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AUGUST 17, 2023

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Maps – No, New Building – Yes

By Mary O'KEEFE

Glendale City Council was presented with a number of maps concerning the proposed district election that were the result of several outreach meetings with residents. At present Glendale elects its five councilmembers in a citywide election. However, there have been several lawsuits concerning the issue of citywide elections and their compliance with the California Voting Rights Act. The majority of the Glendale City Council had voted to explore moving from citywide to district elections as a preemptive act against possible lawsuits.

The Council majority proposed an election of six districts along with a citywide elected mayor. The outreach asked residents to participate in drawing the district maps. Once the maps were drawn, the Council will vote on what map, or maps, will be included in the proposal that will be presented to voters in March 2024.

It is important to note that although the majority of the Council voted to move forward with this proposal, Councilmember Ara Najarian is vehemently against the establishment of district voting. He has voiced his concern that his opposition to the entire proposal is not being presented.

Several maps were presented Tuesday during the Council meeting; however, the Council decided not to make a decision on any one map but to continue the outreach process giving more residents time to submit their ideas for a district map.

Another issue that was voted on, and discussed at length, was the property at 246 N. Jackson St. in Glendale. The proposed development replaces an older three-unit building with an 11 unit building. It was approved by City Planning in 2022, but appealed by Grant Michals who is a representative of the Glendale Homeowners Coordinating Council (GHCC).

see GCC on page 5

Students Return to School

By Mary O'KEEFE

Whether in elementary school, middle school or high school, kids returned to local campuses.

The students who are starting the 2023-24 school year in kindergarten will be graduating as part of the Class of 2036. According to Quantumrun, by the year 2036 bionic eyes with high resolution will be commercially available, the world population will reach 8,904,177,000 (as of Sunday the world population was 8,054,207,613) and world sales of electric vehicles will reach 17,126,667 (as of today there are over 10 million).

By 2036 it is expected that the world will be quite different and yet many of the trends we see now will continue into the future. Climate change will continue to cause extreme weather and, depending on what science future report you read, there is about a 10% to 15% chance society will see transformative AI (Artificial Intelligence). Like the In-



Photo by Charly SHELTON
Students at Crescenta Valley High School were welcomed by the school's cheer squad to the new academic year.

dustrial Revolution transformed society, transformative AI means a future influenced by the advances of artificial intelligence in day-to-day life.

But none of these future predictions matter to parents on that

first day, and in fact that first week, of school as they watch their little ones walk across that threshold into their academic future, which may involve a few tears [mostly from parents].

Students across Glendale, La

Cañada Flintridge, Burbank, LA Unified and many other districts returned to school this week, which means lots of increased traffic as parents find that school drop-off/pick-up rhythm.

see BTS on page 7

Pipes Fail Causing Flooding in the Crescenta Valley

By Robin GOLDSWORTHY

On Friday afternoon, Aug. 11, a little after noon, fire and law enforcement agencies and a crew from Crescenta Valley Water District responded to a water main break in the 3000 block of Montrose Avenue west of Ramsdell Avenue. The water came up through the street buckling it. The pipe was apparently installed in 1961, according to James Lee, CVWD interim general manager. Sheriff deputies were blocking vehicular traffic along Montrose Avenue though north/south traffic on Ramsdell and Pennsylvania avenues was not affected.

CVWD reported that the damage was caused due to a lateral split along the pipeline main. According to Lee, the repair plan included replacing about a 10 ft. section of the main.



Photo by Rachele MILLER
On Friday, water from a main break in the 3000 block of Montrose Avenue pushed up through the street, buckling the asphalt and halting east-west traffic on Montrose Avenue.

Customers in the affected area were notified via text/email/phone that water would be shut off while repairs were done with the majority of service being restored at approximately 12:15

a.m. on Saturday morning.

A special consideration was made for the convalescent home in the shutdown area and a "hose-to-hose" connection was arranged for that property to en-

sure continuation of service, said Lee.

"The 2400-2700 blocks of Montrose were scheduled for replacement as part of our capital

see WATER MAIN on page 22



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» FROM THE DESK OF THE PUBLISHER



Fires, Tropical Storms ... and Back to School

The devastation in Maui caused by horrific fires made many of us pause and give thought to the fires we here have experienced. To me, the Station Fire of 2009 is most memorable as it was raging the very week I launched the Crescenta Valley Weekly. In fact, due to so many streets being closed, I had to delay delivery of the paper by one day. The orange skies, smoky air and feeling of doom pervaded our entire area; I'm glad that nothing of that magnitude has happened again though I'm constantly leery of "the big one" – the earthquake that is predicted to arrive "at any time." (To learn how to be prepared for natural and manmade disasters, consider taking a CERT class taught by Paul Dutton. I did and I feel that much more prepared.)

Then this Sunday Southern California may experience a bit of the wrath of Tropical Storm Hilary in the form of thunderstorms. Normally, I would find this rather exciting except on Sunday I'm hosting a wine and toffee pairing (wine provided by 8Wine8 and toffee provided by Kiwanian Cynthia Paez, owner of GG's Organic Toffee) for the Kiwanis Club of Glendale. The event will primarily be held in our backyard so rain wouldn't work out too well. But I'm optimistic – and prepared. I've order three pop-ups from Bonners Party Rentals.

Overshadowing everything, though, was the excitement surrounding back to

school. Now my boys are all grown up and it's my granddaughters who are off to school. I made my way over to the school one of my granddaughters attends to greet her on her first day. Like all local schools, it was crowded! Most kids were eager to either get out of their parents' car or off the school bus to greet fellow students they hadn't seen all summer. It was busy and exciting and I'm so glad that I was a part of it – even though only as a grandma.

Around the Valley and into Glendale and Burbank, school zones were buzzing with students returning to school. I haven't seen examples of the careless driving by distracted students or parents, but unfortunately I have no doubt that will return soon.

In the meantime, to those who have to drive during those peak hours: please be cautious. Give yourself extra time to get where you're going. The last thing you want to happen is to get into an accident, which includes injuring someone, or giving yourself an ulcer because you didn't give yourself enough travel time.

With so much being outside our control it's nice to know that we can control our driving patterns.

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

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» WEATHER WATCH

Taking A Look Outside Our Window

By Mary O'KEEFE

Recently a Montana judge ruled that the state was violating its citizens' constitutional right to a clean and healthful environment by allowing continued fossil fuel development without considering its effect on climate.

Montana is one of a few states that have a so-called "green amendment" in its state Constitution. This type of amendment guarantees its citizens the inalienable right to clean air, clean water and a healthy environment.

The judge found that the youth of the state have a "fundamental constitutional right to a clean and healthful environment, which includes climate." This ruling means the state legislature needs to consider the effects of climate change when making decisions regarding fossil fuel projects.

According to NOAA's 2021 Annual Climate Report, the combined land and ocean temperature has increased on an average rate of 0.14 degrees Fahrenheit per decade since 1880; however, the average increase since 1981 has been more than twice as high – 0.31 degrees Fahrenheit – per decade. So far 2023 is the third-warmest year on record, but may surpass that as August and September temperatures rise. July 2023 was the hottest month on record.

According to NOAA and NASA, the global temperature was 62.42 degrees; that's 2.02 degrees above the 20th Century average. It was also the first time a July average temperature was 1.8 degrees above the long-term average – it was 0.43 degrees warmer than any other July in NASA's global temperature records. Ocean temperatures were at a record high for the fourth consecutive month, global sea ice coverage was the

lowest on record for July, sea ice coverage in Antarctica was the lowest on record for each of the past three months and it was the 47th consecutive July and 533rd consecutive month with temperatures above the 20th Century average, according to reporting in USA Today.

There is a natural climate change, which has been studied and is useful for climatologists to determine how the increase in greenhouse gas emissions is causing deviations from these expected patterns. They can offer insight into amplifying effects that may intensify warming as greenhouse gas concentrations rise. They may also provide insight on regional impacts of climate change, which will be very important for developing adaptation strategies for human and ecological communities. However, it is important to recognize that current rates of global climate change are extremely rapid compared to past changes, and may produce conditions that have not been anticipated, according to the U.S. Forest Service.

So with all this evidence – all the wacky weather and all the science fiction novels, movies and television shows that have warned us for generations – it seems ridiculous that there still had to be a lawsuit to fight for a thoughtful process that takes the Earth's climate into consideration when determining whether to advance greenhouse gas fuel emissions.

The most amazing thing about this legal case was that it was brought by 16 young people (from 5 years old to 22); 11 of them took the stand in the Held v. Montana case. They testified about the effects of climate change on the state's iconic glaciers and trout streams, according to an article in ClimateWire.

According to reports, the state officials said this lawsuit was a publicity stunt and pointed

see WEATHER on page 22

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NEWS

IN BRIEF

CVTC MEETS TONIGHT, THURSDAY

The general meeting of the CV Town Council is tonight, Thursday, Aug. 17 at 7 p.m. at the community room of the La Crescenta Library, 2809 Foothill Blvd.

Among the items on the agenda is a presentation by the Los Angeles County Vector Control District.

ROSEMONT PRESERVE RESTORATION DAY

An "open gate" event is taking place at the Rosemont Preserve on Sunday morning, Aug. 20. This is a chance for residents to visit the Preserve and wander the trail at their own pace and enjoy the tranquil setting, the wildlife and the natural beauty. Photographers: bring your camera to capture the morning light and citizen scientists, bring your iNaturalist and Merlin apps to identify birds and add wildlife sightings!

The gate will be open from 8:30 a.m. to 10:30 a.m., and Friends of the Rosemont Preserve Committee members will be available to answer questions and present this community resource.

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

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

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

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

INPUT SOUGHT ON COUNCIL DISTRICTS

Residents are encouraged to provide input on whether the City of Glendale should transition to Council districts, draw their own maps, share their district line preferences and provide feedback on draft maps to ensure their neighborhoods are represented. Paper and digital mapping tools, as well as a video tutorial for the digital mapping tool, are available on the City's districting website at MapGlendale.org/Draw-a-Map.

Draft maps submitted by community members and processed by the City's professional demographer can be accessed and reviewed on the Draft Maps page.

Residents can provide input at the upcoming districting public hearing and community workshops:

- Aug. 17 – Virtual via Zoom, 6:30 p.m. Meeting link:

<https://us02web.zoom.us/j/83319695504>

- Aug. 19 & Aug. 31 – Chevy Chase Library, 3301 E Chevy Chase Dr., 10 a.m.
- Aug. 19 – Adult Recreation Center, 201 E Colorado St., 2:30 p.m.
- Aug. 21 & Sept. 7 – Griffith Manor Park, 1551 Flower St., 6:30 p.m.
- Aug. 30 – Sparr Heights Community Center, 1613 Glencoe Way, 6:30 p.m.

Community members can also submit feedback on draft maps and other public comments via email to MapGlendale@GlendaleCA.gov.

Residents still have time to get involved in the district formation process. A full calendar of districting events and deadlines can be found online at MapGlendale.org/Schedule.

To learn more about the City's district formation process, visit MapGlendale.org.

CVIM HOLDING CLOTHING DRIVE FUNDRAISER

Crescenta Valley High School instrumental music program is collecting gently used clothing items, shoes, accessories and linens (no undergarments, underwear, socks or bed pillows) for its clothing drive fundraiser on Aug. 19 from 9 a.m. to noon and Aug. 20 from 11 a.m. to 2 p.m. Drop off items at the CVHS band parking lot in the 4300 block of Ramsdell Avenue.

Donors are asked to bag all items in large white kitchen bags and label them CVIM.

CVCA TO MEET AUGUST 24

The Crescenta Valley Community Association will have its monthly meeting on Thursday, Aug. 24 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.

SALVATION ARMY HOSTING FOOD DRIVE

The Glendale-Burbank Salvation Army is having a food drive on Saturday, Sept. 9. Items needed include dry cereals, rice, dry beans, pastas, oatmeal, canned beans, peanut butter, canned fruits, canned veggies, canned soups and laundry detergent. Donations can be dropped off on the black shelving unit at the parking lot of CV Weekly, 3800 La Crescenta Ave. (at the corner of Honolulu and La Crescenta avenues). Please mark bag/s with SA.

For questions/information contact Gabriela.Maldonado@usw.salvationarmy.org or call (818) 246-5586 x 1221.

Sign Shares Rich History of Rockhaven



By Mary O'KEEFE

On Saturday Girl Scouts Naiya Rothermund and Maia Vergara from Troop 1051 revealed their Silver Award project – an interpretive sign for Rockhaven Sanitarium.

Rockhaven Sanitarium was dedicated to women's mental health. Agnes Richards founded Rockhaven in 1923 after working as a nurse in mental facilities that were not kind to women.

Richards, and later her daughter Patricia Traviss, never referred to those in her care as "patients" but as "ladies." They were treated with respect and Rockhaven, with its well-manicured grounds and artwork, was a place where healing could begin.

Often women would be abused in mental facilities and could be committed to one if they had issues relating to menopause or if their husband just didn't like his wife's attitude.

Rothermund and Vergara first heard about Rockhaven when they attended an event at the Old Stone Barn at Dunsmore Wilderness Park. There they met members of the Historical Society of Crescenta Valley and Friends of Rockhaven (FOR).

"We first met them at the Stone Barn. They wanted help with a cleanup at Rockhaven," Rothermund said.

When the two Girl Scouts saw Rockhaven and heard its story, they were hooked.

"We had a great fascination with this place," she said.

Vergara added the buildings and the story were historic.

Both agreed the historical location was important – not just to the community but also to women's history.

The Girl Scouts told Joanna Linkchorst, president of FOR, they wanted to create an interpretive sign in front of Rockhaven so everyone would know the historical value of the property.

Linkchorst advised them they would have to reach out to the City of Glendale, which owns the property. It just so happened the day they



Photos by Mary O'KEEFE

TOP: From left, Councilmember Ardy Kassakhian with Girl Scouts Maia Vergara and Naiya Rothermund and Joanna Linkchorst and Todd Olson. ABOVE: On Saturday, FOR President Joanna Linkchorst addresses those who attended the reveal of the historic sign.

presented their idea to FOR then-mayor Ardy Kassakhian was having his monthly Coffee with the Mayor in Montrose.

"We told him our idea and he told us we had to present it to the City Council," Rothermund said.

The very next Tuesday, the Scouts found themselves standing at the podium presenting their idea to the Glendale City Council.

"It was nerve wracking," Vergara said.

see ROCKHAVEN on page 22

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New Law Aimed to Help Veterans

By Mary O'KEEFE

The PACT Act is a new law that expands the Veterans Administration healthcare and benefits for veterans who were exposed to burn pits, Agent Orange and other toxic substances.

On Aug. 10, 2022 President Joe Biden signed the bipartisan Promise to Address Comprehensive Toxics (PACT) Act into law. It was touted as the most significant expansion of benefits and services for veterans exposed to toxic substances in more than 30 years.

This historic legislation is delivering timely benefits and services to veterans – across all generations – who have been impacted by toxic exposures while serving our country, according to a White House statement.

Although the deadline of Aug. 14 has passed to apply through PACT for backdated (Aug. 10, 2020) eligible benefits veterans can still apply for current benefits.

A strong supporter of PACT and of veterans, prior to the Aug. 14 deadline Congresswoman Judy Chu joined Congresswoman Grace Napolitano to host a veterans' forum for military,

National Guard, reservists and their families. This annual event helps veterans connect to services; however, this year provided extra help with filling out PACT applications.

"[PACT] is a historic step forward," Chu said in an interview with CVW.

She said this new law was important in helping veterans who suffer from the results of these toxins.

"Some were denied benefits," she said.

But many veterans give up on even asking for benefits because of the mountain of paperwork that has to be completed and the stress of forcing them to prove their illness was caused by toxins like Agent Orange.

"I have been fighting for veteran health care for such a long time," Chu said.

She worked to open more clinics for veterans so they would not have to travel to one centralized VA clinic. One of those clinics she helped establish is the San Gabriel Valley VA Clinic in Arcadia. This saved veterans from traveling to the main VA office in Westwood. And there are more clinics being planned.

According to the VA, the PACT Act will: expand and extend eligibility for VA healthcare for

veterans with toxic exposure and veterans of the Vietnam Gulf War and post-9/11 eras, it adds more than 20 presumptive conditions for burn pits, Agent Orange and other toxic exposures, adds more presumptive-exposure locations for Agent Orange and radiation, and requires the VA to provide toxic exposure screening to every veteran enrolled in VA healthcare.

The PACT Act was named in honor of SFC Heath Robinson who died in 2020 after battling lung cancer for three years. His cancer was attributed to smoke exposure from burning trash pits during his deployment to Iraq in 2006 and 2007.

Veterans who were deployed to a combat zone but never enrolled in VA healthcare and left the military between Sept. 11, 2001 and Oct. 1, 2013 need to apply before the deadline of Sept. 30, 2023.

For information, go to va.gov/healthcare. Another way to find out about veterans' healthcare and up-to-date benefits is to join a local American Legion and/or Veterans of Foreign Wars (VFW). For information concerning the Crescenta Valley area, call American Legion Post 288 and VFW 1614 at (818) 541-1336 or email post288ca@gmail.com.



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CORRECTION

In the Aug. 10 issue, it was reported that John Drayman resigned his council seat due to legal issues. He actually lost his re-election bid for Glendale City Council in 2011.

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CVWD Work Near MV

Starting Monday, Aug. 14 through mid-October, there'll be a partial lane closure on Orange Avenue from La Crescenta Avenue to Cecilville. Traffic will alternate one way at a time. This might lead to some

traffic congestion, especially during drop-off hours. To make mornings smoother, consider using Two Strike Park as a drop zone and walk students to school. Flagmen will be stationed at La Crescenta and

Cecilville intersections to assist with traffic flow. This roadwork is part of a water main upgrade. Please drive safely, do not block driveways, and remember that there are no U-turns on Orange.

New School Year, New Clothing Drive

By Mary O'KEEFE

Crescenta Valley High School Instrumental Music (CVIM) programs will be holding a clothing donation drive this Saturday, Aug. 19, and Sunday, Aug. 20, at the school.

"The clothes are donated to developing communities in Third World countries (like Costa Rica, Honduras and others)," said Leila Bell, CVIM outreach.

CVIM is accepting gently used clothing for adults, children and babies. It is also accepting shoes, linens, handbags, towels and backpacks. Items do not have to be laundered; however, items with stains or holes will not be accepted.

During the pandemic CVIM

GCC from cover

The proposed development is in an area zoned for high-density residential development. The existing building, which has three low-income units, would be demolished and replaced with the 11-unit building. It would have one low-income unit.

The developer is being granted a density bonus because, according to the City staff, he meets all the qualifications under state law. But GHCC and representatives from Crescenta Highlands Neighborhood Association disagree with staff on several points including the loss of three affordable units and replacing them with one then being allowed to build more "bonus" units at market rate.

Those opposed to the project voiced concern about how the developer arrived at the calculations that allowed him/her to receive the bonus and appeared equally concerned about how the planning staff came to the conclusions they did in approving the density bonus.

Both City staff and the developer defended their actions as being in line with the state and city codes.

In the end it came down to the needs of the City to have more housing. It was also decided this development would improve the look of the neighborhood. The development was approved by the Council three to two with Councilmembers Kassakhian, Najarian and Asatryan voting to approve and Councilmember Devine and Mayor Brotman voted against the project.

Councilmember Kassakhian said he hoped the developer would take into consideration the wants and needs of those who spoke at the meeting about wanting more than one affordable unit available.

You can read more at CVWeekly.com/NEWS

members encouraged families to take that time to clean out their closets and gather clothing items for donation.

This is a community service event for CVIM members.

"We wouldn't be able to sustain the quality music program that we have without the support of our local community," Bell said. "We hold two clothing drive fundraisers per year. They have become a very successful event for us. We transport the bags using CVIM's new equipment truck, which is driven by CVIM's transportation manager, Vince Bell. The giant truck is literally

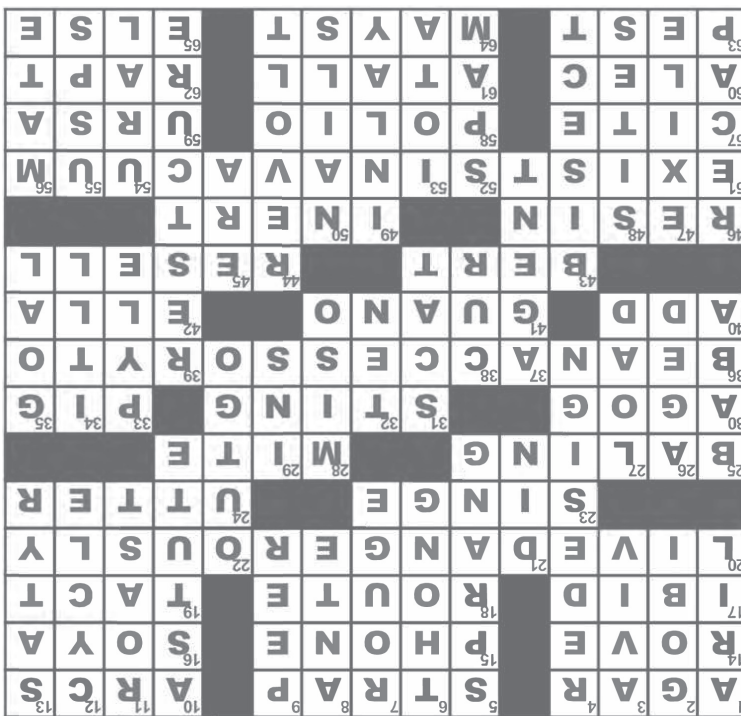
full of donations."

Those wanting to donate are asked to place items in large white kitchen bags, labeled "CVIM." Undergarments, underwear, socks or bed pillows will not be accepted.

Items can be dropped off on Saturday from 9 a.m. to noon, and Sunday from 11 a.m. to 2 p.m. at the CVHS band parking lot, just north of the MacDonald Auditorium on Ramsdell Avenue.

CVIM benefits financially from the amount of bags donated and receive 30 cents per pound for donated items.

SOLUTION for page 19



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Peeping and Prowling Suspect Apprehended

The Glendale Police Dept. successfully apprehended a male suspected of peeping and prowling.

On Friday, Aug. 12 Glendale police detectives arrested Calese Carron Crowder (37 years old)

of Glendale. Glendale police detectives obtained an arrest warrant after suspecting Crowder in a peeping incident on Sunday, Aug. 6.

In this most recent incident, Crowder is accused of peeping into the occupied residence of a Glendale family. The family, including children, was home at the time of the incident. Glendale police patrol officers were quickly dispatched, and the Detective Bureau continued its investigation this week.

Crowder, who has emerged as a person of interest in related cases, remains in Glendale police custody with a bail set at \$10,000.

The Glendale Police Dept. asks that anyone with information to assist in this case contact GPD immediately by calling (818) 548-4911.

To remain anonymous, call the L.A. Regional Crime Stoppers at (800) 222-TIPS (800-222-8477) or go directly to www.lacrimestoppers.org.



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» BUSINESS SPOTLIGHT

Introducing The Misfits Club



The Misfits Club is a Brazilian Jiu-Jitsu and Muay Thai gym that emphasizes community and collaboration for martial arts enthusiasts. While we teach classes, our gym is not only centered around being a gym; we prioritize the people and students within it. The Misfits Club aims to develop and strengthen pillars of respect, responsibility and kindness, inherent to martial arts, and relay those same values to our students' everyday life.

The Misfits Club is founded on decade-long friendships and comradery. Many of our local gyms closed down due to the pandemic, forcing the Misfits Club into a rebirth.

Over the past three years, our facilities have shifted from

wrestling mats in a backyard to a small garage gym and finally to our first brick-and-mortar site. Throughout this rebuilding period, our focus on friendship, family and martial arts has remained constant to our core beliefs. When we decided to open our new space, we wanted to do it in our neighborhood. We felt as though our message could positively impact our collective community.

Unlike many current martial arts gyms, the Misfits Club doesn't have a pay-to-promote/time based belt promotion system. Our instructors invest in skill assessment alongside mental fortitude to promote. We do this to give meaning and a sense of pride to each step of progress made. We want to acknowledge each student's progress and award them accordingly, making each journey

equally as unique and gratifying.

While our gym is newly built, our lessons are rooted in the traditional techniques and practices of Brazilian Jiu-Jitsu and Muay Thai. We have an array of instructors, among other high-level students, that teach with efficiency, patience and empathy.

We stress the importance of passed-down knowledge from our black belts to lower-level students in hopes to set a new foundation for the next generation of students. We pride ourselves on fostering a welcoming and inclusive environment where individuals from all backgrounds can come together to learn, grow and support one another.

Phone: (818) 714-0013
 Contact@MisfitsClubBJJ.com
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CRIME BLOTTER

Aug. 10

2900 block of Gertrude Avenue in La Crescenta, a resident was contacted by his credit card company concerning suspicious activity on his account. There were several unauthorized charges from various stores on the card. Prior to the unauthorized charges the resident had been waiting for a replacement card that had been mailed but it had not arrived.

The credit card company notified the resident at 6:50 p.m.

Aug. 4

800 block of Berkshire Avenue in La Cañada Flintridge, a resident witnessed, via surveillance footage, a black SUV with all windows tinted park in front of his mailbox. A male, described as fair skinned, thin build and wearing a black hat, red shirt, black pants and red shoes,

got out of the driver's seat of the vehicle. He walked to the resident's locked mailbox and tried to open it. It was difficult to see if the suspect was able to retrieve any items from the mailbox; however, the box had been damaged and there was no mail that day when the resident checked, which he said was unusual.

The theft occurred at 3:38 p.m.

4800 block of El Sereno Avenue in La Crescenta, a pool cleaner was stolen from a backyard pool overnight.

July 30

300 block of Inverness Drive in La Cañada Flintridge, a resident returned home to find the fence leading to his backyard had been broken. He also noticed his barbecue cover missing as well as other items throughout the yard.

The theft occurred between July 30 and Aug. 6.

Senator Portantino Continues Support of Local Tech Hubs

On Tuesday, State Senator Anthony J. Portantino announced \$1 million in new funding that he secured from the 2023-24 state budget for the City of Glendale's tech accelerators. The funds will strengthen the City of Glendale as a technology hub and boost economic development.

"It's exciting to see the City of Glendale transform into a technology hub," said Portantino. "With California playing a global leading role in technology and innovation, Glendale continues on the path to be the key Southern California regional

tech hub. The city's efforts are creating job opportunities and kick starting startups. I'm proud to be in a position to secure these funds to assist with these great initiatives."

Portantino had previously garnered \$1 million in state funding for two tech accelerators, HeroHouse Glendale Gateway and Children's Hospital Los Angeles KidsX Digital Health.

"Thank you, Senator Portantino, for investing not just in Glendale as a technology hub, but in the economic and workforce potential of the entire

San Gabriel and San Fernando Valley region," said Glendale Mayor Dan Brotman. "We are excited for the opportunity to build on our already substantial achievements in supporting technology, innovation and entrepreneurship."

The accelerator is a component of the Glendale Tech Strategy, which was unanimously adopted by the Glendale City Council in 2016. There are more than 1,000 firms in tech employing more than 40,000 people in the City of Glendale and these businesses yield \$5.3 billion in sales.

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BTS from Cover

Many schools within the Glendale Unified School District (GUSD) will be under construction for at least part of the year as Measure S funds are spent to improve campuses.

One of the most anticipated changes will be at Crescenta Valley High School with the beginning of the installation of new seating at the school's track and field. This construction was a long time coming for the school.

The campus of Crescenta Valley High School was originally the Andrew W. Clark Junior High in 1938; then in 1961 it became Crescenta Valley High School (CVHS), according to the Historical Society of Crescenta Valley.

There was talk even then about bringing stands to the track and field but that was put off as construction of classroom buildings took priority. CVHS students got used to traveling to other locations to play their games, including football being played on the field at Glendale High School. For years, students at CVHS didn't walk across the commencement stage at their school but instead went to Stengel Field or Glendale Community College. Then in 2013 for the first time graduating students were able to have their commencement celebration at their own campus. Bleachers, at great expense, were rented for the event.

People in the stands at CVHS sporting events, like soccer and track and field, really meant fans standing up or bringing their own lawn chairs to cheer on their sporting team. But this year, after many starts and stops, construction began on lighting and seating at the field.

As reported earlier in

CVW, back in 2017 when the project was first proposed, neighbors and community members rallied together to support the project with everyone from a coalition of former principals to the captain of the cheer squad to the chamber of commerce uniting in support.

Alex Stupakis, a longtime neighborhood resident, organized a letter writing campaign by local residents in support of the project.

"Some might think this would be of concern to the immediate neighbors – [more] traffic, more lights, all that. But as someone who lives less than half a block from the school, I'm here to say that the positives outweigh the negatives," he wrote. "The field will be magically transformed for our young people into a field of dreams, a field of community unity, for everyone to enjoy together, a stronger more unified school district."

The construction was approved last week by the GUSD school board and construction should conclude in time for 2024 graduation ceremony.

Another change coming to CVHS is the school's open lunch policy. For years all students were able to leave campus during lunch but this year that has changed and now only juniors and seniors will be allowed to leave campus during lunchtime.

"We have brought in more seating and more kiosks [lunch stands] throughout the campus," said Principal Christine Benitez of accommodating the expected increase in the number of students staying on campus during lunch.

Benitez said additional safety measures, including fencing and alarms on doors, have been added to

the campus as well. These extra safety measures were installed due in part to the reality that schools need to be more proactive against the possibility of an intruder coming onto campus. These measures were also put in place in response to the lockdown of CVHS last year when a suspicious person was on campus for about an hour in the early morning school hours.

Clark Magnet High School is having an extra level of excitement as the school is celebrating its 25th anniversary this year.

"Clark opened in 1998, so we're thrilled about achieving this milestone," said Principal Brian Landisi.

This year the Clark student body will number 1,150 students. The science-based magnet school has two new AP classes including AP pre-calculus and AP African American studies.

"Increasing access to college-level curriculum and opening students' minds to new ideas and experiences is key to our mission," Landisi said.

Anyone who travels near Clark Magnet during the beginning and end of the school day knows that buses play an important role in getting students to and from school. There are 14 buses that transport 75% of the student population, which comes from all over Glendale. Some students drive to school and a few parents drop off/pick up their student.

"We encourage everyone to give themselves plenty of time, drive safely and be respectful neighbors," Landisi said.

At Rosemont Middle School, incoming students shared fears of not being able to find classes and being overwhelmed by the size of

the school. Overall, though, most were excited to be on the middle school campus.

"I've got advanced math," said Katie Robinson, 12, who is attending Rosemont as an incoming seventh grader. "I'm super excited."

Robin Goldsworthy contributed to this story.

More pictures will be in the Aug. 24 issue.

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PET OF THE WEEK

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VIEWPOINTS

TREASURES OF THE VALLEY » MIKE LAWLER

Lancaster Lake in Sunland

The Crescenta Valley has never had a real lake of its own. In years past we have had enough water collect in our debris basins to actually grow fish, but a couple of drownings decades ago ended that practice. To the west there were some lakes – Pop’s Willow Lake in Big Tujunga Canyon and Hansen Dam in Lake View Terrace. But even closer was Lancaster Lake in Sunland, near today’s Sunland Park and not far off Foothill Boulevard.

The manmade Lancaster Lake was located about a block north of Sunland Park. The backstory is that Edgar Lancaster bought five acres of land there in 1908. The land was naturally swampy, fed by a slow spring just outside the property. There was enough water for kids to swim in and Lancaster set a regular daily schedule of swim-times for the local children.

In 1925 he expanded his operation and dredged out a good-sized lake on the property. Weeping willow trees lined the edge of the shallow lake and Lancaster built a picturesque bridge over it. Swimming was offered in the shallow water and the lake was a pleasant place to take a stroll as well. The pond was stocked with trout and catfish for recreation and for some fishing derbies. In 1942 a \$100 prize was offered to the angler who brought in “Oscar,” a huge rainbow trout dubbed the “lurking lord of Lancaster Lake.”

Edgar Lancaster continually added homemade attractions over the years. He carved animals out of various logs for kids to play on – a horse, buffalo, pig, elephant and camel. Two hand-carved oxen pulled an old covered wagon. He constructed a crude merry-go-round, a soda stand and

picnic tables. A little zoo with a few local critters, including a bobcat, was the first and only zoo in Sunland. A fleet of rental rowboats and a couple of cabins for visitors rounded out the homespun park.

But Lancaster’s pride and joy was his little museum and he rarely let in anyone without providing accompanying narration. There were old guns, Indian artifacts, old coins and rusty farm implements. Colored bottles and glass worked into the walls to create a stained-glass effect. An ad read: “Have you seen the Mystery Den? ... See the old Bibles, books, papers, pictures, organs and other musical instruments used in the old days when people were happy.”

Of interest to us today are the many Hollywood movies that were filmed at Lancaster Lake. In the dark waters of the lake Tarzan fought to

the death a huge African crocodile; in reality, actor Johnny Weissmuller was thrashing around with a dead alligator. Katherine Hepburn was at the lake for 1933’s “Little Women” as was Ann Blyth for “Mildred Pierce.” Buster Keaton, Jackie Cooper and Mary Pickford filmed there. A lot of B-movies were filmed at the lake – westerns and jungle flicks. The best shots of the lake took place in an Our Gang movie, “Little Sinner,” in which Spanky ditches church for a day of fishing. It’s worth finding this 1935 film for the great shots of the lake’s beauty.

The lake began to get badly silted up until swimming was no longer an acceptable option. The water from the spring flowed less as the years went on, and city water had to be added to the lake to keep it full. Other options were available to locals such as Pop’s

Willow Lake and Hansen Dam and attendance declined. Old Edgar Lancaster finally passed away at the age of 92 and by 1950 the lake closed for good.

The lake was filled in and today a couple of trailer parks sit atop the site. Only two remnants of the lake remain today. One is a bell. After Mary Pickford finished filming at the lake, she donated a church bell to Lancaster’s little church. It traveled around as the church grew and today hangs in the New Hope Community Church. The other remnant is a small trickle of water that flows near the back of the trailer parks, the last bit of water that once filled Lancaster Lake.

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

NEWS FROM SACRAMENTO » ASSEMBLYMEMBER LAURA FRIEDMAN

Consumers Deserve Transparent Ticket Pricing

This has been inescapably the summer of the Eras Tour. This is Taylor Swift’s world and we’re all just living in it. But does anyone remember trying to buy those tickets? The price was enough to make a girl cry but, for the throngs of fans across the nation, it was Taylor Swift and they were willing to spend the money.

Except no one knew what the price was going to be because screen after screen, the price just kept climbing. New fees had been added on and the cost of the ticket kept going up, but innumerable screens in no one could stop, go back and look for cheaper tickets. It was a race against an army of bots buying up tickets. The option was to go forward, see Taylor Swift, and worry about the price later or miss out because you were trying to

be a responsible adult and keep to a budget.

That race against time and the slow drip of price increases and tacked-on fees is intentional. It’s so intentional that it has a name: drip pricing. Ticket sellers have actually studied it and found what we know all too well; people will buy those far more expensive tickets. They’re too far in to go back and, if they did, all they would find are other tickets with a mass of hidden fees and steadily climbing prices. We’ve all just resigned to the game and click “add to cart.”

Those tacked-on fees account for as much as 78% of the ticket price. It’s a proven revenue stream for ticket sellers and it’s a big business. Ticketmaster and LiveNation saw a 44% increase in revenue in 2022,

filling their coffers with \$16.7 billion – and that’s not including one dime from the Eras Tour.

It doesn’t have to be this way. The choice shouldn’t be attending a concert of a lifetime or eternal disappointment. There is an in-between.

Earlier this year, I joined forces with Assemblymember Jacqui Irwin to introduce Assembly Bill 8, our bill that requires transparent ticket pricing. AB 8 will require that the full price of a ticket, including all fees, be provided to the consumer before they put their purchase in their online shopping cart for tickets sold by both primary and secondary ticket sellers. It will also require platforms, both original sale and resale, to disclose an exact location (section, row, seat number) of the tickets. The bottom

line is that AB 8 stops the hidden fees and steady drip increase of ticket prices. So, when your favorite artist announces a tour in 2024, you’ll know upfront what you’re getting into.

It’s been a long road for the bill so far with months of negotiations, and we still have a few hurdles to go before it becomes law. We’re up against some hefty opposition from parties that would prefer to keep the status quo and preserve their ability

to stick it to consumers. I think we deserve better.

I hope you can join me in urging the Senate to pass AB 8, and encouraging Gov. Newsom to sign the bill.

How do you feel about AB 8? As always, please feel free to reach out to me with any comments, questions, or concerns through my District Office at (818) 558-3043 or Assemblymember.Friedman@Assembly.ca.gov.

LETTERS TO THE EDITOR

Directives for Schiff and CVW
I am writing this letter to express my concerns with House representative Adam Schiff and Crescenta Valley Weekly.

Firstly, I would like to ask Adam Schiff to speak about the rise of unaffordable and empty high-rises flooding Glendale’s streets. We see undeveloped streets filled with families stuffing themselves into Section 8s desperately trying to meet the bills every month, even saddening is that these families consist with a

leading majority of the elderly, either escaping the border war in Artsakh or attempting to survive in Glendale. I ask Adam Schiff to propose we halt these \$2,000-a-month studios filling our skies and figure out how to aid the ever-growing impoverished in Glendale.

Now, I turn my attention to Crescenta Valley Weekly. I find it troublesome that with the mass demographic of Middle Eastern people intertwined in our community

see LETTERS on page 22



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CU Weekly's
BACK TO SCHOOL SPECIAL SECTION 2023

OPTIMUM SLEEP EQUALS OPTIMUM STUDENTS

“There is a time for many words, and there is also a time for sleep.” ~ Homer

By Mary O'KEEFE

Quality sleep can be difficult to attain for many but especially for students. There may be several reasons, some medical, but for many it comes down to schedule. There are so many demands on students, including completing school assignments, participating in community activities and playing sports. Younger students are getting used to their new schedule and learning to organize their homework time. Older students are very busy not just with school but also with social events. This is all compounded by social media and the constant glowing call of cellphones and computers.

“Electronic devices like cellphones and tablets are ubiquitous, and research has found that 89% or more of teens keep at least one device in their bedroom at night. Screen time late into the evening can contribute to sleeping problems. Using these devices can be stimulating, and incoming notifications can disrupt sleep. Evidence also points to suppressed melatonin production from exposure to the light from smartphones,” according to sleepfoundation.org.

According to the American Academy of Sleep Medicine, 3-to-5 year olds should get 10 to 13 hours of sleep per 24 hours, including naps, on a regular basis to promote optimal health. Children 6 to 12 years old should get nine to 12 hours of sleep per 24 hours and 13-to-18-year-olds should get eight to 10 hours of sleep per 24 hours.

And this is not just one night, every so often, but on a regular basis.

Sleep benefits the brain and promotes attention, mem-

ory and analytical thought. It makes thinking sharper, recognizing the most important information to consolidate learning. Sleep can also spur creativity, according to the Sleep Foundation.

Sleep and school performance are connected by its effect on mental function. Some of the issues, or signs, of lack of sleep include: decreased attention, impaired memory, slowed processing, worsened sequential thinking and reduced creativity. It can also affect students' moods.

Elementary school-age children who get less than nine hours of sleep per night have significant differences in certain brain regions responsible for memory, intelligence and well-being compared to those who get the recommended nine-12 hours of sleep per night, according to a new study led by University of Maryland School of Medicine (UMSOM) researchers. Such differences correlated with greater mental health problems like depression, anxiety and impulsive behaviors in those who lacked sleep. Inadequate sleep was also linked to cognitive difficulties with memory, problem solving and decision making, according to the University of Maryland School of Medicine.

To conduct the study, researchers examined data that were collected from more than 8,300 children aged 9-10



Photo provided by @freepik

years who were enrolled in the Adolescent Brain Cognitive Development (ABCD) study. They examined MRI images, medical records and surveys completed by the participants and their parents at the time of enrollment and at a two-year follow-up visit at 11-12 years of age. Funded by the National Institutes of Health (NIH), the ABCD study is the largest long-term study of brain development and child health in the U.S., according to UMSOM, and published in a 2022 article.

“We found that children who had insufficient sleep, less than nine hours per night, at the beginning of the study had less grey matter or smaller volume in certain areas of

continued on page 13

Back to School Wellness - Working Through Anxiety For Children, Teens & Families

When children are young, it is easier to spot the signs of anxiety as their worries are typically straightforward and external. Anxiety tends to be more connected with a child's environment rather than internal experience.

When children grow to be teens, their worries tend to shift inward. These worries may include school or social pressures, relationships, global issues, and comparison of physical appearance to societal standards. As the use of social media continues to rise, teens are exposed to unrealistic worldviews and lifestyles. Pressure increases to establish a direction and personal identity. This can make the future feel uncertain and overwhelming.

Given Guidance is a local counseling center ready to support you and your family through the transition back to school and with any other concerns that may arise.

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COUNTY FUN – FROM SUMMER TO FALL

By Supervisor Kathryn Barger

Though school is back in session, residents are still looking for ways to make the most of sunny days. Fortunately, Los Angeles County is home to lots of exciting activities and attractions that promise to make the transition from summer to fall unforgettable.

For those longing for a cool ocean breeze and sandy shores, hop on the Beach Bus and ride to Santa Monica Pier for just \$3 round trip! With convenient routes in La Crescenta and La Cañada Flintridge, the beach is just a short journey away. Embrace the sun-kissed sand and the crash of the waves without the hassle of driving or parking. You can visit lagobus.com to check travel times and buy tickets from now through Labor Day.

For the outdoorsy folks looking for an adrenaline rush, the Fifth District offers hiking, biking and equestrian trails that lead to breathtaking views. Lace up your hiking boots, pack a water bottle and immerse yourself in the natural beauty across the Fifth District. Find a trailhead near you at trails.lacounty.gov to get your adventure started.

To beat the heat and engage your mind, the L.A. County Library is a sanctuary of knowledge, respite and air conditioning. From book clubs to workshops, the library offers programs and events for people of any age. Escape into the pages of a gripping novel, channel your creativity through arts and crafts, or download free music, movies, or TV shows for a relaxing day at home. Visit LACountyLibrary.org to discover all that's in store.

Unleash your inner adventurer and embrace the great outdoors at a



County park. Camp under the starry skies, make a splash in refreshing pools, lakes and splash pads, or enjoy your favorite sport. Plan your day by visiting Parks.LACounty.gov and embark on your next activity.

L.A. County is a playground of endless possibilities. Whether you want relaxation, inspiration or exhilaration, our communities have something for everyone. I hope the end of your summer is filled with family, friends, and an abundance of fun!

PARENT EDUCATION TO BEGIN ITS 45TH YEAR



Entering its 45th year, LCPC Parent Ed offers a variety of classes for parents and grandparents of children birth to young adult. Classes provide a space for participants to learn and grow as parents, grandparents and individuals as well as a place to find resources, support and friendship. Classes meet weekly starting in September through June and attract over 500 participants from 22 different cities.

Parent-Child Classes are designed for parents and children 0-5 to attend together. For children, it is an opportunity to spend one-on-one time with a parent while exploring a rich and varied environment with other children their age. For parents, discussions on pertinent parenting issues are led by a staff of experienced, caring teachers trained in child development, family counseling, and education. Classes include Babies, Non-Separating Toddlers, Two Year Olds, Preschoolers, Family Class and Family Summer Class. For parents who cannot attend with their child, there is a discussion-only option at a reduced rate.

Parent Only Classes are for parents and grandparents of elementary to young adult children to gain a deeper understanding of their child's developmental stage and how to best guide them while staying connected. Participants engage in rich discussions and receive informational resources. Classes include Parents of Elementary Kids, Parents of Tweens, Parents of High Schoolers, Parenting through Learning Differences (online), The Art of Growing Myself (online), Parents of College Freshman, Parents of Young Adults, and GRAND-Parenting.

Express Classes are four-to-six-week evening, lunchtime or online classes. Participants will receive up-to-date research and information, support and practical takeaways. Classes include The Art of Fatherhood, The Art of Marriage, Managing Technology, and Parenting Book Dives.

See www.lacanadapc.org/parented for class listings, staff bios and online registration. Free trial class, scholarships and affordable childcare are available.

Written by Amanda BAUGHMAN



ST. BEDE THE VENERABLE INTRODUCES NEW PARENT EDUCATION PROGRAM STARTING SEPTEMBER 5

PEACE & PLAY: PARENT EDUCATION AND CATHOLIC ENRICHMENT EDUCATING PARENTS. NURTURING FAMILIES. CREATING MEMORIES.



while the kids play and parents bond with fellow parents. Throughout the

PEACE & Play, St. Bede's newly launched parent education program kicks off September 5 and provides Parent Education and Catholic Enrichment to parents, grandparents and/or caregivers of preschool aged children from 0-5 years. Parents come to class, relax, and find peace in a safe environment

program, parents learn new parenting skills and strategies, get tips for nurturing their families, and create priceless memories. Fall classes are offered on Tuesday, Wednesday, and Thursday mornings. Online registration opens August 16 at www.bede.org.

PEACE (Parent Education and Catholic Enrichment) & Play continues with the same format of the long running parent education program at St. Bede started by Jo Ann Gantus back in 2010 -- a side by side learning experience for parents and their preschool aged children. The newly launched program also incorporates additional elements that distinguish this unique program from others in the community.

With faith filled classes based on Catholic teachings and traditions, PEACE & Play fulfills a much needed niche for Catholic families and their children between baptism and the start of their elementary school education. While Catholic prayers and traditions are used in classes, being Catholic is not a requirement. Classes are open to parishioners and non-parishioners alike. All are welcome.

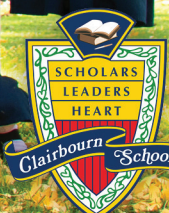
Each class features:

- Opening and Closing Prayer
- Child Rearing/Educational Discussion Topic
- Socialization Time for Children and Adults
- Art Activity, Project, or Experience
- Rug Time: Songs, Dance, Nursery Rhymes, Books

For questions or more information, contact Director of Parent Education/PEACE & Play, Patti Sternau at parented@bede.org.



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Preschool to 8th Grade Accredited by CAIS and WASC

WHEN IT COMES TO CAPTIONING FOR EDUCATION DIANA BRANDIN IS 'ON POINT'



Diana Brandin

Diana Brandin didn't intend to have a career in captioning.

"When I learned about captioning I didn't become a court reporter as planned but went into the captioning field," Brandin said.

Captions are the words that are displayed on a television, computer, mobile device or movie screen that describes the audio or sound portion of a program or video. Real-time captions, or communication access real-time translation [CART], are created as an event takes place.

Brandin first learned about the captioning field early in her education as a court reporter. The career intrigued her and she decided to pursue it. In captioning, a stenotype machine with a phonetic keyboard and special software is used. A computer translates the phonetic symbols into English captions almost instantaneously, according to the National Institute on Deafness and Other Communication Disorders.

Brandin started her career by working for others. Early on she impressed those around her with her skills, which led to jobs from the agency with which she worked.

By 2009 she was hiring people to work for her. She has expanded her business to include sign language as well. She now owns Diana Brandin Realtime Captioning & Sign Language Service whose clients range from USC to the FDIC.

Brandin said that typically it's not individuals but companies, government and educational institutions that hire her company to help create captions. The passage of the Rehabilitation Act, which requires federal entities or organizations that receive federal funding to accommodate those who are deaf or hard of hearing with closed captioning, also helped grow her business.

She is also discovering how eager schools are to help all of their students and has branched out to offer referrals for American Sign Language (ASL) interpreters that work in conjunction with the captioning services she provides. Brandin is proud of the network and referral system.

"There is a gratification that is always there," she said as she continues to work to create a more level playing field for all.

To learn more or for a free demonstration, visit www.onpointcaptions.com, call (818) 279-8136 or email db.realtimecaptioning@gmail.com

BACK-TO-SCHOOL AT THE Y!

As a new school year begins for our local families, the YMCA of the Foothills is just around the corner cheering them on! Starting this month exciting programs such as the new Lego Robotics for 4th-6th graders and E-Sports for ages 8-13 take a creative and fundamental spin on youth development by guiding kids through STEM learning, gaming and exploration as well as improving teamwork skills. More physical programs like basketball, swim lessons, volleyball and the adaptive splash program will also be in full force across all three Y locations!

Looking for ways to keep cool after school? Swimmers ages 9-18 years old interested in year-round fun and competitive swimming can try out for the Y's Dragon Swim Team on Friday, Aug. 11 from 4:30-5 p.m. Inexperienced swimmers wanting to make a splash and learn lifesaving swim skills can participate in the Y's free Safety Around Water (SAW) Program presented by the Gorvetzian Family.

Teens interested in serving their community can do so with others as they discover a deeper meaning for life built on compassion, leadership and fun through the Y's Progressive Individual Leadership for Teens (P.I.L.O.T.S.). The first PILOTS meeting is Tuesday, Sept. 12 from 6-7:30 p.m. Students in 9th-12th grade interested in the theory and practice of developing public policy are welcomed to register for the Y's Youth & Government (Y&G) program. New delegates are invited on Wednesday, Sept. 13 from 6:30-8 p.m. to learn more. Both programs are hosted at the Crescenta-Cañada Family YMCA.

For families with littles, the Y's Learning Tree Preschool located at the Verdugo Hills Family YMCA is now enrolling for ages 18 months to 5 years old. The



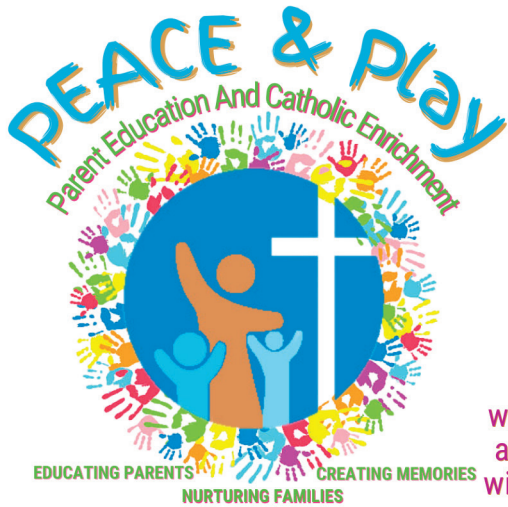
fully-licensed facility offers a year-round program and just earlier this summer debuted its newly-constructed accessible playground. Tours of the preschool and financial aid options are available for interested families.

Explore everything the Y has to offer and more at ymcafoothills.org.



INTRODUCING ST. BEDE'S NEW PARENT EDUCATION PROGRAM:

FOR PARENTS, GRANDPARENTS, OR CAREGIVERS OF PRESCHOOL CHILDREN AGES 0-5 YEARS



Faith filled classes based on Catholic teachings and traditions where parents can come to class, relax, and find peace in a safe environment while the kids play and parents bond with fellow parents.

ALL ARE WELCOME!

PEACE & Play fulfills a much needed niche for Catholic families and their children between baptism and the start of their elementary school education. Being Catholic is not a requirement. Classes are open to parishioners and non-parishioners alike.

THREE CLASSES OFFERED THIS FALL, STARTING SEPTEMBER 5.



Tuesday Morning Multi-Age Class 9:00-11:00 am



Wednesday Morning Multi-Age Class 9:00-11:00 am



Thursday Morning Baby Class 9:30-11:00 am

ONLINE REGISTRATION OPENS AUGUST 16 www.bede.org



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IMMACULATE HEART LAUNCHES 118TH YEAR OF SCHOLARSHIP, SERVICE & SISTERHOOD

Immaculate Heart opens its doors this month as both the high school and middle school welcome current students and new "IH Pandas" in grades 6-12 to the campus community. As a Catholic, independent, college preparatory school, Immaculate Heart empowers young women as lifelong learners who are ready to embrace today's challenges and opportunities.

Founded in 1906, Immaculate Heart offers a distinguished history with more than 11,000 graduates and beloved traditions. Now in its 118th year, Immaculate Heart remains committed to intellectual excellence, leadership, service and justice through a rigorous and integrated program of academic, spiritual and co-curricular activities, including athletics. Its hillside campus, centrally located near Griffith Park, welcomes students of geographic, ethnic and religious diversity. Virtually 100 percent matriculate to college, including to the most prestigious universities in the country, with many students receiving substantial merit scholarships.

Immaculate Heart's high school curriculum offers 14 honors classes and 17 Advanced Placement courses, including the two-year AP Capstone course. Other unique offerings, like "Engineer Your World" and "Advanced Algebra with Financial Applications," promote interest in science, technology, engineering and math fields as students tackle real-world scenarios. Immaculate Heart's Catholic identity is rooted in service to others and social justice. Last year, students contributed more than 14,000 hours of community service. Additionally, students participate in retreats and liturgies, theatre, visual arts and more than 30 clubs. Approximately 73 percent of all high school students also play at least one IH sport. Im-



Immaculate Heart seniors sing the school's alma mater on the campus quad.

maculate Heart fields teams in basketball, cross country, diving, equestrian, fencing, soccer, softball, swimming, tennis, track & field and volleyball, including beach volleyball. Prospective students can register for Shadow Visits at both the high school and middle school. Students in eighth and seventh grades can also sign up for Academic Playday on Saturday, Nov. 4. Learn more at www.immaculateheart.org.

Immaculate Heart High School & Middle School
5515 Franklin Avenue | Los Angeles, CA 90028 | (323) 461-3651

BACK TO SCHOOL FUN FACTS!

Snakes can predict earthquakes

Lego mini-figures have the largest population on Earth

Astronauts grow taller in space

We spend a year on the toilet in our lifetime

There's a 50% chance that two people will share a birthday in a group of 23 people



OPTIMUM SLEEP (continued)

the brain responsible for attention, memory and inhibition control, compared to those with healthy sleep habits," said study corresponding author Ze Wang, PhD, professor of Diagnostic Radiology and Nuclear Medicine at UMSOM. "These differences persisted after two years, a concerning finding that suggests long-term harm for those who do not get enough sleep."

But it is not just mental health lack of sleep affects, it also affects physical health. Sleep strengthens the immune system, enables muscle and tissue recovery and helps regulate hormones. Sleep deprivation can affect the development of the frontal lobe, a part of the brain that is critical to control impulsive behavior, according to the Sleep Foundation.

There are many reasons students may not be able to get enough sleep. Some are, as was said, medical challenges and should be looked at by a pediatrician; but for most it comes down to getting into a routine that is conducive to sleep.

According to American Family Physician, tips for getting enough sleep include:

For school-aged children, maintaining a pleasant bedtime and wake up routine, trying to have consistency on weekdays and weekends, avoiding electronic media or television before bedtime, keeping the sleeping area cool, quiet and dark, avoiding caffeinated beverages or food several hours before bedtime, avoiding vigorous activity before bedtime.

Tips for teens include:

Encourage a consistent bedtime and wake up time on weekdays and weekends; discourage bright and blue light exposure (electronic devices) before bedtime.

If your child is still having problems falling asleep, staying asleep, has snoring, sleepwalking or daytime problems like being cranky or hyper, talk to your child's doctor.

PLEASE JOIN US FOR **An Open House**

Interested in Kindergarten-5th Grade? Adults please join us at 8:45am on one of these dates:
October 18 or December 1

Interested in 6th-8th Grade? Adults and students please join us at 9:30am on:
November 4

We invite you to join us for a tour of our campus, including classroom visits; to hear from students, faculty, and administrators; and to learn about the warmth, compassion, and learning environment of the Wesley community.

Register at www.wesleyschool.org

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ST. BEDE THE VENERABLE CATHOLIC SCHOOL

Interested in a School that Balances Education with Faith & Character?

BACK TO SCHOOL GOALS & TIPS!

- Tip #1: **Stay Organized.**
- Tip #2: **Don't Procrastinate.**
- Tip #3: **Have A Separate Study Space.**
- Tip #4: **Find or Create A Study Group.**
- Tip #5: **Prioritize Your Sleep.**
- Tip #6: **Find Your Learning Style.**
- Tip #7: **Go To Class.**
- Tip #8: **Get Support When You Need It.**
- Tip #9: **Eat A Good Breakfast.**
- Tip #10: **Make Friends.**

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Get everything you need to succeed this school year!

Connect with Los Angeles County for student resources for all ages.

- 1 Parks: After school recreation, sports, teen programs, and extracurricular classes
parks.lacounty.gov
- 2 Library: Homework help, tutoring, books, music, movies, and story time
lacountylibrary.org
- 3 Arts: Performances, museums, college internships, and the Arts Education Collective
lacountyarts.org
- 4 Mental Health: Counseling and educational resources
dmh.lacounty.gov
- 5 Fire Department: Coloring books and flash cards
fire.lacounty.gov
- 6 Public Social Services: Toy Loan Program
dpss.lacounty.gov
- 7 Youth @ Work: Job opportunities for youth ages 14 to 24
ajcc.lacounty.gov

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Address: 8400 Huntington Dr., San Gabriel, CA 91775
Phone number: 626-286-3108
Website: www.clairbourn.org



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Crescenta Valley Weekly publishes every Thursday serving Glendale, La Cañada, La Crescenta, Burbank/Toluca Lake, Montrose, Eagle Rock and Sunland-Tujunga.

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GLENDALE COMMUNITY COLLEGE: THE STRATEGIC CHOICE

Earning a college degree may be the single most important decision when planning one's career path. Choosing the best school to match the student's goals is important, but it's even more imperative that the choice does not burden the graduate with crushing student debt that follows them for decades. For 96 years, Glendale Community College has been the bridge between student dreams and their success. With the rising cost of college, GCC is positioned to deliver a host of high quality, yet affordable, educational options.

Transferring to your dream school is more than a wish; it is attainable thanks to our guaranteed transfer agreements with multiple universities. Why pay full cost for the first two years of general education when the "GCC Promise Plus" provides two years of tuition-free education? First-time, full-time students can dramatically reduce the cost of their college education without sacrificing quality. In addition, it's more than a promise – it's a plan, built around support services to help our students reach their goals.

If the four-year college track is not for you, consider GCC's hands-on learning opportunities offered through our career education programs. Solid high paying jobs can be obtained in months, not years, at a fraction of the cost of private colleges. Certificates and degrees are available in a number of fields including welding, manufacturing, culinary arts, business and computer programming.

GCC's vision to be the region's premier learning community includes personal enrichment classes. Want to learn piano? A new language? Imagine spinning a pottery

wheel or traveling the world to experience other cultures. It is all available at GCC at minimal cost.

Variety is not limited to just our diverse programs. GCC is committed to providing options in how you learn. We recognize that many students prefer online learning opportunities to fit their schedule or personal needs. GCC offers both, with high level student support services (counseling, financial aid, tutoring, etc.) to increase student success.

If you have a dream, we have the pathways and support to make it a reality. GCC is more than a strategic choice; it's the bridge to your best life



Glendale Unified First Day of School August 16, 2023
Media Schools: Mann and Cerritos Elementary

Elementary Schools		Start Time
Balboa	1844 Bel Aire Drive, Glendale, CA 91201	8:10
Cerritos	120 E. Cerritos Avenue, Glendale, CA 91205	9:10
Columbus	425 W. Milford, Glendale, CA 91203	8:10
Dunsmore	4717 Dunsmore Avenue, Glendale, CA 91214	8:05
Edison	435 S. Pacific Avenue, Glendale, CA 91204	8:15
Franklin	1610 Lake Street, Glendale, CA 91201	8:10
Fremont	3320 Las Palmas Avenue, Glendale, CA 91208	8:10
Glenoaks	2015 E. Glenoaks Blvd., Glendale, CA 91206	8:10
Jefferson	1540 Fifth Street, Glendale, CA 91201	9:20
Keppel	730 Glenwood Road, Glendale, CA 91202	8:00
La Crescenta	4343 La Crescenta Avenue, La Crescenta, CA 91214	8:15
Lincoln	4310 New York Avenue, Glendale, CA 91214	8:15
Mann	501 E. Acacia Avenue, Glendale, CA 91205	8:15
Marshall	1201 E. Broadway, Glendale, CA 91205	8:15
Monte Vista	2620 Orange Avenue, La Crescenta, CA 91214	8:10
Mountain Avenue	2307 Mountain Avenue, La Crescenta, CA 91214	8:20
Muir	912 S. Chevy Chase Drive, Glendale, CA 91205	8:15
Valley View	4900 Maryland Avenue, Glendale, CA 91214	8:15
Verdugo Woodlands	1751 N. Verdugo Road, Glendale, CA 91208	8:20
R.D. White	744 E. Doran Street, Glendale, CA 91206	8:10
Middle Schools		
Roosevelt	222 E. Acacia Avenue, Glendale, CA 91205	9:30
Rosemont	4725 Rosemont Avenue, La Crescenta, CA 91214	9:28
Toll	700 Glenwood Road, Glendale, CA 91202	8:30
Wilson	1221 Monterey Road, Glendale, CA 91206	8:30
High Schools		
Clark	4747 New York Avenue, Glendale, CA 91214	8:30
Crescenta Valley	2900 Community Avenue, La Crescenta, CA 91214	8:30
Daily	220 N. Kenwood Street, Glendale, CA 91206	8:30
Glendale	1440 E. Broadway, Glendale, CA 91205	8:30
Hoover	651 Glenwood Road, Glendale, CA 91202	8:30



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- **Parent Only Classes** - Parents or grandparents of elementary through young adult children
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BETWEEN FRIENDS

Christmas in August – and Great Sales – at Assistance League Glendale



By Ruth SOWBY

It was standing room only on the first day (Aug. 3) of Assistance League Glendale's annual Christmas sale at its Glendale clubhouse at 314-A E. Harvard Street. Just like at the butcher shop and bakery, numbers were handed out to limit the number of shoppers into the store per hour. But once in, it was Christmas heaven! Holiday accessories, dolls, silverware, jewelry, trees, books, and clothing – if it had a Christmas theme, it was

found there. Customers were leaving with boxes filled with items purchased for pennies on the dollar. All were looking for the coveted green sticker that meant the item went for a dollar. ALG VIP Sylvia Kowal was the gal in charge. She juggled shoppers and merchandise with aplomb. This year marked the greatest amount of Christmas items donated to the League. Estimated proceeds of \$3,000 will help fund the League's charities such as Operation School Bell, Senior Neighborhood Fellowship

lunches, and scholarships totaling \$7,000 for deserving high school and community college students. Christmas will continue at Thrift Alley to encourage customers to stop by.

Photos by Ruth SOWBY

LEFT: ALG Christmas Sale Chair Sylvia Kowal organizes Christmas in August.
MIDDLE: Rudolph's helper/ALG Hospitality Co-Chair Pat Spencer arranges Christmas premium items for silent auction.
RIGHT: ALG Senior Fellowship Lunch Chair Judy Rezvani greets shoppers at the Assistance League Glendale Christmas in August sale.

Questions About Today's Real Estate?

Ask Phyllis! Selling An Out Of State Fixer

Dear Phyllis,

My cousin passed away and I am the trustee of his estate. He never married and never had children. Several cousins are the beneficiaries. His home is in Oregon and there is a roof leak. I have three young children and can't spend too much time away from my home. Do you think it's realistic for me to find a Realtor who will oversee the roof repair and anything else that should be done prior to selling?

Busy Mom

Dear Busy Mom,

Firstly, I am sorry for your loss. As the trustee, you have a fiduciary duty to act in the best interests of the beneficiaries. This includes making informed decisions about the management and sale of the property.

As for your question, it is certainly possible to find a Realtor who can oversee the necessary repairs and preparations for selling your cousin's home. Many Realtors have experience managing property repairs and renovations, and they can work with the necessary vendors to ensure that the work is done

correctly and efficiently.

I recently had out-of-state clients who found a caved-in ceiling in their vacation condo. The unit above had leaked into theirs, and they didn't find out until they arrived in California for Christmas vacation. They checked into a hotel and simply handed me the keys. I oversaw the renovation with the Homeowner's Association. Then I listed the condo and sold it, all while they returned to their primary home.

You may also consider whether it is more practical for you to hire a property management company to oversee the repairs and prepare the home for sale. Either an experienced Realtor or a property manager will allow you to focus on your own family responsibilities while ensuring that the property is being properly prepared to sell.

Ultimately, the decision of whether to hire a Realtor or property management company will depend on your personal circumstances and the specific needs of the estate. It may be helpful to speak with several professionals and get their input before deciding.

Best of luck to you on the sale.

Phyllis



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Sharon Gray, MA, CCC-SLP

Thursday, September 14th
12 - 1 pm

Crescenta Cañada YMCA
1930 Foothill Blvd., La Cañada

To Register: Call (818) 952-2228 or visit uscvhh.org/doc-talks
Reservations for lunch are required 48 hours in advance.

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

Sharon Gray is a speech-language pathologist at USC Verdugo Hills Hospital, specializing primarily in outpatient care for speech, language, swallowing and cognitive impairments for adults. She graduated from UC Riverside with a bachelor's degree in Human Development and from Cal State Los Angeles with a master's degree in Communication Disorders. She has worked at USC Verdugo Hills since 2019. Her areas of interest include brain injury, stroke, neurological diseases including Parkinson's, Lewy Body Dementia, Alzheimer's Dementia and Primary Progressive Aphasia, as well as treating patients with swallowing disorders such as after a stroke, as a result of head and neck cancer or as a part of aging. She enjoys spending time in nature, with her 19 year-old cat and especially with her family.

USC Verdugo Hills Hospital
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CV WEEKLY ON THE MOVE



Jessy Shelton checked out CV Weekly on her phone while on safari in Nairobi (note the elephants in the background). 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

» REVIEW

“Teenage Mutant Ninja Turtles: Mutant Mayhem” – A Fun Family Film

By Mikaela STONE

Although Barbenheimer is a tough act to follow, for the right audience “Teenage Mutant Ninja Turtles: Mutant Mayhem” is the perfect opportunity to say “Cowabunga!” and a chance to dive into local movie theaters for a fun-filled time. The movie presents fresh new takes on well-loved characters. Most notably, it continues the trend that “Spider-Man: Into the Spider-verse” began with a more impressionistic art style that makes the characters feel as though they have walked right out of a comic book.

While the crass humor in which director Seth Rogan specializes (Rogan is a self-identified permanent teenager) may be a stopping block for some, the movie’s wholesome morals, beautiful art style and genuinely loving bonds between its characters more than makes up for it.

In spite of the star-studded cast, including Jackie Chan as Splinter, Ice Cube as Superfly, and John Cena as Rocksteady, one choice made the voice acting stand out so far from every other piece of media in the Teenage Mutant Ninja Turtle movie: It is the first to cast actual teenagers as the turtles.

When Micah Abbey, 15, Brandey Noon, 17, Shamon Brown Jr., 19, and Nicholas Cantu, 19, use Gen Z slang and act their age, it comes off as youthful and genuine in a way that adults mimicking children can often miss – which many TMNT fans were concerned about after the most recent theatrical release for the turtles. That foray – Michael Bay’s “Out of the Shadows” – tried to pass off a gaggle of men aged 29 and older as 17 to the



Photo by ©Paramount Pictures

incredulity of longtime TMNT fans.

In “Mutant Mayhem,” when the turtles joke around and act silly they play off one another and talk over each other in the same way that real 15-year old boys do, made possible by the additional decision to record the boys’ lines in the same room and in certain scenes give them free rein to speak however they felt comfortable. The result? A goofy movie that allows young boys to see themselves represented in ways that they actually are rather than an adult’s caricature of a child.

The turtles cover a wide range of personality types with interests ranging from

“Attack on Titan” to skateboarding, allowing everyone to see themselves in a turtle.

Parents may see themselves in the turtles’ adopted father Splinter, who is just trying to keep his sons safe. The biggest change from classic TMNT lore is that Splinter is originally a rat rather than a human before his mutation into a rat man. As a rat, he saw the ugliest side of humanity when faced with those deemed “other.”

The movie acknowledges and uplifts both Splinter’s fears and the turtles’ desires for freedom and acceptance in a way that both parents and children can feel good.

The film does not shy away from difficult

questions children may be asking themselves at the age of 15, and adults for all of their lives, such as “How far is too far to go for acceptance?” and “What do I owe the people around me?”

It asserts that maybe most people are in fact good people after all, but most people are hurt or scared.

Above all, it shows the many forms a family can take and the importance of the family chosen. After all, sometimes a family can be a rat man and four turtles he found covered in ooze, a camera-shy wannabe reporter and as many weirdos as one can fit in a sewer.

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USCVHH.org/Urology

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Glendale Arts Hosts Summer Soiree



Photos by Ruth SOWBY
 FAR LEFT: Enjoying Glendale Arts Summer Soiree are, from left, Bruce Hinkley, wife Debbie Hinkley and Susan Crancer.
 LEFT: Complimentary drinks and bites were provided by Glendale Arts at their Summer Soiree on Saturday, Aug. 5. Enjoying the buffet is GA board member Miryam Finkelberg (in sunglasses).
 RIGHT: Filmmaker Manuel Brandozzi appreciates his "favorite" art work at Glendale Arts' new home, ace/121 Gallery in Glendale.



By Ruth SOWBY

Glendale Arts celebrated its 15th anniversary at its new home, ace/121 Gallery, in Glendale. On Aug. 5, dozens of art lovers showed up between 6 p.m. and 9 p.m. for a first look at the gallery. They enjoyed

drinks, bites and a live guitar performance. Photos were snapped of friends standing by several avant-garde wall hangings scattered throughout.

Glendale Arts plans to operate and program the gallery as a multidisciplinary arts and entertainment venue featuring

exhibits, performances, screenings, readings, classes and workshops.

"We're thrilled to be in our new home," said CEO Nina Crowe. "It will further our mission to bring audiences and artists together."

Membership in GA's SCENE

(Showcase, Connect, Engage, Network, Experience) was announced. For \$10/month or \$100/year, members receive discounted pricing, pre-sale access and Glendale Arts' SCENE Partners, including Antaeus, Theatre, Laemmle Theatres and the Museum of

Neon Art. The first 50 attendees at the Soiree to sign up for membership received a SCENE T-shirt and swag bag.

Glendale Arts has served over one million patrons since 2008. Upcoming is the 2023 Glendale International Film Festival, Sept. 28-Oct. 5.

Brand Summer Music Series

All are invited to enjoy eclectic live music outside on the lawn behind Brand Library & Art Center, 1601 W. Mountain St. in Glendale. Concerts are Friday nights at 7 p.m. and admission is free. Visitors are welcome to bring a chair or blanket and picnic on the grassy hillsides

in Brand Park. Seats are not provided.

Performances run 60 - 90 minutes without intermission. Free parking is limited; ride-share is encouraged. On Friday, Aug. 18, the Alan Chan Moo-sic Group plays big band/jazz music.

The Brand Summer

Music Series began in 2014 and is supported by the Glendale Arts and Culture Commission, through funding from the Urban Art Program, with support from Glendale Library, Arts & Culture, Glendale Community Services and Parks and the Brand Associates.

THEN & NOW

Lancaster Lake Courtesy of the Historical Society of CV



THEN » In 1925 a swampy area next to Sunland Park was dredged to make Lancaster Lake, a tree-lined pond for fishing, swimming and boating. Here we see people paddling rental rowboats while others stroll over a beautiful wooden bridge. It was a cool, tree-covered oasis in dry Sunland.



NOW » Lancaster Lake began to silt up and by 1950 it no longer was viable as an attraction or a film location. The lake was filled in and a trailer park was developed over the top of it. Today the Sherman Grove Mobile Home Park at 10711 Sherman Grove Ave. in Sunland-Tujunga sits atop the former lake.

What's Cooking

Your Local guide to good food!

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JUST FOR FUN

PROBLEM SOLVED » BY CHRISTOPHER ELLIOTT

Why won't Jiffy Lube pay for my engine repair? Isn't it responsible?

After getting an oil change at Jiffy Lube, the engine on Ian Culhane's Subaru stops working. The likely culprit is a botched oil change, he says. Why won't Jiffy repair his car?

Q I recently got an oil change done at Jiffy Lube in Seattle. Afterward, I noticed that the oil indicator light was on. The next time I turned on my car, my engine rattled and several warning lights appeared on my dashboard. I immediately checked the oil level and the dipstick was dry. I have strong reason to believe that Jiffy Lube forgot to add any oil back into my engine. The next day I had my car towed to the nearest Subaru dealership. They confirmed that no oil had been added. They disassembled the engine and found significant damage as a result of the lack of oil. They are estimating that the total cost of disassembly and repair will be over \$9,000. I have been gathering any evidence that might be useful in proving they forgot to add oil, including the oil change and towing receipts, photos and videos of me checking the oil, checking that the oil drain plug and oil filter had been installed, photos of the damage from my Subaru dealership, and recorded phone calls and conversations with both the dealership, Jiffy Lube's customer support line, and an employee at the Jiffy Lube.

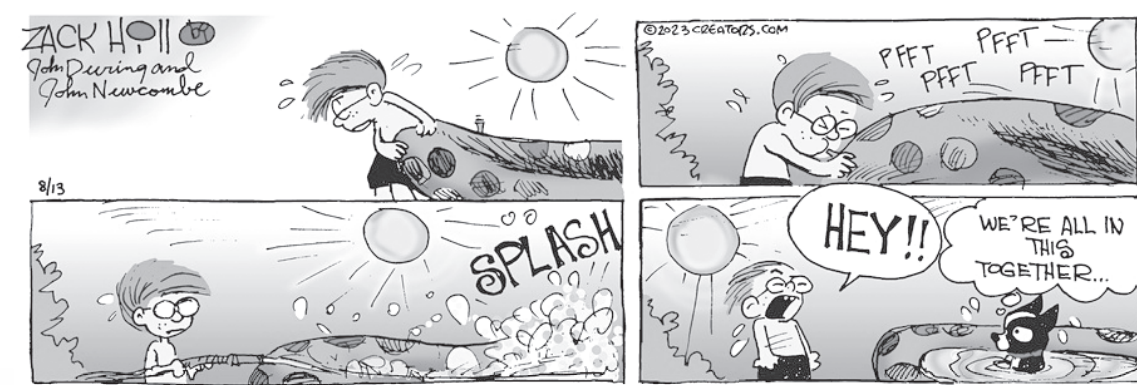
A I'm not confident that Jiffy Lube plans to take any responsibility. I am wondering what course of action would be most likely to get a prompt refund for the damage they did.

— Ian Culhane, Seattle, Washington

Over the course of three weeks, I spoke with Jiffy Lube customer support, two separate general managers, a district manager and a claims specialist. None of these individuals gave a clear explanation of the process for getting a claim approved. Several times they directly contradicted one another about their process. Each time they promised to follow up by a set date, they never did.

see **PROBLEM SOLVED** on page 23

» ZACK HILL BY JOHN DEERING AND JOHN NEWCOMBE



FreeDailyCrosswords.com

ACROSS

1) Petri dish gel	40) Combine numbers
5) Shoulder-bag feature	41) Natural fertilizer source
10) Compass drawings	42) Jazz legend Fitzgerald
14) Be a nomad	43) A Muppet
15) Conversation piece?	44) Market used merchandise
16) Type of bean or milk (Var.)	46) Fly-trapping sticky stuff
17) "As before," in footnotes	49) Like a noble gas
18) Numbered highway	51) Stands totally apart
19) Diplomat's skill	57) Quote, as a passage
20) Shun caution	58) Salk vaccine target
23) Slightly burn	59) ___ Major (Big Dipper constellation)
24) Pure-and-simple	60) Oscar winner Guinness
25) Bundling cotton	61) In any way
28) Itsy-bitsy parasite	62) Spellbound
30) Slack-jawed	63) It gets on one's nerves
31) Attack, as a wasp	64) Is allowed to, to Shakespeare
33) Greedy sort, animal-wise	65) What anything can be in front of?
36) Abet	

YOU ARE HERE By Timothy E. Parker

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
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51						52	53			54	55	56
57						58				59		
60						61				62		
63						64				65		

August 17

FREEDAILYCROSSWORDS.COM

DOWN

- Seed case
- Vast desert
- Tel ___, Israel
- Make a new preliminary sketch, e.g.
- Bounded
- Minimal bikini bottom
- Blush
- At times it's upped
- Your equal in society
- Very perceptive
- Celebrity ribbing event
- Word with "business" or "life"
- Mythical goat-legged reveler
- Racket
- Income's opposite
- Cake with a kick
- Like fine scotch
- Amount of laundry
- Japanese soup
- ___ and outs
- Leave in haste, as a cat
- Baker's dozen minus three
- Gomer of Mayberry
- "___ do" (faint praise)
- Word screamed by soccer announcers
- FBI worker
- Junkyard canine
- Burnout preventer, often
- Split down the middle
- Rise in opposition
- Major time period
- Part of a sportscast
- Napoleon's punishment
- Building locations
- Mosaic, for one
- What manicurists do
- Email filter target
- Itsy-bitsy amount
- Caspian Sea tributary
- Priority Mail agcy.
- Final check?

SOLUTION on page 5

CALENDAR this

GLENDALE KIWANIS

The Kiwanis Club of Glendale meets on Fridays at noon. On Aug. 18, Angela Khurdajian of Providence St. Joseph will be making a presentation.

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.

GREENLINE HOUSING FOUNDATION PRESENTS 'MUSIC FOR THE MOVEMENT'

On Sunday, Aug. 20 from 4:30 p.m.-7 p.m., Greenline Housing Foundation will be presenting a benefit concert for racial housing justice at All Saints Church in Pasadena, 132 N. Euclid Ave. The event will include performances by members of the Los Angeles Philharmonic and Los Angeles studio musicians.

Tickets are \$50 and available at Eventbrite.com or at the door.

For more information on Greenline please visit online at www.greenlinehousing.org.

ROCKITECTURE SUBJECT OF PROGRAM

The next program of the Historical Society of the Crescenta Valley is "Rockitecture" – a fun term for a formidable architectural vernacular. Learn about the Southern California rock structures built from 1885 to 1935. These mostly unsung and undocumented rock homes, churches, castles and other structures will be featured along with discussion of the social, economic and technical influences of the time.

This program is a must for those who wish to know more about the old rock structures that are rapidly disappearing from local communities.

The program speaker is architect and author Barry Schweiger, AIA, BA, MBA, RYT. Schweiger spent years researching these unique structures and his book, "Rockitecture," will be available for purchase at the program.

The Historical Society of the Crescenta Valley next meets on Monday, Aug. 21 at 7 p.m. at the Center for Spiritual Living – La Crescenta, 4845 Dunsmore Ave. (at the intersection of Santa Carlotta).

see **CALENDAR THIS** on page 23

WEEKLY HOROSCOPES

Provided by horoscope.com

August 14, 2023 - August 20, 2023

♈ ARIES March 21 - April 19

Nothing can touch you this week. You feel on top of the world and ready to face any challenge. The cosmos is helping you to have faith. This is your time - you can reach for the stars. In the process, you can be assured that your health will be good, too. Your positive energy will impact every cell in your body.

♉ TAURUS April 20 - May 20

It's time to shake all that stress out of your body and have some fun. Try any form of exercise you really enjoy that gets you moving. Dancing is a favorite, because the music makes you want to move. You can do this in the privacy of your own home or while out socializing. Either way, it will make you feel better.

♊ GEMINI May 21 - June 20

Your social life may ratchet up now. All you care about is having a good time! One way to stay healthy and still have fun is to join a fitness club or other sports group. You can benefit from positive group interaction and stay on your toes, too. Find friends who support your same goals and you'll flourish.

♋ CANCER June 21 - July 22

Be careful of the kinds of foods you eat while at work or socializing. You could add pounds without realizing it. It might help if you pack your own lunch for the office. You can control the calories that way. Be more aware of what you're eating if you're at a party. It will save you a lot of trouble later.

♌ LEO July 23 - August 22

Do you feel like you have to conform to others' ideas of a healthy body? You might be quite self-conscious if your body shape doesn't match your idea of perfection. You could even let this affect your chances of success. There is no perfect shape. Accept yourself as you are and enjoy peace of mind.

♍ VIRGO August 23 - Sept. 22

You might enjoy experimenting with some of the new healing methods available. Vibrational healing is something that you could be attracted to now. Flower and gem essences are two examples of this kind of modality. Research your options and then see if it could be of use to you. You may experience a breakthrough!

♎ LIBRA Sept. 23 - Oct. 22

You're doing as much as you can to improve your health. It's also possible that you could go the other way and try to sabotage it. It all depends on how well you know yourself. If the latter is the case, you need to get to the core of the problem and fix it. Only then will true healing be within your grasp.

♏ SCORPIO Oct. 23 - Nov. 21

You're probably feeling a lot better all around. Perhaps you now relish the idea of exercising rather than dread it as you have before. You can be something of a health nut as you worry about every ache and pain. It's the worry that can cause you the most problems. From now on, this inner anxiety will begin to vanish and leave you in peace.

♐ SAGITTARIUS Nov. 22 - Dec. 21

A general health problem that you may suffer from is a tendency to be sensitive to foods or environmental factors. You may have allergies, intolerances, or perhaps a mild problem that reveals itself now and again when you're stressed. If you have symptoms and can't seem to find the source, you might benefit from a few tests.

♑ CAPRICORN Dec. 22 - Jan. 19

You can heal many health issues with mind over matter. Some people who have struggled with troublesome illnesses have found that they feel better when they harness the power of their own thoughts. You have it

♒ AQUARIUS Jan. 20 - Feb. 18

It may be of some benefit to join an online group associated with any health problem you may have. On the other hand, you could benefit from connecting with a group that focuses on yoga or meditation. Explore the local offerings. You'll gain in any number of areas, including diet, serenity, and beyond.

♓ PISCES Feb. 19 - March 20

Don't allow yourself to be so driven that you're stressed. Stress is a major factor in all kinds of health issues. Find a way to cut back on it and still fulfill your heart's desire. Do whatever it takes to be successful without suffering from too much tension. If it means aiming a notch or so lower than you'd like, it's probably worth it.

RELIGION

Question: My husband James and I have been married for 42 years. We have traveled everywhere. Even though we're both in good health, James doesn't want to travel anymore. He loves gardening, playing card games with his friends and going to the local senior center. I too like gardening and going to the senior center and I still want to travel. Would it be appropriate for me to join a travel group and travel without him? He says it's okay with him, but many of my friends don't think I should. What do you think?

~ Wanderlust

Dear Wanderlust,

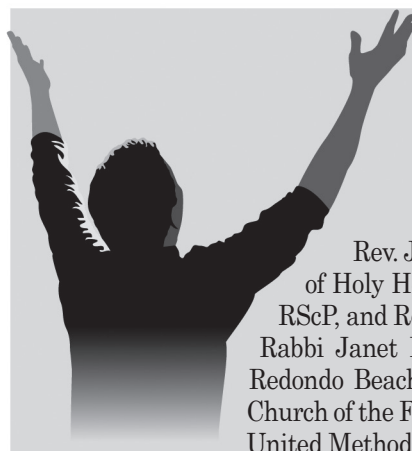
You both have traveled everywhere throughout your life. Your husband isn't interested anymore. He also has many hobbies and friends. Travel can be very exhausting so I understand that he wants to stay home and enjoy his retirement. You want to continue traveling. Traveling with a tour is a good bet. He says it's okay. So I say go ahead. "Absence" (distance) makes the heart grow fonder!

Carolyn Young
cjymesalila@gmail.com

Dear Wanderlust,

Let's see. You have been married for 42 years and that means unless you tied the knot in the Commonwealth of Kentucky, you are at least 60 years old. Congratulations on such an enduring marriage! It also means that, with age, you have to work a little harder to maintain your neuroplasticity; doing things that refresh and challenge your brain so that you stay sharp and cut down on those "senior moments." That both you and James get your hands dirty in the garden and visit with your rowdy friends at the senior center is excellent. Going to a movie that might not be aimed at your demographic, doing crosswords and other puzzles, taking classes and giving yourself the credit to change your mind now and then as new information becomes available are also activities that keep your brain young and springy.

One of the greatest sparks to increasing neuroplasticity is travel, so if you love it you should find a way to do it. And it sounds like James is an encouraging partner, even if he no longer likes to travel, for whatever reason. You are going to



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 La Crescenta Center for Spiritual Living; Rabbi Janet Bieber; Carolyn Young; Sharon Weisman; Rev. Mary Morgan, Redondo Beach Center for Spiritual Living; Rev. Dabney Beck, International Church of the Foursquare Gospel; Lucinda Guarino; Rev. Karin Ellis, La Canada United Methodist Church; Rev. Sherri James, UP Church; The Rev. C. L. "Skip" Lindeman, Upland Christian Church, Rev. Rob Holman, St. Luke's Anglican Church; Rev. Jeff Blanton and Rev. Emanuel David, Community Life Church of La Crescenta; Rev. Sharri Johnson, One Heart Retreat Center, Martin Barrett, Unitarian Universalist Church of the Verdugo Hills, Andy Gero, VFW Chaplain, Paster Bill Flanders Emeritus, Highlands Church La Crescenta.

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.

come back buzzing from your trip so that might light a fire under James to accompany you the next time, plus you can encourage him to try something new while you're away, like visiting a local museum that is new to him, taking a different route when he walks, listening to a new radio station or cooking a new dish.

One thing that might help with your husband's neuroplasticity is if

you come back speaking a different language. That will force him to create new neural pathways and teach him to come with you next time. I hope you have a great trip and that James has dinner waiting for you when you return.

Marty Barrett
marty@uuverdugo.org

Question: We have two beautiful grandchildren, both boys, ages 5 and 7. They stayed with us while their parents were on a cruise. We attend church every Sunday and took the boys with us. They had a great time; however, their parents weren't happy. What we didn't know is that

see RELIGION on next page

NOTES & NODS

LCIF

Lutheran Church in the Foothills is collecting donations for victims of the Maui wildfire disaster. LCIF will match monetary donations from the congregation up to \$500 and will direct the funds to the Pacifica Synod for distribution to wildfire victims in Hawaii. Those wishing to donate should visit LCIF's website for more information, including a link to donate.

It's back-to-school time and, with that, Lutheran Church in the Foothills is assembling school kits for children in need. The church is accepting donations of the following items to be included in the kits: 70-sheet spiral notebooks, scissors with blunt tips and pink rubber erasers. Items can be dropped off during Sunday worship, or at the church office. The church is also accepting gently worn clothing and

non-perishable food to help all ages in need.

LCIF would also like to invite parents and youth to a confirmation informational meeting on Sunday, Aug. 27 at 6 p.m. at the church. Pastor Rick Hall will lay out what the year will look like and discuss meeting times for Confirmation classes. Topics to be explored this year include the Sacraments, the Small Catechism, and Scripture.

Summer worship with Pastor Rick Hall continues to include programming for young children. Children's church is offered during 10 a.m. worship. Families should meet in the church's sanctuary. After a message for the children from Pastor Hall, the kids head to the Youth Room for games, crafts and study.

For more information or to request/offer help, email office@

leifoothills.org or call (818) 790-1951. The church is located at 1700 Foothill Blvd in La Cañada Flintridge. Office hours are 9 a.m. to 1 p.m., Monday through Friday.

Healing Sound at Center for Spiritual Living

Center for Spiritual Living - La Crescenta is hosting Healing Sound with IYASHROCHI on Saturday, Aug. 19 at 1 p.m. Sound healing is the use of specific instruments, music, tones and other sonic vibrations to balance and heal the body, mind and spirit. Donation is \$25.

The Center is located at 4845 Dunsmore Ave. in La Crescenta (at Santa Carlotta). (818) 249-1045

All Invited to Support Group

Around the Rainbow, a support group for families of LGBTQIA

individuals, meets weekly on Tuesday nights at Crescenta Valley United Methodist Church, 2700 Montrose Ave. in Montrose in room 24. Gathering is at 6:30 p.m. and meeting is from 7-8 p.m.

For more information, contact Jo Ann Stupakis at jostupakis@yahoo.com.

Women's Nondenominational Bible Study

Seasons of Life Bible study offers two classes to choose from, the Joy of Living class will be studying II Samuel and the Book of Job. The Women of Faith class will be studying the books, "Ten Women of the Bible" and "Life Changes in Minor Prophets" by Max Lucado. Classes are on Thursday mornings from 10 a.m. - 11:30 a.m. beginning Sept. 21 through April 4 at Highlands Church, formerly First Baptist

Church of La Crescenta, (4441 La Crescenta Ave., La Crescenta).

If interested, contact Lynda Hessick at (818) 640-6022 or lyndahessick@gmail.com

Registration deadline is Sept. 7.

Summer Adult Christian Education

Confirmation class (aka catechism class) is an educational ministry of the Church for baptized Christians to equip them with the essential principles of Christianity for the purpose of helping them personally affirm the baptismal covenant God made with them, personally confirm their faith in Jesus Christ our Savior and Lord, personally identify more deeply with the Christian community, and personally commit to participate more fully in Christian life and mission.

This week's topic, on Aug. 23, is "Why does God let bad things happen?"

(Please note: This adult confirmation class can serve as a preparation for Holy Baptism for those who have a personal faith in Jesus Christ but have not yet been baptized.)

Over these Wednesdays in August, from 6:45 p.m. to 8 p.m., Mount Olive Lutheran Church in La Crescenta will explore Christian life, faith, theology and spirituality, drawing upon the truth of Almighty God within the Ten Commandments, the Apostle's Creed, the Lord's Prayer and various key passages of the Holy Bible.

All those seeking to deepen their understanding of Christ and to strengthen the foundation of their personal relationship with God are welcome to attend! And bring a friend!

Mount Olive Lutheran Church is located at 3561 Foothill Blvd. in La Crescenta.

see NOTES & NODS on next page

THE ENTIRE COMMUNITY IS INVITED TO JOIN US!

Sunday, August 20th
@ 10:00 am

The Church of Jesus Christ of Latter-day Saints
1830 Foothill Blvd. • La Canada, CA 91011

Julianna Cheney

has completed her 18-month mission to Rome, Italy.

She will deliver a homecoming sermon and report on her experience. This is a community-wide event and all are invited! Julianna was a 2021 graduate of Crescenta Valley High School and is the daughter of Alan and Michele Cheney.



NOTES & NODS from previous page

Walk and Word

In August, 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 Aug. 20 & 27. 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 jinlavieri@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.

RELIGION from previous page

their family hasn't been going to church but now the boys are begging their parents to go because they liked Sunday school so much. This isn't a major blowup, but we really don't understand because our daughter and her husband were raised going to church and had a church wedding.

Is it time for a discussion with the parents or should we just not say anything? ~ Puzzled Grandparents

Dear Puzzled Grandparents,
I don't know enough about your relationship with your daughter and son-in-law to be able to advise you whether to have a discussion or not. If I was talking in person to you I would ask questions like: "How do most of your discussions go?" "Do they end in a blowup or a mutually acceptable conclusion?" "Have your daughter and son-in-law drifted away from the church because of the busyness of life or are they open hostile to church?" "Are they upset because they don't want their children to be exposed to anything to do with Christianity or are they upset because your grandchildren want to add another activity to their busy schedule?"

Thinking about these and similar questions will help you decide whether a discussion would be appropriate and helpful.

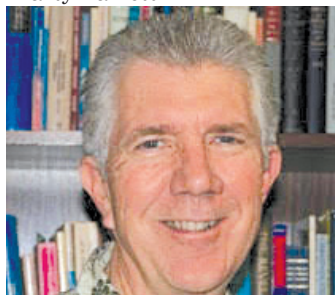
If you decide that a discussion might be productive then it would be important to base that discussion on mutual respect. When our children become adults, they will make their own decision about their faith as well as many other areas of their lives. While we may disagree with those decisions, we need to respect their choices. If they have wandered from the faith then the best thing we can do for them is to pray for them. At the same time your daughter must know, having grown up in your home, that your faith and your involvement in church is an important part of your life. And she should be aware of and respect that. You probably have other ways that you engage in your faith, such as prayers before meals, Bibles and other religious artifacts around the house, etc. If they ask you to take care of your grandchildren, it seems



Marty Barrett



Carolyn Young, LCSW



Pastor Bill Flanders



Rev. Kimberlie Zakarian

reasonable to me that she and your son-in-law must have known that this, including church attendance, is part of your life, your values and your identity.

Respect also involves active listening and trying to determine why this has upset your daughter and son-in-law. Asking a question such as "Help me understand why this is upsetting you. I assumed you knew that we attend church on Sundays and that we couldn't leave the grandkids at home unattended." And then listen. Validate their point of view, but also ask them to respect your values and faith. Were they expecting you to compromise your faith by skipping church? Did they forget that you still are active in church?

How you ask these questions are, of course, is very important. If you are sincerely open to respecting and listening to each, then the opportunity to reach a mutually acceptable solution is very possible.

You sound like wonderful grandparents and being part of your grandchildren's lives is a wonderful blessing to them and to you. Best of luck in seeking the best course of action in this difficult situation.

Warmly,

*Pastor Bill Flanders
flanders@att.net*

Dear Puzzled Grandparents,

As you know, parents are the ones to make all decisions for their children, short of abuse of course, even when we might not agree. I believe that we have the right to bring up a conversation with anyone as long as it's gentle, respectful and phrased in a way that shows you would simply like to understand their thoughts on a topic. Unless your daughter has told you to stay out or their business or closed the door on this topic, I think you are free to inquire. If you phrase it as a "curious question" as opposed to a judgmental interrogation, the conversation could be simple and pleasant.

You might find out information that you weren't even thinking of. Perhaps they wanted to be asked first? It is very important that you are prepared to receive an answer that doesn't set well with you. The best thing you can do if that does occur is to tell them, "I respect your wishes. Thank you for speaking with me about it." We rarely win anyone over by arguing, disagreeing or pushing them. Remember, you do have power in this situation in one area—and that is prayer. The prayers of the righteous are strong. And God will continue to move in a much more effective way than we ever could!

*Rev. Kimberlie Zakarian
kimberlie.zakarian@gmail.com*

RELIGION SERVICE DIRECTORY

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

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La Crescenta, CA 91214
(818) 249-1045
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Wednesday Night Service 7:00 p.m.

Crescenta Valley United Methodist Church

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www.cvumc.org

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www.lacanadachurch.org

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Pastor Jon Karn
1911 Waltonia Drive
Montrose
(818) 249-4806
SUNDAY SERVICES 10:45 a.m.
www.lightonthecorner.org

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LETTERS from page 8

it has not touched on a single humanitarian crisis happening in Armenia, Iran, Iraq, Syria or even Palestine. Yet CV Weekly finds it appropriate to advertise weekly releases in restaurants, like Porto's, which live in the heart of Glendale. I suggest that for the future, CV Weekly should include at least one humanitarian crisis happening to at least one of the hundreds of Middle Eastern demographics living in Glendale and La Crescenta before placing their papers in restaurants closely rooted in Glendale history.

Chris Simonian
Glendale

WEATHER from page 2

out that climate change was not Montana's fault.

In an article in Scientific American the spokesperson from Montana's Attorney General Austin Knudsen stated "Montanans can't be blamed for changing the climate" and added that experts, even from the plaintiff's side, said Montana has "no impact" on the global climate.

If that statement is taken literally that would be amazing. Everyone in the world has a carbon footprint and yet no one in the state of Montana impacts climate change? Well, if that's true let's find out how they are doing that and copy what they are doing. Having actual zero effect on climate change is quite impressive.

The fact that young people are asking for their state to just consider climate change when making decisions on future greenhouse gas projects does not seem too unreasonable. In fact, instead of disrespecting these young activists, officials in the state of Montana should be proud that their children understand the importance of their natural surroundings. When so many young people have their heads bent to their electronic devices isn't it nice that there are a few kids who are looking up - not only appreciating nature and the beauty of their state but are willing to fight for it?

We will continue to see warm temperatures but not the smothering heat of the past. Today will have highs in the low 90s but then we are looking at mid-to-low 80s for Friday through Tuesday.

At present Tropical Storm Hilary is south of California but will be affecting our weather Sunday through Wednesday by bringing a slight chance of showers.

There is "quite a bit of uncertainty" as to how much moisture those showers/rain might bring but there is a potential for thunderstorms and, depending on how Hilary strengthens or weakens, our showers may turn into more widespread rain, according to NOAA.

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ROCKHAVEN from page 3

The Council approved the sign and the Girl Scouts got to work.

Rothermund's neighbor's son is a sign maker and said he would be happy to help. Todd Olson, who owns Sierra Sign Images, said he thought it was a great project and wanted to do what he could to help.

Glendale Parks Dept. helped Olson place the sign in front of Rockhaven and on Saturday the grand reveal was held.

Two people who were at the celebration had a personal connection with the site. One was Maurice Schmidt, Rockhaven's accountant, and the other was

Jeanne Reese, a nurse who worked at Rockhaven from 1981 to 2001.

She and Traviss were the same age and formed a strong friendship that lasted even after Rockhaven was sold.

"We got together every Wednesday," Reese said.

Traviss passed away on March 11, 2023.

Reese said she loved her time at Rockhaven.

"My first day here it was cold and rainy and I thought, 'How did I end up working here?'" she said of her first impression of Rockhaven.

"It was a very unique place,"

she said. "When women came in we accepted them the way they were."

She added toward the end of her career at Rockhaven many of the women were diagnosed with Alzheimer's. The sanitarium gave them a calm place where they were cared for and respected.

"I don't know if this [type of] place would work today. I don't think it would," Reese said.

Many times, she said, Traviss would allow women to stay even if their insurance or funding wasn't available.

"They had wonderful

treatment, and it was private," Reese added.

Kassakhian was at Saturday's event to see it come full circle, from concept to execution.

"I thought it was a great idea," he said when the sign was presented. He added that the community was lucky to have so many active Boy and Girl Scout troops that support the area.

"[Rothermund and Vergara] came up with this idea on their own," he said. "A lot of people will see this [sign] and it will encourage more to get involved in this [precious] resource."

WATER MAIN from Cover

replacement program this year," Lee said. "The impacted areas - 3000-3100 blocks of Montrose Avenue - were likely candidates for next year's replacement program. The entire stretch along Montrose is a high-frequency problem area, and our data is starting

to indicate that the material used in the 1960s may not have been the best material. There have been approximately five main breaks in the last three years, including one two weeks ago. The pipe was thin and very corroded, with barely anything left to be able to weld with. The

repair was made, and the pipe burst again. This happened several times."

Lee added that after demobilizing from the Montrose Avenue site and restoring access to the road, another leak was discovered in the 4900 block of El Sereno (the pipe was


installed in 1983).

"A second crew was mobilized as this leak was large enough to require immediate attention," he said. "The second leak was repaired and water returned to service at approximately 5:45 a.m. on Saturday morning."

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NOTICE OF NAME CHANGE

ORDER TO SHOW CAUSE FOR CHANGE OF NAME: ALEXANDER MICHAEL ZUFELT MINORS BY AND THROUGH MICHAEL AND BARBARA ZUFELT. Case number 23GD00152. Superior Court of California, County of Los Angeles, North Central District - Glendale, 600 East Broadway, Glendale, CA 91206. To all interested persons: 1. Petitioner ALEXANDER MICHAEL ZUFELT MINOR BY AND THROUGH MICHAEL AND BARBARA ZUFELT filed a petition with this court for a decree changing names as follows: a. Present Name: ALEXANDER MICHAEL ZUFELT to Proposed Name: XANDER MICHAEL ZUFELT. THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING a. Date: SEPT 28, 2023 Time: 8:30 AM Dept.: E Room: N/A b. The address of the court is same as noted above. A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Published Crescenta Valley Weekly August 3, 10, 17, 24, 2023..

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Are You A Night Owl? If so, why not earn some money by delivering the community's favorite newspaper to local residents early Thursday morning? They are in the La Crescenta/La Cañada area. Must have own transportation. Call Rachele at (818) 248-2740 or email rachele@cvweekly.com.

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PROBLEM SOLVED from page 19

Lube offers a limited repair warranty that should cover your damage. One of the things it explicitly covers is engine performance, drivability services and repairs. So if your Subaru sputtered to a stop after getting an oil change, Jiffy should take care of you ... in a jiff.

But the wheels move slowly. Your incident happened in late March of this year, and you contacted me in early April asking for help. Warranty claims like this can take weeks and often months.

I publish the names, numbers and email addresses of the Jiffy Lube executives on my consumer advocacy site, Elliott.org. A brief, polite email sent to one of them might have moved the process along, although I'm not sure if it would have led to a faster resolution.

You did a terrific job of keeping records. I also like the way you documented everything with photos

and videos.

In reviewing your paper trail – the correspondence between you and Jiffy Lube – I don't see a hint that it will refuse to pay your claim under its warranty. But I can see how the foot-dragging is testing your patience. After all, your car is in the shop with a \$9,000 repair bill. You don't have all day.

I contacted Shell Oil, which owns Jiffy Lube, and asked about your case. A representative confirmed that your claim was still active. A Jiffy Lube representative called you and sent you a settlement agreement to pay for your repairs, which you signed.

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

CALENDAR THIS from page 19

CV LIONS CLUB HAVING COMMUNITY GARDEN WORKDAY

The Crescenta Valley Lions Club is having a community garden workday on Aug. 26 from 8 a.m. to 11 a.m. at St. Luke's of the Mountains Episcopal Church, 2563 Foothill Blvd. in La Crescenta.

Anyone who would like more information regarding the Crescenta Valley Lions Club can email Lions91214@gmail.com or call (630) 788-6591. <https://www.signupgenius.com/go/60B044AA9AC22A46-crescenta1>

12TH ANNUAL SAN MARINO MOTOR CLASSIC

The 12th annual San Marino Motor Classic returns to Lacy Park on Aug. 27. The San Marino Motor Classic is a prestigious Concours d'Elegance including a Concorso Ferrari, where many of the world's finest classic cars are on display and are judged. Spectators can vote for their favorite to win a special award. Food trucks, vendors and the Automotive Fine Arts Society exhibit will enhance the event. Tickets are \$45 in advance and \$50 on the event day; children under 12

are free.

Purchase a VIP ticket for \$175 and indulge in a shaded seating area where a buffet lunch with adult beverages is served and then watch the awards ceremony.

The San Marino Motor Classic is an all-volunteer, 501c3 non-profit organization. For further information, and to purchase tickets, see the website <https://sanmarinomotorclassic.com>.

THE HEAT: TO HIKE OR NOT TO HIKE

With temperatures rising hiking in the local mountains can become very dangerous – albeit life-threatening. Join the Crescenta Valley Group and the Verdugo Hills Group of the Sierra Club on Thursday, Aug. 31 from 7 p.m. to 8:30 p.m. at the La Crescenta Library, 2809 Foothill Blvd. in La Crescenta for a riveting presentation on "The Heat: To Hike or Not to Hike." Hike leaders from the Sierra Club, Angeles Chapter, will be joined by Montrose Search & Rescue to prepare us for hiking in these hot conditions in our local mountains and beyond.

Sponsored by the Crescenta Valley Group

and the Verdugo Hills Group of the Sierra Club, Angeles Chapter. To RSVP, please email pat@writerpatkramer.com for more information.

L'ERMITAGE FOUNDATION CONCERT SERIES

L'Ermitage Foundation Concert Series will present cellist Ruslan Biryukov (of Encino) and harpsichordist Nathan Lewis (of Newport Beach) in concert performing three Italian baroque virtuoso cello sonatas on Thursday, Aug. 31 at 8 p.m. in the grand ballroom of the Luxe Sunset Boulevard Hotel, 11461 Sunset Blvd. (at Church Lane/I-405) in Los Angeles.

Admission to the concert is \$60 per person. Due to limited seating, advance reservations for the 60-minute concert are required and can be made by calling the L'Ermitage Foundation at (310) 472-3330 or by emailing reneelcherniak@aol.com, or via Eventbrite at: <https://www.eventbrite.com/e/ruslan-biryukov-nathan-lewis-lermitage-concert-series-luxe-tickets-682003810757>.

You can read more at [CVWeekly.com/JUSTFORFUN](https://www.cvweekly.com/JUSTFORFUN)

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