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## Trash Talk at Council Meeting

By Mary O'KEEFE

The first Glendale City Council meeting of 2023 covered a variety of issues, many that will be brought back to the council when all members are present. Councilmembers Paula Devine and Ara Najarian were not present at Tuesday's meeting.

Council did introduce the appointment of the new Glendale police chief Manuel Cid who comes from the Culver City Police Dept. where he served as chief of police.

"We are excited to appoint Chief Cid as Glendale's new police chief. His background and leadership experience make me feel confident that our city will continue to be one of the safest cities in the nation," stated Glendale Mayor Ardy Kassakhian in a release.

Cid spoke at the Glendale City Council meeting and shared his excitement and honor to be appointed to the position of GPD chief. He thanked interim chief Andrew Jenks and former chief Carl Povilaitis for their service.

"I consider this opportunity to serve the Glendale community to be a great privilege and responsibility that I don't take lightly," he said. "One that I will ... approach with a great deal of professionalism, passion, a tireless work ethic and a great deal of humility – all to ensure that our city, organizations and this police department provide the highest level of professional services while preserving the quality of life for our residents."

Councilmember Dan Brotman added that the process to find a chief of police was extensive, lasting about about six months. There were three separate panels whose members chose their top three candidates for the job.

"This time all three panels put the candidates in the same order and that is pretty rare," Brotman said of the three "strongest" candidates who were presented to the city manager.

Councilmember Elen Asatryan welcomed the new chief and hoped he would be as involved with the community as was former Chief Povilaitis.

During councilmembers' discussion, Brotman asked for

see GCC on page 8

## Accidents, Flooding, Mudslides and More due to Stormy Weather

By Mary O'KEEFE

*A major storm system caused havoc in the southland.*

The recent California storms brought a lot of rainfall, flooding and tragedy with at least 17 deaths reported across the state.

In Southern California this most recent storm, which hit hardest Monday through Tuesday, brought mud onto a lot of roadways resulting in the shutdown of the Golden State (5) Freeway near Lankershim Boulevard. Flooding was reported on roadways late afternoon on Monday, which slowed traffic.

"On [Tuesday], the 5 north flooded and we had a hard closure for a couple of hours," said California Highway Patrol Officer Jonathan Boyd.

And there were mudslides along Angeles Crest Highway that, as of Wednesday, was open up to mile marker 64, Boyd said.

The two-day rainfall total through 3 p.m. Tuesday was 5.38 inches in La Cañada Flintridge. For the same period, Pasadena saw 5.41 inches, the Eagle Rock Reservoir recorded 5.9 inches and one of the largest total rainfall amounts was 18.31 inches recorded



at Nordhoff Ridge Road in Ventura County, according to David Sweet, NOAA.

There was a lot of rain and, although it didn't wipe out the nearly two decades of drought California has experienced, it did help replenish reservoirs with most filling to 75% of normal, he

added.

"The reservoir near Cachuma Lake in Santa Barbara County went from 30% to 80%," Sweet said.

Caltrans was prepared for the downpour, and depending on how much rain was expected, had workers working 24 hours –

Photo by Mary O'KEEFE  
Rainwater in local washes flowed at a torrential rate at the height of the storms.

two shifts of 12 hours each.

"These crews are [ready] to respond to emergencies," said Eric Menjivar, spokesman for Caltrans.

see RAIN on page 4

## Storms Result in Callout of Local Rescue Team

By Mary O'KEEFE

Last week CVW wrote about the dangers of hiking during inclement weather especially before, during and after storms that had high rainfall totals. Sgt. John Gilbert, Los Angeles Sheriff's Dept. (LASD) – Crescenta Valley Station, is the Montrose Search and Rescue (MSAR) coordinator. Gilbert reminded people that even after the rains stop creeks continue to rise and mud and debris continue to slide.

An example of this occurred on Sunday night when MSAR members were called out to rescue eight people who needed help getting out of the Angeles National Forest (ANF). The three adults and five kids had gone on a weekend trip but found that due to a turn in the weather they needed help getting home.

The kids were 11 to 13 years old and, according to what they told MSAR members, were part of a Boy Scout troop. They had gone out prepared with tents, jackets and food; in addition, they had a Garmin inReach system that they ended up activating.



Photo provided by MSAR  
One of the three adults, assisted by MSAR members, makes his way across the raging water.

"They had hiked up Stone Canyon Trail to Mt. Lukens then they came down the Grizzly Flats Trail into Big Tujunga Canyon," said Steve Goldswor-

thy, MSAR operations leader for this rescue.

The hikers had made a river crossing earlier that they felt was "sketchy" and got to the

portion of the trail where they had to make another river crossing. The trail crosses the river about five times in the

see MSAR on page 8



» FROM THE DESK OF THE PUBLISHER

# Baby, It's Wet Outside

Unlike the old song about how cold it was outside, we recently experienced weather that wasn't nearly as cold as it was fierce. Storms raged throughout the area with nearly non-stop rain. Driving a convertible (a 2000 Solara that I'm particularly proud of) I'm always concerned about rainy weather and until I got a new top I dreaded driving in the rain. But even with the new top I am wary of the wet weather. These past few days I had reason to be concerned.

Though we really didn't get the winds that were forecast, the rain was truly torrential and I did get some water in the car. Not much, thankfully, but some nonetheless. I'm grateful we have a couple of sunny days ahead so my baby can dry out.

Some of you may remember that I have family in Australia. My niece recently messaged me asking how things are going.

I have to be honest: I don't lie and, if I try, I do it poorly. For example, when I'm asked, "How are you?" I tend to answer truthfully... still succinct but honest. So when she asked how things were going I had to admit that it seemed that a pall of death hung over us these last couple of months.

It began in November with the deaths of former CV Chamber president Kaipo Chock and community icon Jean Maluccio. Their love for the community was abundant and apparent; they worked behind the scenes at so many local events including the CV Chamber Hometown Country Fair, the CV Fireworks Association, bingo games and more. Cancer

took Jean and a rare neurological disorder took Kaipo.

In December, my family said goodbye to my mother-in-law Saralyn. At 89, she had undoubtedly lived a full life but her death was hard anyway. I'm so thankful for the friends who helped me during that difficult time.

Also in December, Ken Biermann – another local icon – was admitted to the hospital. Ken was a part of the CV High School community for about 27 years and was there when Steve attended and graduated from CVHS. I met him when we worked together at the CV Chamber of Commerce. Ken was one of the kindest men I have ever known and when his wife Pat – the love of his life – died a few years ago I wondered if he would be able to get past it. While he did in many ways, I don't think he did entirely.

Kirk Smith of Smith's Produce was another person who had a longstanding presence in the Crescenta Valley. I first met him when his son Connor and my son Danny played basketball together oh so many years ago. Kirk was only 55 when he died on Jan. 1 due to cancer.

You can read the obituaries of Ken and Kirk on page 6 of this week's paper, which includes the passing of other loved ones in the Crescenta Valley.

*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

"The rain continued. It was a hard rain, a perpetual rain, a sweating and steaming rain; it was a mizzle, a downpour, a fountain, a whipping at the eyes, an undertow at the ankles; it was a rain to drown all rains and the memory of rains."

This is how author Ray Bradbury described the weather in "The Long Rain." Now that rain was on Venus but I think most of us can relate to this description of downpours that then reduce to a mizzle (which is a drizzle). Those are the times we actually think the rain may be over, when we may even take off our rain boots and leave our umbrellas in the car while we go into the store ... only to come out and find a downpour.

"The rain danced on their skin, on their wet uniforms; the rain streamed from their noses and ears, from their fingers and knees. They looked like stone fountains frozen in the jungle, issuing forth water from every pore. And, as they stood, from a distance they heard a roar. And the monster came out of the rain," Bradbury wrote.

Okay, two things here: The monster was a lightning storm and there is nothing like a Bradbury descriptive passage.

In the story, soldiers who had crash-landed were attempting to make their way to the Sun Dome. There were once several of the Domes on the planet Venus but the Venetians were coming from the sea and destroying them knowing that if they destroyed the Domes with their fake sun they would destroy the humans.

The Venetians knew the importance of the Sun to humans and how it plays a role in humans' health and happiness.

Studies have shown that sunlight

appears to increase the brain's release of serotonin, which is a hormone that boosts mood and helps a person feel calm and focused. People may feel happy when the rain begins, especially in California where rain is so needed, but there comes a time when it is difficult to be thankful for the downpour and you just want to see some sun.

According to the Mayo Clinic, "Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons ... If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. These symptoms often resolve during the spring and summer months. Less often, SAD causes depression in the spring or early summer and resolves during the fall or winter months."

SAD can happen when there is no or little sunlight, and during long periods of rain. Treatment for SAD can be light therapy.

Light therapy boxes can offer an effective treatment for SAD. They're designed to deliver a therapeutic dose of bright light to treat symptoms, according to the Mayo Clinic. Of course it is important to talk to your doctor about your mental well-being and possible depression.

In "The Long Rain" Bradbury enhanced his story by using the effects on humans of long periods of dark clouds and rain and although it was to the extreme the story did deal with depression and other mental issues brought on by what seemed to be never-ending rainfall. Even though they were on Venus, Earthlings

see WEATHER on page 7

## Last Year's La Crescenta Real Estate Update

La Crescenta   By The Numbers   YTD 2022							
HarbandCo.com							
Month	# Sold Homes	Avg. Price Per SQ FT	DOM	Avg. Sale Price	SP%LP	Abs. Rate	Median
January	9	\$752.47	34	\$1,312,889	108.43%	0.77%	\$1,400,000
February	14	\$874.98	19	\$1,329,714	111.14%	1.21%	\$1,427,500
March	24	\$801.10	15	\$1,384,059	107.81%	0.63%	\$1,283,552
April	28	\$850.42	17	\$1,317,909	114.65%	0.68%	\$1,200,000
May	32	\$813.51	14	\$1,293,056	109.48%	0.81%	\$1,245,400
June	29	\$835.65	20	\$1,583,552	107.47%	0.97%	\$1,465,000
July	25	\$841.10	18	\$1,269,120	106.23%	1.09%	\$1,216,000
August	25	\$764.10	24	\$1,293,456	104.25%	1.40%	\$1,158,000
September	17	\$784.76	36	\$1,292,088	101.32%	2.10%	\$1,200,000
October	16	\$766.05	26	\$1,170,157	102.04%	2.13%	\$1,125,000
November	16	\$716.50	41	\$1,167,313	98.62%	1.88%	\$1,112,500
December	14	\$743.44	51	\$1,201,199	100.38%	1.21%	\$1,112,500

The number of days on the market is the highest year to date. Well-priced homes continue to sell with multiple offers.

Eight of these December sales sold over their asking price, and the other six sold for less than asking.

Four La Crescenta homes sold for under \$1,000,000.

Contact Phyllis for a no obligation consultation on how she can best meet your real estate needs.



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Don't Miss Next Week's Q&A – Phyllis discusses "How to Cancel PMI Insurance"

# NEWS

## IN BRIEF

### OFF-RAMP CLEANUP

The monthly cleanup of the La Crescenta Avenue off-ramp of the 210 Freeway is Saturday, Jan. 14. Volunteers meet at the 2700 block of Altura Avenue at 7:30 a.m. for instructions, safety vests and tools. Rain cancels.

### ROSEMONT PRESERVE RESTORATION DAY

The community is invited to the Rosemont Preserve Restoration Day on Saturday, Jan. 14 from 9 a.m. until 11 a.m. to help protect the natural habitat at Rosemont Preserve. Volunteers will be removing invasive, non-native plants and cleaning up the trails for upcoming field trips. Wear sturdy shoes, comfortable clothes and garden gloves (long pants and sleeves are recommended). Tools will be available.

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

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

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

### ROSEMONT PRESERVE OPEN GATE MORNING

An "open gate" event is taking place at the Rosemont Preserve on Sunday morning, Jan. 15. This is a chance for residents to visit the Preserve and wander the trail at their own pace and enjoy the tranquil setting, the wildlife and the natural beauty. Photographers: bring your camera to capture the morning light and citizen scientists, bring your iNaturalist and Merlin apps to identify birds and add wildlife sightings!

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

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

Those planning on walking the trails should wear sturdy shoes and bring water to drink.

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

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

### FILM CHRONICLES HISTORY MAKING

A film by local filmmaker John Newcombe, "Carl Howell - Witnessing History," chronicles Howell's time as a naval aide to the President for four of America's leaders - John F. Kennedy, Lyndon Johnson, Richard Nixon and Gerald Ford - when he was in the room for many of the major events of those eras. He recounts his memories in a non-political way in the film.

The screening and presentation is free and open to the public as part of the program of the Historical Society of the Crescenta Valley.

The next meeting of the Historical Society of the Crescenta Valley is Monday, Jan. 16 at 7 p.m. at the Center For Spiritual Living - La Crescenta (at the intersection of Dunsmore and Santa Carlotta avenues).

## Healthy Living 2023

# Local Ys Ready to Help Folks Reach their Health Goals



Photo provided by Ashley FERNANDEZ

ABOVE: Ashley Fernandez and Joanne Pingry (center) teach group exercise classes for people of all ages and abilities. BOTTOM: Arpi Karapetyan oversees the Pilates studio and says she and her team can "work with everyone" no matter their skill level.

By Robin GOLDSWORTHY

It's a New Year and, for many, a time for a "New You." That new you may mean losing weight, eating better and exercising more. The local Ys are ready to help and on Saturday they opened their doors to showcase the many programs they offer.

At the Crescenta-Cañada Y, visitors found new equipment, new classes and new instructors, proving the Y has something for just about everyone, from toddlers to seniors. In the former location of the patio room, just off the kitchen, new Pilates equipment is ready for those wanting to build their core. Arpi Karapetyan oversees the Pilates program and says her instructors are ready to help people with their health goals.

"We want to improve their overall well-being, which helps in all aspects - whether, physical, mental or spiritual," she said. "We're able to work with everyone, from those highly trained to novices."

Each session lasts 50 minutes and Karapetyan recommended that people gradually introduce (or reintroduce) Pilates - or any exercise regimen - into their routine.

The cardio center also boasts new equipment and a special area set aside for Peloton machines. The Peloton machines offer motivation via an independent video screen that each user can access.

Heading to the gym area, sports coordinator Noah Bernstein confirmed that indeed youth basketball is still the number one draw though pickleball is quickly gaining in popularity.

"Pickleball generates community," said Bernstein. "People of all ages play together. After they sign in and wait for their turn on the court, they'll chat with each other."

A bonus is that pickleball is free to La Cañada residents, said Lori Durbin, director of Membership and Healthy Living. Folks just have to show their proof of residency to access the court.

Many of the longtime programs that local residents have enjoyed are still available, too. For example, the Crescenta-Cañada Y has racquetball courts and aquatic and yoga classes available.

"Yoga classes are very popular," Durbin said. Some people who came by were curious about the changes the Y has incorporated.

"We were quite active with Indian Guides/Y-Tribes years ago when the boys were small. The Y has so many fantastic programs for kids," said La Crescenta resident Karen Tyler. "Once the boys grew out of those programs, we let our membership lapse. We're much more see Y on page 15



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# Five GUSD Schools Recognized as California Distinguished Schools

Five Glendale Unified elementary schools have been recognized as 2023 California Distinguished Schools by the California Dept. of Education: Dunsmore, Fremont, Monte Vista, Mountain Avenue and Valley View.

The California Distinguished Schools Program recognizes California elementary schools that have made exceptional

gains in implementing academic content and performance standards adopted by the State Board of Education. Elementary and secondary schools are recognized in alternate years.

The program is celebrating its return after the COVID-19 pandemic temporarily suspended reporting of state and local student data. In 2022, the CDE awarded schools with

the California Pivotal Practice Award for implementation of innovative practices during the pandemic. Glendale Unified and 26 GUSD schools were honored with 2022 Pivotal Practice Awards.

“To have five elementary schools recognized as California Distinguished Schools is a prestigious honor that reflects the hard work, dedication,

and commitment of our entire Glendale Unified community,” said Glendale Unified Board of Education President Nayiri Nahabedian. “This achievement is a testament to the excellence of our educational programs and the positive impact our schools have on the lives of our students.”

“Our dedicated administrators, teachers, and

staff maintain a relentless focus on high academic achievement while fostering a positive culture of learning and emphasizing health and wellbeing for every student,” said Glendale Unified Superintendent Dr. Vivian Ekchian. “I am so proud to celebrate this wonderful recognition with our Glendale Unified community.”

# Congressman Schiff Nominates 10 Local Students to U.S. Service Academies

This week, Congressman Adam Schiff announced the nomination of local students to U.S. service academies for the class of 2027.

“America’s service academies are home to some of the most talented and dedicated young people our nation has to offer – and I am honored to nominate these ten students from my district to join their ranks. Their records of achievement are unparalleled, as is their unwavering dedication to our community and our country,” said Schiff. “I look forward to watching them excel in their service careers, and know they will do us proud.”

Four U.S. Service Academies – the Air Force Academy, the Merchant Marine Academy, the Military Academy at West Point and the Naval Academy – require a nomination by a member of Congress in order to attend. The nomination process is extremely competitive as each service academy offers those who attend a free college education at a highly ranked and nationally recognized academic institution, while simultaneously preparing these students for an officer’s commission in the armed forces. A panel of retired officers works with Congressman Schiff to review the candidates and select final nominees.

The nominees are Glendale

resident Olivia Hyunkyung Chaw who graduated from Crescenta Valley High School and currently attends Air Force Academy Prep School.

She was nominated to Air Force Academy; La Crescenta resident Angelo Matthew Gasca attends Crescenta Valley High School was nominated to Air Force Academy and Naval Academy; La Cañada Flintridge resident Joven Thomas Alquizola Hirabayashi Torres attends La Cañada High School was nominated to Military Academy and Air Force Academy; La Cañada Flintridge resident Andrew Kevin Heinz attends La Cañada High School was nominated to Merchant Marine Academy; La Cañada Flintridge resident Christopher Jun Huh attends La Cañada High School was nominated to Naval Academy; Pasadena resident John Ayrton Hyll attends St. Francis High School was nominated to Naval Academy and Air Force Academy; La Crescenta resident Sophia Kim attends Crescenta Valley High School was nominated to Air Force Academy; La Crescenta resident Brandon Lau graduated from Clark Magnet High School and currently attends Azusa Pacific University. He was nominated

to Air Force Academy; Burbank resident Noah Suboc attends Loyola High School was nominated to Naval Academy;

Sun Valley resident Nicola Angelo Notaro attends St. Francis

High School was nominated to Air Force Academy, Naval Academy and Merchant Marine Academy.

Students interested in attending a Service Academy in 2024 (Class of 2028), should submit an application

to Schiff’s Burbank Office by Nov. 17. Further information can be found on Schiff’s website schiff.house.gov or by contacting his district office at (818) 450-2900 or (323) 315-5555.

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## Obituary

### Ken Biermann



Oct. 30, 1940 – Jan. 5, 2023

Ken Biermann, a teacher/coach to thousands, a mentor to many, a family member who was cherished and a friend to all, died Jan. 5 in Glendale from complications of COVID.

He, and his twin sister Judy, was born on Oct. 30, 1940 in Los Angeles to parents Evelyn and George Biermann. Ken was raised and lived in the Los Angeles area all of his life. He attended George Washington High School where he excelled in sports. He graduated from Cal State Los Angeles and began a career in education that would span over 40 years. His first teaching job was at Burroughs High School as a P.E. teacher and assistant football coach and that is where he met the love of his life, Patricia Elliott. They were married on June 21, 1968 and, along with Pat's two sons from a previous marriage, they began a life together of love, friendship and togetherness.

"Young people," as Ken loved to call them, were an important part of his life. His employment journey started at Burroughs High School and he was at Crescenta Valley High School from 1968 to 1995 where his core values made a positive impact on students. At CV he was a teacher, coach, athletic director and principal. Ken finished his career in Student Services at the Glendale Unified School District office. After retirement Ken was still extremely active in the community and could often be seen at many of CV's school activities. He was active in the Crescenta Valley Chamber of Commerce, the C.V. Athletic Hall of Fame, the YMCA Quarterback Club and a founding member of CV CAN along with many different community organizations. Giving back to society was one of the things that drove him and it made the Crescenta Valley a better place.

Ken loved to travel with his wife Pat and they had many beautiful adventures with their family and friends. Friendships were a big part of his life and he cherished his friends as much as they cherished him. His other passion was golf and he enjoyed his beloved Chevy Chase Country Club both on the course and in the clubhouse.

Ken is survived by his beloved twin sister Judy; son Greg Sprows and wife Claire; son Jeff Sprows and his wife Stacie. He is also survived by grandchildren Erin,

Julia, Alivia and Jayden and many nieces and nephews. Ken was preceded in death in 2016 by the love of his life Pat; it is great comfort to the family to know that they are together again.

Ken had the ability to make everyone feel special, feel heard, feel validated, feel seen. He was generous, kind, understanding, patient and wise. He lived his life with purpose and passion. He loved this community and everyone in it. Ken made an impact on countless lives. La Crescenta will not be the same without him. He will be terribly missed.

A celebration of life will be held on Sunday, Jan. 22 at noon at the Crescenta Valley High School Auditorium. In lieu of flowers a scholarship is being set up in his honor. Donations can be sent to: Community Foundation of the Verdugos, 111 E. Broadway, Suite #200, Glendale, CA 91205. Checks should be made payable to the same with "Ken Biermann Memorial Scholarship" in the memo section.

## Obituary

### Douglas Frank DiGiurco



On Friday, Dec. 16, Douglas Frank DiGiurco, a devoted and selfless husband and father, passed away. He was 65.

Born to Frank and Patsy DiGiurco, he was raised in La Crescenta and moved to Placerville where he met and married his high school sweetheart Dani Henter. He worked in construction and maintenance most of his life but had a passion for fishing, hiking and building intricate model kits.

He was incredibly creative, artistic and mechanically inclined and excelled at anything he attempted – from restoring and rebuilding his classic Triumph motorcycle to creating amazingly detailed drawings and building custom model kits. He was known to friends and family for his kindness and for treating absolutely everyone with respect. Doug was extraordinarily selfless, often helping anyone in need.

Doug is survived by his wife Dani, sons Chris and Tom DiGiurco, granddaughter Elspeth DiGiurco, mother Patsy DiGiurco, sister Tarra DiGiurco and nieces Elsie Lopin and Amy Phillips. Services were held Wednesday, Jan. 11 at 1 p.m. at Chapel of the Pines funeral home in Placerville.

## Obituary

### Barbara Anne Burrus Bowser Vaughn Rodrigues



Jan. 18, 1941 – Sept. 28, 2022

Barbara Anne Burrus Bowser Vaughn Rodrigues was born on Jan. 18, 1941 in Winfield, Kansas to 25-year-old William Clarence Burrus and 19-year-old Mabel Frances Davenport. Brother James Roy was born Jan. 3, 1944. In 1945 the family packed up all of their belongings in their 1935 Ford, two-door sedan, and headed to California on Route 66.

They lived in a trailer until 1949 when their grandmother Frances Maude Rogers Davenport helped Bill and Mabel buy their first home at 3616 Urquidez, Glendale (Sparr Heights) near Montrose for \$9,000; that was the same year Montrose saw several inches of snowfall.

Both Jim and Barbara attended John C. Fremont Elementary where they got to see rodeo trick rider Montie Montana perform on many occasions. They spent many afternoons hiking in the Verdugo Mountains up to the hot springs, taking the secret passageway from Urquidez to Oak Circle to roller skate, swimming at the Indian Springs Resort pool, getting penny candy on Honolulu Avenue and taking the bus to downtown Glendale. In July 1952 their sister Joan Kathleen was born; she was adored and doted on by the whole family. In 1956 the family moved to a larger home with a guesthouse for grandma Frances at 610 N. Reese Place in Burbank.

Throughout her life Barbara lived in many other areas including Gaithersburg, Maryland, Pacific Grove, California, Reseda, California and Toronto, Canada. She also traveled to Hong Kong, Athens Greece, Mexico City and Canada.

Barbara passed away peacefully on Sept. 28, 2022 in La Crescenta surrounded by family, listening to some of her favorite singers – Bob Dylan, Sammy Davis Jr. and Axel Rose.

Barbara is survived by her little dog Franny; daughters Leslie Adams and Liz Avila; son-in-law Marty Avila; grandchildren Alissa Adams, Ashton Avila, Bogart Avila and granddaughter-in-law Cassadie Jerdin; great grandsons Emmett and Wyatt Nelson; brother Jim Burrus; sister Joan Standafer as well many nieces, nephews and friends!

## Obituary

### Gayle Denise Lundquist



Sept. 20, 1949 – Jan. 1, 2023

Gayle Lundquist passed peacefully on New Year's Day. She was foremost a loving grandmother, mother and wife.

Gayle was born and raised in La Crescenta and was a 1967 graduate of Crescenta Valley High School. Gayle worked in the banking industry for more than 40 years. She began her career at Surety Savings in Burbank and moved to Fidelity Federal Bank in Glendale where she worked for nearly 30 years. Her last destination was Greater Bay Bank in Palo Alto, which she retired from in 2008. She retired in Sunland where she resided with her husband David until her passing.

Gayle is survived by David, her husband of 39 years; son Richard; daughter Shannon; and two grandsons Brandon and Chase as well as five great grandchildren.

## Obituary

### James McGrath Ransford



May 18, 1939 – Dec. 27, 2022

Written and spoken words cannot express the sadness and void left by the passing of Jim Ransford. He was a man of high moral character who did right simply because it was right. He was kind, generous and profoundly loved and was loved by his family and friends. His deep bass voice was an elegant signature sound.

Jim was born in Concord, California to Sana and James Alban Ransford and grew up in Oakland along with his older sister Marilyn (Selby). After graduating from San Jose State University, he held various positions in the oil industry spending several years in the State of Washington where his son Kyle was born in 1971. The family moved to Southern California, settling in La Crescenta where his son Derrek was born at Verdugo Hills Hospital in 1977.

In 1992, Jim wed the love of his life, Lynn Ransford, to whom he was happily married for 30 years

until his passing. Every day Jim and Lynn expressed their love for each other, knowing the importance of saying it and showing it. For about 25 years Jim was a successful real estate appraiser, having founded Valley View Appraisal in the early 1990s. In 2019 they lost Lynn's daughter Holly to pancreatic cancer but Kyle and Derrek, and Lynn's son Mike, have given them nine grandchildren ranging from ages 16 to 2: Austin, Riley, Kaitlin, Jonas, Asher, Avery, Myles, Taylor and Charlie. Nothing made Jim happier than being with his family.

Jim will be missed by so many friends including the "Old Pharts" breakfast group who got together every Wednesday morning, rain or shine.

The year 2022 was a tough one as Jim battled bladder cancer. Mid-year we thought he won that battle but cancer returned to win the war. However, he passed peacefully and is now free of the constraints and challenges. Dance with the angels, Jim. Everyone will love you forever.

## Obituary

### Kirk Smith



Aug. 21, 1967 – Jan. 1, 2023

Kirk Smith, owner of Smith's Produce, died on Jan. 1 following a battle with cancer. He was 55.

Kirk was born at Glendale Memorial Hospital. He grew up in La Crescenta and graduated from Crescenta Valley High School where he played on the basketball team. Smith's Produce served the local community for over 30 years and was a resource for foothill residents during the COVID pandemic. Kirk was also known for operating an annual pumpkin patch and Christmas tree lot that was a staple for local families. He served the community since the mid-1980s.

He is survived by his wife Ireen; son Connor, daughter-in-law Olivia and grandson Cade; daughter Kayla; granddaughters Khloe and Audrey; sisters Kymberly and Kristi; brother Kyle; and many family members and friends.

A celebration of life is being held on Saturday, Jan. 14 at 11 a.m. at The Church of Jesus Christ of Latter-day Saints, 34350 Almond St. in Wildomar. For those who want to send flowers, please send white ones; those attending the service should wear white or light-colored clothing.

For those who can't make the service in Wildomar, an informal drop-in event is being held on Sunday, Jan. 15 from 10 a.m. to noon at Los Gringos Locos, 631 Foothill Blvd. in La Cañada Flintridge.

WEATHER from page 2

can still relate.

Now it has only been raining a few days, on and off for a few weeks, in Southern California. We haven't seen a lot of rain in years past, and the environmental side of us is happy and thankful; however, it is important to remember that the Venus traveling explorer side can really be affected by the lack of sunlight. This is even more important to remember when we find ourselves getting angry at the puddle we just stepped in or especially with other drivers on the roadways.

Just find your Sun Dome, wherever that may be, take a deep breath and thank the gods you are not on Venus but in Southern California and the sun will soon shine again.

Don't put away your umbrellas just yet as there's another storm, actually a couple of other storms, on their way.

The first one in the series is due to arrive on Friday but not expected to bring much rain. Then on Saturday another storm will come down from the north that is expected to bring one to two inches of rain to the entire area. Monday and Tuesday will bring another rain system from the north.

"The models are all over the place with this one," said David Sweet, meteorologist with NOAA.

The general consensus is that Monday and Tuesday will bring a storm with moderate rainfall, he said.

[WWW.CVWEEKLY.COM](http://WWW.CVWEEKLY.COM)

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**Healthy Living 2023**

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**» ARMAND DORIAN, MD**  
CEO, USC VERDUGO HILLS HOSPITAL  
CLINICAL PROFESSOR OF EMERGENCY MEDICINE

**Top Ten Things to Know About a Visit to an Emergency Room**

As featured in last week's CV Weekly, Los Angeles County continues to struggle with the "triple threat" of COVID, influenza and respiratory syncytial virus (RSV). The high incidence of these illnesses has negatively impacted hospital Emergency Rooms (ERs) throughout the region. Not only are community members getting sick, so are healthcare workers who staff ERs and hospitals, creating labor shortages and longer wait times for patients.

An additional issue contributing to prolonged ER wait times is that the modern emergency room has become a primary care hub for millions of Americans who use it for preventable and non-emergent care.

But how to determine if you should go to the ER?

"Am I really that sick?" Of course, only you live inside your body and only you can determine if what you are experiencing feels like a medical emergency. You should always trust your instinct. If something is "off" or unusual for you, seek medical attention. That said, here are a few pieces of advice and tips to hopefully help you with your decision to visit

an ER and what to expect once you get there.

1. Call 9-1-1 if you are having difficulty breathing, chest pain that is unrelieved by rest, nitrates or that is worsening over time.
2. Call 9-1-1 if you experience sudden single-sided weakness, loss of speech, facial droop or the worst headache of your life.
3. Call 9-1-1 if someone has lost consciousness or if you are concerned for life and limb.
4. You should go to an ER if you are experiencing severe belly pain, vomiting that does not stop, bleeding that does not stop or a fever greater than 103.
5. If possible, bring the following with you to the ER: personal identification, insurance information, medicine bottles or medication list and medical/surgical history. You will receive care even if you don't have these items and information, but they are helpful and can assist in your treatment.
6. Once you are checked in, please be patient. ERs don't work on a first-come, first-served basis. You may see people who arrived

after you are seen before you. Patient flow is managed through "triaging," which is the process of determining the seriousness of a medical situation and prioritizing care accordingly.

7. Diagnosis often requires lab tests and imaging, which are other departments of the hospital that may be impacted as well.
  8. If you need to be admitted to the hospital an extended wait in the ER may be required until an in-patient bed is available. This can contribute to ER crowding.
  9. Everyone working in an ER is there because they want to help others. They truly want to help relieve your pain and treat your illness. Please be kind and remember that everyone is doing their very best under very difficult circumstances.
  10. Remember to do the things that are within your control to hopefully prevent a trip to the ER in the first place, which includes remaining current on vaccinations, masking in crowded venues, washing hands, eating healthfully, getting enough sleep and exercising daily.
- Here's to a healthy 2023!

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GCC from COVER

the city's park departments to respond to questions on how the unhoused were doing after the recent rains.

The Glendale police and the city's homeless services stated they reached out to unhoused individuals. Those who were interested have found shelter either in Glendale or the shelter located in Pacoima.

The issue, however, is those people who are service resistant, although city service staff continues to reach out to them on a regular basis.

Mayor Kassakhian said he had been contacted by residents

who were concerned about the condition of Rockhaven sanitarium. He said that he was "keeping an eye" on the structures.

"We are concerned as well," he said.

There was also a presentation on the Glendale Peace Walk and Festival that will be on Jan. 16 from 10 a.m. to 2 p.m. Participants are asked to meet at the First Baptist Church of Glendale, 209 N. Louise St. in Glendale. Participants will walk the streets of Glendale in memory of Martin Luther King Jr. then gather for a festival of

food and music.

One of the topics that inspired the most concern, and the most community participation, was the proposed increase of waste management services that in some cases will increase over 300%.

During a presentation, the city's initial rate adjustment was to a proposed monthly rate of \$27.76 effective Feb. 1, 2023. That would be an increase from the current rate of \$11.72 for a standard 64-gallon cart. The adjustment would be an increase of \$16.04, which equals a total adjustment of 137%.

For a multi-family (two to four units), the monthly rate for standard 64-gallon cart is proposed to rise from \$14.82 to \$27.76, an increase 87%.

The largest proposed increase was additional pickups using

the front-loading bin service of the three-cubic-yard bins. It would increase 491% from \$22.63 to \$133.80.

For many residents who opposed the hike the argument that there had not been a rate adjustment since 2010 did not appear to be a legitimate reason. Callers/speakers asked why the increase was not done prior to this proposal, providing a slower increasing scale, and many commented on the financial difficulty this high an increase would cause residents.

Mayor Kassakhian asked for the possibility of offering a senior discount of the proposed fees. Councilmember Asatryan added she would like to see low-income families also offered a discount.

Most renters and condo owners, and businesses, have already seen their prices go up.

Brotman said the major failing is that the increase was delayed so long. In fact, after the increase the City of Glendale is still less than many other cities, he added.

"It's just the abruptness of the rate [increase]," he added.

Kassakhian said he didn't want to label as mismanagement that the rates were not raised by past Councils over the years.

"But the decision was deferred," he said.

He added he does not see the solution as continuing to "kick the can" down the road, and that the reality is this Council now has the tough decision to make.

Brotman agreed. "Really folks – I don't see an alternative."

The Council approved the hearing on this issue to continue to Jan. 31, and to extend the period for the public to file a protest to Jan. 31 as well.

## Pregnancy or Health Discrimination at Work?

**Wrongful termination? Whistle blower? Harassment? Denied leave?**

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MSAR from COVER

canyon, Goldsworthy added.

The river kept rising and they didn't want to make another "sketchy" crossing so they decided to stay for the night. But the adult hikers realized this situation could get worse and decided to put out a call for help.

"The problem was they were sitting down in a wash at the same level as the river and we were expecting seven to eight inches of rain in the mountains in the next 48 hours," Goldsworthy said.

So waiting did not seem like a good option. In the mountains, rivers can have artificial dams where logs and debris hold water back but at some point that debris can break away.

"[Then] you have a debris flow situation and it can easily wash away [people]," Goldsworthy said.

So MSAR's objective was to get the hikers out that night. Luckily, because the hikers activated the inReach system, the team was able to set up communications via text and get their global positioning system coordinates.

MSAR member Mike Leum said having that system was very important because without it the team would have most likely not heard of the hikers needing help until someone reported them missing and then would have had to search hundreds of miles in the ANF.

Prior to leaving the station the team contacted LA County Flood Control and asked for the flow out of the dam be curtailed.

Goldsworthy said he had Plans A, B, and C but ended up going to Plan D because of the terrain, location, river and incoming storm. The team would have to cross a river that was raging and deep. Goldsworthy wasn't comfortable with that being the first attempt at the rescue so he called in LA County Fire Dept. Air Support.

"They came in and spent about 45 minutes trying to get someone on the ground close to where these campers [hikers] were," he said.

They were having difficulty finding a way to get a paramedic rescuer, who rides in the helicopter, on the ground because of the power lines in the area.

"And the mist started picking up," he said, "and the weather

started closing in."

The air support finally got a paramedic lowered near the campsite but had to pick him up before he could reach the hikers due to the worsening weather conditions.

Goldsworthy approached the rescue then as a cliff rescue, which had its own set of problems.

The first plan was to lower MSAR members down the cliff on a cable via the winch truck – about 700 to 800 feet – then bring the hikers up one at a time the same way. But it became obvious that scenario wouldn't work as soon as the first MSAR member started down the cliff side.

"It was one of the most difficult lowers on a cable [I have done]," said Leum. "The terrain had been washed away; there were overhangs, overgrowth and vertical drops. The [vegetation] was so thick you couldn't see your feet."

After Leum and MSAR member Will Richards were lowered down the cliff, Goldsworthy realized this would not be a way the hikers could be brought back up. Because of their training climbing up a vertical wall at night is something team members can do; however, Goldsworthy was not comfortable with having kids climb the wall.

So it seemed the only choice was to cross the river multiple times to hike out the group from the area. Five additional team members were on-site, scouting the river to locate the safest areas to cross.

The first crossing was the toughest. The water was raging and at least hip deep in areas. Leum forged the river with a rope and he and Richards created a rope rescue.

They elevated the rope on one side so the kids could use it as a zipline to stay "high and dry" out of the water, said Leum.

The adults were too heavy to traverse the river the same way so they had to be secured by the rope and walked across the river.

Team members were able to get the hikers safely across the first crossing and the other crossings were progressively easier, thanks to the water being curtailed by the flood control system.

But the water was still flowing. Just because the control system slowed the water flow the resulting reduction did not happen immediately; it took a long time to

reduce the flow.

Thankfully the hikers were safe when they finally got to the road though they barely beat the downpour from the storm; however, for MSAR members the rescue brought back some personal memories.

"I was thinking of Chuck the whole time," Leum said.

"Chuck" was Deputy Chuck Rea – the only MSAR member to lose his life while on a rescue. Deputy Rea died in 1969 during a water rescue at a river in Big Tujunga at La Paloma Flats.

"Where we entered the water, we were at La Paloma Flats about 100 yards from where Chuck Rea lost his life," Goldsworthy said. "That was weighing heavy on my mind when I thought of putting people in the water as the first choice."

Deputy Rae and fellow MSAR members were rescuing 20 to 30 people who had been stranded at the Tujunga Wash. The area had received a large amount of rain. The rainstorm was still raging during the rescue and they had to cross a river to set up a rope rescue system. Deputy Rae had apparently slipped on a log as he was crossing the river and was trapped under the water. His team members tried heroically to save him but the water was too fast and deep.

MSAR members are very familiar with the ANF and how effects of storms can last for days.

"I don't encourage anyone to hike when there is rain in the forecast or even two or three days after the rain because the water levels are still very high," Goldsworthy said.

In addition the potential for falling rocks and trees is elevated due to the soil being so saturated by the rains. Goldsworthy added MSAR was on a rescue a few months ago when a hiker was just sitting next to a waterfall when a rock came over the falls and struck her. The hiker was transported to the hospital but did not survive.

As a reminder, even after a storm and especially between rainstorms, it is not advised to hike in the ANF. Creeks can quickly become rivers; a calm river can become a raging water flow with debris, and trails that were easy to traverse a few weeks ago can become slippery and dangerous after a rainstorm.



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# VIEWPOINTS

TREASURES OF THE VALLEY » MIKE LAWLER

## Memories of Villa Esperanza – Part 1

I'm continuing a streak of reprinting the memories of early CV residents. Some might call that plagiarism but, in my defense, who better to write about the past than those who were there? And often eyewitness accounts, like the flood description I reprinted a couple of weeks ago, carry a personal touch that just can't be duplicated.

This particular recollection is from Marjorie Faddis who wrote of her memories of the large mansion named Villa Esperanza (House of Hope) in the early 1900s. The mansion was built in the late 1880s at the southeast corner of Rosemont Avenue and Foothill Boulevard, where Rosemont Veterinary is today.

The two-story Victorian was the retirement home of Professor W.C. White. He had taught languages at Wabash College in Indiana and was most noted for editing the novel "Ben Hur" for his friend Arizona Gov. Col. Lew Wallace. Wallace was his first guest at Villa Esperanza

and was followed by famous Los Angeles civic leaders and opera stars who came for the clean dry air of the valley. Professor White was a contemporary of Dr. Briggs and others in the valley he knew from Indiana.

The ornate mansion became the cultural center of the valley. Professor White hosted the valley's first lending library and two literary clubs – one of which, the "Ladies' Shakespearian Club" was the origin of today's La Crescenta Woman's Club.

It appears that after Professor White died, the Nye family created a resort hotel/boarding house of which there were several in the valley. Marjorie Faddis relates charming details of their day-to-day life at Villa Esperanza:

"My father, Elmer E. Nye, owned the property from around 1909 to 1912. When my father purchased Villa Esperanza (located at the corner of Michigan, now Foothill,

and Rosemont Avenue), it was called La Crescenta Mt. Villa and my parents accepted a few paying guests which were needed to augment the small income from a few acres of oranges and seven acres of grapes. We also had two cows, two aged horses, about 50 chickens, two dogs and 21 cats. It took most of the milk from one cow to supply the cats, [that] would all gather round at milking time to get some direct squirts of milk.

"The house was very old, even then, and had been remodeled and added to many times and many more since. It had eight or 10 bedrooms but only one bathroom containing a very splendid tin tub decorated in carved wood, a fancy marble wash basin and an ultra-modern water closet with wooden tank attached to the ceiling.

"Of course, each bedroom had its own water pitcher, wash bowl and slop jar in matching elegant design, which were all filled and emptied

each morning. The central hall had some beautiful gas chandeliers, but they were not connected while we lived there. I believe they were put in for the future. I don't believe there was even electricity in the valley at that time. We used to gather up all the kerosene lamps all over the house and father had a huge table in the patio where he filled, clipped wicks and polished chimneys each day.

"He also washed out both outhouses each morning. Ours were a little fancier than most of the neighbors' having three holes of assorted sizes, like the three bears, and each fitted with a snug lid. There were two Montgomery Wards catalogs fastened securely with a stout chain. The family and regular guests used the outhouses and not the bathroom.

"The most beautiful thing I remember about the old house was the cherrywood banister on the stairway. It kept a beautiful

gloss from the constant buffing by the seat of the pants of many youngsters. The many porches with comfortable rockers and real old-fashioned hammocks were kept in constant use."

It sounds like it was a wonderful place (except for the outhouses!). We'll continue Marjorie's vivid descriptions of Villa Esperanza next week.



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

### LETTERS TO THE EDITOR

#### The Guessing Game

Congratulations to your representatives (and mine) who received failing grades from the Howard Jarvis Taxpayers Association.

Assemblywoman Laura Friedman, Assemblyman Chris Holden and State Senator Anthony Portantino each earned an 'F' from the Orange-based organization that has fought for hard-won protections of Proposition 13 since 1978.

"Progressive" politicians pay lip service to their over-regulated and over-

taxed constituents but continually vote for Assembly or Senate constitutional amendments in the vain hope of defeating Proposition 13.

To prove their point, HJTA invites you to play "The Guessing Game." Visit the website [www.guessinggame.org](http://www.guessinggame.org), enter the approximate market value of your home and click to find how much your property taxes would without Proposition 13.

Les Hammer  
Pasadena

### CRESCENTA VALLEY TOWN COUNCIL » HARRY LEON

## Goodbye December and Happy New Year!

Now we welcome the New Year, full of new things. How the New Year will turn out is entirely up to you. The attitude you bring, the determination you have, the goals you set all will result in the type of year you will have. So let

your attitude be positive, your determination be strong and may the Crescenta Valley/Montrose community be stronger as well.

As we encounter the second wave of winter storms, I want to remind everyone to be very

careful and prepare. If you need sand or sandbags, please stop by Fire Station 63 on Ramsdell Avenue just north of Foothill Boulevard. They have both available.

see CVTC on page 15

### New IR/Cardiac Cath Lab

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# BETWEEN FRIENDS

## The Kiwanis Club of La Cañada Ignites a Season of Giving



The Kiwanis Club of La Cañada launched a holiday season of giving by contributing to 10 local groups and organizations for combined

donations totaling \$16,700 to help fund far-reaching programs. Kiwanis President Trish McRae said, "Members have stepped up to help make the

season brighter for others. Together we aim to fulfill our tagline of 'Be Kind, Be Cool, Be Our Guest' by helping our community thrive and inspiring our youth to be their best."

Presentations went to the Community Center of La Cañada Flintridge, the LCHS Chamber Singers, La Cañada Flintridge Sister Cities Association, La Cañada Flintridge Tournament of Roses Association, YMCA of the Foothills and La Cañada Engineering Club. Turkeys were purchased and distributed to needy families through the Pasadena Junior Chamber of Commerce. The Kiwanis Club also matched the funds raised by the spirited LCHS 7/8 Builders Club for a

total contribution of \$1,000 to go to Kiwanis International's Treat or Treat for UNICEF to help children in critical need. In addition, \$1,000 was bestowed to Foothill Families in time for its holiday program and \$5,000 dedicated to Father's House, serving displaced children from the Ukraine. The year's final event was a service project for Five Acres Children Services. Members made donations, which included matching funds, for a total of \$3,200 in gift cards and other presents that went towards a holiday "wish list" for 38 children.

To learn more about Kiwanis, attend a meeting with featured speakers or go to a "K-Mix" monthly networking evening social for members

and business members, email [kiwaniscluboflacanada@gmail.com](mailto:kiwaniscluboflacanada@gmail.com) or call (818) 495-5141.

Photo courtesy of Kiwanis Club of La Cañada  
LEFT: Kiwanis of La Cañada Vice President Alice Perez (left) joins President Trish McRae as she presents a check to Community Center of La Cañada Flintridge Executive Director Betsy Ferguson.

Photo courtesy of Alice PEREZ  
CENTER: From left, Kiwanians Joe Radabaugh, Caroline Anderson, President Trish McRae and Terry Walker presented a check to the LCHS Chamber Singers after a performance led by LCHS Choral Director Dr. Jeff Brookey.

RIGHT: Dr. Michael and Nancy Leininger present a check to LCF Sister Cities Association President Vicki Schwartz with Alice Perez and Trish McRae. (Photo courtesy of Noah Bernstein)

## AIR CONDITIONING & HEATING

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## People Making News

Anastacia Menemenlis from La Cañada was named to the Milwaukee School of Engineering's dean's list for the 2022 fall quarter. Menemenlis is pursuing a Bachelor of Science in nursing.

Undergraduate students who have earned at least 30 credits and have a cumulative GPA of 3.20 or higher (out of 4.0) are on the dean's list. Students who have maintained a 3.70 or higher receive "high honors."

Milwaukee School of Engineering ([www.msOE.edu](http://www.msOE.edu)) is the university of choice for those seeking an inclusive community of experiential learners driven to solve the complex challenges of today and tomorrow. The independent, non-profit university has about 2,700 students and was founded in 1903.

MSOE offers bachelor's and master's degrees in engineering, business and nursing.

Katie Kim from La Cañada Flintridge and Kristen Quinonez from La Crescenta/Glendale graduated from the Colgate University – Harvard-Westlake School.

Students who receive a term grade point average of 3.6 or higher while completing at least three courses for a conventional letter grade during the spring 2022 semester earn the Dean's Award with Distinction.

Colgate offers 56 majors and supports 25 Division I athletic teams on a campus of about 3,000 students in central New York.

You can read more at [CVWeekly.com/PEOPLE](http://CVWeekly.com/PEOPLE)

USC Verdugo Hills Hospital, in partnership with YMCA of the Foothills, presents:

## Hybrid Doc Talks

### Non-healing wounds

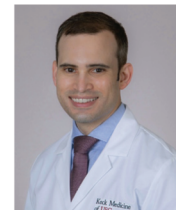
**Miguel Manzur, MD**  
Wednesday, January 18th  
12 - 1 pm

**Crescenta Cañada YMCA**  
1930 Foothill Blvd., La Cañada

**To Register:** Call (818) 952-2228 or visit [uscvh.org/doc-talks](http://uscvh.org/doc-talks)  
Reservations for in-person attendance required 24 hours in advance.

Lunch will be served from 11:30-12 pm. Talk begins at noon.

Dr. Manzur graduated from the Keck School of Medicine in 2012. He completed his general surgery training at the University of Southern California in 2018 and his vascular surgery fellowship in 2020. Dr. Manzur is interested in limb preservation and has continued refining his skills both endovascularly and in open vascular reconstruction. Dr. Manzur's additional clinical interests include dialysis access, complex aortic pathology, cerebrovascular disease, and venous disorders.



USC Verdugo Hills Hospital  
Keck Medicine of USC

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the Y

# TRAVEL & LEISURE

## Library Grant Offers Many Benefits

Glendale Library, Arts & Culture (GLAC) is among 20 California local library systems selected to receive first-ever funding from the California State Library's (CSL) Sustainable California Libraries grant program to support projects focused on sustainability and climate resilience.

GLAC proposed the Earth Month & Beyond project for funding in partnership with the City of Glendale's Office of Sustainability. The grant will enable GLAC to recruit volunteers to offer a Fix-It clinic, which helps people repair old appliances. It will also provide monthly clothing repair workshops, a "carbon conversations" speaker event with the Rarus Institute, and a guided nature hike with Glendale Community Services and Parks. GLAC will also support the Office of Sustainability's Earth Day fair,

expanding the successful event. GLAC plans to offer programs in Armenian, Spanish, and English.

"Glendale prides itself on being a model of environmental stewardship," said Mayor Ardy Kassakhian. "Our libraries can reach a wide portion of our community, allowing our city's sustainability efforts to be put into practice through the actions of residents of all ages."

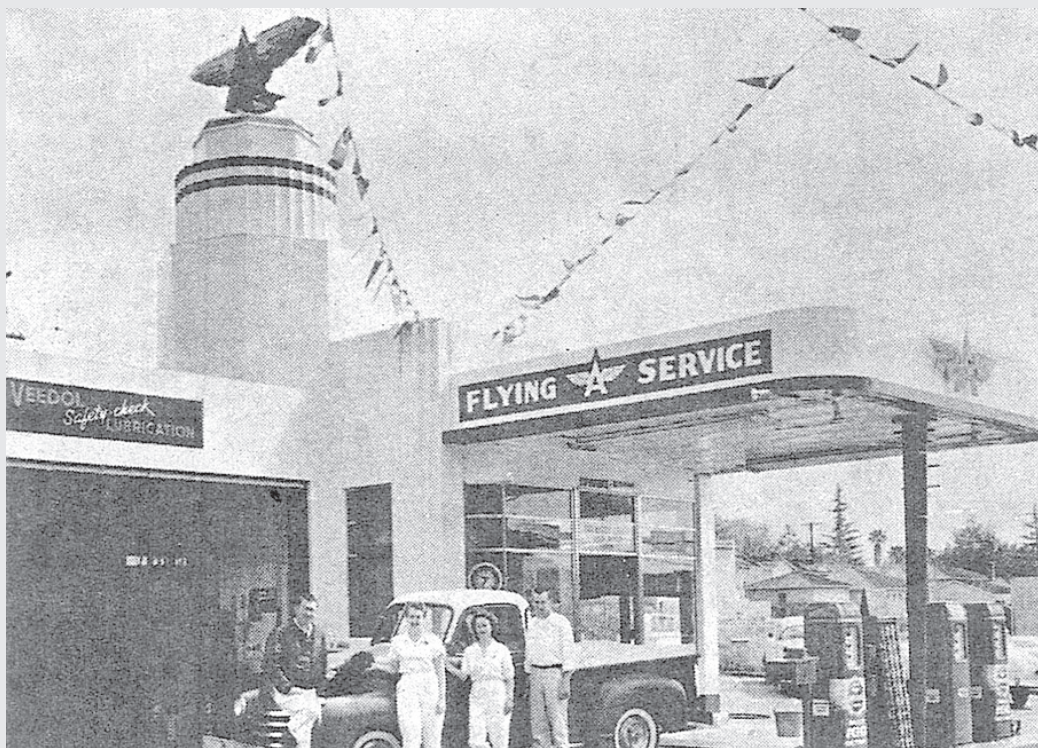
Projects receiving funding through the new Sustainable California Libraries grant program focus on climate education, environment-focused civic engagement, water conservation, air quality, energy efficiency, reducing waste, and supporting local climate action and resilience plans. Specifically, these grants support environmental education programs, teaching gardens, lending libraries including tools,

seeds and other items tailored to community needs, climate-focused service groups, sustainability conversations, and more. The Sustainable California Libraries grant program is supported by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.

In spring 2022, the California State Library, in collaboration with Pacific Library Partnership, launched the Sustainable California Libraries initiative focused on sustainability and climate resilience. In approximately four months, the State Library conducted a survey, convened several meetings of an Advisory Group, hosted Networking Sessions, created a report, and launched the Sustainable California Libraries grant opportunity.

### THEN & NOW

### Flying "A" Gas Station Courtesy of the Historical Society of CV



**THEN** » In 1958, a Flying "A" Service Station graced the corner of Ramsdell and Honolulu avenues. It was a gorgeous little station. A tower was mounted atop the office and on top of that was a big "A" with wings in neon. The "A" stood for Associated Oil Company.



**NOW** » Condos were built on that corner a few years ago. In the process of excavating for underground parking, they had to deal with 50 years worth of underground gasoline and oil storage tanks, always a gamble for developers as the tanks may have leaked. At this site, they also hit an abandoned water well.

## What's Cooking

Your Local guide to good food!

### January 12<sup>TH</sup> Specials!

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# JUST FOR FUN

PROBLEM SOLVED » BY CHRISTOPHER ELLIOTT

## RushMyPassport.com couldn't get my passport in time – can I get a refund?

*Crista Cloutier pays RushMyPassport.com \$227 for an expedited passport. Then the government loses her paperwork and the company goes dark. Can she get a refund?*

**Q** I paid RushMyPassport.com for expedited service to apply for a U.S. passport. I could have done it alone, but the company made a compelling pitch. RushMyPassport.com says it delivers your passport "safe, fast and secure" and offers support by email, phone and chat.

In fact, they offered none of those. The government lost my paperwork and I had to drive three hours in a storm to get a last minute passport the day before departing for Europe. RushMyPassport.com has never answered the phone nor responded to an email throughout this awful experience. I finally got a guy on chat but he promised someone would call me right back and guess what? They never did. I would like a refund of my \$227 processing fee.

– Crista Cloutier, Scottsdale, Arizona

**A:** RushMyPassport.com should have done what it promised – it should have rushed your passport. Instead, the government lost your application and you never heard from the company

when you tried to fix the problem. Express passport services can be helpful when you're trying to get a passport quickly. They can cut the red tape of having to make an appointment and drive to the nearest acceptance facility. But they are also expensive and, as you found out, things can go wrong.

It looks as if the government lost your paperwork. That's not the fault of RushMyPassport.com. But the company could control how it handled your situation.

I reached out to David Pacella, the senior director of strategic partnerships at RushMyPassport.com's parent company, Expedite Travel.

The company checked its phone records and didn't see any inbound calls from your number. It says it reached out and sent a dispute form, but it never received a response from you.

"But I want to impress this point that a large part of her grievance is with the Department of State. Unfortunately, there is little we can do in the circumstance of the government losing documents," he told me. "Fortunately it's quite rare, but obviously, when it happens, it's

terrible." The company also said it was concerned that you couldn't reach it after the government lost your documents.

"We take that pretty seriously," said Pacella.

I've been doing this long enough to know that company's call records don't always agree with a customer's call records. You shared your chat transcripts and a timeline. It looks like you had to request a dispute form three times before you received it and, ultimately, RushMyPassport.com didn't receive the form you sent. That sounds like a technical issue on the company's side.

RushMyPassport.com apologized for your problems and refunded the \$227 processing fee.

*Christopher Elliott is the founder of Elliott Advocacy (https://elliottadvocacy.org), a nonprofit organization that helps consumers solve their problems. Email him at chris@elliott.org or get help by contacting him at https://elliottadvocacy.org/help. © 2023 Christopher Elliott*

## CALENDAR this

### GLENDALE KIWANIS

The Kiwanis Club of Glendale next meets on Jan. 13. The speaker will be Andre Manukyan from Student Affairs at Glendale Community College.

Meetings are held on Friday at noon. The cost to attend, which includes lunch and program, is \$20.

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

### MEETING NEWS FROM AAUW

The Glendale Branch of the American Association of University Women (AAUW) will meet for its Founders' Day luncheon on Saturday, Jan. 14 from 11:30 a.m. to 2 p.m. at the Oakmont Country Club, 3100 Country Club Drive, Glendale. To make a reservation, email Marilyn\_Robinson@hotmail.com. The cost is \$40, payable at the door by cash or check.

Speakers will be Sharon Siebert and Carol Holzgarfe of the Branch Support Group of AAUW California. Florence Chase will share the history of the branch's first 75 years.

AAUW's mission is to advance equity for women and girls through advocacy, education, philanthropy and research. For information about membership, activities, and meetings, visit <https://glendale-ca.aauw.net/>.

### 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).

### CRESCENTA VALLEY SIERRA CLUB PROGRAM

The California Senate recently mandated that residents recycle and redirect organic waste such as food scraps back into compost in an effort to reduce climate pollutants such as methane. Monica Campagna of the Glendale Environmental Coalition will talk about how she, as a Glendale resident, is dealing with this challenge. A committed environmentalist, she will also speak about other campaigns that she and the Coalition have been involved with such as clean energy and reducing plastics as well as greening and cooling the schools and playgrounds. The program is on Feb. 15; 7 p.m. is social, 7:30 p.m. is program. Meet in person or via Zoom in the meeting room of the La Crescenta Library, 2809 Foothill Blvd, La Crescenta. Park in the lot behind the library or on the street. Enter through the rear.

### MEETING NEWS OF THE BURBANK AFRICAN VIOLET SOCIETY

The Burbank African Violet Society will be having its next club meeting on Thursday morning, Jan. 19 at 10 a.m. at The Little White Chapel Christian Church, 1711 N. Avon St. in Burbank.

The program will be the installation of officers: Chris Hedberg, president; Luis Pineda, vice president; Pat Steen, secretary; and Connie Weir, treasurer. There will also be a learning lab and discussion on pH balance with members and guests bringing samples of their water to the meeting for testing. Questions and answers will follow.

see CALENDAR THIS on next page

## FreeDailyCrosswords.com

Edited by Timothy Parker

### ACROSS

- 1) Feet in some meters
- 6) Register worker
- 11) Mauna \_\_\_\_ (Hawaiian peak)
- 14) One of the strings
- 15) Eagle abode
- 16) Browbeat
- 17) Strong effort in cleaning
- 19) Make a goof
- 20) Lawyers' A' org.
- 21) Sample, as wine
- 22) About 2 o'clock, on a compass
- 23) Spotlight
- 27) All together
- 29) Hallow ending?
- 30) Applaud
- 32) Tern relative
- 33) Rankle
- 34) Pueblo Indian dwellings
- 36) Steer and pig products
- 39) Longest river
- 41) It takes a bow
- 43) Like silk
- 44) Get ready to kick-off
- 46) Blueprint details
- 48) No longer an amateur
- 49) Warner \_\_\_\_
- 51) "Family Guy" creator
- 52) Companion of flow
- 53) Some operatic songs
- 56) Matadors
- 58) His wife was a pillar
- 59) Rum \_\_\_\_ Tugger ("Cats" character)
- 60) Mat victory
- 61) Flowery poem
- 62) It can prevent hand-holding
- 68) Racket ending
- 69) One in a cast
- 70) Seoul spot
- 71) Letters of distress
- 72) Full of cattails
- 73) Instrument in 1980s pop music

### DOWN

- 1) "Correct" suffix
- 2) Have something the matter
- 3) Gang
- 4) Puff up, as an ego
- 5) Bill for a carpenter turned cowboy?
- 6) It gets in and out of jams
- 7) "Summer of Sam" director Spike
- 8) Use a pencil end
- 9) Getting up
- 10) "Don't say a word!"
- 11) Really funny joke
- 12) Makes money honestly
- 13) Be concordant
- 18) Clove item
- 23) Juke
- 24) Weirdly strange
- 25) Small children, in slang
- 26) Roof attachments
- 28) Stout relatives
- 31) Insect sensors
- 35) Winter hazard
- 37) Sort of engine
- 38) People with self-proclaimed superiority
- 40) Currency foreign to the U.S.
- 42) Army threats?
- 45) Antebellum's opposite
- 47) Brings down to size
- 50) Reporter's aid
- 53) Skin-cream ingredients
- 54) Drive in Beverly Hills?
- 55) Clobber, old-style
- 57) Take pleasure in
- 63) Turf squares
- 64) Sit in judgment
- 65) Keats praised one
- 66) Abbr. for a professor emeritus
- 67) Slangy affirmative

### JOINT COMPOUND

By Tim Burr

1	2	3	4	5	6	7	8	9	10	11	12	13	
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58				59				60					
61				62			63	64			65	66	67
68				69						70			
71					72					73			

see ANSWERS in next week's issue.

CALENDAR THIS from previous page

There are raffle and silent auction tables and refreshments are served and friendships are made. Guests are always welcome to attend the meetings.

For more information, reference the website: [www.Urbankafricanviolets.weebly.com](http://www.Urbankafricanviolets.weebly.com) or telephone (661) 940-3990.

### INFORMATIONAL MEETING PLANNED FOR MODERN DEBUTANTE PROGRAM

Mothers (or fathers) of current high school sophomore girls who might be interested in the Les Fleurettes Debutante Program are invited to attend an informational meeting on Wednesday, Jan. 25 at 6:30 p.m. at the Thursday Club at 4440 Woodleigh Lane. Club leaders will explain the requirements for Club membership and Program participation.

The 16-month Program begins in the girls' junior year of high school and continues through December of their senior year. Each participant must complete 10 hours each of community service, charitable activities, and cultural events. Personal development instruction is given at monthly group meetings and includes lessons in managing personal finances, nutrition (eating healthy in a college environment), public speaking, personal safety, stress management, personal correspondence, and much more!

The Program culminates with a beautiful, black-tie Ball held in late December where the program participants are presented as adults.

For more information, email Alison McQuay at [alisonmcquay@gmail.com](mailto:alisonmcquay@gmail.com).

### 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.

### BSA HOLDING RECOGNITION DINNER

The Verdugo Hills Council of Boy Scouts of America is holding its recognition dinner on Thursday, Feb. 2 at the Homenetmen Glendale Ararat Chapter Hall, 3347 N. San Fernando Road, Los Angeles at 6 pm. Many volunteers, community partners and organizations will be

recognized. Among them is Steve Pierce who is receiving the North Star Award. It is the high-level award presented by councils on the behalf of the National Court of Honor for non-registered volunteers who have made a significant contribution to Scouting. Also being recognized is Carl Povilaitis. He will be presented with the William H. Spurgeon III Award, the highest recognition for individuals and organizations contributing significant leadership to the Exploring Program.

To learn more, including purchasing a ticket (\$65 per person), visit [www.vhbsa.org/recognitionevent23](http://www.vhbsa.org/recognitionevent23).

### 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.

### BINGO NIGHT PLANNED

On Saturday, Feb. 25 the Community Scholarship Foundation of La Cañada Flintridge will host a community bingo night. The benefits will support the needs-based scholarships given annually to seniors attending high schools in La Cañada Flintridge and Crescenta Valley High School. In the past 59 years the organization has awarded over \$1 million in scholarships.

Doors open and food is available at 5 p.m.; bingo starts at 6 p.m. at Community Center of La Cañada, 4469 Chevy Chase Drive, La Cañada Flintridge. The cost is \$50 per person and includes 10 bingo games; cash prizes ranging from \$100 - \$300 per game; hamburgers, all the fixins', chips, beverages and dessert. Bring cash for extras (one dollar bills preferred) including 50/50 opportunities.

To purchase tickets, visit <https://www.csflacanada.org/donate>.

### VHHS PLANS REUNION

"Team 74" is planning a 50th high school reunion in 2024. Friends and graduates of Verdugo Hills High School are invited to attend to trade stories of family, careers, adventures and anything else.

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

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

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

### ZACK HILL BY JOHN DEERING AND JOHN NEWCOMBE



### WEEKLY HOROSCOPES Provided by horoscope.com January 9-15, 2023

#### ♈ ARIES March 21 - April 19

This week you have planets facing off in the sky, each wanting its own way. The activity falls in the area of your chart associated with makeovers. You're changing so much now that you may not be able to keep up with it. It's all for a great cause - namely, you.

#### ♉ TAURUS April 20 - May 20

If you've been looking for new work, it's an excellent time to dust off that resume and start sending it out. If you've been seeking a promotion or just a better perks package with your present employer, create a paper trail documenting the benefits you've provided for the company. Then ask for that meeting or attend that interview. It's a great time to be you.

#### ♊ GEMINI May 21 - June 20

Activity in your house of earning makes it more difficult to bring in the kind of money you're used to. The Universe is restricting your opportunities and the cash you can derive from them, but don't worry about it too much. It's your social networks that will pull you through any problems by referring you to new clients, alerting you to new jobs, and lending you money.

#### ♋ CANCER June 21 - July 22

This week brings a wonderful combination of energies as you consider what your next move should be in the world of business and finance. The aspects are especially loving and harmonious, so you may find that others gravitate to you for advice or partnerships of one kind or another. The Universe provides the impetus for action, so plan accordingly and let 'er rip! Your career could use some TLC now.

#### ♌ LEO July 23 - August 22

This week you have aspects messing up all your plans and social activities with delays and an irritating lack of communication. Your friends still love you. They just can't reach you for some reason. It's the places far away that need the most attention. Foreign travel is indicated, as much for fun as for expanding your business into the wider world.

#### ♍ VIRGO August 23 - Sept. 22

This week sees aspects affecting your career and authority. You may have been recently undermined by an unscrupulous person at work or had to put a project on hold while you dealt with communication issues and technological problems. For the next few weeks, think about how to lay the foundation for future deals. The Universe shows you how.

#### ♎ LIBRA Sept. 23 - Oct. 22

You have a busy week ahead with planets affecting your career and authority. You're assuming a more powerful position at work now, and may have a new title to go along with it. Celebrate your success instead of seeking an even higher office (as you will). Aspects indicate a time of getting more serious about developing professional networks that can support you through times of trouble.

#### ♏ SCORPIO Oct. 23 - Nov. 21

This week you have activity in your house of other people's money, or debt, which means that something you thought you'd paid off could rear its ugly head again. Make sure you haven't been meaning to pay it and then accidentally forgot it in the stack of unpaid bills. Take care of it ASAP lest penalties accrue. Make your job the best it can be now or change it wholesale.

#### ♐ SAGITTARIUS Nov. 22 - Dec. 21

This week is about the activity in your house of debt. If you've been meaning to make a payment plan for some overdue bills, by all means, call and get it started. If you need to ask for a new interest rate on your credit card, you have the support to get that done now. The Universe insists that you act and not leave things to chance. It's no laughing matter.

#### ♑ CAPRICORN Dec. 22 - Jan. 19

You have new and exciting energy coming to your relationship sector. If you've been too passive, the Universe gives you a boost to set boundaries. If you've been too aggressive, it softens you a bit. This is great for money, too, since we all count on each other to buy and sell one another's goods and services. Look for the compromise and you may find you have more than enough business.

#### ♒ AQUARIUS Jan. 20 - Feb. 18

This week activity in your employment sector will restrict your working life a bit and ask you to be more responsible about what you do for money. Trying to be everything to everyone won't work now. Instead, specialize your skills and charge for them accordingly. Look to your communication and siblings for clues on how to proceed.

#### ♓ PISCES Feb. 19 - March 20

You receive a boost of warm energy from the Universe this week. This combines your male and female energies in a peaceful, harmonious way and allows you to engage in fun pursuits involving lovers and family members. However, one aspect hits you in the area governing earning and values. Both have to be overhauled before you can make the serious bucks.

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## LEGALS

### NOTICE OF NAME CHANGE

ORDER TO SHOW CAUSE FOR CHANGE OF NAME: CLAUDIA V FERRADA DE GUZMAN. Case number 22BCCP00457. Superior Court of California, County of Los Angeles, Burbank Courthouse, 300 East Olive Avenue, Burbank, CA 91502. To all interested persons: 1. Petitioner CLAUDIA V FERRADA DE GUZMAN filed a petition with this court for a decree changing names as follows: a. Present Name CLAUDIA V FERRADA DE GUZMAN to Proposed Name: CLAUDIA V GUZMAN. THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING a. Date: FEBRUARY 17, 2023 Time: 8:30 AM Dept.: B Room: n/a b. The address of the court is same as noted above. A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Published Crescenta Valley Weekly January 5, 12, 19, 26, 2023.

## EMPLOYMENT

### OFFICE MANAGER POSITION!

The Crescenta Valley Chamber of Commerce is seeking an individual to manage day-to-day Chamber activities – an individual who is familiar with the Crescenta Valley community, a person who is service and detail oriented, able to work flexible hours and is familiar with Quickbooks, Microsoft Office, Facebook and MailChimp. Office hours are M-F from 10 a.m. to 2 p.m. Hourly compensation is \$20. For consideration contact the Chamber office at (818) 248-4957, Tues. thru Thurs. from 10 a.m. to noon.

### WRITERS WANTED

CV Weekly, the community's favorite newspaper, is searching for responsible writers who can report on local meetings, events and sports. Prior writing experience preferred. This is a 1099 opportunity. If interested, send a resume and writing sample to Robin Goldsworthy robin@cvweekly.com.

## FOR SALE

### 2017 TOYOTA FJ CRUISER FOR SALE

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 makes 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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THE FOOTHILLS COMMUNITY NEWSPAPER

CVTC from page 9

I will continue to be in contact with Southern California Edison, Los Angeles County Public Works, CHP, Los Angeles County and the fire department and will relay any important messages regarding the storms and other issues affecting our community.

Please let me know if you or any of our community members need help so I can dispatch the right agency.

Be safe and be careful out there and stay dry.

The growing fentanyl crisis in our communities among youth and young adults is reaching record highs. Education is the best way to fight fentanyl overdoses and save lives. We should partner with parents, school districts, LA County Sheriff's Dept. and LA County Public Health Dept. and encourage family counseling. The danger of fentanyl poisoning lurks in every community and it's naïve to think it's not present in our local schools. Parents, family members and the community at large need to know how to spot the signs of drug use, how to talk with youth to reach them effectively and empower families to keep their kids safe. Together we can put a stop to this crisis.

Los Angeles County Public Works has temporarily closed one lane in each direction on Foothill Boulevard between Glenwood Street and La Crescenta Avenue due to storm damages sustained to a storm drain that runs under Foothill Boulevard. LA County Public Works is monitoring the situation and will be working to complete repairs on the damaged storm drain as soon as possible. In the meantime, the two lanes will remain closed until further notice. Public Works will provide updates as more information becomes available on any additional impacts we can expect during repair work and anticipated reopening of the two lanes. If you have any questions on this matter, please visit [dpw.lacounty.gov](http://dpw.lacounty.gov) or call (800) 675-4357.

Crescenta Valley Town Council – Streets & Roads Committee is in continuous discussion with LA County Public Works, CHP and the school district regarding traffic issues surrounding our schools to increase safety for our students and residents.

Illegal dumping continues to be a huge problem in our community. It is also a huge safety and health concern for our community members. It is a disgrace to our community to dump trash wherever. I drive around daily and see mattresses, furniture and other items that have been left out for days. Take pride in your community! We are not a dumping ground. Residents in La Crescenta or La Cañada Flintridge who have bulky items that have been dropped at their residence or in their neighborhood can call (888) 838-6746 or download The Works iPhone or Android applications. Anyone who witnesses illegal dumping in the unincorporated portion of LA County can call (888) 838-6746. We are in this together.

As always, I look forward to seeing you at our general meeting – this month on Jan. 19 – starting at 7 p.m. in the Community Room of the La Crescenta Library, 2809 Foothill Blvd. Please contact CVTC at [contact@thecvcouncil.com](mailto:contact@thecvcouncil.com).

I end by wishing you, our beloved community, a very prosperous and Merry Christmas, happy holidays and a wonderful new year!

Harry Leon, President  
Crescenta Valley Town Council

Y from COVER

outdoor people so the indoor classes and weight room didn't interest us. At open house, I was fascinated to see that they had moved much of their exercise equipment outdoors. That, and everybody wanting to lose a few extra pounds, was enough to peak my interest, so we signed up as a family again."

She noted that one surprise was the locker room with big glass doors.

"We were totally mystified by that until a staff member explained that it was for families with small children and that there were private changing booths near all the lockers," she said. "We wouldn't be using it, but it seems like a good idea."

Strength training is also very popular. Paige Pearson has been with the Y for more than four years – including the COVID years. Her training class begins at 6 a.m. – perfect

for the early risers.

"I'm looking forward to new people coming in," she said. "It's important that people know that strength training is for everyone, no matter their level."

Upstairs, down the hall from the yoga studios, are group exercise rooms. Ashley Fernandez and Joanne Pingry are two instructors; the two teach several classes at the facility including "body pump" and high-intensity interval training.

"People should come to class, ready to take part at their own pace," said Fernandez. "Not only will they benefit from the class, but they'll be more likely to return."

Pingry also said that the social aspect of the classes she teaches has had lifelong effects.

"I've seen people become friends for life," she said.

Not forgetting the importance

of mental health and well-being, the Y has brought chaplain Cameron Rose on board. Rose oversees the on-site chapel and monthly non-denominational religious services as well as being available to both members and staff.

In addition to personal trainers who are available for an additional fee, Durbin said the Y is looking forward to reintroducing "health coaches" to their staff. Whereas personal coaches will customize a fitness plan and oversee the workouts of their clients, health coaches will talk to members about their fitness goals and the amount of time they can dedicate to achieving them.

"We want to give people a sense of purpose in their workout," Durbin said.

Keeping with the times, on-demand classes are also provided for Y members. This allows people to work out

who might not be comfortable returning to traditional workout classes.

For more information, including class schedules, visit [www.ymcafoothills.org](http://www.ymcafoothills.org).

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