

ARIANNA PHARMACY
& MEDICAL SUPPLIES
TIRED OF POOR SERVICE?
Join Arianna Pharmacy Family.
We Make Pharmacy Simple!
Vaccinations Offered: Latest COVID • FLU • Pneumonia • Shingles • TDAP • RSV
3600 N. Verdugo Rd. • Montrose/Glendale • 818.957.9200

Glendale Green Lights Ambitious Bike Plan

By Julie BUTCHER

“As a city, we are better than this,” Councilmember Ardy Kassakhian at Tuesday night’s meeting of the Glendale City Council admonished about the hotly debated proposed Bicycle Transportation Plan.

The plan calls for developing more than 90 miles of various bike lanes and bicycle infrastructure across the city over the next 20 years, including approximately 46 miles of protected bike lanes. When the Council last debated the plan – including hearing hours of comments from the public – the body deadlocked on moving forward. With his vote, Councilmember Kassakhian authorized city staff to move forward and develop more detailed plans for environmental review. Before adoption, plans would need to come back to Council for approval.

Quoting Kevin Durant, basketball star and Olympic gold medalist at the recently concluded Paris games, Kassakhian said, “A lot of B.S. happens in our country but a lot of great things happen too.”

“I watched all of the hours of testimony on this,” Kassakhian reported. “One caller asked if any of the councilmembers actually rode a bicycle. One of my colleagues responded that he rode his bike to that meeting. Another is an avid rider. I used to ride a bicycle in Glendale. I learned to ride a bicycle in Glendale, after my parents moved here, when I was in fourth grade. Kids used to ride their bikes all over Glendale. We were a city of bike riders.”

Councilmember Kassakhian asked several clarifying questions about the Bike Plan: regarding the cost estimates, Community Development director Bradley Calvert responded that the report was in error in stating that the cost estimates only covered the costs of the actual bike lanes.

“Our philosophy is ‘dig once,’” he said.

see GCC on page 6

American Legion and VFW Host Annual Bingo Event

By Hayden FRANKLIN

Held at Healy Hall, the annual event will boost the coffers of local veteran groups.

On Friday night, American Legion Post 288 will hold its 12th annual community bingo fundraiser. Bingo night will take place at Healy Hall at Holy Redeemer Church, 2361 Del Mar Ave. in Montrose. The doors will open at 4:30 p.m. with the first game at 6 p.m. The event will include a total of 15 bingo games, an opportunity drawing with exciting prizes, and food and beverages available for purchase.

The admission fee is \$25, which includes the purchase of 10 bingo cards (four games per card) including the final “blackout” game of the evening. Each game pays a prize of \$100 cash. A bonus “icebreaker” game (which is expected to be called by Rep. Judy Chu) is available for players who bring in a coupon (found on page 6 of this paper)



File photo

Daubers at the ready, players at the 2023 bingo event hosted by the American Legion and VFW hope to call out bingo and take home a cash prize.

or by paying \$1 for an extra card. Three additional bonus games will be available for purchase for \$1 per card and are played intermittently throughout the evening. The blackout game, the final game of the night, will be won by the player/s who has all numbers marked on their card/s. That prize is \$250. The evening also features an

see BINGO on page 5

Kases for Kids Donation Event Coming Up

By Eliza PARTIKA

The Crescenta Valley Lions Club is collecting backpacks for foster children at its annual Kases for Kids event alongside Los Angeles Dept. of Children and Family Services.

From 10 a.m. to 2 p.m. on Aug. 24, the Lions will collect backpacks that will be filled with toys and practical supplies and given to foster children. This year, the Lions hope to give away 250 packs. The Kases for Kids donation event will take place at the Ralph’s parking lot on Foothill Boulevard and Raymond Avenue.

The community is asked to donate items including toothbrushes, toothpaste, facial tissues and washcloths as well as “back to school” supplies like pencils, pens, notebooks, coloring books and markers.

Kases for Kids collects and distributes suitcases, duffel bags, backpacks and similar carrying cases to children about to enter the foster care system. While they

see KASES FOR KIDS on page 22



File photo

At a previous Kases for Kids event, students remove donated items that will be used to fill backpacks that will be given to youth in need.

New Year, New Card with Tap To Pay

GASCU's credit and debit cards now include the "Tap to Pay" feature.

Order Your Card Today! gascu.org | (818) 248-7425

YOUR SAVINGS INSURED TO \$250,000 PER ACCOUNT
 NMLS ID #536925
AMERICAN SHARE INSURANCE
 By members' choice, this institution is not federally insured, and if the institution fails, the Federal Government does not guarantee that depositors will get back their money. The credit union is not insured by any state government.
Equal Housing Lender
 Must qualify for credit union membership.



» FROM THE DESK OF THE PUBLISHER

The Dog Days of Summer

Thankfully the weather has started to cool down – a little. The tremendously hot days of this summer will not soon be forgotten, though – especially when looking at our electric bills.

I'm reminded of the hot days of July when I was watching my 2-year-old granddaughter Aubrey. Her mom, dad and mom's mom (Grandma 1.0) left Aubrey in the care of grandpa ("Pop-pop"), grandma (me – Grandma 2.0) and mom's friend Celeste while they went on a trip.

Aubrey was so much fun! She's definitely a water girl and her grandma's pool at the house where Aubrey lives was perfect for water play. I picked her up weekdays from the Center for Children where she attends daycare (she's very social and loves it there!) and we'd swim before dinner. Celeste drove up from where she lives in Orange County to watch over Aubrey during the weekends giving me a little bit of a break. Aside from a standoff Aubrey and I had when it came to dinner one night, I had no difficulties – just a lot of fun.

In addition to Aubrey, I was in charge of watching their dog and cat. Having three dogs of our own I wasn't worried about taking care of the animals. However, my son (Aubrey's dad) asked that I put the dog in his "house" (aka crate). I wasn't keen on that idea so I decided to let him roam the house when I was at work.

Imagine my dismay when one night after Aubrey was in bed and I was watching TV, I looked across the couch and noticed one of the decorative pillows was gnawed and torn.

Oh, no! The darn dog must have gotten to it!

I found the manufacturer's tag and got the pertinent information off of it so I could order a replacement pillow. I found ordering a replacement was easier said than done.

The manufacturer was no help. I could buy a whole new couch but when it came to just one pillow – well, they didn't offer those.

After much scouring of the internet I found a replacement pillow – on eBay. Not the cheapest but my choices were pretty slim. I bought the pillow with the hope that it would arrive prior to the trio's return. Alas – problems prevented it from arriving until after they returned from their trip.

So I took the damaged pillow and put it in my car in case the replacement didn't match and I'd have to take it to a seamstress.

The pillow finally arrived and matched the couch. So my son came over to my house and I handed him the pillow, explaining to him that his dog ate the original. He looked at me and said, "Mom, he ate that pillow months ago."

Oh, well – at least Grandma 1.0 got a new pillow.

Hopefully that will offset the high electric bill she got for the amount of time I had the a/c on.

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

INSIDE	NEWS.....	3	BETWEEN FRIENDS.....	16
	VIEWPOINTS.....	7	LEISURE.....	18
	YOUTH/SPORTS.....	8	RELIGION.....	19
	BACK TO SCHOOL.....	9	JUST FOR FUN.....	20

» WEATHER WATCH

Taking A Look Outside Our Window

By Mary O'KEEFE

I think you can call yourself a true Californian if after an earthquake you speculate its magnitude with people around you.

"I think it was a 4.3."

"No, it felt stronger maybe even 4.8."

And heaven forbid someone adds it was a 6 or 7 magnitude when it was a smaller tumbler! Those people obviously haven't been in California that long; they are novice earthquake scorers.

Maybe this is why Californians, for the most part, pay such close attention to the environment because every once in a while it kicks us in our butts to remind us who is actually in charge.

I have been lucky enough to hear Dr. Lucy Jones, called the "Earthquake Lady" by Smithsonian Magazine, speak on several occasions. When I first started writing for newspapers she would come to small gatherings in La Cañada Flintridge. Her warnings of what a large earthquake would be like if it was centered on the San Andreas fault were enough to make anyone sit up and take notice. Prior to establishing the Great ShakeOut Earthquake Drills, Jones spoke of the nightmare scenario of a strong earthquake striking at the same time as a Santa Ana wind event and wildfires. Once the Great ShakeOut drill was organized, and is now an annual event, there should be no doubt people need to get ready for "not if but when" a strong earthquake will occur.

Luckily, Mother Earth continues to remind us we must be vigilant; for example, on Monday when a 4.4 magnitude earthquake was felt by people from as far south as Chula Vista to north of Bakersfield, according to USGS.

Monday's earthquake was centered south/southeast of Highland Park. So in answering "Did you feel it?" (another Californian native question), I was in Pasadena on Lake Avenue when my ShakeAlert app went off. Immediately I felt the earthquake. I was in

my car at a stoplight and it was weird. There was a bounce, then it felt like all four tires were low on air. I looked around to the other drivers and we all seemed to know at the same time what happened. We looked at each other and just smiled. Some people on the street seemed to stop for a second, analyzed the situation and then kept going – others didn't seem to miss a beat.

There is something about an earthquake, no matter the size, that brings Californians together. As I walked into the building where I had a meeting everyone was sharing stories of what they thought of the earthquake and of course adding their guess on the magnitude.

According to USGS, the Earth has four major layers: the inner core, outer core, mantle and crust. The crust and the top of the mantle make up a thin skin on the surface of the planet.

"But this skin is not all in one piece – it is made up of many pieces, like a puzzle covering the surface of the earth. Not only that, but these puzzle pieces keep slowly moving around, sliding past one another and bumping into each other. We call these puzzle pieces tectonic plates, and the edges of the plates are called the plate boundaries. The plate boundaries are made up of many faults and most of the earthquakes around the world occur on these faults. Since the edges of the plates are rough, they get stuck while the rest of the plate keeps moving. Finally, when the plate has moved far enough, the edges unstick on one of the faults and there is an earthquake," according to the USGS.

Okay – so that's the science; but to be honest I heard the myths of earthquakes long before I heard of the science. One myth is earthquake weather.

Nope, according to USC San Marcos, this misconception of earthquake weather dates back to ancient Greeks but they were wrong. Earthquakes can happen anytime and in any weather.

see WEATHER on page 6

For Best-In-Class Urology Care

there's no reason to go anywhere else

At USC Verdugo Hills Hospital, all the leading-edge urology services you need are close to home. Our renowned physicians and surgeons specialize in the diagnosis and treatment of every urologic condition, common to complex. Whether you're facing kidney stones, prostate cancer, benign prostatic hyperplasia, male infertility, female incontinence or another urologic issue, we offer the most advanced treatments and robotic technology to quickly get you back to what you love.

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



Learn more
USCVHH.org/Urology

© 2022 USC Verdugo Hills Hospital

USC Verdugo Hills Hospital
Keck Medicine of USC



NEWS

A 'Mew-velous' Experience: CatCon 2024

By Hayden FRANKLIN

Earlier this month, the annual CatCon was held at the Pasadena Convention Center. According to its website, "CatCon is the biggest cat-centric, pop culture event in the world dedicated to all things feline, with a community of cat lovers that spans the globe."

As the name suggests, CatCon celebrates all things feline and brings together a community of cat lovers who want to learn about, share and celebrate their love of cats. Capitalizing on the event, the Pasadena Humane Society set up an adoption center in the convention that allowed guests to interact, play with and adopt feline friends.

Inside the convention center two showrooms were filled with hundreds of booths full of cat products, cat merchandise, cat-themed games, cat-themed merchandise and, in the case of the Pasadena Humane Society, even cats!

Also included was a cat-themed puppet show from Bob Baker's Marionette Theater called Bob Baker's Meowionettes. In addition, workshops on cat health included "Cats May Have 9 Lives - But Why Stop There?" presented by EveryCat Health Foundation and "The Cats Meow: Understanding The Feline Health Journey" by Solensia and Revolution Plus and "Cats Are The Most Toxic Pets," featuring The Two Crazy Cat Ladies, on how to clean up



a cat's environment to reduce chronic illness.

Other informative workshops included "CATpoure, Cosplay and Furocious Fashion," which examined and explored the world of cat-themed fashion, "My Cat Ate My Plants!" a workshop designed to teach cat owners how to integrate cat-friendly vegetation into their home, and "A Conversation with the Heroes of the Australian Firefighters Calendar" where audience members got the chance to know and ask questions of the Australian firemen who often appear scantily clad holding cats and other cute animals in annual calendars. After the show guests had the chance to take pictures with the featured firemen and purchase a calendar.

However, of all of the fascinating booths and

captivating entertainment star of the convention was The Pasadena Humane Society's cat adoption center, which was available to all guests regardless of whether they wished to adopt a cat. With wait times to enter the exhibit reaching nearly 30 minutes, the adoption center was by far the most popular part of the event. After entering, guests were able to interact and play with the many cats available for adoption

using toys that were on top of the cages.

President and CEO of the Pasadena Humane Society Dia DuVernet said the purpose of having the adoption center at CatCon was to get the over 200 cats and kittens adopted - a goal that was almost reached at the end of the two-day event with only a handful of cats remaining.

"Adoption numbers like this are unheard of anywhere else," said a Humane Society employee.

"So many people love kittens," said DuVernet. "I'm excited to see kittens going to loving homes."

The atmosphere of the convention and participation from attendees were part of the entertainment.

"It's really nice to see people get excited about this kind of stuff," said attendee Justin T. "You see all these people dressed up in costumes ... they do it because they want to, because it makes them happy to be a part of [the convention]. The convention is a community."

"I like to be around people who love cats just as much as me," he added. "I'm going to come back next year."



Photos by Hayden FRANKLIN

TOP LEFT: Musician and comedian Shiadanni leads "A Conversation with the Heroes of the Australian Firefighters Calendar."

TOP: Fresh Step Litter launched the world's first "sommellittier experience."

ABOVE: Hundreds of booths at the convention featured all types of items geared toward felines.

IN BRIEF

BINGO FUN

On Friday evening, Aug. 16 in Healy Hall at Holy Redeemer Catholic Church, 2361 Del Mar Road in Montrose, American Legion Post #288 and Veterans of Foreign Wars Post #1614 will host the 12th Annual Community Bingo Night starting at 4:30 p.m. Proceeds will benefit veterans' programs in the local community.

Admission is \$25 per person, which includes four bingo cards per game for 10 games. The prize for each bingo game will be a minimum of \$100. In addition to the bingo there will be food available for purchase, a raffle and other surprises. The doors open at 4:30 p.m. with the first game starting at 6 p.m.

The bingo games are limited to 250 players. Tickets are available from members of the American Legion Post #288 and VFW Post #1614. Tickets are also available at the office of Crescenta Valley Weekly at 3800 La Crescenta Ave., Suite #206, Monday to Friday from 8 a.m. to 4 p.m.

CVCA TO MEET AUG. 22

The Crescenta Valley Community Association will have its meeting on Thursday, Aug. 22 at 7 p.m. via Zoom. The meeting will include discussion on local issues as well as an opportunity for Foothill area residents to bring their own concerns. Contact the CVCA at crescentavallecommunityassn@gmail.com with questions and for Zoom meeting information.

All are welcome.

BEYOND PLASTIC VENDOR FAIR

The City of Glendale invites food service providers, community members and business

organizations to the Beyond Plastic Vendor Fair on Aug. 24 from 2 p.m. to 4 p.m. at Perkins Plaza behind city hall. This event will showcase reusable, compostable and recyclable materials in compliance with the City's proposed plastic waste reduction ordinance. Attendees can learn about sustainable alternatives and connect with suppliers who offer eco-friendly products.

Perkins Plaza is located at 141 N. Glendale Ave. in Glendale.

Vendors will be present with their products, allowing businesses to test, feel, and try out these alternatives. Engage with staff to learn more about the proposed ordinance and provide feedback. Interested vendors should email Sustainability@GlendaleCA.gov by August 6th to secure their spot.

STUDENT COMMISSIONER APPS EXTENDED

Applications for student commissioner are now open! Ex officio student commissioners are active, non-voting members of the Arts and Culture Commission of Glendale.

Duties include promoting art activities and education, serving as an advisory group on the arts to the Glendale City Council and city boards and commissions, and more.

Applicants must be students under the age of 25

who live in Glendale and must be able to attend meetings on the third Thursday of the month from 10 a.m. - noon. The application deadline is Friday, Aug. 30 at 5 p.m. <https://tinyurl.com/yk3mtytb>.

MARY CARDEA LANDSCAPING

Mary Cardea
• Horticulturalist •
818-269-0202

- Landscape Design
- Installation
- Irrigation
- Hardscape
- Consultation
- Maintenance

CVT-748708
marycardea@gmail.com

COMPREHENSIVE EYE CARE

SEE WHAT MAKES US THE FINEST OPHTHALMOLOGIST.

- Femtosecond Laser Assisted Cataract Surgery
- Lasik - State of the art / in office Suite
- Glaucoma / imaging & treatment

CV Weekly Awards 2012-2024

SERVING THE FOOTHILLS FOR OVER 50 YEARS

BEEVE VISION CARE CENTER

SCOTT W. BEEVE, MD, F.A.C.S.
IS PROUD TO BE PART OF THIS COMMUNITY!

818.790.8001 www.drbeeve.com
1809 Verdugo Blvd. Suite 150 • Glendale CA 91208

New Discovery on Mars

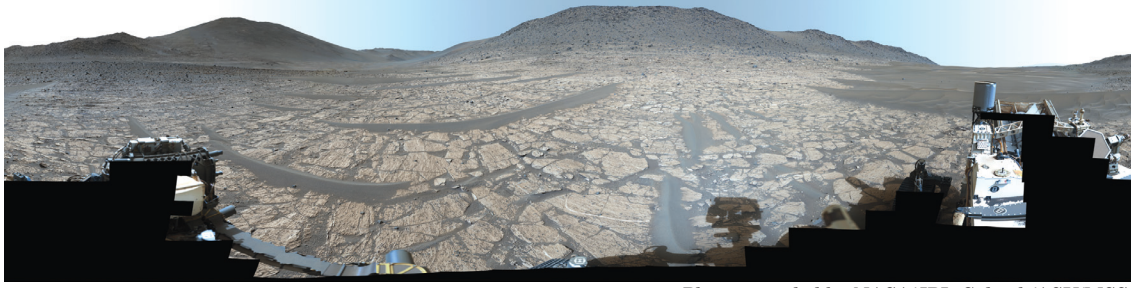


Photo provided by NASA/JPL-Caltech/ASU/MSSS

NASA's Perseverance Mars rover used its Mastcam-Z instrument to capture this 360-degree view of a region on Mars called Bright Angel where an ancient river flowed billions of years ago. The panorama was captured on June 12, 2024, and is made up of 346 individual images that were stitched together after being sent back to Earth. The color has been enhanced to bring out subtle details.

By Mary O'KEEFE

Mars is always surprising scientists and engineers. Recently CVW published an article about the discovery of pure sulfur on the surface of the Red Planet.

"Mars is an obvious target for exploration because it is close by in our solar system, but there are many more reasons to explore the Red Planet. The scientific reasons for going to Mars can be [summarized] by the search for life, understanding the surface and the planet's evolution, and preparing for future human exploration," according to the European Space Agency.

Scientists are searching for ancient life on Mars and recently a discovery by NASA Perseverance, which was built by and managed by JPL, brought scientists a little closer to that finding.

Recently a vein-filled rock caught the eye of the JPL/NASA Perseverance science team that found "fascinating traits that may bear on the question of whether Mars was home to microscopic life in the distant past," according to JPL/NASA.

The discovery made by the rover was in the area scientists have named Cheyava Falls.

"When we think about the search

for life beyond Earth, we can think of the three keystones for life as we know it. Life requires liquid water, it requires the elements for building life – carbon, hydrogen, oxygen, nitrogen, phosphorus, sulfur and a smattering of roughly 54 elements from the periodic table. And then life needs some form of energy that it can harness from the environment," said Kevin Hand, JPL principal investigator of the instrument SHERLOC. "Those three elements – the water, elements and energy – are how we frame our search for life beyond Earth."

SHERLOC (Scanning Habitable Environments with Raman and Luminescence for Organics and Chemicals) is an instrument on the Perseverance rover that is mounted on the rover's robotic arm and uses cameras, spectrometers and a laser to search for organics and minerals that have been altered by watery environments and may be signs of past microbial life, according to NASA. SHERLOC was one of the instruments that found the area that appears to contain organic compounds.

Like early explorers on Earth, scientists at JPL have named areas on Mars. Here are some of those names in the area of the most recent discovery: the rock where the discovery was made is in the Cheyava Falls area. Apollo Temple is the name of the abrasion that was on the Cheyava rock. Sapphire is the name that was given to the core sample the rover got from the Cheyava rock. The rock was found

within the Bright Angel region of Mars' Jezero Crater.

As Perseverance was rolling towards the rim of Jezero Crater scientists could see a valley that was carved by an ancient river on Mars.

"And that river cut through the Jezero Crater rim and fed into [an] ancient lake that once filled Jezero Crater," Hand said. "Throughout the mission we've been quite excited to see what's in this dry riverbed, in this ancient riverbed. From afar we could see these light-toned rocks."

The rover got to go into the valley, checking the first box of elements needed for life – the need for liquid water.

"We know that the environment in which we are investigating – this dry river valley – once had liquid water flowing through it," Hand said. "These bright deposits that were left behind may well have been fine-grained sedimentary deposits left behind in this ancient river."

As far as the elements' portion needed to maintain life, instruments

like SHERLOC have been able to investigate the mineralogy chemistry and have determined that the chemistry of the Bright Angel deposit has a lot of the elements needed for life, Hand added.

That checks the second box needed for life. Now what is needed is the third keystone – energy. A clue regarding needed energy may be found in the leopard-type spots on the rock that are being examined.

"On the one hand, we have our first compelling detection of organic material: distinctive colorful spots indicative of chemical reactions that microbial life could use as an energy source, and clear evidence that water – necessary for life – once passed through the rock. On the other hand, we have been unable to determine exactly how the rock formed and to what extent nearby rocks may have heated Cheyava Falls and contributed to these features," stated Ken Farley,

You can read more at CVWeekly.com/NEWS



A division of Crescenta Valley Publishing, LLC

Robin Goldsworthy
Publisher and Editor-in-Chief
robin@cvweekly.com

Mary O'Keefe
Lead Reporter
mary@cvweekly.com

Designers
Steve Hernandez
Senior Artist
steve@cvweekly.com

Matthew Barger
matt@cvweekly.com

Columnist
Mike Lawler
lawlerdad@yahoo.com

Contributing Writers
Lori Bodnar • Julie Butcher • Rev. Beverly Craig • Eliza Partika
Charly Shelton • Ruth Sowby • Mikaela Stone
Anne McNeill, proofreader

Advertising
Jon K (818) 248-2740 jon@cvweekly.com
Sonya Marquez (818) 381-2000 sonya@cvweekly.com
Lisa Stanners (818) 523-1234 lisa@cvweekly.com

Office Manager/Inside Sales
Rachelle Miller
rachelle@cvweekly.com

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

Mail Payment to:
CV Weekly, 3800 La Crescenta Ave., #206, La Crescenta, CA 91214
To contact us, call (818) 248-2740, fax (818) 248-2444
E-mail info@cvweekly.com. Visit the web at www.cvweekly.com
Delivery issues? delivery@cvweekly.com.

Thank you for your support!

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



OPEN HOUSE

NO REGISTRATION REQUIRED

Join us at our Community Center's Open House for a week of program demonstrations! Explore our offerings through live showcase and discover how you can engage and enrich your life right here in our vibrant community.

FREE! AUGUST 19-23

- **Tai Chi** 11:30-12:30pm ages 18+
- **BalanceFit** 12:30-1:30pm ages 18+

MON

- **Move & Groove w/ Ms Marina** 4:00-5:00pm ages 6-10
- **Dance Mix & Breakdance w/ Ms Elena** 3:00-4:00pm ages 6-9

TUE

- **Ballroom Dancing** 1:00-2:00pm ages 18+
- **Ballroom Line Dancing** 1:00-2:00pm ages 18+

WED

- **Adult Acting & Improv** 4:00-5:00pm ages 18+
- **Grassroots Soccer by LC Surf** 4:00-5:00pm ages 9-12
- **Teen Improv** 5:00-6:00pm ages 12-17

THU

- **Grown Up & Me** 2:00-3:00pm ages 12mo.-2.5 yrs
- **Tiny Tumbling** 3:30-4:30pm ages 3-5
- **Spark Lacrosse** 4:00-4:45pm ages 6-12

FRI

- **Tippy Toe Tap & Ballet** 3:30-4:30pm ages 3-5
- **Jazz & Hip Hop** 4:30-5:30pm ages 6-10
- **Belly Dancing** 6:00-6:30pm ages 18+

cclcf.org • 818-790-4353

4469 CHEVY CHASE DRIVE
LA CAÑADA FLINTRIDGE

Please join us

La Cañada clinic grand opening

August 16, 2024
11 a.m.-2 p.m.

Bring your friends and family

Call 1-818-474-0051, TTY 711
Or visit optum.com/california

© 2024 Optum, Inc. All rights reserved. 24434-02 07/24

Obituary

Ruby Alice Geragos



July 23, 2024

Ruby Alice Geragos transitioned into eternal rest on July 23 wrapped in prayer and in the loving presence of her family and friends near and far at her home in Glendale.

She was a "gal around town" in Montrose and known well throughout her school years in GUSD public schools, benefiting from its excellent special education services. She attended The Center for Children at La Crescenta Presbyterian Church and was a beloved worshiper. She was also embodied in the St. Gregory Armenian church family and one of the original Hrashq Homenetmen athletes. Lanterman Regional Center, Kaiser Permanente and Providence Trinity Palliative Care were exceptional partners in her complex care throughout her short but complete life of 17 years.

Ruby was "small but fierce," always seeking connection with people, and loved babies and dogs. She was "Papa's little gem" (Paul Geragos) and Grandma BJ's playmate during the sunset of their lives. Her maternal grandparents, Sarkis and Ruth Bedevian of New Jersey, enjoyed many visits throughout the years and became Ruby's upstairs neighbor for the last few. Michael Geragos ("Daddy") and Peggy Bedevian ("Mommy") were blessed beyond measure to be her favorite people.

She will be laid to rest in a private graveside service at Forest Lawn Glendale with a celebration of life at St. Gregory Armenian Apostolic Church of Pasadena on Aug. 17 at 10 a.m. Picnic to follow at Tournament Park.

Donations to a charity of your choice can be given in Ruby's honor or to a special fund: St. Gregory Armenian Church of Pasadena (Memo: Ruby Geragos Summer Camp Scholarship Fund).

Needing to place an Obituary or Memorium for a loved one?

Please submit 350-375 word plus a photo

(preferred photo size is 200 dpi, 4x6 inches)

to robin@cvweekly.com

CV Weekly Subscribers: \$50

Non Subscribers: \$100

BINGO from Cover

opportunity drawing. Tickets can be bought for \$1 each. Among the prizes is a special one that will be sure to excite the racing enthusiast: an authentic NASCAR helmet signed by Dale Earnhardt Jr.

American Legion Post 288 and VFW Post 1614 support numerous non-profits in addition to their main focus of supporting veterans. Every year the American Legion and VFW send gift cards to active service military. Their members also provide meals for some of the elderly local veterans who are homebound and they also help those in need. They also provide support for Operation Gratitude, a

program that has distributed about 3.5 million care packages containing items to boost the morale of service members, giving them reminders of home. This is in addition to the youth organizations they support including the Crescenta Valley High School JROTC, Prom Plus, Girl and Boy Scout organizations and the Fire House youth center.

The funds raised through bingo will go toward these many organizations and programs that the veterans support.

For more information on the American Legion's charity and service efforts visit www.vetspost288.com.

CRIME BLOTTER

Aug. 10 2600 block of Foothill Boulevard in La Crescenta, a suspect described as a White adult male wearing a black baseball cap, black jacket, blue shorts and white shoes entered the store and stole two boxes of Jameson Whiskey, which totaled 24 bottles. The suspect was observed leaving the scene in a white pickup truck.

The incident occurred at 9:50 p.m.

5500 block of Godbey Drive in La Cañada Flintridge, a man parked his vehicle at the location on the second-tier of the parking lot. He left his driver's side window open about an inch due to the heat, locked and left the vehicle. He returned to the vehicle and drove to a nearby gas station. When he went to pay for the gas he found his debit and credit cards, which he had left in his vehicle, were missing. He called his credit card providers and found that several unauthorized transactions had been made.

The theft occurred between 2 p.m. and 3:07 p.m.

Aug. 8 2600 block of Foothill Boulevard in La Crescenta, a suspect described as a man with a bald head in his 30s, 6' tall,

weighing 250 lbs. and wearing a blue Dodger's shirt, black shorts and red-and-white tennis shoes entered the location and stole a bottle of champagne and food items. The informant reported the suspect had been recognized from previous shoplifting incidents. The suspect placed the stolen items into a black backpack and exited the store without attempting to pay.

The theft occurred between 7:28 p.m. and 7:40 p.m.

2300 block of Florencita Avenue in Montrose, a man reported that he parked his truck in the rear of the parking area of his property with the windows slightly down and doors locked. He reportedly saw the suspect on his "Ring" surveillance camera, described as a White male wearing a white long sleeve T-shirt and blue jeans. About 15 minutes later he went to his truck and found that his tool set had been stolen.

The theft occurred at 12:20 p.m.

Aug. 6 4600 block of La Crescenta Avenue in La Crescenta, the window of the front right passenger side of the vehicle was shattered; nothing was reported missing between Aug. 6 and Aug. 11.

PET OF THE WEEK



Hello!! Please meet Dixon! Our 14 year old Tabby cat in his contemplative and deep thoughts!! Our "thinker!" CV Weekly loves to hear about your pets! Send a pic and small caption to steve@cvweekly.com to share your lovable pets with the community!

Grooming & Bath includes: nail trimming, ear cleaning, anal gland expression. (818) 330-9033. 3434 Foothill Blvd. La Crescenta. Pimp My Dogg DOG GROOMERS.

La Crescenta PHARMACY Anniversary 100th year in business! We are proud to celebrate our 100th year in business! It has taken knowledge, perseverance, customer service, amazing staff and mostly, our wonderful customers! Thank you for being part of our 100 years. We are honored to continue serving you. 818.248.5851. 2764 Foothill Blvd La Crescenta. FREE Local Deliveries.

Bonnors Party Rentals SERVING THE FOOTHILL COMMUNITY SINCE 1939 Chairs ~ Tables ~ Linens Tents ~ String Lights ~ Heaters Concession Machines. CV Weekly The Finest 2016, 2024, 2017. Thank You for Voting Us the Finest! (818) 951-9117 www.bonnorsrentals.com

CV WEEKLY IS ONLINE! WWW.CVWEEKLY.COM

ANSWERS for page 20

Crossword puzzle grid with answers: MANES, LOATH, BAA, OPERA, IGLOO, END, BEER, BELLIES, EGO, BIBLE, INFER, LIBRARY, STEEPLE, IDEATE, SPARTA, ALEPH, LAUDS, TOP, NEXT, GERMS, ETUI, ASP, DOGIE, KNITS, OSAGES, DIVERT, VISITOR, HOLYSEE, ARENA, SILL, LID, BEETLE, JUICE, EST, UNTIL, OKRAS, THO, SEARS, YEATS.

CV WEEKLY ON THE MOVE



Emma and Duncan Lestina took the CV Weekly along with them to Dresden, Germany. They are standing in front of the 335' long frieze called the Procession of Saxon Rulers made of 24,000 Meissen porcelain tiles.

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

WEATHER from page 2

And then there is the myth that earthquakes happen in the early morning hours. Well that was true of the Northridge Earthquake but it is not a hard and fast rule. The 1940 Imperial Valley Quake was at 9:36 p.m., the 1989 Loma Prieta Quake was at 5:02 p.m. and the one on Monday was at about 12:20 p.m.

"California could fall into the sea because of an earthquake." This is a myth I heard even as a kid in the Midwest.

"The San Andreas Fault System is the dividing line between two tectonic plates. The Pacific Plate is moving in a northwesterly direction relative to the North American plate. The movement is horizontal, so while Los Angeles is moving toward San Francisco, California won't sink. However, earthquakes can cause landslides, slightly

changing the shape of the coastline," according to the CSUSM.

And one of the myths that can be traced to photos from past earthquakes is standing in a doorway for safety during a quake.

If you live in an unreinforced adobe home then yes this is good place to stand other than finding a big table to get under. Photos from the earthquake in Imperial Valley in the '40s showed houses that had crumbled after the quake. In many structures the only thing standing was the adobe doorway – hence the assumption, the incorrect assumption, was all doorways are the place to stand.

The one thing that is not a myth is the best time to prepare for any disaster is before it happens. Like preparing for a wildfire people should make an

emergency plan that includes a communications plan with family members.

Protect your home by securing heavy items like bookcases, refrigerators, water heaters, televisions and objects that hang on the wall. During the Northridge Earthquake in 1994, my cousin's cabinets opened and all of her cooking oils flew across the room and shattered on the floor. Cleaning that oil up took forever ... just saying maybe secure your cabinets as well.

For a complete guide regarding what to do before an earthquake visit <https://www.ready.gov/earthquakes>.

The weather this week will be pretty much like days past with highs in the high 80s or low 90s but then on Tuesday we will see a jump to 97 degrees, according to NOAA.

GCC from Cover

The costs, Calvert explained, would cover everything done to improve the street, including potential paving, sidewalk improvements and curb cuts.

"It's not \$500 million up front; it's not \$100 million up front. This is a phased plan, over 20 years. Plus a lot of these projects would be eligible for outside funding, from the state or feds," Calvert said.

Regarding questions raised about the consultant used, Calvert said that while the representative who spoke at the July 30 Council meeting is from New York City, the consulting firm Buro Happold has a local office and has done similar work locally including for Los Angeles County transportation agencies. The Council voted to allow Buro Happold to do work on the city's Vision Zero Plan to eliminate pedestrian deaths.

"I see no reason to oppose the bike plan," said Councilmember Kassakhian who also advocated a return to drivers' education in Glendale's public schools as he cast the deciding vote. "I remember when the police department came out and did bicycle safety training for school kids," he noted. "We should widen sidewalks and allow safe bike riding on them; we should make it easier for neighborhoods to get traffic calming measures like speed bumps and speed humps. We need to slow traffic and slow speeders; it's not okay to be a city where pedestrians – and some cyclists – are just mowed down in the street."

Councilmember Ara Najarian voted no, citing his intent to be accountable to the public.

"I've received thousands of emails from people opposing bike lanes," he said.

Councilmember Vartan Gharpetian reiterated his intent to vote against any bike lanes that reduce traffic lanes or remove parking.

"No one talked to the businesses along these corridors," Gharpetian said. "Stop going to outside special interest groups."

"It's 2024 and we're still having

these tired arguments about building bike infrastructure," bemoaned Councilmember Dan Brotman. "We're not passing a bike plan tonight. The Verdugo Wash is not part of the bike plan as it's a separate project. The BRT is a separate project."

Brotman continued, "It's about the nationalization of this issue, the MAGA-fication of what should be common sense local decisions. It's part of an attack on our school system, anti-LGBT bigotry, the localization of right-wing social media hate. I'm tired of it – and if the last school board and Council elections are any indication, the public at large is tired of it too."

Plans to move forward with environmental reviews of the proposed plan passed on a vote of 3-2.

Also at the very long Tuesday night meeting, the council debated an ordinance proposing to require existing and new drive-through businesses be subject to new, more restrictive regulations.

An attorney for In-N-Out Burger addressed the Council, raising concerns about the proposed measures.

"First, let me say that In-N-Out appreciates the opportunity to serve the Glendale community. Our business at 310 N. Harvey has been there for nearly 25 years and is successful and popular," the attorney said. "That's why we're concerned to hear about these new rules that would apply retroactively to existing businesses."

Ultimately the Council voted to move forward with new rules for new businesses, limiting drive-through food businesses to certain planning zones and grandfathering existing businesses.

Earlier in the meeting, the Council agreed to accept federal funds to plant 104 new trees in the city's Glenwood neighborhood. According to urban forester Loren Klick, the \$100,000 grant is fully reimbursable and also covers the cost of a new digital canopy assessment. Neighbors will choose new trees from 20-30

possible species, Klick explained. "We believe in planting the right tree in the right place," he told the Council.

Councilmember Kassakhian urged the city to reconsider its enforcement of measures enacted to regulate sidewalk vendors as he reported brick-and-mortar businesses are being cited for illegal sandwich board type signs "while vendors take up entire swaths of the right-of-way."

Glendale police department representatives reminded the public about a traffic townhall set for Wednesday, Aug. 21 at 6 p.m. in the community room of the Glendale police headquarters at 131 N. Isabel St.

At a special meeting of the City Council during the day on Tuesday, funds were allocated "to enter into an Agreement for Commission of Artwork with Kassia Rico in an amount not to exceed \$300,000 dispersed from the Urban Art Fund to design, fabricate and install a public art piece entitled 'Our Garden Spot' for the Montrose circular benches."

Principal Arts & Culture Administrator Jennifer Fukutomi-Jones detailed the process of reviewing 230 applications. The board of the Library, Arts & Culture selected Rico's work in June and the board of the Montrose Shopping Park Association agreed with the recommendation at its most recent meeting.

Local artist Kassia Rico explained her designs harken to Montrose's past, "a fusion of art, architecture and history," including references to the Montrose Railway.

Patricia Kennedy
LICENSED MARRIAGE & FAMILY THERAPIST

- 20 Years Experience
- Specializing in Grief & Loss
- Addictions
- Guidance and Healing Through Life Transitions
- Children and Adults Trained in EMDR Local Sliding Scale

818 512-2464

Presented by
American Legion Post 288 & VFW Post 1614

12th ANNUAL COMMUNITY BINGO NIGHT

FOOD AND CHECK-IN 4:30 P.M. Friday August 16th
DOORS OPEN AT 4:30 PM-1ST GAME 6:00 PM

Healy Hall - Holy Redeemer Church
2361 Del Mar Road, Montrose, CA 91020
Proceeds Benefit Veterans in the Community

\$25.00 Admission - 40 chances to win
Each Bingo game will pay \$100 or more!
(Come early, limited seating)

BINGO, Food, Raffle, & Surprises!

Bring in this ad
and get an extra card for game #1
sponsored by CV Weekly!

*One coupon per person. Good only for the first game.

Crescenta Valley Tree Service

Our Specialties

Oak Tree Trimming Season
(June thru September)

We are licensed arborist on the city's web site list.

Palm Fronds Removal

Tree Removals • Stump Grinding

In-House Landscape Design
Fire Prevention Compliance
Emergency Response

BONDED • LICENSED • INSURED

Call 818 248-0821

CRESCENTA VALLEY TREE SERVICE, INC.

Got Good Food?

Call
818.248.2740 for advertising info.
Available sizes: 2x2, 2x4 or 4x4.

VIEWPOINTS

TREASURES OF THE VALLEY » MIKE LAWLER

The Long Lost Montrose War Memorial

Our valley, like many small communities across the nation, proudly commemorates the locals who have served in the armed forces. We have the big Heroes of Freedom wall up at Two Strike Park. It was first installed in 1959, but was recently expanded and updated by local citizens and chapters of the American Legion and the Veterans of Foreign Wars. We have the Vietnam War Memorial in Montrose, located by the flagpole on the northwest corner of Honolulu Avenue and Ocean View Boulevard. This edifice carries the distinction of being one of, if not the, very first Vietnam War memorial in the country, having been put up in 1967 when that conflict was still ramping up.

Over on the La Cañada side we have Memorial Park at Foothill and La Cañada boulevards. It commemorates locals who died in

various conflicts. Their names are mounted on the bandstand.

A couple of smaller more specific memorials are scattered about. One honors the two Zwick brothers who died within a month of each other in WWII. It's mounted in the courtyard of Zwick's Plaza in the Montrose Shopping Park. The other commemorates the graduates of Clark Junior High who died in WWII. It is mounted at the entrance to Clark Magnet High School.

But there was a larger memorial in Montrose that is no longer around. It had been located on the east exterior wall of a pharmacy at Honolulu and Ocean View, which is now FroYo Life frozen yogurt. The memorial was specifically to honor the local men and women who had served in WWII. It was dedicated in the summer of 1944, 80 years ago. It's no longer there and we don't

know when (or why) it was removed.

The honored names were displayed in four glass cases mounted on the wall, four feet high and 16 feet across. There were 1500 names of locals serving in the armed forces. Thirteen of the names had gold stars next to them, indicating they had died in the war. Four names were designated as missing in action. Above the name-cases was a large bas-relief eagle with banners on each side spelling out "Crescenta Valley Service Roll." The unveiling of the memorial and the dedication ceremony in 1944 was beautifully facilitated by local residents.

Three local women, then serving in the Coast Guard, Navy and Marine Corps, in full uniform did the unveiling while color bearers from each branch of the service stood by at attention. Above the memorial on the rooftop was the American

flag, guarded by local veterans at attention, with guns and fixed bayonets.

A full complement from the local American Legion and Veterans of Foreign Wars, and the auxiliaries, along with the Civil Defense force also stood by at attention. The invocation was made by Father Healy from Holy Redeemer and Reverend Harris from St. Luke's.

A local congressman and local assemblyman gave speeches and a Lt. Colonel from the Marine Corps also gave a talk. The Marine Corps officer finished with "Our boys are growing up fast, they will come home with different standards. They are men and will expect to live in a man's world." Taps was sounded and a volley of three shots rang out as the names were read aloud of the local men who had died in the conflict.

After that somber note the

entertainment portion of the ceremony was emceed by film star Anita Louise (she competed with Vivian Leigh for the part of Scarlett O'Hara in "Gone With The Wind"). The talent was mostly local. Piano selections by a local boy in the Coast Guard, a talk by a pilot from the Flying Tigers and another local guy playing accordion. Local Kiwanis Club members sang "Here Comes America," an original song penned by a Montrose songwriter. The event was wrapped up by the Crescenta Cañada Rotary Club singing "Auld Lang Syne."

No trace of the monument exists today, not even a clear photo, and no stories of when it was removed. It remains another Montrose historical mystery.

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

NEWS FROM SACRAMENTO » ASSEMBLYMEMBER FRIEDMAN

Key Legislation Moving Closer to Governor's Desk

This has been a very interesting year in the California Legislature. Our work began in January with a massive budget deficit and the introduction of hundreds of bills. Over the course of the year, we've worked to balance the budget while protecting school funding and critical programs, and we've refined legislation on topics big and small as bills have worked their way through both houses. Many of these bills will have an outsized effect on California's future. Several of them are mine.

At the top of every Californian's mind is housing. Millions of Californians grapple with housing affordability and, in markets like our region, the problem is even more pronounced. While we certainly need to expand our housing stock by building, there are other steps we can take to help residents, especially tenants in our rental market.

Most of us have at some point in our lives been renters. If you've been a renter, you probably also know the frustration of seeing your deposit docked upon moving out for various cleaning fees, even when the unit was restored to its original state. Deposits in the rental market can be a significant hurdle and many renters depend on a refund of the deposit in order to move into their next home. This year I have a bill, AB 2801, that will ensure tenants receive their deposits back with transparency on any fees charged by a landlord.

What most people do not realize is that the law says so long as your apartment is as clean as it was upon move in, with no damage besides the expected wear and tear, your deposit should be returned to you in full. We all know that is rarely the case. AB 2801 will ensure that your deposit is returned in full or your landlord

must show you photographic proof of why your deposit was withheld. My office worked with the California Apartment Association on the bill to add needed guidance and clarity to apartment owners to ensure that their rights are protected as well.

Over the course of my years in the Legislature, I have been a dedicated to strengthening environmental protections in California. This year, I have two bills that will make massive differences in the

environmental landscape.

AB 2875 will reinstate key protections for our wetlands. Wetlands are valuable for water quality improvement, plant and wildlife habitat, flood protection, groundwater recharge, shoreline erosion control, recreation and aesthetics. When the United States Supreme Court stripped more than half of U.S. wetlands of federal protections last year, it left our ecosystem vulnerable

to catastrophic threats. AB 2875 will restore protections to those wetlands here in California.

The second bill is focused on one of the biggest dangers to our biodiversity and environment today: the casual poisons that enter our food chain, kill our wildlife and sometimes even our pets and humans.

You can read more at CVWeekly.com/VIEWPOINTS

LETTERS TO THE EDITOR

Protests 'Dysfunctional' Meeting

I was present Tuesday night, July 30, at the Glendale City Council meeting. It was perhaps the worst city council meeting I have ever heard (and I have heard many).


One councilmember acted as if the city's contractor and city staff were criminal suspects and he (the council person) was the prosecuting attorney. These actions in turn set off some audience

members to follow suit in screeds against staff, contractors, other city councilmembers and the city clerk. Councilmembers need to be civil to each other and staff and set a good example of behavior, not act as bullies.

The meeting was completely dysfunctional. No decision was reached on either the building electrification or the bicycle plan due to 2-2 votes (one city councilmember

was absent). The meeting lasted more than eight hours. Speakers were granted three minutes to talk (which was well-intentioned) but because of the huge number and late hour, many ended up not talking because they did not want to stay up until 2 in the morning.

You can read more at CVWeekly.com/VIEWPOINTS



BACK OR NECK PAIN?
The Non-Surgical Path to Pain Free Living

Sensible, Affordable, Effective Treatment Without Drugs or Surgery
Flexion/Distractor Therapy A Non-Surgical, Highly Effective Solution for Disc Related Low Back and Neck Pain
Call for a FREE phone consultation at 818 249-2300 to see if you are a candidate.

Dr. Brian Miller D.C.
The Chiropractic Place
2235 Honolulu Avenue, Montrose CA 91020
(818) 249-2300

RETIRED COUPLE

Has \$\$\$\$ to lend on California Real Estate*

V.I.P. TRUST DEED COMPANY

OVER 40 YEARS OF FAST FUNDING
Principal (818) 248-0000 Broker
WWW.VIPLOAN.COM *Sufficient equity required

CA Department of Real Estate License #01041073
Private Party loans generally have higher interest rates, points & fees than conventional loans. No consumer loans on S/F 1-4 units.
True business purpose loans available on S/F 1-4 units.

YOUTH/SPORTS

Assisteens Registration Remains Open



It's not too late to join Assisteens, the Assistance League of Flintridge volunteer program for students in grades seven through 12. Since 1967, the local communities have greatly benefited from the

philanthropic endeavors of the student-governed group. The goals are to uplift youth to engage in community service and to develop a sense of personal responsibility, self-reliance, public speaking and leadership

skills. The new season of Assisteens will run from August 2024 to May 2025. The group will meet one day a month to work on projects with opportunities on other days as they come up.

Assisteens also sign up to staff the Bargain Box Thrift Shop on Saturdays. Meetings are held at Assistance League of Flintridge, 4607 Oakwood Ave. in La Cañada Flintridge. Students from La Cañada Flintridge and

the nearby foothill communities are welcome to join. Registration will be closing on Monday, Aug. 26. For more information, visit the ALF website at ALFlintridge.org or call (818) 790-2211.

» YOUTH NOTES

CVIM Holding Clothing Drive
Crescenta Valley Instrumental Music Dept. is having a clothing drive fundraiser.

It is on Saturday, Aug. 24 from 9 a.m. to noon and Sunday, Aug. 25 from 11 a.m. to 2 p.m. Donations accepted of gently used clothes, shoes, accessories and linens. Collection will be at the CV Band parking lot (off Ramsdell Avenue).

For more information, email 1stVP@falcomusic.org.

Lions to Hold Kases for Kids

On Aug. 24 from 10 a.m. to 2 p.m. the local Lions Club is having its annual Kases for Kids. Collection will be at the Ralphs Marketplace parking lot (in the 2600 block of Foothill Boulevard at Raymond Avenue).

5K Run At Pasadena Rose Bowl Promotes Healthy Living

The sun was shining down on Pasadena on the morning of Saturday, July 20 where nearly 100 people of all ages participated in a 5K run, hosted by secular non-profit organization "The Way to Happiness," and sponsored by the Church of Scientology Mission of the Foothills in Montrose. The purpose was to promote health and longevity.

"The Way to Happiness' is a non-religious common-sense moral code containing 21 basic principles for a better quality of life written by Scientology founder L. Ron Hubbard. Of its 21 precepts, the first is titled "Take Care of Yourself" where the author states, "People who do not eat properly are not of much help to you or themselves. They tend to have a low energy level. They are sometimes ill-tempered. They become ill more easily."

Case-in-point: per the U.S. Food and Drug Administration, more than a million Americans die every year from diet-related diseases like cardiovascular disease, diabetes and certain forms of cancers. In 2020 alone, an estimated 800,000 people died from cardiovascular disease, a number even greater than the horrific toll of COVID-19 during that same year.

And per the World Health Organization, worldwide adult obesity has more than doubled since 1990 and adolescent obesity has quadrupled.

In the name of promoting health and longevity, "The Way to Happiness" LA Chapter and the Church of Scientology Mission of the Foothills hosted the 5K run at the Pasadena Rose Bowl for local families.

Stacy Kitchens, executive director of the Mission, stated, "Getting



exercise is part of taking care of yourself, which is a part of 'The Way to Happiness.' This 5K run promotes this precept, as well as just being a good family activity."

Some ran, some walked, some rollerbladed, some pushed their little ones in strollers and some even rode their scooters. No matter how they participated in the 5K, all who participated ended happy at the finish line.

Best known in the community for its annual Halloween Haunted House and other family-friendly community events, the Church of Scientology

Mission of the Foothills is also hosted a free first aid seminar on Saturday, July 27 to help residents prepare in the case of a medical emergency.

The Church of Scientology Mission of the Foothills has been part of the Montrose/Glendale community for over 40 years. The Mission offers communication and study courses for children, plus 20 life improvement courses including parenting courses, relationship courses and personal finance courses, as well as counseling for adults. In addition to free informational seminars and other activities open to the public,

Photos courtesy of Church of Scientology Mission of the Foothills - Montrose
TOP: All in all it was a great day for families at the Pasadena Rose Bowl.
LEFT: Some youngsters opted to rollerblade or scooter.
RIGHT: People of all ages participated in the name of health and longevity.

the Mission also supports various community outreach programs including "The Way to Happiness," The Foundation for a Drug Free World, and Youth for Human Rights International.

For more information, call (818) 957-1500 or visit the website at www.scientology-montrose.org.



CM & M
PRINTING
COPYING
MAILING

- Direct Mail/EDDM
- Newsletters
- Brochures
- Business Cards
- Blueprint/Architectural Copies
- Email Marketing
- Postcards
- Banners
- Forms
- Labels
- Booklets
- Envelopes
- Posters




HOURS M-F 9 a.m. – 6 p.m.
Sat 8 a.m. – Noon
10034 Commerce Ave. Tujunga
Historic Olde Towne
818-353-7135
emprintmail.com

CV Weekly's

Welcome school Welcome school Welcome school Welcome school Welcome school Welcome school

BACK TO SCHOOL

SPECIAL SECTION 2024 *part 2*

FREE MEALS FOR ALL STUDENTS

By Mary O'KEEFE

Every single student in Glendale Unified School District (GUSD) is entitled to a free breakfast and free lunch, regardless of economic status, as part of the California universal school program.

In the 2022-2023 school year, California became the first state to provide free school meals to any child regardless of whether they were eligible for the free or reduced-price meals as defined by the federal government. Since then, seven other states have passed similar policies, according to the California Budget & Policy Center.

All students have to do is go to the cafeteria or café kiosk on their school campus, punch their meal card and one breakfast and one lunch per day is provided at no cost.

It used to be that parents had to apply and, depending on their economic standing, they would either get the two meals a day free or at a reduced price or they may not have qualified for reduced cost or free meals. But now, with the state's universal meal program, the only qualification is that the person is a registered student.

Parents and guardians of GUSD students will receive information on the free breakfast/lunch program, as well as everything they need to know for the 2024-2025 school year, at the parent portal when school begins.

Although parents/guardians are not required to

fill out the forms concerning household income, the district encourages them to do so.

"We ask all families to fill out the forms to find out if they qualify for other programs," said Jizel Kazangian, GUSD senior administration secretary.

There are several Los Angeles County and City of Glendale programs dedicated to help people from different economic backgrounds. Some of the programs include discounts for utilities, free or discounted Advanced Placement (AP) tests and access to the free bus system to Clark Magnet High School, just to name a few benefits available.

In addition, just filling out the form will help support the district, and the school, by providing more funding for free and reduced cost programs for the schools.

For additional information, contact (818) 552-2677 or email JCGonzales@gusd.net.

The free breakfast and lunch meal program has also been implemented in the Burbank Unified School District. All students are eligible for one breakfast and one lunch per school day, with no further action needed by parents or students. Burbank offers a second meal in limited quantities for students in kindergarten to 5 years old. A second meal for breakfast is \$1.90, lunch is \$3.10 and milk is \$.60 cents. For questions, contact (708) 496-0500.

LEARNING TREE PRESCHOOL OFFERS INDOOR AND OUTDOOR FUN FOR YOUNG STUDENTS



The Learning Tree Preschool, located at the Verdugo Hills Family YMCA, offers students an accessible playground, swim lessons, gardening, fitness fun and education. Families in the Foothills have enjoyed their experience at Learning Tree for over 30 years.

According to a mom whose 9-year-old daughter attended the preschool, "It's been years since Sam went but she was so happy at the preschool. I loved that she learned how to swim there with the free weekly swim classes. It was so convenient!"

The Learning Tree Preschool is a fully licensed facility that offers a warm, safe and nurturing environment. It provides a wide variety of age-appropriate activities aimed at promoting social, intellectual, physical and emotional development. The goal is to help students build independence and self-esteem by learning the importance of respecting others, developing positive relationships with peers and adults, and discovering the benefits of making healthy choices. After graduation, students are prepared for kindergarten and beyond.

When a family enrolls at Learning Tree, they become part of the school family.

Parents can volunteer at the annual trike-a-thon and various holiday events and join the Parents Council. Working families can rest assured that their child is in a safe space cared for by highly qualified early childhood educators who address the unique needs of preschool-age kids.

Learning Tree Preschool is now enrolling students as young as 18 months with financial aid assistance available to qualified families. The new 2024-2025 school year begins Monday, Aug. 19th. Schedule a tour today and learn more at ymcafoothills.org/preschool.

Preparing Relationships for Early Parenting

Our Goal
There are plenty of resources available for the preparation and care of a newborn, but there is often a gap in addressing the emotional and mental health needs of parents, both individually and as a couple. This program was created to fill that gap.

Join us for this 5-week series to discover why focusing on the emotional well-being of parents is essential in this transition, and how to navigate this new role with confidence.

Details
5 Week Program
\$347 per household
In-Person: Sundays, 6:30PM-8:30PM Starting September 29th
or Virtual: Tuesdays, 7 PM-9 PM Starting October 1st

Facilitated by Jamie Given, LMFT Clinical Director

Topics

- 1 Mental Health Information on Postpartum
- 2 Communication Styles
- 3 General Understanding of Parenting Styles
- 4 Expectations, Roles & Responsibilities
- 5 Incorporating Your Beliefs

Register Today!
Reimagine your approach to early parenting and ensure a healthier, happier start for your family. Secure your spot today and take the first step towards a thriving family environment!

preparingrelationships.com

Questions? Call/Text: (818) 446-7488

Grow Into You

A processing group on identity development for grades 7 and 8

Join us to connect with peers, gain valuable insights, and empower yourself for a successful journey through adolescence. Our sessions provide a supportive environment where you can share experiences, learn new skills, and grow into the confident, self-assured individual you're meant to be.

TOPICS INCLUDE:

- Who am I?/Who are We?: Explore your identity and relationships.
- The Teenage Brain: Understand the science behind your thoughts and emotions.
- Self-Care: Learn essential techniques for mental and emotional well-being.
- Family and Society: Navigate your place within your family and the broader community.
- Handling Rejection/Distress: Develop resilience and effective coping strategies.
- Building Confidence: Boost your self-esteem and assertiveness.
- Thinking about the Future: Plan and prepare for what's ahead.
- Personal Values and Goals: Define and pursue your unique aspirations.

Details:
Time: Tuesdays 3:30-4:30pm
Start Date: Tuesday, September 10th
End Date: Tuesday, October 29th
(8 Consecutive Weeks)
Location: 2600 Foothill Blvd., Site 203
Rate: \$60 per session (\$480 total)

Facilitated by Nathan Hillisley, Registered Associate Marriage & Family Therapist, AMFT #15168 Supervised by Nicole Pierce, LMFT

ALL GENDERS & SEXUAL ORIENTATIONS ARE WELCOME

8 WEEKS OF SUPPORT AND PROCESSING WITH GUIDANCE FROM A PROFESSIONAL THERAPIST

PARENT INQUIRIES FOR THEIR CHILD ARE ENCOURAGED

Register at givenguidance.com/group-registration
Call for more information or questions

818-446-7488
info@givenguidance.com

SOCIAL SKILLS & CONFLICT RESOLUTION

7 WEEKS OF IN-PERSON GROUP THERAPY FOR AGES 7-10

SESSIONS START 9/9/24 | MONDAYS @ 5PM
\$60/SESSION
OPTIONAL PARENT SUPPORT GROUP
ADDITIONAL \$30 PER SESSION

TOPICS INCLUDE:

- Active listening
- Coping strategies
- Emotional expression
- How to make friends
- Understanding/Setting Boundaries
- Improving Communication

To Register, go to givenguidance.com/group-registration
Or Call or Text (818) 446-7488

Facilitated by: Lauren Tominc, M.A., Registered Associate Marriage and Family Therapist, #14168 Supervised by Nicole Pierce, LMFT

Given Guidance FAMILY COUNSELING
2600 Foothill Blvd., Suite 203, La Crescenta CA 91214

Upcoming Groups

From Given Guidance Family Counseling

Call (818) 446-7488 or visit givenguidance.com to learn more!

Given Guidance FAMILY COUNSELING

IMMACULATE HEART LAUNCHES 119TH YEAR OF SCHOLARSHIP, SERVICE AND SISTERHOOD



Immaculate Heart juniors celebrate following the Ring Ceremony, one of several beloved school traditions.

A Catholic, independent, college preparatory school, Immaculate Heart empowers young women in grades 6 -12 to embrace today's challenges and opportunities. Through an engaging environment, students find their purpose, uncover their passions, and discover their strengths. They stand tall, stand proud, and stand out!

Immaculate Heart offers a distinguished history with more than 11,000 graduates and beloved traditions. Founded in 1906, Immaculate Heart

remains committed to intellectual excellence, leadership and service through a rigorous and integrated program of academic, spiritual and co-curricular activities, including athletics. Its campus in the Los Feliz foothills near Griffith Park welcomes students of geographic, ethnic and religious diversity. Virtually 100% matriculate to college, including to the most prestigious universities in the country.

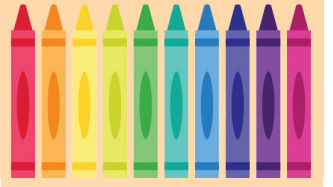
Immaculate Heart's high school curriculum offers 14 honors classes and 17 advanced placement courses, including the two-year AP Capstone course. Other unique offerings like "Engineer Your World" and "Advanced Algebra with Financial Applications" promote interest in science, technology, engineering and math fields as students tackle real-world scenarios.

Immaculate Heart's Catholic identity is rooted in service to others and social justice. Last year, students contributed more than 14,000 hours of community service. Additionally, students participate in retreats and liturgies, theatre, visual arts and more than 30 clubs and organizations, including the student newspaper, literary arts magazine, Mock Trial, and speech and debate teams. Approximately 73% of all high school students also play at least one IH sport. Immaculate Heart fields teams in basketball, cross country, diving, equestrian, fencing, soccer, softball, swimming, tennis, track & field, and volleyball, including beach volleyball.

Starting in September, prospective students can attend "Shadow" visits and other admissions events, including Immaculate Heart's open house on Sunday, Sept. 29. Students in eighth and seventh grades can also sign up for Academic Playday on Saturday, Nov. 16. Learn more at www.immaculateheart.org.

Immaculate Heart Middle & High School is located at 5515 Franklin Ave. in Los Angeles; phone (323) 461-3651.

9 FUN AND COLOURFUL FACTS ABOUT CRAYONS!



- 1 Crayola makes 3 billion crayons a year.
- 2 That familiar smell is the 18th most familiar scent for adults in the USA.
- 3 In 1962 Crayola changed the name of their "Flesh" crayon to "Peach".

4 For their first 40 years in business Crayola employees had to hand roll the labels.

5 American Gothic artist Grant Wood entered a Crayola sponsored drawing competition and came in third place, he later credited this win for encouraging him to stick with his art career.

6 Emerson Moser, who worked for Crayola for 35 years was color blind.

7 Leftovers are called "Leftolas".

8 The world's biggest crayon is 15 feet high, 16 inches wide, 500 pounds, and blue (the favourite crayon color).

9 Over 223 billion Crayola crayons have been produced to date.

<https://www.cos.net.au>

6 FUN STUDENT FACTS!



- About 75% of the human brain is made of water.
- Sharks do not have any bones.
- Horses and cows can sleep standing up.
- Caterpillars have 12 eyes.
- An octopus has 9 brains.
- Fish cough.

<https://www.pacificworldschool.com>

Cathedral High School

Thank you for voting us Best School!

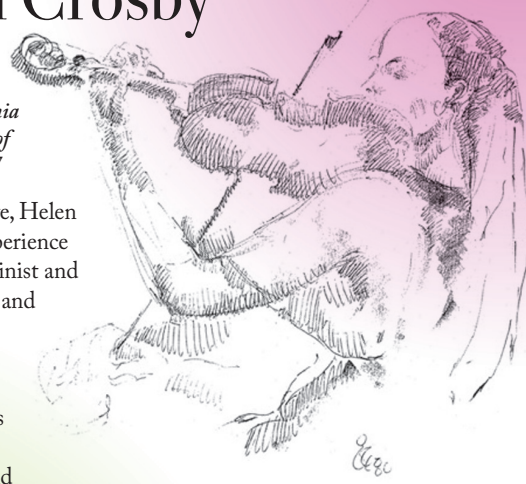


MATH & SCIENCE ACADEMY

ONWARD SCHOLARS

Violin and Viola - Helen Crosby

Member:
Music Teachers
Association of California
American Federation of
Musicians Locals 7, 47



A Los Angeles native, Helen has over 30 years experience as a professional violinist and violist in symphonic and commercial music arenas. She has recorded for radio, TV, and film and has performed throughout the U.S., Asia and Europe.

In addition to her performance career Helen is a devoted educator and teacher, having worked extensively with the youth programs at California State University Northridge, Los Angeles Pierce College, L.A. Valley College, Moorpark Community College and the Pacific Symphony while maintaining a successful private teaching studio since 1985. Helen earned her Bachelor of Arts from California State University Los Angeles.

STUDIO LESSONS IN GLENDALE ZOOM/SKYPE AVAILABLE

Telephone: (818) 547-4758 • VM/Text: (818) 421-1162
E-mail: midlfdl@earthlink.net

Friday
SEPTEMBER
13
7:00 PM

COMEDYSPORTZ
HIGH SCHOOL
LEAGUE
CRESCENTA VALLEY

TICKETS ONLY \$10

WE'RE BACK!!
Season Opener

@CVCOMEDYSPORTZ CVHS.GUSD.NET/CSZ

CVHS UNDERGROUND THEATER

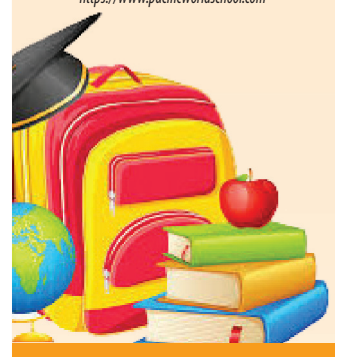
Experience the benefits of a private quality Catholic education.

- Financial Aid Available
- Merit Based Scholarship Available
- AP & Honors Classes
- College Prep Curriculum
- The Onward Scholars Program
- Amazon Future Engineer
- Lasalian Education

Faith, Service & Community



1253 Bishops Road | Los Angeles, CA 90012
CathedralHighSchool.org | 323.441.3116



ST. BEDE THE VENERABLE CATHOLIC SCHOOL: BALANCING EDUCATION WITH FAITH AND CHARACTER AND CELEBRATING A LEGACY OF CATHOLIC EDUCATION



St. Bede the Venerable will kick off the 2024-2025 school year with new principal Ms. Annette Riggio at the helm, welcoming 278 students including 48 new students and families in grades TK-8th. In preparation for the new school year, St. Bede faculty and staff is being trained in Character Counts, a research-based character development and education program that focuses on building students' character, social-emotional and academic skills while shaping a positive school culture, all aligned with the teachings of the church as well.

Pastor Fr. Jim Bevacqua expressed his excitement in starting the new school year under Ms. Riggio's leadership.

"I am thrilled to welcome Annette to the St. Bede School team. From her very first day, she has embraced the culture and values of our St. Bede community. She deeply values the education of mind, body and spirit consistent with St. Bede's mission and will be a great fit and addition to our community."

"I am honored and thrilled to join St. Bede School and Parish," added Ms. Riggio. "It is a privilege to join such a dedicated and dynamic community committed to nurturing and educating the whole person and providing opportunities for students to serve and grow spiritually, academically and socially."

St. Bede the Venerable School is a vibrant, co-educational Catholic learning community. For over 70 years, St. Bede has been empowering its students through faith development and academic excellence. With a track record of superior academics that ranks in the top 5% of all Los Angeles Archdiocese schools, the school continues to grow and thrive while expanding its curricular and extracurricular offerings. St. Bede is proud of its tradition of educating the whole student through mind, body, and spirit, developing the next generation of leaders who are well-educated, have a strong moral compass, deep faith and true sense of community. The school offers religion, art, music, technology, and Spanish for TK-8th grade in addition to the traditional subjects during the school year.

For more information, visit www.stbedeschool.net or find us on Facebook/Instagram at [@stbedethevenerableschool](https://www.instagram.com/stbedethevenerableschool).

St. Bede the Venerable Catholic School is located at 4524 Crown Ave. in La Cañada. www.stbedeschool.net

DISCOVER FOR YOURSELF THE MARANATHA DIFFERENCE



Discover Maranatha High School – a distinguished, university prep, Christian institution nestled in the heart of the San Gabriel Valley. Renowned for its unwavering commitment to academic excellence within a Christ-centered ethos, Maranatha offers an unparalleled educational journey that fosters personal growth and spiritual development.

Embrace a Vibrant Community: At Maranatha, we cultivate a thriving, close-knit community where your child is embraced, supported and encouraged to surmount challenges while flourishing in their spiritual maturity.

Nurturing Student-Teacher Bonds: Our dedicated faculty and staff form the cornerstone of Maranatha's vibrant educational atmosphere.

Parents appreciate the mentorship and guidance provided by our accomplished team, empowering students to conquer daily challenges with confidence.

Academic Excellence and Artistic Expression: Maranatha's rigorous academic curriculum features 39 advanced placement and honors courses, coupled with an exceptional performing and visual arts program. Our athletic program has proven competitive with CIF and state level wins, and features 31 teams in 18 sports.

Diverse Opportunities: With over 30 student clubs, mission trips and service opportunities spanning local and global realms, Maranatha fosters a holistic student experience.

Cutting-Edge Learning Spaces: The Technology Integration Learning Environment (TILE Lab) houses cutting-edge facilities including a Coding/Robotics Center, Creative/Design Center, and a Maker Space equipped with 3D printers, laser cutters, virtual reality stations, and robotics facilities, promoting interdisciplinary innovation.

Gateway to Prestigious Universities: Maranatha students are accepted into a myriad of esteemed 4-year colleges, including Ivy League institutions, top-tier universities, and distinguished art and design schools.

Discover Maranatha: Immerse yourself in our picturesque 11-acre campus near Old Town Pasadena. Join us for the Admissions Open House on Saturday, Nov. 2 at 10 a.m. Contact our Admissions Office at (626) 817-4021 or explore our website, www.maranathahighschool.org, for further information.

Embark on an extraordinary educational journey at Maranatha High School where academic excellence and spiritual growth converge in an exceptional learning community.



MARANATHA HIGH SCHOOL
be known • be challenged • be transformed



Contact us for a personal preview
admissions@mhs-hs.org 626.817.4021

MARANATHA HIGH SCHOOL
A COLLEGE PREPARATORY CHRISTIAN SCHOOL

169 South Saint John Avenue, Pasadena, CA 91105
www.maranathahighschool.org

FLINTRIDGE SACRED HEART ACADEMY— WHERE THE PAST INSPIRES THE FUTURE!



Flintridge Sacred Heart Academy President Marlena Conroy (left) and Principal Rebecca Bostic.

Flintridge Sacred Heart Academy is celebrating 93 years and is buzzing with excitement and transformation! Just in time for Back to School, we are thrilled to announce the completion of our high school renovation. Day and international students, get ready to step into an extraordinary school year at FSHA, where tradition meets innovation. "We are excited to welcome back our TOLOGS to our newly designed 21st-century classrooms, which are tailored to promote collaboration and a supportive all-girls environment, where students are empowered to build knowledge and confidence in the pursuit of Veritas," said Principal Rebecca Bostic. This year also marks a significant milestone for Flintridge Sacred Heart Academy with the historic transition in our leadership. For the first time, FSHA will be guided by a lay leader, President Marlena Conroy.

roy. Her appointment marks a new chapter in our journey, blending our cherished Dominican values with fresh, forward-thinking perspectives. Under President Conroy's leadership, FSHA remains committed to educating students for a life of faith, integrity, and truth. "We will continue to light the path for each student to pursue truth in her studies and life, helping her become a curious thinker and the best version of herself," said Conroy. The approach to education on the Hill transcends traditional methods, embracing an inquisitive, project-based curriculum for more effective learning.

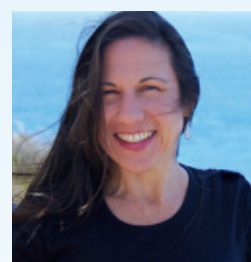
Our senior Research Program exemplifies this vision. Featuring student projects in various STEM fields as well as government and women's studies, this program sparks curiosity and innovation, guiding our seniors through groundbreaking projects that push boundaries and ignite passions—lessons that are cultivated from their very first year at FSHA.

Discover how FSHA continues to blend legacy and innovation to prepare our students for an ever-evolving world.

For more information visit [https://www.fsha.org/!](https://www.fsha.org/)



DIANA BRANDIN HELPS SPECIAL EDUCATION EFFORTS WITH CAPTIONING SERVICES



Diana Brandin

Captions are the words that are displayed on a television, computer, mobile device or movie screen that describe the audio or sound portion of a program or video. Real-time captions, or communication access real-time translation (CART), are created as an event takes place. A stenotype machine with a phonetic keyboard and special software is used to translate the phonetic symbols into English captions. Diana Brandin first learned about the captioning field early in her education as a court reporter. Today, Diana Brandin Realtime Captioning & Sign Language Service boasts clients ranging from USC to the FDIC.

Many government and educational institutions hire her company to help create captions. The passage of the Rehabilitation Act, which requires federal entities or organizations that receive federal funding to accommodate those who are deaf or hard of hearing with closed captioning, also helped grow her business. She is also discovering how eager schools are to help all of their students and has branched out to offer referrals for American Sign Language (ASL) interpreters that work in conjunction with the captioning services she provides.

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

STAND TALL. STAND PROUD. STAND OUT.



Sign Up for Shadow Visits at immaculateheart.org

THIS IS WHERE WE STAND.



Join Us for Open House, Sunday, September 29!



BACK TO SCHOOL HISTORY TIMELINE!

1918 Elementary school became a requirement. This was the first year that all 50 states required students to complete their elementary schooling.

1727 The first school for girls opened Ursuline Academy, a Catholic school in New Orleans established by the Sister of the Order of Saint Ursula, became the first school to open exclusively for girls.

1639 Tax dollars support a North American school, The Mather School, founded in Dorchester, MA, became the first public school in North America supported by tax dollars.

1636 Higher education began Clergyman John Harvard founded his namesake Ivy League school in Cambridge, MA.

1635 The first school is founded Boston Latin School opened its doors, becoming the first public school in the colonies.

from NationalToday.com



SCHOOLS AROUND THE WORLD!

The Bottle School in the Philippines is made entirely from recycled soft drink bottles.

Colombian children zip-line to school because of the terrain.

In Chile, the summer holidays last from December to March.

from www.caddygames.com



SCHOOL & SCHOOL EQUIPMENT!

The average pencil writes 45,000 words before retiring.

Before erasers, pencil marks were removed with rolled white bread.

Play-Doh, modelling paste (plasticine) was originally designed to clean wallpaper, it has become a popular DIY material.

The glue stick was inspired by lipstick!

from www.caddygames.com



BACK TO SCHOOL MUSIC LESSON SALE!*

LA CAÑADA
818-864-6773
846 FOOTHILL BLVD.

LOS ANGELES
323-522-4888
215 N. LARCHMONT BLVD.



SAVE \$81 WHEN YOU ENROLL BY AUG. 31!

(NO SIGN UP FEE AND FIRST LESSON IS FREE! NEW STUDENTS ONLY.)

PIANO • GUITAR • DRUMS • VOICE • STRINGS • WOODWINDS
BRASS • AUDIO PRODUCTION • MINI-MUSIC (FOR KIDS AGES 3-5)

*CALL OR TEXT NOW TO SECURE YOUR SPOT FOR FALL. AFTER SCHOOL AND WEEKEND SPOTS GO FAST!

RHODESCHOOLOFMUSIC.COM

RHODES SCHOOL of MUSIC

PLEASE JOIN US FOR An Open House

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

Interested in Kindergarten-4th Grade? Adults please join us at 9am on: October 16 or December 6	Interested in 5th-8th Grade? Adults & students please join us at 9:30am on: November 2
---	--

Register at www.wesleyschool.org

4832 Tujunga Ave, North Hollywood, CA 91601 • 818.508.4717

**REBUILDING STRONGER BONDS:
HOW GIVEN GUIDANCE FAMILY COUNSELING IS
TRANSFORMING LIVES IN OUR COMMUNITY**



**MEET THE
GIVEN
GUIDANCE
TEAM**



In the fast-paced, ever-changing world we live in, maintaining healthy relationships and mental well-being can be a challenge. Families, children, teens, couples and individuals often find themselves overwhelmed by relational issues, anxiety, depression or significant life transitions. Given Guidance Family Counseling is here to support our community through these challenges, offering a compassionate, person-centered approach to therapy that helps clients rediscover balance and build thriving relationships.

In today's world, it's not uncommon to experience feelings of disconnection, stress or emotional turmoil. Whether it's a family struggling to communicate, a teen facing the pressures of adolescence or a couple navigating the complexities of their relationship, the impact of these challenges can

be profound. We understand that each individual's experience is unique, and we tailor our therapeutic services to meet those specific needs.

At the heart of our practice is a commitment to person-centered care. This means that we see each client as an individual with his or her own story, strengths and potential. Our therapists work collaboratively with clients to create a safe, supportive environment where they can explore their feelings, identify their goals and develop strategies to overcome obstacles. Whether you're dealing with anxiety, depression or navigating a major life transition, our compassionate team is here to guide you every step of the way.

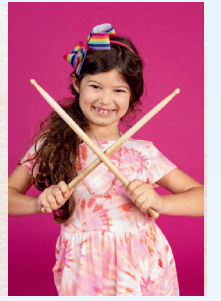
Given Guidance Family Counseling offers a range of therapeutic services designed to support our diverse community. Our group therapy sessions provide a space for individuals with similar experiences to connect and heal together, whether it's a teen processing group like "Grow Into You" or a class like "Preparing Relationships for Early Parenting," which helps parents navigate the challenges of transitioning to being new parents.

We also offer individual and couples therapy, focusing on rebuilding relationships, enhancing communication and fostering emotional well-being. Many clients have found hope and healing through our services.

If you or someone you know is struggling with relational issues, anxiety, depression or navigating a significant life transition, reach out today. Our team is dedicated to helping you find the support and guidance you need to thrive.

Visit us at www.givenguidance.com or call (818) 446-7488 to schedule a consultation and take the first step towards a healthier, happier future.

**RHODES SCHOOL OF MUSIC:
BACK TO SCHOOL MUSIC
LESSON SALE!**



As summer winds down and the school year approaches, there's no better time to start music lessons at Rhodes School of Music! We're thrilled to have expanded to the vibrant La Cañada Flintridge community and to continue serving over 700 students across our two locations. We've become a hub for musical growth and creativity.

Located at 846 Foothill Blvd., near Sprouts, our La Cañada location has quickly become a beloved part of the neighborhood. Whether you're picking up an instrument for the first time or continuing your musical journey, our talented team of over 50 experienced instructors is here to guide you. We offer lessons in piano, voice, drums, guitar, strings, woodwinds, brass, audio production and mini-music for kids ages 3-5. We teach all instruments in one spot to schedule back-to-back or concurrent lessons. Schedule the whole family at once!

Back to School Promotion – Enroll Now! As we prepare to welcome a new wave of students this fall, we're excited to offer an exclusive Back to School Promotion! Enroll before Aug. 31 and enjoy:

- A free first lesson
- No sign-up fee
- A free set of back-to-school supplies

Call or text us soon at (818) 864-6773! Our after school and weekend times go fast! We're passionate about helping our students discover their love for music, develop their skills and achieve their goals.

Come visit us at our La Cañada location or our original home on Larchmont Boulevard in Los Angeles and get ready for a year of making music!



**ST. FRANCIS HIGH SCHOOL
GOLDEN KNIGHTS**

JOIN OUR MISSION

to develop faithful men,
loving brothers, virtuous leaders,
and dedicated learners in the
Capuchin Franciscan tradition
of love, discipline, and prayer.

**CLASS OF 2029 APPLICATION OPENS
AUGUST 21, 2024**



**INQUIRE & VISIT
WWW.SFHS.NET**



**FLINTRIDGE
SACRED HEART**

WELCOME TO LOGS! 2024-2025



Flintridge Sacred Heart Academy, a Catholic, Dominican, independent, college-preparatory, day and boarding school, educates young women for a life of faith, integrity, and truth.

Four-Year Collegiate Level Research Programs



Upcoming Admissions Events
Campus Tours
September 26
October 24
November 21
December 5
10 AM - 11:30 AM
RESERVE YOUR SPOT NOW
www.fsha.org/apply

BETWEEN FRIENDS

Poets Rick Smith, Carol V. Davis Headline at Village Poets

Summer is in high gear at Village Poets with two features, Rick Smith and Carol V. Davis at Bolton Hall Museum in Tujunga on Aug. 25. Two segments of open mic will be available and refreshments will be served. Poets are encouraged to bring their best poems for the open mic. The reading starts at 4:30 p.m. and goes till 6:30 p.m.

Rick Smith was born in New York. His father was artist William A. Smith whose work is in the National Portrait Gallery, the Metropolitan Museum of Art, and the Library of Congress. When Smith was 8 years old, his father took him to live in post-World War II Paris. There, he experienced the devastating aftermath of war, which features in poems his new collection entitled Ear to the Rail. The Smiths settled in Bucks County, Pennsylvania where they were once snowed in with Carl Sandberg, a close family friend. Smith began writing during high school at Solebury then honed his craft at Bard College, studying with Anthony Hecht

then later with Frank Polite, at University of Iowa, and Sam Eisenstein, at Los Angeles City College. During college,

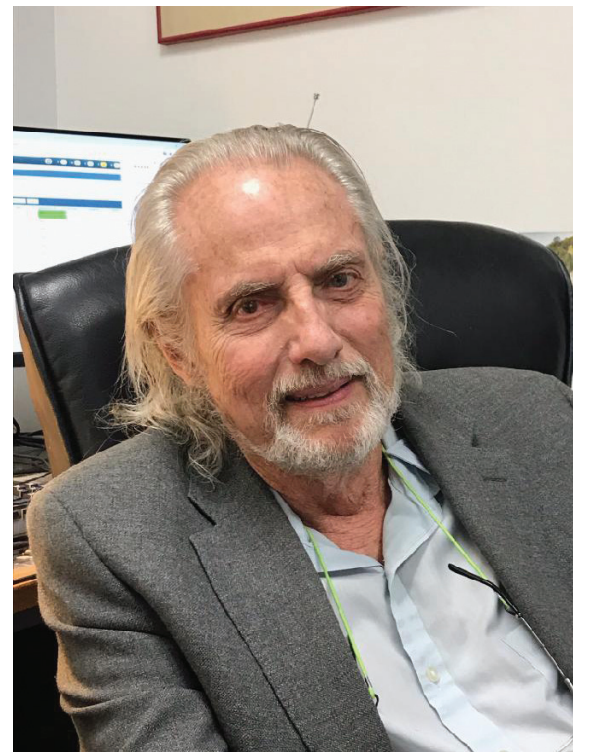
Smith taught himself to play blues harmonica, a lifelong passion. He played "basket houses" in Greenwich Village and roadhouses in Dutchess County, earning his chops with Big Joe Williams, Steve Mann, Van Dyke Parks, and others. Smith recorded with the Rick Smith Band, the Hangan Brothers, and currently The Mescal Sheiks, for whom he is the lyricist.

Carol V. Davis is the author of *Below Zero*, Stephen F. Austin University Press, 2023, *Because I Cannot Leave This Body* (Truman State Univ. Press, 2017) and *Between Storms* (TSUP, 2012). She won the 2007 T.S. Eliot Prize for *Into the Arms of Pushkin: Poems of St. Petersburg* (TSUP, 2007). Her poetry has been read on National Public Radio, the Library of Congress and Radio Russia. Twice a Fulbright scholar in Russia, she taught in Siberia, winter 2018 and teaches at



Carol V. Davis

Santa Monica College and Antioch University, Los Angeles. She was awarded a Fulbright Specialist grant for Siberia in 2020. Her poems have recently been used by Donna Sternberg and Dancers in dance concerts at the Skirball Cultural Center



Rick Smith

with the theme of ancestors' voices.

Village Poets upcoming features: on Sept 22, Judy Kronenfeld and Lee Rossi and on Oct. 27, Lory Bedikian and Mary Torregrossa.

More about the poets can be

found at: <https://villagepoets.blogspot.com/>.

Bolton Hall Museum is located at 10110 Commerce Ave. in Tujunga. Bolton Hall is a Los Angeles Historical Landmark built in 1913.

Volunteers Give Thirsty Trees a Drink



Twenty-five volunteers showed up on Saturday, July 27 to water over 100 trees along Foothill Boulevard and Sunland Boulevard in Sunland. This was a project organized by Pat Kramer of the Crescenta Valley Group of the Sierra Club with the help of Council District 7 Deputy Ricardo Flores. The volunteers were each assigned four trees to water though some folks watered as many as 10 trees, each volunteer getting 10 gallons of water to deep-water the roots.

During the local hot months

the trees get no precipitation, which creates stress for them. In addition, many have agriperms around them, which adds an obstacle to watering as volunteers must find a chink in the pavement to get the water to the roots. For the "lucky" trees that have no agriperms around them (due to its ongoing removal by a team of volunteers), they received a well-needed drink on a day when the temperatures reached over 95 degrees.

Several teams of volunteers showed up the following weekend to water the remaining 35 trees with volunteers as young as 4 years old and some as old as 80, with all ages in-between. In the City of Los Angeles, which Sunland-Tujunga is a part of, trees do not get watered beyond the first three years after they are planted. In normal conditions, trees require five gallons a week of water, but in very hot temperatures they need 10 gallons and even 15 gallons a week.

Anyone interested in volunteering to help water, weed or mulch these trees that make the community more welcoming, lower the temperatures by 10-15 degrees, provide a home for different birds and insects and help improve air quality can contact Pat Kramer at: patkramerstnc@gmail.com.

Contributed by Pat KRAMER

Photos provided by Pat KRAMER LEFT: Jerry Burnham was one of the volunteers who watered trees along Foothill and Sunland boulevards.

RIGHT: The Schmidt family was on hand to provide much-needed water.

COME SING WITH US!

La Cañada Congregational Church
1200 Foothill Blvd.
La Cañada Flintridge, CA 91011

Lighted Window
PERFORMING ARTS

For students in 3rd through 8th grade

Starts Monday, August 19 at 4:15 p.m.
Open Rehearsal - try it out for free!
Onsite registration available

Novae Choir

An academic and performance focused choral program for students in 3rd through 8th grade. The program includes instruction in vocal technique, musicianship, and repertoire using classical, folk, musical theater, and pop.

From our students:

When singing together, you get that sense of community.
If you like singing, this is something really fun for you!
A good time to socialize with friends through song and music.

Fall 2024 Session:
Over the Rainbow - A Musical Journey Through Color

Register and find out more at:
www.lightedwindowperformingarts.com!

USC Verdugo Hills Hospital, in partnership with YMCA of the Foothills, presents:

Hybrid Doc Talks

Flu Season and Accessing the Emergency Department

Mary C. Virgallito RN, MSN, CIC, FAPIC, CPHQ
Jessica Laughlin, DNP, RN, CCRN, CENP

Wednesday, September 11th
12-1 pm

Crescenta Cañada YMCA
1930 Foothill Blvd., La Cañada

To Register:
We will have box lunches for takeaway at the end of the talk for our in-person attendees. Doors open at 11:45 a.m., and the talk will begin promptly at 12 p.m. Reservations for takeaway box lunches are required 48 hours in advance. Please visit uscvh.org/doc-talks or call (818) 952-2228 to register.

Mary C. Virgallito RN, MSN, CIC, FAPIC, CPHQ is the Chief Quality Officer at USC Verdugo Hills Hospital. Mary is a Registered Nurse and Pediatric Nurse Practitioner with over 20 years of healthcare experience.

Jessica Laughlin, DNP, RN, CCRN, CENP is the Associate Chief Nursing Officer at USC Verdugo Hills Hospital. Jessica has over 20 years' experience in the care of emergency and critical care patients, nursing management, and hospital administration.

USC Verdugo Hills Hospital
Keck Medicine of USC

the Y

Cancer Support Community San Gabriel Valley Named Non-Profit of the Year



Photo provided by Cancer Support Community San Gabriel Valley Dr. Ali Wong with Rep. Judy Chu.

Cancer Support Community San Gabriel Valley announced it has been selected as a Non-Profit of the Year by Congresswoman Judy Chu as part of her 2024 Congressional Leadership of the Year Awards. The awards ceremony was held in recognition of outstanding leaders and groups who have contributed to their communities within the San Gabriel Valley through service and leadership. Honorees were selected among numerous nominations submitted from throughout California's 28th Congressional District.

"For more than 30 years, Cancer Support Community Greater San Gabriel Valley has been a source of strength for thousands of people across the San Gabriel Valley," said U.S. Representative Judy Chu. "Cancer Support Community is one of our Non-Profits of the Year because of its powerful impact on our community and the vital and free psychosocial supportive

care it [annually] provides to over 1,200 cancer patients, their caregivers and families, and cancer survivors."

Cancer Support Community provides psychosocial support and evidence-based knowledge for those impacted by cancer through counseling, community and connection alongside a patient's oncological care at no cost – ever. This support includes group and individual counseling led by mental health professionals, educational workshops presented by medical health professionals, healthy lifestyle classes, social activities and resources for patients, caregivers, survivors, families and those experiencing loss.

"We are proud to be recognized for our contributions to the cancer community by Representative

Chu," said Cancer Support Community Greater San Gabriel Valley CEO Patricia Ostiller. "As cancer cases continue to rise, it's essential to include mental health treatment at the forefront of the healing process as a proven method to enhance patient medical outcomes."

According to the Los Angeles County Cancer Surveillance Program, this year alone there are expected to be over 44,000 new cancer diagnoses. In 2023, Cancer Support Community moved into its new home in Sierra Madre creating capacity to serve more patients and families. Since then, it has been able to serve a record number of individuals and families impacted by cancer.

To learn more about Cancer Support Community, visit www.cancersupportcommunitysgv.org.

Questions About Today's Real Estate?

Ask Phyllis!

Should I Pay The Buyer's Agent's Commission?

Dear Phyllis,
My son will be selling his Santa Clarita condo, and I believe he is no longer required to pay the buyer's agent. He interviewed several Santa Clarita Realtors, and they gave him different advice. He and I are more confused than ever before. I told him that I would check with our local real estate expert. Can you help answer his question: Should I pay the buyer's agent's commission?

Donna

Dear Donna,
To clarify, the seller was never "required" to pay the buyer's Realtor. In California, the former listing agreement specified the total commission and the portion that goes to the buyer's agent. However, the compensation structure could always be negotiated, and this has not changed.

What has changed is that buyers

can now opt to be unrepresented. This means they will have to write their own offer, find an inspector, decide which inspections to conduct, etc. In completing their offer, they may need to pay an attorney to draft the initial offer and review and draft any additional counteroffers. If they have questions regarding the disclosures, as the listing agent is not representing them, the listing agent must be very cautious in answering any questions to an unrepresented buyer.

Paying the buyer's agent can attract more buyers since most work with agents who expect compensation. Buyers might feel more confident in making an offer on a property if they know their agent is being compensated through the transaction rather than worrying about paying their agent out-of-pocket. While an attorney is typically paid by the hour, remember that both agents are not

paid until the close of escrow.

My niece is an active buyer in Westlake Village. She and her fiancé struggled with coming up with their down payment. They instructed their Realtor that they could not pay buyer compensation and to not show them any homes where a commission was not paid to their Realtor. This limits her options and might cause her to miss out on potential homes that otherwise meet her criteria. So many listings have bidding wars because they are aggressively priced, which attracts more buyers. Attracting more buyers leads to higher selling prices. Considering these dynamics and the specific market conditions is crucial when deciding on compensation structures.

I hope this helps clarify the situation for your son.

Best regards,

Phyllis

Win a Basket of Coffee Goodness

- Submit a photo to Rachelle@cvweekly.com of you enjoying a cup of coffee and reading the CV Weekly for a chance to win a coffee basket courtesy of Don Francisco's!

Deadline is Aug. 26!

CRESCENT VALLEY WEEKLY



WWW.CVWEEKLY.COM



Please join us for our

Religious School Open House

Sunday, August 25, 5 pm – 7 pm
1212 North Pacific Ave. Glendale

Join Pre-K through 7th grade parents for cocktails and hor d'oeuvres and learn about our wonderful Religious School, including free Kindergarten for temple members!

All are welcome! Childcare provided.
(818) 246-8101 ronit@temple-sinai.net
www.temple-sinai.net



Where Judaism Means Community



Phyllis Harb

Realtor® | DRE# 008487500

(818) 790-7325

Phyllis@Harbandco.com

www.HarbandCo.com



GLOBAL LUXURY



COLDWELL BANKER | HALLMARK REALTY

TRAVEL & LEISURE

‘The Music Man’ is Marching to La Crescenta

By Jabe BELL

“The Music Man,” a Broadway favorite from the 1950s, is being produced and performed live at Highlands Church, 4441 La Crescenta Ave., opening this Friday. Garnering five Tony Awards, a Grammy and spinoffs for film and television, “The Music Man” is a musical that has earned its stripes. Legendary songs like “Seventy-six Trombones” will transport audience members to River City, Iowa.

Carter Thomas, the director of Highlands Theater LA and this production of “The Music Man,” offered his thoughts on preparing for a show of this scale and grandeur.

Thomas is a born and bred La Crescenta native who started his career in musical theatre at the Glendale Centre Theatre.

“I grew up as a child actor and had the opportunity to tour alongside the Radio City Rockettes and Disney’s ‘Mary Poppins’ for years,” said Thomas. “Since graduating from CVHS,

I’ve had the pleasure of writing and directing musical theater.”

His credits in musical theater are undeniable, and his experience nearly guarantees that “The Music Man” will be a show not to be missed.

His experience with “The Music Man” extends to his time as a child actor when he performed as the play’s character Winthrop Paroo and his love for the play continues today.

“The Music Man” tells a story about learning to have hope and opening one’s eyes to the beauty in everyday life,” he said. “The characters are fun, entertaining and relatable, offering something for everyone to enjoy.”

He added that the venue of Highlands Church allows for this version of “The Music Man” to flourish.

“I’ve been attending Highlands my entire life and love this community so much,” he said adding that Highlands is “beautiful.”

It compares to other great performance spaces,” he said. “Its unique stage configuration allows

us to create shows that are fresh and distinctive.

“The Music Man’ is a huge production, and I believe Highlands is the perfect space to perform it.”

However a stage means nothing without an all-star cast. “The Music Man” is a huge production, with 40 cast members of all ages. Christopher Showerman and Kate Ponzio star as Harold Hill and Marian Paroo. Kara Gibson serves as music director and Sylvie Gosse as choreographer.

The show’s development provided Thomas with the opportunity to collaborate with his siblings Rebecca, Tracey and Philip who served as assistant director, stage manager and technical director reflecting that in many ways, “The Music Man” at Highlands Theater is truly a labor of love.

“The Music Man” runs from Aug. 16 through Aug. 25 at Highlands Church. Tickets range from \$16.88-\$22.13 and available at <https://www.simplix.com/e/the-music-man-tickets-164204>.

What’s Cooking

Your Local guide to good food!

August 15th Specials!

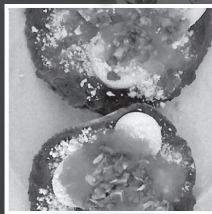
CORSICA ITALIAN DELI

TEL: 818-352-7213

MON-SAT 10AM - 6PM • 8111 FOOTHILL BLVD, SUNLAND

Now serving Homemade Guatemalan Dishes Inside Corsica’s Deli!

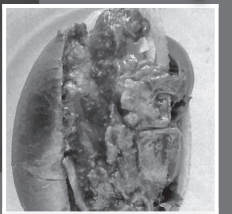
Fri 6-10pm Sat 5:30-10:30pm Sun 11:30am - 9pm



TOSTADA DE FRIJOL



SHUCO CON Salsichita y Choizo or Carne de Res



CHICKEN PARK Torta de Pollo o Puerco

Enjoy our Italian Deli all day, then join us for an authentic Guatemalan dinner at night!

THEN & NOW

Valley Pharmacy
Courtesy of the Historical Society of CV



THEN » Valley Cut Rate Drugs was on the northwest corner of Ocean View Boulevard and Honolulu Avenue. It was the classic pharmacy of that era, which always included a soda fountain and ice cream bar. The decorative brick façade was one of the most beautiful of all the buildings on Honolulu, and the clock at the peak of the sweeping curved front gave the time to shoppers at what was then becoming the “center” of Montrose. The “Crescenta Valley Service Roll” with 1500 names of locals serving in WWII, can be seen on the east wall of the pharmacy, just behind the street light.



NOW » It’s still the center of Montrose and the flagpole and several memorials are on the sidewalk in front of this location. The ’71 earthquake caused the disappearance of the ornate brickwork on this building and many other beautiful buildings in Montrose as a thick layer of stucco was used to hold together the unreinforced masonry to meet stronger earthquake codes. It’s now a popular frozen yogurt shop.

GOURMET a gogo
Fresh Food Fast

Let Gourmet a go go Cater Your Next Party or Event!

CV Weekly Top Choice 2017, CV Weekly Top Choice 2019, CV Weekly Top Choice 2024

818 331-2002
Gourmetagogoonline.com

Got Good Food?

Call 818.248.2740 for advertising info. Available sizes: 2x2, 2x4 or 4x4.

Alissa's OCEAN VIEW BAR & GRILL

presents LIVE DINNER MUSIC

— Our Dinner Menu —
paired with exquisite music from local artists

FRIDAYS & SATURDAYS
Starting at 8pm

SUNDAYS
Starting at 6pm

DETAILS AT DINEOV.COM/ENTERTAINMENT

DineOV.com
3826 Ocean View Blvd. 818-248-2722

RELIGION

RELIGION SERVICE DIRECTORY

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

4845 Dunsmore Ave.
 La Crescenta, CA 91214
 (818) 249-1045

Celebration Service Sunday 10:00 a.m.
 Wednesday Night Service 7:00 p.m.

Church of Scientology Mission of the Foothills

2254 Honolulu Ave. Montrose
 Mondays-Thursdays 4:00-9:30 pm
 Saturdays 10 am to 6 pm

OUR HELP IS YOURS
 scientology-montrose.org

818-957-1500
 email: foothills@scientology.net

Crescenta Valley United Methodist Church

WORSHIP Sunday 10am
 Childcare and Sunday School offered at 10am.

PASTOR KEVIN KANG
 2700 Montrose Ave
 Montrose, CA 91020
 www.cvumc.org

GETHEMANE LUTHERAN CHURCH
 (Missouri Synod)

COME JOIN OUR CHURCH FAMILY
Pastor Jim Edwards
 2723 Orange Avenue,
 La Crescenta, CA 91214
 818-248-3738
 www.glcmlc.org

Sunday Adult Bible Study: 9AM
 Sunday service: 10AM
 Wednesday Bible Study: 7PM

HC

HIGHLANDS CHURCH

WORSHIP SERVICE SUNDAYS @ 10AM

4441 LA CRESCENTA AVE
 818-249-5832
 WWW.HIGHLANDSLA.COM

Sunday Worship at 10:00 a.m.

LA CAÑADA CONGREGATIONAL CHURCH
 CHURCH OF THE LIGHTED WINDOW
 AN OPEN AND AFFIRMING CONGREGATION

La Cañada Congregational Church is the oldest church in the Crescenta Valley. For over 125 years, we have been shaped by the stories of our community and the story of God. We invite you to join us in writing the future of our community!

1200 Foothill Blvd, La Cañada Flintridge
 (parking lots on Foothill or Verdugo)
 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

Lutheran Church in the Foothills

1700 Foothill Blvd.
 La Cañada Flintridge

WORSHIP WITH US!
 In Person and on YouTube
 Sundays at 10 AM
 Services available on our website during the week.
 PASTOR RICK HALL
 www.lcifoohills.org / 818-790-1951

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!
www.molc.org
 See us on Facebook!

Join us for Sunday Services at 11:30 am

Led by Rev. Jeri Linn in **The Sanctuary**

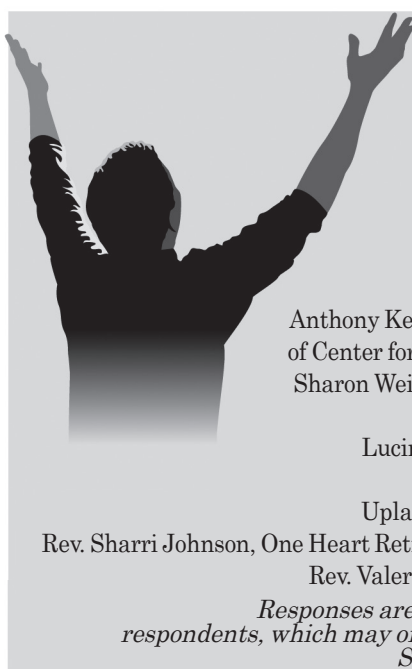
4845 Dunsmore Ave.
 La Crescenta

unity
 Church of the Valley
 (818) 249-4396
 A positive path for spiritual living

Needing to place an Obituary or Memorium for a loved one?
 Please submit 350-375 word plus a photo (preferred photo size is 200 dpi, 4x6 inches) to robin@cvweekly.com

CV Weekly Subscribers: \$50
 Non Subscribers: \$100

YOUR RELIGION SERVICE DIRECTORY AD HERE!
 Call (818) 248-2740



SPIRITUALLY SPEAKING

SPIRITUALLY SPEAKING PARTICIPANTS

Rev. Jon Karn of Light on the Corner Church; Rev. Kimberlie Zakarian of Holy House Ministries; Anthony Kelson RScP, Laney Clevenger-White, RScP, and Rev. Dr. Beverly Craig of Center for Spiritual Living-La Crescenta; Rabbi Janet Bieber, Carolyn Young, Sharon Weisman; Rev. Mary Morgan, Center for Spiritual Living - La Crescenta
 Rev. Dabney Beck, International Church of the Foursquare Gospel; Lucinda Guarino, Rev. Karin Ellis, La Cañada 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; 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.

Question: I have an acquaintance who I have lunch with once a month. My challenge is she likes to gossip. I've told her many times I don't need that information and she gets upset. I've tried often to steer the conversation away from gossip and she just keeps hammering away at it. I'm thinking I either give up the relationship or find another way of approaching this.

Your guidance is appreciated.

~ No Gossip

Answer: Ernest Holmes, author of the "Science of Mind," once said that if we wish to change anything unpleasant that is occurring outside of ourselves, we first only need to change it within ourselves. Now – what does that mean?

It simply means this. Life reflects back to us what we think (i.e. imagine, feel and say) into or about it. This is not to suggest you caused your friend's gossiping. But by believing (thinking) she is a gossip, you are essentially supporting the continuance of that behavior in spite of the change you wish to see and are presently doubtful of seeing. What is required to change this situation is a new way of seeing ... and it begins within you. Let me explain.

Several years ago, a young lady in her early 20s came to me seeking a spiritual mind treatment. She had just emigrated to this country from Eastern Europe and, after some difficulty, managed to get her first job, which she needed and was very happy to have. The problem was with her manager. He was in his 50s, and they were not getting along. She worked hard at her job but she was unsure she could continue working under him because of their personality clash. After explaining to me in great detail her grievances, I told her, much to her surprise, that none of this mattered. I explained to her what I just told you – that she had the power to change this situation to one that she wanted rather than

dreaded; and the way she could do that was to begin changing the way she saw her manager. I said, "Think of how you want your relationship to be." She said she wanted a relationship of mutual good will, respect, kindness and consideration. I said "Fine. Here's how you do that." We worked on crafting an affirmation for her to repeat daily and/or whenever she felt challenged mentally by their relationship. She left and the next day she called me, excited and completely amazed by the transformation of her manager saying they not only had a wonderful but a fun day at work together.

She continued to work with him for several years afterwards until he passed and considered him a good friend. I once read a meme that said "At any given moment, we have the power to choose how our story is going, or not going, to end." It all comes down to a matter of belief. Choose to believe in the good you desire with your friend and drop the fear belief that is burdening you about her.

Here's a little affirmation to help you; say it daily and whenever you feel challenging thoughts about your relationship. It will work wonders.

"My friend is a beloved daughter of God. God delights in her and so do I. I know my relationship with her is one of mutual respect, consideration and goodwill. Our talks and time with one another are rich and rewarding, interesting and fascinating. Our conversations are expansive and illuminating, and we greatly enjoy our time together. And so it is. Amen."

Anthony Kelson, RScP
 penworth3@yahoo.com

Dear No Gossip,

I do not know the level of faith that your lunch acquaintance is a follower of but here is what the Bible says about gossip: Gossip is the closest you can get to murdering someone without killing their body. It is a killing of their reputation, their friendships, their truth and all

of their connections to those around them.

There is a story about a man who spread gossip about a rabbi. After realizing his mistake, he went to the rabbi and begged for forgiveness saying he would do anything to make amends to him.

The rabbi said to bring the best down pillows he owned. The man brought them immediately thinking that the rabbi just wanted pillows for compensation.

The rabbi told the man to take the pillows up to the top of the hill. When he got there, he instructed the man to cut the pillows and let the feathers fly to the four corners of the land.

The man eagerly did what he was told and ran back to the rabbi's house to report that he had done what was ordered.

The rabbi then told him to go and collect all the feathers and pieces of down that had been released from the pillows. The man responded with wide open eyes in terror, realizing that he would not be able to do what the rabbi ordered.

"I cannot find all the feathers and down as they have been blown to the four corners of the earth," shouted the man.

Rabbi replied, "The feathers show you what you have done with your poisoned words. They are everywhere and cannot be retrieved."

Gossip cannot be taken back or unsaid as it has flown to untraceable places and has corrupted the truth forever and irretrievably.

The power of words is great and mighty. After all, God created the world with words: "Let there be light, and there was light." We marry each other with words: "You are betrothed to me for all time."

Please share the story with your acquaintance. If she is not moved by the message, she will not change. Also know that she not only spreads gossip about others to you, but probably to others about you as well.

Rabbi Janet Bieber
 jbieber1155@aol.com

NOTES & NODS

Lutheran Church to Host Events

Lutheran Church in the Foothills (LCIF) invites the community to a fun-filled evening of Bunco on Aug. 14 at 6 p.m. in the church's Fellowship Hall. Bunco, a popular dice game known for its fast-paced and social nature, is a perfect way to connect with friends, old and new.

The game involves simple rules that are easy to learn, making it accessible to players of all ages and skill levels. Bunco night is part of LCIF's Wednesday Summer Fun program.

In addition to the Bunco event, LCIF is launching a new support group specifically designed for

widows. The Surviving Widows group will hold its inaugural meeting on Tuesday, Aug. 20 at noon. This gathering aims to provide a supportive space for women to share experiences, offer encouragement and find companionship during this challenging time. A nutritious meal see NOTES & NODS on page 22

JUST FOR FUN

CALENDAR this

GLENDALE KIWANIS

The Kiwanis Club of Glendale meets on Fridays at noon. This Friday, Aug. 16, Ed Robles of Operation Project Hope will make a presentation.

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

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

RINGLING BROS. AND BARNUM & BAILEY BACK WITH REIMAGINED 'GREATEST SHOW ON EARTH'

Ringling Bros. and Barnum & Bailey of "The Greatest Show On Earth" fame returns to SoCal with an all-new show at Honda Center in Anaheim from August 16-18 followed by Crypto.com Arena in DTLA from August 23-25. For specific local show information visit: <https://www.ringling.com/show/ontario-ca-2024-toyota-arena/>, <https://www.ringling.com/show/anaheim-ca-2024-honda-center/>, <https://www.ringling.com/show/los-angeles-ca-2024-cryptocom-arena/>.

BINGO PLANNED

The annual community bingo event hosted by American Legion Post 288 and Veterans of Foreign Wars Post 1614 is on Friday, Aug. 16 at Healy Hall, Holy Redeemer Church, 2361 Del Mar Road in Montrose (one block north of Montrose Avenue, entrance at Briggs & Mayfield avenues). Doors open and food available at 4:30 p.m.; first game is at 6 p.m.

The cost is \$25 per person with 40 chances to win; each game is worth a

minimum of \$100. Proceeds benefit veterans in the community.

Tickets are available from the office of CV Weekly, 3800 La Crescenta Ave. #206 from 8:30 a.m. to 4 p.m., Monday through Friday.

BURGERS, BREWS & BLUES AT MCGROARTY ARTS CENTER

McGroarty Arts Center in Tujunga is hosting Burgers, Brews and Blues featuring grilled burgers and craft beer (for purchase) and music by LaRue Sounds on Saturday, Aug. 17 from 6 p.m. to 10 p.m. Free admission!

The event benefits McGroarty Arts Center's mission to provide affordable arts education, events and programs to the community.

McGroarty Arts Center is a 501(c)(3) non-profit organization and is located at 7570 McGroarty Terrace in Tujunga. www.mcgroartyartscenter.org

DANCING AS EXERCISE

Dancing As Exercise is a free ongoing weekly event sponsored by the Los Angeles County Park program for seniors (50 plus) as a form of staying healthy.

There is live music every Wednesday from 10 a.m. to noon in the Park's building at 3901 Dunsmore Ave. in La Crescenta.

Light refreshments and water are provided along with socialization and information about other park activities.

Dancing, per se, is not required; single persons are welcome.

CANASTA IS CALLING

Canasta – an activity that will brighten your day with fun and relaxation. Those who have not played before – don't worry; we will teach you! Come on Tuesday afternoons to play canasta from 1:30 p.m. to 4:30 p.m. at the Montrose Library, 2465 Honolulu Ave. in Montrose (818) 548-2048.

WILDERNESS WORKDAY

A wilderness workday at Deukmejian Wilderness Park is planned for Saturday, Aug. 17 from 8 a.m. to 11 a.m. Volunteers will help water the bigcone Douglas firs and coast live oaks, assist with trail repairs and remove invasive species from the park. Please wear sturdy shoes, protective clothing, and bring water. Families, individuals, clubs and students needing community service hours are welcome. In case of rain, this event will be canceled. RSVP and sign up at <https://tinyurl.com/2dhrhyw7>.

Deukmejian Wilderness Park, 3429 Markridge Road, La Crescenta/ Glendale

FRITZ COLEMAN RETURNS TO SOLO COMEDY

Legendary comic Fritz Coleman is performing a series of shows at the El Portal Theatre from his latest solo comedy show "Unassisted Living," now airing on Tubi.

Coleman will be at the El Portal Theater, 5269 Lankershim Blvd. in North Hollywood on Aug. 18. Tickets are \$35 and \$45.

<https://www.elportaltheatre.com/fritzcoleman.html>

CCLCF HOSTS UPCOMING EVENTS

The Community Center of La Cañada Flintridge is hosting an open house! From Aug. 19-Aug. 23, the community is invited to the Community Center for a week of program demonstrations. Explore its offerings through live showcases ranging from cooking classes to dance classes, and people can discover how they can engage and enrich their life. No registration required! Call (818) 790-4353 for daily details.

Registration is open for fall I (session dates: Aug. 26 – Oct. 19). Youth, teen and adult programming.

The Community Center of La Cañada Flintridge is celebrating its 75th anniversary on Saturday, Sept. 21 from 7 p.m. to 9 p.m. in the Community Center auditorium. There will be passed hors d'oeuvres, an open bar with signature cocktails and a live band. For tickets, visit <https://secure.qgiv.com/for/fundraisingevents/event/75thanniversary/>.

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

PARENT INFORMATION AND ORIENTATION NIGHT

The "Musical Kids, Happy Parents!" Suzuki Music information night will be hosted over Zoom by the Suzuki Music Program of Los Angeles (SMPLA) on Monday, Aug. 19 from 8 p.m. – 9:15 p.m. All adults are invited to attend. To register, go to <https://www.suzukimusicofla.org/upcoming-events>. For more information, visit www.suzukimusicofla.org/video.html. The Suzuki Music education philosophy and method, child development issues, and the SMPLA program will be discussed in detail.

The Suzuki Method is renowned for helping children develop musically, especially from a young age, and SMPLA offers music education in violin and guitar. Early musical education significantly enhances a child's brain development, motor coordination and speech, and also increases a child's level of discipline, awareness, and character. Suzuki Music Education philosophy and method of music education is invaluable for children of all ages.

For more information, contact Robin Johnson at info@SuzukiMusicofLA.org.

WEEKLY HOROSCOPES

Provided by horoscope.com

August 12, 2024 - August 18, 2024

♈ ARIES March 21 - April 19

Your focus may not be on your body but rather on reaching your goals. You're likely deeply involved in career matters now. If you really want to succeed, you need to have at your disposal the energy to do what you need to do. It all starts with being fit and healthy in the first place. Make your well-being your main priority.

♉ TAURUS April 20 - May 20

Your health seems excellent. You may want take advantage of this by swimming, cycling, or going on a long trail hike. Give your body a chance to enjoy a thorough workout at whatever level suits you best. It may also help to try a gentle two-day detox to give your internal organs a boost.

♊ GEMINI May 21 - June 20

Your health may be affected by your mental state now. Try not to get too obsessed over issues that have the potential to knock you off balance and cause tension. It really helps if you can learn to let go instead of getting involved. Your body will thank you, and all your cells will register a sense of relief. Try it and see!

♋ CANCER June 21 - July 22

If you're going to be doing a lot of socializing, it may be time to begin pacing yourself. If you're going to be eating out a lot, much of the food will probably be rich, more so than usual. Try to be discriminating when you get to that buffet table or face that menu. Choose foods that contribute to glowing health, if possible.

♌ LEO July 23 - August 22

With such a fiery health zone, you may need to cool off now and again. Try swimming, and make it a regular habit. Every muscle in your body will get exercise and you won't break out in a sweat. If you have aches and pains, swimming will also help ease muscles and release joints.

♍ VIRGO August 23 - Sept. 22

Don't let the stress of creating a successful career get to you. Aspects suggest that you may be so focused on getting ahead that you temporarily forget that you have a body. You may forget to eat and exercise. You are your own best resource. It really does pay to look after your body, so make it a regular habit.

♎ LIBRA Sept. 23 - Oct. 22

If you feel you need some kind of structure to enable you to get the best from your diet and exercise routine, you may want to call a personal trainer. If you work in partnership with him or her, you'll be able to devise a program that takes into account your metabolism and specific needs. There is no off-the-shelf strategy that will complement your needs as well.

♏ SCORPIO Oct. 23 - Nov. 21

You may be wrestling with an issue that may have been causing a subtle adverse effect on your health. Don't hold on to it. Be prepared to let it go. If you can release it completely so you feel at peace with the situation, then you'll notice a corresponding increase in your overall energy level. You'll feel better.

♐ SAGITTARIUS Nov. 22 - Dec. 21

You seem to be in a very hearty mood. Although you may feel well, don't undo all your hard work by eating the wrong foods after you exercise. If you're hungry after your exertions, try to eat more protein and other foods that are satisfying but don't add pounds. If you must indulge, enjoy it and then get back on track.

♑ CAPRICORN Dec. 22 - Jan. 19

Although you may be thinking about getting fit and reading all the right books about diet and exercise, you may not actually be doing anything about it. It's time to put the books aside and go to the gym. If you need help, get a personal trainer or a competent friend to give you some tips that get you started.

♒ AQUARIUS Jan. 20 - Feb. 18

Don't let mental tension negatively affect your body. This period may bring challenges that cause you some stress. It's nothing too worrisome, but you could suffer from stiff muscles, a headache, or back pain. You need to relax and loosen up. Some kind of stress management program would also be helpful.

♓ PISCES Feb. 19 - March 20

You may have a tendency to stiffen up more than usual now. As part of your daily exercise routine, you may find it helpful to include yoga or tai chi, which help the body relax as well as stay supple and healthy. If you can keep this up, your well-being and overall level fitness will get better.

ACROSS

- 1) Leonine tresses
- 6) More than hesitant
- 11) Bleat of a sheep
- 14) Drama set to music
- 15) Cold weather quarters
- 16) "30" to an editor
- 17) Some overhangs
- 19) Id's counterpart
- 20) Anger, so to speak
- 21) Read between the lines
- 23) Book store?
- 27) Belfry locale
- 29) Form in the mind
- 30) Ancient Greek city
- 31) Beth follows it
- 32) Speaks highly of
- 33) Tell a better joke than
- 36) Waiting room call
- 37) Antiseptic targets
- 38) Needle case
- 39) Cobra kin
- 40) Calf, on the range
- 41) Many sweaters
- 42) Onetime Missouri tribe
- 44) Make people look away
- 45) An American in Paris?
- 47) Pope's jurisdiction
- 48) Building used for sports
- 49) Window base
- 50) Kettle cover
- 51) Michael Keaton film
- 58) "To the max" indicator
- 59) Up to the point that
- 60) Gumbo pods
- 61) Even if, informally
- 62) Wal-Mart competitor
- 63) Irish poet William Butler

DOWN

8.15.24

- 1) Unlawful assembly
- 2) "Great" or "lesser" animal
- 3) Alumna bio word
- 4) Do the wrong thing
- 5) Lord's day of rest
- 6) Pharmaceutical giant Eli
- 7) Give a lustful eye
- 8) Three-time Frazier foe
- 9) Type of digit
- 10) Stocking stockers
- 11) McDonald's supply
- 12) Broadway backer
- 13) Love greatly
- 18) Land o' the shamrock
- 22) .com alternative
- 23) Tarzan's swing
- 24) Runs while standing still
- 25) Have experience with
- 26) Absorbed
- 27) Coastal spray
- 28) Small boys
- 30) Products of Indian looms
- 32) French cubist Fernand
- 34) Beyond the fringe
- 35) Downhill run
- 37) "Faster!"
- 38) "Green" emotion
- 40) Digital information carrier
- 41) Wet blanket
- 43) Immoral act
- 44) Big name in pineapples
- 45) Gentleman's gentleman
- 46) Type of whiskey or setter
- 47) Components of rolling landscapes
- 49) Cookbook direction
- 52) 67.5 degrees, to mariners
- 53) Airport info, initially
- 54) "Aloha Oe" accompaniment, briefly
- 55) Bank offering, for short
- 56) Persian, for one
- 57) Laser center?

HIVE GOT A SECRET

By Hank Dellman

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15						16	
17					18						19	
				20					21	22		
23	24	25	26				27	28				
29						30						
31						32				33	34	35
36					37				38			
39				40					41			
		42	43					44				
45	46						47					
48						49						
50				51	52	53			54	55	56	57
58				59					60			
61				62					63			

PROBLEM SOLVED » BY CHRISTOPHER ELLIOTT

Help! The seals on my window blinds are melting!

Carolyn Allen's window seals are melting and now her door handles are corroded too. Can she get them replaced? And if so, how long should it take?

Q: I'm having a problem with a local company, FAS Windows & Doors. In April 2013, I hired the company to install double-paned, hurricane-resistant windows and doors throughout our whole house. But in 2022, we noticed that the seals in the inset mini blinds were melting.

I contacted the service department and spoke to a representative, who said the windows only had a five-year warranty.

Then I noticed that the handles on the doors were corroding. I called a few months later and sent photos. There is a 10-year warranty on the doors.

After multiple emails and phone calls, FAS Windows & Doors replaced the handles on the front in 2023. But they did not have handles in stock for the three doors at the back of the house. I continued to periodically call and email for updates. After over a year of waiting, I saw one of your articles and decided to ask for the supervisor's email. I emailed her twice and have never heard back.

I have been exceedingly polite in both my emails and phone calls. These doors have unique handles that I can't find at Lowe's or Home Depot.

I would like to have the corroded door handles replaced, as promised. I wish I could get the inset mini blind panels replaced, but I recognize that the seal failure was discovered beyond the five-year warranty. Can you help? — Carolyn Allen, Saint Cloud, Florida

A: Did you say the seals on your blinds were melting? That's pretty serious. I would get that taken care of right away, warranty or not.

I lived in Central Florida in 2013, and I also replaced my windows. I remember there had been several active hurricane seasons and there was also a tax deduction for installing more energy-efficient windows. And wow! What a difference the new

windows made! My electric bill dropped because my A/C was running less. And another bonus was that I no longer heard the street noise.

But if my seals in your blinds started melting, I would have been the one to have melted down! I reviewed the emails between you and FAS Windows & Doors and, to your credit, you were exceedingly polite.

There are two things you could have done to avoid this. First, you want to research any windows and doors carefully before buying them. Look for a longer warranty and pay close attention to what is—and isn't—covered.

A good warranty will last between 10 and 20 years. Some manufacturers may offer lifetime warranties that cover all parts of

the window, including the frame, glass and hardware. High-quality window manufacturers allow you to transfer the remainder of the warranty to a new homeowner and have a minimum of exclusions for issues such as natural disasters, improper installation or wear and tear.

The other issue was the difficult-to-replace door handles. It's nice to have a unique door, but

paper trail and you were polite but also persistent. Nice work!

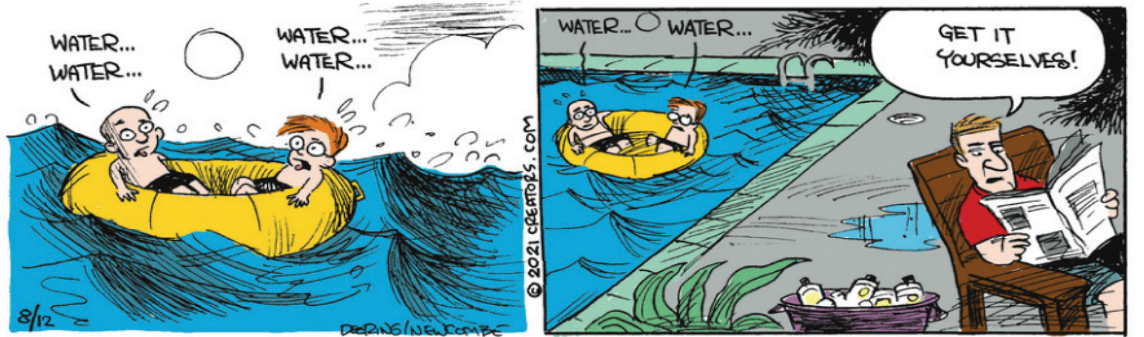
After you contacted my advocacy team, I reached out to FAS Windows & Doors. A representative confirmed your story—to a point. It turns out your windows only had a one-year warranty and didn't cover color change or finish. The company offered to replace the windows as a customer service gesture.

The door is a little more

also installed the handles for you. Now that's what I call an open-and-shut case!

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/>. © 2024 Christopher Elliott

» ZACK HILL BY JOHN DEERING AND JOHN NEWCOMBE



PLEASE DONATE!

KASES FOR KIDS!



The Crescenta Valley Lions Club is partnering with the Los Angeles Department of Children Services to help children going into foster care. This year, we hope to collect & fill 250 backpacks!

How can YOU help?

We are looking for donations of **new** backpacks, and these items, **travel size preferred, for all genders:**

- Toothbrushes
- Toothpaste
- Facial Tissues
- Washcloths
- Shampoo/Conditioner
- Deodorant
- Combs
- Hairbrushes
- Body Soap
- Spiral Notebooks/ Journals
- Coloring Books
- Pens/Pencils
- Markers
- Sharpeners
- Erasers
- Colored Pencils
- Crayons
- Small Stuffed Animals
- Throw Blankets

Additional Donations Accepted: Eye Glasses, used and/or broken

DATE: AUG 24, 2024 **TIME:** 10am-2pm

DROP-OFF LOCATION Ralph's Parking Lot
(Corner of Foothill and Raymond)

Contactless Drop-Off
Monetary Donations Accepted
All donations are tax-deductible
Receipts available upon request

For more information please contact June Mack:
Cell: (818) 434-6957 Email: Lions91214@gmail.com

Follow us on Facebook! Crescenta Valley Lions Club

CONTACT US

Robin Goldsworthy
Robin@CVWeekly.com
818.248.2740
Publisher/Editor

Rachelle Miller
Rachelle@CVWeekly.com
818.248.2740
Office Manager

Lisa Stanners
Lisa@CVWeekly.com
818.523.1234
La Cañada
Montrose

Sonya Marquez
Sonya@CVWeekly.com
818.381.2000
La Crescenta
Sunland-Tujunga

Jon K
Jon@CVWeekly.com
818.248.2740

Toluca Lake and surrounding



This ad is sponsored by J's Maids as a service to the community.

(818) 248-2001 | www.JsMaids.com

Wishing you all calm and health!



LEGALS & CLASSIFIEDS

LEGALS

NOTICE OF FICTITIOUS BUSINESS NAME
 FICTITIOUS BUSINESS NAME STATEMENT First Filing No. 2024159357 The following person(s) is (are) doing business as: THE MERIT SCHOLARSHIP CONSULTANTS, 1649 SANTA ROSA AVE., GLENDALE, CA 91208 LA COUNTY. Registered Owner(s): HESS PROFESSIONAL SERVICES, INC., 1649 SANTA ROSA AVE., GLENDALE, CA 91208. This business is being conducted by: an CORPORATION. The date registrant started to transact business under the fictitious business name or names listed above: 07/2024 I declare that all information in this statement is true and correct signed ROBERT HESS, Title: PRESIDENT. NOTICE - A Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14411 ET SEQ., Business and Professions Code). Published Crescenta Valley Weekly, August 1, 8, 15, 22, 2024.

EMPLOYMENT

DRIVER WANTED
 Are you a night owl? If so, why not earn some money by delivering the community's favorite newspaper to local residents early Thursday morning? They are in the La Crescenta area. Must have own transportation and insurance. Paid weekly, includes gas stipend. Call Rachelle at (818) 248-2740 or email rachelle@cvweekly.com.

PRIVATE CAREGIVER AVAILABLE
 20 years exp.; fluent in English. Looking for evening or overnight work. Available now. Reliable, trustworthy, compassionate. References available. Call (818) 640-0089.

HOME/GARDEN

GENERAL CLEAN-UP AND HAULING
 We do garage cleanups, appliance removal, trash removal. We haul away dirt, construction waste, yard waste. We sort and take it to a certified waste management facility to dispose of, recycle center or donation stores. Free estimates contact Mr. Duarte (818) 395-0103.

WHEN NATURE CALLS GET SUMMER FRESH!
 COMPLETE LAWN & GARDEN SERVICES
 • Mowing
 • Edging
 • Weed control
 • Hedge shaping
 • Stump removal
 • Roto-tilling
 • Hillside clearing
 • Free estimates Contact Mr. Duarte (818) 395-0103.

HOME/GARDEN

HAULING
 Anything to everything. Reasonable price. Will drop off at recycling, dump or donation center. Call Jim (818) 378-5572.

WANTED/NEEDED

WANTED
 Wanted vinyl records (all genres) and vintage stereo equipment. Will pay top dollar. No collection too big or small. Call Oren (323) 572-4945.

WANTED
 Disneyana, all types: animation cels, employee awards, employee items, promo, etc. Autographs, Blu rays, DVDs, CDs. All types memorabilia, military, historical items, fine men's watches. Call Arthur at (213) 235-5585.

WANTED/NEEDED

LIONEL TRAINS
 Cash paid for your trains and toys. Also buy American Flyer and LGB. Call (626) 447-3775.

Want The Latest Community News?

Sign up for our CV Weekly E-Blast

Email info@cvweekly.com to receive an e-mail with the latest community news.

CV WEEKLY IS ONLINE!

www.cvweekly.com

Email info@cvweekly.com to receive an e-mail with the latest community news.

CRESCENTA VALLEY WEEKLY IS READY FOR YOUR LEGAL NOTICES! CALL TODAY! (818) 248-2740

SERVICE DIRECTORY

• AUTOMOBILES • • HOME HELP • • HOME HELP • • HOME HELP •

Automotive Services
 Family owned business serving the community for 50 years.
Complete auto repair with ASE certified technicians

LA CANADA
 818 790-1228 459 Foothill Blvd

"Honey-Do Handyman"
 LICENSED GENERAL CONTRACTOR
 Licensed contractor available to do drywall (our specialty), painting, carpentry, decks, plumbing, repairs, maintenance, basic electrical, windows and doors, and more!
 Call Stephen Boykin at the Honey-Do Handyman 818-741-7255
 www.TheHoney-DoHandyman.com
 Contractors lic #1039217

URBIN SERVICES
 BLACK. BLUE. GREEN. GET YOURS CLEAN!
 Trash Bin Cleaning
 Pressure Washing
 Solar Panel Cleaning
 urbinservices.com

Maids.com
We Clean Homes
 One Time • Weekly • Monthly Service
 Call for a free estimate!
 818.248.2001

WANTED! YOUR BUSINESS 2X2 SERVICE DIRECTORY AD HERE!
 Call TODAY @ (818) 248-2740

• HOME REPAIRS & SERVICES • • HOME REPAIRS & SERVICES •

WANTED! YOUR BUSINESS 2X2 SERVICE DIRECTORY AD HERE!
 Call TODAY @ (818) 248-2740

BOB HUNTER'S Plumbing & Heating
 818-249-8458

 Large or Small Jobs Welcome! Live and work in La Crescenta! Locally owned and operated

JEREMY'S ELECTRIC
 • Troubleshooting • Circuit Breakers
 • Solar Service Available • Remodels
 • Panel Upgrade • Car Chargers
 • Lighting Upgrade • 220 Volt Installation
 • Garage Door Repair • Pool & Spa Repair
(818) 951-1171
 Se Habla Español 978429

ADU
 Room Additions
 Kitchen Remodeling
 Design • Build
 Free Book: *Designing For Market Value*
 Over 1000 Complete Projects
 ★★★★★ 5 Star Review
ADU by KEN RHODY CONSTRUCTION
 818.790.5667 LIC #441339

CHANNEL ISLAND CONSTRUCTION
 Full service contracting for all projects, big or small.
 • Property management
 • Property maintenance
 • Home Inspections
 • Restoration
 • All inclusive trades for new construction, remodel, service & repairs
 See samples of our work @ channelislandconstruction.com
 GC #943151 (805) 284-4877
 channelislandconstructioninc@gmail.com

• HOME REPAIRS & SERVICES • • POOL/SPA • • PRINTING/GRAPHICS •

ALPHA STRUCTURAL INC.
 #1 Design/Build Firm in LA County For Over 25 Years!
 • Foundation Repair • Structural Upgrades
 • Landslide Repair • Retaining Walls
 • Earthquake Bolting • Underpinning/Caissons
323-258-5482
 info@alphastructural.com www.alphastructural.com
 8334 Foothill Blvd. Sunland-Tujunga, CA 91040

Pinecrest Roofing
"TOP QUALITY WORK"
 Serving The Foothills
 • Composition Roofs
 • Tile Roofs
 • Flat Roofs
 • Repairs
 • Gutters
 • Skylights
818-957-5238
 FREE Estimates

Mark's Lock + Key
818-430-5244
 Lic #5481
 Key Locks Alike • Lockouts • Residential
 Commercial • Licensed - Bonded
LOCKSMITH SERVICE

professional pool experts, Inc.
 CA License # C53-538352
Service • Repair
Free Estimates
 Diagnose & Restoration
 Local Business over 27 years
(818) 248-1320
<http://www.professionallpoolandspa.net>
 CA License # C53-538352

Call Us! 1800-390-0006 or 818-249-8637
Total Graphics
 Signs • Banners • T-Shirts
Signs & Banners T-Shirt Printing & Embroidery
 2435 A Honolulu Ave. Unit A
 Montrose CA 91020
customshirtsandsigns.com

NOTES & NODS from page 19

will be provided to nourish both body and soul. Interested individuals can RSVP by contacting the church office. The gathering will take place at a private residence.

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

Mt. Olive Offers Community Breakfast Bible Study

Mt. Olive Lutheran Church reminds the public that all are invited to its monthly breakfast Bible study at Panera Bread Restaurant, 990 Town Center Dr., Suite A in La Cañada on the third Saturday of each month at 8:30 a.m. The Book of Ephesians is currently being studied. All are invited.

Walk and Word

Walk and Word participants will meet in the parking lot of Deukmejian Wilderness Park, 3429 Markridge Road in La Crescenta/Glendale at 8 a.m. on Aug. 18 & 25. Participants will walk for the first hour and then gather to read a selection of Scripture. About a half hour will be spent journaling about what was read and then there will be conversation, sharing thoughts.

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

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

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

KASES FOR KIDS from Cover

never meet the kids they help, Lions Club member Stephen Mack said the impact of each donation is always greatly felt and appreciated.

"Many foster kids are caught in the transition from home to home. Often, this means that the only possessions they have is what the Lions Club – and their generous community contributors – can provide," Mack said in an email to the CV Weekly.

Local non-profits like the Lions Club are in a position to address the needs of the most vulnerable, said Mack and as a result community organizations can often do work that states and local governments cannot do.

"All of us – all kids, and especially kids in need – need to know that our communities are

our extended family. It's never enough, of course, but we hope to play a small but important role alongside our other community partners," he said.

The target number of backpacks the Lions Club aims to deliver is always dependent of how many filled backpacks are donated by the community.

The Lions face a yearly challenge to gather enough materials to put inside the backpacks, such as school supplies, small blankets or stuffed animals, as well as collecting enough backpacks. To meet the challenge, the Lions began collecting money to assist in purchasing needed goods while leaning heavily on high schoolers from the Leos Club who help sort and pack bags.

Mack wants the community to know it plays a big part in

ensuring kids get what they need and they have a "tangible connection to people who care."

"One more indication to them, we hope, is they are not alone," Mack said.

WANT THE LATEST COMMUNITY NEWS?

Sign up for our CV Weekly E-BLAST.

E-mail info@cvweekly.com to receive an e-mail with the latest community news.

HIGHLANDS THEATER PRESENTS
THE 6 TIME TONY AWARD-WINNING MUSICAL!

MEREDITH WILLSON'S

THE MUSIC MAN



AUGUST 16TH-25TH

TICKETS AT WWW.HIGHLANDSLA.COM

✉ HIGHLANDSTHEATERLA@GMAIL.COM

4441 LA CRESCENTA AVE., LA CRESCENTA CA 91214



LACANADA.COM

KOBEISSI  PROPERTIES



Wine & Cheese

Thursday | August 15 | 7-9 PM
Kobeissi Properties invites you to an enjoyable evening as our guest, to our monthly wine and cheese held on the third Thursday of every month.

Hosted by Sandy Kobeissi
818-636-6146

721 Foothill Blvd. La Cañada Flintridge, CA 91011



MASTER OF...
SALES,
DESIGN,
INVESTMENT,
FOR
OVER 35 YEARS

MIKE KOBEISSI



Questions About Real Estate?

Kobeissi Properties is on your side and is the most **Knowledgeable Broker in La Cañada Flintridge**, and all-time top producer for over 30 years!

MIKE@LACANADA.COM
818.949.7575

