

WEEKLY

THE FOOTHILLS COMMUNITY NEWSPAPER

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Civic No Longer Home to Gun Show

By Michael YEGHIAYAN

After 20 years at the Glendale Civic Auditorium, the Glendale Gun Show has been shown the door by the city's government. In a 3-2 vote, the Glendale City Council approved a measure that terminated the group's contract with the city and banned the sale of firearms and ammunition on city property.

Mayor Frank Quintero cast his vote in favor of the ban along with Councilmembers Rafi Manoukian and Laura Friedman. Voting against the bill were Councilmembers Ara Najarian and Dave Weaver. The bill was originally proposed by Manoukian in December.

The Glendale Gun Show has operated at the Civic Auditorium since 1992. Annually, the city draws approximately \$38,000 in revenue by hosting the show.

Pressure has been put on the city council to act in the wake of the Sandy Hook Elementary shootings that left 27 people dead this past December. Opponents of the show argue that the venue is in close proximity to schools and is a public safety threat.

During the March 19 vote, Mayor Quintero expressed the need for Glendale's government to control

see GUN SHOW on page 8

The Wall Came Tumbling Down

A long time coming, work begins on the Two Strike War Memorial.

By Mary O'KEEFE

On Tuesday morning, veterans Roy Allmon, Warren Spayth, Mike Baldwin and Steve Pierce stood on a small hill at Two Strike Park and watched the past fall to make way for the future.

The occasion was the demolition of the old wall at the park, the first step in establishing a new memorial for fallen local war heroes.

Workers from the Los Angeles County Transportation Dept. brought bulldozers and heavy equipment to Two Strike to jackhammer and demolish the old memorial wall while the veterans looked on.

"I have been so used to fundraising, it's hard for me to imagine we are actually doing work," Baldwin said.

Spayth reminisced on a project that began six years ago, one that was started with a family's wish to honor their son, Nick Steinbacher, by adding his name to the wall.

Steinbacher, a Crescenta Valley High School graduate, was an Army specialist serving in Iraq in



Photos by Mary O'KEEFE
Veterans, from left, Mike Baldwin, Warren Spayth and Roy Allmon, salute the old Two Strike Park Memorial Wall as the bulldozer waits. Funds have been raised for a new memorial wall.

2006 when he was killed in action. The memorial wall at Two Strike Park was not large enough to add Nick's name or any other soldier's name. Members of the American Legion and Veterans of Foreign Wars wanted a memorial that could honor those who had given their life for their country.

The veteran's groups had begun fundraising six years ago just as the economy was in a downturn, mak-

ing it difficult to raise the funds needed. The group would always accept donations, but did not actively fundraise.

They did talk about some outreach effort.

"We were going to sell pins for \$5 each," Pierce recalled. That would have taken a very long time to raise the \$70,000 needed to build a new memorial wall.

Although veterans support the

community in many ways, including the Boy Scouts, it is not common for the group to go out into the community to ask for help. But in this case that is exactly what they did, and that's when everything changed, said Baldwin.

"I think when I knew we were going to make it was when we started fundraising with the help of the CV

see WALL on page 9

Locals Take on the L.A. Marathon

By Mary O'KEEFE

Months of training came down to 26.2 miles that weaved through Los Angeles streets, past Hollywood landmarks and down to the beach in Santa Monica.

Over 24,000 runners pounded the pavement on St. Patrick's Day to participate in the 28th Annual ASICS L.A. Marathon. The weather was not too hot, not too cold. With no rain, clear skies and nothing but miles and miles ahead of them, runners took off from Dodger Stadium at about 7:29 a.m. Sunday morning.

Among the massive number of runners were local marathoners including kids and community leaders.

Rosemont Middle School started PWR (Power Walking and Running) Club this year and over 20 kids from the club ran and completed the L.A. Marathon. The middle school students and one high school student trained since September with mentors including Terry Parker and Brad McDonald.

Parker is a marathon veteran who brought Student Run L.A. to Rosemont Middle School years ago. Rosemont was one of the few schools outside the L.A. Unified School District that had joined SRLA. The program was very successful at Rosemont until a few years ago when, due to budget issues, schools outside of the LAUSD could no longer participate. Parker had stepped

down due to knee surgeries and a replacement for the coach was difficult to find, so the program went dark until this year.

Parker had seen what running and finishing a marathon meant to the kids he had coached. Despite still having knee issues, he decided to start a running club that would train kids not only how to run but how to walk the 26.2 miles as well.

"This time I decided to add John Wooden's 'Pyramid for Success' [as part of the program]," Parker said.

Each week Parker would give his kids a pyramid skill, like perseverance, that would help them see it through those miles and push them through after they hit "the wall."

see MARATHON on page 19



Photos by Mary O'KEEFE
After training since September, Rosemont runner Lucas Martos-Rapath crosses the finish line with fellow Rosemont student Jessy Shelton.

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FROM THE DESK OF THE PUBLISHER



Rise and Shine? Not So Fast

I have a confession to make. I am *not* a morning girl. It's not that I dislike mornings, it's just that I don't particularly want to be a part of mornings. So it has to be something pretty terrific (or terrifying) that will get me out of bed before the sun comes up. Such was the case for the annual Glendale Downtown Dash 5K held on March 10.

CV Weekly was a sponsor of this fundraiser that raised money for stroke support services at Glendale Adventist Medical Center.

I joined CV Weekly sales diva Lisa Yeghiayan in rising before dawn to make our way to the 200 block of Brand Boulevard. By 6 a.m., the boulevard had already been cordoned off for the runners and booths had been set up on either side of the street for the various merchants and non-profit organizations. (Luckily our booth was very near the Don Francisco coffee van.)

Lisa and I found our way to the CV Weekly booth and quickly outfitted it with news-



papers and other information about the paper.

A patio area had been set up near the Alex Theatre that was resplendent with pastries from Porto's Bakery (when Betty Porto walked by she actually got applause) plus coffee and juices. I had a chance to pop in there before the 8:15 a.m. start of the race to visit with some special guests including GUSD, Glendale City Council and Glendale City Clerk candidates and members.

All the while, Radio Disney was keeping the crowd – especially the runners – pumped up.

After the singing of the national anthem by Tiza Atanque-Manoukian, Senator Carol Liu took the stage to start the race.

Once the runners hit the

street, the energy was undeniable. Old people, young people, parents with kids, runners with dogs took to Brand Boulevard. Along with cheering them on, Lisa handed out freshly cut oranges that we had bought at Cordon's Market on Honolulu Avenue. (The oranges were much appreciated and delicious.)

Within 16 minutes, the first runners were making their way to the finish line at Brand and California. Along with congratulations and "high fives," all participants received medals from Massage Envy.

When the counting was done, over \$60,000 was raised for GAMC stroke services.

Not a bad take, I'd say. Definitely worth getting out of bed for.

To learn more and to see some photos, go to page 22.

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



It's the first full day of spring! The vernal equinox, or spring equinox, which means "of spring" or "equal night" in Latin, occurred at 4:02 a.m. (PST) on March 20. Day and night are approximately equal in length on this day, as the sun shines directly over the equator. In the morning, sunrise was due east and in the evening, sunset was due west. Ah, spring... increasing daylight, warming temperatures, flowers, bunnies and chocolate eggs – the Earth awakens after a long winter's nap. Cases of spring fever begin to pop up simultaneously. Something to be concerned about?

"It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!"~ Mark Twain

Spring is likely the most awaited season of all. Not only does "Mother Nature" respond to and literature reflect on the season's arrival – humans actually exhibit psychological and physiological changes. The word "fever" is not a positive one. But, thank goodness, spring fever does not refer to any kind of medical problem or illness. In fact, quite the contrary.

With more hours of sunlight, hormonal changes occur. These create a mood elevating effect that cause giddiness, excess energy and a general feeling of well being. Anthropologists suggest early people needed this boost for hunting and gather-

ing food after the long winter. And let's not forget the "new life" arriving during the spring time – babies! Scientific definition: procreation; romantic definition: love.

So is "spring fever" real? Depends how you define "real." Is Santa Claus real, or the Easter Bunny? It is all a matter of opinion or maybe choice ...

The days of foggy and cooler temperatures will soon be replaced by windy and warmer ones. As the CV Weekly arrives, the weather conditions will include clearing skies and daytime highs around 70 degrees. And then comes the wind... breezy at first, but possibly reaching advisory levels Thursday night. On Friday, a repeat of the same as the NWS states: "...a pretty strong wind event, coming from the northeast, passing through and continuing on through the Santa Monica Mountains."

During this time, nighttime lows will dip into the 40s. By the weekend and into next week, we can expect pretty much the same except for a few degrees warm-up and calming winds. You could say our weather is the perfect definition of spring. Enjoy while the mid-west still lies buried in snow and Washington D.C. awaits its cherry trees' first bloom.

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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We are pleased to welcome Raffi Habeshian to The Glencrest Team. Raffi is a junior in college pursuing a Business Management degree, and brings sales experience and fresh ideas. His focus will be client coordination and team sales support.

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NEWS

He’s a Man of Many Trades

John Collins has fought, taught and preached his way through a good 90 years.

By Brandon HENSLEY

They say you never stop learning, and John Collins knows this more than anyone. One of the biggest lessons he learned happened one day in the early 1960s in Phoenix, Ariz.

He had always fancied himself a lover of history – he used to teach the subject in high school – so when he caught a glimpse of a black slave working in a field portrayed on a \$500 dollar bill, he knew he had to find out more.

What he stumbled upon was Confederate States of America currency. The paper money depicted slaves doing various work and Collins, who is black, had his interest piqued. He started going to paper money shows all over the country to collect the bills, but he had to play it cool when bargaining.

“I had to sneak around to it because the only people who were selling it were white,” he said. “They were very cautious because they didn’t know whether I was hostile or I was going to get angry. So I had to play my role and stay calm and collect it.”

Collins has several books full of the money, which the Confederacy started before the Civil War in hopes they could make it a legitimate currency should the South emerge victorious. Spoiler alert: The North won, and today the money is sold and collected at shows only. Collins, though, stopped collecting in 1991.

He said he used to pay \$150 to \$200 for a bill, but he never minded doing so.

“Didn’t make no difference because to me it was history,”



Photo provided by Scholl Canyon Estates
Scholl Canyon Estates resident John Collins reflects on 90 years of living that includes collecting Confederate States of America currency.

he said. “I wanted to have that history. Being a historian ... if I wanted it, I had to pay for it.”

Collins is 90 years old and lives with his wife of 60 years, Gwendolyn, at Scholl Canyon Estates in Glendale. They have a son, Jonathan, and no grandchildren, “just grand dogs,” joked Gwendolyn of the couple’s two pets.

Collins moves around just fine. His voice is deep and his eyes light up when he talks about his time in the U.S. Ninth Cavalry Regiment during World War II.

“Horse Cavalry,” he’ll say in emphatically, in a classic deep southern tone (he’s from Biloxi, Miss.).

His time in the army allowed him to travel to Africa and Europe, and it was around that time he heard God calling him.

“God didn’t mean anything to me,” he said of when he was younger. But one day on the USS General Anderson, he heard a voice tell him, “You serve me the way I want you to or not at all.”

He ignored the calling for a year, but the voice came back around. So Collins enrolled in school and eventually became a pastor for the Seventh Day Adventist Church and traveled the country doing sermons for 50 years.

“Wouldn’t exchange it for anything else,” he said of the experience. “[I] affected a lot of people.”

It was hard at first because not only was the country divided racially, but also within the church, Collins said. After the Civil Rights movement, things eased up a bit, and Collins preached to many white people during his time.

“Both sides wanted to be integrated,” he said of the church. “Basically. Not everybody. But basically, so it made it easy.”

Collins said his style on stage is more toned-down than that of a more boisterous pastor people might see on TV.

“You don’t get [people’s attention] shouting,” he said. “You get it with a conversation style. They listen better and they retain better when you don’t get overly excited about it.”

His favorite place he visited? “Newark, New Jersey. That’s my favorite city.”

These days, Collins doesn’t spend much time outside of Scholl Canyon, but life is good for him.

“I don’t have any pains,” said Collins. “No headaches, no toothaches. I never had a toothache.”

IN BRIEF

CV TOWN COUNCIL GENERAL MEETING

The Crescenta Valley Town Council will meet tonight, Thursday, March 21, at 7 p.m. in the La Crescenta Library.

On the agenda is the proposed skate park at CV Park presented by L.A. County Parks and Recreation; presentations by several GUSD board of education candidates and candidates vying to represent the Crescenta Valley and Altadena Town Councils for the Santa Monica Mountain Conservancy; and a chance to meet the Glendale Community College interim superintendent Jim Riggs.

La Crescenta Library, 2809 Foothill Blvd., La Crescenta

CUP APPROVED

The City of Glendale has approved a conditional use permit that will move plans forward to open a Straw Hat Pizza at 3463 Foothill Blvd., La Crescenta, at the former site of Shakey’s Pizza and Uratu Restaurant.

GLENDALE ELECTION CENTER OPENS DOORS TO VOTERS

The City of Glendale’s City Clerk and Election Services Division announced the launch and opening of the official Elections Center at 131 N. Isabel St. in the Police Department’s Community Room. The Election Center serves as the operations headquarters for ballot distribution, processing and other services related to the city’s upcoming April 2 biennial Municipal Election.

Additionally, the City Clerk’s office re-launched the updated GlendaleVotes.org website with current information on the races for city council, Glendale Unified School Board, city clerk, treasurer and Measures A, B and C.

The Election Center will be open Monday through Friday from 8 a.m. to 5 p.m. Sample ballots have already been mailed out and are available to view and download on GlendaleVotes.org.

For further assistance or election related questions, call the City Clerk’s office at (818) 548-4000.

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The Candidates Respond

To better acquaint our readers with those running for office in the April 2 election, *Crescenta Valley Weekly* has asked questions of the Glendale City Council and Glendale Unified School District board of education candidates. Below are responses by some of the board of education candidates listed alphabetically by last name. Next week, we'll spotlight the city council candidates and include remaining board of education responses.

Q With recent student tragedies experienced in the foothill schools and growing academic stress, how do you think the school board and district can partner with the community to help students?

A Dan Cabrera: First, the school board can let the community know that they are aware of the problem and want to do everything they can to help. Two things the district should do are: 1) Ensure that we have closed campuses. Students that leave campus are exposed to temptations that they normally

do not have at school, including sources of alcohol and drugs. 2) Inform teachers and parents how to notice the signs of stress and trauma among students, including dropping grades, withdrawal from activities, lack of emotion, depression and aggression. Second, parents can be encouraged to visit their child's campus. Parent involvement seems to drop off after elementary school. For example, middle and high school parents might be encouraged to spend just one period each year in a classroom with their child. I know this would help them understand and relate to their child's school experience.



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A Jennifer Freemon: As a representative for our Glendale Council PTA to the Crescenta Valley Drug and Alcohol [Prevention] Coalition this year I see the incredible opportunities for us to bring the community together to protect our precious children. I believe we need to ensure that our children have an adult in whom they can confide and who will help guide them through those periods of high stress and adolescent angst. The school board and district can partner with the community by continuing to reach out to the professionals in our community to create parent education workshops, find mentorship opportunities, and support groups for our students. As a community, we must commit ourselves to both supporting and nurturing our children so they are successful and confident adults.

A Armina Gharpetian: Educating students and parents is the key to solve these issues. The school board and the district should not underestimate the power of knowledge and the importance of providing more opportunities by teaching the entire community to be proactive rather than reactive. We need to use all the resources available to us in order to make positive impacts on our children. One of the best ways to get the word across to our students and parents is by organizing more community forums and educational seminars throughout the year. Secondly, offering more youth programs in our schools can help create a healthier and caring school climate. Third, implementing better protocols in identifying the issues facing our students.

A Ali Sadri: Out of the box thinking. The installation of a crises hotline for stressed students. The increased use of the districts Psychological Services. In Santa Ana, for instance, the 20-plus school psychologists are involved in numerous issues. Much of the program is funded through referrals to the Intermediate District. Careful and thorough review of outside safety contractors assigned to monitor students, as it appears that in 2012 some were not licensed as required by state law. There are allegations in Ferraro vs. Glendale Unified where it appears proper attention was not provided. I have personally experienced bullying and I believe that the only concern a student should have is if they have done their homework and not how to survive the day once on campus. We have a great community and we should explore their expertise. I am confident that many will offer and volunteer their expertise for even a greater area and schools.

see CANDIDATES on next page

CRESCENTA VALLEY

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3/15/13 2:

CANDIDATES from previous page

A Joylene Wagner: While academic stress is but one of the many factors affecting emotional health, since academics are central to our mission, we need deeper conversations about the issue. The question comes to the heart of GUSD’s mission as stated in our 2015 Strategic Plan: “...To provide a high quality education that addresses the unique potential of each student in a safe, engaging environment [emphasis added].” A) We need to talk about encouraging academic challenge in the context of a healthy life. The number of AP classes students take should not outweigh the need for sleep or result in the use of stimulants. The “A-G bus” and its riders must park and receive maintenance on occasion! On the other hand, we need also to consider the appropriate amount of time for homework and “pleasure” reading (which I heard at one of my first PTA conventions is one of the biggest factors in college acceptance). Can there be too much community service and “down time” for some students?

B) We need to continue partnerships with groups like the CVDAPC to educate all of us about recognizing and responding to signs of stress and building more emotional/developmental assets for students. I still love the motto of my college: “The Pursuit of Truth in the Company of Friends.”

A Christine L. Walters: The first and most important step is to recognize that we all need to work together to best support our kids. The CV community has been very proactive in the past few years in working to address the social and emotional needs of our youth. CV Drug & Alcohol Prevention Coalition, the CV Youth Town Council and The Firehouse are all excellent examples. The district partners by participating in community groups, offering the schools as a meeting place, promoting events and activities and working to remind students that they have help available to them in the community and are not alone. We also share information as much as we are able so that we can collaboratively support students in need.

As the district financial picture improves, a priority for me will be to add more adult support outside of the classroom so that we can better address our students’ social and emotional needs.

Q The relationship with GTA has been strained at times. What do you think should be done to improve the teacher/district board relationship?

A Dan Cabrera: As in so many negotiations, each side, in this case the School Board or the GTA, has identified what they want. Each side must understand not only what the other side wants but, more importantly, specifically why and whether alternatives exist for satisfying those desires.

Separating a negotiation into manageable parts in a calm, courteous manner is a key to reaching agreements. Perhaps a mediator may provide the best solution.

GTA’s many objectives include salary, security, benefits, total hours, and duties. The Board’s objectives in-

clude many of these but more public attention has been given to teacher evaluation and furlough days. These negotiation items can be clarified by deciding what, when and how that desire can be satisfied. No individual item is as important as coming to an agreement that shows our community that both sides clearly care most about providing a first class education for our children.

A Jennifer Freeman: There is much to the relationship between the GTA and District. At the moment I see a lack of trust between the two entities that then puts them at odds with one another and thus counter to what is best for our students. We need to re-establish an atmosphere of trust so that we can then focus our efforts on what is best for students. I firmly believe our parents, teachers, community member, and district staff all want to see students thrive and succeed. The challenge is creating an atmosphere where we can all get together and be on the same educational page so that our efforts are successful. I believe I bring the ability to help bridge the gap between the district and teachers and can start the process of bringing people back to the table for open and honest discussion of what we need to do in order to help all our students thrive.

A Armina Gharpetian: Frankly, this is one of the main reasons that our school board is in desperate need for some change in order to establish healthier relationships. An individual like me with leadership qualities can contribute to build consensus with GTA and create a better communication channel between the two; something that has been missing for the last 10 years. On the same token, we need someone who won’t have any conflict of interest and will not be influenced by special interest groups. Let’s not forget that the actions and decisions made between the board and the GTA have a direct effect and impact on our children and their future.

A Ali Sadri: More ongoing, open and direct communications with the GTA. I had an opportunity to meet with them, they are

good people and reasonable – after all, they are teachers whom deserve the best we can offer and the only strain should be strive to provide the best education for students so that our area would be known nationally for its schools.

A Joylene Wagner: First, we need to remember that the strain is not unique to GUSD. We know from board members and superintendents in neighboring districts and across the state that many if not most of the teacher associations follow the direction of the California Teachers Association in resisting the accountability reforms of the last decade and fighting school boards for increasingly scarce funding. Given that context, we must continue to move forward with our focus on students, in as positive a tenor as we can, with the understanding that the purpose of analyzing student achievement data is to help teachers succeed in their goal of helping students succeed. We need to work to provide our teachers the support they need in their very demanding and critically important work, and we need to keep the focus on students.

A Christine L. Walters: The primary purpose of an employee union is to protect the interests of the employees that it represents. The primary purpose of our school district is to protect the interests of our students. Of course the district wants to be a good employer

and the teachers’ union wants our students to be successful. But when times are tough, as they have been for the last few years, our primary roles can put us at odds. I think we have increased the level of trust that many of our individual teachers have with the district, but that trust is not shared at the highest levels of the union leadership. I’m hopeful that as our overall financial picture improves, so will the relationship

with the GTA.
Q What do you feel are the strengths of the foothill schools?
A Dan Cabrera: One of the primary strengths of the foothill schools is the community that
see CANDIDATES on next page

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CANDIDATES from previous page

seems so closely bound by its identity with the foothills themselves and by the remarkable parent and community concern with education. I attended the CV Chamber of Commerce meeting on March 13 and witnessed the presentations to Mary Pinola for her work on behalf of area schools. It was clear that education is a high priority for parents and businesses alike. This is key to the many successes that Crescenta Valley High and its feeder schools have achieved, including the National Blue Ribbon and California Distinguished Schools awards.

Another strength is the support the schools receive for their sports and music departments. Any athletic contest or music performance in CV is well attended and gives the students a sense of spirit that translates into pride, an important element in later adult dedication to community and school success.

A Jennifer Freemon: Our foothill schools are fortunate to be in extremely strong communities focused on the success of the schools. Not only do the schools have high levels of parental involvement, the entire com-

munity is willing to support the efforts of the schools. The foothill schools are able to effectively support the athletics, enrichment activities, and key supplemental programs for the schools. As a result, we see high levels of achievement, both academic and athletic from the students in this area.

A Armina Gharpetian: High performing schools, great parent involvement, strong community bonds, embracing diverse and culturally rich families, strong athletic accomplishments and low high school drop out rate.

A Ali Sadri: All students and staff should be treated equally in terms of environment. There are exceptions for special needs and GATE that must be provided.

A Joylene Wagner: Overall, the foothill schools benefit from a strong sense of community afforded by the many residents who have returned to where they were raised or who were drawn to the area because of its “small town” reputation and

its schools’ reputations. Much as our magnet schools benefit from parental/student choice, the CV schools benefit from parents who choose to move there, understanding the value of community involvement and desirous of opportunity for their children.

Choice begets parent participation begets student academic engagement begets higher achievement begets... more choice. They also have the CV Weekly and the Firehouse to strengthen them!

A Christine L. Walters: Our foothill schools benefit greatly from the very strong sense of family within the CV community. This community takes great pride in its schools and has an expectation of excellence in academics, athletics, performing arts and most everything they do. The CV community truly values their youth and has a large network of adults that want to engage and support these students in any way possible. The students of our foothill schools are very fortunate as they are part of a community that wants to see them truly succeed!

Chromium Subject of Report

By Michael YEGHIAIAN

With the conclusion of a citywide study, the Glendale Dept. of Water and Power is looking to take the next step to ensure the city’s drinking water is appropriately safe for its residents. The removal of the toxicant in question, chromium-6, is analyzed in the City of Glendale report and will affect future policy regarding water treatment.

The report, which focused on existing measures for removal of chromium-6, will not immediately impact the city’s water supply. By focusing on existing technologies and weighing their effectiveness in identifying and alleviating the problem, the study will serve as a benchmark for future courses of action.

The city’s report also identifies additional technologies that hold promise while analyzing some of the waste

implications of the current processes. “This report doesn’t directly affect consumers right now,” said Ramon Abueg, Glendale Water and Power’s chief assistant general manager of Electric and Water. “It demonstrates what technologies are available, and the cost level considerations in removing chromium-6.”

Chromium is an odorless and tasteless metallic element. An excessive amount of chromium in the water supply could cause skin ailments such as allergic dermatitis.

The previous standard, set in 2011, did not reflect a full understanding of the technology and the cost. The “maximum contaminant level,” or MCL, dictates the maximum level of chromium that can be present in drinking water without causing adverse health effects. A new MCL will be released in July which will clarify the next steps required by the city.

“The MCL is a factor [of] the effectiveness in the current technologies,” said Abueg. “We have to invest more, there is more research to be done.”

The federal standard, tied to the Safe Drinking Water Act, sets the MCL at 100 parts per billion. As it stands, the Glendale standard is already 10 times better than the level set by the state, and 20 times better than the federal benchmark. According to the EPA, federal regulation of chromium levels in drinking water and establishment of the MCL began in 1991.

The Glendale City Council took the initiative after the movie “Erin Brockovich” was released in 2000 and the public’s attention turned to the pollutant.

“Glendale looked to go above and beyond the federal and state standard,” remarked Abueg.

According to the California Dept. of Public Health (CDPH) fact sheet, much of

the low level chromium found in drinking water is naturally occurring. However, parts of California have been contaminated by industrial use of chemicals that have migrated into groundwater.

Ballot Measures Reviewed

By Jason KUROSU

On April 2, Glendale’s municipal election will give voters the chance to select from a series of incumbents and new faces vying for positions on the city council, school board and other municipal governing positions.

Current city councilmembers Laura Friedman and Ara Najarian are running to renew their seats on the council, along with 10 new candidates with experience in local government, business and law. Similarly, the GUSD school board will feature three current board members on the ballot, along with four new candidates.

City Clerk Ardashes “Ardy” Kassakhian faces Stephanie Landregan in the running for Kassakhian’s current position, while Rafi Manoukian will run unopposed for city treasurer.

Though Manoukian will be running for election, the first of three measures on the ballot may affect the future of the Glendale City Treasurer post. Measure A, if approved, will make the city treasurer post an appointed position rather than an elected one. The appointment would be made by the city council and the appointee must meet a certain set of criteria, including a minimum of three years service in a senior financial management position with a county.

Measure A has the backing of current city treasurer Ronald T. Borucki, while Manoukian opposes the measure. Similar measures have been on municipal ballots in the past and all were rejected by voters, most recently in 1979.

Measures B and C come with the support of a majority of the Glendale City Council. Both measures seek to amend the City Charter.

Measure B would bring the city’s revenue transferring more in line with Generally Accepted Accounting Principles (GAAP), accounting standards widely followed for any number of organizations including companies and government

bodies. Currently, the City Charter allows transfers of equal to 25% of Glendale Water & Power operating revenues per year from the GWP surplus fund to the city’s general reserve. Such transfers from reserve or surplus funds violate GAAP and Measure B would alter the current model by requiring that transfers be made from electric and water utility funds.

The argument put forth by the councilmembers, which is featured on the ballot, states that the current system “creates unnecessary complexity in budgeting and administration” and also assures that “approval of this measure does not affect utility rates.” The opposing argument states the measure would restrict money needed for necessary improvements.

“This 25% plus the utility tax means approximately one-third of ratepayers’ dollars can be diverted from providing them with water and electricity,” states the argument.

Measure C would also make alterations to the Charter, requiring multiple amendments including that the city manager must present the council with a budget by June 1 of each year, that bonds be sold at a public sale and the council’s requirement to provide “for petty cash funds for payment in cash of expenditures provided for in the budgets that cannot conveniently and economically be paid otherwise” would be removed.

Again, city councilmembers endorse the measure stating that “a yes vote will ensure that the Charter is updated and consistent with current City practice.” The argument against Measure C warns that the measure would “open the door for theft of funds by eliminating council approved demands for funds.”

The polls will be open from 7 a.m. to 8 p.m. Voter registration must be received by Tuesday, March 26. For help locating the closest polling place and more information regarding the candidates and measures, consult www.glendalevotes.org.

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Suicide Meeting Held for LC Parents

By Maddy PUMILIA

Experts in suicide prevention met recently with parents at Lanterman Auditorium after a student at La Cañada High School jumped to his death from the rooftop of one of the school's buildings on Friday, March 1. The school paid for counseling services the weekend after the suicide and had professionals come onto the school campus the following Monday. The school provided additional resources for parents on its website as well as holding the parents' meeting.

At the meeting was a panel that included Dr. Laurel Bear, director, Student Services/ Gateway to Success at Alhambra Unified School District, Richard Lieberman, school psychologist at the L.A. County Office of Education, Daniela Covell, Outreach Program director for Teen Line, Jenny Pascal, training director for Teen line, Paul Royer, social worker, Debra Kessler, psychologist, Melissa Johnson, founder and CEO of the Institute for Girls' Development, Rick Mogil, program director at the Didi Hirsch Mental Health Services and Veronica Scarpelli from the American Foundation for Suicide Prevention.

Panelists talked about suicide prevention and then answered questions from the audience. Superintendent Wendy Sinnette expressed her sympathy and gratitude to the attendees and panelists while acknowledging the need to move forward.

"It's really important when dealing with suicide not to romanticize it," Sinnette said.

She cited a study of people who jumped off the Golden Gate Bridge. Of the 11% who survived the jump, 100% wished they hadn't jumped.

Lieberman added the need in this type of circumstance is to memorialize the deceased, but not to romanticize the act. He added that while there is no way to tell which kid will commit suicide, past behavior is the best predictor. Risk factors include a history of depression or alcohol abuse. He said there are 30,000 suicides a year in the U.S. with 5,000 committed by youth.

"Any threat of suicide is serious," Lieberman said.

Signs of suicide include declining

academic performance, declining attendance, withdrawing from peers and giving away of possessions.

"Don't be afraid to communicate," Bear said. She recommended sharing information, educating oneself, reaching out and collaborating with others.

"It's important to follow up with a lot of open communication," Royer said.

Pascal and Covell were from the organization Teen Line. According to its website, "Teen Line is a place to seek professional help for those who are contemplating suicide, know someone who is, or is a survivor of a suicide victim."

Teen Line trains teens for 60 hours in order to be prepared to help others who are thinking of suicide. Teen Line's number is (800) 852-8336. They are open every evening from 6 p.m. to 10 p.m. It's free and the number won't show up on a home phone bill. Texting is also available between 5:30 p.m. and 9:30 p.m. Text "Teen" to 839863. Additional information can be found on their website teenlineonline.org. Teen Line is looking for volunteers entering the ninth, 10th and 11th grades.

"Teen Line has been an innovator in the field of suicide prevention," Mogil said.

"It's important to realize no one person or thing is responsible for this," Lieberman said. "Suicide is very complex."

Najarian: One Fight Down, One to Go

By Ted AYALA

Earlier this month, Glendale City Councilmember Ara Najarian was reelected to his seat on the board of directors of the Metropolitan Transportation Agency (MTA) despite his staunch and often very vocal opposition to the proposed extension of the 710 Freeway.

When Najarian's name was nominated for reelection to his seat in December, a number of the MTA's "North cities" – cities spanning the San Fernando and San Gabriel valleys – spoke out in opposition. Among the most strident opposition heard was from Alhambra Mayor Barbara Messina and Duarte Mayor John Fasana, both strongly in favor of "completing" the freeway.

Ultimately, Najarian was able to reach a compromise with his opponents, assuring that he retain his MTA seat.

With one hurdle cleared, he still has a final one to overcome – next month's city elections.

Alongside fellow incumbent Laura Friedman, Ara Najarian is defending his seat in the April elections. Mayor Frank Quintero, also an incumbent, has declined to run again for office.

"My ability to serve the interests of our community and those opposed to this project is contingent on my keeping this seat," Najarian said.

For Najarian the questions in

respect to safety and costs, not to mention environmental impact, are too serious to ignore without deeper consideration.

Citing major tunnel accidents last year in Switzerland and Japan – the former killing 28, the latter nine – Najarian said that "safety is a very big concern here."

"I feel this hasn't been more carefully looked over," he added.

Though the 710 extension would not directly affect Glendale, Najarian insists its effects would be felt not only in communities along the Foothill (210) Freeway corridor that would see its lanes swelling with added traffic, but throughout the city.

"In the northern communities, you'll have the direct impact – particulate matter, noxious fumes, and noise pollution. But the impact doesn't stop there," he said. "Because what you'll have is added traffic straining not only the [Glendale] 2 [Freeway], but the [Ventura] 134 [Freeway] that runs through the heart of Glendale. The added gridlock this will bring will be a detriment to the quality of life throughout the city."

"You also have the impact from freight coming from the Port of Los Angeles," he added. "We don't want to stop that flow of freight. But what we do want to do is encourage the shipment of freight via rail as much as possible, not just off the 210, but off of the freeways entirely."

Najarian reminded that none of his opponents in the election has advocated opposition of the 710 extension to the extent he has. At least one has spoken in favor of the project.

Though the fight wears on, Najarian knows what is at stake here.

"[My opponents] know that without me the next person taking my position wouldn't have the same level of interest in this matter," he said. "They want somebody that can go with the MTA's flow."

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Municipal Elections

April 2, 2013



Woman Chases Down Burglar

By Mary O'KEEFE

A Glendale resident in the New York Avenue and Park Vista Drive area left her home early on March 14. She had turned off the lights and locked all doors and windows. She returned home about 7:30 p.m. As she drove into her driveway, she noticed that lights were on in the living room and windows were open.

She also noticed an unfamiliar silver four-door Volvo parked in front of her home. She got out of her car and walked cautiously toward the home. Through the window, the resident saw a man, later identified as Tigran Stepanyan, 22, of Glendale, walking into the living room from one of the home's bedrooms. Stepanyan looked out the living room window and they made eye

contact.

The suspect immediately ran out of the house, via the front door and past the woman to the Volvo. He drove westbound on New York Avenue. The woman was chasing the car on foot when she found a Glendale police officer that was parked nearby in his patrol unit.

The Glendale officer saw the woman waving her hands and screaming for help. She pointed toward the Volvo. The officer immediately activated his emergency lights and drove toward the suspect's vehicle. Stepanyan stopped his vehicle and the officer approached the car.

As the officer was directing Stepanyan to exit the vehicle, the woman yelled that he had been inside her home.

More officers arrived to assist. The suspect was detained as other officers went to the woman's residence on Park Vista Drive. Several rooms had been ransacked and the front living room window had been shattered. Several pieces of jewelry were missing.

Officers allegedly found jewelry in Stepanyan's pockets. The jewelry was identified as belonging to the woman.

It was discovered that Stepanyan was on active probation for burglary. He was arrested for burglary and released on \$50,000 bail.

A probation hearing is scheduled on May 29.



GUN SHOW from Cover

commerce on public land.

The most vocal opposition came from the Coalition for a Better Glendale, a local group that formed in response to the recent increase in gun violence. The group is dedicated to more strict gun control and has lobbied the city government to evict the Glendale Gun Show since early this year.

Deborah Dentler, a Glendale resident and member of the Coalition for a Better Glendale, voiced her opposition in a statement released by the group.

"Truckloads of live ammo are sold each day at the Glendale Gun Show, no background checks needed," said Dentler. "We are determined to make sure there are no more gun shows held on buildings and land owned by we, the people, of Glendale. These are our buildings, paid for and maintained by our tax dollars."

In his dissent of the measure, Councilmember Ara Najarian called the ban a "knee-jerk reaction" to recent events such as Sandy Hook. The ruling faced opposition from the Glendale Gun Show leadership as well as from the National Rifle Association, both of whom have threatened litigation.

The ban is set to be enacted in 30 days, upon which the gun show's contract with the city is expected to be terminated. The Glendale Civic Auditorium was set to host five more shows through 2014.

A replacement venue for the show has not been announced.

After the ruling, the group's website announced, "At this time we do not have any shows scheduled for the Glendale Gun Show in the Glendale area. Thank you for all of your support."

The ruling comes on the same day as Senator Dianne Feinstein's (D-CA) announcement that a gun control bill set to be heard before the Senate will not include a measure restricting assault weapons.



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WALL from Cover



Chamber, CV Town Council and CV Weekly,” Baldwin said. “And all the other groups that [joined].”

The group reached out to several organizations throughout the community including local schools. One of their first supporters was Lt. Col. Dave Worley and his CVHS JROTC cadets. They helped organize the 5K Memorial Run as well as other fundraisers.

Schools got involved as well with the most recent support coming from Rosemont Middle School’s California Junior Scholarship Federation that held a Walk for the Wall a few weeks ago.

“They raised \$5,000,” Baldwin said.

Government officials showed their support, not only reaching into their own pockets like then-Assemblymember Anthony Portantino, State Senator Carol Liu, Assemblymember Mike Gatto and Congressman Adam Schiff, but raising awareness of the project. Liu reached out to Forest Lawn, which is donating all the bronze plaques as well as affixing them to the wall at a savings of over \$10,000. Gatto contacted Home Depot for \$5,000 in gift cards to purchase building materials, and the Assemblymember added \$1,500 from his office.

“[Civic leader] Jean Maluccio has been with us since the beginning,” Spayth said, “[providing] the contacts with the [officials] and the [Los Angeles County] Parks and Recreation.”

“We had so much support from the L.A. County Parks and Rec. Without them we couldn’t do this,” Baldwin said.

Locally, the support grew with Bonners Equipment Rental donating cement, Kiwanis and the Lions clubs donating funds. Fellow veteran Andy Gero and his family donated two flagpoles that will be placed at the wall.

And that is just a few of those in the community who have generously donated funds.

“They all started to join us for fundraisers,” Baldwin said.

The veterans are just \$5,000 away from their goal, close enough to start the project.

The new memorial will have room for names of those CV residents who gave their life for their country. The names have been submitted to the Two Strike Park Memorial Committee. Families are grateful that the sacrifice made will not be forgotten.

On Tuesday, it was about those the veterans fundraised for. Allmon, camera in hand, walked around the old wall, watching every move the workers made. Of course, being the geologist buff that he is, Allmon also had to take at least one piece of the stone wall.

“I never thought this day would happen,” he said.

Construction on the new Two Strike Park Memorial will begin immediately.

For information on the wall or to donate visit www.twostrikememorial.org.

MSPA Brown Act Compliant

By Mary O’KEEFE

The Montrose Shopping Park Association will indeed be following the Brown Act.

There had been some confusion among the MSPA board as to whether it was a legislative body and therefore subject to the Brown Act provisions. After a visit from the Glendale City Attorney’s office during the February MSPA meeting it was clear that the Brown Act must be followed.

“If [the organization] is a legislative body created by or a private company where the legislative body is a member of the board those [organizations] are subject to the Brown Act,” said Jillian van Muyden, Glendale chief assistant city attorney. “They were established by the city of Glendale under the streets and highway code.”

The Brown Act was passed by California legislation in 1953. Its purpose was to safeguard the public’s right to access to information and participation in government meetings. An agenda of the meetings must be made available to the public before the meeting. The board meetings and standing committee meetings must be open to the public.

Originally the city was to appoint a nine-member advisory board however since the board was established in 1965, the bylaws have changed to allow members of the MSPA to nominate and vote for board members.

“There is no question that the MSPA board is a legislative body as defined by the Brown Act,” van Muyden said.

What this all means to the association is that they must have open meetings for both regular board meetings and the standing committee meetings.

MSPA president Ken

Grayson said the board is going to comply with the Brown Act. He along with other members of the board are reviewing the provisions and looking at their committees that have been in place for years to see how this decision will affect them.

Grayson said they had had some indication that they were going to be under the Brown Act and had been attempting to follow the regulations.

“We have been reacting as if we were under the Brown Act,” he said.

At present the Association conducts their meetings on the first Thursday of each month. They are held in the basement of Citibank in the 2300 block of Honolulu Avenue. They are presently looking to move the meetings to the Professional Development Center in the same block.

van Muyden recommended that the Association have a Parliamentarian on the board, or advising the board. A Parliamentarian is a person who is an expert knowledge on formal rules and procedures with formal meetings. She said that some organizations have a lawyer that specializes in parliamentary procedure and the Brown Act.

Grayson said he is concerned about the cost of a lawyer but has not ruled anything out.

For more stories by
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Obituary Katherine Reinhard Williams



May 14, 1911 – Feb. 2, 2013

Kathy passed away at home peacefully at 101 years of age surrounded by family. She was born in Hollywood in 1911. In 1918, the family moved to Montrose into one of the first six or seven houses in the area on Glenada Avenue. Her father, C.J. Reinhard, was an educator and property owner on Honolulu Avenue. Her mother, Katherine “Kate” Reinhard, was a community volunteer.

Kathy went to Horace Mann Elementary, La Crescenta Elementary and Glendale High schools and graduated from Pomona College. She received her teaching credential from UC Berkley where she met her husband, Robert Williams.

Kathy taught and was a counselor in many different Glendale elementary schools.

She leaves a son, Bruce Williams; daughter Wendy Smith; five grandchildren; and four great-grandchildren.

A memorial to celebrate Kathy’s life will be on March 30. In lieu of flowers, the family suggests a donation to Descanso Gardens at 1418 Descanso Dr. in La Canada-Flintridge, CA 91011 or Questers, 210 South Quince St., Philadelphia, PA 19107.

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“I believe that we have more voters with responsibility and decency than there are special interests who want to bend the city to their selfish ends.”

Transparency, **not** misleading or obscure explanations of city deficits

Pay as you go, **not** borrowing to meet, operational expenses

Full disclosure of all city debts and obligations, **not** misleading or obscure reports

Safe and courteous traffic, **not** traffic congestion or reckless driving

Treat resident advocates with respect, **not** indifference or dismissive of the public

Growth based on water and power limitations, **not** reckless overbuilding

Establish affordable electric rates for all, **not** hiked electric charges as a back-door tax

Put our money to work in infrastructure needs, **before** pay, pensions, and perks

Because the path to good governance starts with the hard truth

Paid for Committee to Elect Molano for Glendale City Council 2013 fppc 1294602
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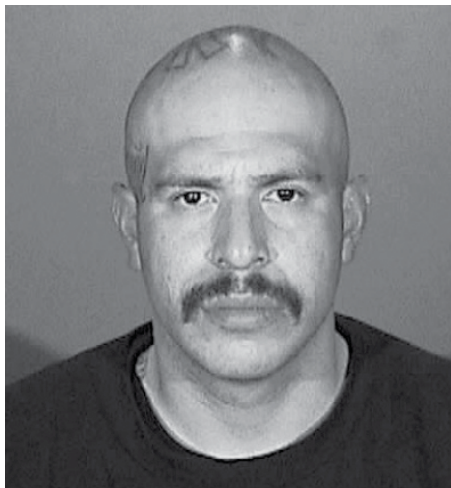
Vehicle Burglary
Suspect Found

By Mary O'KEEFE

While walking her dog, a resident in the 3200 block of Mills Avenue noticed an unfamiliar gray van driving slowly through her neighborhood. She allegedly witnessed the vehicle pull up near a neighbor's home, heard the van's passenger door open and shut. She did not see who got out of the car but the van turned and passed her as it drove away.

The driver, described only as white, waved as he passed her. She then heard the sound of breaking glass. The resident yelled at the driver of the van that she was going to call the police. The driver sped up and came to a stop a few houses away. A person ran to the van, got into the passenger seat and the van fled the area.

The resident contacted Glendale police who located a van matching the suspect's vehicle description driving southbound on the Glendale (2) Freeway, north of the San Fernando off-ramp. Driver Ryan Valles, 30, of Pico Rivera was detained while officers conducted a search of his vehicle.



CRIME BLOTTER

March 18

2900 block of Foothill Boulevard in La Crescenta, an employee at Foothill Doors and Windows entered the business, heard the alarm and noticed his desk had been ransacked. He immediately left the building and contacted 911. Deputies discovered the apparent entry into the building was from a rear window. A computer, monitor and credit card were stolen between 7:35 p.m. and 10:30 p.m.

2500 block of Prospect Avenue in La Crescenta, a 38-year-old woman from Rancho Cucamonga was arrested for vandalism after allegedly pounding on the front door of a residence and cracking the glass and splitting the door molding. The resident reported the suspect, who was identified as her ex-daughter-in-law, came to the door demanding her son, who was at the home. She was allegedly acting erratically and continued to yell for her son. The resident told the woman to wait by her vehicle and she would send the boy out. She did, the woman reportedly returned, yelled some more and damaged the front door at 11 a.m.

March 17

Glendale police, along with law enforcement from Pasadena, Burbank and San Fernando, participated in the Avoid 100 Campaign DUI (driving under the influence) Saturation Patrol on St. Patrick's Day. The results are: 56 vehicles stopped, 21 failure to signal stops, one vehicle impounded, five DUI arrests and two suspended license arrests.

663 Foothill Blvd. in La Cañada Flintridge, a 47-year-old Pasadena woman was arrested for petty theft at TJ Maxx. A witness reported seeing the woman take the tags off items from the lingerie department and exited the store without attempting to pay at 5:37 p.m.

4400 block of Ocean View Boulevard in Montrose, several pieces of jewelry were stolen and an apartment was ransacked between 10:30 a.m. and 7:30 p.m.

March 14

3000 block of Alabama Street, La Crescenta deputies responded to a call

concerning a man going through recyclable receptacles. Deputies arrived to find a 46-year-old Tujunga man with papers and trash in his possession. When deputies approached, the suspect noticed and immediately entered the passenger side of a gray Isuzu sport utility vehicle. Upon investigation, it was found that the vehicle plates had arrest warrants registered to them. Deputies discovered the man did not have a California driver's license but did provide a Mexican identification card. There were several bags of recyclables inside the vehicle with an estimated worth of \$2,000. There were some alleged inconsistencies to his story concerning how he obtained possession of the vehicle as well.

The man was arrested for reasonable cause and grand theft auto at 9 a.m.

March 13

2200 block of Montrose Avenue in Montrose, a driver reported that while he was driving his vehicle east bound on Montrose Avenue he heard a loud bang on the right side of his car. He stopped and discovered the passenger side of his car had been dented. He noticed two boys standing in the area looking and laughing at his vehicle. The driver believes one of the boys threw something at the car at 3:45 p.m.

4400 block of Cloud Avenue in La Crescenta, several landscaping tools were stolen and the lock on the passenger side door of a vehicle was damaged overnight.

Verdugo Boulevard and the Glendale (2) Freeway exit ramp in La Cañada, a 41-year-old Glendale man was arrested for possession of drug paraphernalia. Deputies were assisting Glendale police in searching for a burglary suspect in the area. They noticed a man matching the description of the suspect standing on the corner of the location. As they approached him, he allegedly threw a white object into the ice plant near him, turned and walked away.

While one deputy spoke to the man, another found a glass pipe often used to smoke methamphetamine in the plants nearby. It was discovered the man was not the burglary suspect sought but he was arrested for possession of drug paraphernalia at 12:45 p.m.

VIEWPOINTS



MY THOUGHTS, EXACTLY
» JIM CHASE

Shooting Down City Council Decision

I've been a gun enthusiast (I'll let others add the "nut" appellation) since my youth. I learned to shoot a .22-caliber rifle out in the Mojave Desert about the same time I learned to ride a bike. Today, at any given time I have several long rifles, pistols, revolvers, shotguns and/or black powder firearms in my gun safe. I don't hunt. I don't belong to the NRA. I wasn't raised in the backwoods somewhere and was never in the armed services.

I'm a college educated, Bible-believing, law-abiding Southern California native who simply enjoys shooting firearms and practicing the skills necessary to repeatedly hit all sorts and sizes of targets (some of the moving) at various distances. And yes, I take comfort in knowing that I have the ability and the means to protect my people and property should, God forbid, the need ever arise. (Never forget: when seconds count, the police are only minutes away.)

Does that frighten you? How about if I tell you that while guns have been in our home, my wife and I have safely raised four happy, healthy and well-adjusted children – not one of whom has ever fired a gun either accidentally or on purpose at each other or any other person. Our kids have a healthy respect for firearms, know how to properly handle, maintain and shoot most types of guns and fully understand the immense responsibility that is attached to owning and

using guns of any kind. This should help you understand my great frustration (although not much surprise) upon hearing that the Glendale City Council – in their infinite wisdom – passed a resolution last week to ban all gun shows from city-owned property. This means that the semi-annual (or more often) gun show at the Glendale Civic Auditorium, an event that has regularly occurred for 20 some-odd years, will be no more.

In a purely emotional response (one of the worst reasons to pass legislation) to the Sandy Hook school tragedy of December, along with pointing out the obvious fact that the Civic Center is across the street from Glendale City College, a majority of the city council voted to ban gun shows on city property effective immediately. Apparently it doesn't matter one whit that the gun show operators have a contract with the city through November of 2014. Or that no one can point to a single violent or even illegal incident as a result of the gun show.

I have not only attended many Glendale gun shows over the years, I was also once a student at GCC. Frankly, I wouldn't be at all surprised if a sweep of the cars in the college parking lot on any given day turned up a cache of firearms that would stock any gun shop in the country.

Such foolishness as perpetrated by the city council last week is the result of what is sometimes called the

"do-something" disease that afflicts too many present-day politicians: intoxicated both by power and the desire to, well, do something. Anything. And so legislation is passed that no rational, thinking person can expect to have even the slightest effect other than to take away something from those who can't do anything to stop it from happening.

But at least the hand wringers and do-gooders in the cash-strapped Glendale government can say they did something. Speaking of cash, it's been reported that in 2012 alone, the three gun shows held (without incident) in Glendale generated approximately \$55,000 just in rental and parking revenue. That figure doesn't include money spent locally by out-of-town guests visiting Glendale to attend the popular gun shows here.

It's also been reported that the operators of the show rightfully intend to sue the city for breach of contract. I cringe to think how much they will win in damages that will naturally be paid for with already depleted public funds.

Now that, good people, is something to get emotional about.

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/>



TREASURES OF THE VALLEY
» MIKE LAWLER

The Genius from La Crescenta

Dr. Marian Cleeves Diamond is one of the foremost researchers in the anatomy of the brain. She is a professor of anatomy and neuroanatomy at the University of California, and at 85 years old still lectures. In fact, her dynamic lectures are now shared by thousands on YouTube, making her perhaps the oldest YouTube sensation. She is best known for her work on environment and the brain, noting the correlation between brain growth and an enriched environment, and is famous for her controversial discoveries on the physical structure of Albert Einstein's brain. An author of many books and articles, her discoveries in neuroscience have changed the way science looks at the brain's potential to develop.

So where did this genius come from? What influenced her amazing life? Why, her childhood in La Crescenta, of course.

Marian Cleeves was raised on 20 acres of rocky orchard land off of Briggs Avenue just below Briggs Terrace. The Cleeves' land was roughly bounded east-west by Briggs and Rosemont, and north-south by Rockdell and Whittier. Her father, Dr. Cleeves, had emigrated from northern England where he had witnessed the lung problems of the coal miners of that region. He came to La Crescenta, at that time a pulmonary health mecca, because of his specialty in treating lung disease. Some of his patients included artists such as world-famous portrait painter Stephen Seymour

Thomas and Disney animator Ben Sharpsteen (director of "Dumbo" and "Pinocchio"), who influenced the doctor's six children towards success.

It was an idyllic childhood, rich in physical activity and intellectual stimulation. Dr. Cleeves and his wife were very involved with the community and the kids were shaped by the many community leaders they met. Days were spent in the sunshine – hiking the San Gabriel Mountains, swimming in their pool, and working in the orchards. It was a perfect environment to grow up in. Dr. Cleeves even posted a sign in their front yard "Sunnyslope – A Place in the Sun Reserved for Children."

Marian has particularly strong memories of her sister Rosemary, nine years older than her but still a major influence on the strong-minded and brilliant child. Rosemary was a nursing student and plastered the walls of the girls' bedroom with anatomy drawings, which fascinated the young Marian. That, along with the tutelage of her physician father, stimulated a desire to study the human body and brain. The tipping point for her lifelong passion for research into brains came when she was in college during WWII.

Rosemary had been sent to England as an Army nurse. While there she became ill with lupus, a sometimes fatal auto-immune disease, and was sent home where she died soon after. This incident pushed Marian in the direction that became her

life. In Marian's own words: "I was 19 at the time she passed away, and I promised her that someday I would learn something about the relationship between lupus and the brain, my developing passion. I needed decades of work to narrow down an appropriate area of the brain showing a correlation with the immune system. Every new discovery of the brain provided me with at least 10 new questions, taking me in new directions before coming back to the initial problem. It was only in the last decade that we isolated a part of the cerebral cortex, the outer layers of the large cerebral hemispheres, which was definitely concerned with immune functions. By the time we published our findings in 2001, I felt a huge sigh of relief that I had fulfilled my promise."

Today, one can find the name of Rosemary Cleeves on a plaque outside Clark Magnet High School, memorializing each of the Clark Junior High graduates who died during WWII. Up at Berkeley, Dr. Marian Cleeves Diamond still has fond memories of her childhood, and cites them as her major influence in each interview or biography done on her remarkable life. That promise she made to her sister 75 years ago stands out as a driving factor in her research.

Dr. Diamond, a child of the Crescenta sagebrush, is today

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

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LETTERS TO THE EDITOR

May Not Be True
American-Style,
But...

I was so excited to see the sign up where the original Shakey's Pizza Parlor was that said future Straw Hat Pizza, and to see them finally tearing down the previous façade. [Straw Hat] may not be the "American style" restaurant that I had been originally hoping for, but what is more American than an American pizza parlor? It is still a place where families can come and have a good time, to celebrate a special occasion, or just hang out with friends and neighbors.

I remember as a little girl going to Shakey's and thinking it was such a special deal to see the piano player and singing along with everyone, waiting for that big pizza to come to our table. It was a place where I met up with friends when I was older, and a place that I took my own kids. It had a sense of community, and that is what it is all about.

I never understood what the problem was when there was an issue with parking for Straw Hat when it use to be a pizza place to begin with, and there was always enough. I am glad it was resolved

and La Crescenta will have a fun place to gather for a meal, a beer, glass of wine, or just to run in for take out.

Although I am still hoping for that "all American-style" restaurant, like an Applebees or maybe a nice steakhouse, I will gladly welcome Straw Hat Pizza into our community. Who knows? Now that the economy is getting better, we may get that restaurant of my dreams someday!

*Terry Kappen
Former Foothill
Restauranteer
member
La Crescenta*

YOUTH

Confidence – and Hidden Talent – Discovered by MCT

By Natalie MAIER

For the past seven years, Mountain Avenue Elementary School has hosted the Missoula's Children's Theatre (MCT), an international non-profit organization dedicated to bringing the performing arts to elementary schools across the globe. Based in Missoula, Mont., MCT has been around for over 40 years. In 2012, more than 65,000 children in grades kindergarten through sixth were involved with MCT programs. At Mountain Avenue, the PTA sponsors the program.

The touring theatre program arrived on Monday, Feb. 25 and immediately began casting for this year's production of "Hansel and Gretel." Once casting was finished, Mountain Avenue students dedicated the rest of the week to rehearsals culminating on Saturday, March 2 with two performances at Rosemont Middle School. Admission was free.

Mountain Avenue parent Mimi Reichenbach has been involved with MCT for four years, acting as the primary organizer of bringing the program to the school. This was her final year, however, because her daughter Hannah will be graduating and attending Rosemont in the fall.

Reichenbach admits that every year she has concerns about the

vigorous schedule and worries if the kids will be able to pull it all together in such a short amount of time.

"It's pretty amazing to watch," she said. "We all ask, 'How is this ever going to get pulled off?' And every year it gets pulled off. It's a great formula that they have."

MCT is one of Mountain Avenue's most popular programs. Every year Reichenbach gets a waiting list of children who wish to participate; however, only 60 spots are available for the children.

Mountain Avenue is the only school in the Glendale district to host Missoula. With many arts programs being cut from school budgets, Reichenbach, with fellow parent and MCT volunteer Melody McCormick, encourages other schools to bring the performing arts program to their school.

"Right now I think the opportunity does not exist because people are not aware of [Missoula Children's Theatre]," said McCormick.

Reichenbach said that it is fairly simple to bring the program to a school and that it doesn't cost that much.

McCormick and Reichenbach stressed the excellent qualities the children gain from participating in the program. Confidence, support and teamwork are just a few Reichenbach mentioned – "things they don't learn from their day to



day curriculum," she said.

"I think really it's more about kids coming together and acting as a team and learning about how to follow directions, and making the play happen," she said.

McCormick added that many of the children discover talents they never thought they possessed.

"Kids who didn't know they could sing learn they can sing. Kids who didn't know they could dance learn they can dance. Kids who are terrified about standing up in front of a crowd learn how to do it," said McCormick.

Reichenbach's daughter Hannah, a sixth grader, played a cook in this year's production of "Hansel and Gretel." She said that being on stage has helped her speak in front of large audiences.

"I really like dressing up in the costumes every year and I like performing in front of everybody," Hannah said. "It's really fun."

For more information about MCT, visit www.mctinc.org. For more information about bringing MCT to a school, email Mimi Reichenbach at mimirw@att.net.



Sixty Mountain Avenue Elementary School students took part in this year's MCT production of "Hansel and Gretel."



YOUTH Notes

Y Summer Camp Sign up Day and Splash Week

On Saturday, March 23, the YMCA of the Foothills is holding Camp Sign Up Day at the Crescenta-Cañada Family YMCA from 9 a.m. to noon.

For more information, visit www.ymcafoothills.org or contact Jennifer Loussararian at (818) 790.0123, ext. 209.

Crescenta-Cañada YMCA, 1930 Foothill Blvd., La Cañada

From March 25 through March 29, the Verdugo Hills Family YMCA is holding Splash Week for kids ages 6 to 12. Splash Week teaches safety practices and basic swimming skills. It includes pool and classroom time with YMCA trained instructors. This event is open to the community and registration begins today. The price for Y members is \$30 and \$40 for program participants.

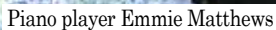
Verdugo Hills YMCA, 6840 Foothill Blvd., Tujunga

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McGroarty Arts Center
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.
One Day Only!
Saturday, March 23, 2013
11:00am - 3:00pm
Art Fair
Artists and artisans selling their wares in an outdoor fair.
7570 McGroarty Terrace . Tujunga . CA . 91042

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SPRING BOUTIQUE
~ 20+ Arts & Crafts Vendors ~
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2563 Foothill Blvd., La Crescenta
At Rosemont on the St. Luke's Campus
Saturday, April 13th
9:00am - 4:00pm
Bring this ad with you and get a
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Visit the Prom Plus Spring Boutique page on Facebook for a list of vendors
Vendor or Event info: 818-333-6142

CVAS Hosts Scholastic Bowl



Lincoln singers showcased rap,



Submitted by Nicolas James



Principal Phil Hudema of Conejo said, "My seventh graders who participated last year really want to do it again. We need do this for junior high, too!"

Fratelli's

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EASTER SUNDAY BRUNCH BUFFET

.....

SUNDAY, MARCH 31st BRUNCH: 10am - 3pm

Adults \$24, Children 10 - 6 years old \$12
(children under 6 FREE)

Make Your Reservations Today!



Carving Station
Honey Baked Ham
Roasted Turkey
Prime Rib

Breakfast Items
Assorted Frittats
Sausage Links & Bacon
Homefried Potatoes

Omelet Station
Our Chef will Prepare
Omelets and Eggs to Order

Children's Station
Mac & Cheese, Pizza
Chicken Strips & Fries

Dessert
Parfait, Tiramisu,
Fresh Fruit

Seafood Station
Mussels, Clams, Crab Legs
Peel and Eat Shrimp
Poached Salmon

French Toast
Assorted Toppings: Maple Syrup
Whipped Cream, Chocolate Sauce,
Strawberries & Bananas

Italian Favorites
Traditional Lasagna
Eggplant Parmigian
Italian Style Sausage

Salad Station
Pasta Salad, Mixed Greens
Assorted Grilled Vegetables
Assorted Antipasti
Assorted Cold Cuts
Assorted Cheese

Plus
Champagne, Orange Juice,
Sangria, Bellinis & Mimosas



WE WELCOMED LARGE PARTIES

Celebrating Easter & Passover

Easter Fun Facts

- The first Easter baskets were made to look like bird's nests.
- The traditional act of painting eggs is called Pysanka.
- The custom of giving eggs at Easter time has been traced back to Egyptians, Persians, Gauls, Greeks and Romans, to whom the egg was a symbol of life.
- In medieval times a festival of egg-throwing was held in church, during which the priest would throw a hard-boiled egg to one of the choir boys. It was then tossed from one choir boy to the next and whoever held the egg when the clock struck 12 was the winner and retained the egg.
- Easter is now celebrated (in the words of the Book of Common Prayer) on the first Sunday after the full moon which happens on or after March 21, the Spring Equinox.
- Easter Bonnets are a throw back to the days when the people denied themselves the pleasure of wearing fine angels for the duration of Lent.

Supplied by 123Holiday.net



CELEBRATE EASTER

SUNDAY, MARCH 31, 2013 | 9 A.M. | 11 A.M. | 6 P.M.

THREE SERVICES...TWO LOCATIONS...ONE FRESH START



SERVICES AT 9 & 11 A.M.

CRESCENTA VALLEY HIGH SCHOOL
AUDITORIUM, 2900 COMMUNITY AVE.
LA CRESCENTA, CALIFORNIA 91214

SERVICES AT 6 P.M.

BRESEE CHURCH, CHAPEL
1480 E. WASHINGTON BLVD.
PASADENA, CALIFORNIA 91104

MONTROSECHURCH.ORG/EASTER



La Crescenta Presbyterian Invites you to Celebrate Holy Week!

Palm Sunday March 24th 9:00 am (contemporary) and **11:00 am** (classic) Both services will include the children's parade of palms and special music by the Cherub Children's Choir. Lee Cook will offer the message "Jesus Sentenced."

Maundy Thursday Communion March 28th at 7 pm
This contemplative service will include the Cathedral Choir, a brief message by Cameron Hackett and the Lord's Supper with personal prayers served on candlelit tables in the Sanctuary. There will be a Sacrificial Meal served at 6:15 pm in Koopmans Hall (no cost).

Good Friday Service March 29th 5:30-6:30 pm
This service will include sacred songs, prayers at the foot of the cross and will conclude outside as we roll the 14-foot tombstone in front of the sanctuary doors. Ashley Pollock will deliver the message "Jesus' Death."

Good Friday Vigil Friday, March 29th 6:30-11:30 pm
in front of the church. People of all ages are invited to gather around a campfire as various groups lead us in contemplative worship on the hour and the half hour. Coffee and seating will be available. Stop by any time.

Easter Sunday Services 9:00 am (Contemporary) & **11:00 am** (Classic) The 9:00 am service will feature the praise band. The 11:00 am service will feature the Cathedral Choir with instrumental accompaniment and the Cathedral Bells. Pastor Andy Wilson will offer the message "The Empty Tomb" in both services.



**La Crescenta
Presbyterian Church**
2902 Montrose Avenue
La Crescenta, California 91214
818.249.6137 www.lcpc.net
Please visit us on Facebook!



Sunland-Tujunga Annual Easter Carnival

SUNLAND PARK
8651 FOOTHILL BLVD. - SUNLAND, CA

FRIDAY
March 29th
5 PM TO 10 PM



SATURDAY
March 30th
11 AM TO 10 PM



SUNDAY
March 31st
12 PM TO 10 PM

ALL RIDES - ALL DAY - ONE PRICE

Admission \$5 ★ All day wristbands \$25 ★ Children under 30" FREE
Individual Ride Tickets and Group Rates available - call 818 352-4433



Easter Egg Hunt
Saturday @ 11 AM

- ★ Music, Live Bands, Local Talent
- ★ Live Entertainment, Games
- ★ Food Trucks and Marketplace/Vendors
- ★ Get FREE pictures with the Easter Bunny
- ★ Guest appearance by **Ronald McDonald**



Sponsored by the YMCA
Sunday @ 1 PM

Presented by: THE SUNLAND -TUJUNGA CHAMBER OF COMMERCE

SUMMER CAMPS & SCHOOLS

Why summer camp?

Did you know that over 10 MILLION American kids go to camp every summer? Whoa! Summer camp has been a U.S. tradition for over 150 years. Back then, before air conditioning was invented, hot city summers were miserable and even unhealthy for children, so escaping to the country for a few weeks became a popular trend. Today, kids have different reasons for making camp a part of their lives, such as:

To Meet New People

Camp might give you a chance to be with people from different states, or even different countries. It's a great way to make cool new friends and learn about different places and cultures.

Michiko, 13, puts it like this:

"I loved camp. I met this girl named Manny who lives in New York (I live in New Jersey) and she is cool. She speaks Spanish and I speak Japanese. We taught each other words. We liked to swim in the pool a lot. She was a really nice girl. We are going to camp again this summer."

To Try New Things

Most camps offer games and activities that you probably can't do in your backyard or even your neighborhood. You might try

archery, sailing, pottery, dance, obstacle courses, and a hundred other cool things! Staying home and doing "the same-old same-old" can be boring, and camp can let you mix things up.

To Challenge Yourself

Not all the things that kids do at camp are easy—they're not supposed to be! Fresh challenges -- like trying new sports, learning new crafts and games, or pushing yourself to achieve something -- can be very rewarding. Take it from Arabella, 13, who told us:

"I went to summer camp and I passed my swimming test! I can barely swim, so it was a big accomplishment. I felt great afterwards."

To Get a Change of Scenery

Sometimes it's important to get away from familiar territory and find a "new place" for yourself.

Camp offers the perfect opportunity to make a fresh start, see and experience a variety of things, and find out how you think, feel, and act outside of your normal surroundings. It can even be great to get away from your family and friends for a while and just be you.

To Learn New Skills

All the activities and instruction

at camp are great opportunities to learn something new -- such as pottery, sailing, or tap dancing -- that could end up being your favorite hobby. Camp can also help you develop important life skills like independence, self-reliance, and confidence. Since you'll be living with a whole group of people, it's also a great way to learn about cooperation, compromise, and tolerance.

To Get Healthy

With all the fun, games, and physical activity, going to camp can be a great way to get exercise and fresh air. Swimming, hiking, and playing sports are a much healthier alternative to hanging around at home all summer.

We bet you can't do that at home!

A California co-ed camp focuses on performing arts and the circus. Campers learn how to be clowns, juggle, unicycle, walk tightropes, perform trapeze acts, be magicians, and master dozens of other wild and crazy skills! At the end of the session, kids get to perform in front of an audience made up of parents! Now that we've given you lots of reasons WHY you might want to go to camp, we'll talk about WHERE you might want to go.

From pbskids.org

Club Z! tutors are selected for their exemplary commitment to hard work and their dedication to education. They are carefully pre-screened, highly qualified individuals who provide specialized assistance in all academic subjects. Their goal is to equip individual students with the tools and skills they will need to achieve their full potential. They interact directly with parents and classroom teachers to ensure solid, timely results.

In addition to pre-K thru 12 and adult tutoring, Club Z! offers foreign language, computer training, SAT/ACT, GED test prep and specialized Study Skills programs all at highly affordable rates.

Check it out: www.clubztutoring.com/crescentavaley



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Glendale Unified School District Summer Camp Program



Fun - Friendly - Flexible

Come for a Week or Stay for the Whole Summer!

There is something for everyone!

Open 6:30 a.m. - 6:00 p.m.

Dedicated Staff:

- All teachers are qualified in the fields of child development and education

Field Trips:

- Trips are planned at NO ADDITIONAL COST to campers

Summer Camp Themes

Artists & Artisans: June 10 - June 14

Tournament of Champions: June 17 - 21 & June 24 - 28

Country Fair: July 1 - July 5

To Space & Beyond: July 8 - July 12

Comic-Con: July 15 - 19 & July 22 - 26

Inventing Fun: July 29 - August 2

It's a Wild World: August 5 - August 9

- GUSD students have choice of school site to attend.
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If this schedule does not work, Altadena Stables is proud to offer Horse Camps in partnership with two other quality organizations. The Child Educational Center and the Girl Scouts of Greater Los Angeles camps offer the camper a chance to care for and bond with their "equine buddy" that has been assigned to them the week. Each child will also receive daily riding instruction. Please contact each organization directly for costs and registration.



SUMMER CAMPS & SCHOOLS

Camp Shi'ni is a 5-week Native American Indian themed day-camp that has been based in Pasadena's Arroyo Seco since 1947. Shi'ni, pronounced "Shee-nee," is a Navajo word meaning "Summer People."

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Camp Shi'ni is based in the Lower Arroyo Seco in Pasadena, less than 10 miles away from La Crescenta and Montrose. The shaded areas and open fields of Arroyo Park provide the perfect atmosphere for their activities. At Camp Shi'ni, one thing is for certain: You will find adventure... or adventure will find you! **Call (626) 922-0945 or visit www.campshi-ni.com for more details!**



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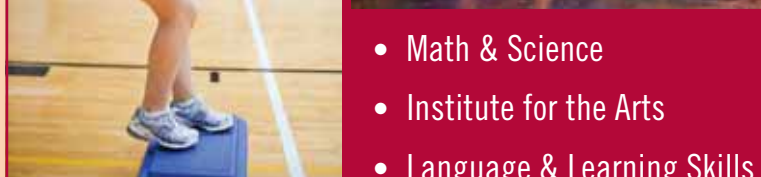
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WHAT ARE GOOD IDEAS FOR KID'S SUMMER CAMPS?

WHAT ARE GOOD IDEAS FOR KID'S SUMMER CAMPS

For kids, summer vacation means freedom from the classroom, long days of playing outside or, for many, a time to head off to summer camp. From California to Connecticut, thousands of children and teens spend anywhere from a few days to several months at summer camp. But with thousands of summer camps nationwide, how is one to choose?

FINDING A SUMMER CAMP

There are excellent kid's summer camps throughout the United States. Camps in regions with cool summers and ample outdoor opportunities -- parts of New England and Appalachia, for example -- are popular, but you should choose a summer camp's location based on the individual needs of you and your child. Transportation costs or being a long distance from home might be a factor, for instance, or perhaps your child's personal tastes would make a certain location ideal.

SUMMER CAMPS FOR TEENS

Summer camps for teens range from day camps for the disabled to overnight camps for those interested in robotics. Many teen summer camps are geared toward creative or academic endeavors in preparation for college, while travel and adventure camps target teens interested in exploring the world. Choosing summer camps for teens depends heavily on your child's interests as well as your budget; overnight camps can cost thousands of dollars per week.

WHERE CAN I GET SUMMER CAMP IDEAS

A number of websites specialize in providing summer camp ideas for parents and children. Sites such as Summercamp.org, Summercamps.com and KidsCamps.com have searchable, well-organized databases that can help you learn about activities offered at different summer camps. Alternatively, your local parks and recreation district should provide information about local summer camps and overnight camps. You can also ask other parents for suggestions and opinions on kid's summer camps.

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SPORTS



Baseball, Softball Teams Struggle to Find Consistency

Both Falcon programs have not had the early success they expected and will look to turn it around next week

By Brandon HENSLEY

It's been a tough start to the season for the Crescenta Valley High School baseball and softball teams. Though both are coming off successful seasons in 2012, it's been a different story so far in 2013.

CV went 1-3 in the annual Babe Herman Tournament at Stengel Field this week, including a 12-2 loss to Oak Hills on Wednesday afternoon. CV is now 5-5 overall heading into Saturday's double header at Mater Dei High School. On Tuesday, the team plays a double header against Loyola at USC starting at 6 p.m.

The team won its first Pacific League championship since 2008 last year. It lost starting pitchers Elliot Surrey and Kyle Murray, both of whom are playing in college currently, as well as power bat Troy Mulcahey.

This year's team is relying on the bat of senior infielder Ted Boeke, who also pitches. Boeke was solid on the mound and at the plate on Monday against Birmingham High School.

The Falcons lost that one 4-3, but Boeke pitched a solid 5 1/3 innings, giving up three hits and three runs. He also went 2-for-4 with a home run and two RBIs.

CV led Wednesday's game 2-0 until Oak Hills exploded for 10 runs in the fifth inning on six hits and three Falcon errors. Starting pitcher Nolan Rea left that inning with one out, having given up four hits and no runs, but Coach Phil Torres used three relievers – Brian Gadsby, Jimmy Smiley and Cory Longpre – and all of them, along with some

shoddy defense, gave up the 10-spot. Rea was charged with one of the runs.

"We ran out of pitching," said Torres. "So we were stuck with guys who haven't pitched very much or were inexperienced. And we had some chances to put runs on them early in the game and didn't do it."

CV had the bases loaded in the third with one out leading 1-0, but the No. 4 and 5 hitters Jonny Psaltis and Kevin Klein both popped out. Boeke had two of the Falcons' four hits on Wednesday.

Errors were a problem early in the tournament. The Falcons committed seven of them in last Saturday's loss to Cleveland, and made five errors against Birmingham.

The Falcons are 1-0 in league, having defeated Muir 10-0 on March 15. Their next league game is March 29 against Hoover.

"No one wants to be 5-5," Torres said of his team's record. "That's terrible. We played terrible, and if we don't get better we going to get embarrassed in league."

Lady Falcons Report

The Falcons' softball team went 20-8 last year and lost in a CIF wildcard game to Notre Dame. This year, CV is currently 5-6-1 after a subpar performance in the High Desert Classic tournament last weekend.

The Falcons went 1-3 in the tournament, including a 3-1 loss to Pacific League opponent Burroughs, which won league last year. Their only win was against Paraclete, 12-4, a game in which sisters Hannah and Hailey Cookson combined for five hits and five RBIs.

Hailey and Hannah lead the team in batting average (.488 and .477) while Hannah has two of the team's four home runs on the season (Taylor Hill has the other two).



Photo by Jason BALLARD
Ted Boeke's effort wasn't enough for CV on Monday.



Things were much easier March 15 at home against Muir. CV dominated a Mustangs team that was just happy to make the most routine of plays, and the Falcons won 26-0. Pitcher Olivia Thayer struck out 13 Muir

batters.

"It's another game in the season and we have to go out and work hard," she said after the game. "Not to think of it as practice, but to work hard on things we normally do."



Photos by Ed HAMILTON

ABOVE: Olivia Thayer is pitching well in the early going.

LEFT: Taylor Hill crosses home plate after her home run on March 15.

Thayer has a 4-4 record as a pitcher, with a 1.46 earned-run average. Chloe Fairbrother, CV's other pitcher, is 1-2 with a 5.57 ERA.

"Olivia is more of our starting pitcher," said assistant coach Ashleigh Viers-Gordillo. "Chloe comes in and throws a lot of junk, a lot of off-speed pitches. I expect Olivia to come out throwing hard, and Chloe comes on in relief and shuts them down with her junk."

Thayer said she has closeness with her pitching partner.

"Chloe is the number one person I go to. We understand each other the most ... we always work together," she said.

Even with that attitude, the Lady Falcons are probably not where they want to be, under .500. They'll look to turn that around when they play Hoover on March 28.

"I think we have a good handle on the other teams in league," said Viers-Gordillo. "[Burbank and Burroughs] are definitely going to bring it hard."

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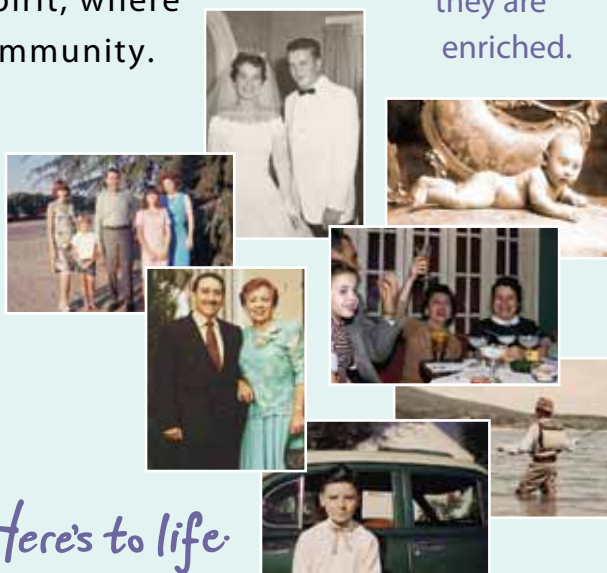
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MARATHON from Cover

Coach McDonald, also a marathon runner, was there pushing them on while giving them encouragement and support. He spoke to the kids about how to push past the wall, the point when runners feel they may not be able to go on. For some it is mile 17, for others it's mile 22, but during a practice McDonald told the runners they would all face that challenge.

"You just push through it and then you can make it," he said at an early morning Rose Bowl run.

Lucas Martos-Repath, an eighth grader, felt tired and sore after his first marathon, but he wasn't sorry he ran it.

"It was worth it," he said.

When asked what surprised him about the run, he said, "How easy and how much fun it was running through all parts of Los Angeles."

Martos-Repath added the club members couldn't have completed the run without the coaches.

"I want to thank them for starting the club and encouraging us to finish," he said.

In an email after the race, Parker wrote to his runners:

"Way to go guys and gals – you all finished the 2013 L.A. Marathon!! Therefore you are all winners in my book. Now relax this week and rest up. Remember next Monday, March 25th, to wear your medal and the fluorescent yellow-green marathon T-shirt. Wear it proudly. I am so proud of all of you and your incredible effort over the past six months."

The kids weren't the only ones who are proudly wearing their finisher's medal. Locals Chris

Waldheim and Mary Pinola walked the marathon as they have for years. They do this as part of a fundraiser for the Mary Pinola/CV Chamber Education Fund. Waldheim, owner of J's Maintenance, is a strong community supporter who is the volunteer power behind events like Oktoberfest, Relay for Life and Prom Plus.

"This was my seventh marathon," Waldheim said. It was about number 20 for Pinola.

Over the years, the course has changed. In the past, it started at Universal Studios and ended in downtown Los Angeles. The course to the beach is relatively new.

"This course is really a fun mix of Chinatown to Hollywood to Brentwood to Santa Monica," Waldheim said. "The best thing about continuing to do it is that our age brackets increase and our standings continue to improve. Mary was 46th in her division this year!"

Besides the upcoming Smart-A-Thon, this is the biggest fundraiser for the Mary Pinola/CV Chamber Education Fund. Pinola has an anonymous donor who matches the amount raised if she passes the \$5,000 mark and, thankfully, "she has done that for almost all the years since I started walking," Waldheim added.

"Two years ago we had torrential rain, last year was 50 degrees and windy most of the day and this year was overcast, but on the warm side. The bands, community groups, spectators, etc. that line the route are amazingly motivating. Everything from

Mariachi music to Queen's 'We Are The Champions' kept us going," Waldheim said. "The thousands of volunteers manning the water and aid stations are welcome relief for most, but this is the second year that I have carried all my food and water for the day, bypassing all the aid stations. I like being self-supported, it adds a layer of planning."

This L.A. Marathon was an emotional one for the family and friends of Amir Teymouri. Teymouri died in a fatal car crash on La Tuna Canyon Road on March 7. He was a husband, father, friend and volunteer/mentor. He had touched many lives through his work at Montrose Church and its youth center. Teymouri had been training for the L.A. Marathon and was going to run it as a fundraiser for the Leukemia and Lymphoma Society.

"His first marathon was the San Diego Rock 'n' Roll Marathon in June," said Sonia Meena Rahm, Teymouri's sister.

A cousin had been diagnosed with lymphoma eight years ago. In support of their family member, Rahm signed up to run the Long Beach Marathon. Her parents and brother Saeed came out to cheer her on and they soon decided to join the marathon fundraiser. In 2012, Teymouri joined the family of marathoners and ran in San Diego.

Rahm said he reached his goal of raising \$2,000. By all accounts, Teymouri was someone who could reach out to everyone. He would listen to kids at the youth center, help guide them and encourage them.

Jeff Carr's son was one of those middle school students that Teymouri had touched. He decided not to let the dream of running the marathon slip away. He formed a team and together they ran the 26.2 miles in Teymouri's memory.

Teymouri's friends Carr, Andy Reyes and Adam Leach, in a relay-type run, joined Rahm, her brother Saeed Teymouri and sister-in-law Adriana Teymouri. Another friend, Brian Robertson, organized and coordinated the runners.

"We didn't know each other when we started the race," Carr said of Teymouri's friends and family. "But by the end, we were all family."

Both Carr and Rahm said they felt Teymouri with them as they ran.

"One thing that happened ... we were running and we saw this guy with a sign that said, 'Go Team Amir,'" Rahm said.

"He was yelling, 'Go Amir team' so we asked him if he knew Amir," Carr said. "He said 'no.' He had seen the story on KTLA and was so touched and moved by it he wanted to do something."

The entire family came out at the end of the race and crossed the finish line for Teymouri.

In a way, the race was an extended wake for Teymouri.

"We talked about Amir during the race, shared stories and laughed," Carr said.

"We saw how many lives Amir had touched," Rahm said.

In the end, the race meant something to everyone who ran it. It meant support for the community, a gesture of support for a lost loved one and for those

young kids that crossed the finish line ... it meant they could do anything.

The run for Teymouri was also a fundraiser to help his family. Donations are still being accepted and checks can be made payable to Montrose Church with "Teymouri Family Fund" in the memo line. Mail the donations to Montrose Church, 2678 Honolulu Ave., Montrose 91020. Or send an electronic donation through <http://montrosethurch.org/teymouri>.

For more pictures, please visit us online at www.cvweekly.com



Amir Teymouri's daughter Lilliana shows off her medal (above). Below, Chris Waldheim crosses the finish line.



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HEALTHCARE at a Higher Level

CSA Baseball Pinto Teams Battle In a Tight Game

Under sunny skies on Saturday morning at CV Park, the teams of Trotta Flooring, led by Chris Oliver, and Zeke's Smokehouse, managed by Mark Simon, took to the field.

Trotta was undefeated going into the game with a 2-0 record. Russell Simon took the mound for Zeke's and faced 10 batters. He struck out two but gave up five runs.

Reece LoCicero, the lead batter up for Trotta, swung and connected with the first pitch of the game to start a five-run rally for his team. Zack Peterson, the starting pitcher for Trotta, struck out two and gave up one run as Trotta headed into the second inning with a four run lead.

The second inning had John Gelsinger on the mound for Zeke's. He struck out two and, with the help of his fielders, did not allow any further runs to score.

In the bottom of the third with time running out, Zeke's was up to bat for the last time. At the top of the lineup, William Allen and Julian Alday got base hits. Hudson Story came up to bat with two men on and hit a three-run homerun to bring Zeke's to within one of tying the score.

Next up was Russell Simon who hit a solo homerun up the middle to tie the score at 5. With one out, Corey Scoggins got on base with a single and was advanced to third base with Ben Emery's hit. With the winning run in scoring position, Edward Montoya took to the plate with a full count. He connected and the Zeke's stands went wild when Corey Scoggins crossed home to give Zeke's a 6 to 5 win after what was a very slow start for the team.

Submitted by Mark SIMON

Glendale U14 Soccer All Star Champions



Photo by Melanie TRALONGO

Standing from left are David Tralongo, Coach Omar Paraza, Tyler Breneman, Nathan Larreynaga, Dominique Dominguez, Shant Zaturian, Sean Hovland, Nick Tralongo, Joseph Nicola and Coach Walter Larreynaga.

Bottom row from left are Edgmin Rostomian, Edrick Rostomian, Joshua Nolasco, Milen Mintchev, Jesse Peraza, Rustin Badie and Shannon Turner.

Glendale won the regional level boys under 14 all star championship by a score of 2-0 at Roosevelt Field in South Pasadena on March 3. The team was one of 10 Glendale teams between all divisions

that won a championship out of the 18 that were played.

"Our boys showed lots of poise, dedication hard work and determination in reaching the championship game," said Coach Walter

Larreynaga. The path that ended with the win included contests against teams from Pasadena, South El Monte, Arcadia and additional teams from Glendale.

SPORTS NOTES

La Cañada Gladiators Football & Cheer Enrollment Open

Registration is now open for the La Cañada Gladiators youth football and cheer program. The Gladiator program is open to girls and boys ages 6 to 14 as of Dec. 31, 2013. The Gladiators field one flag team and five tackle squads. Placement on teams is based on the age and weight of the participants.

Football and cheer applications are available online at www.lcgladiators.org. Early enrollment is encouraged as space is limited.

Jr. All American football is also available.

The Gladiator summer pre-

season begins on Monday, July 22 and the regular season runs from mid-September until early November.

For more football information, check the Gladiator's web page or contact president Kevin Lacey at (818) 248-1800 or at klacey@lcgladiators.org.

For information concerning the cheer program, contact Sandra Smith, city cheer coordinator, at (818) 793-6784 or at tsmkc@aol.com.

Basketball Training & Fitness Camp Enrollment Opens

Kids of all skill levels are welcome for 10 weeks of basketball fun. They

will learn the basics of basketball in an air conditioned indoor facility. Athletes will be challenged with a series of agility skills using a speed ladder and cones. A prepared "life lesson" will be taught at the end of each class by experienced instructor Tony Passarella.

Ten weeks starting March 28. Fee is \$90.

Kids aged 5 years to 7 years from 4 p.m. to 4:50 p.m.; kids 8 years to 10 years from 5 p.m. to 5:50 p.m.

For more information, call (818) 548-4098. For phone registration, call (818) 548-2184.

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St. Francis High School Kicks off Lacrosse Season

2013 marks the inaugural season for the St. Francis lacrosse team. This spring, the Golden Knights will play an independent league schedule with the ultimate goal of becoming part of the Mission League by the beginning of next school year's spring sports season. This year the team will draw heavily from the freshmen and sophomore class, many of whom have played in local youth leagues, while Junior Patrick McGoldrick is expected to shoulder much of the

offensive load.

Coach Geoff Watson has served as a lacrosse coach for many years but this is his first at St. Francis. Coach Watson graduated from The Haverford School, in Haverford, Penn. in 1996, where he was an All-American attackman. He continued his lacrosse career at Harvard and was one of the team's leading scorers, earning a number of honors during his senior year. He currently works as an English and Spanish teacher and serves as the head boy's

lacrosse coach at St. Francis High School.

The St. Francis High School Lacrosse Team hosted some of the top high school lacrosse teams from all across California for a small invitational on March 15-16. These teams travelled from northern and Southern California to St. Francis High School to compete against some of the best and build interest in the sport of lacrosse.

The team next hosts West Ranch on March 22 at 5:30 p.m.

Say "Hello" to the CV Weekly Staff at the Harvest Market this Sunday!!

Stop by and pick up your **FREE** copy of The Finest, the latest CV Weekly issue and subscription forms! Sign up for the e-blast, too!



BETWEEN FRIENDS

GAMC Benefits from Dash

More than 1,500 runners flocked to Brand Boulevard early March 10, a dark and brisk Sunday morning, to take part in the 6th Annual Downtown Dash. Approximately \$60,000 was raised from the dash to benefit stroke services at Glendale Adventist Medical Center. Runners warmed up while

listening to Radio Disney, which had set up a booth on the boulevard. Non-profit organizations and vendors, eager to show support to the early morning athletes, manned 26 booths along Brand. After a slight delay at the start of the race (a lone car had parked in the middle of the roadway and had to be towed),

the runners began the 5K that wound from the 200 block of Brand Boulevard around to the Americana on Brand and back again. Medals were awarded to all participants. To learn about the winners in the 19 categories, visit cvweekly.com and click on BETWEEN FRIENDS.

Photos by Robin GOLDSWORTHY



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NCL Honored with Character and Ethics Project Award



Ticktockers from NCL Glendale accept the Character and Ethics Community Award on behalf of their Chapter in recognition for service to YWCA of Glendale. Attending the awards ceremony were (front row, from left) Mackenzie Holmquist, Gillian Chuck, Casey Tokeshi, and Amber Suk. Back: The Character and Ethics Project board member, Dan Evans, Madeleine Impert, Kelly Berg, Ella Gmelich, Jenna Colliflower, Olivia Juse, Ashlyn Singelyn, Amy Markowicz, Mary Kalfayan and YWCA of Glendale senior director, Community Services Lisa Raggio.

NCL's Glendale chapter was selected as the Community Award recipient for being the best in exemplifying the guiding principles of The Character and Ethics Project, a non-profit organization dedicated to "promoting and building good character and ethical behavior at home and in our community." NCL Glendale was nominated by Lisa Raggio, senior director, YWCA of Glendale as a result of the projects accomplished and volunteer hours served at the YWCA by the Ticktockers and guided by their mothers.

For many years, the YWCA of Glendale has been one of the chapter philanthropies of NCL Glendale and has enjoyed a strong relationship with the mothers and daughters who work to support

many of its programs, especially the domestic violence shelters. Each year, each grade level focuses on one of the chapter philanthropies. For ninth grade, that philanthropy is YWCA of Glendale. The class of 2016 secured sponsors to support them in a "dance-off" that was held last fall.

"It might sound like fun, but 31 girls dancing for two hours straight on a Sunday afternoon with their mothers watching was a challenge," said Nancy Mercolino, Ninth Grade Level advisor. The project resulted in \$4,500 being raised for the Adopt a Family program and made it possible for holiday gift baskets to be provided for all of the women and children in the YWCA domestic violence shelters.

In addition to the dance-off,

Ticktockers from the seventh through 12th grade classes volunteered over 800 hours mentoring children in the YWCA of Glendale summer camps.

People Making News

Yeon Joo Hong from La Cañada has been named to the fall 2012 dean's list at St. Bonaventure University in New York. Hong is majoring in biology.

Inspired for more than 150 years by the Franciscan values of individual dignity, community inclusiveness, and service, St. Bonaventure University cultivates graduates who are confident and creative communicators, collaborative leaders and team members, and innovative problem solvers who are respectful of themselves, others, and the diverse world around them.

Bard College at Simon's Rock in Massachusetts announced that Eleanor Cardell of La Cañada Flintridge earned a place on the dean's list for the fall semester of the 2012 academic year. To be eligible for this honor a student must carry 14 or more credits and achieve a grade point average of 3.5.

Cardell made the dean's list for her distinguished work overall.

Berklee College of Music in Boston, Mass. announced that Jacob Sirof and Emmet Hayes of La Cañada, and Edward Taylor of La Crescenta have earned placement on the dean's list for the fall semester of the 2012 academic year.

The Berklee curriculum focuses on practical career preparation for today's music industry. To be eligible for the dean's list, a full-time student must achieve a grade point average of 3.4 or above; a part-time student must achieve a grade point average of 3.6 or above.

Haven Linka from La Cañada Flintridge was named to the dean's list at Villanova University in Pennsylvania for the fall 2012 semester. Linka is pursuing a bachelor's degree in the college of engineering.

Villanova University dean's list recipients are honored by their college's respective dean. To qualify, one must be a matriculated full-time student and earn a semester grade point average of at least 3.5.

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This project was supported by Grant/Cooperative Agreement Number 2U90TP917012-11 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.

LEISURE

From Panel to Panel to Screen



Photos Courtesy Marvel and Trollraptor for fan poster.
Upcoming Marvel movies and the comics that they were based upon are a hot topic in comic shops across the world right now.

By Charly SHELTON

Usually just assume that everyone reads comic books. It's the smart thing to do. I will randomly start up conversations with strangers about The Avengers because I expect them to know comics. If you don't read them, I encourage you to pick up a book and take a peek. There is action, adventure, romance, mystery, suspense, art and tons of fighting.

Okay. PSA done.

A new generation of super hero movies based on comic book characters is coming to the big screen. But before we delve into that, I need to stick up for the traditional hide-under-the-covers-with-a-flashlight comic books before we talk about how amazing these movies are going to be.

Though comic movies are not completely independent stories with no connections to other stories, they pretty much stand alone. For example, if you never saw the movie "Thor," you should still be able

to watch "Thor 2" and know what is going on because the stories told in the movies are self-contained. But if you would like to know more about the series, you can go back into the comics on which the film was based to find out more. For example, seeing the Casket of Ancient Winters or the Infinity Gauntlet in Odin's treasure room. There is more to each film than meets the eye and the full experience of the story can be sought out, if you like, through the comics.

For those who would like to prepare for some of the upcoming super hero movies by reading about them, we at CV Weekly have scoured the archives and come up with some of the best suggestions of story arcs for you to read to familiarize yourself with the characters or just to see them in action in a cool story.

Superman is back in a new film, hopefully trying to reboot the franchise to be successful again. "Man of Steel" is due in theaters June 14, and it stars Henry Cavill and Amy Adams.

To get set for the film, read "Superman: Birthright" by Mark Waid. It is essentially the origin story of Supes, up through Smallville and into Metropolis to become the ultimate DC superhero. "Superman: Red Son" is an Elseworlds tale (parallel universe) that explores the question, "What if Superman had landed in the USSR instead of America?" And finally, any of the "Crisis" series would be great for Supes and all of DC comics for that matter.

"Thor: The Dark World" is coming and it will be nerd paradise. Christopher Eccleston is cast as Malekith the Accursed, leader of the dark elves of Svartalfheim. The Doctor vs. Thor equals the best space fighting ever. The movie "Thor: The Dark World" is due out Nov. 8, and to get ready for it there are some great comics to pick up. Of course the first appearance of Malekith and the dark elves is good if you can find it – Thor #344-349 from 1984. It's hard to come by nowadays but it's a great arc.

Then to familiarize yourself with Thor, Asgard and the rest, take a look at "Thor" by J. Michael Straczynski, volume 1. It was a reboot a few years ago and it's a great comic.

For "Captain America: Winter Soldier," there is one thing to read: "Captain America: Winter Soldier." It shows the origin of the elusive Winter Soldier and his showdown with Cap. Great comic with a real twist that nobody sees coming the first time. This film is due April 4, 2014.

Ant Man is a lesser know Marvel super hero, yet he is one of the most important. As a founding member of The Avengers, he was on and off with the team for decades. He also created The Avengers' greatest enemy – Ultron. His film is due out on Nov. 6, 2015. It will be the last movie before "Avengers 2," when they battle

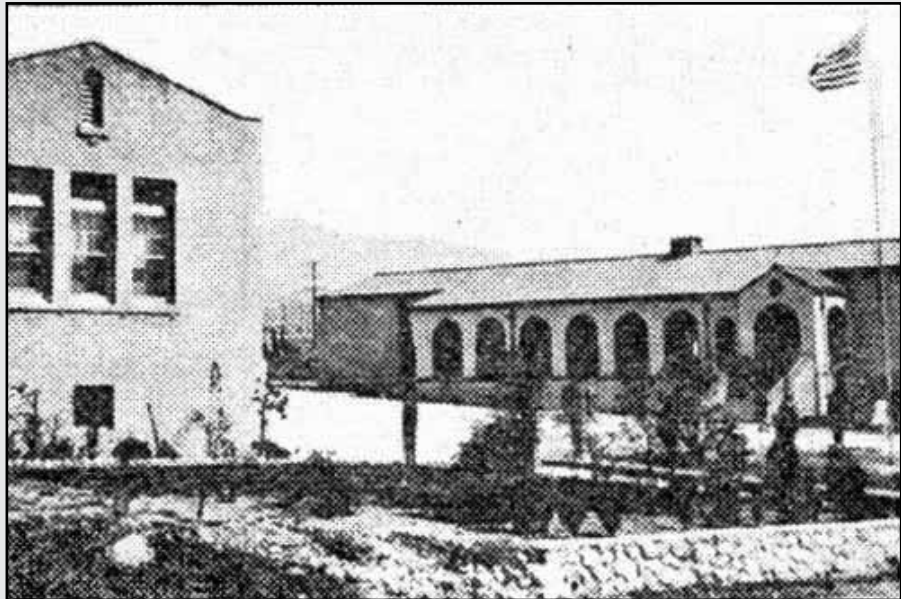
Thanos. To read up on Dr. Henry Pym and his amazing shrinking science as Ant Man, check out "Ant Man Season One." It's the origin story and the best place to start because many readers don't know his beginning. I didn't until this collection came out. Most of the other Ant Man stories are about one of the other heroes who donned the Ant Man costume, but Hank Pym is the best of them all.

This is a short start. To read more about comics, movies, games and everything else nerdy, check out our new website and digital publication in April. It can be found at truebeliever.net, and will feature all the best nerd news.

Check back in CV Weekly for more details as we get closer to launch.

Visit www.cvweekly.com and click on LEISURE to read Ted Ayala's story on Ortiz's 'Camelia la Tejana,' performed by the Long Beach Opera at the Terrace Theatre in Long Beach on Sunday, March 24 at 2 p.m. and on Saturday, March 30 at 8 p.m.

THEN & NOW | Lincoln Elementary



Then » Originally built as Westside Elementary School in 1924, the name was changed to Lincoln very soon after opening. The school was built at the intersection of New York and Altura avenues. Note the stone wall in front of the school.

Courtesy of the Historical Society of CV



Now » Lincoln Elementary was rebuilt in the '50s, both in response to stricter seismic codes for school buildings after the '33 Long Beach earthquake, and to accommodate increasing enrollment from the "baby boom." But look...the original stone wall is still there, incorporated into the newer retaining wall along Altura Avenue!

» VIDEO GAME REVIEW

Despite Flaws, ‘SimCity (2013)’ is Near Perfect

By Michael WORKMAN

A video game that revolves around civic management is probably not what most people would think of as being wildly popular. But that description would be a gross oversimplification. Developer Maxis’s “SimCity” has garnered a colossal devoted fan base since its humble start way back in 1989 that spawned several additional games in the series. It has been 10 years since the last major “SimCity” game was released and expectations could not be higher for the reboot fans have been waiting for.

The big draw for “SimCity

(2013)” is letting players design their own city and tackling the challenges that come with a growing population. Players build roads, zone new residential areas and provide police, firefighters and hospitals to meet the need of their citizens. Also, players must build power plants to energize all the homes and industries sprouting up. The game offers greener power technology, such as wind and solar that produce no pollution but generate a paltry amount of power, or build coal and oil burning plants that produce tons of power but sadly massive quantities of pollution.

Once players have a decent

sized city, the game truly starts to shine.

“SimCity” is spectacularly gorgeous to look at. The new graphics engine have made it hard not to spend a few minutes admiring the details the Maxis team has put into the game. The buildings look stunning and vary enough to give the feel that the city is constantly evolving as businesses and populations grow. It’s even possible to follow one of your citizens and watch them commute to work, get fired for being late (since you neglected to build that new highway to reduce rush hour gridlock), go shopping and other activities.

A major new feature that “SimCity” has is full online play so players can share resources and connect with other cities. If a player’s city can’t generate enough power from its power plants, they can make an agreement with a neighboring city and buy their surplus power. It also is meant to encourage players to visit other players’ cities and share ideas and coordinate. For example, if your city has large unemployment, build a train station so your residents can commute to another city for job opportunities. While

this feature is useful and can be quite fun to interact with other players, it has led to major problems concerning “SimCity”’s launch.

“SimCity” requires a continuous online connection on EA’s Origin program in order to run the game. Maxis explained it would be easier for their development team to provide updates and save game data to the cloud. This news was met with skepticism by some fans of the series who wanted to be able to play “SimCity” in an offline mode so players with poor Internet connections could enjoy them game. Maxis assured fans that it would not be a problem, yet when March 5 came, a firestorm of server issues plagued Maxis. Several players could not connect to the servers for hours and the ones that did manage to secure a connection frequently had their connection severed and kicked back to the menu screen. Not only did players have their experience interrupted but all their game data was lost and they had to start over after building a sizable city and investing a lot of time. Maxis has added several more servers in order to accommodate all the players online but the damage was done. “SimCity”’s launch was a disaster.

Maxis senior vice president Lucy Bradshaw posted a response on March 8: “So what went wrong? The short answer

is: a lot more people logged on than we expected. More people played and played in ways we never saw in the beta...” Her post ended with, “...we feel bad about what happened. We’re hoping you won’t stay mad and that we’ll be friends again when ‘SimCity’ is running at 100 percent.”

It is not too surprising that modern games that require constant online connections are having uneasy starts. After all, this is a relatively new feature for games. Blizzard certainly had issues with “Diablo III”’s launch but hopefully developers will learn from these early mistakes and things will go smoothly in the future.

Horrible launch aside, “SimCity” is a great game that should be played by anyone looking for a fun resource/building simulator. The only problem I found with the game was there wasn’t enough room for cities to really become sprawling metropolises. Maxis has hinted that may change in the near future but for now gamers will have to make due with what they’ve got.

I desperately wanted to give a perfect score to “SimCity” but the server issues and small city maps make it impossible. Again, I implore anyone interested in “SimCity” to give it a chance as it is wonderful to play and beautiful to view.

“SimCity” gets a 4/5.

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Wednesday, March 27, 2013

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VISIT **SMART-A-THON.ORG** FOR MORE INFORMATION and to register to participate in the 25th ANNIVERSARY SMART-A-THON!

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Dining Delights

Souplantation

The newest Souplantation, located at 2921 Los Feliz Blvd. in the Costco Shopping Center in Atwater Village is now open! Souplantation offers a 45-foot salad bar full of fresh, seasonal vegetables and tossed salads, made-from-scratch soups and hand-crafted muffins, focaccia, breads and desserts.

Souplantation has a rotating menu of more than 100 original, made fresh daily recipes featuring signature salads, soups, bakery goods and hot pasta sauces, at an all-you-care-to-eat price. All food is prepared without the use of artificial flavors, colors, additives or artificial trans fats. A different food theme is featured each month and the most popular menu items are rotated every month. Menu items are showcased are prepared exhibition style every 20 minutes.

Souplantation seeks to be a vital and contributing part of each community in which it operates. To reach this goal, restaurants offer a "Fun-Raiser" program through which charities, churches, schools, athletic teams, scout troops and other non-profit organizations may raise funds by hosting in-store events. The restaurants assist in marketing the non-profit's event by creating master flyers for distribution and promotion.

Souplantation in Atwater Village is open 11 a.m. – 9 p.m. on weekdays and 11 a.m. – 10 p.m. on Friday and Saturday. For more information call (323) 284-6312 or visit www.souplantation.com; become a fan of Souplantation at www.facebook.com/souplantation and follow Souplantation on Twitter at <http://twitter.com/souplantation>.

March 21ST SPECIALS!!

Passover Favorites

Matzo brei means fried matzo in Yiddish. During the week of Passover, matzo brei makes a popular breakfast, lunch and dinner dish. Here's a simple matzo brei recipe courtesy of About.com.

Prep Time: 5 minutes
Cook Time: 5 minutes
Total Time: 10 minutes

Ingredients: 2 cups boiling water, 4 matzos, 4-6 eggs, 1/2 teaspoon salt and oil or butter for frying

Preparation:

1. Pour hot water over matzos. Drain immediately. Squeeze out excess water. Break softened matzo in pieces. Set softened matzos pieces aside.
2. In a bowl, whisk eggs. Add salt. Stir in softened pieces of matzo.
3. In a skillet, heat oil or butter over low heat. Pour egg-matzo batter into skillet. Cook matzah brei like an omelet (turning once).

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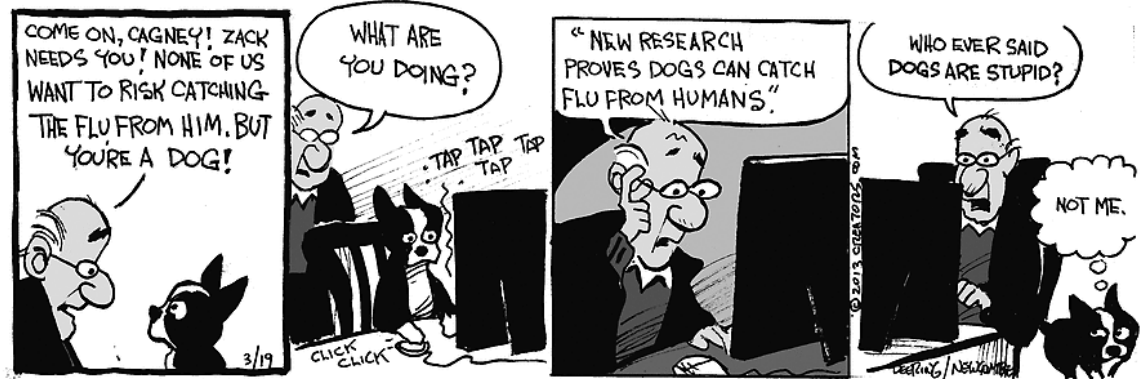
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CALENDAR this

CALTECH PRESENTS RASH MON

A woodcutter, a thief, a young woman and a samurai meet in the forest. Each tells a different story of the same event – just who can you believe? The 90-minute production is based on Japanese director Akira Kurosawa's classic film and the Broadway script. The show features Caltech graduate students and will take place under the dappled shade of Descanso Garden's Under the Oaks Theater on Saturday and Sunday, March 23 and March 24 at 2:30 p.m. Bench seating will be provided and the show is free with Garden admission. Caltech's on campus performance will be in the garden of the Theater Arts Caltech (TACIT) house at 275 S. Hill Ave., Pasadena on Saturday and Sunday, April 6 and April 7 at 2:30 p.m. Tickets will be sold at the door only and are \$15 (general), \$10 (student/staff/seniors) and \$5 (Caltech students). For further information, visit tacit.caltech.edu or call (626) 395-3295.

AFRICAN VIOLET SOCIETY

The African Violet Society of Montrose will meet at 10 a.m. on Wednesday, March 27 in the Birch Room at Descanso Gardens ,1418 Descanso Dr., La Cañada Flintridge. Visitors and guests are always welcome.

GAMC HOSTS FREE DINNER & EDUCATIONAL PAIN SEMINAR

Glendale Adventist Medical Center invites the public to enjoy dinner and learn about the latest surgical and non-surgical treatment options for joint pain as well as minimally invasive options such as the anterior approach to hip replacement. The event takes place on Thursday, March 28 from 6 p.m. to 8 p.m. at Los Angeles Marriott Burbank Airport, 2500 N. Hollywood Way, Burbank.

The presenter of this seminar will be Vahan Cepkinian, MD, orthopedic surgeon on medical staff at Glendale Adventist Medical Center. Space is limited. Call (818) 409-8100 or visit GlendaleAdventist.com/ortho to register.

EVENTS AT GLENDALE LIBRARY

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

MEDICARE INFO OFFERED AT ICE CREAM SOCIAL

A free presentation on the basics of Medicare is offered today, Thursday, March 21 at 1:30 p.m. at an ice cream social at the YMCA of the Foothills. "Ice Cream Social and Medicare 101" is presented by Andea Naone-Waters and sponsored by Todd Menard of Belmont Village Senior Living Burbank.

Please RSVP to Andea Naone-Waters at (818) 468-4289 as space is limited. YMCA of the Foothills, 1930 Foothill Blvd., La Cañada Flintridge

SONS OF NORWAY EVENT

Learn about the Norwegian Art of Rosemaling with Diane Lingall on Saturday, March 23 with Sons of Norway Edvard Grieg Lodge #74 at Lutheran Church of the Foothills. Social is at 6 p.m.

potluck at 6:30 p.m. This is a free event. Call (818) 247-9042 for more information. Lutheran Church of the Foothills, 1700 Foothill Blvd., La Cañada

TOUR, EASTER EGG HUNT AT CATALINA VERDUGO ADOBE PARK

The Days of the Verdugo Heritage Association is hosting an Easter egg hunt at the Catalina Verdugo Adobe Park at 2211 Bonita Dr., Glendale, on Sunday, March 24. There will also be a tour of the museum and refreshments from 1 p.m. until 3 p.m.

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.

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.

HOME TOUR HOSTED BY LANTERMAN FOUNDATION

The Lanterman Foundation will be hosting a home tour of Chula Vista, a 1929 Spanish Colonial Revival masterpiece located at 1937 Orchard Lane, La Cañada designed by Charles Kyson on Sunday, March 24 from 1 p.m. to 3 p.m. Built for Charles Hoag, this "showplace of the Valley" retains its original architectural integrity, its richly ornamental interiors and many of its original gardens.

Tickets are \$25 and include a tour of

CALENDAR THIS
continued on following page

WEEKLY HOROSCOPES

Provided by horoscope.com
March 18, 2013 - March 24, 2013

This week the exodus from Pisces continues as both the Sun and Venus move into fiery Aries. The desire to go with the flow could give way to an urge for swift and impulsive action. When Mars conjuncts Uranus on Friday it helps to think before you jump in and give yourself a headache. On the other hand, "just do it" might be the best advice for resolving a problem that has been plaguing you for some time.

♈ ARIES March 21 - April 19

You'll feel much more alive and ready for action this week when the focus on your sign gets even stronger. It might seem like you've been forced to wait for too long. Now you're eager to trample on the opposition, smash through obstacles, and show the world you mean business. It's also time to take action on all those dreams you've been nurturing over recent weeks. But do take care on Friday. Don't be too impulsive, especially when driving or doing anything that needs care.

♎ LIBRA Sept. 23 - Oct. 22

Your love life may have recently exploded into action after being quiet. This week your approach could become even more impulsive, or events might take you by surprise. You could fall in love at the drop of a hat! It's one of those weeks when romance could be unpredictable, with both highs and lows possible. Try not to do or say anything you might regret on Friday. The urge to drop a bombshell or make a spontaneous decision could get you into trouble.

♉ TAURUS April 20 - May 20

The focus shifts to your spiritual zone this week. Although you feel those thought wheels spinning in your head, it's like they're in neutral. You won't be going anywhere. Don't worry. It's time to reflect on what you want and be selective. There's no point in chasing dreams that aren't going to make you happy. You might want to mull over where your life is going, too, and if you're pleased with its general direction. With insight, you can make some smart decisions.

♏ SCORPIO Oct. 23 - Nov. 21

Life at work might have been hectic lately, but this week could be extremely busy, not to mention the possibility of disruptions to your daily routine. You might be more competitive, too. If you're self-employed, you may find that old contracts end and new ones start up. You may be eager to take things to the next level wherever you work. Take care of your health and try not to exhaust yourself when working out. Pace yourself if you're trying to develop your ideal body.

♊ GEMINI May 21 - June 20

You've been busy with your career and now it's playtime as the focus swings to your social zone and enjoying life. Actually, you could have some work to do, but it will be enjoyable for smart, conversational Gemini. It's time to start networking for business and pleasure. You might want to move in new circles, and you could be assertive and determined about finding the right people to associate with. Try to think before you speak, though, especially on Friday!

♐ SAGITTARIUS Nov. 22 - Dec. 21

Love, sweet love might not be quite so sweet. You could be more impulsive about choosing a potential dates, and just as impulsive about ending a liaison that doesn't feel right. You could even be quite assertive and competitive, especially when it comes to the pick of the bunch. In general, you're very adventurous and possibly looking for some kind of extreme sport to keep you occupied. Be extra careful on Friday, especially if you're attempting anything risky. Think before you do anything too dangerous.

♋ CANCER June 21 - July 22

You're all ablaze with energy, especially when it comes to your career and future goals. You may have been planning and dreaming up your next move over recent weeks and now you're eager to take action. Career issues could be subject to disruption, however. Just when you think you know where you're going there could be a sudden change of plan or direction. Unexpected events could throw a curveball your way. You need to be alert and ready to move if the moment requires it.

♑ CAPRICORN Dec. 22 - Jan. 19

It's all happening at home and in the family arena. The focus shifts to family matters and to issues linked with property. It's possible that there might be some in-fighting between relatives or in-laws. Your place might not be particularly peaceful over the days ahead. It's also possible that you might decide to do some renovating and completely change the décor. If you're doing any projects yourself at the end of the week, be careful around electricity and water. Don't take any risks!

♌ LEO July 23 - August 22

The desire to get away could reach new heights. You might be frantically thinking of ways you can drop everything and go on an adventure. This could involve travel to places you've never been where there's an element of the unknown and perhaps some danger as well. You might have a strong desire to study a subject that you're really passionate about. Perhaps you can't wait to get started, but don't spoil things by being too impulsive. You could jeopardize what you've already built up.

♒ AQUARIUS Jan. 20 - Feb. 18

Save important files and data because a powerful focus on your communication zone suggests there could be disruptions to your computer or other gadgets. It might also help to have a backup system. You could be extra busy connecting with others, sharing ideas, and generally getting your message out there. You might want to market your goods and services or think about starting an online marketing business. You could achieve a lot if you begin now while you're raring to go.

♍ VIRGO August 23 - Sept. 22

Joint financial affairs could reach a critical phase. If you and your partner have been mulling over what to do next, it's time to make a few decisions and act. However, you don't want to go out there with all guns blazing in a situation that may require careful handling. You might be tempted to take the quickest and easiest way out of a difficult situation, but it would be better to first talk with someone who can give you professional advice.

♓ PISCES Feb. 19 - March 20

You could have more expenses than usual and perhaps an unexpected bill to pay. The money may come in quickly, but it could go out just as quickly. It might be difficult to maintain a sense of security at this time. You might have to roll with the punches and think on your feet. If you do find yourself in a crisis situation, it's equally possible that a brilliant solution will not only save the day but also make things a lot better in general.



ON APRIL 2, RE-ELECT JOYLENE WAGNER TO GUSD BOARD OF EDUCATION

Joylene understands the importance of schools in building community... and the importance of community in strengthening our schools. Endorsed by the Glendale Association of Realtors

"For over twenty years it has been my good fortune to know Joylene Wagner as a devoted parent, faithful PTA Council President, and outstanding member of the Glendale Board of Education. She always puts the students first." --Dr. Donald Empey, Former Deputy Superintendent, GUSD

www.joylenewagnerforschoolboard.com

Paid for by Joylene Wagner for School Board 2013, ID#1355274

CALENDAR THIS from previous page

the home, a brief talk on the architect and a reception in the grand circular hall. Reservations may be made by contacting the Lanterman House, 4420 Encinas Dr., La Cañada or by calling (818) 790-1421.

SIGNIFICANT HOMES PART OF PASADENA HERITAGE TOUR

Join Pasadena Heritage for a peek into the past during the 2013 spring lecture and home tour, Before the Bungalow. Pasadena is a city known not only for its social and cultural history, but for its remarkable collection of architecture from different periods and styles as well. On Saturday, March 23, take a look at the very early development of Pasadena and the first residential architecture built in the late 19th and early 20th centuries. Following the lecture from noon to 4 p.m. will be a drive-yourself tour of four significant homes of the period.

Tickets for the 10 a.m. lecture are \$10 for members and \$15 for nonmembers. Tickets for the drive-yourself tour are \$25 for members and \$30 for nonmembers. Tickets now on sale. Advanced tickets will be held at will-call located at the Community Church at Holliston, 1305 E. Colorado Blvd., Pasadena, 91106. Same day tour tickets may be purchased at the will-call location until 1 p.m.

Call (626) 441-6333 for more information or visit www.pasadenaheritage.org.

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.

MEDICARE EDUCATION AT VHH

Verdugo Hills Hospital (VHH) is offering a free Medicare Educational Seminar on Tuesday, March 26 from 12:30 p.m. to 2 p.m. in the hospital's Council Rooms B/D, located on the fourth floor lobby. Lunch will be served.

The seminar will help new Medicare patients with their questions about benefits and types of health plans available to them. Various topics will be discussed including the basics of Medicare, prescription drug plans, Medicare Advantage plans, and Medicare Supplement plans. The event, presented by Beta Benefits Insurance Services, is for educational purposes only and no plan-specific benefits or details will be discussed.

Space is limited. Please RSVP by calling (818) 952-2213. VHH is located at 1812 Verdugo Blvd., Glendale.

SMART-A-THON

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.

ABWA CHAPTER MEETING

The American Business Women's Association (ABWA) Verdugo Glen

Chapter dinner and business meeting is on Wednesday, March 27 at 6 p.m. at the Glendale Elks Lodge, 120 E. Colorado, Glendale. Dinner cost is \$25.

For information and reservations, call (323) 256-1575 or email lynnws@msn.com.

JAPANESE AMERICAN PHOTOGRAPHY PRESENTATION

Dennis Reed, prominent historian and arts educator, will discuss the making of his limited edition book, "Japanese American Photography" on Thursday, March 28 at 7 p.m. at the Glendale Central Library, in the auditorium. The book will be available for purchase and signing after the presentation.

This event is free and open to the public.

The program is sponsored by The Associates of Brand Library & Art Center in cooperation with the City of Glendale Library, Arts & Culture Department.

Glendale Central Library, 222 E. Harvard, Glendale 91205

'THE YOUTHFUL PERSPECTIVE' AT FLOWER PEPPER

Flower Pepper Gallery in Pasadena is hosting "The Youthful Perspective," a group show of work by students from Clark Magnet High School on display through April 5. Curated by Kelly Brinker, "The Youthful Perspective" offers each of these young artists their first foray into the art world.

Flower Pepper Gallery, 121 E Union St., Pasadena

GAA HOSTING EXHIBIT

Glendale Art Association's La Cañada Flintridge Library Art Show, "Let Your Imagination Fly" takes place from April 2 through April 19 at the La Cañada Library Community Room.

This is an exciting members' art exhibition. All submitted works will be under 36". Library hours are Monday through Wednesday from 10 a.m. to 8 p.m., Thursday from 10 a.m. to 6 p.m. and Friday and Saturday from 11 a.m. to 5 p.m. Closed Sundays. For more information, contact glendaleart@gmail.com or visit www.glendaleartassociation.com.

La Cañada Library Community Room, 4545 Oakwood Ave., La Cañada

NEWS FROM THE S/T ELKS

On Sunday, April 7 the new officers of the Sunland/Tujunga Elks Club 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

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 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.

EDKINS HEADLINES CALTECH JAZZ BANDS PERFORMANCE

The Caltech Jazz Bands, directed by William Bing, present their 13th Annual Jazz Festival featuring soloist Kirsten Edkins. This event will take place on Saturday, April 13 from 1 p.m. to 5 p.m. at Gates Annex Patio on the Caltech campus. Gates Patio is located just west of Dabney Lounge.

Saxophonist Edkins, who graduated from the prestigious Eastman School of Music, has performed with Arturo Sandoval, Albert "Tootie" Heath, Geoffrey Keezer and popular artists Carrie Underwood, Stevie Wonder and Smokey Robinson.

Other featured musicians at the Caltech Jazz Festival include guitarist Glenn Hair, the Nick Broten Band, Chris Rolontz, Zucky Zeidner, and the Caltech Jazz Band.

Admission is free and no tickets are required. Some seating will be provided and audience members are welcome to bring food and blankets for a picnic on the lawn.

For further information, call Caltech Performing and Visual Arts at (626) 395-3295 or visit the Caltech Jazz Bands online at bands.caltech.edu.

BLACK ROSE TO PLAY AT ST. LUKE'S - MONROVIA

Black Rose Early Music Ensemble will present music from the early Italian Baroque by known composers including Cima and Salaverde, plus obscure or notorious ones not commonly known.

The concert is on Saturday, April 13 at 8 p.m. at St. Luke's Parish, 122 S. California Ave. in Monrovia.

The event is free, but a donation of \$10 is requested.

Contact Lynne at (626) 419-8645 with questions.

'STEP INTO SPRING' FASHION SHOW & LUNCHEON

The ABWA Verdugo Glen is hosting a fashion show & luncheon on Saturday, April 27 at Angeles National Golf Club at 10:30 a.m. There will be a boutique, silent auction and opportunity prizes.

The luncheon and fashion show

begin at 11:45 a.m. Fashions by: Chico's Fashions, Jockey Person to Person, and Kika Paprika plus fabulous accessories!

Proceeds benefit student scholarships and member education programs.

Please make check payable to ABWA Verdugo Glen & mail to: Elysa Rosenfeld-Ortiz, 535 Woodbury Road, Glendale CA 91206. For more information, call (818) 547-1422.

Reservations may be made online at www.abwa-verdugoglen.org (Events link).

Angeles National Golf Club, 9401 Foothill Blvd., Sunland

SIERRA CLUB PLANS CHINA TRIP

The community is invited to a well-paced journey to China. Explore Tiananmen Square and the Forbidden City, where the Emperors of the Ming and Qing Dynasties lived. Climb the Great Wall, take a boat cruise on the Grand Canal of Hangzhou, and visit Suzhou's Silk factory. Set sail on the Yangtze River, enjoy the wonderful scene of deep and quiet gorges, and the magnificent peaks as if they were cut by axes and knives. Take a shore excursion to the Shennong Stream where you may see the ancient roads, coffins in precipice, and even some rare animals such as golden-haired monkeys. We will also visit Xi'an's most important archeological site, where thousands of life-size terra-cotta warriors have been guarding the Emperor's burial site for over 2,000 years. Discover the mile-long riverside embankment where foreign investors once held sway over Shanghai. Price is \$3,195.

Sponsored by the Sierra Club. The dates for this event are April 20 to May 4 and the leaders are Andrea Lim and Salud Salinda in association with the Crescenta Valley Sierra Club Group.

For more information, send email to andrealim94@yahoo.com - insert subject line of "China 2013" or call Salud at (310) 259-1208. Applications are first-come first-served.

Theatre Arts Caltech presents **RASHOMON**

Directed by Brian Brophy

OFF CAMPUS PERFORMANCE
Descanso Gardens
Under the Oaks Theater
Saturday, March 23, 2013 2:30 pm
Sunday, March 24, 2013 2:30pm
Free with Garden Admission

ON CAMPUS PERFORMANCE
The Garden of the
Theater Arts Caltech (TACIT) house
275 S. Hill Avenue, Pasadena
Saturday, April 6, 2013 2:30 pm
Sunday, April 7, 2013 2:30pm

Tickets at the door only
\$15 (general)
\$10 (student/staff/seniors)
\$5 (Caltech Students)

For further information, please visit tadt.caltech.edu or call (626) 395-3295.

CRESCENTA VALLEY CHAMBER OF COMMERCE & Montrose Travel

PRESENT

8th Annual Hometown Country Fair

FREE ADMISSION

BIGGER than ever! BETTER than ever!

Car Show! Hot Rods & Classics

RAFFLE PRIZE! Win an iPad!

Crescenta Valley Park
3901 Dunsmore Avenue (Corner of Dunsmore and Honolulu Avenues.)
Saturday, April 6th, 2013
Fair Hours: 10:00 a.m. to 5:00 p.m.

★ Carnival Rides for Kids ★ Classic/Hot Rod Car Show
★ Arts and Crafts Exhibits ★ Dog Parade ★ Silent Auction
★ Live Music & Entertainment ★ Dunk Tank ★ Food Booths & More!

For additional information call the Chamber of Commerce: 818-248-4957 Or visit www.LaCrescenta.org
Follow us on [Facebook.com/CVChamber](https://www.facebook.com/CVChamber) and twitter @The_CV_Chamber

\$\$ RAISE MONEY FOR YOUR SCHOOL OR ORGANIZATION! \$\$

Student Name: _____
School/Organization Name: _____

\$3.00 will be Donated to Your School or Organization!
By the **Crescenta Valley Chamber of Commerce & Lexus of Glendale!**
With the purchase of a hamburger or hotdog meal (includes chips & beverage).

COUPON GOOD at the Crescenta Valley Chamber of Commerce Food Booth only.

LEXUS OF GLENDALE
is contributing \$2.00 of the donation to your school or organization.

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

Question:
“The times they are a-changing.” Several states have passed laws making the use of marijuana legal. I’m very uncomfortable with this if even only from the damage marijuana causes to the physical body, including shrinking the brain (Stanford Research Study) and liver damage. Recently, there was a news article about law enforcement having to learn to recognize drivers who are under the influence of illegal drugs. What is this world coming to?
~ Uncomfortable Citizen

Dear Uncomfortable,
While I’m generally very conservative when it comes to theology, the subject of cannabis use is not directly addressed in the Bible and so I must weigh the information available and not “go beyond what is written” (1Co 4:6). God created this plant for some good reason, so I’ll go from there.
It appears to me that, medically speaking, people are benefiting from its use as it mitigates pain and nausea, stimulates appetite and circulation, and may have other claimed benefits. I don’t know the Stanford study of which you speak, but I did read a Stanford study that suggested the active ingredient could help with Parkinson’s disease, although smoking was not encouraged.

As for recreational use, I would imagine that when consumed infrequently, it’s a fairly harmless diversion, like social drinking. Chronic use would likely create the harmful side effects you mentioned, just as excessive drinking or any other undisciplined habit might.
Should we worry that the roads are rife with DUI marijuana users? There are probably a lot fewer than drunk drivers, and still we expect that the vast majority of drivers are safely navigating the roads chemically unimpaired. I would not worry as much as you seem to be. There are far more ominous things to garner our concern. Still, trust God. “Cast all your anxiety on him because he cares for you” (1Pe 5:7 NIV).



Rev. Bryan Griem
Montrose Community Church
MontroseCommunity@sbcglobal.net

Dear Uncomfortable,
A March 8 article in the L.A. Times reported how L.A. Councilmember Bill Rosendahl is able to enjoy a much better quality of life after numerous cancer

treatments due to medical marijuana. There are no credible reports of death due to marijuana overdose while numerous studies show the dangers of alcohol and tobacco. There have been studies showing marijuana’s harm to developing brains yet underage people can more readily get marijuana than the latter two substances, due to legal controls. Young people looking for a euphoric feeling have died from sniffing glue or other chemicals and even the “choking game” – oxygen deprivation. Behavior is the problem, not any particular substance.
Pharmaceutical corporations do most of the drug research in this country looking for substances that can increase their profits. Why would they fund studies of something that grows like a weed? As you note, the states of Colorado and Washington have made its recreational use legal. The U.S. has the highest incarceration rate in the world, many for non-violent drug use. In 2007, the Washington Examiner estimated the cost to U.S. taxpayers at \$1 billion per year to keep marijuana users in jail.
I think we would be much wiser to decriminalize marijuana use for adults and handle it like tobacco and alcohol. Taxes on marijuana and savings from reducing the prison population could fund

see **SPIRITUALLY** on next page

NOTES & NODS

UUCVH Hosting Tom Neilson
Political satirist Tom Neilson will be performing at Unitarian Universalist Church of the Verdugo Hills on Sunday, March 24 from 7 p.m. to 9 p.m.
The cost is \$20 per person. Refreshments included.
UUCVH is located at 4451 Dunsmore Ave., La Crescenta.

Montrose Church, Bresee Church Launch ‘Fresh Start’
Montrose Church and Pasadena’s Bresee Church join their vision and resources to make a difference in the City of Roses.
The “Fresh Start” kicks off at Bresee Church on Easter Sunday evening, March 31. The community is invited to celebrate with great music led by the worship team and band, and a teaching on the good news of Jesus. The service will be held at 6 p.m. in the Bresee Church chapel with nursery for infants through age 3.
Bresee Church is located at 1480 E. Washington Blvd. in Pasadena. For more information, visit breseechurch.org.

Tuesday Table Talk
On Tuesday, April 2, Bethel Church in Sun Valley will offer a lecture by Audry Tan, RN, on monitoring and controlling your blood pressure. The presentation will be preceded by a potluck supper. The potluck starts at 6:30 p.m.; the presentation starts at 7:15 p.m. followed by dessert and discussion at about 8:15.
This is a free event.
Bethel Church, 1025 Penrose St., Sun Valley

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

St. Luke’s Hosts 12 Hour Community Prayer Gathering
St. Luke’s Anglican Church welcomes and invites the community to attend its upcoming 12-hour Prayer Gathering on Saturday, March 23 from 7 a.m. to 7 p.m. at Memorial Park pavilion (1206 Foothill Blvd.) in La Cañada. Prayer teams will be available to offer prayer for health, relationships, employment, family, friends and any other prayer needs attendees may have.
St. Luke’s holds weekly Sunday worship service at 9:30 a.m. at the Seventh Day Adventist Church Chapel, 300 Vallejo Dr., Glendale. For information, visit www.stlukesanglican.org or contact Parish Administrator Kay Wisdom at (818) 249-5100, kay@stlukesanglican.org.

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.

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

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 that offers kids a light snack, a safe and supportive environment. Run by Amanda Sargenti, director of Youth Ministries.
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

RELIGION SERVICE DIRECTORY

ST. BEDE the VENERABLE ROMAN CATHOLIC CHURCH
Rev. Msgr. Antonio Cacciapuoti, Pastor
Rev. Kevin Kester, Associate Pastor
Rev. Tony Marti, OFM, Cap.
Rev. Mr. Augie Won, Deacon

SCHEDULE OF SERVICES

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.
Weekdays at the close of Vespers

215 Foothill Boulevard
La Canada Flintridge, California 91011
(818) 949-4300 • www.bede.org

GOD, FAMILY, MISSIONS & FELLOWSHIP

La Crescenta Presbyterian Church
2902 Montrose Ave.
9:00am Contemporary **11:00am Traditional**
Kid's church and nursery care at both services
818-249-6137 lcpc.net

Lutheran Church in the Foothills
1700 Foothill Blvd.
La Cañada Flintridge

WORSHIP SERVICES **SUNDAY SCHOOL**
8 a.m. & 10 a.m. **9 a.m.**
on Sundays **on Sundays**
PASTOR BRUCE JOHNSON
www.lcfoothills.org / 818-790-1951

COME MEET US!
St. Luke's of-the-Mountains Episcopal Church
Sundays
Gathering 9:30AM
Worship 10:00AM
Domingo Misa en Español a las 12:00PM
Sunday School and Child Care
All are Welcome
2563 Foothill Blvd, La Crescenta
818-248-3639
http://stlukeslacrescenta.org/
www.facebook.com:
St. Luke's of the Mountains Episcopal Church

Light on the Corner Church
Pastor Jon Karn
1911 Waltonia Drive
Montrose
(818) 249-4806

SUNDAY SERVICES 10:45 a.m.
www.lightonthecorner.org

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


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

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

First Baptist Church at La Crescenta

SUNDAY WORSHIP 10:45am
Child Care ---Sunday School 9:15am
Office Hours
M---Th. 9:00am to 4:00pm

4441 La Crescenta Ave.
(818) 249-5832
Website www.fbclc.org

SPIRITUALLY

continued from previous page

programs to teach teens and adults responsible behavior and increase distracted and impaired driving enforcement.

What's the world coming to? Perhaps its senses.



Sharon Weisman
Atheist/Agnostic/Secular
humanist/Free thinker
sharon@jetcafe.org

Question:

I am a widow and have a dear friend who is also a widow. We do many things together like travel, bowl, movies, etc. My challenge with her is she is a hypochondriac. Most of the time we get along great until she launches into her latest, greatest worry. If she had everything she thought she had, she would no longer be among the living.

Mutual friends ask me to not bring her along when I'm invited to group functions because she inevitably corners one or two of them and describes her latest imagined malady.

Is there some gentle way I can talk to her and perhaps help her understand how she is coming across to others? I also want to add that in the 30-plus years I've known her, she's experienced nothing

more serious than colds/flu and appendicitis.

~ Concerned Friend

Dear Concerned Friend,
Your dear friend of 30-plus years may be more receptive to your carefully chosen words than you might expect. A friendship that has spanned more than three decades must surely have forged a fairly deep connection. I would trust in that. Rather than to let her know others have been speaking negatively about her, specifically about her preoccupation with unfounded health concerns, I would discuss only my experience and not try to speak for others. A supportive honest discussion, one-on-one and without the qualifying statements of others, would be more effective and far less awkward in bringing awareness to her behavior. The discussion may also allow you an opportunity to share your personal philosophy on living well, as well as your thoughts on how attitude affects life, health and those around you.

Coming from a place of love, your intention can't miss. Self-preoccupation and unnecessary worry over one's health often stems from a need for attention. You can be attentive to her needs by sharing your observations over the years of her general good health, highlighting all the excursions and activities you have enjoyed together and with others. This gently illustrates an energetic level of health truly sick people rarely enjoy. Discussing specifically her obvious vitality could be the very thing she needs to feel reassured and allow

her to move forward in a more positive frame of mind. Perhaps you could end the discussion in planning for future activities.

Focusing outside ones' self will help her recognize her many blessings, among them good health and very good friends.



Kim Winders, RScP
Center for Spiritual Living –
La Crescenta
bedohaveyes@gmail.com

Dear Good Friend,
I want to commend you on your commitment to this friendship – even though it is evident that it is not an easy one to maintain. I'm even more impressed with your loyalty to this person even though she is being shunned by others and you are being pressured to do the same.

That said, hypochondria is a mental illness and can range from mild to extreme. From my experience, I believe that no matter what you tell her it probably won't change her. Furthermore, a hypochondriac often suffers from various other psychological conditions such as anxiety, depression or obsessive-compulsive disorder. All of this is too much for you to deal with if you are not a trained psychologist or psychiatrist.

Although you may feel the

urge to "straighten her out," I strongly suggest that you don't do so. No matter how gentle and understanding you may be, your conversations will probably not change her much – if at all – and may even jeopardize your friendship which at this point is critical to her well-being.

Instead, I advise you to tenderly advise your friend to seek professional help. If you are able to convince her to do seek medical treatment, you will be doing her the greatest favor and will positively

change her life.
Whatever you decide to do, I wish you much luck and may God bless you for being such a special person and caring for those need it most.



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BUSINESS

» NEWS FROM THE CRESCENTA VALLEY CHAMBER OF COMMERCE

The Power of Teamwork

“Energy and persistence conquer all things.” Benjamin Franklin

Crescenta Valley Chamber of Commerce wants your energy to work as a team to promote and improve the civic, economic, industrial, professional and cultural welfare of the Crescenta Valley. TEAM = Together Everyone Achieves More.

Teamwork is an important factor that determines the success of any entity. So much has been written about teamwork that sometimes individuals know the theory, but fail to put it into practice. Come and show off your teamwork skills at this year’s Smart-A-Thon – it is sure to be a blast!

Bring a team of four of your smartest friends or come alone and we will put you with the smartest team. This event is the premier fundraiser for the CV Chamber/Mary Pinola Educational Endowment fund, which grants funds to projects at all our local schools and educational organizations. You only have to be smart enough to know you are giving to a good cause! All you need to do is RSVP now for the 2013 Smart-A-Thon on March 27 at the Verdugo Hills Hospital. Call the chamber and we will sign you up for

lunch and participation for only \$35.

Saturday, April 6 brings our eighth annual Hometown Country Fair, a great day of family fun and entertainment at Crescenta Valley Park. The fair includes a full day of entertainment provided by dance troupes, singers, bands, martial arts, dog parade and much more. There will be arts and crafts vendors, a fabulous car show, carnival rides, a silent auction and animals. Got kids? They will love the Wildlife



» JULIA RABAGO

Waystation, the game booths, the rides and the sweets. Come spend a lovely spring afternoon at the eighth annual Hometown Country Fair. This year our silent auction is full of goodies: \$100 home cleaning certificate from J’s Maid, a helicopter ride with Steve Goldsworthy, a custom logo and 1,000 business cards from Riley & Associates Advertising,

two tickets to Universal Studios, two tickets to any performance at the Alex Theatre, free web hosting for life by Caspian Services, and so much more! You do not want to miss out on all the fun.

Crescenta-Cañada Pet Hospital and the Crescenta Valley Chamber invite you to attend the Crescenta-Cañada Pet Hospital ribbon cutting ceremony. Join us to celebrate the grand re-opening of this wonderful pet hospital with great company and good refreshments, March 22 at 3502 Foothill Blvd. La Crescenta at 1 p.m. (between Dunsmore and New York avenues). See you there!

Important CV Chamber dates: March 22 – Ribbon cutting at Crescenta-Cañada Pet Hospital; March 27 –Smart-a-thon; April 6 Hometown Country Fair; April 10 –Business mixer at 360 Auto Clinic.

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

Welcome Home Vietnam Veterans Day

Please mark your calendars to attend a very special ceremony at the Vietnam War Memorial in Montrose on Saturday, April 13 at 8 a.m. This will be a ceremony led by veterans for veterans. Mike Baldwin, a member of VFW Post 1614 and American Legion 288, Warren Spayth of VFW Post 1614 and Lynn McGinnis of American Legion Post 288 are the veterans organizing this event and are all Vietnam veterans.

It will be good to see veterans at the memorial. When I began working for the chamber in November 2010 and organized our Memorial Day event for the first time in May 2011, the first thing I noticed was that there were very few veterans at our event. That is when I found out that there was another Memorial Day event up at Two Strike Park. For the past two years, we have tried to come up with a way to have the two held simultaneously and attended by all, but we haven’t been able to do it.

Since then, there has been a movement to re-do “the wall” at Two Strike and recently organizers broke ground on it! Last year when Lynn McGinnis approached the chamber about helping support the wall financially, I knew we couldn’t because we support the memorial here in Montrose. So I thought about what we could do. Then I had an idea. I went to Lynn and suggested that since Montrose has the very first Vietnam War memorial in the nation, we should have a ceremony that is specifically honoring Vietnam veterans.

California Congressman David Dryer recognized the memorial in Montrose as the very first Vietnam War memorial in the United States. It was dedicated on Friday, June 14,

1968, during the war. This was the vision of Don Carpenter, editor of the Ledger Newspaper that served this community.

I told Lynn the chamber wanted to see all the veterans come together to be honored. Not being a veteran myself, I asked if there was a particular day that would be the best day to have it. I had no idea that there was something called Welcome Home Vietnam Veterans Day, but of course the veterans did.

Lynn began his research and found that in 2000 a group of California veterans began a campaign to recognize the service, honor, courage and loyalty of those that served in and during the Vietnam War. They chose the date of March 30, the date when the last combat troops left Vietnam.

In 2004, California Representative Linda Sanchez heard about this cause and took it to the nation’s capitol in Washington DC. In 2006, the U.S. Congress and Senate unanimously passed resolutions proclaiming March 30 as Welcome Home Vietnam Veterans Day. In 2009, California became the first state to pass legislation recognizing March 30 as WHVVD. Finally, in 2012 the White House signed an executive order proclaiming March 29 as Welcome Home Vietnam Veterans Day.

So please come to this event to support and honor our local veterans. For more information, contact VFW Post 1614 or American Legion Post 288.

Please come and help us welcome a new business to town. The Creative Lounge, owned by Armineh Havan, will be having a ribbon cutting and grand opening on Friday, March 22 at 7 p.m. The Creative Lounge is an art studio with a twist! Not only

will Armineh be offering workshops and classes to kids and adults, there will also be open studio time when you can drop in and just “create.” You will have an opportunity to see the studio at the grand opening and ribbon cutting on Friday. Armineh wants to let everyone know that this is an event for the entire family, so please bring your kids. There will be food, art demonstrations and information about upcoming classes and workshops. We look forward to seeing you there!

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.

Grand opening and ribbon cutting on Friday, March 22 at 7 p.m. at The Creative Lounge, 2656 Honolulu Ave. in La Crescenta. There will be fun, food and festivities.

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, northwest corner of Ocean View Boulevard and Honolulu Avenue.

Artwalk on Saturday, May 18 from 9 a.m. to 4 p.m. in the 2300 & 2400 blocks of Honolulu Avenue.

Golf classic and scholarship fundraiser on Thursday, May 23 from 11 a.m. to 4 p.m. at Verdugo Hills Golf Course.

Melinda Clarke
Executive Director
Montrose-Verdugo City
Chamber of Commerce
3516 N Verdugo Road
Glendale, CA 91208
(818) 249-7171
www.montrosecchamber.org

» MONTROSE SHOPPING PARK NEWS



» MARY DAWSON

Bunnies, Chicks & Eggs! Oh My!



The countdown to Easter has begun and now is the time to get the best selection of gourmet candies for your Easter baskets. Montrose Candy Co. (2317 Honolulu Ave.) is doing their custom Easter baskets French style. Brightly woven, tall handled baskets are filled with a plush bunny with your choice of candies enrobed in cellophane, and finished off with French ribbon and tulle. Tres magnifique!



If it’s decorative bunnies you’re after, Mountain Rose Gifts (3808 1/2 Ocean View Blvd.) has them hopping all around the store. Some are sophisticated rabbits dressed in opulent satin attire, others are circus bunnies and chicks ready to amuse us, then there’s the down home farm rabbits hanging out with the sparkly, vintage, feminine ones. Look closely and you’ll see these are displayed on lace table toppers embroidered with spring eggs. Treat yourself and enjoy spring!



Lara’s Gifts (2259 Honolulu Ave.) is a treasure box of unexpected finds. Upon entering you will find that special something that you didn’t know you needed but have to have. Pictured here: The cutest little fluffy chicks are just what you need to kick your Easter basket up a notch. Or how about a brightly colored, jeweled, felt tulip, so happy and so novel. Are those spring teaspoons I see tucked away? Gotta have one of those! It’s the little things you’ll find in our one of a kind stores that will bring joy to your heart. Explore Montrose this Easter season and thank you for shopping small stores and keepin’ it local.

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



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