

CBD STORE in MONTROSE

818 369-7070 | 2490 Honolulu Ave.
(right down the street from Trader Joe's)



CBDComfortzone.com

Local and reputable source for the best CBD products on the market.

CBD oils,
CBD pain creams

CBD gummies
& more!



Mention this ad for discount

15% OFF ONE ITEM

Emergency Drill Messaging for the Chevy Chase Canyon Evacuation Exercise

On Saturday, May 14 at 9 a.m., the City of Glendale conducted a planned evacuation exercise in coordination with the Chevy Chase Canyon Association. Due to a glitch in the messaging software, incorrect messaging was distributed throughout


Los Angeles County. The City is working with its partners to investigate.

Silvio Lanzas, the City's fire chief and deputy city manager, stressed that although the error in the message overshadowed the exercise itself, the importance of

why these drills are conducted cannot be overstated. Lanzas thanked the residents of Chevy Chase Canyon who participated in the exercise and vowed to make the necessary corrections to future events. Lanzas apologized to anyone negatively affected by

today's message.

"As we saw last week in Laguna Niguel, our fire environment in Southern California is prime for another potentially active fire season," he said. "Ensuring the community is prepared is key to keeping our residents safe."



Patricia Kennedy
LICENSED MARRIAGE & FAMILY THERAPIST

- 20 Years Experience
- Specializing in Grief & Loss
- Addictions
- Guidance and Healing Through Life Transitions
- Children and Adults Trained in EMDR Local Sliding Scale

818 512-2464



CM &
PRINTING
COPYING
MAILING

- Direct Mail/EDDM
- Newsletters
- Brochures
- Business Cards
- Blueprint/Architectural Copies
- Email Marketing
- Postcards
- Banners
- Forms
- Labels
- Booklets
- Envelopes
- Posters

ups **FedEx**
Access Point Authorized ShipCenter
Pick up & Drop off

HOURS M-F 9 a.m.–6 p.m.
Sat 10 a.m.–2 p.m.
10034 Commerce Ave. Tujunga
Historic Olde Towne
818-353-7135
cmprintmail.com

La Crescenta PHARMACY
SINCE 1924 • INDEPENDENTLY OWNED
97 years ago La Crescenta Pharmacy opened its door to serve the Foothill Communities.



CV Weekly 2015, 2016, 2018, 2019

We Are Still Open, for You!
Medi-Cal, Medicare, and most insurances accepted, including WellCare.

STAY SAFE.
Use Our **FREE Local Delivery Service!**

"The first blooms of spring always make my heart sing."
S. Brown

818.248.5851
2764 Foothill Blvd • La Crescenta

Obituary Ronald Joseph McCloud



May 27, 1937 – Nov. 19, 2021

Ron was an outgoing and unique guy with a big heart. He was the captain of our family ship, and he centered his amazing life on love of family. He passed away Nov. 19, 2021 at the age of 84, surrounded by his wife and three kids.

Ron is survived by his wife Genevieve (Gini) Martinez McCloud; children Ron Jr., Laura and Shane; sister Peggy; and his six grandchildren. He passed naturally and peacefully; a quiet end to an adventurous journey.

His life was full of hard work and hard play. Born in Boston, Ron's family moved to the LA area at the age of 6, eventually settling

down in Sunland-Tujunga with his sister Peggy and parents Fred and Margaret. A lifelong Celtics fan, he learned to play a rugged style of basketball, football and baseball at Sunland Park. He played point guard from high school into his late 30s, played shortstop and point guard at Notre Dame High School, the U.S. Navy, and played for the AAA Minor League Dodgers for about six months.

After being cut by manager Don Zimmer, he soon became an Angels fan ;-). He transitioned to fastpitch and eventually slowpitch softball, playing until his mid 60s where his team, McCloud Salvage, won over 20 Sunland Park League championships and two Senior Softball world championships ... all on knees that eventually limited his activities after many surgeries.

Ron was a blue collar guy. He had a toughness on the outside but was deeply tender to his family and friends – a true patriarch, always stepping up to help family and friends. His education was achieved on the playground and at job sites.

He was never out-smarted by anyone, whether on a demo job, a softball field or playing poker.

Ron worked for his father as in the excavation business and then eventually started his own demolition company.

He married Gini, the love of his life, in 1963. They enjoyed traveling, bowling, Mexican food and spending quality time with the children. They worked together as partners and grew McCloud Salvage into one of the most competitive demolition companies in LA. The family moved from the Sunland-Tujunga area to La Crescenta in 1980 where they built the house of their dreams.

Ron excelled at most everything he put his heart to. His greatest joy and life accomplishment was his family and the love they all shared. Ron truly enjoyed playing softball, watching the Celtics and Angels, swing dancing, playing poker at the Commerce Casino, and fishing with the family and friends on vacations to remote Baja beaches and the town of Loreto – with a Carta Blanca in his hands waiting for the

fishing pole to start dancing. He enjoyed being a grandfather to six kids, teaching each of them (and his three kids) how to play sports the right way, to live with integrity, to pursue their goals with passion, to take time to enjoy vacations and to always wonder what's around the next corner. His sense of adventure and curiosity took the family to many unexplored beaches in Baja with the family in his F-250, a Lance camper, and the Meyers Manx dune buggy in tow. He preferred the road less traveled, and looked at the Baja trips as a way to unwind from the stress of work and to enjoy time with the family. He truly knew how to unplug.

He will be remembered for the love that he shared with many people over his 84 years. His memorial mass will be held on May 21 at Our Lady of Lourdes Catholic Church 7344 Apperson St. in Tujunga at noon, with a celebration of life reception in the school auditorium. He was buried at the San Fernando Mission in January.

Funeral Directors: www.CrippenMortuary.com

CRIME BLOTTER

May 13

1100 block of Green Lane in La Cañada Flintridge, a resident reported she had received a phone call from her neighbor stating she saw a male adult, wearing a dark blue hooded sweatshirt, in her yard. The neighbor was looking through a wooden fence that separated their yards. When she approached the fence the suspect walked away from the property. The resident found a screen window covering had been bent and partially removed.

The incident occurred at 1:35 p.m.

500 block of Crown Avenue in La Cañada Flintridge, a resident reported that when she returned home she found the rear glass door shattered, several rooms had been ransacked and personal items were stolen overnight.

May 9

Angeles Crest Highway and Foothill Boulevard in La Cañada Flintridge, a woman reported that she had placed her iPhone in the rear pocket of her pants and got onto the La Cañada shuttle bus. When the bus stopped at Crest Avenue and Foothill Boulevard she exited and with a friend

walked around the area shopping. When she went to retrieve her phone she found it was no longer in her pocket. Although there were several people on the bus and the shopping area she did not feel anyone bump into her or feel the phone being removed from her pocket. The "Find my iPhone" app located the phone in Lancaster.

The theft was reported at 4:45 p.m.

May 6

4800 block of Ocean View Boulevard in La Cañada Flintridge, a resident received a credit card in his name that he did not apply for.

He also discovered that a variety of credit cards were applied for and approved in his name that he was not aware of. He is reaching out to credit companies to find if anything had been charged to those cards. The identity theft was reported at noon.

May 5

2000 block of Foothill Boulevard in La Cañada, a man reported that he was contacted by his company's accountant that multiple charges for various amounts were made on a credit card without permission between May 5 and May 11.

ARMED FORCES DAY from Cover throughout the world as guardians of the peace – many of them away from their homes, their friends and their families. They are visible evidence of our determination to meet any threat to peace with measured strength and high resolve. They are also evidence of a harsh but inescapable truth – that the survival of freedom requires great cost and commitment, and great personal sacrifice," President John F. Kennedy said in his 1963 Armed Forces Day speech.

The event is sponsored by the American Legion Post 288, VFW Post 1614, Moose Lodge #641, Outlaw Garage, Early Rodders,

Rydell Chevrolet, Pinnacle Disposal, La Crescenta Pharmacy, the band Inferno and Harmony Farms.

For those who would like to display their vehicles the entry fee is \$30 the day of and \$25 for advance signup. For more information and for the entry form, visit <https://www.vetspost288.com/armed-forces-day-car-show>.

For participating vehicles the gates open at 6:30 a.m. and close at 9:30 a.m. The general public is invited to visit the event at no cost from 10 a.m. to 2:30 p.m.

Crescenta Valley Park is located at 3901 Dunsmore Ave.

Visit our Facebook page tomorrow for

Feel Good 
fridays

...an upbeat way to end the week!

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

Students Lift their Voices for Choice



Photos by Lucy RICKEY
The protest began on campus as a "die-in."

By Mary O'KEEFE

On Monday, Crescenta Valley High School students let their voices be heard in a protest that began in the school's quad, traveled to the Ralphs Plaza in the 2600 block of Foothill Boulevard and then ended back at the school.

The students were organized, articulate and respectful as they protested a leaked Supreme Court draft opinion on Roe v. Wade, which has been the law of the land since 1973.

With a seven-to-two ruling in 1973 the U.S. Supreme Court found that unduly restrictive state regulation of abortion was unconstitutional. A recently leaked draft opinion that appears to overturn Roe v. Wade was released recently causing voices to be raised on both sides of the issue. It is important to note that the U.S. Supreme Court has yet to officially vote on the issue of Roe v. Wade.

The goals of the demonstration by the CVHS students on Monday were twofold, according to Connor

Eubank, who was one of the organizers:

"The first is to highlight the unjust, inequitable nature of this decision and how it will disproportionately impact and harm marginalized individuals and women of color; second, the protest aims to encourage members of our community – both at school and in the greater LA area – to educate themselves, participate in future activism and advocacy, and to utilize their voices for positive change at the ballot box."

The protest began on campus as a "die-in" that about 60 kids participated in and was only accessible to students and faculty of the school. This was followed by a walkout along Foothill Boulevard.

There were student protesters and student counter-protesters at the school, and a few adults who had

counter opinions who approached the students when they were on Foothill; however, Eubank said the encounter was not violent.

"We were very fortunate to have support from [the school administration] and had supervision," Eubank added.

The protestors are the next generations of voters and, although California has shown its support for pro choice, they wanted to mobilize the youth and inspire others.

Eubank added the possibility of overturning Roe v. Wade is not just about abortions but fundamental rights of individuals to have body autonomy.

The concern voiced by organizers was the possibility that overturning the ruling could affect the rights of others, like queer or transgender people.

You can read more at CVWeekly.com/NEWS

Volunteers Needed: Sign Up Deadline for Prom Plus is May 23

As an alternative to an unchaperoned (and often unsafe) party, Prom Plus offers a supervised post-prom event held at the Crescenta-Cañada YMCA. From midnight to 5 a.m., Prom Plus is ready to provide a variety of things for students to do that include a full casino with blackjack, poker, craps and roulette plus pool tables, Ping-Pong, photo booths, gyroscope, bungee jump, Dance Dance Revolution, mechanical bull, rock climbing wall, balloon artist, arcade games, temporary tattoos,

zip line and a food court (pizza, sandwiches, appetizers, fresh fruit, cookies, coffee, soda plus more).

This is where volunteers are needed. Each of these events requires adult supervision and support and, without the staffing, Prom Plus will not happen. The link for the Sign Up Genius is <https://www.signupgenius.com/go/70a0c4cadad2fa7f94-2022>; or call Rachele at (818) 248-2740 between 9 a.m. and 2 p.m. to volunteer to supervise or facilitate any of the events.

Without volunteers, this event will not happen. This is an all hands on deck event. Prom Plus is looking to have at least 30 volunteers by May 23.

"We know we can put this together with our amazing Crescenta Valley community!" said Prom Plus President Joy McCreary. "Please sign up no later than May 23 so we know if we have the volunteers to staff Prom Plus. Let's keep our seniors safe and make sure we give them the senior send off they deserve."

COMMAND CENTER from Cover mobile unit was a trailer whereas the new one is a motorhome.

The new mobile command post is 31 feet long and is outfitted with desks, chairs, lots of white boards and up-to-date ham radios that work with LA-RICS (Los Angeles Regional Interoperable Communications System). The system is able to communicate with the fire department and the forest service. It has practical advantages like a hydraulic system that levels the vehicle regardless of the terrain and sliding doors that can separate compartments. One of the most impressive additions to the new unit is an outdoor video screen that will allow information to be shared with a larger group.

In the past those in the mobile command post would have to print out a large map of the area they were searching or focusing on for wildfire. Instead of finding a printer that can accommodate printing a large map, the entire process is now as

easy as dragging and dropping the information onto a computer that can be shared on the exterior screen.

Wildfires, other natural disasters and search and rescue responses are going to benefit from the mobile command post but there are other areas where it can be of value.

"If there is a barricade incident where our Special Enforcement Detail would be called out, our crisis negotiation [team] can work out of the [post] and we [all] can get briefed on what is going on," Gilbert said.

The mobile command unit costs \$402,000 and is similar to a mobile command post in Santa Clarita. Gilbert, along with others from the station including MSAR members John Camphouse and Will Richards, researched and advised on the best equipment and design of the vehicle. The fact that the mobile command post was purchased taking the opinions of the personnel into consideration was not lost on Gilbert.

"It means a lot to all of us and by default to the community to have [this vehicle]," Gilbert said.

He added the support for this mobile command post by the City of La Cañada Flintridge, the CV Sheriff's Support Group and the office of Supervisor Barger will help deputies do their jobs.

Elisa Avalos

I'm a proud mom, wife and cancer survivor who, as the President of Pacoima Neighborhood Council, never stopped fighting for my community for over 4 Years. I will continue that fight as your new Councilwoman.



Info & Donate at elisaavaloscd7.com

Los Angeles is Broken...

- Protect our neighborhoods from State zoning and over development.
- Support & fund community policing programs with more officers to fight rising crime and to increase community outreach.
- Stop wasting billions of tax dollars on ineffective homelessness policies.
- Clean up the corruption in City Hall.
- Listen and respond to the community, not special interest groups.

..... Let's fix it together!

Vote by mail today for Avalos!

elisaavaloscd7@gmail.com 661-227-9094

Paid for by Elisa Avalos for City Council 2022. 16633 Ventura Blvd. #1008 Encino, CA 91436. Additional information available at ethics.lacity.org

MARY CARDEA LANDSCAPING



Mary Cardea
• Horticulturalist •
818-269-0202

- Landscape Design
- Installation
- Irrigation
- Hardscape
- Consultation
- Maintenance

827-748708

marycardea@gmail.com

VIEWPOINTS

TREASURES OF THE VALLEY » MIKE LAWLER

The Memories of Norma Quinn Potter - Part 4

A few weeks ago I began a series on the memories of Norma Quinn Potter, who moved to the valley as a kid in 1931. She wrote about her childhood in an essay she titled, "It's All About Me!" and I'm quoting directly from that.

Last week we learned about Norma's dogs and her first experience with cigarettes when they lived at 2828 Altura Ave. That house still looks the same, as does the next house that they moved to, two blocks to the east. I'll insert my comments in [brackets].

Norma writes: "We were all very sad when the owner [of 2828 Altura] informed us that his daughter was getting married and would be needing the house. So once again the folks were house hunting for a place big enough for the five of us. They

really were fortunate to find one, and it was even larger, with a super big landscaped yard, and it already had a large fishpond with a large rock in it and a gazebo beside it! This was at 2555 Altura and the owner, Mr. Andreason, lived down the street. It also had a full basement and was great for playing and even shooting my BB gun. In fact, it was so large that this is where we had my La Crescenta Junior High graduation party. It was great! The property went clear through from Altura to the back street where we had the goat shed and where we would take our greyhounds to run.

"We didn't have these dogs, Lassie and Lady, very long. I think they went to a man who wanted to train them for racing. We had our goat Tillie for several years and while we

were on Altura she produced a pair of twins that were totally white. As we lived down the street from the school football field, they were briefly accepted as the school mascots. I say 'briefly' because, after attending just one game, they were no longer welcome due to the fact that they relieved themselves all over the place. The twins turned out to be hermaphrodites. They were really good for nothing and were given away. Tillie's goat shed was situated on top of an alfalfa-covered embankment at the rear of our property. It was a nice solid little shed with a raised stanchion inside where Jeanne could milk Tillie twice a day. We quickly learned to like goat's milk, and then cow's milk tasted like chalk water to us.

"My early teen years were spent

here and I loved them all. Jeanne and I were introduced to real roller-skating in an actual skating rink. It was the converted old Glendale Post Office on Broadway. It had four support posts in the center of the floor and a separated section off to the side, which we called the bull-pen. This area was used to practice our spread eagles and backward skating. We very quickly progressed to wanting our own shoe-skates and moved on to a much larger rink called Moonlight in Pasadena [the one in Glendale hadn't been built yet]. This was truly our 'home away from home.' It took over our every thought and ambition - to be really good skaters. And it was a really good place to meet boys who could already skate. The whole thing worked out as years later, after experiencing many of life's ups and

downs, Jeanne and I both ended up married to good skaters who also happened to be good husbands.

"In 1939 the folks bought a large lot at 2935 Montrose Ave. [now an apartment building] where they built the family home which was to become a family focal point for years to come. We had five generations pass through those welcoming doors."

These writings by Norma have just been delightful. We do have more from her - specifically her brush with polio as an adult. Those memories won't be "delightful" but there is some humor there. I'll pick those up next week. Thank you so much Norma. These glimpses into Crescenta Valley's past are just wonderful.

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 FRIEDMAN

Strengthening the Safety Net for Vulnerable Youth

It's graduation season for high schools and colleges across our region, marking the transition for thousands of young people to adulthood and all that it entails. It can be deeply disorienting, isolating and lonely for young people making their way to independence; but the passage is even more unforgiving and brutal for our youth aging out of California's foster care system. We know there is an absolute correlation between adolescents' successful transition to adulthood and the support they are offered. For those "emancipating" from the foster care system, that transitional support has been practically non-existent. My two bills, AB 2309 and AB 2189, would give children and young adults a better chance at a strong and stable future.

AB 2309 would offer a change to keep children with their families and out of foster care. In what is often called "kinship care," the bill would require agencies to look to family

members such as grandparents or aunts and uncles for custody before taking a child out of their family environment. When it comes to courts deciding where to place neglected or abused children, research shows that children whose parents may not immediately be the best options have better educational and behavioral health outcomes when they live with relatives compared to children placed in non-related family settings. AB 2309 would allow the juvenile court to order guardianship at any time while the court is determining an abuse or neglect petition, including prior to the court's finding of abuse or neglect. The bill would allow parents to designate an individual of their choice to serve as guardian as long as the child's safety is not jeopardized.

For children who don't have family members or others available to serve as formal guardians, the foster care system is the safety net program responsible for their care. For

decades, the program covered foster youth until the age of 18. However, in 2010, the federal government created a pathway for foster youth to remain in care until the age of 21, with the intent of providing critical supports to help young adults transition to independence. California was one of the first states to create an Extended Foster Care program and over the past 12 years the program has shown numerous benefits for participating young adults, including improvements in education, employment, housing and social support, as well as reductions in pregnancy and criminal justice system involvement. In fact, for every year that a youth remains in care, the positive outcomes increase.

At the same time, the program has consistently struggled in one area: housing. In 2017, a study revealed that over 30% of youth reported they experienced homelessness while actively enrolled in extended foster care. Housing insecurity often follows

foster youth when they're leaving the system as well. Over one out of every four foster care youth experience homelessness after exiting the system.

If you've followed the housing crisis in California, this shouldn't come as a big surprise. Young adults across California have struggled to find affordable housing. For foster youth, who usually lack any familiar support, the challenge is even greater. While California law requires county welfare agencies to work with foster youth as they approach the age of 21 to ensure that they have the basic necessities for independence, such as a Social Security card, a valid ID, birth certificate and assistance with housing, we're learning that, for foster youth across the state, that's not always the reality.

For years, I've been working to close the gaps in the foster care system to ensure that youth have safe and stable housing and supportive

services while they're in care and when they transition to independence, and AB 2189 is the latest bill to help strengthen the safety net for a particularly vulnerable population.

AB 2189 would support the successful transition to adulthood for those young people who are the responsibility of the state and rely on our child welfare system. The bill ensures that foster youth retain access to services and supports regardless of their housing status, including a clothing allowance or payments for pregnant youth, reinforces the framework for county welfare agencies to make intensive and ongoing efforts to ensure youth have housing stability and the items and services that they'll need once they emancipate from the system and allows the courts to retain jurisdiction over a youth if the county has not fulfilled its obligation under the law.

It's hard enough even when you have family to lean on, but many adolescents under state care do not have dedicated adult guidance, much less anyone to turn to for financial support. For those who age out of foster care at age 21, there is nowhere to temporarily "boomerang" back home if they need a place of refuge as they figure out their path forward. And for those disadvantaged young people, AB 2189 would ensure that they have the backing they need to successfully transition to adulthood.

While we may not be able to provide all the support of a solid family, California's investment in a stronger foster care system can help our children and young adults achieve self-sufficiency and to live more fulfilling lives. And, by doing so, we strengthen our communities and our public health.

I hope you will join me in support of our foster youth because every child deserves a chance. As always, I welcome your questions and comments. Please feel free to reach out to me through my District Office by phone (818) 558-2043 or email Assemblymember.Friedman@assembly.ca.gov.



LA CAÑADA
Air Conditioning & Heating
www.lacanadaair.com

IS YOUR BREATHING AIR PURIFIED?

Your Health could become compromised with the dust mites and bacteria growing in your ductwork. We can eliminate the pollution found in each system.

EMERGENCY SERVICE AVAILABLE

Call us 818 790-8000 or
Email: lcac@lacanadaair.com
Web site: www.lacanadaair.com

Call us and make an appointment to have your system serviced!



\$100 OFF OUR ANNUAL SYSTEM CLEANING!

Have your equipment and ductwork cleaned and sanitized regularly to avoid illness in your home.
Offer expires 5/31/2022
Only one discount per customer

Proudly Serving our community for 40 years
818.790.8000
LIC# 536459 • ALL MAJOR CREDIT CARDS ACCEPTED

CRESCENTA VALLEY
WEEKLY
THE FOOTHILLS COMMUNITY NEWSPAPER

Home Delivery Subscription
Only \$65 A Year! Sign Up Today and \$10 Goes to a Local School or Non Profit

Mail to **Crescenta Valley Weekly, 3800 La Crescenta Ave. #206, La Crescenta, CA 91214** or call **(818) 248-2740** with credit card information.

Sign up now and your local public school or local non-profit will receive \$10 out of your \$65 yearly paid subscription.

First Name: _____ Last Name: _____
Address: _____
City: _____ State: CA Zip: _____
Phone: _____ Email: _____
Payment Information: Check #: _____ (make check payable to Crescenta Valley Weekly)
Credit Card #: _____
Name on Card: _____ Exp. Date: _____

Check your school or non-profit to receive \$10

<input type="checkbox"/> Dunsmore Elementary	<input type="checkbox"/> Fremont Elementary	<input type="checkbox"/> La Crescenta Elementary
<input type="checkbox"/> Lincoln Elementary	<input type="checkbox"/> Monte Vista Elementary	<input type="checkbox"/> Mountain Ave. Elementary
<input type="checkbox"/> Valley View Elementary	<input type="checkbox"/> Rosemont Middle School	<input type="checkbox"/> Clark Magnet High School
<input type="checkbox"/> Crescent Valley High School	<input type="checkbox"/> Local (501c3) Non Profit: _____	

For Best-In-Class Urology Care

there's no reason to go anywhere else

At USC Verdugo Hills Hospital, all the leading-edge urology services you need are close to home. Our renowned physicians and surgeons specialize in the diagnosis and treatment of every urologic condition, common to complex. Whether you're facing kidney stones, prostate cancer, benign prostatic hyperplasia, male infertility, female incontinence or another urologic issue, we offer the most advanced treatments and robotic technology to quickly get you back to what you love.

To ensure your safety, we'll schedule your visit being mindful of social distancing and your comfort.



Learn more

USCVHH.org/Urology



USC Verdugo
Hills Hospital

Keck Medicine of **USC**



YOUTH

CVHS Students Win Big at SkillsUSA California State Championships

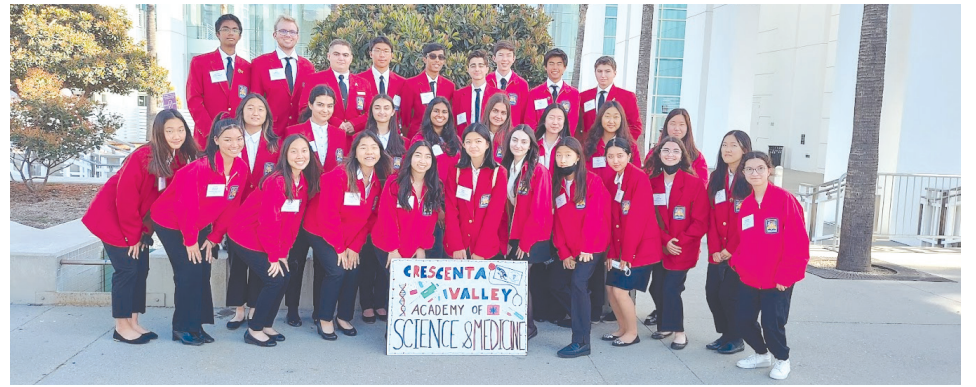


LEFT: CVHS Academy of Science and Medicine students at SkillsUSA.

RIGHT: CVHS students with their project on the effects of urbanization on soil from playgrounds.

BOTTOM LEFT: CVHS Students with their projects and SkillsUSA judge.

BOTTOM RIGHT: More of the CV High School Academy of Science and Medicine students at SkillsUSA.



By Lori BODNAR

National Merit Scholarship Corporation Announces Next Round of Scholarship Awardees

National Merit Scholarship Corporation (NMSC®) announced this year's National Merit \$2500 scholarship winners. The 2,500 Merit Scholar designees were chosen from a talent pool of more than 15,000 outstanding finalists in the 2022 National Merit Scholarship Program.

National Merit \$2500 Scholarship winners are the finalists in each state judged to have the strongest combination of accomplishments, skills and potential for success in rigorous college studies. The number of winners named in each state is proportional to the state's percentage of the nation's graduating high school seniors.

These scholars were selected by a committee of college admissions officers and high school counselors who appraised a substantial amount of information submitted by both the finalists and their high schools: the academic record, including difficulty level of subjects studied and grades earned; scores from the Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT®); contributions and leadership in school and community activities; an essay written by the finalist; and a recommendation written by a high school official.

This is the second announcement of winners in the 2022 National Merit Scholarship Program. On April 27, about 1,000 recipients of corporate-sponsored Merit Scholarship awards were named, and on June 1 and July 11, some 4,000 college-sponsored Merit Scholarship winners will be announced. By the conclusion of this year's competition, about 7,500 academic champions will have won National Merit Scholarships worth approximately \$28 million.

NMSC finances most of these single-payment National Merit \$2500 Scholarships. Corporations and company foundations that sponsor awards through NMSC also help underwrite these scholarships with grants they provide in lieu of paying administrative fees. Scholars may use their awards at any regionally accredited U.S. college or university.

This year's National Merit Scholarship Program began in October 2020 when high school juniors took the PSAT/NMSQT, which served as an initial screen of program entrants. Last fall, the highest-scoring participants in each state, representing less than 1% of the nation's high school seniors, were named semifinalists on a state-representational basis. More than 16,000 semifinalists had an opportunity to continue in the competition.

From the semifinalist group, over 15,000 students met the academic standards and other requirements to advance to the finalist level of the competition. By the conclusion of the 2022 program, about 7,500 finalists will have earned the "Merit Scholar" title and received a total of nearly \$28 million in college scholarships.

NMSC, a not-for-profit corporation that operates without government assistance, was founded in 1955 specifically to conduct the National Merit Scholarship Program. The majority of scholarships offered each year are underwritten by approximately 400 independent corporate and college sponsors that share NMSC's goals of honoring scholastically talented youth and encouraging academic excellence at all levels of education.

You can read more at CVWeekly.com/YOUTH.

Crescenta Valley High School (CVHS) Academy of Science and Medicine students performed well in Ontario, California at the SkillsUSA California Leadership and Skill Conference state championships. Thirty-one Academy students and four advisors attended. The advisors included Orenda Tuason, Susan Smith, Jacob Shaw and Lisa Pang.

SkillsUSA is a partnership of students, teachers and industry working together to promote a skilled workforce by encouraging students to excel. SkillsUSA serves over 395,000 middle school and high school students to help propel them into careers in trade, technical or skilled service occupations.

Many CVHS students earned top award gold medals at the SkillsUSA California state championships. In the Career Pathway Showcase, the student team of Michelle Chung, Kalia Manayan and Riley Keum won a gold medal for their project in Health Services. The student team of Claire Yang, Christine Kim, Liana Kazarian, Emineh Geragoosian, Adam Pang and Nathan Pang won a gold

medal in the Chapter Business Procedure.

According to SkillsUSA, the Chapter Business Procedure asked students to demonstrate knowledge of a parliamentary procedure and running a typical business meeting with secretary's minutes, a treasurer's report and business items.

Eric Eubank earned a gold medal in extemporaneous speaking in which he gave a speech on an assigned topic with five minutes of preparation.

Stella Kim won a gold medal in T-shirt design. The gold medalists will be traveling to Atlanta in June for the national championships at the SkillsUSA National Leadership and Skills Conference.

CVHS students also won silver medals as well for their exemplary skills. In the Career Pathway Showcase, the student team of Marta Pambukhayan, Justin Jeong and Debayon Roy earned a silver medal for their project in Natural Resources. Emily Um won a silver medal in extemporaneous speech. The student team of Megan Parada, Ashley Park, Amy Chantrapanichkul and Eric Markarian earned a silver medal in the Health Knowledge Bowl.

According to SkillsUSA, the

Health Knowledge Bowl had questions regarding anatomy, physiology, medical terminology, healthcare procedures, healthcare systems, legal responsibility ethics, safety practices, healthcare current events, employability skills, communication and teamwork. Many CVHS Academy students earned silver medals for their breadth of knowledge in science and health.

CVHS Academy students also earned bronze medals for their projects in the Career Pathway Showcase. Student team Shauna Hong, Kelly Fung, and Neil Breckow won a bronze medal for their project in Natural Resources, the student team of Maryam Akelyan, Haley Kim and David Ajemyan won a bronze medal for their project in Industrial Engineering.

The Crescenta Valley High School Academy of Science and Medicine students earned many medals in the SkillsUSA California state championships. Several students will be representing California in June at the national championships at the SkillsUSA National Leadership and Skills Conference in Atlanta.

Local Student Earns U.S. Presidential Scholar Recognition

Miye Sugino, who attends La Cañada High School has been designated a U.S. Presidential Scholar in Arts. As directed by Presidential Executive Order, the 2022 U.S. Presidential Scholars are comprised of one young man and one young woman from each state, the District of Columbia and Puerto Rico, and U.S. families living abroad, as well as

15 chosen at-large, 20 scholars in the arts and 20 scholars in career and technical education.

Created in 1964, the U.S. Presidential Scholars Program has honored over 7,900 of the nation's top-performing students. The program was expanded in 1979 to recognize students who demonstrate exceptional talent in the visual,

literary and performing arts. In 2015, the program was again extended to recognize students who demonstrate ability and accomplishment in career and technical education fields.

The Presidential Scholars Class of 2022 will be recognized for their outstanding achievement this summer with an online recognition program.

Discover Aldik Home

The Most Beautiful Store In Los Angeles For 70 Years



Featuring luxury outdoor furniture by Summer Classics!

Summer Classics is stylish, sophisticated, comfortable, and built to last. With more than 30 collections represented **there's no better place in the country to experience the Summer Classics difference than Aldik Home.**



SPORTS

Fairytale Season Ends as CVHS Boys Lacrosse Loses in Championship Match



By Justin HAGER

Many forget that the original Grimm Brothers Fairy Tales were dark stories that often ended in tragedy. True to form, the CIF-Southern Section boys' lacrosse

championship match between CVHS and the Vista Murrieta Broncos had enough twists and turns to be worthy of the annals of great literature and ended in a tragedy for our heroes' fairy tale season.

As reported last week, the Falcon

boys' lacrosse team entered this weekend's championship match with the 13 founding members of the team, now all seniors, ready to compete for the Southern Section title.

The match started as a defensive battle with neither team able to

score until less than five minutes remained in the first quarter. But a shaky defensive half for the Falcons gave Vista Murrieta the early lead, 2-0 at the end of the first.

With an assist from junior Parker Trillo, Falcon sophomore

see LACROSSE on page 18

Photos by Justin HAGER

LEFT: The CVHS boys' lacrosse team was all smiles after its CIF-SS victory over Downey.

RIGHT: Teammates celebrate as junior Anthony Gharapitian gets the game ball for scoring his first career goal.

Sell your car the easy way.
We need to buy 50+ cars this month!

CALL AND BOOK AN APPOINTMENT TODAY!

Right now is a great time to sell!
Your vehicle is worth the most today!

Safe, Fast and Easy • Competitive Offer
 Same Day Payment

1159 Foothill, Suite B, La Cañada 818-378-4391

 **CARBUYER.LA**

Freeway Auto - CA Dealer #82675
 Vehicle must be drivable: (e.g. No dead battery, flat tires, etc.)

Keeping our Soccer Roots: From CV Soccer Club to California Athletic Soccer Club

Remember the good ole days of summer when kids got to get out of the house and just play? They could grab a group of friends, ride their bikes down to the local park and play hopscotch or jump rope, swung on the swings, played football or just shot hoops for hours. All was good until it was time for dinner!

Sometimes those days of summer seem like an era long ago and everything now seems over-supervised, over-structured and over-coached.

La Crescenta's local soccer club, California Athletic Soccer Club (CASC), wants to change this. To celebrate its two-year anniversary,

CASC is unveiling its Friday Night Lights "street soccer" program at Crescenta Valley High School. The youth pickup soccer games will be no cost and open to any player between the ages of 8 and 17. The only real requirement is that the girls and boys get to play with no coaching and no parental interference.

Parents still need to sign a disclaimer and make sure their kids get safely to and from the high school field but once there CASC is partnering with CV High School to create a safe environment for kids to play soccer and just have fun.

Learn more about Friday Night Lights soccer at <https://athleticsc.org/pick-up-soccer>.

org/pick-up-soccer.

For those who don't know, CASC has been the local club in our Crescenta Valley for over 20 years. Most people, however, remember the club as Crescenta Valley Soccer Club (CVSC), which local soccer legend Reggie Rivas founded in 2001. The dream to expand the local club to the greater Los Angeles area, including the rebrand to California Athletic Soccer Club, was knocked on its heels by two years of strict COVID protocols limiting practices and games. Whereas many neighboring youth clubs went under or were gobbled up by the larger

see SOCCER on page 19



CASC 2006 girls team at a local tournament

BETWEEN FRIENDS

Congressman Schiff Announces Winners of 2022 Congressional Art Competition



During a recent virtual ceremony Congressman Adam Schiff announced the winners of the 2022 Congressional Art Competition. This year, the competition received 99 entries from students at 17 different schools.

“California’s 28th District is home to some of the most creative minds in the country, and the submissions we received for this year’s Congressional Art Competition prove it,” said Schiff. “Every piece of artwork we received was remarkable, but the sheer talent of our contest winners blew me away – and I can’t wait to see their work displayed proudly in my offices in California and Washington D.C.”

Every year, high school students in the 28th Congressional District are invited to submit their artwork for evaluation by independent experts who select a first, second and third place winner. In addition, one student receives the People’s Choice Award, which is decided by online

votes from residents of the 28th District.

This year Viviana Ahn from Crescenta Valley High School won first place for her mixed media artwork, titled “Williaaaaam/Final on Friday” (left). Madeline Lauren Kwan from Maranatha High School took home second place for her digital artwork, “Redefining Self” and Aaron Magtoto from La Cañada High School won both third place and the People’s Choice Award for his photograph, “Californian Resilience.”

The first place winner’s artwork will be on display in the U.S. Capitol for one year, the second place winner’s artwork will be displayed in Congressman Schiff’s Washington D.C. office for one year, and the third place and People’s Choice Award winner’s artwork will be displayed in Congressman Schiff’s Burbank office for one year.

CommonSpirit Health and Charles R. Drew University of Medicine and Science Partner to Diversify and Grow Nursing Workforce

Charles R. Drew University of Medicine and Science (CDU), one of the nation’s four historically Black medical schools, and CommonSpirit Health, one of the nation’s largest non-profit health systems, are responding to the national nursing shortage through a new partnership that will grow and diversify the nursing workforce.

“Even prior to the COVID-19 pandemic, we predicted a nursing shortage due to the retiring nursing workforce and the care needs of our aging population,” said Kathy Sanford, D.B.A., R.N., chief nursing officer at CommonSpirit. “Nursing schools simply don’t have the capacity to train nurses fast enough to replace those leaving the profession. As one of the nation’s largest employers of nurses, we knew we needed to be part of the solution.”

A 2021 American Association of Colleges of Nursing study found that, although interest in nursing programs is strong, 80,521 qualified applications were not accepted at schools of nursing due primarily to a shortage of clinical sites, faculty and resource constraints. The partnership will expand access to quality education and training by adding faculty and resources that help CDU, one of the nation’s leading educators of Black and

other underrepresented minority nurses, grow its enrollment.

“In addition to clinical excellence, our students are focused on social justice and health equity for underserved populations in our surrounding communities in South Los Angeles and around the world who are affected by health disparities,” said David M. Carlisle, M.D., Ph.D., president and chief executive officer at CDU. “Expanding our program helps increase their impact and the likelihood that diverse patients have access to a provider who looks like them.”

Studies show that having access to a provider with shared lived experience helps improve trust and outcomes, yet only 22.2% of Black adults reported being of the same race as their health care provider compared to 73.8% of White adults.

“In our Southern California Division alone, we employ 10,000 nurses that care for over a million people every year,” said Julie J. Sprengel, president and CEO of CommonSpirit’s Southern California Division. “Together with Charles R. Drew, we’re helping to remove systemic barriers and create a more diverse and dynamic workforce that reflects the communities we serve.”

In addition to expanding capacity at CDU, the partnership seeks

to drive early interest in nursing careers among students from under-resourced or underrepresented groups. CommonSpirit and CDU will establish mentorship programs for diverse high school students and build relationships with pre-college educators and guidance counselors to help ensure that students know their options and the prerequisite coursework necessary for a career in nursing.

CommonSpirit is expanding access to careers in health care through its academic partnerships with Baylor College of Medicine, Creighton University and the Morehouse School of Medicine. Together with the Morehouse School of Medicine, CommonSpirit has launched the More in Common Alliance, a 10-year, \$100 million initiative to help address the lack of representation among health care providers. In addition to growing medical education programs, CommonSpirit has established scholarships to help remove barriers to pursuing a career in health care, including a program at Creighton University that will provide 100 full-tuition scholarships to underrepresented students of color and \$3 million awarded to diverse health care professionals through the CommonSpirit Equity Impact Scholarship.

Glendale Youth Orchestra

Shall We Dance?

**Henry Shin,
Music Director & Conductor**

2022 Concerto Winners

PROGRAM
Chaminade, Concertino for Flute, Op. 107
Claire Yang, flute
Mendelssohn, Violin Concerto in e minor, Op. 64 - 1st mvt
Annali Wirtz, violin
Saint-Saëns, Introduction and Rondo Capriccioso
Jason Chen, violin
featuring music by Brahms, Faure, Piazzolla, Stravinsky and more

ALEX THEATRE
216 N. Brand Blvd.,
Glendale, CA 91203
ALEXTHEATRE.ORG

Sunday, May 22nd
6:00 PM

TICKET PRICES: \$18.00; STUDENT/SENIORS: \$16.00 (PRICE INCLUDES FEES)

MEDIA SPONSOR:
performing arts

THIS PROJECT IS FUNDED BY A GRANT FROM
ALEX THEATRE

THIS ORGANIZATION IS SUPPORTED IN PART BY THE
Los Angeles County
Arts & Culture

www.glendaleyouthorchestra.com



CHOOSE YOUR ADVENTURE THIS SUMMER

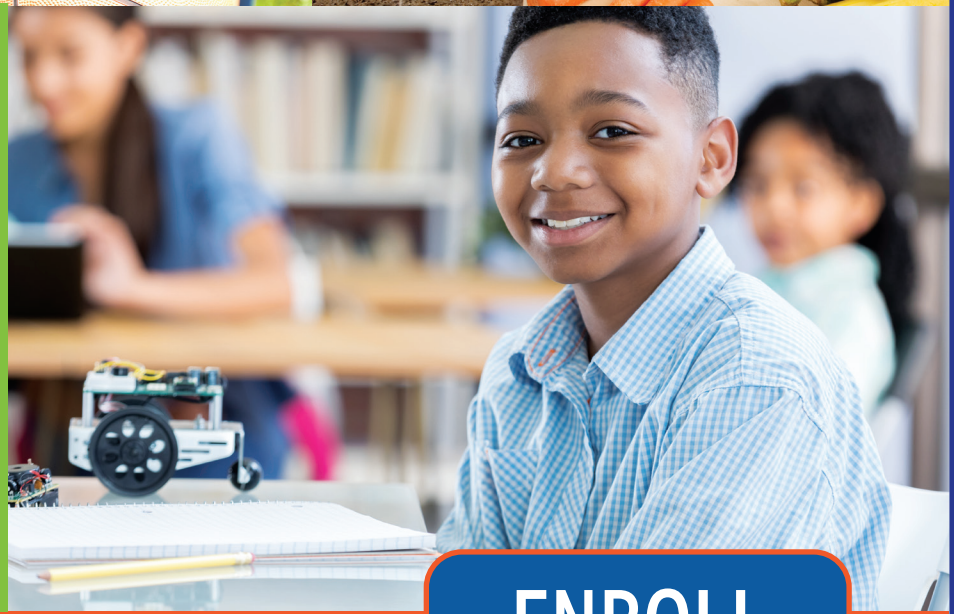


K-6 Summer Camp at Crestview Preparator School

Half day and full day camps available, or choose from a la carte classes. Extended care offered at certain locations.

Visit parker-anderson.org
818.650.8676

You pick the classes, we bring the fun!



ENROLL TODAY!



2022 Schedule

SESSION 1: June 20th-July 1st

K-2nd Grade Program Schedule

3rd-6th Grade Program Schedule

P1: 9:20am-10:05am	Jewelry Making Workshop	Flag Football Superstars	STEAMLab: Architecture Academy	Super Powered Science
P2: 10:25am-11:10am	STEAMLab: Brain Games	Young Doctors: Pre-Med Academy	Runway Fashion Design	Ninja Academy
P3: 11:15pm-12pm	Fortnite & Pokemon Art Academy	Basketball Superstars	Mock Trial, Public Speaking & Debate	Robot Building Workshop
P4: 1:05pm-1:50pm	Chess Club	Lego Masters	Creative Sculpture	Soccer Superstars
P5: 1:55pm-2:40pm	TechKidz: Video Game Design	Anime, Cartooning & Comic Book Creation	Jedi Training Academy	Rocket Science
P6: 2:45pm-3:30pm	Hogwarts Academy	Chem Kidz	TechKidz: Minecraft	Kids Cooking Academy

SESSION 2: July 5th-July 15th

K-2nd Grade Program Schedule

3rd-6th Grade Program Schedule

P1: 9:20am-10:05am	Dungeons & Dragons	Lego Robotics	TechKidz: App Inventor	Fine Art Academy
P2: 10:25am-11:10am	Creative Sculpture	Soccer Superstars	Chess Club	Robot Workshop: Car Creator
P3: 11:15pm-12pm	TechKidz: Coding Wizards	The Art Workshop	MatheMagic	Weird & Wacky Science
P4: 1:05pm-1:50pm	STEAMLab: Inventor's Workshop	Spy Kidz	Kids Cooking: Little Italy	Cheer & Fitness
P5: 1:55pm-2:40pm	Art Adventures	Kids Dance Studio	Kids Acting Workshop	Robot Workshop: Green Science
P6: 2:45pm-3:30pm	Magic Academy	Robot Workshop: Car Creator	Recycled Art Workshop	Hip Hop Dance

SESSION 3: July 18th-July 29th

K-2nd Grade Program Schedule

3rd-6th Grade Program Schedule

P1: 9:20am-10:05am	Kids Acting Workshop	Robot Workshop: Green Science	Art Adventures	Kids Dance Studio
P2: 10:25am-11:10am	Recycled Art	Hip Hop Dance	Magic Academy	Robot Workshop: Battlebots
P3: 11:15pm-12pm	Runway Fashion Design	Ninja Academy	STEAMLab: Brain Games	Young Drs.: Pre-Med Academy
P4: 1:05pm-1:50pm	STEAMLab: Architecture	Super-Powered Science	Jewelry Making Workshop	Flag Football
P5: 1:55pm-2:40pm	Jedi Training Academy	Rocket Science	TechKidz: Video Game Design	Anime, Cartooning & Comic Book Creation
P6: 2:45pm-3:30pm	TechKidz: Minecraft	Kids Cooking Academy	Hogwarts Academy	Chem Kidz

Location: 140 Foothill Blvd., La Cañada, CA 91011
Cost: \$150 per camp (lab fees may apply)

Parker-Anderson Summer Camp welcomes students entering Grades K-6. For eight weeks of Summer, we provide activities that enthruse and excite! We offer 1/2 day week long Summer Camps with Morning and Afternoon options
To enroll, or for more information, please visit: www.parker-anderson.org or call us at (818) 650-8676

TRAVEL & LEISURE

After the Plague Comes the Renaissance ... Faire

By Charly SHELTON

After two years off due to a massive plague, the Renaissance Pleasure Faire has returned to the Santa Fe Dam Recreation Area in Irwindale. The classic festival brought back much of the charm and fun of the Faire from years past, while not escaping the plague without its scars.



Photo by Charly SHELTON
In celebration of May Day, Faire performers dance around a maypole.

For repeat guests of the Faire, which has been running each spring in Southern California since 1963, there are some differences to be noted. Nothing major, but differences that can be felt in the air. Several of the businesses and vendors that were longtime staples of the Faire have either closed down or otherwise withdrawn from the event this year. Talking to the other patrons and vendors, word is passed along of some favorite participants who didn't survive the plague. This tapestry of shared acquaintances, even those who one may meet in passing or know about only from seeing them around the Faire once or twice a year, can still reflect the absence left when a few drop off. This shared sense of loss between

us and the hopeful look to brighter days ahead and is very reminiscent of the actual Renaissance, which was a period from the 14th to 17th centuries and was born from the Black Death. Granted, COVID-19 didn't restructure society as much as the Black Death and we didn't lose as many people per capita as back then, but this is the largest pandemic in our lifetime and the emotional impact of these losses still registers a toll, regardless of size.

Beyond those who were lost, at the Faire the bars can't pull draught beers and prepare cocktails, some of the food options have diminished and supply issues

are keeping the menus almost permanently sold-out of certain items. But these aren't enough to diminish the fun and spirit of the event and a warm welcome is given with a hearty, "Hail and well met, traveller!" This Faire was sorely missed these last two years, especially because the 2020 Faire was cancelled just a few weeks before opening day. So even with the canned beers and no meat pies, the Faire is just as fun as ever.

For any who haven't been to the Ren Faire yet this year, there is only one weekend left to visit. This weekend is the grand finale, and it is not to be missed. Visit RenFair.com for tickets and info.

What's Cooking

Your Local guide to good food!



May 19th Specials!

THE CROW'S NEST
SPORTS GRILLE

Live Music!
Wine Down
Wednesday
6:00pm - 9:00pm

Catch all the **MLB**, the **NHL** and **NBA GAMES** here on our big screens!

NOW OPEN FOR BREAKFAST DAILY!

CV Weekly The Finest 2015 **CV Weekly The Finest 2017** **CV Weekly The Finest 2019**

THE CROW'S NEST
FAMILY RESTAURANT
7279 Foothill Boulevard, Tujunga, CA 91042
(818) 353-0852 or www.thecrownsnestsg.com
Sun - Thurs 7am to 10pm Fri - Sat 7am to 11pm

Let Gourmet a go go Cater Your Next Party or Event!

CV Weekly The Finest 2018 **CV Weekly The Finest 2019**

GOURMET a go go
Fresh Food Fast

GOURMET a go go
Fresh Food Fast
Voted
Finest Caterer 2019

818 331-2002
Gourmetagogoonline.com

THEN & NOW

Ocean View Overpass Courtesy of the Historical Society of CV



Then » This cute little neighborhood market was on the east side of Ocean View Boulevard a block above Montrose Avenue from the '30s to the mid-'60s. This photo was taken during the famous snowstorm of 1949, a much-photographed event.



Now » The little market was torn down in the late '60s for freeway construction, along with hundreds of homes, forever changing the valley. A massive amount of dirt was moved to create the 210 Freeway, which now flows (often slowly) a couple of hundred feet below Ocean View Boulevard.

Alissa's Oceanview | BAR & GRILL

CV Weekly The Finest 2019

COME SEE OUR NEW LOOK!

Visit our website at **DineOV.com** for our extended summer hours!

3826 Ocean View Blvd. 818 248-2722

PEPE'S
MEXICAN RESTAURANT
We deliver!
and CANTINA

We are now fully open for indoor and outdoor dining!

Sunday Champagne Brunch
— OPEN —
Monday - Sunday
11am - 9pm

2272 Honolulu Ave, Montrose
(818) 248-6622
www.pepasmontrose.com

UberEats • DoorDash
Postmates • Grub Hub

JUST FOR FUN

CALENDAR this

TGHS PRESENTS 'WE WERE AMERICANS'

Tonight, Thursday, May 19 at 7 p.m. The Glendale Historical Society members Katherine and Glenn Yamada will provide a guided viewing of the film "We Were Americans" followed by a discussion with filmmakers Ara Oshagan and Avo Kambourian.

A few months after the attack on Pearl Harbor on December 7, 1941, President Franklin Roosevelt issued Executive Order 9066 to 120,000 Japanese Americans living on the West Coast. The order directed them to report to local authorities for further instructions.

"We Were Americans" traces the Yamada family story before, during and after their internment. Commissioned in 2018 by ReflectSpace Gallery under the direction of Ara Oshagan, the documentary

was filmed on location at the relocation center ruins in Poston and was directed, produced and edited by filmmaker Avo Kambourian.

This online event is free and open to all; however, advance reservations are required. To RSVP, visit <https://tinyurl.com/2s3z7sa7>.

WILDERNESS WORKDAY

A wilderness workday at Deukmejian Wilderness Park is planned for Saturday, May 21 from 8 a.m. to 11 a.m. Volunteers will help water the bigcone spruce and coast live oaks, assist with trail repairs and remove invasive species from the park. This program is perfect for students who need community service hours. Please wear sturdy shoes and protective clothing and bring a hat, sunscreen and sunglasses. In case of rain, this event will be canceled.

RSVP and sign up at <https://tinyurl.com/27xzv84k>.

Deukmejian Wilderness Park, 3429 Markridge Road, La Crescenta/Glendale

ARMED FORCES DAY CAR SHOW

On Saturday, May 21 from 10 a.m. until 3 p.m. at the Crescenta Valley Park in La Crescenta the American Legion Post #288 and the Veterans of Foreign Wars Post #1614 will host and sponsor an automobile show with the net proceeds to go to local veteran and youth charities.

The show will feature classic automobiles, hot rods, military and emergency vehicles. Admission to the event by the public is free. Auto show participants may pre-register their vehicle entries for \$25 or register their cars on the day of the show for \$30 (military and emergency vehicles are free).

Trophies will be awarded to class winners and dash plaques to all participants.

The Crescenta Valley High School U.S. Air Force Junior ROTC will perform the presentation of colors and the Pledge of Allegiance.

In addition to the automobile and vehicle displays, there will be fire, police and search & rescue personnel and vehicles. The live band "Band Inferno" will be playing old time rock 'n roll, and there will also be food trucks and vendors.

A raffle and 50/50 drawing will be held during the event. There will be free coffee and donuts for all veterans.

In addition to the American Legion and VFW, other sponsors of the event are the Moose Lodge #641, Outlaw Garage, the Early Rodders car club, Rydell Chevrolet, Farmers Insurance, Forest Lawn and Diana Bradford.

BENITA BIKE'S DANCEART TO PERFORM

Chamber modern dance company Benita Bike's DanceArt will perform at the La Crescenta Library, 2809 Foothill Blvd., La Crescenta on Saturday, May 21 at 2 p.m. This is a free performance and reservations are not required. This performance is supported in part by the Los Angeles County Board of Supervisors through the Dept. of Arts and Culture.

Audience members will also be invited to ask questions and make comments about the work presented.

The Company will present the new work "Griot Songs" that follows the development of girls from girlhood through young womanhood and into maturity. Also on this program is "Benches," a quartet that takes the audience into a park for a day to people-watch and imagine the lives of the people seen.

Rounding out the program is "On Beat 3" that uses driving percussive rhythms and colorful off-balance movements to explore a world of ordered chaos.

For program information, call (818) 470-5734 or email benita@danceart.org.

MEETING OF EMBROIDERER'S GUILD OF AMERICA

For those who enjoy embroidery, cross-stitch, needlepoint, beading and other forms of needlework, the next meeting of the local chapter of the Embroiderer's Guild of America will be on Thursday, May 26 at 6:30 p.m. This group of people enjoys creating items using just a needle, thread, fabric and maybe a few beads here and there. All are invited to attend the next meeting.

The Southern California Chapter of EGA is looking for new members to pass our craft onto. There are projects for all skill levels. The Guild also offers many opportunities, including online classes and lectures, projects, group classes, regional and national seminars all over the country.

The chapter meets monthly at the Lake Avenue Church at 393 N. Lake Ave. in Pasadena. The next meeting will be held at Ortlund Hall, room 203. For more information about the meeting, email scega.pasadena@yahoo.com. To learn more about the organization, check out the national website at egausa.org or the chapter's website at scega.wordpress.com.

GOT TURTLES?

The California Turtle and Tortoise Club, Foothill Chapter, will resume in-person meetings on Friday, May 27 and continue on the fourth Friday of each month. Meetings are held in the Palm Room at the LA County Arboretum, 301 N. Baldwin Ave. in Arcadia. Meetings start at 7:30 p.m.

The Club has films, guest speakers, information on turtle and tortoise care and habitats, the Tortuga Gazette and more!

Free entrance and parking! Learn more at www.tortoise.org.

FLINTRIDGE BOOKSTORE PRESENTS DAVE LOPEZ

On Thursday, June 23 at 7 p.m., Flintridge Bookstore presents retired KCBS Channel 2 Los Angeles news reporter and now author Dave Lopez. During his decades long career on television, Lopez was a nightly presence in LA living rooms and covered every major story in the Southland. In his new memoir, "It's a Great Life, If You Don't Weaken: Family, Faith and 48 Years on Television," he tells his own personal story. Set against the backdrop of breaking news during the last half century - from

see CALENDAR THIS on next page

ZACK HILL BY JOHN DEERING AND JOHN NEWCOMBE



FreeDailyCrosswords.com

Copyright (c)2014 freedailycrosswords.com
Edited by Timothy Parker

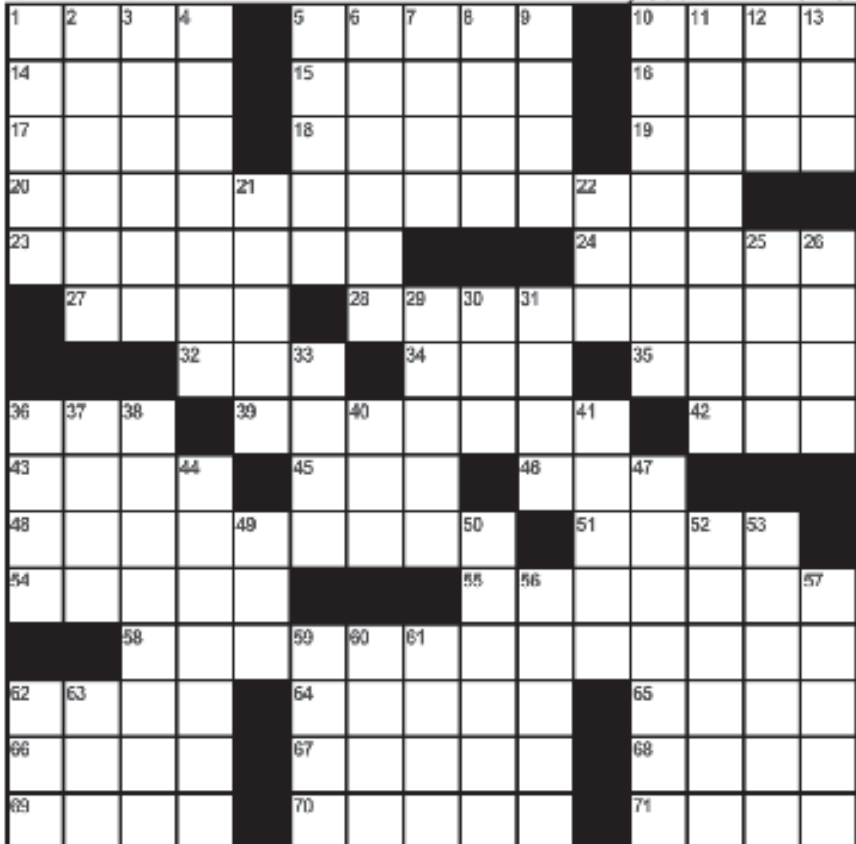
ACROSS

- 1) Big name in cosmetics
- 5) Home of a steak-order business
- 10) Drummer Ulrich
- 14) "Molto ___" ("Very good," in Verona)
- 15) Copperhead weapon
- 16) Farm call
- 17) Arch type
- 18) Miserable feeling
- 19) Light black
- 20) Parental spider?
- 23) High school class
- 24) Ab strengthener
- 27) Work as a tracer
- 28) Soldier
- 32) Center of a ball, briefly
- 34) Elementary particle
- 35) Bros, for instance
- 36) Problem of the middle ages?
- 39) Cultivation place
- 42) You might put a lid on it
- 43) Corker
- 45) Football propeller
- 46) Standings stat
- 48) Bad thing for an NFL receiver to have
- 51) Do, for example
- 54) En ___ (as a big group)
- 55) Market before supplying
- 58) Lawn moistener
- 62) "Great lake" for sailing
- 64) Cheerleaders' skirts
- 65) "What've you been ___?"
- 66) Bank claim
- 67) Agent of entrapment
- 68) Chick's sound
- 69) "Beetle Bailey" creator Walker
- 70) Some school mos.
- 71) Some injections

DOWN

- 1) Domicile
- 2) They're unlikely to bring home the bacon
- 3) Antsy
- 4) Razzed
- 5) Track shapes
- 6) Large unit of resistance
- 7) Soon, to a bard
- 8) ___ Kong (Chinese city)
- 9) ___ nitrate (Chemical reagent)
- 10) Open galleries
- 11) Runway, of a sort
- 12) Biochemistry abbr.
- 13) Blue hue
- 21) "Omigosh!"
- 22) Ballpark fig.
- 25) Convex shape
- 26) Head-turning summons
- 29) Assisted
- 30) Wealthy Brit, slangily
- 31) From scratch
- 33) ___ carotene
- 36) Big loser's nickname?
- 37) Distinctive atmosphere
- 38) More glistening
- 40) Long, long time
- 41) Luncheonette kin
- 44) Like a nest egg
- 47) Great meals, in London
- 49) The other woman
- 50) Support for a fracture
- 52) Crow's home, once (Var.)
- 53) Click beetle
- 56) Breaks
- 57) Parkinson's drug
- 59) Little devils
- 60) World's longest river
- 61) Kind of sack?
- 62) Stately tree
- 63) Brazilian port, for short

WE GOT 'EM! By Judith W. Walker



PROBLEM SOLVED » BY CHRISTOPHER ELLIOTT

They abandoned her solar panel project – now they want her to pay \$4,672.

Something went wrong with Christine Miller’s solar panels.

Now the company that was supposed to install them has sent her a bill. Does she have to pay?

Q: I have a situation with Sunrun, a company that sells and installs solar panels. After discussing the need for a roof upgrade so that my roof was stable for solar panels, Sunrun began work in preparation for solar panel installation before they had a permit.

They stopped the roof work halfway through because they had no permit. They had discovered that installation on my patio, which has two electrical fans, was not permitted. They had already removed tiles and set new tar paper down. They didn’t put the tiles back.

When I started dealing with them, I made it very clear that the roof work was the only money I could afford. I am a newly retired teacher, single and trying to reduce my monthly

bills. I wanted to go solar to help the environment.

Since they abruptly stopped the project, I assumed it was canceled and asked who was going to put my roof tiles back. Then one morning the roofers showed up and put the tiles back. After a brief conversation with a Sunrun employee, I thought the deal was now closed and done. A few weeks or a month later, I received a phone call from Sunrun asking me if I had canceled the project. Because the roof had been put back and all seemed closed, I said “Yes.” What I should have said is that Sunrun halted the project. A few weeks after this I received a bill for \$4,672 from Sunrun. Items that had not been done were also listed.

I began contacting the project manager and customer care and the billing departments. Nothing has been resolved. I do not know how to proceed. I want Sunrun to see that this bill should be rescinded. If they had done their due diligence about the permits as they said they would before they over eagerly pushed ahead, I would have never moved forward because I had made it very clear I can’t spend any more money. – Christine Miller, Hemet, California

A: I’m so sorry to hear about your ill-fated solar panel installation. It sure sounds as if Sunrun missed a step or two before it started work. Since it abandoned your project, should you have to pay for it?

Yes and no. Sunrun did some work,

but I’m troubled by the charges for work that it didn’t do but charged you for anyway.

Normally, a contractor will pull the necessary permits before starting work. But in this case, it looks as if they started some preliminary work before applying for a permit. Once they realized they couldn’t continue with the project, they stopped and sent you the bill.

It looks as if Sunrun didn’t cancel the project. Instead, it wanted to resolve the permitting issue before continuing. But you didn’t have the funds to fix the patio, so Sunrun agreed to cancel the project as long as you paid for the work already done.

I think a brief, polite email to Sunrun might have cleared up some

of the confusion. Sunrun should have quickly removed the items it didn’t do from your final bill.

I contacted Sunrun on your behalf. It agreed to reduce the amount of your bill by \$2,336. You aren’t happy with that resolution. You believe the permits were Sunrun’s responsibility to procure, and that you shouldn’t have to pay anything, and you’ve decided to consult a lawyer.

I wish I could have done more for you.

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

CALENDAR THIS *previous page*

Vietnam War protests to the O.J. Simpson trial to countless politicians behaving badly – this book is a vivid remembrance of a life well lived, both on and off camera.

A native Angeleno, he and his late wife, Elaine, raised two children in Downey, where he was a noted youth coach for many years. He currently lives in Long Beach with wife Diandra, and dotes on his four grandchildren.

Flintridge Bookstore is located at 858 Foothill Blvd. in La Cañada Flintridge. It is open Monday – Friday from 10 a.m. to 8 p.m.; on Saturday and Sunday from 10 a.m. to 7 p.m. There is street parking as well as a lot behind the store off Beulah Drive. For more information, contact Gail Mishkin at gailm@flintridgebooks.com or call the store at (818) 790-0717.

AFC ANNOUNCES 2022 NATURE PHOTOGRAPHY CONTEST

Until Sept. 1, the Arroyo & Foothills Conservancy is accepting entries of the best local photos, featuring natural surroundings and wild neighbors.

Entries may be submitted in any of the following categories: birds, landscapes & plants, mammals and other wildlife, people in nature. A category for young photographers is available for submissions in any of the above five subject matter categories submitted by photographers aged 13-17.

Photo entries will be judged based on creativity, quality, originality, responsiveness to the prompt and overall impact. The AFC is looking for photos that showcase species, perspectives and settings unique to the local area (i.e. the greater Los Angeles area, and especially our arroyos and foothills).

To learn more or to enter, visit <https://arroyosfoothills.org/photocontest>.

‘MAPPING THE SUBLIME’ AT BRAND LIBRARY & ART CENTER

“Mapping the Sublime: Reframing Landscape in the 21st Century” is at the Brand Library & Art Center through June 11.

Los Angeles-based artists Lawrence Gipe and Beth Davila Waldman organized this survey of a diverse group of 19 artists that challenge the culture’s conceptions regarding landscape, re-examining the genre as a mediated view of nature and a construction of centuries of aesthetic processing, demarcation and colonial expansion. The works persuade the viewer to consider the landscape genre anew, with traditional notions of the Sublime reevaluated to reflect contemporary issues of climate change and the Anthropocene.

Brand Library & Art Center, 1601 W. Mountain St. in Glendale

FUNDRAISERS PLANNED FOR AWH

The Hollywood Charity Horse Show, which has been a major donor to AHEAD With Horses since its first show 32 years ago, is hosting a fundraiser for AWH on May 28. Tickets to “An Evening with William

Shatner” includes dinner and entertainment and are on sale with proceeds benefitting AWH. To buy tickets and for more information, visit <https://www.horseshow.org/the-event-and-tickets/>.

On June 11, AWH is hosting its Children’s Demonstration & Fun Day. It will be on Saturday, June 11 from 11 a.m. – 3 p.m. The Demonstration will from noon to 2 p.m.

Purchase tickets at tinyurl.com/3wrj75sc, or drop off payment by cash or check at the ranch, or mail checks to: AHEAD With Horses, 10157 Johanna Ave., Shadow Hills, CA 91040.

For those interested, sponsorships at different levels are available.

Donations of any amount (\$5 and up) can also be made at tinyurl.com/3wrj75sc.

STOP THE FRACK: UNLEASHING THE POWER OF CLARITY, COURAGE AND COMMUNITY

From 2010 - 2015, Environmental Attorney Helen Holden Slottje, Esq. led the charge in New York State to protect communities from fracking. Her efforts resulted in Slottje being awarded the 2014 Goldman Environmental Prize, the Nobel Prize for environmental efforts and being invited to the White House to meet high-level decision-makers in the Obama Administration.

On Wednesday, June 15 at 7 p.m. she will share how she came up with this successful strategy and grassroots efforts to protect communities across New York State from fracking. This webinar is a joint presentation of the Crescenta Valley Group and the Verdugo Hills Group of the Sierra Club.

To register for this webinar, visit: https://us02web.zoom.us/webinar/register/WN_AbT1MmCqQGikAKb1xjFwQw.

JBHS PLANS REUNION

Calling all graduates from John Burroughs High School class of 1962!

The 60th year class reunion celebration will be held at the Burbank Elks Lodge at 2232 N. Hollywood Way in Burbank on Saturday, June 25 from 5 p.m. to 10 p.m.

Come and renew old friendships, share memories and catch up on what’s new. The Reunion Committee has planned an evening of fine dining, music enjoyed “back in the day” in addition to video and photo opportunities to capture the moments of this grand event. We want everyone to attend so if you know of classmates who haven’t heard of this event, please let them know. The reunion committee strives to contact as many grads as possible.

JBHS Class of 1962 only: Have a fav song from our era? Submit the song title and song artist(s) as a reunion celebration playlist is being created. Send your selection to cchavoor@gmail.com and thank you in advance. This is going to be so much fun so don’t miss out!!

For more information, please contact Chuck Chavoor at cchavoor@gmail.com.

WEEKLY HOROSCOPES

Provided by horoscope.com

May 16, 2022 - May 22, 2022

♈ ARIES March 21 - April 19

You seem to be thinking a lot and doing plenty of brain work. Don’t overdo it as you may find yourself getting tense as a result. If you suffer from headaches, muscle tension, eye strain, or a stiff neck, think about taking a break and getting a massage. Awkward aspects to your health zone indicate that you need to know your limits. You might need to get your eyes checked, too.

♉ TAURUS April 20 - May 20

You do best when you can work out regularly and release those powerfully intense feelings that seem to bubble up from inside. Try and make it a habit to exercise every day if possible, as it helps channel your energy in a very positive way. This energy can turn back and sabotage you if it isn’t put to good use. Focus on your well-being and make this a daily habit.

♊ GEMINI May 21 - June 20

It will do you a world of good to get away from the stresses and strains of everyday life. It will also help recharge your batteries and bring more energy your way. As you unwind in a tropical paradise you’ll find it easier to let go of all the bitterness and resentment that may be taking its toll on you. Get some peace now!

♋ CANCER June 21 - July 22

If you’ve been thinking of investing in your health either by buying exercise equipment, taking supplements, or joining a gym, make sure you know what you’re getting into. It would help you to have all the facts at hand and understand how you’re going to benefit. Make sure you keep receipts and have numbers to call should you have any cause for complaint. All is not as it seems.

♌ LEO July 23 - August 22

The cosmos may have a powerful effect on your energy levels. If you feel tired, try to slow down. Most of all, don’t neglect your feelings. Trying to suppress them will have a major effect on your health, especially if this is something you tend to do all the time. Harness the power of the Moon in order to become aware of and release your issues. This will leave you feeling calm and much less stressed.

♍ VIRGO August 23 - Sept. 22

The big cosmic energy for you this week is going to bring feelings and health symptoms to the surface. Don’t try to pretend they aren’t there. Take note and take action. If you suddenly realize how tense and rundown you’ve become, take time to reflect on how you can make your life easier and so restore your health. Don’t ignore your needs.

♎ LIBRA Sept. 23 - Oct. 22

Let your dreams guide you to greater health and wellness. Movement in your mystical zone will pave the way for powerful guidance from your dreaming mind. Very often we’re shown how we can improve our overall health. Our subconscious knows what’s going on in our bodies and is quite capable of warning us in advance of problems. Be sure to keep a notebook by your bed.

♏ SCORPIO Oct. 23 - Nov. 21

If you find yourself feeling unwell and can’t figure out why, you may have an allergy or sensitivity to certain substances in your environment or food. The delicate balance of your body has been subtly overturned. However you choose to sort it out, do something about it. If left untreated, the symptoms will gradually sap your energy and make life quite uncomfortable.

♐ SAGITTARIUS Nov. 22 - Dec. 21

The best way for you to stay in great shape is to exercise daily. Not only does this tone and shape you but it also helps you release deep-seated feelings that can cause your health to suffer. Mix gentle exercise with a high-powered workout to leave you feeling toned as well as peaceful and calm. The results will speak for themselves.

♑ CAPRICORN Dec. 22 - Jan. 19

Take a rest if you find yourself suffering from headaches or mental strain during the early part of the week. Most of all, try to get away from the computer and not do too much reading or writing. You’ll feel so much better if you can give your brain a rest. Despite this, you seem to be in a positive mood and keen to get out and about. Be good to yourself!

♒ AQUARIUS Jan. 20 - Feb. 18

You love the sunshine, but you may not be able to get away to an exotic location just yet. However, if you can relax in your own backyard, that will do. Make sure you take a real break over the coming weekend. Kick back, don’t do anything you don’t have to, and generally let yourself go. By Monday you’ll feel much more empowered and ready for anything.

♓ PISCES Feb. 19 - March 20

You seem to feel good when you have a set of routines that support you and help maintain your integrity. This is also true of your overall health, which will remain good if you attend to your workouts and other health needs daily. You’ll thrive once you’ve put these on your calendar and start to make them a reality. You can always add more if you need to..

CV WEEKLY IS ONLINE!

WWW.CVWEEKLY.COM

CLASSIFIEDS & SERVICE DIRECTORY

LEGALS

NOTICE OF NAME CHANGE
 ORDER TO SHOW CAUSE FOR CHANGE OF NAME: MARIAN CATHERINE RADCLIFFE. Case number 22GD000058. Superior Court of California, County of Los Angeles 600 East Broadway Room 279, Glendale, CA 91206. To all interested persons: 1. Petitioner MARIAN CATHERINE RADCLIFFE filed a petition with this court for a decree changing names as follows: a. Present Name MARIAN CATHERINE RADCLIFFE to Proposed Name: MARIAN CATHERINE OREM. THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING a. Date: JUNE 8, 2022 Time: 8:30 AM Dept.: D Room: n/a b. The address of the court is same as noted above. A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Published Crescenta Valley Weekly April 28, May 5, 12, 19, 2022.

LEGALS

FICTITIOUS BUSINESS NAME
 FICTITIOUS BUSINESS NAME STATEMENT First Filing No. 2022084747 The following person(s) is (are) doing business as: JESSICA WALTER CONSULTING, 624 BEULAH STREET, GLENDALE, CA 91202 LA COUNTY. Registered Owner(s): JESSICA WALTER CONSULTING, 624 BEULAH STREET, GLENDALE, CA 91202. This business is being conducted by: an INDIVIDUAL. The date registrant started to transact business under the fictitious business name or names listed above: N/A. I declare that all information in this statement is true and correct signed JESSICA WALTER CONSULTING. Title: OWNER. NOTICE - A Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14411 ET SEQ., Business and Professions Code). Published Crescenta Valley Weekly, May 19, 26, June 2, 9, 2022. Published On-Line at www.cvweekly.com on May 18, 2022.

CRESCENTA VALLEY WEEKLY IS READY FOR YOUR LEGAL NOTICES! CALL TODAY! (818) 248-2740

EMPLOYMENT

STYLIST OPPORTUNITY!
 Great atmosphere & opportunity for hair stylists. Booth rental available. Flexibility in days and hours. Reasonable rates. Call (818) 248-3375 or text (818) 321-6806.

HOME/GARDEN

YOU CALL WE HAUL! BEST HAULING!
 Yard/Garage clean out! Also offering pressure washing services, hot tub & large appliance removal. Call Mario (818) 426-3949.

HOME/GARDEN

GENERAL CLEAN-UP AND HAULING
 We do garage cleanups, appliance removal, trash removal. We haul away dirt, construction waste, yard waste. We sort and take it to a certified waste management facility to dispose of, recycle center or donation stores. Free estimates contact Mr. Duarte (818) 395-0103.

WHEN NATURE CALLS GET SPRING FRESH!
 Complete lawn & garden services.
 • Mowing • Edging
 • Weed control • Hedge shaping
 • Stump removal • Roto-tilling
 • Hillside clearing
 • Free estimates Contact Mr. Duarte: (818) 395-0103.

NEEDED/WANTED

VINYL RECORDS WANTED
 Cash for records, LPs, albums. Collections large or small. Most genres considered. Will come to you. Call Dom at (310) 882-0936. Jazz, rock, soul, etc.!

SENIOR GENTLEMAN SEEKS ROOM
 Quiet, responsible tenant; references available. Can help w/errands, chores, etc. in household. Call Donald for more info: (818) 445-6180.

WANTED
 Wanted vinyl records (all genres) and vintage stereo equipment. Will pay top dollar. Call Oren at (323) 572-4945.

LIONEL TRAINS
 Cash paid for your trains and toys. Also buy American Flyer and LGB. Call (626) 447-3775.

AUTOMOBILES

Automotive Services
 Family owned business serving the community for 47 years.


Complete auto repair with ASE certified technicians



Bridgestone and Firestone
LA CANADA
 818 790-1228 459 Foothill Blvd

HOME HELP

Jesse's Hydro-Jet



CCTV FOR THE SEWER LINE
CALL 323-386-1937

INSURANCE

DENTAL INSURANCE
 Dental insurance available from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance - not just a discount plan. Do not wait! Call now! Get your free Dental Information Kit with all the details! 1-855-493-7359 www.dental50plus.com/crescenta #6258.

HOME HELP

Maid's.com
We Clean Homes
 One Time • Weekly • Monthly Service
 Call for a free estimate!
 818.248.2001

WANTED!
YOUR BUSINESS 2X2 SERVICE DIRECTORY AD HERE!
 Call TODAY @ (818) 248-2740

Fresh Aire Duct Cleaning
 BREATHE CLEAN, HEALTHY AIR!
 Family owned business for over 40 years!
Heating/AC Duct Cleaning
Sanitizing (EPA approved product, non-toxic)
Dryer Duct Cleaning
 Servicing: Residential - Estates - Commercial
(818) 771-9397
 ContactUs@freshaireductcleaning.com
 www.FreshAireDuctCleaning.com
 3436 N. Verdugo Rd, Glendale CA 91208 | Lic. #741607

Pincrest Roofing
"TOP QUALITY WORK"
 Serving The Foothills

- Composition Roofs
- Tile Roofs
- Flat Roofs
- Repairs
- Gutters
- Skylights

LIC. #564828
818-957-5238
FREE Estimates

CV WEEKLY IS ONLINE!
 www.cvweekly.com
 Email info@cvweekly.com to receive an e-mail with the latest community news.

Want The Latest Community News?
 Sign up for our CV Weekly E-Blast
 Email info@cvweekly.com to receive an e-mail with the latest community news.

HOME REPAIRS & SERVICES

GUTTERS INSTALLED NEXT DAY



SEAMLESS-FILTERS AND/OR SCREENS
818-482-4607
 adgreengutterscreens.com

Mark's Lock + Key
818-430-5244
 Lic #5481
 Key Locks Alike • Lockouts • Residential Commercial • Licensed - Bonded
LOCKSMITH SERVICE

GHS CRAFTSMAN HOME SERVICES
 BUILD ← REMODEL
 818.808.6979 LIC # 927674

- Bath Remodel
- Finish Carpentry
- Doors, Windows
- COVID Compliance
- Tile Installation
- Local References
- Int/Ext Painting
- Debris Hauling

Call Ken Ramirez
818-808-6979 818-809-9234
 CRESCENTA VALLEY H.S. ALUMNI

SOLAR FOR LESS 818-951-1171
 Jeremy's Electric Now Offering Honest, Reliable, & Local
SOLAR SERVICE & INSTALLATION

- Energy Independent
- Predictable Cost
- Dependable Electricity
- Permitting
- Installation
- 25 Year Warranty

PROUDLY SERVING OUR COMMUNITY FOR OVER 30 YEARS
Jeremy's Electric
 Lic. #978429 Financing Available

BOB HUNTER'S Plumbing & Heating
818-249-8458



Large or Small Jobs Welcome!
 Live and work in La Crescenta!
 Locally owned and operated

HOME REPAIRS/SERVICES

ALPHA STRUCTURAL INC.
 Lic. #645469
#1 Design/Build Firm In LA County For Over 25 Years!

- Foundation Repair
- Structural Upgrades
- Landslide Repair
- Retaining Walls
- Earthquake Bolting
- Underpinning/Caissons

323-258-5482
 info@alphastructural.com www.alphastructural.com
 8334 Foothill Blvd. Sunland-Tujunga, CA 91040

LA CAÑADA AIR CONDITIONING INC.
SPRING SPECIAL
 Call us to have your system serviced!
 www.lacanadaair.com
818.790.8000
 License #536450 • Master Card and Visa Accepted

LIC# 879142
FOOTHILL CONSTRUCTION
 General Contractors Inc.
 Local and Family Owned
 REMODELING ADDITIONS DESIGN ENGINEERING
(818) 957-2494
 WWW.FOOTHILLCONSTRUCTION.NET

professional pool experts, Inc.
 CA License # C53-538352
Service • Repair Free Estimates
 Diagnose & Restoration • Local Business over 27 years
NEW CUSTOMER SPECIAL:
 3rd Month FREE
(818) 248-1320
 http://www.professionalpoolandspa.net
 CA License # C53-538352

Call Us! **1800-390-0006** or **818-249-8637**

Total Graphics
 Signs • Banners • T-Shirts
Signs & Banners T-Shirt Printing & Embroidery
 2435 A Honolulu Ave. Unit A
 Montrose CA 91020
customshirtsandsigns.com

LACROSSE from page 12

Quincy Lunt would finally put the Falcons on the board in the second, bringing the game to 2-1. But CV struggled to contain Bronco seniors Tanner Ennis and Luke Kish. Ennis scored two in the second quarter while Kish, who had already scored once in the first, added another goal with less than 20 seconds remaining in the half giving the Broncos a dominant 5-1 lead.

But Falcon senior standout and co-captain Mason Daly wasn't ready to end the half. Winning the faceoff, Daly ran down the field and in just nine seconds secured another goal

for CVHS, making the score 5-2 going into halftime.

The third quarter added to the drama as the two teams traded a set of goals, putting the Falcons at a dangerous three-goal deficit, trailing 7-4 heading into the fourth and final quarter of play.

Those who have followed CVW coverage of Falcon boys' lacrosse this year know that these boys are a second half team that does not go down without a fight. Saturday's championship match was not an exception. Led by a squad of seniors that include Henry

Kaufman, Easton Caneva, Ezra Suh, Nathan Kilgore, Mason Daly, Dylan Valdez and goaltender Hayden Lunt the Falcons stormed onto the field for the fourth quarter.

Following a flurry of activity the Falcons scored four goals in less than six minutes, giving them their first lead of the match with just 6:19 remaining on the clock; all they had to do was hold the lead.

Coach Nik Soforenko said, "There was no doubt in my mind that the Falcons would come back," adding, "I knew it was going to happen, if you're

up four or five goals on us, it doesn't matter."

However, as with all great fairy tales, the villain often rises in the final moments. And with just 23 seconds left in the game, and victory within the grasp of the Falcons, Vista Murrieta scored to send the game into a sudden death overtime.

It was the Falcons' first overtime since before the pandemic and with the sun blazing high in the sky raising temperatures on the field to 96 degrees both teams were digging deep to find some extra energy. Unfortunately for the Falcons,

the Broncos had a bit more left in the tank. After a scoreless defensive battle in the first overtime, Vista Murrieta put the game away and secured the victory just a couple of minutes into the second overtime.

Coach Soforenko said his squad simply ran out of steam.

"The boys did what they came to do," he said. "In the end they fell short of what they wanted to do, but one game does not make them - the last four seasons do. And, in my opinion, this is still the best team in Southern California."

Soccer from page 12

clubs, CASC doubled down to keep soccer running in the local area.

CASC has returned to its roots as a non-profit community-based program known for high-quality, competitive youth soccer and loyalty to local families. Under club director Kurtis Millan, a passionate and committed coaching staff, and local board of directors, CASC has refocused its efforts to appeal to the young athletes and families in the Crescenta Valley and Glendale, and it has also attracted families from many of the surrounding towns, which has also led to new teams in the area of North Hollywood/Van Nuys.

“Our focus today, as always, is to create a strong, competitive and safe environment for our players and their families,” said Millan. “All our programs at CASC brand reflect our three core values – integrity, accountability, pride. Our goal is to help young athletes to reach their fullest potential, both on and off the field.”

“The unpredictability of the last two years caused chaos for almost all youth sports programs. Whereas many local programs cut corners in regard to the safe return to play, CASC followed strict protocols and we safely returned to practice and games, all under the good graces of the City of Glendale and our soccer families.”

In the last few months, CASC has had a surge of players joining the club and for good reason.

According to Millan, “COVID has made families take a serious look at the expense and time commitment of youth sports. At CASC, we believe in a ‘try us out’ model. Instead of the typical stress and pressure of ‘try-outs’ followed by an immediate demand for a huge payment, CASC offers the opportunity for players and families to take a few weeks to take part in our practice sessions with our coaches and ‘try us out’ to see if our club is a good fit for their child.”

Chris Ryder is a 20-year resident of La Crescenta and soccer coach at the club since 2013. He said he is excited about the future of CASC.

“With the addition of former pro players, such as LA Galaxy star Sean Franklin, Armenian national team player Sydney Vermillion, and Chilean international Ryann Torroero, mixed with an experienced and committed coaching staff, we offer a unique soccer journey that has resources for any young kid interested in soccer, from the novice AYSO player to the serious player looking to play at a higher level,” Ryder said, adding, “My dream is that instead of players saying their favorite team is Barcelona, Bayern, or Liverpool, they instead point to the crest on their jersey and say their favorite team is CASC.”

CASC is growing and is looking for players for their girls’ and boys’ teams. The season runs from March to February with the main season scheduled in the fall, and tournaments and a spring season depending on the commitment worked out by parents and the coach. Anyone interested in learning more about the club can visit <https://athleticsc.com/TryUsOut>. Inquire about any teams but there are current openings in the following age groups: boys born in 2013, 2012, 2011 and 2008 and girls born in 2011, 2009, 2008 and 2006.

CASC tries to keep their club fees affordable for any players who want to play. To help with costs, CASC offers local businesses the opportunity to be a community sponsor of the club. For details and information about California Athletic Soccer Club, visit its website <https://www.athleticsc.com>.

Submitted by CASC

GCC BUDGET from Cover

a facilities assessment; doubling the appropriation for street repaving; upgrading GWP infrastructure to support electric vehicle (EV) chargers; and installing additional EV chargers at city facilities.

By repaving and resurfacing more roads, the city can help prevent further deterioration and keep from having streets that need reconstruction, Public Works director Yazdan Emrani said. Glendale’s pavement condition index is at 72, compared to a statewide average of 66, higher than neighboring cities (Burbank is at 65, Pasadena is at 60.)

“What’s interesting is to see we’re at 72 and LA is at 70 but what a difference those two points make,” Mayor Ardy Kassakhian observed.

Mayor Kassakhian highlighted future parking meter replacements.

“We’re marching towards having electronic digital meters as other cities have with apps for paying with a phone – it’s coming and hopefully it’ll come soon,” he said.

Councilmembers questioned department staff about the current status of the collecting of bulky items, a concern citywide. Emrani answered that the city has its own crews as well as an outside contractor.

“We’re attacking it from both sides,” Emrani said. “The vendors are required to drive the route on a daily basis looking for bulky items and have roving trucks looking

for illegal dumping.”

The GWP proposed a budget for the coming year 19% higher than last year of \$436.4 million. Councilmember Dan Brotman questioned the length of time it takes for the installation of solar energy systems. He also wanted an app showing the availability of EV chargers in the city. He questioned the use of recycled water, which GWP reports is currently at 50%.

Mayor Kassakhian urged creativity in incentivizing reduced water use including encouraging the replacement of lawns, replacing faucets and requiring pool covers in new construction, for instance.

On May 10 the council reviewed the budgets of the City of Glendale Fire and Police Departments during its fourth budget study session. The Police Department’s proposed budget adds 11 positions, jobs moving from the city’s internal technology department to the Police Department to support citywide radio and wireless communications, three new criminalists, additional mental health resources, and two new police officers dedicated to traffic enforcement. Overall, this year’s budget grows from \$106.9 million last year to \$122.8 million and will focus on areas such as a “Safety City” initiative; traffic safety; an overdose reduction campaign; and enhancing crime laboratory services.

Councilmember Ara Najarian reminded

Police Chief Carl Povilaitis that the council is always open to hearing from him.

“What else do you need?” Najarian asked.

“Thanks go to the men and women really doing the work. We truly believe in the philosophy of community policing and long-term problem-solving, working with partners and other city departments to make our city safer and better for everybody,” Povilaitis responded.

“Has anyone suggested defunding the police?” Councilman Brotman asked. “The Police Department went from 38% to 44% of the city’s budget this year.”

“No,” Chief Povilaitis replied.

Finally, the council looked at the workings of the Fire Department, which is proposing to maintain its existing staff with a budget of \$82.0 million, up from \$76.2 million last year. It has 166 sworn and 54 non-sworn employees, retiring Fire Chief Silvio Lanzas reported. This year’s focus will be on emergency readiness, including the continued rebuilding of the CERT training program; recruitment; developing a Fire Explorer program; and working with Public Works on seismic and functional retrofits of two fire stations and a 10-year plan for building upgrades.

“I started my career as an Explorer,” Chief Lanzas shared, “and it is my sincere hope that someday a local Glendale youth eventually becomes your chief.”

HELP THE PEOPLE OF UKRAINE!

STAND UNITED WITH UKRAINE





DATE: Thursday, May 26

TIME: 6:30pm music, 7:00pm program

LOCATION: St. Luke's of the Mountains, 2563 Foothill Blvd, La Crescenta

PURPOSE: Third Wave Volunteers fundraiser

Third Wave Volunteers is dedicated to rescuing orphans, tactical emergency medicine training to Ukrainian soldiers prior to going into battle, and providing tactical wound care kits.

Donations are tax deductible



CRESCENTA VALLEY

WEEKLY

THE FOOTHILLS COMMUNITY NEWSPAPER





This ad is sponsored by J's Maids as a service to the community.

(818) 248-2001 | www.JsMaids.com

Wishing you all calm and health!



LA CAÑADA FLINTRIDGE TOURNAMENT OF ROSES ASSOCIATION PRESENTS

Celebrate Our Community ...Build A Float!

Shenanigans at Wolhaupters

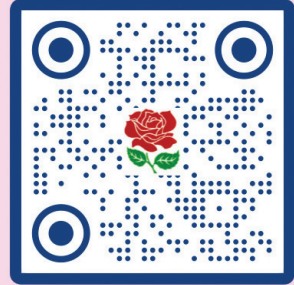
A Night of Fun, Food & Dancing

You are cordially invited to a fundraiser in support of
La Cañada Flintridge Tournament of Roses Association

Saturday, June 18, 2022
at 6:00 pm

The Wolhaupters
4735 Alta Canyada Road
La Cañada Flintridge

Donation is
\$100 per person
Please reserve
your seat by
June 1, 2022



Scan me



The fun evening under the stars includes food from everyone's favorite, and longtime LCFTRA supporter, Los Gringos Locos. Live music from the band, Misplaced Priorities, another LCFTRA supporter.

Special guest for the evening is LCFTRA float designer, Grant Delgatty. Get the inside track on the artistry of float design. Consider joining us as an early Fathers Day treat without the work!

Note: Please list all attendee names, in the notes of your PayPal donation! Space is limited. Make your donation to reserve your tickets today!

<http://LCFTRA.ORG>

HARB & CO. CONCIERGE

RENEW, REFRESH, RENOVATE

Our renovation program is the easy way to sell your home for the highest price. If desired, we can upfront renovation and staging costs. Our clients don't have to pursue contractors, track down invoices, manage work schedules, and oversee projects. Harb & Co. manages the entire process. We get reimbursed when your home sells. Learn more @ www.RenewRefreshRenovate.com



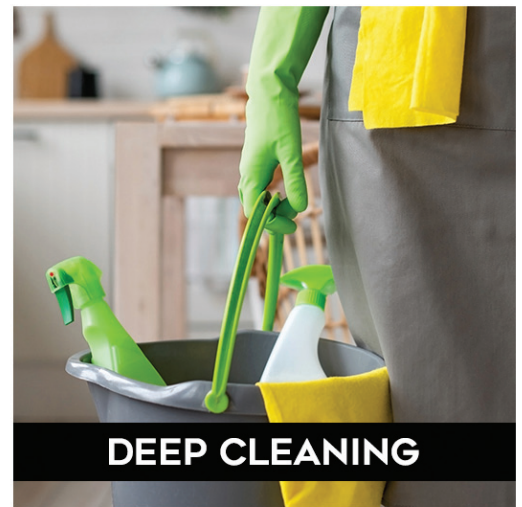
STAGING



RENOVATION



LANDSCAPING



DEEP CLEANING



Phyllis Harb

Realtor® | DRE# 008487500
(818) 790-7325
Phyllis@Harbandco.com
www.HarbandCo.com



GLOBAL LUXURY



COLDWELL BANKER | HALLMARK REALTY

Don't Miss Next Week's Q&A – Phyllis discusses "Is It A Mistake To Waive The Home Inspection."