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THE FOOTHILLS' COMMUNITY NEWSPAPER

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VOL. 14, NO. 17

## Apple Life-Saving Technology

By Mary O'KEEFE

Montrose Search and Rescue (MSAR) team members have often searched for days, sometimes years, for a vehicle that has gone over the side of the road. Those who are lucky enough to survive this type of accident often find they have no cellphone service and many times are too injured to hike up to the road to call for help. Even if there were a witness to the accident it may take hours to get back into an area that provides cell service. This circumstance is well known to people who live along the foothills and is what makes the rescue of Tuesday, Dec. 13 even more meaningful.

"When the car went over the side, the [victim's] cellphone indicated there was a heavy impact," said Sgt. John Gilbert, Los Angeles County Sheriff's Dept. (LASD) -Crescenta Valley Station.

"The [LASD] CV desk received a call from Apple Emergency Center," said Steve Goldsworthy, technology director, MSAR for LASD.

The call came into the CV Station about 2 p.m. and although car over-the-side calls are not uncommon in the Angeles National Forest, the unusual thing about this call was that it originated from new satellite technology that went live on Nov. 15.

It is a combination of two technologies: a detection on the cellphone that is triggered when there has been a crash and the technology that places a 9-1-1 call that indicates there is no cell service in the area of the crash. The phone then accesses satellite technology.

"It is different from other [technology]," Goldsworthy said. "Others use cellular networks."

But in areas like ANF there are many places where the network is not available.

"In a large part of the mountains there is no cellphone service so this [iPhone 14] has a

see APPLE on page 5

## Doing the Most Good – The Salvation Army

By Robin GOLDSWORTHY

They're almost synonymous with Christmas – the holiday bell ringers standing next to the red kettles outside grocery stores and retailers, offering greetings and reminders that donations are needed to help the less fortunate. But the Salvation Army – an institute that stretches back over 150 years – is much more than that.

The local unit of the Salvation Army, which services Glendale, Burbank and the foothill communities, partners with Catholic Charities and Tierra del Sol to prepare and deliver meals as part of the Meals on Wheels program.

The local Salvation Army boasts an active youth program. The Zone welcomes children in grades one through six, helping them with homework and providing a safe place to hang out from 3 p.m. to 6 p.m. on school days.

"We help kids who live in nearby homes," said Capt. Kelly Berggren who, with his wife Natalia, oversees the Glendale facility. "We've found the kids

see SALVATION ARMY on page 5



Photo provided by Capt. Kelly BERGGREN  
 Capts. Kelly and Natalia Berggren, both ordained ministers, oversee the Glendale unit of the Salvation Army.

## The Passing of P-22

The Natural History Museums of Los Angeles County (NHMLAC) shared a statement by Miguel Ordeñana, senior manager of Community Science, on the passing of P-22, Los Angeles' famous and beloved mountain lion that lived in Griffith Park:

"On behalf of everyone at NHMLAC, we are very saddened by the loss of P-22, an iconic ambassador for wildlife in Los Angeles. His passing is a painful moment, but we are so thankful for how he created a better understanding of the coexistence of urban wildlife, humans and LA's biodiversity. His story is a catalyst for change, inspiring conservation efforts, including the 101 Freeway wildlife crossing and much more. Even in his death, P-22 continues to inspire LA to embrace urban wildlife conservation and the nature that surrounds us. NHMLAC will continue to share his story, and honor and preserve his legacy for generations to come."

The California Dept. of Fish and

see P-22 on page 5



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» FROM THE DESK OF THE PUBLISHER



# Merriest Time of the Year

I've often shared with you the gratitude I feel about the support we receive here at the Crescenta Valley Weekly. Whether it's financial support, cheers while traveling down Honolulu Avenue during the Montrose Christmas Parade or being stopped while grocery shopping, the community continually shows its support for what we do.

Because, as I've said before, I don't think there is anyone more qualified than us here at the CV Weekly to do what we do. We love the area and take great pleasure in sharing with our readers what's happening – and now we extend into Toluca Lake! Whether it's hard news or a list of addresses of the best holiday decorated house exteriors, you'll find it on the pages of the CV Weekly.

But it does take many people to pull it all together. From our proofreader Anne McNeill to Mary O'Keefe (she's everywhere), the quality of the CV Weekly remains outstanding week after week. The weekly columns by Mike Lawler are a high point for many readers. Our layout and advertising pros Steve Hernandez and Matt Barger ensure the quality of how the paper looks every week. Our commitment to customer care is reflected in how our office manager Rachelle Miller handles the day-to-day operation of our office. I'm also so proud of our sales staff – Jon K., Lisa Stanners and Sonya Marquez – who remind advertisers how well spent their dollars are when advertising on our pages. I'm grateful to our readers who make sure to visit our advertisers first when making purchases or securing a service provider.

And I'm always amazed at our subscribers and how they gladly plunk down \$65 (a year's subscription) to have this paper in their driveway every Thursday morning. (I can't skip over our delivery people – their commitment to getting the paper to each location every week is a job I don't want but is so well done!)

We're like a family here, lending an ear or a hand and offering advice (or sometimes even better – not offering advice) as needed. Especially over the holidays being with family is paramount. This week we welcomed home our second son Matthew and his gal and their daughter. What a wonderful holiday surprise! Having them here over Christmas will be the best present ever.

I would be remiss, though, in not acknowledging that during this holiday season our family will be incomplete. The obituary for my mother-in-law Saralyn can be found on page 6. Over the decades I've known her she has been an excellent example a mother-in-law and grandma; I've modeled most of my behavior on her examples.

I wish everyone a very Merry Christmas. Please take a moment to step back and see all that you have created – and love. That might be your biggest gift of all.

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

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» WEATHER WATCH

### Taking A Look Outside Our Window

By Mary O'KEEFE

Yesterday was the winter solstice – the shortest day of the year. The winter solstice is the first day of winter in the Northern Hemisphere. It is the day during the year with the fewest number of hours of sunlight. We can choose to look at this as the kind of thing as the glass is half full or half empty because after winter solstice the days grow longer with more sunlight until the first day of summer, which is the longest day of the year.

The winter “solstice” comes from the Latin “sol” meaning sun and “sistere” meaning to stand ... the “Day the Sun stands still.” So of course this is a perfect time for monsters and myths. Monsters like *Kogukhpak*, subterranean monsters with bulbous bodies and frog-like legs that could only be killed by the sun – a story from the Yupik people, indigenous to the Arctic. On winter solstice, the *Kogukhpak* would emerge to hunt. Mammoth carcasses found were said to be the corpses of those that stayed out too long and died when the sun returned.

Then there were the angry hairy gnome-like creatures that lived underground and tried to cut down the tree of life. These were known as *kallikantzaros*. They of course could only be killed by sunlight and emerged during the solstice to wreak havoc on homes and villages. But (thank goodness) these creatures were apparently not the sharpest monsters in the cave and could only count to three.

To stump and confuse them, villagers would put out colanders to ward them off. The *kallikantzaros* would concentrate on counting the multiple holes in the colander and would not notice the sunrise, which would then force them back underground.

Then there is Ireland; where else can such a beautiful story be created? The winter solstice has been marked on the Emerald Isle for about 5,000 years. The Sid in Broga cairn at Newgrange, Co Meath was built around 3300 BC in precise alignment with the rising sun each winter at the solstice. Newgrange is well known for the illumination of its passage and chamber by the rising sun during winter solstice. In a very Indiana Jones way, as the winter solstice sun hits the opening of the mound at Newgrange, it travels up over 60 feet and into the chamber. As the sun rises higher, the beam widens until the entire chamber is illuminated. This is the only time it illuminates the very back wall of the chamber, making another magical fairy moment in Irish history.

For the holiday week the area will see highs in the mid 60s thru Friday and then, in accordance with all the winter solstice myths, the sun will begin to be in the sky longer and our temperatures will prepare for spring. On Saturday, Sunday and Monday we will see highs in the mid to high 70s, then will dip down with monster weather again on Tuesday thru next Friday with highs in the low 60s high 50s.

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# NEWS

## CVWD Water Guardian Retires

By Mary O'KEEFE

Getting water to our homes seems simple enough: It snows in the Sierra Nevada, melts, comes down here and goes into a reservoir then to our local water district. We turn on the faucet and there it is ... simple, right? Well, no, it is considerably more complicated and the person is retiring who has been working hard on all of the complicated issues bringing water from the Sierra to our faucets.

For over 25 years, David Gould has been with the Crescenta Valley Water District – CVWD – and, as of Dec. 31, will be retiring. Gould is the director of Engineering and Operations for CVWD. This means he is the boots on the ground, both literally and metaphorically, for all things water.

According to CVWD, Gould's responsibilities included managing the water supply and distribution system and wastewater system, and overseeing capital improvements, water quality and maintenance of facilities. In addition, he prepared and presented to stakeholders the annual capital improvement program budget, represented the activities of the CVWD to local government and agencies and promoted CVWD to the community.

He had to make sure the wells were working and when a pipeline broke had to not only make certain it was repaired but also investigate why the break happened and what needed to be done to either repair or replace it.

"When I started [at CVWD] it was myself as senior engineer and a technician. Now we have three engineers, two technicians and one inspector," he said. "When I started we would [lay] about 1,000 feet of pipe a year now we are up to a mile [annually]."

Gould played a major role in getting a \$4-plus million grant to increase the district's local water supply through new groundwater wells and the installation of a bioremediation nitrate removal treatment plant and prepared a local hazard mitigation plan.

Under his watch CVWD was able to undertake many projects including drilling two new wells and creating a groundwater basin study – something that had not been done in years.

Gould said one of the biggest challenges he has faced, though, is getting the public more involved with the water district and what it does.

As most water districts have found, the majority of the population seems to pay the closest attention to its water district when rate hikes are presented.

Gould would like the public to be more involved so it would learn what financial issues the district faces prior to rate increases, including all the new regulations districts are required to deal with and how they have to plan for natural disasters like earthquakes and fires.

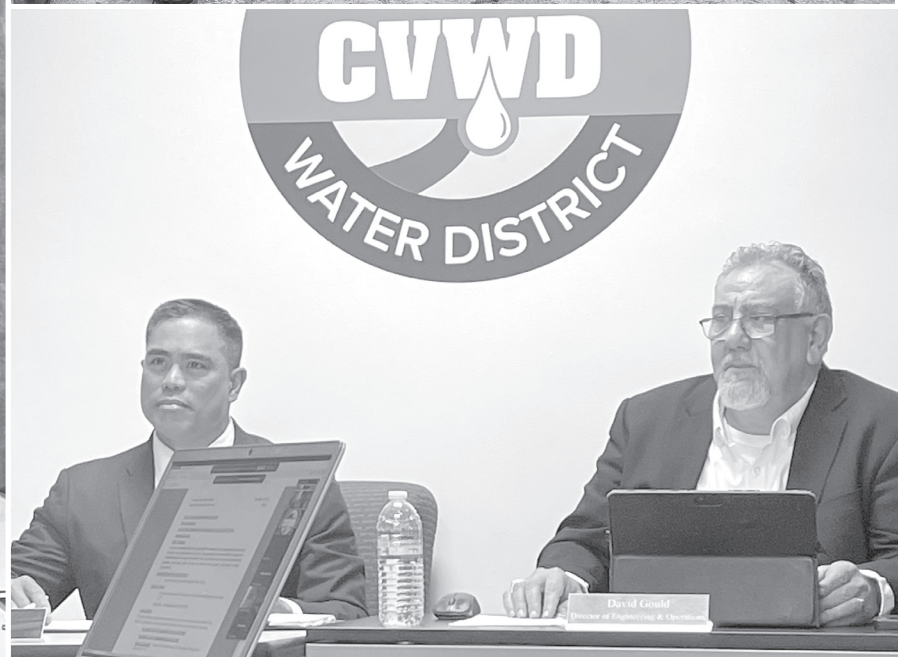
There is also the issue of climate change. CVWD is working on a plan that includes ways of capturing water to keep the storm waters in CV instead of letting them flow into the ocean.

"Our groundwater is reduced," he said. "Ten years ago we were able to get 2.7 million gallons out of the ground; today [we get] 1.6 million out of the groundwater."



Photo provided by the CVWD  
TOP: David Gould of the CVWD announced his retirement.

LEFT: Gould received a commendation for his longtime dedication to the CVWD.  
RIGHT: At a recent CVWD board of directors meeting.



CVWD General Manager Nem Ochoa said Gould was a strong advocate and facilitator of storm water capture and groundwater replenishment to ensure that local water supplies are available to the community for future generations.

"[David] was responsible for managing capital projects that replaced over \$100 million worth of aging infrastructure in the region to ensure reliable water and sewer service to the Crescenta Valley for now and in the future," Ochoa said. "He has always wanted what is best for CVWD and the community it serves. This was apparent by his extraordinary commitment and dedication to CVWD, fueled by a strong passion for public works and public service."

Gould said when he retires he will miss the people he works with at CVWD but will still be around for about six months as the district finds his replacement. Brooke Yarrd will be acting interim director of engineering and operations.

Gould does hope to have time to travel with his wife Elizabeth.

"[Elizabeth] is excited about me retiring," Gould said. He added the CV community has shown him what "community support" means and wants the district to continue in that vein.

He has a family member who works with indigenous people at Bears Ears National Monument in southeastern Utah who he may be working with using his expertise in water resource management. Gould would also like to be an advocate for

seniors by helping them plan for the future. He said he has seen seniors in the area who find themselves alone after family moves away. He would like to do something to help them plan for that type of issue.

### IN BRIEF

#### CV WEEKLY OFFICES CLOSED FOR HOLIDAY

The offices of Crescenta Valley Weekly, 3800 La Crescenta Ave. #206, will be closed on Monday, Dec. 26 for the Christmas holiday.

#### USC VERDUGO HILLS HOSPITAL HOSTS BLOOD DRIVE

A blood drive hosted by USC-VHH and the American Red Cross takes place at the hospital on Tuesday, Dec. 27 from 7 a.m. to 7 p.m. in council rooms B&D.

To make an appointment, visit [www.redcrossblood.org/give](http://www.redcrossblood.org/give).

USC-VHH, 1812 Verdugo Blvd., Glendale 91208

#### MERRY AND BRIGHT ADDRESSES AVAILABLE

Addresses are now available on page 9 of this week's paper for the self-driving Merry and Bright Holiday Light and Display Tour, on the CV Weekly website ([www.cvweekly.com](http://www.cvweekly.com)) and on this newspaper's various social media accounts.

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# The Giving Spirit Celebrated in the Foothills



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Members of (AYF) Crescenta Valley Garegin Njeh Juniors collected toys that were donated to Fire Station 29 in Montrose.

By Mary O'KEEFE

The spirit of giving was celebrated around the Crescenta Valley last weekend with many events that focused on supporting others and sharing with friends.

On Friday afternoon volunteers from The Balcony of LA partnered with Los Angeles County Parks to create a California winter wonderland at Crescenta Valley Park. There was a lot to do including visiting with Santa, taking part in a toy giveaway, playing in a bounce house, playing games, watching holiday movies and eating holiday food.

Members of The Balcony of LA Rob Chitwood and Teri "Maddie" Madsen and SHADDSTONE, a

Balcony sponsor and local artist, volunteered their time and helped organize the event. Chitwood brought and set up the sound system, screen, computer and movie while Madsen organized all the food. Hundreds of tamales were dished out to park visitors, according to Madsen, with Harmony Farms giving the organization a discounted price for the purchase of the tamales.

Madsen wanted to thank Walsh Creek Carvalho, who donated a snow machine for the occasion, as well as all the teen volunteers from local schools.

The Los Angeles Sheriff's Dept. donated hundreds of bags of food that were given to those in need along with toys donated by the department and the community.

see HOLIDAY WRAP on page 7

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SALVATION ARMY from Cover

who we're helping are improving in [school test] scores."

Like most programs run by the Salvation Army, the Zone program does not receive any government funds and is supported 100% through donations.

Berggren said that during the pandemic the Salvation Army tried to maintain a regular presence with attendees of the Zone program; however, it was tough.

"We tried to keep it going via Zoom but we lost contact with the families," he said adding that since restrictions have loosened or ended kids are returning to the program and are appreciative of the help. "We even pick up from [nearby] Edison Elementary School."

The Salvation Army has also provided a food pantry for the Glendale area for over 90 years – something that was particularly needed during the pandemic.

"We supply food free of charge once a month for people who need help," said Berggren. The only requirement is that recipients live in the Glendale or Burbank area.

"Our usage doubled during pandemic," Berggren added. "People who never thought they'd need our service were picking up food."

Being solely supported by donations, pantry supplies ran low during COVID.

"There weren't any food drives," he explained adding that the Salvation Army had to purchase a lot of the food that was given away. "But we managed."

The many programs the

Salvation Army offers are part of the outreach efforts of its church.

"Most people don't know that the Salvation Army is a church," said Berggren.

The Glendale facility includes a church that includes Bible study and Sunday worship services.

Incorporating faith-based recovery is a key component of the Salvation Army's housing program. Berggren explained that anyone who seeks addiction recovery – whether related to alcohol or drugs – can contact the Salvation Army for help. One primary condition, though, is they have to arrive at the Salvation Army clean and sober before they can be admitted and receive services.

"We provide 'bridge housing,'" he said. "It usually takes about nine months to a year to move someone into permanent housing." During that time, the Salvation Army will provide a bed, shower, three meals a day, and introduction to Alcoholics Anonymous and its crisis center program. The Salvation Army receives state and federal assistance for this program.

It is also mandatory that clients attend Bible study and chapel.

The Salvation Army also provides work therapy.

"People can work in our thrift stores after a period of time," Berggren explained. "Part of the recovery process is being part of our mentoring program, too."

Those who are part of the recovery process for a longer time guide the newer arrivals.

The Salvation Army boasts one

of the largest recovery centers in the United States. In Pasadena, there's a facility with 120 beds available. Nearer to Glendale, the Salvation Army offers the Booth House, a facility that is run in partnership with the Dept. of Mental Health. There a maximum of 15 senior citizens can be housed with the majority coming from living on the street.

"We have a high level of success," said Berggren of the program.

Berggren feels that one of the biggest benefits of the Salvation Army is meeting people wherever they are in their journey – an attitude shared by the advisory board that oversees the Glendale operation.

Richard Dell is the chairman of the board and has been involved with the Salvation Army for over 15 years.

"We will help anyone who needs it," he said of the Salvation Army. "Anyone. When people are hurting and there is nowhere else to turn – we're here."

Dell said the sterling reputation of the Salvation Army and its social programs are also helpful to people who are seeking help.

"Unlike some other non-profits, we're not 'bottom line oriented,'" he said. "If people need help we'll find a way to help them."

He praised Capts. Kelly and Natalia Berggren for the ways they work with those in need.

"They create such a comfortable environment for people," he said. "They give people the sense of how much we care. I think it sets us apart."

In addressing the current homelessness crisis the Salvation Army provides a hot lunch Monday through Thursday at the Glendale facility and also a bag of food that is specially designed for homeless people. The Glendale facility is also finalizing a mobile shower program to meet people in the community who might not otherwise have a way to keep clean. Berggren explained that these components hark back to the basics of the Salvation Army: soup, soap and salvation.

"We want to show people dignity," he said. "People don't feel good about themselves if they're hungry or dirty."

The portable shower is a self-contained unit. It will hopefully be used at the SAFE program in Burbank and will be ready for use shortly at the Glendale facility.

Ultimately, though, it's about helping people however they can and to do the most good. Dell feels that partnering with like organizations is key.

"Partnerships are extremely important in today's world," he said. "Our doors are open for partnership."

To support the local Salvation Army, donations can be mailed to 320 W. Windsor Road, Glendale, CA 91204. People who want to support a specific program can make a notation on the check's memo line. To learn more, visit <https://glendale-ca.salvationarmy.org/>.

"We really care. We're here 24/7," said Dell, "and we're one of the best-kept secrets."

APPLE from Cover

unique ability [over] standard cellphone [networks by connecting] to a constellation of satellites," Goldsworthy said, adding, "It allows texting only."

So on Dec. 13 the Apple Emergency Center received information of the crash, received via satellite, indicating the victims were out of cell service range. The Center

was able to get the longitude and latitude of the distress, pinpointing it in Monkey Canyon, then contacted the appropriate emergency response unit, which was LASD MSAR, which then deployed its team members and was able to rescue the victims who, fortunately, reported only minor injuries.

Gilbert said the team has responded to this particular area in the past and had a very different outcome.

"This particular incident was not witnessed, so there were no secondary calls from observers," Goldsworthy said. "It was miraculous that they survived and were able to crawl out of the vehicle."

He added the team has responded in the past to multiple fatalities in this area, and the vehicle on Tuesday had landed upside down hundreds of feet over the side.

"Without this technology and because the victims did not have the ability to hike out, they could have been there trapped in the vehicle for days," he said.

P-22 from Cover

Wildlife (CDFW), along with wildlife biologists with the National Park Service, made the decision to euthanize P-22 on Dec. 17 due to the severity of the injuries he suffered after being hit by a car. He was captured and tranquilized earlier out of concern for his well-being due to his advanced age, declining health and his recent attacks on pets in residential areas.

The CDFW confirmed that P-22's final resting place will be at the Natural History Museum in Exposition Park in order to further research efforts on mountain lion biology and conservation. Specific plans are still being determined.

For history of P-22 visit this story at [www.cvweekly.com/NEWS](http://www.cvweekly.com/NEWS).

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*Obituary*  
**Saralyn (Suedmeyer) Goldsworthy Kismann**



March 8, 1933 – Dec. 8, 2022

Saralyn (Suedmeyer) Goldsworthy Kismann was born on March 8, 1933 in Arapahoe, Nebraska as the 13th child of the local mayor, farmer, grain

elevator operator and Lutheran minister Wilhelm Suedmeyer and his wife Blanche. Saralyn spent her days singing songs with her sister Sheila and going to the movies.

After a long illness, Saralyn's mother passed away and the family relocated to Beloit, Wisconsin where she graduated from Beloit Memorial High School.

On St Patrick's Day 1951, she married her high school sweetheart John Goldsworthy. Together they had four children: Jim (Donna), Dave (Kathy), Sue (Tye) and Steve (Robin). The family left Beloit in 1960 and moved to La Crescenta.

Saralyn worked for the U.S. Defense Dept. as an industrial specialist in contracts as one of the first women in her field providing contracts at the time for helicopters used during the

Vietnam War. After retiring, she and John started and ran Dixieland Nursery near St. George, Utah.

Saralyn's high school sweetheart preceded her in death in 1989. She then married Frank Kismann in 2002 who passed away in 2012.

She loved to travel, play piano and sing along with Mitch, Burl Yves and the Lennon Sisters. She kept busy with her artwork, pottery, songwriting and dancing.

She leaves behind her four children and their spouses, 12 grandchildren and spouses, and 16 great-grandchildren.

She was loved dearly and will be greatly missed.

Services are on Dec. 28 at Eternal Valley, 23287 Sierra Hwy. in Newhall followed by gravesite services.

*Obituary*  
**Mufid (Muneer) Faddoul Kawar**



Aug. 22, 1938 - Dec. 11, 2022

On Dec. 11 Mufid passed away from complications of a stroke surrounded by his wife, daughters and family. He was 84.

Mufid was born in Haifa, Palestine on Aug. 22, 1938 to Faddoul and Najla Kawar. In 1947, his family moved to Amman, Jordan where he spent his childhood years.

In 1957, Mufid moved to Munich, Germany and obtained a degree in mechanical engineering from Polytechnic University. He later returned to the Middle East joining

the Consolidated Contractor's Company where he worked for over 25 years, becoming an area plant manager overseeing construction projects across the world.

In 1970, he married the love of his life Roudaina and they had four daughters who he loved fiercely and unconditionally. They were happily married for 52 beautiful years and shared an incredible bond rooted in love, laughter, faith, food, music and dancing.

In 1989, they immigrated to Montrose. Mufid dedicated another 12 years to La Crescenta Presbyterian Church Center for Children where he was loved and respected. Mufid then transitioned to his most cherished role of adoring grandfather.

Words cannot adequately describe the character of the man who was a loving and devoted husband, father, grandfather, brother and dear friend to many. Among his many amazing qualities, Mufid was best known for his gentle and generous spirit, giant heart and infectious sense of humor. He was gifted at re-telling the same jokes

while always somehow making listeners laugh! He will be missed dearly, but never forgotten, as his love and kindness touched so many.

Mufid was preceded in death by his brother Walid Kawar, sister Majda Muammar, brother Jamil Kawar, nephew Fadi Kawar and second cousin Samar Suleiman.

Mufid is survived by his wife Roudaina Kawar, four daughters: Muna Kawar and her husband Yasir Abdul-Latif and son Aiden Pirin; Nada Kawar and her two daughters Nina and Josephine Kawar; Nesreen Caraballo and her husband Michael Caraballo and daughter Samar Caraballo; and Rana Kawar; sister Nadia Sanbar, and brothers Issam Kawar and Ghassoub Kawar.

A funeral service will be held on Dec. 23 at 9 a.m. at St. Anne's Melkite Greek Catholic Cathedral, 11211 Moorpark St. in North Hollywood with burial at Forest Lawn Hollywood Hills followed by a mercy meal at the Cathedral's hall. In lieu of flowers, the family requests donations to St. Anne's Cathedral benefiting charities and to pray for the soul of Mufid.

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 Toluca Lake and surrounding

HOLIDAY WRAP from Cover

The Balcony donated toys as well; some Santa handed out and others were used for an opportunity drawing.

Madsen estimated over 500 people attended the event.

Later that night the Armenian Youth Federation (AYF) Crescenta Valley Garegin Njdeh Juniors continued its toy donation tradition of over 10 years by giving to the Spark of Love Glendale Fire Station 29 at 2465 Honolulu Ave. The youth members donated three large bins and several boxes full of toys, estimated to contain more than 400 toys, to the firefighters.

"We love the support," said GFD Capt. Dodds. He added the toys that were donated would be sent to GFD Station 21 at 421 Oak St. where they would be organized and then shared with children in need.

Dodds said the community has been generous and the stations will take toys any time throughout the year. The toys collected during the holidays are to help Santa with his deliveries but at other times firefighters, and many in law enforcement, carry toys with them to help young victims they respond to all year long.

The AYF CV Garegin Nijdeh Juniors

members were happy to donate the toys and were pleased with all that was collected. These kids showed they cared for those less fortunate, and showed how positive volunteering and helping others can be.

Later, on Saturday night, American Legion Post 288, Veterans of Foreign Wars Post 1614 and Glendale Moose Lodge No. 641 held its annual Christmas dinner. They continued the spirit of giving by collecting toys donated by dinner guests. The toys were donated to the LASD Crescenta Valley Station.

Veterans and their families are generous to many non-profit organizations during the year. Among the many things they do is support and organize bingo fundraisers that help non-profit organizations help others. They are always generous to those in need, especially veterans, and are boots on the ground volunteers to organizations like Prom Plus.

To see more photos,

visit [www.cvweekly.com/NEWS](http://www.cvweekly.com/NEWS).

Photos provided by Dick CLUBB, Mary O'KEEFE and The Balcony of LA



A snow machine donated by Walsh Carvalho for The Balcony of LA event made the occasion extra special.



At the veterans' dinner, Marianne Noss showed off her holiday finery.

**La Crescenta Presbyterian Church**





# Join Us This Christmas Season!

## Christmas Eve with Petting Zoo

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**Classical: 7 pm**

## Christmas Day in The Chapel

**Sunday, Dec. 25th**  
**10 am**



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# VIEWPOINTS

TREASURES OF THE VALLEY » MIKE LAWLER

## First Black-owned Business in the Valley – Abe’s Lock and Key

The Crescenta Valley has had a history fraught with race relations. Early legal restrictions on home ownership and rentals by people of color ensured that the community stayed White. As well, a general attitude of intolerance made it uncomfortable here for non-Whites. Yet, in spite of that, one of the longest running businesses in the valley was multi-generational Black-owned for most of its nearly 100 years of existence.

Abe Williams, a Black man, opened a shoeshine and locksmith shop on Honolulu Avenue in 1924. It was a little one-room shack on the north side of the avenue in the 2200 block, about where Nix Marie clothing store is today. It was a tiny structure, only wide enough for a front door with two small windows on either side. In a photo from the early 1940s, we can see a sign above the door. It appears to say “Montrose Parlor Shoe Shine” and, hanging below

that, a key-shaped sign that says “Keys.”

We know next to nothing about the business or Abe, its owner through that period. Despite its prominent place on Honolulu, we find no mention of it in the local paper and no ads. We know that in 1944 the business moved from Honolulu to a spot on Thompson Court, behind today’s Black Cow restaurant.

In 1948, Abe’s nephew, Sterling Goudeau Sr., took over the business. He is mentioned in the local paper in a joking way: “Sterling Goudeau has been hearing about shoeshine experts who tap dance while plying their trade. So he’s considering a shoeshine floor show to stimulate business.”

Despite the inappropriate joke, when time came in the early 1960s to construct a new building for the business the locals pitched in, donating materials and labor to help the longtime Montrose businessman. Sadly, in 1965 tragedy struck.

Sterling Goudeau Sr., only 55 years old, suffered a massive heart attack while behind the counter of the shop. A customer found him on the floor and ran next door for help from Gelsinger’s Meats. A doctor happened to be walking by right then and all rushed to Sterling’s aid, but it was too late.

Sterling’s son, Sterling Goudeau Jr., who had been working at JPL stepped in to take dad’s place. Things changed under Junior’s hand. The business became a true locksmith shop but kept the shoeshine trade as a side business. As well, the younger Sterling advertised prolifically in the local paper. In the ads, he warmly shared his family’s history and aspects of his personal life. For instance, he shared his love of motorcycling and boating, and invited customers to stop by and check out his speedboat.

In 1967, Sterling purchased a competing locksmith’s business at 2513 Honolulu Ave.

– Community Lock and Key – and operated both locations. But in 1968, he combined the two businesses into Abe’s Community Lock and Key at a new larger location at 2360 Honolulu. In 1971 the business moved once again to 2445 Honolulu, across the street from today’s Trader Joe’s parking lot. Abe’s was the go-to locksmith for most of the valley.

One more move for Sterling. A couple of decades ago he moved to a shop behind the Verdugo City Post Office, still on Honolulu, just west of La Crescenta Avenue. In 2008 the aging Sterling took on an experienced locksmith, Vahe Arakelian. Sterling died in 2012 and the Arakelian family bought the business from the Goudeau family promising to keep the “Abe’s” name.

The Arakelian family has celebrated the nearly 100 years of local history in Abe’s Lock and Key. The shop is run with the help of Vahe’s two sons, Andrew and Paul Arakelian, who manage

the shop. In fact, it was Paul who supplied info for this article. When you visit their shop you will find photos of the old Abe’s locations on the wall and some ancient key-cutting equipment on display. Even their logo is the same one used by Abe’s for decades.

We’re lucky to have a business that celebrates its heritage, especially when it’s something as unusual as a Black-owned business in a predominantly White town.



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 WASHINGTON » REP. ADAM SCHIFF

## We Must Permanently Extend the Expanded Child Tax Credit

In 2021, more than 4 million children were lifted out of poverty thanks to a single legislative act – an extraordinary achievement in our nation’s history.

Slashing America’s child poverty rate in half – to a record low of 5.2% – meant fewer children going to school hungry, improved pediatric medical care and lasting positive impacts on the trajectory of children’s lives.

It’s a feat we can repeat – if my colleagues in Congress join me in urging us to act.

This achievement did not require a breakthrough in scientific research or a policy epiphany but a single provision

in the American Rescue Plan: expanding the Child Tax Credit. This simple credit helps millions of families in California and across the country afford basic necessities like food, rent, education and childcare. It’s a lifeline for those struggling the most under the pandemic and the weight of inflation and rising prices, helping them keep food on the table, their children in school and their families from falling behind.

The expansion was critical because it made more children eligible than ever before, including more than 20 million children in America’s lowest

income families who had previously been excluded. Those children are disproportionately children of color, children being raised by single parents and children in larger families whose essential benefits for the first time ever.

Unfortunately, Congress let the expansion expire in January of this year – and with it, our hard-won progress evaporated as quickly as it had materialized. Nearly 4 million children fell back into poverty in a single month and now almost 10 million are at risk of dropping back below the poverty line, including

7 million children of color, and nearly 2 million children here in California alone.

My colleagues have been fighting to get a number of bills passed before 2022 comes to an end but I believe this must be our top priority – which is why I have spent the last several weeks urging Speaker Pelosi and House leadership to permanently extend the program now before the start of the next Congress, when it is unlikely to be taken up by a Republican majority.

Congress made it the top priority this session to invest in the next generation and their chance for healthy, successful futures. Expanding the Child Tax Credit was one of our biggest accomplishments, with historic and immediate results. Extending it should be a no-brainer.

Ultimately, this is about more than just saving children from the dire impacts of poverty. It’s about investing in their ability to thrive, now and for the rest of their lives. Children who grow up healthier stay healthier. They graduate from high school, go on to college and go on to earn more money and support their own

healthy, stable families. They stay out of the criminal justice system – saving taxpayers everywhere millions on law enforcement and child protection costs. They have a better chance at the futures we all dream of for our own children.

We have an opportunity to make these aspirations a reality. The expanded Child Tax Credit was a proven success that touched the lives of more than 60 million children, including 8 million here in California. All we have to do is extend it and make it permanent.

The consequences of inaction are dire. Millions of children are counting on us for this critical lifeline, especially as inflation continues to take its toll on their families’ pocketbooks. And I fear what next year’s data will reveal about the disastrous effects of letting the program expire.

The simplicity of this solution to child poverty should tell us two things. First, the answer is not complicated and we can dramatically cut poverty with the stroke of a pen. And second, poverty is a choice that we are making as a country. It is a poor choice, so let’s bring it to an end.

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ANSWERS to last week’s puzzle

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4422	New York Ave.	La Crescenta	91214
3420	Mary Ann St.	La Crescenta	91214
3436	Mary Ann St.	La Crescenta	91214
3437	Mary Ann St.	La Crescenta	91214
3440	Mary Ann St.	La Crescenta	91214
3444	Mary Ann St.	La Crescenta	91214
3448	Mary Ann St.	La Crescenta	91214
3452	Mary Ann St.	La Crescenta	91214
4012	New York Ave. Snow Flurries Occur on Weekend	La Crescenta	91214
1410	Oak Circle Dr.	Sparr Heights	91208
1200-1400	Oak Circle Dr.	Sparr Heights	91208
2200-2400	Honolulu Ave. Montrose Shopping Park	Montrose	91020
2251	Mira Vista Ave.	Montrose	91020
2229	Crescent Ave.	Montrose	91020
2809	Foothill Blvd. La Crescenta Library	La Crescenta	91214
2812	Alabama St.	La Crescenta	91214
3113	Pontiac St.	La Crescenta	91214
3014	Paraiso Way	La Crescenta	91214
5106	Ramsdell Ave.	La Crescenta	91214
2653	Orange Ave.	La Crescenta	91214
2644	Ridgepine Dr.	La Crescenta	91214



## The Oak Circle Wishing Tunnel

A 25-year tradition at 1410 Oak Circle welcomes all to stop on by nightly to walk through and make a wish!

### JUDGING CATEGORIES

**1. Christmas Story Award**

(traditional or nostalgic use of lights and decorations - Leg Lamp use gets extra points)

**2. Clark Griswold Award**

(excessive use of lights and decoration - more is ALWAYS better, can we see it from space?)

**3. Rockin' Round the Christmas Tree Award**

(best use of music and technology)

**4. Santa's Coming to Town Award**

(best use of Santa or Santa's in decor)

**5. Most Original Award**

(not your usual everyday holiday decor)

**6. Best in Show Award**

(ya blew the judges minds)

— WINNERS ANNOUNCED IN NEXT WEEK'S ISSUE! —

Happy Holidays to you and your families from The CV Weekly and all our Merry & Bright Sponsors!



# BETWEEN FRIENDS

» PART 2 OF 2

## Holiday Fun – no Frights – Found in ‘Christoween’



Photo by Scott SEBRING  
Wally Wingert with his cat Spook.

By Mary O'KEEFE

“It all started with a Christmas stocking,” said veteran voice actor Wally Wingert.

To be more specific, it actually started with a girl.

Wingert was interested in this girl and wanted to get her something special, something unusual – a Christmas stocking that was less traditional. He wanted a monster – he wanted a Creature From The Black Lagoon stocking.

He couldn't find a stocking like that and, although he had long since lost interest in the girl, the idea of a monster stocking continued to haunt him. He realized that he would have to create the stocking himself.

He told his friend and fellow author

of his idea to create a line of monster stockings: Monster STALKINGS.

“My friend said, ‘Why don't you create a story for each Stalking?’”

And so he did...

“Donnie Druthers’ Christoween Capers” is a mash-up of two favorite holidays that are told in 13 audible stories that can be seen and heard online for free at CHRISTOWEEN.NET.

Being a veteran of Hollywood, Wingert has been around creative people and stories for a long time.

“I started as a radio DJ,” he said.

He thought acting would be the next logical phase in his career and went to auditions but there was something missing. Then a friend suggested he audition for voice-over work. This work was the magic of Hollywood that Wingert was looking



for and during his career he has voiced over hundreds of characters.

He knew what he wanted to say in his Christoween stories and he knew what characters he wanted in the stories.

“All of the stories have a rhyme scheme, each one just poured out that way,” he said. “And each one had a lesson.”

Wingert said when he sat down to write, the stories seemed to

almost write themselves. Donnie learns something in each story, either about himself or how to work with others. In one story Donnie has his first crush – one of Dracula's daughters. Keeping Santa in each story was important, too.

The stories are creative and fun. The illustrations by Patrick Owsley, one of Wingert's friends, are colorful and inviting despite

the monster theme. The last story, appropriately number 13, brings all of the monsters together for one big celebration.

The online version is only the beginning. The stories will eventually be sold as books and come with a matching monster Stalking but enthusiasts can get a peek into the “Christoween” world just by going to CHRISTOWEEN.NET.

### USC VERDUGO HILLS HOSPITAL COMMUNITY RESOURCE CENTER FOR AGING

» DENISE TRABOULSI, MSW

## ‘The Most Wonderful Time of the Year’?

While the holidays can be a time of great joy and celebration, they can also be a challenging time for those who have lost a loved one during the year or who are lonely or feeling isolated. Memories of past holidays can often trigger feelings of sadness and loss. Declining health and mobility can also make it tough for older adults to get through the holidays. The distance from friends and family members also grows as we get older. The burden of caregiving can even feel heavier during the holiday season.

Even in sunny Southern California, a colder climate and fewer hours of sunlight can affect our mood. Seasonal Affective Disorder, also appropriately abbreviated as SAD, is a real form of depression resulting from changes in the weather during the winter months. This is also sometimes referred to as the winter or holidays blues. Symptoms of SAD are loss of interest in activities, feelings of sadness or depression, changes in appetite, loss of energy, difficulty concentrating or making decisions and, in extreme cases, thoughts of death or suicide.

It's important for us to notice and acknowledge these feelings in ourselves and those around us. If you find yourself feeling down, try sharing those feelings with a trusted friend, family member or confidant. Just the act of expressing one's feelings can sometimes help relieve some of the anxiety we are feeling. If you are overwhelmed by the pressures of getting everything done, try to set realistic goals and prioritize what is truly important in your life. If you



are a caregiver, ask other family members or friends to help to provide you some respite; it can be a great gift to yourself. Another strategy for keeping away the holiday blues or minimizing their effect on us is to keep our bodies healthy – avoid overeating and limit your intake of alcoholic beverages, try to do some form of exercise 20 minutes a day, and make sure to get adequate rest and sleep.

If you are experiencing the severe symptoms of depression or SAD as described above, call your doctor immediately. Your mental health and emotional health are just as important as your physical health. For more information on resources available to address depression, loneliness or social isolation, contact us at the Community Resource Center for Aging at USC Verdugo Hills Hospital at (818) 949-4033 or email us at aging.resources@med.usc.edu.

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# LCFOG Announces Newly-Elected Officers

La Cañada Flintridge Orthopaedic Guild (LCFOG) announced the election of new officers for 2023. Arlene Massimino and Caryl Pettit stepped down as co-presidents at the December meeting and welcomed Joan Cleven, a past president, back to the podium. The elected officers are Marie Baker, vice president, Wendy Nicoll, corresponding secretary, Ginney Pruitt, recording secretary and Joanne Ploszaj, treasurer. Ways and Means Chair DeeDee Nuanes will add her expertise to the elected board.

Appointed members are Jeanne Long, membership, Arlene Massimino, publicity, Marie Gilhooly, hospitality and Ginney Pruitt, handbook.

Newly-elected president Joan Cleven will have a busy schedule. Cleven, who was born in San Diego, spent three of her teen years in Honolulu, Hawaii where her father was a naval officer. He was later transferred to San Diego and there Cleven made a career of teaching traditional and special education

students. She met her husband while in college. They were married just two months short of 58 years when her husband died.

Cleven has been a dedicated member of LCFOG for many years. She co-chaired its most recent event, the Book and Author Luncheon, and is currently gathering ideas for next year's fundraiser. All proceeds from the October Book and Author Luncheon will be donated to Lusk Institute for Children (LOIC). Some members of LCFOG have worked on the Christmas Toy Party, making sure Santa had enough toys to distribute in Los Angeles and in Calexico where LOIC doctors travel to treat children.

The main goal of LCFOG is to raise funds so that children who are underinsured or have no insurance at all can still receive the best medical care by the best physicians. Care includes diagnosis, X-rays, casting, surgery and prosthesis, and follow-up when needed. LCFOG members Jeanne Long, Pruitt, Massimino



Photo courtesy of Arlene MASSIMINO  
 BACK ROW: Recording Secretary Ginney Pruitt, Joanne Ploszaj and President Joan Cleven.  
 FRONT ROW: Corresponding Secretary Wendy Nicoll and Vice President Marie Baker.

and Pettit will be on hand to help the CHP members distribute toys to children who have completed their visit that day to the doctor.

LCFOG members welcome guests at their monthly meetings. All are invited to see what projects

the Guild is taking on for the coming year. Those interested in making a difference in children's lives should contact Jeanne Long at (818) 248-7822.

Submitted by Arlene MASSIMINO

## 2024

### LCFTRA Float Design Contest

The La Cañada Flintridge Tournament of Roses Association (LCFTRA) invites you to submit a Float design idea for the 2024 LCFTRA Rose Parade Float!

Please submit your idea (max. 250 characters) at [www.lcftra.org](http://www.lcftra.org) by Sunday January 8, 2023. The winning design will be announced in Spring, 2023. If your idea is chosen, you will receive two tickets to the 2023 Rose Parade!

To guide your creative thinking, a compelling Float design idea should:

- Be simple and easy to understand (a viewer should "get it" in 5 seconds or less)
- Be animated, with elements of whimsy, humor, and surprise
- Reflect the Rose Parade Theme

While the 2024 Rose Parade theme will not be announced until later in January, we can offer this teaser: The 2024 theme celebrates the role of music in our lives and as part of our collective culture.

In the event we receive multiple designs with a similar approach, LCFTRA will select one winner, with existing LCFTRA Members receiving preference. All submitted ideas are property of LCFTRA.

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## PET OF THE WEEK

CV Weekly loves to hear about your pets!

Send a pic and small caption to [steve@cvweekly.com](mailto:steve@cvweekly.com) to share your lovable pets with the community!



## Questions About Today's Real Estate?

### Ask Phyllis!

#### Issues With The Seller's Disclosures

Dear Phyllis,

My daughter is in escrow on a home in West Hollywood. There were three bids, and hers was selected. After she completed her inspection, she was given the disclosures provided by the home seller. In addition to the defects discovered by the inspector, she learned that someone had died in the home. She was also made aware that there was a dispute with a neighbor over the fence and whether it was on the correct property line. Now my daughter feels that she was deceived and, knowing this information up-front, would not have made such a high offer. What are your thoughts?

Jane K.

Dear Jane,

I agree that these are two genuine concerns that should have been disclosed to your daughter at the time of her offer. Note that the other bidders would be concerned about these issues as well. Your daughter should discuss with her Realtor about re-negotiating her offer based on this new information.

I can understand your daughter feeling

deceived. How I handle my listings is much different. To avoid issues with the seller's disclosures, we provide them to the buyer when an offer is received. There are several reasons to do so. One is that if there is something that will cause a buyer to change their offer, we want to know before opening escrow. Another reason is that we want to avoid a canceled escrow. For some, a death in the home is unacceptable and would result in a cancellation of the contract.

Your daughter needs to take the dispute with the neighbor regarding the fence seriously. Her Realtor should contact the listing agent and request that they contact the title company. The title company sometimes hires outside inspectors who measure the property based on recorded public information. Although this is not a survey, the cost is approximately \$200.00 and much less than a survey. Hopefully, the seller will pay this additional fee. Your daughter may consider discussing the dispute with a real estate attorney if she opts to move forward with the purchase.

Phyllis



### Phyllis Harb

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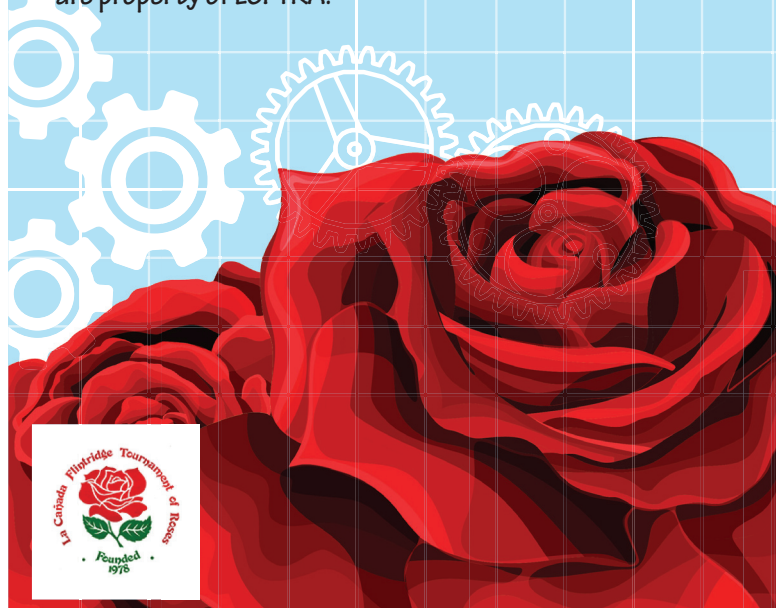
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# TRAVEL & LEISURE

## Local Talent Seen in 'The Nutcracker Ballet' at San Gabriel Mission Playhouse

Pasadena Dance Theatre's production of "The Nutcracker Ballet" returns to the San Gabriel Mission Playhouse this holiday season with guest artists from American Ballet Theatre, a cast of over 50 local dancers and children, including Jimyn Ewing, Flora Zhou and Cora Dziurgo from La Crescenta and Calla Sim, Julia Burroughs, Alex Olson, Kate (Kathleen) Andersen, Amy Sauer and Ariadne Duan from La Cañada, and new choreography by Jessamyn Vedro.

Set to Tchaikovsky's iconic score, this year's production features guest artists Katherine Williams and Eric Tamm from American Ballet Theatre, and choreography by Jessamyn Vedro who has re-imagined the classic ballet for a modern audience. While Vedro's vision draws inspiration from E.T.A. Hoffman's classic story it focuses the ballet on the central character of Clara as she navigates the challenges of adolescence, embarking on a journey of self-discovery.

In this new interpretation of the

classic story, Clara travels the world in her dreams, experiencing the festive dances of countries from China to France, from Ukraine to Egypt, from Scotland to Spain. This year's production will have unexpected twists and exciting reinventions of classic roles, developing themes of empowerment and collaboration, in a celebration of global diversity.

Featuring a cast of over 50 dancers, the ballet will be as grand and moving as but with a fresh look at the holiday tradition that has enraptured generations.

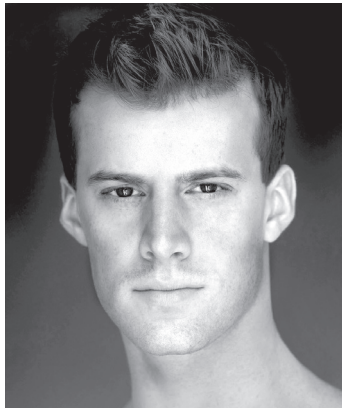
"The Nutcracker Ballet" returns to the San Gabriel Mission Playhouse, an historic venue that adds to the magic and beauty of this holiday experience. There will be four performances: Dec. 22 at 2 p.m.; Dec. 23 at 2 p.m. and 6 p.m. that includes a special pre-show gala, and the grand finale on Dec. 24 at 1 p.m.

San Gabriel Mission Playhouse, 320 S. Mission Dr. in San Gabriel.

For tickets, visit [pasadenadance.com](http://pasadenadance.com) or call (626) 683-3459.



Photos provided by Jessamyn VEDRO  
ABOVE: Katherine Williams  
BELOW: Eric Tamm



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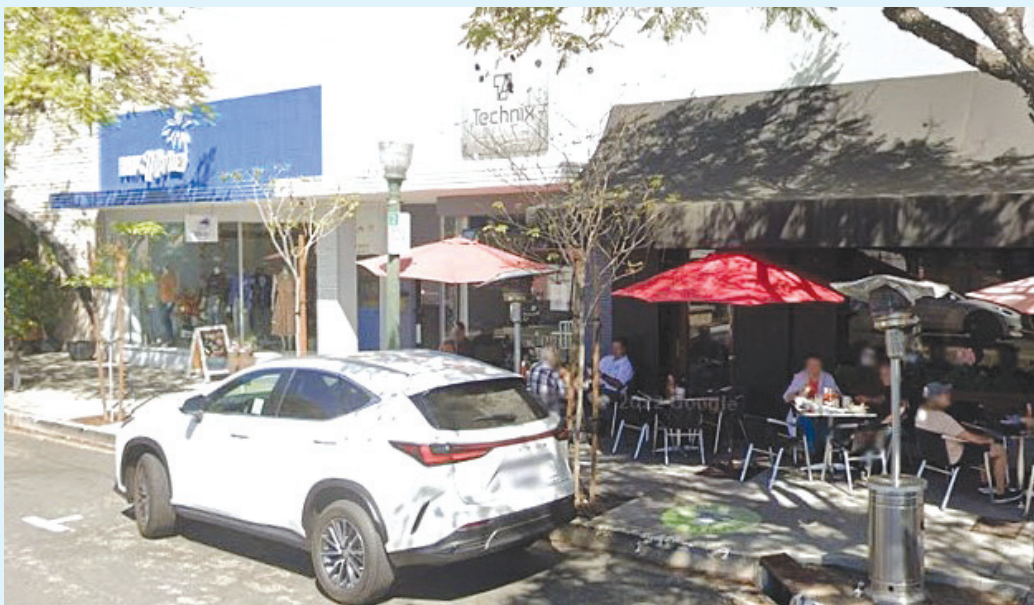
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### THEN & NOW

### Abe's Lock and Key Courtesy of the Historical Society of CV



**Then** » Just to the left of Ryan's Café is the tiny shoeshine stand owned by Abe Williams, the original location of Abe's Lock and Key. This business was unusual in that Abe was Black and had his business in a predominantly White community. The business was passed down to a nephew, Sterling Goudeau Sr., and then to Sterling Goudeau Jr. The brick building to the right is the current location of Black Cow Café.



**Now** » Here's the spot where Abe's once was, now home to Nix Marie, a women's clothing store. Abe's Lock and Key is still in business, approaching its 100th year. It is now located at 2820 Honolulu Ave. Suite A, behind the Verdugo City Post Office. It celebrates its long running business in its current location with old photos and displays of antique key-cutting equipment.

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## RELIGION

**Q**uestion: My parents left our daughter more than adequate funds for college. She'll graduate this coming June and would like to go to a college in Texas. She made this choice after a lot of research about colleges all over the United States. Even though she has always been responsible and never caused us any trouble, her father wants her to stay here, live with us, attend a junior college and then transfer to a four-year college in California. He hasn't told her of his concerns but he told me he's worried that being far away from home would give her the opportunity to live a wild college life. I seriously doubt she'd behave that way because she wants to be a doctor and knows that course of study requires focus and commitment.

At this time, our conversations are at a standstill. I have to say he is a good father and our daughter has many times thanked him for his support. She has thanked me as well. I support her decision and her father does not. Is there a way to get us to a place of agreement?

~ Perplexed Mom

Dear Perplexed Mom,

Once children finish high school one of their greatest dreams is to go off to college. When they are raised in a loving home and are taught values of love, kindness, support and responsibility they have a natural sense of being morally trusted.

The best way for a parent to disillusion a youth's dream is to deny them the freedom to pursue their aspiration by not letting them go. Too often parents think they know what's best for their adult children, which is rarely the case. Each of us are individuals and most of our happiness comes from within ourselves by being successful.

An accusation that they may possibly become involved in an immoral lifestyle while away from home is counterproductive. Many children have turned away from their parents by such a denunciation and it may affect their ability to become successful. It is essential that parents show their love, trust and support when their child goes off to college or leaves home for a career.

Having spent my life time in the medical profession I can't

help but have the highest respect for anyone who is willing to make such a sacrifice and commitment to become a physician. Let her go, love her, support her and God will bless you for it.

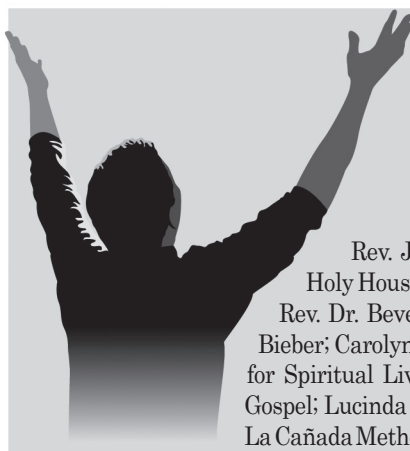
Andy Gero  
ajgero46@gmail.com

Dear Perplexed Mom,

When my daughter graduated from high school in 2020, the pandemic lockdown was just beginning. For her, there was no senior prom or grad night party. She had planned to move to a top university, but spent the first year of college at home. I felt so bad that she didn't get the chance to start her journey of independence and fully experience college life, yet part of me was grateful to postpone the big goodbye. She finally got to go off to college in 2021. I cried for a few days but I knew in my heart that it was the best possible thing for her. My baby bird had to leave the nest and it was overdue. Now she is thriving, independent and happy.

It sounds like your daughter is a responsible person and a serious student. She hasn't given you or your husband any reason to think that the moment she leaves home she will suddenly turn into a party animal and lose all sense of herself. By the way – living at home is not any guarantee that she wouldn't be partying if she really wanted to. I believe the core issue here is that your husband is having a hard time letting go (totally understandable) and isn't trusting in the process of life unfolding for the highest good. He appears to be living in fear instead of living in faith. Remember, all of your combined parenting thus far has produced your wonderful daughter and it is time to let go. Whatever she has learned from you both she has already learned. Your husband can't stop a rose from blooming or the tide from reaching the shore, and he can't stop your daughter from growing up and moving away. No matter how much control he thinks he has, she can't stay with him forever. If he refuses to trust her, she may feel resentment toward him.

Trust is one of the most important parts of every relationship, especially our relationship with God. She is a



## SPIRITUALLY SPEAKING

## SPIRITUALLY SPEAKING PARTICIPANTS

Rev. Jon Karn of Light on the Corner Church; Rev. Kimberlie Zakarian of Holy House Ministries; Anthony Kelson, RScP, Laney Clevenger-White, RScP, and Rev. Dr. Beverly Craig of Center for Spiritual Living – La Crescenta; Rabbi Janet Bieber; Carolyn Young; Sharon Weisman; Rev. Mary Morgan of Redondo Beach Center for Spiritual Living; Rev. Dabney Beck of International Church of the Four Square Gospel; Lucinda Guarino; Pastor Randy Foster of Christian Life Church; Karin Ellis of La Cañada Methodist Church; Rev. Rev. Sharri James of UP Church; The Rev. C. L. "Skip" Lindeman of Upland Christian Church (Disciples of Christ); Rev. Rob Holman of St. Luke's Anglican Church; Rev. Sharri Johnson of One Heart Retreat Center; Rev. KC Slack of Unitarian Universalist of the Verdugo Hills; Rev. Jeff Blanton and Rev. Emanuel David of Highlands Church.; Rev. Karen Mitchell of High Desert Center for Spiritual Living; Rev. Kyle Sears of La Cañada Congregational Church; Michelle Gillette, Unity Chaplain/Pasadena; Andy Gero, VFW Chaplain; Katie O'Brien, runningstream48@yahoo.com

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

grateful person, an intelligent person, who appreciates her parents as well as her grandparents' funding of her education. That is the kind of person she is and that will not change just because she leaves home.

Please talk to your husband and remind him to trust your daughter to be who she is, to be there for her when she needs guidance, to live in faith, knowing that we are all surrounded and indwelt by love itself, and to bless her on her journey, wherever that takes her.

Rev. Karen Mitchell  
www.karenmitchellmusic.com

**Q**uestion: My husband Justin lost his job three months ago when the company he was working for moved to another state. We could have moved with the company but both of our families live here. We have two children, ages 6 and 9.

To say finances have been a struggle is putting it mildly. I work and he is getting unemployment. Our pastor knows of our situation and asked if he could put our family on a list for assistance from a local organization. The organization provides food and toys for the kids. This has turned into a minor argument between my husband and me. He says he doesn't want to be known as a charity case. I tell him this doesn't have to last forever and, right now, we could really use the help. He is actively looking for another job. I don't see anything wrong with temporary help, do you?

~ Financially Cramped

Dear Financially Cramped,

Growing up, my mom raised five boys as a single parent on a teacher's salary. We were poor but proud that we only relied on family to help – and only when we were desperate. In high school, I became involved with a church. We soon found ourselves the recipients of an anonymous donation that changed our lives. Our first reaction was to reject the gift, but we couldn't; we didn't know who gave it.

In my ministry, I have had the chance to do for others what was first done for me. Each time, as the saying goes, I have found it more blessed to give than to receive. There are people who want to make the world a better place for others. It is an act of faith to receive such a blessing. I would encourage you and your husband to see this moment as an opportunity to simply receive the goodwill of others.

When you get back on your feet, I think you will find a heart to pay it forward, to help those in the way you've been helped. And the truth of the matter is that you will end up giving far more in your life than you would receive!

When I was young, my instinct was to reject even simple gifts from others. My pastor gave me great advice: the best prayer you can say is "thank you." Receiving from others opens your heart to grace, to knowing that you are loved without anything needing to be given in return. That can be a hard lesson to learn in a world when everything is a transaction. But as the heart grows tender in acknowledging our own needs, it also grows to see the needs of others around us and gives us imagination of how we might help.

My hope is that you have the merriest of Christmases knowing that you have a beloved community of support and care and that in that knowledge you give peace and joy to others throughout the year.

Rev. Kyle Sears  
kylesears@lacanadachurch.org

Dear Financially Cramped,

It's a challenge facing the situation you're in but it's important to remember that it is temporary. Asking for help can be one of the most difficult things to do. Your husband may feel disheartened or maybe even ashamed, but those feelings won't solve the issue. It takes courage to ask for what you need. Success can be defined as accomplishment and attainment of a goal. The road to success includes deciding what you need and the path to attaining it. Refusing

to avail yourself of all the opportunities to further your progress is counteractive and defeating. There are numerous assistance programs that were created to help people in your exact situation. If your husband wasn't taking any initiative to move on and find a job that would be a different story. You can look at this acceptance of assistance as an embarrassment or as an act of courage that you reached out for help when you needed it.

The principle of Religious Science is the study of the Law of Life – the law of cause and effect. For every action there is a reaction. How we respond to circumstances will determine if they serve us positively or negatively. That means that whatever we focus our attention on will expand and draw more of the same to us.

A good way to glean the best from any circumstance begins with asking what is the gift this brings to my life? What message is the spirit waking me up to? It may sound odd, but it's best to seek the benefits of any situation rather focusing on the difficulty because, in the end, it's all for goodness sake, even if it doesn't appear to be so at the time. Encourage your husband to contemplate where he is putting his belief – in hopeless and shame or support and success? Changing his belief will bring about a change in results.

Think of a radio station; when we dial into a particular station's frequency we are able to receive that station. It is the same with our desires. The Law of Attraction is simply responding to our vibration or how we are directing our energy and providing more of the same. When we dial into faith that everything is working for good in our life; not only is our attitude uplifted but results will shift. With the right mindset, focusing on faith and trust in the ideal solution and the belief that life is improving, it will happen.

Continued success in your resolutions!

In Light,

Rev. Mary Morgan  
mormari@aol.com



Andy Gero



Rev. Karen Mitchell



Rev. Kyle Sears



Rev. Mary Morgan

# A Glimpse of the Past through CVCHURCH Explore Bethlehem

By Lori BODNAR

Families celebrated the holiday season by stepping back in time at CVCHURCH's annual Explore Bethlehem event on Sunday, Dec. 11. Hundreds of people enjoyed the fun activities reminiscent of ancient times, such as candle-making, perfume-making, leather-working and pottery-making. The event was free to attend.

Due to the threat of rain, most of the activities were held inside. However, there was a covered stable outdoors that held a variety of animals

that children could pet, such as goats, chickens, rabbits, guinea pigs, pigs, ducks and swans. In the past, the event included camel and train rides but this year, because of the weather, games such as "Hoop D' Camel" or "Bethlehem Train" were played indoors instead.

There were other fun activity games as well such as a "Shepherd's Cakewalk," "Fishing-in-Galilee" fishpond game, "Pick-A-Gift," storytelling, sand art, dreidel-making, ornament-making and decorating craft crowns. Kids were given a "passport book" for their journey to

Bethlehem where they could get stickers for the different activities they did or "places" they visited, such as Nazareth, Bethlehem and Egypt. The activities and traditional snacks provided a glimpse of early Bethlehem.

In addition to the fun activities for families, there was also free authentic food that offered a Mediterranean hint of Bethlehem such as pita bread, hummus, pickled beets, pomegranate, tzatziki, tabbouleh, dates and hot caramel apple cider. The food was donated by local restaurant Seasoning Alley. For dessert, families enjoyed donuts and sugar cookies, which children could frost and decorate.

Beth Krausse, the Children's Ministry leader, helped organize the Explore Bethlehem event.

"We are offering a fun, safe,

family-centered event that builds camaraderie and support for each other," said Krausse. "We love our community and we really want to be someone you think of when life has its challenges."

Kathe Wood, the ministry leader of innovation and the pastor's wife, added, "We plan this event for months and it is a big deal to try to forecast if the event could be outside, which is what we really wanted to do for Bethlehem Day. What I love about the event is inviting an experience for people in December that truly is what the season is about. People get frantic and stressed by this time already. This season is not about buying gifts and presents. It's about a simple celebration of the true meaning of Christmas."

Many guests were happy to

return to the event, which was paused due to the pandemic.

"We have been coming every year to Explore Bethlehem, except when COVID happened. It is a great event. I know some years they even had camel rides," said Marina Khachaturova.

Third-grader Ethan Lee said, "I like the petting zoo, the treats, the lights and everything. It is my first time going to the Explore Bethlehem event."

"I like that the event brings the community together and a taste of history. The event shows the true holiday spirit. I have gone for about four or five years," Mark Carolin said.

Janice Yuh said, "I like that each station is unique and kid-friendly. The passport to all of the activities is fun. I like doing the pottery. It was very therapeutic. Thank you to the church for doing this."

"There are a lot of activities. I was drawn to the petting zoo and how the kids gravitate towards it," said Barbara Lesure.

The Explore Bethlehem event concluded with a nativity scene reenactment with about 40 kids participating. Everyone then sang holiday songs. Scott Alvarez, the Mission Purpose director, gave concluding remarks, thanking everyone for coming and for the over 50 volunteers who put on the event for the community.

"The reason we do this is to have fun, connect, and celebrate the reason for Christmas," said Alvarez.

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Photos by Lori BODNAR  
 TOP: Pick a gift booth with lollipops.  
 ABOVE: Crafts booth with sand art and crowns.  
 BELOW: Explore Bethlehem petting zoo.

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# NOTES & NODS

## LCIF News

Lutheran Church in the Foothills is accepting donations of gently worn clothing to help those in need during the colder winter months. Coats and sweaters are especially appreciated this time of year. Items can be dropped off at the church's office. The donated clothing will be taken to local homeless shelters.

LCIF's Christmas Eve candlelight service with Pastor Chuck Bunnell will begin at 7 p.m. on Dec. 24. Christmas Day worship will be held at 10 a.m. All are welcome.

Children's church is offered every Sunday for young children and confirmation class is available after worship service beginning at 11:15 a.m. for students in grades six-12.

Visit [lcifoothills.org](http://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](mailto:office@lcifoothills.org), or call (818) 790-1951. The church is located at 1700 Foothill Blvd. in La Cañada Flintridge. Office hours are 9 a.m. to 1 p.m., Monday through Friday.

## Christmas at La Crescenta Presbyterian

La Crescenta Presbyterian Church is hosting two Christmas Eve services: Saturday, Dec. 24 will feature music, prayer and an uplifting message along with live Nativity animals in front of the church. At 5 p.m., the LCPC praise band The

Blessed will lead worship. At 7 p.m., a candlelight service will feature music from the Cathedral Choir.

On Sunday, Dec. 25 at 10 a.m., a simple celebratory Christmas service will focus on the promise of Jesus' birth. Pajamas are more than welcome at this brief service in the LCPC Chapel.

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

## Walk and Word

In December, 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 Dec. 22 & 29. Participants 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](mailto: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.

# Celebrating Chanukah

On Sunday, Dec. 18 the Chabad of Crescenta Valley invited the community to its annual Chanukah celebration at Memorial Park in La Cañada. Friends, families – even some furry members – joined Rabbi Mendy and his wife Mushka as they kicked off the first night of Chanukah.

Traditional food of *sufganiyot* (jelly donuts) and *latkes* (potato pancakes) were served and there were craft tables for kids of all ages to enjoy. A photo booth table and fill your own donut station were some of the festivities.

Before the blessing and the lighting of the menorah, Rabbi Mendy told the story of Chanukah and the miracle of the one pot of oil that lasted for eight days. What resonated with a lot of the attendees was his telling that Chanukah is the only holiday – or *mitzvah* – within the Jewish faith that is said to be done in the open, inviting the public to join and learn. He shared those present were living versions of the Chanukah candles in the menorah, “shining our own very special glow that no one else has and to shine and share that light to the world.” In today's very chaotic and sometimes dark world that is a very uplifting message.

Happy Chanukah to all!



Photos by Rachele MILLER  
Rabbi Mendy Grossbam leads the blessing and lighting of the menorah.



From left are Greta, Dana, Lila, Louis and Seth enjoying the first night of Chanukah celebrated at Memorial Park in La Cañada.



Adam and Clayton were having fun while running the photo booth.



Joe and James are all smiles showing off their hand-filled sufganiyot before eating it.

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# JUST FOR FUN

**PROBLEM SOLVED » BY CHRISTOPHER ELLIOTT**

## Why is it taking so long to repair my Samsung Galaxy S21?

*Robert Galinak sent his Samsung Galaxy S21 back to the company for repairs. But eight weeks later, the only thing he has to show for it is a high repair bill. So what happened to the phone?*

**Q:** I recently upgraded my Samsung Galaxy S21 to the latest version of Android. After I did, the phone failed to power up. I returned the phone, which is not under warranty, to Samsung for repair. Samsung billed me \$161 and promised to return the phone within a week.

That was eight weeks ago. Since then, I've called Samsung repeatedly to find out what happened to my phone. Finally, I said I just wanted my phone back unrepaired. But a representative said they could fix it – just give them three more days. Then Samsung charged me another \$99 for a "Std. Repair Fee" and \$130 for an "LCD Assembly Fee." I don't believe I'll ever see my phone again.

I want a refund of the \$1,000 I spent on the phone or a replacement with the same model. Can you help me?

– Robert Galinak, Abilene, Texas

**A:** Samsung should have fixed your phone quickly, as promised. Keeping your Galaxy S21 for eight weeks and charging your credit card repeatedly – without delivering your repaired phone – is ridiculous.

A software update should not disable your phone and lead to such expensive repairs. It looks like Samsung wanted to do more than fix the software problem. The LCD Assembly Fee means it is trying to replace a cracked screen. Maybe your phone wasn't in the best shape before you tried to upgrade it.

Your Galaxy S21 repair has malfunctioned on several levels. Samsung isn't keeping you posted on the status of your phone. It hasn't told you what's wrong with the device. And the company has now charged you almost \$400 without delivering your phone.

I would reach out to one of the Samsung executive contacts I publish on my consumer advocacy site, Elliott.org. If you're not sure

how to approach the company, don't worry – I also have a free guide on how to fix your consumer problem.

You handled this one by the book. You kept copies of your chat with Samsung and detailed phone records. And after waiting a reasonable amount of time, you asked for your phone back so you could get it repaired somewhere else. That would have almost certainly cost you less. It's unclear why Samsung kept your phone for as long as it did. If the software update caused a problem, that should be a relatively easy fix.

I contacted Samsung on your behalf. The company sent your Galaxy S21 back with the promised repairs, but kept your money.

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

## CALENDAR this

**GLENDALE KIWANIS**

The Kiwanis Club of Glendale will not meet for the remainder of the year but will meet again on Jan. 6. Meetings are held on Friday at noon. The cost to attend, which includes lunch, is \$20.

The Club meets Friday afternoons at the Elks Lodge, 120 E. Colorado St. in Glendale.

**WORKS ON PAPER AT THE BRAND LIBRARY & ART CENTER**

Glendale Library Arts & Culture - Brand Associates continues its 50th Annual National Juried Exhibition of Works on Paper at the Brand Library & Art Center continuing through Dec. 30. The exhibition, also known as Brand 50, marks 50 years of featuring the best in local and national contemporary art with 89 artworks chosen from 1200-plus submissions selected by juror Shannon Currie Holmes, Exhibitions supervisor at Brand Library & Art Center.

Brand 50 brings together artists from diverse backgrounds, including artists making their first foray into a gallery, as well as seasoned professionals whose work is widely known. In conjunction with the Brand 50 juried exhibition, there will also be a gallery looking back on the history of these exhibits with artworks spanning the earliest years when ceramics were featured, to today's focus on the paper medium. All exhibit artworks and a printed catalog will be on sale with proceeds benefitting the Brand Associates' efforts to support a rich array of cultural, arts, and educational programming at the iconic Brand Library & Art Center.

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

**FOUNDING FLINTRIDGE**

"Founding Flintridge" on Jan. 14 tells the story of how California Senator Frank Flint established one of the local communities over 100 years ago. This entertaining and fact-filled film tells of the challenges Flint faced in developing the community named after him that was originally intended to be a suburb of Pasadena.

The speaker for this program John Newcombe, an independent filmmaker who holds a BA and MA in theatre and has been writing screenplays for over 20 years. In recent years, he has made a number of award-winning documentaries. He also makes promotional films and biographies.

This event is free and open to the public and everyone is welcome. It takes place at 1 p.m. at Bolton Hall Museum, Home of Little Landers Historical Society, 10110 Commerce Ave. in Tujunga.

Additional information is available by calling the Little Landers Historical Society, (818) 352-3420, visiting [BoltonHall.org](http://BoltonHall.org) or by emailing [llhs@boltonhall.org](mailto:llhs@boltonhall.org).

**BOB MINTZER PERFORMING AT CALTECH**

The Caltech Jazz Band, under the direction of Barb Catlin, presents the annual jazz guest artist concert featuring Grammy Award winning saxophonist and composer Bob Mintzer on Saturday, Jan. 28 at 8 p.m. in Beckman Auditorium. Tickets are \$5 for students, seniors and faculty, \$10 for general admission and can be purchased by calling the Caltech ticket office at (626) 395-4652. Parking is free.

Mintzer is an internationally celebrated jazz musician and the recipient of the Bowen H. Buzz and Barbara M. McCoy Endowed Chair in Jazz Studies program at USC Thornton School of Music. His longstanding membership in the fusion super group The Yellowjackets has earned him many Grammy Awards. Mintzer recently became the chief conductor of the WDR Big Band in Cologne, Germany and has written works for the National Symphony Orchestra and the Metropole Orchestra of the Netherlands, among others. As an instrumentalist/composer, Mintzer has worked with Art Blakey, Jaco Pastorius, Buddy Rich, Tito Puente, Randy Brecker, the Thad Jones-Mel Lewis Big Band, The New York Philharmonic, Donald Fagen, James Taylor and countless others.

The concert is on Saturday, Jan. 28 at 8 p.m. in Caltech's Beckman Auditorium.

**MONA ANNOUNCES DISPLAY**

The Museum of Neon Art display of "Leticia Maldonado: The Storytellers" continues through Feb. 11. This is the first solo museum exhibition for the artist. Maldonado challenges the conventions of sculpture as well as the constraints of the medium of neon through her multimedia works. In this exhibition, life-size sculptural forms made out of neon, Plexiglass, found objects and vintage technology speak to narratives that bind memory, intimacy and history.

The museum is located at 216 S. Brand Blvd. in Glendale. It is closed Monday and Tuesday; open Wednesday – Saturday from 10:45 a.m. to 7:15 p.m. and on Sunday from 10:45 a.m. to 5:15 p.m.

**NCL CONTINUES MEMBERSHIP DRIVE**

The Glendale Chapter of National Charity League, Inc. (NCL), the nation's premier mother-daughter volunteer organization, continues its annual membership drive. NCL is accepting applications from women with daughters currently in grades six through eight. The Glendale Chapter is comprised of nearly 300 members who reside in the Glendale, La Cañada, La Crescenta, Pasadena, Burbank and surrounding areas of Los Angeles. Applications for membership are only accepted during the annual membership drive, which is from Oct. 1 – Jan. 6 each year.

Interested mothers are encouraged to attend one of the prospective member meetings. To receive an invitation, please contact the chapter at [membershipglendale@nclonline.org](mailto:membershipglendale@nclonline.org). For more information, prospective members are encouraged to visit the Glendale Chapter's website at National Charity League, Inc. or by sending an email to [membershipglendale@nclonline.org](mailto:membershipglendale@nclonline.org).

**LEARN MODERN SQUARE DANCING**

A new 13-week beginner's class on modern square dancing is starting on Tuesday, Jan. 10 at 7:45 p.m. at St. George's Episcopal Church, 808 Foothill Blvd. in La Cañada. The first class is free.

Meet new people while getting exercise for both body and mind. Info available by emailing [illi313@yahoo.com](mailto:illi313@yahoo.com) or visiting [www.setsinstep.org](http://www.setsinstep.org).

## FreeDailyCrosswords.com

Edited by Timothy Parker

**ACROSS**

- 1) Plane accommodation
- 5) Doctor's co-worker
- 10) Give off
- 14) Anagram for "ache"
- 15) Giraffe's striped kin
- 16) Long skirt
- 17) Healthy vittles
- 20) Fifties record, now
- 21) Groups of groupers
- 22) Hockey officials
- 25) Collectible male dolls
- 26) Smallest positive integer
- 29) Dull as dishwasher
- 31) Refuse to comply
- 35) Atlantic fish
- 36) Connected series
- 38) Large European volcano
- 39) Where the golf day ends
- 43) Between continents
- 44) Mountain debris
- 45) More, in Madrid
- 46) Empty \_\_\_ (parent of grown kids)
- 49) Queen of the Olympian gods
- 50) Cloud locale
- 51) "All the fixin's" berry
- 53) Scope starter
- 55) Unlikely to cheat
- 58) Excessive, as force
- 62) Chrysanthemum, often
- 65) Julep enhancer
- 66) Host a roast
- 67) Callas solo
- 68) "Bill & \_\_\_ Excellent Adventure"
- 69) Compare
- 70) Makes damp

**DOWN**

- 1) Showy lily
- 2) \_\_\_ Grey (tea)
- 3) Got a hole in one
- 4) Not our
- 5) Fall month, for short
- 6) Guitar relative, slangily
- 7) Tattered clothing
- 8) Insignificant jot
- 9) "I don't care which"
- 10) Seal user
- 11) Place for grist
- 12) April 13, e.g.
- 13) "My country, \_\_\_ of thee"
- 18) "You \_\_\_ worry"
- 19) "... in \_\_\_-horse open sleigh"
- 23) On the loose
- 24) Some reed instruments, briefly
- 26) Arctic or Indian
- 27) Racket, to a landlord
- 28) Applies rickrack to
- 30) Banana cluster
- 32) Fifteen \_\_\_ or less
- 33) Kind of preview or attack
- 34) "Golden buttons" plant
- 37) Throat-culture finding
- 40) Tomahawks
- 41) "Take this"
- 42) Prepare for action
- 47) "\_\_\_ go brag"
- 48) "Friends" female
- 52) "King Kong" star Watts
- 54) Words with "mother" or "brother"
- 55) Lake near Niagara Falls
- 56) Work behind bars?
- 57) Gambling asset
- 59) Be courageous
- 60) Brigade
- 61) Airline predictions (Abbr.)
- 62) Clock standard, briefly
- 63) "Comprende?"
- 64) Velvet finish?

**JADED?**

By Kyle Kelly

see ANSWERS in next week's issue.



## WEEKLY HOROSCOPES Provided by horoscope.com December 22-28, 2022

### ♈ ARIES *March 21 - April 19*

Today's energy has a great personal impact. The deeper you go to find your truth, the brighter you will shine. There is a tendency for you to be somewhat afraid of risk, to appear selfish and stubborn to others because of a fear of the unknown. Give yourself the permission to explore yourself without fear. Treat yourself to a deep tissue massage, if possible - the journey of relaxation and free association could be a gentle way to unlock what's inside, just waiting to get out and enrich your life.

### ♉ TAURUS *April 20 - May 20*

You are impressionable and easily stimulated. With today's planetary energy, you are apt to succumb to sensual impulses that aren't always in your best interests: staying up late eating ice cream is one way to conjure up what I'm talking about! The cosmic climate adds to the dreamy lack of boundaries that is at once seductive and also trouble inducing. Enjoy yourself, but don't give up on your commitments - if you can still work out three times a week, you're not a total goner!

### ♊ GEMINI *May 21 - June 20*

The tendency to nurture others can be a liability for you. Unless you are a paid professional during office hours, taking care of yourself first is your foremost responsibility. Even parents need to focus on themselves if they are going to be proper role models for their children. If you need someone to nurture, look in the mirror! You are a wonderful listener: ask your reflection what it needs and hop to it! It may take a little practice, but you can do it.

### ♋ CANCER *June 21 - July 22*

Today's atmosphere helps you express your emotional side. With so much attention being paid to your energetic personality, it can sometimes be a challenge to make yourself vulnerable and really know what you are feeling. Movement that challenges you to be physically vulnerable is a recommended practice for emotional release. Yoga, of course, and stretching out the chest cavity in particular. Applying a hot water bottle to your chest at night is another way to bring gentle attention to your emotional core.

### ♌ LEO *July 23 - August 22*

Today, give yourself more than enough time to do the most mundane things. Being rushed by others is also not something you will react well to. One of the best ways to escape the expectations of others is to set your limits and stick to them like crazy. Give yourself an extra workout, try some new form of exercise in addition to your regular routine. I do not mean that you should push yourself too far, but you have the extra energy today, and it's best that you use it for your own purposes, not someone else's.

### ♍ VIRGO *August 23 - Sept. 22*

Balancing our lives can become a challenge. This is a good time to think about balance where your health is concerned. Is there balance in what you feed your body? Do you expose your system to harmful substances, or are you depriving it of its vital rest? Think along these lines when you plan your days: are you amply providing for your body, thinking about the years you have ahead on this earth? This can be a serious task but remember it can also be fun. Exercising with a friend, if possible, is good for the spirit!

### ♎ LIBRA *Sept. 23 - Oct. 22*

You used to love physical activity - the more intense the better. What has become of this urge? Picture a big pot filled with soup - the biggest pot you can imagine. Stirring that pot, so that soup from the very bottom mixes with the soup on top, is what exercise does for you. A good balance between aerobic and anaerobic exercise is ideal. This process is not only satisfying physically but is also necessary for a healthy mind. With so much energy brewing inside of you, regular physical release keeps your mental processes in check. Think about it.

### ♏ SCORPIO *Oct. 23 - Nov. 21*

Today's energies ignite your spirit. You have the feeling that you can do anything you set your mind to, and this is true! If you could "bottle" all that energy, wouldn't it be great? In fact, regular exercise does take that energy directly into your bloodstream, which in turn puts it into your strong muscles. Focus your positive energy on your body and you will see the glowing results. Remember to always drink water after you exercise, to replenish your body's vital fluids.

### ♐ SAGITTARIUS *Nov. 22 - Dec. 21*

Have you enjoyed going on a Stairmaster when you've worked out in the past? The motion of the Stairmaster mimics the climbing motion that we miss in our lives when using elevators, escalators and other such devices. During your fitness activities, try to visualize what you are getting out of the exercise both physically and mentally. The time you spend working on your body is precious to the development of your self-esteem. Give yourself a double workout by releasing and strengthening within your mind and heart as well.

### ♑ CAPRICORN *Dec. 22 - Jan. 19*

Today's transit encourages you to shower those you love with affection. This is something you may do inwardly

all the time, but actually people need physical and verbal appreciation more than you sometimes realize. Use this energy to give yourself the best of everything, too. Have a breakfast with fresh fruit and whole grains, keep the fresh fruits and vegetables coming all day, and have a little protein with one meal. Oh, and, water, water, water! Your energy will glow with this kind of treatment.

### ♒ AQUARIUS *Jan. 20 - Feb. 18*

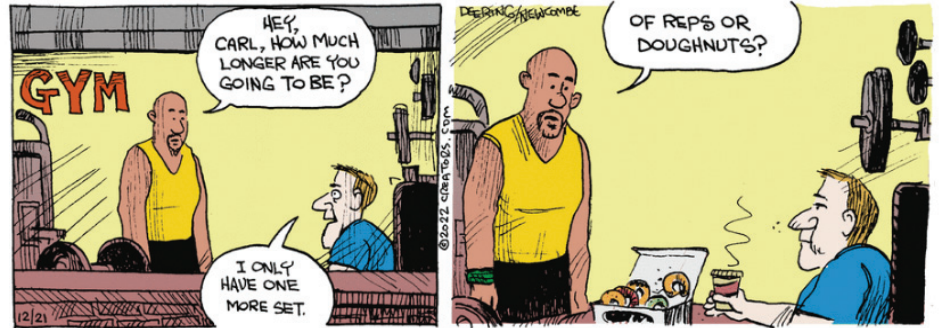
You love to explore new ideas, your very own adventures of the mind, and you are greatly assisted by today's astral energy. Your idealistic nature tempts you to focus on utopic dreams. You feel this energy as the essence of "possibility," and it will be a period of emotional

optimism for you. Whatever you have doubted to be possible in your health or dietary regimen, now is the time to give it a try. It doesn't have to be a marathon. Start small, and you can make your dreams a reality!

### ♓ PISCES *Feb. 19 - March 20*

Speaking your truth is the beauty of life and relationships, otherwise all beauty is hollow, and life becomes merely a charade. If you feel the tug of certain buried truths, it is wise to welcome them forth with the dedication to making yourself whole. If you feel you need more sleep in order to gear up for the changes you sense afoot, have the courage to say no to an unhealthy meal, and get to bed as early as you see fit. No excuses necessary!

### » ZACK HILL BY JOHN DEERING AND JOHN NEWCOMBE



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## LEGALS

### NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF MARY HINZE CASE NO: 22STPB11845. To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate of both of Mary Hinze, Mary June Hinze.

A Petition for Probate has been filed by Carolyn Hammonds in the Superior Court of California, County of Los Angeles. THE PETITION for Probate requests that Carolyn Hammonds be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court as follows: January 20, 2023, at 8:30 a.m., Superior Court of California, County of Los Angeles, located at 111 North Hill Street, Los Angeles, California 90012.

If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner:  
Amy Cannon  
Seaside Law  
1583 Spinnaker Drive  
Suite 203B/206  
Ventura, CA 93001  
Published in the Crescenta Valley Weekly December 15, 22, 29, 2022.

## TO WHOM IT MAY CONCERN

To whomever took my little red wagon and all the candy, cookies, juice, etc. that was in it, on parade night on Saturday, Dec. 3 from the corner of Honolulu and Agner in Montrose: At the very least return our wagon and our refrigerator carafe, both of which have sentimental and practical value. Place in the parkway at the NW corner of Agner and Sycamore where we can retrieve it. Or call Roberta at (818) 248-8151 if you have any info on who stole it.

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I am so sad to have to sell this beloved car but my commute has increased and I have had to move to a smaller vehicle. My ideal buyer is someone who will love this car as much as I do. I bought the car used and I am its second owner. It's a 2WD with rear differential lock. The seats lay back and make for a perfect car camper. I have maintained regular maintenance and have recently purchased all new tires, including the spare. It has a built-in subwoofer and adjustable roof racks. The body is in pretty good shape but has a paint issue on the hood and the side window switch needs to be repaired. It has 177K miles, and asking price \$14,500. Anyone interested can call (818) 238-7248.

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