

CRESCENTA VALLEY WEEKLY

THE FOOTHILLS' COMMUNITY NEWSPAPER



OCTOBER 2, 2025

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Electric Rates Discussed at Council Meeting

By Julie BUTCHER

"What if I told you that I think the [electric] rates are just too damn high? That you should roll them back to 2020 levels. Is that a fantasy?" asked Mayor Ara Najarian of Glendale Water and Power general manager Scott Mellon. He was being only slightly rhetorical on Tuesday night during the Glendale City Council's deliberations about spreading out the pending electrical rate increases over three years or allowing the full previously-approved 11% increase to go into effect on Nov. 1.

Mellon explained the way rates are set based on actual costs and candidly answered the mayor that Glendale rates are higher than similarly situated municipal utilities. He added this is because "we're doing more; we're building utility infrastructure. This is the world we're living in – we're paying for building out infrastructure – we're paying for Grayson and Scholl and solar installations inside the city and we're also catching up on the maintenance and improvements required to the grid that really didn't get taken care of in the past 10-15 years."

In consideration of concerns raised about the increased and increasing rates, city staff proposed to defer the July 1, 2025, 11.3% rate increase to Nov. 1, 2025, and to redistribute future increases: 5% effective Nov. 1, 2025; 2.95% effective

Nov. 1, 2026; and 2.95% effective Nov. 1, 2027.

Councilmember Vartan Gharpetian questioned previous decisions, claiming that the rate increases add up to a doubling of electricity costs. The total of the rate increases approved in 2023 is 43.6%.

The Council will vote at a future meeting on the spreading out of the rate increases over the coming three years.

The Council rejected a request from the owner of a proposed residential development at 441-445 W. Glenoaks Blvd., see GCC on page 8

Montrose Oktoberfest is Back for Another Year of All-Day Bavarian Fun

By Dominique ROCHA

Oktoberfest, sponsored by the Montrose-Verdugo City Chamber, is a community event that has something for everyone.

This Saturday, Oct. 4, the Montrose-Verdugo City Chamber of Commerce will be hosting its 46th annual Oktoberfest. The all-day event will be held from noon to 10 p.m. at the 2200 to 2400 blocks of Honolulu Avenue.

Since 1977, Montrose has been hosting its version of the traditional Bavarian festival. While the community event took a brief hiatus from 2020 until 2022, the community-favorite festival has returned for its third year since re-opening.

Attendees can expect the usual fare of beer, games, entertainment and rides along with some new ad-

Photo by Charly SHELTON
Oktoberfest will have an enhanced kids zone this year.



ditions. This year, a new kids zone, complete with free kids activities, face painting and a bounce house, will be included.

"I think each year is a little different of what we have and what we're offering," said the Montrose Chamber of Commerce Execu-

tive Director and Event Manager Molly Burke. "This year, we tried to keep smaller kids in mind who come to the event."

Taking inspiration from last year's Craft Beer Fest, Oktoberfest will feature another new addition – a party bike that will hold

around 15 people and take participants through the event.

From noon to 5 p.m., the City of Glendale's Planning Dept. will also have an information booth for attendees to ask questions and comment on the Glendale Plan.

see OKTOBERFEST on page 8

DRB Reluctantly Approves New Project at Site of Glendale Garden Apartment Homes

By Eliza PARTIKA

The City of Glendale Design Review Board approved a new project at the site of the Glendale Garden Apartment Homes, 1303 N. Central Ave., a 149-unit complex with affordable units, despite concerns about height and massing, citing limited discretion due to state laws and density bonus incentives required by AB130.

The current project is six stories tall containing 149 units (19 deemed affordable) with 51% lot coverage, 211 parking stalls and 2.84 floor area ratio (defined at the ratio of a building's total floor

area to the size of the lot it sits on). Without exemptions, the proposed project would be three stories with only 86 units total, according to a presentation given by Cassandra Pruett, project manager and administrative analyst for the City of Glendale.

Under new housing law AB130, if developers propose a certain number of affordable units they are rewarded with incentives that allows the state to bypass local housing design requirements.

Photo by Eliza PARTIKA
A notice of a public hearing overseen by the Design Review Board regarding a proposed project was erected on the grounds of the Glendale Garden Apartment Homes.

see DRB on page 8

NOTICE OF DESIGN REVIEW BOARD PUBLIC HEARING
CASE NO. PDR-003089-2024 & PDPRV-005544-2025
LOCATION: 1303 - 1315 North Central Avenue (APN 5633-006-014)
PROPOSED ON THIS SITE: Demolish a 37-unit apartment complex (built in 1957) and construct a 149-unit apartment building (density bonus project) 6 stories plus 11-foot-high elevator/stair towers, with two parking levels below (211 parking spaces), on an approximately 86,025 SF lot in the R-1250 (High Density Residential) Zone. This project is exempt from CEQA per Public Resources Code §21080.66.
PUBLIC HEARING:
DATE: Thursday, September 25, 2025
TIME: 5:00 PM
LOCATION: 633 E. Broadway (MSB), #105 Glendale, CA 91206
FOR MORE INFORMATION CONTACT:
Cassandra Pruett
CITY OF GLENDALE
Community Development Department
818-937-8186
CPruett@GlendaleCA.Gov
You may testify in person or call (818) 937-8100 during the hearing to provide comments and ask questions. The meeting can be viewed on Charter Cable Channel 6 GTV or on the City's website at: <https://www.glendaleca.gov/live>



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» FROM THE DESK OF THE PUBLISHER

Trash Can Police

I returned from my travels on Thursday evening. Steve was quick to put out our trash cans (one black, one blue and one green) for pick up early Friday morning. Imagine my surprise when I saw “barrel inspection” notices on two of the trash cans when I went out to my car on Friday morning!

Apparently the inspection notices were in line with a bill passed in 2022 to “monitor trash, recycling and organics barrels to minimize contamination.”

According to the website wm.com, “The California State Legislature passed Senate Bill 1383 (SB 1383) in January 2022, which requires cities and counties to reduce organic waste disposal by 75% by 2025.”



The goal of the bill, apparently, is to “reduce organic materials going to the landfill, decrease greenhouse gas emissions and slow climate change.” While I agree these are important goals, I can’t help but ask myself why is it that California (Southern California particularly), which has such a high rate of homelessness and high gas prices (to name two problems), is spending money on having our trash inspected? Aren’t there better places to put our money?

And there is a really confusing component to this law: namely, into what bin do you put bagged organics (egg shells, food, etc.)?

The term “organics” is driving some folks nuts because there is a misunderstanding regarding what the terms “organic” and “organics” mean.

In this context, the term “organic” does not refer to the type of product purchased or how it was grown; rather, “organics” refer to food-related items. It’s confusing. So we called Burrtec and they said these items, either bagged or unbagged, should be put into the green waste container.

Hopefully I’ll sort correctly and won’t receive a notice on my trash bins.

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

» WEATHER WATCH

Taking A Look Outside Our Window

By Mary O’KEEFE

Have you heard of the “actress” Tilly Norwood? She has been creating controversy mixed with some amazement. Norwood is a fully AI [Artificial Intelligence] created actress.

Human actors are reacting with concern (and some with outrage) as the creator of this AI-generated “person” says she is looking for talent representation for Norwood.

In a post responding to her critics creator Eline Van der Velden stated, “I see AI not as a replacement for people, but as a new tool, a new paintbrush...”

Well of course this is supposed to replace a human actor/actress regardless of what Van der Velden said. She is also quoted as stating she wants Norwood to be the next “Scarlett Johansson or Natalie Portman.” So I don’t remember any “artist” saying I want my painting to be the “next Mona Lisa.”

Sam Altman, CEO of OpenAI, has testified before Congress and made numerous statements concerning the guardrails that need to be created with AI including personal security, the quick pace of AI development and job displacement. Yep, he at least admits that job displacement is a real concern with AI, not that it’s just a ... you don’t like it because it’s art – excuse.

Van der Velden is a Dutch born comedian, actress and producer with a master’s in physics. She also launched Xicoia, the world’s first AI talent studio ... according to reports. Talent studio not art studio – just sayin’.

The thing that makes me crazy is

that these creators do not seem to know anything about science fiction because not only are they missing everything we were warned about for centuries, but they seem to be leaning into it.

That brings me to “Star Trek,” of course, the original series. Now there are several episodes that cover AI-types of creations; however, when I heard and saw Tilly Norwood, the first thing that came to mind was “What Little Girls Are Made Of,” written by Robert Bloch and Gene Roddenberry that first aired on Oct. 20, 1966.

Basically the story focuses on Christine Chapel, Enterprise’s nurse, who discovers her former fiancé Dr. Roger Korby on a distant planet. The last time Nurse Chapel heard from Korby was five years prior; however, after two expeditions failed to find him he was given up for dead ... but nope here he was with a couple of friends on planet Exo III.

So Capt. James T. Kirk and Chapel beam down to the planet with two security officers. Every Trekkie knows being a “security officer” in the world of “Star Trek” is not always the best job and this is no different ... Not long after beaming down a security officer falls down a “bottomless” cavern. And eventually the other security officer was attacked.

But the real story is how Dr. Korby does not seem to react to the death of the officers. At first it is just, “Oh, well, he’s just an unfeeling scientist” but no – there’s something else. And then there’s this very attractive “assistant,” Andrea, and an extremely large and menacing man named Ruk who seem to be his companions.

see WEATHER on page 22

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JUST LISTED

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Don't Miss Next Week's Q&A – Phyllis discusses “Why Didn't the Seller's Agent Spark a Bidding War?”

NEWS

IN BRIEF

FOOD DRIVE BENEFITS BAILEY CENTER

A food drive benefitting the Bailey Center is being held from 10 a.m. to noon on Saturday, Oct. 4. The collection takes place on Cross Street north of Foothill Boulevard and one block east of Rosemont Avenue behind St. Luke's Church, 2563 Foothill Blvd.

Sponsored by the CV Lions Club, donations sought are non-perishable food in cans and sealed packets. Recommended are canned tuna, boxed mac-n-cheese, soups and box cereals.

SAVE THE DATE

Montrose Search and Rescue is having a dine-out on Wednesday, Oct. 8 from 11 a.m. to 8 p.m. at Doña Maria's, 729 Foothill Blvd. in La Cañada. Mention MSAR and Doña Maria will donate 40% of the bill to Montrose Search & Rescue.

ROSEMONT PRESERVE OPEN GATE MORNING

An "open gate" event is taking place at the Rosemont Preserve on Saturday morning, Oct. 4. This is a chance for residents to visit the Preserve and wander the trail at their own pace and enjoy the tranquil setting, the wildlife and the natural beauty. Photographers: bring your camera to capture the morning light and citizen scientists, bring your iNaturalist and Merlin apps to identify birds and add wildlife sightings!

The gate will be open from 9 a.m. to 11 a.m.

In conjunction with the regularly scheduled open gate event, The Friends of Rosemont will be hosting an informational launch event for the highly anticipated Rosemont Preserve Entryway Beautification Project. Come out and speak with volunteers about this exciting partnership with the Crescenta Valley Water District, see what the new entry to the Preserve will look like and get all questions answered. Celebratory snacks included! For more information and to sign a letter of support for the project visit <https://tinyurl.com/svt6jybk>.

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

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

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

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

STUDENT COMMISSIONER APPLICATION PERIOD EXTENDED

Applications for student commissioner for the City of Glendale have been extended to Oct. 17. Student commissioners are active, non-voting members of the Arts & Culture Commission who actively work on promoting arts & culture in Glendale. This position provides an opportunity to represent student voices in advocating for arts & culture in Glendale and gain experience in local government.

Applicants must be students under the age of 25 who live in Glendale and must be able to attend meetings on the third Thursday of the month from 10 a.m. to noon for a one-year commitment.

Visit <https://tinyurl.com/bdxx8kxz>.

Recognition Ends of National Blue Ribbon Schools

By Mary O'KEEFE

Being recognized as a National Blue Ribbon School is not easy. Schools are first nominated, then they must meet several criteria. It is something that administrators, teachers, students, parents and communities work on ... making certain that all aspects of their hopefully award-winning schools are identified. Schools may be nominated in two categories: exemplary high performing and exemplary achievement gap closing.

"In addition to meeting the performance criteria, a nominated school must have at least 100 students enrolled and have assessment data for at least 10 students in each tested grade for both reading (or English language arts) and mathematics. States with a large percentage of schools with fewer than 100 students enrolled may include up to a similar percentage of these schools in their nominations. However, each school must have assessment data for at least 10 students in each tested grade for both reading (or English language arts) and mathematics," according to the California Dept. of Education.

Public and private schools are eligible to be nominated and in 2024, 356 schools were recognized as National Blue Ribbon Schools. However, as of Aug. 29, that distinction that schools work so hard to achieve is no longer available – even for those schools that had been notified they would be recognized – thus leaving many involved heartbroken and confused.

In a letter sent to school districts on Aug. 29 from the Dept. of Education, it stated that "in the spirit of Returning Education to the States, the USDE [US Dept. of Education] is ending its role in the program."

The letter was released/written by Madison Biedermann, principal deputy assistant secretary for Communications Strategy at the U.S. Dept. of Education. The USDE stated that "state leaders are best positioned to recognize excellence in local schools...."

States like California were left scrambling to create an award program to replace the National Blue Ribbon program; however, school leaders, students and parents were left unhappy in the wake of this decision.

"We are deeply disappointed by [the] announcement from the U.S. Dept. of Education of the discontinuation of the National Blue Ribbon Schools Program. In California, we remain committed to uplifting our excellent schools and we will ensure that our 2025 Blue Ribbon nominees will be celebrated. We will also continue to celebrate exemplary public schools in our state through our



Photo provided by Chamlian Armenian School
Chamlian Armenian School was prepared to celebrate its Blue Ribbon recognition.

ongoing statewide recognition programs like California Distinguished Schools," stated Liz Sanders, director of Communications & Public Relations at the California Dept. of Education.

Chamlian Armenian School was prepared to celebrate its Blue Ribbon recognition.

"Earlier this year, Chamlian Armenian School was selected as a 2025 National Blue Ribbon School, the nation's highest distinction for academic excellence. Out of more than 130,000 schools across the country, only about 300 are selected annually. Chamlian, a Prelacy Armenian school in Glendale, was proud to become the first Armenian day school in the United States to receive this rare honor. For months, faculty, staff and administrators devoted hundreds of hours preparing data, submitting reports and documenting the innovative practices that make Chamlian a model of academic achievement. Families eagerly awaited the national announcement, viewing the recognition as a testament not just to the school, but to the generations of immigrant parents who built and sustained it. Yet, just two weeks before the awards were to be revealed, schools learned through news reports that the Dept. of Education had abruptly cancelled the program. The decision left hundreds of schools, including Chamlian, without acknowledgement after months of work and anticipation," according to a statement released by Chamlian Armenian School.

"As a parent, I couldn't be more proud to see Chamlian selected as a National Blue Ribbon School. This honor reflects the dedication of our teachers, the hard work of our students and the strong

partnership between families and the school," said Chamlian parent Rita Harutunian. "Even though the program was unexpectedly cut this year, that doesn't take away from what our children and their educators have achieved. For our children, it's a reminder that when a community comes together to value both excellence and heritage, they can truly thrive."

Glendale Unified School District has several schools listed including Horace Mann Elementary School in 2023, Mountain Avenue Elementary in 2020 and 2005, Monte Vista Elementary in 2019 and 2005, Clark Magnet High School in 2012 and 2006, Valley View Elementary in 2005, RD White Elementary in 2003, Toll Middle School in 2002, Crescenta Valley High School in 2000, Rosemont Middle School in 1993 and 1985 and John Marshall Elementary 1988.

"Blue Ribbon Awards recognize the dedication and achievements of both educators and students, serving as a powerful source of pride for our schools and communities. This prestigious national honor sets schools apart, offering a valuable mark of credibility that can open doors to opportunities such as funding, partnerships, and other support," said Dr. Darneika Watson, GUSD superintendent.

"Losing this level of recognition is deeply disappointing. Clark Magnet High School – a school fully deserving of this honor – had received notification that [it was] anticipated to receive the award and had even given [its] confirmation for the awards ceremony before the program was suddenly cancelled. The application process was rigorous, and the school invested significant effort to highlight its accomplishments.

see BLUE RIBBONS on page 8

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Demystifying the GUSD Budget Process

By Eliza PARTIKA

The Glendale Unified School District (GUSD) board of education recently adopted its budget for the 2025-26 school year. But what does “adopt” mean and how does the budget affect parents, teachers and students? William Young, assistant superintendent of Business Services for GUSD, spoke with CV Weekly to help explain the budget process.

Young said budgeting for the school year is often a balancing act between supporting the board’s priorities for the school year, funding the goals outlined in the Local Control Accountability Plan, and making the budget flexible enough to adjust if there is a sudden increase in funds or if there is a financial emergency.

When a budget is adopted,

the board builds a consensus about what at that time its members think they are going to be spending and prioritizes their funds based on that consensus. At the first interim conversation in December that members have about the budget, the board will assess what costs they will actually need to cover.

“We’ll have meetings at multiple points during the year or we’ll have specific committees that can help inform budget development,” Young said.

Throughout the year, the board is kept informed of updates and changes through public meetings, presentations and internal discussions.


The budget from year to year is fluid, being adjusted based on new revenues, like grants that might provide more money to GUSD, and new expenditures.

This year, Young’s priority is to update the textbook adoption and to update the technology students are using. The 2025-26 budget includes a 3% allocation for books and supplies, which may increase using one-time funds. Textbook adoptions for math and language arts are needed throughout the district.

There are two types of funds Young and his team are dealing with – restricted and unrestricted. Restricted funds, like Title I or Title III, are used for a specific purpose, like facilities or funding to support low-income students or students learning English. Unrestricted funds can be used for any purpose. Funds left over at the end of the year can be earmarked for specific purposes and used as restricted funds. This allows for the board to fund Title programs in the event that the government budgets less dollars for education in the future.

Each year, a Local Control Accountability Survey is sent to parents and educators to help determine where funds need to be spent in the upcoming year. LCAP surveys could highlight more need for new curriculum, books, office supplies and other items. Each year, parents, staff and teachers are asked to fill out a survey to help determine the best places to allocate funds for the year. Using these surveys, Young, his team, and the board will make decisions about how money is spent on different programs, services and educational materials. Parents can stay involved in how the LCAP funds are allocated by attending meetings. The next LCAP meeting is on Oct. 16. For more information, visit <https://gusd.net/lcap>.

School enrollment and attendance are also key in deciding how funds will be spent. The GUSD Parent



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10AM-12PM
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☐ Clark Magnet High School

☐ Crescenta Valley High School

☐ Local (501c3) Non Profit: _____

Portal is an important way for parents to update their students’ information and family information. This information can help determine the restricted funds schools receive for programs that help English learners, low-income students and foster students, among others. To fill out the required survey, visit <https://q.gusd.net/production/parentportal>.

“If there’s any major revisions they typically occur around December or March after the June adoption,” said Young.

The next discussion of the budget is planned for the December board of education meeting. To learn more, go to https://gusd.net/8509_3 or community members can contact Young’s office.

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Community Turns Out for Wildfire & Emergency Preparedness Fair



By Mary O'KEEFE

Preparedness Fair at Two Strike Park in La Crescenta. Representatives from Los Angeles County Fire Dept., LA County Sheriff's Dept., California Highway Patrol and CERT (Community Emergency Response Team) were just some of those on hand for the event.

Organizer and CVTC member Dede Mueller said she was happy by the turn out, despite the rainy weather, and reiterated that the information presented needs to be shared with residents.

Photos by Mary O'KEEFE

LEFT: Several organizations had information booths at the Wildfire & Emergency Preparedness Fair on Saturday at Two Strike Park.

RIGHT: Officer Bay with the California Highway Patrol talks to a local resident at the Fair.

SCE Compensation Program

In July Southern California Edison announced the Wildfire Recovery Compensation Program that will offer a streamlined approach to quickly compensate those impacted by the Eaton Fire. Launching this fall, the voluntary, comprehensive claims program will provide direct payments and fast resolutions to eligible individuals and businesses. This includes owner and renter claims for total and partial structure loss, commercial property loss, business interruption, smoke and ash, physical injury and fatalities.

“Community members shouldn’t have to wait for the final conclusions in the Eaton Fire investigation to get the financial support they need to begin rebuilding,” said Pedro J. Pizarro, president and CEO of Edison International, SCE’s parent company. “Even though the details of how the Eaton Fire

started are still being evaluated, SCE will offer an expedited process to pay and resolve claims fairly and promptly. This allows the community to focus more on recovery instead of lengthy, expensive litigation.

Participation will be voluntary for community members, with no application fees, administrative costs or legal fees charged by SCE to participate. The program will be designed to easily, quickly and equitably compensate community members who qualify – including those with insurance and renters. Participation in the program is possible with or without an attorney. The program is expected to operate through 2026. More details on eligibility, documentation and residency verification requirements will be shared later this summer. As part of the development process, SCE will engage stakeholders, including plaintiff attorneys

and elected officials, to gather input on the program before it is finalized.

SCE has served the Altadena community for nearly 140 years and is investing in long-term infrastructure improvements. This includes plans to underground 63 circuit miles of distribution lines, evaluating an additional 19 miles and upgrading infrastructure to accommodate more customer demand. The company continues to deploy advanced grid technologies – such as automation to enhance equipment maintenance, isolate disruptions and restore service faster. These efforts reflect SCE’s broader commitment to building a more resilient and reliable clean energy future.

For more information or to register visit <https://tinyurl.com/4udk5x3r>.

Provided by SCE

Independent Report Released on January Fires

By Mary O'KEEFE

Last week an independent report was released regarding the alerts and evacuations that happened during the January wildfires.

The After-Action Report was commissioned by the Los Angeles County Board of Supervisors and completed by McChrystal Group.

It didn’t find a specific point of failure, but instead several areas of concern including “County policies and protocols on evacuation warnings and orders are outdated, unclear and contradictory and do not clearly spell out roles and responsibilities for issuing directives,” according to the report.

The report also found that staffing shortages and resource constraints created challenges including inadequate staffing levels for the needs of the LA County Office of Emergency Management (OEM). The report also noted the “high number”

of deputy vacancies in the Los Angeles County Sheriff Dept. with a shortage of patrol vehicles and a Computer Aided Dispatch system that is more than three decades old.

There was also a finding that due to staffing shortages real time information was not dispersed to first responders on the scene of the fires.

The strong winds were reported as having a lot to do with the type of response and other issues regarding the fires.

“The most critical factor influencing the spread and size of the Eaton and Palisades Fires was the unprecedented strength of the Santa Ana winds,” according to the report.

There have been several reports of people in the Eaton Fire area either not receiving evacuation orders or receiving them late.


“OEM sent an advisory alert to the 12 evacuation zones (areas in Pasadena/Eaton Canyon, north of the 210 Freeway, south of Eaton

Canyon, Altadena, east of Lake Avenue) at potential risk of the Eaton Fire at about 6:48 p.m. on Jan. 7 at the direction of the incident command,” according to the report.

That alert stated “Be Alert and Monitor.” Then at 7:26 p.m. the incident command directed OEM to send the first Eaton Fire evacuation orders for evacuation zones. Warnings and orders were sent out throughout the night and by 9 p.m. 11 more zones were added to the initial orders, followed at 10:30 p.m. by 16 more zones.

“Although there were reports of fire west of Lake Avenue as early as 10:50 p.m. on Jan. 7, the data shows that none of the locations cited in those 9-1-1 calls are listed in the CalFire Damage Inspection reports. The first validated instance of a structure fire west of Lake Avenue was at 500 E. Las Flores Drive at 12:55 a.m. on Jan. 8,” according to the report.



see REPORT on page 22




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Ocean View Blvd (from Montrose
Lane to Broadview Dr), Market Street
(above Broadview), and Thompson
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GPD Investigates Hate Crime Vandalism in Adams Hill Community

The Glendale Police Dept. is currently investigating a hate crime incident that occurred in the Adams Hill community of South Glendale.

On Sunday, Sept. 28 at approximately 8 a.m., Glendale police officers responded to a report of vandalism involving hate symbols. The reporting party informed officers that an unknown suspect, or suspects, had drawn a swastika in chalk on their driveway during the overnight hours.

Upon further investigation, officers canvassed the surrounding area and discovered several chalk-drawn swastikas on

both private and public property.

Later that evening, at approximately 7:30 p.m., officers were called out again for additional swastika symbol located on a fire hydrant in the 800 block of E. Palmer Avenue.

Detectives are actively investigating this incident and are utilizing various investigative tools and technologies to identify the individual(s) responsible.

Anyone with information related to this incident is encouraged to contact the Glendale Police Dept. at (818) 548-3127.

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Eliza PARTIKA



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Robbery at See's Candies - La Cañada

By Mary O'KEEFE

On Friday, Sept. 26 at about 2:38 p.m. Los Angeles County sheriff deputies from Crescenta Valley Station responded to See's Candies at 1133 Foothill Blvd. in La Cañada Flintridge concerning an armed robbery.

"Deputies learned there were two employees in the store at the time," said Sgt. John Gilbert, CV Station.

The suspect was described as a male Hispanic, about 6 foot tall, weighing about 250 pounds, about 40 to 50 years old, with white and black hair. At the time he was wearing a black beanie, black sunglasses, black medical mask, black hoodie, black pants and black shoes. The suspect entered and began browsing around the

store.

Another employee walked up to him when he entered the store and ask if she could help him find something but said he ignored her and was very "fidgety."

The suspect walked over to the counter and grabbed a box of candy.

"He walked [up to] the cashier, produced a fire arm and demanded cash," Gilbert said.

The employee at the store reported the suspect had raised his shirt, grabbing around the waistband of his pants, pulled out a plastic bag and then displayed the handgun. He reportedly told her not to make sudden movements and to not make what was occurring obvious.

He demanded she open the cash register and place the cash in the plastic bag.

The suspect fled on foot traveling eastbound toward Valley Sun Lane.

Anyone who may have any information regarding this incident, including any surveillance footage in the area, is asked to contact the CV Station at (818) 248-3464.

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CRIME BLOTTER

SEPT. 26

4600 block of Vira Road in La Cañada Flintridge, a resident was sleeping upstairs in his bedroom when he heard noise coming from the roof. He left his bedroom to investigate the noise. He entered a second upstairs room and observed a light coming from the room's open window. The window was closed prior to him going to sleep and should not have been open. He observed a male adult wearing a grey sweatshirt and dark colored pants with a flashlight looking into the room's open window. The suspect turned away from the resident and jumped off the roof into the resident's backyard. He then jumped over the fence on the east side of his property.

Nothing appeared to be stolen; however, rain gutters

were damaged. The burglary occurred at 8:40 p.m.

SEPT. 25

3000 block of Alabama Street in La Crescenta, a woman reported that when she returned to her vehicle she noticed the trunk was open; it was secured when she left the vehicle earlier. She discovered that golf clubs had been stolen.

The vehicle burglary occurred overnight.

SEPT. 24

4200 block of Woodleigh Lane in La Cañada Flintridge, the front passenger side of a hood of a vehicle had been vandalized overnight.

2700 block of Foothill Boulevard in La Crescenta, while investigating another

burglary deputies found the shattered window of a business. The interior had not been ransacked and all doors were locked.

The attempted burglary occurred overnight.

2700 block Foothill Boulevard in La Crescenta a window was shattered and rooms were ransacked at a business. The owner of the business responded but did not report anything stolen.

The burglary occurred overnight.

Editor's note: Details included in the crime reports are taken directly from the reports on file. The Crescenta Valley Weekly is not responsible for the incompleteness or inaccuracies in the original reports.

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Community Comes Out for Neighborhood Pet Store Day



LEFT: Tiny puppies looking for homes were the stars of the day at Andersen's Pet Shop during Neighborhood Pet Store Day. RIGHT: Pets and their pet parents stopped by the information booths.

Despite it being a little rainy on Saturday animals lovers were on hand to celebrate Neighborhood Pet Store Day at Andersen's Pet Shop. Whether the search was on to find the best toys for a pet or adopt a new pet family member there was a lot of information provided at the event. Crescenta Valley High School Falcons 589 robot team were there, as members of the team are at most community events, to support Andersen's.

Photos by Mary O'KEEFE

Update on La Crescenta Avenue Project

During the construction period, detours, intermittent lane closures and traffic delays are expected on the following streets:

Location and Dates

- *La Crescenta Avenue between Roselawn Avenue and Urquidez Avenue:* Travel lanes may be closed intermittently between Oct. 6 thru Oct. 17 (excludes weekends)
- *La Crescenta Avenue at Piedmont Avenue, Roselawn Avenue, Shirleyjean Street, Oakmont View Drive, and Midblock between Arlington and Las Palmas:* Travel lanes may be closed intermittently between Oct. 6 thru Oct. 17 (excludes weekends)

Description of Work

- Contractor performing sanitary sewer main upgrades.
- Contractor installing service cabinets and cleaning up project site at various locations.

La Crescenta Avenue Rehabilitation Project

TASK				START	END	DURATION**
Sewer Upgrades						
Sewer Mainline Upgrade (Roselawn to Urquidez)				10/6/25	10/17/25	10
Traffic Signal Upgrades						
Service Cabinet Upgrades at Various Locations.				10/6/25	10/17/25	10
Pedestrian Upgrades						
Cleanup and Miscellaneous Work at Various Locations.				10/6/25	10/17/25	10

Week 26
Oct 6, 2025

Week 27
Oct 13, 2025

6	7	8	9	10	13	14	15	16	17
M	T	W	T	F	M	T	W	T	F

*CONSTRUCTION ACTIVITY AND CLOSURES ARE SUBJECT TO CHANGE.
**CONSTRUCTION ACTIVITY DURING WEEKDAYS ONLY.

of utilities

• March 2026: Striping, installation of decorative crosswalks, and reflective pavement on Paloma Avenue

“Construction is anticipated to be completed by March 2026.

“For more information and regular updates on the La Crescenta Avenue Rehabilitation Project, visit: GlendaleCA.gov/LaCrescentaRehab.”

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- Shoulder Pain?
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“The revised schedule is due to unforeseen conflicts encountered during underground utility work and longer-than-anticipated lead times for the delivery of traffic signal materials. The installation and commissioning of traffic signal poles must be completed before paving and striping improvements can begin, as the new striping layout incorporates additional crossings to improve pedestrian and cyclist safety.

“The City remains committed to delivering a high-quality project that meets the long-term needs of the community and appreciates the public’s continued patience and cooperation throughout the construction process.

“Tentative Construction Schedule:

- January 2026: Installation of traffic signal poles, cabinets, and gear
- February 2026: Final paving and adjustment

GCC from Cover

near Pacific Avenue, for density bonuses that would allow for a new four-story apartment building of 43 units. Mayor Najarian bristled at the request.

“I have a hard time going to 43; I have a hard time going to 36 but I have no ability to touch that. To go from 36 to 43 is just putting salt in the wound – the wound of losing local control and local discretion over the type of housing – this is a very dense project that includes some very small units – a 500-square-foot studio? I had a dorm room larger than that,” the mayor commented.

Councilmember Dan Brotman issued the one vote in support of the bonuses requested.

He observed, “It’s hard when we lose these older courtyard apartments that we know and love and are part of the Glendale fabric.” However, he added, that “is not a choice before us.”

“It is privately owned and by right they can tear down what’s there and build up to 36 units without us granting any discretionary bonus,” he said. “So the idea that we can somehow preserve what’s there – I wish there were more mechanisms to do that but there aren’t; that’s not the decision before us.”

Earlier in Tuesday’s Council meeting, Mayor Najarian reported on his recent trip to Armenia (at no expense to the public, he noted) including a visit to Glendale sister city in the central core of Yerevan where he observed great public art and mini parks.

“They’re pushing to have all sort of activities in the smallest parcels of land,” he said.

Mayor Najarian shared a reminder about the Montrose Oktoberfest celebration slated for Saturday, Oct. 4 starting at noon.

“You know what that means,” he quipped. “Lots of pretzels.” Information on Saturday’s celebration can be found at <https://montrosechamberofcommerce.org/montroseoktoberfest/>.

Councilmember Elen Asatryan and several mothers of children with autism requested a discussion of fully fencing Glendale playgrounds to make them safer for children with special needs. One mom explained the request “for children like my son who may not recognize danger.” She noted that research shows that one in 36 kids is diagnosed with autism and that one of the most significant safety concerns for children on the spectrum is wandering or elopement. Half of children with autism attempt to wander, the mom added.

In other Council business, ongoing discussions about changes to the city’s charter were deferred to Nov. 4. The Charter Reform Committee appointed by the Council in 2023 has made several recommendations to the Council, rejecting proposed districts and the direct election of the city’s mayor. Read the latest report from the charter committee at <https://glendaleca.primegov.com/viewer/preview?id=0&type=8&uid=9b736b6e-f68f-4a40-bced-a2adc439af6e>.

At the beginning of the meeting of the Glendale City Council, the Council issued proclamations recognizing Sept. 27 as Native American Day, “honoring the enduring culture, traditions and contributions of native Americans,” and the month from Sept. 15 to Oct. 15 as National Hispanic Heritage Month to honor “the history, culture, and many contributions of the Hispanic and Latino communities that continue to enrich our city – from music, arts, and cuisine to leadership, innovation and labor – Glendale celebrates the vibrancy and strength of our Latino heritage.”

BLUE RIBBONS from page 3

Understandably, there is widespread frustration and uncertainty about what will happen with the program moving forward. The loss of the Blue Ribbon program as a whole is a significant blow to schools nationwide that strive for excellence and rely on this recognition to celebrate and elevate their work.

“This honor was never about a plaque or a ceremony. It was about recognizing the collective

effort of a community – our educators, families and students – who have built something extraordinary together,” said Dr. Talin Kargodorian, head of school at Chamlian. “To have that acknowledgment taken away is disheartening but our community’s achievement cannot be erased.”

Chamlian has launched a grassroots letter-writing campaign sending its message to U.S. Secretary of Education

Linda McMahon, California State Superintendent of Public Instruction Tony Thurmond and members of Congress, asking that this year’s cohort still be officially recognized.

A petition has also been created for supporters across the country to add their voices. The petition can be found at <https://tinyurl.com/3u2u6538>.

OKTOBERFEST from Cover

“[Glendale’s Planning Dept.] wanted to be more involved and try to keep reaching out to the community,” Burke said.

Beyond attractions, Oktoberfest will have a multitude of entertainment options throughout the day. The event will feature three different stages for music, showcasing performances by Mary Dyer Band, Chris Blakely, Powerplay and The German-American Brass Band. The main headliner for the evening will once again be Past Action Heroes, a community favorite.

Along with music, the event will feature performances from Vault Dance Studio and Revolution Dance Center.

As always, the event will host costume contests that award the best traditional Oktoberfest attire, such as the Lil’ Mister and Lil’ Miss

Oktoberfest contest and the Mr. and Ms. Oktoberfest contest.

Aside from the costume contests, the annual stein-holding contest will be held. Participants will compete to see who can extend their arm for the longest time holding a mug of water.

“People love the stein-holding,” Burke said. “People tell me they have already been preparing for it ahead of time!”

Contest winners will receive prizes from local businesses and sponsors. The contests are free to enter and interested participants can head to the main stage to sign up before the contests begin.

Oktoberfest will feature a lineup of food and drink options such as turkey legs, bratwurst, hot dogs, pretzels and more.

“We have about 30 local organizations working in the

booths,” Burke said. “It’s both for-profit and non-profit businesses that are local to our community.”

To participate in all the food and fun, attendees need to purchase tickets. Tickets can be used at food, drink, games, merch and ride booths. There is no admission fee to Oktoberfest.

Tickets can be purchased ahead of time at the website of the Montrose Chamber of Commerce and redeemed at one of the two online redemption booths or purchased on site at one of the five booths spread out around the event.

Identification booths will be placed next to ticketing booths where attendees 21 and over can get wristbands for the alcoholic beverage booths.

Come for the food and drinks, stay for the entertainment!

DRB from Cover

In this case, the developer requested exemptions to local height requirements and setback requirements, as well as an exemption to the Environmental Impact Report previously required by the City. AB130 requires local design review boards to grant all requested exceptions.

The biggest concern of the Design Review Board was the massing, or the increase in height, near the single-family homes that border the property but because of the incentives granted by AB130 regarding massing and height, the Board was unable to make recommendations for changes.

Board members expressed frustrations about the lack of control they have over design requirements and what they perceived as “going in the opposite direction” of suggestions made in 2023.

“The City has zero agency to make decisions on how this project is designed and detailed,” said one Board member. “That doesn’t seem right to me.”

Another Board member stated, “We operate under the City of Glendale’s code, and that is governed by the design guidelines, which says we need to be evaluating mass and scale, site planning, design and detailing. Now the staff and the lawyers are saying that we can’t necessarily use those things to make findings but we can still evaluate the project on that basis.”

The project representative said it was inaccurate that the applicant had not made changes to reflect the suggestions made by the Design Review Board in

2023. On the contrary, he said, “Numerous changes were made to reflect the concerns of this body.” The representative also clarified the difference between local, subjective design standards and what he said are objective building standards, according to state law.

“Saying you can move the high parts of the building to another part is subjective and therefore you aren’t allowed to redo on the basis of [these] subjective standards,” he said.

The project was not previously allowed to move forward without an Environmental Impact Report, but changes to state housing law in the wake of AB130 allowed the project to move forward. Board members raised concerns about the limits placed on their ability to control how housing is built in Glendale because of these changes.

According to AB130, design review boards must approve or deny a project within 30 days of first meeting with a proposed developer and cannot request changes that conflict with the exemptions granted to the developer by the state.

Mayor Ara Najarian raised his concerns in a press release stating: “The City encourages residents to contact their state representatives to express their views on housing legislation that has stripped away local discretion. Glendale will continue to push for reforms that restore balance between state housing production goals and community character.”

Najarian submitted a letter to California Governor Gavin Newsom with his concerns about the limits to local control.

“Most recently, Assembly Bill

130, signed into law on June 30, 2025, has further stripped cities of their ability to manage growth responsibly. By creating new statutory CEQA exemptions for qualifying infill housing projects, AB130 eliminates one of the last meaningful tools cities had to study and mitigate environmental and neighborhood impacts. Projects like the Glendale Garden Apartments demolition and redevelopment housing project – and soon, the former Sears site on Central Avenue – now move forward without Environmental Impact Reports and without the City’s ability to address neighborhood impacts on a case-by-case basis,” he wrote.

Advocates who live in the affected apartment complex and neighbors have worked for years to save Glendale Garden Apartments, which they say is historically significant to the community as one of the first apartment complexes of its kind in Los Angeles.

Many Glendale Garden supporters spoke during public comment but the board ultimately decided to approve the project with some suggestions. The developer of the complex agreed to the conditions. The Design Review Board received 10 letters in opposition to the project.

According to the new law, a decision under AB130 must be appealed within 15 days. Staff reports and recordings of the meeting and previous Glendale Garden Apartment Homes discussions can be found on the Glendale Garden Apartment Homes planning division website.

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VIEWPOINTS

VIEW OF THE VERDUGOS » CRAIG DURST

The Baron and Baroness of Sunland

Early morning in Paris and the cafés are full. The smell of freshly brewed coffee mingles with the yeasty aroma of baguettes and the sweet buttery scent of croissants. These were les années folles, or “the crazy years,” in France at the end of the roaring ’20s. Leaders from 15 nations gathered to sign a treaty outlawing aggressive war, aimed at promoting lasting peace. The young couple strolling at daybreak were newlyweds Woldemar and Ilona. It was August 1928.

I wouldn’t call Woldemar an average man – this was Woldemar Baron de Barkow, born in St. Petersburg in the Russian Empire, on April 10, 1896. His family could trace its Russian nobility back to the 11th century. Ilona had been born in Budapest, Hungary and had studied at both the Budapest and Vienna Academies of Art, and then later in Paris.

The Baron de Barkow had studied law at the Imperial School in St. Petersburg and then, as WWI loomed, he traveled to Kyiv in early 1914 to attend the Russian Imperial Army’s War College.

It’s difficult to express his responsibilities during the first great war because there were many. For a

sense, in 1916 he was commissioned as a sub-lieutenant into the Imperial Guard Infantry and was soon promoted to lieutenant. In 1917, he became a 2nd captain and chief of War Transport for the southwestern front. By the war’s end, he was tasked as a liaison between Russian forces and General Field Marshal Hermann von Eichhorn and, in 1919, he was promoted to captain and served as a liaison to French General Philippe d’Anselme. He would spend the majority of the 1920s in the service of Emperor Cyril I, the senior surviving male heir of the Romanov dynasty, declared head of the Imperial House of Russia.

During his time with the Emperor, Woldemar traveled to the United States as a delegate. After marrying Ilona von Marosy in Paris in 1928, the two headed west. They arrived first in New York but were soon off to Los Angeles. In 1936, the Baron was appointed director of the Andhra Research University in California. Here he worked tirelessly to establish collaboration between the United States and Latin American nations.

With so much behind him, the baron, with his baroness Ilona de

Barkow, around 1946 purchased a quarter acre on the 11000 block of Scoville Avenue in Sunland. Surrounded by his wife’s many paintings and sculptures, and the serenity of their special home and gardens, the Baron de Barkow departed this earth on Nov. 15, 1953. Ilona continued living in their Sunland home until her passing in 1979 at the age of 86.

A visitor to Baroness Ilona’s home in April 1962 describes the experience:

“When I stepped beyond the wrought iron gates, I entered another world. It was a world of beauty, culture and tradition. Once within the grounds, I was lost without a guide through a maze of stone pathways, fruit-bearing trees, blooming flowers, a forest of plants and beautiful sculptures. Once inside, in the company of the baroness, I was surrounded by a hundred or more paintings of every technique and color filling the walls – each done by Ilona’s hand and each with a personal story. Her art offered a view of her inner world, one of Eastern European heritage, combined with a life in Southern California.”

During his lifetime, the baron



Baroness & Baron de Barkow

was honored by numerous countries for his work. Here is the shortlist: Argentina, Belgium, Bolivia, Brazil, Colombia, Cuba, Denmark, Dominican Republic, Ecuador, France, Greece, Haiti, India, Italy, Japan, Yugoslavia, Lebanon, Mexico, Nicaragua, Panama,

Paraguay, Iran, Portugal, Romania, Russia, Spain, Sweden, the United States, Uruguay and Venezuela.

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

VIEWS FROM THE VALLEY » SUSAN BOLAN

It’s Just a Conversation

I follow politics every day. I choose a variety of news sources so that I can stay informed, consider different points of view and better understand what will affect my family and community. Before I engage, I often think to myself, “What in the world is going to happen today?” Increasingly, what is reported is the worst that humanity has to offer – aggression, murder and mayhem. What I hope for each day is news that is merely interesting.

The political climate has changed. We seem to be living in a dichotomy where everyone has become too comfortable projecting their strong opinions on others and, at the same time, people are completely unwilling to hear anyone else’s point of view. This continuous state of intolerance has shut down conversation and I fear that it is damaging our country beyond repair. I rarely comment on politics in my CV Weekly articles or online because I feel like we are sitting at the edge of a powder keg and I don’t

wish to be the match. It hasn’t always been this way.

Back in the day ... I remember how I felt after I graduated from high school and went on to attend LA Valley College. I immediately noticed a cultural change on the new campus where independence and self-expression were celebrated. It was liberating. My professors lectured on a variety of topics and cared about what the students thought about them. They encouraged us to listen to each other, think about what was said and share our conclusions. There was a free exchange of ideas and no one criticized anyone else for having a difference of opinion. Rather, participants bantered it out in class and often afterward continued the discussion over coffee. No hard feelings.

Later after I transferred to Cal State University, Northridge these dialogues continued. I had only one instructor who held very focused, unwavering positions. It was a political science professor who regularly told the students

how to vote. He was not interested in our opinions. In his class, I learned to keep my mouth shut, fearing that any opposition would lower my grade. Despite that one experience, I felt good about my higher educational training. Along with my parents’ foundation to “do good unto others” college helped me understand that all voices matter, even those with which you disagree.

Fast forward to the 2000s. When my kids began to attend high school and college and would tell me about their classes, I noticed a substantial shift in how controversial topics were presented. Most teachers had strong beliefs about environmental, cultural and political issues and students who disagreed were not allowed to challenge them. After repeated exposure to this one-way thinking, my adult children learned that they had better write their papers to support the professor’s point of view or suffer the consequence of a bad grade. As a parent who

always encouraged my family to be free thinkers independent of me, I thought this shutdown of discussion was not only incredibly sad but a terrible life lesson for our youth.

Jump to 2025. When my daughter told me that Charlie Kirk was scheduled to visit CSUN in the spring, I felt proud that my alma mater had welcomed him to campus for a free exchange of ideas. But that pride was cut short when I found that students were protesting to get him kicked off the campus, labeling him as

a radical. They clearly weren’t taught why it’s important to talk through differences of opinion.

Institutions of higher learning, our political leadership and “we the people” have the responsibility to set the tone for young students in our country. We must not let fear spread into the aggression, murder and mayhem that we see each day.

How do we stop this madness? It starts with a calm conversation.

Susan Bolan
susanbolan710@gmail.com

LETTERS TO THE EDITOR

Preparing for the Next Devastating Wildfires

As I read the CV Weekly article “Where were you on January 7, 2024?” in the Sept, 11, 2025 [issue of the] CV Weekly, I couldn’t help but reflect on the bulldozers clearing the cars from Sunset Boulevard and the total devastation caused by the horrific Pacific Palisades and Altadena wildfires.

I am concerned about the proposed overbuilding on Foothill Boulevard, especially Briggs Avenue, and its potential impact

on our community. When will we read another article about traffic gridlock and the loss of life and property during the next major wildfire in our local hills? It will be inevitable.

I vividly recall the fires in 1975 and 2018, which caused gridlock from Briggs Avenue to Pennsylvania Avenue. Evacuation efforts were hindered and fire equipment struggled to stage and disperse strike teams to enter the area to fight the fire and protect homes.

Our state and local officials appear to be disregarding history and instead are pushing high-density housing in a critical high-fire area. This will effectively creates choke points in our community during these emergencies.

It is only a matter of time before we experience another major fire and loss of life and property.

We will have no one to blame except for inept government oversight and greedy builders.

Jonas Williams
La Crescenta



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OP-ED » MARY-LYNNE FISHER

Supporting Our Neighborhood Voices – Return Land Use Control to Local Governments

The CV Weekly’s Sept. 18 issue carried an apologia from the Office of the City Manager lamenting the passage of AB 130. This legislation, by exempting almost all infill housing projects from environmental impact reports, makes the destruction of the Glendale Garden Homes Apartments almost inevitable. While the city’s prescription for fighting such overreach is good it doesn’t go far enough and it will not permanently solve the problem of state control of local land use.

The recommendations won’t stop our state legislators from bowing to well-funded developers and following the path of SB 1818 (the Density

Bonus Act), SB 9 and too many similar laws to mention here to allow mid-rise apartment buildings to be built in and abutting single-family home neighborhoods.

This is a terrible new law ... but it may not be the worst to come out of this legislative session. SB 79, currently on the governor’s desk, would likewise allow mid-rise apartment buildings to invade single-family home neighborhoods if they are within a quarter mile of a major bus line or half of mile of a light rail line.

Neither AB 130 nor SB 79 had to happen. For many years a grassroots tri-partisan organization, Our Neighborhood

Voices, which was started in the South Bay, has been trying to amend the state Constitution to return land use control to local governments. Such an amendment would not automatically reverse the aforementioned laws, but it would give each city and county the option to pick and choose which laws work for its locality and ditch the others. Polling in 2024 showed that more than 60% of voters support the initiative.

But to put an initiative on the ballot, the sponsors must submit petitions containing the signatures of millions of registered voters, the exact number of which is a percentage

of the voters in the last state election.

Our Neighborhood Voices’ attempt to qualify for the November 2022 ballot was stymied by the COVID-19 pandemic that made it impossible to collect signatures with volunteers. (The last initiative to qualify for the ballot without using paid signature gatherers was Prop 13.) Even worse, their attempt to qualify for the 2024 ballot was scuttled by Attorney General Bonta’s false ballot summary stating it would reduce affordable housing. That made it impossible to raise the large contributions necessary to pay enough signature gatherers.

But Our Neighborhood Voices

isn’t giving up. It will make a third attempt to qualify its initiative for the 2026 ballot. For the ballot language and more information about ONV, go to OurNeighborhoodVoices.com.

When you are asked to support the Our Neighborhood Voices petition to put the initiative on the November 2026 ballot, donate to it, work for it. It isn’t just the best way to reign in Sacramento’s unbridled race to destroy single-family neighborhoods without adding any meaningful amount of affordable housing – it’s the only way!

Mary-Lynne Fisher, President
Crescenta Highlands
Neighborhood Association

NEWS CV CARES » YOUTH AMBASSADOR EVA GREENER

Bettering the Mental Health of All

My name is Eva Greener, and I am a youth ambassador with Crescenta Valley’s mental health awareness group CV Cares. With this article I want to spread the news of the importance of teen mental health.

Teens these days have increased issues surrounding mental health that can cause stress and anxiety. Globally, one in seven 10-19 year olds experience a mental disorder, which accounts for 15% of the global burden of disease in this age group. Adolescents with mental health conditions are particularly vulnerable to social exclusion, discrimination, stigma (affecting readiness to seek help), educational difficulties, risk-taking behaviors, physical ill-health and human rights violations. This can be detrimental for our brain’s health and growth. This can also increase thoughts that their peers are judging them, making them unable to be their authentic selves. Young adults and their peers should be proud of their authentic selves and enjoy their times as youth instead of having a high chance of depression. Moreover, multiple factors affect mental health.

The more risk factors adolescents are exposed to the greater the potential impact on their mental health. Factors that can contribute to stress

during adolescence include exposure to adversity, peer pressure to conform and exploration of identity. Media influence and gender norms can aggravate the disparity between an adolescent’s lived reality and their perceptions or aspirations for the future.

Other important determinants include the quality of their home life and relationships with peers. Through the open community that is our CV Cares teens feel welcomed and less pressured to fit another’s standards. We have many resources to help our adolescents – and even adults – in La Crescenta. Helping those in need can save a life so I urge you to encourage your friends instead of putting them down.

As a result, by helping peers and giving them time to be authentic without judging them you can help the mental health of those in need, especially adolescents.

Our CV Cares team recognizes these problems and hardships and wants to help adolescents who are struggling with their mental health. We are so thankful for everyone’s steadfast support and we will continue to fight on. We as a group will fight to help our community and improve the lives of everyone.



Rep. Chu’s Statement on the Shutdown

On Wednesday, Rep. Judy Chu released the following statement on the what she calls the Republican Government Shutdown:

“Republicans own this shutdown. They control the House, the Senate, and the White House and yet they chose to shut down the government rather than protect affordable health care for millions of Americans. After forcing through a partisan spending bill that failed in the Senate, Republicans then blocked House Democrats from bringing up a commonsense bill that would have kept the government open, canceled health care cuts, lowered out-of-pocket costs and protected the affordable care that working families rely on.

“This shutdown makes

Donald Trump and Republicans’ priorities clear. First, they passed their Big Ugly Law, which ripped \$1.5 trillion out of our health care system, kicked 15 million Americans off their insurance, slashed Medicare and Medicaid, and weakened the Affordable Care Act (ACA) – all to fund massive tax cuts for billionaires. Now, with 24 million Americans facing premium hikes of up to 114%, Republicans left town and shut down the government. This is a failure of leadership and a despicable betrayal of working Americans who depend on ACA tax credits to afford health care.

“In my district alone, more than 61,000 people will see their premiums skyrocket if these tax credits expire and nearly 40,000 people will lose

coverage altogether because of Republicans’ combined cuts to Medicaid and the ACA. People are already paying higher prices because of Trump’s reckless tariffs, and this assault on their health care only makes this crisis worse.

“This is a sad day for America. My Democratic colleagues and I remain ready to work across the aisle to reopen the government, lower health costs and protect families. But we will not enable more chaos, destruction and giveaways to the wealthy at the expense of the American people.

“During this unsettled time, I urge constituents to visit my website chu.house.gov/shutdown for resources and updates. My office is here to help answer questions and provide assistance.”

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BETWEEN FRIENDS



P.E.O. Holding Holiday Boutique

The annual holiday boutique of Chapter FF-KU, P.E.O., will be held on Saturday, Nov. 15 from 10 a.m. to 2 p.m. at the Center for Spiritual Living, 4845 Dunsmore Ave. (at the corner of Santa Carlotta) in La Crescenta.

The boutique will feature handmade items for the home, gifts for adults and children, holiday gift tags and table favors, baked goods, jarred mixes and spices, handcrafted vanilla extract, dog treats, Christmas crafts for children to make at home and more!

P.E.O. is a women's philanthropic educational organization that celebrates, supports and motivates women to achieve their highest aspirations through education. We offer scholarships, grants and loans to help women advance through education, and we also own and operate Cottey College, a midwest, four-year women's college.

For more information about P.E.O. and its philanthropies, refer to its state and international websites at www.peocalifornia.org and www.peointernational.org.

Photo provided by Chapter FF-KU, P.E.O. At the 2024 boutique shoppers found an assortment of items for sale.

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USC-VHH Receives ENA Lantern Award



USC Verdugo Hills Hospital's emergency department has received the 2025 Emergency Nurses Association (ENA) Lantern Award, which recognizes outstanding leadership, practice, education and advocacy, resulting in improved patient care and staff well-being.

Fewer than 100 emergency departments nationwide received this distinction this year and USC-VHH is one of just six emergency departments in California to be recognized. This accomplishment reflects the unwavering dedication, excellence and forward-thinking approach demonstrated by the emergency department nurses at USC-VHH.



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Community Donors Support Red Cross Blood Program



By Ruth SOWBY

Close to 50 people on Sept. 18 packed the Cultural Hall of the La Crescenta congregation of the The Church of Jesus Christ of Latter-day Saints. The American Red Cross van parked near the entrance to the church drew those ready and willing to donate blood.

In the Cultural Hall, potential

donors first waited in the sitting area before being called up to give their medical histories to Red Cross staff. Once qualified to give blood the donors were stretched out on reclining beds while their blood was drawn.

Why give blood? A smattering of comments answered the question.

“This is my first time [donating],” said Altadena

resident Edith Lo. "I hadn't met the weight requirements before." Lo weighs 125 lbs. and is 5' 2."

Pasadena resident Kristin Ramondino is a nurse who is used to “hanging” the bags that collect the blood. Today was her day to give; in fact, she usually gives blood at drives “every few months.” At 5’9,” Ramondino gets to donate a “double pack” of blood.

Brianna Hay from Glendale has 11 tattoos. Though she may want to donate blood, she has to wait two to three months after receiving a tattoo before she can donate. Hay was donating blood

on Sept. 18 in her “grandmother’s memory” – her grandmother had donated blood every eight weeks.

Pasadena resident Jennifer Valdiviez was the driver and “permission-giver” for her 16-year-old son who gave blood at the drive.

The Red Cross provides about 40% of the nation's blood and blood components. But supply can't always meet demand because only about 3% of age-eligible people yearly donate blood.

Glendale resident, LDS church member and drive volunteer Tish Mayer made sure the drive ran

smoothly.

“The need for blood is constant,” said Mayer, “and only volunteers can fulfill that need for patients in our community. Nationwide, someone needs a unit of blood every two to three seconds and most of us will need blood in our lifetime.”

Photos by Ruth SOWBY

LEFT: Community blood donors contribute to Red Cross supplies that provide 40% of the nation's blood.

RIGHT: An American Red Cross van is parked in front of the La Crescenta ward of the Church of Jesus Christ of Latter-day Saints.

Chabad of the Crescenta Valley Hold High Holiday Service at LCWC

Yom Kippur Day services are being held today, Thursday, Oct. 2 at the La Crescenta Woman's Club, 4004 La Crescenta Ave. Morning services start at 10 a.m. followed by the kid's program at 11 a.m., Yizkor service at noon, a break at 3 p.m., then Ne'ilah and

Shofar at 6:15 p.m. ending with
the break fast at 7:12 p.m.

High Holiday Services with Chabad are completely free to attend, no ticket purchase necessary and bi-lingual prayer books provided.

All are welcome. Whether this

is a person's first time attending services or his/her one thousand and first time, prayer service will be found to be meaningful, inspirational, warm and welcoming.

To RSVP, visit <https://tinyurl.com/mpth9hha>.

USC VERDUGO HILLS HOSPITAL COMMUNITY RESOURCE CENTER FOR AGING

» **ADRIA NAVARRO, PHD, LCSW**

Mental Health Awareness

Adria Navarro, PhD
Program Manager
USC Verdugo Hills Hospital
Community Resource Center
for Aging

October is Mental Health Awareness Month; a time to focus on promoting mental health, reducing stigma and encouraging people to seek help for mental health conditions. During this month, various events and activities are held to raise awareness, educate the public and provide support to people struggling with a decline in their mental health. We wear the looped green ribbon as a symbol of hope, strength and solidarity.

USC-VHH Community Resource Center for Aging aims to enhance mental health among older adults and their care partners. The World Health Organization (2023) shares facts that highlight this critical need:

- By 2030, one in six people in

the world will be aged 60 years or over.

- Loneliness and social isolation are key risk factors for mental health conditions in later life.
- One in six older adults experience abuse, often by their own carers.
- Approximately 14% of adults aged 60 and over live with a mental disorder.
- Men aged 75 and over have the highest suicide risk.

Mental health parity means that your health insurance covers medical and mental illnesses equally. This includes equal coverage for services like therapy, medication and inpatient treatment. Unfortunately for many, such insurance benefits remain aspirational and coverage for mental health needs may be either lacking or confusing to access.

Resource specialists at USC-VHH educate about dementia, depression and delirium. They

assess if an older adult is at higher risk of isolation and elder abuse.

While these are complex individual issues, a complimentary and confidential telephone consultation is a great step one can take on the path to an improved quality of life. Our community has services and support directly designed to address the mental health among older adults and they are partners. Call the USC-WHH Community Resource Center for Aging at (818) 949-0033 to get started.





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Prostate Cancer is Treatable When Found Early – Here’s How to Protect Yourself

Every year, prostate cancer silently threatens hundreds of thousands of men, stealing lives and impacting families. It’s a stark reality: one in eight men will face this diagnosis in their lifetime and tens of thousands will succumb to it annually. This silent epidemic demands immediate attention and proactive action.

This urgent call to awareness is amplified as September marked Prostate Cancer Awareness Month. Dignity Health - Glendale Memorial Hospital and Health Center (GMHHC) joined the national effort to shed light on the disease, emphasizing the critical importance of early detection, screening and treatment. Prostate cancer remains the second most common cancer in men, after skin cancer. According to the National Cancer Institute, an estimated 313,780 new cases of prostate cancer are expected to be diagnosed in 2025 and approximately 35,700 men are projected to die from the disease this year. While these numbers are significant, advancements in screening and treatment mean that when detected early, prostate cancer is highly treatable.

“Prostate cancer often grows slowly, but early detection through regular screenings is incredibly important,” said Dr. Kamyar Ebrahimi, MD, surgical urologist at GMHHC. “Many men don’t experience symptoms in the early stages, which is why conversations with your doctor about your risk factors and screening options, particularly if you’re over 50 or have a family history, are critical. Knowing your risk and getting screened can truly save lives.”

Risk factors for prostate cancer include:

- **Age:** The risk increases significantly after age 50.
 - **Family History:** Having a father or brother who had prostate cancer, especially before age 65, more than doubles a man’s risk.
 - **Race/Ethnicity:** African American men and Caribbean men of African ancestry are more likely to get prostate cancer and are more than twice as likely to die from it.
- “Physician care teams may recommend different treatments and, for many, surgery is a highly effective option. Oftentimes these procedures, especially with modern techniques, require less than a short hospital stay for recovery,” added Dr. Ebrahimi. “Surgeons continue to use minimally invasive surgery and robotic-assisted techniques, generally, to offer patients fewer incisions with faster healing time and enhanced precision, leading to excellent outcomes.”
- Dignity Health encourages men to talk to their healthcare providers about their individual risk factors and discuss the benefits and limitations of prostate cancer screening tests, such as the prostate-specific antigen (PSA) blood test and digital rectal exam (DRE).
- For more information about prostate cancer screening guidelines and surgery as treatment, visit dignityhealth.org/socal/surgery or consult with your primary care physician.

La Cañada Flintridge
Orthopaedic Guild

BOOK & AUTHOR LUNCHEON

The Book & Author Luncheon will be held on Tuesday, October 28, 2025, at the La Cañada Flintridge Country Club, 5500 Godbey Drive, La Cañada Flintridge. If you are interested in attending please contact Joan Clevon at 818-249-4603.

THIS YEAR’S EVENT FEATURES THREE GIFTED AUTHORS:



Kim Fay

Two of Kim Fay’s national bestselling books, *Love & Saffron* and *Kate & Frida*, will be available for purchase and signing by the author. Born and raised in the Pacific Northwest, Kim has lived in Los Angeles for 25 years. She also spent four years living in Vietnam, an experience that inspired her food memoir *Communion: A Culinary Journey Through Vietnam*. In addition, she created and served as the series editor for the *To Asia With Love* guidebooks.



Ellen Byron

Ellen Byron, a former Hollywood sitcom writer, will have two of her books available at the luncheon: *A Very Woodsy Murder* and *Solid Gold Murder*, the first two installments of her Golden Motel Mystery series. She has also authored several other mystery series, including *The Cajun Country Mysteries* and *The Vintage Cookbook Mystery* series. Ellen has received Lefty Awards for Best Humorous Mystery Novel in 2017, 2018, 2021, and 2023, as well as Agatha Awards for Best Contemporary Novel in 2019 and 2022.



Jane West Bakerink

Jane West Bakerink, a British-born author, screenwriter, producer, and performer, will feature her book *Piney the Lonesome Pine – A Holiday Classic* at the luncheon. The original *Piney* book was self-published by Jane in 2000. She later wrote the screenplay and two songs based on the book, and in 2019, the now Emmy-nominated animated special *Piney: The Lonesome Pine* was produced and premiered on Disney platforms. The special has aired in over 70 countries and territories worldwide. In 2022, Jane adapted the animated special into a 32-page picture book, which will be available at the luncheon.

LCFOG’s members have supported Lusk Orthopaedic Institute for Children, formerly Orthopaedic Hospital, since 1957, where children with orthopedic disorders can receive excellent care regardless of the family’s ability to pay.



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TRAVEL & LEISURE

» MOVIE REVIEW

Predictable, But Pleasant: ‘A Big Bold Beautiful Journey’ Doesn’t Wholly Impress, But it May Charm Yet

By Jackson TOYON

Imagine one day you’re on the road and your GPS inexplicably addresses you by name and asks, “Do you want to go on a big bold beautiful journey?”

This film seems to have slipped under the radar without much buzz, though its trailers in theaters caught my attention. Director Park Joong Eun, known professionally as Kogonada, first came onto the scene with his directorial debut film “Columbus,” which received critical acclaim. After another film of his, “After Yang,” received praise from critics, Kogonada’s career became one to watch. He wrote both of these projects but his latest venture marks a departure from this pattern as he directs a screenplay from writer Seth Reiss – a story about memory, love and the strange roads that lead us there.

David Longley (Colin Farrell) is a fairly average (if lonely) guy living in the city and he’s not having the best day today. Finding his car with a ticket on the windshield and a boot on the tire right before he is to drive out to a wedding, he is forced to rent a car at a strangely empty and rather Wes Anderson-looking rental agency. After the two eccentric employees (Kevin Kline and Phoebe Waller-Bridge) manage to upsell him on a car

with a GPS, he gets on the road and finally heads off to his destination.

Longley is going through the motions during the wedding but at the reception he meets someone he doesn’t recognize – a quirky and forward woman named Sarah Myers (Margot Robbie).

Though brief, his meeting with her leaves an impression on him and he regrets having to leave. On the way home, his GPS offers him the same question written at the beginning of this review. Heeding his father’s words of advice to “be open,” Longley accepts, having no idea it would lead him right back to Sarah. Together, they embark on a journey through doors from their past to process their pain, get closure and maybe find love along the way.

This film has faced some sharp-toothed criticism – and not all of it has been without reason. Still, having seen vastly different reactions from other people who’ve watched “A Big Bold Beautiful Journey,” I suspect this film will prove to be divisive among audiences. Some viewers will connect with the characters and others won’t. The concept of the movie lends itself to the type of story you’d expect to see from Studio Ghibli, which would explain the presence of Ghibli’s veteran composer Joe Hisaishi (“Howl’s Moving Castle,” “Spirited Away”). But

Photo provided by Jackson TOYON
Colin Farrell and Margot Robbie star in ‘A Big Bold Beautiful Journey.’



when the pacing falters due to certain scenes, I couldn’t help but wish that the story had a little more juice to move it along. It has all the ingredients for something really special – but it doesn’t quite come together. For now, Kogonada may be strongest when working from his own scripts.

It might not be his strongest story, but what Kogonada brings visually and emotionally still shines through. With “After Yang” cinematographer Benjamin Loeb by his side, the film is beautifully shot and accompanied by Joe Hisaishi’s magical piano pieces.

The emotional beats landed for me and I felt that the chemistry between the leads worked well enough, even if it wasn’t anything spectacular. A particular standout scene in the film teases the singing talents of both Farrell and Robbie, which had me imagining how delightful this film might be as an earnest and full-on musical. Perhaps the energy of a musical would have smoothed out the pacing and maybe more audiences would have gelled with the movie.

“A Big Bold Beautiful Journey” is nothing exceptionally new and

it suffers from uneven pacing, but it finds its footing after a bumpy start. It’s unapologetic in its silliness and its sentimentality, wearing its heart on its sleeve. You sort of have to be on this film’s wavelength to fully appreciate it; if you happen to enjoy a saccharine, schmaltzy story, this film could be right up your alley. Critics around the world have made it clear they believe that schmaltz is a pure weakness or a net negative but this reviewer thinks there’s nothing wrong with a touchy-feely picture now and again.

THEN & NOW

Pickens Cabin

Courtesy of the Historical Society of CV



Then: Theodore Pickens homesteaded the Briggs Terrace area in 1871. Besides beekeeping and hunting, he got some money from the sale of water, which Pickens Canyon was the major source for both La Crescenta and La Cañada. He built this cabin in 1875 in what is now the 2200 block of Shields Street.



Now: Pickens Cabin, the oldest house in CV, still stands – but not in CV! In 1973, the Siems family, which owned the property on which the old cabin sat, was concerned about the preservation of the structure. A few months previously the nearby old Briggs barn had collapsed from neglect and the Siems were worried that the same fate, or vandalism, would claim Pickens Cabin, which was filled with artifacts of the early history of the valley. They donated the cabin and contents to the County Forestry Division to serve as a museum at its Henninger Flats facility. It was moved intact and is cared for by the forestry division officers at their campground and nursery high above Altadena. It survived the recent Altadena Fire.

Low Poly Cactus Part of Jewel City Concert Series

The Jewel City Concert Series features five Saturdays of live music on the Artsakh Paseo located at 127 Artsakh Ave. in Glendale's Downtown Arts & Entertainment District. On Oct. 4, Low Poly Cactus, a jazz fusion funk band, will be playing.

"The Jewel City Concert Series is part of our ongoing commitment to enliven the Artsakh Paseo and create meaningful cultural

experiences in Downtown Glendale," said Lessa Pelayo-Lozada, director of Glendale Library, Arts & Culture. "The series highlights the creative talent within our community and adds something special to Saturday nights, bringing people together through music in a setting that feels uniquely Glendale."

Presented by the City of

Glendale Library, Arts & Culture Dept. and sponsored by the Arts and Culture Commission through funding from the Urban Art Program, the series brings neighbors, families and friends together for a casual evening of live music in the heart of the city. Each concert turns the Paseo into a welcoming outdoor space where people can unwind, connect and enjoy the rhythm of the city.

On Oct. 4, Low Poly Cactus, described as a band of meme-loving musicians based in Los Angeles, is inspired by the legacy of fusion supergroups (Return to Forever, Snarky Puppy) and the playful funk of Vulfpeck. Low Poly Cactus focuses on memorable melodies, complex harmonies and infectious grooves. Low Poly Cactus recently released its debut album "LPC" with Birds of Paradise Records.

Concertgoers are encouraged to arrive early to explore the surrounding district and support local businesses before the music begins. All performances are free and open to the public.

Attendees are welcome to bring their own chairs as seating is not provided. Performances run approximately 60 minutes without intermission.

Crossings Comes to Brand Library & Art Center

Glendale Library, Arts & Culture and Brand Library & Art Center present Crossings in collaboration with Munzón Gallery. Curated by Elizabeth Munzón and Mister Toledo, the exhibition invites viewers to explore the collective narrative of artists navigating their American identities while honoring their ancestral roots.

Centered primarily on Los Angeles-based artists of Latin American descent, Crossings also includes voices from Asian American, Native Hawaiian and Pacific Islander (AANHPI), Middle Eastern and other immigrant communities. The exhibition reflects on the layered experiences of artists whose works are deeply informed by the environments they or their ancestors inhabit

or were raised in, and will offer a poignant meditation on the evolving dynamics of cultural preservation, adaptation, and belonging across time and place.

This exhibition is a part of the 2025 SUR:biennial. Founded in 2011 by Cerritos College Art Gallery and Rio Hondo College Art Gallery, the SUR:biennial seeks to explore the complex notions of globalization and exchange that take place in the ambiguous borderlands between Los Angeles and the broader "south." The independently curated biennial exhibitions showcase recent and newly commissioned works by local and international artists who have been influenced by the cultures and artistic traditions of Mexico, Central & South America and the Caribbean.

Crossings will be on view from Oct. 11 through Jan. 3, 2026. Artists featured in the exhibition will be present at the opening reception on Saturday, Oct. 11 from 6 p.m. – 9 p.m.

Gallery admission is free and open to the public during the library's regular hours. On-site, limited, free parking is available; ride-share is encouraged. Brand Library & Art Center is located at 1601 W. Mountain St. in Glendale.

Brand Library & Art Center hours are Tuesday - Thursday from 11 a.m. to 8 p.m., and on Friday and Saturday from 10 a.m. to 5 p.m.; closed Sunday & Monday.

Learn more at [BrandLibrary.org/Gallery](#).



Image provided by The ACE Agency
Hely Omar González, *Abuelita en Paraíso* (2023), oil, acrylic, dye on canvas

The Armenian American Museum and Cultural Center to Honor Araksya Karapetyan

The Armenian American Museum and Cultural Center of California will honor FOX 11 co-anchor Araksya Karapetyan at the Armenian American Museum Heritage Gala on Saturday, Nov. 22 that will be held at the InterContinental Los Angeles Downtown.

"I am deeply honored to be recognized by the Armenian American Museum," stated Karapetyan. "This museum represents the hopes, struggles and triumphs of our people, and it will serve as a bridge connecting

generations. To be part of this story is both humbling and inspiring."

Karapetyan is an award-winning co-anchor for FOX 11's Good Day L.A. Over her career, she has become a trusted source of news and storytelling, using

her platform to share important issues affecting the Armenian American community and beyond.

Karapetyan's talent and storytelling were recognized with a Los Angeles Area Emmy Award in 2022 for the human-interest news story "A Doll Like Me."

This was Karapetyan's second Emmy win. She also received an Emmy for anchoring FOX 11's live coverage of the space shuttle Endeavor as it traveled through the streets of Los Angeles in 2012.

Beyond the newsroom, Karapetyan used her platform to support numerous charitable causes and frequently hosts and participates in community galas, cultural events and educational initiatives. She has collaborated with leading organizations including Children of Armenia Fund, the Armenian Educational Foundation, the Armenian Film Society, the Foundation for Armenian Science and Technology and many more. Her work emphasizes resilience, the importance of cultural history and the power of storytelling to bring communities together.

Born in Gyumri, Armenia, Karapetyan's great-uncle George Tumanjan brought the family to the United States in 1990. They settled in Palos Verdes Estates.

Karapetyan pursued her higher education at Syracuse University and earned a Bachelor of Arts degree in international relations and broadcast journalism from the university's S.I. Newhouse School of Public Communications.

ARMENIAN MUSEUM on page 22

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ArtNight is produced by Pasadena's Cultural Affairs Division in partnership with many cultural institutions.

For information on ArtNight, please call the ArtNight Pasadena Hotline at (626) 744-7887 or visit [ArtNightPasadena.org](#).

For information on accessibility and/or to request written materials in alternative formats, please call the City of Pasadena at (626) 744-7062.

FREE SHUTTLES

- Free shuttles run 6-10 p.m., with stops at each venue.
- Limited shuttle service due to regional bus and driver shortages.

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Pasadena Transit Route 10 runs along Colorado Boulevard and Green Street until 8 p.m. Schedule at: [PasadenaTransit.net](#)

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VOLUNTEERS SOUGHT

Those who can, do; Those who can do more, volunteer. Author Unknown

Little Landers Historical Society is seeking volunteers to help support its mission, “To preserve and maintain Bolton Hall Museum and the historical record of Rancho Tujunga.”

Positions on the Bolton Hall 2026 board of directors are open. Other opportunities to volunteer include museum docents, committee members for ongoing projects, special event and exhibit coordinators, administrative, archival or library assistants, facilities maintenance and more.

Potential volunteers are asked to reach out with your questions or to volunteer with Little Landers and Bolton Hall Museum. Email: LittleLanders@BoltonHall.org, phone: (818) 352-3420 or send a letter so P.O. Box 203, Tujunga, CA 91043.

GLENDALE KIWANIS

The Kiwanis Club of Glendale meets on Fridays at noon. The

Club next meets on Oct. 3 when it hosts Wled Wazni, MD, director of Stroke Program at Dignity Health - Glendale Memorial Hospital. He will be speaking on “protecting our community, one brain at a time.”

The cost to attend Friday meetings, which includes lunch and program, is \$25. All are welcome.

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

CCLCF EVENTS

The Community Center of La Cañada Flintridge hosts a variety of events for the community. Among them are:

•Registration for Fall II Programming is open. New classes and returning favorites are offered at cclcf.org. Fall II runs eight weeks from Oct. 20 - Dec. 20.

•Registration is open for the 32nd annual Thanksgiving Day 5K Run/Walk and Kids’ Mile. Training for the free kids’ mile six-week training program is offered to help them get ready for the big day. It

will run from Oct. 18 thru Nov. 22. Visit cclcf.org/run to register. The annual Thanksgiving Day 5K Run/Walk, Kids’ Mile and Food Drive will take place at Olberz Park in LCF on Thursday, Nov. 27. Visit cclcf.org/run for more info. Sponsorships available!

•Celebrate Halloween and Dia de Los Muertos at CCLCF’s “Dances de Los Muertos” belly dance fantasy theater event on Saturday, Oct. 25. Visit cclcf.org/events for tickets and more info.

The Community Center of La Cañada Flintridge is located at 4469 Chevy Chase Drive in La Cañada Flintridge, (818) 790-4353.

SUPPORT CVIM

On Friday, Oct. 3 celebrate Rosemont Night at the Crescenta Valley High School (CVHS) home football game! This is a great event for Rosemont students to experience high school football. A highlight is having Rosemont band members play with CVHS band kids.

see CALENDAR THIS on next page

WEEKLY HOROSCOPES

Provided by horoscope.com September 29, 2025 - October 5, 2025

ARIES March 21 - April 19

This is a time of rest and recuperation. Even if you have plenty to do, try not to rush around on autopilot. This period is best dealt with by paying close attention to gently releasing stress. This will help you feel happier as well as experience a natural poise and sense of well-being. If you must hurry, do it mindfully.

TAURUS April 20 - May 20

You could be tempted to try to do too much too quickly. You might feel energized, inspired, and motivated as well as frustrated that everything seems to take too long. Watch out for this, as it could lead you to feel run down later. Pace yourself and relax. Rome wasn’t built in a day!

GEMINI May 21 - June 20

The cosmos is going to give you a new lease on life. You’re eager to make changes at the grassroots level. This should include a detoxification of your body and any emotional issues that might be bothering you. This detox will have a profound effect on you if done properly and under supervision.

CANCER June 21 - July 22

You could be feeling a certain relief at the decrease of disruptions to your life and daily routine. This will relieve the stress you feel. This phase is temporary, so make the most of it and put the emphasis on massage and deep relaxation.

LEO July 23 - August 22

Your health zone is highlighted, so your energy level could fluctuate more than usual. One minute you’re ready to tackle any challenge and the next you feel exhausted. In order to maintain more consistent energy, it’s essential to eat the right foods.

VIRGO August 23 - Sept. 22

Temptation might be too difficult to resist, especially since you could be facing one or two challenges. The urge to snack on comfort foods could be stronger than ever. Don’t let your temper get to you out of frustration. Your blood pressure may suffer. Relaxation is the key to inner peace. Be sure to eat strengthening foods.

LIBRA Sept. 23 - Oct. 22

You may want to move more quickly than ever and yet find it difficult to get anywhere.

Frustration could confound you at every step, yet you feel you have to push yourself even harder. This could bring on muscular aches and tension headaches. Don’t get caught up in the madness. Slow down. Your health will improve accordingly. Release stuck feelings for greater energy and calm.

SCORPIO Oct. 23 - Nov. 21

Easy does it. There seem to be plenty of challenges around you. Don’t try to do too much. It could lead to tension headaches or high blood pressure. Don’t try to force your way ahead if the time isn’t right or others don’t agree. Talk about how you feel as a way to release some of the tension. It will help in more ways than you know.

SAGITTARIUS Nov. 22 - Dec. 21

You could try to get things to come together by force when in fact they need discussion and compromise. Hidden issues could be driving the agenda, so don’t try to cover up how you feel. It will help your health tremendously if you can let go of anger or bitterness and share from the heart. Your energy will return and you’ll feel better.

CAPRICORN Dec. 22 - Jan. 19

Take care when you’re out since you could be prone to infections. This is especially true if you’re tired or stressed. The cosmos is going to encourage you to get involved in all kinds of exciting events. Make sure to eat the types of foods that support your level of activity. Try more protein and omega-3 fatty acids.

AQUARIUS Jan. 20 - Feb. 18

There are some strange, subtle currents that could set you on edge. You’re moving through an interesting phase of learning more about how your body works and what makes it feel good or bad. Take note over the days ahead, especially when you feel great and have plenty of positive energy. What did you do right?

PISCES Feb. 19 - March 20

Your problem could be too much of a good thing. You may be doing more socializing, but look after yourself while you’re at it. Be good to your body and give it plenty of fresh water, good food, and clean air. Adequate sleep is another essential factor for good health.

» ZACK HILL BY JOHN DEERING AND JOHN NEWCOMBE



ACROSS

- 1) Certain sorority woman

6) Catchall abbr.

10) Soon, to a bard

14) Everglades bird

15) Colored part of the eye

16) ___ Scotia

17) Three smart things

20) Highland head warmers

21) "For ___ a jolly ..."

22) Large sea ducks

23) "Emergency!"

24) Aviary sounds

25) Duplicate a duplicate, e.g.

29) Persia, now

30) Sometimes consumed bacteria

31) Husk relative

32) Have a decisive chess win

36) Three smart things
- 39) Performance for one

40) Wordplay-based jokes

41) Address a convention

42) Mental keenness

43) Human's first home?

44) 7-Up alternative

47) Land of presidents

48) Enter a pool

49) Lt.'s subordinate

50) What bodybuilders count

54) Three smart things

57) Advocate

58) Unit of pressure

59) Encourage

60) "___ of the d'Urbervilles"

61) Unattractive pond feature

62) Batman's Bruce

DOWN

- 1) Didn't offer for sale

2) ___ Khan

3) Big event for a senior

4) Composes or authors

5) Absorbed, as a cost

6) Some farm beasts

7) Singer and actor Burl

8) "Hold on a ___!"

9) Easy victory

10) Battery terminal

11) Fairly large-sized musical group

12) Do-___ (replays)

13) Some House votes

18) "Hello, sailor!"

19) Way of carrying oneself

23) ___ & Span (household cleanser)

24) Performing threesomes

25) 45s and 78s (abbr.)

26) Sound rebound

27) Refrigerate

28) Mishmash

29) Works on wrinkles

31) Between 0 and 90 degrees, as an angle

32) ___ mortals

33) Biology lab gel substance

34) Ballerina's garb

35) Visual pair

37) Bad names?

38) Little amount

42) "When You ___ Upon a Star"

43) "Back in the ___" (Beatles hit)

44) Fern-to-be

45) Promotes

46) Hotel posting

47) Deprive of weaponry

48) Censored material

49) Almond or eggshell relative

50) Capital in the Baltics

51) Trendsetting

52) Menial laborer

53) All there mentally

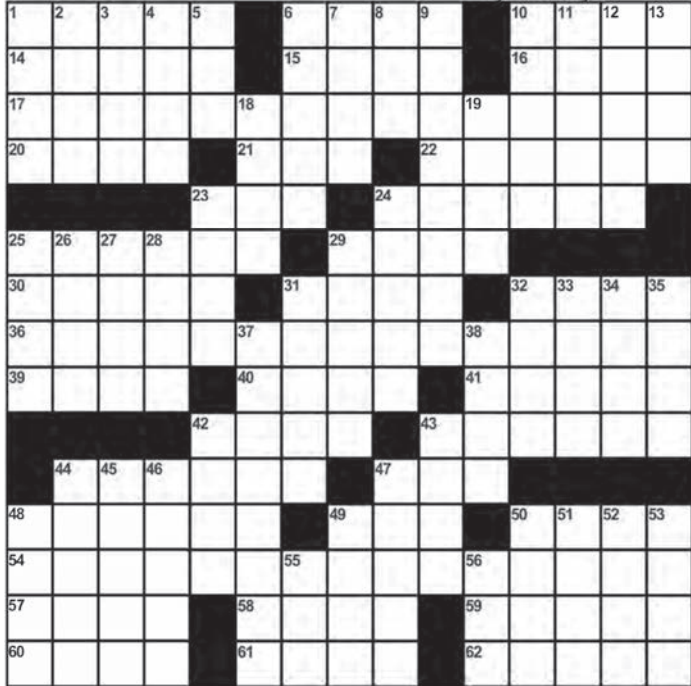
55) Med school grad

56) Morning drops on blades

10.2.25

GET SMART

By Timothy E. Parker



PROBLEM SOLVED » BY CHRISTOPHER ELLIOTT

Sears Didn’t Install My Washer. Why Won’t It Refund The Labor Charges?

Sears can’t install James King’s washer and it won’t refund him. How can he get the company to honor its obligations?

Question: I prepaid Sears for a washer installation recently. Despite following up with multiple emails and a phone call, Sears has not installed the appliance.

I’ve asked for a refund [for the installation] but Sears has not responded. I worry that my consumer rights are being ignored and I feel misled by a company I once trusted. I have documented every correspondence and maintained a thorough paper trail as you recommend.

I need guidance on how to secure the refund I am entitled to and whether I have any additional recourse under consumer protection laws. I am reaching out because I believe your advice can help me make sense of this confusing situation and push for accountability.

—James King,
Carmel Valley, California

Answer: Sears should have installed your washer or refunded your entire payment immediately.

Under Federal Trade Commission guidelines and state consumer protection laws, a company must give you a full refund if it can’t render the service. Sears’ policy is also clear: You deserve to get all of your money back.

You did the right thing by sending a written complaint and following up with Sears in writing. It’s vital to keep a detailed paper trail of every email, phone call and correspondence. Remember: You can appeal any rejection through the Sears executive contacts I publish on my consumer advocacy site Elliott.org.

When I reviewed your paper trail, I saw evidence that Sears was trying to send a technician to your home. But you say no one showed up. Finally you gave Sears a one-star review on a consumer site and called it

a “scam.” That’s understandable, but I think you might have also appealed to an executive at Sears. They might have been able to fix this for you quickly.

I can’t tell what went wrong based on your records and my subsequent conversation with Sears. But Sears has been experiencing some service problems lately, which I’ve documented in this column. I think that’s important to know if you’re thinking about buying an appliance from Sears and contracting with the company to have it installed. You may encounter some delays.

It’s also unclear why Sears wouldn’t give you a quick refund. If a company takes your money but doesn’t provide a service you should get your money back quickly – no questions asked. I contacted Sears on your behalf. A representative quickly agreed to refund you the \$190 in labor charges you

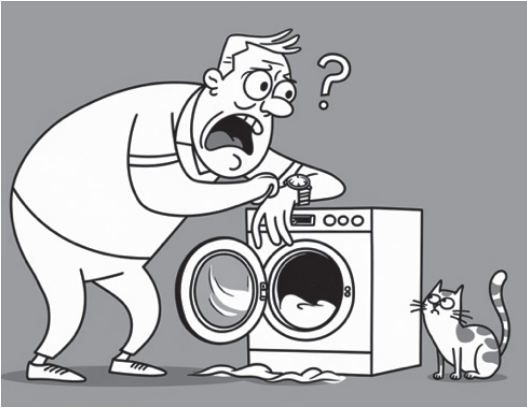


Illustration by Dustin ELLIOTT

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

Then on Saturday, Oct. 4 the marching Falcons will participate and compete in the Tustin Tiller Days Parade in Santa Ana. Start time is 10 a.m.

Finally, on Tuesday, Oct. 7 Crescenta Valley Instrumental Music (CVIM) is having a dine-out at India’s Flavor. Support CVIM and India’s Flavor as it promotes its new student meals that can be picked up or delivered to schools for healthy lunches.

JAPANESE OSHIBANA ART AT LCWC

The La Crescenta Woman’s Club is hosting an Oshibana multimedia exhibition and program by award winning artist Phyllis Hansen on Wednesday, Oct. 8 at 11:30 a.m. at the La Crescenta Woman’s Club, 4004 La Crescenta Ave. in La Crescenta.

Oshibana uses pressed flowers and other natural botanical materials to design works of framed two-dimensional art of all sizes. Subject matter varies from landscapes to portraits to rich designs and other scenics. Hansen will give the background, technique and current state-of-the-art of Oshibana, including a colorful exhibit.

Admission is free, but reservations are highly recommended. The reservation line is (818) 249-9403. Please advise if you also wish to be our guest for lunch.

COMMUNITY SERVICES & PARKS HOSTS OCTOBER EVENTS

•The Wander the Wilderness Bus is a free shuttle on weekends that departs at 9 a.m. and 11:30 a.m. from Glendale to Deukmejian Park. For details, visit GlendaleCA.gov/Trails. <https://tinyurl.com/tkp5rujx>

•A full moon night hike takes place at Deukmejian Wilderness Park on Saturday, Oct. 4 from 6:30 p.m. to 8:30 p.m. This night hike is on moderately steep trails. Lunar cycles’ affect on wildlife, insects and even humans will be explored. Hikers should wear sturdy shoes, bring water and a flashlight; red light covers will be provided. Visit <https://tinyurl.com/ycx2xxvx> to learn more and to RSVP.

To learn more, visit the city’s Leisure Guide at GlendaleCA.gov/LG/

CVIM HOLDING SILENT ONLINE AUCTION

The Crescenta Valley High School Instrumental Music Foundation is having an upcoming silent online auction fundraiser from Oct. 10-25 ending at 6 p.m. on Saturday, Oct. 25 at the school’s Spooktacular Concert at Crescenta Valley High School. It will be held both online and in-person to view any donated items before the end of auction.

This event is one of CVIM’s main fundraisers and brings in much needed funds to support all instrumental music classes. CVIM depends upon the support of community supporters and businesses for the success of the auction.

Items needing funding include a small truck for equipment transport to festivals, music for all classes, instruments including cellos and bass and new uniforms.

The auction site can be found at <https://www.32auctions.com/CVIM2025>.

LCFOG HOSTS BOOK & AUTHOR LUNCHEON

Tickets are now available for the La Cañada Flintridge Orthopedic Guild Book & Author Luncheon on Tuesday, Oct. 28 at the La Cañada Flintridge Country Club.

Three dynamic authors will be featured. They are Kim Fay, Ellen Byron and Jane West Bakerink.

Interested in attending? Contact Joan Clevén at (818) 249-4603.

La Cañada Flintridge Country Club, 5500 Goodbye Drive, La Cañada Flintridge

DANCING AS EXERCISE

Dancing As Exercise is a free weekly event sponsored by the Los Angeles County Park program for seniors (50 plus), which was dark during summer. It is now active!

There is live music every Friday from 10 a.m. to noon in the Park’s building at 3901 Dunsmore Ave. in La Crescenta. Light refreshments and water are provided along with socialization and information about other park activities.

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

CRAFTSMAN WEEKEND AT PASADENA HERITAGE

Pasadena Heritage is bringing back Craftsman Weekend – but this time expanded into an entire week of events. The festivities are from Oct. 12-19. Events include ArtNight on Friday, Oct. 10, a walking tour of Craftsman homes and a free family day of architecture, art and exploration, on Oct. 12, a VIP art glass tour and a picnic wine lunch on Oct. 13, Gardens & Gables with Greene & Greene Neighborhood Walking Tour as a combination on Oct. 14 and a Metalwork talk and reception, a talk presented by Pasadena Heritage titled Crafting Illumination: A Tour of Old California Historic Lighting and Home Design and a “behind the velvet ropes” tour, on Oct. 15, Mission Tile West, Pasadena Heritage and the Pasadena Museum of History host a VIP wine lunch and conversation with artist Cha-Rie Tang & Save The Tiles, including mini exhibits of each at the Blinn House, and later that day Pasadena Heritage will present the keynote presentation and post-presentation VIP reception with Brett Waterman of the Restored television show on Oct. 16, Janet Klein & Her Parlor Boys will be playing the music of the Craftsman Era in front of the famous Blinn House glass tile fireplace (limited tickets) and The Gamble House will present a Fire & Light Tour, a glass-lover’s paradise, containing exquisite leaded art glass windows, light fixtures, wall sconces, cabinets and doors on Oct. 17, Pasadena Heritage will host Ford Place Walking Tour and a Flea Market and Craft Fair in front of the Blinn House and through Ford Place of Fuller Seminary and the Gamble House will present a Details & Joinery Tour on Oct. 18.

Tickets available. Visit <https://www.pasadenaheritage.org/craftsmanweek> for details.

THE MOOSE AND THE NATURE BUILDER AT BOLTON HALL

Years after thwarting the nefarious plans of Boris Badenov, Bullwinkle J. Moose called Tujunga home. At least the man who provided the voice for the cartoon character did.

Shortly before his death in 1985, actor Bill Scott wrote and starred in one of his last theatrical performances and Tujunga’s Bolton Hall Museum was the venue. History Hunter Craig Durst and local thespian extraordinaire Joe DeCenzo recreate this timeless presentation following the life of Bolton Hall designer George Harris – the Nature Builder.

This event on Oct. 11 at 1 p.m. is free and open to the public and everyone is welcome. It is being held at Bolton Hall Museum, 10110 Commerce Ave. in Tujunga.

Additional information is available from Little Landers Historical Society; call (818) 352-3420 or visit <https://www.boltonhall.org> or email llhs@boltonhall.org.

NATURE JOURNALING & DRAWING WORKSHOP

Terri Mando, a certified nature journaling educator from Shadow Hills Journal Club, will teach an educational framework on Oct. 14 from 5:30 p.m. to 7:30 p.m. at the La Crescenta Library, 2809 Foothill Blvd. It was developed and taught by JohnMuirLaws.com and his Wild Wonder foundation. Attendees will create a “mini-journal” of their nature observations doing “drawing exercises” utilizing techniques developed by Betty Edwards, author of Drawing on the Right Side of the Brain.

Everything needed for the workshop is provided and attendees take home a mini-journal and a list of resources to continue a nature journaling practice.

Attendance is limited and advance registration is required. To register, see library staff or visit Visit. LACountyLibrary.org/events and filter by date or location.

DYNAMITER CLASS OF 1975 PLANS 50-YEAR CELEBRATION

Glendale High School’s Class of 1975 will celebrate its 50-year reunion on Saturday, Oct. 18 at Oakmont Country Club, 3100 Country Club Drive in Glendale, part of a three-day weekend of special events.

Reunion events will include a tour of Glendale High on Friday, Oct.

17 followed by lunch (on your own) at Mario’s Italian Deli and Market, 740 E. Broadway in Glendale; a Friday night pre-party at Barragan’s Mexican Restaurant, 730 N. Victory Blvd. in Burbank; the official reunion celebration on Saturday, Oct. 18 at Oakmont Country Club; and a flexible breakfast (on your own) on Sunday, Oct. 19 at Bob’s Big Boy, 4211 W. Riverside Drive in Burbank. Each event will be individually ticketed, so alumni will need to pre-pay for Friday night and Saturday events, and pre-register for the campus tour.

The reunion committee has established a Facebook page at <https://www.facebook.com/groups/386157964886810/>. For further information, please contact Reunion Committee Chair Lisa Goodlad at lisagoodlad@gmail.com.

FALL INTO THE HOLIDAYS BOUTIQUE

Fall into the Holidays, a craft and gift boutique, takes place on Saturday, Oct. 25 at St. Luke’s of the Mountains. The day offers unique items for sales, raffle, barbecue, bake sale and music.

Free to attend! The boutique is from 9:30 a.m. to 3:30 p.m. St. Luke’s is located at 2563 Foothill Blvd. in La Crescenta.

MONTROSE LIBRARY EVENTS

•The Montrose Library hosts canasta on Tuesday afternoons from 1:30 p.m. to 4:30 p.m.

•The Back Alley Painters is a vibrant group of adult artists who gather to create, share their work, offer constructive feedback and enjoy each other’s company.

Participants are asked to bring their own art supplies – whether watercolor, acrylic, ink or pencil (no oil paints). Meetings are every Monday 11 a.m. – 1:30 p.m.

•Mahjong is a game of skill, strategy, calculation and a degree of chance. Players of all levels are welcomed! Players meet every Thursday from 1 p.m. to 4 p.m. at Montrose Library.

The Montrose Library, 2465 Honolulu Ave. in Montrose (818) 548-2048.

You can read more at CVWeekly.com/CALENDARTHIS

RELIGION

RELIGION SERVICE DIRECTORY



**Center for Spiritual Living
La Crescenta**

4845 Dunsmore Ave, La Crescenta, CA 91214

Sr. Minister, Rev. Mary Morgan
Meditation at 9:30-9:45 am
Service at 10:00 am

Come share Faith, Love and Community.
We offer a Sanctuary for the Soul and a Home for the Heart

CSLLaCrescenta@gmail.com



**Church of Scientology
Mission of the Foothills**

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



OUR HELP IS YOURS
scientology-montrose.org

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



SPIRITUALLY SPEAKING

SPIRITUALLY SPEAKING PARTICIPANTS

Rev. Jon Karn of Light on the Corner Church;
Rev. Kimberlie Zakarian of Holy House Ministries;
Anthony Kelson RScP and Laney Clevenger-White, RScP; Rabbi Janet Bieber, Carolyn Young, Sharon Weisman; Rev. Mary Morgan, Center for Spiritual Living - La Crescenta Rev. Dabney Beck, International Church of the Foursquare Gospel; Lucinda Guarino, Rev. Karin Ellis, La Cañada United Methodist Church; The Rev. C. L. "Skip" Lindeman, Upland Christian Church;

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

**Crescenta Valley
United Methodist Church**



**WORSHIP
Sunday 10am**

Childcare and
Sunday School
offered at 10am.

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



HIGHLANDS CHURCH

**WORSHIP SERVICE
SUNDAYS @ 10AM**

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



Sunday Worship at 10:00 a.m.

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

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

1200 Foothill Blvd, La Cañada Flintridge
(parking lots on Foothill or Verdugo)
www.lacanadachurch.org

Light on the Corner Church



Pastor Jon Karn
1911 Waltonia Drive
Montrose
(818) 249-4806

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

**Lutheran Church
in the Foothills**



**1700 Foothill Blvd.
La Cañada Flintridge**

WORSHIP WITH US!
In Person and on YouTube
Sundays at 10 AM
Services available on our website
during the week.

www.lcifoohills.org / 818-790-1951



Mt. Olive Lutheran Church
3561 Foothill Blvd, La Crescenta
office@molc.org • (818) 248-4253

Sunday Worship Service
(with Sunday School for kids) 9:30 AM
Wednesday Bible Study
6:30 PM

Check out our Website!
www.molc.org
See us on Facebook!



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



**Tujunga United
Methodist Church**
All are welcome

Sunday Service at 9am
Pastor Kevin Kang

9901 Tujunga Cyn Blvd, Tujunga
office@tjungachurch.com
(818) 352-1481

NOTES & NODS

LUTHERAN CHURCH WELCOMES VIV VEGA AS TRANSITIONAL PASTOR

Lutheran Church in the Foothills (LCIF) will welcome Viv Vega to the pulpit on Sunday, Oct. 5 at 10 a.m. She will be serving as a transitional pastor for the church during a time of change. LCIF's former Pastor Rick Hall accepted a new position in late August, which has caused a vacancy in the church's pastoral leadership. LCIF will hold a special congregational meeting on Sunday, Oct. 5 following worship, to authorize the formation of a call committee, the formal procedure to recruit a new permanent pastor. The call process for

pastors in the California Southwest Synod of the ELCA (Evangelical Lutheran Church in America) is mediated by the synod but involves direct input from the parish. The selection of a new leader, by means of interviews with candidates presented by the synod, is a process that often requires several months or more to complete. In the meantime as a transitional pastor Viv Vega will fill the important role of helping the church bridge the gap to finding new permanent leadership. Vega, as a second-career pastor, brings a wealth of life experience to her ministry. She is currently attending Pacific Lutheran Theological Seminary, headquartered

Question: There are so many people who are caregivers for their loved ones. This can be rewarding but it can also be a very stressful time that brings emotions to the forefront including a sense of loss as they watch their loved ones change and guilt when they find themselves too tired to be positive. What can a caregiver do to make certain their physical and mental health are replenished?

Caregiver

Dear Caregiver –

Whether you are the primary caregiver or the caretaker overseeing finances and other things, the responsibility for aging, ailing or failing loved ones is stressful. As a caregiver, when we act or speak out of frustration instead out of love it's important to forgive ourselves instead giving into guilt. Giving ourselves permission to be irritated, angry, fearful, sad, despondent and lonely and to grieve the potential or impending loss is all part of the caregiving process. Having been in this position within the last number of years, I learned that self-care is as critically important as the care of our loved one.

First and foremost in self-care is spiritual replenishment!

When depleted, we need filling up. Philippians 4:6-7 states, "Be anxious for nothing but in everything, by prayer with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will fill your heart and mind." Through regular devotional reading, contemplative time and prayer, God speaks to our heart, soothes our emotions, quiets our mind and brings needed peace. When we respond from peace, we navigate through challenges more effectively.

For mental and emotional wellbeing, we need to ask, "What feeds my soul and restores joy?" Is it being out in nature, reading a book for pleasure, the company of caring friends, getting a massage or having a "pajama day" to recoup? It's critical that we discern the answer(s) to this question as these things will be a part of the antidote to counteract the stress and pressure.

Physical exercise is also paramount, whether it's vigorous workouts or just a daily walk. Besides benefitting our body, exercise helps us think more clearly, improves our mood, reduces stress, anxiety, or depression, and contributes to restful sleep. Staying hydrated

(a biggie!) and eating well are priorities too. Taking "time off" and getting away regularly by asking a relative or friend to help out or hiring a temporary caregiver is a must.

By no means is this an exhaustive list of how to handle the pressures of caregiving but I hope this has given a few practical ideas of how to navigate a challenging season.

Blessings,
Rev. Dabney Beck

Dear Caregiver,

As you said, caregiving is very stressful. In fact, studies show that sometimes the caregiver dies before their loved one does. So it's very important for the caregiver to take care of themselves. Check your local hospital to see if they have a caregiver support group. I used to lead one for years. Also see if you have someone who could give you a respite for a few hours so you can go out with friends.

Find a therapist with whom you can vent. Most therapy is done on FaceTime so you don't even have to leave your home.

Don't feel guilty about taking care of yourself. Remember what the airlines say about putting the mask on yourself first and then helping others.

Carolyn Young, LCSW

in Berkeley. According the LCIF, Vega is "synodically-authorized" to minister to the congregation during her seminary education and as part of her training. In addition, the church is pleased to have Rev. Tim Singleton, pastor at Mount Olive Lutheran Church in La Crescenta, to provide pastoral care, such as calling and visiting members who are ill or homebound, during this transition time.

Visit lcifoohills.org for event details. For more information or to request/offer help, email office@lcifoohills.org or call (818) 790-1951. The church is located at 1700 Foothill Blvd. in La Cañada Flintridge. Office hours are 9 a.m. to 1 p.m. Monday through Thursday.

MOVIES IN THE PARK AT MEMORIAL PARK

On Saturday, Oct. 4 at 6 p.m. Movies in the Park features "Paddington 2." This free event includes a craft station where children can decorate Chef Paddington's wooden spoons and try marmalade sandwiches. The International Institute of Los Angeles will share information about its work with refugees and immigrants.

Bring chairs and blankets and enjoy Lomos on Wheels' Peruvian Food and the Cozy Cookie Company!

This event is sponsored by La Cañada Congregational Church and is open to all.

Memorial Park, 1301 Foothill Blvd. in La Cañada Flintridge
www.lacanadachurch.org

WOMEN'S NONDENOMINATIONAL BIBLE STUDY

Seasons of Life Bible study offers two classes to choose from:

- * Joy of Living studying The Gospel of Mark and the Book of Esther
- * Women of Faith studying living a purposeful life

Classes are on Thursday mornings from 10 – 11:30 a.m. beginning Sept. 25 through April 9 at Highlands Church, 4441 La Crescenta Ave. in La Crescenta.

If interested, please contact the church at (818) 405-0763 or Lynda Hessick at (818) 640-6022 or email lyndahessick@gmail.com. The deadline is Wednesday, Sept. 7 to have the book selected to be ordered.

HOLY CRAFT

The community is invited on Sundays at 11 a.m. starting Oct. 21

in the sanctuary foyer of La Cañada Congregational Church. Bring a craft project and supplies along with a snack to share. Attendees will find seasoned knitters, procrastinating gift makers and curious learners coming together to make something beautiful (even if it's just conversation). It's a great way to share a skill, learn a new one (supplies provided) and find new friendships.

La Cañada Congregational Church, 1200 Foothill Blvd., La Cañada

CSL OFFERS GENTLE MOVEMENT CLASS

The Center for Spiritual Living - La Crescenta is offering a gentle stretch and relax chair movement with Mikki. It takes place every Friday from 10 to 11 a.m. The cost is a \$10 donation.

The class is at Chaffee Hall in the Center for Spiritual Living - La Crescenta.

The Center for Spiritual Living is located at 4845 Dunsmore Ave. in La Crescenta. For more information, call (818) 249-1045.

You can read more at CVWeekly.com/RELIGION

BUSINESS

NEWS FROM THE CV CHAMBER » “OUR BUSINESS IS YOUR BUSINESS”

Fun at the CV Chamber

At the Crescenta Valley Chamber of Commerce we take pride in welcoming new members to our organization. This month we welcome:

Montrose ADHC, Inc. at 2925 Honolulu Ave. in La Crescenta. Montrose ADHC, Inc. helps individuals achieve and maintain optimal health. They rehabilitate participants to the fullest extent possible, helping individuals to achieve independent living or preventing premature placement in long-term care. Family benefits include relief from round-the-clock caregiving duties, access to high-quality medical care for participants, opportunities for socialization and therapeutic activities, continuous medical and psychological evaluations and counseling on caregiving, family matters and other related concerns. Visit montroseadhc.com or call (818) 369-7006 or (818) 369-7007. Montrose ADHC, Inc. is also having an open house on Oct. 4 from 10 a.m. to 3 p.m.

ZenBusiness, an AI-powered platform that helps entrepreneurs start strong and stay compliant. It simplifies business formation and ongoing compliance while helping protect owners from personal liability. With award-winning support and smart automation, ZenBusiness combines human expertise and AI innovation to set small businesses up for long-term success.

Looking ahead, on Nov. 13 the CV Chamber and Montrose-Verdugo City Chamber are partnering in a joint mixer. It's going to be held at Crescenta Valley United Methodist Church, 2700 Montrose Ave. from 6 p.m. to 8 p.m. Those who bring in non-perishable food will get an extra ticket for our opportunity drawing!

Finally, on Nov. 15 at Sadler Hall at St. Luke's of the Mountains, the CV Chamber is hosting a Fall Festival celebrating the many aspects of the autumn season.

Details coming next month on these two events!

We always welcome new folks and businesses to our Chamber. For details on any Chamber event simply call the CV Chamber office at (818) 248-4957 or email us at info@crescentavalleychamber.org. You may also access our Chamber website at www.crescentavalleychamber.org.

Remember our Chamber motto: "Our Business is Your Business."

Robin Goldsworthy, President CV Chamber of Commerce

NEWS FROM THE MONTROSE-VERDUGO CITY CHAMBER » MOLLY BURKE

Oktoberfest in Montrose: Where Community Comes Together

The Montrose-Verdugo City Chamber of Commerce is thrilled to welcome the community back for its biggest event of the year: the Montrose Oktoberfest! The celebration takes place this Saturday, Oct. 4, from noon-10 p.m. on the 2200-2400 blocks of Honolulu Avenue.

We kicked things off with our pre-Oktoberfest Bingo Night when neighbors came together for an evening of prizes, laughs and community spirit. A heartfelt thank you goes out to everyone who attended as well as to the sponsors who helped make it possible. Bingo night was just the warm-up and now we're ready for the main event!

This year's Oktoberfest truly has something for everyone. Families can look forward to a brand-new Kids Zone, proudly supported by the YMCA of the Foothills, starting at the Montrose clock. From carnival rides and classic games for kids, teens and even adults, to an afternoon full of art projects, face painting, balloon creations and glitter tattoos, there's no shortage of fun!

Meanwhile, food lovers can indulge in Oktoberfest favorites like brats, turkey legs, hot dogs, pretzels, churros and apple strudel, paired with domestic and German beer, Golden Road Brewing specialties, refreshing black cherry hard seltzer and wine. All items are served by local organizations that help keep the Montrose spirit alive.

In addition to the festivities, guests can also stop by the City of Glendale Planning Dept. booth on Wickham Way from noon-5 p.m. to learn more about the Glendale Plan and ask questions.

Contests are back on the Main Stage, including Lil' Mister & Lil' Miss Oktoberfest at 2:15 p.m., Mr. & Mrs. Oktoberfest at 4:15 p.m., and stein holding at 7:15 p.m. Each is free to enter with prizes generously donated by local businesses.

Meanwhile, live entertainment will keep Honolulu Avenue buzzing all day long. From the German American Brass Band at 5:30 p.m. to Past Action Heroes headlining the Main Stage and Powerplay rocking the Market Stage from 8 p.m.-10 p.m., the lineup offers something for everyone. Throughout the day, guests can also enjoy performances from DJ Ernie, The Vault Dance Studio, Revolution Dance Center, Chris Blakely, Bootscoot Bosses, Mary Dyer Band and Mumbo Jumbo.

Montrose Oktoberfest is made possible by our sponsors, volunteers, community partners and, most importantly, the incredible support of our neighbors. Together, they bring this beloved tradition to life year after year and make Montrose such a special place. We can't wait to celebrate with you on Oct. 4 for a day filled with brats, beer, music, laughter and memories in the making!

Celebrating Our New MVCC Members:

- * *The Ridge Barbershop* – Speakeasy barbershop offers a unique blend of traditional barber services with a modern twist. (626) 659-3125
- * *Bootscoot Bosses* – Delivers unforgettable line dance experiences on stage, on-site or in the studio. bootscootbosses.com
- * *Montrose ADHC, Inc.* – Support individuals in reaching their best health, promoting independence and delaying long-term care placement. montroseadhc.com
- * *Once Upon A Time Bookstore* – America's oldest children's bookstore! shoponceuponatime.com

Celebrating Our Returning MVCC Members:

- * *Paradis* – They handcraft their ice cream daily with top-quality ingredients from around the world to bring the finest experience. paradisicecream.com
- * *Montrose Mailbox* – Your go-to resource for mailbox rentals (physical or digital/virtual), packing, shipping and business service needs. montrosemailbox.com

MVCC Upcoming Events:

- * On Saturday, Oct. 4 from noon-10 p.m. – 46th Annual Montrose Oktoberfest 2200-2400 blocks of Honolulu Avenue in Montrose. For more information, go to bit.ly/montroseoktoberfest
- * On Thursday, Nov. 13 – Friendsgiving Mixer with the CV Chamber from 6 p.m.-8 p.m. at Crescenta Valley United Methodist Church, 2700 Montrose Ave. in Montrose. Remember to shop local!

Molly Burke, Executive Director MVCC

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• Rock Climbing Wall

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• Detective Bureau Displays

• Forensic Crime Scene Activity for Kids

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9:00 AM - 2:00 PM

Glendale Police Department

131 N. Isabel St., Glendale, CA 91206

FREE HOT DOGS FROM 11:00 AM - 2:00 PM

Come climb on & touch all your favorite city vehicles! On display will be: a police car, police motorcycle, fire truck, trash truck, cement truck, backhoe and more!

For more information, email ATate@GlendaleCA.gov or call (818) 548-4015.

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GLENDALE POLICE

CITY OF GLENDALE

Senator Sasha Renée Pérez Issues Statement on Federal Actions to Investigate the CSU

Senator Sasha Renée Pérez, chair of the Senate Education Committee, has issued the following statement on the Trump Administration's actions to investigate the California State University (CSU) over allegations of antisemitism and racial discrimination:

"The Trump Administration has initiated several targeted attacks at our institutions of higher education and now it appears that our California State University system is the latest target of his modern-day McCarthyism.

"Trump's aggressive and overly broad demands for information are intended to create a chilling effect on academic freedom. He is weaponizing legitimate concerns for political gain in order to create division and undo the progress we have made to expand access to and diversify our education system.

"It is imperative for the CSU to take all legal steps to resist divulging employee's private information. This protection must also extend to students. This week, a federal judge ruled that the President's aggressive actions targeting foreign students for pro-Palestinian activism violated the First Amendment and that the policy chilled political speech and was ideological retaliation.

"Racial discrimination, such as antisemitism, is not just wrong – it's illegal and our educational institutions have worked to implement laws to prevent such behaviors and restore justice when harms have occurred.

"I will be watching these developments closely to ensure any federal inquiry is handled in a fair and fact-based manner."

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34th Annual Community



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Join us for a morning of —
HOPE

Join us for a morning of live music, shared faith and prayers, and
a mission to benefit the Y’s Chaplain Services program.



DONATION

\$700/per table of 8
\$100 Individual Ticket



WHEN

Saturday, Oct. 18th
BREAKFAST 7:45 am – 8:20 am
PROGRAM begins
promptly at 8:30 am



WHERE

Crescenta-Cañada YMCA
1930 Foothill Blvd.,
La Cañada Flintridge
Upper parking lot
(Outdoors & Shaded)



KEYNOTE SPEAKER

Pastor Chuck Osburn
La Cañada Presbyterian
Church



EVENT EMCEE

Rev. Harlan Redmond
Pastor, Interwoven
Presbyterian Church



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ARMENIAN MUSEUM
from page 16

Karapetyan began her career in media as an intern at KABC-TV in Los Angeles and KFI 640 AM radio in Burbank. She went on to report and anchor for Torrance’s government access channel CitiCABLE before taking her first on-air newsroom position at KIDK-TV in Idaho Falls, Idaho. She later reported and hosted at KOIN-TV in Portland, Oregon before joining FOX 11 in Los Angeles in 2012, where she has become one of the station’s most recognizable anchors.

The Armenian American Museum and Cultural Center of California is a world-class educational and cultural institution currently under construction in the heart of Glendale’s Arts and Entertainment District.

Learn more and RSVP for the Heritage Gala at ArmenianAmericanMuseum.org/Gala.

WEATHER from page 2

Come to find out Andrea and Ruk are actually androids, which the Enterprise team is not at all happy about.

“Christine, you must realize an android is like a computer. It does only what I program,” Korby said (sound familiar?). “Do you realize the number of discoveries lost because of superstition, of ignorance, a layman’s inability to comprehend?” Again I ask – sound familiar?

It is incredible that the same arguments used to explain AI, and androids, in science fiction decades ago is still being used today.

We just don’t understand what AI is. It is only programed to do what the creators program, it can’t think on its own. And now ... it’s like a piece of art.

Now I realize that Norwood is just an AI image and not an actual android; however, with the advances of this technology and of robots we would be naive to think actual androids are not far behind in development.

It was eventually found out that Korby himself was an android. His body had been broken, hence the reason he was rebuilt as an android, but his mind was still his own – or so he thought. In the end he discovered that maybe the android could think beyond

how it was programmed. This occurred when Andrea declared her love for Korby. This was too much for Korby to “compute” and both of their android lives ended.

There were so many more layers to this story, like in most “Star Trek” episodes, but I think what made me think of “What Little Girls Are Made Of” was the look of Norwood and of Andrea. There is an innocence in both of these fake humans that makes you immediately feel sympathetic toward them ... and there’s the rub. Van der Velden is correct in one way: art is supposed to bring an emotional response – it just shouldn’t be followed with a dose of fear that jobs will be lost.

We should be seeing cooler than normal temperatures for the next few days, with highs in the mid-80s. Our June Gloom continues in October with some wind expected over the weekend in the mountains and Santa Clarita area.

NOAA is tracking a low pressure system affecting the foothill communities that could produce “moderate to strong” winds from the north and showers starting Monday and continuing into Tuesday, according to NOAA.

REPORT from page 5

On Tuesday a motion was made LA County Board of Supervisor Chair Kathryn Barger and Supervisor Lindsay P. Hovath that was unanimously approved to implement key recommendations from the McChrystal Group’s independent After- Action Report.

According to LA County Board of Supervisors, the report identified five critical areas that needed improvement:

Policies, Protocols, and Authority – Updating policies and County Code to clarify decision-making responsibilities for issuing evacuation warnings and orders. Training and Planning – Standardizing and enhancing evacuation-specific training for all County departments and partner agencies.

Resource Management – Restructuring and increasing staffing for the Office of Emergency Management strengthen its capacity to manage large-scale emergencies.

Situational Awareness and Interoperability – Modernizing technology systems and integrating communications under a unified platform, called LA-RICS.

Community Engagement and Public Information – Launching robust and consistent public education campaigns to increase community preparedness.

“Additionally, the Board directed the Chief Executive Office to provide a 60-day feasibility and fiscal impact report on restructuring the County’s Office of Emergency Management to ensure it has the autonomy and authority to coordinate countywide emergency management effectively,” according to a statement.

The Eaton and Palisades Fires revealed critical gaps that must be closed to protect our residents in the face of worsening wildfires,” Supervisor Barger stated. “By implementing these recommendations, we are strengthening coordination, improving communication, and building a more resilient County. My focus is on ensuring that we act quickly and responsibly so that no community feels left behind in an emergency.”

The motion by Supervisors Barger and Horvath directs the Los Angeles County Fire Dept., Sheriff’s Dept. and the Office of Emergency Management to provide joint progress reports to the Board every 60 to 90 days until all recommendations from the After-Action Report are implemented.

The Board of Supervisors also instructed staff to explore funding sources, including reallocating existing resources, to ensure timely execution of improvements.

The Eaton and Palisades Fires claimed 31 lives, destroyed more than 16,000 structures, and scorched nearly 37,000 acres, making them the most destructive in County history. The Board’s action represents the first in a series of steps to modernize Los Angeles County’s emergency response systems in the wake of these catastrophic events.

For more information on the After-Action Report go to <https://lacounty.gov/aar/>.

TRYOUTS & DINE-OUT!

THE MONTROSE SEARCH AND RESCUE TEAM TRYOUTS

DATE: SATURDAY, OCTOBER 11, 2025
LOCATION: DEUKMEJIAN WILDERNESS PARK, 3429 MARKRIDGE RD, GLENDALE
TIME: 7:30AM CHECK-IN, 8:00AM START
REQUIRED: SEND EMAIL RSVP TO INFO@LACOSAR.ORG
THE TEST: A 2 MILE HIKE FOR TIME

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Published in the Crescenta Valley Weekly
September 25, October 2, 2025..

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