

CRESCENTA VALLEY WEEKLY

THE FOOTHILLS COMMUNITY NEWSPAPER

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GCC Tackles Bus Fare, Floats and Candidate Conduct

By Ted AYALA

In August 2011, the Glendale City Council adopted a plan to adopt fare increases on its municipal Beeline bus system. On Tuesday, it moved forward to cancel the fare increase that would have taken place on July 1.

"At this point, based on fare-box revenue and our [revenue] projections going forward, we believe that the fare increase can be deferred or even cancelled at this time," said City Manager Scott Ochoa.

A combination of service cuts, outsourcing, and better than expected revenue increases brought on by the approval of Propositions A, B, C, and Measure R, as well as positive projections for the next fiscal year, moved city staff to recommend the cancellation of the fare increase.

Staff also explained that the recommendation for deferment or cancellation of the increase follows a recent decision by the Metropolitan Transportation Authority (MTA) to defer its own proposed rate increases.

"Everyone who drives would benefit by having less cars on the road," said Herbert Molano, who spoke in support of cancelling the fare.

The council also reviewed the city's participation in next year's Rose

see GCC on page 9

Work Begins on Memorial Wall

With fundraising just about completed, Two Strike memorial wall is one step closer to construction.

By Mary O'KEEFE

This week, residents who frequent Two Strike Park on Rosemont Avenue may have noticed the memorial plaque taken down. The removal is the first step in the construction of the new Two Strike Park Memorial Wall.

"We didn't want the community to be concerned if they saw the plaque was gone," said Mike Baldwin, Vietnam veteran and member of the Two Strike Park Memorial Committee.

The plaque will be reconditioned and reinstalled after the new memorial is completed.

The path to a new memorial began a few years back just as the economy began its downturn. American Legion Post 288 and Veterans of Foreign Wars Post 1614 members worked to raise funds for a new memorial but it was not the right time in the economy to start such a large project.

"We were struggling to say the least," Baldwin said.

In 2011, veterans reached out to the community and organizations to create a committee to start fundraising again. This time, it has



The Two Strike Park memorial is the scene of veterans' ceremonies throughout the year. The proposed new memorial wall will add names of local service men and women that paid the ultimate price while serving their country.

been very successful. With a goal of \$75,000, the committee has raised over \$60,000.

"Everyone got behind us," Baldwin said.

They received help from community members, local officials and businesses like Home Depot and Forest Lawn.

Presently the memorial at Two Strike Park is small and does not allow any additional names to be

added on the wall. The new design provides space for the names of Crescenta Valley military to be added who made the ultimate sacrifice for their country.

Names of Crescenta Valley military who have died while serving are continuing to be collected by committee members.

"We have additional spots on the wall," Baldwin said.

The next fundraiser for the me-

morial is the 5K Run to Remember on April 6 at Crescenta Valley Park. Participants are asked to arrive at 7:30 a.m. to register. The run begins at 8:15 a.m. There is a \$20 entry fee per person. For those who wish to support the memorial but do not want to run, donations are being taken and credited as entry fees for students in the area who wish

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Tragedy at La Cañada High School



La Cañada Unified School District superintendent Wendy Sinnette spoke to the press of the tragedy that occurred on Friday at La Cañada High School when a student "fell" to his death from a building on campus.

By Mary O'KEEFE and Maddy PUMILIA

The Los Angeles County Coroner has determined the death of a La Cañada High School student who "fell" from a building on campus on Friday as a suicide.

"The autopsy has been completed and it's ruled as a suicide," said Ed Winter, assistant chief, Investigation, at the L.A. County Coroner's Office. The ruling followed an investigation by law enforcement.

The student died from multiple blunt force trauma, Winter said.

LCUSD superintendent Wendy Sinnette held a press conference with LASD Sgt. Scott Hogle Friday hours after the

incident. Sinnette said the student "fell" from the building at approximately 3:55 p.m.

"There appears to be no foul play," said Sgt. Hogle during the press conference.

On Friday, Sinnette confirmed it was a LCHS student, but would not comment on age or gender. Sinnette also wouldn't comment on whether or not there was a softball game being played on the school field when the incident occurred.

But since Friday, several students and friends have spoken about the student.

"I was in utter disbelief," said LCHS graduate Kevork Kurdoghlian who knew the student. "He was a visionary. He was smart. He was always really one step ahead of everybody."

He added the student wanted to be a pilot and join ROTC when he went to college.

"He had plans for the future," Kurdoghlian said. "He was a great guy. He had dreams. He had hopes. He had aspirations."

The school's weekend activities were canceled but classes resumed as scheduled on Monday with additional counselors present to offer support to students.

"We ask families to stay close to their children, provide them with emotional support," Sinnette said. "La Cañada is a very strong, family-like community and we will be there to support each other."

According to Maureen Underwood, clinical director at The Society for the Prevention of Teen

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FROM THE DESK OF THE PUBLISHER



News One Never Wants to Share

The news from La Cañada on Friday was devastating – a teen had jumped from the high school’s rooftop about 4 p.m., ending his life. The scene was said to have been played out in front of other students on the ball field. A feeling of numbness spread with the news, leaving the inevitable question of “Why?” And “Not again.”

Mary O’Keefe and Maddy Pumilia reported on the suicide for Crescenta Valley Weekly and I know that for both it was news that hit hard.

In addition to being a mother of three, Mary is active in the community and is a founder of the Fire House youth center on Foothill Boulevard. Maddy graduated from La Cañada High School just a couple of years ago and still lives in the city. Though stunned at first, she quickly pulled herself together and made her way to the high school.

Maddy had just completed an interview with La Cañada

Unified School District superintendent Wendy Sinnette for last week’s paper. It was going to be a much sadder interview this time around.

When we sent out our e-blast letting the community know of the incident, the outpouring of grief was immediate. One reader sent an email that, in part, read, “Please become a champion voice in your paper re: mental health, help, and our children.”

As many of you know, I understand all too well how deep the well is that is home to depression. During my teen years I turned inward when I was hurt and struggled with the urge to harm myself. I will repeat what I have written in the past, advice that is simple yet I wish someone had shared it with me: You will feel different tomorrow. Things will look different tomorrow. Not always better, perhaps, but certainly different.

Pretty obvious, I know, but it can help put things in perspective. Of course, sometimes professional intervention is necessary and if that’s the case do not hesitate to seek help, whether for you or your child.

With the La Crescenta community still recovering from the suicide of Drew Ferraro last year, we reach out to our neighbor La Cañada as they begin the struggle that we have been experiencing. There is little that can be said to comfort the community overall and the families specifically affected by Friday’s death. I know that for me, I hugged my kids a little tighter.

You can learn more by reading Mary and Maddy’s story that begins on the bottom cover.

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

Weather in the foothills



“Is the spring coming?” he said. “What is it like?” ... “It is the sun shining on the rain and the rain falling on the sunshine...” ~ Frances Hodgson Burnett, “The Secret Garden”

Spring is coming...

In just two weeks it will officially arrive.

The weather seems a little confused. At the end of last week, it was spring-like with temperatures well over 80 degrees on Saturday. Then on Sunday, the very next day, it was cold with a few sprinkles. In spite of a change-of-season disagreement, nature will keep on course. All the signs of impending spring are in place and there to enjoy.

With spring comes new life. We have a new baby girl (niece) in our family, Nell Love. She apparently didn’t check the calendar and arrived four weeks early. At 5 lbs., 6 oz., she is perfect. In spite of her birth date, in my book she is a “spring baby.”

There is a defining moment once a year, a morning when the breeze carries a fragrance of the season’s first blooming. Last Saturday was that day. I am now primed to observe nature’s flora and fauna, every change and detail. Not exactly weather related, but just as powerful as their transformations create spring.

The following as seen from our vantage point of the yard:

- Bright-green leaves appearing

- on the birch trees. It was only two months ago, when fall’s remnants were shed.
- Birds nosing (or beaking) around under the eaves, looking for the perfect nest site. Please, this year don’t choose the hanging basket on the front door.
- A lone coyote at dusk on our street, looking first for a drink and then maybe some dinner.
- Small lizards, butterflies, spiders and grasshoppers – the first of many critters to appear.

There is no turning back nature’s clock. Even so, we have more winter weather coming.

According to the NWS: Cold and unsettled storm systems will define our weather into the weekend. A 90% chance of heavy, but brief, downpours late Thursday into Friday are predicted. Amounts quite variable. Snow levels may drop to 3,000 feet. Then, a rapid warm up comes early next week.

With change all around us, don’t forget your clock. On Sunday, March 10 at 2 a.m. it’s time to “spring forward” one hour.

Welcome to longer evenings of daylight!

Sue Kilpatrick is a Crescenta Valley resident and Official Skywarn Spotter for the National Weather Service. Reach her at suelkilpatrick@gmail.com.

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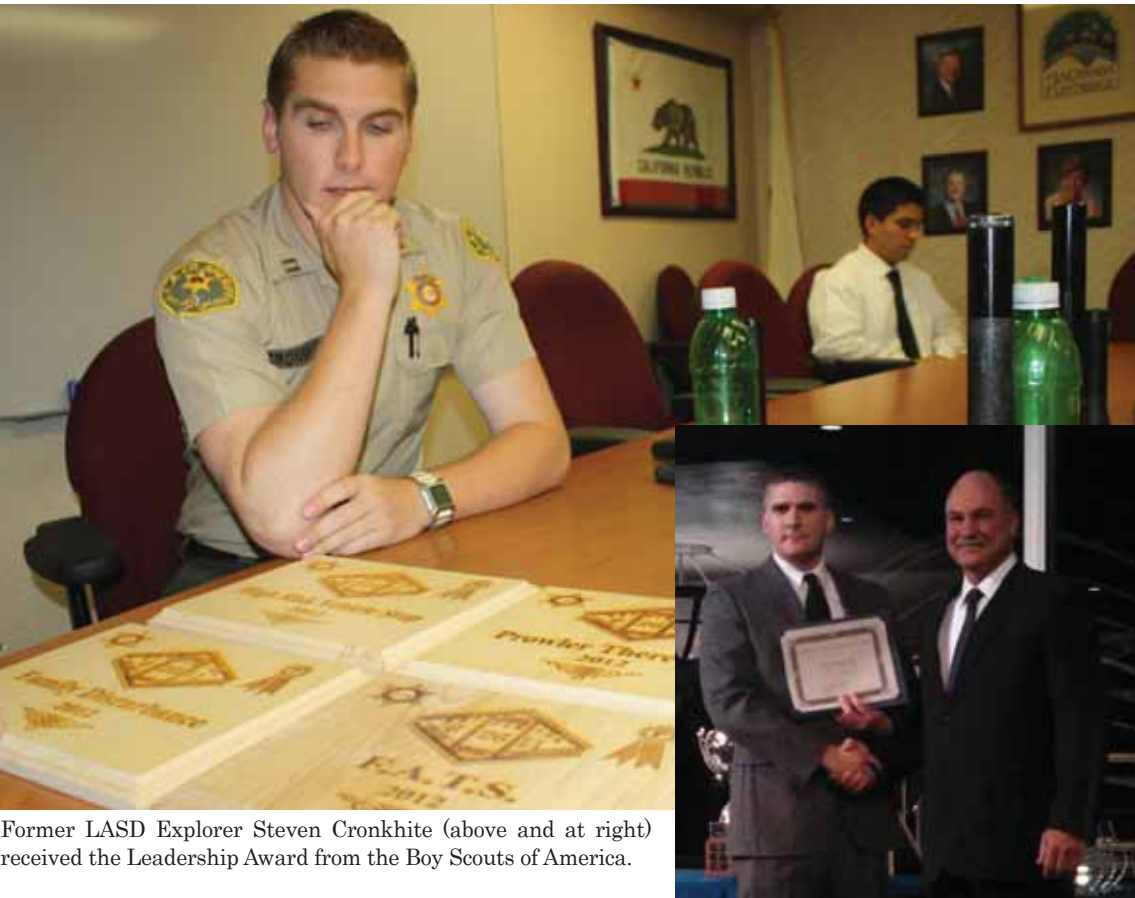
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NEWS

Cronkhite Honored with Explorer Leadership Award



Former LASD Explorer Steven Cronkhite (above and at right) received the Leadership Award from the Boy Scouts of America.

By Mary O'KEEFE

You may not know his name, but it is a certain bet if you see him you will recognize him. Steven Cronkhite has been a dedicated member of the La Cañada Flintridge and Crescenta Valley communities for several years. He has been there, supporting the community through fires, floods and tragedy – and he is just 22 years old.

For six years, Cronkhite has been a member of Crescenta Valley Explorer Post 514, a

program of the Los Angeles Sheriff's Dept. Last month he was awarded the Explorer Leadership Award from the Boy Scouts of America Learning for Life. The award received nominations from throughout Los Angeles County.

"I had no idea the [Boy Scouts] gave those kinds of awards out," Cronkhite said. "This was the first time I had heard about it."

The leaders of the CV Explorers program nominated Cronkhite without mentioning it to him first.

"[Deputy Jeff] Martin just asked the number of hours I [volunteered]," Cronkhite said.

This was not unusual, he added; when his Explorer advisors ask him for information, he simply follows orders and gives it.

He said his advisors have been great leaders and mentors in and out of the program. Martin has been his advisor all six years.

"He has taught me a lot in the department and [in] life in general," Cronkhite said.

"He has probably been the most dedicated Explorer I have ever had," Martin said of Cronkhite. "He goes above and beyond."

The Explorers is not an easy program to be involved in. It requires dedication and discipline. Each Explorer is required to attend the Sheriff's

Academy.

"During the Academy, I wanted to drop out a few times. It is physically and mentally draining," Cronkhite said. "Once you get past it though, you can do anything. If you can get past the Academy, you are a valuable asset to any workplace."

As Explorers, they go on ride-alongs with deputies, learn how the Sheriff's Dept. works internally, help with traffic control and participate in several competitions.

He is now aged out of the program and is working as an advisor while he awaits a Los Angeles County Sheriff's Dept. background check. He is hoping to join LASD in a few months.

Cronkhite said he has always wanted a public safety career.

"I wanted to be in emergency response," Cronkhite said. "The Sheriff's Department has a lot more to offer."

His career in the Explorers and the impression he has left with community members and other law enforcement will help him as he continues in his career.

"Steven has been an asset not only to the Crescenta Valley Station's Explorer program, but to the station was a whole. He has always volunteered to help anywhere the station needed help and with our Volunteers on Patrol. Steven wants to make a difference in the community and I'm glad he is part of our station personnel," said Sgt. Burton Brink, Community Relations coordinator, Montrose Search and Rescue Team and Uniformed Reserves/Explorers/Volunteers.

Just for the record, Cronkhite has completed 150 ride-alongs and has logged in over 4,000 volunteer hours.

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IN BRIEF

TIME TO SPRING FORWARD

On Sunday at 2 a.m., it's time to turn clocks forward ushering in Daylight Savings Time.

ANF CLOSURES PLANNED

The Los Angeles County Public Works Department has advised that, based on the forecast of snow and icy road conditions, it will close public access to the following road segments in the Angeles National Forest effective Thursday, March 7 at 10 p.m.: The Angeles Forest Highway, Aliso Canyon Road to SR-2/Angeles Crest Highway; Upper Big Tujunga Canyon Road, Angeles Forest Highway to SR-2/Angeles Crest Highway.

Local access will not be permitted until the road closures are lifted. The closures will remain in effect until the storm system has passed and the roads have been inspected.

'FOR DADS ONLY' HOSTED BY CVDAPC

As part of its ongoing free parent sessions, the Crescenta Valley Drug & Alcohol Prevention Coalition is hosting a session at the Y on March 12 from 7:15 p.m. to 8:30 p.m. "For Men Only" is a chance for dads to talk to other dads about parenting issues they are concerned with.

The YMCA of the Foothills is located at 1930 Foothill Blvd. in La Cañada.



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Foothills Focus of Forum

By Tyler BIDDLE

On Thursday, Feb. 28, the Crescenta Valley Community Association hosted a Glendale City Council candidate forum at the La Crescenta Library. Nine of the 12 candidates were there and were asked questions on a range of subjects from community view protection to utilities costs.

Each candidate made short opening and closing statements introducing themselves and mentioning what is most important to them in the campaign. Common issues were rising utilities costs, financial mismanagement, and the 710 freeway extension.

The proposal for the freeway extension produced a unanimously negative response. In his opening statement, incumbent Ara Najarian explained, “If [the 710 extension] gets built, your quality of life will change like it never has before.”

When talk turned to the city’s purchase of the Rockhaven Sanitarium, many candidates applauded efforts to preserve what is considered to be a local landmark of history by residents. A voice of dissent was candidate Mike Mohill who explained that the purchase was made without any sort of plan for renovation.

“What kind of vision did they have?” he asked, referencing the fact that the complex has remained vacant since it was purchased back in 2008. “We aren’t getting anything out of it.”

The question of what role the city council should play in attracting new businesses was also met with some mixed responses. Candidate Herbert Molano said that too many restrictions and regulations are very unfriendly to small restaurants that would, for example, have to pay thousands of dollars extra just to put up a small sign perpendicular to the sidewalk for their business.

Incumbent Laura Friedman said that the problem with attracting small business to the area lies, in part, with the fact that Foothill Boulevard was designed to be a highway.

“We need to make the area more pedestrian friendly,” she said, explaining that the addition of more benches and better landscaping would be an excellent way to attract more businesses.

Another issue repeatedly heard at the forum was that of utility cost increases. Mohill and fellow candidate Aram Kazazian said that the utility costs are crushing businesses especially on Foothill Boulevard and that any future attempts to raise them must be opposed.

View protection throughout the area proved to be a complicated and difficult issue.

“I am willing to work to find out what kind of view we want to protect,” Najarian said. View protection has also played a role in the development of businesses on Foothill Boulevard, with a maximum height cap for structures restricting building options.

“When you buy a property, you buy the community with it,” said Roland Kedikian, pointing out that the city has a responsibility to those who buy in it to protect their investment.

Pedestrian safety was also discussed at the forum in light of the recent hit and run tragedy near Griffith Park. Rick Barnes said that more police are needed, specifically more traffic officers. Sam Engel mentioned that the problem is more social than anything else and that you “can’t always engineer safety.”

Future forums for the candidates will be held on March 11 at 6 p.m. in the Sparr Heights Community Center, March 13 at 7 p.m. in the Chevy Chase Country Club, March 14 at 6 p.m. in Glendale City Hall Council Chambers and on March 20 at 7 p.m. in the New Life Christian Church. The March 14 forum will also be televised on GTV6.

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Garcia to Leave GUSD

By Mary O'KEEFE

Glendale Unified School District is in the process of looking for an assistant superintendent to replace departing deputy superintendent John Garcia.

Garcia is leaving to take the position of superintendent of the Downey Unified School District, which for him is coming full circle.

"It's a [kind of] homecoming. I went through the Downey Unified School District," Garcia said. "I grew up in the community."

For the past six years, Garcia has worked in GUSD, the first three years as the assistant superintendent of Human Resources and the last three in Educational Services.

Garcia said if not for the opportunity to return to the district he grew up in, he would not have thought of leaving GUSD.

"GUSD is such a great district," he said. "Really only a stellar opportunity would have taken me away."

"We are very excited for John," said GUSD Superintendent Richard Sheehan of his co-worker and friend's new position.

Garcia and Sheehan had a good working relationship and had seen positive achievements within the district as well as weathered tragedies at schools.

"John has been very insightful and he is a friend," Sheehan said. "We have an open and honest relationship."

Garcia said he would miss the GUSD staff and community.

"Really, there are two [aspects I will miss]: one is how much the community cares about kids in Glendale and Crescenta Valley and number two is the quality of people that are working in the district," Garcia said.

He added the district worked with the school staff and community members on several issues including whether to close the CVHS campus during lunch. Last year the district, with Garcia as the main spokesman, began proposing to close the school's campus. For years, the campus has had an open lunch policy allowing students to go to local businesses for lunch, or stay on campus as was their choice.

CVHS students as well as parents and community members were concerned about the proposal. Garcia was invited to an open discussion with over 100 students from the school in attendance. They met at the Fire House youth center and presented their case. Garcia and the district held other community meetings. These discussions resulted in the campus remaining open.

Students pointed out at the time that not all districts would reach out for student opinions and actually listen.

With Garcia's departure, the position is now open for internal and external applicants.

"We feel we have very strong internal candidates, but we will be looking for the very best person for the job," Sheehan said.

Applications will be accepted through March 29 at 4:30 p.m. The district is hoping to name a new assistant superintendent of Student Services in May.

Garcia will be taking the Downey district reins on March 18.

Decision May Be Drawing Near for 710 Project

By Jason KUROSU

The proposed tunnel project to connect the Long Beach (710) and Foothill (210) freeways remains one of five proposals for the freeway extension, though many community members including local politicians believe the construction of a 6.3-mile long tunnel to be a foregone conclusion and the long intended result of decades of debate.

"There is a singular focused push for the tunnel," said Glendale City Councilmember and MTA board member Ara Najarian at the latest forum on the freeway extension at Rosemont Middle School.

"When I ask a question about any other alternative that doesn't involve a 6.3-mile tunnel, I am ridiculed. I am vilified."

Najarian's opposition to the tunnel project has been well publicized and, in his belief, will lead to his removal from the MTA board. According to Najarian, officials from various San Gabriel Valley cities including Duarte and Alhambra have called mayors in other cities, requesting that Najarian be taken off the MTA board. Representatives from 10 cities voted against an extension of Najarian's MTA tenure in December and Najarian has repeatedly identified MTA chairman and L.A. County Supervisor Michael D. Antonovich as leading the charge against his future in the MTA.

"[Antonovich] wants the tunnel to come through," said Najarian at the forum. "He wants me off the board."

Najarian said that he has asked how much the tunnel project will cost and has received answers "ranging from \$2 billion to as much as \$15

billion."

At the forum, Najarian urged exploration into the alternative projects, including light-rail, increased bus rapid transit, transportation system management/transportation demand concepts and no build concepts.

"Let's talk about all the money we can save on this tunnel and distribute some of that money to other good projects," said Najarian.

Michelle Smith, a project manager from the MTA, presented the five proposals for the extension, as well as indicating the MTA's progress in the Environmental Study Process. Currently, the MTA is in the process of drafting the Environmental Impact Report, slated to be released in spring of 2014.

Addressing the need for a project connecting the freeways, Smith said, "We really believe that the lack of a continuous north/south transportation facility has completely degraded the overall efficiency of the regional transportation system. This lack has caused congestion on the freeways within this area."

During the Q&A segment, which immediately followed the forum's six speakers, many of the audience's questions were directed towards Smith regarding the tunnel project.

"We have not determined the tunnel to be the project," Smith responded. "We're in the middle of an environmental study which says that we have to look at a reasonable range of alternatives."

Smith said that with the draft EIR yet uncompleted and no one alternative officially designated as the ultimate result of the environmental study, many of the public's questions will be answered in the completed EIR, after which she said numerous studies will have been completed regarding the project's economic and environmental impacts.

Residents packed Rosemont's auditorium for the forum Wednesday night, which was hosted by city councils from La Crescenta, La Cañada and Glendale as well as the No 710 Action Committee. As would be expected, most of the speakers addressed the detriments of the 710 tunnel project.

Donald Voss of the La Cañada City Council said that the traffic increase the tunnel project would bring on was so immense that it would necessitate adding a fifth lane to the freeway.

"This freeway tunnel is not about improving mobility in the Alhambra area," said Voss. "This tunnel is about building a legacy project that will ram an extra 140,000 vehicles a day, including heavy trucks, which currently use other routes, onto roads and freeways in Pasadena, La Cañada-Flintridge, Glendale and Los Angeles."

Bill Weisman of the Glendale Transportation Commission

also said he felt the project would exacerbate rather than fix current traffic issues.

"Any increase in heavy duty truck traffic will inevitably cause even greater impacts in terms of congestion, noise and pollution for the quality of life in Crescenta Valley," said Weisman, who is also a La Crescenta resident.

Rob McConnell of USC's Keck Medical Center spoke about studies measuring the effects of roadway air pollution. According to McConnell, the studies show that living in close proximity with a freeway increases the likelihood of respiratory diseases. McConnell also noted a number of schools within a close distance of the proposed tunnel project.

"There is clear health science justification at this point for regulating exposures within at least 500 feet of roadways with heavy traffic," said McConnell.

Former Assemblyman Anthony Portantino was asked who would have the final decision on what the ultimate alternative would be.

Portantino suggested it would be Metro, but also said, "Sadly, I think the decision has already been made."

For more information on the SR-710 study, consult www.metro.net/sr710study.



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Smoking Lecture at GCC | A True Asset: Raising Strong Kids

By Michael J. ARVIZU

Glendale Community College presented the first in a series of humanity and social science lectures on Feb. 28. Associate professor of biology Joseph Beeman presented “The Effects of Tobacco, Marijuana and Hookah on the Human Body” to a standing-room only crowd.

Beeman began his lecture by revealing that over 7,000 chemicals exist in cigarettes, including acetone and arsenic, a compound used in some pesticides. Chronic smokers are at risk of experiencing a number of maladies including heart and lung disease, stroke, erectile dysfunction and emphysema, to name a few.

For some worst-case emphysema patients, Beeman said, the act of simply walking out of a classroom is the equivalent of running a full marathon.

Hookah smokers inhale more smoke because the tobacco used in the water pipe is wet. And since hookahs are used as part of social gatherings, smokers will tend to use it upward of 30 to 45 minutes on average, said Beeman, compared to roughly five minutes for a cigarette.

Tobacco use is the No. 1 preventable risk factor for stroke and diseases of the heart and lungs.

“There is damage occurring to the DNA, probably one of the causes of lung cancer,” Beeman said. “The more cigarettes you smoke, the greater the amount of potential damage occurring to the DNA.”

Beeman’s own father died at 71 of lung cancer. Even though he quit cold turkey in his 40s, the seeds of cancer were already in his body by then, said Beeman.

“He gave up a little too late,” he said.

To emphasize how harmful cigarette smoking can be to the lungs, Beeman displayed two images side by side of a pair of human lungs. One image depicted a healthy set of lungs – smooth, glossy and pink. The other depicted lungs that had been subjected to years of cigarette smoking – lungs covered in lesions, and discolored and blackened. The second image elicited groans of disgust from the audience.

“It’s scary,” said GCC counselor and professor Rosette Aghegian. “I just wish every person who smokes and uses marijuana would have access to this information; people that I dearly love smoke. My friends that smoke look 20 years older.”

Smoking is a difficult habit to drop, Beeman said, because of

see nSMOKING on page 9

By Mary O’KEEFE

Family love and support, positive communication and a caring educational system for your child may seem like obvious goals in raising a child but there are others that might not be as obvious, like having other adult mentors.

“Having another adult is really important,” said Jennielyn Bazan, Crescenta Valley High School student.

Bazan and other middle and high school students who attended Tuesday’s Fire House youth center spoke to CVW about the 40 Developmental Assets that were developed by the Search Institute.

The Assets will be discussed at a Community and Family Summit on March 14 at CVHS at the MacDonald Auditorium. The program will include speaker Clay Roberts and is sponsored by the CV Drug and Alcohol Prevention Coalition.

“There are certain things kids might not want to go to their parents with,” said Dylan Sylvester.

“Sometimes if your parents work, they are so stressed you don’t want to talk to them and [add more stress],” said Anthony Stuart.

In a roundtable discussion, the

kids agreed that having parent, school and community support was important. They also said that programs like the Fire House, a community program that is one of the Assets, was also important.

Over the past several weeks CVDAPC board members Nancy Stone and Linda Evans brought the 40 Assets program to PTAs at elementary, middle and high schools. They have been laying the groundwork with several other organizations as well.

Roberts has been a keynote speaker at over 700 international and national community events. He has been featured on NBC’s “Today Show” as a prevention expert and author including co-authoring “Building Developmental Assets in School Communities” with Neal Starkman, Search Institute.

Former CVHS principal Evans, who has attended several seminars in her long educational career, has high

praise for Roberts.

“Over my 38 years of teaching, I have attended several [seminars with several speakers]. I found that Clay was the most inspirational of all,” she said.

The summit is not just for parents of teens, but for all ages of children from toddlers to college and beyond.

For those teens at the Fire House, when asked their opinion if they think more education on teen communication was something parents should attend, the response was a unanimous “Yes.”

The event will be held at the CVHS MacDonald Auditorium, 4400 Ramsdell Ave. in La Crescenta from 7 p.m. to 9 p.m.

CVDAPC will also be hosting free childcare that will be provided at First Baptist Church of La Crescenta. For those who would like childcare, RSVP by calling (818) 249-5832 or email info@fbclc.org.



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Obituary

Sean Erik Kingaard



Dec. 11, 1966 – Feb. 21, 2013

A much-loved son, brother, father, grandfather and uncle, Sean Erik Kingaard, 46, of Costa Mesa passed away peacefully at the family home on Feb. 21 with his parents and service dog Xena present. He had bravely confronted and fought cancer and multiple sclerosis. He was born in Newport Beach and resided in Orange County for most of his life.

He ran track, played baseball and soccer during school; attended Newport Harbor High School, Coastline Community College, Santa Ana College, and Santiago Canyon College. He studied veterinary science, digital media, photography and the business of music. Seam earned certification from the Emergency Management Institute for crisis response management and Wildfire Behavior certification from the National Wildfire Coordinating Group Wildland.

Sean was passionate about protecting and rescuing abandoned, abused, injured, and neglected animals. From childhood, he was known to have a special affection for and affect on animals, and later specialized in aggressive and large animal care and training. He supported the care of a gray wolf at the California Wolf Center for conservation and research.

He was a freelance photographer/videographer and talent manager with Slimdog Photography and Behind the Orange Curtain Productions. He promoted and photographed local bands, wildlife, and architecture.

For more than a decade, Sean provided community service to Wetlands and Wildlife Care Center of Huntington Beach, California Wolf Center, Avian Health Group, American Red Cross Disaster and Response Team of Orange County, Coastal German Shepherd Rescue, Oiled Wildlife Care Network, Marine Mammal Care Center at Fort MacArthur, German Shepherd Rescue of Orange County, Bull Mastiff Rescue of California, Newport Beach Community Emergency Response Team, Australian Shepherd Rescue of Orange County, and police dog training throughout Orange County.

He was a member of California Council of Wildlife Rehabilitators, National Wildlife Rehabilitators Association, Discovery Science Center, National Association of Veterinary Technicians in America, Federal Emergency Management Agency (FEMA).

He is survived by his parents Jan and Bob Kingaard; sister

Amber Hughes; daughter Katelyn Blazek-Kingaard; grandson William Hammond; and extended family. His parents will take his ashes to Wolf Creek, Wyo. A celebration of life will be held for his friends and family in March in Costa Mesa. Sean requested that any memorials be made to the California Wolf Center in Julian, California or Wetlands and Wildlife Care Center of Huntington Beach, California.

Obituary

Chloe Jane Walch



June 25, 2012 – Feb. 22, 2013

Our "good and perfect gift" returned to live with her Father in heaven on Friday, Feb. 22. She was tenderly cared for by the good people of Children's Hospital Orange County during her final three days as she valiantly fought to give her last gifts here on earth. We feel blessed to have experienced this tremendous journey with her.

Our little "CoCo Bean" was born on June 25, 2012 in Pasadena.

She was a fighter from birth and we were able to bring her home after five days in the NICU. It was better than Christmas morning for her five siblings. The joy she brought to our home was felt even before her birth. We discovered that Chloe would be born with Down syndrome when she was just 13 weeks gestation. She was teaching us even then that God has a plan and each person has a significant role to play regardless of the world's view of who or what you are. We embraced this new aspect of the journey and learned as much as we could with help from our dear friends at Club 21. We learned shortly after her birth that Chloe had profound hearing loss in both ears. She once again opened our world and hearts to a new group of friends, teaching us even more profoundly that differences are sometimes what make us strong and that standing together is truly better!

Chloe's smile would melt the hearts of those around her and, though she never spoke a word, her "raspberries" always brought a smile and told us exactly what she thought of the situation and more importantly of her father's sense of humor. She worked hard to accomplish so much that we all take for granted. She taught us to persevere, to smile in the face of adversity, and to love purely, deeply and without hesitation.

Her presence continues to be felt. We will treasure her memory and honor her life by making those choices that will allow us to join her again one day.

Chloe is loved and adored by her parents Spencer and Melissa Walch; her brothers Ethan (14), Carter (12), Noah (5) and Campbell (4); her sister Emma Grace (9) who prayed daily for her arrival for four years; her paternal grandparents Victor and Carole Walch; her maternal grandparents Kay and Bill Rowan and Robert and Bobbie Heym; and maternal great-grandmother Flora Lourcine Gates. She will be deeply missed by her 10 uncles, 12 aunts, 48 cousins and numerous dear friends.

Services will be held on Friday, March 8. Viewing to be held from 2 p.m. to 3 p.m. Memorial service to be held at 3:30 p.m. with Chloe's "graduation celebration" to be held immediately following. All services will take place at the Church of Jesus Christ of Latter-day Saints, 4550 Raymond Ave., La Crescenta.

In lieu of flowers, donations may be made to Club 21 in Pasadena in Chloe's name <http://clubtwentyone.org>.

Please visit www.CrippenMortuary.com to view the "Book of Memories" and light a candle for Chloe.

Obituary

Victor Malit Rosacia



Jan. 14, 1948 – March 2, 2013

Victor was born in Lal-Lo, Cagayan, Philippines to Felix and Maxima Rosacia. Victor's father was a lawyer and his mother was a dentist. Victor was the fifth of 10 children. He grew up in Lal-Lo and earned an associate degree in radio-telecommunications.

He is predeceased by his siblings Eduardo, Bert and Anita. Victor is survived by his sisters Liberty, Virginia, Amelia and Christine, and his brothers Doming and Felix Jr.

He enjoyed watching his favorite Filipino shows and listening to music. His favorite was Paul Anka. He also enjoyed going places with his relatives, especially eating at buffets with his brother Doming. Victor was a kind, generous, and deeply religious man. He will be greatly missed!

Please visit www.CrippenMortuary.com to view a memorial tribute and light a candle for Victor.

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TRAGEDY from Cover

Suicide, even when dealing with an accidental death, teens are vulnerable and those at risk might begin to think about death and dying.

Underwood added that it is important for the school to reach out to the kids.

Counseling services were available to La Cañada High School students at Verdugo Hills Hospital over the weekend. The district covered the cost. LCHS also has resources for parents located on its website <http://www.lcusd.net/lchs>. The Society for the Prevention of Teen Suicide's website is www.sptsusa.org/.

"We have a lot of resources on there especially for parents," Underwood said.

Sinnette stressed that suicide is not an answer.

"This is a tragedy but not the solution," Sinnette said. "I don't want our students to think suicide is the answer."

On Monday, there were 40 mental health professionals at LCHS who saw about 200 of the approximate 2,100 students that attend the school for grades seven through 12. About 20 counselors were on campus on Tuesday.

"As a community, we are devastated and saddened at this loss," Sinnette said. "Our thoughts and prayers are with his family."

At the LCUSD school board meeting a moment of silence was held before addressing the audience.

"Our heartfelt sympathies go out to the student's family," said board president Scott Tracy. Tracy called the suicide "an unspeakable tragedy" and complimented Sinnette's actions and how she handled the situation.

Sinnette said she didn't think administrators

will ever be the same, adding they were immediately on the scene Friday.

"We've all come together to care for one another," Sinnette said Tuesday night.

Sinnette also mentioned that Crescenta Valley High School principal Michele Doll reached out to the school. In February of last year, a CVHS student committed suicide by jumping off a building on campus.

There were CVHS students on the baseball field on Friday at the time of the tragedy. This, in addition to the tragic death of one of their own last year, prompted the administration to bring in added support.

"The district sent up extra psychologists to our school," said Rene Valdes, associate principal at CVHS.

The CV students have reached out to LCHS students to support and help them.

"People really reached out and we appreciate that," Sinnette said about those who helped.

Sinnette said that there is discussion on having a security audit performed at the campus to ensure that incidents like this couldn't happen again. There is an open meeting on the subject on March 19. Sinnette also said the district needs to actively reach out to students and they need to seek help if they are troubled.

Any parent or student who needs support is encouraged to contact their school.

Other hotlines to help those dealing with the tragedy include the Didi Hirsch Mental Health line at (877) 727-4747, California Suicide and Crisis Hotlines at (800) 273-TALK and LA County Department of Mental Health Hotline at (800) 854-7771.

CRIME BLOTTER

Feb. 27

4400 block of Young Drive in Montrose, a 30-year-old Montrose man was arrested for burglary and theft of a firearm after he entered his father's bedroom and allegedly stole a rifle and rifle magazines containing ammunition. The father reported that his son, who he had a restraining order on, had broken into his locked bedroom and allegedly stole the rifle and ammunition that was placed under his bed.

The son was asleep in a bedroom. After an investigation deputies found the gun in a suitcase belonging to the son. The son was arrested at 2 a.m.

5000 Rosemont Avenue in La Crescenta, as a resident was upstairs at her home she heard someone enter her residence through the rear patio door. She contacted her brother. He

responded to the location and entered through the side garage door. The suspect apparently exited through the front door of the residence dropping a glove and plastic bag as he left. The resident reported she thought she heard two male voices before she called her brother. An investigation discovered the rear patio doors had been damaged.

The incident occurred at 11:30 a.m.

Feb. 25

5400 block of Burning Tree Drive in La Cañada, a PlayStation gaming console, cash and a purse were stolen and several rooms in a home were ransacked between 7 a.m. and 6:30 p.m.

Feb. 26

Foothill Boulevard and Hampton Road in La Cañada, a

30-year-old man and 31-year-old man, both from Los Angeles, were arrested for receiving stolen property, possession of burglary tools and burglary after a deputy conducted a traffic stop of a vehicle. The deputy reportedly witnessed a plastic bottle being thrown from the vehicle. When the deputies approached the vehicle, they allegedly smelled an odor of marijuana. Deputies also noticed the front passenger driver door lock was punched out.

A search of the vehicle discovered a set of keys, including a type of key often used in burglaries and a pair of gloves from the back seat of the vehicle along with a camera that was reported stolen out of China.

The arrests occurred at 1:29 p.m.

GPD Asking for Public's Help

Glendale Police are asking for the public's help in locating two teenage boys who are suspected of stealing cellphones on Feb. 6 and Feb. 8 at the Coffee Bean and Tea Leaf at 3701 Ocean View Blvd. in Montrose.

In both incidents, Suspect 1 asked a female victim if he could borrow her phone to call his mother. In one incident, a second

boy ran up and took the phone and then both boys fled away together. In a second incident, Suspect 2 held the door open for Suspect 1 as he ran away with the victim's phone. Both boys reportedly ran to a waiting vehicle and then fled the location. Both incidents occurred on weekdays between 7 p.m. and 10 p.m.

Suspect 1 is described as a

16-year-old boy, skinny, 5'7" tall with light brown hair. Suspect 2 is described as a 16-year-old boy, 5'8" to 5'9" tall, 150 to 170 pounds with curly black hair. The suspect's vehicle is described a black two-door, possibly a Honda Accord or similar.

Anyone with information is asked to contact GPD at (818) 548-4911.

Fatal ACH Crash Victim Identified

Los Angeles County Coroner's office has released the name of the woman whose vehicle went over the side at Angeles Crest Highway on Monday.

Maral Joulakian, 43, of Montrose died of multiple

traumatic injuries, said Ed Winter, Los Angeles County Coroner's office.

Angeles Crest Highway was closed on Monday afternoon due to the fatal vehicle over the side at mile marker 32.5.


Los Angeles County Sheriff's from the Crescenta Valley station responded along with Montrose Search and Rescue. The cause of the accident has yet to be determined. LASD Homicide unit is investigating.



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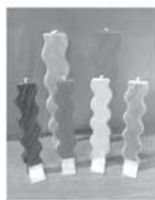


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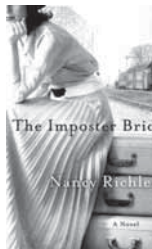


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MEMORIAL from Cover

to run.

“Through the donations, we are able to cover the entry fees for Rosemont PWR club at Rosemont [Middle School],” Baldwin said.

He added that with more donations they could help high school runners as well.

Forest Lawn is donating the bronze nameplates and has agreed to install them on the wall.

The committee does need help with some of the names that have been submitted.

“Some of these names were given to us years ago,” Baldwin said. “We are not challenging the names, but do need more information.”

Committee members have searched through genealogy websites and have found information for a few of the names, but still need help from the public.

Birth dates are needed for Capt. Harvey F. Carter, U.S. Marine Corps; Pfc. Robert H. Conway, U.S. Army; First Lt. Harrison E. Squires, U.S. Army Air Corps.; Pvt. Donald E. Wood, U.S. Army, AOM 3; Lewis E. Manning, U.S. Navy. The date of death is needed for Capt. William G. Smith, U.S. Marine Corps.

If anyone has information on these names or would like more information on the Two Strike Park Memorial Wall, visit the website at www.twostrikememorial.org or email post288@aol.com or post1614@aol.com or mail American Legion Post 288, P.O. Box 223, Montrose, CA 91021.

SMOKING from page 6

nicotine’s tendency to bind to the pleasure receptors of the brain.

GCC student Tatevik Mirzayan, said she will talk to her husband about what she learned at the lecture in the hopes of convincing him to quit smoking.

“I wish he was here,” she said. “I have been telling him don’t smoke, but they’re addicted. It’s not easy for them to quit very easily. I am going to give him the same lecture.”

For marijuana smokers, the negative effects on the human body increase.

Marijuana contains the aptly named active ingredient Delta 9 Tetrahydrocannabinol, or THC. Like nicotine, it binds to the pleasure centers of the brain, causing addiction and debilitating withdrawal symptoms.

Working memory is affected, including areas of the brain responsible for visual association. Users can experience depression and mania. A single joint contains four times more tar than a cigarette, and three or four joints cause damage equivalent to five cigarettes.

Hardly any studies exist on marijuana’s effectiveness as a medicine, Beeman said. And any studies that have been conducted only focus on THC and not the smoked form. A THC dose needed for pain relief delivered through the smoked form of marijuana is difficult to precisely measure. And the window between such a dose

for pain relief and one that will produce psychic effects on a patient is very narrow, so it is rarely used in a professional medical setting to treat patients with multiple sclerosis, for example.

“And yet that’s all they’re talking about: We’re going to legalize marijuana so we can smoke it,” said Beeman. “There are a lot of different factors that play in that make it hard to get controlled doses of smoked forms of marijuana.”

More studies have been conducted using habitual users than actual patients, which makes it unclear if people with debilitating conditions would ultimately benefit, Beeman said.

“Politically, it’s very acceptable to smoke marijuana right now,” Beeman said. “I’m afraid, because we don’t have the research, that over time we’re going to find out it’s just as bad as cigarettes – maybe worse.”

Beeman was asked to present his talk by lecture series coordinator and GCC Psychology Department chair Jessica Gillooly, on the basis of ongoing discussions on whether or not to make GCC a smoke-free campus.

With this lecture, Beeman hopes to educate people so they are not misinformed, especially when it comes to information about marijuana and hookah.

“Not enough of the facts are coming out, so I decided to do this talk to get some of those facts out,” Beeman said.

GCC from Cover

Parade entry. If the city were to participate in the 2014 Rose Parade, it would make the 100th anniversary of its participation in the event – the longest running outside of Pasadena.

Staff commented that in the past the Glendale Rose Float Association would oversee fundraising. This year would consist of fundraising by way of community outreach, grassroots donations, as well as corporate sponsorships from local businesses.

Last year, after the debacle of 2011’s design controversy, council designated a committee to oversee the float’s design. Staff recommendations were to continue this method, with corporate sponsors comprising the committee.

Council approved the project, moving to appropriate \$155,000 to fund the construction of the float, while authorizing the execution of a \$150,000 contract with Phoenix Decorating Co., Inc., renewing a long-standing relationship between the company and the city.

Before discussion of the agenda began, council spent part of its personal comments portion discussing the recent controversy surrounding city council candidate Zareh Sinanyan. He also currently serves on the city’s Parks, Recreation, and Community Services Commission.

Uncovered earlier this month were a series of posts on YouTube from a user with the same name

attacking other users with homophobic and racist threats. Personal information disclosed by that user appears to link that user with Sinanyan.

“The evidence I’ve seen is very compelling,” said Councilmember Laura Friedman, who is running against Sinanyan in the April 2 election. “We do need to give this commissioner a chance to respond.”

Councilmember Ara Najarian, who is also running for re-election, seconded Friedman’s motion to place an inquiry into the matter through the council agenda.

“I learned about these possible actions,” he said. “I think it’s only fair to agendize this in order to give Mr. Sinanyan a chance to respond.”

Rebuffing the proposal for agendizing the item was Councilmember Rafi Manoukian who has officially endorsed Sinanyan in the election.

“I would prefer [discussing the matter] after election,” he said. “This is the first I’ve been hearing of this.”

“It is disturbing,” said Mayor Frank Quintero of the accusations.

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VIEWPOINTS



MY THOUGHTS, EXACTLY
» JIM CHASE

Not-So-Mellow Yellow

No matter what the calendar says, spring has arrived in my foothills neighborhood. It's in the air. It's covering my driveway. It has blanketed our cars until it's hard to tell what color they are. It's thick on the plants in our garden and has wafted in and covered all of the tools on my workbench in the garage. There was even a thin layer of it on my computer monitor and keyboard as I sat down to write this morning. But the worse part is that it's in my eyes and nose and lungs.

For whatever reason – lack of rainfall, this year's roller coaster "winter" temperatures, George Bush, the sequester, who knows – the air all across the Crescenta Valley is thick with yellow pollen. I might be hyper-sensitive, but the pollen problem seems particularly severe in my neck of the woods. Before my wife drove off to work this morning, for example, I had to hose off her car just so she could see out the windows. There was a thick stream of yellow yuck running down our driveway as I squeegeed her windows clean. Before I was even finished, however, I noticed that fresh yellow powder had already fallen on the hood of her car.

"Quick, drive away now," I pleaded to her through the driver's side window as she sat inside with the engine idling, "or you won't be able to see out again!" She blew a kiss, wished me luck and floored it, roaring down the

driveway, leaving me in a swirling cloud of allergens. With the hose in one hand and squeegee in the other, I stood and watched as she vanished into the yellow haze. Wishing I had had the forethought to put on a filter mask before venturing out into the murky morning, I looked around in wonder at my own private hay fever hell.

There are several towering, old growth pine trees either on or leaning over our property whose branches right now are heavily laden with bright yellow, grenade-like pollen pods. They hang high above the ground, just waiting for the slightest breeze to nudge them loose and send them plummeting to the ground.

When these pods burst, they release a puff of pollen that you can actually see disperse into the air and get carried away. But the real excitement happens when all of this yellow menace meets the business end of a gas-powered leaf blower. As convenient as these tornado generators with shoulder straps might be, when I hear the unmistakable sound of a two-stroke engine revving up nearby, I can't close all of our windows and doors fast enough. I also instinctively grab the keys so I can roll up any open car window, then have to quickly gather up any laundry hanging near the washer and dryer in our garage lest it become dusted with a yellow patina of

powder. Fun times, indeed.

Just now, looking out at our front yard from my second story office balcony, it looks as if we've been repeatedly strafed by a crop duster with powdered lemon Jello® in its tanks. Everything in sight is blanketed with a thick yellow film. With each puff of a breeze, more pollen is released from nearby trees and drifts slowly through the air. I can actually see well-defined tire tracks on the driveway where we've driven our cars the past few days. Talk about yellow snow!

In researching pollen for this column, I learned that the lifespan of a pollen grain (or at least its usefulness in fertilizing or "pollenating" another plant that it happens to land on) can be as little as two hours. On the other hand, its ability to produce the allergic reaction not-so-affectionately known as hay fever can last indefinitely. Well, isn't that just ducky.

Looks like it's going to be one long, sneezy, drippy spring.

I'll see you 'round town.

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Jim Chase is an award-winning advertising copywriter and native of Southern California. Readers are invited to "friend" his My Thoughts Exactly page on Facebook. Also visit Jim's new blog with past columns and additional thoughts at: <http://jchasemythoughtsexactly.blogspot.com/>



CVDAPC NEWS
» SUZY JACOBS

The purpose of our lives is to be happy. ~
Dalai Lama

For many it is easier to state than to achieve. We want it for ourselves. We want it even more for our children.

The Crescenta Valley Drug & Alcohol Prevention Coalition was formed to keep kids safe, healthy, and happy. One way to reach this goal is through the involvement of parents. For years we have held free parent sessions at the Y on Tuesday nights from 7:15 p.m. to 8:30 p.m. The session on March 12, For Men Only, is a chance for dads to talk to other dads. Local dad Mike Antonovich supports this year's sessions.

Recently we have made presentations at your PTA meeting, the Armenian Community & Youth Center, and the Korean Language School. We are available to do more!

And we encourage parents, guardians, and other adults in the area to attend a free Community & Family Summit on Thursday

night, March 14 from 7 p.m. to 9 p.m. at CVHS in the MacDonald Auditorium, 4400 Ramsdell Ave., La Crescenta. Clay Roberts will present a list of traits shared among productive children, the 40 Developmental Assets®.

One asset that resonates with me (older parent, single child) is having non-parental adults in a child's life. These adults could be a coach, a cleric, someone's mom or dad, a relative, a doctor, a counselor, a neighbor or a teacher. These adults express their availability in word and deed. They listen, drive, feed, educate, love, honor and help a child grow. Our daughter has other adults in her life, and we are grateful she can trust them when she won't talk to us. One asset down, 39 to go!

Apparently Clay's message resonates, and it sticks. My board member, Nancy Stone, heard him speak 10 years ago and has waited a decade to have him back at CV for a new generation of parents and children. Next Thursday night's the night.

We hope to see you there. If you need free childcare, call the First Baptist Church of La Crescenta at (818) 249-5832 to reserve space.

If you want more information about CVDAPC, email me suzy@cvdapc.org.



TREASURES OF THE VALLEY
» MIKE LAWLER

Our Very Active Deukmejian Wilderness Park

Last weekend my wife and I had the pleasure of attending one of the regular themed lectures/hikes at Deukmejian Wilderness Park. The park has informational talks in the Trails and Open Space building, followed immediately by a short hike in the park to see first-hand what we've just learned. A sample of some of the recent lecture/hikes includes a talk on the birds that live locally, after which the group took to the trails to ID the birds we had just heard about. The leader of the hike used his smart phone to play pre-recorded bird calls, which were answered by the wild birds.

A geology lecture/hike showed us the stark evidence in the park of the massive floods that have regularly swept down Dunsmore Canyon, and we had pointed out to us a place in the park where we could very visibly see the earthquake fault that cuts along our valley.

An upcoming lecture/hike will be by a professor of pharmacology who will show us the medicinal herbs growing in the park that our local Indians used. He'll teach that the chemicals in plants utilized by the Indians are the very same chemicals used in modern medicines.

This particular lecture/hike was on the history of winemaking in the Crescenta Valley put on by my good friend Stuart Byles. Byles is the VP of the Historical Society of the Crescenta Valley and the leader of the Stone Barn Vineyard Conservancy, which is

making wine from the grapes grown in the vineyard at Deukmejian Park. He gave us an overview of winemaking in early California, from the Spanish Missions to the first private vineyard in California – Don Jose Verdugo's vineyard in South Glendale. Then on to the French, Germans and Italians who in the 1800s brought their winemaking traditions to Los Angeles, making L.A. the wine-producing capital of the nation. Those same French, Germans and Italians were drawn to the Crescenta Valley, with its rocky soil and Mediterranean climate, perfect for grape production. Byles showed photos of the valley from the teens into the '40s, showing vast vineyards everywhere in La Crescenta, Montrose, La Cañada, and on either side of Foothill Boulevard into Tujunga.

Our hiking portion of the lecture took us to the century-old stone barn, once the center of the Le Mesnager family's vast vineyards and now the centerpiece of the park. We were allowed to look inside the barn and see the ongoing work by the city to turn it into an interpretive center and meeting place. The seismic retrofit has been completed, all paid for with grants obtained by the Community Services & Parks Dept., so that the unreinforced stone building is now earthquake safe. We found out that the money to pay for the interior renovations is now in place and that someday soon the barn will be opened to the community. We finished up in the vineyard, where we

learned that every year local volunteers tend the vines, harvest the grapes, hand-crush them and produce wine under the guidance of the Stone Barn Vineyard Conservancy.

Walking back to our car, we saw other volunteers carrying water to the hundreds of trees that have been planted since the Station Fire, ensuring Dunsmore Canyon will soon be shady and green. The park sponsors a monthly workday (usually on the third Saturday) when volunteers can help improve the park. It's a regular event for local Scout troops and high schoolers looking for community service hours, and a great place to meet new people. As well, the park has a trail maintenance crew and a volunteer safety patrol.

New to the park this year is the addition of a "camp host" similar to what we see in our national parks. They'll be at the park 24/7 to provide security, maintenance and handling park reservations. Miles of trails bring hikers, and hidden grassy terraces provide picnickers with million dollar views of Los Angeles and the sea beyond.

If you're interested in volunteering, or being on the mailing list for future activities at the park, contact Trails and Open Space coordinator Marc Stirdivant at (818) 550-4405 or mstirdivant@ci.glendale.ca.us.

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

LETTERS TO THE EDITOR

Toll Highways, The New Normal

I would like to add to Jim Chase's My Thoughts in the Feb. 28 issue about tolling on L.A. freeways and state that I agree with him wholeheartedly about this disturbing change to our transportation infrastructure. The plan for tolling many of the freeways in L.A. County has been in the works for some time now, a plan detailed in a report by Metro's InfraConsult in 2010 and is now moving forward at lightning speed.

Have you seen all the preliminary work on the 405? Not only is tolling planned for the I-710 Expansion, the SR-710 Tunnel, and the High Desert Corridor projects but also for the I-405 and Sepulveda Pass, the I-5 at the Newhall Pass, and another "gap closure" on the SR-71. A presentation given by InfraConsult at the Transportation Summit last August calls this plan, "Local Taxes and Highway Tolls: The New Normal." You can see this presentation at <http://www.no710.com/critical-issues-links/financial-reports-&-investor-presentations/micheael-schneider-tollways.pdf>.

The pilot program on the I-110 is to test the viability of tolling in Los Angeles through public-private partnerships even though San Diego and Orange Counties have had serious problems with

these types of investment contracts. The taxpayers had to pick up the tab of about \$1 billion for both the failed SR-125 and the SR-91 freeways, money that LA County cannot spare. No matter how frustrating our freeway system is, I would urge everyone not to participate in this expensive pilot program and to look very carefully at any future ballot measures that are transportation related.

*Susan Bolan
La Crescenta
No 710 Action Committee - no710.com*

Roll On – Without Him

Let's see, we appear to be on a roll to ban things, i.e. plastic bags, incandescent light bulbs, automatic weapons, bullet magazines (more than 10), styrofoam, soft drinks more than 16 ounces, fat foods determined by the government, smoking (even outdoors) and wood burning fireplaces, then tax us for rainwater runoff from our properties, and charge us tolls on our "freeways?" Luckily, I'm not a one-per-center. Otherwise I'd really be in trouble.

*Bill Costello
La Crescenta*

YOUTH

CVHS Students Honored for Doing Right Thing

By Mary O'KEEFE

The La Crescenta Baha'i Community awarded 14 Crescenta Valley High School students with their Spring Virtue Awards on Tuesday afternoon at a ceremony in the school's career center.

"We recognize the kids that do the right thing," said Michele Morris.

Their teachers nominated the students and although all had different qualities attributed to them, they also had one thing in common – they respected and supported their fellow students, as well as their teacher.

Virtues like kindness, compassion and responsibility were the guidelines for teachers when choosing their candidate. This is the 17th year the La Crescenta Baha'i Community has honored students.

"In the past, Rocky Cola restaurant supported [the award] with a \$20 gift certificate," Morris said. Rocky Cola is no longer in business so the

organization purchased movie ticket certificates for the students.

All the teachers spoke about how their student not only supported them in their classroom but how they would reach out to other students, even those they didn't know, who needed help or guidance.

The students did not know their teachers had nominated them. They had no idea they received the award until they were called to the office and given the notice so they could invite their parents, Morris said.

Most students did not know what they had done to receive the award, making it even more unique because they were truly being awarded for being themselves.

Those honored included Kristine Choe, Ruslan Petrov, Daniel Ajemian, Sareen Ayvazian, Logan Goddard, Matthew Schetina, Tulasi Hilder-Manahan, Kal Hempel, Amber Zadravec, Riley Chambers, Savannah Arguello-Cooper, Evan Nelson, Kenna Ramey and Corey Tavizon.





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YOUTH Notes

Jog-A-Thon at Dunsmore

Dunsmore Elementary School is having its 5th Annual Jog-A-Thon on Friday, March 8 from 8:30 a.m. to 11:30 a.m. on the lower field. The PTA fundraiser is an opportunity for about 400 Dunsmore students (kindergarten through sixth grade) to stay healthy while also raising funds to support the school's programs including funding educational assemblies, field trips, art and science docents, computer software and other PTA events.

PTA members, parent volunteers and teachers will be on the field throughout the day to support the little "Hilltoppers."

Anyone who would like to contribute to the event can sponsor a student or call Dunsmore's office at (818) 248-1758, or visit the school website dunsmoreelementary.com.

Dunsmore Elementary, 4717 Dunsmore Ave., La Crescenta

SAT Seminars Offered

Assistance League of Glendale is offering low cost SAT seminars again this March.

The four-week course starts March 4. There are two sessions, Monday and Wednesday or Tuesday and Thursday from 7 p.m. to 9 p.m. The cost is \$45, which covers the sessions, a book and refreshments. Registration forms are available at www.alglendale.org/sat.htm, local high school counselors' offices and at Thrift Alley, 314-A Harvard St. Glendale or call (818) 247-4296.

The seminars are held at Assistance League at 314 E. Harvard St. in Glendale.

Kohl's Offers Scholarships

The Kohl's Department Stores Kohl's Cares® Scholarship Program will award more than \$425,000 in scholarships and prizes this year. Nominations for kids ages 6 to 18 will be accepted through March 15 at kohlskids.com.

CVHS Gets Ready for Spring Dance

By Mary O'KEEFE

Is dance hip-hop or ballet? Is it jazz or tap? Does the type of dance define the student?

At this year's Crescenta Valley High School's Spring Dance performance, the questions of who dances and how they dance will be played out on stage via a West Side Story-type of tale.

"It's a cross of 'West Side Story' and Romeo and Juliet 'Step Up,'" said Rebecca Thomas, member of the Advanced Dance program.

The story will follow a ballerina who goes to a new high school and meets a boy who is a hip-hop dancer.

"The two groups [of dancers] don't like each other," Thomas said.

The couple in the middle tries to get all dancers to dance together.

This scenario is a different than dance performances in the past at CVHS. Before, the dance company would have a theme but not a storyline that ran throughout. Thomas and fellow dancer Ani Agabalian began talking about the new direction and came up with the idea. Other dancers added their ideas and once they received the approval from teacher Fredda Manzo, the company began pulling the show together.

The Spring Dance is on Friday and Saturday; curtain is at 7 p.m. at the CVHS MacDonald Auditorium, 4400 Ramsdell Ave., La Crescenta. Tickets are \$5 for students with identification and \$10 for adults. The ticket sales support the CVHS Dance Dept.



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SPORTS



Falcon Basketball Season in Review

By Brandon HENSLEY

Despite a roster overload, the 2012-13 Crescenta Valley boys' basketball team replicated last season's success almost exactly. CV finished second in the Pacific League this year and made it to the CIF Southern Section Division 1A semifinals, where it lost to El Toro, falling one game short of the championship round. Last year, the Falcons made it to the same round and lost to Mission Viejo.

CV won 23 games (last year's team won 26) and was led by senior guard Cole Currie, the lone starter from last season. Without Dylan Kilgour, Davis Dragovich, Rudy Avila and All-CIF forward Christian Misi, who all graduated, Currie led a more inexperienced Falcons squad to a year most didn't expect. Junior guard Nick Springer was also solid, providing an outside shooting threat that Kilgour previously represented.

The Falcons will lose key members Currie, Kris Jabourian and Elliot Wilson. Look for Springer, center Eric Patten and point guard Berj Krikorian to play the most prominent roles next season.

Just like last year, CV qualified for the Division I state playoffs, and played at Crenshaw High in the first round on Wednesday. After state, Currie will commit full-time to the Falcons' baseball team, and Coach Shawn Zargarian will look toward spring practices and the summer league schedule.



Arin Pezeshkian has a sweet shot, and he'll be looked upon even more for scoring next season.



Eric Patten will be the main focus in the middle for the Falcons next year. He battled injuries throughout this season.



CVHS senior Dylan Robie led the student section in the "Harlem Shake" in the CIF quarterfinals.



Cole Currie scored 27 points and went out a winner in the final home game of his career in the CIF quarterfinal playoff game last month.



"Super sophomore" Berj Krikorian will be a junior next year, and will look to lead the team as a potential starting point guard.



The pep squad had a grand time at senior night against Arcadia High School. CV dominated in the win.



Nick Springer was instrumental in CV's success this year. His shooting and defense will help decide if the Falcons compete for a league title in 2014.

Photos by Ed HAMILTON



Boys' Soccer Already Looking to Next Season

By Aimee YEGHIAYAN

The Crescenta Valley boys soccer team's successful season ended Feb. 20 with a game against Century High School. The semi-final round of CIF knocked out CV with a 1-2 loss at home and left the team 19-4-7 overall and 8-2-4 in league wrapping a memorable season.

"One of the downfalls of being a coach is I always imagine the worse and what could happen. We finished the first 10 games at 8-1-1 and won the Ralph Brandt Tournament, which was no easy feat," said CV head coach Grant Clark. "I was really impressed with how they worked. They showed what they were capable of by beating strong teams like El Camino Real, St. Francis, and Birmingham. We have

a lot of respect for the teams that we played but those were three big games for us in that beginning stretch of the season."

Unfortunately the team couldn't win against Century in CIF. Although many attempts were made, the only CV goal was by Pablo Satillo with an assist from Rani Dimashki.

"I think one of the unsung heroes for me this year that most people wouldn't recognize is Rani Dimashki. Rani played every defensive position. We had injuries and so Rani was the fix-it guy. I had plans to use him as an outside back this year but with injuries to Matt Bracht and Brian Ju, Rani had to learn to play centerback on the fly against very tough teams," said Clark. "He works so hard in practice and never takes anything

for granted. I hope that our young guys on the team learned what happens when you work hard because Rani set that example every day. There isn't a stat to show what a difference he made for us."

Even with the loss, the Falcons had a successful season overall with many moments that will be remembered for years to come, including a 2-1 win against Arcadia on Feb. 7.

One of Clark's favorite moments was beating Valencia High School in the first round of the CIF playoffs.

"We were down 2-0 with 25 minutes to go and no one panicked. The team worked together to create opportunities and we tied the game. In overtime, Justin Wright collected a ball and fed Russell Carpenter who beat his

man around the end line and fed a perfect ball to Erick Trejo. To see the team come together and celebrate a win like that is something that cannot be manufactured or created. It is spontaneous and exhilarating. What a blessing to be at that game."

Like last year, CV will have a difficult time adjusting to the loss of their seniors. With only seven or eight team members expected to return next year to varsity, the newcomers stepping up from JV will have to work hard alongside the returning players. Clark said they will follow the same schedule they did last year, beginning practices early to get the team used to working with each other.

"The good thing about the soccer program, and it started a few years back, is that there is a culture of

winning and success. Those who will be back next year know what it takes to win and understand what the coaching staff and the school expect from our Falcon soccer players. Those expectations that are set will fill the gaps left by those seniors who are graduating," said Clark.

"There always seems to be a doubt when a class graduates, especially like the past two classes that we have had. I think a lot of people will be surprised when they see the product that will end up on the field when the new season rolls out.

"I'm not ready to put out any guarantees but I think parents, students, teachers, and the Pacific League will be surprised by what we roll out of the shop."

CV Golden Valley

By Leonard COUTIN

CV Falcons hosted track and field division champions Golden Valley at Thursday's meet. Having competed last season against the Grizzlies – who were coached by his sons – Falcons coach Mark Evans was not surprised by the strength displayed by Golden Valley.

"We did pretty well,"

he said of Thursday's competition, "but they are a very good team."

Although CV was beaten in the boys and girls varsity, they won the frosh-soph portions of the meet.

Evaluating the performances of his athletes, Evans said, "We are faster in the relays than we were at this time last year and our jumps are much better than this time

last year."

Golden Valley's Nolan Del Valle placed first in the 1600m (4:26.7). Falcon Nick Beatty had a win in the 800m running 2:01.5, edging out Grizzly Nolan Del Valle (2:01.5). David Shahmnyan had dual wins in the hurdles, running the 110HH (16.6) and 300HH (42.3). Teammate Kyler Chin took third in the 110HH (17.7) and second in the 300HH (44.) Steve Lee had a big win in the long jump (18-11).

Please visit our Sports page at www.cvweekly.com for the rest of the story and pictures.

CV Falcons Victorious

The CV Falcons 14U team defeated nationally ranked Tri-City Ballers (13U team) 36-31 to win the Pasadena Rush tournament at Cal Tech College last month.

The team, comprised of seventh and eighth graders from Rosemont Middle School, went undefeated through pool play defeating teams from Orange County, West Los Angeles, and Pasadena.

In the championship game, the Falcons took an 11-point lead at half and hung on to win by 5. Trey Ballard was named MVP of the tournament after sinking four straight free throws to seal the victory. Players included Grady Schilling, Andrew VanGinkle, Kudzai Kachingwe, Jonny Han, Ty Hill, Trey Ballard,



Alec Stepanian, Max Meyers, and David Heckman. The team decided to present principal Dr. Cynthia Livingston with their first place trophy for the support Rosemont has given to the basketball team.

Falcons' Tennis Stutters at Season's Start

By Alan Der OHANNESSIAN

The Hoover Tornados boys' tennis team blew past the Falcons 12-6 on Thursday, Feb. 28, dropping Crescenta Valley's record in the early season to 1-1.

The Falcons were looking to win their second consecutive match after beating Glendale 10-8 on Feb. 26. But the Tornados were strong on the court, improving to 2-2, 1-1 in the Pacific League.

The Tornados looked eager for the win from the start, dominating the Falcons in the singles column.

"[We're] better in singles, steady shots," said CV Coach Sam Hyun. "We have a lot of mistakes; when we have an easy, floating ball, we don't know how to finish it."

Albert Chtchyan, CV's No. 1 seed, won just three games in his first two matches against Oleg Simonyan and Emile Ohanyan, losing 6-1 and 6-2 respectively.

But Chtchyan dug deep in his match against Chris Ghadimi. He was down 3-0 before battling back to win six games in a row to get his only win of the day.

His teammates' performances didn't fare as well.

Aren Abrahamian, No. 2 seed, won just four games in his first two matches before defeating Ghadimi, 6-3.

While James Ho didn't win any of his matches, his competitiveness impressed his coach.

"He's a fighter," said Hyun of Ho.

Overall, the Falcons managed to win only two out of the nine matches. They redeemed themselves – somewhat – in doubles competition with the Falcons' top duo of Patrick Meserkhani and Greg Manouchehri leading the way.

They lost their first match to Danny Kim/Arthur Arutyunyan 6-1, citing an inability to get into the flow of the match, and injuries.

"We got off to a slow start," said Manouchehri. He also referenced a rolled ankle suffered during play against Glendale that he was still nursing. But undeterred, the duo got back on track and conquered the next two teams, conceding only three games combined.

"We came back and played more aggressive," said Meserkhani.

The second team, Allen and Jason Chang, couldn't replicate their teammate's success. They lost their serve once in their first match, losing 6-4 to Kim/Arutyunyan. They tried to right the ship in the second match, but felt short, losing 7-6 (7-3) in a tie-break, but they ran out of steam, losing 6-3 in their last match.

Falcons Alex Jang and Youngjun Jang picked up the slack for their teammates winning two of their three matches, losing seven games. Hyun substituted the team, putting in Jason Chang and Young Peak. But there was no magic there and they lost 6-4.

Overall, the team won four out of nine matches in doubles.

"I hope when we play Hoover next time we're in a better position," he said.

As for the team overall, he believes it's a "learning process."

"Still learning a lot of stuff," he said. "I have to figure out either stack in singles or doubles."

The Falcons next play Pasadena High School today at 3:30 p.m.

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BETWEEN FRIENDS

Glendale Memorial Hospital Hosts King and Queen of Hearts Event

By Maddy PUMILIA

Glendale Memorial Hospital hosted its 18th annual King and Queen of Hearts event at the hospital's Cardiac Fitness Center, honoring cardiac fitness patients who chose to make lifestyle changes and now are mentors to other patients.

There were five people honored: Junior Queen Judy Hernand, Junior King Arpiar Abramyan, Senior King Mark Markarian, Senior Queen Madge Vose and Young at Heart Burton Sternau.

"It's a great honor," Abramyan said. "I'm happy and grateful to all the staff at Glendale Memorial."

Thirty-two-year-old Abramyan had a heart transplant in October 2011. He said the Cardiac Fitness Center's program helped him in pre-surgery to lose the weight and post-surgery to recover from the surgery. He was 315 pounds and now weighs 210. He works out three times a week.

"Even if you aren't diagnosed with any kind of disease, it's better to exercise," Abramyan said. "But if you are a patient, it is a great idea to come in and exercise and be healthy."

Vose had a heart attack a couple years ago. She does exercises that the nurses tell her to do.

"[People who just had a heart attack] should see their doctor about getting admitted to the program and follow it through," Vose said.

"[The Cardiac Fitness Center] helped me so much with support and assistance during the recovery of my heart attack," Hernand said. "If it wasn't for all of their information and support that they give us and direction, I would not be here today leading a normal heart healthy life."

Participants were awarded a certificate signed by Assemblyman Mike Gatto, a crown, a stuffed animal and a shift.

"They really help inspire and support other patients who come through," Michelle Galanti, the manager of Cardiac Fitness, EKG and Echocardiology, said. "They've been through the main cardiac rehab program and continued on with the maintenance exercise."

Dr. Lawrence O'Connor, the center's medical director, gave the "State of the Heart" address when he discussed advancements in cardiology in the past year. He discussed a vascular stent that is coming out soon that can help older patients. In addition, he discussed a study on the Mediterranean diet. According to the study, a Mediterranean diet lowers the risk of stroke 30-to-40%. The diet consists of 7 F's: fish, fowl, filet mignon, fresh vegetables, fruit, a flask of red wine, a flask of olive oil and a fist full of nuts. No bread, no baked goods and no pasta.

The hospital also offered screenings to the community at the event, so people could find out if they have risk factors associated with heart disease and learn what the risks are.



Photo by Bill STADLER
Honored at this year's King and Queen of Hearts event at Glendale Memorial Hospital were Judy Hernand, Arpiar Abramyan, Mark Markarian, Madge Vose and Burton Sternau.

McClure Family of Montrose Travel Awarded 2012 SoCalASTA Diamond Award

Travel Leader Sees Personalized Travel Experience as Key to Industry's Future

The McClure family, owners of Montrose Travel, a \$160-plus million full-service travel and host Travel Management Company, was recently awarded the prestigious 2012 Diamond Award by the American Society of Travel Agents, Southern California Chapter (SoCalASTA). The annual award honors professionals and other entities that have made "outstanding, unique, lasting and extraordinary contributions to the travel industry," according to the organization. More than 120 guests attended the sold out black-tie gala held at the Peninsula Hotel in Beverly Hills in January.

SoCalASTA presented the McClure family with the Diamond Award for their leadership role in the travel industry in Southern California, "and for providing quality service with a high degree of professionalism while maintaining the personalized

element with the traveler, embodied by their motto: 'Helping people travel. One at a time.'"

In business since 1956, Montrose Travel was purchased by Joe Sr. and Leora McClure in 1971 with annual sales of \$300,000. With sound business principles and ethical values, the business grew to \$6 million in annual sales by 1990 when the couple sold the business to their son Joe III, daughter Andi, and Joe's wife Julie (a CPA who serves as the company's chief financial officer). Today the business has grown to become a Top 50 Travel Management Company with over \$160 million in sales, 150 employees, and more than 500 independent contractors.

Company president Joe McClure said, "It is truly an honor to be recognized by our peers in the travel industry, just as it is an honor to serve our customers and fulfill their travel needs – they have made us what we are today, and we will always strive to maintain and enhance the personal service we are being honored for by SoCalASTA."



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Verdugo Hills Hospital
1812 Verdugo Blvd., Glendale, CA 91208

RSVP 818-952-2213 • Lunch will be served

This event is only for educational purposes and no plan-specific benefits or details will be shared.
Presented by: Beta Benefits Insurance Services / License #:0B02599



Dates Set for Second Annual Glendale City Golf Championship

The Second Annual Glendale City Golf Championship is set for July 25 and July 29. Together, the Glendale Parks and Open Space Foundation, Scholl Canyon Golf Course, Oakmont Country Club, American Golf and The Local Trusted Choice Insurance Agents will host the annual championship to benefit the local parks and open space.

The first round will take place on July 25 at the Scholl Canyon Golf Course in Glendale. There will be four flights. The low 16 in the championship flight and the low eight in the other three flights will advance to Oakmont Country Club on July 29 to compete for the championship. There will also be a ladies flight.

This is a very unique event with the first round at a par 60, 3,039-yard course and the second round at Oakmont Country Club that will play over 7,000 yards for the championship flight.

Although this is a city championship, golfers of all abilities are welcome to come out and play to support the Glendale Parks and Open Space Foundation, a 501c3 non-profit organization.

Trusted Choice Agent and Tournament Chair Rick Dinger said, "This is an exciting event that will raise much needed funds for our local parks at a time when so much of their budgets are being cut."

For more information on the event, log on to www.GlendaleGolfChampionship.com and for more information on Trusted Choice, log on to www.TrustedChoice.com

Dilbeck Sales Partner Eller Featured in 'Realtor Magazine'

Dilbeck La Cañada sales partner Sue Eller was recently featured in "Realtor Magazine." Eller was recognized for knowing how to maintain and maximize her customer connections for sales success.

That article stated that Eller, a sales associate with Dilbeck Real Estate Real Living in La Cañada has pinned hundreds of photos of local architectural gems, parks, and more using Pinterest.

"Pinterest is a good way to build affinity marketing by connecting over not just real estate but also hobbies and interests," Eller said. She posts architectural photos she loves on her website and uses Pinterest to drive traffic there. Her Pinterest page also includes categories such as, "How to Make Your Home Sellable," "Favorite Homes I Have Sold," and "Gardening and Gardens."

Team Eller's Sellers is comprised of Sue Eller-lead agent, Kari Carson-buyers' specialist and Matt Letcher-admin/client liaison.

Contact Sue Eller for more information at (818) 668-4005.

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From left are Los Angeles Orthopaedic Hospital senior director, Community Outreach Mary Beth Perrine, La Cañada Orthopaedic Guild president Marie Baker, Los Angeles Orthopaedic Hospital vice president of Advancement Mickie H. Faris, Los Angeles Orthopaedic Hospital senior director of Advancement Nicole Weaver-Goller.

Mickie Faris (third from left) is shown accepting a check from the La Cañada Orthopaedic Guild for \$16,000 to the Los Angeles Orthopaedic Hospital. The donation will be used to assist and provide care for patients with musculoskeletal disorders.

In partnership with UCLA Dept. of Orthopaedic Surgery, Los Angeles Orthopaedic Hospital will become the pre-eminent provider of pediatric orthopaedic care, education and research at the downtown facility.

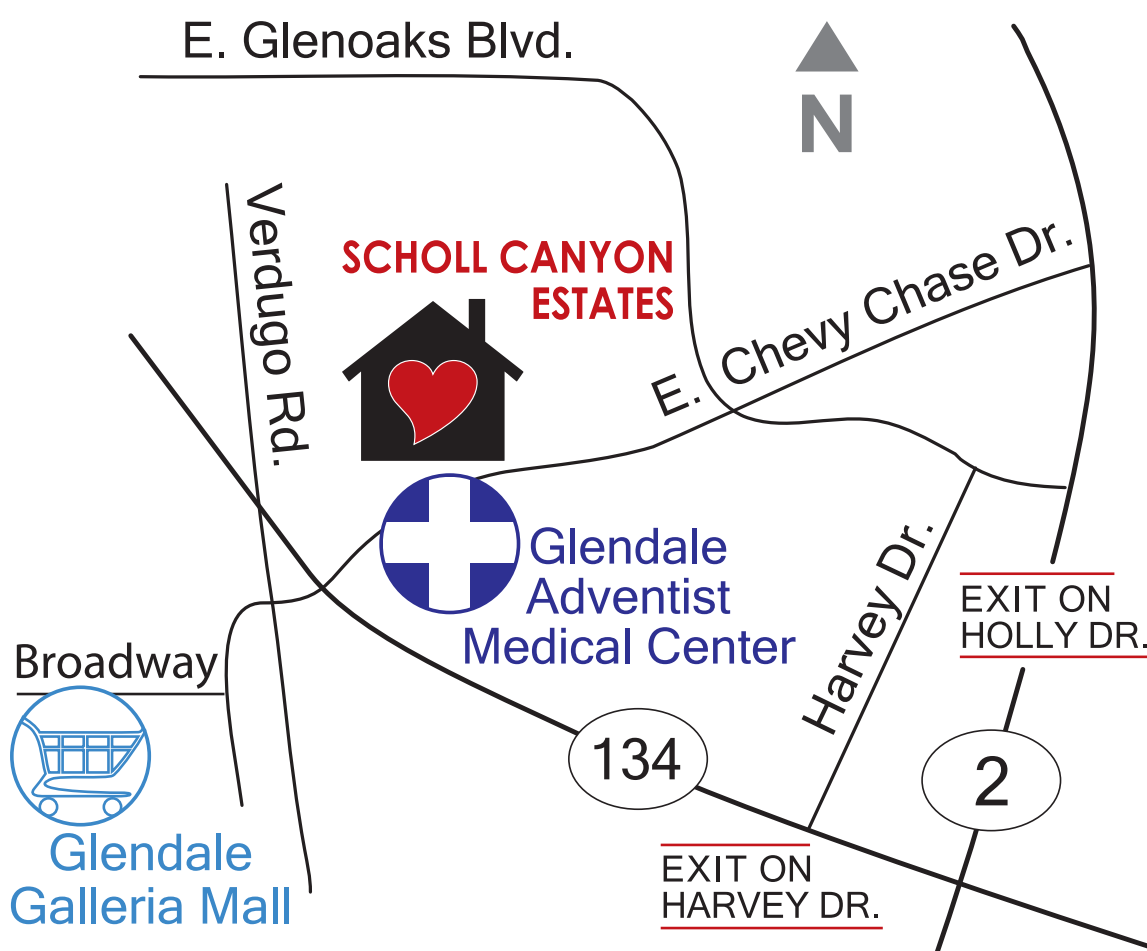
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People Making News

Ian Conover of Glendal was named to the fall 2012 dean's list at Hofstra University.

Hofstra University is a dynamic private institution located in Hempstead, N.Y.

Worcester Polytechnic Institute (WPI), located in Massachusetts, announced that Andrew Weiler of Montrose, a freshman, was named to the university's dean's list for academic excellence for the fall 2012 semester.

A total of 1,337 undergraduate students achieved the criteria required for WPI's fall 2012 dean's list. The criteria for the WPI dean's list differ from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI defines the dean's list by the amount of work completed at the 'A' level in courses and projects.

Luke Webster, a resident of La Crescenta, has earned placement on the Gonzaga University president's list for fall semester 2012. Students must earn a 3.7 to 4.0 grade-point average to be listed.

Gonzaga University is a humanistic, private Catholic University situated along the Spokane River near downtown Spokane, Wash., providing a Jesuit education to more than 7,500 students.

Annelise Thompson of La Cañada Flintridge was one of 324 undergraduates named to Denison University's 2012 fall semester dean's list by Provost Bradley Bateman. Students who achieve dean's list status have maintained a grade point average of 3.7 or better (out of 4.0) for the semester. Thompson is a member of the Denison class of 2013.

Denison University, founded

in 1831, is an independent, residential liberal arts institution located in Granville, Ohio.

Tiffany Chen of La Cañada and Grace Lee of La Crescenta were named to the dean's list of Emory College, the undergraduate, liberal arts college of Emory University in Atlanta, Ga., for the 2012 fall semester. Students must be in the top 20% of Emory College or have approximately a 3.85 grade point average or higher to be named to the dean's list.

Austin Yeon of La Crescenta and Ester Jun of La Cañada were named to the merit list of Oxford College, the two-year liberal arts division of Emory University located in Oxford, Ga., for the 2012 fall semester.

Students must earn a grade point average of 3.0 or higher during the previous semester to be named to the merit list.

Mae A. Colcord of La Crescenta has been named to second honors on the Clark University dean's list. This selection marks outstanding academic achievement during the fall 2012 semester.

To be eligible for second honors, students must have a grade point average between 3.5 and 3.79 of a maximum of 4.3.

Founded in 1887, Clark University in Worcester, Mass., is an innovative liberal arts college and research university.

Springfield College has named Chantalle Abdelkerim of La Cañada to the dean's list for academic excellence for the fall 2012 term. Chantalle is studying health science / occupational therapy.

Founded in 1885, Springfield College in Massachusetts is known worldwide as the Birthplace of Basketball® and for the guiding principles of its humanics philosophy, educating students in spirit, mind, and body for leadership in service to others.

Saint Mary's College, located in Notre Dame, Ind., named sisters Kelsey and Katherine Johnson, daughters of Todd and Susan Johnson of La Cañada, to the dean's list for the fall 2012 semester.

To earn academic honors at Saint Mary's, a student must achieve a grade point average (GPA) of at least 3.6 on a 4.0 scale, have at least 12 graded credit hours, no incompletes, and no grades lower than a C.

Saint Mary's College is a four-year, Catholic, women's institution offering five bachelor's degrees and more than 30 major areas of study.

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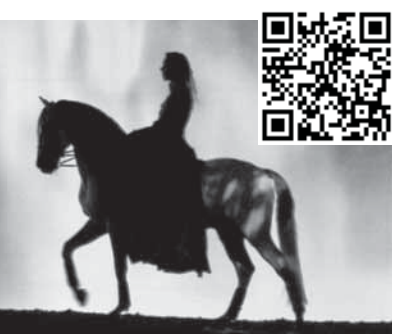
By Charly SHELTON

When Cavalia came to Burbank in 2004, 2005 and 2011, it pushed the boundaries of circus and theatre. It not only had amazing Cirque Du Soleil-style acts, but these were performed mostly on horses. Now Cavalia is back in Burbank with a new show. In “Odysseo,” conceptions are challenged once again to disprove the adage, “You can lead a horse to water ... but you can’t make him an acrobat.” For those unfamiliar, Cavalia is similar to Cirque Du Soleil but showcases the unique bond between man and horse (the two brands are independent of each other, and are run by separate companies). Cirque began with one acrobat show, then branched out into many different themes including animals, the music of The Beatles, and film as seen in Hollywood at the Dolby Theatre with “Iris.” It has become the premiere name in acrobatic theatre shows, a dynasty that all others are compared to. Cavalia is not only nearly as impressive acrobatically, but also incorporates horses. After an astoundingly successful tour of its original show, Cavalia is expanding with themed shows, with Odysseo being its first theme.

The show is very water centric, with rain dances, visuals of rain, snow and melting ice on the backdrop screen, which is the size of three IMAX screens. The stage even magically floods with 80,000 gallons of water for the horses and acrobats to run and jump through. All of this is set under a 115-foot tall tent in view of the Ventura (134) freeway. If you missed Cavalia when it was here before, don’t miss it this time around. If you did see Cavalia before, I don’t need to tell you it’s worth it, because you knew that before picking

up this paper. There are new acts, new effects and new horses to thrill and delight spectators. An amazing soundtrack helps set the scene, played by live musicians and singers tucked away in tree house settings in opera box locations; you can see them making music without taking away from the horses. For those who are “horse people,” the Cavalia store is for you. Last time the show was here, the gift shop, of course, was in the foyer as you entered so you couldn’t miss it, even if you tried. It sold tchotchke horses and Cavalia T-shirts. Now the gift shop is more focused on the horse person. Grooming brushes, saddle pads, riding jackets and more, all emblazoned with Cavalia, Odysseo or both. Cavalia marketing gurus must have discovered that a good portion of the audience would like their horse to get something from the experience, too. All they are missing is the shirt that says, “My human went to Cavalia and all I got was this crummy T-shirt.” Overall, the show is great. It can’t be said that it’s better than the original because they each have different acts with acrobat, horse and rider. It’s like comparing apples and horses. But it is just as good as the original. If you enjoyed the first one, or if you just enjoy horses and acrobats, check out Odysseo playing now through March 24.

For ticket information, visit ticketscenter.com or call (800) 282-8495.



By Susan JAMES

A lot of strange creatures have followed the Yellow Brick Road since 1939 when MGM first sent Judy Garland kicking up her red-slippered heels on the way to the Emerald City. The magic of that film with its quest message that if you believe you can remake yourself has echoed down the decades. Now director Sam Raimi has sent another group of questers not toward the Emerald City but off toward the Dark Forest to kill the evil witch. What should be a great adventure doesn’t quite succeed. Neither script nor actors rise to the occasion. James Franco as a Kansas carnival magician named Oz is a toothy tribute to his dentist. He smiles constantly and never passes up an opportunity to admit what a cold-hearted Don Juan he is. Fleeing from a jealous husband after a performance, he takes flight in a hot air balloon only to be caught up in a tornado which whisks him over the rainbow to the land of Oz. Here he meets the junior witch Theodora (Mila Kunis), her older sister Evanora

(Rachel Weisz) and their bitter rival Glinda (Michelle Williams). All three want to know, is this new wizard the expected savior of the kingdom, the True Wizard? A mountain of gold and a throne await him if he is. Once Oz has sorted out the good witch (Glinda) from the bad ones, he is tasked with destroying their powers in order to save the kingdom. Along his path to destiny he collects a talking monkey named Finlay and a talking china girl named China Girl. [Note to producers: you know you’re in trouble when the most interesting person on screen is a piece of talking ceramic.] Battles are fought and monkeys fly. The Emerald City is stormed by the forces of light. Glinda and Evanora re-enact the final wizard battle between Harry Potter and Voldemort. Darkness is routed for the moment with the evil witches surviving to serve a sequel should there be one. The original “Wizard of Oz” wove deftly between sentiment and strength, making Dorothy into an easily relatable Everyman who just wanted to

go home. Franco’s wizard isn’t nearly as interesting. His casual manipulation of women back in Kansas is no more convincing than his sudden teary tenderness for a broken piece of china. As this is Disney, sentiment is given the upper hand over strength and the result doesn’t pay off. The evil witches are neither bad enough nor powerful enough to command fear and awe. They owe more to the “Desperate Housewives of Beverly Hills” on a bad hair day. There are nice touches to the production, however, with some terrific opening credits and an homage to the original film that starts the story in black and white, switching to wide-screen Technicolor for the 3D Oz sequences. A tribute to the brainless Scarecrow, now an army of a thousand clones marching across a field of poppies, is impressive. For a Tinman’s heart and a Cowardly Lion’s courage, the movie depends on the carny wizard himself. That he manages to find both isn’t surprising but it’s too bad that his journey is so predictable. See you at the movies!

‘Celebrate Dance’ at the Alex

Executive producer Jamie Nichols presents Celebrate Dance 2013 with a line-up of eight dance companies on Saturday, March 9 at 8 p.m. at the historic Alex Theatre in Glendale. Entering the eighth year, Celebrate Dance 2013 includes Invertigo Dance Theatre, JazzAntiqua Dance Ensemble, L.A. Contemporary Dance Company, Lydia Zimmer + Dancers, Lux Aeterna Dance Company, Nickerson-Rossi Dance, SoleVita Dance

Company and the Los Angeles debut of Francisco Gella’s, Colabo Youth Dance Collective. Celebrate Dance 13, holding to its tradition, promises to inspire, enlighten, and entertain audiences again with a wide variety of companies and spectacular production values. This is the must-see dance event of the year. Celebrate Dance continues to sell out and draws diverse and enthusiastic audiences of all ages. Show time runs approximately two hours and is

suitable for all ages. Celebrate Dance is sponsored in part by Glendale Arts and is under the fiscal receivership of the Dance Resource Center. Tickets range from \$16 to \$36 (all children seated with an adult, \$12). Discounts available for students, seniors and DRC members. Group rates for 15 or more at 25% off are available by calling the box office at (818) 243-2539 or <http://www.alextheatre.org>.

THEN & NOW | Floyd Farrar – Then and Now

Courtesy of the Historical Society of CV

Then » In 1944, 4-year-old Floyd Farrar lived in Sparr Heights with his mom Doris, who worked the swing shift at Lockheed building P-38’s. His dad Tex was on leave from duty in the South Pacific with the Navy Seabees. Floyd grew up in Montrose, and has some great memories of his childhood.

Now » Floyd spent time in the Navy himself, serving on a minesweeper out of Long Beach. He went to work as a steam electrical generation power plant operator for Edison, retiring after 32 years. He drove up from Hawaiian Gardens to attend the Montrose centennial, and found his childhood photo at the Historical Society’s booth.

Creative Heart of La Crescenta Finds Home at Que Linda

In the heart of every thriving community is a core of artists, teachers, healers and poets. Bonded by a mutual desire to express the human spirit and drawn together by a force of inexplicable magnetism, not every artistic community has a

space to commune. Yet nestled on Foothill Boulevard, right between Lauderdale and Dunsmore Avenue, lies Que Linda Boutique Body & Soul Studio. The formation of the boutique was an amalgam of delightful coincidences, spontaneous

community-building and a burning desire to provide spiritual, creative and healing services to the Foothills community. From this communion came The Emerging Artist Salon, an inclusive and attentive open mic hosted by Barbara Paul and Joe Bull every 3rd Friday of the month.

"I was in a car accident and in need of some massage therapy, and someone recommended Emma, one of the body workers who now works at Que Linda," said Barbara. "When I found out she was starting Que Linda, I saw an amazing opportunity. I've lived in La Crescenta for about 21 years, and I'd always envisioned an open mic. It's a wonderful opportunity for this community because there are so many creative people, musicians, artists, writers and poets, but there aren't a lot of places you can express

yourself. Now it has just magically occurred, and it's drawn a lot of amazing people who all seem to appreciate how much of a blessing it is."

The Que Linda Boutique was founded by Victoria Marie da Salla and her mother Emma Molina-Ynequez, a highly sought spiritual guidance counselor and massage therapist. The boutique has a holistic, spa-like experience. They provide services and items that seek to assist in personal growth and soothe the mind, body and soul. Their goods come from all around the world, described as "tools for individuals to live a life in which they are peaceful and feel good in their own skin." On the formation of Que Linda and the Emerging Artist Salon, Victoria says, "I came from an alternative school that was composed of like-minded people from all different backgrounds and cultures, yet it was always a nurturing environment. This place

is a reflection of that and everything I've ever done. It started with literally two people, and two years later we've got a packed room with 40 people every 3rd Friday of the month. We run an hour over, and every performer and artist gets a chance to reveal something of themselves, their soul and their journey."

One of those artists, local singer-songwriter Crislyn Sand recalls how she had lost her sense of self through unhappiness with everyday circumstances. "I wandered in and I had a session with Emma, and she really put me back in touch with my self. They not only helped me find my voice again, but they helped me find me identity, my purpose, and everything that I already am, but never knew."

For more information on Que Linda or to find out more about the Emerging Artist Salon, visit:

<http://www.queлиндaboutique.com/>



The founders of the boutique and showcase. Left, Emma Molina-Ynequez, center left, Joe Bull, center right Barbara Paul, right, Victoria Marie da Salla.

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Dishes offered at Casa Córdoba are classic recipes from Southern Spain; they include a selection of breakfast and lunch sandwiches, quiches, soups, casseroles, tapas, and paella, prepared by Chef Cynthia Caceres, a former Sous Chef of Cipriani, Beverly Hills. Patrons can taste a variety of deserts and Spanish wine, beer and Sangria. Casa Córdoba looks forward to offering dinner service including wine and sherry tastings.

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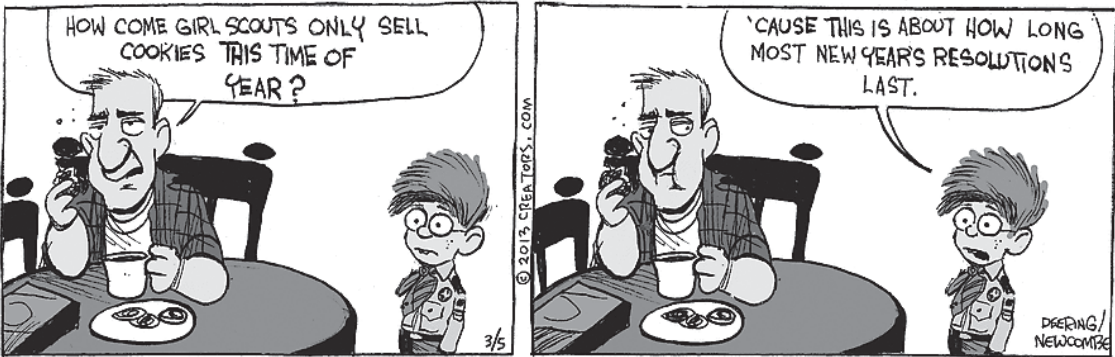
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JUST FOR FUN



by John Deering and John Newcombe



CALENDAR this

VHAA HOSTS ARTIST ELIZABETH B. TUCKER

Lizz Tucker will be the demonstration artist at the Verdugo Hills Art Assoc’s March 8 meeting at the La Cañada Flintridge Community Center. This is for members and non-members.

Tucker’s art brings viewers into her world of quiet elegance with the use of warm colors, subtle lighting and a penchant for transforming common subjects into uncommon topics of conversation. She is a teacher and is a member of the Pasadena Society of Artists, the California Art Club, Women Painters West and is the president of the Angeles Crest Art Guild.

For this demonstration, Tucker will create a still life using charcoal and white pastel. She invites the audience to participate. For a list of supplies to bring, visit www.VerdugoArts.com.

For more information on Verdugo Hills Art Assoc. or on Elizabeth B. Tucker’s March 8 demonstration, visit www.VerdugoArts.com.

La Cañada Flintridge Community Center, 4469 Chevy Chase Drive, La Cañada

CELEBRATE DANCE AT ALEX

Executive producer Jamie Nichols presents Celebrate Dance 2013 with a line-up of eight top-notch dance companies on Saturday, March 9 at 8 p.m. at the Alex Theatre in Glendale. Performing will be Invertigo Dance Theatre, JazzAntiqua Dance Ensemble, L.A. Contemporary Dance Company, Lydia Zimmer + Dancers, Lux Aeterna Dance Company, Nickerson-Rossi Dance, SoleVita Dance Company and the Los Angeles debut of Francisco Gella’s, Colabo Youth Dance Collective.

Tickets are \$16-\$36 (all children seated with an adult, \$12). Discounts offered for students, seniors and DRC members.

Group rates for 15 or more at 25% off are available by calling the box office at (818)

243-2539 or visit <http://www.alextheatre.org>.

Alex Theatre, 216 No. Brand Blvd., Glendale

TICKETS AVAILABLE FOR FESTIVAL OF WOMEN AUTHORS

The 5th Annual Pasadena Festival of Women Authors is on Saturday, March 9. This event features four award-winning Southern California authors: Aimee Bender, Bo Caldwell, Gabrielle Pina and Kathleen Sharp. The event takes place at the Pasadena Senior Center from 9:30 a.m. to 1:30 p.m. Reyna Grande, who was chosen as the 2013 Writer-in-Residence for the program at Pasadena City College, will be the kick-off speaker.

Proceeds from the event will benefit the Pasadena Senior Center and the Pasadena City College Writer-in-Residence program. Tickets for the festival are \$85 per person and include lunch. Reserved tables of 10 are \$1,000. Visit www.pasadenafestivalofwomenauthors.org for more information.

Pasadena Senior Center, 85 E. Holly St., Pasadena

LCWC HOLDING ‘NIGHT AT THE RACES’

The La Crescenta Woman’s Club – History Section is hosting “Night at the Races” on March 9. Cocktails are at 5 p.m., dinner at 5:30 p.m. and post-time at 6:30 p.m. The cost is \$20/person, or \$35/couple which includes dinner. For reservations call Deanna Alfeld (661) 250-2653 or Rita Even (818) 249-6296. The deadline for reservations is March 1. A portion of the proceeds will help fund a scholarship for a graduating Crescenta Valley High School senior excelling in history.

La Crescenta Woman’s Club, 4004 La Crescenta Ave., La Crescenta

EARLY LITTLE LANDERS

In honor of Bolton Hall’s centennial, some of the “original” 1913 Little Landers will visit Bolton Hall on March 9.

Members of the Verdugo Hills High School drama class, under the direction of Deirdre Fitzpatrick, will present original interpretations of Marshall Hartranft, William Smythe, the “Chicken Ladies” and several other early Little Landers. There may also be an opportunity to listen in as the Millionaires Club holds one of its famous afternoon meetings to discuss important issues of the day. This promises to be an entertaining program and a fun way to recall some of local history and people.

Don’t miss this chance to meet the folks who were in the Tujunga area 100 years ago when Bolton Hall was built and hear their stories.

This program begins at 1 p.m. and is free and open to the public. Everyone is welcome.

Bolton Hall Museum, 10110 Commerce Ave., Tujunga

Parking is available a few doors uphill at the Elks Lodge.

Additional information is available from Little Landers Historical Society, (818) 352-3420, www.littlelandershistoricalsociety.org or E-mail littlelanders@verizon.net.

COUNTY IRISH FAIR

The 2013 Los Angeles County Irish Fair is coming to the Los Angeles County Fairgrounds Fairplex in Pomona on March 9-10 from 10 a.m. to 6 p.m. each day.

The cost is \$18 general admission with discounts for children, seniors and active duty military.

Bands, bagpipes, Irish step dancers, Irish food, shopping, fun for the whole family.

CALENDAR THIS
continued on following page

WEEKLY HOROSCOPES

Provided by horoscope.com
March 4, 2013 - March 10, 2013

There’s a major focus on Pisces from the start of the week, with the Sun and four other planets and Chiron involved in the mix. Mercury continues retrograde until March 17, and there’s potential for much confusion, so continue to take care with important transactions. Intuition and imagination rather than logic may power your processes and decisions at this time. A potent aspect between Saturn and Pluto could coincide with a need to let go of plans, objects, or perhaps people.

♈ ARIES March 21 - April 19

You can rise above agitation today if you keep your demands low and your outlook spiritual. An optimistic perspective can be within your grasp, especially if you take the time to meditate or reflect on your priorities. Emotions could be huge, so it might help to share yours with a friend, perhaps over a congenial lunch. Complicated feelings could provide fodder for plenty of friendly advice and lots of conversation. You might find it easier to surrender to the inevitable this week.

♎ LIBRA Sept. 23 - Oct. 22

Work and health seem important right now. If you feel a sense of powerlessness about either, it might be time to take action. Currently working out might be important as a way to improve your health and appearance and so give you more confidence. You could do really well if you can be disciplined about your job and exercise. It also helps to think about what you do want rather than what you don’t want in this situation.

♉ TAURUS April 20 - May 20

Too much of a good thing can be bad for your health, yet a major focus on your social zone suggests you might not be able to help yourself. Plenty of invitations seem to be coming your way, and if truth be told, you need these as a way to relax and have a laugh. Someone’s actions may require you to make a sacrifice. Try not to compromise to such an extent that you feel highly irritated about doing so.

♊ GEMINI May 21 - June 20

You may be open to restless feelings and vague anxieties concerning your career or career progress. The thing to do in this situation might be to take the bull by the horns and do what you want despite any reservations. Mercury continues retrograde, so you’ll need to take extra care when negotiating deals or signing important contracts. However, facing up to your fears may prove to you that there is nothing to worry about and everything to go for.

♋ CANCER June 21 - July 22

Travel plans might be on your mind, with thoughts of an exotic vacation bringing a desire to sunbathe and swim in sunny climes. A feeling of escapism may be strong, so you could find it difficult to attend to necessary details. Spiritual and mystical feelings may wash over you and encourage you to learn more about such matters or perhaps find a guru who can show you the ropes. Also, your imagination could fire you up to produce art or music.

♌ LEO July 23 - August 22

Although your social life is still a lot of fun, you might not feel like going out and about quite so much. Actually, you could become quite introspective, something friends or family may find unusual. You might also be having a lot of dreams and fantasies. It might help to sort out those that are tangible and possible from those that are totally unrealistic and focus on the former. It’s possible that you could be idealizing someone, but beware! All that glitters is not gold.

♍ VIRGO August 23 - Sept. 22

Relationships of all kinds could be in focus in a very big way. But the possibility of confusion and misunderstandings could be huge with Mercury retrograde. All kinds of conversations may take place this week, but whether any of them amount to much is something else again. You could be brought sharply down to earth by the need to make a decision. You might need to cut through all the fluff and fantasy and get to the heart of the matter in order to succeed.

♏ PISCES Feb. 19 - March 20

With so much activity in your sign, your mind may be teeming with all kinds of thoughts and desires. You could find yourself drawn in several different directions. To avoid this it helps to focus on one goal and see it through to the end. Use your imagination in positive ways to visualize what you want rather than what you don’t want. You could be in a very romantic and idealistic state of mind, so get feedback from a trusted friend concerning important issues.

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CALENDAR THIS from previous page

SECOND SUNDAY CONCERT

Second Sunday Concert will be held in the Donald Wright Auditorium at the Pasadena Central Library on Sunday, March 10 at 2:30 pm. Members of the Sunday section of the Tuesday Musicale of Pasadena will perform music of Bach, Brahms, Mozart, Piazzola and Shostakovich. Admission is free. The library is handicapped-accessible.

For information, call (626) 398-0658 or send an email to he91001@aol.com.

Pasadena Central Library, 285 E Walnut St, Pasadena

TASTING BEE HOSTED BY GIRL SCOUTS

Local Girl Scout troops will be participating in the Crescenta Valley Glendale 29th Annual International Tasting Bee on Sunday, March 10 from 1 p.m. to 4 p.m. at the Pacific Community Center. This annual event celebrates Girl Scouting around the world, with troops hosting booths from many different nations. Girls have studied the culture of their chosen nation, and have cooked sample foods for the public to taste, as well as decorating their booths and creating costumes that share what they have learned. The public is warmly invited to drop by and purchase "taste tickets" and enjoy lunch from "around the world."

Pacific Community Center, 501 S. Pacific Ave. in Glendale

FASHION SHOW AND LUNCHEON BY PWC

A spring fashion show and luncheon will be presented by the Pasadena Women's Connection on Wednesday, March 13 at 11:30 a.m. at the Altadena Country Club. Eileen Gerber will bring her traveling boutique to show her unusual line of casual and elegant clothing.

Sandy Simon, award-winning singer/songwriter will sing and ask in her talk, "Have You Been Disappointed by Pretty Packages?"

Tickets are \$23. For reservations, call Darlene (818) 353-2212 or Carole (818) 790-1907.

Altadena Country Club, 2290 Country Club Drive, Altadena

RACHEL RENEE RUSSELL AT OUAT

Once Upon A Time is rolling out the red carpet for talented author and illustrator Rachel Renee Russell who is a lawyer by day but prefers writing children's books to legal briefs. Russell is the author of "The Dork Diaries," and will be at OUAT on Wednesday, March 13 at 7 p.m.

In the newest installment of her diary, Nikki Maxwell develops a sudden interest in student journalism and joins the school newspaper staff and ends up as an advice columnist!

The Dork Diary series are perfect for kids 9 to 13 years old.

Once Upon A Time is located at 2207 Honolulu Ave. in Montrose.

CPR CLASSES AT VHH

As an American Heart Association training center, Verdugo Hills Hospital (VHH) offers cardiopulmonary resuscitation (CPR) training classes to community members and healthcare providers. For community members, VHH offers the Heartsaver AED class. This class is designed for the layperson. It provides instruction in adult, child and infant CPR and the choking maneuver for all three as well. Also taught is the AED (automated external defibrillator) as these devices are now located in many public areas. This class is offered once each month with future classes being held on March 13, April 10, and May 22.

For more information about VHH's CPR courses or to register for a class, call (818) 952-2272 to make a reservation.

NEWS FROM THE S/T ELKS

On Friday, March 8 a Mexican dinner complete with Mexican music will be played during the Elks dinner at the lodge. Cost is still only \$8. Fish fry will return next month.

On Sunday, April 7 the new officers will be installed. Social will be at 2 p.m., the ceremony at 3 p.m. and buffet at 4 p.m. This is an open function, so friends and family are welcome.

Sunland-Tujunga Elks Lodge, 10137 Commerce Ave, Tujunga

ALZHEIMER'S SUPPORT GROUP OFFERED

Mountview Retirement Home sponsors a monthly free Alzheimer's Support Group on the second Tuesday of each month at 7 p.m. The next group will be held on Tuesday,

March 12 at 7 p.m. Mountview Retirement Home is located at 2640 Honolulu, Montrose and can be reached at (818) 248-6737. All are welcome.

PRE-SMART MIXER

The Crescenta Valley Chamber of Commerce invites the public to its "pre-smart" business mixer on Wednesday, March 13 from 6 p.m. to 8 p.m. hosted by Bob Smith Toyota Scion. Enjoy an evening of networking and learning about the Smart-A-Thon. There will be outstanding refreshments and raffle prizes. Cost is \$7 for chamber members and \$9 for non-members. For information, call (818) 248-4957.

Bob Smith Toyota Scion, 3333 Foothill Blvd., La Crescenta

The Smart-A-Thon luncheon event is on Wednesday, March 27 from 11:30 a.m. to 1:30 p.m. at the Verdugo Hills Hospital fourth floor council rooms, 1812 Verdugo Blvd., Glendale. This is the premiere fundraiser for the Mary Pinola / CV Chamber of Commerce Education Fund. It is open to anyone who wants to participate in this trivia game event as a team member with three friends, or you can be placed on a team. The cost is \$35 per person. To register or for more information, call the CV Chamber at (818) 248-4957.

DAY AT THE RACES

On Sunday, March 17 beginning at 11 a.m., Crescenta Valley Day at the Races takes place at Santa Anita Racetrack. Cost is \$25 adults, \$15 under age 17. Price includes nine exciting Thoroughbred races, parking, official racing program, lunch and expert handicapping advice from Rick Dinger. Proceeds benefit the CV Sheriff Support Group, and the Crescenta Valley and Montrose-Verdugo City chambers.

For information, call Rick Dinger at (818) 248-4500.

ALZHEIMER'S RESEARCH PRESENTED AT MOUNTVIEW

A researcher from the USC Memory Loss and Aging Center will present information to Mountview Retirement Home in Montrose on Tuesday March 19 from 1 p.m. to 2 p.m. on the four U.S. Food and Drug Administration (FDA) approved medications that are being used to treat Alzheimer's disease. Attendees will hear about how these medications work, who they benefit and the latest research on new and improved treatments for Alzheimer's.

Mountview Retirement Home is located at 2640 Honolulu Ave.

AMERICAN GIRL FASHION SHOW FUNDRAISER

Invitations are in the mail for the American Girl Fashion Show hosted by Flintridge Guild of Children's Hospital Los Angeles. This three-day event is held at the Glendale Hilton Hotel on March 22-24. There is a Friday night dinner show and two shows each on Saturday and Sunday when tea is served. Little girls model historic and contemporary outfits and carry identically dressed dolls. It is fun for all and all proceeds to CHLA. To receive an

invitation or to make a reservation, visit www.flintridgегuildchildrenshospital.org or call (818) 952-7978.

EVENTS AT GLENDALE LIBRARY

On Saturday, March 16 at 2 p.m., the Glendale Central Library will be hosting a talk on the opera "Cinderella" by Rossini. The talk will be given by Los Angeles Opera Speakers Bureau member Diane Beltoya. Admission is free.

On Saturday, March 23 at 2 p.m., the Associates of Brand Library will be sponsoring the second concert in its annual music series. The Elixir Piano Trio will be performing the "Trio Op 66" by Mendelssohn, "Tangos" by Piazzolla and the "Adagio" by Khachaturian. This concert will be in the auditorium of the Glendale Central Library. Admission is free.

For further information, contact the Glendale Central Library at (818) 548-2027.

Glendale Central Library 222 E. Harvard St., Glendale

CAREGIVER BURNOUT: FINDING REFUGE

On Tuesday, March 26, from 5:30 p.m. to 7:30 p.m. speaker Beverly Sanborn, LCSW will make a presentation to assist caregivers in their role and how to avoid burnout. The presentation is at Belmont Village Senior Living of Burbank.

This event is free and open to the public, but reservations are requested by calling (818) 972-2405.

A reception and fundraiser will precede the lecture. Proceeds will benefit Leeza's Care Connection.

This event is co-hosted by the Belmont Village communities of Encino and Hollywood and Providence Saint Joseph Medical Center.

Additional event sponsors include Accent on Seniors, Hello! Home Care, Glenoaks Medical Center Inc. Laila Hanna, M.D and Healthcare Partners.

Belmont Village Senior Living of Burbank, 455 E. Angeleno Ave.

BEGINNINGS CLASSES AT VHH

The Verdugo Hills Hospital BEGINNINGS Family Education Program will offer a babysitting class designed on March 23 and April 27 for boys and girls between the ages of 11 and 15. Each class is a single, one-time class, held from 9 a.m. to 2:30 p.m.

The babysitting class is an interactive course that teaches participants valuable skills, including infant/child CPR, basic first aid, home/auto safety, accident prevention, telephone skills, safety tips, when to call 911, poison control, fire/earthquake plans and other helpful childcare advice. Upon completion of the

course, participants will receive a babysitting course completion certificate.

Classes are offered at VHH, located at 1812 Verdugo Blvd. in Glendale, 91208 in the Council Room (located on the fourth floor).

Class fee is \$40/person. Reservations are required. For more information or to register, call (818) 952-2272. For a list of additional classes offered by the Family Education Program, please visit www.vhhospital.org.



2nd Annual Art Exhibition

Bite Me

Opening Reception: Saturday, March 9, 2013 . 5pm - 9pm
Exhibition Dates: March 11 - March 23, 2013 . 10am - 6pm
The exhibition is CLOSED on Sundays.



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Saturday, March 23, 2013

11:00am - 3:00pm Art Fair

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State of the City and Awards Luncheon 2013



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Kathy McClure
LKG-CMC, Inc.

Man of the Year
Rick Lemmo
Caruso Affiliated/Americana at Brand

CEO of the Year
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Dennis De Pietro Award
Mike Benneian
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CV Weekly On The Move!!



Members and mentors of Falkon robotics team number 589 volunteered at the first week of FIRST robotics competitions. From left, Aimee Yeghiayan, Isabel Martos-Repath, Lyn Repath-Martos, and Heather Abrams volunteered at the Madera Robotics Regional in Madera, Calif. This upcoming weekend the entire team will be competing in San Diego.

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.

Please respond no later than Wednesday, March 20th

Please return to:
Glendale Chamber of Commerce

701 N. Brand Blvd., Suite 120
Glendale, CA 91203

or FAX to: 818-240-2872
E-mail:
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For additional information,
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RELIGION



SPIRITUALLY SPEAKING

Spiritually Speaking answers personal questions and concerns with a spiritual perspective. Local religious leaders that will take part in the discussion include Bryan Griem of Montrose Community Church; Jon Karn of Light on the Corner Church; Kimberlie Zakarian of Holy House Ministries; Skip Lindeman of La Cañada Congregational United Church

of Christ; Rabbi Simcha Backman of Chabad of Glendale; Levent Akbarut of Islamic Congregation of La Cañada Flintridge; Betty Stapleford of Unitarian Universalist; Paige Eaves CV United Methodist Church; Bryan Jones of St. Luke's of the Mountains Episcopal Church; Steven Van Meter and Beverly Craig of La Crescenta Center for Spiritual Living and Sharon Weisman, atheist/agnostic/

secular humanist/free thinker. We welcome your questions and comments. Email us at spiritual@cvweekly.com.

Responses are offered from the perspectives of individual clergy members, 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:

After being a homemaker for the last 23 years, I've returned to work to help our two sons through college. One is in his first year, and the other will graduate from high school in June. College is expensive these days and paying tuition and books were becoming a drain on our family income and savings. Keeping up with household chores while working has been difficult, so now I've asked my husband to help around the house. His reply is, "It's your job, but I'll do it."

Interestingly enough, we've had a gardener for years because he didn't think he could keep up with yard work and his job.

Help!

~ Overworked Mom

Dear Overworked Mom,
As a son of an overworked mom myself, I sympathize. And as I recall, I grew up being a part of the problem, not the solution. So while I sympathize with you, I understand your husband. After 23 years, he has come to see the housework as your job. You did

your job for 23 years. Then you chose to take on *another* job in order to help out. Now you've got two! From his viewpoint, it's that simple. Men! (Aren't we the worst?)

Trying to put myself in your shoes, it occurs to me that since tuition and books are so expensive these days, you really can't afford that gardener anymore. Plus, I've heard that gardening can be both good for the body and soul, getting a person in touch with "Mother Earth," watching the hand of God while your plants grow, responding to Daddy's loving care. Why, I'm starting to feel invigorated just *thinking* about it! And say, isn't the gardening something that a father and son would benefit from doing *together*? Think of the manly bonding! And you have *two* sons! Just imagine all that three big strong men could accomplish! Your yard could look like Descanso Gardens!

Or ...

They could do some dishes, some laundry and some regular vacuuming to help the gracious woman who has served them faithfully for 23 years and in so doing, think of it as blessing a

heaven-sent mom.



Rev. Jon T. Karn (son of a mother he doesn't deserve) Light on the Corner Church, Montrose pastorjon@lightonthecorner.org

Dear Overworked Mom,

As a mother who spent many years working two jobs – high school teacher and mom/wife/housekeeper – I truly understand your plea for help. But somehow I had hoped that gender roles had changed during the years since I joined the job market in the 1960s. And I am sorry to hear that is not true – at least in some households.

Back in the days when most married women were stay-at-home moms, a husband could expect his wife to take care of most of the household chores – although help was still welcomed. But that is not the case today when two incomes are often necessary to support

increased expenses for such things as college education for children, as in your case.

My hope for you is that your husband will come to understand the inequity of one spouse having two jobs while the other has only one. If that is not the case, you might want to seek couples counseling. Sometimes we can understand things from a trained professional that we cannot hear from a spouse. And if you are part of a religious congregation, the religious leader of that community could be helpful with pastoral counseling.

It saddens me to hear that women are still being expected to carry more than half the load in marriage. Such an unequal responsibility over an extended time can do serious damage to a marriage – something that I am sure neither you nor your husband wants to happen.

I wish you all the best in resolving this important issue for the benefit of both you and your husband. You are in my thoughts and my prayers.



Rev. Dr. Betty Stapleford, minister Unitarian Universalist Church of the Verdugo Hills La Crescenta bstaple4d@aol.com

Question:

I'm in my early 60s, divorced and am playing "the dating game." My challenge is about whose responsibility it is to pay for a night out. Some of the women I'm dating have many more financial resources than I do and yet seldom, if ever, offer to help with the check. A couple of friends have suggested that if I am the one asking a woman out, I'm obliged to pick up the entire tab.

I would appreciate some clarification.

~ Clueless Beau

see **SPIRITUALLY** on next page

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Mass Schedule

Monday-Friday, 8:10 a.m.;
Saturday: 8:00 a.m.,
and Vigil Mass at 5:30 p.m.;
Sunday, 7:30 a.m., 9:00 a.m.,
11:00 a.m., 5:30 p.m.

Services in the Chapel

Lectio Divina: Monday: 5:30 p.m.
Evening Prayer and Vespers:
Tuesday-Friday 5:30 p.m.
Adoration of the Blessed Sacrament:
Wednesdays 2:00 p.m. to 5:00 p.m.
Rosary: 8:30 a.m.
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NOTES & NODS

'8 Habits of Love'

How do I know I'm living the life I should be? How do I best help others when they need it? How do I talk candidly with difficult people?

Every person can live a full and creative life if they can learn to move through troubling emotions such as fear, anger, and sadness to find the beloved within themselves. Join friends at Crescenta Valley United Methodist Church as together we engage in excellent book "8 Habits of Love" (available locally at Once Upon A Time bookstore) by the Rev. Ed Bacon of All Saints Episcopal Church in Pasadena. The worship series continues through Easter on Sundays at 10 a.m., with reflection groups meeting throughout the week.

CV United Methodist Church, 2700 Montrose Ave. www.cvumc.org.

see **NOTES & NODS** on next page



SPIRITUALLY
continued from previous page

Dear Clueless Beau,
We're all sort of trapped in the culture in which we grew up. As a man in his 60s, you probably grew up with the idea of opening the door for the woman, fixing her chair as she sits down, and paying for everything on the date. Now we're in new times. Some women can be insulted if you try to practice the little bit of chivalry that you learned as a young man.

As far as being the one who is always expected to pay, you're in a tough spot. You don't want to come across as "tight" and yet I agree with you that some women are better off financially than you are. Here is what I would suggest: always be prepared to pay for the first or second date. But as you get to know the woman, explain your financial circumstances to her and see if you can pick up any clues as to how she feels on the matter. Remember, too, that women are sort of stuck. They don't want to embarrass a man by offering to pay, fearing that they'll offend his fragile ego.

If the woman is insulted that you would even bring up the subject, drop her. She sees you as a meal ticket and not as a relationship. Also, I've heard it said from the woman's angle that she had to kiss a lot of frogs before Mr. Right came along. As far as that idea applies to you, you may have to go through a lot of the meal ticket types before you find the relationship type.



*The Rev. Skip Lindeman
(not the Buddhist!)*
La Cañada Congregational Church
lindemanskip@yahoo.com

Dear Clueless Beau,
I believe that some men have lost the attractive art of chivalry and their God-given role of being gentlemen. If a man wants to take a particular woman out, and he asks her, he is obliged to pay. There of course could be times that you meet a woman who may clarify to you she is fine paying her own way, but that should not be expected. Unless it is a mutual first date, or just hanging out as friends, if a man cannot pay for his date's dinner, how can he expect to provide for her?

There are particular situations when you may meet a woman and the basis of your relationship is determined that the woman offers, and it becomes the norm for your relationship, but it should not be expected. If these women are not offering to pay, they are expecting you to pay because you asked them out. It could potentially turn a woman with financial means off if you ask them to pay half... meaning there will not be a second date.

So I would proceed with caution if you want to date. Often, once a more intimate relationship is established and you are more familiar with each other, topics like financial stressors get brought

up and the couple decides to co-contribute to their recreational and dating time. But as a man, it should not be expected. If a woman is comfortable contributing, she will offer at some point.



*Kimberlie Zakarian, LMFT
Thrive Therapy Center*

NOTES & NODS
continued from previous page

Driessen to Speak in La Cañada

International speaker Christine Driessen, a teacher and practitioner of Christian Science healing, will be giving a lecture titled, "Healing with Scientific Certainty through the Christ" on Sunday, March 17 from 2 p.m. to 4 p.m. at First Church of Christ, Scientist in La Cañada. Childcare is provided for those too young to attend. Driessen will be introduced by the church's First Reader, Dean Boesen.

Teen Talk: Words, Art & Drumming

There is a new gathering for high school youth at Crescenta Valley United Methodist Church. Are you looking to connect with friends? Are you in need of a safe place to talk or to bounce ideas around? Come express yourself with words, art and drumming! Teen Talk is a new youth program coming to CVUMC starting Tuesday, March 12. What to expect: light snack, a safe and supportive environment. Run by Amanda Sargenti, director of Youth Ministries.

Driessen has been lecturing to medical schools and hospitals on this topic of Christian spiritual healing for over a decade. She is a co-author of the book, "Soul of Medicine: Spiritual Perspectives and Clinical Studies: from Harvard Medical School. Medical doctors from different faiths contributed. First Church of Christ, Scientist, 600 Foothill Blvd., La Cañada Flintridge. The church is across the street from the post office with free parking behind the church off Woodleigh Lane.

Tuesdays after school from 4 p.m. to 5 p.m. No fee. Doors open at 3 p.m. For more info call (818) 249-6173.

CV United Methodist Church, 2700 Montrose Ave., Montrose

Anniversary of the Discovery St. Anthony Relics

The Franciscan Friars invite the public to join them in welcoming Saint Anthony of Padua on the occasion of the 750th anniversary of the discovery of St. Anthony's relics by Saint Bonaventure. St. Anthony will be visiting in the form of two precious relics from his basilica in Padua, Italy. The relics will be accompanied by two friars from the messenger of St. Anthony in Padua and the Anthonian Association.

On Monday, April 15 in Los Angeles the relics will be presented at the Cathedral of Our Lady of the Angels, 555 W. Temple St. 11 a.m. Veneration; 12:10 p.m. Eucharistic celebration followed by Veneration.

On Tuesday, April 16 St. Peter's Italian Church, 1039 N. Broadway. 6 p.m. Eucharistic celebration

Labyrinth Walk and Crafts Fair

The Neighborhood Church's Community Labyrinth Walk and Crafts Fair takes place on Sunday, June 23. It brings people together in celebration of the labyrinth as a symbol, a tool, a passion or a practice. The free community-wide event takes place from 11 a.m. to 2 p.m. on and around Neighborhood Church's courtyard and labyrinth. Walk as One at Noon: Walk the Labyrinth anytime, but as part of this celebration, we will Walk as One at Noon to the enchantment of drumming, producing a wave of peaceful energy as the world turns.

The event includes lively music, free chair massages, face-painting for kids, food, baked goods, and drink for sale, and several local eco-friendly vendors and artists.

For more information, call (626)449-3470 or visit www.uuneighborhood.org.

Neighborhood Unitarian Universalist Church of Pasadena, 301 N. Orange Grove Blvd. (at Walnut), Pasadena. Located just south of the Gamble House.

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BUSINESS

» MONTROSE SHOPPING PARK NEWS



» MARY DAWSON

Get Your Montrose Centennial Map... A Collector's Item!



Dale Dawson (executive director of the MSP), left, and Steve Pierce (Montrose ambassador) proudly present the Montrose Shopping Park Centennial Map.

For all of those with the fancy new phones, there is an extremely popular app called "Map Quest." At the push of a button it can tell you where you need to go and how to get there. Well, we came up with our own must have map. It's not an app, but it will give you the flavor of the Montrose Shopping Park in a most whimsical way. Everyone who loves Montrose will want this map. Why? It's a one of a kind caricature map that's reminiscent of those done in the '50s.

Our MSP Centennial Map was the inspiration of Montrose ambassador Steve Pierce. The MSP board liked his idea and last year a Centennial Map Committee was formed with Steve, Dale Dawson (MSP executive director), and Ken Grayson (MSP president). Mike Riley, owner of Riley & Associates Advertising, who does graphic design and printing, was brought in. Mike then proceeded to take photos of the entire Montrose Shopping Park and found the perfect graphic artist. I don't know who the secret artist is, but I have been told this is the last map of its kind to be done by them.

You will want this map! It is printed on high quality stock that's been varnished and coated. There are two sizes and both are full color. The 24"x36" is very impressive and sells for \$20. The smaller 12"x18" goes


for \$10. The front of the map is creatively illustrated in a happy way. Our one-of-a-kind stores, cafes, and salons are set among our tree lined, curvy streets, and peppered with the town clock, Vietnam War Memorial, the American flag, and all of the events that make the Montrose Shopping Park the family place it is today. The back of the map is entertaining as well with old photos of Montrose surrounded by ads for local businesses that contributed to advertising on the map.

As with any collectable, there is an incentive to buy now and not wait because quantities are limited. You can purchase yours at our Sunday Harvest Market, Once Upon A Time bookstore, and Mountain Rose Gifts. If you are buying a map for a relative who is currently serving with our troops overseas, the Montrose Shopping Park is honored to pick up the tab for shipping it to them.

It's a centennial year, with a new map and a special thank you for reading this column and supporting the small stores of the Montrose Shopping Park.

To see more map pics, check out the Montrose Shopping Park Facebook page.

Mary Dawson promotes the Montrose Shopping Park. She and her family own Mountain Rose Gifts and Revelation Tops.



The back of the collectors Centennial Map is fun, too!

» NEWS FROM THE CRESCENTA VALLEY CHAMBER OF COMMERCE

Efficiency – One Key to Success

“There can be economy only where there is efficiency.” *Benjamin Disraeli*

To keep pace in a competitive world, your business needs to run as efficiently as possible. There comes a time when every successful small business realizes that doing everything yourself for cost saving purposes can be counterproductive.

“Sooner or later, any company not operating efficiently will be out of business,” said Laurie McCabe, vice president of small and medium business insights and solutions for research firm AMI-Partners. Efficiency is even more important for small businesses, McCabe adds, because their resources are limited compared to large global companies.

Start with making it easier to work together. A smooth work environment between employees, partners, suppliers, and customers is a guaranteed way to boost efficiency while also reducing costs. Get a customer relationship management software if you haven't already. It will allow you to control your communications with clients much more efficiently, so you know who you should be contacting and when. Use it to distinguish who your most loyal customers are, then focus your efforts on selling more to them. Getting existing customers to buy more is easier and much cheaper than customer acquisition.

Mindy Morrison is founder and principal of Back Office

People, which offers QuickBooks consulting, bookkeeping and payroll services. Mindy has 15 years of experience with QuickBooks and over 20 years in payroll. With a degree in computer information



» JULIA RABAGO

systems and an MBA, she knows software, hardware and business. Set up. Fix up. Catch Up. Small businesses and entrepreneurs take back their weekends with Mindy's guidance. By getting control of their QuickBooks accounting systems, business owners can spend more time doing what they do best – grow their business and spend more time with their families. She actually thinks working in QuickBooks is fun and full of puzzles to be solved. One-on-one customized training enables businesses to save time and money, protect finances and use the right software. As a Certified QuickBooks ProAdvisor, Mindy is an expert QuickBooks consultant as defined by Intuit, the manufacturer.

Mindy is a member of the Crescenta Valley Chamber of Commerce, the Crescenta

Valley Community Emergency Response Team (CV CERT), and a La Crescenta resident since 1988. Mindy also runs the Pasadena Small Business Owners Networking Group, a free event that meets every first and third Thursday at noon. For more information, you can reach Mindy Morrison at (818) 669-9659 or mindy@BackOfficePeople.net, or visit her website www.BackOfficePeople.net.

The Hometown Country Fair is coming to town! We have put together plans for an exciting fair taking place on April 6. Do you have something to promote or sell? We welcome vendors, profit and non-profit. Have a hot rod or collectible car? Display it at the car show. Need service hours? We are looking for volunteers to help during the fair. Our fair is the ultimate family friendly event. We hope you mark your calendars for April 6 and join this community wide-event.

Important CV Chamber dates: March 13 – Business mixer at Bob Smith Toyota; April 6 – Hometown Country Fair.

Please contact our office for more details on any event. How to reach us: (818) 248-4957/ crescentachamber@aol.com / www.LaCrescenta.org / 3131 Foothill Blvd., Ste. D.

Julia Rabago is the executive director of Crescenta Valley Chamber of Commerce.

» MONTROSE VERDUGO-CITY CHAMBER OF COMMERCE

Glendale Candidates Forum This Monday

Don't miss your chance to hear the Glendale City Council candidates, GUSD board candidates, the city clerk candidates and learn about Measure A at the candidates forum that the Montrose-Verdugo City Chamber of Commerce is holding on Monday, March 11 from 6 p.m. to 9 p.m. at Sparr Heights Community Center.

Do you have kids in the Glendale Unified School District? Do you have concerns or questions about the future of the schools in the area? Come hear what the GUSD school board candidates have to say. They will be the first to go before the community from 6 p.m. to 6:40 p.m. From 6:45 p.m. to 7:15 p.m. we will have the two candidates that are running for the Glendale city clerk position. Then from 7:20 p.m. to 9:15 p.m., we will hear from the Glendale City Council candidates. We will be asking questions specifically about the Far North Glendale area and what plans they have for the area. We will also have a brief statement regarding Measures A, B and C that are on the ballot.

Measure A would change the current law regarding the position of city treasurer. It would change it from an elected to an appointed position made by the city manager, and will require that a minimum number of qualifications be

required of them and that the bond and oath of the city clerk be filed with the city attorney. This change to the current law is a substantial change and something everyone should consider before voting. We will briefly explain Measures B and C as well. Again, please take this opportunity to hear all the candidates and issues so you can



» MELINDA CLARKE

make an informed choice when you vote on April 2.

Also remember there is a website to help you get any information you need on candidates and issues called Glendalevotes.org. The City of Glendale maintains the site and constantly updates it. You can find your voting location, meet all the candidates and learn about the special ballot message.

If you would like to submit a question, please email mvcc@montrosechamber.org, log onto our website at www.montrosechamber.org or call (818) 249-7171 with your questions. You will also be able to submit written questions at the event. We need everyone's participation to make this a great

success. Sparr Heights Community Center is located at 1613 Glencoe Way, Glendale 91208.

Exercise your right to vote!

Upcoming Events

“Montrose: Images Of America” is on sale now. A pictorial history book of Montrose by local historian Robert Newcombe is available for purchase. You can buy it at the chamber or any of our local bookstores.

Glendale City Council/GUSD School Board Forum on Monday, March 11 from 7 p.m. to 9 p.m. at the Sparr Heights Community Center, 1613 Glencoe Way, Glendale 91208.

Centennial April business mixer on Wednesday, April 3 from 6 p.m. to 8 p.m. Stay tuned for the location!

Welcome Home, Vietnam Veterans Day on Saturday, April 13 at 8 a.m. at the Vietnam War Memorial at the northwest corner of Ocean View Boulevard and Honolulu Avenue.

Golf Classic and Scholarship Fundraiser on Thursday, May 23 from 11 a.m. to 4 p.m. at the Verdugo Hills Golf Course.

*Melinda Clarke
Executive Director
Montrose-Verdugo City
Chamber of Commerce
3516 N Verdugo Road
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(818) 249-7171
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GLENDAL NEWS-PRESS
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