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MAY 25, 2023

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VOL. 14, NO. 39

Parks and Zero Emissions on Council Agenda

By Mary O'KEEFE

The Glendale City Council meeting on Tuesday began with recognition of the Glendale Public Works Dept. as part of National Public Works Week.

GPW focuses on preservation of the City's infrastructure including maintaining the roads, potholes, sewer system and storm drains.

Community member Mike Mohill added his praise to public works recounting an incident over a decade ago when his wife tripped on a city sidewalk. He said he did not sue the City but requested the City pay the few medical bills and, more importantly, that portion of the sidewalk repaired.

"Within 30 days it was fixed," he said.

Two items on the consent calendar were taken out for discussion. The first dealt with the proposed widening of the freeway onramp at Mountain Street off the Glendale (2) Freeway. This improvement had been a project that had been carried over for many years so all the information

see GCC on page 6

Commemorations Planned for Memorial Day

By Mary O'KEEFE

In the foothills and surrounding communities several events are planned for Memorial Day.

"When you are in a war zone, you don't have a chance to grieve when you lose people," veteran Mike Baldwin said in an earlier interview with CVW. "That is the one thing I noticed when I came home. It took a while to talk about it. When you're home, you don't want to think about it."

Baldwin served during Vietnam and is a longtime member of American Legion Post 288.

There is a bond among those who served in the military that they carry with them throughout their lives. Memorial Day gives people a time to reflect and remember those who have died in service to their country. It is a time for families to remember the loss of loved ones and a time for all to honor those who knew the risk of serving, but put their country and service above all.

"Memorial Day is a day of remembrance," Lynn McGinnis, member of American Legion Post 288, stated in an earlier interview with CVW. "Veterans Day and Armed Forces Day are times

see MEMORIAL DAY on page 8



File photo At a previous Memorial Day ceremony, veterans from American Legion Post 288 and Veterans of Foreign Wars Post 1614 observe a moment of silence.

Torch Run Honors Fallen LASD Deputies

By Mary O'KEEFE

On Sunday, May 21, community members might have seen a group of Los Angeles County Sheriff Dept. (LASD) personnel running down Angeles Crest Highway, then west across Foothill Boulevard to the Crescenta Valley Sheriff's Station on Briggs Avenue. The participants of this particular leg of the Memorial Torch Relay were members of the CV Station and Montrose Search and Rescue team. The event honors officers who lost their lives in each of the stations in Los Angeles County, according to Sgt. John Gilbert, LASD/CV Station.

The relay runners carried the torch then handed it off to representatives from the Altadena Sheriff Station, who then ran the last leg of the event to their station.

"From 1950, when Los Angeles County was first formed, until the

beginning of 1970, less than 300 law enforcement officers from agencies throughout the county had been killed in the line of duty. In the early 1970s, there was a dramatic increase of the number of officers killed. In just a five-year period, between 1970 and early 1975, 12 LA County Sheriff deputies were killed in the line of duty. During one traffic stop in 1970, four California Highway Patrol officers were killed by two suspects," according to Sheriff's Relief Association.

In April 1975, Sgt. Lee Stahl wanted the public to be aware of the deputies who died. He borrowed the idea from the Olympic Torch Run and created the relay run that goes from station to station. The run has evolved over the years. The course now consists of 56 five-to-10-mile legs for a total of 313 miles, each leg passing county stations.

see LASD on page 27



Photo by Steve GOLDSWORTHY On Sunday, CV Sheriff Station personnel could be seen running down Angeles Crest Highway, then west across Foothill Boulevard to the Crescenta Valley Sheriff's Station on Briggs Avenue as part of the Memorial Torch Relay.



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» FROM THE DESK OF THE PUBLISHER

Work in Progress

As we finish mental health month, I want to tell you about a luncheon and workshop I attended earlier this week. It was the Glendale Healthy Community Coalition and held at the Crescenta-Cañada Y. There were some interesting speakers, including a GPD officer who partnered with a Dept. of Mental Health worker. They talked about the types of calls they respond to and how difficult it is to determine if the person they encounter is drunk, high or having a mental health issue. Tricky to be sure.

George Saikali, the president of the Glendale Y, then spoke. He talked about visiting his native Lebanon and how there are very few incidents of suicide there despite people living in "abject circumstances." The reason? According to an article in Harvard Business Review, they feel a sense of community, of belonging. Even more so than living a healthy lifestyle, the sense of belonging contributes to a person's sense of well-being. That connection may be through family, church or another group.

George went on to say the statistic of few suicides in

Lebanon can be found in other downtrodden countries as well and attributes that to the people having a sense of community.

I have this coffee mug I use at the office. I've had it for years – probably since the days when I worked at the CV Sun in the 2000s. It's very colorful – many shades of blue – and is chipped in a couple of spots toward the bottom of the mug.

Though I've occasionally used different mugs over the years, I keep returning to the blue one. Despite its chips and obvious use (i.e., coffee stains) I just like it.

Thinking about the things I learned at the GHCC luncheon, I see the parallels between my coffee mug and me. In many ways, I'm chipped and (okay, let's just

see ROBIN on page 8

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

» WEATHER WATCH

Taking A Look Outside Our Window

By Mary O'KEEFE

Have you ever heard something that you knew you knew – but forgot you knew it? This seems to happen to me more frequently as I age but nonetheless it is still a bit off-putting.

The other day I was scrolling through Instagram and stopped on Neil deGrasse Tyson, astrophysicist and author, talking about climate change. He has a lot of climate change comments and discussions but this one really stopped me in my scrolling tracks because of its simplicity – and the fact that I should have known this information.

"All the glaciers are fresh water – frozen rain – so when the glaciers melt where does the water go?" deGrasse Tyson asked.

Oh my goodness – had I known this? Of course

I did. Did I realize what this meant? Maybe I did at one point. Do I need to look into some form of a brain supplement? Yes, I do.

The facts about melting glaciers and how they will affect our planet are something that we often don't talk about, especially when considering the impact on coastal towns.

"This is now non-salty water going into the ocean, so you are mixing fresh water with brackish water. They occupy different places in the vertical profile of the ocean because saltwater is heavier than freshwater, so freshwater occupies the top. There are circulations in the ocean not only up and down; there is also circulation top to bottom. The combination of all these circulations create the stability of the ocean. If you disrupt that ...Oh my gosh. There are

see WEATHER on page 8

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NEWS

IN BRIEF

CV OFFICE CLOSED FOR HOLIDAY

The offices of the Crescenta Valley Weekly will be closed on Monday, May 29 in observance of Memorial Day.

CVCA MEETING TONIGHT

The Crescenta Valley Community Association will have its monthly meeting tonight, May 25, at 7 p.m. via Zoom. The meeting will include discussion on local issues as well as an opportunity for Foothill area residents to bring their own concerns. Contact the CVCA at crescentavalleycommunityassn@gmail.com with questions and for Zoom meeting information. All are welcome.

FOOD DRIVE BENEFITS SALVATION ARMY

CV Robotics is hosting a food drive on Saturday May 27 from 11 a.m.-2 p.m. at Vons La Crescenta (3233 Foothill Blvd.). Non-perishable food will be collected.

GOLF TOURNAMENT PLANNED

The CV Chamber of Commerce is hosting a golf tournament at Scholl Canyon Golf Course on the morning of Monday, June 12. Proceeds benefit Crescenta Valley students. Entry fee is \$150 per person; check-in is 7 a.m. with putting contest at 7:30 a.m. Shotgun start at 8:30 a.m.

To register for more information, call (818) 248-4957 or visit Crescentavalleychamber.org/golf.

DOCENTS NEEDED

The Arroyos & Foothills Conservancy is opening an upcoming exhibit, "Living in a Wildlife Corridor," at Descanso Gardens. Volunteers are needed to become docents for this immersive exhibit. Trainings will be held on May 24 and May 27 at Descanso. To sign up, visit <https://tinyurl.com/mr2cj5c8>.

"Living In A Wildlife Corridor" will run from June 3 – Sept. 30 and will feature an array of art pieces, educational displays and various ways that community members can participate in conservation action. Docents will need to be comfortable talking and engaging with the many different visitors of the exhibition and gardens.

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A Day of Healing – Metaphysical & Artisan Fair



By Lynn SHER

The Healing Arts Fair SFV [San Fernando Valley] hosted A Day of Healing Metaphysical and Artisans Fair at the Center for Spiritual Healing in La Crescenta on Saturday, May 20. It's the second time the Center has held the event. Vendors specializing in the healing arts from across Southern California gathered to share with the community their gifts and creations.

Medical News Today defines the healing arts as "a group of holistic, alternative, and non-medical practices, which ... promote health and well-being." Healing Arts SFV separates these into three categories: traditional, non-traditional and alternative. Traditional healing arts encompass creative practices like poetry, drama and visual art. Non-traditional modalities can include reiki (Japanese form of energy healing), Pranic healing (healing with energy), crystal healing, meditation and Qigong. Alternative methodologies are practices that include acupuncture, Ayurveda, chiropractic and naturopathy.

Anahit Fstkhian, founder of Healing Arts SFV, hosted the first A Day of Healing event in her home in December 2017 after being intuitively guided to do so. It featured 12 healing artist practitioners and about 75 guests and has since grown to upwards of 400 vendors and 800 attendees.

She said her mission is to "help the healing arts community business owners to connect with each other, to form a network [and] to help each other to grow." She added that by helping each other, they could then be more effective in bringing their work into their communities.

Interspersed throughout the inside and outside areas of the Center were booths offering reiki, tarot card readings and palm readings and vendors selling homemade items like jewelry, clothing and various arts and crafts. There was a grassy area to one side where chairs were placed in a circle for guided meditations, sound baths and drum circles.

For artists like Divination Barbie and Redfield The Mystic, who shared a booth, vending at the Fair was the opportunity for them to promote their businesses. It was the first time either of them had vended in this type of space, though they had attended the previous Healing Arts SVF event in Tarzana. They reported that they had a good amount of foot traffic throughout the day and were happy to sell some tarot card readings and crafts.

Author, certified life coach and reiki energy healer Karen Moreno Scott was also at the Fair for the first time, leading a sound bath and guided meditation. The grounds around her filled to capacity with attendees as she prepared to begin. She started the meditation with her assistant dabbing everyone's hands with an essential oil, explaining how to best inhale it. She then gently encouraged the group to close their eyes and to "trust her" from that point forward. The profoundness of the power of guided group meditation could be seen in the collective cloud of serenity that washed over the group and lingered long after the meditation ended.

see METAPHYSICAL on page 27

Photos by Lynn SHER

TOP LEFT: Karen Moreno Scott leading a guided soundbath meditation.
 TOP RIGHT: Handmade totes and pouches were featured from Redfield The Mystic.
 BOTTOM LEFT: Veronica Leone (left) and her partner (right) offer human design readings where she combines iChing, chakra systems, western astrology and Jewish Kabbalah tree of life structure into one chart.
 BOTTOM RIGHT: Katharyn Suzanne is a healing and mindset coach. Her vision is to heal the world, to lead the world back home to love.

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AI – The End of the World or a World of Possibility?

By Mary O'KEEFE

The idea of artificial intelligence (AI) has been around for a very long time. The practical uses of AI have always been a line walked by science fiction writers and AI developers. Like most innovations, it is those who can afford the new programs that get the first try; however, those days are over. AI is not only here but it is here for the masses.

On Monday an image went viral of a plume of smoke near the Pentagon. It was shared by “verified news and open-source” Twitter accounts. Twitter is an online social media and social networking service.

These Twitter accounts were considered verified because they had a blue checkmark on their account indicating they had a “Blue” subscription. This used to be a form of information verification but now it just indicates someone paid \$8 a month to be granted a blue checkmark.

The companies that tweeted this fake image included those that had also promoted several false conspiracy stories and a Russian propaganda outlet. Another blue checkmarked account impersonated Bloomberg News and also shared a false photo and story. This account was suspended by Twitter.

As it became obvious that the photo and story were fake, most

likely AI created, many of the images were taken down from social media; however, not before being retweeted hundreds of times.

This AI-generated scam is an example of how this technology can be used, with the help of social media, to spread disinformation. Before this fake story was taken down it caused stock market jitters resulting in the Dow Jones average falling about 80 points, according to reports.

AI does have some distinct advantages for society including allowing people to learn new skills faster, helping with creativity and improving technology – much like Global Positioning Systems provide precise information. But it is the fear of the unknown, and the misuse of this technology, that has most people worried about the future.

ChatGPT founder and OpenAI CEO Sam Altman recently testified before Congress. ChatGPT is a combination of AI chatbot (a computer program in the form of a virtual email correspondent that can reply to messages from computer users, according to dictionary.com) and GPT (generative pre-trained transformer). The OpenAI website describes the company as “We’ve trained a model called ChatGPT which interacts in a conversational way. The dialogue format makes it possible for ChatGPT to answer follow-up questions, admit its

mistakes, challenge incorrect premises and reject inappropriate requests.”

The concept of AI has been at the basis of several science fiction stories; think of “Star Trek” and whenever a human works with a computer to try to solve a problem, or Data from “Star Trek – the Next Generation” who is an artificial life form. Though AI has not yet achieved that level of sophistication it is expected that it won’t be long before it will be possible. Unfortunately the HAL (Heuristically programmed Algorithmic Computer) 9000 in “2001 A Space Odyssey” and T-1000 in “Terminator 2-Judgment Day” are the images at the forefront of minds hearing how AI is being used.

Altman warned Congress of the issues AI could create if not dealt with now, and that government intervention “will be critical to mitigate the risks of increasingly powerful” AI systems.

“As this technology advances, we understand that people are anxious about how it could change the way we live,” he told Congress. “We are too.”

Next week CVW will cover more about testimonies in front of Congress by AI leaders and speak with Congressman Adam Schiff, who warned of this technology years ago, and how this issue is being responded to in a bipartisan way.

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GCC from Cover

was not readily available to staff. The staff will review and return to the Council with information on the project.

Mayor Brotman also asked for review of the plan for improvements in the area of San Fernando Road and Sonora Avenue. He said he had been contacted by a parent who walks his child to school and crosses those streets every weekday. He wanted to make certain pedestrian safety was in place.

Another item discussed was how Human Resources and workers compensation and other issues were being dealt with in the City. Both Councilmembers Ara Najarian and Ardy Kassakhian had been contacted by a local business owner who had questions as to how third party companies were chosen to help in these areas.

During a presentation by Chief Human Resources Officer Paula Adams, she alluded to a vote that had been taken to approve Adminsure Insurance, which has worked with the City regarding workers comp issues, to continue their services. In addition to the processes that were already covered with Adminsure, staff suggested the company handle the internal claims as well.

Adams said that over the years, in-house claims had been steadily declining. At present the City has five employees to handle internal employee claims that, due to the decline, were not needed. The staff suggested the claims process be passed to Adminsure, the third party insurance company, so the City can retrain the five employees in other areas where they are most needed.

The concern Najarian and Kassakhian shared was the process of "voting" on the present insurance company.

A request for proposal (RFP) should have a resulted in a scoring process where companies that bid on the project would be ranked by their scores,

Najarian said. He asked why a vote was taken as opposed to deciding a winning bid via ranking scores.

Adams said she had misspoken and that they had a ranking score, and had not taken a vote.

In terms of how we have communicated with the others [in the bidding process] this doesn't sit well with me, Najarian said.

Human Resources staff will gather more information and share with the Council at either the June 6 or June 13 meeting.

Park construction and remodeling were discussed by Council. The Emerald Isle Playground Replacement and ADA Improvement Project is a plan to repair and replace equipment in the park that is over 20 years old. The costs will not exceed \$864,628.

Councilmembers voiced concern about spending that much money in a North Glendale neighborhood instead of South Glendale; however, the grant funding for this park is for this particular area and must be used soon. There are other funds earmarked for South Glendale.

The park construction was approved.

A presentation on the future of public transportation in Glendale was made with the goal of having all buses be zero-emission producing by 2035. California's Zero-Emission Vehicle Program requires all transportation bus systems in the state be zero-emission by 2040. The zero-emission bus rollout plan for the City is due on June 30.

The City staff determined that battery-operated buses are a better choice than hydrogen fuel cell technology. The City will only be purchasing these types of zero-emission buses in the future and is working on the infrastructure to support the new fleet. It has grant funding but will need more funds in order to continue.

Armed Forces Day Celebrated at CV Park



Photos by Lucian KUGLER



By Lucian KUGLER

On Saturday, community members gathered at Crescenta Valley Park to celebrate the 6th Annual Armed Forces Day event. American Legion Post #288, Veterans of Foreign Wars (VFW) Post #1614, and Moose Lodge #641 joined together to host and sponsor the event, which included an automobile show, from 10 a.m. to 3 p.m. All proceeds from the event were dedicated to supporting local veteran and youth charities.

This year's event paid tribute to the U.S. Army, resonating with the hearts of attendees who shared a deep admiration for the military. At Crescenta Valley Park attendees saw an array of classic automobiles, hot rods, military vehicles and emergency response units. Enthusiasts and patriots marveled at the rich history

and craftsmanship on display.

The day included additional activities to engage and entertain attendees. These included a raffle for prizes contributed by local businesses. The event also featured a 50/50 drawing.

Highlights of the day included the Crescenta Valley High School U.S. Air Force Junior ROTC taking center stage, performing the presentation of colors and leading the crowd in reciting the pledge of allegiance.

The success of the event was made possible not only by the primary sponsors – the American Legion, VFW and the Moose Lodge – but also through the support of several organizations. These included The Outlaw Garage, the Early Rodders, Rydell Chevrolet, Farmers Insurance, Forest Lawn, La Crescenta Pharmacy and Diana Bradford.

The presence of California State Senator and 2024 congressional candidate Anthony Portantino added a special significance to the occasion. State Senator Portantino took the time to meet and interact with the veterans at the event. He also presented several awards and recognized the contributions and sacrifices made by the veterans.

"The significance of the event are the veterans who served our country, so it's very important that we as a community honor and give back to them for their service," said Portantino.

The event not only paid homage to the enduring legacy of the U.S. Army but also offered a reminder of the nation's collective responsibility to support those who have dedicated their lives to safeguarding the nation's freedom.



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Food Drive Benefits Bailey Center

The Crescenta Valley Lions Club held a food donation event last weekend. The Club collected food for the Bailey Center in Tujunga, which is in desperate need of support. The Center has seen an ever-increasing number of those in need during the pandemic that continues today. The Lions Club collected five large canvas bags of products. The donations filled two vehicles. Members of CV High School's Leos, the Lions Club youth club, from left include Dylan Hsu, Morgan Kim, Ramya Kumarasuriar and William Chin.



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Glendale Centre Theatre Sold to Production Company

By Mary O'KEEFE

Last year the Glendale Centre Theatre was sold leaving many concerned about what the future may hold for the iconic property. Aware of community concerns, the broker, National Properties, reached out to CVW to inform that the theatre has been sold to a production company that

produces interactive theater.

CVW has reached out to speak to the new owners and broker but was not able to interview them prior to press time.

The live stage theatre, located at 324 N. Orange St., opened its doors in 1947. It established itself as the center for theatre, offering not only professionally produced plays but also

provided the chance for many community members to spread their theatrical wings. For more than 50 years Glendale Centre Theatre productions of "A Christmas Carol" kept the story of Ebenezer Scrooge alive for so many theatre-goers.

Arthur Ambarachyan of National Properties at the time of the initial sale said he had

not authorized any information to be shared about the theatre. He said the rumors of the demolition of the property were "false."

The theatre has been sitting silent since the sale but now, with new owners ready to breath new life into the historic building, the lights may soon be on again.

Sunland Tujunga Neighborhood Council 20th Year Celebration

By Katie O'BRIEN

The Sunland-Tujunga Neighborhood Council on May 10 celebrated its 20th year of community engagement in Sunland-Tujunga with its first in-person general meeting since the pandemic. The STNC meets the second Wednesday of the month at Apperson Street Elementary School, 10233 Woodward Ave. in Sunland.

Among the activities was the presentation of a certificate of recognition to the community accepted by Hovsep Navasardyan.

The theme of this year's 4th of July Parade is "Sunland-Tujunga, The Beautiful." STNC is a sponsor. Rotary President Kresse Armour announced that applications to ride in the parade will be available on the Rotary's Facebook page <https://www.facebook.com/Sunlandrotary>.

Officers from the LAPD and LAFD presented several updates at the top of the meeting with reports on staff changes for Sunland and Tujunga.

A newly-assigned motor officer is getting up-to-speed on the community's concerns regarding traffic. Crime is down in the area, and families are returning to Sunland Park for picnicking as the homeless situation there is being addressed. A dog park is also being proposed for Sunland

Park. Citations are being given to people parking at Sunland Park past 9 p.m.

According to LAPD officers, there has been a reduction in violent crimes – down from last year – but a 3.7 increase in burglaries, especially vehicle catalytic converters, and personal theft. A state bill is in process to demand engraving on new cars with catalytic converters and help for those who wish to protect their converters. The STNC supports any efforts to stop these thefts, which cost the car owner thousands of dollars and hours of time. The STNC would like the etching of VINs on catalytic converters be done at no cost to owners of existing vehicles and prohibit the sale of vehicles without etched VINs engraved on catalytic converters.

LA City Fire Departments held open house events recently. The nearest to Sunland-Tujunga was Station 91 at 14430 Polk St. in Sylmar. Mayor Bass attended and offered information on disaster preparedness, and there were activities for children and fun for the whole family.

The Making It Happen Annual Rummage Sale is a major fundraiser for Heart of the Canyons Church and is scheduled for June 8, 9, (noon – 8 p.m.) and June 10 from 8 a.m. – 2 p.m. at 9666 Foothill Place in

Lake View Terrace.

Declan Floyd, a representative from the office of State Senator Anthony J. Portantino, presented a certificate of recognition to the STNC honoring its 20th anniversary.

A town hall on the Canyon Hills Development in La Tuna Canyon is being planned. Approval has been given for 221 single-family homes to be built on 300 acres of land in La Tuna Canyon. Discussion was held regarding the environmental problems the development presents for wildlife and trees, including creating a huge fire risk with only one entry and exit road to the gated community. The grading of land to create this project will take one to two years to complete and is expected to cause a number of inconveniences and problems for those living in La Tuna Canyon.

Field Representative Ricardo Flores from the office of Council District 7 LA City Councilmember Monica Rodriguez talked to the group about CD7 Housing Workshops for Tenants and Property Owners. The workshop for tenants will be held June 13 at 6 p.m. at North Valley City Hall, 7747 Foothill Blvd. in Tujunga; the workshop for property owners will be held June 21 at the same time and location.

A safe "drone" fireworks show

is set for July 2 at Hansen Dam.

STNC's Budget and Finance Committee meets on the fourth Wednesday of the month at 6 p.m. at Apperson Street Elementary School.

The Beautification Committee meets at 6 p.m. on the third Wednesday of each month at the Sunland Tujunga Library, 7771 Foothill Blvd.

STNC Safe Traffic and Transportation Committee meetings are the fourth Tuesday of the month at 6 p.m. at the Sunland-Tujunga Library and STNC S-T Arts, Recreation and Culture Committee meets the same fourth Tuesday of every month at 7:30 p.m., currently at McGroarty Arts Center, 7570 McGroarty Terrace in Tujunga.

The STNC Land Use Committee meets the first and third Mondays of the month at 7 p.m. at the Elks Lodge, 10137 Commerce Ave. in Tujunga. The next meeting is scheduled for Monday, June 5.

The Youth and Education Committee will tentatively meet on June 1 at 7 p.m., location TBA. The Community Improvement and Government Affairs and Outreach Committee meetings are tentatively set for May 18. The STNC calendar has more information on all meetings, agendas and updates and can be found at stnc.org.



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ROBIN from page 2

say it) *damaged*. Unlike the perfection I can easily find around me (just visit social media for a peek into the *perfect* lives of just about everyone else) I screw up sometimes. To be frank, I don't try to be anyone's problem yet sometimes that's exactly what I am.

Thankfully, I do have a sense of community and do realize that, after all, I'm just a work in progress.

Happy Birthday to ... me! Next Tuesday, on the *real* Memorial Day (May 30), this young lady will wear her birthday crown, carry her birthday scepter and listen to the strains of a birthday song (yes, there's more than one). Hopefully someone will bring in a chocolate cake, too...

Here's to hoping ... and pishing on my diet.

WEATHER from page 2

animals, fishes, that can't live anymore where they used to be because the salt level is different. Some animals might go extinct [and] weather patterns will change because the ocean affects climate," he stated.

So not only do we have to think in terms of the water rising quickly, according to deGrasse and other scientists, the water will rise faster than we can relocate coastal cities. But the fact that the ocean water's chemicals will be imbalanced is something that will affect us long before the floods.

It is also important to note that about three-quarters of Earth's fresh water is stored in glaciers. Glacier ice is the second largest reservoir of water on Earth and the largest reservoir of fresh water on the planet. Once it melts it mixes with salt water, which means we lose that reservoir. This affects us even though we are a long way from glaciers.

In many mountainous parts

of the world with a seasonal rainfall, glaciers are reliable water resources. Glacier melt water and runoff contribute to and modulate downstream water flow, affecting freshwater availability for irrigation, hydropower and ecosystems, according to antarticglaciers.org.

Just some more information to contemplate. If all mountain glaciers melt it will raise sea levels by 1.5 feet; if all of Greenland melts the sea level will rise 24 feet and if Antarctica melts that will raise the sea level by 190 feet. Throughout the world 150 million people live within three feet of that high tide range and 13 million people live within six feet of high tide range, according to NOAA.

And so now the 1995 film "Waterworld" (which received some very mean reviews) may be truer than we want to admit. In the film all the glaciers and polar ice caps had melted into the ocean. This created mutated human/fish hybrids and, of course, brought out the worst in

society as humans tried to survive.

For us here, water has been a part of our lives for some time now in the form of rain as May Gray moves into June Gloom. The rain or mist we have been experiencing is all part of the thick marine layer blanketing our area.

"Next week there will be very limited clearing in the valleys," said Kristen Stewart, meteorologist with NOAA.

The same May Gray will be with us next week with "peeks of sunshine."

Stewart added this thick marine layer is not unusual but what is different is how long the marine layer is lasting. The reason it has been with us so long is an ongoing trough of low pressure over the west coast.

Locally we can expect temperatures similar to those we have experienced this past week: highs in the upper 60s to low 70s and nights in the high 40s to low 50s.

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MEMORIAL DAY from Cover

of celebration, but [for us with Post 288] everyone who participates in the Memorial Day [event] is a veteran."

Memorial Day began in 1868, shortly after the Civil War ended. At the time it was called Decoration Day. It was a time to decorate the graves of the war dead. The day – May 30 – was established as the annual Decoration Day with the idea that was when flowers were in bloom. The first large observance was held that year at Arlington National Cemetery, across the Potomac River from Washington, D.C. The ceremonies centered around the mourning-draped veranda of Arlington mansion, once the home of General Robert E. Lee. Various Washington officials, including General and Mrs. Ulysses S. Grant, presided over the ceremonies. After speeches, children from the Soldiers' and Sailors' Orphan Home and members of the GAR [Grand Army of the Republic] made their way through the cemetery, strewing flowers on both Union and Confederate graves, reciting prayers and singing hymns, according to U.S. Dept. of Veterans Affairs.

In 1966, Congress and President Lyndon Johnson declared Waterloo, New York as the official birthplace of present Memorial Day observances. A ceremony of observance was held on May 5, 1966.

Throughout the area this weekend several organizations will be hosting Memorial Day ceremonies. Below is a list of those in La Crescenta, Glendale and Burbank.

American Legion Post 288 and VFW 1614 will host a Memorial Day ceremony at Two Strike Park, 5107 Rosemont Ave., La Crescenta. The ceremony is on May 29 beginning at 8 a.m. On the agenda is a greeting by Baldwin, the introduction of guest

Vic Bustillos, U.S. Marine Corps, Persian Gulf War; the presentation of colors by CVHS Air Force JROTC Unit 882 color

guard; the pledge of allegiance led by veteran Johnie McDowell, U.S. Navy; the playing of the national anthem by Col. Larry Icenogle, U.S. Army Retired; the invocation by Andy Gero, U.S. Army, WWII/U.S. Air Force, Korean War, chaplain VFW Post 1614; the POW/MIA table ceremony presented by CVHS Air Force JROTC Unit 882 honor guard; the performance of "Amazing Grace" by Col. Larry Icenogle, U.S. Army Retired; the presentation of flowers by Cub Scout Pack 360; the recitation of the poem "In Flanders Fields" by Jerry Burnham, U.S. Navy, Vietnam; the performance of "Give Me Your Tired, Your Poor" by the Verdugo Hills Women's Chorus; the performance of "The Wind Beneath My Wings" by Ki Park, director of Verdugo Hills Women's Chorus; keynote address by Lt. Col. Dave Worley, U.S. Air Force Retired; laying of memorial wreath by Robert Wollenweber, U.S. Army, Gulf War; recitation of names of fallen heroes on the wall by Jim Turner, U.S. Navy, Vietnam; remembering three fallen heroes: Stephen Frank Burlingame, Specialist Fourth Class, U.S. Army, December 22, 1942-March 12, 1967 – read by: Jim Turner, U.S. Navy, Vietnam, Callen James Courtemanche, Corporal, U.S. Marine Corps, January 26, 1947 – January 31, 1968 – read by Robert Wollenweber, U.S. Army, Gulf War; Loren Eugene Engstrom, Warrant Officer, U.S. Army, July 22, 1945-November 13, 1968 – read by Gerald Mason, U.S. Army, Panama; benediction by Jerry Burnham, U.S. Navy, Vietnam; playing of "Taps" by Col. Larry Icenogle, U.S. Army Retired.

Montrose Vietnam Memorial
The May 29 ceremony begins at 7:30 a.m. with bagpiper Bobby Kilgore opening the event with "Amazing Grace" at the Vietnam War Memorial at the northwest corner of Honolulu Avenue and Ocean View Boulevard. Scheduled to attend are

Representative Judy Chu, State Senator Anthony Portantino, Assemblymember Laura Friedman, Los Angeles County Supervisor Kathryn Barger, Glendale City Councilmembers Paula Devine and Ardy Kassakhian. Presentation of the colors will be done by members of American Legion Post 288.

Glendale City Hall

On May 29 at 9:30 a.m. at the corner of Broadway and North Isabel Street near Glendale City Hall. Keynote scheduled speaker is Col. David Chianello, U.S. Marine Corps. He served in combat during Operation Desert Shield and Desert Storm as part of Task Force Ripper. His unit was vital in critical missions, including attacks on key targets such as Emir's Ranch, Al-Jaber Military Airport and Kuwait City International Airport.

The ceremony will be emceed by GPD Chief Manuel Cid and will include remarks from Mayor Dan Brotman, an invocation by GPD Chaplain Mel Barnes and a flag salute by Sebastian Ochoa, nephew of USMC Lance Corporal Pedro Barboza Flores who was killed in Afghanistan in 2009 and whose name is on Glendale's Memorial Wall. Hoover High School's Paris Austin and Angela Ghazarian will perform the National Anthem. Color guard will be by GPD.

Burbank Historical Society

The event begins at 2 p.m. and ends at 3 p.m. It is on Saturday, May 27 at the Gordon R Howard Museum, 1100 W. Clark Ave. in Burbank. Those with questions can call (818) 841-6333 or email info@historyofburbank.com. The website is www.historyofburbank.com. Vietnam veteran Mickey DePalo is a scheduled guest speaker. The event will also honor the oldest WWII veteran at age 102 in Burbank.

An additional event includes a memorial service on May 29 at Memorial Park, 1301 Foothill Blvd. in La Cañada, part of the Fiesta Days schedule.

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VIEWPOINTS

TREASURES OF THE VALLEY » MIKE LAWLER

Memories of the Montrose Bob's Big Boy – Part 3

This continues the collection of memories from the Montrose Bob's Big Boy, located at 3212 La Crescenta Ave. near the intersection with Verdugo Road. It was there from the late 1940s until the late 1980s and was a favorite hangout for families and teenagers during the "baby boom" years.

Here are more of those cherished memories:

"I remember going there in Montrose and sitting on that long seat, waiting for a table with my family, and my sister and I reading Bob's comic book!"

"My husband went to Crescenta Valley High School and I went to La Cañada High School. I had many memories [at Bob's] of late nights after concerts. My favorite was 1975 (I think that was the year) after seeing Elton John at the Hollywood Bowl for my 16th birthday. My mom drove me and four of my rowdy friends to the concert and home to Bob's for a

Big Boy and a hot fudge brownie sundae. Those were the days!"

"I was a kid in the early '50s when my dad started taking me there for lunch. It was my favorite place to eat throughout my childhood and teenage years. Married the last time in 2005 and we ate our wedding night dinner at Bob's in Burbank. Montrose Bob's was long gone by then."

"My mom used to order a Big Boy Combo to go and we would have a picnic at the building just below Fremont Elementary (Sparr Heights Community Center). We were poor, though, so it didn't happen often. That's what made it so exciting."

"We used to go there at least once a week, often more, usually after Montrose First Baptist Wednesday night youth group. We nicknamed the hot fudge cake 'Piggy Burger.'"

"I remember going there after CV High School football games throughout high school. It was

such a great place to go with friends. And, if I'm not mistaken, the Big Boy (statue) turned up in the CV quad on more than one occasion."

"I remember seeing Big Boy in the back of an El Camino heading to the CV High School quad one Sunday night."

"My brother would unscrew the top off the salt shaker. My mom would then dump the whole thing on her food!"

"Bob's Big Boy Combo. Add avocado. A side of bleu cheese dressing with a cherry coke. Still makes my mouth water."

"Chunk of lettuce with Thousand Island dressing over the top, cheeseburgers and fries, chocolate shakes, TGIF every week; Mom, brother and me. Going to Bob's was a standing sensation from a single working parent's point of view. We did Friday night dinner at Bob's in Montrose together until high school. Then football games transferred our attentions to

Bob's in Glendale where kids cruised the drive-in."

"On Friday if you were Catholic you couldn't eat meat. Mom followed the rules; dad, who was Protestant, did not. So we would escape to Bob's, sit at the counter and eat a hamburger."

"I remember the brown bar that hung from the ceiling with light-up numbers. As a child, I would slide down the vinyl booth seats in the waiting area, then climb back up and slide down again."

"The double-decker Big Boy hamburger. I want one! Does anyone remember the Big Boy comic book given free to kids at the restaurant?"

"We used to go in the wash and take the drainage pipes underneath the golf course to get there. Pop up out of the gutters right across the street!"

"Sometime after Bob's closed, it was Pie and Burger, like in Pasadena."

"Remember the Oakmont

public driving range across the street?"

"My grandfather had a regular seat at the counter. I used to think it was lots of fun pulling the knobs on the cigarette machine."

"Ahhhh, the hot fudge sundaes ... with the little cup of hot fudge on the side. You would pour it over the ice cream and eat the remaining fudge in the cup."

Next week, even more memories of the Montrose Bob's Big Boy.



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

NEWS FROM WASHINGTON » REP. ADAM SCHIFF

America's teachers play a critical role in shaping the next generation, in inspiring new scientists and doctors, entrepreneurs and engineers, artists, small business owners and educators. Eve and I, as well as our children, are the product of a fine K-12 public education and we are deeply grateful for the teachers in our lives who taught us and gave us the tools to succeed.

So many teachers go out of their way for their students – buying school supplies from their own hard-earned paychecks, ensuring students facing food-insecurity have meals and snacks, and being cheerleaders as students conquer difficult materials in the classroom. And in America, where gun violence in schools has become an epidemic thanks to Congressional inaction, some teachers have given their lives to protect their students. Our teachers deserve to be compensated fairly for the work they do. Yet, educator salaries are abysmally low across the nation.

Earlier this month, I reintroduced the RAISE Act to boost teacher compensation through refundable tax credits of up to \$15,000. My bill would also double the educator tax deduction, which teachers can use to offset the cost of school supplies and expand eligibility to early childhood educators.

Such legislation is desperately needed. While the cost of living has gone up, teachers are earning less on average than they did a decade ago. Public school teachers during the 2020-21 school year in California made an average salary of \$85,856 but many, especially those at schools that teach low-income students, made significantly less. For early childhood educators, the

national median wage is below a living wage – at under \$12/hour.

Paying teachers a good wage isn't just beneficial for teachers – it also helps students. Teachers who are paid well are less likely to quit and, as a result, students are able to enjoy more consistency in the classroom, receive more individualized attention, and perform better. The Economic Policy Institute found that low wages are a contributing factor in the teacher shortage, as many can't afford the financial strain and are forced to take a second job or leave the profession. A UCLA survey last year found that four out of 10 California teachers have considered leaving teaching – an alarming sign for the future of our education system. This impacts students disparately –

there are much higher rates of turnover in high poverty schools and schools serving the largest percentages of students of color.

I've been advocating for better wages and conditions for educators since I got to Congress. I have and will continue to support robust funding for programs created by the Elementary and Secondary Education Act, which includes programming to invest in school districts, recruit high quality teachers and administrators and support bilingual education, ensuring that every child has access to a first-class public education. I have also supported full funding of the Individuals with Disabilities Education Act to provide comprehensive special education services for students. And as the weight of unaffordable

childcare has become heavier for many Americans – particularly communities of color and in the aftermath of the COVID-19 pandemic, I have supported legislation that addresses equitable financial aid practices and increased funding to early education programs like Head Start.

Of course, teachers are not alone in facing financial challenges in our schools. I recently joined striking LAUSD workers on the picket line as they demanded better wages because all our education professionals – teachers, bus drivers, cafeteria workers – deserve to be compensated fairly.

We must pass the RAISE Act to help reduce the teacher wage gap, but it is just one step on the path to fair compensation.

We need local, state and federal partners and initiatives to work together and prioritize teacher compensation – and we need it to be a bipartisan effort because paying our teachers shouldn't be a left versus right issue. We need to attract the best and brightest to teach our kids and I will always push for more equitable salaries and more support and resources for our teachers.

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BETWEEN FRIENDS

Dignity Health Welcomes Mother's Day Baby



Dignity Health - Glendale Memorial Hospital and Health Center welcomed baby Ashley Daniela at 8:20 a.m. on Mother's Day, May 14. The healthy baby girl came into the world weighing 7 pounds and 9 ounces, and measuring 19-3/4 inches in length. She and mom of three, Rossibel Alvarez, were doing well.

YWCA of Glendale & Pasadena Pays Tribute To Heart & Excellence Honorees at 26th Annual Luncheon



Photos by Ruth SOWBY

ABOVE: Scholarship sponsor Dr. Carol Ann Burton (in glasses) is surrounded by the Glendale & Pasadena YWCA's Heart & Excellence honorees. They are, from left, Rima Donnell; Jessica First, CEO and chief strategist, Kilter; and Denise Houlemard Jones, principal, DMJ Consulting.

LEFT: Enjoying the YWCA Heart & Excellence luncheon are (from left) Paula Devine, Glendale City Council member, and Sue Wilder, chair of the Foundation Board, USC Verdugo Hills Hospital.

RIGHT: YWCA Glendale & Pasadena's Chief Executive Officer Tara Peterson presents a 2023 Cami's Courage Scholarship of \$1,000 to La Cañada High School student Anna Heur.



By Ruth SOWBY

For the first time in three years, the YWCA's Heart & Excellence luncheon took place in person.

Front and center were honorees Jessica First, YWCA Glendale and Pasadena board president; Rima Donnell, former Glendale YWCA board member; and Denise Houlemard Jones, former Pasadena Foothill Valley YWCA board member. On Wednesday, May 17, the three women were "honored as their own" by the now merged Glendale and Pasadena YWCAs. In the past, members of the community, not necessarily having close ties to the YWCA, were recognized.

The La Cañada Flintridge Country Club was the setting for some 200 YWCA supporters and guests. Program emcee was

YWCA Glendale & Pasadena's Chief Executive Officer Tara Peterson. Besides the honorees, also recognized were special guest Silva Harapetian, CEO Silva Media Group journalist; and survivor Maria (last name not disclosed).

Maria shared, "It was December 2018 when I decided that 22 years of abuse [from my husband] would end. Today I stand here, holding my tears while I tell my story. I hope it will help more women like me, kids like mine, and other innocent survivors. I'm a survivor because of your donations."

Maria found the YWCA and its domestic violence survivors' program helped her with housing and job training. She is now remarried and is in a healthy relationship.

Honoree Jessica First said, "The YWCA helped 1,600

women last year." The cost was \$100,000 plus government funding. Included in the program is a 24-hour domestic violence shelter.

Also recognized were Anna Heur of La Cañada High School and Mary Tovbekhakyian of Clark Magnet High School. They each received 2023 Cami's Courage scholarships of \$1,000. The scholarship is named after Cami Burton, the late daughter of Dr. Carol Ann Burton and husband Alisdair. The Burtons sponsor the scholarships each year.

The \$10,000 fundraising goal at the luncheon was met. Gross funds from the luncheon totaled \$48,000. The money will support YWCA Glendale and Pasadena's mission to empower women, children and girls through its programs and services.

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NO meeting 7/4

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FANTASTICAL FANTASY BOOK CLUB

Meets: Tuesdays @ 4:30 pm, 45 mins
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NO meeting 7/4

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6/15, 6/22, 6/29, 7/6, 7/20, and 7/27
NO meeting 7/13

Enjoy a weekly family read-aloud featuring a short story from *The Human Kaboom* by Adam Rubin followed by a group writing activity! Perfect for aspiring writers ages 8 and up. Get 20% off the title all summer long (until 7/31/23). Free to attend.

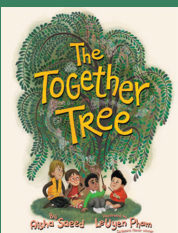
TEEN LGBTQ+ BOOK CLUB

Meets: Wednesdays @ 4:30 pm, 45 mins
6/14, 6/21, 6/28, 7/5, 7/12, 7/19, and 7/26

Celebrate diversity in Young Adult books as we read books for Lesbian, Gay, Bisexual, Transgender, and Queer+ identities. This safe space welcomes teens of all identities and allies! Best for ages 13 – 16. \$195 includes 6 books, crafts, snacks, and a t-shirt.

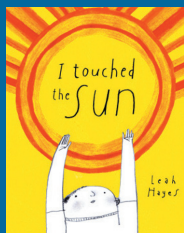
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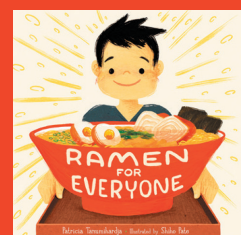
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SERVING A SPECIAL PURPOSE: CRISIS RESPONSE DOGS

By Mary O'KEEFE

There is something so comforting about coming home to a pet. Whether a dog, cat, bunny, bird or fish, coming home to a creature that is focused on you is something we all need from time to time. And yes, fish are in this category; they may not directly react to us but just watching them can have a calming effect. In an article published years ago in the journal Environment & Behavior, it said people who spend time watching aquariums and fish tanks could see improvements in their physical and mental well-being.

Studies indicate that spending time with domestic animals have shown to reduce symptoms in people of anxiety, depression, fatigue and pain.

“Therapy dogs are dogs [that] go with their owners to volunteer in settings such as schools, hospitals and nursing homes. From working with a child who is learning to read to visiting a senior in assisted living, therapy dogs and their owners work together as a team to improve the lives of other people. Therapy dogs are not service dogs. Service dogs are dogs [that] are specially trained to perform specific tasks to help a person who has a disability. An example of a service dog is a dog [that] guides an owner who is blind, or a dog who assists someone who has a physical disability. Service dogs stay with their person and have special access privileges in public places such as on planes and restaurants,” according to the American Kennel Club (AKC).



Maya is one of the comfort dogs at Crescenta Valley High School's WellNEST Center. Photo courtesy of CVHS WellNEST

continued on next page

MOBILITY DOG: ALLOWING PEOPLE TO KEEP DREAMING THEIR DREAMS AND LIVING THEIR DREAMS

Janie Lynn Heinrich loves her service dog Beckett. Beckett is Janie's standard poodle who makes it possible for Janie to live the life she wants. Beckett is a part of MobilityDog, a nonprofit organization that Janie started in January 2018. MobilityDog advances FUNctional independence for people with disabilities through service dogs, education and empowerment. We train service dogs so their handlers can live their very best life. As soon as they're born, these standard poodle puppies – a breed that has excellent analytical skills, according to Janie – hang out with their littermates – their “buddies” – becoming acclimated to various sounds and learning basic directions. From 2 to 18 months, they work with “puppy raisers” who further introduce them to sounds and everyday life. They go “just about everywhere” with their puppy raiser, learning good manners, basic commands, advanced cues and tasking.

MobilityDog needs puppy raisers!

“The personality of the dog is learned at that point,” said Janie, who is MobilityDog's executive director. “We build on the skill-set that the dog already has as we teach tasking skills.” There are many different types of disabilities – some folks are wheelchair bound, others may be challenged by MS, CP or are stroke victims, for example – and it's essential that these handlers are paired with a dog that can help them accomplish their life goals. Around 18 months, the dog works and lives with a service dog trainer and when dogs complete all of their training – typically between the age of 19 and 22 months – they are paired with their handlers and placed in their forever homes. There is a four-month bonding period; however, “it usually just takes a couple of days for the pair to bond,” Janie

continued on page 16



Be Kind, Do Good



Join our volunteer community and help support Mobility Dog's Mission to raise and train service dogs, educate the public, and advocate for the disabled.

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CSLB #991368

PET *CV Weekly's* SECTION

Your pets need a little attention too.



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VET CLINIC



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CRISIS RESPONSE DOGS (continued)

But there are others dogs that are specifically trained to handle stressful crowded situations. These are crisis response dogs, and they can help keep people calm in disasters. These dogs begin their job after natural disasters occur, like earthquakes, floods and fires. The dogs, along with their handlers, also respond to man-made disasters like students who return to campus after a school shooting.

There are several certified crisis response dogs and handlers across the country that are called in after a disaster.

"John Hunt, co-founder of Crisis Response Canines, and Gunther, his 5-year-old Rottweiler, travel across the country in response to mass shootings and disasters," according to AKC.



"We can't change what happened," Hunt told AKC, "but we can certainly prompt a few smiles and conversations from those who have cried their hearts out and not wanted to interact with anyone until now."

In 2019, Hunt and his team responded to the mass shooting at an El Paso, Texas Walmart that took 22 lives and another shooting shortly after in Dayton, Ohio that took nine lives.

"The best thing about the dogs, I will tell you, is that they're not judgmental," Hunt told AKC at the time. "They don't ask questions."

CELEBRATING 50 YEARS – AND LOOKING TO THE FUTURE.

As the executive director of Pet Orphans of Southern California, I am constantly reminded of the profound impact that our many programs have had on the lives of dogs, cats and rabbits and their families. Pet Orphans provides, on a daily basis, life-saving access to affordable veterinary care to animals in need, including our daily services to the City and County of Los Angeles Shelter Pets, our non-profit 501c3 rescue partners who, like us, are also dedicated to rescuing pets and saving their lives. Unfortunately they do not have the facilities that we offer such as our affordable veterinary care, adoptions and fostering programs, grooming, overnight boarding program (for other 501c3 partners only) and professional pet photography. We are truly making such an important difference in our community.

As we celebrate 50 years in the pet rescue community, we take this time to reflect on the last 50 years of providing community outreach to pets all over Southern California. Our mission is simple: Rescue, Rehabilitate and Re-home orphan cats and dogs.

From 1973 to 2023, but particularly between 2020 and 2022, Pet Orphans of Southern California has faced many challenges, but we managed to squeak into 2023 with promises of a brighter future!

I am excited and looking forward to setting goals and sharing our accomplishments for 2023.

There is much work to do – and with your continued support we can ensure that our community pets never fall between the cracks and suffer needlessly due to lack of access to affordable veterinary care. Our vet clinic has become a pillar of our community because of the affordable services we are offering to all in our community.

As we navigate our way into 2023, with the celebration of 50 years in our community, I would like to say thank you so very much to our supporters: Our donors, volunteers, students, parents, local business, the City and County of Los Angeles, our non-profit partners, and community at large. Our work is only possible because of your continued support and advocacy.

You have truly enabled Pet Orphans of Southern California to make a positive impact on the pet community for 50 years and it is our sincere hope that you will continue to help us to grow. Your generosity and dedication have paved the road to improve the lives of so many pets and their families for over five (5) decades!

We are truly grateful and appreciative of your commitment to our cause!

With sincere gratitude,
LaTanya Montgomery, Executive Director

LaTanya Montgomery is executive director of Van Nuys-based Pet Orphans of Southern California. Photo courtesy of Pet Orphans of Southern California

EASTWOOD RANCH SEEKS DONATIONS TO FUND NEW FACILITY

Non-profit Southern California-based Eastwood Ranch Foundation Animal Welfare and Rescue is seeking donations to fund a new facility to house more pet rescues. The organization, founded by actress Alison Eastwood, rescues domestic animals from high-kill shelters around the community along with supporting other vetted local rescues and providing care until a forever home is found.

Besides local animal rescue, the Foundation works on behalf of any and all animal welfare causes by helping raise awareness, educating, campaigning/petitioning for animals throughout the U.S. and beyond. Visit eastwoodranch.org for more information or to make a donation.



Alison Eastwood said, "Our goal is to support abused, neglected and unwanted animals throughout the world." Photo courtesy of Eastwood Ranch Foundation

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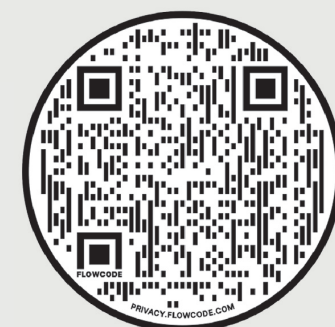


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PETS HAVING A FUN SUMMER

To me, nothing makes life as full or as fun as a four-legged friend. As a lifelong animal lover, I've made it my mission to ensure pets have a place to call home. Since I became Supervisor, I've been proud to partner with the Los Angeles County Department of Animal Care and Control to advocate for animal adoptions from our County Animal Care Centers.

At each of our Board of Supervisors meetings, we bring in adoptable pets in hopes of finding their forever families. The results have been astounding—every animal we've promoted has been adopted! It's because of the compassion and conviction of our residents across the County that so many pets have left our shelters to start a new life.

Don't forget that once you adopt your pet, there is a great dog park in the Crescenta Valley at 3901 Dunsmore Ave. for them to play and make friends.

With summer in full swing, there's a few tips I'd like to share to ensure your furry friend is safely having fun in the sun.

- Make sure they have access to shade or can stay in the air conditioning. If it's too hot for you, it's definitely too hot for them—especially with all their fur!
- Have fresh, clean water for them at all times. They need to be hydrated to have the energy to play.
- Be cautious as they exercise, limiting strenuous walks, avoiding hot sidewalks, and opting to go out in the morning or evening instead of the middle of the day.
- Never leave them in a parked car.
- Trim and brush their coats but refrain from shaving to avoid overheating and sunburn.
- Give extra care to at-risk pets, including those who are elderly, overweight, have lung or heart conditions, or have flat faces.

I hope you and your pets have a fun summer in store!
For resources and more information, visit animalcare.lacounty.gov, check out my website at kathrynbarger.lacounty.gov, or follow me on social media.

YOUR FAVORITE ANIMALS AT THE LA COUNTY FAIR



A young fairgoer admires some furry friends at the LA County Fair in Pomona happening now through May 29. Photo Courtesy of LA County Fair

SO-CAL PONDS, SERVING THE AREA FOR OVER 24 YEARS

So-Cal Ponds Inc. was created in 1999 when the owner, Dominic Carone, sparked an interest in ponds after having a conversation with an old friend about his brother's pond they had just built. Dominic had always loved water, fish, ponds and gardening. His initial interest resulted in him building several ponds and taking on work for clients. Soon after So-Cal Ponds was formed.

We love what we do and always strive to provide the best quality and service to every client and project. With over 24 years in the industry, we have learned what is best for our clients' landscapes and ponds. So-Cal Ponds Services are based around koi ponds and water gardens as well as the surrounding landscape. Being that ponds are often the focal point of any yard, we love to design and install the landscape surrounding the pond.

Although our name is So-Cal Ponds, it does not mean that our services are limited to just ponds. We are a California licensed landscape contractor, able to offer everything for your landscape or pond including design and construction work for both ponds and landscaping – plus pond repair and maintenance. We also offer pond and water garden consulting, which is important when you're planning on building a pond or water garden.

All of our water features are designed to be low maintenance, environmentally friendly and a destination both you and the local wildlife desire.

Underlying principles of design that have long influenced our philosophy include designing with an environmental ethic, designing for longevity and creating regenerative landscapes. Using native and adapted plant material and durable materials for the framework of the place, we are able to create healthy, sustainable landscapes that provide the environment for the experiences we set out to achieve.

If you've wanted to change up your backyard, call our office for a free consultation. (818) 541-9944.



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Know how much exercise your dog needs.
 The type of dog you have will determine how long you need to walk them for and what type of exercise they need. **CCPH can help you with that.**

Meet Ranger, a 4-year-old lab who loves meeting new furry friends and their owners on his daily walks around La Crescenta.

CV Weekly Readers love to hear about your pets! Send a photo and small caption to steve@cvweekly.com

MOBILITY DOG (CONTINUED)

said with a laugh. Training continues the entire working life of a service dog: the service dog must be consistent in daily training.

There are weekly puppy meet ups and, monthly, the service dog teams, puppy raisers, trainers and the MobilityDog board of directors, volunteers and family members meet for picnic lunch and training in Pasadena and Huntington Beach.

"As a person ages, the disability also changes," Janie said. "It's really important that the service dog team continues monthly lessons with the service dog trainer(s)." Janie said that informing the public on how to be present with a service dog team is important in creating fewer distractions and more earnest work.

"Education is essential," she said. "We want people to understand what a service dog does."

So while it's tempting to approach a service dog, Janie advises to first ask the handler if it's okay to pet the dog. Most times, she said, the handler will explain that the dog is working and should not be approached – but she's grateful for the question being asked.

"So many people are isolated due to their disability," she said.

Which is why MobilityDog created PAWS and WAG workshops that can be taken to schools, civic clubs and other organizations that can offer a platform to educate the public about the importance of these dogs ... and the importance of empathy, tolerance, and integrity.

"We're not asking for special treatment, we are asking for equality," Janie said. "We want to live every moment."







<https://mobilitydog.org>



Fun & Facts for Four-Legged Friends



Summertime tips for animals to ensure they're safely having fun in the sun

-  Make sure they have access to shade or can stay in the air conditioning
-  Have fresh, clean water for them at all times
-  Be cautious as they exercise, limiting strenuous walks, avoiding hot sidewalks, and opting to go out in the morning or evening
-  Never leave them in a parked car
-  Trim and brush their coats, but refrain from shaving to avoid overheating and sunburn
-  Give extra care to at-risk pets, including those who are elderly, overweight, have lung or heart conditions, or have flat faces

Lots of pets are looking for a loving home!

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Hit the town together!

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**Veterans Corner May 2023
Aging and Muscle Loss**

By Blake HYFIELD

To those who know me, this article from the VA is near and dear to me.

Aging can come with some great benefits, like wisdom, experiences and memories. But one challenge can include muscle loss, also known as sarcopenia. Losing strength as you age can make daily tasks harder and cause you to become less independent. Can it be stopped?

By keeping your muscles strong and able, you can stay independent

longer and continue doing the things you love without needing much help from others.

Things that accelerate muscle loss

As you age, your body can change in ways that surprise you. One of the most noticeable changes is weakness and less ease of motion. Your lifestyle and overall health play a key role in how fast those changes occur. Factors that can increase muscle loss include:

- Inactive lifestyle
- An unbalanced diet, low in proteins
- Inflammation or swelling

• Medical conditions that cause muscle loss

You can control many of the factors linked to muscle loss. Managing your health conditions and making the right lifestyle changes can help you build and keep your strength.

We can't stop ourselves from aging, but we can slow down some of its effects. While increased physical activity is important to maintain your overall health and well-being, engaging in strengthening exercises at least two to three times each week

is your best defense against muscle loss. By continuing to use your muscles, you'll be working to keep them strong.

You don't need expensive exercise equipment, a personal trainer, or even a gym membership. Common forms of physical activity and exercise that can help build strength and keep you mobile include:

- Walking, stair climbing and biking
- Strength training with resistance tubes and bands
- Yard work (mowing, gardening and

planting)

If you're unsure about starting, try TeleMOVE! It's a virtual 90-day program that focuses on nutrition, physical activity and behavior changes. Consider one of the many varieties of yoga that may also help to maintain muscle strength as well as relaxation and meditation practices.

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



GLENDALE MOOSE LODGE #641



DRIVE – BY

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DRIVE**



Non-Perishable Foods: Cereal – Soups – Canned Tuna – Canned Fruit – Pasta & Sauce – Rice & Beans – Canned Vegetables



Snack Items: Peanut Butter – Pancake Mix & Syrup – Ensure – Boost – Jell-O – Pudding – Crackers – Flour – Sugar – Powdered Milk – Baby Food/Formula



Personal Items: Toothpaste/Toothbrush – Soap/Shampoo – Lotion – Toilet Paper – Diapers – Facial Tissue – Hand Sanitizers

**Saturday,
June 10,
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**Collecting for
the Community**

**DROP OFF AT THE LODGE (Verdugo Hills Memorial Hall)
4011 LA CRESCENTA AVE, GLENDALE, CA 91214
(Across the street from the Women's Club)**

Summer Picnic and Ukulele Rendezvous



The Lanterman Historical Museum Foundation will host its annual Summer Picnic and Ukulele Rendezvous as part of the Fiesta Days Weekend at the Lanterman House and Gardens on Sunday, May 28. The event is free of charge and will be held from noon to 4 p.m.

Visitors are encouraged to bring a picnic to enjoy in the garden. Cookies and lemonade will be provided. There will be croquet and other vintage games to play on the front lawn. The Lanterman House is open for mini tours, and there will be dancing and live music in the ballroom.

As a special treat, those in attendance can join a ukulele concert hosted by musician Conrad Cayman. Guests are welcome to bring their ukuleles to join the fun. Event sponsor Ohana Music will be raffling off an instrument bundle (proceeds to benefit the Lanterman

House). A marketplace featuring vintage items, books and the work of local artists will be held in front of the Visitor Center. Featured vendors include the Bargain Box (proceeds to benefit the Assistance League), the Lanterman House cocents, Friends of Rockhaven and the Historical Society of the Crescenta Valley.

"We always enjoy hosting this free community event. It is a wonderful way for residents to experience their local history," said Laura Verlaque, executive director of the Lanterman Historical Museum Foundation.

The Lanterman House is located at 4420 Encinas Drive in La Cañada Flintridge. It is open for docent-guided tours on Tuesdays, Thursdays and the first and third Sunday of each month from 1 p.m. to 4 p.m. For more information, visit lantermanfoundation.org or call (818) 790-1421.

GASCU Honored as a Top 100 Credit Union

S&P Global Market Intelligence released its report of the Top 100 credit unions for 2022 and GASCU has been named to this exclusive list.

GASCU is the only education-based credit union in Southern California and one of only seven California-based credit unions to

be named to the Top 100. S&P Global Market Intelligence launched the rankings in 2011 to assess the performance of community banks and credit unions. The division ranks institutions based on returns, growth and efficiency but places a premium on the strength and

risk profile of balance sheets, according to S&P Global Market Intelligence.

The board of directors, management and staff of GASCU work diligently to provide the best value in financial service, while keeping customers' deposits safe.

'A' Grade for USC-VHH

For the first time, USC Verdugo Hills Hospital (USC-VHH) earned an "A" Hospital Safety Grade from The Leapfrog Group, an independent national watchdog organization, for achieving the highest national standards in patient safety. This achievement places USC-VHH among top tier hospitals in the nation for safety and quality.

"Our entire staff is dedicated to improving and upholding the highest standards of patient care," said Mary Virgallito, MSN, RN, chief quality officer at USC-VHH. "This score reinforces our ongoing efforts to implement the most current, evidence-based practices for patient safety and outcomes."

The Leapfrog Group assigns letter grades to general hospitals throughout the U.S. based on a hospital's ability to prevent medical errors and harm to patients. Hospital Safety Grade results are based on more than 30 national

performance measures and are updated each fall and spring.

"We are proud of the unwavering commitment of our staff in ensuring safety and quality care for our patients and will continue striving to ensure that this is the first 'A' grade of many," said Armand Dorian, MD, MMM, CEO of USC-VHH.

USC-VHH recently employed several initiatives to improve quality and patient safety. The hospital has maintained rigorous infection prevention programs and has dedicated staff providing specialized 24-hour care for inpatients, intensive care and labor and delivery through its hospitalist, intensivist and laborist programs.

The Leapfrog Group grading system is peer-reviewed, fully transparent and free to the public. To see USC-VHH's full grade details and access hospital safety tips for patients, visit hospitalsafetygrade.org.

Questions About Today's Real Estate?

Ask Phyllis! Selling a Haunted House

Dear Phyllis,

My daughter attended college in Texas, and we decided to purchase a home instead of her renting. It was one of the oldest houses in the neighborhood. Financially it was a good move.

Here goes: My daughter and her roommates decided the house was haunted. They made a running joke about it. Supposedly things like cabinets were opened when they were closed and lights turned on by themselves. Silly little things. She is graduating this year and we want to sell the home, but the Realtor I interviewed over the phone told me I would have to disclose this. I think it's just young girls' nonsense and maybe even pranks. What is your opinion?

Sally

Dear Sally,

This is certainly a different real estate question. I have been selling real estate for more than 30 years and have never encountered a haunted home.

I don't know the laws in Texas, but if this were in California I would tell you to proceed with

caution. I don't know that I believe in haunted houses, and I agree that this likely was just them pranking each other. First, try to get to the bottom of the issue with your daughter and her roommates. Explain if this was a prank, it has serious financial ramifications and they need to be honest. If necessary, discuss with them individually. If they admit to this being a prank, keep careful notes of your discussion, date, time, etc. Perhaps even get them to put in writing that they were pranking the other roommates.

Try reaching out to the Realtor who had the listing when you purchased the home. Perhaps you could get a written statement from the former owner stating that they did not encounter any paranormal activity. According to my electrician, flickering electricity could be a defective sensor or a potential fire hazard. It doesn't necessarily mean ghosts.

In either case, I think it will be a smart move to consult with a Texas real estate attorney and have them help you prepare a disclosure.

Best of luck with your sale.

Phyllis



Phyllis Harb

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CV WEEKLY ON THE MOVE



Ron and Jan Merlo recently took CV Weekly on a two-week trip to Australia. Highlights of trip included viewing the April 20 total eclipse of the sun in the small town of Exmouth and watching sunrise at Uluru (Ayers Rock).

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.

TRAVEL & LEISURE

USH Guests Now Have Collection Options

By Charly SHELTON

This is going to sound weird, but there is a small sect of the theme park community that is super into collecting things that the parks lend to guests. These things aren't to keep, but just to use and return – for example, the 3D glasses from shows and rides, bits and pieces from ride vehicles that are in reach of prying hands to break off and, most notably, themed cups and plates from restaurants. Many guests want these plates and flatware beyond all reason, even going as far as stealing them from the parks to sell on eBay. This leads to the restaurant losing enough of the custom-made plates so as to either not have enough in stock or to keep them away from guests due to concerns of theft. We all lose out on the experience because of a few greedy guests.

There are numerous examples of this happening at theme parks around the world – the giant spoon bowl at Pym Test Kitchen in Disney California Adventure, the space spork at Docking Bay 7 in Disneyland, and the Bowser bowl at Super Nintendo World in Universal Studios Hollywood, just to name a few nearby.

Since guests clearly want them, Universal Studios Hollywood has finally made the plates and bowls used in Toadstool Café available for purchase. Now you can take pieces home of the Mushroom Kingdom without having to



Photo by Charly Shelton

Universal Studios Hollywood has made the plates and bowls used in Toadstool Café available for purchase including the Super Mushroom bowl.

steal them. Three items are available: the Bowser Bowl, served with Bowser's Fireball Challenge entree (\$29.99), is a pasta bowl with the Bowser flag symbol on the bottom of a gray stone print bowl. The plateware set (\$20) is a standalone set of three different sized plates with

a carved wood print and the Toadstool mushroom artwork across the top and bottom. And the most iconic of the serveware is the Super Mushroom bowl (\$19.99), a small bowl inside the face of a Super Mushroom with a giant mushroom cap as a lid to the bowl. This comes

in a box and is served with the mushroom soup, which may be the best theme park food in California.

These are only available to guests dining in Toadstool Café in Super Nintendo World, and that location almost always requires a same-day reservation

via mobile waitlist. Get there early in the day to book your spot as reservations fill up very early in the day.

For more information, visit UniversalStudiosHollywood.com.

THEN & NOW

Save Bob
Courtesy of the Historical Society of CV



THEN » In a 1983 ad campaign, the parent company of Bob's Big Boy put to its customers the question of whether or not to retire the iconic Bob mascot. Bumper stickers were seen on cars that read, "I voted to save Bob." Local teenagers from CV High came out en masse to the Montrose Bob's with picket signs to express their love for Bob.



NOW » Bob was indeed saved, but the Montrose Bob's restaurant was not. It closed in 1988. Today the restaurant is a daycare center. Instead of a Bob statue, you'll find a bush. But on eBay, you can still get the vintage bumper stickers from this ad campaign: "I voted to save Bob" or alternately "I voted to retire Bob."

» BOOK REVIEW

'Studying Form:' British Author Finishes Thriller Novel 20 Years in the Making

By Matthew ARAT

Writing a book from scratch can take a significant amount of time. Notable writers like Ian Fleming and Dan Brown could write thick novels in about three years but, for the novice author, it can be a challenge to even know where to start. Andy Wheildon, a retired British insurance agent, is that author.

"Studying Form" has been in the works for 20 years. Wheildon started writing his book during his university days, based on his love for Dick Francis novels of horse racing and criminal activities.

"I had Windows 3.1 with DisplayWrite from IBM and started bashing my keyboard," said Wheildon. "The first chapters were verbal diarrhea and I got quite busy around that time."

Wheildon couldn't finish the book and it sat, hidden away, for 20 years. He married, had kids, and became a successful

insurance agent. An offhand comment soon led friends to suggest that he return to writing and finish the novel he started so long ago.

But restarting his writing skills was a challenge.

"My wife read the first drafts, which she called 'chauvinistic,'" Wheildon said with a laugh. "I had to take it to a professional editor to polish."

When asked about his writing process, he relayed a problem that can affect writers.

"My thought process is quicker than my writing," Wheildon said.

He admitted the two protagonists are somewhat based on his college days, although he added, "Some of the more gritty details are definitely not me."

"Studying Form" covers a fictional tale set in the early 1990s tech industry where a university student and his lackadaisical friend hatch a get-rich-quick scheme to

make a software program on betting odds for horse racing. Putting the odds in their favor leads them on a wild journey of extortion, a car chase, and gambling.

In Wheildon's words, the novel is "unapologetically British." Various inspirations were books by Ian Fleming and Dick Francis, of which he mentions a long period where "I never read another Dick Francis novel, just to make sure the ideas were my own."

Thanks to his wife and friends, years of work have finally led to his first book being published.

Now, with his kids grown-up and his retirement underway, Wheildon

is proud of the work he's accomplished. His hobbies now include hosting a radio show for a local hospital ... but could he write another novel?

"I don't know, but I might give it a go," Wheildon said.

"Studying Form" is available on Amazon UK and U.S.

Tickets On Sale for Star Wars Spectacular

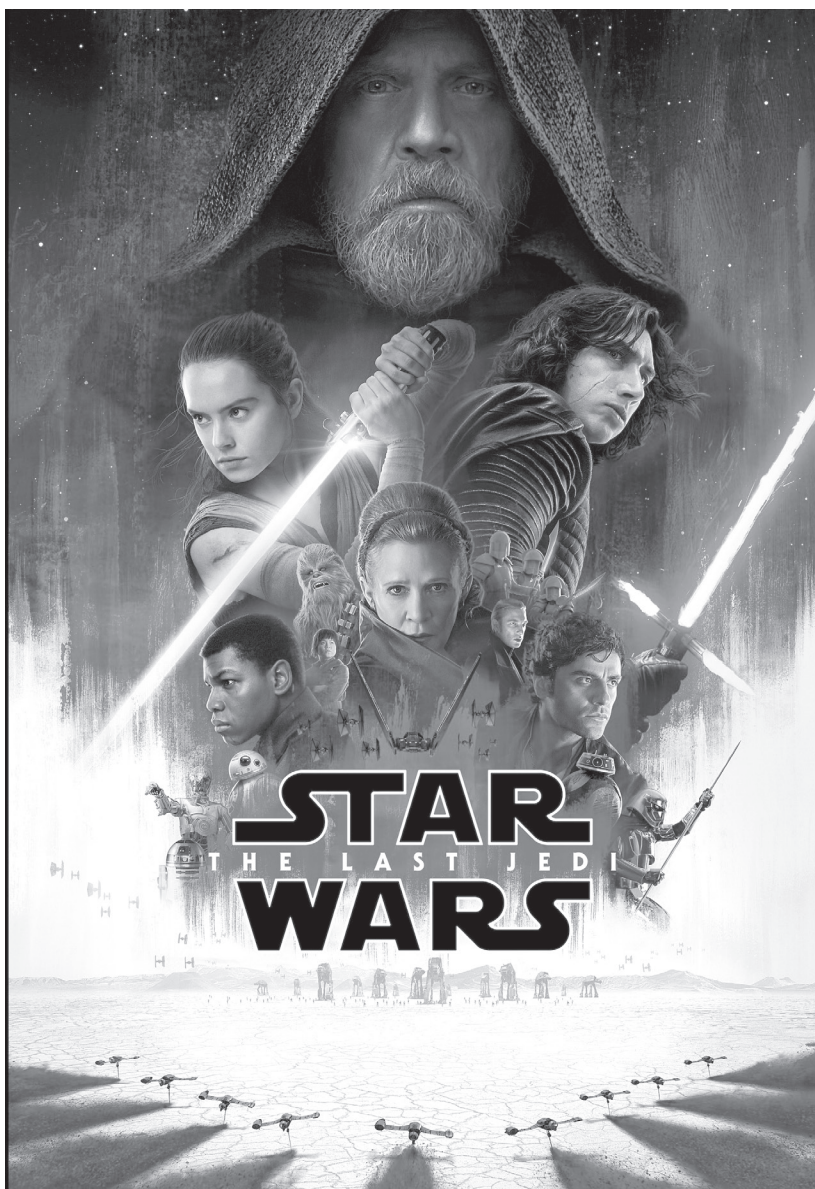
Tickets are now available for the Fine Arts Super Star Wars Spectacular - all 11 movies in the Star Wars series that will be screened on Memorial Day weekend, Friday through Monday, May 26-29 at the Fine Arts Theatre in Beverly Hills.

"We will also exhibit one additional 12th bonus encore feature from one of the 11 films in the series on Monday, May 29," said Jerry A. Blackburn, programmer of Public Programming and senior manager of Theatre Operations for the Fine Arts Theatre Beverly Hills.

Admission for each movie will be \$10 per person. A separate ticket and reseating is required for each movie. A series ticket is available for \$95 to see the 11 films at a discounted rate, as well as free access to a 12th bonus encore feature to be screened closing out the celebration on Monday, May 29.

The series ticket must be redeemed at the box office for admission to each film.

For further information, call the Fine Arts Theatre Beverly Hills at (424) 438-4013 or visit online <http://www.fineartstheatrebh.com>



fineartstheatrebh.com for a complete schedule of movie screening titles, dates and times. Note that the Fine Arts Theatre Beverly Hills has limited box office hours.

The Fine Arts Theatre Beverly Hills is located at 8556 Wilshire Blvd. (at La Cienega Boulevard) in Beverly Hills.

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JUST FOR FUN

CALENDAR this

GLENDALE KIWANIS

The Kiwanis Club of Glendale meets on Fridays at noon. On May 26, the Club will be dark in observance of the Memorial Day weekend.

The cost to attend Friday meetings, which includes lunch and program, is \$20. All are welcome.

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

FATHERS' FOLLIES PRESENTS 'FROZEN THINGS'

The Fathers' Follies will be performing "Frozen Things," a mash-up of "Frozen" and "Stranger Things," on June 2 and June 3 at 6 p.m. at the Verdugo Woodlands Dads' Club, 1728 Cañada Blvd. in Glendale. The performance promises singing, dancing, drama and live music.

Tickets range from \$15 to \$30 and are available through Eventbrite.com.

JEWEL CITY KNITTERS MONTHLY MEETING

Jewel City Knitters will hold its monthly JCK Charity Knit and Crochet gathering on Saturday, June 10 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.

CASINO NIGHT CCLCF FUNDRAISER

The 10th Annual Casino Night Fundraiser, hosted by Community Center of La Cañada Flintridge, has been rescheduled to July 29.

IN SEARCH OF TIKI CULTURE

Tiki culture was popular in the 1930s and even more so after WWII when America's troops headed back home after serving in the South Pacific. All are invited for the final 2nd Saturday program until September and be transported to a faraway magical place of carved wooden statues and bamboo furniture.

Speaker Sven Kirsten saw "tiki culture" as an unrecognized art form. He is known worldwide as the leading authority on tiki culture and has published several books on the design, architecture and social culture surrounding the subject.

This event is free and open to the public and everyone is welcome. It takes place on Saturday, June 10 at 1 p.m. at Bolton Hall Museum, Home of Little Landers Historical Society, 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.

'LIGHT FANTASTIC' PRESENTED BY THE TOWNE SINGERS

The Towne Singers presents "Light Fantastic," a choral concert featuring musical light selections. This 60-plus choir under the direction of Lance Merrill will bring light to the start of summer.

The Towne Singers presents this in-person concert with selections such as: "This Little Light of Mine," "Good Morning, Starshine," "Bright Morning Star" and more.

This choral performance will be complemented by an entertaining narrative that highlights the performance and some beautiful and fascinating video imagery.

The concert is on Saturday, June 10 at 5 p.m. at Arcadia Performing Arts Center, 188 Campus Drive in Arcadia. Tickets are available thru <http://TowneSingers.org> with an additional \$1 per ticket PayPal processing fee. Adults are \$25 and children (3-12) are \$10.

The Towne Singers is an organization supported, in part, by the Los Angeles County Board of Supervisors through Los Angeles County Arts Commission.

PAINTING WITH ACRYLICS

On Saturday, June 10 from 11 a.m. - noon, artist Claudia Hindu will host a hands-on workshop for adults at the La Crescenta Library to learn the fundamentals of working with different types of acrylic paints and different painting techniques. All supplies will be provided. Participants will be able to create a unique

piece to take home.

Attendance is limited and advance registration is required. To sign up, see library staff or register online at Visit.LACountyLibrary.org/Events and filter by location or event date.

La Crescenta Library, 2809 Foothill Blvd., La Crescenta

see CALENDAR THIS on next page

WEEKLY HOROSCOPES

Provided by horoscope.com

May 22, 2023 - May 28, 2023

♈ ARIES March 21 - April 19

You have energy directed toward groups, politics, and self-employment. You have all the friends and contacts you need to begin a new venture, whether product, service, or project at your current job. You will also meet new people who can help you get where you want to be financially. At the same time, you're augmenting and transforming your union with other people. You have all the tools you need to get ahead.

♉ TAURUS April 20 - May 20

You face a time of extreme growth in your career sector this week. You have renewed hope that you're going in the right direction, and faith in your own skills and natural abilities. You know what you want to do, and you've learned to do it well. Appropriate pay will be forthcoming. Your work is transforming for the better.

♊ GEMINI May 21 - June 20

You are most likely under a bit of a financial crunch now. You're almost all talk and little to no action when it comes to changing your job or career, or are having a tough time being heard when it comes to money. Though it may not feel pleasant now, the planetary undercurrents are changing your inner life in special ways, and therefore your ability manifest money in the future.

♋ CANCER June 21 - July 22

You usually like to make money just so you can have the pleasure of spending it, and now communication is more finely-tuned (aka, easier to understand and deliver) about a new opportunity to make money. Look to areas like fun activities, children, and even romance to find new ways to bring in more each month. You might open a lemonade stand with your child, or find that you have a real talent for matchmaking!

♌ LEO July 23 - August 22

In the weeks prior to now, you may have begun to feel more alive, and now you're ready to blossom. This may also be true of your money life. Issues surrounding money and values, as well as your home, mother and inner self are highlighted this week. Though your home may be a source of unexpected spending, look on the bright side. The focus is on seeing how your skills and talents can bring you more money over the next few months.

♍ VIRGO August 23 - Sept. 22

You're soon likely to enjoy a gentle but needed bump when it comes to money. The planet of love, acceptance and creativity is asking you to become the person everyone sees as successful and the standard to live up to. You are a role model to others, even if you may not realize it yet. They see the potential in you, and you may actually hear from someone who can make you feel great about yourself this week, so keep your ears open.

♎ LIBRA Sept. 23 - Oct. 22

Though your dominant focal points in life aren't always associated with money, you know how to make your skills and talents noticed. At this time, you're enjoying a burst of energy as personal planets move through your sign. But you're not quite here and not quite there with your money situation. In a few months things get a quite bit rosier, but for now, stay the course even if it doesn't seem too bright.

♏ SCORPIO Oct. 23 - Nov. 21

Right now, you're likely to be the glue in your own life. Maybe you're the hub of your social or working group, but you're the one everyone's looking to now to find new ideas and activities that can help everyone out financially. If you're feeling overwhelmed, don't. You're more than up to the task of creating new wealth for yourself, and others, if you choose. You're not responsible for them, but can make some valuable contacts.

♐ SAGITTARIUS Nov. 22 - Dec. 21

This week the planetary energy may make your money situation seem out of your reach, or money issues out of your control, but you have more influence than it appears. You may be trying to come up with new ideas, or even taking on new work. But for the next month or so, it may be hard to get ahead. You may even be thinking about changing your career or going after a new position. Waiting until the next season is a better option at this time.

♑ CAPRICORN Dec. 22 - Jan. 19

You're unbeatable now! Opportunities come to you easily, and you're reveling in the cash you can earn, win, and save. It's all expanding and lucky for you, so make sure you have what you need in order to handle it responsibly. Since your career and authority figures are affected, the money you're likely to bring in is large and potentially life changing. It's a great week to be you.

♒ AQUARIUS Jan. 20 - Feb. 18

You have a new level of confidence in all your endeavors. If you're trying to gain a promotion for your hard work, or the salary to match, you will have no trouble convincing higher-ups that you're worth it. Your house of education, travel, and foreign languages is highlighted, making it a wonderful time to think about broadening your skills for even greater rewards.

♓ PISCES Feb. 19 - March 20

You have a great deal of change happening now in your house of other people's money, indicating fundraising and debt repayment. If you're starting a new business, it's time to approach investors and venture capitalists. Writing and editing the perfect business plan will help you make your case to everyone. You may find that the larger entities can offer you the best deal going forward.

FreeDailyCrosswords.com

ACROSS

- 1) Ancient Andean
- 5) Inverted "e" phonetic symbol
- 10) Word on a door
- 14) Mess hall offering
- 15) Hiker's path
- 16) "Frozen" princess
- 17) Comicdom's "__ and Janis"
- 18) Doesn't own
- 19) Car payment?
- 20) Doesn't have enough
- 23) Pull a lever, maybe
- 24) 1970 Sidney Poitier title role
- 28) Speed up, in music (Abbr.)
- 31) Makes, as a shot
- 35) Filmmaker Spike
- 36) "Peter Pan" author
- 38) Bit of business attire
- 39) Menu words
- 40) Radio or television, e.g.
- 44) "__ y Plata" (Montana motto)
- 45) "Game of Thrones" ailer
- 46) Big drop in the market, say
- 47) Makeup of some ceilings
- 48) Foot-long items?
- 50) "That is to say ..."
- 51) Ill-tempered
- 53) Perched on
- 55) 1983 No. 1 hit for Lionel Richie
- 62) "Pardon me"
- 65) Grace in "Will & Grace"
- 66) Teen hero
- 67) Swing a sickle
- 68) No longer cool
- 69) Staff member?
- 70) Banks of reality TV
- 71) Compete in roller derby
- 72) :-), in an email

GOING ON AT LENGTH

By Elizabeth C. Gorski

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15					16				
17				18					19				
20				21					22				
		23							24		25	26	27
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67					68						69		
70					71						72		

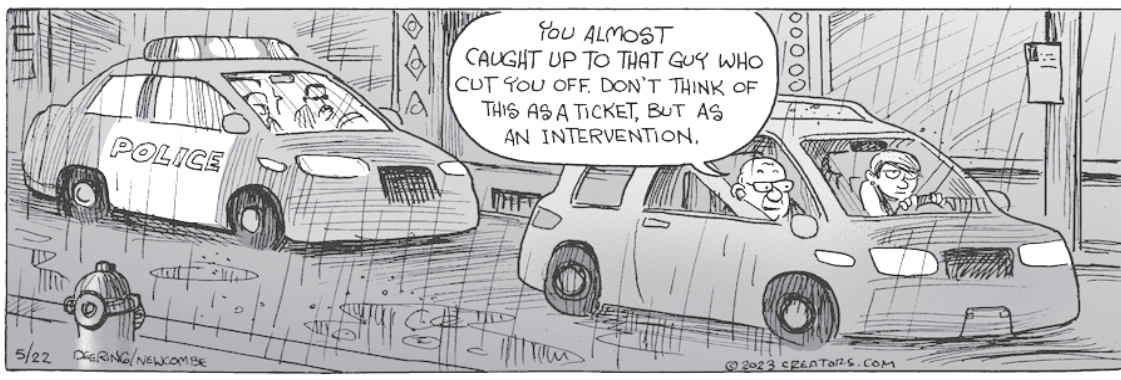
May 25 FREEDAILYCROSSWORDS.COM

DOWN

- 1) Apple offering since 1998
- 2) "Quo Vadis" role
- 3) Hard to rattle
- 4) "Potted physician"
- 5) Act the rooster
- 6) Brunch servings
- 7) "Frozen" prince
- 8) Part of SWAK
- 9) "Not to mention ..."
- 10) Smith, "the punk poet laureate"
- 11) 108-card game
- 12) Show on which Sen. Franken was a regular
- 13) Rogue computer of sci-fi
- 21) Like a rock?
- 22) ACLU concerns (Abbr.)
- 25) "Drowned Alive" illusionist David
- 26) Caviar choice
- 27) Gobs
- 28) "Who's on First?" straight man
- 29) Sissy Spacek title role
- 30) Sings softly
- 32) "No worries"
- 33) Tiny criticism
- 34) Dole's 1996 running mate
- 37) Canyon comeback
- 41) "Scandal" network
- 42) "Silas Marner" author
- 43) Pierogi, for example
- 48) Word div.
- 49) Most like Solomon
- 52) Buccaneers' home
- 54) Ruth's number
- 56) Pool exercises
- 57) Neighbor of Minn.
- 58) "Casablanca" heroine
- 59) Evidence of decomposition
- 60) Words of denial
- 61) Hidden valley
- 62) Frick collection
- 63) "Listen up!"
- 64) Musical gift

ANSWERS on page 23

» ZACK HILL BY JOHN DEERING AND JOHN NEWCOMBE



PROBLEM SOLVED » BY CHRISTOPHER ELLIOTT

T-Mobile Won't Honor Its Promotions. What Can I do?

When T-Mobile mysteriously unenrolls Kierra Knox from three promotions, he tries to reinstate the offers. Then T-Mobile blocks him on social media. What's going on?

Q: T-Mobile has refused to reinstate three service promotions that were mysteriously unenrolled from my account. When I inquired about my bill increase because of the removed promotions, I discovered the T-Mobile executive office removed these discounts and reversed billing credits previously approved by other representatives.

T-Mobile's position is that I no longer qualify for these discounts but they have not provided a valid disqualifying event. Previously, T-Mobile told me these promotions were removed in error. They claimed to have submitted tickets to reinstate the promotions.

But an executive office team member advised me that T-Mobile no longer considers my removed promotions to be errors. It is my position that T-Mobile is deceptively and arbitrarily removing voice line promotions to recoup revenue. I would like for T-Mobile to honor the promotions they've offered. Can you help me?

— Kierra Knox, Detroit, Michigan

A: This is a complicated case. You had three separate promotions for your phone service. One was an employee discount not available to the general public. It appears you tried to move the lines to a different account, which caused the discounts to drop off.

I asked T-Mobile about the missing discounts and it said that if you switch accounts on one of the lines that qualify for the offer, then the offer is no longer valid. That's disclosed in T-Mobile's terms and conditions ("Cancellation of Service may affect other agreements that you have with us").

I think this problem could have been resolved if someone from T-Mobile had calmly explained the terms to you. Instead, it escalated into a social media spat that ended with you getting blocked from accessing T-Mobile's help through social media.

This type of escalation is almost never productive when it comes to resolving a conflict. It's much better to write a concise and polite email asking for a resolution

and blaze a paper trail. If the answer is "no" you can always escalate to one of the executive contacts at T-Mobile that I list on my consumer advocacy site, Elliott.org.

A closer reading of your case suggests that T-Mobile made one error: overcharging you by \$110 for one of your lines. Although it was not possible to restore your discounts, I asked T-Mobile about the extra charges and it apologized and agreed to issue a refund.

For everyone else, your case offers a valuable lesson about discounts. A company will take every opportunity to remove a discount and start charging you full price. Always read the fine print before making any changes to your account.

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/>.

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CALENDAR THIS from previous page

GARAGISTE WINE FESTIVAL

The Garagiste Wine Festival returns to LA for the eighth time on Saturday, June 17 with over 40 micro-production, commercial "garagiste" California wineries from Malibu, Los Angeles, Santa Barbara County, Paso Robles, Sonoma, Napa, Mendocino, Baja California and more.

The festival takes place at the Glendale Civic Auditorium, 1401 N. Verdugo Road in Glendale. Tickets range from \$10 to \$135 and available at <https://tinyurl.com/bdv5ynu4>.

COMMUNITY TREE CARE DAY

The Sierra Club is hosting Community Tree Care Day on Saturday, June 24 from 9 a.m. to 11:30 a.m. Volunteers can enjoy the sunshine and outdoors

while weeding and watering trees along the main corridor of Foothill Boulevard in Sunland-Tujunga. Participants will each get a free organic waste pail from LA Sanitation & Environment that can be used to compost food scraps to improve home gardening.

Volunteers are asked to bring their own work gloves and water containers.

No reservations are required – just show up at 9 a.m. at DIY Home Center parking lot, 6300 Foothill Blvd. in Tujunga.

VHHS PLANS REUNION

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

Currently Team 74 is in the planning phase of collecting names and numbers of classmates and putting together a database; emails from classmates can be received at cls0f74reunion@yahoo.com. Information should include a mailing address, cell number and graduate's name at graduation (if different than now).

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

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

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- Mountain Ave. Elementary
- Clark Magnet High School

ANSWERS for page 22



PET OF THE WEEK

CV Weekly loves to hear about your pets!
Send a pic and small caption to sonya@cvweekly.com
to share your lovable pets with the community!



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RELIGION

Q I have a dear, dear friend who is a long-time smoker. We're both in our mid-50s. I've tried various ways of speaking to her about stopping smoking. I also have another good friend who died from emphysema. I know a person has to want to quit, but my friend doesn't seem at all interested.

Do you have any suggestions?

~Love My Friend

Dear Love My Friend,

Why don't you say something like, "If you don't quit smoking, I'm going to stomp your butt!"?

Seriously, I have heard that quitting smoking is the hardest addiction to overcome. I seem to remember that back in the Reagan years we had a surgeon general who said the nicotine habit is every bit as tough to kick as the heroin habit.

I don't really have an answer. Addiction is tough and addicts will choose their habit over you, even if they love you! Just yesterday I bumped into a 71-year-old man who smoked and his rationalization was that his smoking "didn't interfere with his walk with the Lord." (Some ultra-religious people talk like that!) But this guy, a born again Christian, as far as I could tell had rationalized his addiction into saying what he said. (I didn't argue with him. I just nodded, and yearned for my time with him to be over!) This guy even quoted Scripture to me about the body being the temple of the Holy Spirit! And yet he continues to smoke.

Addicts come up with all sorts of rationalizations. There is a saying that when the student is ready, the teacher appears. Your

friend is not going to quit until she wants to. So save your breath ("ruach" in Hebrew, "spiritus" in Latin), the same holy breath that God breathed into the first human, according to Genesis. And let's hope that teacher (you or somebody else) appears in the nick of time!

The Rev. C. L. "Skip" Lindeman
lindemanskip@yahoo.com

Dear Love My Friend,

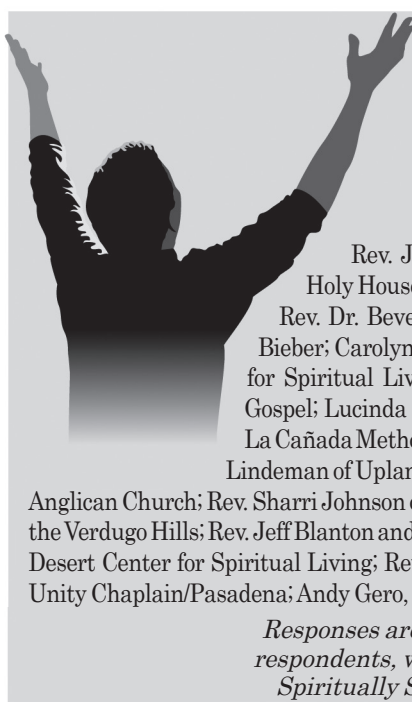
You have tried various ways of speaking to her about stopping smoking. Longtime smokers are so entrenched – physically by the need for nicotine, physically again for the habit of, the "go to" grab the cigarette option. I have heard that quitting smoking is even harder than stopping the use of heroin.

It is so difficult to watch a person you care for self-destructing before your eyes. It is awful to witness their declining health and their rising symptoms due to forces that, if the friend was willing to wrestle with all the challenges of quitting, she could mitigate the rising symptoms or avoid the coming disease altogether.

I don't know what keeps your friend smoking when it has been clearly proven that smoking causes cancer. They even write it on the packs they sell.

You cited the truth when you said that if a person quits that means they have a great desire to do so. Maybe you can explore with your friend what are all the reasons she likes to smoke – more than life itself? Your friend needs to find out why she is so committed to smoking that she is willing to throw the knowledge of the self-destruction she invites out the window.

Please approach these questions



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.

with love. It might surprise you to find out why she is so committed to smoking.

May your friend's desire for life and health override whatever her strong commitment to smoking turns out to be.

Rabbi Janet Bieber
jbieber1155@aol.com

Q We were so excited when we learned we were expecting twins. All of the check-ups indicated everything was all right but at the beginning of the ninth month we were told one of the babies wasn't doing well and that an immediate Caesarean section was necessary. Unfortunately, one of the twins died.

It's difficult to try to explain the grief we're going through. Praise God our little girl is in good health. These were our first children and getting over losing the other little one is so very difficult. We named our little boy Joseph after his paternal grandfather

and had a Christian service for him. Our question is: How long does grief take? This happened over a year ago but when the subject comes up between us, we both cry.

~ Grieving Parents

Dear Grieving Parents,

My heart grieves with you. A loss, like yours, creates a huge void.

"Grief never ends; but it changes. It's a passage, not a place to stay. Grief is not a sign of weakness, nor a lack of faith. It is the price of love." (Queen Elizabeth 1st) This sums up the journey you are walking.

There is no timetable for our grieving to be "over." Although some people may say, or we may think, it's time to "move on" after about a year or so, the journey is individualized. Each of us grieves in our own way, according to our own personality and style, taking the time we need to heal and move forward. The timeline may even be different for both you and your spouse.

What is critically important is to walk this journey with healthy grieving. It means feeling and not trying to minimize the emotions or the significance of the loss. With the death of a child, the natural order of life is eternally interrupted. The impact is even deeper as a parent is not supposed to outlive their child. It's important to grieve all the hopes and dreams you had for that child as he was to grow up. It's normal! As your child was a twin, you will most likely remember Joseph with each birthday your little girl celebrates, with each milestone in her life (first words, first tooth, starting school, graduation, marriage, etc.). It's natural to remember.

There are many other resources that you can take advantage of. You might join a Christian grief group for parents who have lost children or seek out a good grief counselor. Many books have been written about the loss of children. One that I have read and many have found helpful is a book called "I'll Hold You in Heaven" (Jack W. Hayford). It specifically deals with infant death and the hope that God can give us.

God promises to give us joy

instead of mourning and praise instead of despair (Isiah 61:3). May you find deep joy and peace as you press into Him for healing of your hearts.

Walking the journey with you, in prayer,

Pastor Dabney Beck
timanddabney@gmail.com

Dear Grieving Parents,

I can only imagine the suffering, sorrow, sad disappointment and the deep sense of loss of your child holds for both you and your husband. I can also well understand your desire to move past your grief and the pain you both feel, whenever you are reminded of what has happened. The short answer to your question "How long does grief take?" is that the healing comes in its own time. It is true enough in its own right. But not very helpful as an explanation of just how to free and release ourselves from over whelming, crippling and painful emotions tied to such a loss.

I think the more honest and helpful response is to recognize that grief lasts as long as we choose to hold onto it. Of course, that raises the question of why would anyone choose to hold onto grief any more than they would choose to lose a child? This helpful response seems both unkind and absurd. Well, bear with me. It gets back to what does it mean to be a human being.

We are born into ignorance. We are all thrown into this world and, to survive, we form attachments to people, places, things, ideas and beliefs. These attachments help to center and define us. By doing so, we find it a little easier to navigate and deal with the challenges of this world, which is one of continuing change. Living in a world of change also means living in a world of both gain and loss; they go hand and hand. In the case of change as loss, it may seem the people, places, things, ideas and beliefs (our attachments) are torn from us. We are forced to let them go – sometimes willingly and sometimes unwillingly. Sometimes the change or loss is a good and even a liberating thing. Other times, change may mean nothing, is hardly noticed, or is of real concern. Then there are times,

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SPIRITUALLY SPEAKING *from previous page*

as you have experienced, when the change or loss is challenging, devastating and uprooting. In those instances, we all may attempt to hold on to our attachment as a way of a continued connection with who or what we have lost and cared for. But as the Buddha pointed out, that is the root of suffering. I have found that to be true. I can also tell you from personal experience it is very easy to get locked into the suffering that comes of loss to the point where one feels despair and hopeless of ever getting out from under it.

So the question is: What can be done to find a healing? To find an acceptance of what has happened and a peace of mind that would enable one to move on in living their life more fully as best they can, and best they know how. Free of the crippling pain they may be experiencing.

The answer is prayer. More specifically, it is affirmative prayer. The power of the word in affirmative prayer is that it defines, forms and shapes conditions. It can both open us to receiving the good and close us off and end what torments us. It channels the unending flow of Divine blessing, mercy and goodness; and when properly spoken, nothing can resist it.

Here is a short affirmative prayer for both you and your husband; repeat it to yourselves whenever you feel challenged by your loss of your son and are seeking peace of mind and comfort to move forward. "There is One Power, Presence and reality, and that is God. It is within and from God all things have arisen and taken form. It is within God that all things are sustained, maintained and cared for. It is within and to God all things return. God is the source of all mercy, grace, blessings and comfort.

"I release my son into the love, goodness and care of the Eternal Father from whom he was given to us if only for a little while. Knowing that all will be well for him, myself and family going forward, I give thanks for the great and wonderful blessing of our daughter, knowing what a precious gift she is. I know that God's mercy, grace, protection, safety and security always surrounds her no matter what she does or where ever she goes. I know that I and my spouse are surrounded by a wondrous Divine healing, comfort and peace of mind; and that our way forward is one filled with blessings, love and goodness in all things. And so it is. Amen."

*Anthony Kelson, RScP
penworth3@yahoo.com*

NOTES & NODS

LCIF News

Lutheran Church in the Foothills invites anyone exploring their spiritual faith to attend a gathering this Sunday, May 28 at 9 a.m. in the church's Fellowship Hall. Pastor Chuck Bunnell will discuss what it means to be a member of a church and what the Lutheran tradition offers. Current members are encouraged to attend and share their church experience with prospective new members. Worship will follow in the sanctuary at 10 a.m. All are welcome.

LCIF continues its community outreach and last week delivered hand-knitted hats and scarves to the Union Rescue Mission in downtown Los Angeles. LCIF's knitting and quilting group meets weekly and welcomes newcomers.

The church reminds the community that it continues to accept non-perishable food donations to feed the hungry as well as medical supplies for people in war torn Ukraine. Details on what items are needed can be found on the church's website.

As LCIF looks ahead to June, families with young children are encouraged to pre-register for Vacation Bible School. VBS will be held June 19 through the 23 from 9 a.m. to noon. It is open to children ages 4 through sixth grade. The cost is \$35 for one child, \$25 each for two or more kids. There will be lots of singing, dancing, crafts, and games, all centered on learning about God in new ways. Families are encouraged to register online through LCIF's website, or by calling the church's office.

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.

'Twists and Turns,' - a Vacation Bible School at La Crescenta Presbyterian

Join La Crescenta Presbyterian Church for a week of "Twists and Turns," a Vacation Bible School taking place Monday through Friday, July 10-14, from 9 a.m. to noon.

All children from age 4 to incoming sixth graders are welcome at this week of games, crafts and singing, all focused on the message that "Following Jesus Changes the Game!"

The cost of this weeklong adventure is per family unit: \$50 for 1 child; \$85 for two children; \$120 for three or more children. T-shirts are included.

"Twists and Turns" will take place at the La Crescenta Presbyterian campus at 2902 Montrose Ave. in La Crescenta. For more information, contact Jesiah@lpc.net or call 818-249-6137. To register, visit lpc.net/vbs.

Walk and Word

In May, Walk and Word participants will meet in the parking lot of Deukmejian Wilderness Park, 3429 Markridge Road in La Crescenta/Glendale at 8 a.m. on May 14, 21 & 28. 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.

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Foothill Blvd./La Cañada Blvd.	9:45 a.m.	4:55 p.m.
Santa Monica Beach	Arrival 10:45 a.m.	Departure 3:30 p.m.



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LEGALS
NOTICE OF SELF STORAGE SALE

Please take notice US Storage Centers - Montrose located at 3708 Clifton Place Montrose, CA 91020 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.storage-treasures.com on 6/15/2023 at 10:00AM. Unless stated otherwise the description of the contents are household goods and furnishings. Craig Edward Anderson; John Templin Schlessler. 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 May 25, June 1, 2023.

NOTICE OF SELF STORAGE SALE

Please take notice US Storage Centers - La Crescenta located at 4454 Lowell Ave La Crescenta, CA 91214 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.storage-treasures.com on 6/15/2023 at 10:00AM. Unless stated otherwise the description of the contents are household goods and furnishings. Scott Martin; Henry Victor Goldstein; Gloria Frias; Brandon James Thweatt. 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 May 25, June 1, 2023.

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CV WEEKLY IS ONLINE!

LASD from Cover

"The torch started at the Hall of Justice and went from station to station over the weekend," Gilbert said. "We received the torch from Palmdale Station and passed it off to Altadena Station. This year, the Memorial Torch Relay honors 10 fallen heroes. This is an LASD-only event, but other departments have similar runs."

The Memorial Torch Relay is coordinated by the LA Sheriff's Athletic Association. Each runner from a specific station can choose how many legs of the race they would like to run. Some ran one leg; others ran more.

Below are the legs that the CV Station members ran:

Leg 1 began at noon at Angeles Forest (ANF) Highway mile marker 15.30 continuing to ANF Hwy mm 20.53 for a total of 5.2 miles.

Leg 2 began at 1 p.m. at ANF Hwy mm 20.53 continuing to Angeles Crest Hwy (ACH) mm 32.82 totaling 5.4 miles.

Leg 3 began at 2 p.m. at ACH mm 32.82 continuing to ANC (at the ranger station) totaling 5.2 miles.

Leg 4 began at 3 p.m. at ANC ranger station continuing to the CV Station totaling 5.5 miles.

Running the first three legs the CV Sheriff's team included Deputy John Hong,

Retired Deputy Alan Bennett and Custody Assistant Christal Espinoza. Retired Law Enforcement Technician Diva Burns completed the first three legs on her bicycle. CV Sgt. John Lee ran large parts of all four legs along with Reserve Deputy Corey Ballentoni. Members of the Montrose Search and Rescue (MSAR) team ran the final leg to the station and included Doug Cramoline, Robert Sheedy, Dr. John Rodarte and Matt Anderson, along with MSAR trainees Jesse Cripps, Sean Morrisrow and Elliot Fernstom.

Gilbert ran a little over two legs totaling 12.2 miles. The Altadena runners included Dep. Zamora Jr., his son Juan Zamora III, Dep. Iglesias and Dep. Andrew Garza. Altadena Sheriff Station Captain Jabari Williams joined the runners by bicycling to the station.

METAPHYSICAL from page 3

Moreno said, "[I] love this experience, and this space ... it's so beautiful."

She hopes to take part in the next scheduled fair on Nov. 11 at the Tarzana Community and Cultural Center, 19130 Ventura Blvd. in Tarzana.

Saturday's event was also the chance for the more experienced healing artists to mentor those who are just starting out and were presenting at a booth for the first time. These experienced healing artists showed the newer ones how to best set up and how to use the opportunity to grow their healing arts business.

Fstkchian said that Healing Arts SVF makes no money from these events. The price for vending, she said, is kept exceptionally low so it's available to businesses of all sizes. She added that any money made goes against the costs for the next event.

"These events are a way for us to come together to celebrate life, love and connect with one another, our higher selves, angels and guides," Fstkchian said.

In other words, to build a community.

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