

ARIANNA PHARMACY
 & MEDICAL SUPPLIES
ANNOYED WITH YOUR PHARMACY? WE'VE GOT YOUR BACK!
 Join Arianna Pharmacy Family.
 Vaccinations Offered: Latest COVID • FLU • Pneumonia • Shingles • TDAP • RSV
 3600 N. Verdugo Rd. • Montrose/Glendale • 818.957.9200

Recusals Follow Request for FPPC Opinion

By Julie BUTCHER

At the Tuesday night meeting of the Glendale City Council, action pending “to execute a Professional Service Agreement with Michael Van Valkenburgh Associates, Inc. in the amount of \$5,762,370, using grant funds, for the preparation of the Verdugo Wash Master Plan,” as described in the council agenda, was delayed as the city requested an opinion from the state’s Fair Political Practices Commission (FPPC) resulting in the recusal of two councilmembers who own property within 500 feet of the Wash and another who lives within 1000 feet of the project area.

Councilmember Ara Najarian explained that his wife owns property on Ethel Street in which he has no interest. Najarian has recused himself from previous votes on plans for the Verdugo Wash at the recommendation of the city attorney.

In early September, city attorney Michael Garcia advised Councilmember Vartan Gharpetian that he would need to be recused as well. Gharpetian was not on the council for previous Verdugo Wash votes and demanded an opinion from the FPPC on the recusal.

In February 2022, consultants expressed enthusiasm for plans for the Verdugo Wash at several community outreach events.

“With a length of 9.4 miles, the Verdugo Wash flows southeast along the eastern edge of the Verdugo Mountains to ultimately join the Los Angeles River just north-east of Griffith Park. With the exception of the free-flowing stream inside the Verdugo Wash Debris Basin Dam, today the Verdugo Wash is entirely encased in a concrete flood control channel,” a project consultant previously said.

“Well, this is going to change! Imagine a beautiful pedestrian and bicycle-centric green linear boulevard that creates new connections between the different communities of Glendale; that

see GCC on page 7

9/11 Remembered Locally

By Robin GOLDSWORTHY and Mary O’KEEFE

“Twenty-three years ago, America suffered a devastating tragedy in which 3,000 innocent Americans were killed at the World Trade Center, the Pentagon and Shanksville, Pennsylvania. During those attacks, 415 emergency service workers died. In commemoration of the 23rd anniversary of September 11th, we offer this symbolic gesture, followed by a moment of silence.”

This was the September 11 tribute shared over radios on Wednesday morning at Glendale fire stations.

In the past the Crescenta Valley has commemorated Sept. 11 – Patriot Day – with a motorcade; however, after 10 years of having it organizers made the difficult decision to cancel it.

Many people remember exactly where they were on Sept. 11, 2001 when 19 terrorists from al-Qaeda hijacked four commercial airplanes, deliberately crashing two of the planes into the upper floors of the north and south towers of the World Trade Center complex in New York City and a third plane into the Pentagon in Arlington, Virginia. A fourth plane was diverted into a field in Shanksville, Pennsylvania.

Photo by Mary O’KEEFE
 Community members and veterans took part in an early morning ceremony at Station 29 commemorating 9/11.



“The Twin Towers ultimately collapsed because of the damage sustained from the impacts and the resulting fires. After learning about the other attacks, passengers on the fourth hijacked plane, Flight

93, fought back, and the plane was crashed into an empty field in western Pennsylvania about 20 minutes by air from Washington, D.C. The attacks killed 2,977 people from 93 nations; 2,753 people were killed in

New York; 184 people were killed at the Pentagon; and 40 people were killed on Flight 93,” according to the 9/11 Memorial & Museum.

You can read more at CVWeekly.com/NEWS

SuperScoopers are Here, Preparing for a Big Fire Season

By Mary O’KEEFE

“In 2023, Quick Reaction Force (QRF) dropped about 900,000 gallons of water/retardant on about 64 fires. This year, seven months in, we’ve already dropped over 1,300,000 gallons on 87 fires,” said a Los Angeles County Fire Dept. (LACoFD) spokesperson.

QRF is a 24/7 fire suppression helitanker fleet that operates in the counties of LA, Orange and Ventura. It began about six years ago as a piece of the Southern California fire fighting force.

The information was shared during an event this week at Van Nuys Airport where LA County Fire personnel provided an update on the 2024 wildfire season as well as sharing the seasonal arrival of the SuperScoopers from the government of Québec and the lease of a Coulson Group Chinook CH-47, known as Helitanker 55, made possible through a partnership with Southern California Edison.



Photo by Mary O’KEEFE

County of LA Fire Chief Anthony C. Marrone, surrounded by fire personnel, addresses the crowd on the tarmac at Van Nuys Airport on Monday. Behind him is a SuperScooper from the government of Québec.

see SUPERSCOOPERS on page 19

Everyone gets 9.9% APR*

Credit Cards with GASCU

as low as 9.9% APR* ON ALL PURCHASES

No Fees

7% APR* on balance transfers and cash advances

Earn Rewards

Redeem for cash, gift cards and travel!

GLENDALE AREA SCHOOLS CREDIT UNION
 Better Banking for Everyone!

NMLS ID #536925

YOUR SAVINGS INSURED TO \$250,000 PER ACCOUNT

AMERICAN SHARE INSURANCE

By members' choice, this institution is not federally insured, and if the institution fails, the Federal Government does not guarantee that depositors will get back their money. The credit union is not insured by any state government.

*APR = Annual Percentage Rate. APR for purchases (Rate differential based on FICO score): level 1: 9.90%; level 2: 11.90%; level 3: 13.90%; level 4: 16.90%. Your annual rate does not vary. No annual fee. Grace Period for Repayment of Balances for Purchases: You have 25 days to repay your balance before a finance charge on purchases will be imposed. Method of computing the Balance for Purchases: Average daily balance method (including current transactions). No transaction fee for cash advances. Late Payment Fee: 20% of interest due or \$5.00 whichever is greater. Exceeding the Credit Limit Fee: \$10.00.

Must qualify for credit union membership.



» FROM THE DESK OF THE PUBLISHER

Sharing the Love

On Saturday night Steve and I traveled to downtown Los Angeles and boarded a double-decker bus for a Neon Cruise sponsored by the Museum of Neon Art (MONA). This tour was particular poignant as it was the last one of host Eric Lynxwile.

I first became aware of Eric when he gave a presentation at the Kiwanis Club of Glendale so many years ago. His enthusiasm was contagious and when I learned that he was hosting his last Neon Cruise, I was quick to sign up ... though I wasn't entirely sure what to expect.

Well, the tour not only touched on the historic neon signs and permanent installations of contemporary neon art through downtown Los Angeles and Hollywood, but Eric also described the history of many of the locales that we passed.

His enthusiasm as tour director was as effusive as his love for MONA. He boasted that every neon sign we saw was made by hand – no machine can make a neon sign nor can a computer. He was equally excited by giant neon signs that are no longer lit as by those, like the Broadway Palace Apartments sign, that light up the night sky.

His love of the city was obvious. In between pointing out significant neon signage ("On the right is your ubiquitous liquor sign with a gigantic neon boomerang") he shared his love for a city that he's embraced over the years.

It was more than 25 years ago

when he was taking the neon tour that he realized the tour guide didn't know a thing about Los Angeles.

Eric said, "I know more about LA than [the tour guide] does and I started giving the tour. I wound up surrounded by my friends telling people to 'Look to the right.' There's a lot of great Los Angeles history all around you that tour guide wasn't pointing out." Three months later he started giving tours.

He said he gives this tour because he loves LA and wants to share that love with others – but through it all his love of neon is apparent.

"[The signs are] beautiful; we don't want to lose them from the horizon of the city of LA."

I'm honored that Business Life Magazine has named me one of its Women Achievers 2024. Women Achievers are defined by the magazine as "individuals such as yourself, your business, profession, and organization [play] an important role in the economic and social health of the communities in which we live and work."

A luncheon is being held on Friday, Oct. 11 at Noor in Pasadena to honor the women who earned this prestigious title. Tickets are available at <https://www.itsmyseat.com/events/188767.html>.

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

» WEATHER WATCH

Taking A Look Outside Our Window

By Mary O'KEEFE

I know it has been incredibly hot and there is a lot to say about climate change.

"There is unequivocal evidence that Earth is warming at an unprecedented rate. Human activity is the principal cause," according to science.nasa.gov. "While Earth's climate has changed throughout its history, the current warming is happening at a rate not seen in the past 10,000 years."

We are warming and getting hotter each year.

"The planet's average surface temperature has risen about two degrees Fahrenheit [one degrees Celsius] since the late 19th century, a change driven largely by the increased carbon dioxide emissions into the atmosphere and other human activities. Most of the warming occurred in the past 40 years, with the seven most recent years being the warmest," according to science.nasa.gov.

There is a lot to unpack here – but I am going to save that for another day because Sept. 8 was Star Trek Day. I just can't let that pass without calling attention to this history-making television/movie experience.

It was Sept. 8, 1966 when "Star Trek" first appeared on NBC and then ended its series run on June 3, 1969. Little did anyone know this series would not "go gentle into that good night." Instead it went headlong into reruns introducing a whole new generation to this optimistic, futurist series.

As I have stated in the past I am a Trekkie having discovered the series in those reruns. I don't know what exactly first drew me to the series but it definitely had something to do with the diversity of the Enterprise bridge. I loved that those serving on the Enterprise just went about their duties without having to call attention to the fact that they were a person of color or a female. Now the female crew members and alien visitors often wore very short skirts or provocative outfits that required a lot of double-sided tape; however,

that they dressed prettily but were still doctors, scientists and communication officers just added to the "Oh, wow" effect on an impressionable elementary school-aged feminist like myself.

But it was really the stories that made the show and, if there were a "Star Trek" mantra, the value of the stories would be it.

The writers of the "Star Trek" series understood the threat of ignoring history; they were observers of the world around them and they weren't afraid to cross social and political lines.

Sometimes the stories were philosophical, like Gilbert Ralston's "Who Mourns for Adonais?" This story examined the fleeting power of belief. At one point Adonais, aka Apollo, realized that like the gods before him his time had passed.

"There is no room for gods," Apollo said as he spread his arms to the winds and disappeared into history.

My friend Dorothy (DC) Fontana wrote 10 episodes of "Star Trek," the original series. She never thought of herself as the "female writer." She was just a writer; however, the rest of us knew she was the rare female science fiction writer of the time. One of my favorite episodes she wrote for the original series was "The Ultimate Computer." This dealt with AI before AI was a household term. The crew of the Enterprise and the Federation had to deal with the value and the threat of AI.

Sound familiar?

In this episode the M5, an advanced multitronic computer system, was built by Dr. Richard Daystrom and placed on the Enterprise to see how it performed in a war game drill. Daystrom wanted this computer placed on spaceships so humans would have more free time to explore.

"Humans need and want more time to interact with each other. I think AI coming about and replacing routine jobs is pushing

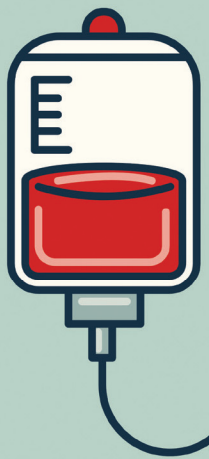
see WEATHER on page 7

INSIDE	NEWS.....	3	LEISURE.....	14
	VIEWPOINTS.....	8	RELIGION.....	16
	SENIOR SECTION.....	9	JUST FOR FUN.....	17
	BETWEEN FRIENDS.....	12	CLASSIFIEDS.....	19

DONATE BLOOD

THIS IS A LIFE-SAVING OPPORTUNITY TO GIVE BLOOD ON A SATURDAY!

LCPC+AMERICAN RED CROSS BLOOD DRIVE



Saturday

14th

September

2024

8am to 2pm

**La Crescenta
Presbyterian Church
2902 Montrose Avenue
La Crescenta, CA 91214**

**Sign up to give blood
with this QR Code!**



NEWS

Going for the Gold – Local Girl Scout Starts Music Therapy Program for Gold Award

By Lori BODNAR

Crescenta Valley High School 12th grader Lily Zou created a music therapy program at College View School as part of her Girl Scout Gold Award project. College View is a school within the Glendale Unified School District (GUSD) that educates special needs students.

The Gold Award is the highest achievement in Girl Scouts and involves the creation of a “take-action project” that involves multiple steps. Gold Award projects address the root cause of an issue that has a national or global link. The Girl Scout shows leadership by taking action with a sustainable and measurable impact upon the community. Prior to beginning a project, the Girl Scout attends a Gold Award workshop, submits a project proposal and has an initial interview with the Girl Scout committee. Once approved, the Girl Scout can start the project under supervision of a project advisor. When completed, she submits a final report and has an exit interview before officially earning the Gold Award. Gold Award projects require at least 80 hours of service.

Zou said, “I started thinking about the Gold Award since about November 2023; I submitted my finalized plan for council approval in late April 2024. In terms of active, hands-on time, it’s about four months, but the seeds of the idea have been there for 10 months.

“I brought a music therapy program to the students of College View, a special education school. College View serves students with



a range of severe intellectual and physical disabilities. Music therapy is a method to improve communication, social, behavioral and motor skills. The music therapy program provides a place for students to relax, de-stress and have fun. My Gold Award project allowed College View students to enjoy some of the positive effects of music therapy. My project also spread awareness of the potential of music therapy in special education. Music therapy is a very new field and exploring its applications has the potential to yield great value. By spreading the word about my project, I hope to inspire similar programs and spark greater interest into the potential of music therapy.”

Zou has been interested in music throughout her life.

“I have been playing the violin since fifth grade,” she said. “I currently play the violin and am in the CVHS symphony orchestra. The summer before sophomore year, I founded the Pineapple Quartet with a few friends. We performed at nursing homes, the Brand Library and College View School. Simultaneously, I was involved in disability advocacy in the CVHS Youth Capabilities Club. Drawing on these two parts of my experience, I wanted to combine music and

service in my Gold Award.”

The music program focuses primarily on classical music.

“As my project advisor informed me, many special education students respond to classical music in a way they do not to other kinds of music,” Zou said. “For the interactive musical games we included we were lucky enough to be able to use College View’s own supply of simple instruments, including drums and shakers.”

Zou’s Gold Award project has positively impacted the students and community at College View.

“The music therapy program provided great sensory stimulation as students listened to music and played with instruments, as well as allowing them to exercise motor skills,” she said. “During the interactive activities we practiced taking turns, which involved social and communication skills.”

Undertaking a Gold Award project sometimes takes some readjusting of time and schedules, which helps build leadership skills.

“Initially, my idea was to create a music theory and appreciation class at the Community Center of La Cañada Flintridge; unfortunately, they did not have enough space in their program. I reached out to GUSD College View and they were incredibly enthusiastic in their response,” she said. “It was a match, and I pivoted to focus my project on music therapy to better serve their special needs students.”

Girl Scouts who are interested in doing

a Gold Award project can strategize ideas they are interested in and make a plan with feedback from others.

“The ‘right idea’ means doing something you’re interested in,” said Zou. “For all large projects, not just the Gold Award, it is crucial to do something you are genuinely interested in since you will be spending large amounts of time and effort on it. In terms of the ‘right plan,’ I would highly recommend having a trusted adult—or someone more experienced—be a sounding board as you brainstorm so you can make sure your plan is doable. Everything sounds easier when it’s an idea in your head, but when actually going through the project things will be exponentially more difficult and time-consuming than you thought.”

The music therapy program that Zou has brought to College View will continue after she graduates from CVHS.

“I will be passing on the responsibility of coordinating and managing the project to one of my wonderful teammates in the Pineapple Quartet,” she said.

“Together with the strong support of College View and the network of talented CVHS musicians I found through this project, the program can be continued next summer, and the summer after that, and so on.”

LEFT: Lily Zou plays the violin at College View for the music therapy program she created.

RIGHT: Lily Zou with other Crescenta Valley High School musicians who helped with the music therapy program at College View.

IN BRIEF

ROSEMONT PRESERVE RESTORATION DAY

The community is invited to the Rosemont Preserve Restoration Day on Saturday, Sept. 14 from 9 a.m. until 11 a.m. to help protect the natural habitat at Rosemont Preserve. Volunteers will be removing invasive plants, watering newly planted natives and doing some trail maintenance. Wear sturdy shoes, comfortable clothes and garden gloves (long pants and sleeves are recommended). Tools will be available.

Then on Sunday, Sept. 15 from 2 p.m. to 4 p.m., an “open gate” event takes place. 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!

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 RosemontFriends@gmail.com.

These events are free to the public and suitable for all ages and no reservations required. Rain cancels event. Sorry, no pets please.

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

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 five 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.

MARY CARDEA LANDSCAPING

Mary Cardea
• Horticulturalist •
818-269-0202

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

627-748708
marycardea@gmail.com

COMPREHENSIVE EYE CARE

SEE WHAT MAKES US THE FINEST OPHTHALMOLOGIST.

- Femtosecond Laser Assisted Cataract Surgery
- Lasik - State of the art / in office Suite

CV Weekly Awards 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2024

SERVING THE FOOTHILLS FOR OVER 50 YEARS

BEEVE VISION CARE CENTER

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

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

Frustration Shared by Students at CVTC Meeting



Photo by Mary O'KEEFE

Clare Kim shared traffic concerns with the audience at the CVTC meeting.

By Mary O'KEEFE

At the special traffic meeting held recently by the Crescenta Valley Town Council many residents and parents shared their opinions, frustrations and concerns about the traffic issues around schools. Four students stepped up to share their real life "boots on the ground" issues.

"I'm the immediate past president of Rosemont Middle School ASB [Associated Student Body] and, as of last week, I'm a proud freshman at Crescenta Valley High School," said Claire Kim. "I'm here today to please ask the adults in this room to make student safety a top priority. I really think we need a crosswalk somewhere on Raymond Avenue [so] that students can safely enter Rosemont's back gates."

She pointed out that only one out of the seven elementary schools that feed into Rosemont Middle School is "convenient to the front entrance." The other six are south and west of the school. "That means more students probably use the back gate than the front. Right now the only crosswalk on Raymond goes all the way up to Stevens. No one uses it since it's too far up from Los

CRESCENTA VALLEY WEEKLY
THE FOOTHILLS COMMUNITY NEWSPAPER
A division of Crescenta Valley Publishing, LLC

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

Mary O'Keefe
Lead Reporter
mary@cvweekly.com

Designers
Steve Hernandez
Senior Artist
steve@cvweekly.com

Matthew Barger
matt@cvweekly.com

Columnist
Mike Lawler
lawlerdad@yahoo.com

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

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

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

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

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

Thank you for your support!
Printed by LA Web, 9645 Telstar Ave, El Monte, CA 91731

Olivos and the actual gate is in the middle of Alabama," she said. "Kids these days have a lot of anxiety because of school and our personal lives. We shouldn't have to worry about dodging cars."

"I'm here to bring your attention to the fact that students at both Rosemont Middle School and CV [High School] lack safe routes to school," CVHS freshman Teyvyn Yong said.

He shared past accidents that occurred near Rosemont Middle School and that street improvements, including the addition of a crossing guard near the front entrance of the school, occurred shortly after the accidents. The crossing guard near the front entrance of Rosemont Middle School was the first one placed near a middle school in LA County and set a precedent for all County middle schools.

"Unfortunately, even after two years of parents and our principal continually asking for some kind of improvement on Raymond Avenue to help students enter school by the rear entrance, we are still waiting. Not a single thing has happened," Yong said.

He added now that he is at CVHS he continues to see traffic issues.

"I noticed that it's not really that much better even though we have crosswalks. Yes, we may be high schoolers and of course we should be old enough to cross the street alone but in reality we probably need someone there to guide traffic even more than our younger elementary and middle school siblings. Why? Because there are over 2,600 students all trying to get to school at the exact same time," he said.

CVHS freshman Logan Lee added his comments about traffic and his ongoing fear of being hit by a car when he was at Rosemont Middle School.

"From my days as an elementary school student, I was always plagued with the fear of getting hit by a car. Unfortunately, one day in the middle of seventh grade that fear almost became a reality. I was on

my bike leaving school and tried to cross the street. Suddenly a driver came speeding up the hill, barely paying attention to all the students trying to cross the street, and nearly hit me," he said.

That incident affected him to the point where he is now driven to and from school – "adding one more car to the congestion."

CVHS freshman Quinlan Iwasaka added his voice to the pleas for help by his fellow students.

"Like every teenager I of course love video games. My go-to games are usually Fortnite, Minecraft or Roblox but then there is also that oldie but goodie Frogger ... the classic game where you dodge cars to get a little amphibian from one side of the street to the other," Iwasaka said. "Not once would I have guessed that I'd get to be my very own real-life video game character but I've got to say my journey getting to and from school can sometimes easily resemble a chaotic round of Frogger."

He said while at Rosemont Middle School he saw how hard it was for him and his fellow students to know when and where to safely cross the street. That safety concern followed him when he started CVHS. He spoke about the area at Community and Glenwood avenues where there is a four-way stop at the intersection. However, there is still an issue concerning when students and cars should move forward.

"Kids just pour into the intersection from all sides at once, leaving frustrated drivers no choice but to slowly creep their way into the crosswalk and then gun it through when it looks like the coast [is] clear," he said.

Iwasaka said this intersection would be the perfect place for a crossing guard – a suggestion with which the student speakers and several in the CVTC audience agreed.

"My only job as a 14-year-old is to go to school and study," Lee said. "It's your job as the grown-ups to make sure I can get there in one piece."

*FREE with the purchase of two or more Merle Norman cosmetic products. Cosmetic accessories not included. Offer valid while supplies last at participating Merle Norman Cosmetics Studios beginning August 26, 2024. Limit one per customer. We reserve the right to modify the gift if needed. Promotion is exclusive to Studios (retail stores) and NOT available online at merlenorman.com.

KIM KELLY & KRIS KLINE

2341 Honolulu Ave., Montrose

(818) 249-1743

Mon-Fri 10-6 Sat 10-5

MERLE NORMAN
cosmetics

Merle Norman Cosmetic Studios have been independently owned and operated since 1931.

© 2024 Merle Norman Cosmetics Inc.

CVWD is Calling all Science Fiction Young Writers

By Mary O'KEEFE

Crescenta Valley Water District (CVWD) is calling on all middle and high school students to stretch their imaginations and encompass a science fiction future that has no water.

"Life Without Water" is the basis of the essay contest CVWD has created for students. The first place winner will receive \$100 and the essay will be published in CVW.

"Our contest was inspired by the serious situation with long-term water supply availability. The Colorado River is a prime example. There are ongoing first-in-U.S.-history negotiations between the basin states and the federal government regarding mandatory cutbacks in the amount of water available," said Patrick Atwater, CVWD Regulatory and Public Affairs manager. "It's a big deal."

He hopes students enjoy writing and using their imaginations while learning about the water crisis.

"The bigger hope is that adults learn that the safe and secure water supply we take for granted isn't guaranteed into the future. We need to proactively plan and act in order to ensure safe and clean water is available for the next generation," he added.

Those who would like to participate in the "Life Without Water" essay contest can go to cvwd.com/life-without-water to get more information. Submissions are due by Sept. 15.

Life without water is, in reality, a terrifying thought. It is taken for granted and it is nationally expected that when the faucet is turned on water will flow. The problem is years of droughts and extreme weather have affected water supplies.

"Groundwater is a vital resource in California and accounts for almost 60% of our state's water supply

in drought years. Multiple dry and drought years over recent decades have put a strain on California's groundwater resources," according to California Water Watch.

On Sept. 28, CVWD will be hosting an Imagine a Day Without Water event.

"The focus [of this event] is coordinating across emergency responders and proactively preparing with the community," Atwater said. "The idea is to plan for the worst so that it never happens. That is our job as utility professionals: to manage and plan for [such emergencies]."

The public is invited to the event at the Judy Tejada Reservoir from 9 a.m. to 11 a.m. on Saturday, Sept. 28. The Reservoir is in the 4700 block of Rosemont Avenue just north of Rosemont Middle School.

"Attendees can practice filling up a jug of water from our reservoir [and] learn from participating emergency responder partners," he said.

There will also be face painting and balloon animals for kids.

District Holds Community Schools Resource Fair

By Eliza PARTIKA

On Aug. 21, GUSD hosted its first Community Schools Resource Fair. Over 450 students from community schools Mann, Marshall, Jefferson, Columbus and Cerritos elementary schools enjoyed an afternoon filled with resources and school supplies, all with the goals of helping them start off the school year right. Glendale Police Dept. gave away backpacks and the Al Barro Foundation gave away clothing, shoes and school supplies. Students received dental and orthodontic checkups, and families received information on child care, CalFresh, mental health support and much more.

According to the GUSD website, "The purpose of a community school is to strengthen connections between a school and its students, parents/guardians, and community organizations to address students' social-emotional needs and their connectedness to their school

community. Students will develop voice, agency, leadership, and self-advocacy, all critical areas in students becoming successful leaders and lifelong learners."

Offering additional resources, the Glendale Education Foundation (GEF) held a "free shopping event" on Aug. 26 that included teacher "wish lists." The GUSD boardroom, which houses the GEF, was filled with backpacks, pencils, crayons and other school supplies ready for distribution to community school students. Some received new backpacks and shoes, others school supplies.

Parents and teachers were grateful to receive the resources from GUSD on behalf of students.

The events provided families who struggled to afford resources for their kids everything they needed to start the new school year.

"We've been struggling and getting clothes and supplies here took a huge weight off our shoulders," said one family. "We didn't know how we

were going to afford school supplies this year. This event truly made a difference for our family."

"I'm so thankful for the support - this fair made sure my kids are ready for school with everything they need," said another family.

According to the California Dept. of Education website, the goals of community schools are to provide families with educational and social resources to support the whole child as they progress through school - addressing families' needs for food, health, transportation, digital access, after-school programs and many more resources in addition to providing help in academics. The goal is to improve students' learning and educational outcomes by creating partnerships with schools, families and communities.

GUSD aims to continue its support of students and families and to grow its partnership with community schools over the duration of this school year as the district works to build new programs for kids.

PET OF THE WEEK



Jack and Jim, my support animals, are supporting me but Jim, on his back, lost interest.



CV Weekly loves to hear about your pets! Send a pic and small caption to steve@cvweekly.com



to share your lovable pets with the community!

COMEDYSPORTZ
HIGH SCHOOL LEAGUE
 CRESCENTA VALLEY

Friday
SEPTEMBER 13
 7:00 PM

TICKETS ONLY \$10

WE'RE BACK!!
Season Opener

@CVCOMEDYSPORTZ CVHS.GUSD.NET/CSZ

CVHS UNDERGROUND THEATER

WACs Holding Bingo Night



File photo
 The Women's Athletic Club has an active quilting department. The non-profit is having a bingo night and fundraiser on Sept. 21 at Verdugo Hills Memorial Hall.

WAC – Women's Athletic Club – is having a bingo night on Saturday, Sept. 21. Doors open at 5 p.m., the first game is at 6 p.m. Each winning bingo game pays \$100 cash! The final blackout game pays \$250.

WAC was established in 1924. It is a dedicated non-profit organization committed to promoting health, fitness and community engagement. For many years, the Club has provided scholarships to support women in their educational pursuits, specifically with physical education, physical therapy or any related field as the focus of study. WAC has also donated to various local charities enhancing the well-being and development of the Glendale community. Through its efforts the Club fosters a spirit of camaraderie, empowerment and social responsibility.

Two departments remain in the WAC organization: hikers and quilters.

The bingo night will be held at the Verdugo Hills Memorial Hall, 4011 La Crescenta Ave. in La Crescenta.

Bonnors Party Rentals
 SERVING THE FOOTHILL COMMUNITY SINCE 1939

Chairs ~ Tables ~ Linens
 Tents ~ String Lights ~ Heaters
 Concession Machines

Bonnors Party Rentals
 Thank You for Voting Us the Finest!
 (818) 951-9117
 www.bonnorsrentals.com

CRIME BLOTTER

- SEPT. 6**
 4500 block of Cypress Drive in La Cañada Flintridge, a catalytic converter was stolen from a vehicle between 5 p.m. and 11 p.m.
- SEPT. 2**
 500 block of Foothill Boulevard in La Cañada Flintridge, an employee reported witnessing a suspect, described as a Hispanic male, loading wooden pallets onto his vehicle. The employee confronted the suspect and told him to stop; the suspect got into his vehicle and drove away. It is not certain how many wooden pallets were stolen from the location at 10:30 p.m.
- SEPT. 3**
 4600 block of Glenwood Avenue in La Crescenta, a catalytic converter was stolen from a vehicle at 4:19 a.m.
- SEPT. 1**
 600 block of Foothill Boulevard in La Cañada Flintridge, several items were stolen from an unlocked vehicle between 8 p.m. and 8:30 p.m.
- SEPT. 1**
 5500 block of Rock Castle Drive in La Cañada Flintridge, a home under construction was damaged by vandalism between 6 p.m. on Sept. 1 and 6 p.m. on Sept. 2.

CV WEEKLY ON THE MOVE



The Taylor Aguilera family took along the CV Weekly when they went to Oregon and visited Seaside (near where "The Goonies" was filmed) and the Tillamook Creamery!

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.

Basket of Goodies from Don Francisco's Coffee



"Papa" Bill Shively enjoys his box of goodies from Don Francisco's Coffee. Shively was the winner of the recent CV Weekly contest that invited readers to send in a photo of them enjoying the CV Weekly with a cup of coffee.

To see this month's coffee recipe from Don Francisco's Coffee visit the Between Friends section of this week's paper or go online to <https://www.crescentvalleyweekly.com/category/between-friends/recipe/>.

CV WEEKLY IS ONLINE!
 WWW.CVWEEKLY.COM

WEATHER from page 2

us to do what we should be doing anyway: the creation of more humanistic service jobs," said Dr. Kai-Fu Lee, chairman and CEO of Sinovation Ventures, in a 2024 quote.

That statement could have been uttered in 1968 by Dr. Daystrom.

Daystrom also wanted to save human lives during war by having machines fight it out. This was another common theme in the original "Star Trek" series; remember, this show aired while American boys and men were fighting in Vietnam.

In the episode "The Ultimate Computer" the initial exercise demonstrated how M5 did exactly what it was supposed to do, making surprisingly human-like decisions.

Daystrom said he had developed a method of impressing human engrams upon the computer circuit.

"The relays are not unlike the synapse of the brain," Daystrom said. "M5 thinks."

Again – remember this episode was written in 1968.

The argument today of defending AI often includes, "Well, AI can only repeat what humans feed it." This is exactly what happened when M5 continued the "war games" even after the drill was over. But more than the science was the fine line of humanity we all walk every day.

That same worry of whether humans would become obsolete – something we hear regarding AI – is something Capt. Kirk and his crew contemplated.

In the end, Daystrom used the humanity he imprinted on M5 to save the day. The lesson is that although AI has a lot of positives, we humans must also keep our cautious nature and not be too willing to hand over the key to our spaceship, or our lives, too fast.

The smoke from all of the wildfires around the area has resulted in NOAA issuing an air quality alert yesterday, Wednesday, but it can be expanded to today.

"If you smell smoke or see ash due to a wildfire, remain indoors with windows and doors closed or seek alternative shelter if feasible. Avoid vigorous physical activity and run your air conditioner and/or an air purifier. If possible, do not use whole-house fans or swamp coolers that bring in outside air," according to NOAA.

As far as temperatures, the recent heat wave seems to be moving on leaving us with cooler temperatures dropping from triple digits to mid-to-low 80s through Sunday, and then even cooler temperatures on Monday and Tuesday next week with highs in the mid-70s. There is a slight possibility we'll see rain on Monday.

GCC from Cover

establishes new neighborhood public space amenities, with ample areas for events and activities; and that re-introduces and restores a local ecology that got disrupted and lost over the past decades. We're honored by the trust the City of Glendale has placed in . . . our team . . . and stoked to be able to work on such an amazing project!"

Councilmember Najarian quoted from the FPPC rules requiring the refusal.

"Public officials may not make, participate in making, or attempt to use their official position to influence a governmental decision in which they know or have reason to know they have a disqualifying interest . . . a disqualifying interest exists if the governmental decision at issue will have a reasonably foreseeable material effect on the official's financial interest." Najarian added that he does not believe his interest

is "material." City attorney Garcia responded with his understanding of the requirements for the recusals.

"To me," he said, "it's a relatively straightforward application of the regulation. The 500-foot rule is intended to be a bright-line rule, only overridden when there are extenuating circumstances."

Councilmember Ardy Kassakhian urged a delay while the FPPC opinion is secured.

"I apologize to members of the public who are here, but I hope the members of the public are getting the same education in the process of transparency that we are," Kassakhian said. "I think we [should] put a pause on this and resume when we have an answer."

Councilmember Dan Brotman advocated moving forward on the issue.

Earlier in the council meeting,

Councilmember Najarian urged the council to vote to accept \$400,000 from LA Metro's Open Streets Grant Program "for those who, for some reason think that I'm anti-bike."

According to the city's staff report, "This program, established in 2013, aims to facilitate temporary street closures along designated routes, encouraging pedestrians, cyclists and other non-motorized modes of transportation to explore areas and engage with community, access businesses and enjoy the health benefits of an active transportation lifestyle. The Open Streets program has previously funded successful projects like 2017 CicLAvia in Glendale, Beach Streets in Long Beach, and Active Streets (formerly 626 Golden Streets) in San Gabriel Valley, all sharing similar goals. These initiatives have proven highly successful in engaging local communities, increasing

access and providing exposure to neighborhoods and businesses along the proposed routes."

The Be Street Smart open street event is scheduled for Saturday, May 31, 2025 along Glendale Avenue from Doran Street to Los Feliz Boulevard.

Additionally, Glendale Water & Power managers commended and thanked field crews working for the utility through the past consecutive extremely hot days.

The city's Women's Equality Event (<https://tinyurl.com/mtdhef37>) has been moved to Sept. 25.

On the topic of al fresco dining in private parking lots, the council voted to continue to allow existing outdoor dining facilities and to consider expanding the program, which started during the pandemic.

You can read more at CVWeekly.com/NEWS

1924 - 2024

CENTENNIAL GALA

St. Luke's of the Mountains
100 Years of Love, God and Community

SATURDAY, SEPTEMBER 21
6:00PM-10:00PM

A CELEBRATION
HISTORY MUSIC FORMAL DINNER DANCE
FUND A PROGRAM AUCTION

[BOOK NOW](#)

TICKETS \$125.00
Note "GALA" and Number of Tickets

VIEWPOINTS

» MYSTERIES OF MONTROSE

How Did Montrose Get Its Name? – Part 1

From Mike Lawler: Local historian Robert Newcombe is an expert on the history of Montrose. I am giving my next four columns to him so he can write on these mysteries of Montrose's origins: How did Montrose get its name (parts 1 & 2)? Where did its water come from? Are the streets really laid out in the pattern of a rose?

Here's Robert:

The common adage is that history is written by the victors but it's also written by numbskulls like me who, writing years after the events in question with no definitive evidence, must make educated guesses about what happened. Twelve years ago, I wrote a book for Arcadia Publishing on Montrose called, oddly enough, "Montrose" with the understanding that I would submit everything to them in only eight weeks instead of its customary six months. While writing it, I came across three questions that I could

not find answers to in those eight weeks. In June of this year, I gave a presentation to the Historical Society of the Crescenta Valley on what I called the Mysteries of Montrose Origins. This and next week's guest column summarize my presentation of the first mystery: Where did the name Montrose come from?

For the past 110 years or so, local historians have referred to Grace J. Oberbeck's book "History of La Crescenta-La Cañada Valleys" published in 1938 as the story of how Montrose got its name. However, it's ridiculous that this has become the bible of the history of Montrose, considering her actual text says she doesn't know why the name was Montrose was picked. It could be that her writing is so flowery that readers didn't understand, "Contests concerning the name are still being held" and "We think it would be very interesting to know

the story of the prized lot" are her way of saying, "I don't know how Montrose got its name, but I would love to know."

She does start with a definitive bit of history: "The firm of Holmes and Walton ... held a contest and gave a lot as a prize for the best name submitted for the town they were starting." She wrote this book less than 25 years after the actual events.

Many people in this area had lived through this history and could tell her what happened. Developer Robert Walton lived nearby in Glendale but apparently she didn't know that and didn't contact him. She also didn't know that Frederick Holmes had sold his share of their real estate company to Walton in 1908 so Holmes was not involved at all in the development of what would become Montrose, though there are many references to "developers Holmes and Walton" in histories of

Montrose. (Yes, I've done it too.)

When I started writing the book in 2012 some local historians questioned the veracity of Montrose being named by a contest since, up to that point, there was no actual evidence of a contest having taken place.

While I had the distinct disadvantage of not being able to interview anyone who had lived through the birthing of Montrose, I did have some technological advantages over Grace Oberbeck, starting with microfilm. I was able to review old copies of the LA Times at the downtown public library and I finally found one of the ads announcing the contest. This ad ran in early December 1912, and the follow-up ad announcing the contest results ran on Dec. 29, 1912. Less than two months later, Walton hosted a barbeque on Feb. 22, 1913 that he described as the "opening day" of Montrose.

The ad did not say why the name Montrose was chosen. While Grace Oberbeck wrote that the developers selected the name Montrose as being "the most appropriate," this ad did not say that. The closest the ad said is that "9 Clever Contestants Submitted the name Montrose." Apparently, the thousands of other contestants who submitted other names were not clever.

The ad listed the names and addresses of those nine clever people and they picked one winner from the nine, presumably by using some random method like drawing names out of a hat. The winner chose cash instead of a lot. The ad also listed the five judges and where they worked!

While finding these ads answered "how" Montrose got its name, they did not answer the question of why the name Montrose was chosen. In my next column, I hope to solve this mystery.



TAYLOR DAYNE

SATURDAY
SEPTEMBER 21, 2024

Arcadia Performing Arts Center

TICKETS:
www.ArcadiaPAF.org

ARCADIA PERFORMING ARTS FOUNDATION

NEWS FROM THE CVTC » FRIDA BAGHDASSARIAN

The Crescenta Valley Town Council is excited to announce its upcoming general meeting, which will be held on Thursday, Sept. 19 at 7 p.m. at the La Crescenta Library. This meeting will provide an excellent opportunity for community members to engage with council members, discuss important local issues and share their thoughts and ideas.

In a heartfelt expression of gratitude, I extend my sincerest thanks to my colleague Dede Mueller for organizing an outstanding outreach event focused on school safety as we embark on a new school year. This vital initiative brought together local agencies, including the sheriff's department, CHP, the assistant principal from Crescenta Valley High School, the principal from Rosemont Middle School, and dedicated county officials. Their collaborative effort will ensure the safety of our community as we start this academic year, and we ask everyone in the community – especially the parents at our schools – to adhere to these essential safety measures. We can create a secure

environment and have a safe and successful school year.

Now, mark your calendars for our annual pancake breakfast scheduled for Oct. 12 at St. Luke's of the Mountains Church, 2563 Foothill Blvd. in La Crescenta. From 7 a.m. to 11 a.m., community members are invited to enjoy a delicious breakfast of fluffy pancakes while supporting a great cause. This beloved event serves as one of the primary fundraising efforts for the council, allowing us to provide scholarships to local high school students at the end of the academic year. Every ticket purchased and every pancake enjoyed directly contributes to the future of our youth, helping them pursue their educational dreams. Bring your family, friends and neighbors for a morning of fun, food, and community spirit!

In addition to the pancake festivities, the council wants to remind everyone that elections are just around the corner. Community engagement is not just critical; it's crucial, and this is an excellent opportunity for residents to get involved. Those interested in running for a position on the council should please visit our website and social media platforms for more information. Your active participation can make a significant difference in our community's future.

Important Reminder: Applications to run must be postmarked or received by 5 p.m. on Oct. 8. Interested candidates can find the application at www.thecvcouncil.com.

We look forward to seeing everyone at our general meeting on Sept. 19 and the pancake breakfast on Oct. 12. Together we can continue to enhance our vibrant community!

*Frida Baghdassarian, President
CV Town Council*



THE BIG OPENER

UCLA VS. INDIANA
SATURDAY, SEPT. 14
4:30PM
ROSE BOWL STADIUM



UCLABRUINS.COM/TICKETS

WR J. MICHAEL STURDIVANT @JMICHAELSTURDIVANT

LETTERS TO THE EDITOR

California Electric Vehicle Law

An interesting scene takes place every day at the electric vehicle charging station in the NE corner of the Vons parking lot in La Crescenta: at least two or three cars – if not more – can be seen waiting
see LETTERS on page 19



CV Weekly's SENIORS

SPECIAL SECTION 2024

FACING AGE ... INTERESTINGLY

Getting older is an inevitable part of life. It's something that nearly everyone must face and, although it has its challenges it also has its perks. Here are some interesting facts about getting older:

- *Age is just a number.* While it's true that your body may not be able to do everything it once could, getting older is not a reflection of your ability to enjoy life to the fullest.
- *Your brain is getting sharper.* Contrary to popular belief, your ability to learn, process information and think critically actually improves with age.
- *You're more resilient than you think.* Studies have shown that older people are often more adept at dealing with stress and handling challenge.
- *You're less likely to indulge in risky behaviors.* As you get older, you become less likely to engage in risky behaviors like drinking too much alcohol, smoking or driving too fast.
- *You become more financially stable.* Many people find that as they get older, their financial situation becomes more stable, allowing them to enjoy their retirement years.
- *Your taste buds change.* Your taste buds become less sensitive as you age, which can actually make certain foods taste better.
- *You may have more health problems.* Unfortunately, as you get older you are more likely to develop chronic health conditions like arthritis, diabetes, high blood pressure and other conditions.
- *You have more time for hobbies and interests.* As you retire or work less, you will likely have more time to pursue hobbies and interests that you may not have had time for earlier in life.



With age comes many positive changes. CREDIT: This resource was generated with AI; designed by Freepik.

- *You may need less sleep.* As you age, you may find that you need less sleep to feel rested, which can free up more time for other activities.
 - *You're wiser.* With age comes wisdom, which can help you navigate life's ups and downs with greater ease.
- Overall, getting older can be a mixed bag of experiences, but there are certainly many advantages to growing older. You should cherish the years you have and make the most of them.

Article written by Seniors Blue Book

WORLD ALZHEIMER'S DAY 2024 WEBINAR

September 27
9 a.m. to 10 a.m.

The public is invited to join the Alzheimer's Therapeutic Research Institute for a special free webinar on World Alzheimer's Day 2024 as the critical importance of inclusive Alzheimer's research is explored. Emmy Award-winning journalist Angela An will engage in a thought-provoking conversation with Sarah Walter from ATRI and ACTC about how partnering with research participants can drive more effective and equitable outcomes.

Register to attend now and don't miss this opportunity to learn more about how we can work together to find a cure for Alzheimer's disease.

YOUR WELLBEING. YOUR COMMUNITY.

A community health and wellbeing fair for the entire family.

Saturday, October 5, 2024
9 am-12 pm

USC Verdugo Hills Hospital
1812 Verdugo Blvd., Glendale, CA 91208
West Parking Lot



FREE ADMISSION!



FREE activities, educational demonstrations, screenings, and resources.

- Anxiety Screening
- Balance Assessment
- Blood Pressure Screening
- Hands-on CPR Training
- Healthy Eating Activities
- Meet Local Physicians
- Narcan Training
- Dental Screenings for Kids
- Head and Neck Screenings
- Intra-oral Screenings for Adults
- Kids' Activities
- And more!

USC Verdugo Hills Hospital
Keck Medicine of USC



FREE **GOLDEN FUTURE**
50+ EXPO

14th Annual
Lifestyle, Health &
Active Aging Expo

SAT, OCTOBER 5TH 2024

9am - 1:30pm
Hilton Hotel
6360 Canoga Ave
Woodland Hills, CA

- Free Admission & Parking!
- 60 Vendor Booths!
- Expert Speakers!
- Free Swag Bag!
- Hair Cuts + Nail Manicures!
- Health Screenings
- Bingo with Cash Prizes!
- DIY Arts & Craft Class!
- Fitness & Meditation Class!
- Door Prizes & More!

*Free Parking is Located Next Door at 6400 Canoga Avenue.
www.GoldenFutureSeniorExpo.com

CV Weekly's
SENIORS | SPECIAL SECTION 2024

Studies Find Most U.S. Seniors Prescribed at Least One Drug, But Many Skip Meds Due to Cost

Too many U.S. seniors are skipping their prescription meds due to cost and the problem is most acute among the poor and chronically ill, new data shows.

Almost all (88.6%) Americans age 65 or older has been prescribed at least one prescription medicine, according to 2021-22 data from an annual federal survey.

That percentage rises from 86.9% among folks aged 65 to 74 to more than 91% among those aged 75 and older.

Unfortunately, not everyone can afford to fill their prescriptions, the survey also showed.

Overall, "3.6% did not get needed prescription medication due to cost, and 3.4% did not take medication as prescribed due to cost," concluded a report co-authored by Larissa Mykta and Robin Cohen. Mykta is chief of the Health and Disability Statistics Branch at the U.S. Census Bureau, and Cohen is a statistician at the U.S. Centers for Disease Control and Prevention.

As the researchers note in their report, Americans are finding it tougher to fit prescription medications into their budgets.

"According to a recent study from RAND, prescription drug prices in the United States are nearly three times higher" than those of other wealthy nations, and "out-of-pocket costs for retail drugs rose 4.8%, to \$63 billion, between 2020 and 2021."

While it might be assumed that Medicare covers the full cost of prescription drugs for seniors, that's not always true.

"Prescription coverage for adults age 65 and older is not universal," Cohen and Mykta said.

Although the Medicare Part D drug plan can cover some of the cost, enrollees "typically pay a premium for coverage and are also responsible for any copays associated with prescription medication costs," the two experts noted.

High copays and deductibles can take a big bite out of cash-strapped seniors' monthly budget.

According to the data, most seniors (82.7%) had some form of prescription drug coverage in 2021-22. The odds of having coverage rose if the person was white, married and in a higher income bracket, Cohen and Mykta found.

However, many seniors still fell through the cracks and just couldn't afford drugs they'd been prescribed.

To cope, "2.2% of older adults took less medication than prescribed, 2.7% delayed filling a prescription and 1.7% skipped medication doses due to cost," the researchers said.

Black seniors were more prone to cutting back on their meds due to cost than Whites, and the practice was most prevalent in households faced by what the researchers called "food insecurity."

Among these households, tough decisions were often made between groceries and prescription meds.

"Adults living in food-insecure families were more than six times more likely than adults living in food-secure families to take less medication than prescribed, delay filling a prescription or skip medication doses," the two researchers reported.

And the sicker a low-income person was the more likely s/he was to skip prescription meds due to cost.

Chronic illnesses are widespread among seniors, the researchers noted.

"In 2022, 47.9% of older adults had been diagnosed with arthritis, 20.1% with diabetes, 48.1% with high cholesterol and 58.5% with hypertension," Cohen and Mykta found, and these conditions usually require medication to keep them under control.



Yoga Moves to Improve Hip Health

Protect yourself from pain and disability with simple exercises you can do at home

Modern life provides a perfect recipe for hip replacement. Because daily activities can involve spending much of our time locked into a G shape – knees bent, butt on a chair, upper body hunched over a desk or a steering column – most of us develop tightness and weakness in our hips and surrounding muscles resulting in hip, back and knee pain. There's even a name for this phenomenon: dormant butt syndrome (seriously: look it up).

As a result, you probably know someone who's had a hip-joint replacement or maybe this procedure has been recommended for you. Fortunately, there's a way to fight back. Strength and flexibility exercises can help absorb shock and protect your hip joints from painful movements and further damage.

A small 2017 study of women with osteoarthritis of the hip found that after 12 weeks of exercise, pain declined by 30%. Another study showed that hip-strengthening exercises can cut the need for hip-replacement surgery by 44%.

Stronger hips can also help protect against falls and pelvis fractures, and reduce back and knee pain, too.

As a yoga instructor and therapist, I make improving hip strength and flexibility one of the primary goals for my patients. Here is the program I use to help them beat pain and, with luck, avoid further injury and surgery. (If you've already had a hip replacement, these exercises may play a role in helping to support the new joints – especially by strengthening and moving the surrounding muscles. But be sure to check with your doctor first.)

- Breathing** Start with some belly breathing. Try to keep this pattern of relaxed breathing throughout the routine.
- Wall yoga** Legs-up-the-wall poses are not only great for your hips, legs and back – they are often calming and relaxing as well.
- Chair yoga** If wall yoga seems a bit too challenging, you can use the following chair yoga exercises to target all the necessary muscles and tendons that support your hips.
- Seated Pigeon** *Don't attempt this posture if you've had a hip replacement (you don't want to risk dislocating the new joint). Instead, try a gentler modification, such as extending both of your legs straight out, with your heels on the floor. Next, cross your right ankle over your left, hold for four to six breaths, then repeat with your left ankle on top.
- Seated Warrior**

Written by Larry Payne, a yoga therapist and writer. He is co-creator of the yoga curriculum at the UCLA School of Medicine and the author of AARP's Yoga After 50 for Dummies. To get detailed instructions on these exercises, visit <https://www.aarp.org/health/healthy-living/info-2021/hip-exercises.html>.



Wall yoga poses are not only great for your hips, legs and back – they are often calming and relaxing as well. Photo provided by Freepik.com

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

Sensible, Affordable, Effective Treatment Without Drugs or Surgery

Flexion/Distraktion Therapy A Non-Surgical, Highly Effective Solution for Disc Related Low Back and Neck Pain

Call for a FREE phone consultation at 818 249-2300 to see if you are a candidate.

Dr. Brian Miller D.C.
The Chiropractic Place

2235 Honolulu Avenue, Montrose CA 91020
(818) 249-2300

Take part in all the fun at your L.A. County Library!

- Join a book club
- Learn a language
- Get tech help
- Pick up a hobby
- Volunteer
- Access resources

Get connected online at lacountylibrary.org/older-adults

La Crescenta Library
2809 Foothill Blvd.
La Crescenta, CA 91214
(818) 248-5313

La Cañada Flintridge Library
4545 N Oakwood Ave.
La Canada Flintridge, CA 91011
(818) 790-3330



100th Anniversary
1924-2024

We are proud to celebrate our 100th year in business! It has taken knowledge, perseverance, customer service, amazing staff and mostly, our wonderful customers! Thank you for being part of our 100 years. We are honored to continue serving you.

La Crescenta PHARMACY
SINCE 1924 - INDEPENDENT OWNERS

818.248.5851
2764 Foothill Blvd
La Crescenta
FREE Local Deliveries

CV Weekly The Top 100 2024

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

V.I.P. TRUST DEED COMPANY

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

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

VILLA SCALABRINI
Retirement Center & Special Care Unit

• Independent Living, Assisted Living, Memory Care, Skilled Nursing
• Private Room Rates starting at \$2,500/month
• Three daily meals served in an elegant dining room
• A rich and varied activity program
• Loving, compassionate care

NOW ACCEPTING NEW RESIDENTS!
TAKE A VIRTUAL TOUR AT WWW.VILLASCALABRINI.COM

FOR MORE INFORMATION OR TO SCHEDULE A TOUR CALL 818-768-6500 EXT. 216 OR ALICIA@VILLASCALABRINI.COM

10631 Vinedale St., Sun Valley, CA 91352 RCFE Lic. #191201168 - SCU Lic. #920000120

BETWEEN FRIENDS

Community Cares at the Community Center of La Cañada Flintridge

By Ruth SOWBY

More than 50 community residents – all volunteers – were busy assembling packages for 120 patients currently undergoing chemotherapy treatments for cancer. On Thursday, Sept. 5 the CCLCF had long tables and chairs set up with all the donated items: makeup from Sephora, colorful beanies from Glendale residents, hand-crocheted blankets and scarves from volunteers from all over the country and straw baskets to hold the overflow of the chemo patient care kits assembled at the Community Cares event.

La Crescenta resident Betsy Ferguson is the executive director of CCLCF.

“I wanted to build a volunteer program at the Center,” said Ferguson. “This program touches so many people who know someone with cancer.”

Volunteer activities are held quarterly at the Center. In fact, one of the volunteers assembling the kits is a cancer patient currently undergoing chemotherapy.

Glendale resident Sandra Currano, 65, said, “I wanted to do something good to give back to the



community.” Carolyn Dundee, present at the Community Cares event, is the executive director of Small Acts Big Change. Her organization partners with the Norris Cancer Center Los Angeles where the cancer patients are hospitalized. In the next few weeks, Dundee will help Community Center volunteers distribute the kits to the 120 Norris Center Cancer patients.

Upcoming at the Community Center is its 75th anniversary celebration on Sept. 21.

LEFT: Sisters Daniela, left, and Sofia Luque are volunteers at the Community Center of La Cañada Flintridge. They're holding hand-crocheted blankets donated for chemo patient care kits to give to cancer patients at the Norris Cancer Center Los Angeles.

TOP RIGHT: Glendale resident and cancer patient Sandra Currano, 65, is undergoing chemotherapy treatments. She was one of over 50 volunteers at the Community Cares event held Thursday, Sept. 5 at the Community Center of La Cañada Flintridge.

RIGHT: Over 50 volunteers assembled chemo patient care kits at the CCLCF. All items such as beanies were handmade and donated for cancer patients.

Photos by Ruth SOWBY

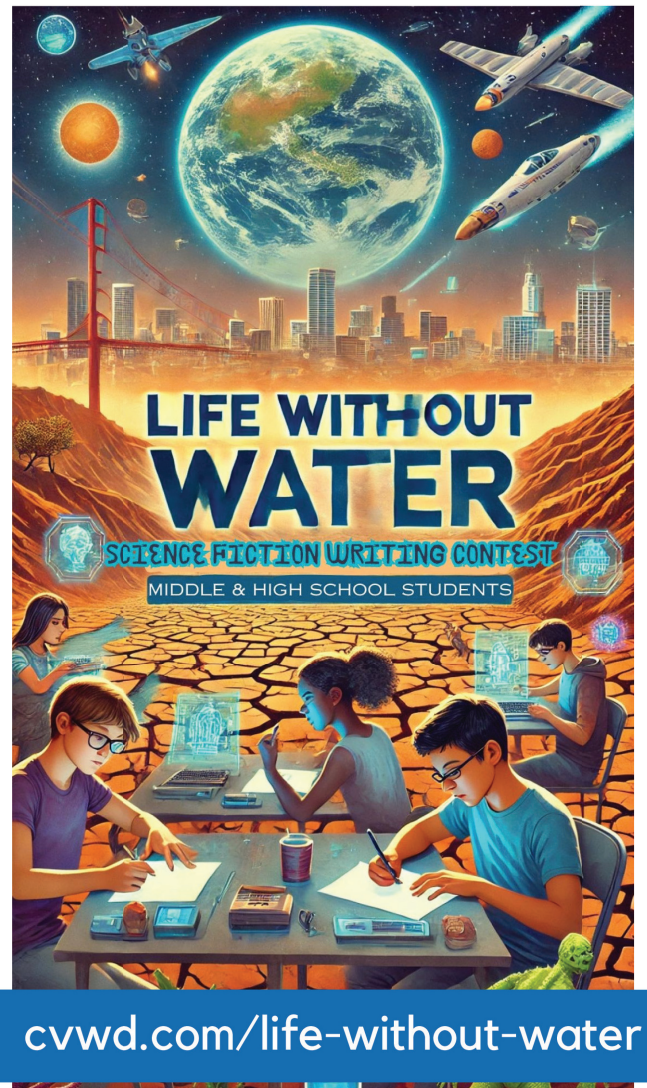


CRESCENTA VALLEY WATER DISTRICT



EMERGENCY PREPAREDNESS EVENT

STORY CONTEST



LOCATION
Judy Tejada Reservoir
4745 Rosemont Ave
La Crescenta, CA 91214

DATE
September 28, 2024
9 - 11 AM

ACTIVITIES
Face painting
Balloon Animals

Register: bit.ly/day_without_water

cvwd.com/life-without-water

National Charity League, Inc. Glendale Chapter Sellebration 2024

The Glendale Chapter of National Charity League, Inc. will hold its annual community rummage sale, Sellebration, at the Pacific Community Center in Glendale on Saturday,

Sept. 21. A long-standing event for the Chapter, Sellebration serves the community with well-priced offerings of apparel, toys and home goods and this year was chaired by local residents

Melissa Yee and Shauna McManus.

Over 200 mothers and daughters will spend countless hours on planning, preparing, setting up and working at Sellebration.

“This year’s event embraces the ‘Sellebration of Everyday Joy’ by bringing our chapter together in a single effort to raise money for our philanthropies and fund annual grants for the purchase of equipment and supplies,” said Stacy Sartor, president, NCL Glendale Chapter.

Pacific Community Center is located at 501 S. Pacific Ave. in Glendale and the rummage sale is from 8 a.m. to 2 p.m.

The mission of NCL is to foster mother-daughter relationships in a philanthropic organization committed to community service, leadership

development and cultural experiences. The Glendale Chapter works with over 20 local philanthropies, providing lunches to the homeless at Acencia and Union Station, assisting at summer camps at the YWCA of Glendale, decorating Rose Parade floats, providing meals to Door of Hope, organizing a blood drive with the Red Cross and many other activities. The Chapter proudly presents an annual senior recognition ball for its graduating class and offers NCL, Inc. traditions such as an annual Mother/Daughter Awards Tea and Fashion Show.

» TASTY TREATS

Don Francisco’s Coffee Presents Pumpkin-Infused Coffee and Cream Recipe

To celebrate the return of its Pumpkin Spice flavor, Don Francisco’s Coffee created the Pumpkin Spice-infused Coffee and Cream recipe – an easy-to-make, café-worthy drink that blends velvety pumpkin spice and rich creaminess.

Pumpkin Spice-Infused Coffee and Cream Recipe

Ingredients:

- 2 cups brewed Don Francisco’s Pumpkin Spice Coffee
- 1.5 cups half-and-half (or non-dairy substitute)
- 2 tbsp. pumpkin puree
- 2 tbsp. maple syrup
- 1 tsp. pumpkin pie spice
- 1 tsp. ground ginger
- 1 star anise
- 1 tsp. cloves
- 2 cinnamon sticks
- Whipped cream
- Cinnamon

Directions:

1. Brew your favorite Don Francisco’s Pumpkin Spice Coffee.
2. In a saucepan over medium heat, warm the half-and-half (or substitute) with pumpkin puree, maple syrup, spices and star anise. Whisk well.
3. Remove the pot from heat and strain the mixture.
4. Pour brewed coffee into mugs and top with the hot cream mixture.
5. Finish with a dollop of whipped cream and a sprinkle of cinnamon for an extra festive touch.



For additional coffee recipe inspiration, visit Don Francisco’s Coffee at donfranciscos.com.

Also, look for a special Pumpkin Spice Coffee giveaway via Don Francisco’s Coffee Instagram @donfranciscos on National Pumpkin Spice Day (Oct. 1). Two lucky winners will receive a special Don Francisco’s Pumpkin Spice gift box complete with a three-month supply of Don Francisco’s Coffee that will include Pumpkin Spice coffee, two other surprise flavors, and fun promotional items to inspire coffee creations throughout the year.

Don Francisco’s Coffee has a rich, deep coffee legacy dating back almost 160 years: is made from 100% Arabica beans, sourced from the world’s best coffee growing regions; and roasted in a zero-waste-to-landfill roastery. Locally roasted. Make sure to visit donfranciscos.com or its Amazon store to check out the vast offerings, discounts and promotions.



Photo provided by Glendale Chapter of National Charity League, Inc. Savvy shoppers look over the items for sale at a recent NCL, Inc. Sellebration event.

Questions About Today’s Real Estate?

Ask Phyllis!

Trustee Not Acting in the Estate’s Best Interest

Dear Phyllis,

I find myself in a difficult situation. My deceased husband’s brother passed away without a spouse or children. He left 1/3 of the estate to my sister-in-law, the trustee. I get my husband’s 1/3 interest and the remaining 1/3 interest is divided between five nieces and nephews. His brother passed away 18 months ago. Immediately after passing, my sister-in-law moved her 40-year-old daughter into the house. After all of this time, they now tell us she wants to buy the house. This niece has been living in the house rent-free for 18 months. And now she offered the price on the appraisal from 16 months ago. I am uncomfortable with her buying the house; I feel like we are getting railroaded. I understand from years of reading your real estate column that my sister-in-law has a fiduciary duty to the estate. What do you do when the trustee is not acting in the estate’s best interest?

Dorothy

Dear Dorothy,

Thank you for being a loyal reader! I am sorry that you find yourself in this position.

It seems reasonable that her daughter has an

opportunity to purchase the home. However, the home should be listed in the multiple listing service. Then, she should be able to match the highest-priced offer received. I had a similar situation several years ago between two siblings. However, they were co-trustees. I listed the home for sale and received an offer over the asking price and then one of the siblings decided to buy the other out, matching the highest offer.

I am not an attorney and cannot offer the legal advice you need. Before seeking an attorney’s council, perhaps you can meet with your sister-in-law and as many of the nieces and nephews as possible, representing a majority against her 1/3 interest.

It is crucial to remind your sister-in-law of her role and responsibilities as the trustee. Her actions, such as allowing her daughter to live rent-free for over a year and not listing the home for sale, are not in the best interest of the estate. It is important to stress that you are prepared to seek legal counsel, if necessary, to ensure that the estate’s best interests are upheld. I wish you and your family the best of luck in resolving this as soon as possible.

Best regards,

Phyllis



Phyllis Harb

Realtor® | DRE# 008487500

(818) 790-7325

Phyllis@Harbandco.com

www.HarbandCo.com



GLOBAL LUXURY.





SATURDAY OCTOBER 5, 2024 12 NOON - 10 PM

FREE EVENT & FAMILY FRIENDLY

MontroseChamber.org/MontroseOktoberfest @MontroseOktoberfest

2200-2400 HONOLULU AVE. MONTROSE, CA 91020

FOOD/RIDES Tickets Onsite or Presale via QR Code.



Celebrating Our 45th Year











Thank You to Our Sponsors














Contact us at mccc@MontroseChamber.org (or (818) 249-7171 for questions, FAQ, or to sponsor this event!)

Website: 



TRAVEL & LEISURE

Halloween Horror Nights Bring Monsters and Mayhem to Universal Studios Hollywood

By Charly SHELTON

It's time to step into the fog once more as the year's first Halloween haunt descends on Universal Studios Hollywood. Halloween Horror Nights 2024 kicked off with all the thrills, chills and scares fans have come to expect as this year's event delivered on its promise to be one of the best yet. Universal brought CV Weekly out to experience the horrors firsthand and, while all the mazes had their highs and lows, two particular standout mazes stole the show: Universal Monsters: Eternal Bloodlines and Dead Exposure: Death Valley.

Universal Monsters: Eternal Bloodlines takes the crown as the best maze of the year and, frankly, one of the best I've ever seen at Halloween Horror Nights. The all-female-led haunted house combines the stories of some of Universal's most iconic monsters including Dracula's Daughter, the She-Wolf of London, mummified Egyptian princess Anck-Su-Namun and returning favorite vampire hunter the Bride of Frankenstein.

The narrative follows Saskia Van Helsing, daughter of legendary monster hunter Abraham Van Helsing, as she avenges her brother's death at the hands (and fangs) of Dracula's daughter Countess Marya, who herself arose from the dead to seek revenge for her father and

destroy the Van Helsing bloodline. Saskia allies herself with the only other living person who has faced down vampires – The Bride of Frankenstein – when she sought to use their undead blood to bring her husband back to life in 2021's maze, "The Bride of Frankenstein LIVES." Dracula's daughter creates an alliance between herself, the She-Wolf, and Anck-Su-Namun to end the monster hunters who have plagued them for so long, leading to a shocking and epic battle. The maze is dark, atmospheric and packed with intense set pieces and stunning effects – there's even a beheading gag that's executed with jaw-dropping realism.

Slash's music perfectly underscores the experience adding a layer of authenticity and excitement for die-hard monster movie fans like myself. And, as one final cherry on top, the maze is built in Stage 12 where 1931's "Dracula," 1931's "Frankenstein" and 1935's "The Bride of Frankenstein" were filmed. This maze, with these monsters, is taking place in the literal spot where monster movies were invented. Suffice it to say, this is one maze you absolutely cannot miss.

Elsewhere on the Lower Lot, Dead Exposure: Death Valley is a completely original concept house that taps into a different kind of fear – irradiated zombies. This maze was all about the lighting and

special effects with blacklight rooms and eerie green glows creating an atmosphere of dread. The maze is set in a research station that has gone awry with animals and humans alike succumbing to radioactive contamination. The attention to detail here is impressive and the way the lighting enhances the scares made it one of the most unique mazes of the night. The room where everything appears to be on fire with bright green (projected) flames was particularly well done and immersive, adding to the tension. Definitely put this one high on your list, especially after dark to fully appreciate the lighting effects.

Other mazes at the event, from films "A Quiet Place" and "Ghostbusters: Frozen Empire" were fun but didn't quite reach the level of scares delivered by Eternal Bloodlines or Death Valley. The maze A Quiet Place is the one many fans are looking forward to with ASL woven into the experience to stay true to the film's premise. However, it felt repetitive at times with the same jump scares that didn't quite escalate. The maze Ghostbusters: Frozen Empire is a nostalgic journey for fans of the franchise filled with fun nods and a few effective scares, but it's more of a love letter to the films than a genuinely good maze.

The Terror Tram: Enter the Blumhouse experience, while always a staple of the event, felt more like



a walkthrough of vignettes from "Freaky" and "M3GAN" rather than something fresh. It's still a crowd-pleaser, but with the long lines and time commitment, it's one of the few experiences you could skip without missing out too much.

All in all, this year's Halloween Horror Nights brought an impressive slate of haunted houses, scare zones and live entertainment. From the chainsaw-wielding maniacs of Chainsaw Punkz to the eerie elegance of Murder of Crowz, there's plenty to keep guests on edge as they navigate the park. For those looking to cap off their night, don't miss stunt show The Purge: Dangerous Waters at the Waterworld stage – a fiery, explosive spectacle that delivers high-energy action from start to finish.

With such a solid lineup, Halloween Horror Nights 2024 is shaping up to

be one of the best in recent memory. For those who only have time for a few mazes, make sure Universal Monsters: Eternal Bloodlines and Dead Exposure: Death Valley are at the top of your list.

This event runs on select nights from Sept. 5 through Nov. 3. Don't wait to get tickets – they're selling fast and the best dates are already filling up. Visit [UniversalStudiosHollywood.com](https://www.universalstudioshollywood.com) for more details.

For an in-depth review of each maze and show, check out my video review with spoilers and no-spoilers versions on YouTube. Scan the QR code attached to this story or search me out on YouTube @ Zipahdeedoodad.

Photo by Charly SHELTON
An escaped test subject nearly grabs a guest inside "Dead Exposure: Death Valley."

Friends tell friends to schedule a mammogram. Get yours today.

Mammograms help save lives. According to Center for Disease Control and Prevention (CDC), getting a screening mammogram could give you many more healthy years together with the people you love.

Tell the people in your life to get their annual mammogram. And if you are age 40 or older, be sure to make an annual appointment for yourself. Because friends tell friends to schedule a mammogram.

Available at

**USC Verdugo Hills Hospital
Breast Healthcare Center**
1818 Verdugo Blvd., Suite 103
Glendale, CA 91208

**During
October,
get a \$99
screening
mammogram***

* \$99 offer only available during the month of October to people over the age of 40. Medical insurance is not required. Payment must be received at the time of service.



**USC Verdugo
Hills Hospital**
Keck Medicine of **USC**

Call (818) 952-3557 for more information or to schedule your screening mammogram today!

Art Talks at Brand Return This Fall

Brand Library & Art Center announced its fall Art Talks at Brand, formerly titled Art Talk Tuesday. Art Talks at Brand invites contemporary artists to discuss their work and the issues surrounding it, followed by a moderated Q&A with Brand staff member, artist and writer Jennifer Remenchik. The fall series will feature Los Angeles-based artists Kira Shewfelt, Amie Sillah, Edgar Bryan, and Carrie Cook. The series is sponsored by the Brand Associates, is free and open to the public.



touch movement and gestures, and subjects that portray intimate, athletic and existential motifs, often set within the natural world. Her work can be found in the collection of AMOCA Wales and private collections internationally.

Brand Library & Art Center is located at 1601 W. Mountain St. in Glendale.

On Thursday, Sept. 19 at 7 p.m. Los Angeles-based painter Kira Maria Shewfelt is featured. Taking influence from literary genres of magical realism and romanticism, her painting explores the physical-spiritual connections of contemporary life in saturated chroma, high

Photo credit Zachary RUDDELL
Kira Maria Shewfelt. The Sanctuary, oil on linen, (Dptych, each 55 x 83 x 1.5 inch panels), 2023-24.

What's Cooking

Your Local guide to good food!

September 12TH Specials!

GOURMET a go go
Fresh Food Fast

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

CV Weekly 2017 CV Weekly 2019 CV Weekly 2024

818 331-2002
Gourmetagooonline.com

Got Good Food?

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

THEN & NOW It's A Wonderful Life – Martini House

Courtesy of the Historical Society of CV



THEN » The 1946 holiday classic "It's A Wonderful Life" was filmed partly in La Cañada. Here we see the characters, played by Jimmy Stewart and Donna Reed, with a crowd of well-wishers welcoming the Martini family to their new home in the fictional Bailey Park.



NOW » That same house today is unchanged from its appearance in the movie. The house is located on Viro Road, two blocks up from Foothill Boulevard near La Cañada High School.

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.

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

WWW.CVWEEKLY.COM

ANSWERS for page 17

1	H	A	S	P	5	T	E	A	L	9	S	U	P	R	A			
14	E	V	E	R	15	E	U	R	O	16	T	R	I	E	R			
17	L	E	G	O	18	A	G	E	S	19	A	B	E	A	M			
20	P	R	O	M	21	I	S	E	S	22	T	O	M	A	R	R	Y	
				23	O	M	E	N		24	Z	E	N					
25	M	A	R		28	P	R	E	S	29	S	O	N		31	A	W	L
34	A	B	A	S	35	E			36	T	A	N		37	A	L	O	E
38	C	H	I	L	39	L	Y	R	E	40	C	E	P	T	I	O	N	
42	R	O	S	Y		43	E	E	R				44	E	M	B	E	D
45	O	R	E		46	I	M	M	E	47	R	S	E		49	I	D	S
				50	A	C	E			51	H	O	V	E				
53	W	E	D	D	54	I	N	G	55	L	I	C	E	N	56	S	E	S
61	O	X	I	D	E			62	L	I	N	K		63	A	N	E	W
64	E	A	V	E	S			65	O	B	O	E		66	C	O	L	A
67	S	M	A	R	T			68	P	S	S	T		69	T	B	S	P

RELIGION

RELIGION SERVICE DIRECTORY

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

 4845 Dunsmore Ave.
 La Crescenta, CA 91214
 (818) 249-1045
 Celebration Service Sunday 10:00 a.m.
 Wednesday Night Service 7:00 p.m.

 **Church of Scientology Mission of the Foothills**
 2254 Honolulu Ave. Montrose
 Mondays-Thursdays 4:00-9:30 pm
 Saturdays 10 am to 6 pm

OUR HELP IS YOURS
 scientology-montrose.org
 818-957-1500
 email: foothills@scientology.net

Crescenta Valley United Methodist Church

WORSHIP Sunday 10am
 Childcare and Sunday School offered at 10am.
PASTOR KEVIN KANG
 2700 Montrose Ave
 Montrose, CA 91020
 www.cvumc.org

 **GETHSEMANE LUTHERAN CHURCH**
 (Missouri Synod)
COME JOIN OUR CHURCH FAMILY
Pastor Jim Edwards
 2723 Orange Avenue,
 La Crescenta, CA 91214
 818-248-3738
 www.glcmslc.org
 Sunday Adult Bible Study: 9AM
Sunday service: 10AM
 Wednesday Bible Study: 7PM

HC
HIGHLANDS CHURCH
WORSHIP SERVICE SUNDAYS @ 10AM
 4441 LA CRESCENTA AVE
818-249-5832
 WWW.HIGHLANDSLA.COM

 **Sunday Worship at 10:00 a.m.**
LA CAÑADA CONGREGATIONAL CHURCH
 CHURCH OF THE LIGHTED WINDOW
 AN OPEN AND AFFIRMING CONGREGATION
 La Cañada Congregational Church is the oldest church in the Crescenta Valley. For over 125 years, we have been shaped by the stories of our community and the story of God. We invite you to join us in writing the future of our community!
 1200 Foothill Blvd, La Cañada Flintridge
 (parking lots on Foothill or Verdugo)
 www.lacanadachurch.org

Light on the Corner Church

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

Lutheran Church in the Foothills

 1700 Foothill Blvd.
 La Cañada Flintridge
WORSHIP WITH US!
 In Person and on YouTube
 Sundays at 10 AM
 Services available on our website during the week.
 PASTOR RICK HALL
 www.lcifoohills.org / 818-790-1951

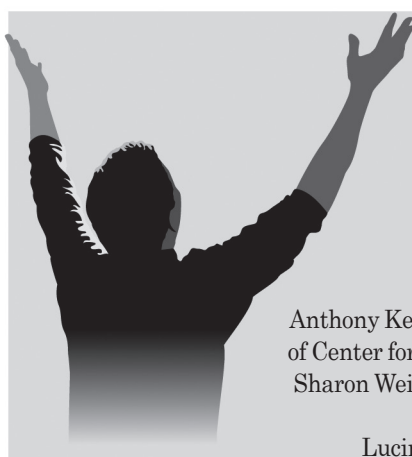

Mt. Olive Lutheran Church
 3561 Foothill Blvd, La Crescenta
 office@molc.org • (818) 248-4253
Sunday Worship Service
 (with Sunday School for kids) 9:30 AM
Wednesday Bible Study 6:30 PM
 Check out our Website!
www.molc.org
 See us on Facebook!

Join us for Sunday Services at 11:30 am
 Led by Rev. Jeri Linn in **The Sanctuary**
 4845 Dunsmore Ave.
 La Crescenta

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

ADVERTISE YOUR RELIGION SERVICE DIRECTORY
 Call **(818) 248-2740**

CV WEEKLY IS ONLINE!
WWW.CVWEEKLY.COM



SPIRITUALLY SPEAKING

SPIRITUALLY SPEAKING PARTICIPANTS

Rev. Jon Karn of Light on the Corner Church; Rev. Kimberlie Zakarian of Holy House Ministries; Anthony Kelson RScP, Laney Clevenger-White, RScP, and Rev. Dr. Beverly Craig of Center for Spiritual Living-La Crescenta; Rabbi Janet Bieber, Carolyn Young, Sharon Weisman; Rev. Mary Morgan, Center for Spiritual Living - La Crescenta
 Rev. Dabney Beck, International Church of the Foursquare Gospel; Lucinda Guarino, Rev. Karin Ellis, La Cañada United Methodist Church; Rev. Sherri James, UP Church; The Rev. C. L. "Skip" Lindeman, Upland Christian Church; Rev. Rob Holman, St. Luke's Anglican Church; Rev. Sharri Johnson, One Heart Retreat Center; Larry Maib Emeritus, Highlands Church La Crescenta; Rev. Valerie Reeves, Staff Minister, Redondo Beach Center for Spiritual Living

Responses are offered from the perspective of individual Spiritually Speaking respondents, which may or may not be in agreement with other respondents of Spiritually Speaking nor the editor and staff of the Crescenta Valley Weekly.

Question: I came home drunk last night from an office party. I know that sounds terribly naive for a 47-year-old man; however, I was not aware of what I was drinking. I thought it was a punch drink and I couldn't taste any alcohol. Now my wife and two children, ages 18 and 20, are giving me the silent treatment. Of course I plan to be much more careful in the future. But what can I do right now to redeem myself? I love my family and I've never messed up like this before. They won't listen to my attempting to explain.

—Sad Husband and Dad

Dear Husband & Dad:
 It sounds that you are very sorry for your recent behavior and that is good. It is important for you to be truly remorseful to begin the process of healing.

Don't try to justify your actions with your family. Take full responsibility. Because of the tension you refer to, I would suggest you write a letter to each family

member apologizing for the incident and that it will never happen again. The letter can be the same to each person or individualized. Just hand each family member your letter and ask him or her to read it when ready.

The other component here is time. If you are truly remorseful tension will begin to subside.

I hope for increasing peace in your home. Thanks for your question.

Pastor Larry Maib

Dear Sad Husband and Father,
 There are so many unanswered questions from your letter. Is this a pattern from a previous period in your life? What has made your family turn on you in this way? Have you broken promises in this regard?

In any case there are trust issues apparent even from the sparse detail of your letter.

A simple solution for going forward for you personally is that you don't drink something until you are sure of the contents. You don't have to ask if there is alcohol but ask what are the ingredients so you can

assess if you are allergic to anything.

For your family, why are they treating you and your "naiveté" with such contempt? Have you lied to them before and so they feel like victims of your manipulation? Or are they looking for ways to put you down in general because of something that has happened in your family life before? Whatever has transpired before has to be addressed.

I recommend straight talk with your family to establish new foundational guidelines that makes every one more comfortable with what is generally going on between family members. Competition for the most righteous must not be permitted. There are no winners and losers. The idea is to find a place of understanding so truth can be the goal. Trying to persuade someone of something you wish was true but is not true is not allowed.

Trust is hard-won, also worth the trouble.

Rabbi Janet Bieber
 jbieber1155@aol.com

NOTES & NODS

Lutheran Church to Host Events

Lutheran Church in the Foothills (LCIF) is hosting an informational meeting for anyone interested in learning more about the Lutheran faith and joining a congregation. The meeting will take place on Sunday, Sept. 15 in the church's fellowship hall following 10 a.m. worship with Pastor Rick Hall. Attendees will have the opportunity to learn about the history and traditions of the Lutheran Church, including the sacraments of baptism and Holy Communion. They will also gain insight into the sense of community and belonging that LCIF provides. In addition to learning about the Lutheran faith, the meeting will also highlight the various volunteer opportunities available at LCIF. The church is committed to serving its local community and people around the world through Lutheran World Relief.

LCIF is also launching a new Wednesday evening program called TOWN, an acronym for "Together on Wednesday Nights." The first two events, on Sept. 18 and Sept. 25, will feature a study and discussion of the Old Testament. The classes will be held in the church's conference room from 7-8:30 p.m. Visit lcifoohills.org

for event details, including small group gatherings and opportunities to serve.

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

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 lcpc.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 located at 3561 Foothill Blvd. in La Crescenta.

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 for more information.

Bethel Church is located at 10725 Penrose St. in Sun Valley.

You can read more at CVWeekly.com/RELIGION

JUST FOR FUN

CALENDAR this

GLENDALE KIWANIS

The Kiwanis Club of Glendale meets on Fridays at noon. The club will next meet on Sept. 13 when it welcomes incoming president Carl Povilaitis.

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.

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 or www.facebook.com/SETSINSTEP or call Ileana at (818) 395-4482 or email 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.

ANNUAL DOLL SHOW

Saturday, Sept. 14 is the 45th doll show and sale event at the air conditioned Burbank Elks Lodge.

Hours are 10 a.m. to 3 p.m. Admission is \$5.

The Burbank Elks Lodge is located at 2232 N. Hollywood Way in Burbank, directly behind the Public Storage building on Hollywood Way (between Vanowen Street & Pacific Avenue).

Free parking and food is available to purchase.

For further info call the new show chairman Janie Olds at (562) 818-2501 or email j.l.olds@ca.rr.com.

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.

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 or email llhs@boltonhall.org.

CCLCF HAS SEVERAL EVENTS

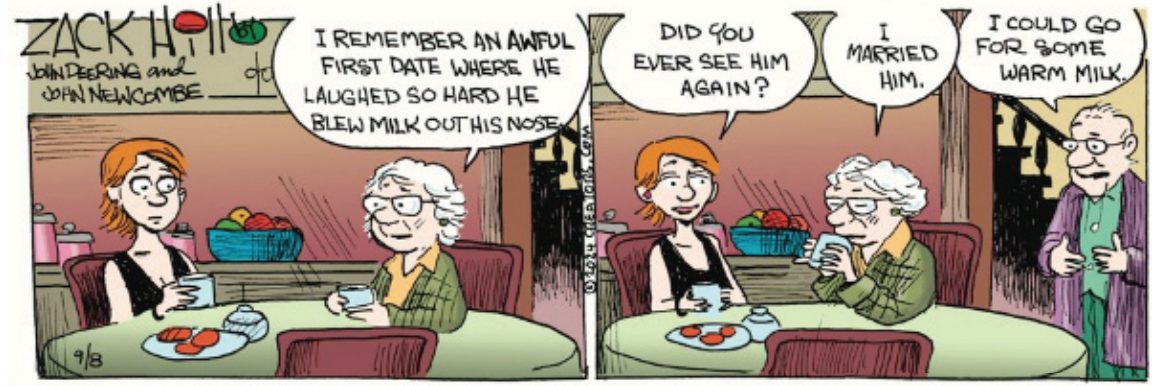
Fall registration for classes at the Community Center of La Cañada Flintridge continues. Fall registration II opens Sept. 18 (session dates are Oct. 21 to Dec. 14).

CCLCF celebrates 75 years at its anniversary gala on Sept. 21. Tickets are available.

Early bird registration takes place through Sept. 30 for the Thanksgiving Day Run and Food

see *CALENDAR THIS* on page 18

» ZACK HILL BY JOHN DEERING AND JOHN NEWCOMBE



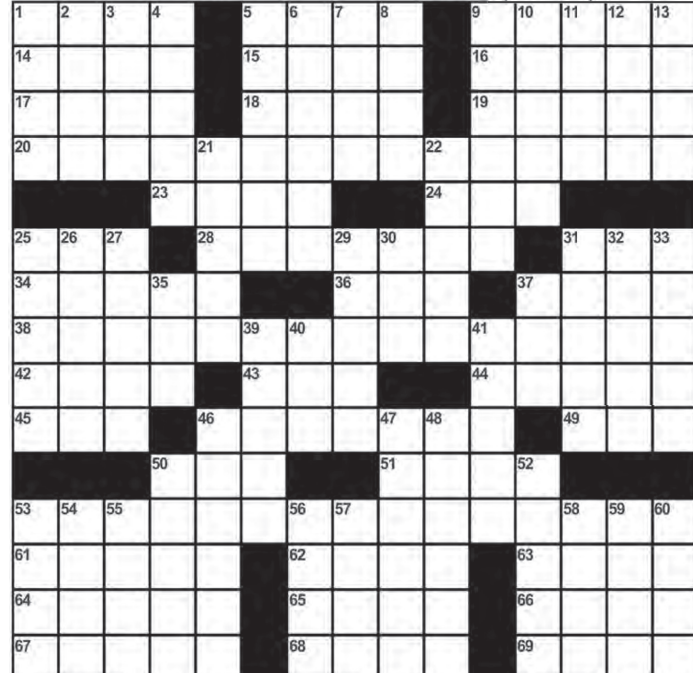
ACROSS

- 1) Lockable fastener
- 5) Hue fit for a duck
- 9) Toyota of old
- 14) "... happily ___ after"
- 15) Continental cash
- 16) Judge, at times
- 17) Big name in building blocks
- 18) Indeterminate long time
- 19) Crosswise to a ship's middle
- 20) Accepts a proposal
- 23) Telling sign
- 24) Buddhist discipline
- 25) Scratch, as furniture
- 28) Persevere
- 31) Cobbler's need
- 34) Belittle
- 36) Basker's quest
- 37) Skin lotion ingredient
- 38) Unwanted welcome
- 42) Like Mr. Claus' cheeks
- 43) Profit ender?
- 44) Implant snugly
- 45) Vein glory?
- 46) Involve deeply
- 49) Recognizes
- 50) Royal flush card
- 51) Lifted, as an anchor
- 53) Things issued before peoples' "big day"
- 61) Ferric ___ (rust)
- 62) Connect
- 63) Turn over ___ leaf
- 64) Icicle sites
- 65) Clarinet kin
- 66) Pepsi, for one
- 67) Nobody's fool
- 68) "Ahem" alternative
- 69) Cookbook abbr.

DOWN

- 1) "SOS!"
- 2) Affirmatively allege
- 3) Lily variety
- 4) Trailer, briefly
- 5) Relative of 4-Down
- 6) Oregon city
- 7) "Iliad" deity
- 8) Type of cause
- 9) Pollen-bearing organ
- 10) Like city residents
- 11) Dock
- 12) Raise, as young'uns
- 13) Private organization?
- 21) Move forward
- 22) Ultraviolet index factor
- 25) Computer shortcut
- 26) Dislike, and then some
- 27) Aggressive poker bet
- 29) Metric unit of volume
- 30) Bunt that moves one along, briefly
- 31) Accused's need
- 32) Courted
- 33) Advances
- 35) Using trickery
- 37) Where to get your balance
- 39) Aden's country
- 40) Sleep cycle acronym
- 41) Annoy
- 46) Superlatively slippery
- 47) Thick-skinned behemoths, briefly
- 48) Bulb's place
- 50) Snake that puts two and two together?
- 52) Legislate
- 53) Travails
- 54) Academic challenge
- 55) Opera star
- 56) Hardly haute cuisine
- 57) Ad ___ (improvises)
- 58) High-hatter
- 59) Congers
- 60) Cashless deal

BLISS? By Timothy E. Parker



see ANSWERS on page 15



75 YEARS

Community Center

OF LA CAÑADA FLINTRIDGE



EST 1949

Join our 75th Anniversary Celebration

Saturday, September 21st
7:00 to 9:00pm

COMMUNITY CENTER AUDITORIUM
4469 CHEVY CHASE DRIVE

passed hors d'oeuvres
open bar w/ signature cocktails
live band

For tickets visit:

CCLCF.ORG/EVENTS

scan here



PROBLEM SOLVED » BY CHRISTOPHER ELLIOTT

My Amazon package never arrived. Now they're hiding behind a freight forwarder!

Mirella Veen orders \$430 worth of computer equipment and shelves through Amazon. But her freight forwarder loses it while shipping it to St. Maarten. Who's responsible?

Q I live in St. Maarten in the Dutch Caribbean. I order a lot from Amazon using a freight forwarder, a company that receives and ships goods on behalf of other companies.

I recently ordered \$430 worth of computer equipment and shelves. Amazon claims the package was delivered but they have no proof in terms of a signature or picture.

Now they are hiding behind the fact that they sent it through a freight forwarder and will not give me a replacement or refund.

I am going back and forth with emails and keep getting an automated message about what I said before.

I called Amazon and a representative promised to share my information with the department handling lost freight forwarder information. She said the department would get back to me in 24 to 48 hours. I have heard nothing from Amazon.

Have you ever dealt with a situation like this? Can you give me some guidance on this matter?

—Mirella Veen, Retreat Estate, St. Maarten

A: This is the first case involving Amazon and a freight forwarder –

CALENDAR THIS from previous page

Drive. Adults are \$30 and children are \$15.

Senior activities include MUSE/IQUE Encounters, Bingo & Brunch.

Artwork auction on Sunday, Oct. 27.

Visit the CCLCF website at cclcf.org or call (818) 790-4353.

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 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.

You can read more at CVWeekly.com/CALENDARTHIS

and honestly, I hope it's my last.

Basically, Amazon will not cover any items it hands off to a freight forwarder. (Amazon puts it more delicately on its site, noting that using a freight forwarder "may result in complications.")

May, indeed.

Amazon is pretty clear about its liability once it hands off an item to your freight forwarder: It has none.

"Amazon cannot accept returns or issue refunds for lost or damaged items that you or your freight forwarder export," it states on its freight forwarding page.

But there's some ambiguity in the fine print, which was enough to make me take your case. For example, Amazon says it won't issue a

refund if your freight forwarder fails to deliver a package. But what about credit?

Also, will Amazon try to track down a package that isn't delivered? It seems like Amazon has an entire freight forwarding department that handles situations like yours. By the time you contacted me, it had been three weeks since your freight forwarder had failed to deliver your computer equipment.

Instead of helping you, Amazon was sending you AI-generated emails. You might have done an end run around that department by reaching out to one of the Amazon executives (I publish their names and numbers on my consumer advocacy site, elliott.org). I would have also contacted your freight forwarder directly to try to track your package – although, ultimately, I

think this was Amazon's problem to fix.


At a minimum, your freight forwarder should have been able to show you proof of delivery. And Amazon might have also issued you a credit for a future purchase to make up for the loss.

I contacted Amazon on your behalf. A representative reviewed your file and said Amazon would make a "one-time exception" and issued a full refund.


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

© 2024 Christopher Elliott

SAVE THE DATE!



A PROJECT OF





Wellness | Recovery | Liberation

Presents our

2024 Summer Speaker Series

The goal of the speaker series is to highlight important topics like drug misuse and mental health. The series will bring specialists in these fields who will speak on mindfulness, mental health, fentanyl use and neurology.

The speaker series is also a way to introduce CV Cares to the community. CV Cares/Coalition was awarded a grant by the Centers for Disease Control and Prevention that confirms its status as a drug free community program.

Kristen Gilliland Ph.D.
CVHS Falcon graduate

TUESDAY, SEPTEMBER 24TH

TOPIC:
"THE IMPACT OF STRESS AND SUBSTANCE USE ON THE DEVELOPING BRAIN."

LOCATION: St. Luke's of the Mountains Episcopal Church
2563 Foothill Blvd, La Crescenta-Montrose, CA 91214
in Sadlar Hall

TIME: 6 p.m. to 7:30 p.m.

info@theimpactfoundationla.org | <https://theimpactfoundationla.org/cvcares>

JOIN US for an evening of information, discussion & awareness



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

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

Wishing you all calm and health!



LEGALS & CLASSIFIEDS

CRESCENTA VALLEY WEEKLY IS READY FOR YOUR LEGAL NOTICES!

DBA'S
 PROBATE NOTICES
 NOTICE OF INTENT
 CIVIL COURT NOTICES
 NAME CHANGES
 PUBLIC SALES/AUCTIONS
 NOTICE OF LIEN SALE
 CIVIL SUMMONS
 ESTATE ADMINISTRATORS
 ESTATE SALES

CALL TODAY!
 (818) 248-2740

EMPLOYMENT WAREHOUSE CLERK NEEDED

Seeking a warehouse clerk in Burbank. Must have a clean DMV record. Job requirements:

- Expeditor
- Shipping/Receiving of products
- Order data entry
- Inventory entry
- Perform heavy lifting and operate equipment (pallet jacks/forklift)
- Prior experience in a warehouse setting preferred
- Strong communication skills and ability to work in a team environment

Hours: 8:30 am – 4:00 pm
 Monday-Friday Address: Omnia Sales Inc., 2831 N. San Fernando Blvd. in Burbank, CA 91504
 Contact: Will Marcy
 Email: Will@omniasalesinc.com
 Phone: 818-843-1620

HOME/GARDEN GENERAL CLEAN-UP AND HAULING

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

WHEN NATURE CALLS GET SUMMER FRESH!
 COMPLETE LAWN & GARDEN SERVICES

- Mowing
- Edging
- Weed control
- Hedge shaping
- Stump removal
- Roto-tilling
- Hillside clearing
- Free estimates Contact Mr. Duarte (818) 395-0103.

HOME/GARDEN HAULING

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

WANTED/NEEDED WANTED

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

WANTED WANTED

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

WANTED/NEEDED LIONEL TRAINS

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

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.

CV WEEKLY IS ONLINE!
www.cvweekly.com
 Email info@cvweekly.com to receive an e-mail with the latest community news.

SERVICE DIRECTORY

• AUTOMOBILES • HOME HELP • HOME HELP •

Automotive Services
 Family owned business serving the community for 50 years.

Complete auto repair with ASE certified technicians

Bridgestone and Firestone
LA CANADA
 818 790-1228 459 Foothill Blvd

WANTED! YOUR BUSINESS 2X2 SERVICE DIRECTORY AD HERE!

Call TODAY @ (818) 248-2740

URBIN SERVICES
 BLACK. BLUE. GREEN. GET YOURS CLEAN!

Trash Bin Cleaning
 Pressure Washing
 Solar Panel Cleaning

urbinservices.com

Maids.com We Clean Homes

One Time • Weekly • Monthly Service
 Call for a free estimate!
 818.248.2001

Let Cynthia Help!

Organizing, shopping, errands, light cleaning, gardening, meal prep. Pet and plant care, small business/creative tasks.

Perfect for busy moms, independent seniors and small business owners.

Call/Text 818-261-0879
 redtango@tangoland.com
 tangoland.com/letcynthiahelp

• HOME REPAIRS & SERVICES • HOME REPAIRS & SERVICES •

LIC# 879142

FOOTHILL CONSTRUCTION
 General Contractors Inc.

Local and Family Owned
 REMODELING ADDITIONS
 DESIGN ENGINEERING
 (818) 957-2494
 WWW.FOOTHILLCONSTRUCTION.NET

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

License #514974

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

JEREMY'S ELECTRIC

- Troubleshooting
- Solar Service Available
- Panel Upgrade
- Lighting Upgrade
- Garage Door Repair
- Circuit Breakers
- Remodels
- Car Chargers
- 220 Volt Installation
- Pool & Spa Repair

(818) 951-1171
 Se Habla Español 978429

ADU

Room Additions
 Kitchen Remodeling
 Design • Build

Free Book: *Designing For Market Value*
 Over 1000 Complete Projects
 ★★★★★ 5 Star Review

ADU by KEN RHODY CONSTRUCTION
 818.790.5667 LIC#441339

Concierge Design and Build services.

CHANNEL ISLAND CONSTRUCTION INC.

channelislandconstruction.com
 GC #943151 (805) 284-4877
 channelislandconstructioninc@gmail.com

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

ALPHA STRUCTURAL INC.
 LIC #663409

#1 Design/Build Firm in LA County For Over 25 Years!

- Foundation Repair
- Structural Upgrades
- Landslide Repair
- Retaining Walls
- Earthquake Bolting
- Underpinning/Caissons

323-258-5482

info@alphastructural.com www.alphastructural.com
 8334 Foothill Blvd. Sunland-Tujunga, CA 91040

Mark's Lock + Key

818-430-5244
 Lic #5481

Key Locks Alike • Lockouts • Residential
 Commercial • Licensed - Bonded
LOCKSMITH SERVICE

Pinecrest Roofing

"TOP QUALITY WORK"
 Serving The Foothills

- Composition Roofs
- Tile Roofs
- Flat Roofs
- Repairs
- Gutters
- Skylights

LIC. #564628

818-957-5238
FREE Estimates

professional pool experts, Inc.
 CA License # C53-538352

Service • Repair Free Estimates

Diagnose & Restoration
 Local Business over 27 years

(818) 248-1320
<http://www.professionallpoolandspa.net>
 CA License # C53-538352

Call Us! 1800-390-0006 or 818-249-8637

Total Graphics
 Signs • Banners • T-Shirts

Signs & Banners T-Shirt Printing & Embroidery

2435 A Honolulu Ave. Unit A
 Montrose CA 91020
customtshirtsandsigns.com

LETTERS from page 8

in line to use the three chargers, which are almost always constantly in use. This means that anyone arriving to charge their vehicle will probably have to spend at least two hours.

This is significant, not because of the inconvenience experienced by a few EV owners, but because it's a sign that California isn't prepared for the phase-in of the Electrical Vehicle Law which will require that 35% of new vehicle sales be EVs by 2026, and 100% by 2035.

When our state legislature passed this law in 2022 it didn't have a clear idea of the scope of the charging infrastructure needed for the increasing number of EVs that will be on our roads as a result and it had no clue at all about how to achieve it.

And it still doesn't. At a the most recent hearing of the state assembly Select Committee on Electric Vehicles and Charging Infrastructure, although there was a great deal of concern and

worry about the state being ready for the 2035 deadline, all of the members and witnesses completely ignored the fact that a very large percentage of car owners in our state are not home owners who have the option of installing a charger at their homes, which enables them to charge conveniently overnight. At present, anyone living in an apartment (with very few exceptions) would find it totally impractical to own an EV considering the long waiting times at public charging stations.

Other states have incentives to install EV chargers in multi-family housing but in California this isn't even on the radar. I hope that our legislature wakes up soon because there is going to be massive pushback to the EV law as gasoline vehicles become harder and more expensive to obtain.

Allan Cate
 La Crescenta

SUPERSCOOPERS from Cover

For 31 years LACoFD has leased a pair of CL-415 SuperScoopers. The SuperScoopers were secured in 1994 after the devastating Topanga fire. This year they were placed in service on Sept. 1.

This year, 2024, is shaping up to be a big fire season. The area that draws the most concern is what hasn't burned in the last three years.

"That's pretty much all of the canyons and valleys of Los Angeles County," said the spokesperson. "So everything is up for grabs right now."

"We proudly welcome back the SuperScoopers to join our County of Los Angeles Fire Dept. fleet of firefighting aircraft," said County of LA Fire Chief Anthony C. Marrone.

Marrone expressed his appreciation to David Ruiz, Public Affairs and Cooperation director, Quebec government – LA office, SCE and the Coulson Group for their support.

"I'm grateful to each of these partners, along with the County of Los Angeles Board of Supervisors, for their support in ensuring the County of Los Angeles Fire Dept. has the necessary air resources to quickly and effectively fight wildfires both day and night," Marrone said.

He spoke about the significant rain Southern

California received over the last two years, which was needed for the state; however, that rain "produced an abundant amount of vegetation throughout Southern California."

"This year we saw areas that received nearly 200% of the normal rainfall. Unfortunately this vegetation is now dry and it's becoming fuel for our wildfires like the Bridge Fire today that is currently burning in the Angeles National Forest, east of Camp Williams at East Fork and Glendora Mountain Ridge Road," Marrone said.

He added the increased vegetation and dry conditions are why everyone must remain vigilant.

"[I want to] share with residents and communities the importance of being prepared for the wildfires that we have seen this summer and that will continue into the fall when the dangerous Santa Ana winds arrive," he said.

With the addition of the SuperScoopers and other helicopters, LACoFD is "prepared to do what is necessary to aggressively fight wildfires," Marrone said.

You can read more at CVWeekly.com/NEWS

LACANADA.COM

KOBEISSI  PROPERTIES



Leading Real Estate Company in the Foothills!
www.lacanada.com www.laCrescenta.com www.Tujunga.com



“Questions about Real Estate? **Find out how much your home is worth.** Mike Kobeissi at Kobeissi Properties is on your side and is the most knowledgeable broker in the Foothills and an all-time producer for over 35 years!”


LA CANADA.COM

Mike Kobeissi
818-949-7575
mike@lacanada.com