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## Local Neighbors Want Inclusion on the Bike Path Plan

By Mary O'KEEFE

At last week's Glendale City Council meeting a presentation was made concerning the City's bike path plan. The plan is a work in progress and City staff reached out to several organizations for feedback concerning the plan.

"To ensure a comprehensive and inclusive approach, we have formed a dedicated Project Development Team. This team consists of a diverse range of participants, including representatives from citywide departments, engaged community members, regional stakeholders and members of TPC [Transportation and Parking Commission] and Sustainability Commission. Their insights and experiences have played a crucial role in shaping and informing the updated Bicycle Transportation Plan," according to the City of Glendale.

The issue often brought up during the public communications portion of the Glendale City Council meetings is from a far North Glendale coalition. The coalition members feel that "once again" they were left out of the decision-making process though some of the bike path directly affects their neighborhood.

"They have not contacted us at all," said Patrick Murphy, a member of the grassroots organization Verdugo Wash Neighborhood Coalition.

Murphy said he just happened to learn the City Council would be discussing the bike path plan on Jan. 9.

"Every week I am emailed the upcoming meeting [information]," he said. However, he did not receive an email concerning the Jan. 9 meeting.

"[The Coalition] is not opposed to the bike path where it is

see GCC on page 6

## Recognizing MLK Day

By Mary O'KEEFE

*Martin Luther King Jr. Day was recognized and honored with the Peace Breakfast at the Glendale YMCA that celebrated MLK's spirit.*

On Monday morning, the Glendale YMCA held a Peace Breakfast to honor civil rights activist Dr. Martin Luther King Jr. Before taking the microphone, keynote speaker Dr. Darneika Watson, Glendale Unified School District (GUSD) superintendent, and the breakfast audience were entertained by former and present GUSD students. Tara Peterson, Glendale YWCA CEO, was the emcee for the event. She introduced 21-year-old singer Stone Morgan, a Glendale High School (GHS) graduate, who started off the event and set the tone of respect and celebration. He was

see MLK DAY on page 8



Photos by Mary O'KEEFE

ABOVE: The Glendale High School dance team entertained Peace Breakfast goers.

LEFT: GUSD superintendent Dr. Darneika Watson was the keynote speaker.

## 'Go For Stack' – Moving Endeavour's Fuel Tank

By Mikaela STONE

The California Science Center announced all systems are "go for stack" for the space shuttle Endeavour. According to its website, "Go For Stack is the complex process of moving and lifting each of the space shuttle components into place for Endeavour's upcoming 20-story vertical display in the future Samuel Oschin Air and Space Center, which is currently under construction." The fuel tank, which was recently moved to the campus of the California Science Center, joins the pair of solid rocket boosters already erected in the scaffolding. The movement of the ET-94 fuel tank to the construction site occurred on the morning of Jan. 10, with the subsequent lift into place of the fuel tank occurring three days later in the early morning – a process lengthened by the elements as even

see ENDEAVOR on page 8

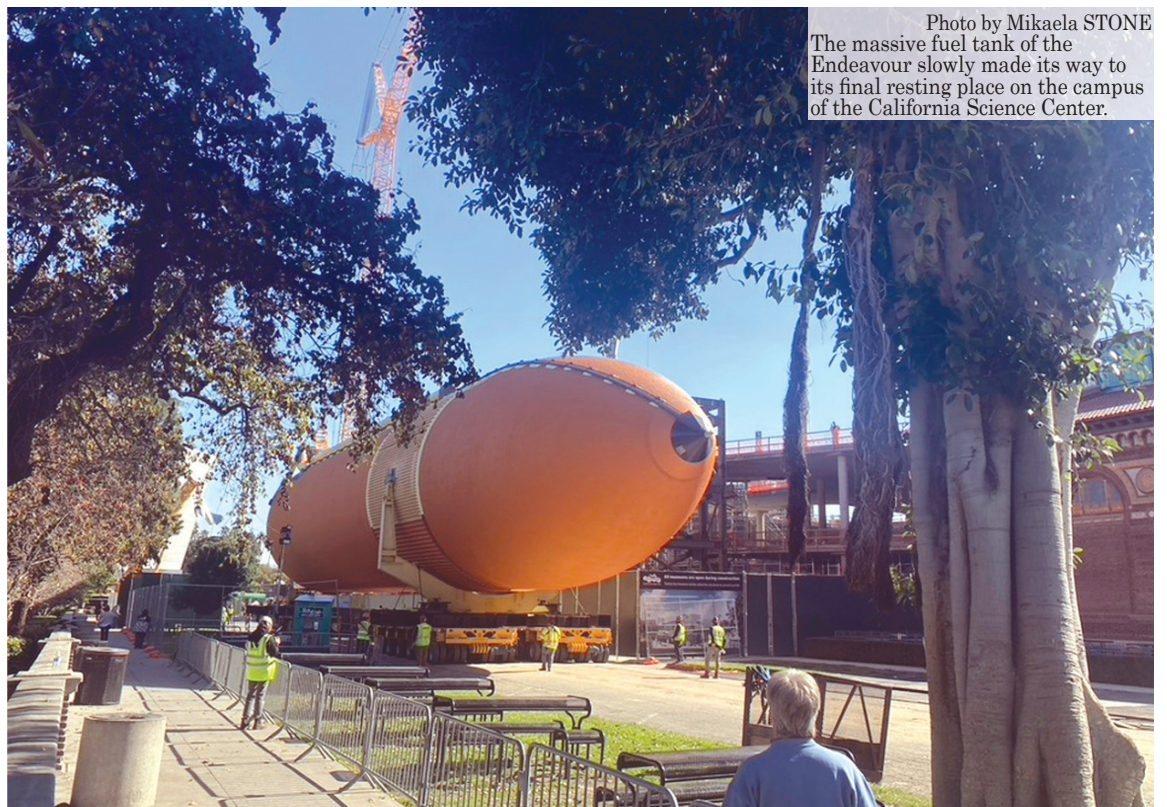


Photo by Mikaela STONE  
 The massive fuel tank of the Endeavour slowly made its way to its final resting place on the campus of the California Science Center.



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» FROM THE DESK OF THE PUBLISHER

# Looking for A Good Time

I don't know about you, but on the weekends (especially busy ones) I am apt to just plop on my recliner and call it quits at the end of the day. This past Saturday was not any different; I did a lot of work around the house (the fun kind that included picking up dog poop – yuck). After raking leaves and cleaning out the side yard I was tired and headed for my recliner. Steve returned home from doing some Montrose Search & Rescue stuff and we grabbed some dinner before he got a call out. Out the door he flew!

As the clock approached 8:30 I had a conundrum: huddle in for the night or head to the Blue Moon Lounge on Verdugo where my friend Richard Dell and his fellow musicians in Rock Bottom Betty were performing.

I know Richard from the Glendale Kiwanis and he made a point at the Friday meeting of saying he'd pay \$5 for every Kiwanian head that showed up at the Blue Moon to cheer on Rock Bottom Betty. Who was I to deny my club at least \$5 for my presence? So I bundled up, slapped on some lipstick and headed to the Blue Moon.

I wasn't the only one looking for a good time at the Blue Moon! I found many of my fellow Kiwanians there (Richard's going to have to pay a hefty fine at this Friday's Kiwanis lunch). And as a bonus: the band wasn't bad! It covered several tunes that struck a

familiar chord (see what I did there – I brought in a music reference) including tunes from The Beatles, The Rolling Stones and Backman Turner Overdrive. A couple of us even got up and danced! And the icing on the cake was when Steve made his way upstairs, done with his call and ready to cheer on Richard and his buddies. We had such a good time; it's not surprising that I was the last of our group to leave. I was looking for a good time – and I found it.

Sunday was a little quieter but fun nonetheless. My friend was celebrating her birthday at a little place in Glendale called Oak and Vine. I had never been there but I wouldn't be surprised if I returned – and soon! First off, we had the upstairs all to ourselves. Our server was super and the food was pretty good. A ton of things were brought out for us to enjoy – from empanadas to flat bread pizza. Of course, I enjoyed a mimosa (or two). Add to that the great people that were there to sing Happy Birthday and it made for a very memorable afternoon.

I did take a moment to breathe a prayer of thanks for the terrific people I know who wanted me to be a part of their fun times.

*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

I always know how long ago the Northridge Earthquake occurred because of my earthquake baby.

My OB/GYN told me that he had a feeling that I would not be able to make it to the hospital, St. Joseph in Burbank, in time. He said he wanted to induce labor even though it was about two weeks before my daughter's due date ... but he had this feeling. So on Jan. 14, 1994 I went to the hospital to have my daughter. The birth went well; my doctor was a Trekkie, so how could anything go wrong? In fact, at one point he held a Tricoder over my stomach, looked at it and said, "She's about ready." When my brother asked what type of equipment that was and I told him it was a Star Trek toy, it did not build in him confidence toward my doctor but for me it was perfect.

I had my child but she had to stay in the hospital a little longer than we planned and we got home very late on Jan. 16. When we all finally settled – my brother in my son's bunk bed and my son, husband and newborn all in one bed – we were finally at peace. That lasted only a few hours because at about 4:30 a.m. it felt like a truck had hit the side of our home ... and then we heard a lot of rushing water.

Our water heater had shot out of the side of the house. For my brother, who could never be described as a calm person, this was the end of the world. He somehow jumped out of the bunk bed and into our bed in a matter of seconds. My husband, a Southern California native, was eerily calm ... the only way California-born people can be during earthquakes and rogue waves. I immediately thought of how amazing my Trekkie doctor was to go with his feeling because he was right – there would be no way I could have made it to the hospital after the quake.

The Northridge Earthquake is one of those Southern California "Where were you when..." moments. Everyone seems to remember where

they were – not only on the day it struck, they also remember weeks beyond. That is because the damage was intense.

As a reminder, the earthquake hit on Jan. 17 early in the morning and was a magnitude 6.7. It was centered in Northridge and caused a death toll of 72, including those who suffered heart attacks. (This is an updated death toll from 57.) It also injured thousands. This quake caused up to \$20 billion in damage plus another \$40-plus billion in economic loss. This was the costliest earthquake disaster in U.S. history, according to Conservation California.

It brings to mind iconic images of freeway overpasses and bridges in ruins, buildings seemingly cut in half and fires popping up and down Lankershim Boulevard.

It has been 30 years since that quake. Although we all remember where we were, the death toll that continued to rise and those terrifying scenes of destruction, we seem to forget that this was a scenario of "not if but when" it will happen again.

I wonder how many of us have prepared for the next big one? Here are the proactive seven steps of preparedness that are suggested from the Earthquake Country Alliance:

- Step 1 Secure your space by identifying hazards and securing moveable items.
- Step 2 Plan to be safe by creating your emergency plan and deciding how you will communicate.
- Step 3 Organize emergency supplies in convenient locations.
- Step 4 Minimize financial hardship by organizing important documents, strengthening your property and considering insurance coverage.
- Step 5 Drop, cover and hold on or perform other recommended actions.
- Step 6 Improve safety after earthquakes by evacuating if necessary, helping the injured and preventing further injuries or damages.

see WEATHER on page 17

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# NEWS

## IN BRIEF

### CVTC HOLDING GENERAL MEETING

The Crescenta Valley Town Council is having its monthly meeting tonight, Thursday, at 7 p.m. in the community room of the La Crescenta Library, 2809 Foothill Blvd. Among the items on the agenda is the recognition of outgoing members and an update on the November election.

All are welcome.

### BINGO TICKETS ON SALE

Tickets are now available for the "historical" bingo game on Jan. 27 that benefits the CV Chamber of Commerce. Tickets are \$25 each, which pays for 10 games, up to 40 chances to win cash, and a dauber. The game is held at the Verdugo Hills Memorial Hall, 4011 La Crescenta Ave. in La Crescenta. Doors open at 4:30 p.m.; first game is at 6 p.m.

Tickets are available at the offices of the Crescenta Valley Weekly, 3800 La Crescenta Ave. #206, at KNAX Clawssy at 3156 Foothill Blvd. and Bob Smith Toyota, 3333 Foothill Blvd.

### PROM PLUS MEETING

Prom Plus, the after-prom event that gives CVHS seniors and their dates a safe place to go after prom, is having an organizational meeting tonight, Thursday, at 5:30 p.m. at the Fire House youth center.

Partnering with Fire House, we have multiple positions that are open for the: executive board, key committees and event leads. At the meeting there will be information on what each board member does as well as an overview of the new committee structure.

Those interested are invited to email CarryAllTheTables@gmail.com, call Mary at (818) 535-5962.

The Fire House youth center is located at 2563 Foothill Blvd. in La Crescenta (at Rosemont) on the campus of St. Luke's of the Mountains.

### ROSEMONT PRESERVE OPEN GATE MORNING

An "open gate" event is taking place at the Rosemont Preserve on Sunday afternoon, Jan. 21. 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 2 p.m. to 4 p.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. and not in front of neighbors' homes. 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.

### HAPPY NEW YEAR FROM CVCA

The Crescenta Valley Community Association will have its first meeting of the year on Thursday, Jan. 25 at 7 p.m. This will be a live, in-person meeting in the La Crescenta Library community room. Just prior to the CVCA meeting, the Crescenta Highlands Neighborhood Association will hold its annual meeting at 6:30 p.m. This meeting is for residents who live in the Glendale portion of La Crescenta between Lowell and Pennsylvania avenues, but all are welcome to attend. Both meetings will include topics important to the greater Crescenta Valley.

The La Crescenta Library is located at 2809 Foothill Blvd. Contact the CVCA at crescentavalleycommunityassn@gmail.com with any questions or to be added to the meetings notification list.

### 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@rainbarrelstntl.com or call (818) 602-6316.

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

# Bingo Fundraisers 'Fun'd Community Orgs and Family Fun

By Eliza PARTIKA

The time for bingo fundraisers in the community has come around again. Several La Crescenta organizations hold fundraisers throughout the year to support their numerous philanthropic outreach projects, including local activities and scholarship programs for students.

Bingo fundraisers are an important way to raise the visibility of community organizations and have become a staple in the La Crescenta community. They are a vital way for the greater community to contribute to their local programs while socializing, reconnecting with each other and creating memorable family fun, said Steve Pierce, a member of the Crescenta Valley Chamber of Commerce. The Chamber is having its bingo night on Saturday, Jan. 27 at the Verdugo Hills Memorial Hall. Doors open at 4:30 p.m. and the first game is at 6 p.m.

"Bingo events are a social gathering for young and old to reconnect, reminisce and have an evening of family-friendly fun . . . and even win some money. We are expecting a full crowd so get there early and bring your friends. Support the CV Chamber and your community, and get ready to yell 'BINGO!,'" he said.

Scott Frost, president of the Crescenta Valley Columbus Club, chancellor for the local Knights of Columbus, and "chief bingo maker" this year, said he is impressed by the positive community response to bingo nights. In a poll the Knights took after the pandemic restrictions lifted, Frost said a majority of respondents voted to have bingo nights once a month.



File photo Steve Pierce, at a previous bingo held at the Verdugo Hills Memorial Hall, said bingo games are a great way to reconnect while possibly raising money.

Due to manpower limitations, they plan to have a game every few months instead. The first of those games since COVID took place in August with a hearty attendance of 150 people. Frost said the Knights expect around 200 people to attend its first bingo of 2024, which is on this Saturday, Jan. 20.

"It's really important because [community members] get to see each other, they get to see their kids. It's a good, low cost way to have a family event and to have a good time. It raises money for good causes," he said.

The Knights use money raised from bingo nights to support local churches and schools, and to collect money to repair the Knights of Columbus Hall on Honolulu Avenue.

Bingo nights are Frost's favorite and longtime way of reconnecting with old friends.

"You're struck by how many people you haven't seen in a long

time, how much you enjoy them, enjoy your relationship," he said. "You reconnect with them."

He said bingo events are also unique because families can bring their kids along.

"They get to come and play with friends," he said.

Community members who have never attended a fun evening of bingo will have the opportunity to do so throughout January, February and March this year. Organizations holding fundraisers in January include the Knights of Columbus on Jan. 20 at Healy Hall at Holy Redeemer, 2411 Montrose Ave. and the Crescenta Valley Chamber of Commerce on Jan. 27 at the Verdugo Hills Memorial Hall in La Crescenta.

Healy Hall will open at 5 p.m. on Jan. 20 for the Knights of Columbus Bingo Night with the last game completed at 9 p.m. Tickets are \$30 per person.

see BINGO on page 8

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# Glendale Unified Commemorates International Holocaust Remembrance Day

Glendale Unified middle and high school students will again have an opportunity to hear directly from survivors of the Holocaust from Jan. 16-19. Holocaust survivor speakers will present their life stories via Zoom to students. The presentations will also be recorded for future viewing. Among the speakers will be David Lenga (96) who survived three concentration camps, including Auschwitz and Dachau.

These very special presentations coincide with International Holocaust Remembrance Day. On

Jan. 27, 1945 (79 years ago), Soviet soldiers liberated Auschwitz-Birkenau, the largest Nazi concentration and extermination camp. It is estimated that the Nazis deported over 1.3 million people to the Auschwitz complex between 1940 and 1945. Of these, 1.1 million people were murdered. On this annual day of commemoration, nations from all over the world join in honoring the six million Jewish victims of the Holocaust and providing educational programs to help prevent future genocides.

Every year, the Glendale Unified board of education adopts a resolution in honor of Holocaust Remembrance Day. The resolution includes a commitment that, "our community works together to promote human dignity and confront hate whenever and wherever it occurs." This resolution and the Holocaust survivors' presentations hold increasing significance given the dramatic rise in anti-Semitism across the nation and in Los Angeles County.

# School Board Recognizes Achievements of Black Students for MLK Day

By Eliza PARTIKA

Glendale Unified School District board of education at its Jan. 16 board meeting recognized Martin Luther King Jr. Day and the contributions of Black students and community members.

As part of the recognitions, the board adopted Resolution No. 21, which recognized the rich culture, contributions and value of Black students and community members.

"We're proud to have once again renewed this resolution, which will be on the agenda later this evening. The resolution includes a commitment to support the social, emotional and physical needs of all students to embrace historically underrepresented communities and intentionally work to eliminate bias in our curriculum, our classroom cultures and our

relationships with our students, our parents and guardians and each other," said board member Shant Sahakian.

Rebecca Mieliwocki, coordinator of Student Teaching and Learning at GUSD, said celebrating the stories and rich culture of diverse people not only gives insight into the past, but also informs the present and impacts the future.

"It's important to know that Black history is American history, and that it's a story [that celebrates the] struggle of perseverance, achievement and joy. And when we spotlight the work of Black heroes and their stories, accept the very complex truths about what it means to be an American and what it means to be Black in this nation, we help our students understand that the legacies created by Black Americans are shaped by fights for justice, for identity for equality

and understanding," Mieliwocki said.

Beginning with the celebration of Martin Luther King Jr. Day on Jan. 15 and extending through Black History Month in February, students at Glendale Unified will participate in activities and lessons focused on Black history and culture, and the many Black and African American individuals who have contributed greatly to American history and to the community.

see GUSD on page 8



Hoover High School students Adriana Morgan and Caitlin Song spoke about their People of Color Empowerment Club.



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# Update on Sagebrush Territory Transfer

From Superintendent Dr. Darneika Watson:

As you may recall, back in 2016 a group of residents from the territory known as Sagebrush submitted a petition to transfer students living in the Sagebrush area from GUSD to La Cañada Unified School District (LCUSD). In October 2019, the Los Angeles County Committee on School District Organization voted to approve this petition and redraw the GUSD and LCUSD boundaries.

to the California State Board of Education (SBE). After several years of delays due to the COVID-19 pandemic, the SBE is scheduled to consider our appeal at their meeting this Thursday, Jan. 18. I, along with Board President Jennifer Freemon, Board Member Ingrid Gunnell and several GUSD staff members, will attend this meeting and advocate for the SBE to reverse the County Committee's decision and keep the Sagebrush territory in GUSD.

GUSD appealed the decision

If you would like to submit a comment to the SBE in support

of GUSD's appeal, you can do the following:

1. Visit the SBE Public Comments Form
2. Enter your name and email address
3. For "Agenda Item," select Item 19 – Appeal of an Action of the Los Angeles County Committee on School District Organization to...
4. For "Position on the Matter," select Support
5. Enter your comment. Use the header: Support GUSD Appeal & Oppose Territory Transfer Should the SBE deny GUSD's

appeal and approve the territory transfer petition, the transfer must then be approved by a community vote in order to be finalized. The SBE will determine which members of the GUSD and LCUSD communities will be eligible to vote on the territory transfer. We are advocating strongly for every member of our GUSD community to be included in this vote.

In GUSD, we remain committed to providing an exceptional education that prepares our youth for success in college, career, and life. We

want every student to find their passion and feel a sense of belonging in our schools. In addition to rigorous instruction we proudly offer a wide range of dual immersion, visual and performing arts, athletics, science and technology and Career and Technical Education programs, many of which are open to students living in and outside our district boundaries. Regardless of the eventual outcome of the territory transfer, every student and family will continue to be welcome in GUSD schools.

## La Cañada Flintridge Measure on March 2024 Ballot

By Mary O'KEEFE

La Cañada Flintridge has a measure concerning taxes on the March 5 ballot.

The La Cañada Flintridge Essential Services Measure proposes to establish a ¼-cent sales tax that is estimated

to provide about \$2,625,000 annually to the City until ended by voters. The funds will be used for services including increasing neighborhood sheriff patrols; preparing for and responding to wildfires/natural disasters; repaving and repairing streets/potholes; keeping public spaces

safe and clean; maintaining parks and community programs for youth and seniors; and general government use.

A "yes" vote supports establishing a sales tax of 0.75% for general government use. A "no" vote opposes establishing the sales tax.

## Car Versus Bicycle in Burbank

On Jan. 16 at about 7:20 a.m., the Burbank Police Dept. received several calls regarding a traffic collision involving a bicyclist on Clybourn Avenue near Oxnard Street.

A 77-year-old male was riding his bicycle south on the east sidewalk of Clybourn Avenue approaching Oxnard Street. As he entered the intersection, a black sedan that was traveling

east on Oxnard Street collided with the bicyclist. The driver fled from the scene in the vehicle shortly thereafter.

The bicyclist sustained major injuries as a result of the collision and was transported to a local trauma center where he is being treated for life-threatening injuries.

Burbank Police Traffic investigators and detectives

responded to the scene and are handling the investigation.

Investigators are asking persons who witnessed the collision or who have any information pertaining to the collision to contact Traffic Investigator R. Murphy at (818) 238-3103. Those who call can remain anonymous.

## Senator Portantino Responds to Governor's Budget Proposal

State Senator Anthony J. Portantino released the following statement regarding Governor Newsom's 2024-25 State Budget proposal:

I applaud the Governor on his proposed budget and recognize the importance of taking prudent fiscal steps and protecting essential services during this time of post-pandemic economic change and delayed income receipts.

I am grateful to the governor for including several issues that have been part of my legislative priorities for many years. In particular, the governor included funding for behavioral health training and dyslexia risk screening. Mental health is a priority policy issue for me, especially for our youth who face numerous behavioral health challenges and far too

many suicidal thoughts. The governor's budget provides school staff with the tools they need to recognize and address the mental health needs of students. The budget action and pending trailer bill language will significantly mirror SB 509, a measure I drafted in collaboration with a broad coalition of behavioral health professionals. This budget action will undoubtedly improve the health and welfare of our students, save lives, and make our campuses better.

"CBHA commends the governor for recognizing this important policy and including it in his budget," stated Dr. Le Ondra Clark Harvey, chief executive officer for California Council of Community Behavioral Health Agencies (CBHA). "Since 2018, CBHA

has advocated for policies that require schools to offer mental health and substance use training for laypersons and school personnel. When the pandemic hit, we escalated our advocacy as the need to support youth who face mental health challenges grew exponentially. We are grateful to Senator Portantino for being our lead legislative champion for this important policy and to the many individuals and organizations who supported our efforts over the years."

Additionally, the proposed budget implements risk of dyslexia screening for students (kindergarten through second grade) with a \$25 million ongoing Proposition 98 General Fund investment.

"As a dyslexic myself, I am see PORTANTINO on page 6





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# Hill Restaurant Permit in Review

By Mary O'KEEFE

CVW was contacted by local residents concerned about Hill Restaurant in the 3300 block of North Verdugo Road and their recent request of an "administrative use permit to allow the on-site sales, service and consumption of alcoholic beverages."

As pointed out by Bradley

Calvert, director of Community Development for the City of Glendale, the restaurant is within its right to apply for the permit.

This does not appear to be in dispute by residents; however, some are cautious because of past issues with the permits. It appears at the foundation of the concern is parking.

A neighbor, who wishes not

to give his/her name due to a concern about retaliation, stated that during a previous event at the restaurant the business had a valet service parking cars. (There is limited parking in the lot in front of the restaurant.) The vehicles arriving for the event were parked on nearby residential streets, where parking is already limited.

"I, and other people who live

nearby, called and emailed the City to inform them of the ... activity," the resident said.

The resident said it took many emails and neighbors to contact the City before any action was taken.

Calvert confirmed that he has received about 20 comments concerning the application; however, as of last week the permit was still under review.

GCC from Cover

appropriate – from the LA River up to Brand and then stopping," he said.

The City's Verdugo Wash Vision plan, which includes the formation of biking and walking paths, is the reason the neighbors formed the Verdugo Wash Neighborhood Coalition. They felt, and still feel, they are left out of a conversation that directly affects them.

The Verdugo Wash Vision plan includes proposed pathways along the wash, and in some areas in Glendale the path is open. But in the area represented by the Coalition the wash butts up within feet of some homes in the area, including the Whiting Woods and Sycamore areas.

The residents have had meetings with City staff in the past but at the request of the Coalition – not because there was any outreach. City staff

has said it has sent out mailers of the projects; however, many in Coalition neighborhoods reportedly have not received them.

Then there are projects that appear to have no outreach.

"A woman reached out to [City officials] and said she wanted a path through the [Coalition] neighborhood to Crescenta Valley Park," Murphy said.

It would be cut from where Cloud Avenue meets Sycamore Avenue in the Coalition area. Murphy said he only found out about this proposed project when he saw surveyors from the City. Through a public records request he found there had been a lot done on creating this cut-through, which would affect properties, without any contact with residents.

Murphy said the residential members of the Coalition would like to be part of any

official committee concerning the Verdugo Wash Vision plan and other projects that directly affect their neighborhood. This is especially important because of the unique area of these neighborhoods and the Verdugo Mountains, which are on an extreme fire list.

"My [homeowners] insurance went from \$2300 [annually] to \$6200 in one year because we are in an extreme fire area," Murphy said.

Other residents are facing the same issues, including one neighbor who lost his insurance due to the fire danger.

"He was told he could get his insurance back if he cut down all of his trees around his home ... the protected trees around his home," Murphy said.

He understands the desire for more bike paths but wants the City to understand that it is not as simple as carving out a

piece of a street or wildlife area to create the bike path. There are a lot of factors that go into this decision and his neighbors, who have attended the four most recent official outreach meetings, would like to have a bigger role in deciding the fate of their own property.

The City's Project Development Team is composed of several organizations, including AAA, Glendale Unified School District and Glendale Chamber of Commerce. It does not include representation from many neighborhoods although it does have representation from the Glendale Riverside Rancho area. This falls in line with what many Coalition members feel – they were left out of the decision-making process.

"The neighborhoods are primary stakeholders," Murphy said.

## CRIME BLOTTER

JAN. 11

200 block of Starlane Drive in La Cañada Flintridge, a resident left his home and when he returned he found the rear sliding glass door had been smashed leading into the home. A gun safe, rifle and several rounds of rifle ammunition were stolen along with other personal items.

The residential burglary occurred between Jan. 11-13.

2000 block of Foothill Boulevard in La Crescenta, a witness reported that as s/he was driving westbound on Foothill Boulevard s/he heard glass breaking. S/he looked in the direction of the noise and saw a grey

newer model Dodge Durango. Next to the vehicle the witness saw a male suspect wearing dark clothing and a face mask. The suspect was looking at the witness; the witness also saw three additional suspects who were also wearing dark clothing and face masks. It appeared the suspects had broken the glass in the door of a business. The witness, fearing for her/his life, left the area.

The witness made a U-turn to attempt to get more information on the vehicle. Deputies were called to the area. An investigation found that the interior of the business had been ransacked and multiple blood spots were found throughout the business.

Deputies found a safe that someone had apparently tried to cut open with a reciprocating saw. There were burglary tools left at the location.

The business burglary occurred at 3:50 a.m.

JAN. 10

600 block of Foothill Boulevard in La Cañada Flintridge, an informant reported that three female suspects entered through the front door of the store and headed toward the kids' clothing section. They grabbed numerous items of clothing and without attempting to pay for the items left the store. Suspect No. 1 was described as wearing a black

sweater and light blue jeans and had red hair. Suspect No. 2 was described as wearing a green sweater and blue jeans. Suspect No. 3 was described as wearing a blue sweater and blue jeans. The theft occurred at 11:25 a.m.

400 block of Richmond Road in La Cañada Flintridge, deputies responded to the activation of a burglary alarm at a residence. When they arrived they found rooms in the home had been ransacked and a double-paned glass door had been shattered. There was nothing reported stolen at the time.

The burglary occurred at 5:37 p.m.

PORTANTINO from page 5

pleased to see the governor's continued support on this issue," stated Portantino. "This too has been a multi-year effort and it's exciting to see that our younger students will have proper understanding of their reading challenges and get the

subsequent intervention they deserve."

"Supporting educators is critical to the successful implementation of K-2 universal screening. Decoding Dyslexia CA is thrilled to see the governor is proposing

funding for training in his January budget," stated Lori DePole, co-state director of Decoding Dyslexia CA.

"I look forward to working with the Governor and my colleagues on formulating a responsible budget as we

navigate through the next six months," stated Portantino. "There is still much work to be done and I am confident we will have a good fiscal projection that is true to our values and priorities as Californians and parents."

## GPD Officers Respond to Burglary

On Monday at about 6 p.m. Glendale police officers responded to a burglary in progress call in the 2700 block of Verdugo Road in Glendale.

The caller, who was home alone, reportedly heard footsteps on the second floor of his/her home so 9-1-1 was called.

Glendale Police Dept. officers

and GPD K9 officers, with support from the department's airship, surrounded the home and ordered the suspect to exit.

The suspect, a 30-year-old

Los Angeles man, eventually surrendered and was arrested for burglary.



» ELECTION 2024

# No Party Preference Can Vote in Primary

By Mary O'KEEFE

March 5 is a primary election, meaning that voters will be asked to decide the presidential candidate for specific political parties they want on the November 2024 ticket. For example, people who are

registered to vote as Republican will receive a ballot, either vote-by-mail or in person voting, with Republican candidates for President. Registered Democrats will be given a ballot with the Democratic choice, Libertarian with Libertarian candidates, and so on.

However, though those who are registered as "no-party-preference" can still vote for the Presidential candidates in California they must first request a "cross-over" ballot, according to the office of California Secretary of State.

Those registered as no-party-

preference voters have already been mailed a notice from the office of the Los Angeles County Registrar-Recorder/County Clerk (LACRRCC) with information on the voters' registration and political party preference status.

"The notice also includes critical information on their

options to request a party's ballot for the March 2024 Presidential Primary Election," according to LACRRCC.

For questions and to gather more information regarding the presidential primary elections, visit <http://tinyurl.com/7s342r44> or call (800) 815-2666.

# Local Neighbors Want Inclusion on the Bike Path Plan

By Mary O'KEEFE

At last week's Glendale City Council meeting a presentation was made concerning the City's bike path plan. The plan is a work in progress and City staff reached out to several organizations for feedback concerning the plan.

"To ensure a comprehensive and inclusive approach, we have formed a dedicated Project Development Team. This team consists of a diverse range of participants, including representatives from citywide departments, engaged community members, regional stakeholders and members of TPC [Transportation and Parking Commission] and Sustainability Commission. Their insights and experiences have played a crucial role in shaping and informing the updated Bicycle Transportation Plan," according to the City of Glendale.

The issue often brought up during the public communications portion of the Glendale City Council meetings is from a far North Glendale coalition. The

coalition members feel that "once again" they were left out of the decision-making process though some of the bike path directly affects their neighborhood.

"They have not contacted us at all," said Patrick Murphy, a member of the grassroots organization Verdugo Wash Neighborhood Coalition.

Murphy said he just happened to learn the City Council would be discussing the bike path plan on Jan. 9.

"Every week I am emailed the upcoming meeting [information]," he said. However, he did not receive an email concerning the Jan. 9 meeting.

"[The Coalition] is not opposed to the bike path where it is appropriate - from the LA River up to Brand and then stopping," he said.

The City's Verdugo Wash Vision plan, which includes the formation of biking and walking paths, is the reason the neighbors formed the Verdugo Wash Neighborhood Coalition. They felt, and still feel, they are left out of a conversation that directly

affects them.

The Verdugo Wash Vision plan includes proposed pathways along the wash, and in some areas in Glendale the path is open. But in the area represented by the Coalition the wash butts up within feet of some homes in the area, including the Whiting Woods and Sycamore areas.

The residents have had meetings with City staff in the past but at the request of the Coalition - not because there was any outreach. City staff has said it has sent out mailers of the projects; however, many in Coalition neighborhoods reportedly have not received them.

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when he saw surveyors from the City. Through a public records request he found there had been a lot done on creating this cut-through, which would affect properties, without any contact with residents.

Murphy said the residential members of the Coalition would like to be part of any official committee concerning the Verdugo Wash Vision plan and other projects that directly affect their neighborhood. This is especially important because of the unique area of these neighborhoods and the Verdugo Mountains, which are on an extreme fire list.

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Other residents are facing the same issues, including one neighbor who lost his insurance due to the fire danger.

"He was told he could get his insurance back if he cut down all of his trees around his home ... the protected trees around his

home," Murphy said.

He understands the desire for more bike paths but wants the City to understand that it is not as simple as carving out a piece of a street or wild life area to create the bike path. There are a lot of factors that go into this decision and his neighbors, who have attended the four most recent official outreach meetings, would like to have a bigger role in deciding the fate of their own property.

The City's Project Development Team is composed of several organizations, including AAA, Glendale Unified School District and Glendale Chamber of Commerce. It does not include representation from many neighborhoods although it does have representation from the Glendale Riverside Rancho area. This falls in line with what many Coalition members feel - they were left out of the decision-making process.

"The neighborhoods are primary stakeholders," Murphy said.

# Construction Hits a Snag

The construction of permanent stadium seating at Crescenta Valley High School track and field has hit a glitch, delaying

the project. The project was scheduled to be completed very near the June 5, 2024 graduation date but due to

this delay there was a concern the commencement ceremony would not be held at the school. However, the CVHS

administration has confirmed that graduation will be held on the home field.

"I can categorically say that

CVHS will be officially hosting graduation at our home field on June 5 at 5:30 p.m.," stated Bill Gallimore, assistant principal.

## PET OF THE WEEK



This is Scooter Dude. He was adopted as part of the Seniors for Seniors program sponsored by the Pasadena Humane Society. He has become Christie's best friend.

CV Weekly loves to hear about your pets! Send a pic and small caption to [steve@cvweekly.com](mailto:steve@cvweekly.com) to share your lovable pets with the community!

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**BINGO NIGHT**  
Presented by the CV Chamber of Commerce

**COMMUNITY BINGO NIGHT**

FOOD AND CHECK-IN 4:30 P.M.  
**Saturday, Jan. 27**  
DOORS OPEN AT 4:30 PM-1ST GAME 6:00 PM  
Verdugo Hills Memorial Hall,  
4011 La Crescenta Ave., La Crescenta  
**\$25.00 Admission - 40 chances to win \$100**  
**Each Bingo game will pay \$100 or more!**  
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MLK DAY from Cover

followed by welcome addresses given by the leaders of the Glendale YMCA; then the GHS dance team filled the room with energetic motion.

Watson then took the podium and spoke of her journey of becoming the first Black woman superintendent of Glendale schools. Always focusing on students, Watson first acknowledged the dance team and Morgan for their performances. She said there is a plan for her to do a dance with the GHS dance team but reminded them of "her bones" and said to think of circa 1989 when they are choreographing the future dance she will be performing.

She said she was a little nervous at first to speak in front of the audience but "took a beat" and then shared from her heart.

"It is my honor to be selected by

the [Breakfast] committee and standing before you on this day as we commemorate the life and legacy of Dr. Martin Luther King Jr. I stand before you as an African American female, the superintendent of Glendale Unified School District (GUSD), as a direct result of Dr. King Jr.'s vision, effort and tireless advocacy for civil rights and equal rights," she said.

Watson then spoke of her path to GUSD that included her history of coming from a family of educators. Her father was a teacher and dean of students for 38 years in Los Angeles Unified School District (LAUSD). Her mother was an elementary school teacher, also in LAUSD, for 32 years.

"Their experience as educators afforded me opportunities to see

them work directly with students and families thus setting the stage for me, my twin brother and younger sister to follow in their footsteps," Watson said.

She received her degree at UCLA and began her career as a first grade bilingual teacher in LAUSD. Her parents' educational background taught her how to make connections and bridge gaps in communication.

She built a learning environment that was and is rooted in compassion, trust and love, she said.

She then moved to LAUSD administration and, after 26 years at LAUSD, moved to the LA County Office of Education. It was then that she got the call about the Human Resources chief officer position at GUSD.

"During that time I was preparing

to lose my mother to cancer. My mother, while very weak, knew I was going to go for that [GUSD] position. She knew Dr. [Vivian] Ekchian, my predecessor, from my previous work experience working with LAUSD," Watson said. "As I mentioned, [mother] was very weak; however, she was not too weak to wheel herself into the back of my interview on Zoom."

She added her mother had a history of determination.

"The next day I went over to [her] home to care for my mom and her first question was, 'Did you get the job?' I said, 'Yes, I got the job,'" she said.

Her mom then asked for a paper and pen and she wrote a letter to Dr. Ekchian and asked her to watch after her daughter. The next day

Watson's mom died.

She shared this very personal story with the audience to emphasize how pleased her mom would be of her accomplishments, and that she was asked to reflect on the accomplishments of Martin Luther King Jr. Watson said her mother would say that her daughter is one of the "accomplishments" thanks to King's work.

"I am the superintendent of Glendale Unified School District, an African American female in a city that was once a sundown town," she said. "Dr. King paved the way—a way for my parents, a way for my siblings, my colleagues, my friends and all of you to be able to sit side-by-side, work side-by-side, serve side-by-side and fight for justice side-by-side."

ENDEAVOUR from Cover

winds as low as seven miles per hour make precarious crane lifting of the 76,000-pound object. From the fuel hatch at its base to the sound barrier-breaking needle on its nose, the fuel tank's engineers have optimized every part to add as little weight as possible; even the color of the tank remains a rusty red from the insulation as painting even a thin layer of color on the 154 foot long cylinder would add hundreds of pounds. Within its orange shell, twin tanks of liquid hydrogen and liquid oxygen work together to propel the rocket before combining as water and burning away into

vapor.

Because such a great length is required to store all of the rocket's components, its movement to the construction zones was a procedure that lasted two hours to ensure the safety of onlookers and the moving crew. Museum volunteers, members and employees gathered to watch the tank roll past the Exposition Park Rose Garden as it traveled to its forever home. As the tank rolled into the sunlight and past the California Science Center sign, it encountered one last obstacle—the branches of a bay fig tree that was planted too close to

the road and left no clearance for ET-94's 27.5 foot diameter body. The Go For Stack safety crew countered this problem by laying down wooden pallets and plates of sheet metal to roll the massive tank up onto the sidewalk and around its adversary. On the bed of a specially made hauling vehicle, equipped with wheels that spun in all directions and two crew members remotely piloting each side of the machinery, team members from the family-owned business Bragg Companies succeeded in safely rerouting the tank's course—just very very slowly.

Once the stack is finally completed, it will stand 20 stories high and weigh 502,000 pounds. The Samuel Oschin Air and Space Center will open in 2025 to the public and will feature the only upright shuttle on display anywhere. Science Center CEO Jeffrey N. Rudolph hopes that the Endeavour,

as the "centerpiece" of the Air and Space Center, will inspire "people, particularly young people, from LA and around the world to learn about science and engineering and hopefully consider pursuing additional education and careers." Rudolph himself has personal experience with the uplifting power of the California Science Center from visiting as a child.

The new air and space center, named after philanthropist Samuel Oschin for his financial contributions to space research, will include over one hundred exhibits. Many of these will allow guests tactile exploration with hands-on activities that is spread over three exhibit themes: air, space, and shuttle. The Air Gallery will focus on how natural forces, such as lift, thrust, drag and weight, affect aircraft by teaching how designs are affected by them and by allowing

guests to experiment in a wind tunnel lab.

The Space Gallery will focus on inventions that have revolutionized humanity's knowledge of space. These include robots, from rovers to telescopes such as the Hubble. While many necessary pieces of space-bound machinery, such as the external fuel tanks, are designed to burn up in the atmosphere, the Space Gallery will offer a menu of both flown and unflown spacecraft, including planetary probes and the flown Gemini 11 space capsule, among many others.

Finally, the Shuttle Gallery will allow guests to see up close the Endeavour and its fuel tanks.

Once all components of Endeavour are in place, the Samuel Oschin Air and Space Center will be built around it. Completion of the Center is estimated to be several years.

ANSWERS for Issue 1.11.24

ANSWERS for Issue 1.11.24 crossword puzzle grid with words like TEMP, TORUS, BYTE, ALEE, HAUNT, LOOK, CLICK, OF THE MOUSE, HANOI, SAVIORS, SMOG, TEND, RNA, OLIO, SERIAL, EEN, NARCS, ELBA, SIGN, OF THE ZODIAC, OGLE, HEMEN, ACE, WHOOSH, RISE, CAD, POEM, STIR, DAHLIAS, DACHA, LILY OF THE VALLEY, OMIT, EZINE, LURE, TETE, ROAST, YEAS

BINGO from page 3

The Chamber of Commerce's first bingo night will be held Jan. 27 at the American Legion/VFW Memorial Hall, 4011 La Crescenta Ave. Bingo tickets are \$25 and available now at the offices of the Crescenta Valley Weekly, 3800 La Crescenta Ave. #206, at KNA X Clawssy at 3156 Foothill Blvd. and Bob Smith Toyota, 3333 Foothill Blvd.

The La Crescenta Woman's Club (LCWC) is having its bingo fundraiser on Feb. 17 at the La Crescenta Woman's Club, 4004

La Crescenta Ave. Tickets are \$25.

"Bingo serves multiple purposes. Any money we earn goes right back to the community. It's a time for people who really enjoy doing this to get together and do it. It's a fun way to earn money for nonprofits. Where we live, there's a lot of cool sponsorships and we're so lucky a lot of people are involved in our community and our youth and communities in need," said Woman's Club member Denise Napiwocki. "It's an evening for us to open our

doors and have the community participate together."

Donations raised for the La Crescenta Woman's Club on Feb. 17 are dedicated to its student scholarships and the donations the Club makes to Crescenta Valley High. They will also go to the Club's monthly community charities.

Finally, the Quilters Guild bingo fundraiser for the Glendale Quilter's Club is scheduled for March 16 at the Verdugo Hills Memorial Hall.

ANSWERS for page 21

ANSWERS for page 21 crossword puzzle grid with words like GRAM, PEACE, ACME, RULE, ARBOR, LOAF, INSECT, REPELLENT, FLATHEADS, AIR, TEC, ANT, PUNCHY, STEM, AFTER, IOU, ITS, ANTEROOM, MUSICAL, TALENT, VENOMOUS, LSD, EMS, POKER, WOMEN, TOECAP, IMF, AVE, EON, MINIBIKES, REMAINING, SILENT, ITLL, ONSET, KILL, BAYS, RETRY, STYE

GUSD from page 4

Mieliwocki discussed several programs started by GUSD to increase diverse education for students and staff. GUSD launched the "Together Initiative" with funding from an anti-bias grant awarded by the California Dept. of Education in December 2022. This initiative will involve district-wide anti bias training for teachers, and the district has already deployed experts to train teachers and staff. Other partnerships include the 306 curriculum, a digital learning module that teaches students the achievements made by Black leaders, trailblazers and communities.

"Cultural harmony and cultural humility are the pathways that we must achieve if we're going to be an inclusive

district where all learners can thrive," Mieliwocki said.

On Jan. 15, Superintendent Dr. Darneika Watson attended an MLK breakfast where she spoke about her appreciation for the Glendale community's willingness to include all students and the need to redouble efforts in regard to expressing kindness and inclusion, taking to heart the vision of Dr. King.

Hoover High School students Adriana Morgan and Caitlin Song then spoke about their People of Color Empowerment Club.

"This past summer we decided that we wanted to create a club in our schools that was more inclusive to other students from different cultural backgrounds so that they all had a place where

they can show their culture and feel welcome. We will continue to strive for the empowerment of people of color and work to create opportunities for those kids," Song said.

The pair plans to create a scholarship for students of color and will hold food and clothing drives throughout the year to raise money to fund other opportunities.

"This wouldn't be possible without the teachers and community members who allow us – and encourage us – to forge our own path and better our careers," said Morgan.

Resources about GUSD's inclusive initiatives can be found on the district website www.gusd.net.



# VIEWPOINTS

TREASURES OF THE VALLEY » MIKE LAWLER

## Wildfire in the Verdugos – 1977

While we shiver in the (relative) cold of our California winter, we can warm up with the memory of a historic summer wildfire. July 1977 was one of those awful times when it seemed like the whole world was aflame. Drought conditions combined with record high temperatures and low humidity to spark fires across the southland. Corona, Riverside, San Diego, Ventura and Hemet all had wildfires, the worst being in Santa Barbara where 234 homes were destroyed.

The mountains around Los Angeles were tinderboxes just waiting to burst into flames. Fire officials deemed the fire danger in the mountains to be “as dangerous as it’s possible to be.” All campgrounds and picnic areas were closed. Officers were placed at the entrances to the national forest where they stopped and

warned motorists and recorded their license plates.

Here in the Crescenta Valley, as the mid-day temps pushed 100 degrees, a fire started near the intersection of La Tuna Canyon and the 210 Freeway. The fire department responded with all hands: 56 units with nearly 250 firefighters, six helicopters, two bulldozers and four camp crews.

The fire initially pushed east toward Lowell Avenue. At the racquetball club under construction (now the YMCA), construction crews working there used hoses to spray down construction equipment as the flames approached. Fire crews managed to establish a line and divert the flames, managing to protect the building under construction. Helicopter water drops also helped to halt the flames in their eastward push.

At 2 p.m., the winds reversed and the fire began to move westward back toward firefighters. Helicopters that had been dropping crews on ridges behind the lines had to come back and pick them up. One firefighter was forced to abandon his vehicle in the face of advancing flames and he received burns on his hands in his retreat. One of the bulldozers had to be abandoned to the flames when its engine died.

Members of a camp crew were trapped. Two cousins, Willie and Danny Sanchez, were cut off and had to be rescued: “We were up there and all of a sudden it came over the hill. We had to be picked up by a truck. The flames were all around us, like an oven. We were toasted. All five of us rode back in the cab section of the truck.”

The reversed wind was steady at 20 mph, but flames produced

blasts of 50 mph.

“The brush is acting like a carpet of gasoline,” reported one fireman. A new danger cropped up when the tall flames hit the high power lines running across the burn area. Four transmission lines bearing 220,000 volts of electricity exploded in a blinding flash of light.

During the air war on the flames, one of the six helicopters lost power right after making a water drop. The Bell 205 aircraft made a forced landing, fortunately in an unburned area. The pilot managed to exit the crashed copter and ran about 40 feet away from the wreckage before collapsing. He was rushed to Verdugo Hills Hospital where he was treated for broken vertebrae and internal injuries. The helicopter was a total loss.

By late afternoon the fire had been pushed into a pocket formed

by the freeway on the north and firebreaks on the east side and west side. Still the fire raged as the sun went down. The flames shot hundreds of feet into the sky, providing a nighttime spectacle to local residents. The plume of smoke spiraled to 5000 feet and was visible all over Los Angeles.

Fire crews got a handle on the flames during the night. Amazingly no structures were damaged or destroyed. The next day 100 firefighters remained on the scene to mop up any remaining flames as fire danger remained high.

Thanks to the hard and dangerous work of the firefighters, the destruction had been limited to just 500 acres on the western slopes of the CV side of the Verdugos.

*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 SACRAMENTO » ASSEMBLYMEMBER LAURA FRIEDMAN

## Tackling the Budget

California is facing a perilous budget year. Although our economy remains strong, we’re seeing a decline in revenues that will impact the programs and services that millions of Californians rely upon.

Last week, our annual budget cycle started with the governor’s release of his spending plan. In the months ahead, both houses of

the Legislature will hold dozens of hearings on the proposal, and we’ll work with the governor to finalize an agreement by our Constitutional deadline in June. So, what’s on the table and where do we go from here?

While California is the fifth largest economy in the world, we face a \$38 billion budget deficit, which means cuts will most likely be made and all of the choices will be difficult.

Governor Newsom proposed to pull \$13 billion from the state’s rainy-day fund, reserves set aside in prior budget years. Throughout my time in the Assembly, I’ve worked with my colleagues to shore up our reserves so we have a more sustainable budget without the boom and bust cycles that have plagued us in the past. Utilizing some of those funds will insulate

education from devastating budget cuts. With the loss of pandemic funding, some schools will still have to tighten their belts but largely our commitment to making sure our children receive an education will be fulfilled.

While the governor’s budget proposal largely spares schools, community colleges and universities, it does include \$8.5

billion in budget cuts. The cuts will greatly impact our work to combat California’s three most challenging crises: housing, homelessness and climate change.

California is not alone in facing a housing crisis nor are we alone in dealing with a skyrocketing homeless population. But with 39 million people calling our state

see FRIEDMAN on page 23

## Best-In-Class Women’s Health Experts

### to help you live your best life

From your first exam through pregnancy and menopause, our women’s health experts at USC Verdugo Hills Hospital will surround you with everything you need to be healthy, in every stage of life. Our specialists are trained in gynecology, breast care, pelvic medicine and maternity care. And our renowned surgeons offer the latest robot-assisted minimally invasive technology for superior accuracy and faster recovery. We’ll help you live life better.

To ensure your safety, we’ll schedule your visit being mindful of social distancing and your comfort.



Learn more  
USCVHH.org/Women

USC Verdugo Hills Hospital  
Keck Medicine of USC



# CV Weekly **Healthy Living** Special Section

## That Nagging Cough

By Mary O'KEEFE

Have you had it yet? That cough that won't go away, that cough that sometimes moves to laryngitis. If not – count yourself lucky because it seems like everyone has had it.

“Me, personally – I have [caught it]. I have two small [children] in elementary school,” said Patricia Sung, MPH, USC Verdugo Hills Hospital.

Sung added that most providers are testing for COVID, RSV (respiratory syncytial virus) and the flu and this cough appears to be part of the cold, a rhinovirus, that is circulating.

“We started to look at the VHH data comparing last season with this season and the overwhelming numbers [point to] flu that started right after Thanksgiving,” Sung added.

She said the frequency of colds and flus ebb and flow depending on the string of flu that is circulating and, although it may seem like there are more colds, the flu is still king of the winter illness season.

While the seasonal flu virus is detected year-round in the U.S., flu viruses typically circulate during the fall and winter during what is known as the “flu season.” This season peaks between December and February, although can last as late as May, according to the Centers for Disease Control and Prevention (CDC).

Each year, flu vaccines are targeted to the type of flu that is expected to be most prevalent for the season. Vaccine manufacturers have projected they will supply the U.S. with as many as 156.2 million to 170 million doses of influenza vaccines for the 2023-24 season, according to the CDC.

A report from the Dept. of Public Health LA County supported what USC- VHH has seen through its data, that flu activity remains elevated not just locally

but throughout LA County.

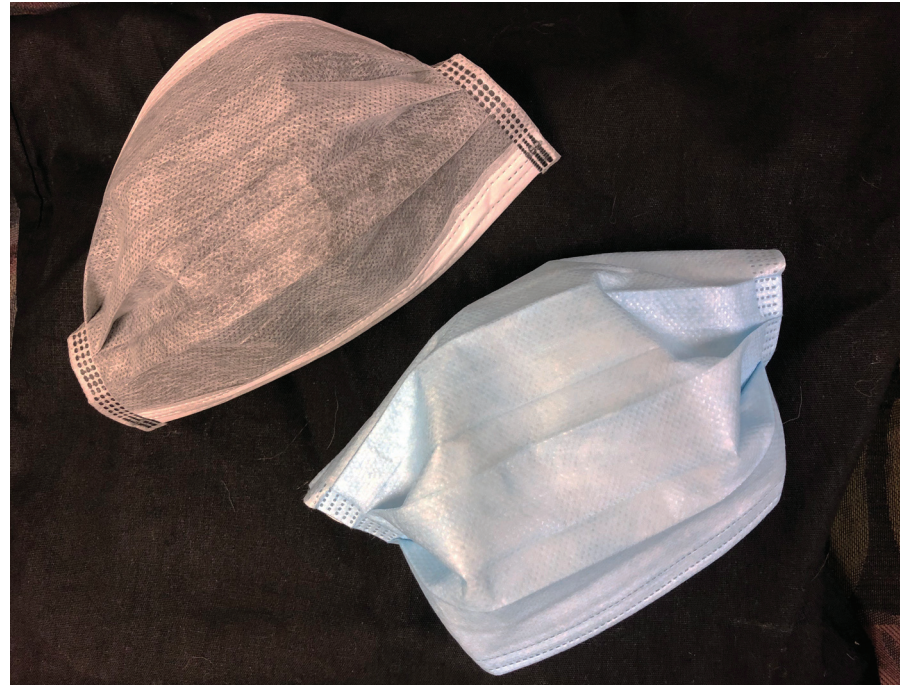
But wait – there is more. Anyone who thinks they've dodged the flu and this cough/cold, COVID is still active. Although it is not in the media 24/7 like it once was, COVID is still very much in play. Since the vaccine was released and people received the COVID shot the death toll, and even hospitalizations due to the virus, are not as high as they were when the world was in pandemic mode; however, COVID is still a threat.

It does appear the number of hospitalized COVID patients is increasing in LA County, according to Dept. of Public Health.

“Public Health data shows that SARS-CoV-2, the virus that causes COVID-19, is widely circulating in the County, with wastewater concentrations of the virus at 60% of last year's winter peak, up from 49%. COVID-19 hospitalizations also remain elevated, with an average of 806 COVID-positive patients per day hospitalized for the week ending Jan. 6 – an increase from 784 the week prior, according to Public Health.

With respiratory viruses expected to remain in circulation for weeks to come, it's not too late to get the updated COVID-19 and flu vaccines. Both vaccines remain effective at reducing severe illness and are recommended for everyone 6 months of age and older. Find a vaccination site at [myturn.ca.gov](http://myturn.ca.gov).

“People who are not vaccinated are getting



To combat viruses that are currently circulating, including COVID, wearing a face mask is an option. *File photo*

sicker,” Sung said. She added vaccinations are an important proactive measure people can take during this season.

There are other things people can do to help keep the illnesses at bay, or at the very least reduce the intensity of the sickness, including eating a healthy diet and getting enough sleep.

And what we learned during COVID was that face masking can help, so that is always an option.

“Generally stay home when you are sick,” she added. “And don't send your children to school if they are sick.”

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Arianna Medical Pharmacy has been dedicated to making patient care its highest priority while making the overall pharmacy experience as simple as possible since opening its doors in 2010. We listened to the challenges and frustrations many experienced when dealing with big box pharmacies and wanted to be the change and the difference maker. We made it our mission to fill prescriptions as quickly and as efficiently as possible with an average of 10 minutes wait time. We make sure that we are available to answer the phone calls when our customers need our assistance whether it's to refill a prescription, perform consultations or check stock. We do not believe in lengthy hold times and we value your time. We are grateful to have been part of an amazing community where we have and continue to deliver on

our mission and commitment.

With the support of the Montrose, La Crescenta, La Cañada, Glendale and neighboring communities, Arianna Pharmacy continues to fill prescriptions and has expanded its services to medical supply sales and rentals, vaccinations for the latest COVID-19, RSV, pneumonia, shingles, and TDaP, and much more. We strive to deliver exemplary service to our customers and care for their pharmacy needs.

If your pharmacy is closing or you're looking to change your pharmacy, we will welcome you at Arianna Medical Pharmacy. We will transfer your medications for you and reach out to your doctor's office for refills or prior authorizations. We will handle as much as possible so that you don't have to worry about it. We accept most insurance plans, Medical, Medicare and FSA.

For any questions, please call us at (818) 957.9200 if you have any questions.

### SPIRITUAL HEART YOGA CENTER

Spiritual Heart Yoga Center is your sacred space to practice yoga and connect with community. Locally owned and operated, owner Krissy Harb has been teaching yoga since 2014. Spiritual Heart Yoga Center celebrated its 6-year anniversary in September! After surviving the pandemic, we are excited to grow and evolve in our seventh year of business.

Our class schedule has over 17 weekly yoga classes and we are open seven days per week. Weekly yoga classes include hatha, flow, restorative, yin, gentle yoga and more! SHYC has experienced and passionate instructors to share the practice of yoga with our community. We offer regular workshops like sound baths, prenatal yoga, beginner yoga and more. Our high vibe boutique includes hand picked items to bring a bit of our sacred studio space into your homes plus made in USA items like essential oils, yoga mats, Beyond Yoga Apparel, olive oil, rose water spray and more!

SHYC offers yoga classes and workshops for all levels. Don't miss our new student intro offer: two weeks of unlimited yoga for only \$69!

We are located at 2509 Honolulu Ave., near Montrose Bikes and across the street from Trader Joe's! Book your classes online at [www.spiritualheartyyoga.com](http://www.spiritualheartyyoga.com) or call (818) 249-4520.

We love our Montrose community and are excited to keep sharing the practice of yoga with you!



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# New year, new hobby!

Take a class with L.A. County Parks and Recreation to make completing your New Year's resolutions fun.



sports



dog training



art



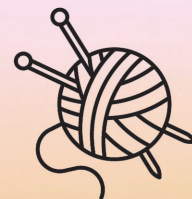
karate



baking



first aid



crafts



dance

Sign up at [parks.lacounty.gov/winterclasses](http://parks.lacounty.gov/winterclasses) ➡



## Kathryn BARGER

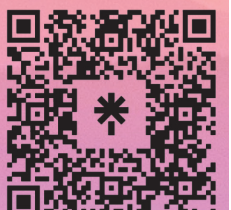
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AdventistHealth Glendale Foundation



Sarkis Kiramijyan, MD, FACC, FSCAI

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- Pioneering contributions to transcatheter aortic valves research, establishing expertise in structural and valvular heart disease interventions.
- Ivy League educated at Georgetown, Yale University, and Harbor-UCLA Medical Center.

AdventistHealthGlendale.org/Heart

Thursday, February 8th, 2024

12:00-1:00 PM

Annandale Golf Club  
One North San Rafael Avenue  
Pasadena, CA 91105

Tickets are \$65 a person

To register and purchase tickets please visit  
AdventistHealthGlendale.org/Giving

Questions?

Email AHGLFoundation@ah.org  
or call (818) 409-8055

Lunch & Learn Upcoming Events:

May 23rd: Gynecological Health

October 10th: Women's Health

## Questions About Today's Real Estate?

Ask Phyllis!  
Creating A Healthy Home Environment

Dear Phyllis,

I have been a longtime fan of your real estate column. My elderly mother will be moving in with us. She has respiratory problems, and I am curious if you have any thoughts on my creating a healthy home environment for her. Sandra

Dear Sandra,

Thanks for being a loyal reader. Creating a healthy home environment involves various aspects, including air quality, cleanliness, and overall well-being. Here are some tips to help you maintain a healthy home:

**VENTILATION:**

- Ensure good air circulation by regularly opening windows and doors.
- Use exhaust fans in kitchens and bathrooms to reduce moisture and improve air quality.

**AIR QUALITY:**

- Use air purifiers to filter out pollutants and allergens.
- Grow indoor plants, as they can help improve air quality.

**CLEANLINESS:**

- Regularly clean and dust surfaces to reduce allergens.
- Vacuum carpets and rugs frequently.
- Wash bedding, curtains, and upholstery regularly.
- Establish a no-shoes policy to minimize dirt and contaminants indoors.

**Mold Prevention:**

- Fix any leaks promptly to prevent water damage and mold growth.
- Keep humidity levels in check, ideally between 30-50%.

**Natural Cleaning Products:**

- Use environmentally friendly and non-toxic cleaning products for the home and laundry.
- Avoid harsh chemicals that can contribute to indoor air pollution.

Everyone's home and lifestyle are unique, so adapt these tips to suit your family's needs. Regular maintenance and a proactive approach to health and safety will contribute to a healthier home environment.

Phyllis



Phyllis Harb  
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## HAPPY NEW YEAR FROM SUPERVISOR KATHRYN BARGER



Happy 2024! With a new year comes the opportunity to approach our goals with renewed excitement and commitment. If you're looking to hone a skill, get more active or enjoy a new hobby, I want you to know that there are many affordable classes available both in person and online through the Los Angeles County Dept. of Parks and Recreation. Here are a few options to get your New Year's resolutions started:

If fitness is your focus for 2024, there are a lot of fun ways to get moving. For those looking to learn a new sport, there are tennis, badminton, basketball, water polo, soccer, table tennis and skateboarding courses available for all ages and skill levels. If you'd prefer to keep your workouts more relaxed, there are a variety of yoga classes available that start at \$30. If you'd like to get more Zen this year, there are also meditation classes available at several parks. If karate, jiu jitsu, or kung fu are more your style, there are courses open with options for the whole family.

For those who want to dust off their dancing shoes, there are a variety of different styles. Whether you're looking to line dance, plié in ballet or begin to ballroom dance, there's something for everyone. Or for just \$15 you can take an AltaJam class or a Zumba class, which are both great ways to get your move on.

If making music is more your thing, there's a beginning strings ensemble available, too. Those who want to pick up a new hobby have exceptional classes to explore. If you're crafty, try learning to make your own candles. To take part in the arts, sign up for illustration, knitting, crocheting, watercolor or screen printing. For parents with children, check out classes that teach everything from baking to building a dinosaur.

There are also many courses for helpful skill building that will enhance your everyday life. If you have a furry friend you're hoping to train, dog obedience classes are available. Those looking to learn a new language also have several options with courses in Chinese and Spanish. If safety is one of your goals for the new year, there are also CPR and first aid classes.

To get more details and to sign up for a class, visit parks.lacounty.gov/winterclasses today. As always, if you need assistance or want to connect with me, I'm just an email away at kathryn@bos.lacounty.gov at any time. Best wishes as you embark on new opportunities to enjoy and explore in 2024!

## BUILD NEW ROUTINES AT THE Y!



New Year resolutions have already begun at the YMCA of the Foothills as members are enjoying the overall wellness the Y offers. From personal training packages to the expanded Pilates Reformer studio now open at the Crescenta Valley Family YMCA branch to the brand-new free weight equipment added to the Crescenta-Cañada Family YMCA location. The Y expanded pickleball to the Verdugo Hills Family YMCA offering members who crave a good pickleball match an open space to dual it out Monday, Wednesday and Friday from 9 a.m. to 1 p.m.

Last year, 73-year-old Y member David completed his 100th personal training session with Y trainer Mikael. David said, "Being in shape has no age limit!" In the last two years, David had some major physical challenges but after working out regularly several times a week at the Y, he has experienced much improvement in his mobility, balance and physical performance.

With over 100 group fitness classes added to the schedule each week, the YMCA of the Foothills has all the fitness facilities and classes you want with none of the pressure. So you can stay in shape, stay true to yourself and stay connected to your community. Find what moves you & join today for only \$20.24 for the remainder of January.

To learn about membership details and more about our nearest Y, visit ymcafoothills.org.

## MUSICIAN ZIGGY MARLEY IS ANOTHER HAPPY CUSTOMER OF MAILBOX TOLUCA LAKE'S 'DR. VOICE'

Customers of Mailbox Toluca Lake expect to see mailboxes, greeting cards and typical postal products ("Hello FedEx!"), but they might be surprised to also find remedies for throat ailments—tried and true products that professional vocalists and actors use. "Our proximity to Universal and surrounding studios has given us access to the clientele that demand the best of the best. We've done the research and are able to offer the collection of goods that the pros use," says Mailbox Toluca Lake owner Jonathan Kramer, known informally as "Dr. Voice" to the Superstars.

Kramer has been helping his famous clientele battle laryngitis, hoarseness and other throat maladies for decades. He remembers how his mother and sister suffered with chronic coughs and how homemade throat lozenges from Switzerland brought them relief. He stocks those lozenges—Grether's Pastilles, as well as Manuka honey, know as a natural antibiotic. Manuka stops the growth of sore throat-

causing strep bacteria. Recently it has even been approved by the National Cancer Institute to be used to heal inflammation in the throat from chemotherapy.

Mailbox Toluca Lake proudly sells these products and others that address everything from stress, sleep issues and arthritis in addition to vocal challenges. "We have the lozenge, spray, tea or syrup to help you," says Kramer. For a complete line of products, visit mailboxtolucalake.com and click on "PRODUCTS CATALOG." Mailbox Toluca Lake is located at 10153 1/2 Riverside Drive in Toluca Lake. Call (818) 505-9350 or email MailboxTolucaLake@gmail.com.

Mailbox Toluca Lake  
Professional Vocal Products

Jonathan "Dr. Voice" Kramer (left) and Jamaican reggae musician Ziggy Marley. Marley is the son of reggae icon Bob Marley and Rita Marley. He's an enthusiastic customer of "Dr. Voice" and the vocal health products sold at Mailbox Toluca Lake.



# CV Weekly Healthy Living Special Section

## 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 by 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 camaradery. 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  
Email: Contact@MisfitsClubBJJ.com  
Website: www.MisfitsClubBJJ.com



# Support is available.



Life is full of challenges. You might be dealing with anxiety, depression, or feeling stagnant. It can be overwhelming to find a person to trust with your innermost thoughts, painful experiences, and core emotions.

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For more than 118 years, Adventist Health Glendale medical center has been at the forefront of healthcare in Glendale and its surrounding communities. Originally built to provide health treatments in California's fresh air, set against Glendale's Verdugo Mountains, the goal then was based on the principle of healing the whole person—mind, body and spirit—and this ambition endures today with the hospital's continued mission of, "Living God's love by inspiring health, wholeness and hope".

Adventist Health Glendale provides a complete range of inpatient and outpatient services in cardiovascular, neuroscience, orthopedics, gastroenterology, surgical subspecialties, women's health with maternity, breast cancer, behavioral health, rehabilitation therapy, and much more. As a tertiary care medical center, we provide a higher level of specialized treatment and procedures, by exceptionally trained physicians and medical personnel. Our emergen-

cy department and catheterization lab treats the second highest number of stroke cases in Greater Los Angeles, a designated STEMI and Stroke Receiving Center for quality care of heart attack and stroke patients. Location is everything when it comes to every lifesaving minute.

We are the first medical center in Glendale to be Magnet-designated by the American Nurses Credentialing Center. Our other key accolades include:

Leapfrog 'A' Hospital Safety Grade 18 times in a row U.S. News & World Report top seven percent of California hospitals and the top 12 percent of L.A.-area hospitals for excellence in patient care.

CMS Medicare & Medicaid Services fourth successive five-star quality rating

Adventist Health Glendale is a first-rate medical center, that community residents near and far refer to as "my hospital". Our patients count on us – and they seek us out – because of the world-class care they get close to home.

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- High Performing Hospital – Heart Failure
- High Performing Hospital – Heart Attack
- High Performing Hospital – Stroke

This recognition is a reflection of our team's tireless commitment to deliver world-class care to each and every person we treat. And while accolades like this are gratifying, they don't tell the whole story—one that's built on compassionate listening, a personal connection to provide comfort and hope, and a steadfast belief in the healing power of humankindness. Learn more about us at [dignityhealth.org/glendale/quality](https://dignityhealth.org/glendale/quality) or scan here:





### SUPPORT IS AVAILABLE! THERAPISTS AT GIVEN GUIDANCE ARE HERE FOR YOU.

Seeking therapy is acknowledging a need for change. It is recognizing that something is not working and desiring something better. Treatment goals in therapy emphasize the importance of enhanced emotional regulation, recognition of wants versus needs, discernment of priorities, and overall improved mental health. These goals are not always easily achievable. Engaging in counseling services takes effort and dedication to create the desired change. It is why people often reference going to therapy as being brave or courageous. It can be scary to acknowledge reality and may require sacrificing comfortability. Working through the discomfort and difficulties is where the most internal growth happens.

Clients often seek services only when situations worsen rather than at onset, when they are more manageable. It is easy to ignore symptoms when they are not yet negatively affecting you and your relationships. Therapy is useful as a maintenance tool to address these symptoms before they fully manifest.

Therapists at Given Guidance Family Counseling understand the significance of implementing the desired changes alongside our clients. We work with young children, adolescents, families, individuals, and couples to promote overall improved mental health. This includes enhanced communication, understanding, and awareness of your relationship with others and with yourself. With our diverse service options, we pride ourselves on working with the whole family through talk-therapy, telemedicine services, parental support, behavior management, identity formation, group social skills, and EMDR treatment. Please reach out and see how Given Guidance Family Counseling can best support you in creating the change that you desire in your life.



## New student intro offer!

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# BETWEEN FRIENDS

## Senator Celebrates Community at Open House



By Mary O'KEEFE

State Senator Anthony Portantino hosted his annual Community Appreciation and

Open House on Jan. 7 in the 100 block of North Artsakh Avenue in Glendale.

The event was a gathering of constituents who had questions

on a variety of subjects, wanted to show their appreciation for the senator and what he's done for State District 25 and/or just take time to say hello. Portantino and

his family were there to meet and greet everyone.

Vivi's Gourmet Cuisine from Van Nuys added a delicious taste with three types of empanadas.

Boxes were filled with donated books as those who attended were asked to bring a book to donate to the senator's book drive.

Photos by Mary O'KEEFE

## A Sporting Open House at the Crescenta-Cañada YMCA



By Ruth SOWBY

The place to be on a chilly Saturday morning was the Crescenta-Cañada YMCA at 1930 Foothill Blvd. in La Cañada. On Jan. 13, at the facility's annual open house, it was standing room only for parents in the basketball court. Dozens of their kids were dribbling, bouncing, shooting and tossing basketballs, showing

off their skills to YMCA sports staff. The kids were already in the Y's youth basketball program. Today they were being evaluated for placement into the appropriate team based on their skill levels.

More action was taking place in other areas of the Y. Besides the regulars on treadmills, stationary bikes and in the pool, some 200 potential Y members poked their heads into the

various exercise rooms to see what was going on.

Along with basketball evaluations, much of the action was taking place off the lobby. A large athletic room was turned into a sort of community center where Y staff was available to describe the various fitness programs to anyone thinking of joining. For instance, a family plan for two adults plus children cost \$100 to join and \$132 per

month thereafter. An adult (26-64) plan cost \$60 to join and \$88 per month. All day on the day of the open house, a membership promotion was offered. Sign-ups for \$20.24 for the first month of membership were being snapped up.

The Crescenta-Cañada YMCA is part of the three location YMCA of the Foothills. Financial assistance options allow accessibility for all.

Photos by Ruth SOWBY

LEFT: Crescenta-Cañada YMCA staff members (from left) Kat Corona-Pilgrim and Lori Durbin greet open house guests on Saturday.

MIDDLE: Augustine Klint, 7, is ready to be evaluated for team placement in Youth Basketball at the Crescenta-Cañada YMCA.

ABOVE: Membership Administer Debbie Pile, left, explains the advantages of a Crescenta-Cañada YMCA membership to La Cañada resident Meiling Liao at the Y's open house.

**The Finest is BACK!**

New & Improved for 2024!

The new ballot will debut in the CV Weekly and online at

[www.cvweekly.com](http://www.cvweekly.com) on February 1st!

More Information Coming Soon.

**COMING  
Soon  
2024**

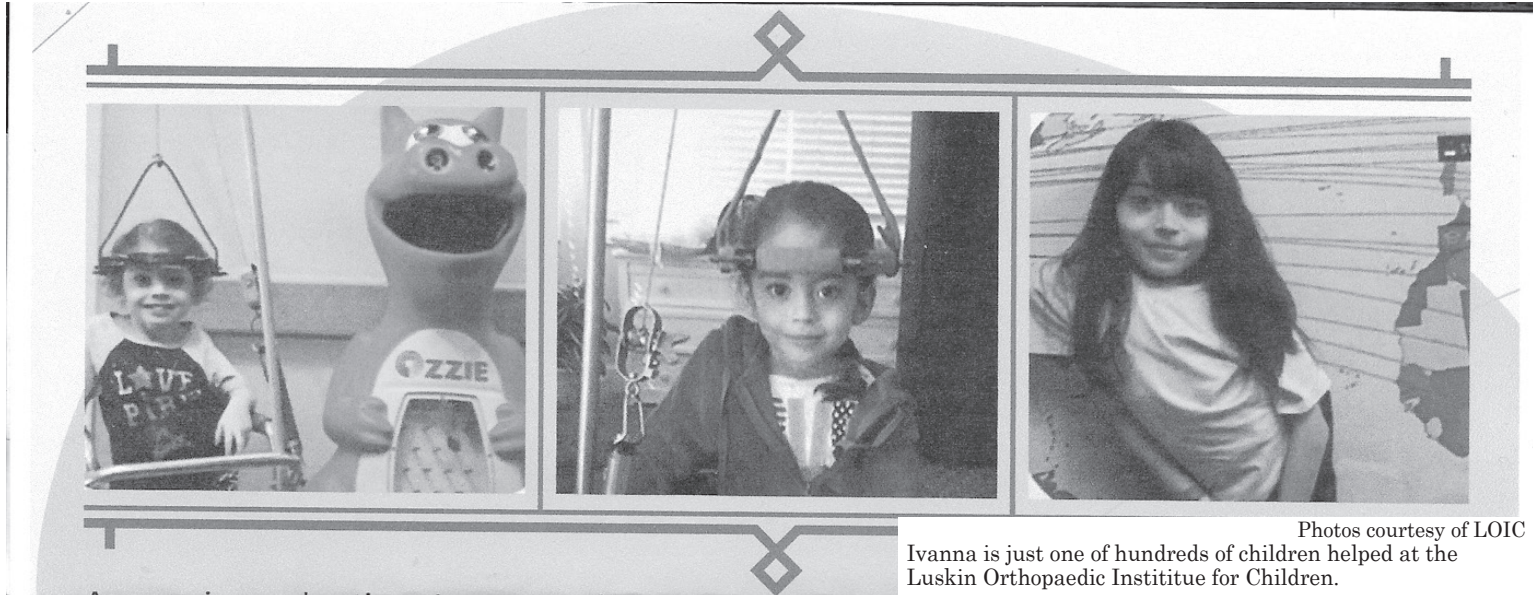
*The Finest celebrates those who worked hard to rise above the rest, recognizing them for their outstanding efforts, whether in business, as a service provider, a teacher or for their volunteer efforts.*



# Dine at New Moon and Make A Difference

La Cañada Flintridge Orthopaedic Guild is having a dine-out on Wednesday, Jan. 31 at New Moon Restaurant, 2138 Verdugo Blvd. in Montrose. The Guild will be sponsoring this fundraiser from 11:30 a.m. to 9 p.m. The public will be asked to place their receipt in the box at the front counter. A portion of the bill will be donated to Lusk Institute for Children at no extra cost to patrons.

Young children and teenagers who come to the Lusk Orthopaedic Institute for Children (LOIC) are treated by the best physicians and surgeons – regardless of their parents’ ability to pay. The family and the children receive a diagnosis and treatment plan from the best physicians



Photos courtesy of LOIC  
Ivanna is just one of hundreds of children helped at the Lusk Orthopaedic Institute for Children.

and surgeons and treatment continues until the patient has reached recovery.

As an uninsured patient, young Ivanna received years of

free treatment and rehab care at LOIC. Despite the challenges of wearing a head brace and using a walker or wheelchair, she remained determined and

referred to her halo as her “princess crown.” Now in a remarkable recovery process, Ivanna serves as an inspiration for others facing adversity. The

community’s support can enable LCFOG to help more children like Ivanna on their path to recovery.

*Submitted by Arlene MASSIMINO*

## People Making News

Riley Center of La Crescenta was named to the Western Carolina University fall 2023 chancellor’s list.

Center was among more than 1,600 students to achieve this honor. To qualify for the chancellor’s list, students must earn a GPA of 3.8 or higher while completing a minimum of 12 credit hours.

As the westernmost institution in the University of North Carolina System, WCU attracts students from around the globe. Recognized as a top adventure college and surrounded by the Blue Ridge and Great Smoky Mountains, students can explore the region’s vast natural diversity through unrivaled experiential learning and recreational activities. Offering residential, hybrid and online programs for undergraduate

and graduate degrees at its main campus in Cullowhee, WCU in Asheville located at Biltmore Park, and wherever students are through distance learning.

James Cartnal of La Crescenta excelled during the fall 2023 semester at Hofstra University in Hempstead, New York, achieving a GPA of at least 3.5 to earn a spot on the dean’s list. James’s major is sports media.

Hofstra University is a community of nearly 11,000 students dedicated to civic engagement, academic excellence and becoming leaders in their communities and their careers. Students can choose from approximately 175 undergraduate program options and 200 graduate

program options in the liberal arts and sciences, education, health professions and human services, the Peter S. Kalikow School of Government, Public Policy and International Affairs, the Fred DeMatteis School of Engineering and Applied Science, the Frank G. Zarb School of Business, the Lawrence Herbert School of Communication, the Maurice A. Deane School of Law, the Hofstra Northwell School of Nursing and Physician Assistant Studies, and the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell.

Thea Stefan of La Canada Flintridge was named to the Miami University fall 2023 president’s list. Miami University students ranked

in the top 3% of undergraduate students within each division for the fall 2023 semester have been named to the president’s list recognizing academic excellence.

Miami University is a public university located in Oxford, Ohio.

Miami University has a student body of nearly 19,000.

Gabrielle Xena Stanton of Sunland, a senior majoring in mechanical engineering, was named a presidential scholar for the fall 2023 semester at Clarkson University in POTSDAM, New York.

Presidential scholars must achieve a minimum 3.80 grade-point average and carry at least 14 credit hours.

As a private, national research

university, Clarkson is a leader in technological education and sustainable economic development through teaching, scholarship, research and innovation. Its main campus is located in Potsdam, New York and additional graduate program and research facilities in the New York Capital Region, Beacon, New York and New York City. Clarkson educates 4,300 students across 95 programs of study in engineering, business, the arts, education, sciences and health professions. Alumni earn salaries that are among the top 2.5% in the nation and realize accelerated career growth. One in five already leads as a CEO, senior executive or owner of a company.

### WEATHER from page 2

Step 7 Reconnect and restore daily life by reuniting with others, repairing damage and rebuilding community.

It is also advised to download applications like Shake Alert or My Shake that will give you a little bit of warning prior to an earthquake. After all, we all can’t have a Trekkie doctor to give us a heads up.

Just a note that despite what we may want to believe there is no “earthquake weather.” We have all heard it: earthquakes come when it is either when it is really hot or there is

a lot of rain or drought; unfortunately the weather cannot predict an earthquake.

For our weather we are first looking at an Air Quality Alert that was extended by the South Coast Air Quality Management District (AQMD) to Wednesday but, as of press time, it had not been extended further. This alert was a mandatory wood-burning ban.

Our temperatures will still be cool but let’s not fool ourselves: We have it pretty good compared to the rest of the nation. Today and Friday

our highs will be in the low to mid 60s. There is a 20% chance of rain after 10 p.m. on Friday, a 40% chance of rain after 10 a.m. on Saturday and rain continues through Monday and maybe even into Tuesday. But again in our area: no snow, no sleet and no hail. And just to put it in perspective my hometown of Oskaloosa, Iowa will see highs in the 20s today and a high of 7 degrees on Friday and 3 degrees on Saturday.

Those are the “high” temperatures.

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E-mail [info@cvweekly.com](mailto:info@cvweekly.com) to receive an e-mail with the latest community news.

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The Salvation Army Glendale Corps Community Center is launching their Mobile Shower Program for unsheltered individuals in need. Stop by for a shower and a meal.

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# TRAVEL & LEISURE

## Peace is Radical by Shepard Fairey at Glendale Library, Arts & Culture, and ReflectSpace Gallery

Glendale Library, Arts & Culture, and ReflectSpace Gallery present "Peace is Radical," a solo exhibition by renowned street artist and activist Shepard Fairey.

"Peace is Radical" features works addressing a range of topics, including creative empowerment, the importance of democracy, race and gender equality, environmental justice and, of course, peace and harmony. Almost all of these art pieces utilize screen printing. This versatile graphic medium can be used to produce high-end art or multitudes of prints that can be disseminated liberally. Fairey uses screen printing in both ways and finds it to be an incredibly empowering and democratic medium. A section in the "Peace is Radical" exhibition will display a series of the screens he has used to print his art.

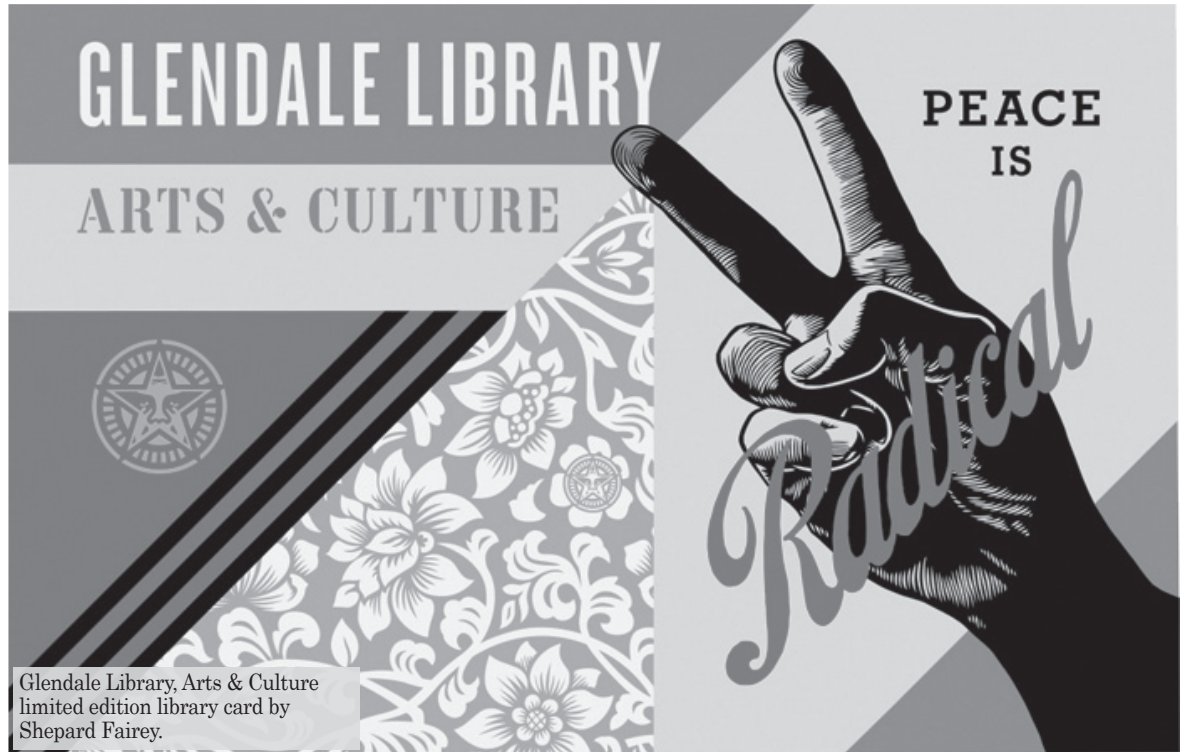
"I titled this show 'Peace is Radical' because humanity seems to be in a perpetual state of conflict. Peace requires us to pursue harmony with thoughtful vigilance," said Fairey. "I'm a pacifist. I believe in solutions to

disagreements that avoid violence. We are an intelligent species capable of cooperation and solving problems without violence. When I look at humanity in general, most people want to live in peace. The majority of my art focuses on issues of justice, and an outcome of improved justice is a more equal, fair and peaceful society. Through my art, I want to remind people of the equal humanity of all people, regardless of their race, religion, nation, or culture. There is no us versus them; there is only us.

"The goal of the art in 'Peace is Radical' is to encourage us to see ourselves in others, and to strive for health and peace for humanity and the planet that sustains us!"

Shepard Fairey has designed a limited-edition library card for Glendale Library, Arts & Culture that will be available at all Glendale Library branches through the run of the exhibit while supplies last.

"Peace is Radical" will be on view from Jan. 20 through April 14 at the ReflectSpace Gallery, inside Glendale Central Library located at 222 E. Harvard in Glendale. An opening reception will be held

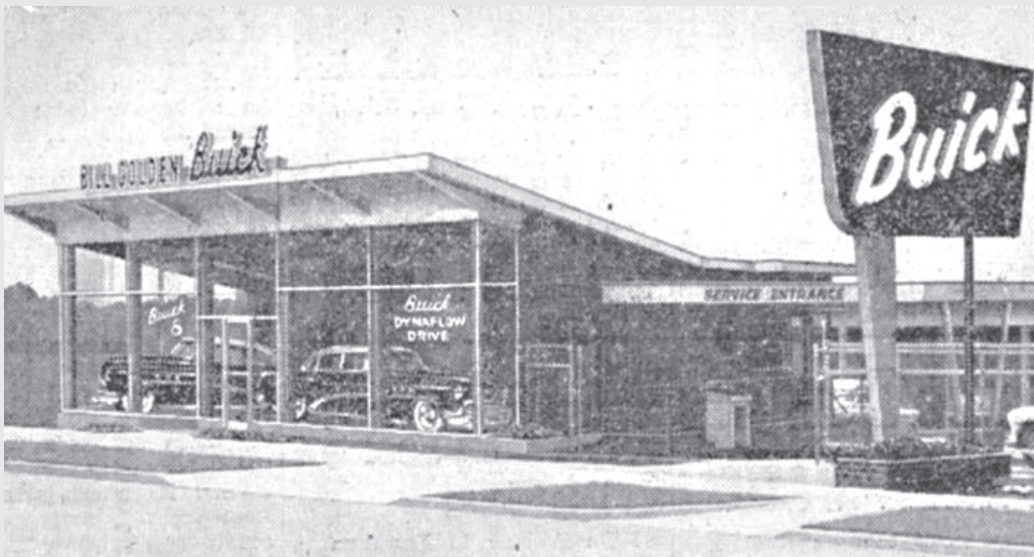


Glendale Library, Arts & Culture limited edition library card by Shepard Fairey.

on Saturday, Jan. 20 from 6:30 p.m. – 8:30 p.m. ReflectSpace and PassageWay Galleries are curated by Ara and Anahid Oshagan. Free parking with validation is available at the Marketplace parking structure located directly across from the Harvard entrance of Central Library.

### THEN & NOW

*Golden Buick  
Courtesy of the Historical Society of CV*



**THEN** » Bill Golden, the youngest Buick dealer in America, opened Golden Buick in this modern new showroom in 1952 at 2100 W. Verdugo Blvd., just to the east of the intersection of Verdugo and Honolulu. His dad Fred Golden was the sales manager and a row of service bays was to the rear of the property.



**NOW** » The building still has the distinctive architecture of the '50s and today has been housing various retail ventures. It's currently a home improvement store while the old service bays are those of an independent auto mechanic.

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 Sunday service: 10AM  
 Wednesday Bible Study: 7PM

**HC**

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[www.lacanadachurch.org](http://www.lacanadachurch.org)

**Light on the Corner Church**



Pastor Jon Karn  
 1911 Waltonia Drive  
 Montrose  
 (818) 249-4806

**SUNDAY SERVICES 10:45 a.m.**  
[www.lightonthecorner.org](http://www.lightonthecorner.org)

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**Mt. Olive Lutheran Church**  
 3561 Foothill Blvd, La Crescenta  
 office@molc.org • (818) 248-4253

**Sunday Worship Service**  
 (with Sunday School for kids) 9:30 AM

**Thursday Bible Study**  
 6:45 PM

Check out our Website!  
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**COME MEET US!**

**St. Luke's of-the-Mountains Episcopal Church**

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## 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. Sharri Johnson, One Heart Retreat Center, Martin Barrett, Unitarian Universalist Church of the Verdugo Hills, Andy Gero, VFW Chaplain, Pastor Bill Flanders Emeritus, Highlands Church La Crescenta, Steve Johnson, Pastor Emeritus, Pastor Larry Maib Emeritus, Highlands Church La Crescenta, Rev. Valerie Reeves, Staff Minister, Redondo Beach Center for Spiritual Living

*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.*

Reprinted from Dec. 23, 2021

**Q**uestion: My wife and I have been neighbors with a man (I'll call Paul) for 40 years. We both bought our houses at the same time and became good friends. We attended the same church and our kids were friends as well.

Three years ago, Paul's wife passed away from cancer. Now Paul won't go to church, even though his adult children have urged him to on several occasions. Paul's reasoning is he's mad at God for letting his wife die. She was the love of his life.

Even though we think we understand his grief and feelings, we believe going back to church will help him. Please give us some ideas on how to talk to him.

~ Sympathetic Neighbors

Dear Sympathetic Neighbors,

It's wonderful that your neighbor has such caring friends such as yourselves. It's only natural that when we see our friends going through sadness we want to help them move through it quickly and get on with life. A church community can be a wonderful way to find meaning and belonging and thereby help us get beyond a sense of loss and hopelessness that we are facing; but remember, supporting a friend means loving them exactly as they are, not as we want them to be. We may think we know what is the best for them but they may need to go through the phases of grief that they are experiencing in order to grow into a sense of peace about losing their loved one. If you have ever seen a butterfly struggling in a chrysalis, you know that the struggle helps them build the strength necessary to get to their next realization.

In the book, "On Death and Dying," Elizabeth Kubler Ross defines the five stages of grief – denial, anger, bargaining (guilt) depression and acceptance. In it she explains that there is no time limit to the grieving process and that each person deals with the various stages of grief in their own way. You might suggest this book to your friend to give him insight into what he is experiencing and to know that he is not alone in his feelings. Anger is not only a normal reaction, but also a part of the healing process. His argument with God is a personal one and growing beyond his anger is one that he alone will have to come to terms with. The

love and support of his friends and church community will be helpful but a relationship with God is an inside job. No one can find God for us.

In Religious Science, the formula for moving beyond a problem is to detach from the issue – take your mind off the problem and put your mind on God, knowing that your faith will bring you out of any darkness you are experiencing. Our thoughts create an energetic vibration that brings to us experiences at the level of our thinking energy. That does not mean don't feel what you're feeling, but don't dwell on it. There is a spirit that resides in each of us, the knower, which provides a spiritual solution to every problem. When we center ourselves in both thought and feeling to realize the divine presence within we will find peace.

Let your friend know of your loving support and be available to listen to him exactly where he is. Remind him that it is important to remember our loved ones who have died with more love than pain. Let him know that when he leans into the divine presence within, despite the anger, sadness and turmoil he is experiencing, the God he is wrestling with will bring him peace the moment he seeks it.



Rev. Mary Morgan  
 mormari@aol.com

Dear Sympathetic Neighbors,

Paul is fortunate to have a neighbor like you. God clearly brought you together certainly for such a time as this. People get mad at God all the time. God understands this. He thinks the heartaches we suffer in this life are real and difficult. Since you've asked for some ideas, let me give you several: 1) Invite your old friend over regularly. Have dinner. Show God's love to him. God has not left him alone. He sent you! 2) Connect Paul with other widowers at the church. They can play golf

or cards or have regular lunches together. There are lots of men who are going through what Paul is going through. 3) Losing a life-long spouse is so very hard; often professional help is in order. There is nothing in the world like a skillful Christian grief counselor. Encourage Paul to make an appointment today! Do some homework and supply Paul with some names and numbers. 4) It might be wise to have a conversation with Paul and ask him if staying away from church is what his wife would have wanted. I suspect we all know the answer to that. 5) We recall on Good Friday the death of a famous Son. God also knows what it's like to lose a loved one. But God knew that his grief would be temporary because Jesus would be raised from the dead. This is at the core of what church is all about. Doesn't Paul share the same resurrection hope for his wife? In the prayer of Jesus before his crucifixion in John chapter 17, He says something no one ever talks about. He says He wants those who are His to be with Him where he is, that they might see His glory. Paul's wife was with him for a long time. Now, for a while, Paul and his wife are separated but Paul's wife is seeing the glory of Jesus in paradise. How wrong is it that Jesus should now enjoy the sweet fellowship that He has been waiting for, for so long? Paul and his wife will be reunited soon enough. For now, could Paul share his wife with Jesus in paradise for a while?

God's view on the death of his believers is different from ours. We find in Psalm 116 a wake up call on the subject of death: "Precious in the sight of the LORD is the death of his saints." Life in this world is not all about us. It's about God and his glory. And that's what Paul's wife now enjoys, the glory of God.



Rev. Jon T. Karn  
 pastorjon@lightonthecorner.org  
 see SPIRITUALLY SPEAKING on next page



## NOTES & NODS

### LUTHERAN CHURCH IN THE FOOTHILLS

Following a break for the holiday, Lutheran Church in the Foothills 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 began on 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 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, BREAKFAST BIBLE STUDY

After a long hiatus, Mt. Olive Lutheran Church will resume its monthly breakfast Bible study at Panera Bread Restaurant in La Cañada on the third Saturday of each month at 8:30 a.m. beginning Jan. 20. We're excited for the resumption of this monthly Bible study group, and we will begin with the Epistle of Ephesians. All are welcome!

Mt. Olive Lutheran 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. 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

Reprinted from Feb. 17, 2022

**Q**uestion: Over the past year, I've sent two wedding gifts, three baby gifts for showers that were held virtually and two graduation gifts. Out of these, I've only received one "thank you." It's not so much the thank you as it is knowing the gifts were received.

Have times changed? I always send a thank you regardless. This all started when I was a child and my parents had my brother and me always write a thank you for each and every gift. My parents set a good example because they did as well and often helped us with what to write.

My concern is that perhaps there are those who no longer think this is necessary. What is your thinking about this?

~Puzzled

Dear Puzzled,

I can very much understand your anger, disappointment and even hurt at not receiving a thank you for the gifts you have given. Sometimes such things can make us feel that both the gift and ourselves are undervalued and unappreciated. I agree it would be lovely if everyone were raised to at least say thank you. But that is not the case and probably never will be in this world. Sometimes human beings can behave in ways that are either, intentionally or unintentionally, thoughtless, uncaring and insensitive.

A number of years ago, when I was a poor college student, I ran into a classmate who was so depressed he hadn't felt like eating for a couple of days. To compound that, now that he felt hungry he didn't have money for a meal. On hearing this, I invited him to lunch as my guest even though buying him lunch was a major financial sacrifice for me at that time. Afterwards he left without even saying thank you. Considering the sacrifice, I felt hurt, outraged and resentful.

Eventually I recognized that when people are depressed they can be so self-focused and self-absorbed in their own internal suffering they may be incapable of acknowledging and even appreciating a kindness shown to them. What I interpreted as rudeness and a personal slight was, in fact, nothing more than a sad and crippling limitation on their part. As human beings, we are all flawed at times. We all can come across as insensitive, selfish and uncaring. So how do we get ourselves to the point of acceptance and forgiveness over what has happened? How do we deal with it so it doesn't close our heart to giving to others, much less upset our peace of mind or sense of self worth?

Ernest Holmes, founder of the Science of Mind, once said if we wish to change our experience of the world it always begins with a change in our mind, in our perspective, in our attitude. Here are a few points to help you alter your perception in hopes it will provide you with some comfort:

Holmes believed that, at the core of it, behind all illusion to the contrary, ultimately God is the giver of all gifts, who will meet every need when asked. In the old hymn "Come Thou Font of Every Blessing" there is the great line reminding us that God is continually pouring forth "streams of mercy" (i.e. grace and forgiveness) never ceasing." Saint Bernard tells us that grace is nothing more than that which is freely given to us without obligation. Indeed, if we had the eyes to see, in spite of all the sham, dross, predation and lack in the world, the world is still filled with wondrous and marvelous examples of continuing gifts of grace (blessings) pouring down upon us all, never ceasing. The divine pours its grace upon us without ever requiring, expecting or even hoping to receive a thank you.

Likewise, whether we believe it or not, we are each chosen and destined to be God's agents for good in this world. He does for us only what He does through us. When any divine gift is given to us or another it is always through the agency of a person in some way or form. In other words, God sometimes uses your hand to bless another... whether that person may seem in need or not, deserving or not, grateful or not. There is always a reason for the gift and we may not always be privy to the reason. Often times we fail to recognize this important role each of us plays in delivering God's gifts to His own creation. Instead of the beggar, we are given the opportunity to become the divine giver.

To put it another way, God is the giver; we are merely the errand boy or girl.

It is always lovely to receive a tip at the point of delivery in the form of a thank you. But if we don't, let our role in all this be an act of gratitude on our part for the privilege of being chosen as a channel for the divine gift. Let it be our own return "thank you" to the Father for the good we may have received in our life, especially when it was needed.



Anthony Kelson, RScP  
anthony@apkelson.com

Dear Puzzled,

I am sad to say this, but I am thinking that people have changed and it is a sign of the times.

I was raised the same way as you. I found it to be a rewarding activity to sit down and write thank you notes. As I got older, I remember someone at a family gathering say, "If someone thanks you in person, there is not a need to send a thank you

note." This was news to me.

Overall, many of us interact less directly with people in person due to busy schedules, different lifestyles, social media and recently even COVID. I have noticed that the same people raised to send thank you notes, who also raised their children to do so, often now text, email, post a picture of said item on social media with a thank you, or call (even phone calls have become scarce).

These forms of interactions have now become normal even in the workforce – even therapists and physicians text. With all this said, and sad to many people, it is an objective fact.

One way to address the issue when you are the sender is to contact the recipient of your gift and ask if they have received it as you are worried maybe something happened to the item (which is possible). Keep the conversation uplifting and avoid a passive aggressive tone.

And, on your end, keep up the thank you notes – you just might keep the tradition going with certain individuals by modeling this behavior.



Rev. Kimberlie Zakarian  
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# JUST FOR FUN

## CALENDAR this

### BURBANK AFRICAN VIOLET SOCIETY

The Burbank African Violet Society will be having its next club meeting this morning, Thursday, Jan. 18 at 10 a.m. at The Little White Chapel Christian Church, 1711 N. Avon St. in Burbank.

The program will be "Installation of Officers: Chris Hedberg - President, John Hershey - Vice President, Pat Steen - Secretary and Connie Weir - Treasurer." Hershey will also be presenting "Propagation of An African Violet Leaf." Questions and answers will follow the presentation.

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

For more information please telephone (661) 940-3990 or reference the website: www.burbsnafricanviolets.weebly.com.

### GLENDALE KIWANIS

The Kiwanis Club of Glendale meets on Fridays at noon. On Friday, Jan. 19, paleontologist/archeologist Charly Shelton 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.

### CCLCF HOSTS UPCOMING EVENTS

The Community Center of La Cañada Flintridge is having the following classes and programs: LA Surf: Grassroots Soccer Program for ages 9-12 began on Wednesday, Jan.

17 on Mondays from 4-5 p.m. and Wednesdays from 4-5 p.m.

Bingo & Brunch is on Friday, Jan. 19 from 11 a.m. to 1 p.m. Fun for 50-year-olds and older; free. RSVP at cclcf.org or call (818) 790-4353.

Coming in Spring: New intramural programs for adults ages 18-plus.

Kickball Kickback will be on Wednesdays from 11 a.m. to 12:15 p.m. Four-week session begins Feb. 28.

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

### ARTIST SUBMISSIONS NOW OPEN FOR CITY OF GLENDALE PUBLIC ART LANDMARKS PROJECTS

The Glendale Library, Arts & Culture Dept., on behalf of the City of Glendale's Arts and Culture Commission announced that artist submissions are now open for the Public Art Landmarks project. As part of the city's arts and culture initiatives, up to 10 long-term to permanent artwork installations will be commissioned.

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

### ZACK HILL BY JOHN DEERING AND JOHN NEWCOMBE



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### ACROSS

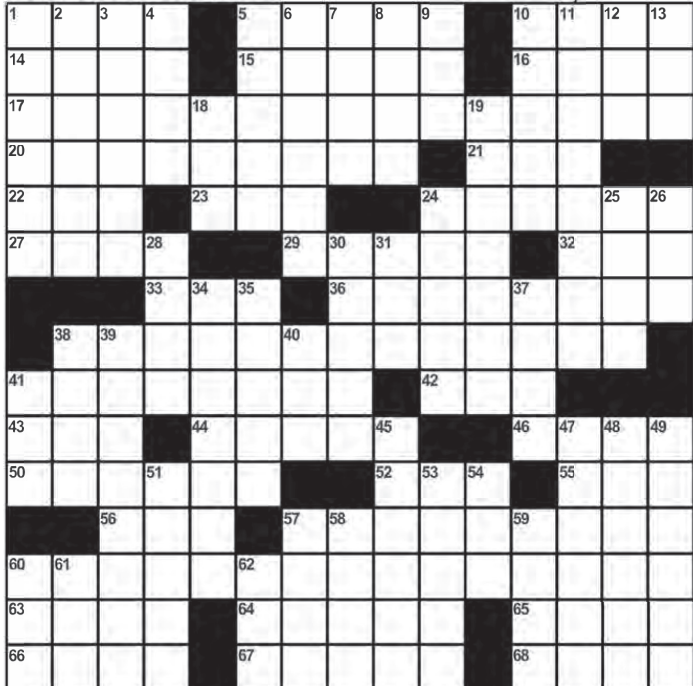
- 1) .035 ounces
- 5) Wish for Earth
- 10) Crowning point
- 14) It's made to be broken, proverbially
- 15) Shady spot
- 16) Dawdle
- 17) Camper's need
- 20) Some screwdrivers
- 21) Radial filler
- 22) Private eye, slangily
- 23) Tiny soldier
- 24) Dazed in the ring
- 27) Mushroom part
- 29) Second of two photos, sometimes
- 32) Payment promise
- 33) "\_\_\_ showtime!"
- 36) Foyer
- 38) What all great singers have
- 41) Like some spiders and snakes
- 42) Acid for trips
- 43) Typography measures
- 44) Hold 'em game
- 46) Sign of the future
- 50) Front shoe support
- 52) "Mission: Impossible" org.
- 55) Caesar's salutation
- 56) Geological time unit
- 57) Off-road vehicles
- 60) Refusing to speak
- 63) "\_\_\_ have to do"
- 64) Early stages
- 65) Veto
- 66) Gulf relatives
- 67) Give it another go
- 68) Eyelid problem

### DOWN

- 1) Plays the con man
- 2) Small watercourse
- 3) \_\_\_-Lorraine
- 4) Track event
- 5) Blessed bread holder
- 6) Mistakes in printing
- 7) Resting
- 8) Police officers
- 9) Long lead-in of old
- 10) Dramatic 44-Across bet
- 11) Arm-twisting
- 12) Answer to the Sphinx's riddle
- 13) Immature salamander
- 18) When doubled, a lively dance
- 19) One may rest on one's
- 24) "She loves me" unit
- 25) Owl cry
- 26) "That's tasty!"
- 28) Soybean paste
- 30) Like incorrect statements
- 31) You can have a blast with it
- 34) Kettledrums
- 35) Ice-cream utensil
- 37) Take from square one
- 38) Office note
- 39) Socially improper
- 40) Arctic sea bird
- 41) Old pro
- 45) Horseshoes score
- 47) Reach the top
- 48) In a fair way
- 49) Be cozy
- 51) Frosty eyes?
- 53) Like nostalgic eyes, sometimes
- 54) DNA tester, at times
- 57) Not yours
- 58) Pt. of MIT
- 59) Classes or types
- 60) Arched bone
- 61) LAX datum
- 62) Negative conjunction

### CELEBRATING LENT

By Tom Cobb



see ANSWERS on page 8

## WEEKLY HOROSCOPES

Provided by horoscope.com

January 15, 2024 - January 21, 2024

### ARIES March 21 - April 19

Your health seems intertwined with your spirituality. The cosmos indicates that your overall well-being will improve if you spend more time meditating and working on your spiritual progress. You may also find that your dreams can play a role in keeping you fit. Make a note of them. They could hold guidance on how to stay fit as well as ward off illness.

### TAURUS April 20 - May 20

It's time to focus on improving your overall level of fitness and health. Your only real danger is burnout. You could be so eager to make great progress as quickly as possible that you injure yourself. Take it easy and go one step at a time. This is the best way forward for the future.

### GEMINI May 21 - June 20

You could play a part in helping your partner recover from a minor illness this week. Although it's nothing to worry about, you may still run around fetching, carrying, and soothing. You shine in the role of caretaker, but don't forget to look after yourself, too. Take a break. You'll feel better and be much more effective if you do.

### CANCER June 21 - July 22

The cosmos offers you an opportunity for a new beginning. Think about your health. Are you happy with your physical condition or could you do more to improve it? Think about what you need to improve in particular, set goals, and make a plan. You'll be more likely to stick with your new routine if you begin now.

### LEO July 23 - August 22

This is the ideal time to examine your lifestyle and figure out how you can improve it. You're fired up now, so use this opportunity to embrace changes that will not only help you feel better all around but also improve the balance between work and rest. You might have to be very firm when dealing with those bad habits.

### VIRGO August 23 - Sept. 22

Think about getting involved in competitive sports. You'll enjoy the social life that goes with them while exercising and having fun. If you love golf, basketball, or soccer, look for a group. You might find it particularly rewarding to coach, if you have that skill. You need plenty of physical exercise, and that would be one way to get it.

### LIBRA Sept. 23 - Oct. 22

You seem to be living in your head a lot lately, but don't forget your body in the process. While it's possible to improve your exercise routine or sport by visualizing yourself doing it perfectly, it won't get your heart pumping. The best way forward could be to try both. Do your daily workout and then use your imagination to help reach the next level.

### SCORPIO Oct. 23 - Nov. 21

You're inventive and you love to experiment. That includes testing your body's reactions to various foods or exercises. You might want to try an experiment now that concerns a health and lifestyle change. See if it's something worth pursuing. Be completely committed for a month and then assess your progress.

### SAGITTARIUS Nov. 22 - Dec. 21

The cosmos will now end the frustration and any health issues you may have been plagued with for a while. You should find that your energy level gradually improves and that it becomes easier to keep up with your regular exercise program. Use your renewed vigor to your advantage and get back on track with your health goals.

### CAPRICORN Dec. 22 - Jan. 19

There's a gradual shift in the cosmos that coincides with detoxing your body and your mind. Take a new approach to your well-being and get ready to start again if you've fallen off track. It might help to eat a simpler diet of vegetables, fruits, and water. Stay off the fat and sugar for a while and see how you feel.

### AQUARIUS Jan. 20 - Feb. 18

This is a good time to slow down and take a more relaxed view on life. Take a break from your fitness routine and spend some time reflecting on the progress you have or haven't made. Take a look at your successes and any area where you didn't quite reach your goal. Resolve to take it to a new level in the weeks and months ahead.

### PISCES Feb. 19 - March 20

Your health is looking pretty good now. However, with a positive focus on your career zone, you might be tempted to work late in order to get ahead while you can. Relax and give yourself some space to breathe and do other things. You need balance in your life. Although it's wonderful to be doing well, you don't want to be a workaholic.

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PROBLEM SOLVED » BY CHRISTOPHER ELLIOTT

# My bed from Ashley Furniture is missing a few parts. What should I do?

What's wrong with Britt Lane's bed? And why won't Ashley Furniture fix it for her? She's been sleeping on the floor since she ordered the furniture from the retailer.

**Q** I recently bought a new bed from Ashley Furniture. The company delivered the bed with missing parts.

Ashley Furniture has not provided the correct parts to make the bed functional. When I call customer service, the reps hang up or put me on hold indefinitely. I visited the store near me in Joplin, Missouri a month after I placed my order and asked for a copy of my contract because I believe they are in breach of the contract. The store refused to give me a signed copy of the contract.

I would like a partial refund on the price of the bed as well as the parts needed to make the bed work. Ashley Furniture has already

refunded the delivery charge and setup fee, but it will not adjust the price of the bed. I've been sleeping on the floor for more than a month. Can you help me?

— Britt Lane, Kansas City, Missouri

**A**: Ashley Furniture should have delivered your bed to you when it said it would – the whole bed. But of course, you already know that.

Ashley should have given you the contract when you bought the bed so I'm surprised you didn't already have it. I'm really troubled that the store would not give you a signed contract when you asked for it.

There's a lesson here for all of us:

When you buy furniture, or any other big-ticket item like an appliance, make sure you know the terms and get a copy of your signed contract.

Fortunately, some of those terms are already on the Ashley Furniture website. It looks like you ordered Ashley's "No-Hassle Delivery + Assembly" option, which promises "Your items will be delivered, set in your room of choice and, if necessary, assembled."

I reviewed the correspondence between you and Ashley Furniture. It appears you were missing all the parts that hold the bed together, including screws and bolts. So, of course, the driver could not assemble your bed because there was nothing

to hold it together.

It makes sense that Ashley Furniture would refund your delivery and assembly fees. It had delivered an incomplete – and unassemblable – bed.

Ashley Furniture draws more than its fair share of consumer complaints – customers who gripe about the quality of its furniture and lack of customer service. Perhaps our biggest Ashley case to date involved a 92-year-old customer who also had to deal with a contract problem.

I publish the names, numbers and email addresses of Ashley Furniture's customer service executives on my site Elliott.org.

You might have reminded

the unhelpful Ashley Furniture employee of the company's mission statement, which is to "delight our guests, turn houses into homes and change lives for the better ... together." A half-assembled bed is no way to turn a house into a home.

An appeal to one of the executives might have helped move your case along. But also a request for a partial refund might have been too much. Ashley had already refunded the delivery and assembly fee. It just needed to get you those bolts.

I contacted Ashley Furniture on your behalf. A representative called you and set up a time to finish assembling your bed. Two months after your delivery, you emailed me with good news: "I now have the fully assembled and functioning bed that I paid for."

*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 21 developed and established over the course of the next few years. The objective of the Public Art Landmarks project is to create world-class public artwork in a diverse range of mediums that are designed to engage the community, showcase the cultural diversity of the city and enhance the various civic and public spaces.

The application portal is currently accepting submissions through Friday, Jan. 19 at 5 p.m. PST. To apply, visit <https://lebaseprojects.submittable.com/submit>.

### SHOSEIAN TEA HOUSE

Shoseian Tea House, 1601 W. Mountain St. in Glendale, hosts Cass Magda who will give an introduction to the Indonesia martial art of Pentjak Silat, which has been described as "Indo-Jujitsu" since it has a very well-developed methodology that includes devastating strikes, efficient takedowns, effective joint locks and a very interesting approach to how solo forms (known as Jurus) are practiced. The class is on Sunday, Jan. 21 from 11 a.m. – 1 p.m.

Pre-registration is required and space will be limited. The cost is \$45 per person; visit [GlendaleTeaHouse.org](http://GlendaleTeaHouse.org) to pre-register.

### BINGO COMING

Two upcoming bingo games are coming to the foothills. The first is on Saturday, Jan. 20 at Healy Hall in Holy Redeemer at 2411 Montrose Ave. The cost is \$30 and includes 10 games. Doors open at 5 p.m. and the first game is at 6 p.m. Food available for purchase. All proceeds benefit the Knights of Columbus Charitable Giving Fund.

The next one is on Saturday, Jan. 27 at the Verdugo Hills American Legion Post 288 at 4011 La Crescenta. You can read more at [CVWeekly.com/CALENDARTHIS](http://CVWeekly.com/CALENDARTHIS)

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FRIEDMAN from page 9

home, California has a dearth of housing, driving up prices for existing housing and pushing many on the margins to living on the streets. At a time when adding affordable housing capacity is arguably the state's largest challenge, the governor has proposed \$1.2 billion in cuts to housing programs and \$700 million in delayed spending on programs to address homelessness, though he left in place \$750 million for encampment sweeps.

Voters have been very consistent in telling us that dealing with housing and homelessness is at the top of their priority list. The first step to combating homelessness is shelter. The work

to increase our housing stock and provide services to our homeless neighbors can take years. Yes, we need to clean up the encampments in our neighborhoods but without sustainable funding, programs working to move people into safe shelter and eventually permanent housing will be hampered in their ability to make a positive and measureable impact on a daunting problem. Without enough shelter capacity, that \$750 million for encampment sweeps could end up doing little more than shuffling homeless Californians from one street corner to another and that's not a solution that works for anyone.

Housing programs aren't

the only ones in the budget cut crosshairs. In a state that's already vulnerable to climate emergencies, \$3 billion of the governor's proposed budget cuts would stem from money earmarked to deal with climate change. That \$3 billion in cuts would fall on top of last year's reduction of \$1.5 billion in climate spending.

Here in the 44th Assembly District, we're no strangers to the havoc wreaked by epic droughts and devastating wildfires. Home hardening and landscape clearing is ever more imperative. While the governor's proposal wisely preserves the critical funding needed to combat wildfires across the state, it does not preserve

funding to prepare for sea level rise and other looming climate impacts. I'm very worried about any reduction in climate spending and the long-term impact those reductions could have on our ability to prevent wildfires, preserve fragile habitat and resources, and reduce pollution. Cuts of this magnitude will reverberate throughout the state and be felt across the West. Climate change is not limited to within California's state borders; and if the scientists are correct, we're on an environmental deadline before catastrophe. We can't afford to slow down our climate efforts when we need to be speeding up.

There are months of negotiations coming up between the Legislature and the governor to finalize the budget. There are portions of the governor's proposals that I find prudent. There are others though that have me concerned. The steps we take will help chart the path forward for California and I'll be working to ensure that it's a sustainable one that protects our communities and resources.

What are your budget priorities? As always, I'd like to hear your thoughts on our budget, legislation or any general comments or concerns. You can reach my District Office at (818) 558-3043, or by email at [Assemblymember.Friedman@Assembly.ca.gov](mailto:Assemblymember.Friedman@Assembly.ca.gov).



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