

CRESCENTA VALLEY WEEKLY

THE FOOTHILLS' COMMUNITY NEWSPAPER

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MARCH 30, 2023

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VOL. 14, NO. 31

Poet Laureate Chosen for Glendale

By Roman INGUANZO

At Tuesday night's meeting of the Glendale City Council Mayor Ardy Kassakhian led the flag salute, and City Clerk Suzie Abajian offered the invocation. Abajian reported that the agenda for the meeting was posted on March 23 on the bulletin board outside city hall.

The first item on the regular business agenda was presentations and appointments. The council previewed the agenda for the meetings scheduled for Tuesday, April 4 and made a proclamation designating April 2023 as National Poetry Month.

In recognition of his achievements in poetry and his goal of promoting self-expression, finding common ground across communities and fostering solidarity that celebrates diversity and individuality, Raffi Joe Wartanian was chosen as Glendale's inaugural poet laureate.

Tom O'Shaughnessy was assigned to the Audit Committee.

The council then considered the consent items. These included minutes from the special city council and regular city council meetings of March 21 regarding plans and specifications for the 2023 fiscal year as well as the Slurry Seal and Crack Seal Program. Additional grant funding of \$225,000 was received from the United States Dept. of Homeland Security 2020 Urban Area Security Initiatives (UASI) Grant Program.

The council then had a session for comments from the council/staff and community event announcements. Next, the council adopted two ordinances: one authorizing and approving a lease

see GCC on page 10

Healthcare Day of Discovery at USC Verdugo Hills Hospital

By Ruth SOWBY

For the fifth year, USC Verdugo Hills Hospital hosted 75 sophomore and junior students from eight local high schools for the hospital's annual Healthcare Day of Discovery on Friday, March 24. During the event, the students learned more about career opportunities in health care, including working in nursing and as physicians' assistants, pharmacists and physical therapists.

The highlight of the day was the hands-on activities and training sessions in basic health care tasks. Booths were set up on the hospital's main floor patio. Students spent about 15 minutes at each booth with medical personnel describing the task at hand such as performing CPR in emergency care, taking vitals in nursing and preparing a sterile IV as a pharmacist and carotid artery screening in radiology.

Ashley Hurjak, 17, an 11th grade student from Flintridge Sacred Heart Academy, took a turn giving



Deep in concentration at USC Verdugo Hills Hospital's Healthcare Day on Friday is Nabor Maldonado, 17, as he undergoes blood flow restriction therapy.

CPR compressions on a dummy. She was instructed by EMT Nicholas Waite of the Glendale Fire Dept. For her future medical

career, Hurjak is debating going into either pharmaceuticals or pediatrics. Michelle Brahe, RN, taught

her group of students about the human brain. She encouraged the students to touch an orange

see DISCOVERY on page 10

Q&A with Representative Judy Chu

By Roman INGUANZO

Judy Chu is a prominent American politician. She currently represents California's 28th Congressional District, which includes Pasadena and the West San Gabriel Valley. She serves on the powerful House Ways and Means Committee, which oversees legislation related to taxes, Social Security and Medicare. Additionally, she is a member of the House Small Business Committee and the House Budget Committee.

Prior to her role in Congress, Chu served in a variety of public positions, including on the Garvey School District Board of Education, the Monterey Park City Council (where she served as mayor three times), and the California State Assembly. Chu made history in 2009 when she became the first Chinese American woman to be elected to the U.S.

Congress. Throughout her career, Chu has championed civil rights, healthcare access, environmental policies, small businesses and economic development, and arts education, among other issues.


Throughout her career, Chu has championed civil rights, healthcare access, environmental policies, small businesses, economic development and arts education. She has introduced and passed numerous pieces of legislation, including a resolution of regret for the Chinese Exclusion Act of 1882, requiring the Department of Defense to address military hazing, and establishing new Small Business Development Centers in the San Gabriel Valley. Chu lives with her husband in Monterey Park, where they have been residents for over 30 years.

The CV Weekly met with Congresswoman Chu on March 21 to

see JUDY CHU on page 5



Judy Chu is the congress woman who now represents District 28 which includes the unincorporated area of Los Angeles County – La Crescenta-Montrose.




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» FROM THE DESK OF THE PUBLISHER



Ugh! More Rain

I don't know about you, but to me it doesn't seem much like spring. I know – we need the rain, but that doesn't jibe with my perspective of what spring is. I am breathing a little easier knowing that our roof no longer leaks (thank you, Steve Goldsworthy); however, my thoughts do stray to the property of Rockhaven, my office neighbor. For more than a decade it seems that no attention has been given to the property and especially with all the recent rain I know those roofs are leaking.

Considering that March is Women's History Month and that Rockhaven was started by a woman (Agnes Richards) way back in 1923, the lack of attention given to the property is disheartening, to say the least. Personally, I thought once the City of Glendale bought the property that its condition would be maintained if not improved. Seems that's not the case.

When Friends of Rockhaven was formed, I thought that entity would be working closely with the City to identify the areas that needed to be repaired and/or maintained. Perhaps that information was collected and shared but it doesn't appear the City responded. Then when State Senator Portantino provided \$8 million to move forward repairs and refurbishment, I thought we'd be seeing property changes posthaste. Nope – despite the passion for the property by Friends of Rockhaven nothing appears to be happening.

Is "demolition by neglect" the goal of the City? At this point it wouldn't surprise me. I mean, let's face it:

those 3.5 acres are prime real estate that I'm sure developers are drooling over. And who would be paid if the property were purchased? The City of Glendale.

Looking over the calendar, I see that April is filling up fast. This Saturday, April 1 the CV Weekly and St. Luke's of the Mountains Episcopal Church are hosting a celebration of life/Irish wake for the community.

Over the past year we have lost some pretty important people in our community – former CV Chamber President Kaipō Chock, volunteer extraordinaire Jean Maluccio and CV Chamber member and former CV High School principal Ken Biermann, to name a few. Personally, our family said good-bye to my mother-in-law on Dec. 8.

Knowing the losses that we as a community have suffered and understanding that many of us have also had close friends and family die, we wanted to provide a way for us all to come together. The celebration of life/Irish wake on Saturday is a means for us to collectively grieve our losses while celebrating the lives these people lived.

The event is from 3 p.m. to 7 p.m. on Saturday, April 1 at St. Luke's of the Mountains, 2563 Foothill Blvd. (at Rosemont Avenue). Live music is from 4 p.m. to 6 p.m.

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

I had an entirely different column for this week. It was done, and you have no idea what a great feeling that is to just have it completed; however, then I attended the Glendale City Council special meeting on Tuesday morning with LA County Supervisor Kathryn Barger and I realized there was another Women's History Month story that I needed to share.

The meeting dealt with several issues (I wrote about it this week so please read page 6). One topic of discussion was Rockhaven, which as our readers know by our past CVW coverage is a pretty important topic for many not only in our area but beyond.

Rockhaven Sanitarium was founded by Agnes Richards in 1923. The story of this woman's business has been well documented. There have been tours of the sanitarium, books written, short documentaries produced and of course talked about – a lot – at Glendale City Council meetings. But while I was listening to speakers plead for the City to simply put tarps on the roof to protect the historical buildings – which have certificates and everything as they are listed in the National Register of Historic Places – it was then I began thinking of what Agnes Richards really did.

The 19th Amendment, giving women the right to vote, was first introduced into Congress in 1878. It took 42 years for Congress to actually certify the amendment, in 1920. Forty-two years to debate, ignore and debate again the right for women to vote for the men who would lead their country. There were of course women who were leaders at that time but a lot of those stories have been "lost to history" as the saying goes, including that Jeanette Rankin of Montana was the first woman to be elected to either branch of Congress well before most states allowed women to vote. And that thought of "lost to history" is what made me realize I had to rewrite my column.

Agnes Richards never thought of herself as a feminist, or a part of the women's suffrage

movement. She was a medical professional, a nurse, who witnessed unjust treatment of women who needed mental health services and she had a solution. She began by purchasing houses along Honolulu Avenue that she turned into an oasis for women in need of mental health care. The buildings were homes, not institutions. The walls had pretty wallpaper and artwork, the furniture was comfortable and inviting, there were places where women could sit outside in a garden, and a water fountain. She did all of this three years after women won the right to the vote. In addition to being a businesswoman who focused on woman's issues she also was a divorced woman. There was a stigma attached to just about everything she was doing and yet, she did it.

I was raised a feminist and wasn't sure if Agnes' history meant more to me because I had been in the fight for so long but when I asked a female middle school student about this history she said the fact that Agnes could do what she did 100 years ago, inspires her.

The meeting with Supervisor Barger covered several issues facing Glendale including open spaces in South Glendale and the unhoused, and this is where history can play a role. The quote, "Those who do not learn history are doomed to repeat it" is probably the most well-known and completely ignored quote of all time. For many the keywords in the statement are the "doomed to repeat it" but I think the part we should focus on is the "do not learn." This seems to be the key and if we would look at the history of Rockhaven alone we could learn so much.

For open space, Rockhaven was originally purchased by the City in 2008 to be a park and library. It was to be an "open to the public" space. Now, it is not in South Glendale but it is still an example on how to partner public space with open space. It is something that for years seemed to be ignored as developers built high-rise housing in Glendale, with the philosophy that housing is the number one issue of concern while ignoring the balance of public open space.

see WEATHER on page 8

The Montrose Shopping Park Association
Presents our
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NEWS

IN BRIEF

ROSEMONT PRESERVE OPEN GATE MORNING

An “open gate” event is taking place at the Rosemont Preserve on Saturday morning, April 1. 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.

GPD HOSTING CEREAL BOX DRIVE

The Glendale Police Dept. is collecting new unopened boxes of cereal during the months of April and May. The cereal will be donated to local seniors in need, food pantries and the department’s Cops for Kids families.

Drop off cereal to the Glendale Police Dept. lobby at 131 N. Isabel St. in Glendale. For more information or to arrange for a cereal box pickup, contact Amy Tate at atate@glendaleca.gov or call (818) 548-4015.

CVTC SPECIAL MEETING FOCUSING ON CLEARANCE NOTICES

On Thursday, April 4 the CV Town Council is hosting a meeting to address the numerous brush clearance notices received by local residents. The meeting will be held at 6 p.m. at the La Crescenta Library, 2809 Foothill Blvd.

Space is limited; RSVP to kerri@thecvcouncil.com.

NOTE ON AIR QUALITY

Frequent rainstorms throughout the winter have led to cleaner air quality levels. So far this year, air quality index levels remained in the good to moderate range (preliminary data as of March 27). Based on air quality index levels of ozone pollution, particulate matter, nitrogen dioxide and carbon monoxide, the first 86 days of 2023 are the cleanest since fine particle pollution monitoring began in 1999. Ozone is generally lower during winter months and remained low this year, according to a spokesperson from South Coast Air Quality Management District.

» WOMEN’S HISTORY MONTH

A Woman’s Boots On The Ground POV

By Mary O’KEEFE

Recently members of the Los Angeles County Sheriff’s Dept. – Montrose Search and Rescue (MSAR) team traveled to Turkey joining an international effort to help those affected by the Feb. 6 massive earthquake.

The earthquake was close to Turkey’s border with Syria. It struck at 4:17 a.m. local time and has been recorded as a 7.8 magnitude earthquake. (The 1994 Northridge earthquake registered as a 6.7 magnitude.) The initial quake struck at a depth of 11 miles. Aftershocks numbered in the thousands. On Feb. 20 a 6.3 magnitude earthquake struck the Hatay Province in southern Turkey. More than 850,000 children remain displaced in Turkey and Syria; over 1.9 million people are seeking shelter in tents and temporary shelters in Turkey, and 500,000 people in Syria are homeless, according to World Vision.

According to reports out of Turkey, over 45,000 people have died due to the result of the earthquakes.

To say the country’s emergency responders and governments were overwhelmed is an understatement. According to reports from the BBC, over 160,000 buildings collapsed or were severely damaged in Turkey after the quakes. The international community immediately responded to the call for help with funding, equipment and boots on the ground volunteers.

One of those groups of volunteers responding was from MSAR and one of those MSAR members was Cindy England, the only woman in the group who headed to Turkey.

England said she didn’t really have any preconceived notions of how she would be accepted in Turkey.

“I wasn’t [sure] how they were going to treat me,” she said, adding she wasn’t sure how Turkish men would react to her being an emergency responder and working alongside all of the male responders.

“I was pleasantly surprised,” she said. “I was treated as an equal, and worked alongside the men.”

She did have her helmet on the entire time so she blended in easily with the other responders; however, she was the only female boots on the ground responder— at least in the area where she was working.

“We didn’t see Turkish women helping with the evacuations,” she said. “Most of the women were on nursing staffs.”

England said she was overwhelmed at how nice everyone was



Photos courtesy of Cindy ENGLAND
 ABOVE: MSAR team member Cindy England in Hatay Province in southern Turkey.
 BELOW: England is lowered into a hole during one of the rescues.

and how much residents appreciated their help.

The group had a rule that only two at a time would go into a building that had collapsed while the other members would wait outside.

“We would sit with the neighborhood [men] and drink tea with them,” she said.

The women would be across the street. Men and women socialized separately, she noticed. She did get to walk across the street occasionally and speak, or at least try to speak, to the women with the help of an interpreter.

“They were very quiet and would nod their heads,” she said of the women. “They didn’t talk even to the translator and were very quiet but you could tell they were very appreciative we were there.”

see CINDY ENGLAND on page 10



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More than Just Bike Lanes – the La Crescenta Avenue Rehab Project

By Mary O'KEEFE

The La Crescenta Avenue Rehabilitation Project that is being spearheaded by the City of Glendale has a lot more to it than bike lanes and the Alternative 1 choice of reducing the lanes from four, two in each direction, to two, one lane in each direction. According to the City the project will improve walking areas and street surfaces, and include the installation

of new curb ramps, the modification of traffic signals, the use of “cool” pavement to mitigate heat island effects, improve the sewer system and plant trees.

According to the City, phase one will be the improvements to the treatment of sewer and storm water, phase two will be concrete improvements, then asphalt pavement and street resurfacing, and continue with traffic striping and signal modifications with

the project ending with the phase of tree installation.

There will be improvements to sewer capacity with the replacement of 2,800 feet of eight-inch diameter pipe to 12-inch diameter pipe along La Crescenta Avenue.

Storm water treatment improvements include the installation of new bio-retention facilities and new drywell systems to capture and treat storm water runoff.

The concrete improvements will focus on sidewalks, curb ramps, driveway aprons and gutters. Potholes and other damages to streets will be paved or pavement will be replaced. In addition there will be the installation of new signage and pavement markers, the repainting of curb markings and an installation of “creative crosswalks” at Roselawn Avenue and Shirlyjean Street. A creative crosswalk uses bright colors and textures to call attention to the surface. “High visibility crosswalks” will be placed at Paloma and Piedmont avenues. High visibility includes lighting, signage and bright paint that call attention to crosswalks.

Traffic signal modifications will be made at the intersections of La Crescenta Avenue, Shirlyjean Street and Roselawn Avenue. There will be intersection realignment at La Crescenta and Shirlyjean avenues to discourage cut-through traffic into residential neighborhoods and shorten pedestrian crossing distance.

There are 20 new tree plantings proposed by the City’s arborist with tree species including coast live oak, St. Mary magnolia, Engelmann oak and holly oak.

Construction is proposed to begin in January 2024 and completed in September 2024. Streets will be temporarily closed during construction and parking availability will be restricted. Contractors are required to notify residents and businesses in advance of the work.

For more information visit <https://tinyurl.com/2h8xnm36>.

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THE FOOTHILLS COMMUNITY NEWSPAPER

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

Mail Payment to:

CV Weekly, 3800 La Crescenta Ave., #206, La Crescenta, CA 91214

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



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Surrounding Areas

JUDY CHU from Cover

introduce her to constituents in the Foothills community who want to know more about their representative.

Below are edited excerpts from the interview:

Question: What issues are the most important in the Foothill communities? How will you address these issues?

Well one thing I've been working on for a very long time is the San Gabriel Mountains. Actually, I have worked on this even before I was in Congress for 20 years to make sure that the San Gabriel Mountains got the resources that it needed. So when I got to Congress I felt that the best first step would be to get President Obama to declare it a national monument. Now, national monuments can be declared only on federal land, so I didn't really cover all of the San Gabriel Mountains; nonetheless it was just an incredible step forward and finally the San Gabriel Mountains got the resources that it needed. Now, I am embarking on an expansion of the area with the San Gabriel Mountains and Rivers National Recreation Area that would include the areas that are north of Crescenta Valley and La Crescenta. It will help possibly in such things as travel management and getting the resources there to clean up the area and it would declare Yerba Buena and Condor Peak areas a wilderness area and so it would help to preserve it.

Question: What principles will guide you as you represent the 28th District?

One thing I want to do is to make sure that the residents of the 28th Congressional District know that we are a resource for them. There are many that do not know they can get a lot of help with all federal agencies such as the IRS, Social Security, Medicare, veterans benefits, USCIS, and visas and passports. These are areas that affect their everyday lives. So we have incredible staff that work on these case management issues. For instance, there was a woman who was a widow of a Korean War veteran and she should have been able to get her death benefits from her husband when he died, but she was stuck. So we intervened for her and she was actually able to get \$30,000 plus the ongoing monthly benefit. Then there was a man who had trouble with Social Security; he should have been getting this monthly payment but the IRS was taking \$879 out of it because of some liability he had. However, at one point the IRS lifted that liability so that he shouldn't have had \$879 taken away. He didn't know what to do, so he called us and we were able to make sure that he did not have to pay that \$879. In fact, he was able to get \$879 a month more because we intervened.

Question: Is there anything else you would like to say to the Foothill communities?

Wildfires are something that people in the Crescenta Valley and La Crescenta area worry about and so I'm very proud that in the last infrastructure bill there was \$6 billion for wildfire management and mitigation. We have to have a better way of managing the areas that are around these wildfires and we must have constant maintenance in order to make sure that communities are safe. This is very very important. I'm also the co-sponsor of the bill for an early warning system for wildfires.

Question: How will you support small business in your district?

This is my favorite topic! In fact, I am

a member of the House Small Business Committee. I have made it my mission to be on that committee all the years I've been in Congress and that's despite the fact that I am on what they call an "exclusive" committee: Ways and Means, which is considered a very powerful committee. I insisted that I stay on the Small Business Committee because I know how important small businesses are to this area. So I have been able to work on numerous issues: one was getting small business development centers into our area. What are these? These are what we call SBDCs for short. Basically you can walk into any SBDC and get help with a business plan, with financing, with resources and with market research. You get all these things and guess what the price is? It's free! So you know you can't beat that.

But guess what? We didn't have an SBDC here in this area – the closest one was in Long Beach. So I worked hard to get one here and I actually ended up with two. One is in the Pasadena [City] College and the other is at the University of La Verne. The PCC one is close to the folks from La Crescenta, and I hope that they can utilize that.

In addition, I've worked on numerous bills to increase access to capital for small businesses. For instance, I got a bill that took a very popular loan program, called the 504 Loan Program, which you can use to purchase real estate but you couldn't use it to refinance. Yet there was the lowering of interest rates. So I was able to get the bill passed that allowed small businesses to use it (the 504 Loan Program) for lowering their interest rates.

I also have been able to get this bill passed out of the House just last month called the Investing in Main Street Act, and what it does is make the banks be able to contribute more to something called the SBIC, which is a small business investment company that is comprised of money that businesses pull together in banks that are guaranteed by the SBA. Small businesses and banks like it because with a guarantee of SBA they can rest assured that they won't be on the line if a loan goes bad. It's for high potential growth startups. In fact, Tesla and Apple started with this fund. So, my bill allows banks to put more of their capital into this fund.

Question: How do you balance the needs of small businesses with large corporations?

I am a big believer in small business. Two out of every three new jobs comes from a small business. So actually small business is the driver of the economy, and that's why I would always want to make sure that small business always gets its fair share. This came to the fore, I must tell you, with the PPP loans – the Paycheck Protection Program. As you know, when COVID-19 happened so many businesses were forced to close their doors. So that's why we knew we had to have some loan program that will keep afloat. And so if they were able to keep their workers on the payroll then the loans could be forgivable. Well there were many small businesses that were thinking: "This is what I really need!" but when they called on the phone lines they could not get through. In fact, the biggest banks were only giving those loans to their biggest customers at first; to the ones that they had given gigantic loans to. They didn't even give it to those who had accounts in their own banks for years but maybe

have not gotten a loan. So we stepped in and we did a \$60 billion set-aside so that the community banks and the credit unions and the smaller mission-based entities could give loans to the smaller businesses because those are the ones who usually know which ones are the actual small businesses that are in need of help ... and it worked!

There were a couple of other programs that I am very proud of – one of which is the Restaurant Revitalization Fund. Restaurants really took a hit during COVID-19 so we did this gigantic grant to help keep the restaurants afloat. I can't tell you how many restaurants told me that this is a thing that kept them alive. Then there was the Shuttered Venue Program. Theaters and museums could not keep their doors open, so entities like the Pasadena Playhouse were able to get a Shuttered Venue grant that kept them afloat.

Another thing I'm very proud of – I'm founder and co-chair of the Congressional Creative Rights caucus. We make sure to help creative industries. The reason why I'm very invested in this is because the Los Angeles area is full of people who work in creative industries. A lot of them in our area (28th District) aren't necessarily the big movie stars and the big producers. People in our area are the ones who work jobs like the makeup artist and the sound technician. So, what I have been working to do is to make sure that we have copyright protections that keep the creative industries alive.

Question: Recent accusations have risen from representatives in the Republican Party regarding your loyalty to the United States, despite the fact that you are a U.S. citizen. The rhetoric inherent in these accusations is akin to the same anti-Asian sentiment inherent in the Chinese Exclusion Act. What do you think are the solutions to this persistent human rights issue?

Well of course I was outraged and disgusted by these accusations by this very extreme Republican congressman who is trying to make a name for himself by being very anti-China. What really makes me angry is that it's based on the racist stereotype that Asian Americans have had to deal with since forever, which is that we're always foreigners in our own land even if we've been here for generations and contributed a lot to society. In my case, I was born in Los Angeles, my father fought for the U.S. in World War II, I taught in the community college for 20 years in psychology, and I've been an elected official for 37 years. If you look at why this guy picked on me, it's because of my ethnicity. That's it. Plain and simple.

I think it's important for people to speak out against this sort of thing and I was very very gratified because immediately people spoke out. I mean national leaders spoke out against it and demanded an apology from him: the Congressional Black Caucus, the leader of the Congressional Hispanic Caucus and of course the Congressional Asian Pacific American Caucus spoke out against it; the American Jewish committee, and the National Urban League spoke out against it. So it's from that allyship from the different groups that really makes a difference because when people unite and work together to speak out against these really racist and terrible things, our country becomes stronger.



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CRIME BLOTTER

March 26

2300 block of Florencita Avenue in Montrose, tools were stolen from a vehicle. Surveillance footage revealed a suspect who was described as a white male with shoulder length black hair, about 30 years old, 6'01" tall with a medium build and at the time was wearing all dark clothing and carrying a black backpack. The footage showed the suspect reaching inside the driver's door window, which was left down, and opening the trunk. The suspect then took a tool bag containing several items out of the trunk and left the location between 12:45 a.m. and 6 a.m.

discovered the passenger door open, the driver's side door handle locking mechanism was damaged and several personal items had been stolen.

The vehicle burglary occurred between 1 p.m. and 4 p.m.

5600 block of Pineglen Road in La Crescenta, the front driver's door window of a vehicle was broken and items were stolen from a vehicle overnight.

March 22

2800 block of Harmony Place in La Crescenta, on March 22 a resident who is selling her home left her home with the realtor in charge of showing the house. When she returned that day she did not notice anything different but the next day when she went to get some of her jewelry she noticed several items had been stolen.

The thefts occurred on March 22 between 10 a.m. and 2 p.m.

March 24

Angeles Crest Highway in Angeles National Forest, a person reported she and a friend parked her vehicle in the parking lot at the location, locked the vehicle doors and left the parking lot. When they returned to the vehicle they

Preparing for the Baker to Vegas Relay

By Mary O'KEEFE

This coming weekend law enforcement from all over the country, and possibly even outside the U.S., will be gathering in Baker, California to start the 120-mile Baker to Vegas – Los Angeles Police Revolver and Athletic Club's (LAPRAAC) Challenge Cup Relay. The relay race has 20 legs that range from four miles to 10 miles. The race begins near Baker and winds its way through Death Valley before ending in Las Vegas.

The Los Angeles County Sheriff's Dept. – Crescenta Valley Sheriff's Station will be

partnering with the Altadena Sheriff's Station as one unified team. Together they will be sending about 20 runners, five of who are women.

"We have about 10 runners from our station," said Sgt. John Gilbert, who is one of the runners.

He said he ran the relay over 10 times, in addition to being on the support team that travels with the runners. He already knows he will be running Leg 13, which is 6.9 miles.

The relay can take runners through all types of terrain and weather, including snow and

see B2V on page 8



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Obituary

Betty Uebel



Feb. 14, 1926 – March 31, 2022

Betty was born to Wilhelm and Matilda Eichenhofer in Glendale. She spent much of her growing up years in McFarland, returning to the area to attend Glendale High School. Upon graduation, she worked at Hoover High School.

She met and married her husband Ben and they raised two children in the Crescenta Valley. She was very involved with their activities in and after school. When they were older, Betty returned to work for the Glendale Unified School District and stayed until her retirement. Son Jerry was a Glendale police

officer and daughter Jan is a news anchor at KNX.

For 20 years, Betty was a weekly volunteer at the Glendale Police Dept.'s Montrose substation. She enjoyed helping the public with fingerprinting and other services, being part of the Caring Callers program and interacting with officers. One of her most treasured experiences was meeting and having a picture taken with actor Tom Selleck when he was filming in Montrose.

Betty was very active and loved spending time outdoors. She especially enjoyed bowling and golfing, belonging to weekly

leagues. She was still golfing once or even twice a week at age 90, priding herself on pulling the golf bag – not using a cart.

Betty maintained long-lasting friendships. Over a 50-year period, one group met and played Bunco each month. She was a crossword puzzle fan and remained a formidable gin opponent to the very end of her life.

Betty passed a year ago at the age of 96. She was pre-deceased by husband Ben (1984) and son Jerry (2021). She is survived by daughter Jan (Red) and grandchildren Ailene and Ian.

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Obituary

Margaret Baca



Jan. 25, 2023

Margaret and her family were longtime residents of La Crescenta. She passed away on Jan. 25 after battling pancreatic cancer. She was retired from JPL where she worked for over 30 years. After retiring, she enjoyed vacations and worked part time at La Crescenta Elementary School and OSH/Ace Hardware stores. She is survived by her sisters Joyce, Jeanne and Elaine. Her daughter Tina and son Paul still live locally and her stepdaughters JoDee, Wendy and Paula live out of state.

She enjoyed being a grandmother to many grandchildren and a few great grandkids.

Memorial services will be at Crippen Mortuary, 2900 Honolulu Ave. in La Crescenta on Friday, March 31 at 3 p.m.

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MSAR Holds Tryouts

By Richard SNYDER

Hunting once was the only outdoor sport. But hikers have surpassed the number of hunters by far. Young and old enjoy being outdoors and viewing the sights and vistas nature offers. Hiking offers many health benefits, too: cardio, balance improvement, osteoporosis prevention, blood pressure reduction and more.

But hiking is not 100% safe. Locally the Montrose Search and Rescue team is at the ready, prepared to search for lost hikers and others caught unprepared in the nearby forest. Every Saturday and Sunday an MSAR truck patrols the hills, available for any emergency.

But most SAR teams never seem to have enough members. Between 130 and 160 callouts occur in the local area yearly – that’s approximately one every two or three days. So identifying and training more team members is an ongoing task.

On Sunday MSAR held tryouts at Deukmejian Wilderness Park. This was only the second time a tryout has been held. Thirty-five people showed up for the initial testing: getting timed trudging up a trail. Timed results were between 31 and 70 minutes. Applicants failed who didn’t complete the hike, got hurt or cut the trail.

But this was just the first step in a long journey to becoming a

team member. Among the many things applicants must do are attending team meetings, participating in team training sessions and riding along in trucks as MSAR performs rescues. Applicants must also be licensed emergency medical technicians. These are people who provide out-of-hospital emergency medical care and transportation for critical and emergent patients.

While it was gratifying that 30-plus applicants arrived at the tryouts on Sunday, MSAR needs more. Anyone 20.5 years old and older can apply. There is no age limit.

For more information, contact Cindy England at Cengland918@gmail.com.



Photos by Richard SNYDER

RIGHT: MSAR team member Mike Leum chats with Mary Ramirez and Lily Haddad who took part in the timed hike.

ABOVE: MSAR team members and tryout organizer Mike Leum addresses the applicants on Sunday before they begin their timed hike.

Catalytic Converter Theft Prevention Tips from CV Sheriff’s Station

By Detective Salvador PONCE

I have shared tips regarding burglaries and other thefts – specifically catalytic converter thefts, which account for approximately 60% of the reports we receive on a daily basis. In a previous article I revealed several burglary prevention tips. Now I will explain why thieves target catalytic converters and give readers several tips on how to help deter criminals from stealing them.

Every modern internal combustion engine comes with one or more catalytic converters. This piece of equipment is part of a vehicle’s exhaust system and is located between the engine and the muffler. It reduces the harmful emissions into the atmosphere from gas or diesel engines.

Like burglaries, catalytic converter thefts are a crime of opportunity. It has been my experience that criminals who steal catalytic converters target vehicles that give them a good return for the stolen item. The Toyota Prius is one of the

most targeted vehicles. Based on interviews conducted with numerous suspects arrested for catalytic thefts, the going rate on the black market for a Toyota Prius catalytic converter is approximately \$1,100. Approximately 70% of the catalytic converters stolen in the local area are from a Toyota Prius; however, other vehicles have been targeted as well.

Here are a few tips to prevent becoming a victim of catalytic converter theft:

Install a catalytic converter plate. Because of the high volume of catalytic converters that get stolen, mechanics have produced a plate cover or cage that goes over the catalytic converter making it extremely difficult to steal it. Because suspects want to be in and out as fast as possible, they will likely move on to another vehicle if they see there is a cage protecting the catalytic converter.

Etch the catalytic converter. Although this may not prevent you from becoming a victim of the theft, it will help law enforcement prosecute

criminals. There are instances when law enforcement officers catch suspects with multiple cut catalytic converters. If the catalytic converter is etched, we can quickly identify the victim and prosecute the suspect.

Park in a well-lit area and install quality cameras. Like having quality lighting and surveillance cameras on your home, this applies to your vehicle as well. Criminals prefer to work in dark areas without cameras. People who have lights and cameras may cause the criminal to look for an easier vehicle.

By using as many of these tips as possible you will reduce the chances of your catalytic converter being stolen.

Detective Salvador Ponce is a 21-year veteran of the Los Angeles County Sheriff’s Dept. He had worked nine years of patrol at Century Station and had been a detective for two years at Compton Station. He has been assigned to Crescenta Valley Station – Detective Bureau for the last year and specializes in burglaries and catalytic converter thefts.

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WEATHER from page 2

Then there is the unshowered. In California in 1967 then-Gov. Ronald Reagan signed the Lanterman-Petris-Short Act which basically ended the practice of institutionalizing patients against their will. There were issues with this practice; Rockhaven's history provides examples of this. For example, it only took the signature of a husband to commit a wife to an institution, so the Act did seem to protect some. But it fell short for many when California relied on community treatment facilities that were never built, according to CalMatters.

Then in 1980 the Mental Health Systems Act (MHSA) was signed by then-President Jimmy Carter. This provided grants to community mental health centers. In 1981 then-President Ronald Reagan, along with Congress, repealed MHSA. This law was known as the Omnibus Budget Reconciliation Act of 1981 and forced many federal mental health institutions to close.

Rockhaven was in business during these upheavals in the 1960s and '80s, but history shows that Agnes and later her granddaughter Patricia Travis continued to stay the course. They treated women for a variety of mental health issues. The women were helped and many were able to go back home. But imagine what would have happened if Agnes had not been there? How many of those women would be on the streets as unshowered? Even if their families could pay, or they had insurance, many of the women had families that had no choice but to walk away from them due to their mental illness. How many women living on the street now would have benefited from the foundation of what Agnes created? This is history we can actually learn from so why would we not want to highlight this forward-thinking businesswoman's philosophy? Glendale's unshowered program is one of the best in the state, perhaps the country, so why would they not want to show an example of how 100 years ago a woman founded a facility that was proactive in mental health treatment?

Learning from history is so easy and yet not readily done by societies. But especially now with history being rewritten in so many areas it is important to keep tactile history alive, where you don't walk through a virtual facility that was created by someone with an agenda in mind but real buildings that contain echoes of long past voices.

The main issue of Rockhaven now has to do with our unprecedented rain and its leaking roofs. It seems a simple thing to treat, even temporarily, by putting up tarps. We see blue tarps every day as we travel throughout Southern California because roofs leak. The rain is going to continue, so as we are thankful for the rainfall we also must remember there are consequences to the storms especially when they are ignored.

The rain is expected to continue through today, then dry out for a few days but another cold front with scattered showers may be in our future starting Tuesday night, according to NOAA.

We are still in the traditional wet season, which goes from October to March/April, said Lisa Phillips, NOAA meteorologist.

Granted, in recent years we haven't had as much rain, but this has always been Southern California's wet season, so no one should be surprised that rain falls during these months.

B2V from page 6

rain and desert hot temperatures. This year, though, it looks like there won't be any rain or snow.

"As of right now [this week] the weather will be favorable, much better than last year when we had heat issues," he said.

The race start times are staggered with the first group beginning on Saturday at 9 a.m. just outside of Baker and the last relay team should arrive in Las Vegas around 4 a.m. on

Sunday.

For Gilbert the camaraderie is as important as the friendly competition.

"This is law enforcement-based with [everyone running having] similar career paths and similar daily duties," he said.

LASD is a very large agency that covers LA County and deputies serve at a variety of stations throughout their careers. This type of event

allows them to meet with fellow deputies who they used to serve with and may not have seen in a while.

Twenty-four runners and 18 volunteers from the Glendale Police Dept. will also be participating in the relay.

Next week CVW will share how teams from CV and Altadena stations and GPD, as well as other law enforcement agencies, fared in the relay.

Schiff Reintroduces Bill to Name Glendale Post Office for Paul Ignatius, Former U.S. Navy Secretary

This week Congressman Adam Schiff reintroduced legislation to pay tribute to former U.S. Navy Secretary Paul Ignatius – son of one of the first Armenian families to settle in Glendale and, at one point, the highest-ranking Armenian American in the U.S. government – by naming the Glendale post office at 6444 San Fernando Road in his honor.

"Paul is a true son of the American Dream – born to Armenian immigrants who escaped horrific persecution overseas, he has dedicated his entire life to serving his country and advocating for his community here in Glendale," said Schiff. "His remarkable achievements as a service member, a high-ranking presidential appointee, an academic and a community leader are the kind that will

be celebrated by generations of Americans to come. Paul told me that as a young man he did seasonal work for the post office in Glendale, and I'm thrilled to honor him in this one-of-a-kind way."

"The Postal Service is a revered institution, and I am very proud to be associated with it. I'm pleased by this honor for a special reason – I worked at the Glendale post office as a temporary clerk when I was a college student," said Ignatius.

Paul Ignatius was born on Nov. 11, 1920 in Glendale. His family was one of the earliest Armenian families to have settled in Glendale in 1911. He began his military career in the Navy during World War II, during which he served for four years. After graduating from Harvard Business School, he began to work with the Dept. of Defense.

His experience led him to various positions in both the Kennedy and Johnson administrations, including undersecretary of the Army and subsequently U.S. assistant secretary of defense. Under President Johnson, Ignatius became the 59th U.S. Secretary of the Navy in 1967, and then the highest-ranking Armenian American in the U.S. military.

In addition to his storied career, Ignatius has long been a champion of the Armenian community in California, including through his work as a member of the USC Dornsife Institute of Armenian Studies National Honorary Council and as a supporter of the Armenian American Museum – the latter honored him at its 2019 gala for his commitment to public service and support of the Museum.

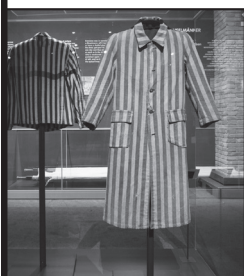
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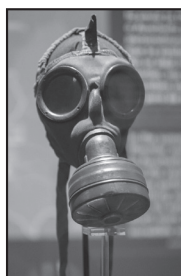
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GCC from Cover

agreement between the city and Babak B. Golbahar for the Verdugo Jobs Center (VJC) facility located at 1255 S. Central Ave. in Glendale for a three-year period from April 1, 2023 to March 31, 2026. The council also amended various sections related to the city's administrative code

about term limits for the seats on the city's boards and commissions, including youth commissioner on specific boards and commissions.

One of the items up for discussion was the state of the urban forest. The Public Works Dept. was tasked with providing an update.

Two proposed ordinances and a resolution related to tree protection and enforcement mechanisms were the primary topics discussed. The first ordinance aimed to update standards and implement greater enforcement mechanisms for public and indigenous tree protection. The second ordinance focused on tree-related zoning provisions. The resolution proposed adding and modifying administrative citation fines in the citywide fee schedule for enforcement of the public tree and indigenous tree ordinances.

These proposals had been long in the making, and the Public Works Dept. had worked tirelessly to prepare them

for the council's consideration. The reports, proposed ordinances and resolutions were presented to the board as part of Action Item 8A. The council members listened carefully to the presentations, asked questions and debated the merits of each proposal. They recognized the importance of preserving and protecting the urban forest. However, after thorough discussion, many members wanted to learn more about the ordinance as well as take the time to discuss possible amendments that could be made to the proposal prior to voting. Items concerning the urban forest will be voted on in a future council meeting.

The meeting concluded with a call for the next regular meeting scheduled for April 11.

DISCOVERY from Cover

rubber model of the brain, which had the consistency of hard gelatin, much like the brain itself. Brahe talked about the parts of the brain – the frontal lobe, the temporal lobe, the brain stem, the parietal lobe, the occipital lobe and the cerebellum. She described the functions of the frontal lobe and its control of reasoning, thinking, planning, language, emotions, judgment, motor function, movement and short term memory. Those functions are still developing in the teenage brain. Nabor Maldonado, 17, a 12th grade student at San Fernando High School, wants to become a pharmacist. He found Brahe's presentation "pretty interesting."

In her booth, physical therapist Rashmi Bandekar explained blood flow restriction therapy. Students took turns lifting their leg wrapped in a tourniquet to reduce arterial inflow and stop venous outflow in the setting of resistance training or exercise. Jonah Banta, 14, a ninth grader at St. Francis High School, tried the therapy. His father, a pulmonologist, is the director of the ICU at Huntington Hospital in Pasadena. Banta said he "wants to follow [his] father's footsteps." Banta also liked the "brain booth" for "a better understanding of strokes."

Banta ended his hands-on training having nearly memorizing the signs of a stroke according to the acronym BE FAST. It stands for Balance (watch for sudden loss of balance), Eyes (check for vision loss), Face, (look for an uneven smile), Arm (check if one arm is weak), Speech (listen for slurred speech) and Time (call 9-1-1 right away).

USC Verdugo Hills Hospital is a primary stroke center.

CINDY ENGLAND from page 3

She did add that in addition to the offer of tea and food the men also offered cigarettes, which they smoked all day long.

She noted that she didn't feel any resistance or even concern about being a female responder until the last day when the team members were getting ready to leave and she took off her helmet.

"It was just an interesting feeling I got," she said.

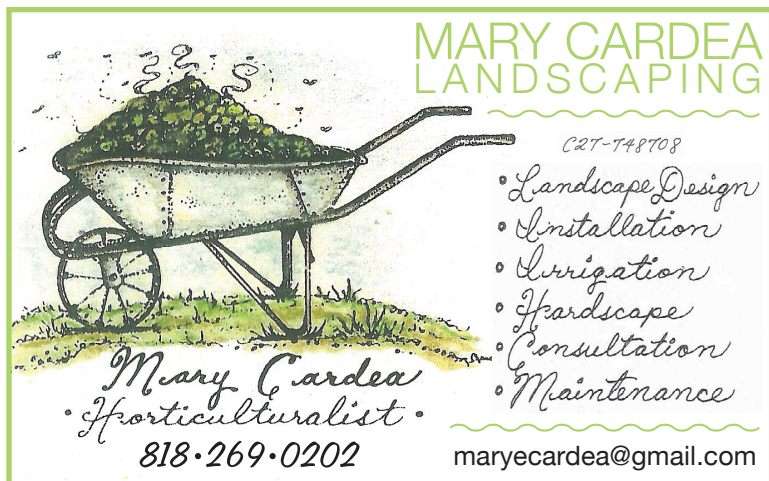
It was a different feeling. She said that although all the men were still kind and supportive, as a woman – especially one who is doing a job that is traditionally a man's – there was a type of "Spidey-Sense" (a vague but strong sense of something being wrong) that she experienced.

England said she has never felt that "not wanted" feeling from her fellow MSAR members or any of the search and rescue members she has worked with.

"When I started [search and rescue], I was with another team. There were only two women [on the San Dimas team]," she said when she started – and she was one of the two.

She said she never felt animosity from her male team counterparts and has seen more of "You don't belong here" attitude from a male therapist in her field as a physical therapist.

You can read more at CVWeekly.com/NEWS



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VIEWPOINTS

TREASURES OF THE VALLEY » MIKE LAWLER

The Montrose Rodeo of 1947 – Part 2

We continue the story of the multi-year annual Montrose Rodeo, focusing on the 1947 version. Last week we heard about the plans for the big parade to precede the rodeo, but there were other aspects of the celebration worth hearing about.

The beard-growing contest seems to have been a big hit with most of the Montrose merchants (the men mainly) growing beards and donning cowboy clothing and hats. The contest was dubbed the “Whiskerino.”

On Friday and Saturday morning before the big parade, squads of rodeo organizers roamed Montrose looking for merchants who hadn’t grown beards or that weren’t appropriately attired in cowboy clothing. The offenders would be grabbed by the posse and escorted to a water-filled horse trough located at Market Street and Honolulu Avenue. In a display of good humor, lassos were placed

over the smooth-faced businessmen and they were lifted up and plopped into the cool water. Some of the men had to be chased down though the busy Montrose streets while others donned fake beards. Many victims were had before the posse turned on itself and dunked one of the posse-men for not looking “cowboy enough.”

The parade on Saturday was preceded by a raid by “Jesse James and his gang” (a group of Montrose store owners). The masked gang rode in on horseback and held up Scanlon’s, a clothing store on Honolulu. They escaped with a heavy moneybag filled with steel washers. They were chased (at a walk) by the sheriff’s mounted posse and brought back tied up, much to the delight of the kids gathering for the big parade.

The parade, led by film star Jackie Cooper and a 24-member motorcycle drill team, was huge

with half the town marching in it and the other half watching. On a reviewing stand erected at Market Street, the head sheriff of LA County, Sheriff Biscailuz, gave a speech congratulating the valley on its recovery from the ’34 Flood, less than 15 years before.

Then on to the presentation of the rodeo queen Miss Caroline Bowers. Film star Jackie Cooper crowned the new queen with a custom-made cowboy hat, and gave her a kiss. Other awards were given out such as “oldest cowboy” to 71-year-old Frank Urquidez, a descendent of the Verdugo family, and “youngest cowboy” – a horse mounted 3-year-old. There was also a children’s rope-spinning contest, which must have been hilarious!

The parade was followed by a big dance that Saturday night. There were two locations offered for a single ticket purchase. Those with traditional “barn dance” sensibilities

could opt for the Trailsmen band with hoedowns and ballads at the American Legion Hall, or head across the street with the other hep-cats to the Woman’s Club for some Texas swing music.

The next morning the big rodeo was on tap. The Montrose Cab Company offered “oldfolks” freerides to the rodeo grounds at Onandarka Ranch (today’s Oakmont Woods at Shirleyjean Street and La Crescenta Avenue). Thousands gathered in the natural bowl of the small canyon there. In the afternoon, the grand entry began led by Jackie Cooper. Color guards were provided by the sheriff’s mounted posse and the Shadowettes drill team while bands played the Star Spangled Banner. They were followed by the rodeo queen and her attendants, and hundreds of Onandarka riders and rodeo contestants. The rodeo was the classic bull riding, bronc busting, calf roping, etc. while the

rodeo clowning was provided by Jess Kell and his trained mule Cuff. It was a professional rodeo featuring top ranking cowboys.

These rodeos were ostensibly to fund a war memorial building to be built on the campus of Clark Junior High (today’s CV High). I don’t know if that ever happened, and maybe instead the money was put toward the memorial at Two Strike Park a few years later.

The local paper summed up the non-monetary benefits of the event to the youth of the valley: “If the young people of the valley were shown the advantages and possibilities of clean, outdoor fun ... then the combined energies of the many individuals and organizations in the staging of the rodeo have been well spent.”

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 CRESCENTA VALLEY WATER DISTRICT

Crescenta Valley Water District’s Large Meter Replacement Program and Rainfall

Crescenta Valley Water District will be expanding its advanced metering infrastructure program by replacing three-inch and four-inch meters for apartment/condominiums and park irrigation. Starting next week, you will see crews working in traffic medians,

parks and large multi-family dwellings to switch out old meters to new, more efficient smart meters. This project, which will take place over the next several months, will result in improved water reliability, better water data and increased public awareness of water use and

supports several long-term planning goals, including the District’s 2015 and 2021 Urban Water Management Plan. This project is partially funded by a grant from the Bureau of Reclamation. The Bureau selected 82 applicants across the 16 western states for WaterSMART

small-scale efficiency projects to help local communities make water efficiency improvements. The grant will fund \$75,000 of the \$200,000 project.

How much rain was that? So far, that’s a season total of 39.34 inches. Last year at this time, rainfall was

14.73 inches. La Crescenta has not seen this much rain since the 2004-05 rainfall year and before that it was the 1992-93 rainfall year.

Statewide the water supply improvements are even more dramatic. Northern Sierra
see CVWD on page 22

Join us!

Holy Week

Easter Sunday

MAUNDY THURSDAY, 4/6 at 7PM
Contemporary service with Communion

EASTER WORSHIP, 4/9
6:30AM **SUNRISE SERVICE**
La Cañada Memorial Park
(1301 Foothill Blvd.)

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Traditional service

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Please join us for a

VIRTUAL TOWN HALL MEETING

April 4, 2023
12 p.m. or 6 p.m.

RSVP at
www.cvwd.com/virtual-town-hall-meeting



Crescenta Valley Water District (CVWD) values customer engagement and feedback, and we'd like to invite you to a forum to learn and provide input.

The District is considering a charge on the property roll to meet CVWD's commitment to the community to serve safe and reliable water. This includes safeguarding the ability to serve water to individual properties, to maintain the pipelines which are the backbone of the District's distribution system, and to provide water to fire services and residents in the event of an emergency such as earthquakes and fires.

Public benefits such as schools, libraries, vector control, flood control, parks, and recreation, etc. are commonly funded in part through the annual property roll that property owners receive.

Please join us for one of our scheduled forums, a Town Hall Virtual Meeting on Tuesday, April 4 to learn more and share your thoughts. We encourage the community to participate.

In addition, CVWD's Board meetings are held on the 2nd and 4th Tuesday of each month. Meetings are open to the public, are accessible virtually, and meeting agendas are available online in advance of the meeting at www.cvwd.com/board-agendas-information.

You may sign up for email notifications of meetings and other items on our website at www.cvwd.com.

YOUTH

ALF Donates over \$11,000 for Books to North Valley Military Institute

The Assistance League of Flintridge (ALF) has donated over \$11,000 for books to the North Valley Military Institute. This donation is in keeping with ALF's stated mission to transform the lives of children and adults through community programs. The donation was collectively made by ALF, its two auxiliaries Assisteens and CAPs, and individual members who wanted to make personal donations.

North Valley Military Institute (NVMI) received the donation and is currently categorizing and putting new books into its library system.

"Thank you so much for making this library possible for our students," said Robert Wherley, reading specialist for NVMI, upon receiving the book donation.

The North Valley Military Institute College Preparatory Academy is a grades six-12 public charter school in Sun Valley. NVMI utilizes the structure and discipline of a military model to provide an environment with predictable standards and high expectations, preparing students (cadets) as responsible citizens and lifelong learners.

As part of ALF's designation of February as Literacy Month, the "Alfies in Action" committee

researched organizations and schools that had literacy needs. This year, NVMI was selected to be the recipient of ALF's donation. ALF voted to donate \$3,000 worth of books to the school. The Assisteens, the high school student service group auxiliary of ALF, voted to donate \$3,000 and the Cañada Association of Professionals (CAPs), an auxiliary group of ALF, voted to donate \$3,000. The remainder came from individual members of ALF. ALF raises its philanthropic monies through sales at the Bargain Box thrift store.

"ALF is a fun and rewarding organization that truly does make a difference," said Faye Pengra, an ALF member since 2018.

ALF has various philanthropic programs that carry out ALF's vision and mission. Other programs include the summer school program in La Cañada, the instrumental music program, and the drama program, each of which ALF coordinates and runs. ALF also has Operation School Bell, which provides school supplies and Chromebooks to La Cañada Unified School District children in need.

Anyone interested in becoming a part of the ALF organization is invited to visit the ALF website at <https://alflintridge.org>.

GCC Partners with ASU to Simplify Transfer Pathways

Glendale Community College and Arizona State University are forging a new alliance to provide GCC students a seamless transfer experience to ASU with the MyPath2ASU program. MyPath2ASU is an innovative tool that guides GCC students from the start of their college experience all the way to their successful transfer to ASU.

Many community college students can be overwhelmed during the transfer process to a four-year university. The set of customized tools from MyPath2ASU is designed to engage students early in their college experience to clearly define the steps necessary to complete transfer requirements. Students who use the planning tool see a list of courses to take that will apply toward an ASU bachelor's degree. In addition, they can track their academic progress to ensure they complete their educational goals.

"As one of the region's top transfer colleges, GCC is continually searching for innovative ways to support our students," said GCC Superintendent/President Dr. Ryan Cornner. "It makes sense to partner with a nationwide leader in innovation like ASU which has developed a tool for our students that shortens the time it takes to complete their degree. In addition, ASU's new campus in the heart of downtown LA provides our students with yet another option when planning their future."

The partnership with ASU enhances GCC's reputation as an institution that

prepares students for the next step in their academic journey. More than 1,500 GCC students transfer to a four-year university each year. GCC's 44.3% transfer rate positions the college as one of the top transfer schools in Los Angeles County.

"The pressure of figuring out the transfer process when students are nearing the end of their community college experience can be overwhelming," said Andra Hoffman Verstraete, GCC Transfer Center director. "MyPath2ASU is designed to assist students at the beginning of their educational journey and will demystify the requirements for students who want to pursue a specific pathway."

MyPath2ASU is ASU's transfer admission guarantee. The newly established Universal Articulation agreement between ASU and GCC reaffirms the combined commitment to support academic preparedness and continue to grow an ecosystem of transfer student success. Through student support collaboration, academic alignment, term-to-term persistence and transfer outcome strategies, students are ensured a smooth transition to the university and the support essential for student success.

For more information on MyPath2ASU, contact Renee Beauchamp at Renee.Beauchamp@asu.edu.

BETWEEN FRIENDS

Local Girl Wins National Award

She is a person of substance, discipline and caring and has great respect for our country and our military. Kristina Seward is a senior at Providence High School in Burbank where she is an honor roll student and vice president of her class. She is also a junior member of American Legion Auxiliary Unit 377 in Tujunga.

Every year, the American Legion Auxiliary recognizes heroism and helpfulness of junior members by presenting the Good Deed Award. Since its inception in 2002, over 1,000 awards have been given to deserving youths. To be eligible for this prestigious award, the junior member must demonstrate an act of valor, donate their time and/or money for a worthy cause and serve as an inspirational role model for the organization. Seward met these criteria in several ways.

- She led a campaign to change one of her school's policies: restore feminine hygiene products in restrooms within the high school. For the proposed policy change to be considered, she had to write a business proposal and collect over 1,700 signatures. She succeeded.
- Seward initiated the Operation Gratitude Program at American Legion Post 377 in Tujunga. Operation Gratitude offers the American people a way to express gratitude for the military. Since 2003, Operation Gratitude has distributed over 3.5 million care packages to military members around the world. These packages contain items to boost the morale and resilience of service members and give them warm reminders of home. Included in these packages from home were "beanie babies." Why "beanie babies?" Deployed Marines have stated they give "beanie babies" to children in war-torn countries and, in turn, the children give them the location of IEDs (Improvised and Explosive Devices). Seward spoke at both the Legion and Auxiliary meetings in February 2021 and began collecting "beanie babies." The project ran for three months and Seward collected over 2,000 "beanie babies."



With the success of this project, Seward began another project under Operation Gratitude – Jot-A-Note. Every Operation Gratitude care package includes a note thanking the troops, veterans, new recruits or wounded heroes for their service to the country. Seward set up a Jot-A-Note station at Post 377 that included a mailbox, blank note cards, paper, index cards, pens and pencils, colored markers and envelopes. For the period of October 2022 to February 2023, she collected over 1,000 notes that were sent to Operation Gratitude to be included in their care packages. Other Legion Posts and Auxiliary Units found out about this project. Seward went to each of the seven Posts in District 20 in California and set up a similar station for them.

To provide supplies for these stations, she sought donations from local businesses. Kristina Seward is a member of the American Legion Auxiliary Unit 377. She serves as an inspiration to other young people she encounters.

CV WEEKLY ON THE MOVE

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

Send a pic and small caption to Robin@cvweekly.com

3RD ANNUAL MVCC EGG MY HOME

EASTER MORNING 4/9/23
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Surprise your kids & neighbors! Let the MVCC help you with your egg hunt again this year. Order candy/toy-filled (wrapped candies only) eggs to be delivered to your yard! Scattered NOT hidden. You can also donate orders for GPD to deliver to local underprivileged families.

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COMMITTED TO YOU	100 eggs - \$85
YMCA OF THE FOOTHILLS	200 eggs - \$150
CELEBRATING 65 YEARS	

Our "Golden Egg" prizes are full of surprises this year. Will you wake up as one of our lucky winners?

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Who is Really Calling? Phone and Internet Scams Targeting Older Adults

Older adults are known to be responsible consumers with large savings and good credit, which is why they are often targeted by phone and internet scammers. Additionally, seniors are more trusting of others and less likely to report being victims of financial fraud – which makes them even more vulnerable to unscrupulous callers and scammers.

According to the FBI, financial fraud of older adults totals over \$3 billion annually and most commonly occurs through telephone and internet

scams. FBI statistics also show a direct correlation between age and amounts stolen: The older the victim, the greater the financial loss due to fraud.

The two most common types of financial fraud committed against older adults via the phone and internet are imposter scams and identity theft. Other types of fraud through the internet that target the elderly are: 1) romance scams, 2) prizes/sweepstakes/lotteries, and 3) tech support scams.

1) Imposter scams are calls or

emails allegedly from government agencies, such as Social Security Administration, asking for your personal information; 2) callers from foreign countries asking for money through wire transfers or credit cards for a relative in need; or 3) calls from seemingly charitable organizations seeking donations for victims of natural disasters. While our first inclination may be to comply or help, we need to pause and be smart consumers before we freely give information to strangers calling. A



Questions About Today's Real Estate?

Ask Phyllis! Rat Found During The Inspection

Dear Phyllis,

We were in escrow and during the inspection, a rat jumped out of the bedroom into the kitchen and seemed to hide there, perhaps under one of the appliances. As you can imagine, this was quite a shock and we left for the remainder of the inspection. In addition, our inspector found rat droppings behind the stove. Before our Realtor had an opportunity to make a formal request to the seller, the seller took it upon themselves to hire what we felt was a second-rate pest control company. I think they were just looking for the cheapest price. We didn't like the warranty duration when the invoice was presented to us as proof that the rat(s) were taken care of. The sellers refused to credit us for a pest control company of our choice. Also, we believe that the sellers were well aware of this infestation. Therefore, we canceled escrow as we didn't know what else they might be hiding. Shouldn't the seller at least pay for our inspection and appraisal for this failure to disclose properly? Our Realtor doesn't seem to think this is reasonable. What do you think? **Jenna**

Dear Jenna,

Yikes! Over my years of selling real estate, inspectors often find rodent droppings in attics. In most instances, it comes as a surprise. However, a rat roaming around the house is a different story. It seems that there would be evidence of food being eaten if the rat was living in the kitchen.

If the sellers were aware of rodents, they should have disclosed that. Did you find rat traps or anything to give you the feeling they knew of the rodents? Typically, people don't have rat traps around unless they have rats. In this instance, your Realtor could write a letter to the seller's agent, noting that this should have been disclosed, and ask for you to be reimbursed for your out-of-pocket expenses. If there were traps, the seller was likely aware of the infestation. If there were no traps, it won't be easy to prove that the seller knew and failed to disclose. If the seller refuses to reimburse you, your recourse would be small claims court.

Phyllis



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legitimate caller will never pressure you to provide personal or financial information over the phone.

The first thing to know to help you decide if a caller or email is legitimate is to know that the offices of Social Security, the IRS and other government agencies will not contact you by phone or email. If government agencies are trying to reach you, they will send correspondence through the U.S. mail. Also, governmental agencies will never make threats of arrest or legal action over the phone. When receiving requests from charitable organizations, you can always check their authenticity through the website www.guidestar.org or ask

for their federal tax ID number and check them out before donating.

Trust your gut and if you feel like a call or email may be a scam, treat it as such. Reporting financial fraud is important to avoid future scams and can also protect others from being victimized. To report a possible scam, contact the Federal Trade Commission <http://reportfraud.ftc.gov>. For more information or assistance on consumer protection, call to speak with a resource specialist at USC Verdugo Hills Hospital Community Resource Center for Aging at (818) 949-4033 or email: aging-resources@med.usc.edu.

Veterans Corner March 2023

Deaths Among Active-Duty Troops from Fentanyl Overdoses Rise Sharply, According to Pentagon

By Blake HYFIELD

Fentanyl was involved in 88% of the deaths of service members who overdosed on illicit drugs in 2021, a steep increase in five years, according to Defense Dept. data provided to Congress. "Our military is not immune to the opioid epidemic," Sen. Edward Markey, D-Mass., said in a statement. "The Dept. of Defense's latest report underscores the urgency of this moment and our need to ensure access to quality care and treatment without stigma or shame."

Five years ago, the synthetic drug was involved in 36% of troop overdose deaths, according to Pentagon data.

Markey and other senators requested data on overdoses from the Defense Dept. in September and recently received 12 pages from Pentagon officials that included statistics and prevention efforts. From 2017 to 2021, 15,293 service members overdosed on drugs and alcohol and 332 died. More than half of those who died had taken fentanyl, a synthetic opioid that is more potent than morphine, the report found.

Increasingly, fentanyl is mixed with other illicit drugs or used to replace another drug entirely so that users are expecting something else, and this has led to a rise in deaths from the drug nationwide, according to the national Centers for Disease Control and Prevention.

Military officials determined service members accidentally overdosed in 84% of the deaths. Just 12% of the deaths were thought to be suicides.

"Every drug overdose is a preventable loss of life and we must work to do better," Under Secretary of Defense for Personnel and Readiness Gilbert Cisneros wrote in his letter to senators. "The department continues to evaluate, refine and improve strategies for overdose prevention to ensure we are making every effort to prevent these tragic deaths."

About 10% of those who died had previously failed a drug test administered through their service, the Defense Dept. said.

The Army, which is the largest of the service branches, saw the most overdose deaths during the five-year period, with a slight decrease from

36 deaths in 2017 to 35 in 2021, according to the Defense Dept. However, the Navy and Marine Corps saw the number of deaths in each service double. Eleven sailors died in 2017 and 21 died in 2021. The Marines lost five sailors in 2017 and 10 in 2021. The Air Force saw overdose deaths increase from nine to 11.

The senators requested the data after reading a story in the September issue of Rolling Stone magazine that raised concerns about overdose deaths among soldiers at Fort Bragg, North Carolina. Fort Bragg lost 31 soldiers in five years to overdoses, the highest of any installation mentioned in the Pentagon report. The Defense Dept. told senators that the rate of overdose deaths during the five-year period is higher in North Carolina than anywhere else – 36 deaths per 100,000 active-duty service members. The State of Washington had the next highest rate of 29.5 deaths per 100,000 troops, followed by Texas with 28.6.

Blake Hyfield is the post service officer for the local VFW and American Legion posts. He can be reached at bhpegleg@yahoo.com.

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TRAVEL & LEISURE

Gina Zollman Takes Center Stage at the Catalina Jazz Club

By Charly SHELTON

Singer/songwriter Gina Zollman recently released her debut album, "Anywhere With You," combining old standards from The Great American Songbook with original songs for a journey through "love, loss and how much I weighed." And to celebrate the release of her first CD, Zollman took to the stage at the Catalina Jazz Club in Hollywood for a live performance.

One particular song, "An Hour or So in the Dark," seemed to strike a particular chord with the audience. In a post-COVID world

where people know what it's like to not have the luxury of visiting a theatre and getting lost in the spectacle, this song is a love letter to the stage in all its forms as audience members sat together and forgot their "real lives" and the troubles of the world for an hour or so while watching a performance. This song, an original composition by the artist, is both the opening track on the CD and was the opening number in Zollman's performance at the Catalina jazz Club. And it really started off the evening in a great way, putting the audience in the right mindset.

In addition to the original



Photo by Charly SHELTON

Gina Zollman on stage at the Catalina Jazz Club in Hollywood with guest vocalist Tod Macofsky.



Photo by Leslie BOHM

compositions of "An Hour or So in the Dark," "Anywhere With You" and others, Zollman also incorporated songs she has written for musicals as well as classics like "Someone to Watch Over Me" and "How are Things in Glocca Morra?" "I'm having the time of my life

releasing this CD," Zollman said in a press release. "It's something I've always wanted to do, and now I'm getting around to doing it. I'm unleashing my creativity in this new passion project and loving every minute. This album is really close to my heart. The songs on my

album I've sung on stages across the Southland. I chose them for very personal reasons, because they spoke to me, and tell my truth. They are the harvest of my singing life."

The CD is now available for purchase at GinaZollman.com.

DOCTORS' DAY March 30

Our Doctors Our Heroes

Happy Doctors' Day 2023

Our doctors go further every day for our community. They help patients reach their potential, and USC Verdugo Hills Hospital thanks our physicians on Doctors' Day. We celebrate and support our doctors, today and every day.

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Tactics of Erasure and Rewriting Histories

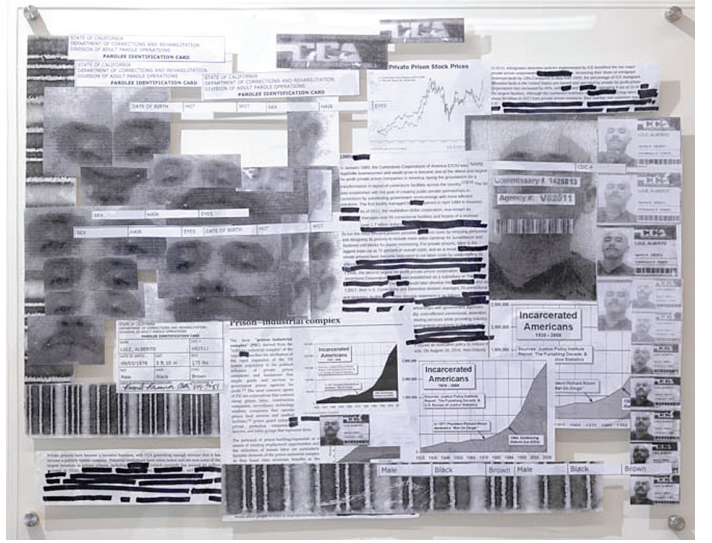


Photo by Andrew GIROSETTO
Alberto Lule, "Am I Truly Free," 2022 provided courtesy of the artist.

The ReflectSpace Gallery, Glendale Library, Arts & Culture, and Craft Contemporary presents Tactics of Erasure and Rewriting Histories, an exhibition that highlights diverse artworks documenting acts of reclamation and removal as a process of making history. The five exhibiting artists – Fafnir Adamites, Andre Keichian, Alberto Lule, Miller Robinson, and Ryat

Yezbick – use archival and forensic materials, found objects and casting to investigate how state-sanctioned censorships create a system of oppression that impacts their sense of identity.

Their works explore the questions: What role does erasure play in informing one's place in history? What other forms of representation can capture the fluidity of marginalized identities, the pains of inherited traumas, and the unstable truth of history?

see REWRITING on page 22

Alissa's Oceanview BAR & GRILL

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THEN & NOW

Montrose Rodeo
Courtesy of the Historical Society of CV



THEN: The Montrose Rodeo in 1947 was held at the Onandarka Ranch. Here we see a view of the rodeo ring as the crowd is just forming and professional cowboys practice for their upcoming events. In this photo, the street running uphill behind the horse ring is La Crescenta Avenue and the oak-covered area beyond is the La Crescenta Nursery.



Now: This is that same view today, looking northeast at the neighborhood of Oakmont Woods. In 1950 the land was sold to a developer and Onandarka Ranch became the residential neighborhood of Oakmont Woods, accessed at the intersection of La Crescenta and Shirleyjean.

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PROBLEM SOLVED » BY CHRISTOPHER ELLIOTT

Overcharged by Quest Diagnostics – can she get her \$353 back?

Quest Diagnostics charged Ro Dobkin an extra \$353 for services. Can she get it back or is it lost forever?

Q: I received two bills from Quest Diagnostics for tests that my insurance denied. I paid the bills myself, not knowing that my doctors had already recoded them and resubmitted them to Medicare. Quest used my payments and applied them to all services provided even though Medicare already covered them.

Quest is also sending me a bill for services performed last spring, which Medicare denied. My bill clearly states, "You should not be billed for this service."

I opened four separate cases but can't get an answer on the status of my claims. Quest Diagnostics should reimburse me a total of \$353 for the two bills I paid. Quest also needs to rescind a bill for \$254. I have spent numerous hours on the phone with Quest and emailed them to no avail. Can you help?

– Ro Dobkin, Hanover, New Jersey

A: What a mess! It looks like you had a colossal misunderstanding among you, your doctor and Quest Diagnostics. The net result was that Quest overbilled you by \$353.

How hard is it for something like this to happen? Not hard at all. I had to get a blood test at a Quest Diagnostics location a few years ago and I experienced similar chaos. I thought my insurance company would cover the test, but I Quest insisted I pay upfront.

This shouldn't happen. We need a system that

ensures people like you – and me – don't have to worry about paying for essential medical services. In the last year, I have personally experienced healthcare in South Africa, Switzerland and the United Arab Emirates – and I can tell you there's definitely a better way than how we're doing it in the United States.

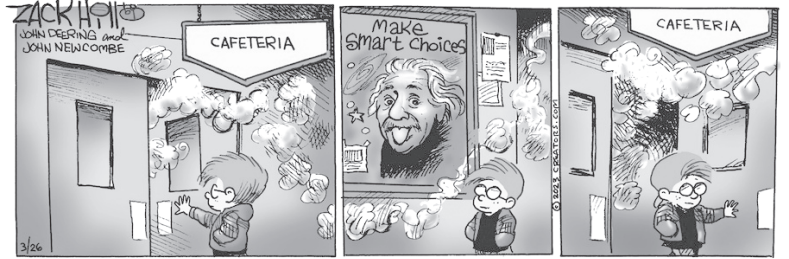
You should be able to show your card and get the treatment you need without having to worry about bills or doctors recoding your tests.

But how do you get a Quest Diagnostics billing error fixed? You can go through the usual channels, asking it to address your problem. And I can see you did that without much success. I also publish the names, numbers and email addresses of the Quest Diagnostics executives on my consumer advocacy site, Elliott.org. A brief, polite email to one of them might have fixed this.

I contacted Quest Diagnostics on your behalf. A representative responded to you, apologizing for the "challenges in attempting to receive your refund and the frustration this caused." Quest Diagnostics refunded the \$353 as you had requested and adjusted your bill.

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

» ZACK HILL BY JOHN DEERING AND JOHN NEWCOMBE



CALENDAR this

GLENDALE KIWANIS

The Kiwanis Club of Glendale meets on Fridays at noon. This week on March 31 the guest speaker is club member Pat Liddell who will be giving an update on the CNH Children's Fund.

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.

CCLCF AND THE FLINTRIDGE BOOKSTORE'S BOOK CLUB

On the last Thursday of every month, join the book club at the Community Center of La Cañada Flintridge, hosted by the Flintridge Bookstore. Registration is free ... and the books are too. This club is designed for adults over 50 years of age. Discover new books and enjoy lively, literary conversations.

For more information or to register, call the Main Office at (818) 790-4353 or email at office@cclcf.org.

EASTER EGG HUNT

The Doctors House Museum Lawn & Gazebo is hosting an Easter egg hunt on Sunday, April 2. The Doctors House Museum Lawn & Gazebo is located in the northwest corner of Brand Park at 1601 W. Mountain St. in Glendale.

Space is limited for admission. Registration is only available online. The cost is \$15 per person, \$10 per TGHS member. Free admission for anyone under the age of 1. No in-person registration will take place.

Family-friendly activities will take place, including traditional Victorian games, children's story time with Nona, old-fashioned hand-churned ice cream by our very own ice cream expert and docent Valerie Campbell, with an opportunity to be greeted by the Easter Bunny! As an added bonus, children young and old will find delight in a puppet show featuring Rene's Marionettes performed by TGHS member Joe Selph.

Guests are encouraged to attend in their Easter finest and children who wish to join in the Easter egg hunt should bring their own baskets. Guests are also welcome to bring their own family picnics to enjoy on the lawns.

For more information call (818) 242-7447 or email events@glendalehistorical.org.

JEWEL CITY KNITTERS MONTHLY MEETING

Jewel City Knitters will hold its monthly JCK Charity Knit and Crochet gathering on Saturday, April 8 from 2-3:30 p.m. at the Chevy Chase Library, 3301 E. Chevy Chase Dr. in Glendale, (818) 548-2046.

Enjoy a relaxed afternoon of knitting, crocheting and conversation.

For more information, email susandietel@yahoo.com.

EASTER WEEKEND FUN

Church of Scientology Mission of the Foothills hosts a Saturday afternoon of Easter fun, including live bunnies to hold and pet, crafts, Easter egg hunt, bunny hop dance, refreshments and photo opportunities with the Easter Bunny (wear your Easter best!). The event takes place on Saturday, April 8 from 1 p.m. to 4 p.m. at the Church of Scientology Mission of the Foothills, 2254 Honolulu Ave. in Montrose (entrance and free parking at the back of the building). There is no charge and all are welcome! Please phone (818) 957-1500 or email foothills@scientology.net to let organizers know you are coming.

AAUW WELCOMES KEVIN McMANUS

The Glendale Branch of the American Association of University Women (AAUW) will meet for breakfast on Saturday, April 8 from 9 a.m. to noon at the Oakmont Country Club, 3100 Country Club Drive in Glendale. Please make a reservation by email by April 5 to Marilyn_Robinson@hotmail.com.

The cost is \$35 payable at the door by cash or check.

Guest speaker is Kevin McManus, PR and communications manager for the Pasadena Humane Society. He will share information about its services and activities.

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/.

'CHiPS' SCENES SHARED

Guests of the 2nd Saturday presentation on April 8 at the Bolton Hall Museum will see TV scenes from the late 1970s program "CHiPS" that were filmed on the not-yet-completed local 2 and 210 Freeways. CHiPS was about the adventures of two California Highway Patrol motorcycle officers and aired on NBC from September 1977 through April 1983.

Presenter for this program is local filmmaker John Newcombe who will be showing his compilations of many scenes from "CHiPS," "Adam-12," "Emergency!" and other programs and movies that were filmed locally.

This event is at 1 p.m., is free and open to the public and everyone is welcome.

Bolton Hall Museum, home of Little Landers Historical Society, is located at 10110 Commerce Ave. in Tujunga.

Additional information is available from Little Landers Historical Society, (818) 352-3420 or BoltonHall.org or email llhs@boltonhall.org.

see CALENDAR THIS on next page

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ACROSS

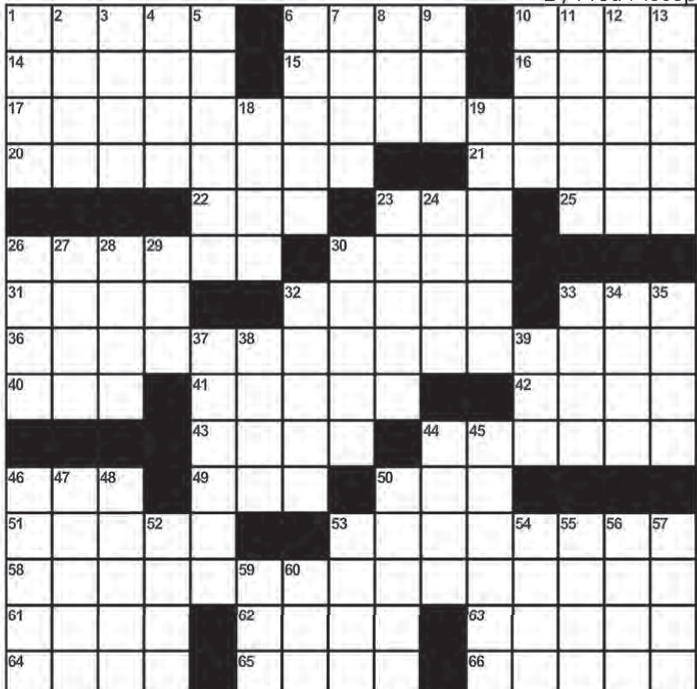
- 1) Footnote abbr.
- 6) Meet activity
- 10) Type of solo performance
- 14) Go no further
- 15) Button on a deli scale
- 16) Archaeology projects
- 17) You can do this when you're 13
- 20) Cheap way to travel
- 21) Throw forcefully
- 22) Play for a sap
- 23) Mangy mutt
- 25) "___ Miz"
- 26) Tight spot
- 30) "The Elder" of Rome
- 31) Screwdriver or gimlet
- 32) Kitchen wrap brand
- 33) Lobbying org.
- 36) You can do this when you're 17
- 40) Small, in Dundee
- 41) Autobahn autos
- 42) Nash's "one-l" fellow
- 43) Fingerboard ridge
- 44) Colorer's need
- 46) Riled, with "up"
- 49) "Go on ..."
- 50) ___ Carangi (Jolie title role)
- 51) Affair of the heart
- 53) Disney movie with dancing hippos
- 58) You can do this when you're 18
- 61) Buckwheat's affirmative
- 62) Stadium shape
- 63) Formal decree
- 64) Cartoon collectibles
- 65) Circus safety gear
- 66) Indian metropolis

DOWN

- 1) Phil who sang "Draft Dodger Rag"
- 2) Bog growth
- 3) Spelunker's hangout
- 4) Words of understanding
- 5) Rip to shreds
- 6) Old West transport
- 7) Suffix with "soft" or "hard"
- 8) Vaccine spot
- 9) Louvre Pyramid architect
- 10) Wood-dressing tool
- 11) Match in ability
- 12) Brushoff to a solicitor
- 13) Volcanic spew
- 18) High-pH substance
- 19) Restroom seat, slangily
- 23) Golfers' transports
- 24) Zion National Park state
- 26) Slow-cooked fare
- 27) Gelato holder
- 28) Casting director's offer
- 29) "Aladdin" prince
- 30) "Shut up!"
- 32) Aligned oneself (with)
- 33) Make an appeal
- 34) Shells, but not ziti
- 35) Printer's blue hue
- 37) Serengeti outing
- 38) Go sour
- 39) Cotton State (Abbr.)
- 44) Pres.'s military title
- 45) Sang to the cops
- 46) Mass destruction
- 47) Overplay one's part
- 48) Wreck completely
- 50) Iona College athletes
- 52) 180-degree turns, slangily
- 53) Tuned too low
- 54) Errand runner
- 55) Flower pot filler
- 56) Ruler marking
- 57) Sparkling wine town
- 59) ___ sequitur
- 60) Genesis outcast

COMING OF AGE

By Fred Piscop



ANSWERS on page 18

WEEKLY HOROSCOPES
 Provided by horoscope.com 3.27.23-4.2.23

♈ ARIES March 21 - April 19
 With a supportive aspect, you have a good deal of help to make healthy changes in your house of employment now. The Universe is not only adding more work to your load but also making it possible to bring your excellent skills to the attention of your boss. It might be a good idea to take some work home.

♉ TAURUS April 20 - May 20
 Now you're in a position to profit from recommendations made by friends and family. With the Universe affecting politics, groups, and self-employment, you're being asked to think about where to plant your flag with regard to work. Do you want to be tied to one career, group, or location? Or do you want to move around? Money comes when you choose.

♊ GEMINI May 21 - June 20
 You're in a building phase now. This brings added structure to the way you earn money, as well as increased security overall. Everything comes about as the result of hard work and saving. Aspects affect your home and inner emotions. What you earn today should be spent either buying property or upgrading what you already have.

♋ CANCER June 21 - July 22
 You may have your hands full now with matters concerning employment and health. Your workload may suddenly double, or you may receive more freelance projects that are too good to pass up. Your network of possible employment sources expands, indicating that you may also hear about a job in your field that you really want. With all your luck here, it's best that you try to get your foot in the door.

♌ LEO July 23 - August 22
 This week is about aspects affecting your areas of romance, children, family, and fun. While you may be tempted to blow off work for a little escape, try to resist! It's better to apply your energy to solving a problem that's common among these areas. Raking in the money will be easy when you do.

♍ VIRGO August 23 - Sept. 22
 Now you have a harmonious aspect affecting your home and emotions. If you're involved in a creative or design field, think about how to extend your line to encompass the home. Since so many memories and feelings of your own are being stirred up, you may find that your life can provide the basis for some wonderful new ideas. Money comes when you combine the personal with the professional.

♎ LIBRA Sept. 23 - Oct. 22
 You usually have the scoop on making and investing cash. Now communication may become even more important. You'll be receiving more calls, letters, e-mails, and texts. Sudden and sometimes unexpected changes are possible, and some of them may surprise you. Rather than rise to the bait of any personal attack, respond in a slow, measured way. Your funds will thank you later.

♏ SCORPIO Oct. 23 - Nov. 21
 It's a time of opportunity in your house of money and values. Expand your bottom line by finding new ways to earn money. And get in touch with what money means to you. What are you willing to give up in order to have more? Is what you're sacrificing now really worth it? As you answer these questions, problems sort themselves out.

♐ SAGITTARIUS Nov. 22 - Dec. 21
 You have your work cut out for you - in a good way. Everyone seems to want a piece of you now, since you're radiating good health and good fortune. And your personal style is unique, so everyone wants to know what you're wearing. Use it to your advantage by leveraging all the attention into more opportunities, a higher salary, and better benefits.

♑ CAPRICORN Dec. 22 - Jan. 19
 You have an interesting time ahead with a harmonious aspect affecting your house of teaching, learning, travel, and spirituality, bringing renewed interest in all of these areas. If you teach for a living, it's a great time to get a new job. If you want to branch out into teaching, you have lots of support. Similarly, going back to school to augment your skills yields dividends.

♒ AQUARIUS Jan. 20 - Feb. 18
 This period is about your employment and health. The Universe wants to build structure and encourage hard work, so now it's best to put your nose to the grindstone and get that project finished, that resume written, or that presentation perfect. Other influences affect your debt and other people's money. Pay off your obligations before spending any more.

♓ PISCES Feb. 19 - March 20
 Now you have a lot of new energy to apply to networking. You're inspired to meet new people and attend events, so make sure you have plenty of business cards to hand out. Who you know becomes more important than ever now. There's added structure to your house of romance, family, and fun, so you have their support, too.

CALENDAR THIS from previous page

SQUARE DANCE FUN-RAISER

A fundraising square dance is being held at McGroarty Arts Center, 7570 McGroarty Terrace in Tujunga on April 15 at 7 p.m. This dance continues the "3rd Saturday Square Dance" that took place in Highland Park prior to COVID. The live old time band is Smoke Holler and the caller is Jeremy Horton.

This dance is open to adults and the caller teaches the dances. No prior square dance knowledge is needed (although it helps to have an inkling of it). Suggested donation of \$10 supports the McGroarty Arts Center.

'THE SUNRISE FROM THE MOON' AT TACIT

Theater Arts in Caltech (TACIT), directed by Brian Brophy, presents "The Sunrise from the Moon." There will be four shows: on Thursday, April 13, Friday, April 14 and Saturday, April 15 at 7:30 p.m. and on Sunday, April 16 at 2:30 p.m. in Ramo Auditorium in Caltech campus.

In Hannah Manikowski's play, NASA's first lunar colony suffers a tragic collapse but one human survives: Annaliese, a 25-year-old woman born on the Moon, with 10 of those years spent alone. Following her discovery, Annaliese is rescued and returned to Earth, where - alongside her own pained search for identity - she is caught in the crosshairs of competing agendas between NASA investigators.

Featuring an eclectic cast of characters and satisfying moments of surprise, this sleek drama is also a love story that probes the complexity of the human condition.

Tickets are available at the Caltech Ticket Office (626) 395-4652 for \$25 for general public, \$15 for staffs/JPL/seniors, \$5 for students.

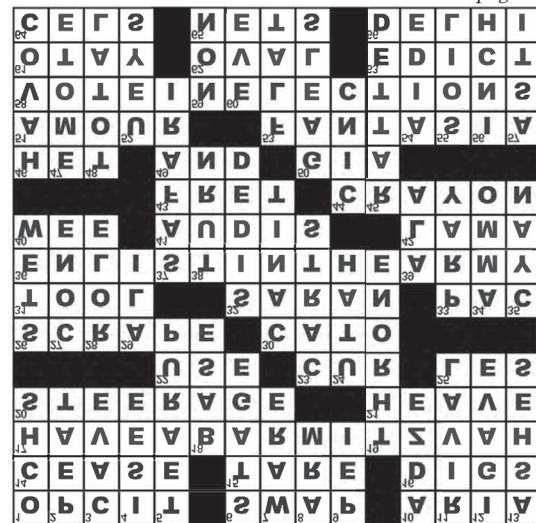
Social distancing and masks are recommended but not mandatory.

For more information visit pva.caltech.edu or call (626) 395-3295.

CCLCF HOSTS TREATS AND TRIVIA EVENT

On April 14 from 11 a.m. to 1 p.m., the community is invited to the Community Center of La Cañada Flintridge for its fourth Treats and Trivia event! Participants will enjoy yummy treats, make new friends, test their knowledge, and win prizes at this free event designed for adults over 50 years of age. Show what you know! For more information or to register, call the Main Office at (818) 790-4353 or email at office@cclcf.org.

ANSWERS for page 17



ANNUAL JAZZ FESTIVAL

The Caltech Jazz Band, under the direction of Barb Catlin, presents the annual Jazz Festival featuring three groups: The Caltech Jazz Band, the Tim Shaghoian Quartet and the Night Blooming Jazzmen. This outdoor concert will be held on Saturday, April 15 from 1 p.m. to 5 p.m. on the Hameetman Patio. The festival is outside with limited seating. Bring a folding chair or blankets and picnic items. Parking is free.

The Caltech Jazz Band, directed by Barb Catlin, will open the festival with an array of big band music including works from Thad Jones, Count Basie, Oliver Nelson, Dr. Les Deutsch, and Elliot Deutsch.

ASCENCIA ANNOUNCES ANNUAL GALA

Sponsorships and tickets are now available for the April 22 Ascencia gala We Rise Together. Held at the City Club LA from 6 p.m. to 10 p.m., the event will raise funds for the Ascencia programs.

For more information, visit <https://one.bidpal.net/ascenciagala2023/welcome>.

TASTE OF THE GRAPE NORTHWEST FUNDRAISER

A fundraiser supporting Los Altos Auxiliary of Sycamores is having its 12th annual wine tasting event - Taste of the Grape Northwest - on Sunday, April 23 from 4 p.m. to 7 p.m. at the Thursday Club outdoor patio, 4400 Woodleigh Lane in La Cañada.

Tickets include the tasting of food catered by Porta Via and samples of seven curated wines from the Pacific Northwest.

Tickets are \$100 each; sponsorships are available. There will also be a wine pull, fund-a-need opportunities and a select in-person silent auction.

The Los Altos Auxiliary works with Sycamores to provide care, compassion and hope at the El Nido campus for youth who are from extremely vulnerable situations.

Visit https://wdgnsdswfm.formstack.com/forms/wine_tasting for tickets and donations payments by credit card; visit <https://tinyurl.com/2p8ms9uj> for sponsorship information and payments by credit card; visit tinyurl.com/5cafcwb7 for tickets, donations or sponsorship payments by check.

5K WALK N RUN FOR HOPE

On April 30 Our House Grief Support Center hosts its annual 5K Walk 'N' Run For Hope at Woodley Park (adjacent to Lake Balboa at 6076 Woodley Ave. in Encino) from 7 a.m. to noon. The only event of its kind nationally, the day celebrates and honors the memories of loved ones who have died, bringing together people in support of each other in memory of those they have lost. The family-friendly event also features entertainment, food and beverage booths and a Kid Zone. To register, start a team, donate, sponsor or volunteer: www.ourhouse-grief.org/runforhope.

HOME & GARDEN TOUR

On May 7 from 10 a.m. to 4 p.m. the Altadena Guild of Huntington Memorial Hospital presents the 70th Home & Garden Tour benefiting the Huntington Health and the Huntington Medical Research Institutes. Showcased are four historic homes and gardens, café, marketplace, community booths and live entertainment.

Tickets available are at www.altadenaguild.org.

CCLCF'S ANNUAL SPRING CERAMIC SALE

The Community Center of La Cañada Flintridge is hosting its Annual Spring Ceramic Sale on Saturday, May 13 from 11 a.m. - 6 p.m. This one-day sale presents artists within its program and from the community. It's the largest annual ceramic sale in the region, showcasing hundreds of handmade works of art. A portion of the proceeds benefits the Ceramics Program at CCLCF, which recently celebrated 50 years in La Cañada.

The Community Center of La Cañada Flintridge is located at 4469 Chevy Chase Drive in La Cañada Flintridge.

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RELIGION

Question: We grew up in a home full of domestic violence because of a father who was an alcoholic. He physically and mentally abused our mom and us, too. We couldn't wait to graduate from high school and leave home. After we did, we only stayed in touch with our mom. We didn't speak to Dad at all but toward the end of our dad's life, two of our sisters reconciled with him. My brother and I still didn't want anything to do with him although we're both clear that we forgave him. We just didn't want him in our lives.

When he died, we didn't go to his funeral. Our mom, who stayed with Dad all those many years, didn't mind that we didn't go to his funeral. Our two sisters are angry and won't speak to us. Did we do the right thing? Should we have gone to dad's funeral?

~ Uncertain Siblings

Dear Uncertain Siblings,

It saddens me to learn of your childhood experiences. Domestic violence is difficult to discuss and, even in this society of openness, some things remain locked behind closed doors. The fact that you can talk about it now is admirable and determining how you choose to deal with the past is strictly a matter of your choice. You were also victims – not just your mother – and you deserve to respond to any inquiry about the abuse as you see fit.

There are many reasons why people stay in abusive relationships. Sometimes there is a financial dependence that makes leaving untenable. With several children my guess is that Mom was either too afraid of going it on her own or simply unable to see how life could work. Some survivors stay because it's the only way they know. Back in the day, no one got involved in these private matters or it would disgrace the family. Some stay because they become used to the pattern of violence and are willing to sacrifice their days of suffering for other times of relative peace. I'm not sure what the case was with your mom, but it says a lot about your character that you found the freedom to remain in contact with her.

Another aspect of your situation is that forgiveness is different from forgetting. I'm sure you've heard the saying "Forgive and forget," which isn't a safe way to manage in an abusive family system. Forgiveness is a Biblical standard that encourages us to forgive others, allowing the Lord to carry the burden of the offense and the retribution on our behalf. The fact that you were willing to forgive is admirable and aligns with your faith.

Forgetting is altogether different. When we forgive an offense we give control to God to seek justice. Our role is to release the pain, humiliation and emotional content to

move forward with our lives without the baggage of the past. Forgetting would imply that the act never happened. That sounds like rewriting history to eliminate the unsavory events. How would we ever be able to move forward by ceasing to acknowledge from whence we came—denying the events simply defies logic. Forgive, yes. Work through the trauma, yes. Pray for healing, yes. But pretending it never happened is unrealistic. Consequently, forgetting may not be appropriate.

That being said, the matter of reconciliation is very personal. It sounds like your other siblings needed to reunite with your dad at some point. Whether they reached out to him or him to them, they no longer perceived him as a threat and felt the need to allow him into their worlds. Again, this is a personal decision that had no bearing on your decision to stay away. Let's face it – not all stories end happily and people shouldn't hold others to a standard of behavior that takes them beyond their comfort zones.

Just as reconciliation is a very personal decision so is the idea of honoring someone in death who didn't earn your love and esteem in life. At funerals, we celebrate the person and legacy left behind. If we don't have an authentic and compelling reason to honor someone, and when the mere thought of participating in something like that feels wrong, then showing up with resentment would be folly.

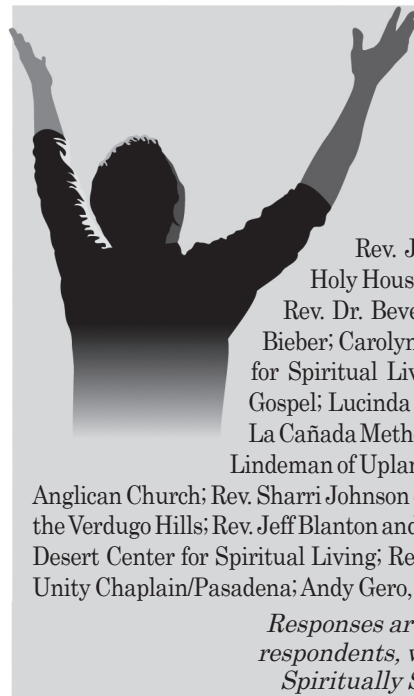
Some people will utter words from Scripture that compel us to: "Honor your father and your mother." (Matthew 19:19, Mark 10:19, Luke 18:20, Ephesians 6:2)

But Scripture also advises in both Ephesians and Colossians: "Fathers, do not provoke your children to anger [do not exasperate them to the point of resentment with demands that are trivial or unreasonable or humiliating or abusive; nor by showing favoritism or indifference to any of them], but bring them up [tenderly, with loving kindness] in the discipline and instruction of the Lord." Ephesians 6:4 (AMP) "Fathers, do not provoke your children, lest they become discouraged." Colossians 3:21 (NKJV)

It sounds like your sisters are making their own choices, which is their right. However, you shouldn't feel shame for following your conscience and staying away.

I hope one day you will all be able to reconcile with one another, hold space for your differences and come together with the common interests of your mom. In the meantime, you are only accountable to yourselves and God for your actions.

Lean into the love, strength and courage of the Lord! If your consciences are clear, know that you have forgiven and deserve respect for that, as well as your



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.

other decisions.

Be well & be blessed!

Lucinda Guarino
lucindaguarino1@gmail.com

Dear Uncertain Siblings,

First of all, I fully appreciate and understand what it is like to grow up in an alcoholic household. I know of many stories similar to yours of children who essentially divorced themselves from their alcoholic or drug addicted parent. Their action was never the result of intended cruelty. It was a matter of survival, both psychological and sometimes physical. It would be lovely if all of us were born into a "Leave it to Beaver" or an "Ozzie and Harriet" family. But we are not. We deal with the cards we are dealt in life the best way we can the best we may know how at the time considering that all of us are playing this game of life in ignorance anyway.

However in spite of not having a "Leave it to Beaver" family, children of alcoholics are taught to hide their family shame and trauma from the outside world. Inside the family may be in chaos. But to the outside world, you learn (almost intuitively) to put on a front of normality. I think this is the root of the problems with your sisters. By not going to the funeral, they felt you were possibly violating the unspoken and secret family pact of portraying normality to the world. Your absence publicly revealing at the funeral the truth that not all was well with this family and this, they may have possibly felt, was an embarrassment to the family.

Just remember that all anger comes out of fear. When someone is angry, ask yourself what are they afraid of? The reason will eventually reveal itself. Your sisters' anger is not your problem; it is their problem. Like you, even if they said they forgave their dad, they are still caught up in the same childhood trauma you and your brother went through. They too are dealing with it the best way they can, the best way they know how. It is different from the path you and your brother chose. Therein is the conflict and it is a conflict rooted in our shared ignorance as human beings.

As to not going to the funeral, I think you and your brother did the right thing for your own mental survival. Others may judge and condemn you. But they never walked in your shoes or know what it must have been like, even now, to still try and mentally survive what you went through. As for your sisters, you can reach out to try and resolve this by having a heart-to-heart conversation about your shared trauma. I would encourage you to contact your local Adult Children of Alcoholics for help and guidance. They might be able to refer you to a trained family mediator who can help guide you and your siblings through this journey toward resolution and re-establishing good will.

But that is one option – it is one practical option. The other option is a spiritual one. Life reflects back to us what we think and feel into it. To change any negative situation we need only change our thinking or our belief about it. At the moment, you only see conflict with your sisters as the reality. Harsh as this may seem, you are innocently reinforcing that state by your belief. This is not to say there aren't (what appears to be) justifiable reasons for this and which are not of your own hand. But that is of no concern here. All you need to do is to change your own thinking/belief in your own mind/imagination to change this situation. You need not go outside of yourself to do this. You do not need to convince or influence

anyone outside of yourself. You only need to convince yourself. It is all done on the inside, in your own mind. To change a negative situation, we affirm its opposite as being the reality. That is, we need only affirm the positive thing we would like to see in order to bring that reality about. We can accomplish this, in one way, with affirmative spiritual prayer. This is not the begging prayer we are use to, or taught, as children. It is a commanding and declarative prayer for the good for all we wish to manifest.

Here is an affirmative prayer you can use to help heal this situation with your sisters. Commit it to memory and repeat it as often as necessary, or whenever you feel challenged by your prior negative belief. Eventually, you will feel something click and it will work miracles in healing this situation: "My sisters, brother and I are beloved children of God. All that is true of our Divine Father is true of each of us. Therefore, there can only be among us love, harmony, compassion, understanding, forgiveness goodness and goodwill. This is the truth of our life and our relationship. This is our new reality and it is wonderful and joyous. I am truly grateful and thankful for this healing, and so it is. Amen."

Anthony Kelson, RScP
penworth3@yahoo.com

see SPIRITUALLY SPEAKING on next page



Lucinda Guarino



Anthony Kelson, RScP



Rev. Kyle Sears



Michelle Gillette

NOTES & NODS

LCIF NEWS

Lutheran Church in the Foothills invites everyone to its Palm Sunday service on April 2. It begins at 9:45 a.m. in the church's courtyard for a procession with palms. Palm Sunday, also known as Passion Sunday, remembers Jesus' entry into Jerusalem, as crowds gathered around Him, waving palms and shouting "Hosanna!" Palm Sunday inaugurates the most important week of the Christian year, beginning with Jesus' glorious entry into Jerusalem including His crucifixion and death and ending with His triumphant resurrection.

Holy Week services at LCIF will include a 7 p.m. Maundy Thursday worship on April 6, Good Friday worship at 7 p.m. on April 7, and the celebration of Easter at 10 a.m. on April 9.

As LCIF welcomes donations of individually wrapped candy for its annual Easter egg hunt. Candy can be dropped off during church services or anytime during the week at the church office. The church continues to accept canned goods as well for its ongoing food drive to feed the hungry.

Visit lcifoothills.org for event details. For more information or to request/offer help, email office@lcifoothills.org, or call (818) 790-1951.

The church is located at 1700 Foothill Blvd. in La Cañada Flintridge. Office hours are 9 a.m. to 1 p.m., Monday through Friday.

FAMILY EASTER CELEBRATION AT LA CRESCENTA PRESBYTERIAN

La Crescenta Presbyterian Church has a full calendar of family-friendly activities and worship services to celebrate Easter, all open to the community.

Easter Eggstravaganza Egg Hunt: On Saturday, April 1 from 10 a.m. to noon, families and children up to sixth grade are invited to this free event featuring crafts, music, an egg hunt and the Easter story. Bring some hard-boiled eggs to decorate!

Palm Sunday: Our worship service on Sunday, April 2 at 10 a.m. will include a processional of children waving palm fronds, marking Jesus' triumphant entry into Jerusalem.

Maundy Thursday: On Thursday, April 6, a simple meal will be served at 5:30 p.m. followed by a worship service including communion at 7 p.m.

Good Friday: On Friday, April 7, a worship service beginning at 7 p.m. will be followed by a campfire vigil from 8 p.m. to 9 p.m., including the rolling of a giant boulder in front of the church, signifying the sealing of the tomb after Jesus' death on the cross.

Easter Sunday: On Sunday, April 9, LCPC will offer two opportunities to celebrate the resurrection of Jesus Christ. A 9 a.m. service will feature contemporary worship led by our praise band, The Blessed. At 11 a.m., a brass quintet will join our choir, organist and pianist.

All Easter events and services will take place on the La Crescenta Presbyterian campus at 2902 Montrose Ave. in La Crescenta. For more information, visit lcpc.net or call (818) 249-6137.

EASTER CELEBRATIONS AT BETHEL CHURCH

Bethel Church, bethelsunvalley.com, is offering the following events during Holy Week: Palm Sunday worship at 10 a.m. on April 2; Good Friday communion service at 8 p.m. on April 7; and on April 9 there is an Easter sunrise service at 7 a.m. with a free fellowship breakfast at 8:45 a.m. There is also a free children's egg hunt at 10 a.m. (Traducción en español disponible.)

Childcare and children's church are provided during the Palm Sunday service. Free transportation can be provided on request. All in the community are welcome.

Bethel Church, 10725 Penrose St., Sun Valley

WALK AND WORD

In April, 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 April 9, 16, 23 & 30. 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.

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.

St. Joseph Table was 'the Best Yet'

By Ruth SOWBY



Attendance to the Italian Catholic Federation (ICF) fundraiser at St. Bede in La Cañada was "the best yet" according to ICF President Phyllis Harb. On Sunday, March 19, about 200 parishioners and local residents scanned the packed aisles in the church Parish Hall. Shopping was intense after the 7:30 a.m., 9 a.m. and 11 a.m. Masses.

Available were dozens of silent auction items, food and baked goods. By noon shelves were empty and tables stripped. But silent auction experts knew to arrive late enough to put in a last-minute bid before the auction closed. Popular were baskets of coffee products, baskets with beauty items and baskets heavy with household products, including the book "The Complete Guide for the Home."

Especially prized were four \$20 tickets to see a comedy show at the Laugh Factory in Hollywood. The lucky bidder was so intent on winning that their bid of \$85 surpassed the \$80 ticket value. Harb, who collected the wide variety of auction items, developed her expertise through many years of putting on auctions for Ronald McDonald House.

The silent auction raised more than \$6,000. The bakery table alone raised \$3,784. According to ICF treasurer Mark Mannarelli, all funds collected will go toward ICF charities as well as college, high school and music scholarships.

St. Joseph's Table is a tradition that goes back to the Middle Ages when farmers and their families gave thanks to St. Joseph for their bounty. The St. Bede's version has been going on since 1984.

St. Bede is located at 215 Foothill Blvd. in La Cañada Flintridge.

Photos by Ruth SOWBY

TOP: Having collected donated silent auction items since October, Italian Catholic Federation President Phyllis Harb raised over \$6,000 for the annual St. Bede - St. Joseph Table event on Sunday, March 19. Funds will go, in part, toward college, high school and music scholarships.

BOTTOM: La Crescenta resident Fiorina Marcucci Murphy is a board member of the Italian Catholic Federation (ICF) that presented its St. Joseph Table on at St. Bede's in La Cañada. She is holding the biography, "The Life of St. Joseph," by Maria Cecilia Baij. The \$25 sale price will help fund several ICF charities.

SPIRITUALLY SPEAKING from page 19

Question: A friend of mine and are having problems with a mutual friend. We're all Christians but the mutual friend attends a different church than we do. The mutual friend keeps telling us that our chosen faith is wrong and that we should quit and go to hers. We've been getting together once a month for the last several years. It's only been the last six months that our mutual friend has become eccentric about her beliefs. My friend and I just want to relax, enjoy lunch and have conversations that are upbeat. We've thought about leaving the mutual friend out of our lunches and perhaps dropping her altogether, although when we discuss doing that, it doesn't seem right. We have asked her to not discuss religion but it hasn't done any good.

What on earth can we do?

~ Discouraged

Dear Discouraged,

Friction with friendships, especially when they used to be light and easy, often causes us to want to pull away. I am glad to hear that you sense that it would be wrong to cut her out of your life over her annoying behavior. I think having another conversation is in order.

Enter the conversation with a bit of curiosity: Why has she suddenly been interested in converting you to her faith? I would imagine it is a mix of good intentions with poor execution. Perhaps she lacks friends at her church and would like to worship with those to whom she is close. Perhaps she has genuine (though misplaced) worry about your spiritual vitality.

It is possible that she has heard

teaching that pressures her to prove her conviction by taking these hard-sell approaches or teaching that condemns everyone but the "chosen." The sudden change in her demeanor to you might come from fear or being made to feel as if she is not good enough in her faith.

Once you determine where she is coming from with a sense of wonder, then you can more adequately lay a boundary. "Don't talk about religion" is a tough boundary for people who are told that not talking about it means they are ashamed of their faith. But a boundary of "You don't have to feel guilty around me" or "Thank you for your worries but I'm okay with my faith as it is" can be easier once you understand her perspective.

Rev. Kyle Sears

kylesears@lacanadachurch.org

Dear Discouraged,

When it comes to religion, our spiritual path is our own personal journey. God is. God is good. God is omnipresent in and through each of us. There are many names for God. Yet there is only one God.

It is always frustrating when one person demands we change. People who try to control others believe that they are always right. The only correct viewpoint is theirs. Over time, we learn we can't change other people; we can only change ourselves. Trusting in God gives us the foundation and inspiration to say, "Yes, God, I am changing and becoming who I am truly meant to be. I am willing to share the love my faith gives me without trying to control others. I know control is based on fear. And I choose love not fear."

Depending on how you grew up and where you live, the role of God in our

lives can be very different. Some use affirmative prayer celebrating their oneness with God. Some use supplication prayer and ask God, who is outside of them, for what they want. There are many paths in the way we each connect with God. Remind your friend that we all have a right to worship the way that feels right to each of us individually. Being willing to take a step back, breathe and see both sides is a skill based on kindness. Understanding, not demanding, is God's path. We are all human. We all see things from different sides. That is part of the joy in getting to know other people. It makes life even more interesting. Reinforce you don't want to talk about religion because it puts unnecessary tension into a friendship based on happiness. Remind her how much you all enjoy spending time with one another. Make sure your friend knows that you hear her, that you respect her opinion and that she needs to respect yours. Gently remind her that you love her and want to remain friends. But how each of us expresses our faith isn't her choice to control.

Let go and let God. And pray. We know prayer works. If your friend refuses to stop, invite her to pray with you. As you pray together, bless her. Acknowledge that God is present in her life, just as in yours. Reaffirm that spiritual choices are each of ours to make. And, since there is only one God, you are all getting to the same place in your faith and love of God, just taking the journey on different roads.

In love & light,

Michelle Gillette, Unity of Pasadena
Prayer Chaplain
mgillette24@aol.com

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APRIL 7
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 8 pm - Outside Sanctuary

APRIL 9
 Easter Sunday Worship
 9 am - Contemporary Service
 11 am - Traditional Service
 Message by Mike Harbert



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LEGALS

NOTICE OF NAME CHANGE
ORDER TO SHOW CAUSE FOR CHANGE OF NAME: CECILY MONDRAGON, Case number 23GDCP00042. Superior Court of California, County of Los Angeles 600 East Broadway Room 279, Glendale, CA 91206. To all interested persons: 1. Petitioner CECILY MONDRAGON filed a petition with this court for a decree changing names as follows: a. Present Name: SELENE LUNA VALENZUELA to 12 Proposed Name: LUNA SELENE VALENZUELA. 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: MAY 17, 2023 Time: 8:30 AM Dept.: D Room: 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 March 16, 23, 30, April 6, 2023.

LEGALS

NOTICE OF SELF STORAGE SALE
Please take notice US Storage Centers - Montrose located at 3708 Clifton Place Montrose, CA 9102 intends to hold an auction to sell the goods stored by the following tenants at the storage facility. The sale will occur as an online auction via www.storagecenters.com on 4/20/2023 at 10:00AM. Unless stated otherwise the description of the contents are household goods and furnishings. Alex Sunghoon Chang; Craig Edward Anderson; Terence Alan Glenn; Patricia Rose Wright. All property is being stored at the above self-storage facility. This sale may be withdrawn at any time without notice. Certain terms and conditions apply. See manager for details. Published in the Crescenta Valley Weekly March 30, April 6, 2023.

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CVWD from page 11
precipitation exceeds the wettest year on record by 25 inches and snowpack is 30% above average. As a result, imported regional water supplies will be adequate to meet projected demands and additional water is being stored in regional reservoirs.
With the increased rainfall and snowpack, there has been improvement in State Water Project (SWP) supplies. The SWP allocation increased to 75% on Friday, March 24.
Though conditions have improved on the State Water Project, Southern California is seeing a very different story on our other source of imported water, the Colorado River. More than two decades of drought and severely dry conditions have caused reservoirs to drop to historic low levels, jeopardizing water supply and power generation that the southwest relies on. The Colorado River is no longer insurance against shortages in our other water supplies. Therefore, we need to continue to use water wisely.
There is still time to take advantage of all this rain. Sign up for the next rain barrel event on April 22. Rain barrels are \$65 - \$75, but \$35 rebates are available through Metropolitan Water District of Southern California. To pre-order your rain barrel, visit RainBarrelsIntl.com, click the "EVENTS" tab and select CVWD or call (919) 602-6316.

REWRITING from page 16
Alberto Lule and Ryat Yezbick use the language of power to address the inherent violence in systems that seek to divide, categorize and criminalize by instilling fear and centering on difference. Lule examines the control and manipulation of bodies in the U.S. carceral system and questions who is granted authority over the bodies of others. He creates self-portraits following systems of identification and tools used by the police on incarcerated people.
In contrast to the abundance of information in Lule's and Yezbick's works, Andre Keichian, Miller Robinson and Fafnir Adamites seek to give shape to histories that have been erased. Andre Keichian's "Salt in the I" (2019) is a lyrical mapping of their family's diasporic journey from the war-ravaged Middle East to France, Argentina and the United

States through the manipulation of their family photo album.
Initially a juried exhibition at Craft Contemporary, the new iteration at ReflectSpace expands on the original show by presenting the artworks in the context of a municipal institution, the Glendale Central Library. As a hybrid exhibition space between gallery and archive, ReflectSpace offers an interface for the artworks to exceed their roles as representational objects to become alternative forms of knowledge. The exhibition is accompanied by a catalogue, an updated reading list, and an educational supplement.
Reflectspace is located inside Central Library at 222 E. Harvard St. The exhibit will be on display from April 8 to May 28 with a free opening reception on Saturday, April 8 from 6 p.m. to 8 p.m.

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