

Zone Zero Wildfire Rules Delayed: What Glendale Homeowners Need to Know

California officials announced a delay in finalizing the state's proposed Zone Zero wildfire safety regulations. While the rules are not yet in effect, the Glendale Fire Dept. is encouraging residents to act now to better protect their homes from wildfire.

What Is Zone Zero?

Zone Zero is the first five feet around a home or building. This area is critical because most homes lost during wildfires are not destroyed by flames, but by flying embers that land near structures and ignite flammable materials. Zone Zero rules would require homeowners in high wildfire-risk areas to keep this five-foot zone free of combustible materials.

What's Changing and What's Not:

The California Board of Forestry and Fire Protection has delayed finalizing the Zone Zero regulations. Here's what residents should know:

- The state now expects to finalize Zone Zero rules in early 2026
- Requirements for existing homes are estimated to take effect around 2029
- The delay is not a step back from wildfire safety
- State officials are working to ensure the rules are fair, affordable and practical
- When implemented, enforcement is expected to focus on education first, not fines

Why the Delay?

State officials are still discussing:

- How much vegetation should be cleared
- What is reasonable and affordable for homeowners
- How to balance wildfire safety with environmental concerns
- What homeowners should do now

see ZONE ZERO on page 5

You can read more at
CVWeekly.com/NEWS

City of Burbank's 'All Paws On Deck' Visited By Rose Parade Fans

By Ruth SOWBY

For three days beginning Jan. 3, the award-winning City of Burbank Tournament of Roses Parade float was on public display on the corner of Glenoaks Boulevard and Olive Avenue in Burbank. Visitors flocked to the float that won the Rose Parade theme award, "The Magic in Teamwork." Burbank's float featured "a misfit crew of animated animals that set sail together," according to float designer Dave Lowe.

Robert Hutt, V.P. Administration for the Burbank Tournament of Roses, was on hand each day to answer visitors' questions.

He explained, "A forever home with a loving family" was what the animal crew was after. Included on the float was a peg-legged rabbit, a one-eyed dog and a turtle wearing Brussels sprouts. Shows every odd hour from 11 a.m. to 7 p.m. demonstrated character animation and original music.

The float was a special tribute to Burbank Police K9 Spike, recently killed in the line of duty. The Cannon Dog, spewing flames and smoke, wore a spiked collar



Photo by Ruth SOWBY
On display was Burbank's Rose Parade float that won the Theme Award; the theme for the 2026 parade was "Magic in Teamwork."

and bone-shaped dog tag honoring Spike's service. Burbank residents Don Waller and Kim Lavery took plenty of photos.

"We saw the float when we drove by," said Lavery.

After the public display and under police escort the float will

be driven to its construction site in Burbank where volunteers will take the float apart. First, they will get rid of the Brussels sprouts that "are starting to smell a little," said Hutt.

The flowers will go to green waste, the flowers that were

glued on will be trashed and some of the characters will be saved for a Burbank community parade later in the year.

» PART II

The Conversation Continues with ...Kathryn Barger

By Mary O'KEEFE

As stated in last week's article, Kathryn Barger, who sits on the Los Angeles County Board of Supervisors representing the Fifth District, made a motion to put into play infrastructure that will support emergencies of all types, not just fire. Whether that infrastructure is created as a separate department from the LA Board of Supervisors or something that reports to the CEO of the board of supervisors, Barger wants to hire qualified individuals who prepare year-round for all public emergencies.

"And that is going to mean coordinating with different agencies like JPL [Jet Propulsion Laboratory] to make sure we are all on the same page," she said.

She wants to make certain this new de-

partment reaches out to residents to educate them on emergency response including procedures for evacuation.

"It is important for us to look at educating as we go along to make sure that people are empowered because during an emergency you may not be able to get services directly to that individual. [I want to] empower them to understand what they can do to protect their lives, their belongings and their homes," Barger said.

Barger said she is "laser focused" on reviewing the issues that occurred during the Eaton Fire and its aftermath.

"I look to what needs to be done and I'm focused on rebuilding in Altadena," she said. "Rebuilding also includes making sure that a system is in place that does allow us not to repeat mistakes that were made."



see BARGER on page 7



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» FROM THE DESK OF THE PUBLISHER

Looking Ahead to the New Year

I don't know about you, but I try (I emphasize the word "try") to regularly clean out my spam folder. Among the garbage will be an occasional email that I really need; for example, in the past I've found emails regarding adding or cancelling a subscription. These are super important to me and I wonder why the heck they were in spam.

But I have to slog through other emails that are basically garbage. Examples include emails from President Trump asking my opinion if he should host a meet and greet at Mar-a-Lago or Trump Tower, inexpensive T-shirts for my family and even a report on dentures. Ugh!

Before I delete them, I'll look at who these emails are from to see if it is someone I know. Incredibly, I'll recognize some of the names! These are emails from realtors, jewelers and even from a radio station I listen to. It saddens me to think these people want to get the word out about something they've accomplished or something they want to advertise but instead rely on their good intentions to avoid the spam folder. Good luck with that!

When a person takes the time to craft an email to advertise something it's a really sad thing when it basically ends up in the trash.

Which leads me to the importance of advertising. I understand that sending out an email is cheap/frugal/inexpensive. However, there is no guarantee that it will end up catching

someone's attention and not end up in the trash.

Bragging for a minute, I want to let you know that Crescenta Valley Weekly has a wide reach – our papers are distributed in Sunland-Tujunga, La Crescenta, La Cañada, Montrose, Sparr Heights and parts of Glendale and Toluca Lake – not to mention that we have readers who pay to have the paper delivered weekly in their driveway. They don't have to worry that the local grocery store will be out of papers (they go fast!); they just have to walk to their driveway where they'll find that week's issue of the CV Weekly. Our subscribers are dear to us and we work our fannies off to make sure they get their weekly edition of the paper (as an aside, to get a subscription you can send in a check for \$72 to CV Weekly, 3800 La Crescenta Ave. #206, La Crescenta CA 91214 or pay from our website – www.cvweekly.com – which takes PayPal).

So there's my pitch to advertise in the CV Weekly. Avoid the spam folder and be assured that your message is reaching those who will benefit from it.

Now, I have to get back to my spam folder – it fills up fast!

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

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» WEATHER WATCH

Taking A Look Outside Our Window

By Mary O'KEEFE

This month CVW looks at health – overall physical health and mental health – so I thought if the Earth were a person how would its overall health be? As suspected, this Earth is not doing well.

Just like any living thing, years of neglect and abuse has affected its health. Too much smoking, dietary changes and being overweight is not good for anyone ... or any planet.

"Human activities have pushed Earth beyond its Safe Operating Space. The planet's natural resilience is weakening: Global warming is accelerating, ecosystems are showing clear signs of degradation and early warning signs of tipping points are emerging in key systems. We have entered the Anthropocene – an era where human activity dominates the Earth system," according to Planetary Health Check, "The Planetary Boundaries."

Boundaries – yes, a new buzz word for a generation – is an important word, especially when referring to the Earth.

"These boundaries are scientifically defined guardrails that ensure the Earth's health. Stay within them and the Earth stays our dependable home — breach them, and we risk irreversible damage to our very own life support system," according to Planetary Health Check.

The nine boundaries, according to Planetary Health Check, are biosphere, pollution, ozone, land use, freshwater, nutrients, ocean PH, aerosols and ozone. At present seven of our nine boundaries have been transgressed.

Planetary Health Check released its annual report on the state of the planet and placed special focus on the ocean's role in the Earth system. You can download the report at <https://tinyurl.com/4xsjw48n>.

It is a long read but well worth it.

The conclusion by the Planetary Health

Check:

"Our overall assessment of the health of Earth in 2025 places the planet at the upper end of the danger zone, pushing closer to the high risk zone. The 2025 assessment shows that we continue moving closer to the point where the planet as a whole exceeds the zone of increasing risk and enters the high risk zone (with higher certainty of large scale and irreversible changes). Nevertheless, Earth's current health – through its remarkable biological, physical and chemical resilience – keeps the window open for returning to a safe operating space. However, this window is closing fast."

I also want to bring your attention to another health issue ... mental health. There are so many of us who feel incredible stress and anxiety not just during the holiday season but throughout the year. Some may not be able to even pinpoint where that anxiety was initiated but I think it's important for anyone who feels overwhelmed to find someone to speak with ... a therapist, your faith leader or a trusted friend; however, I always think that sometimes it's a good idea to speak to someone who is not connected (like a friend) to your life.

One of the actions I noticed helps when the news all around us is just too much is to surround myself with positivity. I know it may sound a little "Pollyanna" but finding people with grace and positivity really does lift spirits; if you can share that uplifting attitude it can lighten someone else's day.

I am following the monks who are walking through 10 states on a peace walk enroute to Washington, DC. They are going through Georgia, North Carolina and Virginia on their way to DC. They are from the Huong Dao Vipassana Bhavana Center in Fort Worth, Texas.

About 24 monks and their dog, named Aloka, started the walk on Oct. 26. Their

see WEATHER on page 6

January 2026						
	Tue	Wed	Thu	Fri	Sat	
<div>Call Phyllis! When should we list our home for sale?</div>			1 New Years Day Watch Rose Parade	2 10:30 Gentle Flow @ Spiritual Heart Yoga	3 Meet Rae Ann @ Taylors	
	4 Walk the Rose Bowl	5 Heidi & Bruno grooming @ Button Nose	6 LCF School Resumes	7 Glendale/CV Schools Resume	8 Take Down Tree	9 10:30 Gentle Flow @ Spiritual Heart Yoga
11 Walk the Rose Bowl	12 Mani/Pedi Melody Nails	13 Oil Change	14 Facial with Gina	15 Lunch with Irene @ Mins Kitchen	16 10:30 Gentle Flow @ Spiritual Heart Yoga	17 Meet Karen @ Taylors
18 Walk the Rose Bowl	19 Martin Luther King Day	20 Tri-Pacific Free Termite Inspection	21 Hair cut with Yong	22 Meet Kris @ Cafe Sole	23 10:30 Gentle Flow @ Spiritual Heart Yoga	24 Meet Camille @ Taylors
25 Walk the Rose Bowl	26 Mani/Pedi Melody Nails	27 Have Janssens clean rugs	28 Teeth Cleaning	29 Meet with CPA	30 10:30 Gentle Flow @ Spiritual Heart Yoga	31 Meet Mary @ Celestino

If you're considering selling your home in 2026, now is the time to start planning. Connecting early allows us to review market trends, create a smart timeline, and prepare ahead for the spring season. You'll get clear, practical guidance on which improvements add real value—and which aren't worth the cost—plus time to gather quotes, make updates without rushing, and list strategically. The goal is simple: help you feel informed, confident, and fully prepared for a successful sale.



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NEXT WEEK PHYLLIS DISCUSSES "WHAT HAPPENS IF YOU DON'T HAVE A WILL OR A TRUST"

NEWS

IN BRIEF

Rosemont Preserve Restoration Day

The community is invited to the Rosemont Preserve Restoration Day on Saturday, Jan. 10 from 9 a.m. until 11 a.m. to help protect the natural habitat at Rosemont Preserve. Volunteers will be removing invasive, non-native plants and cleaning up the trails for upcoming field trips. Wear sturdy shoes, comfortable clothes and garden gloves (long pants and sleeves are recommended). Tools will be available.

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

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

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

Local Float Garners Award

The La Cañada Flintridge entry in the 2026 Tournament of Roses Parade “Goin’ Nutz” won the Mayor’s Trophy. In celebration, the La Cañada Flintridge Tournament of Roses Assn. invites the community to its installation dinner on Friday, Jan. 23 at 6 p.m. The dinner is at the La Cañada Flintridge Country Club, 5500 Godbey Drive in LCF; tickets can be purchased for \$65 at www.LCFTRA.org.

Entries for the 2027 La Cañada Flintridge Float Design Contest are now being accepted. Visit <https://tinyurl.com/yc-2u2cpp> for details.

Citywide Public Art Landmarks RFQ

The City of Glendale has released a public art landmark RFQ presenting three different project opportunities. The aim is to create world-class public artwork in a diverse range of mediums designed to engage the community, showcasing the cultural diversity of the City, and enhancing the various civic and public spaces.

To learn more, visit <https://www.glen-daleartsandculture.org/publicartrfq>.

The application for the 2026 Performance Series is now open. Performance groups based in the Southern California region and made up of trios or larger are invited to apply for the Brand Summer Music Series and the Jewel City Concert Series. The deadline to apply is Friday, Jan. 30, 2026 at 5 p.m.

Glendale Seeks Community Input on Economic Strategic Plan

The City of Glendale’s Economic Development Division (EDD) is seeking community input as it updates its 3-Year Economic Development Strategic Plan, which will guide the City’s economic priorities and initiatives from 2026 through 2029.

To ensure the plan reflects the community’s needs, Glendale is gathering feedback from local businesses, regional partners, nonprofit organizations, and residents. Input collected through a brief survey will help the City better understand Glendale’s current economic landscape and identify opportunities for future growth, strengthening the city’s economic development efforts to support local businesses and attract new ones.

The survey takes approximately 10 minutes to complete. Share thoughts by Friday, Jan. 16, 2026.

Take the survey at [Bit.ly/EDPlanSurvey](https://bit.ly/EDPlanSurvey) (case sensitive).

For more information about Glendale’s current 3-Year Economic Development Strategic Plan, visit ChooseGlendaleCA.com/strategic-plan.

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

Runners Turn Out for Altadena Forever Run

By Mary O’KEEFE

Many events across Los Angeles County have been focusing on the one-year anniversary of the Eaton and Palisades fires of Jan. 7, 2025. In Altadena on Sunday, Jan. 4, one event had more than 3,000 people coming together to show their support.

The Altadena MUG Run/Altadena Forever Run was organized by Victoria Knapp, the former chair of the Altadena Town Council, and the Los Angeles County Sheriff’s Dept. (LASD)-Altadena Station Capt. Ethan Marquez and his LASD staff/deputies.

Lt. Wiemann of the LASD-Altadena Station said the event was in collaboration with the Los Angeles Sheriff’s Athletic Association (LASAA). This is the organization within the LASD that organizes fundraisers like MUG runs. (The name MUG refers to the mug that is given to participants who run a specific amount of runs within a series.)

MUG runs usually have in attendance about 300 or more runners for the 5K/10K runs; however, Altadena’s run had 10 times more runners, which is an example of the type of support the community and the surrounding areas have for Altadena, which continues to deal with one of the most devastating fires in California history.

The route for the Altadena Forever Run was unusual in that it wound its way through neighborhoods of empty lots and remnants of burned homes.

On Jan. 7 residents in the area of the Eaton Fire began the day facing strong winds. Mother Nature first pounded residents and business owners with wind ... and then the fire began at about 6:17 p.m.

The fire was wind-driven. Flames sped through neighborhoods as the wind whipped the fire, encompassing homes and businesses. The fickleness of the fire was seen as winds whirled flames around properties without burning homes or buildings. According to the After-Action Review of the Eaton Fire, communication was lacking and many who should have received evacuation orders either did not receive them at all or received them very late.

When the fire was knocked down, the Altadena community had to deal with recovery. To rebuild or not to rebuild was the first challenge; for those who decided to rebuild they had to navigate a mountain of permits – even though the County has streamlined the process as much as it can. Challenges include coping with FEMA [Federal Emergency Management Agency], the U.S. Army Corps of Engineers as workers cleared properties of fire debris, and predatory developers. Many are paying rent at their present location while continuing to pay a mortgage for their burned or uninhabitable house and, of course, insurance needs to be paid – both for their



Photos by Mary O’KEEFE

TOP: A firefighter in training with the Los Angeles County Fire Dept. carried the flag at the beginning of the run.

LEFT: Sheriff Robert Luna and Supervisor Kathryn Barger were on hand to support the runners on Sunday.

RIGHT: Artist Keni Arts paints what he sees.

burned homes and current residence. They are dealing with the loss of their belongings and the loss of their neighborhood.

Considering all of this loss and navigating red tape, Sunday’s run is even more amazing.

Wiemann said he was monitoring the run’s registration and knew to expect a high number of runners.

“A lot of runners [came] from outside Altadena,” he said.

But what really surprised him was how much the “town” got involved. He saw people along the route who had set up chairs at their burned-out lots and cheered on the runners. This was something, said Wiemann, that was not shared with the organizers – how the town took ownership of the run.

To artist Keni Arts the involvement of the town is an example of what his community does – people support each other.

Arts has been painting Altadena locations for over four decades. A lot of the homes and businesses he painted in the past are now gone or are empty shells of what they once were. After the fire, he started going to those places he had painted prior to Jan. 7, 2025 and is painting what they are now.

“It’s hard because I am so familiar with [everything here] but I am looking [at] this with an artist’s eye,” he said.

The runners were from all over the area including from the LA County Fire Dept. academy and two teams of LASD cadets. Cheers from the crowd included those with the 501st Legion – Vader’s Fist, Rebel Legion and Mandalorian Mercs. These are three Star Wars international costuming non-profit organizations that support events like the Altadena Forever Run as well as hospital and school events. They were popular with many runners, organizers and other supporters who stopped to take a photo with them.

The Altadena Forever Run raised funds that will be distributed to several organizations that help support fire recovery, and LASAA.

To see more photos, visit www.cvweekly.com

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Just Some of the New 2026 Laws

By Mary O’KEEFE

There are literally hundreds of new laws going into effect in 2026 with an estimated 900 bills signed into law.

However, before we look at 2026, there is one law that seems to be a surprise to drivers when they find a citation on their windshield. This is a law that went into effect on Jan. 1, 2024. AB413, or the Daylighting Law, was enacted to enhance pedestrian safety. The law prohibits parking within 20 feet of the approaching side of any marked or unmarked crosswalk, regardless of curb markings. This is to make the sightline for pedestrians, and drivers, clearer when crossing the street.

Now, here are a few laws that go into effect in 2026 (from a press release from the California Insurance Commissioner):

Laws inspired by wildfire protection –

The California Safe Homes Act – AB 888 has the goal of protecting homes and providing access to insurance by establishing a new grant program within the Dept. of Insurance to assist qualifying residents in obtaining new or replacement fire-safe roofs and implementing fire-safe mitigation measures within five feet of their homes – known as “Zone Zero.” This program will cover part or all of the costs and will be included in community-wide safety initiatives.

The California Wildfire Public Model Act, SB 429, enhances community safety and education by allowing the Dept. of Insurance to issue grants for establishing the nation’s first publicly available wildfire loss catastrophe model. The public model will facilitate assessments of wildfire risk, educate the public and ensure greater transparency so communities and homeowners can plan effectively.

The Insurance and Wildfire

Safety Act, AB 1, enhances insurance discounts by requiring the Dept. of Insurance to regularly review its groundbreaking Safer from Wildfires regulations, ensuring this law reflects advancements in science, safety and mitigation. This regular review will ensure these regulations meet the needs of consumers and industry, providing maximum benefits to homeowners and essential support to communities most vulnerable to wildfires.

Elimination of The List Act, SB 495 requires insurance companies to pay 60% of contents coverage limits capped at \$350,000 to wildfire survivors who experience a total loss without needing to submit a detailed inventory list. It also grants consumers at least 100 days to provide proof of loss to their insurance company following a declared state of emergency. In addition the new law will establish specific data collection authority to help the Dept. of Insurance understand long-term trends in risk management and the integration of information related to climate-driven risks that significantly impact insurance availability.

The Business Insurance Protection Act, SB 547, builds on the Wildfire Safety and Recovery Act of 2018, which has protected millions of homeowners by prohibiting non-renewals of residential property insurance for one year. This new law extends this existing protection by broadening the insurance moratorium to now include commercial policies covering businesses, homeowners’ associations, condominiums, affordable housing units and non-profits, among other covered entities.

Health Care:
Ban on ultra-processed foods in school, AB 1264, California’s first in the nation law, will remove the most concerning ultra-processed foods from being served at public

schools giving students healthier, “real-food” meals to improve nutrition and overall health.

Streamlining College Admissions, AB 640, establishes a California State University direct admissions process by notifying eligible high school students of automatic admission to participating CSU campuses. It also requires California community colleges to create programs that will support a smoother transfer for community college students to a four-year university.

Capping Insulin Costs, SB 40 – Large state-related health insurers must cap insulin copays at \$35 for a 20-day supply, improving affordability for Californians who rely on insulin.

Immigration:
Students – Know Your Rights, AB 419, requires schools to post in administration offices and on school websites information about students’ rights regarding immigration enforcement, helping families understand that all children have the right to a free public education

Family Preparedness Act, AB 495, strengthens protections for parents and children by helping families in emergencies, protecting family privacy and preventing child facilities from collecting immigration-related information, especially if a parent is detained or separated.

Housing:
Protecting Renters, AB 628, requires landlords to provide working stoves and refrigerators in rental units beginning Jan. 1, ensuring tenants have access to essential appliances.

Transit-Oriented Housing Development, SB 79, requires each county and city to adopt a comprehensive, long-term general plan for the development of the county or city and specified land outside its boundaries that contains certain mandatory elements including a housing

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element. (This is a bill now law that CVW has been consistently covering. There were many last minute amendments made to this bill prior to its being signed. City and county officials are looking into these amendments and what it means to their housing plans.)

Animal Welfare:
Statewide Ban on Cat Declawing, SB 867, bans non-therapeutic cat declawing statewide. Only medically necessary procedures performed by a licensed veterinarian are allowed.

Addressing the Puppy Mill Pipeline, SB 506, holds pet sellers accountable, requiring them to disclose the pet’s origin and health information.

Technology:
AI (Artificial Intelligence) Safety and Digital Rights, AB 489, prohibits chatbots from presenting themselves as doctors, nurses or other licensed professionals to increase transparency and prevent misrepresentation by AI chatbots.

Addressing Artificially Generated Pornography, AB 621, strengthens protection against digital sexual exploitation by targeting the creation and distribution of AI-generated sexual content.

Risk-Mitigation Requirements for Large AI Companies, SB 53, requires large AI developers to maintain documented risk-mitigation strategies to improve safety and transparency in the deployment of emerging technologies.

Safeguards for Minors Using AI Chatbots, SB 243, requires AI companies that are used by minors to include disclaimers that chatbots are not real people and mandates safety protocols to prevent chatbots from encouraging self-harm.

Food Delivery Platforms: Customer Service, AB 578, strengthens consumer and worker protection on food platforms by prohibiting companies from using tips to offset base pay, requiring clear and itemized pay breakdowns for delivery workers, mandating access to a real customer-service representative when automated

2026 LAWS for page 7

A Year After the Eaton Fire

By Mary O’KEEFE

Assemblymember John Harabedian’s district includes the Eaton Fire area. He and his wife participated in the Altadena Forever Run on Jan. 4. He said the run was fantastic even if the weather wasn’t completely in their favor – it was raining and cold.

“But I found it to be really cathartic,” he said. “It was emotional for a lot of the runners, but it was very uplifting for me and my wife when we were running in it.”

“Running through the community you see a lot of the devastation, a lot of empty lots that are still standing barren but you also saw a lot of hope – new construction, new businesses reopening and community members lining the streets cheering us on, which was really special,” Harabedian continued. “I think it just showed how special a place Altadena is, and how together we are resilient during this recovery.”

He added that he along with the other representatives who were at the Run, including Los Angeles County Supervisor Kathryn Barger and members of the Altadena Town Council, listened to a lot of the residents’ concerns.

“They want to make sure that the state is taking wildfire prevention response and recovery seriously,” he said, “and they want accountability. I do think that one thing that I’ve heard over and over again from constituents is survivors are still in desperate need of help – financially and otherwise – to rebuild their lives.”

He added they are looking to leaders to get answers.

In June 2025 Assemblymember Harabedian, as the chair of the Joint Legislative Audit Committee, initiated an audit by the California State Auditor on the prevention and response efforts related to the Eaton and Palisades fires.

The audit will: “identify how many homes were destroyed, where deaths occurred and who was most impacted, especially vulnerable populations; analyze the timeline of the fires, evacuation orders and emergency responses to assess whether systems functioned properly and in a timely manner; examine fire preparedness, including brush management, building codes and resource planning, as well as whether critical information was shared with officials and the public; investigate water availability, utility shutoffs and whether firefighting and evacuation plans were adequate, especially under extreme conditions,” according to a statement from Harabedian’s office.

Due to the backlog of work with the California State Auditor’s Office the start of the audit has taken a while; however, the audit will start this week, according to Harabedian.

“This will be the only independent state agency reviewing what happened in both [the] Eaton and the Palisades fires,” he said. “The state auditor is reviewing everything from prevention efforts to preparedness and obviously the response But we want to ensure that nothing like this ever happens again. We had 19 of our neighbors die [due to the fire] and that’s unacceptable.”

He stressed that this auditor’s report will be made of its own independent findings based on all of the information and facts before it, along with interviews conducted.

“This should be a very robust audit. It’s hopefully going to answer a lot of the questions that the previous reviews of the incident have not answered yet,” he said.

He said lessons are being learned from the rebuilding and that the County, through Barger’s support, has been able to streamline permitting.

“Data has shown that permitting now is being done, on average, in 30 to 31 days,” he added. “And that’s actually much quicker than we’ve seen in previous fires and quicker than we’re seeing in the City of Los Angeles.”

He said the effort to reform issues like permitting is just one way leaders are trying to help residents rebuild.

“[Those affected by the fires] are facing a number of different challenges financially: trying to find a contractors, trying to find the resources ... and we are trying to help with that as much as we can,” he said.

GFD Advances Firefighter Health and Safety Through Statewide Cancer Research Initiative

The Glendale Fire Dept. (GFD) expanded its commitment to firefighter health and cancer prevention by partnering with leading California research institutions to participate in the California Firefighter Cancer Research Study (CAFF-CRS). This initiative follows GFD’s department-wide cancer screening program completed in 2024, demonstrating the City’s continued investment in long-term occupational health.

The CAFF-CRS study is led by researchers from UCLA, UC Davis, UC Irvine, and the Los Angeles County Fire Dept., in collaboration with the Glendale Firefighters Association. The goal is to better understand the pathways through which firefighters are exposed to carcinogenic contaminants and to identify effective strategies for reducing cancer risk.

“Firefighters face significantly higher cancer risks than the general population due to exposure to carcinogens commonly present at fires,” said Glendale Fire Chief Jeff Brooks. “Our participation in CAFF-CRS is an essential step in advancing research, improving early detection and protecting the long-term health of our members.”

Participation in the CAFF-CRS study is voluntary, confidential and offered at no cost to Glendale firefighters. The study includes a questionnaire and a blood draw at enrollment, followed by a second blood draw one year later. Testing occurred in December.

Each firefighter received a personalized report detailing their exposure levels, compared with other firefighters and the general population, and recommendations to reduce risk.

The research examines biomarkers of exposure and early biological effects related to heavy metals, PFAS, PAHs, and other fire contaminants. Findings will support statewide efforts to develop improved protective measures, policies and training.

Firefighters nationwide face an elevated occupational cancer risk. Studies show:

- A 9% higher risk of being diagnosed with cancer
- A 14% higher rate of dying from cancer
- A 21% greater risk of melanoma
- A 62% greater risk of melanoma among firefighters ages 30–49, compared to the general population.

These increased risks are linked to exposure to carcinogens such as asbestos, benzene, formaldehyde, PAHs and PFAS. These are chemicals that can be inhaled, ingested or absorbed through the skin during emergency operations.

GFD’s participation in CAFF-CRS builds on the department’s comprehensive cancer screening program completed in 2024, where all 157 active-duty firefighters received early-detection testing. The effort was financially supported by the City of Glendale with leadership from the mayor and city council.

“For three days [in 2024], every platoon rotated through screenings, so no one was left out,” Chief Brooks said. “It was a powerful demonstration of our commitment to early detection and prevention.

Today’s partnership takes that commitment even further.”

The Glendale Fire Dept. continues to advance evidence-based practices to reduce occupational cancer risk, including enhanced decontamination procedures, updated protective equipment protocols, risk-reduction training and future screening opportunities.

“Safeguarding the health of our firefighters is not a one-time effort; it is a sustained priority,” said Chief Brooks. “The insights gained through this research will help us strengthen our prevention strategies and protect the men and women who protect our community every day.”

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ZONE ZERO from page 1

Even though the rules are delayed, wildfire science is clear: creating a safer area around your home now can greatly improve its chance of surviving a wildfire. *The Glendale Fire Dept. recommends the following simple steps:*

- *Clear the first five feet:* Remove all combustible items near your home, including leaves, dry plants, wood piles and decorations.
- *Remove dead vegetation:* Regularly clear dead or dying plants and weeds.
- *Move flammable items away:* Store mulch, firewood and flammable décor away from walls, windows and vents.
- *Use fire-resistant landscap-*

ing: Choose well-maintained plants and materials that are less likely to ignite.

“Zone Zero is one of the most effective ways to protect a home from wildfire,” said Glendale Fire Chief Jeff Brooks. “Even without a formal mandate, residents can take these steps today to significantly reduce risk. Preparing early can make a real difference.”

The Glendale Fire Dept. and the City of Glendale will continue to share updates as state regulations move forward and will provide residents with education and resources to help them prepare well ahead of any future deadlines.

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Postmark Changes at USPS

By Mary O’KEEFE

Reports from several agencies have stated that postmarks administered by the USPS changed on Dec. 24, 2025. This change will affect vote-by-mail, taxes and other time-sensitive mailings.

According to the National Society of Tax Professionals, “While a postmark confirms the USPS possessed a mail piece on the date inscribed, that date does not necessarily align with the date the USPS first accepted

possession of the item.” Postmarks will now reflect the date the mail is processed but not received by the post office. For example, tax returns dropped in a blue mailbox on April 15 or a vote-by-mail ballot on Election Day could still be marked late depending on when the USPS article was processed.

Responding to reports of the change, USPS stated it did not change its postmarking practices but transportation operation may cause delays ... so the act of postmarking has not changed – postal workers

will still stamp mail with a date; however, it all depends on when the truck with the mail arrives, not the date recorded of the pickup time on the mailbox.

“The Postal Service has not changed and is not changing and is not changing our postmarking practices, which have been consistent since we began moving away from hand canceling every item at Post Offices decades ago. Postmarks are generally applied by machines at our originating processing facilities and will continue to be applied at those

facilities in the same manner and to the same extent as before While we are not changing our postmarking practices, we have made adjustments to our transportation operations that will result in some mail-pieces not arriving at our originating processing facilities on the same day that they are mailed. This means that the date on the postmarks applied at our processing facilities will not necessarily match the date on which the customer’s mail-piece was collected by a letter carrier or dropped off at a retail

location,” according to USPS.

Customers who want a postmark aligning with the date of mailing can still request one by going into the Post Office.

The takeaway is that people who have time-sensitive mail should walk into a post office, present their letter or package to the postal worker, ask for a postmark stamp that the item was received and to also request a receipt reflecting that date.

WEATHER from page 2

focus is to raise awareness of peace, kindness and compassion. Wherever they go they are met with community members who seem to respect them. One thing I noticed was the Buddhist monks would tie small ropes around those who they met

along the way and would offer prayer. These ropes are called “sai sin,” or a blessing cord, and are blessed by monks.

Years ago my friend invited me to meet the Dalai Lama and several monks who were with him during a Los Angeles visit.

We went to listen to the Dalai Lama speak and then attend a reception-like thing afterward. There were many people in this room and we were all asked to use two fingers to hold onto a string/thin rope that was wrapped around the room. We all held onto the string as the monk chanted ... it was a long chant.

At the end they wrapped the string back up. The monks then sat on chairs on a platform and we all lined up to get part of that string wrapped around our wrists. As the monk tied the string, he said a prayer and, in my case, wished me peace and harmony in life.

It is difficult to explain but his words and this tiny string bracelet made me feel light. I found that while I was listening to his prayer my breathing slowed; I felt a calmness I had never felt before. When he smiled at me at the conclusion I really did feel comforted.

The fact that these monks are walking through these states to

bring that peace to others is a true gift to those who are lucky enough to be a part of their journey.

The walk has not been without incident. Last month, just outside of Houston, Texas, while the monks were walking on the side of a highway their escort vehicle was struck by a truck. At the time the escort vehicle was driving slowly and had its hazard lights on. According to reports the truck driver said he didn’t notice how slowly the vehicle was going.

When the escort vehicle was struck it was pushed into two monks. Both were injured; one monk had to have his leg amputated. The monk had to stay in the hospital as the others continued their walk. After a month he returned home and the other monks stopped by to see him. After losing his leg and enduring the pain of recovery, the monk, Phra-Ajarnh Dam Phommasan, said that something good did come out of his losing his leg.

“Before the accident the Walk for Peace movement was still unknown and not too many people knew about it, but after my injury it sparked a lot of interest in many different communities and brought a lot of attention to not only Walk for Peace but to Buddhism as well,” Phommasan told WTOC, The Southeast News Leader, that serves Georgia and South Carolina.

So even in the darkness he looked for a light. I think maybe that’s a good philosophy for all of us in 2026.

For us, our future appears to be windy. The strongest winds should be today, Thursday, during the daylight hours with gusts up to 45 mph. The wind will stay with us through Saturday with peak hours during the day.

Mountain areas will see even more windy conditions.

The weather will be cool (in the mid to high 60s) through Monday; on Tuesday we will start seeing higher temps in the 70s.

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CRIME BLOTTER

DEC. 22

600 block of Foothill Boulevard in La Cañada Flintridge, an informant reported that a man, described as White, 50 years old, 6’1” tall, weighing 140 lbs. and wearing a grey hoodie and blue jeans, took several items of men’s clothing and left the store without attempting to pay. The informant/store employee stated the man is known by the employer as someone who has shoplifted from the store earlier in the year.

The theft occurred at 10:13 p.m.

DEC. 17

Mount Wilson/Red Box Road in Angeles National Forest, a man reported that he and a friend parked in the area and went for a hike. The man left

his cellphone in the glove compartment of his vehicle and left for the hike. When they returned from the hike, he discovered the front and passenger side windows had been shattered and the phone had been taken between 10:30 a.m. and 2:30 p.m.

DEC. 15

2500 block of Hermosa Avenue in Montrose, numerous items were reported stolen from unlocked storage cabinets at a residence between Dec. 15-18.

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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BARGER from Cover

One of the issues that is linked to fire concerns and housing is being faced by those living in the unincorporated LA County-La Crescenta/Montrose area. The proposed project at Briggs Avenue and Foothill Boulevard is an 80-unit, five-story building that has not garnered community support – in part due to the concerns about infrastructure and fire.

The 80-unit complex is presented as an affordable housing project.

“I’m not going to use the word ‘affordable housing’ anymore because the reality is if you bring more housing on line it really corrects itself. I think we have lost sight of the fact that what has made housing in California unaffordable is the lack of it,” she said. “So I remain committed to supporting [not just affordable housing] but housing in general. I think it’s important to acknowledge that the broader state laws are shaping today’s housing landscape and affordable housing [was used] as

the Trojan horse to get there.”

She pointed to SB9, a law enacted in 2022 that focused on increasing housing by allowing homeowners in single-family zones to create duplexes or split their lots.

“By right [SB9] can proceed without local government approval if [it] meets state requirements. I know the intentions were good but I feel as though we’ve lost sight of what got us in this situation,” she said. “If you have five people vying for one apartment, that cost is going to go up.”

However, she said, if you have one person vying for five apartments rental costs will more than likely go down.

“Right now it is completely upside down. The legislation up in Sacramento to reward for affordable housing is what has gotten us into this mess; that is what we’re seeing playing out on Briggs and Foothill,” Barger said. “I know the community has been incredibly engaged and I thank

them for that.”

She added the community’s concerns were voiced in a Nov. 6 meeting sponsored by Crescenta Valley Town Council Land Use Committee. The community became more frustrated when the developers, Abode Communities, could not answer specific questions about the project including who would be housed there.

“I’m equally as frustrated because as the local leader my job is to represent my constituents with the right projects, especially when you’ve got areas where you’ve got community standards districts in place,” she said. “They’ve taken away the voice of the community – which is truly unfortunate.”

Barger has been in communication with Abode and is hoping its designers will look at the key areas she presented to them, which include the building’s height and scale.

“A five-story structure is significantly taller than the one-

and two-story buildings that line that street. I’ve asked [Abode] to do a reassessment of that,” she said.

Barger also pointed out the concerns about parking in the area. The Abode project will allow one space per unit; however, most families have more than one car – especially in a two or three bedroom apartment. She pointed out that parking would then spill onto local streets, which could create a traffic hazard that is especially worrisome since the property lies within a high fire zone.

She said she does not feel her requests are unreasonable but also points out that the state legislature has taken away the voice of local control.

Barger served as the chair of the board of supervisors in 2025. When asked if there was something that stood out in 2025 her answer was the Eaton Fire.

“Obviously this was one of the toughest years LA County has

faced but I would say that it [has also] been one of the most united as well. The January wildfires definitely changed everything and, as far as I’m concerned, our job was simple – to help people rebuild their lives,” she said.

Barger is used to “tough years.” The first time she took over as chair of the board was when COVID-19 hit.

“This is far different than COVID but equally as challenging with even more lives impacted. We are going to see the ripple effect [from the fire] for years to come,” Barger said. “My charge now is to keep that feeling of being united in play and continue to provide people hope, identify the road barriers, the impediments that are in place whether it be at the government, local, state or even federal level and to work to move those impediments so that people can rebuild.”

Next week CVW continues its conversation with Assembly member Nick Schultz.

2026 LAWS from page 4

Climate:
Updated Plastic Bag Regulations, SB 1053, strengthens California’s plastic bag ban by closing loopholes that allowed thicker plastic film bags to be distributed as “reusable” bags. The law eliminates plastic film checkout bags altogether and requires retailers to transition to truly reusable bags that meet higher durability standards or to paper bags with recycled-content requirements, reducing plastic waste and improving statewide recycling efforts.

Crime:
Burglary Tools, AB 486, makes it a misdemeanor to possess a key programming device, a key duplicating device or a signal extender with the intent to commit burglary. The offense can result in up to six months in county jail, a fine of up to \$1,000 or both. This bill expands existing law by adding those three tools to the list of tools illegal to possess with the intent to commit burglary.

Electric Bicycle Safety:
Electric Bicycles Required Equipment, AB 544, mandates that electric bicycles must have a red reflector or a solid or flashing red light with a built-in reflector on the rear during all hours of operation, not just during darkness as the law previously required. The bill/law also allows the California Highway Patrol-developed online electric bicycle safety and training program to fulfill the safety course requirements for minors who receive a helmet violation involving electric bicycles.

Off-Highway Electric Motorcycles, SB 586, defines an “off-highway electric motorcycle” or “eMoto” as a vehicle that: is designed primarily for off-highway use, is powered by an electric motor that does not require a motor number, has handlebars for steering, a manufacturer-provided straddle seat and two wheels and is not equipped with manufactured-provided pedals.

If there are any new laws that you, our readers, have questions about please contact mary@cvweekly.com.

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VIEWPOINTS

VIEW OF THE VERDUGOS » CRAIG DURST

Zero In on the AMERICA 250 Trail

The young man was running at a good clip. The dirt path below his feet was well-worn. He wore no clothing aside from a braided belt. It was a warm early August afternoon and the sun shone over his shoulders as he traveled east, casting a dancing shadow ahead. A turn to the south and his destination was revealed. Many dozens of dark conical-shaped huts dotted the horizon and the distant sound of laughter broke the air. Following behind, you enter the Tongva village of Tujunga. It was Aug. 5, 1769, and a runner had just arrived with news from Siutcanga.

As the villagers noted his arrival, they dropped what they were doing. A group of children nearby ceased playing. Numerous women near the river stopped grinding nuts and headed for the village center. A group of men stretching hides put their braided ropes aside and joined the group. The growing commotion alerted the village chieftain who eagerly arrived with his wife to hear

the news from across the valley, an area we now know as Encino.

The runner took a moment to collect his breath then began to recount the mysterious guests who had arrived in Siutcanga earlier that day. He spoke of their hard, sun-reflective headpieces and clothing of many colors covering their bodies. He said they gave beads as gifts then raised his hand to expose a beautiful black glass bead that had come from these strange visitors who called themselves Spaniards.

Runners had spread out across the valley with this news and by late afternoon hundreds of native Tongva had arrived at Siutcanga from villages far and wide to see this spectacle for themselves. This group of some 60 Spaniards were on an expedition they called Mission to Paradise. They were journeying north under the command of the Spanish king to secure these lands for his monarchy. At this same time, things were very different 2,600 miles

away in Boston. The British had landed a large contingent of redcoats in the city and tempers were flaring.

In March 1770, outside the Boston Royal Customs House, redcoats fired upon a group of American resistance. The first to die that day was Crispus Attacks. He was of Native American and African descent and is traditionally regarded as the first person killed in the Boston Massacre and therefore the first American killed in the Revolution.

Hence, from that spark came a flame that could not be extinguished. Winning the Revolutionary War set America on a path of Manifest Destiny. Maps were drawn showing the western boundaries of the 13 colonies extending to the Mississippi River and beyond. As we know, all of this spelled disaster for the indigenous peoples across this nation.

I find it fascinating that as the Declaration of Independence was approved on July 4, 1776, Tongva men wore virtually no clothing. The women

had skirts, often made of rabbit fur, and were topless. In colder weather, they wore capes of fur over their shoulders. The Tongva stewarded these mountains and valleys for thousands of years before Westerners arrived and we are blessed to live, work and pursue happiness on their traditional lands.

In 1976, as part of the national 200-year celebration, a group of Sunland-Tujunga self-proclaimed old timers gathered to create what they called the Bicentennial Trail of local historic locations. I've rebranded this self-

guided tour as the AMERICA 250 Trail and intend to share, over the coming weeks, many of the 25 locations highlighted there. The trail begins with item zero – the Ancient Tongva Village of Tujunga, some 100 yards south of the junction of Orcas Avenue and Foothill Boulevard. And so, just as the old timers prescribed, we've begun with what came before.

As an aside, in 1964 archaeologists digging at the site of the ancient village uncovered a beautiful, solitary, black glass bead.



Archeologists digging near the ancient Village

NEWS FROM THE CVTC » FRIDA BAGHDASSARIAN

Thanking Key People While Looking Forward

As we step into 2026, the CV Town Council would like to extend a heartfelt thank you to everyone who made our recent events truly memorable. Our annual Christmas tree lighting was a resounding success, bringing together the warmth and spirit of our community during this festive season. We were also honored to once again participate

in the Montrose Christmas Parade, a cherished tradition that showcases the vibrant unity of our town.

Special thanks go to the dedicated women of the town council – Dede Mueller, Donna Libra and Kerri Braütigam. Their unwavering support and organizational skills were instrumental in orchestrating

the tree lighting event, ensuring our parade participation with a beautifully decorated car and coordinating our second annual Jingle and Mingle. This festive gathering offered a wonderful opportunity to connect with our community partners over good food and engaging conversations. We deeply value these partnerships and look

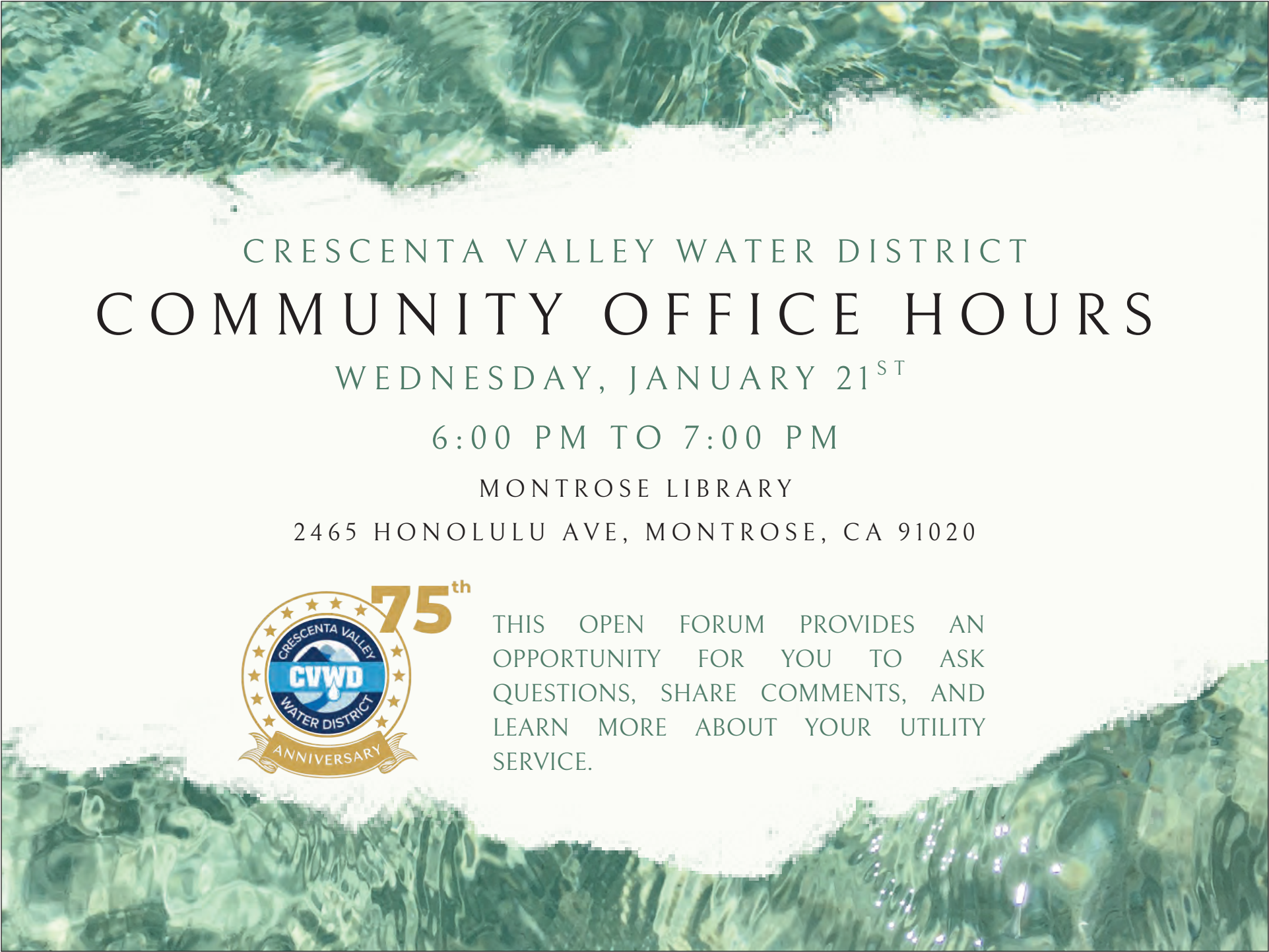
forward to many more collaborative successes.

As we embark on this new year, we wish all of our community members a happy and healthy 2026. May it be filled with joy, prosperity and ongoing community spirit.

We invite everyone to join us for our next general meeting on Jan. 15 at 7

p.m. at the La Crescenta Library, 2809 Foothill Blvd. It's a perfect opportunity to share ideas, discuss future plans and continue building the supportive environment that makes our town so special.

Frida Baghdassarian, J.D.
President
Crescenta Valley Town Council



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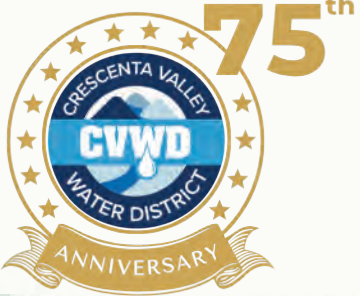
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BETWEEN FRIENDS

Village Poets Opens Its 2026 Season with Features Jeanette Clough and Mariano Zaro

Village Poets of Sunland-Tujunga welcomes the New Year with Los Angeles poets Jeanette Clough and Mariano Zaro on Sunday, Jan 25 at 4:30 p.m. at Bolton Hall Museum, 10110 Commerce Ave. in Tujunga. There will also be an open mic and poets are invited to participate in the open reading segment of the event. Reading starts at 4:30 p.m. and goes until 6:30 p.m. Light refreshments will be served. Free parking is available on the street and also at the Elks Lodge at 10137 Commerce Ave. Guests can park behind the building and then walk a short distance to Bolton Hall Museum.

“Fire Roulette” is Jeanette Clough’s fifth poetry collection. An earlier book, “Flourish,” was a finalist in the Otis College of Art and Design and the Eastern Washington University book competitions. Other publications include “Island” from Red Hen Press and two artist books, “Stone” and “Rx.” Her poetry received awards from the Los Angeles Poetry Festival Fin de Millennium, Ruskin Art Club and Rainer Maria Rilke International Poetry competitions, a commendation in “Aesthetica Creative

Works” in England, and Pushcart nominations. Clough edited for “Solo, A Journal Poetry,” “Foreshock, An Anthology of Poems from the Midnight Special” and reviewed for “Poetry International.” Her work is widely published in journals and anthologies.

Mariano Zaro is the author of seven books of poetry, most recently “The Weight of Sound,” “Decoding Sparrows” and “Padre Tierra.” The English version of “Padre Tierra,” translated by Blas Falconer, is forthcoming in Artepoética Press (NYC). Zaro’s poems have been included in the anthologies “Monster Verse,” “Poetry Goes to the Movies,” “The Coiled Serpent,” “We Are Here,” “Village Poets Anthology” and in several magazines in Mexico, Spain and the United States. With the Venice Collective he has published two poetry volumes: “Angle of Reflection” and “A Shared Condition.” Zaro’s short stories have appeared in Roanoke Review, Portland Review, Pinyon, Baltimore Review and Louisville Review. He is the winner 2018 Martha’s Vineyard Institute of Creative Writing short fiction prize. For more than



Jeanette CLOUGH



Mariano ZARO

10 years Zaro conducted a video interview series with noted Los Angeles poets for Poetry LA, a non-profit video production group dedicated to promoting Southern California’s poetry scene. Since 2016 Zaro has collaborated with Beyond Baroque Literary Arts Center, first as a member of

the board of trustees and now as part of the Publication Committee.

Please visit the Village Poets blog for more information about the poets, former features and poetry. <https://villagepoets.blogspot.com/>

P.E.O. Verdugo Hills Reciprocity Bureau to Feature State President and Local Chorus

The P.E.O. Verdugo Hills Reciprocity Bureau will host its annual Founders’ Day luncheon on Saturday, Jan. 31 at the Elks Lodge, 120 E. Colorado Blvd. in Glendale, beginning at 10 a.m.

Guests will enjoy a buffet luncheon accompanied by

musical entertainment from the Verdugo Hills Women’s Chorus. The highlight of the event will be a keynote address by Kathleen Gill, California State president of the P.E.O. Sisterhood.

Proceeds from the luncheon will benefit P.E.O.

philanthropies that support women in their educational pursuits.

Tickets for the event are \$36 and reservations are required. For more information or to reserve a seat, contact vhreciprocity@gmail.com.

Founded in 1869, the P.E.O. Sisterhood is a non-profit organization with chapters throughout the United States and Canada. Through six international philanthropies and the P.E.O. Foundation, the organization has helped

more than 125,000 women achieve their educational goals, providing over \$432 million in scholarships, grants and loans – empowering women and making a lasting difference in their lives.

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Randy Graham

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Merry & Bright Winning Displays for 2025

This year we had some beautiful, playful and quaint entries. Coming up with the winning displays was a challenge – but we did it!



The Clark Griswold Award

(excessive use of lights and decoration - more is *always* better; can we see it from space?)

goes to 2653 Orange St. in La Crescenta.

This house consistently uses every bit of its street-front property to decorate elaborately for the holidays. We applaud the use of lights and inflatables and even moving holiday decorations!



The Rockin' Round the Christmas Tree Award

(best use of music and technology)

goes to fan favorite 2812 Alabama St. in La Crescenta.

Despite having an emergency at their house just as we were kicking off the holiday display tour, the homeowners of 2812 Alabama St. quickly made any necessary repairs to ensure their display was up and ready for guests. Their expressive use of music coordinated to their holiday decorations made this a definite “go to” location.



The Most Original Award

(not your usual everyday holiday decor)

goes to 4012 New York Ave. in La Crescenta.

Colorful and diverse, this property was inviting making sure every guest took the time to stop by. Some were even treated to “snow” falling from the rooftop!



Finally, the Best In Show Award

(ya blew the judges' minds)

goes to 3014 Paraiso Way in La Crescenta.

From the beginning of the season a banner extending across the east end of the street invites people to stop by for some holiday cheer. Driving by this address just puts you in a good mood and ready for the holidays!



We had some strong runners up, too, and we would be remiss if we didn't give you a taste of what they did for the 2025 display.

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Glendale Memorial Hospital and Health Center Celebrates a Century of Healing and Humankindness

Dignity Health - Glendale Memorial Hospital and Health Center (GMHHC) recently announced its centennial celebration, marking 100 years of healing and humankindness to the greater Glendale community.

This milestone stands as a testament to the commitment of the hospital's physicians, nurses and caregivers who have delivered compassionate and high-quality care.

Founded in 1926 by six community members, GMHHC has grown to become a cornerstone of health and well-being in the region. Initially opening with 47 hospital beds, GMHHC now operates 334 beds and serves over 70,000 patients annually. While evolving to meet the changing needs of its patient population, the hospital continually upheld its mission. Its longevity speaks volumes about the resilience and dedication of all who have contributed to the hospital's legacy.

"Glendale Memorial's 100-year journey is a true inspiration, reflecting the enduring power of humankindness in action," said Betsy Hart, president and CEO. "Each day, our doctors, nurses and hospital staff embody the very best of healthcare, providing not just medical treatment, but genuine human connection and support that truly heals."

GMHHC's ability to thrive for more than a century is a demonstration of its strong

foundation and forward-thinking vision. The hospital holds the distinction of being the first community hospital in Glendale to offer accredited robotic-assisted surgery and the first in Los Angeles County to offer accredited colorectal surgery.

Furthermore, GMHHC boasts exceptional quality and safety ratings, recognized as a Center of Excellence for robotic surgery and colorectal surgery, and a Joint Commission-certified Thrombectomy-Capable Stroke Center.

"This anniversary underscores our pledge to accessible, quality care and the well-being of the community around us," said Hart. "The hospital is continuously adapting and innovating to ensure our patients receive the highest standard of care now and for many years to come. We look forward to building upon this rich heritage and continuing to serve with humankindness."

The hospital will host a series of special recognition events throughout the week and in the upcoming months to honor the profound contributions of its caregivers and staff.

For more information about GMHHC's comprehensive services, including a Level III NICU, advanced heart care, 24/7 emergency care, and minimally invasive and robotic-assisted surgical services, visit dignityhealth.org/glendalemorial.



USC VERDUGO HILLS HOSPITAL COMMUNITY RESOURCE CENTER FOR AGING

» ADRIA NAVARRO, PH.D.

Personal Health Priorities in 2026

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

The new year offers a chance to reset, not through drastic resolutions but through thoughtful and achievable health priorities. Successful aging means prioritizing five areas of life. How are you managing health prevention, nourishment, movement, rest and your sense of connection with others? Small steps can lead to meaningful, lasting change. For more than five years USC VHH Community Resource Center for Aging (often referred to by acronym CRCA or simply shortened to Resource Center) has been consulting with older adults and their care partners to enhance and improve upon these successful aging domains.

Some psychosocial issues may make successful aging feel elusive. Yet in many situations there are options. Confidential conversations start the process of finding support aimed at complementing your medical care. Reflect on what matters to you—both “how” you want to age and “why.” We all have intrinsic drivers, perhaps related to love, security, growth or making a difference. By evaluating your situation there is a focus on “what” local programs/services are available and best suited to address current needs as well as “where” to find them.

Preventive health remains one of the most effective ways to stay well. Annual checkups, recommended screenings, dental visits and routine

vaccinations help identify concerns early—often before symptoms appear. Making preventive care a priority can reduce longterm health risks and support better quality of life.

Healthyeating doesn't require dramatic overhauls. Small, consistent changes—adding more fruits and vegetables, choosing whole grains, reducing added sugars and cooking at home more often—can have a meaningful impact. Many people find success by planning meals ahead or adopting simple guidelines like “half the plate vegetables.”

Regular physical activity supports heart health, strengthens muscles and bones, improves mood and boosts energy. The goal isn't perfection; it's consistency. Walking, stretching, dancing, gardening or taking short movement breaks during the day all count. Finding activities that feel enjoyable makes it easier to stay active throughout the year.

Mental health is an essential part of overall health. This year, more people are recognizing the importance of managing stress, building supportive relationships and seeking help when needed. Practices like mindfulness, journaling, therapy and unplugging from screens can help create space for rest and clarity.

Sleep is often overlooked yet it plays a critical role in memory, mood, immune function and longterm health. Establishing a consistent sleep schedule, limiting late night screen time, and creating a calming

bedtime routine can make a significant difference. For many, improving sleep is one of the most transformative health changes they can make.

Simple habits—drinking enough water, moderating alcohol and avoiding tobacco—remain foundational to good health. These small daily choices accumulate over time, shaping how we feel and function.

Personal health priorities are easier to reach when they're shared. Community support often turns individual goals into sustainable habits. Joining a walking group, cooking with family or checking in with a friend about progress can provide accountability and encouragement.

In addition to consultations, the Resource Center offers services designed to complement other providers in the community. CRCA connects 1) those experiencing dementia-related caregiving, 2) processing grief and loss, 3) managing solo aging and 4) writing a guided autobiography.

For reservations and more information, reach out to the USC VHH Community Resource Center for Aging at (818) 949-4033 or email Aging-Resources@med.usc.edu.





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TRAVEL & LEISURE

Kirstin Fife & Pianist Brendan White to Perform for GNC

The free admission Glendale Noon Concerts series has returned to live performance

at the sanctuary of Glendale City Church, 610 E. California Ave. in Glendale. Programs are from 12:10 p.m. to 12:40 p.m.

Performing will be Kirstin Fife on violin and Brendan White on piano. The theme of the Jan. 21 concert is “Queens and Kings.”

“The Tarot Project” composed by Kirstin Fife is a cycle of 78 pieces of music for violin and piano. Every piece is a musical representation of each card in the tarot deck. While the ultimate



performance is a musical tarot reading achieved by pulling random cards from the deck, for this performance a series of pieces will be played by pre-selecting the queens and kings cards.

Kirstin Fife is a violinist, performer, composer and teacher. As a composer/arranger/orchestrator, she has had

several of her chamber works performed in Southern California, including “Dali Pieces” at the Newport Beach Library Concert Series, “Cornucopia” at the Glendale Noon Concerts, “Hair Pieces” at South Pasadena Presbyterian Church Concerts, and “The Major Arcana” at Sun Space. In April 2019, she was invited by Doug Tornquist to speak at USC about her “Tuba Sonatina.” Also, several tuba players worldwide have performed her work “Basso Bossa” for tuba and piano. In the fall of 2020, Santa Barbara Symphony presented a movement from her duo for flute and viola, “Indoor Games.” Most recently “Quintet for Flute and Strings”

was premiered at the Glendale Noon Concerts in August 2023. Other notable performances of Fife’s music at Glendale Noon Concerts include the “Sonata for Violin and Piano,” “Tango Johana” for violin and piano and “Charities” for solo viola d’amore. “Quintet for Clarinet and Strings” was premiered by the Avanti

Ensemble. Also, she and pianist Albert Wood Potts premiered her 14-movement suite “Cups” last October at a private home recital. The Glendale Noon Concert on Sept. 18, 2024 was the first time that six of the movements were performed publicly.

As a freelance violinist, she has



where he collaborates with orchestras, chamber ensembles and solo artists. He is a featured musician on Danaë Vlasse’s Grammy Award-winning album “Mythologies.” White performs solo recitals celebrating new composers and historically overlooked masterpieces. His collaborations include performances with the Eastman School’s Musica Nova, Vicente Chamber Orchestra, Global Harmony Symphony, Jackson

Symphony, Symphony of the Verdugos, and more. As one of Piano Sphere’s Emerging Artists, he has worked with notable composers and conductors including Thomas Adès, Alma Deutscher, Alan Pierson, Donald Crockett and Steven Stucky.

A Tennessee native, White studied at the Eastman School of Music and University of Southern California’s Thornton School of Music. In addition to his performance career, he is passionate about music education and teaches students of all ages. He is an original member of the annual Sunset Chamberfest in Los Angeles, which features the work of young composers in Southern California.

Kirstin Fife holds degrees from Yale University (MM) and USC (BM).

Brendan White is a Grammy Award-winning artist whose performances feature a wide range of classical and contemporary piano repertoire. White is based in the LA area

Phoenix Rising by A. Laura Brody Art Installation at Adams Square Mini Park Gas Station

Phoenix Rising by A. Laura Brody is on display at the Adams Square Mini Park Gas Station from Monday, Jan. 12 - Friday, March 20. Phoenix Rising is a room-sized robe made from discarded unwanted clothing donations left over from the LA wildfires. These clothes are cut into irregular shapes and sewn into a garment with a room-sized skirt,

full sleeves and a wired collar reaching the ceiling. The phoenix is a symbol of rebirth through fire, and that is Brody’s hope for Southern California and around the country – that we may rise after destruction and shine anew.

Brody has 30 years of experience as a costume crafts person, designer and maker. She has made costumes

for LMFAO, the Black Eyed Peas and Rhianna, among others. She has worked for Netflix, Disney Imagineering, the LA Opera, Disney and Nickelodeon TV, Diavolo Dance Theatre and many specialty costume houses. Her relaxed, encouraging and adventurous approach to teaching makes pattern making, draping, crafts and sewing accessible and

fun.

Brody is the founder and curator of Opulent Mobility, an international exhibit that celebrates disability in all its forms. She turns wheelchairs, walkers and mobility scooters into works of art and transforms reclaimed materials, giving them new lives.

see PHOENIX RISING on page 17

THEN & NOW

Then: In 1927 Young’s Gas Station at the intersection of Honolulu and La Crescenta avenues provided the location shots for the new silent comedy film “Rubber Tires.” Here we see silent movie actor Harrison Ford (not the same one we know today) standing in front of Young’s Garage as a car being filmed passes heading down La Crescenta Avenue.

‘Rubber Tires’ Location
Courtesy of the Historical Society of CV

Now: Young’s Gas Station was around for many years and eventually a brick retail building was built to the west on Honolulu that hosted several businesses. A few decades ago, it was demolished and this office building was built in its place.

WEEKLY HOROSCOPES Provided by horoscope.club January 5, 2026 - January 11, 2026

Don't give up on your health. It isn't an issue at this time, but with a focus on your career zone, you need to look after yourself. Don't burn the candle at both ends. Drink lots of fresh water and try not to consume too much alcohol or caffeine. You have a tendency to live on your nerves, which may cause tension headaches. Be good to yourself!

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

PROBLEM SOLVED » BY CHRISTOPHER ELLIOTT

Two Years Later, This \$18,926 Surgery Claim is Still in Limbo – Is There A Way Out?

Hien Shields faces an \$18,926 bill for emergency spinal surgery after Anthem Blue Cross and its partner Carelon point fingers over authorization. She’s made 80 calls over 21 months – but with the insurer’s two-year claims deadline looming, can anyone fix this?

Question: I desperately need your help with Anthem Blue Cross. Almost two years ago I underwent emergency spinal surgery after an accident – it was medically urgent to prevent permanent damage. My health insurance company, Anthem Blue Cross, paid the hospital, ICU stay and anesthesiologist without issue. But it has denied the \$18,926 surgeon’s fee, claiming it lacked authorization from its third-party partner Carelon.

Here’s the maddening part: Carelon repeatedly states that “no authorization is needed” for this emergency procedure. Anthem and Carelon refuse to talk directly, leaving me and my surgeon’s office stuck in the middle, making over 80 phone calls to try and resolve this issue.

Every time we follow Anthem’s instructions, it rejects the claim weeks later for a new reason: “missing records” (they misfiled them), “wrong appeal form” or “untimely submission” – even when we acted on its directives. We filed multiple appeals, including one Anthem specifically requested during a three-

way call. They denied it anyway. The cruelest twist? Anthem imposes a strict two-year deadline to resolve claims. Our window slams shut in a few weeks. I’m exhausted and terrified of being stuck with this bill. What can I do when the insurer and its own partner can’t agree on their rules?

– Hien Shields, Sunnyvale, California

Answer: After having emergency surgery, the last thing you should face is a 21-month odyssey through a bureaucratic maze built on contradictory demands and missing paperwork. Anthem’s obligation wasn’t just to process your claim – it was to provide clear, consistent guidance and ensure that its partners, such as Carelon, are aligned on policies for urgent care. (Carelon provides medical benefits management for Anthem.) Instead, they left you mediating a dispute between their own departments. That’s inexcusable.

Under state and federal law, Anthem was obligated to cover emergency services deemed medically necessary without requiring prior authorization.

Anthem paying the hospital and an anesthesiologist tacitly admits this necessity. Denying the surgeon’s fee contradicts its own acceptance of the emergency.

When Carelon stated no authorization was needed, Anthem should have resolved the internal disconnect immediately. Forcing you and your provider to shuttle messages between them violates basic claims handling standards.

Losing records, giving conflicting instructions and ignoring appeals until deadlines are nearly expired are a problematic business practice. California law requires timely responses (typically 30 days for claims, 60 for appeals). Anthem’s 30- to 45-day delays per step, coupled with constant requests for the same documents, sure looks like foot-dragging.

While you did nearly everything right – documenting calls meticulously, enlisting your provider’s help and persisting through appeals – starting your written paper trail earlier could have accelerated things. After the first denial, sending a formal appeal creates a better record. Always get



names and reference numbers from every call. If a rep promises action (“We have everything now!”), ask for an email confirmation.

Your logs proved the absurdity of more than 80 calls. Imagine their impact paired with a formal demand letter citing Anthem’s policy breaches. When companies stonewall, escalate to executives. I publish contacts for exactly this reason: Here are the names, numbers and emails for Anthem Blue Cross.

I contacted Anthem several times on your behalf, highlighting the authorization paradox and the looming deadline. In a stunning

but telling twist, your surgeon’s office zeroed out the \$18,926 charge shortly after my inquiry. While I’m relieved for you, this resolution is bittersweet. It underscores a grim reality: Providers sometimes abandon valid claims because fighting insurers is more costly than the debt itself.

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/>.

CALENDAR this

GLENDALE KIWANIS

The Kiwanis Club of Glendale meets on Fridays at noon. On Jan. 9 the Club welcomes Dr. Ryan Correr of Glendale Community College who will give an update on the college.

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.

DANCING AS EXERCISE

Dancing As Exercise is a free weekly event sponsored by the Los Angeles County Park program for seniors (50 plus), which were 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.

CCLCF EVENTS

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

- Registration is open for winter programming. Classes to run from Jan. 5 to Feb. 28 (eight weeks).
- The Community Center is closed for the holidays, reopening on Monday, Jan. 5.
- Financial expert Annelise

Li will have a free one-hour workshop that will focus on Organizing Your Financial Life and building a budget. The workshop is on Wednesday, Jan 21 from 10:30 a.m. to 11:30 a.m. Sign up today at cclcf.org.

• The Glendale Woodturning Guild will be hosting an open house at CCLCF on Saturday, Jan. 25 from 9 a.m. to 4 p.m. Come see what you can learn to make with wood!

• A Valentine’s Cards Volunteer Event is on Saturday, Jan. 31 from 11 a.m. to noon. Make Valentine’s cards for local nursing care residents. Register/learn more at cclcf.volunteerlocal.com.

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

JEWEL CITY KNITTERS MONTHLY MEETING

Jewel City Knitters will hold its monthly JCK Charity Knit and Crochet gathering on Saturday, Jan. 10 from 2 p.m. to 3 p.m. at the Chevy Chase Library, 3301 E. Chevy Chase Dr. in Glendale, (818) 548-2046.

Enjoy a relaxed afternoon of knitting, crocheting and conversation.

For more information, email susandietel@yahoo.com.

B.D. JACKSON, AN AMERICAN PHOTOGRAPHER, PART OF BOLTON HALL MUSEUM PROGRAM

Experienced professional

photographer, B.D. Jackson, moved to SoCal from Michigan in 1901 seeking a healthier climate. For the next 30 years, he documented the growth of Los Angeles with special focus on the foothill communities where clean air and rugged beauty were manifested.

The presenter for the Jan. 10 program is local filmmaker and award-winning author and director John Newcomb, who uses the latest AI technology and B.D. Jackson’s photographs to present a look at Los Angeles as it was in Jackson’s time.

Newcomb has been the speaker for several 2nd Saturday events and his Jan. 10 presentation promises to be interesting and well-crafted.

This event on Jan. 10 at 1 p.m. is free and open to the public and everyone is welcome.

Bolton Hall is located at 10110 Commerce Ave. in Tujunga.

COME LEARN MODERN SQUARE DANCING

A new 13-week beginner’s class on modern square dancing is starting on Tuesday, Jan. 13 at 7:45 p.m. at Mount Olive Lutheran Church, 3561 Foothill Blvd. in La Crescenta. The first two classes are free.

Meet new people while getting exercise for both the body and mind. Learn the steps to fun!

For information, email illi313@yahoo.com or visit www.setsinstep.org.

PUBLIC INVITED TO LCWC PROGRAM

La Crescenta Woman’s Club

invites the community to it Jan 14 meeting at

10 a.m. with program at 11 a.m. The program is a video of local history created by Pam Mosher. Mike Lawler and others from the Historical Society of the Crescenta Valley will be Club guests and recipients of the Club’s January philanthropy.

For lunch reservations call Betsy Mortimer (818) 427-5658. For Club information or rentals call (818) 957-9806 or visit the website lacscentawomansclub.org.

BINGO FUN AT GLENDALE ELKS LODGE

Purple Pig Bingo will be held at the Glendale Elks Lodge, 120 E. Colorado St. in Glendale, on Jan. 29.

Pack of 10 sheets is \$20; bingo prizes are \$100 (note: multiple winners per game split the prize money).

Dinner available for purchase: \$10. Games start at 6 p.m.

For more information or to make reservations, call Ruth McNevin at (818) 298-5605 or Netta Shelton at (818) 388-7573.

Proceeds benefit CHEA - serving children with disabilities.

CALLING ALL TRIVIA BUFFS

Trivia buffs and those who just want to have a good time while supporting educational programs throughout the Crescenta-Cañada community are invited to the annual Smart A Thon on March 13 at 11:30 a.m.. The event is open to the public and includes a delicious lunch,

surprise guests, a trivia contest that takes place with community members divided into teams of four members and a Pot O’ Gold drawing. The entry fee for teams of four are \$240; individuals are \$60 each. More information and registration forms are available on the website pinolafund.org or call (818) 292-7912.

The event is sponsored by the board of advisors of the Mary Pinola Education Fund – Leila Bell, Rick Dinger, Robin Goldsworthy, Jo Loomis, Bobbi Parker, Teri Rice, Patty Steur and Chris Waldheim.

see CALENDAR on page 18

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SPIRITUALLY SPEAKING

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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.



Sunday Worship at 10:00 a.m.

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La Cañada Congregational Church is the
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Pastor Kevin Kang

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(818) 352-1481

NOTES & NODS

LCIF Events
As the calendar turns to 2026, Lutheran Church in the Foothills (LCIF) is inviting the community to step into the New Year with a focus on fellowship, spiritual growth and a renewed love for reading. The church has announced the return of two of its most popular monthly gatherings: the Women’s Gather Bible Study and the LCIF Book Club. The Bible study group is set to resume its twice-monthly schedule, offering local women a consistent place to reflect and connect. The first meetup of the year will take place on Thursday, Jan. 13 at 1 p.m. in the church’s conference room. All are welcome to attend and no RSVP is required.

For those who have added “read more” to their list of 2026 resolutions, the LCIF Book Club offers the perfect opportunity to stay on track. The next meeting is scheduled for Monday, Jan. 19 at 1 p.m. The group will gather to discuss “The Last Christmas in Paris” by Hazel Gaynor and Heather Webb. The novel tells the story of a young woman in London and a soldier on the Western Front whose friendship blossoms into love through their letters during the long years of World War I.

In February, members will dive into “The Book Club for Troublesome Women” by Marie Bostwick.

In addition, LCIF welcomes all to attend its weekly Sunday worship ser-

vice at 10 a.m. with Pastor Viv Vivek. Children are invited to participate in Children’s Church, offered at the same time, that includes a Bible lesson, crafts and games.

For information about activities at Lutheran Church in the Foothills, please visit the church’s website: lcifoothills.org. Those who need pastoral care or are looking to join groups such as Bible study, quilting or book club, can email office@lcifoothills.org or call (818) 790-1951.

The church is located at 1700 Foothill Blvd. in La Cañada Flintridge. Office hours are 9 a.m. to 1 p.m., Monday through Thursday.

Ru-Lee Weller-Passman at UUCVH
Unitarian Universalist Church of the Verdugo Hills (UUCVH) will host author and tarot practitioner Ru-Lee Weller-Passman on Jan. 11 at 10:30 a.m. for the sermon titled “Embracing the Fool.” It’s the season of new beginnings and fresh starts.

In a tarot reading, the card for this moment would be the Fool. There may be preconceived notions of what a fool looks and acts like, but the Fool card is actually about diving into new situations with headlong enthusiasm. How can some of that Fool energy be cultivated as people settle into 2026?

Weller-Passman (they/them) is a future Unitarian Universalist chaplain

Question: *I am very concerned about the state of world right now! Not only does the news seem to sensationalize the issues – crimes, robberies, murders and more – but in my own life I notice when I go to the grocery store people are just not as friendly as they used to be. When I say hello to strangers now they seem to recoil like I’ve done something terrible. It makes me not want to go out and converse with anyone.*

I am older and have been through many challenges, yet I always seemed to rise above them with the help of friends. We all pulled together. Now even my friends are critical and wary of everyone and flat-out are unwilling to budge from their opinions. I’m not trying to pretend all is well with the world but how can I stay positive while all this unhappiness and unfriendliness bombards me daily? I want to keep my pleasant attitude and create good for myself and those I encounter. Any suggestions?

~ Fearful

Answer: Dear Fearful,

I’m sorry you are experiencing such fear and anxiety and I appreciate that you are reaching out for advice. Dealing with a world that feels unsafe, people who are distant and friends that are critical is never easy, and seems to be keeping you from enjoying life.

There is an expression in the Bible, “It came to pass,” meaning some things come to show us areas where we need to grow and then

move on. Fear can be very useful because it shows us that there is something to learn. But when fear and anxiety remain a permanent state of mind and we allow it to take control of our life, it becomes damaging rather than serving our good.

There is a difference between having an emotion and when an emotion has you. When we feel fear it’s important to ask ourselves what we need to learn from it. If we follow its lead, take constructive steps and make healthy decisions because of it, we will move through the emotion. If we don’t, that emotion begins to take control of our thinking and inhibit us, changing our natural response to life.

I would suggest to pray, focus on the positive, take action and follow your intuitive guidance. Pray believing that the solution is at hand. The energy from which we pray has a direct effect on the result of the prayer. In prayer we are not convincing God of anything. God already sees us as perfect, whole and complete. Prayer reconditions the mind of the one praying. It releases our thought from the problem and troubled state of mind we’re in. We must be willing to release the problem to God and allow answers to flow into our lives.

Ask yourself what positive things can be learned from your current experience. What we focus on expands. Where we put our attention becomes prominent in our actions and reactions because that’s where we have put all our energy. When you shift the focus

to what is working instead of what is not, the circumstances will shift – but not without action.

Get moving! Take a walk! Get out in the sunshine! It can do wonders for resetting your mind. Make a committed effort to see good everywhere, to give and to forgive daily. When your friends become critical, let them know how you feel. Open a dialogue to create an atmosphere of mutual respect. Tell them how much they mean to you and how you value their friendship. Sometimes people get stuck in a mindset or mood and become oblivious to how they are behaving towards others. You can be the gentle reminder that brings them back to their senses.

Most importantly, take your mind off the problem and put your mind on God. Instead of listening to all the negativity that is going on, listen to the good news and messages that are inspiring. Invite your friends to come over and watch a comedy. Go to dinner and make the rule that you can only speak of uplifting things. That doesn’t mean you ignore challenges you may be facing but put a positive spin on it all. Ask what good comes from your current experiences. Whatever it takes to uplift your spirits and switch the channel in your mind from feeling fearful to feeling in charge of your life – do it.

I trust you find inspiration in these words and relief from fear and begin to enjoy your life to the fullest once again.

In Light,

*Rev. Mary Morgan
Center for Spiritual Living -
La Crescenta*

and recurring speaker at the church. Author of “Your Tarot Toolkit,” UUCVH welcomes them back by popular demand. In person at 10:30 a.m. (Pacific) at 4451 Dunsmore Ave. in La Crescenta or visit the UUCVH website <https://www.uuverdugo.org/> for the Zoom link.

CSL Offers Gentle Movement Class
The Center for Spiritual Living - La Crescenta is offering a gentle stretch and relax chair movement with Michelle Gillette. 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.

Milestone Celebration
This year Glendale City Church celebrates 120 years of faith, community and service. Founded in 1905, the church serves as a welcoming gather-

ing place for worship, learning, artistic expression and community care.

To commemorate this anniversary, Glendale City Church will host a public, weekend-long celebration on Jan. 30-31, 2026, highlighting its rich history and ongoing creative vitality. The program will feature music, poetry readings, visual art and a curated church history gallery with photographs, archival materials and stories tracing the congregation’s journey across 12 decades.

Open to the public, the anniversary weekend invites longtime members, new friends and the wider Glendale community to gather in celebration of a living legacy that continues to shape the city.

To view the itinerary, visit <https://tinyurl.com/w39frw84>.

For more information, visit glendalecitychurch.org, email questions to office@glendalecitychurch.org or contact the church office at (818) 244-7241.

Walk and Word
Walk and Word participants will

meet in the parking lot of Deukmejian Wilderness Park, 3429 Markridge Road in La Crescenta/Glendale at 8 a.m. on Jan. 12, 19 & 26. Participants will walk for the first hour and then gather to read a selection of Scripture. About a half hour will be spent journaling about what was read and then there will be conversation, sharing thoughts.

Participants are asked to bring something to write with, anything wanted to eat or drink, and a chair to use for the writing part of the morning. Because people will be outdoors and social distancing will be practiced, masks will be optional.

Those with questions can email Jeanne at jlavieri@earthlink.net.

All are welcome. If the hike is too strenuous, there are level paths at the park. There are ramps from the parking lot to the field where the group gathers after the hike.

*You can read more at
CVWeekly.com/RELIGION*

BUSINESS

NEWS FROM THE MONTROSE-VERDUGO CITY CHAMBER» MOLLY BURKE

A New Year of Connection in Montrose

As we step into the new year, the Montrose-Verdugo City Chamber of Commerce is excited for what's ahead. We have big plans in the coming months to bring even more value to our members and meaningful experiences to our community – all while continuing to support the local businesses and organizations that make our area so special.

As we closed out last year, we want to thank everyone who joined us for our final mixer at La Cañada Furniture & Design. It was a wonderful evening of friendly networking, meaningful conversations and celebrating a beautiful Montrose business. We are so fortunate to have such incredible businesses and business owners in our community and it was truly one of those nights none of us wanted to see end.

Carrying that energy into the new year, we're excited to bring our Chamber community together for Strike Up Connections – An All Members Chamber Night taking place on Tuesday, Feb. 10 from 6 p.m.–8 p.m. at Montrose Bowl. Whether you're a longtime member or curious about getting more involved, this is the perfect time to join us and learn more about the Chamber!

We're also excited to share that our two beloved spring events will be returning! The Easter "Egg My Home" event, proudly supported by the YMCA of the Foothills, will be back on Easter Sunday, April 5, with orders opening next month.

The 11th Annual Montrose Craft Beer Fest also returns on Sunday, April 12 from 12 p.m. to 4 p.m. on the 2200 block of Honolulu Avenue. Save the dates and stay tuned for more details.

We're grateful for the continued support of our members and community and we look forward to a year filled with connection, celebration and growth in Montrose!

Celebrating Our New MVCC Members!

- *GatherADU* - LA's trusted ADU experts. We handle everything from custom design to city permits to full construction so you can add a rental unit, guest house or home office to your property. [gatheradu.com](#)
- *Jill Wolfe* – Local realty expert with Keller Williams. (310) 975-4330
- *Celebrating Our Returning MVCC Members!*
- *Back Office People* – Let us help you with your QuickBooks so you can spend more time doing what you love. [backofficepeople.com](#)
- *Revolution Dance Center* – Provides quality, age-appropriate dance instruction in a fun, positive, family-oriented environment. [revolutiondancecenter.com](#)
- *Laurie Jo Designs* – Hand-painted art, gifts, aprons, canvas bags and clothing with custom orders available, right here in Montrose. [lauriejodesigns.com](#)
- *Sports Clips La Cañada* – Specializing in men's and boys' haircuts, with TVs showing sports (and hot towel treatments). (818) 864-6747
- *Sonia'Z Boutique* – Your one-stop destination for moms and little ones. 2206 Honolulu Ave.
- *Holy Redeemer* – St. James School – A boutique Catholic school offering a tailored curriculum and small classroom environments. [hrsjs.org](#)
- *Zonnie Bauer Pilates* – Reach your fitness goals and optimize your health with private Pilates or mat classes on Saturdays at 9 a.m. [zonniebauerpilates.com](#)

MVCC Upcoming Events:

On Tuesday, Feb. 10 – Strike Up Connections - An All Members Chamber Night from 6 p.m. to 8 p.m. at Montrose Bowl, 2334 Honolulu Ave. in Montrose.

On Sunday, April 5 – 6th Annual "Egg My Home" proudly supported by the YMCA of the Foothills. Easter egg deliveries early Easter morning! Serving La Crescenta, Montrose, Glendale, Tujunga and La Cañada.

On Sunday, April 12 – 11th Annual Montrose Craft Beer Fest from 12 p.m. to 4 p.m. on the 2200 block of Honolulu Ave. in Montrose.



Remember to shop local!
Molly Burke, Executive Director
MVCC

NEWS FROM THE CV CHAMBER » ROBIN GOLDSWORTHY

2026 Promises to be a Busy Year at the CV Chamber

Before the end of 2025 members of the planning committee of the Crescenta Valley Chamber of Commerce sat down to take a look at events we would like to have in the first quarter of 2026.

So, looking ahead we have planned these events:

On Feb. 7 we are hosting bingo at Verdugo Hills Memorial Hall, 4011 La Crescenta Ave. in La Crescenta.

Doors open at 4:30 p.m.; the first bingo game will be at 6 p.m. For more information, contact Robert Manciero, Chamber vice president, at (818) 248-4957.

On Feb. 12 at 6 p.m. we are having a Pre-Smart-A-Thon Mixer at Bob Smith Toyota, 3333 Foothill Blvd. in La Crescenta. This is a warm-up for the March 13 Smart-A-Thon at USC Verdugo Hills Hospital. The Chamber is partnering with the Mary Pinola Education Fund for the Pre-Smart-A-Thon Mixer and the night will include live music, treats, display and (perhaps most importantly) the presentation of grants from the Education Fund to outstanding community organizations.

We are so grateful to Bob Smith Toyota for hosting this annual event. Admission is \$15 for CV Chamber members, \$20 for non-members. To learn more, including sponsoring the Smart-A-Thon, visit [pinolafund.org](#).

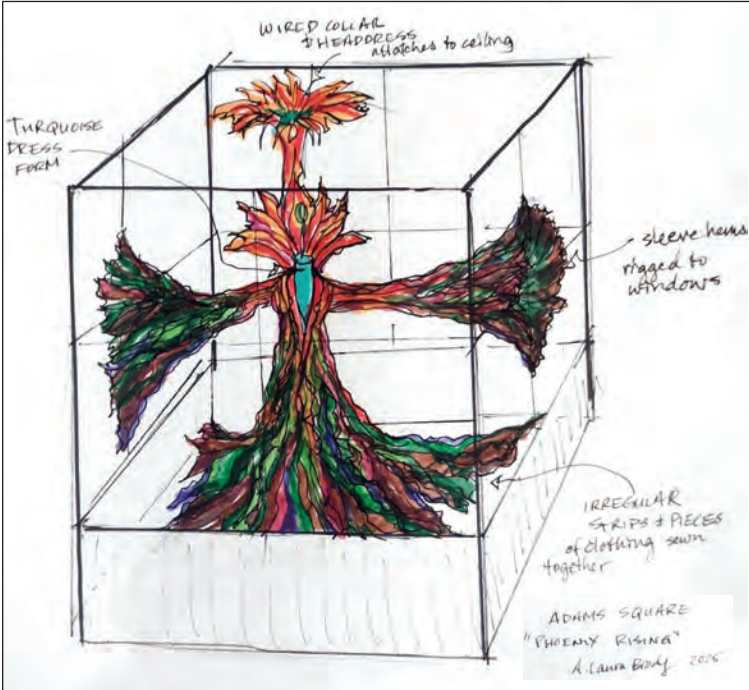
On April 25 it's the Hometown Country Fair! This is a favorite community event and features live music, giveaways, information booths, first responders, shopping booths, dance performances, a pie-eating contest, classic car show and more! Held at CV Park (3901 Dunsmore Ave. in La Crescenta) from 10 a.m. to 4 p.m., the Fair is a free event to the community (a gift from the Chamber). Despite being a rainy morning last year, we had a "fair" turnout, and saw the number of visitors increase as the clouds went away.

We're looking forward to a dynamic year, so mark your calendars now! And if you're not already a member consider being a part of the CV Chamber of Commerce. Information on joining the Chamber can be found on our website <https://www.crescentavalleychamber.org/>. The Chamber is a dependable source for community information and business referrals. Membership with the Chamber of Commerce shows you are a progressive business, invested in the Chamber and the community. It also adds credibility to your business. Our strength comes from our members, and with an ever-expanding grassroots base we can make an impact on the issues facing the Crescenta Valley. The board meets on the first Tuesday evening of the month at Sadler Hall on the grounds of St. Luke's of the Mountains, 2563

PHOENIX RISING from page 13

Exhibited at Brand Library & Art Center in spring 2025, Opulent Mobility: Re-Imagine Disability and Mobility in Collaboration with the Students of Glendale Unified School District illuminated disability culture and the challenges that disabled populations face. Brody was recently interviewed as part of the Arts & Culture Commission's Spotlight Series. Visit [GlendaleArtsAndCulture.org/SpotlightSeries](#) to learn more about her body of work and inspiration behind Phoenix Rising.

An artist reception will be hosted by the Adams Square Neighborhood Association on Saturday, Jan.24 from 10:30 a.m. to noon. Adams Square Mini Park Gas Station is located at 1020 E. Palmer Ave. in Glendale. This temporary art installation is sponsored by the Glendale Arts & Culture Commission through funding from the Urban Art Program, and support from Glendale Library, Arts & Culture, Glendale Community Services & Parks, and the Adams Hill Neighborhood Association.



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WANTED/NEEDED

WANTED

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La Crescenta-based property manager/contractor is looking for a full-time / secretary to run office. Should be knowledgeable in Microsoft Office Desktop & Excel. Organizational skills a plus and take charge. Flexible hours -Retired OK. Please send resume to Ganpat4@sbcglobal.net.

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CALENDAR continued from page 15

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 questions. Email LittleLanders@BoltonHall.org, phone (818) 352-3420 or send a

letter so P.O. Box 203, Tujunga, CA 91043.

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 from 11 a.m. to 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.

NATURE JOURNALING PROGRAM AND GLENDALE OUTDOORS! (GO!)

COMMUNITY PROGRAMS AT DEUKMEJIAN

Nature Journaling Program and Glendale Outdoors! (Go!) Community programs continue at Deukmejian Wilderness Park. To learn more about the Glendale Outdoors! (GO!) Community Program visit <https://tinyurl.com/kjv88w6a>.

To learn more about the Nature Journaling Program visit <https://tinyurl.com/2b5u6p6x>.

CELEBRATE NATIONAL

STAMP COLLECTING

Community members are invited to join the Glendale/La Crescenta Stamp Club, a community of stamp enthusiasts that meets regularly to share their passion for this timeless hobby.

The Glendale/La Crescenta Stamp Club meets every third Tuesday at the LA County Library - La Crescenta located at the corner of La Crescenta Avenue and Foothill Boulevard, 2809 Foothill Blvd., at 7 p.m. in the second floor community room.

For more information about the club and upcoming meetings, call (818) 903-4451.

ACTIVITIES AT SUNLAND SENIOR CENTER

The Sunland Senior Center

offers a selection of classes and activities daily. Whether seniors are looking to exercise or dance or are interested in art, theater, or knitting, the Center has something for everyone. Sunland also hosts bingo on Tuesdays at 10 a.m. and a movie matinee on the big screen at 1 p.m. on Thursdays; on Mondays and Fridays there is country line dancing from noon-1:30 p.m. The Sunland Senior Center runs programming from 9 a.m. - 2 p.m. with a donations-based lunch served daily from 11:30 a.m. to 12:30 p.m.

Sunland Senior Center is located at 8640 Fenwick St. in Sunland. For further information, call (818) 353-9571. These special events are free.

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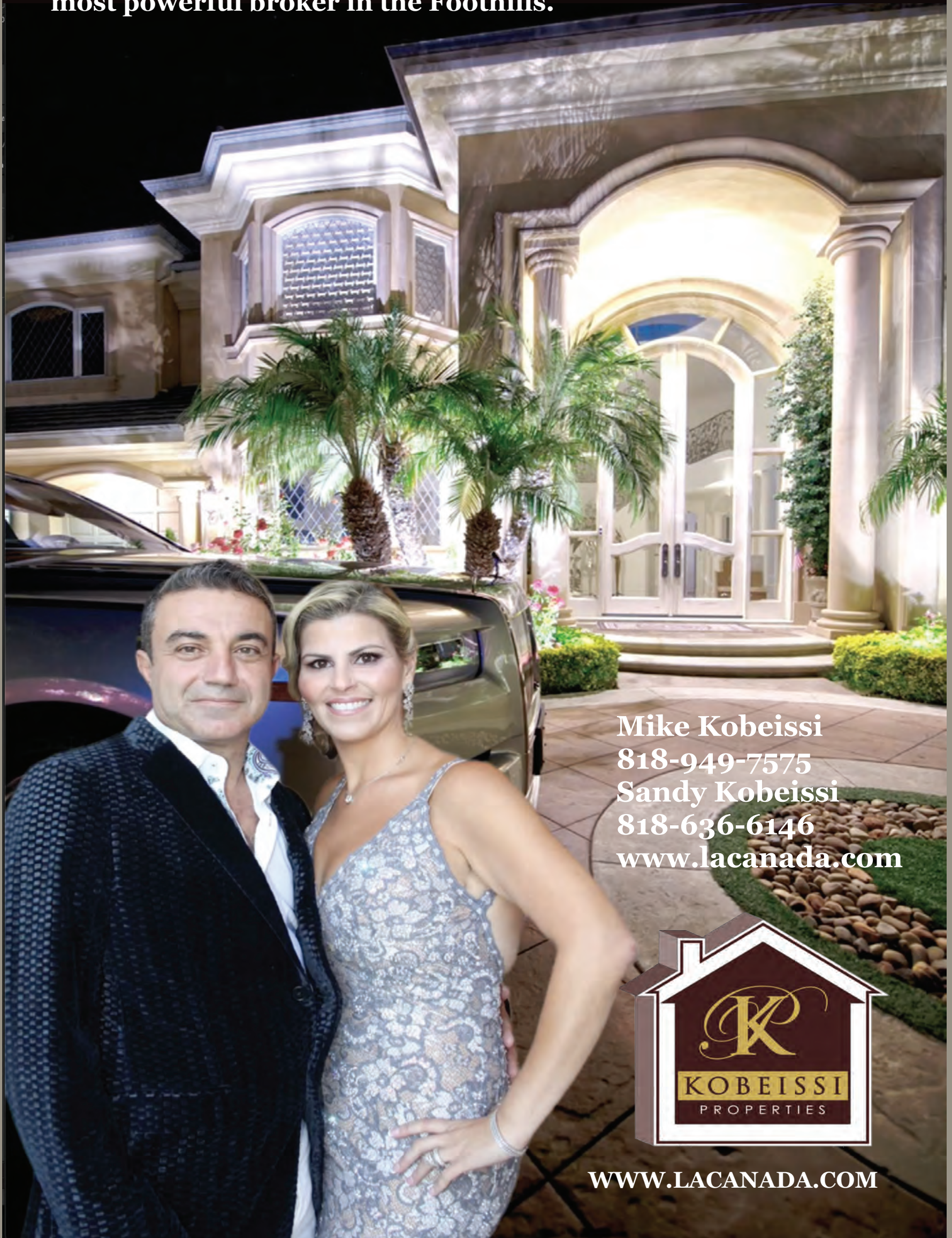
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