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Council Recognizes Artists, Looks at Replacing Dial-a-Ride Vehicles and Discusses Bike Paths

By Mary O'KEEFE

The Glendale City Council started its Tuesday night meeting on a positive note by honoring students whose artwork was chosen as part of the Metropolitan Water District's "Being Water Wise is..." 2024 Calendar Art Contest.

The chosen cover art was created by artist Sophia Doh from Monte Vista Elementary School. She was at the Council meeting to accept the recognition by the City Council.

"Each year Glendale Water and Power and Metropolitan Water District host the [contest]," said Mayor Dan Brotman.

Sophia is now in fourth grade but was in third grade when she submitted her artwork. Her parents and teacher were at the meeting to support her.

"I hope my artwork will remind people how easy it is to save water. I got my inspiration from my garden that has lots of succulents – also known as drought-tolerant plants," she said. She added that it was "real exciting" to have her artwork on the calendar.

Moving forward, Mayor Brotman asked for clarification concerning the funding for the federal transit administration grant for dial-a-ride vehicles and service. The City will be purchasing six new dial-a-ride vans that will not be electric. Mayor Brotman said when he first saw this he was wondering why the City would not purchase zero emission vehicles since that is their plan to move in that direction. Staff explained there were some issues with the purchases of electric vehicles. The City will be replacing six minivans and staff said there were not currently electric minivans available to purchase. (Chrysler has a plug-in hybrid minivan but not full electric.) The dial-a-ride minivans

see COUNCIL on page 8

Epiphany Celebrated at Local Hospitals

By Mary O'KEEFE

Jan. 6 marked the epiphany, or what some call Armenian Christmas, which celebrates Christ's incarnation. It is the highlight of the Christmas season in the Armenian Church.

On Friday, Jan. 5 a celebration of the epiphany was held at Adventist Health Glendale. A Christmas tree stood 20 feet tall, gracing the entrance to the West Tower lobby. Staff and guests gathered to hear blessings from His Eminence Archbishop Hovnan Derderian, primate of Western Diocese Armenian Church of North America, Deacon Arin Parsanian of St. Nersess, New York, Rev. Archpriest Fr. Manoug Markarian, pastor of the Armenian Apostolic Church of Glendale and Very Rev. Fr. Yeremia Abgaryan, Western Diocese.

see CELEBRATION on page 8



Photo by Mary O'KEEFE

From left are Deacon Arin Parsanian of St. Nersess Seminary, New York, Rev. Archpriest Fr. Manoug Markarian, pastor of the Armenian Apostolic Church of Glendale, His Eminence Archbishop Hovnan Derderian, primate of the Western Diocese of the Armenian Church of North America and Very Rev. Fr. Yeremia Abgaryan of the Western Diocese.

Goodbye to a Local Rite Aid

By Mary O'KEEFE

It was a surprise to many, to even some of its employees, that Rite Aid at 2647 W. Foothill Blvd. would be closing its doors.

A spokesperson from Rite Aid confirmed the last day the store is open is Jan. 15.

"Rite Aid regularly assesses its retail footprint to ensure we are operating efficiently while meeting the needs of our customers, communities, associates and overall business. In connection with the court-supervised process, we notified the Court of certain underperforming stores we are closing to further reduce rent expense and strengthen overall financial performance. At this time, we have not made or confirmed any decisions on additional specific store closures as part of our financial restructuring process," according to a statement from Rite Aid.

According to some employees, little notice was given of the closure and customers only found out the

store was closing when they walked through the doors. On the latest list of closures released in late November 2023, the Foothill Rite Aid was not on the list.

The closures are in a response to the company filing Chapter 11 bankruptcy protection in October 2023. The company has seen profits dropping over the last few years and, like other pharmacies, is facing financial issues from lawsuits over opioid prescriptions. After the October bankruptcy announcement the chain closed over 150 stores across 15 states; however, more closures have been announced or stores were closed.

"The decision to close a store is not one we take lightly. The Company, with the assistance of its advisors, carefully considers various factors in its decision-making, including business strategy, lease and rent considerations, local business conditions and viability, and store performance," stated the spokesperson.

see RITE AID on page 8



Photo by Rachelle MILLER

Empty shelves greet shoppers at the Rite Aid in the 2600 block of Foothill Boulevard as the store prepares to close on Jan. 15.



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» FROM THE DESK OF THE PUBLISHER

Muffler Up

Southern California, the beacon for warm weather, is experiencing a cold snap. Lately our temperatures have dipped into the high 30s/low 40s ensuring that local residents grab their warm coats, gloves and scarves (also known as a muffler or wrap) before venturing outside.

I was watching the news the other day and had to laugh as the reporter, standing in the parking lot of a shopping center, described the cold conditions as a shopper walked behind her, shivering with hands deep in his pockets – and wearing shorts. Ah, Californians – we're reluctant to give up our warm weather wear.

I know the rest of the country is experiencing weather conditions much worse than ours. Mary O'Keefe was a bit melancholy as she showed photos of her hometown – buried under feet of snow. Our office manager Rachelle looked longingly at the picture while I just shivered in empathy. Brrr – too cold for me.

I laughingly say that I'm a "lodger" – I'll sit in a warm lodge and order a hot toddy as friends and family make their way down the slopes. That's a fun weekend for me.

Steve and I talk of sometimes moving away to a locale that has snow. I'm quick to point out, though, that when "that white stuff" starts falling from the sky I'll skedaddle somewhere that's warm (Palm Springs anyone?). I don't think our house will be going on the market anytime soon.

For those who like to gather around the fireplace – well, that's getting harder and

harder. Over the Christmas holiday a wood-burning ban was put in place by the South Coast Air Quality Management District due to a forecast of high air pollution in the area, air quality regulators said, according to the Orange County Register.

I'm lucky I have a coat.

On page 3 you'll find a story on a planning meeting for supporters of Prom Plus. It's on Jan. 18.

As most of you know, I've been active in this organization for over 20 years. Born of a tragedy, Prom Plus has hosted an after-prom event for CVHS seniors and their guests since 1994 – this year will be its 30th anniversary – with the goal of keeping students safe while providing a fun evening. I've stepped back from Prom Plus because my volunteer life has taken on other obligations – the Glendale Kiwanis, Salvation Army and CV Chamber of Commerce among others – and I can't dedicate the time I once did. And, to be honest, I shouldn't. Parents of current or recent students should be stepping up to take over this awesome organization – kudos to Megan Johnson who has heard the call to action and responded.

The planning meeting on Jan. 18 is a great chance to become more involved – I hope others in our community will also respond to the call.

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

» WEATHER WATCH

Taking A Look Outside Our Window

By Mary O'KEEFE

AI (artificial intelligence) is a tool that can be helpful in so many ways. For example, the company Baracoda unveiled BMind, the first AI-powered smart mirror for mental wellness. It can apparently manage stress, soothe anxiety and reduce insomnia. The AI identifies different sentiments and adapts to the user's mood by providing light therapy sessions and even guided meditation.

And then there is the Cardiacam mirror that measures and displays the heart rate of whoever looks into it. Over time the mirror will establish a baseline resting heart rate thus allowing users over time to monitor changes in their cardiac health.

AI can also be useful when looking at climate change. In a paper titled "Tackling Climate Change With Machine Learning" that was co-authored by Priya Donti, MIT professor and co-founder and executive director of global nonprofit Climate Change AI, it stated some ways AI can help scientists and policymakers address climate change issues. AI can do this by gathering and analyzing data. There is so much information that can be gathered from a variety of areas. One example, reported in an MIT Sloan School of Management article, is satellite images that show agricultural land or forest cover around the world. AI can be deployed to assess what kinds of crops are being grown where and what adaptive measures should be put in place in light of climate projections.

AI can use instruments to forecast actions that would be most helpful for future projects, like predicting the demand for transportation infrastructure or the probability of extreme weather events.

I know how valuable AI can be but my science fiction soul continues to hold me back

from embracing this new technology messiah.

As I have said, science fiction writers are modern oracles and you can't get much better future predictions/warnings than from Star Trek and Twilight Zone.

As I read over the new AI technologies that focus on climate change, I completely understood their value – but the one thing I noticed more and more was the lack of human interaction with nature. And nature is what we are supposed to be saving, right? It appeared that the more I read about AI the more I felt that, although human input is required, real hands-on human work could easily become obsolete ... And from that I go to the Twilight Zone episode "The Obsolete Man."

This is when a man, Mr. Wordsworth, is on trial for being obsolete; he was a librarian.

"Logic is an enemy and truth is a menace," Wordsworth said to his judge and accusers of their single-minded attitude.

This was a time when books, and beliefs, were no longer needed. The "state" had decided what was the truth and what needed to be known.

"Since there are no more books there are no more librarians," said his judge. And therefore Wordsworth would be obsolete.

I think many of us worry about being tagged obsolete, especially as we age, but that fear is at the base of many of those surrounding AI. The fear is this technology will take over our jobs, our ability to drive, our way of life.

"It has patterned itself after every dictator who has ever planted the ripping imprint of a boot on the pages of history since the beginning of time. It has refinements, technological advances and a more sophisticated approach to the destruction of human freedom," read Rod Serling who wrote the episode.

In the world where Wordsworth resided see WEATHER on page 8

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Don't Miss Next Week's Q&A – Phyllis discusses "Creating a healthy home environment"

NEWS

IN BRIEF

UNMASKING FRAUD: STRATEGIES TO DETECT AND PREVENT FINANCIAL SCAMS

Detective Andrew Lazzaretto of the Glendale Police Dept. Financial Crimes Unit will be making a presentation on how to detect and prevent financial scams on Tuesday, Jan. 16 from 6 p.m. to 7 p.m. at the community room of the Glendale Police Dept., 131 N. Isabel St. in Glendale.

All are welcome to this free event. Sponsored by Soroptimist International of Glendale.

CVWD HOLDING Q&A

Crescenta Valley Water District (CVWD) is hosting a community question and answer session at the La Crescenta Library, 2809 Foothill Blvd., on Jan. 17 from 5:30 p.m. to 7 p.m. This free open forum provides an opportunity for customers of CVWD to ask questions of District staff, share comments and learn more about their local water utility.

BOARD APPROVES MOTION CALLING FOR RELEASE OF ARMENIAN CAPTIVES

The Los Angeles County Board of Supervisors on Tuesday unanimously approved a motion introduced by Supervisor Kathryn Barger and co-authored by Supervisor Holly J. Mitchell that throws the weight of Los Angeles County behind calls for the release of Armenians being held hostage by Azerbaijan.

At least 36 Armenian prisoners are captive and remain in Azerbaijani custody. Additionally, Azerbaijan is holding eight former military and political leaders of Artsakh captive as political prisoners as of September 2023.

The Los Angeles County Board of Supervisors has approved several motions authored by Supervisor Barger related to the ongoing humanitarian violations and acts of violence committed by the Azerbaijani government against the ethnic Armenian people of Artsakh.

A letter will be sent with all five supervisors' signatures to United States President Joseph Biden, Secretary of State Anthony Blinken, and Secretary of the Treasury Janet Yellen urging the Administration to take action at the federal level and suspend all U.S. military and economic assistance to Azerbaijan.

DEADLINE APPROACHES FOR LANDLORDS

As the Jan. 12 deadline approaches, the Los Angeles County Dept. of Consumer and Business Affairs (DCBA) urges all qualified landlords to seize this final opportunity to apply for the LA County Rent Relief Program. This program provides crucial financial aid to landlords and tenants impacted by the COVID-19 pandemic. The deadline to submit an application is Friday, Jan. 12 at 11:59 p.m. PST.

Those interested in applying for the LA County Rent Relief Program are encouraged to review the eligibility requirements and apply at lacountyrentrelief.com.

CHRISTMAS TREE REMOVAL

For Christmas tree disposal, the City of Glendale requires that all ornaments, decorations, bags, stands, bars, nails, and most tinsel (flocked trees and trees coated with fire retardant are acceptable) be removed. Trees taller than eight feet must be cut in half. Place tree at the curb or in the alley for pick-up on your refuse collection day.

In the unincorporated county of Los Angeles serviced by Burrtec, trees will be collected through Jan. 16. All lights, ornaments, decorations, tinsel, nails, metal/plastic/wood stands must be removed. Trees/foilage must be placed at the curb next to regular trash receptacles on regular collection days. Note that customers cannot block streets, alleys or sidewalks. Also note that plastic trees/foilage are not recycled or accepted. Call (800) 325-9417 to schedule a bulky item pick up for those items.

RAIN BARREL DISTRIBUTION

CV Water District and Foothill Municipal Water District are among the hosts of a rain barrel distribution event on Sunday, Jan. 21 from 9 a.m. to 11 a.m. at Foothill Municipal Water District.

The cost is \$65; however, rebates are available. Check with applicable water agency for more information. Maximum quantity is two rain barrel rebates per household.

For more information, contact info@rainbarrelsintl.com or call (818) 602-6316.

Foothill Municipal Water District is located at 4536 Hampton Road in La Cañada Flintridge.

Volunteers Needed



A planning meeting is being held on Jan. 18 for Prom Plus supporters who want to help with community outreach and planning regarding upcoming fundraisers – and the main event, which includes a full casino, in May. File photo

By Mikaela STONE

On Thursday, Jan. 18, Prom Plus is calling to action the local Glendale Unified School District parent and student community to attend a planning meeting at the Fire House youth center, 2563 Foothill Blvd. on the campus of St. Luke's of the Mountains Episcopal Church.

The genesis of Prom Plus was an outpouring of community activism after the preventable murder of Crescenta Valley High School student Berlyn Cosman at an unsupervised post-prom hotel party. Prom Plus treasurer Megan Johnson noted Cosman had done nothing wrong but be in the wrong place at the wrong time.

The Prom Plus nonprofit is dedicated to making certain students have safe places – not just for the end-of-prom party in May – the vision is safe places throughout the year. This intent is shared by the volunteers at the Fire House nonprofit, which was co-founded by Prom Plus Club students, offering a judgment-free protected place for students to go. The timing of the Jan. 18 Prom Plus meeting coincides with the Fire House's free weekly after-school homework help program – Homework Café – when middle school students work with tutors each Thursday to gain clarity on subjects they may struggle with. Both CV High student volunteers and even a professor are available to offer help on a variety of subjects. If all goes well,

the Fire House plans to explore art events and offer up its basketball court during these times as well.

Student pickup on Thursdays from the Fire House is at 5:30 p.m. – which is also the time the Prom Plus meeting begins. Parents who would be on-site anyway are encouraged to attend the meeting. The goal of the meeting is to gain dedicated parent and student volunteers willing to do community outreach and planning regarding upcoming fundraisers.

While the program is happy to accept single event or monthly volunteers, Prom Plus president and full time teacher Joy McCreary is hoping to find the right volunteer to fill the president position so she and Johnson can focus on the interpersonal and soft skill aspects of the program. The incumbents are available to give anyone excited by this potential opportunity ample training and resources to ensure they feel prepared for this transition.

Prom Plus organized 80-plus student volunteers from GUSD to work in the Montrose Christmas Parade and many of the current adult volunteers are seeing their grandchildren attend and even graduate from Crescenta Valley High School. After years of “wearing many hats,” as Johnson described the adult volunteers, they wish to pass the torch to a new set of parents who care just as much about the community's children. Prom Plus is seeking those who offer inventive new ways of

see VOLUNTEERS on page 15



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NOTES & NODS

Lutheran Church in the Foothills

Lutheran Church in the Foothills is using money from its endowment fund to help with the mental health crisis affecting the foothill communities and beyond. The church's Endowment Committee awarded a donation of \$2000 to the American Foundation for Suicide Prevention, aiming to foster mental health and build initiatives to further understand and prevent suicide. In addition, Mental Health America, Los Angeles will receive \$2000 to promote mental health programs for lower-income youths. The LCIF Endowment Committee will also donate \$2000 to Lutheran Immigration and Refugee Service for its new micro-loan program to assist new migrant and refugee families. A further contribution of \$450 will go to the Walter Hoving

Home in Pasadena, helping women transition from prison or recover from addiction.

Following a break for the holiday, the church has resumed its ongoing program called, "A Christian Conversation on the Issues of Religion and Science." Led by Dr. Henry Fliegel, an astronomer and experienced presenter of biblical issues, the discussion group explores the intersection of faith, science and reason. The group meets every Monday at 11:30 a.m. in the LCIF conference room. No background is needed.

Sunday worship with Pastor Rick Hall continues to include programming for young children. Children's church is offered during 10 a.m. worship.

Visit lcifoothills.org for event details, including small group gatherings and opportunities

to serve. For more information or to request/offer help, email office@lcifoothills.org or call (818) 790-1951. The church is located at 1700 Foothill Blvd. in La Cañada Flintridge. Office hours are from 9 a.m. to 1 p.m., Monday through Friday.

Free Parenting Course at La Crescenta Presbyterian

Parents, grandparents and caregivers are invited to a free six-week course on "Parenting the Love and Logic Way" at La Crescenta Presbyterian Church beginning Wednesday, Jan. 17.

Practical skills will be taught for raising kids from toddlers to high schoolers. Participants will laugh at the common struggles that all parents face and may find the courage to try something new with their children or grandchildren.

Facilitated by Pat Chambers, director of the Center for Children at La Crescenta Presbyterian, the class will take place from 6:15 to 7:30 p.m. on Wednesday evenings from Jan. 17 to Feb. 28 at the church campus at 2902 Montrose Ave. in La Crescenta. The class will not meet on Feb. 14.

Sign up for the "Love and Logic" class at center4children.com/lov.

The course is part of La Crescenta Presbyterian's Praise and Education for Adults and Kids (PEAK) program, which also offers free child care for infants and toddlers; classes for children from pre-school to sixth grade; and Abide, a safe and welcoming environment for middle school and high school students.

All programs begin at 6:15 p.m. on Wednesdays and the community is invited to come early for a nutritious and delicious meal for the whole family, from 5:30 p.m. to 6:10 p.m. at a cost of \$5 for adults and \$3 for kids.

For more information, visit lcpc.net or call (818) 249-6137.

'GUT' to Be Performed at CSL La Crescenta

"GUT," the true story of holocaust rescuer and survivor Irene Gut written and performed by Janet Rodgers, will be performed at CSL. The performance is on Saturday, Jan. 20 at 2 p.m. at the Center for Spiritual Living, La Crescenta, 4845 Dunsmore Ave. in La Crescenta. Love donation.

Mt. Olive Offers Community Luncheon

Mt. Olive Lutheran



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

*Rate is higher for mailed copies

Mail Payment to:

CV Weekly, 3800 La Crescenta Ave., #206, La Crescenta, CA 91214
 To contact us, call (818) 248-2740, fax (818) 248-2444

E-mail info@cvweekly.com. Visit the web at www.cvweekly.com

Delivery issues? delivery@cvweekly.com.

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Printed by LA Web, 9645 Telstar Ave, El Monte, CA 91731



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 St. Luke's of the Mountains Episcopal Church

Church reminds the public that it hosts a community luncheon on the second Wednesday of each month through May. There is "wonderful food and amazing entertainment." Cost is just \$5. All are invited.

Mt. Olive is located at 3561 Foothill Blvd. in La Crescenta.

All Invited to Support Group

Around the Rainbow, a support group for families of LGBTQIA individuals, meets monthly on the first and third Tuesday nights (note the new days) at Crescenta Valley United Methodist Church, 2700 Montrose Ave. in Montrose in room 24: church narthex. 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.

Walk and Word

In January, 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 Jan. 14, Jan. 21 & Jan. 28. Participants will walk for the first hour and then gather to read a selection of Scripture. About a half hour will be spent journaling about what was read and then there will be conversation, sharing thoughts.

Participants are asked to bring something to write with, anything wanted to eat or drink, and a chair to use for the writing part of the morning. Because people will be outdoors and social distancing will be practiced, masks will be optional.

Those with questions can email Jeanne at jnlavieri@earthlink.net.

All are welcome. If the hike is too strenuous, there are level paths at the park. There are ramps from the parking lot to the field where the group gathers after the hike.

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» HEALTHY LIVING 2024

Healthy Eating is Not All About Diet Programs, Experts Say

By Eliza PARTIKA

Diet programs like Noom® and WeightWatchers and pills like Ozempic® have become popular ways to diet and lose weight. While diet programs are acceptable with the guidance of a dietician, experts say there is much more for people to consider if they want to maintain overall health and nutrition.

Remy Peters, a dietician at Providence Health, said new diet medications and fads specifically target weight loss or are meant for people with specific co-morbidities like diabetes or high blood pressure.

“When I talk to my clients, it’s ‘What are your goals? Where do you see yourself?’ and even evaluating how [they] got here and maybe what [they’ve] tried in the past, and how can we make [this plan] sustainable and healthy where it becomes an

entire change of lifestyle. That way other aspects of [their] life are positively affected, not just focusing on ‘what I need to drop weight really fast,’” she said.

Side effects and financial burdens are some things Peters said to look for when choosing a diet program. She also said considering a diet program should involve researching who funds, promotes and builds these programs. Ozempic®, for example, was not originally used for weight loss but to help patients with complications from diabetes. Weight loss, said Peters, was such a popular side effect that many doctors began prescribing it for weight loss, too. In addition, she said many weight loss programs will focus on calories only, which is often a one size fits all attitude.

“When it comes to needing a specific amount of calories or if

there’s a diet out there that says you have to stay between this many and that many calories, it can be talking to somebody who’s 6’4” or somebody who’s 4’11” and super active or super sedentary,” Peters said.

A proper program, in Peters’ eyes, is one that will consider what changes can be made for each individual to sustain healthful eating and healthy living.

“[Doctors] should not just be ‘Here’s the prescription, bye – hope it works for you.’ It’s more what can we do as far as behavioral changes to [a person’s] relationship with food – so it goes a lot deeper than just taking a pill and hoping that it works out well,” she said.

Many people like diet programs like Noom® or WeightWatchers for the accountability and empowerment built into the see HEALTHY LIVING on page 15



Patricia Kennedy
LICENSED MARRIAGE & FAMILY THERAPIST

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Obituary

Josef Mark Martin



Jan. 18, 1941 – Sept. 28, 2022

Josef Mark Martin, 60, of Los Angeles, California passed away unexpectedly after a brief illness on 16 November 2023, in Glendale, California. He was preceded in death by his father

and mother.

Josef, known as Mark to family and friends, was born in Los Angeles, California on 7 August 1963 to loving parents, Josef Martin of Los Angeles, California, (originally from Epfach, Bavaria, Germany), and Lieselotte (Bahler) Martin of Los Angeles, California, (originally from Kiel, Schleswig-Holstein, Germany). Mark graduated from Verdugo Hills High School in 1981. He went on to work at his father’s construction company where Mark learned to operate various pieces of heavy construction equipment. Mark joined the Operating Engineers, Local 12, and worked for Security Paving for almost forty years. He held the distinction of being employee number six out of several hundred employees in the company’s employ, something Mark was very proud

of.

Mark is survived by his aunts, Anna (Martin) Egger, of Washington County, Utah, and Therese (Martin) Fichtl, of Bavaria, Germany, his uncle, Basilius Martin, of Bavaria, Germany, cousins Herrold Egger of Washington County, Utah, Gregory Egger of San Luis Obispo County, California, Markus Martin, Margot (Martin) Natterer, Birgit (Martin) Treuting, Wilhelmine (Fichtl) Draxl, and Sieglinde (Fichtl) Becher, all of Bavaria, Germany, Kerstin Bahler, and Stefanie Bahler of Germany, and dear friend, Jim Reid, of Los Angeles County, California.

A celebration of life will be held on Sunday, 28 January 2024, from 1:00 to 4:00 pm at Burbank Elk’s Lodge, 2232 North Hollywood Way, Burbank, California.

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» ELECTIONS 2024

Learning About Prop 1 on March 2024 Ballot

By Mary O'KEEFE

In addition to the hundreds of candidates running for office this March, there are a couple of propositions voters will find on the ballot.

Prop. 1 is a statewide ballot. It proposes a \$6.38 billion bond that will provide funding to build more than 11,150 new behavioral health beds and housing; in addition, it will add 26,700 outpatient treatment slots.

The proposition is known as "Treatment not Tents" and if approved would expand mental health and addiction services for thousands of Californians. The proposition includes \$1 billion for veterans experiencing homelessness.

Proponents state this will fill critical needs across the state for the unhoused with severe behavioral health issues and kids suffering from depression, among other needs.

According to a recent poll from the Public Policy Institute of California, 87% of Californians

who participated in the poll feel there is currently a mental health crisis in the U.S.

California leads the nation in homelessness. The statewide homeless count will be done at the end of this month. Last January, the Dept. of Housing and Urban Development's Annual Homeless Assessment Report revealed that on a single day [the day of the count] 653,104 people were experiencing homelessness across the U.S. California had the highest rate - 68% - of unsheltered people experiencing homelessness; Oregon was second at 64.6% and the lowest rate was Vermont 4.2%. A UC San Francisco survey found 82% of people who are homeless have experienced a symptom of mental illness in their lifetime.

Prop. 1 would not change the tax on people with income over \$1 million per year. This is a tax that had been collected since 2005, with voter approval of Prop. 63/Mental Health Services Act.

Though there would be no

increase in taxation that is already in place the money collected would be used differently. The funding would give up to \$4.4 billion to the state program that builds more places for mental health care and drug or alcohol treatment. It would also give \$2 billion to the state program that funds local governments to turn hotels, motels and other buildings into housing and construct new housing.

According to the California Legislative Analyst's Office, the fiscal impact would shift roughly \$140 million annually of existing tax revenue for mental health, drug and alcohol treatment from counties to the state, and increase state bond repayment costs of \$310 million annually for 30 years.

The cities of Glendale, Los Angeles and La Cañada Flintridge each have one measure that will be on the March ballot. CVW will cover those measures next week.

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CRIME BLOTTER

DEC. 28

4800 block of Fairlawn Drive in La Cañada Flintridge, residents returned home from a vacation to find several rooms in their home had been ransacked. An investigation found that a rear glass window had been damaged. Several items were reported stolen.

The residential burglary occurred between Dec. 28 and Jan. 1.

2200 block of Waltonia Drive in Montrose, a package that had been delivered was stolen from the front of a residence. Surveillance footage revealed a black SUV vehicle parked in front of the victim's home. A female,

described as White in her 30s with red hair and wearing a gray sweater and black pants, exited the vehicle. She walked to the front porch of the home and took the package, got back into the vehicle and drove away.

The incident occurred at 11:36 a.m.

Glendale Police Arrest Commercial Burglary Suspect

On Sunday, Jan. 7 at approximately 3:30 p.m., the Glendale Police Dept. responded to a commercial burglary in the 500 block of North Glendale Avenue. Preliminary investigation indicates that at least five suspects entered the business.

The suspects proceeded to smash glass cases and remove liquor from cabinets within the establishment. The criminal act resulted in the theft of approximately \$2,000 worth of alcohol. The Glendale Police Dept. was not immediately notified and a six-minute lapse occurred between the suspects' departure and the business reporting the incident to law enforcement.

Once notified, Glendale patrol officers promptly arrived on scene, assessed the situation by reviewing in-store surveillance footage and interviewed witnesses. Surrounding police agencies were notified and provided with a description of the suspects and their vehicle.

Later that evening, law enforcement officers successfully located a vehicle believed to be associated with the suspects. Following a brief pursuit, two suspects were arrested and taken into custody by the Glendale Police Dept.

Arrested were 18-year-old Sean Anthony Wooten of Los Angeles and a juvenile suspect. Both individuals are now facing charges of felony burglary.

The Glendale Police Dept. encourages anyone with additional information about this incident to contact the department's Burglary Unit at (818) 548-4840. To remain anonymous, call the LA Regional Crime Stoppers at 1-800-222-TIPS (800-222-8477) or go directly to www.lacrimestoppers.org.

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

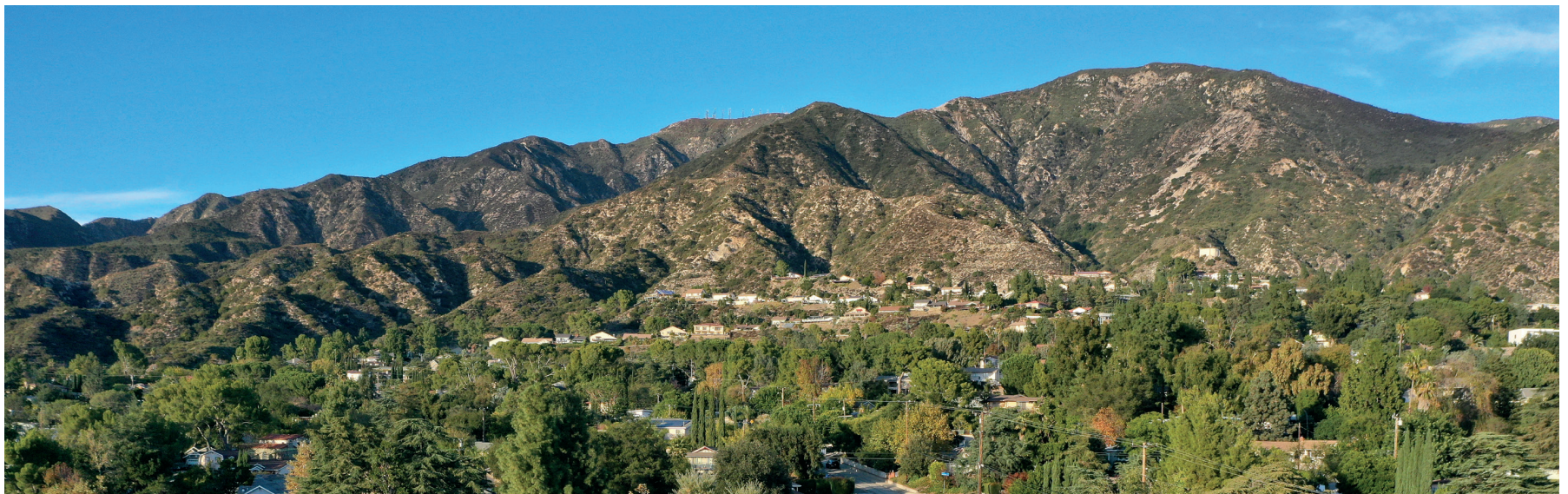
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 The new ballot will debut in the CV Weekly and online at www.cvweekly.com on February 1st!
 More Information Coming Soon.

COMING Soon 2024

The Finest gives a voice to our community and shares the news of who and what qualifies as the best, as The Finest.





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RITE AID from Cover

According to its website RiteAid still has over 1,900 stores opened across 16 states.

The spokesperson added the company makes every effort to ensure customers have access to

pharmacy-based health services either at another Rite Aid or another nearby pharmacy. They work to make certain there is no disruption of service.

“For our associates, we strive

to transfer them to other Rite Aid locations where possible. In fact, approximately 75% of our associates have accepted opportunities to transfer locations if their store has been or is part of the ongoing store closures,” the spokesperson stated.

Some employees at other stores

that have closed said they have been offered work at other stores but hate leaving the area and the community they have grown to know well.

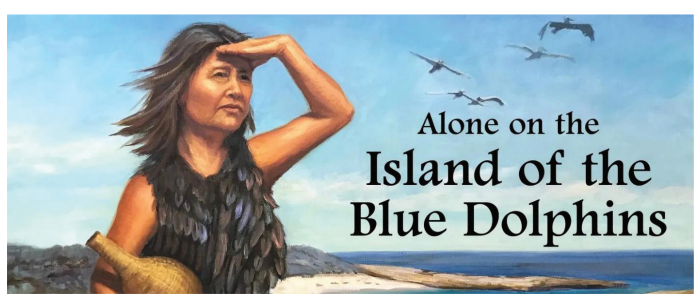
Nearby stores that were listed for closure on the November 2023 list, or have already closed, include

4044 Eagle Rock Blvd. in Los Angeles and 935 N. Hollywood Way in Burbank.

The Rite Aid at 647 Foothill Blvd. in La Cañada Flintridge and the 24 Hour Rite Aid at 531 N. Glendale Ave. in Glendale remain open.

The Lone Woman of San Nicolas Island

Join us on Monday, January 15th, 7:00 p.m.
At the La Crescenta Center For Spiritual Living
Located on the corner of Dunsmore and Santa Carlotta



In 1835, when her people were removed from San Nicolas Island, a lone indigenous woman was left behind. She lived alone on the island for 18 years. Attendees will learn about the circumstances of her abandonment, her subsequent rescue and more recent discoveries made on San Nicolas.

The presenter for this program is local historian Craig Durst who will share his research on San Nicolas' indigenous people and their relationships to local Tongva, founders of the village of Tehunga. An abbreviated screening of the film "Island of the Blue Dolphins," based on the story of the Lone Woman, will follow the presentation.

cvhistory.org



COUNCIL from Cover

presently use a ramp for wheelchair accessibility instead of an electric lift, which has worked well for the City, according to staff.

In addition the City does not have enough charging stations to accommodate additional electric vehicles. The minivans have about a four-year life; therefore, when new vehicles need to be purchased the City will be in a better position to purchase electric ones and will either buy larger vans that are electric or electric minivans may

be available when new vans are needed in the future. The City will also have to install more charging stations.

Councilmembers Ardy Kassakhian, Ara Najarian and Elen Asatryan then spoke about traffic concerns in the City, from traffic light timing to speeding and collisions.

Najarian stressed the importance of knowing what the causes of traffic collisions are throughout the City.

There was a discussion on

the Bicycle Transportation Plan. CVW will be covering this issue more in-depth next week. There appeared to be some disconnect between the City, the bike coalition and neighborhood groups like the Verdugo Wash Neighborhoods Coalition.

There were also concerns voiced by the public about the overall safety of the streets and proposed bike paths. There were many speakers who wanted the process streamlined while still making it safe for bicyclists.

WEATHER from page 2

there was no need for books, or at least no need for books of poetry or faith. This future state decided what knowledge should be shared – which sounds a little too close for comfort when considering the book banning that has recently been discussed across the nation.

“You cannot destroy truth by burning pages,” Wordsworth said.

For me, AI can take all the data we feed it and look through climate data in a matter of minutes instead of months, it can present models of what best technologies will help reverse climate change ... and yet I think there still needs to be human interaction, a real human touch when it comes to the Earth. For me, the inspiration for many of those who are fighting climate change does not come from data that has been gathered but from images of the destruction of the rain forest or

of a sea lion struggling to breathe as a plastic net wraps around its neck.

It is the human, the librarian, in us that needs to inspire to protect our planet.

NOAA issued a high wind warning overnight from last night at 6 p.m. to noon today with winds gusting as high as 40 mph. We are still looking at Southern California chilly temperatures with highs in the mid 60s and lows in the low-to-mid 40s from Friday to Tuesday. Tonight the low could be around 39 with winds from five to 10 mph. Those winds continue through Friday morning.

CELEBRATION from Cover

Alice Issai, president of Adventist Health Glendale, said the ceremony is a tradition for the hospital. The hospital has a long history of faithful outreach that stretches from its Glendale base to across the world as many staff members travel to areas in need of medical professionals.

His Eminence Archbishop Derderian said this season is a time to celebrate the Divine love and wisdom.

“With what we have seen last year, through wars and suffering of people, we want to bring hope and joy into the lives of many,” he said.

He added this season's theme is of gratitude.

The celebration included gifting of blessed Armenian sweet bread and holy water shared with patients and guests.

Glendale Memorial Hospital celebrated its Armenian Christmas with a Blessing of the Water ceremony on Jan. 4. The ceremony was conducted by prelate of the Western Prelacy of the Armenian Apostolic Church of America and clergy from Mary's Armenian Church, including Very Rev. Fr. Zareh Sarkissian

and Rev. Fr. Movses Shannakia, and Jill Welton, hospital president – Glendale Memorial Hospital-Dignity Health. Representatives from the City of Glendale were also in attendance.

For centuries Jan. 6 was the traditional Christmas celebration. It was changed to Dec. 25 to override a Roman pagan feast dedicated to the birth of the Sun, which was celebrated on Dec. 25.

“At the time Christians used to continue their observance of these pagan festivities. In order to undermine and subdue this pagan practice, the [Roman Catholic church] hierarchy designated December 25 as the official date of Christmas and January 6 as the feast of Epiphany. However, Armenia was not affected by this change for the simple fact that there were no such pagan practices in Armenia, on that date, and the fact that the Armenian Church was not a satellite of the Roman Church. Thus, remaining faithful to the traditions of their forefathers, Armenians have continued to celebrate Christmas on January 6 until today,” according to armenianchurch.org.uk.

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The Finest recognizes the hard work local business people invested in their businesses.

VIEWPOINTS

TREASURES OF THE VALLEY » MIKE LAWLER

A Bridegroom Shops In Montrose – 1937

This is a continuation of last week's article.

In 1937 the local paper, The Ledger, sent two reporters out posing as a bride and groom. The idea was to show that everything they would need for their new home could be purchased locally in Montrose with no need to shop in Glendale or Pasadena. Last week I covered the bride's view of the shopping trip. This week I cover the bridegroom's take on the shopping excursion. It's a wonderful look at what was needed for a household nearly 90 years ago.

At their first stop, a hardware store, the clerk pointed out that besides garden supplies such as trashcans and garden hoses the entire kitchen could be outfitted there as well. Such items as aluminum kettles and breadboxes – even coconut fiber doormats – could be had from their shelves. The relatively newly invented

Pyrex cookware was the star of the show. Skillets, percolators and double-boilers made entirely of Pyrex glass, which wouldn't shatter at high temperatures, was available for purchase. Amazing!

The jewelry store offered bridal sets from \$75 to \$100, with a simple gold band going for as low as \$19.50. (At the furniture store visit I mentioned in the previous article the maple wood bedroom set went for \$37.50 and a couch for \$22.50.)

The newlyweds' medicine cabinet was fitted out at Valley Pharmacy. Standard stuff – toothbrushes, bandages, etc. But a few items were included that we don't see much of anymore such as tooth powder, bicarbonate of soda, cleansing tissue (is that toilet paper?) and corn pads.

The couple looked at some homesites as well and some astounding prices were quoted.

A 50 x 130 foot lot on Hermosa Avenue in Verdugo City was listed at \$450. This lot had the advantage that it had been cleared of sagebrush.

If you were willing to head up into the "boonies" above Foothill, a 100 x 150 lot could be carved out of the olive groves between Rosemont and Briggs avenues. This view lot was asking \$750 cash.

Closer to Montrose was a \$600 lot right on Montrose Avenue just west of Ocean View Boulevard. This lot seemed perfect as it was possible to take out a loan on the lot for \$2300, which was plenty of cash to build a four-room house. But what about water? There was no city water available. Another \$50 would be needed to buy a share of water and a connection from the closest private water company.

The groom would need some new clothing. Scanlon's department store could provide that. While the

bride tried on dresses, the groom looked at new shirts for \$1.65 each and a dozen handkerchiefs for \$2.50. A gift store would provide new kitchenware. A 32-piece set of the best quality dishes could be had for \$9.95.

The groom visited Johnny Leuer's Flower Shop to get some advice on floral suggestions. The answer bordered on misogyny: "I was instructed that on occasions when hubby was in the matrimonial dog-house (because of smiling at another woman, 'working late at the office,' chucking the hat-check girl under the chin or other causes for wifely indignation), he should most certainly pacify his 'other half' with one of Johnny Leuer's famed corsages."

But the refrigerator purchase seemed to get the most attention from the groom. He extolled the features of five different refrigerators in detail: Electrolux

(a natural gas powered model), Hotpoint (all porcelain interior), Kelvinator (the oldest of the refrigerator companies), General Electric (with its unique foot-pedal door opener), and Westinghouse. The groom was fascinated with the Westinghouse refrigerator simply because of the imitation "fake food" displayed on its shelves.

The article really proved the point that an entire household could be outfitted from stores in Montrose in 1937. Today most of those items would be had online and Montrose businesses are for the most part specialty shops such as bookstores, gift shops, services such as nail and hair salons, and of course the ever-expanding selection of restaurants, fast food and coffee shops.

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

VIEWS FROM THE CVTC » CHRIS KILPATRICK

Sharing Goals and Updates

On behalf of the Crescenta Valley Town Council, I would like to wish the community a Happy Year and a great 2024!

The unincorporated portions of La Crescenta-Montrose fall under the purview of the Los Angeles County Board of Supervisors. In our case, this is the 5th District and

our supervisor is Kathryn Barger. Additionally, services we receive are provided directly by the County. This includes law enforcement, provided by the sheriff's department, fire protection and medical response by Los Angeles County Fire, etc.

The Crescenta Valley Town Council serves to represent the

community before the County supervisor as well as other County departments to ensure our interests are represented. The major issues we deal with include public safety, traffic and development. We are composed of 12 council members who volunteer their time to accomplish this.

As we move into the new year, there are several ongoing items the CVTC is engaged in and several we hope to take on.

Traffic safety remains a major concern in the community. This is a multi-faceted issue and the CVTC has convened the key parties involved (CHP, Sheriff's

Dept., GUSD, Public Works and the supervisor's office). From this task force and from everyone's contributions, we've achieved real results including a reduction in traffic collisions. Though this is encouraging, we look forward to working more on this issue. We also

see CVTC on page 15



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BETWEEN FRIENDS

USC-VHH Welcomes First Baby of the New Year



Baby Theodore arrived at USC Verdugo Hills Hospital on New Year's Day at 3:42 a.m. to parents Andy and Annie. This was an extra special delivery for staff as Annie is also an ophthalmologist with the USC Roski Eye Institute.

USC-VHH gifted the family with a basket of supplies and services donated

by the Crescenta Valley Chamber of Commerce. Included in the basket was a handmade blanket made by one of the hospital's nurses Mandi Rub, RN. For the past 30 years Rub has created a blanket for the first baby of the New Year at USC-VHH.

Photo provided by USC-VHH

Nominations Sought for the 2023 La Cañadan of the Year

The Kiwanis Club of La Cañada announced that nominations for the La Cañadan of the Year will open on Jan. 15. The general public is invited to submit the name of an individual, or a couple, who has provided exemplary service to the La Cañada Flintridge and foothill neighborhoods. For over 70 years, the award has been presented to past recipients such as Gil Smith, Dr. William Pickering, Michael Davitt and, most recently, Sheri Morton, to name a few.

La Cañadan of the Year Nominating Committee Chairperson Trish McRae said, "The La Cañadan of the Year honor has been awarded to many of the 'who's who' of La Cañada Flintridge. Our community is fortunate to have so many people who take service to heart and give back for the betterment of our City and children. I encourage everyone to submit a nomination for those they believe should be acknowledged and recognized for their volunteerism. We accept nominations for individuals as well as couples who serve together."

La Cañada Kiwanis President Joe Radabaugh added, "I encourage everyone to consider their friends and neighbors and submit an application for those deserving individuals who have performed service in our great community to our long-standing event."

The deadline to submit a nomination is Monday, Feb. 12. A noon-time luncheon celebration will be held to announce the name of the recipient and a date to celebrate based on the recipient's availability.

Nomination forms may be picked up at the La Cañada Flintridge City Hall at the LCF Chamber of Commerce counter. The application submittal forms may be requested by emailing Trish McRae at LCOY@lacadakiwanis.org.

Completed forms must be submitted by email to LCOY@lacadakiwanis.org or mailed to Kiwanis Club of La Cañada - La Cañadan of the Year, c/o Trish McRae, P.O. Box 33, La Cañada Flintridge, CA 91012. Those with questions can call Trish McRae at (818) 568-6411.

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National Charity League, Inc. – Glendale Chapter Announces Annual Membership Drive

The Glendale Chapter of National Charity League, Inc. (NCL), the nation's premier mother-daughter volunteer organization, has announced its annual membership drive. It has begun accepting applications from women with daughters currently in sixth through eighth grades. The Glendale Chapter currently has about 300 members who reside in the Glendale, La Cañada, La Crescenta, Pasadena,

Burbank and surrounding areas of Los Angeles. Glendale Chapter mother-daughter teams volunteered just under 8,880 philanthropic hours in the 2022-23 year for 20 philanthropic organizations in the community, including the YWCA of Glendale, Twelve Oaks Senior Living, decorating floats for the Tournament of Roses, assisting with Southern California Special

Olympics on game days, Door of Hope and the Red Cross. "National Charity League is a wonderful way for mothers and daughters to work together and grow through service to local philanthropies and develop leadership. They strengthen their relationships while building new ones," said Krysty Leckrone, Glendale Chapter co-president. For more information, prospective

members are encouraged to visit the Glendale Chapter's website at www.nationalcharityleague.org/chapter/Glendale or send an email to membershipglendale@nclonline.org. Applications for membership are only accepted during the annual membership drive from Jan. 15 – Feb. 16. Prospective members shall reside within the Glendale, La Cañada, La Crescenta, Pasadena, Burbank

and the surrounding areas of Los Angeles, and have a daughter currently in grades six through eight. Interested mothers are encouraged to attend one of the prospective member meetings in January and February 2024. To receive an invitation, contact the chapter at membershipglendale@nclonline.org. Completed applications are due by Feb. 16.

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TRAVEL & LEISURE

The Caltech Jazz Band presents the Annual Jazz Guest Artist Concert

The Caltech Jazz Band, under the direction of Barb Catlin, presents the annual Jazz Guest Artist Concert featuring legendary percussionist/drummer Alex Acuña and saxophonist/flutist Mary Fettig on Saturday,

Jan. 27 at 8 p.m. in Beckman Auditorium. Tickets are \$5 for students, seniors and faculty; \$10 for general admission and can be purchased by calling the Caltech ticket office at (626) 395-4652. Parking is free.

Peruvian drummer and percussionist Alex Acuña started his career playing with Prerez Prado but is best known for his tenure with the jazz super group Weather Report. His contributions on the legendary album Heavy

Weather, along with those of Joe Zawinul, Wayne Shorter and Jaco Pastorius, are recognized as defining moments in jazz history. Acuña is a top session musician and has recorded/performed with musicians from every genre – Paul McCartney, Ella Fitzgerald, Elvis Presley, Herbie Hancock, Antonio Carlos Jobim and many others. Acuña was the recipient of the Latin Grammy Lifetime Achievement Award in November.

Saxophonist/flutist, Mary Fettig rose to prominence when she became the first woman to play saxophone in the Stan Kenton Orchestra. In addition

to Stan Kenton, she has toured with Flora Purim and Airtio, Marian McPartland, Tito Puente, Toninho Horta, Joe Henderson and numerous short tours with celebrity acts. Fettig is active as the top-call woodwind player in the San Francisco Bay Area and also on the festival scene performing at Concord, San Francisco, Monterey, Playboy, Hollywood Bowl, Mt. Hood, Chicago, Detroit, Mobile, the world's first Women's Jazz Festival in Kansas City, Buffalo, Montreux and North Sea.

The Beckman Auditorium on the Caltech campus is located at 332 S. Michigan Ave. in Pasadena.

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ALEX ACUNA: Photo courtesy of Dominican Republican Jazz Festival
 MARY FETTIG: Photo courtesy of Danville Music may be too small


What's Cooking

Your Local guide to good food!


January 11TH Specials!

THEN & NOW

Montrose Theater
 Courtesy of the Historical Society of CV



THEN » The Montrose Theater was built in 1924 as a vaudeville-style theater. It had a stage and was designed to have live acts between silent movies. Undoubtedly some of those traveling performers stayed next door at the Montrose Hotel. Montrose was booming in the '20s and, as the community grew quickly around Honolulu Avenue, this was a popular spot. This was the theater in 1937.



NOW » The empty space between these two buildings is where the theater was. The Montrose Theater burned down in 1987 and the place where it stood is now the parking lot for Andersen's Pet Store. Andersen's occupies the building that was once the two-story Montrose Hotel. It's hard to believe the small parking lot shown here was once a full-sized movie theater.

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JUST FOR FUN

CALENDAR this

GLENDALE KIWANIS

The Kiwanis Club of Glendale meets on Fridays at noon. On Friday, Jan. 12, a representative from the Glendale Youth Alliance will be speaking to the Club.

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.

WORKSHOP AND READING

A Glendale poet laureate workshop and reading is on Saturday, Jan. 13 from 11 a.m. to 2 p.m. and features Glendale poet laureate Raffi Joe Wartanian. It is being held at Pacific Park Library, 501 S Pacific Ave. in Glendale. Participants will develop poems and explore crafts alongside featured poets Shahé Mankerian ("History of Forgetfulness"), Brian Sonia-Wallace (West Hollywood poet laureate, '20-'23), and Xochitl-Julisa Bermejo

("Posada: Offerings of Witness and Refuge"). All levels of experience and language backgrounds are welcome!

Free and open to the public, light refreshments provided and activities include reading, writing, workshoping and discovering.

Learn more and submit poems at glendalelac.org/poetlaureate.

NEWCOMBE FILM PRESENTED

Shadow Hills resident Carl Howell served as a naval aide to Presidents Kennedy, Johnson and Nixon and later as a Secret Service agent assigned to President Nixon's retirement. In his film "Carl Howell - Witnessing History," John Newcombe talks to Howell as he recounts some of his experiences of the 1960s and '70s during key times in America's history.

Local filmmaker Newcombe has presented several very interesting films at Bolton Hall Museum in recent years. On Jan. 13 he will also share his experience interviewing Carl Howell for this film.

This event is free and open to the public and everyone is welcome.

It takes place on Jan. 13 at 1 p.m. at Bolton Hall Museum, home of Little Landers Historical Society, 10110 Commerce Ave. in Tujunga.

Additional information is available from Little Landers Historical Society by calling (818) 352-3420 or visiting BoltonHall.org or emailing llhs@boltonhall.org.

PSHA IS LOOKING FOR TALENTED, LOCAL, YOUNG MUSICIANS

Pasadena Showcase House for the Arts is looking for talented musicians who play a brass, woodwind or string instrument to have an opportunity to exhibit their talents at the 37th Annual Instrumental Competition. Applications are now being accepted for full-time students ages 14-19 years of age who currently reside and attend high school in Los Angeles County.

You can read more at CVWeekly.com/JUST FOR FUN

WEEKLY HOROSCOPES

Provided by horoscope.com

January 8, 2024 - January 14, 2024

♈ ARIES March 21 - April 19

If you've never tried spiritual healing to resolve health issues, you may want to experiment. It seems you're willing to suspend disbelief now. This is especially the case if you've had an illness or experienced symptoms that don't seem to respond to mainstream medical treatments. Ask your doctor.

♉ TAURUS April 20 - May 20

You may have been battling all kinds of frustration and tension that has resulted in additional stress. Life will now become easier. This in itself should help you feel better and release the tight muscles. Your energy will improve dramatically, encouraging you to exercise more. Things look great!

♊ GEMINI May 21 - June 20

This is a good time to get a massage. You can absorb a lot of healing energy from those you're close to and the people who love you dearly. It's said that love is the greatest healer, so do all you can to bring more love into your life. It can only help you.

♋ CANCER June 21 - July 22

This is a great time to experiment with different forms of exercise until you find one that you enjoy. The focus on your health zone means that dancing may appeal to you. Dancing is great for firming up abdominals as well as overall fitness and flexibility. Try a style that helps to release emotions and leaves you feeling invigorated.

♌ LEO July 23 - August 22

You could be very conscious about your appearance now and inspired to start exercising more to tone up areas of your body that might need extra definition. Go for it now and you'll feel proud of your achievements in just a few months. You might be tempted to indulge in fast food because it's easy to grab, but try to resist.

♍ VIRGO August 23 - Sept. 22

Entertaining at home is fun, but it could encourage you to indulge more than necessary. This is where you need to take control. Work out an eating plan that's suited to your needs and tastes and will help you lose weight. Allow yourself a few indulgences so you can still enjoy a few dinner parties. Be disciplined and you'll stay fit and well.

♎ LIBRA Sept. 23 - Oct. 22

You want to read about any health issues that cause you concern or interest

you. The cosmos is encouraging you to delve more deeply into diet and exercise books or look online for ways to stay in peak condition. And don't just read about it - take action. Create a plan and set some health goals. Soon you'll be as fit as you want to be.

♏ SCORPIO Oct. 23 - Nov. 21

The cosmos is encouraging you to put money aside in order to take better care of your health. This is a great time to create a health budget. Think about joining a gym. Look into the cost of eating more healthfully and creating nutritious and easily prepared meals. Don't skimp on your well-being. It's your best resource.

♐ SAGITTARIUS Nov. 22 - Dec. 21

You're glowing with good health. Don't let minor setbacks stop you, as they'll soon disappear. The cosmos reveals that you're moving into a very positive phase that's bound to affect your energy level. Your eyes are shining and you look radiant. What more could you want? Everyone wants to know your secret.

♑ CAPRICORN Dec. 22 - Jan. 19

The cosmos is going to have an impact on your health now. You should feel brighter and more energetic on all levels. Use the power of your imagination to visualize yourself in excellent shape. Make the images as real as possible and step into them. If you do this regularly, you'll get fitter and fitter.

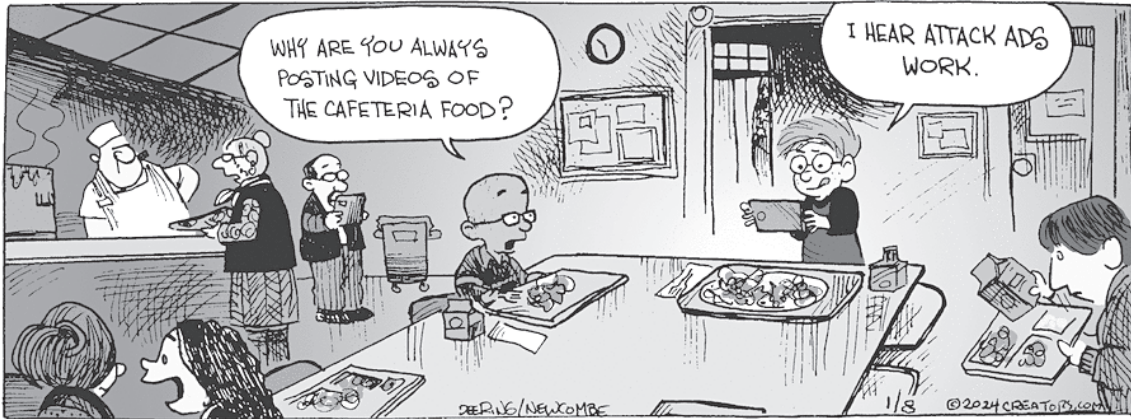
♒ AQUARIUS Jan. 20 - Feb. 18

Your social life is busy. While you're enjoying yourself, think about your health and take steps to remain in peak condition. That means not drinking too much alcohol, avoiding junk food, drinking plenty of water, and getting enough sleep. If you exercise daily, you should be able to rid your body of excess toxins and stay in good mental shape as well.

♓ PISCES Feb. 19 - March 20

The cosmos is encouraging you to regularly release toxins from your system. Saunas are one way to kick-start the process, as is daily exercise. You'll also benefit from just eating simple foods, such as vegetables, fruits, and juices a couple days a month. Not only will you feel better all over but also your immune system will strengthen and your organs will function better.

» ZACK HILL BY JOHN DEERING AND JOHN NEWCOMBE



FreeDailyCrosswords.com

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ACROSS

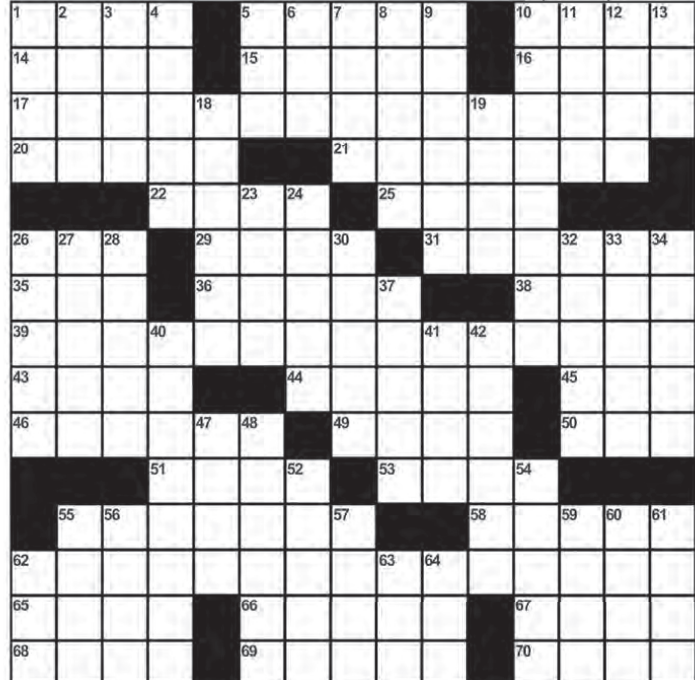
- 1) Fill-in at the office
- 5) Doughnut shape
- 10) Computer data unit
- 14) To shelter, on a ship
- 15) Hangout
- 16) Stop-listen link
- 17) It opens Windows
- 20) Capital on the Songka River
- 21) Rescuers
- 22) An EPA concern
- 25) Cultivate
- 26) "Messenger" compound
- 29) Musical miscellany
- 31) Installment program?
- 35) Suffix for "velvet"
- 36) Dealers' dreads
- 38) Napoleon's place of exile
- 39) Leo, e.g.
- 43) Admire amorously
- 44) Herculean types
- 45) Expert fighter pilot
- 46) Floodgate-opening sound
- 49) Bailiff's order
- 50) Ill-mannered fellow
- 51) "Casey at the Bat," for one
- 53) Word with fried or crazy
- 55) Ball-shaped flowers
- 58) Russian country home
- 62) Low-growing, spring-blooming perennial
- 65) Leave unmentioned
- 66) Online periodical
- 67) Fly on a hook, to bass
- 68) Head, in Paris
- 69) Suffer in the sun
- 70) Consenting votes

DOWN

- 1) Engine rpm measurer
- 2) Noted first name in jazz
- 3) Chicken chow
- 4) Mythical cowboy Bill
- 5) Even if, informally
- 6) Clumsy one
- 7) Daily grinds
- 8) Remove one's chapeau
- 9) Martin and Lawrence
- 10) Cherry-colored
- 11) Word with "move" or "majesty"
- 12) Throw
- 13) ___ out a living
- 18) "Mikado" costume
- 19) Outfielder's call
- 23) Norwegian royal name
- 24) Roundabout measure?
- 26) Seed anew
- 27) Stable sound
- 28) American in Paris, e.g.
- 30) Orangish shade
- 32) "Sacro" extension
- 33) Banana plant fiber
- 34) Secured, as sneakers
- 37) Convoy components
- 40) Apprentice
- 41) Gung-ho quality
- 42) Central New York city and lake
- 47) Alone
- 48) Young herd member
- 52) Passover fare
- 54) Come back from behind
- 55) FDR's coin
- 56) Got down
- 57) LaBeouf of films
- 59) Crossworder's need
- 60) Bickerer in the "Iliad"
- 61) Captains often hear them
- 62) Destiny
- 63) Coast Guard off.
- 64) Hamster healer

POSSESSED

By Corey Bowers



see ANSWERS in next week's issue.

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More Information Coming Soon.

COMING Soon 2024

The Finest celebrates those who worked hard to rise above the rest, recognizing them for their outstanding efforts, whether in business, as a service provider, a teacher or for their volunteer efforts.

HEALTHY LIVING from page 5

program. One way to preserve the positive reinforcement without the doubts and challenges, according to Peters and other experts, is to continue using a diet program alongside regular consultations with a dietician.

Dietician and nutritionist Brendal Plonka wrote in a Sept. 13 blog post that maintaining healthy eating habits while on Ozempic® or on a weight loss program is essential to preserve and improve health while on these medications.

“The decreased appetite that comes with Ozempic® often leads people to eat mostly carbohydrates when they do eat. While carbohydrates are still essential for someone who is on Ozempic®, this can come at the expense of other nutrients. A dietitian can help you understand which nutrients you need so that your diet is balanced,” Plonka said.

Mindfulness in eating, according to Peters, is eating with “attention and intention” – diets focusing less on calories, sugars, fats or proteins but on how eating makes a person feel. Mindful sensory eating, when people are conscious of how much they are eating and the feeling of getting full, is

directly in contrast to mindless eating, when people are eating when distracted, socializing or stressed, or snacking when hunger isn’t even a factor. The best way to “diet” is to take a mental note of hunger cues – feelings of hunger, feelings of fullness – and recognizing when or if there are habits or cravings, or if emotions are the reasons for eating or overeating.

“Awareness is an important element of decision-making. It’s eating with the intention of nourishing and taking care of oneself,” Peters said.

Having mindfulness about what is eaten is vital to maintaining a healthy weight and lifestyle. According to Peters, mindfulness eating can include how people perform background research on diet companies and assess their own health conditions that could affect how they diet. It can be something as simple as looking at the contents on food labels

– the nutritional contents and ingredients – when shopping at grocery stores.

“It won’t necessarily give you a clearer picture of what you should be eating but it can definitely answer quick questions like how much of something is in [the item]. If you were recommended a certain amount of protein, and this product has this much protein or this product has not enough, or this product has too much added sugars and not enough of other ingredients,” she said.

Peters’ biggest piece of advice is to see a dietician who is certified and has continued expertise in whole body nutrition.

“I think discussing [dieting and dietary changes] with a dietitian is extremely important,” said Peters. “That way she can or he can guide the individual to what to look out for, follow up with them and

see how things are working and maybe even lead them back out [of the program] when they’re finishing up. It’s all about that continuum of care.”

Other tips are to see how food

affects emotions, energy levels and sleep levels, learn to enjoy the taste of healthy food by cooking in a way that’s pleasing, or learning which food fuels workouts, said Peters.

VOLUNTEERS from page 3

fundraising, outreach and connection with other nonprofits.

Volunteers with Prom Plus and the Fire House are excited to see what visions the community has for their future – they just need the people power to pull it off!

Prom Plus volunteers hope to hold a planning event every month of the remaining 2023-24 school year, all in planning for the May event... giving the community ample opportunity to come together in support.

For those looking forward to upcoming events, GUSD students, parents, teachers and supporters are invited to dine all day at the

Oceanview Bar and Grill Dine Out on Jan. 25. A March bingo night is in the preliminary planning stages. Prom Plus will host a family-friendly evening of bingo games in association with the American Legion and are currently accepting donations for potential prizes.

Prom Plus is also interested in partnering with other nonprofits that focus on youth in the community.

The Prom Plus planning meeting is being held on Jan. 18 at 5:30 p.m. at the Fire House, 2563 Foothill Blvd. in La Crescenta (at Rosemont Avenue).

CV WEEKLY IS ONLINE!
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CVTC from page 9

need everyone’s help. I would like to ask that community members slow down and be mindful of their driving habits. The life you save might be your own or that of your neighbor.

Development is also a major issue with which the CVTC deals. Our community has a very unique and special character. As such, protecting and maintaining this character is a top priority. The State of California has mandated several major changes in existing zoning rules. This includes allowing ADUs, waiving parking requirements and development standards, and increasing density in our neighborhoods. Through all of this – as possible – the CVTC strives to represent the community.

In addition to these ongoing issues, the CVTC will be focusing on a few new issues as well. Street/sidewalk vending has become very prevalent in the Crescenta Valley. The County has very little oversight at the present moment to ensure health regulations are followed, etc. There are also a variety of opinions among residents regarding this issue.

Crescenta Valley Park is a major facet of the community but remains largely inaccessible to those with disabilities. Members of the community have raised this concern. The CVTC received a preliminary report from the County outlining basic improvements that would help the park be utilized by everyone. The CVTC will follow this issue and explore options available.

The CVTC is proud to represent the community and looks forward to a very productive 2024.

Our next general meeting is on Jan. 18 at 7 p.m. at the La Crescenta Library, 2809 Foothill Blvd. We hope to see everyone there.

Chris Kilpatrick, President
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