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## Portantino's Opioid Epidemic Bill Passes Senate

Senate Bill 997, authored by State Senator Anthony J. Portantino, passed the senate floor and is headed to governor's desk for signature. The bill helps tackle the opioid epidemic and drug-related overdoses among youth by allowing students to carry both fentanyl test strips and opioid antagonists. The bill had its genesis during the Senator's summer internship program where interns have the opportunity to research subject areas and propose bill ideas directly to Senator Portantino.

"Clearly, we need multiple approaches and strategies to address the opioid epidemic. SB 997 implements preventative measures to help avoid opioid-related deaths in high schools," stated Portantino. "Allowing fentanyl test strips and Narcan nasal products – both of which are easy to administer – will save lives and make our children safer."

According to the California Dept. of Public Health, there were over 7,000 opioid-related deaths in 2022, with fentanyl poisoning accounting for approximately 88% of deaths. Among young people, fentanyl poisoning accounted for 640 out of 807 deaths by opioid overdose.

SB 997 would permit students in middle and high schools to carry a federally approved opioid antagonist and test strips.

"Although Narcan can swiftly counteract the effects of opioid overdoses, we can also take a different approach that eliminates the need for opioid antagonists altogether," said Libby Paquette, a former intern in Portantino's office who presented the bill idea. "The logic behind providing test strips is to present the opportunity to avoid drugs contaminated with fentanyl entirely. I believe test strips will help save lives when Narcan is not available. We hope the governor will sign this life saving measure."

Fentanyl is a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine.

You can read more at [CVWeekly.com/NEWS](http://CVWeekly.com/NEWS)

# Celebrating 100 Years with a Gala

By Mary O'KEEFE

*A cornerstone in the community, St. Luke's of the Mountains will hold a party to celebrate 100 years in the Crescenta Valley.*

All are invited to the gala for St. Luke's of the Mountains Episcopal Church that has been 100 years in the making.

St. Luke's of the Mountains, best known as the "stone church," has been at the corner of Rosemont Avenue and Foothill Boulevard since 1924. It was the dream of local residents including famous artist Seymour Thomas.

Thomas was born in Texas and studied portraiture in New York and Paris where he won a number of medals including France's Legion of Honor in 1905. When World War I broke out, Thomas and his wife moved to America and settled in La Crescenta. Thomas painted hundreds of portraits, including three of President Woodrow Wilson – one of which hangs in the White House, according to the Smithsonian.

Photo by Mary O'KEEFE  
Known to everyone in the community, St. Luke's of the Mountains is celebrating 100 years of service.



Thomas loved the community and his wife called home. They lived on Rosemont Avenue in a home they called "Cuddle Doon." He wanted an Episcopal church in the community and had talked to Madame Louise Janvier, who donated the land, about building one. St. Luke's has been the heart of

the community since it was built. Local organizations meet at the church's Sadler Hall, named about Father Boone Sadler, and the church has been a historical destination for many in the area ... and beyond.

The congregation of St. Luke's is hosting a gala to recognize this

iconic building in the historic location.

"The gala will be held on Sept. 21 from 6 p.m. to 10 p.m. It will be held in the outside courtyard with live music and dancing and a catered buffet.

You can read more at [CVWeekly.com/NEWS](http://CVWeekly.com/NEWS)

<<<PART 1

# Traffic Talk, Possible Improvements ... and a Lot of Frustration

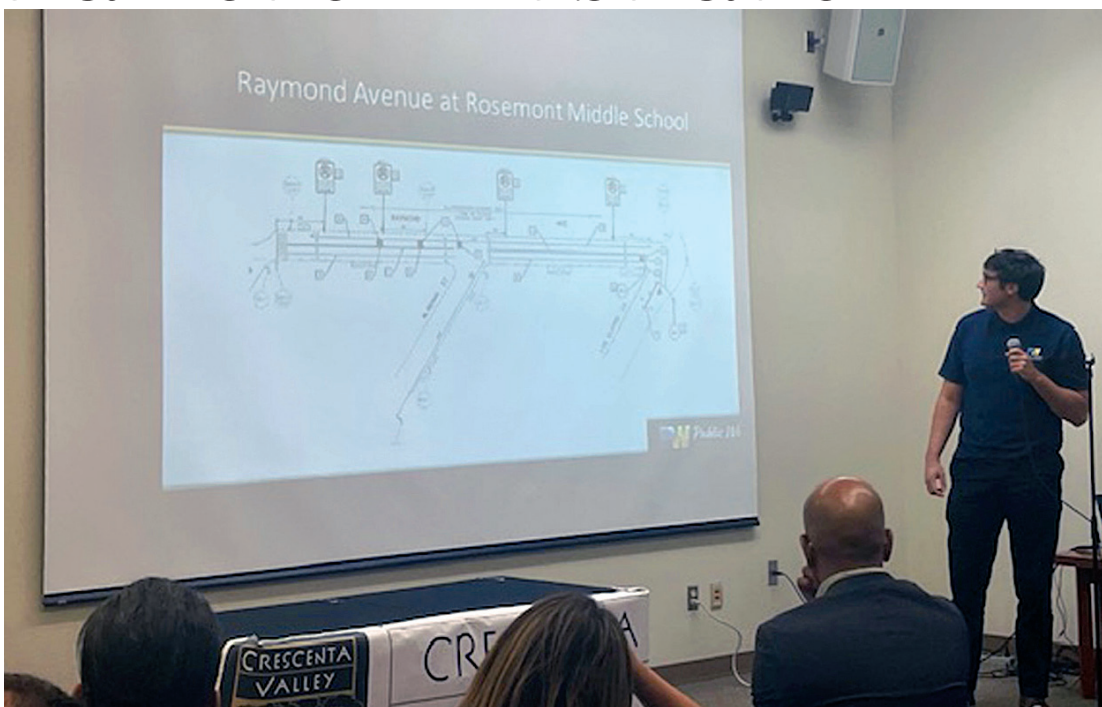
By Mary O'KEEFE

On Wednesday, Aug. 28, Crescenta Valley Town Council hosted a traffic talk at the La Crescenta Library Community Room.

Julian Garcia, principal engineer, Los Angeles County Public Works, began the meeting by sharing updates on some of the concerns expressed by the public. But before he shared information he said that the process of traffic solutions in the area is a "large capital improvement project" that will require funding and scheduling.

"The initiation has started," he said, and "the analysis is completed."

Some of the recommended improvements included a traffic signal at Altura and Ramsdell avenues, the installation of a stop sign and crosswalk at Glenwood and Prospect avenues, speed cushions installed on Community Avenue between Cloud and Ramsdell avenues, and U-turn



John Chebabi, senior civil engineer assistant at Public Works, shared a diagram on the plan for proposed improvements near Rosemont Middle School.

Photo by Mary O'KEEFE



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» FROM THE DESK OF THE PUBLISHER

# Battered and Bruised

I love my car. It's a 2000 Toyota Solara – convertible – and I would get compliments on it when I drove it around town.

Then somebody hit it (then ran) when it was parked at CV Park last year. I was preparing to have it repaired when a “gypsy” (that’s what these guys are called) approached me in the parking lot of my supermarket and said he could do a repair for less than my deductible. Like a dolt, I said yes. When I came out of the store the car bumper did look better; unfortunately his promises were untrue that certain rubbed-on aspects would be almost unnoticeable once the car was washed.

Sigh. Then when Steve and I were up in Cambria, I damaged the front end.

Finally, in April a local gal rolled into my car while I was turning into the supermarket. Thankfully neither of us was hurt ... but that about did in my Solara.

I was still driving it around until recently when preparing to head back to Cambria. Steve surprised me with a red hardtop convertible Lexus. It’s a 2010 but new to me and I love tooling around town in it.

Of course I’ve had some issues with it; it was the car that a piece of squid was dropped onto by a freewheeling gull, stinking up the car. (I still shudder when thinking of that mess.) But typically speaking I absolutely love the car.

I’m preparing for yet another trip up north to Cambria and look forward to the

journey.

Have you seen the cockeyed cutting of some of our local trees especially in the Upper Briggs Terrace area? No doubt it’s an embarrassment for our homeowners, many who contacted the CV Weekly complaining about the bizarre cutting schedules. For example, what reason would a tree trimmer be hired to cut a particular tree then asked to come back and cut it again? In previous articles in the CV Weekly we’ve featured the results of these repeated hackings – and it’s not pretty.

That’s why tonight, Sept. 5, the CV Weekly and the CV Town Council are co-hosting a forum with representatives from Southern California Edison, the utility that oversees the trimming. SCE has stated it “is following the protocols notifying residents of upcoming tree trimming and is doing the trimming in accordance to the California ordinance.” But many homeowners (and arborists) disagree. At tonight’s meeting we hope to get to the bottom of the situation and address concerns of those most affected.

The meeting is at 6 p.m. at Sadler Hall on the campus of St. Luke’s of the Mountains, 2563 Foothill Blvd., at the corner of Rosemont Ave., in La Crescenta.

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

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## » WEATHER WATCH

### Taking A Look Outside Our Window

By Mary O’KEEFE

The news for Rancho Palos Verdes just keeps getting worse as Southern California Edison (SCE) cut off electricity on Sunday. I can’t imagine the fear residents must be feeling as the ground moves beneath their homes and one by one utility companies disconnect and begin to move away.

This ground movement in the Portuguese Bend Community in Rancho Palos Verdes has affected more than 200 homes. Californians are used to dealing with fire, flood and earthquakes but this is new for many, although the land has been moving in this area for decades.

SCE notified a little more than 100 customers that they were to lose power on Monday night. LA County Sheriff Dept. Sheriff Robert Luna said he would have extra patrols, along with drones, in the neighborhood to curb any looting.

According to Rancho Palos Verdes City website, 105 of 270 Seaview houses would have their electricity service discontinued for varying lengths of time. There will be 47 homes without power for 24 hours, 38 properties without power for one to three weeks and 20 properties will be without power “indefinitely,” according to the City’s website.

If you remember, it was just over a month ago that Southern California Gas shut off its utility in the area due to the land movement.

On Tuesday, Gov. Gavin Newsom proclaimed a state of emergency for the City of Rancho Palos Verdes “to protect public safety amid ongoing land movement that has resulted in disrupted utility services and evacuation warnings for impacted residents.”

“The Portuguese Bend Landslide is part of a larger complex of ancient landslides on

the south side of the Palos Verdes Peninsula. It was reactivated in 1956 by Los Angeles County’s planned extension of Crenshaw Boulevard and has been moving ever since, becoming one of the largest continuously active landslides in the U.S. and moving homes by hundreds of feet over the years. The land moves because of the dynamics of surface water percolating into the ground and water trapped deep underground, sliding as much as 8.5 feet per year,” according to the City’s website.

The City leaders knew this was an issue and voted a study be done in 2019, but the area has seen a “significant increase in land movement.”

You know when you stand on the sand at the beach and the water flows over your feet then pulls away and you feel that sand pulling away from beneath you .... well, that’s a little like what is happening to the ground beneath those houses. Not quite as quickly as the water leaving the shore and it is much more devastating.

It was in 2023 when the City of Rolling Hills Estates on Peartree Lane, not too far from Palos Verdes, had 12 homes red-tagged and evacuated “with an additional five units subsequently being yellow-tagged [due to] damage to utilities serving those homes,” according to Rolling Hills Estates website.

These houses were being damaged by land movement.

There are a lot of areas, especially near the beach, where land movement can easily be seen and can cause some sleepless nights for homeowners. I used to work years ago in a large old house near a cliff side in the San Diego area. The house was across the street from the cliff side. There was this cute little

see WEATHER on page 19



Rare Mid-Century Modern gem in Burbank Hills above Sunset Canyon! This 3-bedroom, 2-bath home offers privacy, a spacious layout, and vintage charm with wood-burning fireplaces in both the living and family rooms. The large kitchen overlooks the tranquil backyard. The home features an attached two-car garage with direct access. Priced to reflect its incredible potential, this original-owner property is ready for your artistic vision.

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Don't Miss Next Week's Q&A – Phyllis discusses “Trustee Not Acting in the Estate’s Best Interest”

# NEWS

» MAKING A DIFFERENCE

## CVHS Graduate Grace McAuley: Armed for the SCID Fight

By Mikaela STONE

At-risk babies will soon have a better chance of survival thanks to Crescenta Valley High School and UCLA graduate Grace McAuley and the Kohn Lab at UCLA.

Babies affected with a mutation that causes SCID, or Severe Combined Immunodeficiency, cannot produce T cells – one of the immune system’s first defenses against infection. Most babies with SCID do not live past the age of 2.

By her senior year of UCLA, McAuley was no stranger to difficult roads to recovery. She pushed through her father’s frequent hospitalizations during her childhood and as an adult suffered stress fractures in two femurs.

While she had never met Dr. Donald Kohn, a pediatric bone marrow transplant doctor at UCLA best known for developing gene therapies, after getting her hands on one of his many articles, while at UCLA McAuley knew she needed to

work with him. She cold emailed the doctor and asked to join his lab.

Someone who did not know McAuley might consider her a poor addition to a research team – she had never worked in a lab before and appeared inundated with obligations to the UCLA track and field team, her classes and multiple clubs.

Kohn decided McAuley had already spread herself too thin.

Unphased, McAuley laid out her schedule for him, asserting that track season was over and the conditioning expected of a college-level athlete would not get in the way of her studies.

Not only did her track and field dedication not interfere with her lab work, but McAuley’s endurance, coachability and ability to be a team player helped her learn quickly, balancing experimental ratios of asking for help versus independent study to keep pace with those with more lab experience. She treated experiments like a race.

“I would run through it in my

head before I would actually do it,” she said. “I would run through it the night before and I would run through it the morning of.”

She would then reflect on the lessons learned and apply them.

Even after McAuley graduated, the Kohn Lab kept her on the team.

In Dr. Kohn McAuley found the coach she needed.

“[Dr. Kohn] has set the example for what I look for in a mentor,” she said.

He knew when to push McAuley to be her best self and soon became a father figure to her.

McAuley remembers “pulling [Kohn’s] sleeve” to try base gene editing, fascinated with the idea of removing stem cells, correcting broken DNA sequences, and reinserting them into the body to fix mutations – a then new approach the Kohn Lab had never tried before.

McAuley received her chance when Dr. Nicola Wright of the Alberta Children’s Hospital Research Unit approached Kohn about SCID patients.

In what McAuley calls “a brilliant example of team science,” she worked with her lab and Dr. Gloria Yiu, a member of UCLA’s Crooks Lab, which specialized in artificial organoids inside the thymus, a gland that makes and trains T cells – the very cells that SCID patients need jumpstarted. By correcting stem cells through base editing and reinserting them into the thymus, patients grow up with the elements necessary to fight diseases. With success in clinical trials, this approach will replace the far riskier bone marrow transplant as a cure for SCID.

“The goal was so clear from the get go for me,” McAuley said. “I wanted to get a safe and effective therapy to patients as fast as possible ... [that] prevailed when things were rough.”

In addition to her busy lab schedule, she also found time to



Photo provided by McAuley Family  
Grace McAuley joined Dr. Donald Kohn’s lab to work on SCID.

mentor undergraduates, who she continues to keep in touch with to this day.

“I felt like I was mentored so well it was my duty to pass it on,” she said.

This mentorship did not begin in college; McAuley also had great teachers during her time at Crescenta Valley High School. As a part of the Academy of Science and Medicine, McAuley was inspired by instructor Orenda Tuason’s knowledge. During track and field, Coach Mark Evans became a key mentor as well, as the exuberant Evans taught the endurance necessary for long distance running – and life. She still meets up with Evans when she returns to La Crescenta and looks forward to the next time she sees him. Similarly, she remains close friends with Dr. Kohn and Dr. Yiu.

As she continues down the track of life McAuley looks to her next

hurdles: She is currently training for a marathon while she continues her third year at the MDPHD program at UC San Diego. She has already practiced a student medical rotation as an OBGYN as part of her MD. While she pursues many interests across the medical field, she hopes to follow Dr. Kohn’s footsteps toward becoming the head of a lab of her own.

Her advice for young people looking to persevere in their own fields is not to be afraid of emailing people they look up to, even if they are world famous and “scary.” Showing passion and excitement for what one loves will attract the right mentors, many of whom had mentors of their own when they were new to their field. Many potential mentors will want to pay the inspiration they received forward to the next generation.

Do not be afraid to take a risk!

### IN BRIEF

#### TREE TALK TONIGHT

In response to several concerns regarding how and when Southern California Edison trims residents’ trees a community meeting is being held tonight, Sept. 5. Tree Talk will discuss these concerns with SCE representatives. The meeting with residents and members of the Crescenta Valley Town Council, sponsored by CV Weekly, takes place at 6 p.m. at St. Luke’s of the Mountains Episcopal Church’s Sadler Hall, 2563 Foothill Blvd.

All are welcome to attend.

#### ROSEMONT PRESERVE OPEN GATE MORNING

An “open gate” event is taking place at the Rosemont Preserve on Saturday morning, Sept. 7. This is a chance for residents to visit the Preserve and wander the trail at their own pace and enjoy the tranquil setting, the wildlife and the natural beauty. Photographers: bring your camera to capture the morning light and citizen scientists, bring your iNaturalist and Merlin apps to identify birds and add wildlife sightings!

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

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

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

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

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

#### LIONS CLUB HOLDING FOOD DRIVE

The Lions Club is collecting food and monetary donations for the Bailey Center of Tujunga on Saturday, Sept. 7 at St. Luke’s of the Mountains (please use the back entrance on Cross Street and Rosemont Avenue) from 10 a.m. to noon.

For a list of preferred items, visit [www.cvweekly.com/NEWS](http://www.cvweekly.com/NEWS).

Questions? Contact Diana Tyson at [lions91214@gmail.com](mailto:lions91214@gmail.com) or call/text (818) 625-5221.

#### APPLICATIONS OPEN FOR BRAND ASSOCIATES

##### 2025 DANCE SERIES

Applications are currently open for the 2025 season of the Brand Associate Dance Series. Started in the 1960s, The Brand Associates Dance Series presents top dance companies from Southern California performing site-specific work in non-traditional, outdoor performance spaces around Brand Library & Art Center. Dance companies with at least 5 years of experience who present an educational, site-specific, outdoor dance program appropriate for all ages are encouraged to apply.

Applications are open through Sept. 30. Groups with diverse backgrounds are strongly encouraged to apply.

For more information and to apply, visit: [BrandLibrary.org/Dance-Series-Application](http://BrandLibrary.org/Dance-Series-Application).

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# NOTES & NODS

**Lutheran Church to Host Events**  
Lutheran Church in the Foothills (LCIF) invites the community on Sunday, Sept. 8 to help assemble 100 school kits for children. This annual event at LCIF will be held in the church's Fellowship Hall following the 10 a.m. worship service led by Pastor Rick Hall. The kits will be packed with essential school supplies donated by both church and local community members. Once completed, the school

kits will be distributed to children in need, providing them with the tools they need to succeed in their education.  
In addition to the school kit assembly, LCIF is also launching an early toy drive to spread holiday cheer. Although December is still a few months away, the church is starting early to ensure they can bring joy to as many children as possible during the festive season. For the month of

September, the focus will be on collecting board games with plans to expand the list of desired toys in the coming months. Donations can be dropped off at the church during Sunday worship or at the church office during the week. An Amazon Wish List has been created for those wishing to donate online.  
Visit [lcifoothills.org](http://lcifoothills.org) for event details, including small group gatherings and opportunities to serve.

For more information or to request/offer help, email [office@lcifoothills.org](mailto:office@lcifoothills.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.

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**UUCVH Hosting Water Ceremony**

Unitarian Universalist Church of the Verdugo Hills will host its annual water ceremony on Sunday, Sept. 8 at 10:30 a.m. During its annual ingathering service UUCVH members and friends will share water and stories from summer travels and meaningful places.

A ritual unique to Unitarian Universalism, the waters – symbolic of the connections we have with each other and originating from many different sources – are intermingled and used to nourish the growth of our church gardens. It is a celebration of being together at the beginning of a new church year. UUCVH welcomes members of the broader community to participate in the tradition.  
To join via Zoom or to attend in person, visit the UUCVH website to learn more: <https://www.uuverdugo.org/>.

**Red Cross Blood Drive in La Crescenta**

The community is invited to give the life-saving gift of blood at a Red Cross Blood Drive on Saturday, Sept. 14 from 8 a.m. to 2 p.m.  
The blood drive will be held at La Crescenta Presbyterian Church, 2902 Montrose Ave. in La Crescenta. Visit [lpcp.net/giveblood](http://lpcp.net/giveblood) to sign up.  
For more information, contact La Crescenta Presbyterian at (818) 249-6137.

**Mount Olive Annual Church Picnic**

Come one and all to the annual picnic at Mt. Olive Lutheran Church!  
Everyone is welcome at M.O.L.C. for good food, fellowship and fun at 12 p.m. (noon) on Sunday, Sept. 15.

Joining Mt Olive will be friends from both the Korean Presbyterian Church (V.R.I.M.) and from the Armenian Pentecostal Church (C.A.M.) that meet on our church property as well as our friends from the Mount Olive preschool.

Did you know? ...  
The acronym V.R.I.M. means "Vision, Regeneration, Instruction and Mission"  
The acronym C.A.M. means "Christ Army Ministries"  
Mt. Olive Lutheran Church is

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**Robin Goldsworthy**  
Publisher and Editor-in-Chief  
[robin@cvweekly.com](mailto:robin@cvweekly.com)

**Mary O'Keefe**  
Lead Reporter  
[mary@cvweekly.com](mailto:mary@cvweekly.com)

**Designers**  
Steve Hernandez  
Senior Artist  
[steve@cvweekly.com](mailto:steve@cvweekly.com)

Matthew Barger  
[matt@cvweekly.com](mailto:matt@cvweekly.com)

**Columnist**  
Mike Lawler  
[lawlerdad@yahoo.com](mailto: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](mailto:jon@cvweekly.com)  
Sonya Marquez (818) 381-2000  
[sonya@cvweekly.com](mailto:sonya@cvweekly.com)  
Lisa Stanners (818) 523-1234  
[lisa@cvweekly.com](mailto:lisa@cvweekly.com)

**Office Manager/Inside Sales**  
Rachelle Miller  
[rachelle@cvweekly.com](mailto:rachelle@cvweekly.com)

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**Back To Church Weekend**

Bethel Church in Sun Valley is hosting a special "Back to Church" weekend celebration on Sept. 14 - 15 that the whole community is invited.  
On Saturday, Sept. 14, a free pancake breakfast will be offered from 9 - 10 a.m. followed by games, inflatables for the kids and prizes.  
On Sunday, Sept. 15, everyone is invited to a joyful worship service at 10 a.m. followed by a free coffee/lunch fellowship time.  
Contact the church at (818) 767-4488 or go online to [bethelsunvalley.com](http://bethelsunvalley.com) for more information.  
Bethel Church is located at 10725 Penrose St. in Sun Valley.

**Women's Nondenominational Bible Study**

Seasons of Life Bible Study offers three classes to choose from: Joy of Living will be studying "The Letters of John and the Gospel of Mark." Women of Faith will be studying "Minor Prophets" and "Living a Purposeful Life." This year, a Women's Coffee Club will be offered along with "Ribbons of Renewal" discussing daily struggles with the stress and anxiety of life.  
Studies meet on Thursday mornings from 10 a.m. to 11:30 a.m. beginning Sept. 26 and continuing through April 14, 2025 at Highlands Church  
(4441 La Crescenta Ave. in La Crescenta).  
If interested, contact Lynda Hessick at (818) 640-6022 or email [lyndahessick@gmail.com](mailto:lyndahessick@gmail.com).  
Registration deadline is Sept. 5.

**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.  
A weekly Bible study is held at the church on Wednesday evenings at 6:30 p.m.

All are invited.  
Mt. Olive Lutheran Church is located at 3561 Foothill Blvd. in La Crescenta. [www.molc.org](http://www.molc.org)

**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 Sept. 8, 15, 22 and 29. 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](mailto: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.

**CONTACT US**

**Robin Goldsworthy**  
[Robin@CVWeekly.com](mailto:Robin@CVWeekly.com)  
818.248.2740  
Publisher/Editor

**Rachelle Miller**  
[Rachelle@CVWeekly.com](mailto:Rachelle@CVWeekly.com)  
818.248.2740  
Office Manager

**Lisa Stanners**  
[Lisa@CVWeekly.com](mailto:Lisa@CVWeekly.com)  
818.523.1234  
La Cañada / Montrose

**Sonya Marquez**  
[Sonya@CVWeekly.com](mailto:Sonya@CVWeekly.com)  
818.381.2000  
La Crescenta  
Sunland-Tujunga

**Jon K**  
[Jon@CVWeekly.com](mailto:Jon@CVWeekly.com)  
818.248.2740  
Surrounding Areas

# Discovering How Our Thoughts Affect Our Lives

By Mary O'KEEFE

The third speaker in the four speaker series for CV Cares was Annie Varvayan, Psy.D., licensed clinical psychologist with Couch Conversations Psychotherapy.

Varvayan spoke to an intimate audience about how people's thoughts can affect their lives.

"Our thoughts can be distorted and not based in our reality, especially when we are in distress," Varvayan said. She spoke to the audience on how thoughts, emotions and behaviors are all connected and helped them discover where unhelpful thought patterns stem from and how therapy can help people meet goals of avoiding unhelpful thought patterns.

"We want to challenge unhelpful thoughts and correct them so that they more closely align with reality," she said.

A lot of negative thoughts may be from core beliefs that individuals have held on to since they were young. Those negative thoughts can include the person is unlovable while others are equally hurtful or provide a worldview of mistrust. But she spoke of how those negative

thoughts can be changed once they are understood and by building resiliency – knowing one's inner child, being self-aware and being curious.

There was also a portion of the discussion that dealt with self-compassion. A lot of times, she said, people can build self-compassion by incorporating it into their lives. People tend to be hard on themselves and therefore feel that self-compassion may be a way of letting themselves "off the hook" when they make a mistake.

She said it is easier to be compassionate to others than to oneself.

"We want to challenge unhelpful thoughts and correct them so they more closely align with reality," she said. "Our emotional, physiological and mental responses are mediated by our perceptions of ourselves, others and the world. If those perceptions are not accurate then we will navigate our world with an inaccurate worldview."

She suggested a good way to work on bringing reality into people's lives is by writing down unhelpful thoughts and keeping a journal.

Couch Conversations Psychotherapy and Counseling is

located at 2303 Florencita Drive in Montrose; phone (818) 275-0559.

The CV Cares Speaker Series is part of the Crescenta Valley Substance Misuse Prevention Coalition and Impact LA Foundation. The first in the series was a presentation by Carmela Tunzi, founder of Sherman Oaks Hypnosis. She demonstrated how hypnosis is used in everyday life and worked with an audience member on how to take a negative feeling and move it into a positive realm.

The second speakers in the series were officers from the Glendale Police Dept. Narcotics Unit who shared information on drugs including fentanyl use. Sona Hovsepian, clinical program director for Glendale's Substance Abuse and Wellness Resource Program, led the presentation on how addiction can affect individuals and families.

The final presentation in the Speaker Series will be on Sept. 24 when Kristen Gilliland, Ph.D.

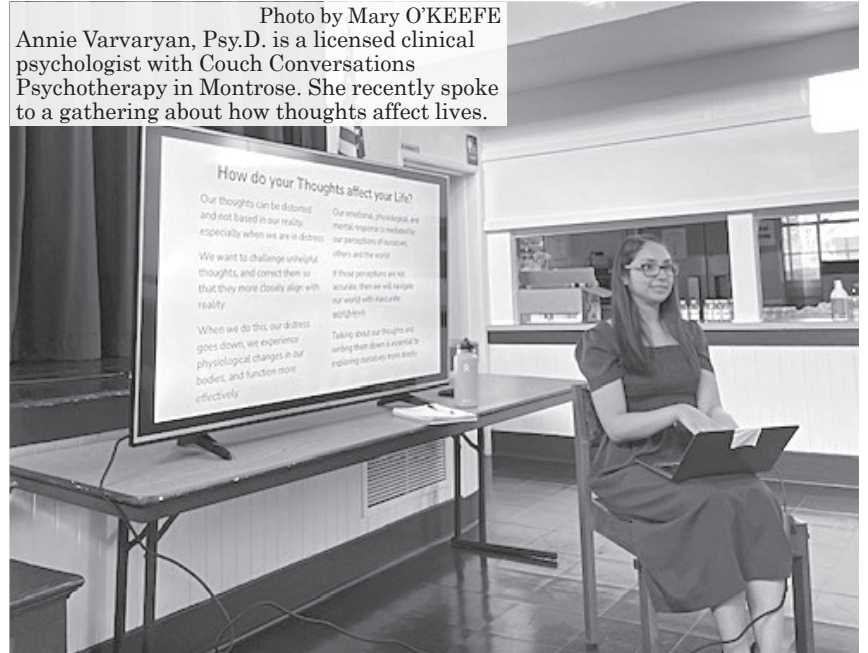


Photo by Mary O'KEEFE  
Annie Varvayan, Psy.D. is a licensed clinical psychologist with Couch Conversations Psychotherapy in Montrose. She recently spoke to a gathering about how thoughts affect lives.

presents "The Impact of Stress on Substance Use on the Developing Brain."

These free events serve as a valuable resource for the

community, offering insights and strategies from experts in the field. For more information, visit [TheImpactFoundationLA.org/CVcares](http://TheImpactFoundationLA.org/CVcares).

## Optum Opens New Facility on Foothill

By Mary O'KEEFE

Recently the doors opened at Optum, located at 2200 Foothill Blvd. in La Cañada Flintridge in the building that used to house Pier 1 Imports.

Optum is a medical group that offers specialty care for outpatient surgery, chronic long-term health conditions or problems that need more than primary care, according to [optum.com](http://optum.com).

Optum is often part of a person's insurance, like Blue Cross Blue Shield, LA Care and UnitedHealthcare, to name a few. The best way people can find out if Optum is part of their insurance program is for them to call their medical insurance company, which is listed on their insurance card.

Optum in La Cañada Flintridge is a new, state-of-the-art facility with lots of examination rooms and a comfortable, open waiting room. It used to be located at a much smaller facility at USC-VHH at 1808 Verdugo Blvd. in Glendale. This new facility offers much more space for patients.

Gabriel David, senior administrator, said Optum moved from its old location to this new one because it wanted to grow and wanted to be more involved with the community.

"Our number one [focus] is the patient," he said, "and we love that we have a big parking lot and can expand [the number] of doctors."

David added the second important focus of the move was the Optum team and the new technology and

equipment the facility now houses. "And the third thing is we want to be a big part of the community," he said.

The community welcomed Optum at a recent La Cañada Flintridge Chamber of Commerce ribbon cutting. Dignitaries from the City of LCF, and the Chamber, all welcomed Optum and heralded the new facility.

Representatives including Congresswoman Judy Chu, State Senator Anthony Portantino, State Assemblymember Chris Holden and Los Angeles County Supervisor – Fifth District Kathryn Barger all welcomed Optum to the area.

"Thank you and congratulations for what you have done," said La Cañada Flintridge Mayor Michael Davitt.

Councilmembers Jeanne Kim Hobson and Stephanie Fossan joined the mayor in his welcome of Optum.

"We wish you nothing but success and wish you luck," he added. "The City is always here to help."

Los Angeles County Sheriff's Dept. – Crescenta Valley Station Capt. Robert Hahnlein added his good wishes to the business and reminded them that the sheriff's station was close by if they needed anything.

Optum has been a member of the La Cañada Flintridge Chamber of Commerce since 2017.

"We look forward to a long and fruitful relationship," said Mike Leininger, chairman of the Chamber of Commerce.

Optum's contact number is (818) 790-1103.



Photo by Mary O'KEEFE  
Members of the Optum team stand outside the new facility at 2200 Foothill Blvd. in La Cañada Flintridge prior to the ribbon cutting.

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# Adventist Health Glendale Reaffirms Commitment to Maternity Care

In light of USC Verdugo Hills Hospital's recent announcement regarding the closure of its labor and delivery services, including its neonatal intensive care unit (NICU), Adventist Health Glendale seeks to assure the community that it is fully prepared to support and accommodate patients affected by this change.

"We are proud to offer high-quality, comprehensive maternity care in line with Southern California's top healthcare institutions," said Alice Issai, president of the Adventist Health Glendale & Simi

Valley Service Area. "We've met the foothill communities' needs for over a century. Patients can expect our expert care team to be here for them when needed."

Adventist Health Glendale provides maternity care with 14 spacious, private birthing suites, experienced OB/GYNs on duty 24 hours a day, dedicated operating rooms for C-section deliveries and a state-of-the-art Level IIIa NICU.

"We want patients to have the best pregnancy journey possible and we're committed to personalizing the experience

to their needs and wishes," said Grace Kwasman, Adventist Health Glendale's administrative director of Women's Services & Patient Experience. "Our labor and delivery experts are equipped for nearly every possible birthing scenario, so you can trust that you'll welcome your little one in a safe, supportive environment."

To learn more about Adventist Health Glendale's maternity care services, visit [AdventistHealthGlendale.org/MaternityCare](http://AdventistHealthGlendale.org/MaternityCare) or call (818) 409-8000.

## Obituary

### Lynn Brandstater



May 1, 1958 – Aug. 24, 2024

Lynn Brandstater, a non-profit health care executive and community leader, died from cancer on Saturday, Aug. 24 in the early morning at a local nursing facility following surgery a few weeks before. She was 66 years old, a resident and homeowner in Sparr Heights for nearly 35 years.

Born in Muskegon, Michigan to Joseph J. Bourdon and Jane (Brogren) Bourdon, as a little girl her parents moved to Palo Alto for a few years then to Westchester near LAX Airport. She attended St. Jerome's Catholic School, then St. Mary's Academy in Inglewood and earned her bachelor's degree in psychology from UCLA.

Lynn was an active member of BPW (Business & Professional Women) for 40 years, serving as a district president and statewide president from 2020 to 2022. She worked at Verdugo Mental Health Center for 25 years as CEO and president.

She was a past president of the Days of Verdugo Association, founding member of the Glendale Homeless Coalition, past chair of the Glendale Healthier Community Coalition and board member of the Glendale Character and Ethics Project. After retiring from Verdugo Mental Health she was a principal with Delta Consulting, specializing in non-profit health care consulting for training, budgets and government and community relations.

Lynn's hobbies included cooking, collecting cookbooks (more than 300) and enjoying weekly walks through Descanso Gardens with her dear friend Anne Marie Johnson.

She is survived by her husband of 34 years Allen Brandstater, a publicist and political consultant.

Supervisor Kathryn Barger of the LA County Board of Supervisors has arranged adjourning in Lynn's memory following the conclusion of its weekly meeting on Tuesday, Sept. 10.

Funeral services will be at 11 a.m. on Friday, Sept. 13 at Holy Redeemer Church, 2411 Montrose Ave. in Montrose.

*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](mailto:robin@cvweekly.com)*

*CV Weekly Subscribers: \$50  
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# Arrests Made in Murder Case

Glendale Police Dept. Homicide detectives arrested two suspects in connection with the murder of a Glendale man that occurred on Aug. 15, 2024 in the 800 block of North Pacific Avenue. That morning, Glendale police officers responded to reports of shots

fired in the area.

Robert Dehnoushi, 54, was pronounced dead at the scene as a result of a gunshot wound.

After weeks of ongoing investigative work, Glendale Police Dept. Homicide detectives identified Jerry Baza Tolentino, 44, of Los Angeles,

and Arman Martinyan, 43, are currently in custody and awaiting arraignment in the coming days.

On the morning of Aug. 29, 2024, Glendale police detectives arrested both suspects on murder charges related to this incident. Homicide detectives at (818) 548-3987.

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# Post Office Job Openings

In preparation of the upcoming holiday season, the US Postal Service (USPS) invites the community to take time to visit them at a local job fair or on its website.

Current job announcements in Los Angeles include maintenance mechanic, automotive technician and lead automotive technician; see job announcements on [usps.com/careers](http://usps.com/careers) for further details. Postings change weekly.

In-person job fairs provide support to meet with a specialist who can answer questions about the application process and help candidates build a profile. The next one serving the local area will be

held at CA 5 (Los Angeles) District Office, 7001 S. Central Ave. in Los Angeles.

Dates: Tuesday and Thursday, beginning Sept. 3.

Can't make the in-person event but still want to apply? Click on the QR code to be taken to the careers section of the USPS [www.usps.com/careers](http://www.usps.com/careers) to search jobs and locations.



# CRIME BLOTTER

## AUG. 31

2600 block of Foothill Boulevard in La Crescenta, an employee witnessed a man, described as a White male wearing a blue Dodger hat, black jacket, brown shirt, multicolored shorts and light colored shoes, enter the store with an empty cart. He was seen placing numerous cases of Red Bull energy drinks into his cart. He then exited the store without attempting to pay. Another suspect, described as wearing a black T-shirt, black shorts and black shoes, was waiting outside with a second cart. They were seen moving the stolen items out of the first cart and into the second cart. An employee ran out of the store and was able to pull the first shopping cart away from the suspects, and recovered some of the stolen items.

The theft occurred at 9:03 p.m.

## AUG. 27

600 block of Hook Tree Road in La Cañada Flintridge, the rear glass door of a home was shattered, several rooms were ransacked and items were stolen between 6:30 a.m. and 6 p.m.

## AUG. 25

4400 block of Oak Grove Drive in La Cañada Flintridge, the school resource deputy reported spray paint damage on the cement in the front of the school by the north gym. Surveillance footage revealed a vehicle driving southbound on Oak Grove Drive, turning into the parking lot then continued driving south through the parking lot to the area near the north gym. The vehicle then parked. The lights of the vehicle shined on the cement, which was graffiti-free at the time. Four individuals walked past the north gym and through the center of the campus. Security lighting was activated when the individuals walked past them.

The suspects were seen as four females walking toward the football field with paper bags and drinks in their hands. Suspect No. 1 had light skin, dark straight hair past her shoulders and wearing white pants and a jacket/sweater that opened in the front.

You can read more at [CVWeekly.com/NEWS](http://CVWeekly.com/NEWS)

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» NEWS DESERT

# Storm Lake – A Newspaper. A Family. A Community

By Mary O'KEEFE

For this month's continuation of the CVW News Desert series we look at what actually inspired us to write about this subject.

"Storm Lake – A Newspaper. A Family. A Community" is a 2021 documentary that we at CVW viewed earlier this year. The story of the Cullen family business, an independent newspaper – the Storm Lake Times – is a story that every independent newspaper can relate to – especially here at CVW.

Since the documentary aired the Storm Lake Times Company bought the Pilot-Tribune and the Cherokee Chronicle. The Pilot Tribune and Storm Lake Times is now Storm Lake Times Pilot.

Art Cullen is a veteran journalist and a Pulitzer Prize recipient. The documentary highlights, in a matter-of-fact way, how independent news works. Cullen is seen at his desk typing an article, editing others' articles, asking reporter Tom Cullen, his son, when he was going to get the latest article in while listening as feature reporter Dolores Cullen, Art's wife, describes her latest human interest story and photograph. He does this all at the same time as he finishes the last touches on his article or editorial. It is that multi-tasking ability that has been handed down from those like Ben Bradlee (legendary editor of the Washington Post) to Art and to all independent news staff. For those of us in it, it is simply part of life and a piece of history that continues to fight to survive.

Storm Lake Times Pilot is in Storm Lake, Iowa. It is in Buena Vista County with a 2010 population of 10,600. Besides being home to this fiercely independent newspaper it is one of Iowa's top ice fishing lakes. Its diversity may surprise some outside of the Midwest: 39.5% of people in Storm Lake identify as Hispanic,

according to Data USA.

Art came to Storm Lake News in September 1990 to help his brother John.

"He was the publisher and then I came in as editor," Art said in an interview with CVW.

John had tried to buy from the chain that owned what was then the Storm Lake Pilot Tribune.

"They kind of insulted him," Art said. "He got p\*\*sed off and decided to start his own weekly newspaper. They didn't know who they were dealing with; he's a really sharp guy, a very good editor and they had no idea ... They shouldn't have p\*\*sed him off."

The brothers were costing the Pilot paper "hundreds of thousands of dollars over the

years," according to Art.

Storm Lake Times had about 3,000 subscribers, the Pilot had 700 but the Pilot had The Shopper so it was still getting advertisers. A couple of years ago the Cullens bought the Pilot and are now the Storm Lake Times Pilot.

After buying the Pilot Art and John were able to afford to put more journalists on the street – and on stories. They currently have nine reporters; instead of laying off reporters when they purchased the Pilot they offered them jobs ... another example of the difference between the big media conglomerates and independent community journalism.

Those in the independent news business must have a mix

of hopeful optimism, brutal reality, stubbornness and a small bit of blissful ignorance. If they don't have these characteristics they would believe all who continually say "print is dead" and "fact-based journalism is archaic in this world of social media."

For most small businesses, like independent newspapers, the pandemic was a challenge.

"During the pandemic we started something called the Western Iowa Journalism Foundation. It's a non-profit to accept tax-deductible gifts and those gifts can be directed to newspapers in rural Western Iowa,"

Art said.

The Foundation has helped Storm Lake Times Pilot and other newspapers keep their head above water when advertising dollars dwindled.

"The [Foundation] was key to our survival," he added.

Most independent newspapers get their advertisers from local small businesses but those "mom and pop" stores struggled during the pandemic ... and many are still struggling.

You can read more at CVWeekly.com/NEWS

## Don Francisco's Winner



Congratulations to CV Weekly reader "Papa" Bill Shively who had a photo sent in of himself enjoying his morning cup of coffee and a recent issue of the CV Weekly. Papa Shively's photo was chosen at random as the contest winner and he will be receiving a beautiful coffee basket courtesy of Don Francisco's! Thank you to everyone who submitted photos – keep enjoying Don Francisco's coffee and the CV Weekly! Look for the next delicious beverage recipe from Don Francisco's in the Sept. 12 issue of CV Weekly.

## PET OF THE WEEK



Hi, we are Margot (10) and Minnie (11), mixed breed rescue dogs who love exploring local parks, chasing squirrels and lizards, and barking at skateboarders. Our favorite thing to do is walk at Dunsmore or Crescenta Valley Park. We don't like coyotes or amateur fireworks displays! *Minnie (dark chocolate) & Margot (white face)* CV Weekly loves to hear about your pets! Send a pic and small caption to [steve@cvweekly.com](mailto:steve@cvweekly.com) to share your lovable pets with the community!

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restrictions on Orange Avenue between El Adobe Lane and Rosemont Avenue.

“As [the project] moves forward I want to manage those expectations because it does have to be funded and scheduled,” he said.

The recommendation for a crosswalk at Glenwood and Prospect will trigger some ADA (Americans with Disabilities Act) requirements including adding curb ramps, he said.

Also three speed cushions were recently installed on Community Avenue between Cloud and Ramsdell.

Garcia explained that some of the requests had been made years ago; however, projects like adding a stop sign at Glenwood and Prospect is governed by certain warrants that have to be met having to do with traffic conditions and volumes. And the initial study found those warrants

were not met.

He added LA County Public Works has amended the guidelines to expand the eligibility of different intersections, particularly those in front of schools. Those guidelines were updated earlier this year, which allowed the recommendation of the stop sign.

Traffic requests that were denied under the old guidelines are now being looked at under the new guidelines, he explained.

John Chebabi, senior civil engineer assistant at Public Works, shared a diagram on the plan for proposed improvements along Raymond Avenue between Stevens Street and Los Olivos Lane.

“We want to look at implementing a multi-way stop control at the intersection of Los Olivos Lane and Raymond Avenue,” he said.

Public Works would like to

put the multi-way stop for the eastbound traffic along Los Olivos Lane and for the southbound traffic along Raymond Avenue.

“The next improvement that we’d like to propose are No U-turn signs on the east side of Raymond Avenue,” Chebabi said.

He then pointed to the Rosemont Middle School field that is on the backside of the school.

“This is where most parents drop off their kids, which is on the east side of Raymond Avenue. During my field reviews of the pick up and drop off hours, we had noticed that cars would kind of pull up to the east side and then quickly do U-turns [after dropping their child off] to go southbound and then catch Los Olivos Lane. So these new No U-turn signs should help minimize that,” he said.

The next proposed implementation is edge line striping and center line striping along Raymond Avenue between

Stevens Street and Los Olivos Lane.

“The edge line and center line will just help with the overall traffic flow along Raymond Avenue,” he said.

These proposals were shared with the public at the meeting to ensure its support. For the most part support was given but most was directed to Public Works since it was moving forward with action items to deal with traffic issues rather than extended to the specific improvements.

One community member shared his frustrations at the timelines for these improvements. He said he had been requesting traffic improvements for years and attended meetings but nothing was done as more studies occurred.

Public Works representatives said all of the improvements had to go before the LA County Board of Supervisors; some of

those improvements would go before them in December. For the resident it just seemed to add another layer of delay.

Other residents who live on or near Altura and Ramsdell voiced concern that not enough is being done to curb traffic. These residents shared stories of parents and others dropping off or picking up kids at the high school and blocking driveways, making U-turns in the middle of the street and speeding. Most of the residents in this particular area did not feel that a traffic signal at Altura would help at all and, in fact, may cause more issues as drivers race to “beat the light.”

There were more suggestions of new striping that might make drivers realize they need to stay in their lane when driving; however, the bottom line for many of these residents was that resolving traffic issues near the schools had to be a joint effort between law enforcement, the school and parent/student drivers.

Many shared stories of near misses and traffic violations including drivers who double parked on both sides of the street leaving only one lane in the middle of the road for northbound and southbound drivers. It is hoped that this issue may be helped by installing a center line down the street. This would also help law enforcement point out vehicles that are straddling lanes.

Residents stated the No U-turn signs are good for enforcement but when neither California Highway Patrol nor LA Sheriff Dept. are on-site nothing will stop the parents/drivers from making turns in the middle of the street during the busiest hours.

There was a lot of frustration shared by residents, parents and law enforcement as they tried to work out what could be done.

CVTC member Harry Leon said it will take everyone working together to find a solution, including schools reaching out to parents and students who drive.

Next week find out what students think of the traffic concerns near their schools.

**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  
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# VIEWPOINTS

VOICE OF THE VERDUGOS » CRAIG DURST

## A Wonderful Meal at 7308 Foothill – Part Two

José wound the apron strings about his young son. Round and round they went, encircling his tiny waist. The bottom, normally at a man's thigh, draped down over his shoes. With a loving pat, out he went into the dining room. The diners often slipped him a bill or two, just for being so darned cute, as he bussied tables. This was the restaurant of José and Myrna Grijalva. They had named it after their son, 3-year-old José Jr., affectionately referred to as little Jose or "Joselito."

They had worked hard since 1977 when they founded Joselito's on Magnolia Boulevard in Burbank. Joselito had spent the following years observing, learning and participating in the restaurant's success. Four years later, now 7, he joined his parents on a trip to Montrose. They were ready to

expand. Visiting a seafood restaurant that was up for sale, Joselito was captivated by a massive chandelier that hung from the ceiling. José Sr. and Myrna decided they would establish their second location there at 2345 Honolulu Ave.

A major renovation ensued. Joselito played about with his younger brother Corey as workers engaged in the remodel. After a tremendous effort, José Sr. and Myrna opened this second location in 1981. A short time later, the lease at the Burbank location became problematic so all of their focus went to Montrose. Soon, another Joselito's was opened in Lancaster. All the while, José Jr. expanded his knowledge of the restaurant business.

Fast forward to 1994. Joselito is shaken from a sound sleep.

"Wake up, my boy, wake up! I have news," Myrna excitedly exclaimed. After rubbing the sleep from his eyes, he learned of a small eatery, a short distance from the restaurant, that was up for lease. The space was barely a restaurant but at 20 years old he only saw the possibilities. Excited, and scared, he signed the lease becoming Joselito the businessman. He opened a New York deli and things were tough at first. Having his parents just a block away was a big help but still – one year in he sat in his office struggling to figure how he was going to pay the mounting bills. Luckily, better fortune was ahead: in the years to come the number of customers grew and grew and the businessman earned the adjective "successful." The deli thrived into its fifth year earning the title of "Best Burger in

Glendale" on multiple occasions.

In 2000, José and his parents learned of a Mexican restaurant for lease in Tujunga. This was a big step so the family decided to partner to open Joselito's West at 7308 Foothill Blvd. By this time, the reins of Joselito's in Montrose had been handed over to Corey and the two brothers managed their respective locations, east and west. José, alongside his best friend Tumara, thrived in both their business and personal lives, making the most of the opportunities and challenges that came with running a successful family business.

In 2010, Joselito and his wife Tumara purchased the restaurant outright. While the marriage didn't last their successful business partnership continues till today. This coming April Joselito's West will

celebrate its 25-year anniversary. Festive plans are underway for this special occasion. José is happily remarried now to Erin but it is important for him to express that his business partner/ex-wife Tumara, along with her knowledge, creativity and work ethic are what made the past 25 years possible and that he couldn't have done it without her.

José has graciously agreed to sponsor a restaurant day to benefit the Verdugo Hills Cemetery on Wednesday, Sept. 11. Please come have a wonderful meal at Joselito's West on that day and kindly mention to your server that you are there to support VHC.

*Craig W. Durst, aka The History Hunter, is a historian of the Tujunga Rancho and president of the Friends of Verdugo Hills Cemetery. He can be reached at craig@thehistoryhunter.com.*

VIEWS FROM THE VALLEY » SUSAN BOLAN

## Dog Days

According to the calendar, fall is fast approaching though summer seems to be keeping a tight grip with scorching temperatures continuing through Labor Day. This year, the "dog days of summer" (as they are called) have extended beyond the traditional period from July 3 through Aug. 11. This stifling weather is certainly not fit for man or beast; however, "dog days" really refers to the believed influence of Sirius, the Dog Star. Astronomers once thought that Sirius, the brightest star in the Canis Major (Greater Dog) constellation, was responsible for summer heat. During "dog days," Sirius rises and sets with the Sun, which led the ancients to assume that the combined light of the two stars during the day made the Earth hotter. We now know that while the Sun and Sirius are both stars, Sirius is too far away to affect surface temperatures and that it's the Sun that heats us up when the Earth's tilt brings it closer at

certain times of the year.

With that, let's have a dog story anyway.

Long ago, I lived in Sunland with my mom, dad, sister, brother and Ralph. Ralph was a beagle mixed-breed dog, fairly small but heavy as cement. Because we lived at the end of two cul-de-sacs, the neighborhood kids played in the street with very little concern about cars. When one approached, we all yelled, "CAR" and moved out of the way. We were always outdoors and

Ralph went too; he ran around while we played. Unlike us kids, though, Ralph didn't get out of the way of the cars. In fact, he felt it was his duty to give cars a piece of his mind. He barked and barked at them as he ran alongside. Most of the neighbors tolerated this bad behavior but it really bothered Norma who lived across the street. Her sporty red car was his favorite target and, like a bull locked in, he was unrelenting. After a while, my

see BOLAN on page 19

### LETTERS TO THE EDITOR

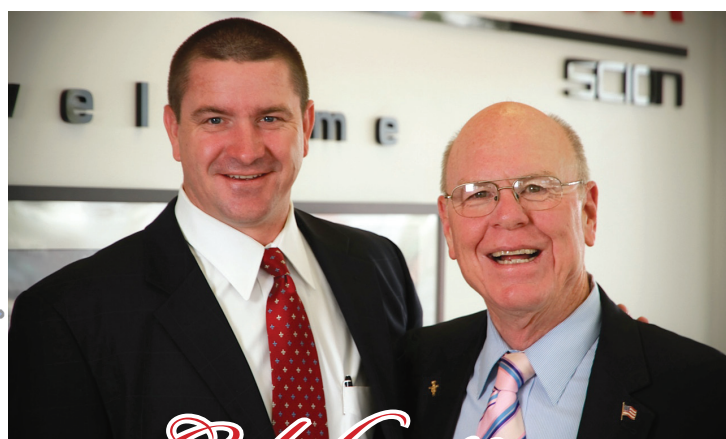
Regarding SWA and Rockhaven

The blindness to the insipid degradation of the buildings is nauseating. To believe that the horticulture is the most important expense is psychotic. What museum exists without stable reliable infrastructure? What low intelligence, disconnected planning commission thinks the exterior landscape is a priority?

I was deeply discouraged by the Council's tacit approval of finally admitting that the buildings were more important than the plants and planter pots.

Michael Powers  
La Crescenta

## Bob Smith TOYOTA



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USC Verdugo Hills Hospital  
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# BETWEEN FRIENDS

## GEF Welcomes New Executive Director

The Glendale Educational Foundation (GEF) announced the appointment of

Bethany Harrington as its executive director. Harrington officially began her new position on July 11 after serving as interim executive director.

GUSD Superintendent Dr. Darneika Watson wrote, "For 20 years, GEF has provided funding to enhance our academic programs and support GUSD educators, students, and families. We are grateful for GEF's ongoing collaboration and excited to continue this valuable partnership under Bethany Harrington's leadership."

Harrington brings more than 30 years of nonprofit experience to the position, specifically in and around the Glendale community and is a GUSD alum, graduating from Glendale High. She participated in the PTA, serving as president at John Muir Elementary and on the Glendale Council PTA as recording secretary.

Neda Farid-Farhoumand, who was Council president at the time and

is now serving on the GUSD board of education, said, "It is a pleasure to welcome Bethany Harrington to her new role as



executive director of GEF. Her creativity, team-first attitude and excellent interpersonal skills will serve the organization well and ensure that students are at the forefront of new and trailblazing initiatives. On behalf of the entire board of education, I wish her the best

of luck and look forward to our continued collaboration as we enter a new and exciting chapter in our partnership."

Harrington looks forward to guiding GEF into the future, making positive impacts on more educators, students, and families throughout GUSD.

of biomedical management services within the healthcare industry. We are committed to a deeply collaborative approach that ensures our clients' success across all fronts."

enBio Corp serves some of the most respected hospitals and healthcare providers in the United States. This extensive network of partnerships underscores enBio Corp's commitment to delivering the highest standards of biomedical management across the healthcare industry.

As president, Aghamanoukian will spearhead initiatives to enhance biomedical operational teams, expand into new

markets, and strengthen partnerships with existing clients. His appointment reflects the hard work and dedication of the entire enBio Corp team, and enBio Corp looks forward to continuing to serve its current partners while embracing new opportunities to collaborate and innovate in the biomedical field.

Arthur Zenian, CEO and founder of enBio Corp, said, "Greg's proven track record in strategic development and operational excellence will be vital as we continue to deliver unparalleled value to our clients and expand our presence nationwide."

## enBio Corp Names Greg Aghamanoukian as President

enBio Corp, a national leader in Biomedical Management Services, announced Greg Aghamanoukian as its new president effective Aug. 19. This move aligns with enBio Corp's vision to set the gold standard in biomedical services across the United States.

With over 25 years of

experience in operations, consumer products, corporate finance, strategy and concept development, Aghamanoukian brings a wealth of expertise to enBio Corp. His previous roles include president and CFO at B-Air (a Lasko subsidiary), CFO at Chef Wolfgang Puck Beverly Hills, and key leadership

positions at McDonald's Restaurants, Mercedes-Benz Canada, and Ernst & Young.

"I am thrilled to join the talented team at enBio Corp and build upon the 20 years of success the company has achieved," said Aghamanoukian.

"Our goal is to position enBio Corp as the leading provider

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## CV WEEKLY ON THE MOVE



Chris Waldheim took a long a copy of the CV Weekly when he recently summited Mt. Whitney (14,505') – for his 12th trip.

"Thankfully I remembered to bring something to read for the top!" he said.

*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.*

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# Soroptimist to Offer Cash Grants

Women who serve as the primary wage earners for their families and seek financial assistance to continue their education or receive training can now apply for the Soroptimist Live Your Dream: Education and Training Awards for Women. Applications are available by contacting Liz Mirzaian at SIGlmirzaian@outlook.com. The application deadline is Nov. 15.

The Soroptimist International of Glendale club will provide several \$1,000 cash awards to award recipients who could then advance to potentially receive up to an additional \$5,000 in scholarship grants. The program culminates with three finalist awards of \$10,000 each.

Recipients can use the Live Your Dream Award to offset costs associated with their efforts

to attain higher education or additional skills and training. This includes tuition, books, childcare, carfare or any other education-related expense.

The Live Your Dream Award each year provides over \$2.8 million in cash awards to head-of-household women in need. Since the program's inception in 1972, more than \$45 million has helped tens of thousands of

women achieve their dreams of a better life for themselves and their families.

Founded in 1943, the Soroptimist International of Glendale club is part of Soroptimist International of the Americas, a global volunteer organization that provides women and girls with access to the education and training they need to achieve economic

empowerment. Soroptimist, a 501(c)(3) organization that relies on charitable donations to support its programs, also powers LiveYourDream.org – an online community offering offline volunteer opportunities in support of women and girls.

For more information about how Soroptimist improves the lives of women and girls, visit [www.soroptimist.org](http://www.soroptimist.org).

## People Making News

Jeannie Cuddeford of Glendale (91214) has graduated from the University at Albany during the 180th commencement ceremonies.

Cuddeford earned a Master of Business Administration in business administration.

More than 4,650 students in the Class of 2024 were celebrated during UAlbany's 180th commencement festivities. Among the graduates were an estimated 2,934 undergraduates and 1,719 graduate students,

including recipients who completed their degrees during summer 2023, fall 2023 as well as winter 2024.

These graduate students come from 18 states and 37 nations. The average age of the graduate degree recipients is 28, with the oldest graduate student set to receive a doctoral degree at age 71, and the youngest receiving a master's degree at age 20. Among them are nine veterans.

Degrees were issued to

Cassidy Lewis of Glendale (Doctor of Law) (juris doctor), Derek Hu of La Cañada, College of Letters and Science, Master of Science-chemistry, chemistry and Delaney Kilgour of La Crescenta, College of Letters and Science, Doctor of Philosophy, Chemistry who were among a total of 8,586 students who received degrees from the University of Wisconsin-Madison.

For more information about UW-Madison, visit <http://www.wisc.edu>.

Tufts University recently announced the dean's list for the spring 2024 semester. Dean's list honors at Tufts University require a semester grade point average of 3.4 or greater.

Veronica Habashy, Class of 2026, and Dylan Tanouye, Class of 2027, of La Cañada Flintridge were among those honored.

Tufts University, located on campuses in Boston, Medford/Somerville and Grafton, Massachusetts, and in Talloires, France, is recognized among the premier research universities in the United States.

The following students from La Cañada Flintridge have been named to the dean's list for the spring 2024 semester at Washington University in St. Louis:

Maria Dilbeck, enrolled in

the College of Arts & Sciences, Eliana Hanna, enrolled in the Olin Business School, Aidan Ip, enrolled in the McKelvey School of Engineering, Paul Kang, enrolled in the College of Arts & Sciences, Jacob Lee, enrolled in the College of Arts & Sciences, Grace Li, who graduated in May from the university's Olin Business School, Aditya Sehgal, enrolled in the College of Arts & Sciences; from La Crescenta: Tyler Carlson, who graduated in May from the university's McKelvey School of Engineering, Sooh Lee, enrolled in the Sam Fox School of Design & Visual Arts; from Montrose: Evelyn Pae, enrolled in the Sam Fox School of Design & Visual Arts.

To qualify for the dean's list in the College of Arts & Sciences, students must earn a semester grade point average of 3.6 or above and be enrolled in at least 14 graded units.

To qualify for the dean's list in the Olin Business School, students must earn a semester grade point average of 3.6 or above and be enrolled in at least 14 graded units.

To qualify for the dean's list in the McKelvey School of Engineering, students must earn a semester grade point average of 3.6 or above and be enrolled in at least 12 graded units.

To qualify for the dean's list in the Sam Fox School, students must earn a semester grade point average of 3.5 or above and

be enrolled in at least 14 graded units.

Washington University in St. Louis is counted among the world's leaders in teaching, research, patient care and service to society.

The university draws students to St. Louis from more than 110 countries and all 50 states, the District of Columbia, Guam, Puerto Rico, the Northern Mariana Islands and the Virgin Islands. The total student body is more than 16,000 undergraduate, graduate and professional students.

The approximately 4,400 faculty teach in eight schools. The university has been affiliated with 26 Nobel laureates, many of whom did a significant portion of their award-winning work at the university.

The university offers more than 90 programs and almost 1,500 courses leading to bachelor's, master's and doctoral degrees in a broad spectrum of traditional and interdisciplinary fields, with additional opportunities for minor concentrations and individualized programs.

Josephine Woodruff of La Crescenta graduated from Bates College in Lewiston, Maine with a major in psychology.

On May 26 Bates College graduated students from 36 U.S. states, the District of Columbia, and 19 countries with 437 members of the Class of 2024 accepting congratulations and diplomas from President Garry W. Jenkins.

Home to about 1,800 students, Bates is internationally recognized as a leading liberal arts college.

Bates is internationally recognized as a leading liberal arts college, attracting 2,000 students from across the U.S. and around the world. Since 1855, Bates has always admitted students without regard to gender, race, religion or national origin.

Willa Gore, a Glendale resident who is a junior at College of Design, has been named to the 2024 spring semester dean's list at the University of Minnesota Twin Cities, the university announced.

To qualify for the dean's list, a student must complete 12 or more letter-graded credits while attaining a 3.66 grade point average.

## Garden Design Class

Join us **IN PERSON** on Saturday, September 28, 2024, for a free Garden Design Class. In this class, you will learn how to identify critical steps for successfully designing a watershed-wise landscape.



Join with us at **10AM - 11:45AM** Sept. 28.2024

**La Cañada Presbyterian Church**  
626 Foothill Blvd  
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The class is free, **but advance registration is required as we have limited seating. Please make sure to sign up below.**



### TOPICS INCLUDE:

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- Applying key design principles
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# TRAVEL & LEISURE

## Nightmares Revealed Event at Knott's

By Charly SHELTON

On the night of Aug. 22, the fog rolled back into Knott's Berry Farm signaling the official countdown to Halloween with the much-anticipated Nightmares Revealed event. This exclusive preview set the stage for the 51st season of Knott's Scary Farm, teasing the horrors that await as Southern California's most iconic Halloween event returns from Sept. 19 through Nov. 2.

At the event, the crowd buzzed with excitement as the night's host Jeff Tucker took the stage with his signature blend of humor and macabre enthusiasm.

"Halloween can't come soon enough," he proclaimed, capturing the collective anticipation of those eager for the scares to begin. "Keep your swimming pools; I only want it if it's full of corpses. Keep your beach balls; I want eyeballs. Keep your bright sun; I'll take a red moon over a whole street of fog any day!"

Tucker, alongside the ever-enchanting Leanna Vamp, unveiled a series of spine-chilling announcements that promise to make this year's Knott's Scary Farm one for the books.

Among the new offerings is

the brand new maze "Eight Fingers Nine: The Boogeyman," which transports guests to an 18th century colonial township under siege by a flesh-eating monster. The maze's eerie atmosphere, combined with the looming threat of being the next meal for Eight Fingers Nine, is sure to leave even the bravest souls trembling.

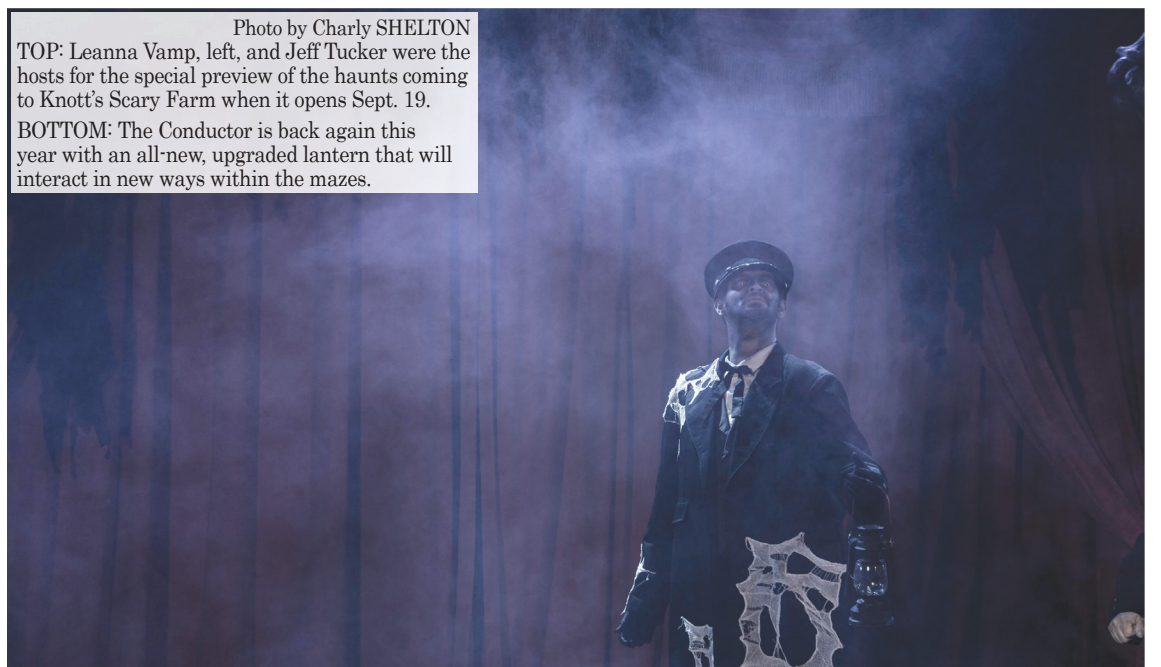
"His victims enter sleep paralysis," Tucker explained, detailing the horrifying scenario where victims are slowly consumed, one finger at a time, as they lie helpless in their nightmares. The creative team behind the maze sourced their terrors from actual first-hand accounts of what some have seen during sleep paralysis and created a maze around those literal nightmares.

Also new this year is "Widows," a maze that takes arachnophobia to new heights. Set in a decaying nursing home, demonic black widows emerge from their webs to possess the bodies of the elderly, seeking to hatch their eggs before sunrise. The maze's grim atmosphere, complete with deteriorating walls and endless spider webs, is guaranteed to send shivers down your spine. (One note – some of the gags, which I won't detail specifically here, were described to us at the event and

see KNOTT'S on page 15



Photo by Charly SHELTON  
 TOP: Leanna Vamp, left, and Jeff Tucker were the hosts for the special preview of the haunts coming to Knott's Scary Farm when it opens Sept. 19.  
 BOTTOM: The Conductor is back again this year with an all-new, upgraded lantern that will interact in new ways within the mazes.



### CRESCENTA VALLEY WATER DISTRICT



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**IMAGINE A DAY WITHOUT WATER**

**DATE**  
September 28, 2024  
9 - 11 AM

**LOCATION**  
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**ACTIVITIES**  
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[cvwd.com/life-without-water](https://cvwd.com/life-without-water)

# Scene in LA – September 2024

By Steve ZALL and Sid FISH

There seems to be no end to this heat, so why not slip into the comfort of one of the local live theaters where you can cool off for a while? It's time to treat yourself to the magic of live theater by going to see a show!

COVID protocols continue to be dictated by each individual venue, so bring a facemask to wear during the show in case the venue requires it. It's a good idea to check with the theater before attending a show to find out what is their current policy.

The information presented in this column is the latest available at the time of printing; however, you should verify it with the theater to confirm it before making definite plans.

Here are the shows that have announced opening dates for this month or are already running:

*"Spy for Spy"* Sarah and Molly love each other – and that's all they have in common. As the uptight lawyer and the free-spirited dreamer strive to make their improbable relationship work we see them break up, meet their parents, vacation together and fall in love – all in a completely random order. Kieron Barry's play is a romantic comedy with a difference: a drama performed like a playlist with the scenes shuffled into a random sequence by the audience each night. Is love enough to keep two people together? And do our lives make more sense in the wrong order?

Written by Kieron Barry, and directed by Michael Massey, it runs Sept. 5 through Oct. 10 at the Whitefire Theatre in Sherman Oaks. For tickets visit [www.ticketleap.events/tickets/spyforspy/shermanoaks](http://www.ticketleap.events/tickets/spyforspy/shermanoaks).

*"3 Faces of Steve: Sondheim in Concert"* Three world class singers, including Réaux, baritone Michael Sokol and bari-tenor Bernardo Bermudez, sing solos, duets and trios from 14 of Sondheim's classic stage works. Not "just another" Sondheim song-to-song revue, "3 Faces of Steve" places dazzling songs from shows like "Follies," "Company," "Sweeney Todd," "Into the Woods," and "A Little Night Music" alongside Réaux's personal and professional remembrances of the master.

Written by Stephen Sondheim and directed by Angelina Réaux, it runs Sept. 6 through Sept. 29 at the Odyssey Theatre in West Los Angeles. For tickets call (310) 477-2055 Ext. 2 or visit [www.OdysseyTheatre.com](http://www.OdysseyTheatre.com).

*"Thirds"* In an alternate timeline of American history in which the Civil War was never fought, America stands divided into three separate countries: The Union, The Confederate and The Pacific States of America. When an historic drought threatens the citizens of the Confederate states, Catherine Shepard, the world's most powerful water tycoon and citizen of the Pacific States, must travel into the Confederacy to negotiate a secret deal with the government to provide their people with clean water before it's too late.

Written by Ben Edlin and directed by Jessica Aquila Cymerman, it runs Sept. 6 through Sept. 29 at the Zephyr Theatre in Los Angeles. For tickets visit [www.thirdstheplay.com](http://www.thirdstheplay.com).

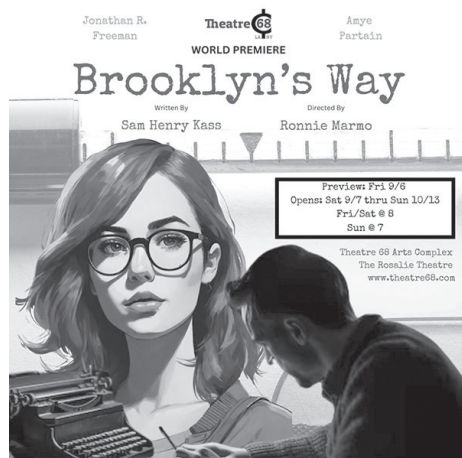
*"Tick, Tick...Boom!"* Before the revolutionary rock musical "Rent" Jonathan Logan had another story to tell ... his own. "tick, tick...Boom!" is a three-chapter pop rock musical that was first produced off Broadway in 2001 about facing the crossroads in life and holding on to your dreams. It tells the story of young Jonathan, a promising young composer, on the eve of his 30th birthday. His girlfriend wants to get married and move out of the city (tick); his best friend is making big bucks on Madison Avenue (tick); and he's still waiting tables

and trying to write the great American musical before time – and life – passes him by (Boom!).

Written by Jonathan Logan, with music by Jonathan Logan, and directed by Lindsey Johnson, it runs Sept. 6 through Oct. 13 at the Theatre Palisades in Pacific Palisades. For tickets call (310) 454-1970 or visit [www.theatrepalisades.org](http://www.theatrepalisades.org).

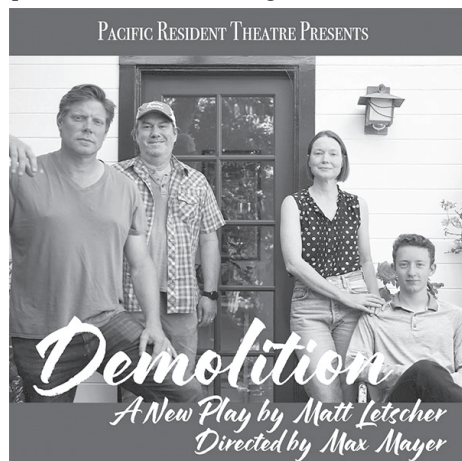
*"Brooklyn's Way"* Set in New York, "Brooklyn's Way" centers around Sam, a gifted and witty veteran writer full of emotion and depression. He is charismatic and gloomy at the same time ... his own worst enemy. Brooklyn is a young writer's assistant, full of ambition, clever yet vulnerable, charming and totally captivated by Sam's talent – and yet she is fearful of his self-destructing behavior. They each face their own difficult situations. Two people now aligned forever, yet separated by life and the circumstances they must navigate.

Written by Sam Henry Kass and directed by Ronnie Marmo, it runs Sept. 7 through Oct. 13 at the Theatre 68 Arts Complex (The Rosalie Theatre) in Hollywood. For tickets visit [www.theatre68.com](http://www.theatre68.com).



*"Demolition"* Doug, a blue-collar worker at a family owed construction company, is the self-proclaimed "best shovel man in southeast Michigan." He is charged with training Paul, the boss's gentle, secretive, college-bound son during the course of a summer renovation project. Doug is close to Paul's family and feels that he's needed to help to get the boy ready for life away from home. Their exchanges begin with Doug's bawdy advice that is comically at odds with Paul's shy nature. But soon it becomes apparent that Paul is struggling with something far beyond Doug's purview and experience. This new play is about identity, truth, parenthood and the courage it takes to break things apart in order to become your own kind of hero.

Written by Matthew Letscher and directed by Max Mayer, it runs Sept. 7 through Oct. 13 at the Pacific Resident Theatre in Venice. For tickets call (310) 822-8392 or visit [www.pacificresidenttheatre.org](http://www.pacificresidenttheatre.org).



*"Pascal & Julien"* This story is of a closed, isolated middle-aged man whose true self is able to emerge through his friendship with a child. Pascal is a regular at the local café, spending his days huddled over a cup of coffee and a crossword. Thirteen-year-old Julien is on the hunt for a new father to replace his own, and is distant and remote. Julien's been keeping his binoculars trained on Pascal.

Could this awkward, graceless adult be the right one? Audiences both young and old will be enthralled by this bittersweet story of heartache and connection. (Not appropriate for children under 8.) To increase audience accessibility, all performances will feature Spanish supertitles.

Written by Daniel Keene, with music by Bradley Brough, and directed by Debbie Devine, it runs Sept. 7 through Oct. 27 at the 24th Street Theatre in Los Angeles. For tickets call (213) 745-6516 or visit [www.24thstreet.org](http://www.24thstreet.org).

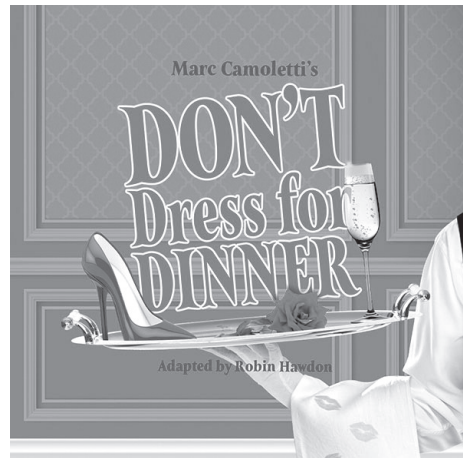


*"The Skin of Our Teeth"* Various cataclysmic events serve as a backdrop for a hilarious and thought-provoking exploration of human resilience. After 5,000 years of marriage, George and Maggie Antrobus and their children have faced ice ages, floods and war, but the family perseveres with humor, ingenuity ... and a pet dinosaur. This iconic play is a riveting testament to the indomitable spirit of humanity.

Written by Thornton Wilder and directed by Julia Rodriguez-Elliott and Geoff Elliott, it runs Sept. 7 through Sept. 29 at the A Noise Within in Pasadena. For tickets call (626) 356-3100 or visit [www.anoisewithin.org](http://www.anoisewithin.org).

*"Don't Dress for Dinner"* This outrageous farce has all the right ingredients for a delicious night of laughter. There's a married couple with sexy secrets, a cook mistaken for a mistress, a mistress who can't cook and enough mistaken identities and confused alibis to have audiences in stitches!

Written by Marc Camoletti, adapted by Robin Hawdon, and directed by Christopher M. Williams, it runs Sept. 8 through Sept. 22 at the Laguna Playhouse in Laguna Beach. For tickets call (949) 497-2787 or visit [www.lagunaplayhouse.com](http://www.lagunaplayhouse.com).



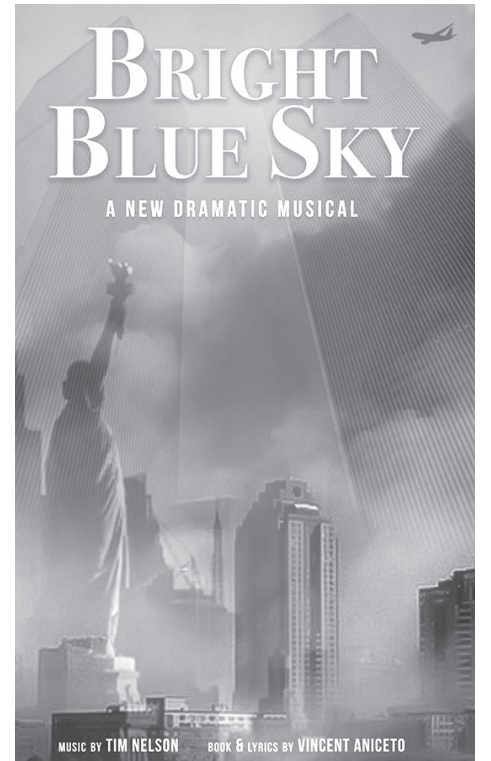
*"The Mostly True Story of a Common Scold"* Anne Royall, America's first female journalist, alarmed by speeches from evangelical leaders declaring their intent to reshape America into a Christian nation, starts printing a newspaper from her Washington, D.C. kitchen to sound the alarm. She nearly pays with her life.

Written by Mike Teverbaugh and directed by Natalia Lazarus, it runs Sept. 8 through Oct. 13 at the Promenade Playhouse in Los Angeles. For tickets visit [www.laproductions.org](http://www.laproductions.org).

*"Bright Blue Sky"* offers a poignant and uplifting portrayal of hope, loss and the enduring human spirit. Through a series of deeply heartfelt and charming episodes, the musical explores the lives of individuals working on the 104th floor of the World Trade

Center as they confront the unimaginable.

Written and directed by Vincent Aniceto, with music by Tim Nelson and lyrics by Vincent Aniceto, it runs Sept. 11 through Sept. 12 at the Rose Center Theater in Westminster. For tickets visit [www.rosecentertheater.com](http://www.rosecentertheater.com).



*"God of Carnage"* Hoping to resolve the situation amicably, two married couples meet to discuss a violent altercation between their young sons. But as conflicting personalities and parenting styles collide, the polite facades unravel revealing marital tensions and opposing life philosophies.

Written by Yasmina Reza and directed by Kim Quinn, it runs Sept. 13 through Oct. 13 at the 905 Cole Theatre in Hollywood. For tickets visit [www.carnage.org](http://www.carnage.org).



[brownpapertickets.com](http://brownpapertickets.com).

*"Misery"* follows successful romance novelist Paul Sheldon who is rescued from a car crash by Annie Wilkes, his "number one fan," and then wakes up captive in her secluded home. While Paul is convalescing, Annie reads his latest book and becomes enraged when she discovers the author has killed off her favorite character, Misery Chastain. Annie forces Paul to write a new "Misery" novel, and he quickly realizes Annie has no intention of letting him go anywhere. The irate Annie has Paul writing as if his life depends on it ... and it does.

Written by William Goldman, based on the novel by Stephen King, and directed by Kathy Dersheimer, it runs Sept. 13 through Oct. 5 at the Westchester Playhouse in Los Angeles. For tickets call (310) 645-5156 or visit [www.kentwoodplayers.org](http://www.kentwoodplayers.org).

KNOTT'S from page 13

are rather graphic. Anyone who has even a slight fear of spiders may find aspects of this maze very scary. That could be a good thing for a Halloween event until you feel that spider web hit your face.)

This year's event also pays significant tribute to Elvira, Mistress of the Dark, with the "Yours Cruelly, Elvira EXXperience" at the Walter Knott Theater. Celebrating more than 40 years of Elvira's iconic presence at Knott's Scary Farm, this experience features video highlights, behind-the-scenes footage and rare memorabilia from her illustrious career. Fans will have the chance to see Elvira's Macabre Mobile up close

and even meet the Queen of Halloween herself during select autograph sessions on three nights throughout the season.

In addition to the new mazes, several fan-favorite haunts are returning, including "Room 13," "Cinema Slasher" and "The Chilling Chambers." This year will also be the final opportunity to experience "Wax Works" and "Bloodline 1842" as these mazes prepare for their final bow.

For those who love the immersive terror of the scare zones, classics like "Ghost Town Streets" and "The Gore-ing 20s" will be back to terrorize guests as they make their way through the park.

The Nightmares Revealed event offered a tantalizing

glimpse into what promises to be an unforgettable season of scares at Knott's Scary Farm. As Jeff Tucker aptly put it, "Knott's Scary Farm is such an amazing event. Each maze is meticulously detailed, each zone impeccably decorated and each show built to perfection."

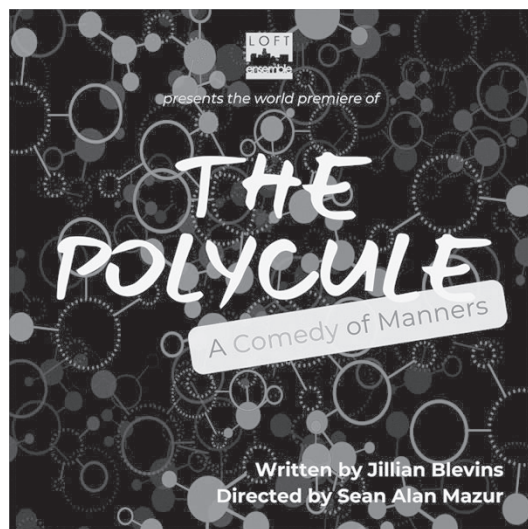
The passion and creativity of the entire team behind Knott's Scary Farm were evident, and fans left the event with a sense of eager anticipation.

Mark your calendars – Knott's Scary Farm runs from Sept. 19 to Nov. 2, with tickets already selling fast. Don't miss your chance to experience the nightmares that await. For more information and tickets, visit KnottsScaryFarm.com.

SCENE LA from page 14

"The Polycule: A Comedy of Manners" Fern attends a dinner party to meet her new boyfriend's family – which consists of his wife and the other members of their polyamorous household. An outsider to their world of consensual non-monogamy and its unfamiliar rules and norms, Fern struggles to keep up and to fit in.

Written by Jillian Blevins and directed by Sean Alan Mazur, it runs Sept. 13 through Oct. 6 at the Loft Ensemble in North Hollywood. For tickets call (818) 452-3153 or visit www.loftensemble.org.



"Clarkston" Welcome to Clarkston, Washington where Jake and Chris meet working the night shift at Costco. Jake, a middle-class, educated new hire who is a distant relative of explorer William Clark, has fled his privileged life in Connecticut after being diagnosed with a serious illness. Chris, a would-be writer with a meth-addicted mom, is stuck in what he fears is a dead-end life in a dead-end town. Their tentative attraction develops into something much deeper and more complicated in this delicate, intimate and hopeful new play.

Written by Samuel D. Hunter and directed by Chris Fields, it runs Sept. 14 through Oct. 21 at the Echo Theater Company - Atwater Village Theatre in Atwater Village. For tickets call (747) 350-8066 or visit www.EchoTheaterCompany.com.

"Kill Move Paradise" Four Black men, torn from the world without warning, find themselves stuck in a cosmic waiting room in the afterlife. As they attempt to make sense of their new paradise Isa, Daz, Grif and Tiny play, sing, tease and uplift one another even as they're forced to confront how they arrived in this unearthly place. Inspired by the ever-growing list of slain Black men and women and the fear and threat of death they continue to face daily, "Kill Move Paradise" is an electrifying reminder of our collective humanity.

You can read more at CVWeekly.com/LEISURE.

# What's Cooking

Your Local guide to good food!

## September 5<sup>TH</sup> Specials!

**Alissa's OCEAN VIEW BAR & GRILL**

*Thirsty Thursdays*  
ALL SPECIALTY COCKTAILS ARE JUST \$12

*presents SWEET TOOTH TUESDAYS*

*All Day Tuesday*  
**GET ONE FREE DESSERT FOR EVERY TWO ENTREES.**

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# Got Good Food?

Call 818.248.2740 for advertising info.

Available sizes: 2x2, 2x4 or 4x4.

## THEN & NOW Williamson Oldsmobile

Courtesy of the Historical Society of CV

**THEN** » W. O. Williamson had this Oldsmobile dealership at the intersection of Foothill Boulevard and Glenwood Avenue, just west of La Crescenta Avenue. Williamson started his Olds dealership in Montrose in the '30s. In 1941, he moved his sales office to a service station at Foothill and La Crescenta with a separate service garage located at Pennsylvania and Montrose avenues. The post-war auto boom put his dealership and service shops into this one location, shown here in 1950, when the Olds Rocket 88 engine was the popular V8 engine.

**NOW** » After several decades as an antique store and independent auto repair shops, the old dealership has been refashioned into a mini-mall.

## 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**      **SAJUCO CON** Salchicha 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!

# JUST FOR FUN

## CALENDAR this

### GLENDALE KIWANIS

The Kiwanis Club of Glendale meets on Fridays at noon. The club will next meet on Sept. 6 when it welcomes guest speaker Josefina Lopez, author of "Real Women Have Curves," who will give 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.

### WEEKEND OF FUN AT LOL

Our Lady of Lourdes School is having a Family Fun Days carnival on Friday, Sept. 6 from 5 p.m. to 10 p.m., Saturday, Sept. 7 from 4 p.m. to 10 p.m. and Sunday, Sept. 8 from 4 p.m. to 10 p.m. at the school, 7324 Apperson St. in Tujunga.

Free admission; food, beverages and games available for purchase.

### MEMBER OF STATE TO ADDRESS AAUW MEETING

The Glendale Branch of the American Association of University Women (AAUW) will meet on

Saturday, Sept. 7 at 11 a.m. at the Oakmont Country Club, 3100 Country Club Drive in Glendale. Lunch will be served. Make a reservation by email to Marilyn\_Robinson@hotmail.com.

The cost is \$60, payable at the door by cash or check.

Deanna Arthur, state board member, will speak about AAUW state issues and projects.

AAUW's mission is to advance equity for women and girls through advocacy, education, philanthropy and research. For information about membership, activities, and meetings, visit <https://glendale-ca.aauw.net/>.

### 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.

### LEARN TO SQUARE DANCE

Sets in Steps Square Dance Club offers 13-week classes on modern square dancing. The first two classes are free!

The next 13-week course begins on Tuesday, Sept. 10. Classes are from 7:45 p.m. to 9:30 p.m. and are held at Mt. Olive Lutheran Church, 3561 Foothill Blvd. in La Crescenta (new location).

For more information, visit [www.setsinstep.org](http://www.setsinstep.org) or [www.facebook.com/SETSINSTEP](http://www.facebook.com/SETSINSTEP) or call Ileana at (818) 395-4482 or email [illi313@yahoo.com](mailto:illi313@yahoo.com).

### 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.

### RICH LITTLE TO APPEAR AT LAUGH FACTORY COVINA

Legendary impressionist Rich Little is bringing his popular, long-running Las Vegas show to The Laugh Factory in Covina in a special event on Sunday, Sept. 8. The multimedia program uses animation technology to depict Little's friends and colleagues like Sylvester Stallone, Katharine Hepburn and Henry Fonda. The venue is located at 104 N. Citrus Ave. in Covina. For more information call (626) 339-0093 or visit [www.tixr.com/groups/laughfactorycovina](http://www.tixr.com/groups/laughfactorycovina).

### GUIDED AUTOBIOGRAPHY (GAB) WORKSHOPS

Older adults are invited to La Crescenta Library to explore the fabric of their lives in a five-week series focused on writing and sharing stories.

This workshop will meet on Monday afternoons from 1:30 p.m. to 3:30 p.m. beginning Sept. 9. Participants will be taught in the method developed by Dr. James Birren, which aids in reflection and sharing experiences from each person's journey. This process is facilitated by certified GAB instructors as a service of the USC-VHH Community Resource Center for Aging.

Attendance is limited and advance registration is required. People are asked to register every individual in their party, including kids. This will be used to save spots in the program. Availability is not guaranteed for any unregistered attendees.

La Crescenta Library is located at 2809 Foothill Blvd. in La Crescenta.

see CALENDAR THIS on page 16

## WEEKLY HOROSCOPES

Provided by [horoscope.com](http://horoscope.com) September 2, 2024 - September 8, 2024

### ♈ ARIES March 21 - April 19

Now you're in a position to profit from recommendations made by friends and family. With the Universe affecting politics, groups, and self-employment, you're being asked to think about where to plant your flag with regard to work. Do you want to be tied to one career, group, or location? Or do you want to move around? Money comes when you choose.

### ♉ TAURUS April 20 - May 20

You're in a building phase now. This brings added structure to the way you earn money, as well as increased security overall. Everything comes about as the result of hard work and saving. Aspects affect your home and inner emotions. What you earn today should be spent either buying property or upgrading what you already have.

### ♊ GEMINI May 21 - June 20

You may have your hands full now with matters concerning employment and health. Your workload may suddenly double, or you may receive more freelance projects that are too good to pass up. Your network of possible employment sources expands, indicating that you may also hear about a job in your field that you really want. With all your luck here, it's best that you try to get your foot in the door.

### ♋ CANCER June 21 - July 22

This week is about aspects affecting your areas of romance, children, family, and fun. While you may be tempted to blow off work for a little escape, try to resist! It's better to apply your energy to solving a problem that's common among these areas. Raking in the money will be easy when you do.

### ♌ LEO July 23 - August 22

Now you have a harmonious aspect affecting your home and emotions. If you're involved in a creative or design field, think about how to extend your line to encompass the home. Since so many memories and feelings of your own are being stirred up, you may find that your life can provide the basis for some wonderful new ideas. Money comes when you combine the personal with the professional.

### ♍ VIRGO August 23 - Sept. 22

You usually have the scoop on making and investing cash. Now communication may become even more important. You'll be receiving more calls, letters, e-mails, and texts. Sudden and sometimes unexpected changes are possible, and some of them may surprise you. Rather than rise to the bait of any personal attack, respond in a slow, measured way. Your funds will thank you later.

### ♎ LIBRA Sept. 23 - Oct. 22

It's a time of opportunity in your house of money and values. Expand your bottom line by finding new ways to earn money. And get in touch with what money means to you. What are you willing to give up in order to have more? Is what you're sacrificing now really worth it? As you answer these questions, problems sort themselves out.

### ♏ SCORPIO Oct. 23 - Nov. 21

You have your work cut out for you - in a good way. Everyone seems to want a piece of you now, since you're radiating good health and good fortune. And your personal style is unique, so everyone wants to know what you're wearing. Use it to your advantage by leveraging all the attention into more opportunities, a higher salary, and better benefits.

### ♐ SAGITTARIUS Nov. 22 - Dec. 21

You have an interesting time ahead with a harmonious aspect affecting your house of teaching, learning, travel, and spirituality, bringing renewed interest in all of these areas. If you teach for a living, it's a great time to get a new job. If you want to branch out into teaching, you have lots of support. Similarly, going back to school to augment your skills yields dividends.

### ♑ CAPRICORN Dec. 22 - Jan. 19

This period is about your employment and health. The Universe wants to build structure and encourage hard work, so now it's best to put your nose to the grindstone and get that project finished, that resume written, or that presentation perfect. Other influences affect your debt and other people's money. Pay off your obligations before spending any more.

### ♒ AQUARIUS Jan. 20 - Feb. 18

Now you have a lot of new energy to apply to networking. You're inspired to meet new people and attend events, so make sure you have plenty of business cards to hand out. Who you know becomes more important than ever now. There's added structure to your house of romance, family, and fun, so you have their support, too.

### ♓ PISCES Feb. 19 - March 20

With a supportive aspect, you have a good deal of help to make healthy changes in your house of employment now. The Universe is not only adding more work to your load but also making it possible to bring your excellent skills to the attention of your boss. It might be a good idea to take some work home.

### » ZACK HILL BY JOHN DEERING AND JOHN NEWCOMBE



9.5.24

### ACROSS

- 1) Rough file
- 5) Cold shower?
- 10) Very excited
- 14) Way, way off
- 15) Classic John Wayne film
- 16) "Ain't gonna happen"
- 17) "Frasier" actress Gilpin
- 18) "Encore!"
- 19) "Hold \_\_\_ your hat!"
- 20) Stung a second time
- 23) Make president
- 24) Battery projection
- 25) Barroom fights
- 28) It's historic?
- 30) Exercise for the flexible
- 31) Organic fertilizer
- 33) Object stared at in disbelief
- 36) Certain condiment
- 40) Chapter in a history book
- 41) Count of jazz
- 42) Paste alternative
- 43) Legend's cousin
- 44) Fine wool
- 46) Book of many places
- 49) Crooner Sam
- 51) Container ship, e.g.
- 57) "Swan Lake" costume
- 58) Taper off, as wind
- 59) Kind of palm
- 60) Advil target
- 61) Aficionado
- 62) Units of work
- 63) Casting need
- 64) Looks of wickedness
- 65) Backtalk

### DOWN

- 1) Wholly absorbed
- 2) Not many
- 3) Wrapped Indian garment
- 4) Bargain hunter's accomplishment
- 5) Tends to stubble
- 6) Mr. Spock's forte
- 7) Make new laws
- 8) Cut a scene
- 9) "Beloved" author Morrison
- 10) Consecrate with oil
- 11) Muppet with a hooked nose
- 12) Didn't take part (with "out")
- 13) Rock containing crystals
- 21) Building addition, sometimes
- 22) Type of jar
- 25) Computer info quantity
- 26) Laugh like a lion?
- 27) Taj Mahal location
- 28) Cover ground?
- 29) Singer DiFranco
- 31) "Gee whillikers!"
- 32) Prefix with "cycle" or "sex"
- 33) Jamaican fruit
- 34) Roman satyr
- 35) Popular cookie
- 37) Bottomless pit
- 38) Gangster's rapid-firer
- 39) Ways out
- 43) Former Panamanian leader Noriega
- 44) Workers with vans
- 45) \_\_\_ out a living
- 46) Essence of roses
- 47) Event that buries hatchets
- 48) Carpenter's rotating device
- 49) Yearn for
- 50) Playful aquatic mammal
- 52) Gloomy atmosphere
- 53) Slender woodwind
- 54) Gilbert of "Roseanne"
- 55) Baker's dozen?
- 56) It's not for a winner

### T-V VIEWING

By Timothy E. Parker

1	2	3	4	5	6	7	8	9	10	11	12	13
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63				64						65		

see ANSWERS on page 18



PROBLEM SOLVED » BY CHRISTOPHER ELLIOTT

# Quest Diagnostics charged me \$3,437 for a blood test. But I should be covered!

Why is Quest Diagnostics sending Maria Jacobson a \$3,437 bill for her blood test? Her insurance company should cover it – or should it?

**Q** In 2022, I went to a Quest Diagnostics location in Issaquah, Washington, for a blood screening test. At the time I gave an employee my health insurance information.

Quest Diagnostics sent me a bill for \$3,437. It looks like they didn't use my health insurance information, so I was billed for the full amount.

I have contacted Quest Diagnostics repeatedly to get this fixed. But the company continues to bill me for the full amount. Can you help me get this fixed?

–Maria Jacobson, North Bend, Washington

**A**: If your health insurance covered your blood test then you should have received no bill from Quest Diagnostics.

But were you covered?

Interestingly, the problem – and the solution – was right in front of Quest. It looks like it had used your previous health insurance code, even though you gave a Quest representative the correct one. Then, after you received the erroneous bill, you asked Quest to correct the problem and it wouldn't.

The best explanation: You were not dealing with a person but AI. The technology wasn't smart enough to replace your old insurance code with a new one. It wasn't smart enough to connect your many requests to update the code with your bill. (The other possibility, of course, is that a real person saw your request but failed to act. I certainly hope that isn't the case.)

To fix a problem with Quest, you have a few options. First, contact your physician. The medical office may be able to contact Quest faster on your behalf and fix the coding

issue as your advocate. Some high-quality medical offices will go the extra mile to ensure everything is coded correctly.

Second, you can reach out to Quest Diagnostics to ask it to fix the problem. Quest has always preferred that you call it for help, but it also uses email. That didn't work for you either, so you could have escalated this to one of the Quest executives whose names, numbers and emails I publish on my consumer advocacy site Elliott.org.

Quest has a history of botched billing and tone-deaf responses. It has overbilled customers and even hired a collections agency to go after them for bills they didn't owe.

Behind the scenes, here's what's going on: The system is designed to wear you down so that you give up and pay. If you do pay, Quest gets to keep the sticker price for your blood tests instead of the dramatically lower rates

insurance companies negotiate with it. And your insurance company pays nothing. So really, both are incentivized to make you pay out of pocket.

My advice: Don't!

Stick with it. Be persistent. Use my proven methods for resolving a consumer dispute. But whatever you do, don't give up.

To your credit, you didn't give up. Instead, you contacted my advocacy organization. I reached out to Quest Diagnostics on your behalf. Within a few days, it had corrected your invoice and zeroed it out.

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](mailto:chris@elliott.org) or get help by contacting him at <https://elliottadvocacy.org/help/>.

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CALENDAR THIS from previous page

## CANCER SUPPORT COMMUNITY HOSTS OPEN HOUSE

On Tuesday, Sept. 10, Cancer Support Community Greater San Gabriel Valley will be hosting a Healthcare Provider Open House at its Sierra Madre Community Center (331 W. Sierra Madre Blvd. in Sierra Madre from 5:30 p.m. to 7 p.m. This free in-person event will allow those working in the healthcare field to tour the new community center, learn about Cancer Support Community's free services, and discuss the best ways to support the mental health of both healthcare providers and patients alike.

The event is sponsored by City of Hope and is open to all who wish to learn more about in-person and virtual mental health support for caregivers, patients and their families. The event features live music, appetizers, a hosted bar, networking opportunities, and prizes. Register free at [www.cancersupport.link/HPOpenHouse2024](http://www.cancersupport.link/HPOpenHouse2024).

## KIWANIS OF BURBANK HOLDING FAMILY FUN DAY

Kiwanis Club of Burbank is having a golf ball drop and family fun day on Sept. 14 from 10 a.m. to 3 p.m. at Burbank High School, 902 N. 3rd St. in Burbank. The free event includes music, crafts, food booth, games and classic cars from the Road Kings!

Golf balls can be adopted for \$5 each and the Burbank Fire Dept. will drop them from a helicopter. The owner of the one that lands closest to the pin wins \$5000.

## JEWEL CITY KNITTERS MONTHLY MEETING

Jewel City Knitters will hold its monthly JCK Charity Knit and Crochet gathering on Saturday, Sept. 14 at 2 p.m. at the Chevy Chase Library, 3301 E. Chevy Chase Dr. in Glendale, (818) 548-2046.

Enjoy a relaxed afternoon of knitting, crocheting and conversation.

For more information, email [susandietel@yahoo.com](mailto:susandietel@yahoo.com).

## EARLY CALIFORNIA CUISINE AT BOLTON HALL

The community is invited to Bolton Hall Museum for its

September 2nd Saturday program to find out what early Californians ate and how they prepared food. None of the cooking methods or popular dishes of the early natives or Spaniards of the Mission period are common today. What foods did they enjoy and why did their cuisine die out so quickly after annexation to the USA?

Richard Foss, journalist, author and culinary historian, is the speaker for this program where attendees will learn some surprising things about early California foods.

This event is free and open to the public and everyone is welcome. The presentation is on Saturday, Sept. 14 at 1 p.m. at Bolton Hall Museum, 10110 Commerce Ave. in Tujunga.

Additional information is available from Little Landers Historical Society, (818) 352-3420 or [BoltonHall.org](http://BoltonHall.org) or email [llhs@boltonhall.org](mailto:llhs@boltonhall.org).

## GOLF CLASSIC PLANNED

The 33rd Annual Golf Classic is planned for Sept. 16 at Oakmont Country Club, 3100 Country Club Drive in Glendale, to raise funds for USC Verdugo Hills Hospital (USC-VHH). The classic will begin at 9 a.m. The proceeds of this year's golf classic, Around the World in 18 Holes, will be used to support the construction of a new IR/Cath Lab for diagnosis and treatment of cardiac conditions.

This year's tournament is in loving memory of long-time foundation board member John Taylor.

To learn about sponsorship opportunities or to sign up, email Barbara Jordan, Foundation Systems specialist, at [Barbara.Jordan@med.usc.edu](mailto:Barbara.Jordan@med.usc.edu) or call (818) 952-2226.

## BURBANK AFRICAN VIOLET SOCIETY

The Burbank African Violet Society will be having its next club meeting this morning, Thursday, Sept. 19 at 10 a.m. at The Little White Chapel Christian Church, 1711 N. Avon St. in Burbank.

The program will be presented by vice president John Hershey on "An A.V.S.A. Judged Mini Show." The three certified A.V.S.A. judges will be club president Chris Hedberg, vice president John Hershey, and club

member Luis Pineda. All members are to bring blooming African violets and their cousins to the meeting to participate in the show. There is always something new to learn about growing America's favorite houseplant the African violet.

There are raffle and silent auction tables, refreshments are served, and friends are made. There will be a learning lab about African violets and show and tell.

Guests are always welcome to attend the meetings. For more information, telephone (661) 940-3990 or reference the website:

[www.burbankafricanviolets.weebly.com](http://www.burbankafricanviolets.weebly.com).

## CCLCF HOSTS UPCOMING EVENTS

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.

## WOMEN'S ATHLETIC CLUB OF GLENDALE HOSTING BINGO

The Women's Athletic Club of Glendale is having a bingo night on Saturday night, Sept. 21 at the Verdugo Hills Memorial Hall, 4011 La Crescenta Ave. in La Crescenta.

Doors open at 5 p.m.; first game is at 6 p.m. Each winning bingo pays \$100 in cash! Final blackout game is \$250.

Sponsors and players are needed! Contact Mary Ann Kroening at (818) 681-2744 for sponsorship information.

Tickets are \$25 each; contact JoAnne Brown at (818) 522-3956 for ticket information.

## BANNED BOOKS WEEK PANEL

On Sunday, Sept. 22 at 4 p.m., Flintridge Bookstore hosts A Banned Books Week Panel, led by moderator Jenni Jewett, a parent at a La Cañada Flintridge public elementary school. She is joined by magnet middle school librarian Natalie

Daily, religious private high school librarian Katherine Eisenstein and college professor Ashley Grace. From their unique perspectives, panelists will explore this polarizing issue and discuss, among other topics, why books continue to be banned, the impact of censorship and their own personal or professional experiences regarding banned or challenged titles.

Banned Books Week is an annual event celebrating the freedom to read launched in 1982 in response to a sudden surge in the number of challenges to books in schools, bookstores and libraries. The national event highlights the value of open access to information and brings together the entire book community – librarians, booksellers, publishers, journalists, teachers, authors and readers of all types – in shared support of the freedom to seek and to express ideas, even those some consider unorthodox or unpopular.

The American Library Association (ALA) Office for Intellectual Freedom (OIF) compiles lists of challenged books from across the country. The most banned book of all time is George Orwell's 1984, declared "pro-communist and containing explicit sexual matter."

For more information, contact Gail Mishkin at [gailm@flintridgebooks.com](mailto:gailm@flintridgebooks.com) or call (818) 790-0717. Flintridge Bookstore is at 858 Foothill Blvd. in La Cañada Flintridge at the intersection of Beulah Drive. There is street parking on Foothill and Beulah Drive, and a parking lot with limited spots behind the store off of Beulah.

## GIFF ACCEPTING SUBMISSIONS

The Glendale International Film Festival is now accepting film and screenplay submissions for its 10th anniversary edition. GIFF 2024 is produced and presented by non-profit Glendale Arts and will be held from Sept. 26-Oct. 1.

Filmmakers and screenwriters from all over the world are invited to submit their projects via Film Freeway at <https://filmfreeway.com/GlendaleInternationalFilmFestival>. Films, student films, and screenplays will be accepted until the final submissions deadline on July 12. Selected films will be screened during

the festival at the Glendale location of the Laemmle Theatres.

This year, GIFF has expanded to 22 submission categories.

For more information about the Glendale International Film Festival, contact Glendale Arts COO Maria Sahakian at [msahakian@glendalearts.org](mailto:msahakian@glendalearts.org) or call (818) 243-2611.

## PANCAKE BREAKFAST HOSTED BY CVTC

The Crescenta Valley Town Council is having a pancake breakfast on Saturday, Oct. 12 from 7 a.m. to 11 a.m. at St. Luke's of the Mountains – Sadler Hall, 2563 Foothill Blvd. in La Crescenta (at Rosemont Avenue).

## BINGO NIGHT AND FOOD DRIVE

The Glendale Moose Lodge #641 is having its third annual community bingo night and food drive on Saturday, Oct. 19. It is being held at the Verdugo Hills Memorial hall, 4011 La Crescenta Ave. in Glendale/La Crescenta. Doors open at 4:30 p.m., the first game is at 6 p.m. The cost is \$25 for 10 game cards (four cards each game).

Participants who donate a bag or box of food will receive one free game for each box or bag donated. All net proceeds benefit the Bailey Center food bank in Tujunga.

To reserve tickets, call (818) 957-7133 or email [lodge641@gmail.com](mailto:lodge641@gmail.com).

## PICKLEBALL FUN AT COUNTRY CLUB

A day of pickleball, camaraderie and community spirit takes place on Sunday, Nov. 3 from 10 a.m. to 5 p.m. at the La Cañada Flintridge Country Club. The country club is hosting the First Annual Posh Pickleball Tournament, a fundraiser for Adventist Health Glendale. An anticipated 250 players, participants and spectators are expected to take part in matches and activities including food and beverages throughout the day, introduction to pickleball clinics by iPick, a VIP & Relaxation lounge, physician tips and a Wellness Village.

Purchase tickets at [adventisthealthglendale.org/pickleball](http://adventisthealthglendale.org/pickleball) by Oct. 18.

You can read more at [CVWeekly.com/CALENDARTHIS](http://CVWeekly.com/CALENDARTHIS)

# BUSINESS

NEWS FROM THE MVCC» SARA DARBY

## MVCC August Recap & September Preview



Back Office People Ribbon Cutting

The Montrose Chamber of Commerce had a productive month filled with events and preparations that continue to enhance our community's vibrancy. We recently celebrated the 15-year anniversary of Back Office People with a ribbon-cutting ceremony. The event was fantastic with a large turnout of community members showing their support. We look forward to seeing their continued success and the positive impact they bring to our local business scene.

As we look ahead, the excitement is building for this year's Oktoberfest. Our planning is well underway and we can't wait to share this beloved event with everyone. There are several exciting updates for Oktoberfest this year. We're adding a second online ticket (yes, you can purchase tickets online and skip the long lines) redemption booth – one in front of Coffee Bean and the other by the rides on the 2400 block of Honolulu Avenue. Additionally, Oktoberfest branded merchandise will be available for purchase (bucket hats and T-shirts) with pricing details to be announced soon. The Ferris wheel will once again be located on the 2200 block with rides and games spread across all blocks. Online presale tickets are available now; be sure to check our Oktoberfest website for details.

Because we know how much everyone loved last year's drink options, we're excited to bring back the Black Cherry flavor hard seltzer. Whether you're enjoying a drink or simply soaking in the festive Oktoberfest atmosphere, this year's event promises to be one to remember.

Lastly, we are excited to announce our Hallo-Fest Mixer – a unique fusion of Montrose's finest traditions: Halloween and Oktoberfest. Join us on Tuesday, Sept. 17 from 5 p.m. to 7 p.m. at Alissa's Ocean View Bar & Grill, 3826 Ocean View Blvd. in Montrose, for an evening of delicious food, a costume contest with a \$100 prize, and opportunity drawings.

The Montrose Verdugo Chamber of Commerce is thrilled to continue fostering a strong sense of community through these events. We deeply appreciate your ongoing support and look forward to seeing you at Oktoberfest and other upcoming events. Together, we can make this year's Oktoberfest the best one yet!

Meet the newest business member of the MVCC:

**SoCal Speech-Language Therapy, P.C.** – “A boutique-style private practice based in La Cañada specializing in pediatric speech and language disorders. SoCal Speech is founded by Dr. Carla Kekejian, a licensed speech-language pathologist and professor of speech-language pathology. Dr. Kekejian brings years of expertise from both clinic and school settings to her practice, creating a warm and nurturing environment focused on cultivating children's communication skills.” <http://www.socalspeech.com>

**SoCal Ponds** – Specializing in creating tranquil and beautiful water features, it is dedicated to transforming outdoor spaces with custom-designed ponds and waterfalls. Based in Tujunga, it offers a range of services from design and installation to

maintenance, ensuring their customers' water features are a serene focal point in the landscape. [www.socalponds.com](http://www.socalponds.com)

**Speech Perfect Therapy** – A premier speech therapy clinic focused on helping individuals of all ages improve their communication skills. With a dedicated team of licensed speech-language pathologists, it offers personalized treatment plans that cater to each client's unique needs. Their goal is to empower clients to communicate more effectively in their daily lives. [www.speechperfecttherapy.com/](http://www.speechperfecttherapy.com/)

**Pizza Man** – A beloved local pizza shop known for its classic and innovative pies, Pizza Man has become a go-to spot for Montrose residents. Offering a menu full of delicious options, including specialty pizzas, calzones and wings, Pizza Man is perfect for both takeout and dine-in experiences. [www.pizzamanpizzeria.com](http://www.pizzamanpizzeria.com)

**Flintridge Pizza Kitchen** – A family-owned restaurant serving up some of the best Italian cuisine in the area. From its wood-fired pizzas to its fresh pasta dishes, the folks there pride themselves on using high-quality ingredients and traditional recipes to deliver an authentic dining experience. <http://flintridgepizzakitchen.com/>

To read more, including those who returned to the Montrose-Verdugo City Chamber of Commerce, visit [www.cvweekly.com/BUSINESS](http://www.cvweekly.com/BUSINESS).

Remember to shop local!

Sara Darby  
MVCC Secretary

NEWS FROM THE CVCOC  
» OUR BUSINESS IS YOUR BUSINESS

## Mixer Fun Found at CV Chamber



Mindy Morrison of Back Office People, left, won the Don Francisco's coffee bag.

When a chamber hosts a mixer it's to encourage businesses (and residents) to meet those in the community who can assist them with local services. These can be varied: representatives of legal services, medical services, advertising services and more can be found at most mixers. Good food and beverages round out an evening that can be beneficial for attendees.

In August, CV Weekly hosted a CV Chamber of Commerce mixer at its offices in La Crescenta. Actually, the mixer was held in the (much roomier) parking lot. Tony di Giovanni provided live music, India's Flavor offered plenty of delicious food and CV Weekly made sure there were plenty of cold beverages. In addition to finding out about the various guests in attendance, Rachele Miller, the chamber's office manager, spearheaded the night's opportunity drawings. Among the winners was Mindy Morrison, who won the coveted coffee bag of goodies provided by CV Weekly advertiser Don Francisco's.

The chamber enjoys hosting mixers so much that this month, September, for our next mixer we're heading to the new headquarters of Scouting

America – Verdugo Hills Council, 421 N. Glendale Ave. in

Glendale on Sept. 17 at 6 p.m. Guests will enjoy food and beverages and learn about Scouting America – and the price is just \$15 for Chamber members and \$20 for non-members.

Mixers are a great way to acquaint yourself in a relaxed setting with our local residents and businesses. In addition to the Sept. 17 event plan to attend the October mixer on Oct. 15 at Restokleen. If you are a Chamber member we are available to help your business plan a ribbon cutting, a grand re-opening of your business, or even help you organize promotional opportunities. For those of you who are not business or residential members there are numerous advantages of a CV Chamber of Commerce membership. For details simply call the CV Chamber office at (818) 248-4957 or email us at [info@crescentvalleychamber.org](mailto:info@crescentvalleychamber.org). You may also access our Chamber website at [www.crescentvalleychamber.org](http://www.crescentvalleychamber.org).

Remember our Chamber motto: “Our Business is Your Business.”

Robin Goldsworthy, President  
CV Chamber of Commerce

ANSWERS for page 16

1	R	A	S	P	5	S	L	E	E	T	10	A	G	O	G
14	A	F	A	R	15	H	O	N	D	O	16	N	O	P	E
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**CALLING ALL ARTISTS & CRAFTERS**

Our Lady of Lourdes Church is looking for vendors of hand-made items to sell at our annual Breakfast with Santa & Holiday Craft Fair for Sunday, December 8th. Space discount if submitted before Nov. 15. Text (818) 381-2000 for application or questions.

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BOLAN from page 9

parents realized it was best to relegate Ralph to the side yard to keep peace in the neighborhood. Norma celebrated his confinement.

Ralph was the family dog but he spent the most time with my brother. He slept in his room every night. When I was 10, my grandmother came to live with us and she and my brother moved upstairs into the second story addition we had built for her. My brother tried to coax Ralph up to his new bedroom but Ralph wasn't having it. He refused to go up. Instead, and to my delight, he stayed with me. I got the dog and my brother's old room.

What follows are some silly family stories related to Ralph sleeping with me.

Having my own room meant that I could develop my own bedtime rituals. I loved to read before bed and would often grab a snack and place it on the table next to me. At some point after "lights out," my mom would let Ralph into my room and he would curl up in the crook of my legs. One night, I brought the last sugar donut and a glass of milk into my bedroom. I put them down then headed to the bathroom. Upon my return, Ralph was waiting for me on my bed, a little earlier than usual. The donut was missing

and Ralph slowly licked sugar from his lips. Oh, man.

Another time I woke from an intense nightmare. I was scared out of my mind, sure that the killer from my dream was pacing down our hallway ready to pounce. I could hear him dragging bodies back and forth. Imagine my relief when I realized that the sound I was hearing was Ralph's breathing under the covers. Oh, dear.

There are countless family stories but I hope these few made you smile.

Ralph was a happy, floppy-tailed dog.

Susan Bolan  
[susanbolan710@gmail.com](mailto:susanbolan710@gmail.com)

WEATHER from page 2

tree that was just at the edge of the cliff; then one day the tree was gone. The next month a lot of the area, including an area where we had a picnic a few months earlier, was gone. The following months saw more and more land fall into the sea until finally the street was gone and the cliff had crept to the edge of the house's property. Eventually those in the large old house had to move as the ground continued to give way.

The increased movement of Rancho Palos Verdes land is due in part to the record rainfall Southern California received at the end of last year and beginning of this year. There is no sign that extreme weather will slow down, so we should expect more of these types of land movements – and the

consequences – to occur.

For us in the Crescenta Valley we know all too well the power of rain. In the 1930s residents saw a record-breaking flood that caused water and mud to flow from the mountains throughout the valley. Then in 2010, after the Station Fire, flooding ran through houses and vehicles and debris floated down the streets.

So again, Mother Nature has all the power regardless of our most advanced technology. Whether it is above land or under, extreme rains can affect us all and should be respected.

For the next few days rain is not something we can expect in the weather report.

CV Weekly readers: You can read more at CVWeekly.com/NEWS



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