

CRESCENTA VALLEY WEEKLY

THE FOOTHILLS' COMMUNITY NEWSPAPER

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City Council Holds Meeting at Fremont Park

By Julie BUTCHER

Most of the time, the Glendale City Council meets at city hall. A couple of times each year, the Council ventures out to meet in one of Glendale's 34 neighborhoods. This week's meeting on Tuesday night was at the newly renovated Fremont Park, Glendale's oldest park, built in 1927.

The new community room was packed with representatives from all of the city's departments with a notably strong presence of first responders, Council regulars and local residents.

Following a welcome by Mayor Ara Najarian, director of Community Services & Parks Onnig Bulanikian gave an update on the recently completed renovation of Fremont Park.

According to city reports, "The Fremont Park Master Plan was approved by the City Council on Dec. 8, 2015. The project consists of a community building, artificial turf soccer field, splash pad, picnic areas, barbecues, 26 additional parking spaces, upgraded tennis courts with dual-use pickleball courts, a basketball court, outdoor exercise equipment and two brand-new playgrounds designed for ages 2-5 and 5-12 with exciting play elements like a giant slide, swings and sensory features."

Since the park's re-opening, park visitation has increased 33%. Average weekly visitors to the park went from averaging 7,000 in 2023 to approximately 9,400 visitors per week between October and December 2025.

There have been 50 picnic shelter reservations (at a cost of \$41 per hour); 27 reservations of the community room (which holds 80 people – a smaller meeting room is also available for up to 12 people); and reservations of sports fields for adults at 133 and for youth sports at 180 so far. The outdoor fitness area is seeing heavy usage by youth,

see GCC on page 8

Crescenta Valley Chamber of Commerce Hosts Annual Bingo Night

By Dominique ROCHA

The Crescenta Valley Chamber of Commerce soon will be hosting its annual historic bingo event. From 6 p.m. to 9 p.m. on Feb. 7, attendees can share in a night of food and fun while getting to learn a bit of Crescenta Valley history.

The chamber of commerce first hosted its historic bingo night in 2024 as a way to fundraise for the Chamber. The annual event is not a typical bingo event. Between games historic stories are told.

"We tell these historical stories between the games so attendees can learn and win money at the same time," said Robert Manciero, vice president of the CV Chamber and head of the Bingo Committee.

Throughout the year, the Chamber hosts many events that help raise money for the Chamber and its outreach efforts. This year, it will dedicate some of the proceeds toward its scholarship program. Food and drinks, including homemade pulled pork sandwiches, pizza and homemade desserts, will be available for pur-



Photo by Robin GOLDSWORTHY
CV Chamber of Commerce
board member and honorary
mayor Dwight Sityar reads off
the numbers from a winning
bingo card at a 2024 game.

chase during the event.

Tickets can be purchased by emailing info@crescentavalleychamber.org, at Bob Smith Toyota or at the door for \$25 and will include 10 bingo games. Additional bingo games can be purchased during the event.

The final game pays out \$250;

the rest of the games have a payout of \$10.

Events like these help to fundraise for the chamber and connect the community. Along with bingo night, the Chamber also hosts informative mixers and socials throughout the year and the popular Hometown Country

Fair.

"Last year, we had a successful mixer highlighting AI and how it will work with your business," said Manciero. "This year, we want to bring that back, plus legal, marketing and insurance topics."

see BINGO NIGHT on page 8

Outreach Continues Concerning E-Bikes and E-Motors

By Mary O'KEEFE

Readers have reached out to CVW concerning the ongoing issues with e-bikes and e-motors in the area, specifically in Dunsmore Park.

Glendale police, which oversees the area, recently responded to community members' concerns about the e-bike issue and how they witnessed the devastation of the grounds at Dunsmore Park.

GPD's Traffic Bureau, along with air support, engaged in enforcement activity at Dunsmore Park. The result was a total of six e-motors being impounded and two juveniles arrested for reckless driving.

"This was a complex investiga-

tion as most of these juveniles flee from officers when they become aware of their presence," stated a GPD spokesperson Sgt. Mike Pobokhian. "In most cases, our officers do not give chase to minimize the risk of anyone getting hurt – including the riders who are usually inexperienced to be riding at such top speeds. In this particular case, only two riders were actually apprehended while the other four got away. However, we utilized the police helicopter to track the fleeing suspects and later located their bikes and impounded them."

An electric bike (e-bike) is a bicycle equipped with an electric motor and battery. Bike companies have categorized the e-bikes into three levels:

Photo provided by R. SPINNER
This photo shows the damage done
at Dunsmore Park.



see E-BIKES on page 8

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» FROM THE DESK OF THE PUBLISHER

The Wider We Are

Traditionally, New Year is a time when resolutions are made: we're going to eat better, walk more, smoke less (or quit altogether), lose weight, etc. Unfortunately, by the second Friday in January most have abandoned their goals. In fact, there's a name for that Friday: Quitters' Day.

Yup, that's when most of us decide it's just not worth it and revert back to our bad habits (yes - they're bad; if they weren't we wouldn't be giving them up, right?).

Understanding the temptation that is part of Quitters' Day, CV Weekly has chosen January as its Healthy Living month. You may have noticed that we've included Healthy Living banners on some of that articles in the paper. They're targeted to help people "stay the course" in their drive to live a better, healthier life. We've tried to tackle myriad subjects including sleeping better (see page 3); previous issues have included stories on advances in firefighter health and mental health.

Looking at my history with New Year's resolutions, I can say that I've failed miserably. I'm still trying to lose my baby weight - despite my "baby" being 33 years old. I don't think the chances are very good that I'll be keeping that goal. Yet it always seems to make my list of New Year's resolutions.

I was looking at photos recently and came across my wedding pictures. Not only was I a youngster (I got married a

month before my 21st birthday) but I was thin! When I consider that I'm heavier now than at the height of any of my pregnancies I get sick ... of course, not sick enough to give up eating any of those wonderful goodies that come my way.

Of course, I'm not alone. According to a report from the CDC in 2024, data from the National Health and Nutrition Examination Survey showed that during August 2021–August 2023, the prevalence of obesity in adults was 40.3%, with no significant differences between men and women. Obesity prevalence was higher in adults ages 40–59 than in ages 20–39 and 60 and older.

Basically we're a fat nation. I do, however, lean toward the teachings of author Jonathan Engel who states in his book "Fat Nation: A History of Obesity in America" that "obesity is a result of complex, post-WWII societal changes, not just a lack of willpower, focusing on shifts in work, food and environment."

I can get behind the idea that it is not due to lack of willpower that we put on weight.

However, I can't help but ask - do we have ingredients at home to make chocolate chip cookies? Cookies and milk - a winning combination...

Robin Goldsworthy is the publisher of the Crescenza 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

he told ANW.

Blaise said the film became about the fragility of life and how a person can get into a pattern of grieving and "you get into this pattern of just getting through life."

To be honest, I watched "The Snow Bear" prior to reading Davis' article so what I got out of the movie was something different. Like most art, we all come at it from a different perspective. What I saw from this movie was more environmental. It made me think what the last polar bear may face and in Blaise director's statement on his website, he does look at the film as an environmentally-focused film as well.

Although animated films like "Toy Story" are wonderful to watch there is still something magical about a film that is hand-drawn ... and "The Snow Bear" does not disappoint.

Often art is inspired by a tragedy in an artist's life and this short film was Blaise's way of working through the loss of his wife.

Blaise told Animation World Network (ANW) when his wife died of breast cancer he "felt like the sun would never rise again."

In the article titled "Snow Bear: How Aaron Blaise Lost Love, Then Found it Again" by Victoria Davis, Blaise shared how devastating the loss of his wife of 20 years was for him. He stopped working at Disney; he said he "was lost." But then, 10 years later, he started creating "Snow Bear" with his friend Nick Burch. During this time he met Burch's wife's sister and they fell in love. They eventually married.

"You've got to go on a journey to find that hope and light again. That's not what 'Snow Bear' was about when I started it, but that's what the story became about,"

see WEATHER on page 8

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Don't Miss Next Week's Q&A - Phyllis discusses "Selling A Parent's Home"



NEWS

IN BRIEF

INDIGENOUS CULTURE & STORIES

On Sunday, Jan. 24 from 9 - 10:30 a.m. Indigenous Culture Bearer Tina Calderon will be at the Rosemont Preserve and will present an opportunity to connect with Native culture through stories and songs. Learn about the first peoples of the Los Angeles area and their lasting relationship with the land.

This event is limited to 20 people. Please RSVP at <https://tinyurl.com/4r4uwfa7>.

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.

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

CVCA TO MEET TONIGHT

The Crescenta Valley Community Association will have its first meeting of the year on Thursday, Jan. 22 at 7 p.m. This will be a live, in-person meeting in the La Crescenta Library community room. Just prior to the CVCA meeting, the Crescenta Highlands Neighborhood Association will hold its annual meeting at 6:30 p.m. This meeting is for residents who live in the Glendale portion of La Crescenta between Lowell and Pennsylvania avenues, but all are welcome to attend. Both meetings will include topics important to the greater Crescenta Valley.

The La Crescenta Library is located at 2809 Foothill Blvd. Contact the CVCA at crescentavalleycommunityassn@gmail.com with any questions or to be added to the meetings notification list.

CVHS INSTRUMENTAL MUSIC HOSTING CLOTHING DRIVE

The CVIMF (Crescenta Valley Instrumental Music Foundation) is having its bi-annual clothing drive on Saturday, Jan. 24 from 9 a.m. to noon and Sunday, Jan. 25 from 11 a.m. to 2 p.m. in the CVHS band parking lot in the 4300 block of Ramsdell Avenue.

Participating is easy – donors drive up, stay in their car and student volunteers will unload bags.

All clothing collected is donated through a non-profit partner that pays by the pound, with 100% of the proceeds directly supporting the CVHS instrumental music programs, which include jazz band, symphony, concert band and the wind and string ensembles. The clothing is then sent to those in need.

I-5 CLOSURES ANNOUNCED

Caltrans announces an extended weekend closure on northbound Interstate 5 (I-5) between Empire Avenue and Buena Vista Street in the city of Burbank for pavement rehabilitation work. This is the first of a series of extended weekend closures on the I-5 between Empire Avenue and Cohasset Street for this project.

Beginning at 10 p.m. on Friday, Jan. 23 through 5 a.m. on Monday, Jan. 26, crews will reduce northbound I-5 to two lanes between Empire Avenue/San Fernando Boulevard and Buena Vista Street. In addition, northbound I-5 will be fully closed overnight between the closure limits for striping on Saturday, Jan. 24 and Monday, Jan. 26. The westbound State Route 134 (SR-134) connector to northbound I-5 will also be closed for the duration of the extended weekend closure.

Motorists are strongly encouraged to seek alternate routes to reach their destinations during the extended weekend

closure. Detour signs will be posted. All lanes and ramps will reopen to the public by 5 a.m. on Monday, Jan. 26.

Visit the Caltrans Quickmap for the latest road conditions and closures.

This is the first of six 55-hour extended weekend closures scheduled through February 2026. Construction is expected to be complete in summer 2027. This work is part of a pavement rehabilitation project to replace damaged pavement on I-5 between Empire Avenue undercrossing (UC) and Cohasset Street UC to improve ride quality and safety.

INSTALLATION DINNER

In celebration of earning the Mayor's Trophy in the 2026 Tournament of Roses Parade, 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/yc2u2cpp> 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 <http://www.gladaleartsandculture.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.

ARTIST SUBMISSIONS NOW OPEN FOR CITY OF GLENDALE PUBLIC ART LANDMARKS PROJECTS

The Glendale Library, Arts & Culture Dept., on behalf of the City of Glendale's Arts & Culture Commission (ACC), has announced that submissions are now open for the next round of the Citywide Public Art Landmarks RFQ. This initiative will commission up to 10 long-term permanent public artworks placed throughout the city to enhance public spaces, celebrate Glendale's cultural diversity and encourage meaningful community engagement.

Applications are open through Jan. 30 at 5 p.m. This RFQ is for qualifications only and applicants should not submit design proposals at this stage. A shortlist of finalists will be selected to develop concepts and will receive a stipend for their design work.

Each location invites imaginative, forward-thinking approaches that elevate the surrounding public environment.

Artists and artist teams are encouraged to consider how their practice aligns with the needs and goals of each site. Applicants may apply to one or multiple opportunities. A shortlist of artists will advance to the next stage to develop and present full design concepts to the Glendale Arts and Culture Commission.

For more information, visit GlendaleArtsAndCulture.org/PublicArtRFQ. To apply, visit lebasseprojects.submittable.com/submit.

» HEALTHY LIVING 2026

Sleep for Teenagers – How Important Is It?



Illustration by Hannah LIM

By Hannah LIM

For most teenagers, sleep is considered the last priority in a busy schedule filled with academics, sports and extracurricular activities. The necessity to accomplish certain goals often push back the quality and consistency of sleep schedules, affecting teenagers' moods and ability to learn during school. As important as that next exam might be to the average teenager, sleeping might actually be a better study method than pulling that all-nighter to cram in material.

Romina Sifuentes, an MD at Keck Medicine of USC, said that when teenagers are sleeping their brains work hard to retain information learned throughout the day, including materials taught in school.

"Teen brains are still developing skills needed for focus, judgment [and] self control," she said, adding if they are not receiving an adequate amount of sleep these skills can be affected along with long-term memory.

Lack of sleep from the night before can also lead to drowsiness that makes it difficult to push through the day and find the willpower to study and learn. Often the most convenient way to stay awake is to grab a latte, refresher or energy drink. But what teenagers don't realize is the reliance on caffeine to function only makes getting to sleep harder at night, which also affects studying. Dr. Sifuentes said that caffeine and energy drinks interfere with melatonin, a hormone signal that tells a brain to sleep. Caffeine also increases anxiety levels and can lead to high heart rates, resulting in worse performance at school.

So, how can parents and school staff members notice if their teenager or student isn't receiving a good or efficient amount of sleep? Vahe Akopian, an MD and general neurologist who has privileges at USC-VHH and Glendale Adventist Medical Center, mentioned that for teenagers the more obvious symptoms include impulsive behavior, increase in irritation, higher anxiety and worse eating habits.

But it can be difficult to pinpoint these symptoms ...

especially after pulling all-nighters.

"The habits that you build now as a teenager carry on with you for the rest of your life," said Dr. Akopian. "If you learn that sleep can be optional or sleep is something you can pick up on later and don't treat it as a serious eight hour window, it becomes easier later on in life to mistreat sleep."

"When you're young, your body is super flexible," he added. Often symptoms of sleep deprivation aren't noticeable during teenage years and a person can feel normal even with little sleep. However, Dr. Akopian emphasized that "abusing the forgiveness of a teenage body will come later on to bite you in the butt."

To ensure teenagers receive healthy sleep, Dr. Akopian advised keeping a consistent sleep schedule – even on weekends. This means trying not to sleep in. Also, for students, being behind on studies can lead to cramming in materials and sacrificing sleep, which only worsens test-taking abilities. It's best to sleep a sufficient amount to remember materials learned when studying.

Dr. Sifuentes similarly stated that being consistent in sleeping is essential to letting teenage bodies know when to sleep and keeping health and memory stable. It's also recommended to put down screens before bedtime to allow better sleep quality.

Although it may feel impossible to balance everything and maintain a healthy sleep schedule, building good sleep habits as a teenager is an essential investment in long term physical, emotional and mental health.

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CVTC Welcomes New Board, Holds First Meeting of the New Year



Photo by Robin GOLDSWORTHY
Supervisor Kathryn Barger, right, swears in the newly elected CVTC members (from left) Harry Leon, Jo Ann Stupakis and Donna Libra.

By Robin GOLDSWORTHY

The Crescenta Valley Town

Council (CVTC) held its first meeting of the new year on Thursday night, Jan. 15 at 7 p.m.

in the community room of the La Crescenta Library.

Chris Kilpatrick presented the results of the election held in November. Elected to the council were Jo Ann Stupakis and returning members Donna Libra and Harry Leon. They were sworn in as was the new executive board, which was elected by the sitting members of the council. A highlight of the evening was the swearing in of the new members and executive officers by Supervisor Kathryn Barger. The executive board consists of Jeff Rodriguez, president, Daniel Kim, vice president, Donna Libra, treasurer, Jo Ann Stupakis,

recording secretary and Kerri Lewin which included possible plans for Bräutigam, corresponding secretary, the existing PDC and Citibank buildings in the 2300 block of Honolulu Avenue.

The meeting adjourned at 9 p.m.; the next meeting of the CVTC is planned for Feb. 19 at 7 p.m. at the community room of the La Crescenta Library, 2809 Foothill Boulevard.

"There are no new updates," he said. To read the letter of recommendation by the council, visit <https://thecvcouncil.com>.

Glendale Community College President/Superintendent Dr. Ryan Corrner and Trustee Desirée Rabinov presented an update of the college,

"Needing to place an Obituary or Memorium for a loved one?"

Please submit 325-350 words plus a photo (preferred photo size is 200 dpi, 4x6 inches) to robin@cvweekly.com
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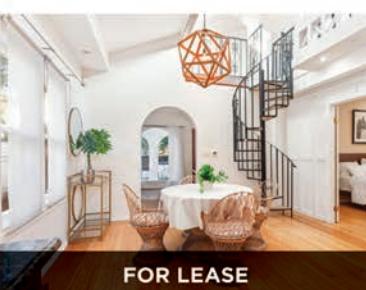
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Testing Soil after Eaton Fire

By Mary O'KEEFE

As Altadena residents and business owners continue to move forward in rebuilding the community after the losses suffered due to the Eaton Fire, there are still health issues of concern – like what chemicals are lying in the soil that surrounds them.

In December, the UCLA Fielding School of Public Health joined other agencies in testing soil in and around Altadena. The team of UCLA researchers was led by Dr. Kirsten Schwarz, associate professor in the UCLA Fielding School – Dept. of Environmental Health Sciences.

"Soil screening is a necessary first step, but it's not a solution," Schwarz stated. "Fire-impacted communities are eager for actionable solutions and soil amendments, like compost and mulch, [which] are low-cost accessible options that help us manage risk."

Residents eager to have soil tested from around the area brought in soil in plastic bags and other containers to the Washington Park Community Center in Pasadena on Dec. 6, 2025. They waited to get the results of the health of their soil.

Two moms, who did not wish to

share their names, said they came not only to check their own home soil but were also concerned about local soccer fields where their children played.

On Dec. 6 the team screened over 200 soil samples and used a portable X-ray fluorescence analyzer, which detects heavy metals including lead – a known cause of significant illness. To date the project has tested about 600 samples for about 250 residents.

Participants were able to bring up to three soil samples for testing.

The basic takeaway is that in homes that survived the fires but were exposed to smoke or ash, a UCLA study found air quality worsened over time. Concentrations of some volatile organic compounds remained significant or even increased, even after the fires were controlled and outdoor air quality recovered. The study, by UCLA professors and co-authors Yifang Zhu and Michael Jerrett, is embargoed until its publication on Jan. 2 in the journal Environmental Science and Technology Letters," according to UCLA.

UCLA Fielding has set up a resource page related to the fires at <https://ph.ucla.edu/ucla-fielding-fire-research-experts>.



Photo by Mary O'KEEFE
In December Altadena residents and business owners brought soil samples for testing to the Washington Park Community Center in Pasadena.

Natalie Levy, Soil Health and Organic Materials management advisor from the University of California, agriculture and natural resources, was on hand to help residents with tips on how they can keep their soil healthy including ways how they can increase water

retention and battle soil erosion.

In addition to testing there were several booths at the park that

supported community members including a planting station to attract monarch butterflies.

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Glendale Firefighter Arrested

By Mary O'KEEFE

A City of Glendale spokesperson confirmed that a Glendale firefighter has been arrested by the Los Angeles Police Dept. in an alleged connection with the death of a woman.

At about 4:25 a.m. the alleged suspect walked into an LAPD station and asked for a wellness check regarding his domestic

partner, according to an interview with KABC by Lt. Guy Golan.

Officers responded to the 5600 block of Satsuma Avenue in North Hollywood. Officers discovered a female victim in her 50s deceased at the scene, said LAPD Officer Cervantes.

"A suspect has been taken into custody," Cervantes said.

There is limited information

from LAPD; however, the suspect has been confirmed as an off-duty Glendale firefighter.

Although reports state the woman was the firefighter's wife, LAPD stated the couple was in "co-habitation."

LAPD is investigating the death as an isolated incident of domestic violence.

Update on the La Crescenta Avenue Rehabilitation Project

Major safety improvements on the La Crescenta Avenue Rehabilitation Project have been implemented, including the realignment of intersections and enhanced pedestrian accessibility. Additionally, the contractor has completed installation of bio-retention facilities and critical infrastructure upgrades, including traffic signal and fiber optic systems, as well as the upsizing of existing sewer mainline.

While most improvements are complete, certain key elements – including the final paving, striping and decorative crosswalks – are scheduled for completion by March 2026, barring any additional unforeseen circumstances.

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

and cyclist safety.

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

Tentative Construction Schedule:

- February 2026: Final paving and adjustment of utilities

- March 2026: Striping installation including lane reconfiguration to establish one travel lane in each direction, a center turn lane and bike facilities such as buffered bike lanes and protected bike lanes throughout the corridor. Installation of decorative crosswalks and cool pavement on Paloma Avenue.

Impacted Streets

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

Location and Dates

- La Crescenta Avenue from Verdugo Road to Glenwood Avenue: Travel lanes may be closed intermittently between

Jan. 26 thru Jan. 30 (excludes weekends and holidays)

• *La Crescenta Avenue at Urquidez Avenue:* Travel lanes may be closed intermittently through Jan. 30 (excludes weekends and holidays)

- *La Crescenta Avenue at Montrose, Honolulu, Roselawn, Oakmont View, Piedmont, Shirleyjean avenues, and midblock between Arlington and Las Palmas:* Travel lanes may be closed intermittently through Jan. 30 (excludes weekends)

Description of Work

- Contractor performing sanitary sewer main repairs
- Contractor performing storm drain upgrades
- Contractor traffic signal upgrades
- Contractor resurfacing pavement

Drivers are asked to please observe posted construction signage and drive safely near construction zones.

*Construction activity and closures are subject to change.

From the City of Glendale.

USC Verdugo Hills Hospital, in partnership with YMCA of the Foothills, presents:

Hybrid DocTalks

Heart Health

Thursday, February 5th
12-1 p.m.

Dr. Amir Solhpour

Dr. Amir Solhpour is a structural interventional cardiologist trained at the prestigious Texas Medical Center and board-certified in six cardiovascular specialties. He is known for advancing minimally invasive, catheter-based therapies to improve patient outcomes. Dr. Solhpour currently serves as Director of Echocardiography at USC Verdugo Hills Hospital and pioneered the first MitraClip, TriClip, and WATCHMAN procedures in the Glendale area. His expertise also includes minimally invasive treatment of aortic aneurysms using EVAR.



Location:

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Obituary

Liliane Maria Josepha Joris Zandueta



Dec. 23, 1951 - Dec. 16, 2025

Liliane Maria Josepha Joris Zandueta, 73, of La Crescenta peacefully passed on Dec. 16, 2025.

Born on Dec. 23, 1951 in Brasschaat, Belgium, she was the daughter of Franciscus Elisabeth Joris (1919-2004) and Irma Joanna Matthysen Kart (1929-1959), later adopted by loving stepmother Martha Maria Louisa Van den Eede (1919-2006).

Liliane is preceded in death by her brother Alfons Joris (1948-1977).

She earned a master's degree from University of Louven and eventually went on to work for the Canadian Consulate.

Liliane married Guillermo "Sonny" Zandueta in 1976 in Heidelberg, Germany. They shared many cherished memories, living in the Philippines for seven years before settling in the San Francisco Bay area in 1985, then in the Glendale-Los Angeles area from 1993 until their separation in 2006. Together they had three daughters; she was a devoted mother to Sascha Zandueta (Navik) Armen, Veronica Zandueta and Cathy Zandueta.

She took great joy in being a grandmother to her two grandchildren: Aria (18) and Rennon (14) Zandueta Armen, who brought immense happiness into her life.

Liliane was outgoing, fun-loving and known for her kindness, warmth and quick wit. She enthusiastically played tennis with friends and family. As a talented artist, she expressed her creativity through painting in various styles, finding joy and fulfillment in her art. She loved to travel, exploring new places and cultures, and enjoyed strolling the streets of Honolulu Avenue in Montrose-La Crescenta, relishing the beauty of her surroundings. Always ready for an outing, she embraced life with a spirit of adventure, often encouraging family and friends to join her on her walks and explorations.

Marking the 40th day anniversary of her death, the family will hold a funeral on Jan. 24 in Glendale where all are welcome to attend the 11 a.m. Mass at Incarnation Catholic Church, burial with procession at Forest Lawn Cemetery - Glendale, luncheon to follow at Phoenicia Restaurant where some of her paintings will be displayed in honor of her artistic legacy and creative spirit.

Obituary

Rudy Gonzales



June 27, 1957 - Jan. 5, 2026

It is with profound sadness and deep faith that the family of Rudy Gonzales of Tujunga share that he went home to be with the Lord on Jan. 5 in Los Angeles. He passed away peacefully with

his wife Shari by his side. He was 68.

Rudy was born on June 27, 1957 in San Antonio, Texas, the son of Elias and Martina "Tiny" Gonzales and the youngest brother of Sylvia, Minerva, Leonor, Elias Jr. and Alfred. He graduated from Fox Technical High School in 1975 and went on to earn his associates degree in graphic design from San Antonio College in 1977.

Following his graduation, Rudy moved to California to pursue his career where he began work in the printing industry, a career that lasted over 30 years. He started as a print typist at the Glendale News-Press before working his way into print sales. Rudy eventually started his own company called Medina Graphic Consulting as a print broker, which he ran until he

retired.

Once he retired, Rudy volunteered with the Salvation Army, the Los Angeles Police Dept. and most recently with the California Highway Patrol where he was presented with the Senior Volunteer of the Year Award in 2024.

Throughout his childhood, Rudy enjoyed drawing and he won many awards and scholarships for his artwork. He also loved music, being outdoors (especially in the mountains) and photography. Rudy loved being with his family as well as barbecuing and he spent many hours around the grill socializing and cooking for loved ones. He loved collecting Old Western and Native American artifacts.

Rudy also loved traveling, his weekly Friday afternoon lunch dates with Shari and hanging

out with his beloved cat Blackie. He will be remembered for his wonderful sense of humor, the joy he had serving his community, his patriotism, his love for his family and most importantly for his devotion to the Lord.

Rudy is survived by his wife of 27 years Shari; daughter Faith Lin; husband Paul; and daughter Lorelai as well as Shari's three children: stepdaughter Stacie Perry and her husband Bill and their sons Owen and Miles; stepson Greg Medrano; and stepdaughter Tammy Medrano. He is also survived by his sister Leonor Cramberg and numerous cousins, nieces, and nephews in Texas.

A celebration of life service will be held at the Light on the Corner Church in Montrose on Feb. 7 at 2 p.m. Reception to follow.

CRIME BLOTTER

JAN. 19

400 block of Carmel Road in La Cañada Flintridge, items were found stolen from an unlocked vehicle. Security footage revealed a gray SUV arrived and parked near the driveway of the residence. A person exited the SUV, walked to the victim's vehicle and opened the unlocked driver's side door. The suspect was described as wearing an ankle-length gray dress and black sweater.

The theft occurred at 1:19 a.m.

JAN. 17

1100 block of Lavender Lane in La Cañada Flintridge, a resident stated that he had left his home around 2 p.m. and when he returned several hours later he found the master bedroom had been ransacked. He contacted the CV Sheriff's Station; deputies arrived. It was found that a wallet was stolen from the home.

Security footage revealed the suspect's face as the suspect walked up the driveway and entered the backyard through an unlocked side gate. The suspect was seen wearing a gray hoodie without a mask or gloves and was carrying a large orange bag.

The burglary occurred at 7:30 p.m.

JAN. 16

2300 block of Caracas Avenue in La Crescenta, a resident

contacted the CV Sheriff's Station to report fraudulent activity. The resident reported that she had mailed a check to cover a security camera service at the USPS on Foothill Boulevard. The next day she received a voicemail from a bank informing her the check had been cashed at the bank in Florida. It had not been cashed by the business she had mailed the check to earlier. She froze her checking account and reported it to LASD at 4 p.m.

500 block of Paulette Place in La Cañada Flintridge, a woman reported that she received a text message from a number that stated it was from Spectrum. The message offered her a discount to services. She called the number from the text and was advised to obtain Target gift cards in a specific account to receive the discounted offer. She did obtain the Target cards and gave the information to the person on the phone but then later confirmed it was not, in fact, Spectrum that had originally contacted her.

The fraudulent activity occurred at 3:35 p.m.

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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Salvation Army Mobile Shower Program

The Salvation Army Glendale Corps Community Center is launching their Mobile Shower Program for unsheltered individuals in need. Stop by for a shower and a meal.

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WEATHER from page 2

"More than anything, I want viewers to leave this short film having felt a range of emotions, from laughter at a lonely polar bear's resourcefulness to reflection on how we, too, can find hope in the most challenging of circumstances. Ultimately, I believe that if 'Snow Bear' can make audiences pause, reflect and feel even a spark of wonder, then I've succeeded in my goal of bringing a little more beauty to our world."

In a recent study by "Nature Climate Change" and reported by WWF, by 2100, even if we moderately reduce our greenhouse gas emissions, local extinctions of polar bears in some parts of the Arctic are likely.

"If we fail to reduce our emissions, by 2100 we may lose all but a few high-Arctic subpopulations in and around the Last Ice Area," states the article.

This film, to me, humanized the polar bear. It gave him emotions of being alone and gave him creativity to respond to that loneliness.

I know that natural evolution involves extinction of certain species; however, climate change, if continued at this rate, will cause a sixth mass extinction.

"A recent study authored by the University

of Connecticut's Mark Urban found that close to one third of species across the globe would be at risk of extinction by the end of the century if greenhouse gases continue to increase at current levels," according to a 2024 article in today.uconn.edu.

Now, knowing Blaise's backstory on creating "The Snow Bear" I can see it as his personal story of grief and resilience. I can, of course, also see how fragile our Earth, and its species, are.

And yet I don't think my initial reaction was that far off because I grieve for our Earth, and its species, that are facing changes they have no control over. But, spoiler alert, the film does end in hope, which follows his life's journey through grief, which also gave me hope from the perspective of looking at the environment.

Information on "Snow Bear" can be found at <https://snowbearshort.com/> and can be seen on YouTube.

We may be seeing some showers today into Friday. Most of the rain is expected to arrive before 10 a.m. Saturday will see the sun again but it will be a little cooler with highs in the upper 60s. Those temperatures will continue through Tuesday.

E-BIKES from Cover

Class 1 and Class 2 have speeds that have a maximum of 20 mph; Class 3 e-bikes can reach speeds up to 28 mph.

E-motorcycles [e-motors] can reach speeds of 68 to 70 mph. These mini e-motors are not street legal; they are intended for private property only.

Helmets are required when riding an e-bike or e-motor.

"We have taken a proactive and enforcement-focused approach to addressing the illegal operation of e-motorcycles on city streets and in public parks," said Pobokhian. "Our Traffic Bureau has attended specialized outside training related to e-motorcycle enforcement and has been actively sharing that expertise with patrol officers to ensure consistent and effective enforcement citywide. We have issued numerous citations, made arrests, and

towed away several e-motorcycles."

He added the most common age range the department has seen illegally operating the e-bikes and e-motorcycles is about 13 to 16 years old.

GPD did provide information to the Glendale City Council during its weekly meeting on Tuesday.

"Moving forward, we are developing a citywide public service announcement focused on e-bike safety and e-motorcycle laws. We also plan to collaborate with local schools and engage directly with students and parents to increase awareness, improve safety and ensure a clear understanding of the legal requirements," said Pobokhian. "Our goal is to balance enforcement with education to promote public safety for riders, pedestrians and the community as a whole."

BINGO NIGHT from Cover

Coming up this season, the Chamber will also be hosting events such as the Pre Smart-A-Thon mixer for the Mary Pinola Education Fund

(pinolafund.org) on Feb. 12 at Bob Smith Toyota, 3333 Foothill Blvd. at 6 p.m. The annual Hometown Country Fair will be held at Crescenta Valley Park, 3901 Dunsmore Ave. on April 25 beginning at 10 a.m.

"Events such as these are important because they bring the community together, support local organizations and, best of all, the Veterans of the Foreign Wars (VFW) and American Legion veterans do a fantastic job of running the [bingo] show," said Manciero.

The Feb. 7 bingo game will be held at Verdugo Hills Memorial Hall (American Legion) at 4011 La Crescenta Ave. Doors open at 4:30 p.m. with the first game at 6 p.m.

WWW.CVWEEKLY.COM

GCC from Cover
adults and seniors, Bulanikian reported. The park's splash pad will operate six months of the year, from May through October, utilizing recycled, treated water.

All of the sports fields are open and free to use on weekdays from 7 a.m. – 3 p.m. E-bikes, e-scooters and e-boards are all prohibited throughout the park, as are smoking, gambling and alcohol. The city installed speed humps on adjoining streets. Twice the number of trees displaced were planted during the renovation.

In response to some online criticism of the amount of concrete utilized in the new park, Bulanikian explained the design was responsive to first responders and to meeting the requirements of the Americans with Disabilities Act (ADA).

The 10-year project cost approximately \$27 million.

He answered that next in line for park construction is the 2.39-acre former site of Joann Fabric and Crafts in Glendale at 1000 S. Central Ave.

"In terms of accessibility, all parks should be this accessible," Fernando Roldan addressed the Council. "If you're in a wheelchair, you need that concrete. Other cities should take a lesson from what you've built here." Roldan also advocated for the addition of alternative sports such as wheelchair soccer.

You can read more at CVWeekly.com/NEWS

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VIEWPOINTS

VIEW OF THE VERDUGOS » CRAIG DURST

Starting Down The America 250 Trail

In 1976, as the nation prepared to celebrate its 200th birthday Jack Wollard had an idea. His grandparents had owned the first shoe store in Tujunga in the 1920s and he had significant memories of the community's bygone days. He recruited two friends – John Whelan and Tom Theobald – to create a "Journey into the Past: Sunland-Tujunga's Bicentennial Trail." As we now prepare to celebrate America's 250th birthday, thanks to these three we can enjoy this journey into the past on the aptly renamed Sunland-Tujunga America 250 Trail.

Theobald had grown up in Tujunga and had gone to work for the post office. He was known for his incredible memory and could recall names and addresses from across the valley. Whelan also arrived in Tujunga as

a boy. He became a fireman and was a well-liked familiar sight around town. He later served as Bolton Hall Museum's first director when it opened in 1981. The America 250 Trail includes 25 points of interest. Today we'll focus on the first three with more to come in the following weeks.

Our starting point is on the western edge of the Crescenza Valley near 10606 Foothill Blvd. This was the location of Mason's Home-Made Ice Cream Stand in the 1920s and '30s. Back then, the Sunday drive was popular with Southern California motorists and Foothill Boulevard became a heavily traveled thoroughfare each weekend. Mason's Ice Cream was the destination of many where homemade ice cream flavored with fresh fruit could be purchased and eaten with never-to-be-forgotten pleasure.

There's a stone fireplace a little to the west of this location, just sitting in an open field. I've heard several theories as to its origins over the years. Mason's is said to have had a shady grove of trees adjacent to the stand where patrons could sit and enjoy their treats. I was able to go back in time, reviewing satellite imagery from decades ago, which revealed that the fireplace was once in the midst of many trees. Ice cream and fire are a peculiar match and I can't help but wonder if the two weren't somehow connected. If anyone out there knows anything definitive about the stone fireplace, please reach out to me.

Continuing east a short distance, you next arrive near 10568 Foothill Blvd. In the rear of the property, perhaps even beneath the path of the 210 Freeway, sat the very first one-

room schoolhouse for the children of Sunland and Tujunga, built in 1888. As the school was on the opposite side of the Big Tujunga Wash, any substantial rain would effectively keep the kids at home so it wasn't long before the powers that be erected a second school right in the heart of Sunland Park. It's believed that the original school continued to operate into the 1930s and was torn down in the mid 1940s.

Continuing east, our final stop on today's brief journey is at 9601 Foothill Blvd., the former home of silent film star Francis X. Bushman. By the 1920s, motion pictures had entered their golden era and such names as Charlie Chaplin, William Hart, Mary Pickford and Douglas Fairbanks had become world famous. They were closely followed by a host of other

internationally known stars. Among these were Francis X. Bushman, who was one of the first and most popular "screen lovers."

Bushman starred in the epic 1925 silent film "Ben-Hur." It has been reported that some of the chariot racing scenes were filmed near this home. I don't believe this to be true. While filming may not have taken place there, Bushman may have done a little practice charioteering in the flats below this home. There's no evidence for this; it's just a thought.

Join me next time as we continue down the trail. Our next stop is Old Rock City.

Craig W. Durst, AKA

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

GUEST OP-ED » PATRICK ATWATER

Future of GCC and Montrose

I learned about Glendale Community College's plans for the old bank building in Montrose while attending a recent CV Town Council meeting. The proposal itself was fairly simple. GCC is looking to use the space to train physical therapy and occupational therapy assistants. The conversation that followed was more familiar. Questions about parking. Questions about traffic. Questions about how this might change the character of Montrose.

The old bank building sits in the heart of Montrose in a shopping district many of us love for its walkability and small businesses. It is a solid structure from a time when buildings were meant to last. There is even a large vault still inside, a reminder of an era when safeguarding money felt like one of the most important things a community could do.

GCC's proposal would bring about 120 students into that building. Those students would be training for jobs where there is a massive – and growing – gap. Physical therapy assistants and occupational therapy assistants are in short supply across the region though demand is rising sharply. These are well paying, stable jobs with clear pathways and real impact. At the same time, there is a growing gap in accessible public community college options that prepare people for this kind of work.

This community is aging in place. Many of our parents and neighbors want to remain in their homes as long as possible. That only works if there are enough trained professionals to support them. PT and OT assistants are not abstract roles. They are the people who help someone regain balance after a fall or relearn how to safely use their hands after surgery. When we talk about aging with dignity,

this is what it actually looks like. Where do we think those people come from?

What struck me during the town council discussion was how quickly the focus narrowed. Parking came up again and again. I understand why. Montrose is busy and space is finite. But it was hard not to notice how little time we spent talking about the benefits, about what it might mean to have an active educational use in a building that has otherwise sat quiet and about the everyday life that students and patients bring with them.

The benefits to business seem obvious. Students eat lunch. They buy coffee. They shop. People who come in for physical therapy appointments often run errands or meet someone nearby. GCC also has a partnership with USC-VHH so that physical therapy happens in the community rather than next to the hospital emergency room. That feels like a thoughtful

approach to care and one that fits the scale and rhythm of Montrose.

I left the meeting wondering what we are saying yes to when we say no to projects like this. The alternative is not preservation in some idealized form. The alternative is often emptiness – a building that sits unused, a space that no longer contributes much to the life around it.

This moment is part of a broader pattern. We see similar tensions concerning housing, education and community services. The instinct to protect what we have is understandable. But there is also a risk that by resisting almost any change, we lose sight of how communities stay healthy over time.

We cannot freeze Montrose or La Crescenta and expect everything else to stay the same. People grow older. Needs shift. New generations look for ways to build lives here. If we do not make room for those realities,

change still comes – just messier and more disruptive.

There is something quietly fitting about this particular proposal. A building once devoted to safeguarding financial wealth could become a place where people are trained to safeguard physical health. The old vault could remain – not as a relic of what we once valued most but as a reminder that every generation chooses what it invests in.

Montrose and La Crescenta were built by people who believed

tomorrow could be shaped with care. The question before us now is whether we still believe

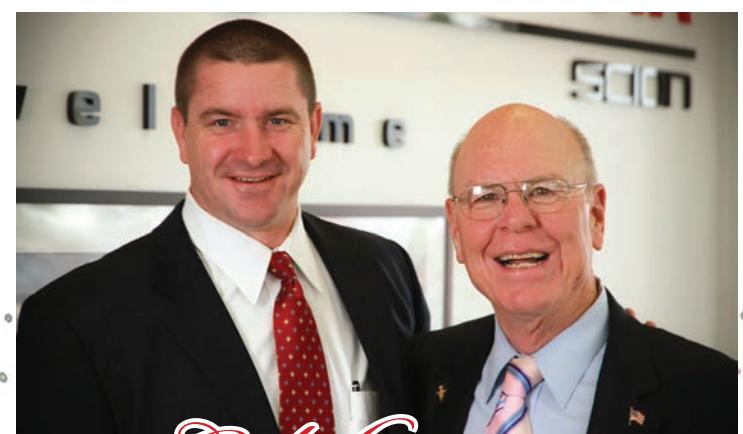
that or whether we are slowly becoming a community defined more by what it refuses than by what it is willing to build.

Patrick Atwater's a husband, father, son, brother, avid cyclist, fervent reader, enjoyer of adventures, lover of board games, and the author of "A New California Dream." He blogs at PioneeringSpirit.xyz.

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BETWEEN FRIENDS

La Cañada Thursday Club Holding Orientation and Membership Meeting Modern Debutante Program

The La Cañada Thursday Club is holding its annual orientation and membership meeting for the 2026-27 Debutante Program. The meeting will take place at the Thursday Club (4440 Woodleigh Lane, La Cañada) on Wednesday, Feb. 11 at 6:30 p.m. Parents of 10th grade girls living within 25 miles of La Cañada are welcome to attend along with their daughters to learn more about this 16-month program that begins in September.

The members of the La Cañada Thursday Club established the Les Fleurettes Debutante Program in 1951. Over the years, along with the required volunteer hours and cultural experiences, the program has evolved to

include monthly personal development meetings. Instruction and first-hand experience on topics such as public speaking, stress and time management, finance, personal safety and much more are presented. The program is regularly updated to prepare the Les Fleurettes debutantes for success in their future endeavors.

The program culminates with a black-tie ball held between Christmas and New Year's Day. The Bal Blanc de Noel is a magical and memorable evening for the debutantes and their families.

Those interested are invited on Feb. 11 to hear more. Additional information is available on the website www.lacanadathursdayclub.org.



Scholarships Available

High school seniors living in La Crescenta or attending school in La Crescenta are invited to apply for a scholarship from the La Crescenta Woman's Club. Visit <https://lacrescentawomansclub.org/scholarships-programs/>

scholarships/ for details.

Scholarships for \$1000 are available for students who will attend a four-year college or university; \$500 scholarships are available for students attending a trade

school or community college.

The deadline to apply is Jan. 31. An awards luncheon will be held on April 8.

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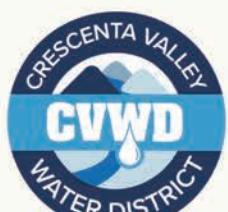
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For more information, visit LA Sanitation's website on Fats, Oil, and Grease Control - cleanla.lacounty.gov/fog.

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Celebrating Newborn at Glendale Memorial



Glendale Memorial Hospital and Health Center (GMHHC), which is celebrating its 100th anniversary in 2026, welcomed the arrival of its first centennial baby. Hayli Cataleya made her grand entrance at 7:27 a.m. on Jan. 13, becoming the first

little one born at the hospital in its centennial year. Mom and baby are both doing wonderfully.

Hayli's birth marks the beginning of a year-long celebration of the hospital's dedication and service.

FSHA and the Dominican Sisters of Mission San Jose Receive \$1.6 million Gift from Alumna

As the new year begins, Flintridge Sacred Heart Academy (FSHA) and the Dominican Sisters of Mission San Jose announced a transformational \$1.6 million gift from the estate of Patricia Jean Traviss, Class of 1949.

FSHA was more than a place of learning for Traviss – it was a spiritual home that shaped her values and lifelong commitment to service.

“Her remarkable generosity reflects a lifetime devoted to service and dignity, shaped by her own vocation in healthcare and her deep connection to the Sisters who formed her,” said Marlena Conroy, president of Flintridge Sacred Heart Academy. “Through this extraordinary gift, Traviss ensures that the values instilled on the Hill will continue to guide and uplift future generations of young women.”

A former director of Rockhaven Sanitarium in Glendale, Traviss often shared, “To truly care for someone is to be there for them when they are in their most vulnerable state. Give them unconditional love so that they may soar with the angels.”

This belief guided both her professional vocation and her lifelong generosity. She was known for surprising the Sisters with thoughtful gifts at year’s end and on special occasions.

Traviss gave generously to FSHA during her lifetime, helping advance its mission of forming young women of faith, integrity and truth. Approximately half of the gift will support Flintridge

Sacred Heart Academy while the remaining portion will benefit the ministries of the Dominican Sisters of Mission San Jose.

“Her generosity reflects a life rooted in prayer, service and a belief in the dignity of every person. Through her legacy the mission entrusted to us will continue to flourish,” said Sister Celeste Marie Botello, O.P., congregational prioress for the Dominican Sisters of Mission San Jose.

Traviss’ gift serves as a powerful reminder that planned giving is an act of faith – a way to extend one’s values beyond a lifetime and ensure that future generations continue to experience education grounded in compassion and love.

Flintridge Sacred Heart Academy is an all-girls, Catholic, Dominican, independent, college-preparatory, day and boarding school in La Cañada Flintridge, a suburb of Los Angeles. It is dedicated to educating young women for a life of faith, integrity and truth.

The Dominican Sisters of Mission San Jose are a community of Catholic women religious dedicated to living the Gospel through contemplation, preaching and service, following



Photos provided by FSHA



Sunday, January 25 at 2 p.m.
Star Wars trivia quiz at 1:30 p.m.

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= TRAVEL & LEISURE =

Free Mini Mozart Concerts Preview 'Amadeus' at Pasadena Playhouse

Through a special partnership with Pasadena Conservatory of Music (PCM), Pasadena Playhouse, the State Theater of California and recipient of the 2023 Regional Theatre Tony Award, will offer Micro Mozart concerts – a series of 10-minute concerts featuring the music of Mozart – before every performance of the Playhouse's revival of Peter Shaffer's "Amadeus" directed by Tony Award-winner Darko Tresnjak ("A Gentleman's Guide to Love and Murder").

The Micro Mozart concerts will be presented free of charge in the restaurant space at the Playhouse 30 minutes before every performance of "Amadeus." PCM's student performers range in age from 9 to 15, and the concerts will feature instrumental soloists as well as chamber ensembles.

"Amadeus" stars Tony Award winner Jefferson Mays ("A Gentleman's Guide to Love and Murder," "I Am My Own Wife") as Salieri and Broadway's Sam Clemmett ("Harry Potter and the Cursed Child," "Queen



Charlotte: A Bridgerton Story") as Mozart.

In "Amadeus," the stage is set for a riveting rivalry between two composers: Antonio Salieri, the court's celebrated musician, and Wolfgang Amadeus Mozart,

the vulgar prodigy whose brilliance threatens everything Salieri holds dear. Laced with biting wit, this Tony and Oscar-winning masterpiece dives deep into ambition, envy, and the price of greatness. Embrace the

intrigue of "Amadeus" where the music is divine and the drama is unforgettable.

"Amadeus" runs from Wednesday, Feb. 11 to Sunday, March 8.

Tickets and ticket package

information for "Amadeus" are available at pasadenaplayhouse.org, by phone at (626) 356-7529, and at the box office at 39 S. El Molino Ave. in Pasadena.

LCPC Orchestra Presents 'From a Galaxy Far, Far Away' – A Free Star Wars Concert Experience

The LCPC orchestra invites fans of all ages to experience the epic music of "Star Wars" at "From a Galaxy Far, Far Away," a free concert celebration on Sunday, Jan. 25 at 2 p.m.

This special performance will transport audiences through the beloved musical themes from the "Star Wars" saga, featuring the iconic compositions that have defined one of cinema's most treasured franchises. From the triumphant main theme to the "Imperial March," concertgoers will experience the power and emotion of these unforgettable

scores performed live.

Designed to delight both children and adults, this family-friendly event encourages fans to fully embrace the "Star Wars" spirit. Attendees are invited to wear their favorite "Star Wars" costumes and bring light sabers to enhance the galactic atmosphere. Whether dressed as a Jedi, Sith, rebel pilot or beloved droid, all are welcome to join in the fun.

Narrator Kathy Purdy will tell the stories of the "Star Wars" saga and highlight the life lessons we can learn.

Prior to the concert at 1:30 p.m. LCPC's

director of Music & Worship Arts, Jack Lantz, will conduct an audience quiz on "Star Wars" trivia. After the concert, the audience will have an opportunity to meet the musicians and see the instruments up close.

"This concert is about bringing the community together through the universal language of music and the shared joy of 'Star Wars,'" said Lantz. "We want families to come, have fun and create lasting memories together."

Event Details:
• *When:* On Sunday, Jan. 25 at 2 p.m.

a "Star Wars" Concert

• *Where:* La Cañada Presbyterian Church, 626 Foothill Blvd. in La Cañada

• *Admission:* Free

• *Special:* Costumes encouraged, light sabers welcome

No tickets or reservations are required. Seating is first-come, first-served.

For more information, call the church office at (818) 790-6708 or visit lacanadapc.org.

May the Force be with you!

THEN & NOW



THEN: Glenola Park was dedicated in 1978, and was named for Glen and Nola Dolberg for their many years of dedication to beautifying La Cañada and for their part in securing the land for this park. Here Nola Dolberg stands in front of the park's plaque. The brickwork holding the plaque, and much of the planting in the park, was donated by the community.



NOW: Glenola Park is still there 36 years later, looking absolutely beautiful. Pam Lawler stands next to the Glenola Park sign. The park is often overlooked as it sits at the top of La Cañada on the west side of Angeles Crest Highway where cars speed by on their way into the national forest.

Glenola Park

Courtesy of the Historical Society of CV

It's Steak Night at Town



Photos courtesy of Town

LEFT: The 64oz Tomahawk is a highlight experience. (Must order ahead). Prosciutto wrapped asparagus and lots of other things that aren't usually on the Town menu will be found on Jan. 27. RIGHT: If the past is any indication, people will be found enjoying steak night at Town. White table cloths, servers dressed up and a special menu equals a fun night.

By Mary O'KEEFE

The steakhouse has been part of America since the mid-19th century. Some of the steakhouse traditions can be traced back to the late 1600s in London where steakhouses were known as "chophouses." Back then the restaurants would cater to men only; however, in the United States, things changed ... for one thing, all were invited to join at the tables.

The steakhouse theme can be found at Montrose Town Kitchen and Grill at 2776 Honolulu Ave. on Jan. 27. This is the fourth time Town has hosted a "steakhouse" night.

Town has a dedicated and loyal following with some patrons

coming to the restaurant weekly. Town owner Jim Collins said he was trying to find ways he could give Town customers something out of the ordinary. Many of them like Town's menu but Collins wanted to expand the feel of the restaurant and offer something different.

"We thought we could give folks a chance to come to Town, see the [people] they know and be in a place they feel comfortable – but have a different experience than the normal Town," he said. "So we came up with two nights: steak night and Italian night."

The Town staff goes all out; it's not just the menu that sees some changes but the ambiance is adjusted to fit the theme of the night.

"Basically on those [themed] nights we turn Town into what you would expect if you would go to an [Italian or steakhouse] restaurant," he said.

Specifically for steak nights, the staff works with its food supplier to bring in special "high end" steaks.

"Something you would get from a great steakhouse," Collins said.

The sides are also out of the steakhouse playbook with inspired items like creamed spinach, corn dishes and "crazy potato dishes including a giant baked potato," he added.

The first theme dinner was about a year ago.

"People loved it," Collins said. "We got a lot of really positive comments Same thing for

Italian night. We literally pulled out all the stops and put red and white checked tablecloths [on the tables] and blared Italian music in our sound system. The menu was entirely Italian."

All of this was to offer their customers something different – for those who are regulars and those who are new to Town. The people seem to love these events. They can go to a place with which they are familiar without having to travel too far away.

The regular Town menu will be put aside for the night and steak will be the focus of the evening. Collins said the price may be a little higher than some items on the regular Town menu ... but not by much.

"[It's] not as expensive as you

would find at other steakhouses," he said. "We want to keep it accessible to the community."

There are still some reservations left so those interested should go online at <https://www.townkitchenandgrill.com/> and click on reservations. Or people can call the restaurant at (818) 248-1881.

One of the special steaks is a "bone-in Tomahawk steak." This item requires a preorder. The Tomahawk steak feeds two to four people and costs about \$150 (price is dependent on supply). For those who would like to order this steak please leave a note on their online reservation or, if Town is contacted via phone, let the person taking the reservation know this special dish is wanted.



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When alarming symptoms arise, you want the best care possible. And when it comes to your heart, and the ones closest to you, that means getting to a hospital with specialized cardiac services including advanced diagnostic and treatment capabilities. At Glendale Memorial Hospital and Health Center, we've earned some of health care's top cardiovascular rankings, bringing not only clinical expertise, but a passion to heal. We are renowned for our advanced diagnostic and treatment options, including our new state-of-the-art Cath Lab, supported by rehabilitation services that help get patients back to feeling their best. Get to know more about our advanced cardiac care before an emergency strikes at dignityhealth.org/glendale/heart.



JUST FOR FUN

WEEKLY HOROSCOPES

Provided by horoscope.com

January 19, 2026 - January 25, 2026

ARIES March 21 - April 19

Take it easy for a few days. You might be in danger of overdoing it. Working out is meant to invigorate you, not make you so tired you can barely function. If you feel like you're taking one step forward and two steps back regarding your fitness program, reflect on your goals. Once you know your priorities, you can create a flexible routine that suits you better. Don't burn yourself out.

TAURUS April 20 - May 20

Don't get stuck indoors - enjoy the fresh air. It's important to maintain balance between working out in a gym and walking or jogging in the open. Watch your step or you might catch a cold from your partner. Don't be tempted to binge for emotional reasons. If you do slip up, don't look back. Keep going!

GEMINI May 21 - June 20

An emphasis on your health zone may coincide with a renewed interest in improving your fitness routine. It might be a good idea to go

on a short detox diet. Juices, fresh fruits, and vegetables for a few days will give your body a pick-me-up and help you feel better than ever. You may lose a couple of pounds, too.

CANCER June 21 - July 22

Approach your fitness goals like you're embarking on an adventure that will bring wonderful discoveries. Make use of your dynamic frame of mind to take your health to the next level. It's time to reflect on your priorities and recover your motivation to be healthy. Don't give in to moods - be disciplined and happy. You might get some inspiration from certain philosophical beliefs.

LEO July 23 - August 22

You may be thinking about your health as a way to improve your image. It isn't just your image that needs boosting - your confidence does, too. If you look good, you'll feel good. If you work out and eat well, your whole appearance will glow with health. This will do more for you than all the plastic surgery in the world.

Give yourself a chance to shine on the inside as well as the outside. It will transform you.

VIRGO August 23 - Sept. 22

Unexpected events are likely to arise. These can include health problems. Unacknowledged stress is a major factor in illness. Perhaps financial issues are worrying you. Work on solutions, and don't let anything keep you from feeling as well as you can be. Nothing is as important as your health. Make it a priority.

LIBRA Sept. 23 - Oct. 22

It's possible that you're asking yourself some powerful questions that could have a big effect on the way you feel. You're certainly in the mood to cut back on any activity that asks too much of you. The cosmos is still encouraging you to reach a natural equilibrium. Go for it.

SCORPIO Oct. 23 - Nov. 21

Health issues could arise unexpectedly this week. If you can

relax, you may find that the cosmos has other plans for you. Sometimes getting a cold or spraining an ankle can be a wake-up call to slow down and rest. Don't despair, as something better could come your way. Right now you may be cursing, but soon you'll be laughing.

SAGITTARIUS Nov. 22 - Dec. 21

Working and playing hard can be fun, but it's also hard on the body. You may be focused on your social life. You need to give your body a chance to rest. Sleep is very important for many reasons. Weed out the activities you could attend but aren't really interested in, and use the time to rest. You won't regret it!

CAPRICORN Dec. 22 - Jan. 19

Avoid mental stress that affects your nervous system. Although you might have a lot on your plate, there's a better way to take care of it all. Find it for the sake of your health. If your neck and shoulder muscles are tight and your posture cramped, do

yourself a favor and unwind. Try a bath with added drops of lavender oil before bed for deeply refreshing sleep.

AQUARIUS Jan. 20 - Feb. 18

Your health and energy level move through periods of highs and lows. It would be useful to weed out the boring and draining activities. Your energy will increase and your health improve in subtle ways. And don't ignore your feelings. Taking note of your dreams will help you get back in touch with your subconscious self and improve your well-being.

PISCES Feb. 19 - March 20

Take note of any improvements you see in your health. If you've lost weight or kept your exercise routine going, you're doing well. Keep up the good work! Reward yourself for the wonderful things you're doing to stay in peak condition. You're worth the time and effort. It isn't possible to get rid of every bad habit at once. Do it slowly but steadily.

PET OF THE WEEK



This is Ragnar Lothbrok, he is a 1 1/2 year old Aussie shepherd that fell asleep with his beloved ball.

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!

GOT GOOD FOOD?
CV Weekly can promote your restaurant or food service! For details, call Rachelle at the CVW office at (818) 248-2740

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1.22.26

ACROSS

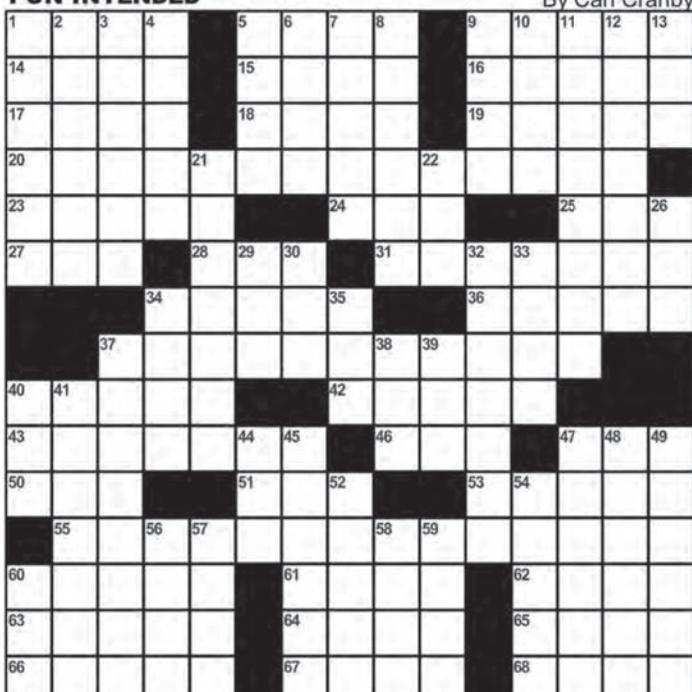
- 1) Muffin type
- 5) Does impersonations of
- 9) Story with a moral
- 14) Legal gambling site
- 15) Brig room
- 16) Small land masses
- 17) Chamber music instrument
- 18) Threesome
- 19) Brownstone feature
- 20) Outcome for Mary and Joseph?
- 23) Owned apartment, for short
- 24) Baby carrier?
- 25) One thousandth of a liter, briefly
- 27) Mel, "The Little Giant"
- 28) Kind of water or dance
- 31) Acts quickly
- 34) Felt lousy
- 36) Made waves, in a way
- 37) Avoid an angry kitty?
- 40) More than a scuffle
- 42) Indian flatbreads
- 43) Content
- 46) High degree
- 47) Victorian, for one
- 50) Position for many a future pres.
- 51) Builder's acquisition
- 53) Evening hour
- 55) What a begging dog might give you?
- 60) Pertaining to the unborn
- 61) Numbskull
- 62) Hang ___ (keep)
- 63) MSG, for one
- 64) Like Bo Peep's sheep
- 65) New driver, often
- 66) Company possession, e.g.
- 67) Weapon with a bell-shaped guard
- 68) Mini-whirlpool

DOWN

- 1) Rodeo mount
- 2) Start over after a crash
- 3) Apply oil and pray
- 4) Incessantly
- 5) Doesn't just sit there
- 6) Persian spirit
- 7) A type type
- 8) Shed (with "off")
- 9) Closed hand
- 10) Italian wine area
- 11) Bygone attire
- 12) Ferociously feline
- 13) Psychic's gift, briefly
- 21) Bulletin board array
- 22) Palindromic honorific
- 26) Source of some strange visions, for short
- 29) King's introduction?
- 30) Get-up-and-go
- 32) Dirty rat or dirty dog
- 33) Fancy shooting marbles
- 34) Enjoying the salt air
- 35) Cub Scout division
- 37) Raises in rank
- 38) Gown's partner
- 39) "Well ___-di-dah"
- 40) Car sticker stat.
- 41) Gretna Green visitors
- 44) Shoemaker's helper, in a fairy tale
- 45) Scribble aimlessly
- 47) Made square
- 48) Wasn't buyer
- 49) Cleopatra's love
- 52) Army unit
- 54) Be theatrical
- 56) Wax's opposite
- 57) Blind part
- 58) Cathedral part
- 59) Allocate (with "out")
- 60) Air-traffic control org.

PUN INTENDED

By Carl Cranby



Why Can't I Get A Refund For My Canceled Alaska Airlines Flight from Expedia?

Laura Hughart has fought Expedia for almost a year to reclaim \$500 for a canceled Alaska Airlines flight. But she's caught in a loop between two airlines and an online travel agency. Will anyone help her?

Q: My daughters and I were set to fly to Cambodia from Eugene, Oregon via Seattle. The first leg was on Alaska Airlines with a connection to EVA Air in Seattle. The Alaska flight was the first leg of our trip to Cambodia.

Hours before departure, Alaska canceled our flight because of a crew shortage. No rebooking options existed so we drove five hours to Seattle, missing a day of our vacation.

I booked through Expedia, so I contacted the online travel agency first. What followed was months of maddening runarounds: Expedia's chatbots bounced me to agents who claimed Alaska marked us as "no-shows" (absurd, since Alaska's own email confirmed the cancellation!).

Agents insisted Expedia couldn't refund us and told me to pest Alaska or EVA Air. EVA replied, "Contact Expedia," while Alaska said, "Expedia holds your funds."

I escalated my case to

Expedia's Premium Traveler Care department, only to hear, "We no longer have access to your tickets."

I've saved every email and chat log, which proves Expedia's indifference. Why did Expedia, the middleman I paid, refuse to process a refund even after Alaska admitted fault? How many hoops must a customer jump through? Can you help me get my money back?—Laura Hughart, Cottage Grove, Oregon

A: Expedia should have refunded you immediately. You paid Expedia—not Alaska or EVA. Expedia's terms of service are noncommittal when it comes to airline refunds. It says any refunds will be transferred back to you by the party that took your original payment—in other words, your airline. It adds, "We do not have visibility of a Travel Provider's refund process."

But the Dept. of Transportation (DOT) is clear about who's responsible. Its regulations mandate automatic refunds for

cancellations, regardless of cause—no loopholes for "staffing issues." I think the DOT might hold Expedia responsible, especially if it charged your credit card.

Expedia played a shell game with your money, wasted your time with useless chatbots and ignored paper trails. Come on.

You wisely documented every interaction, saved Alaska's cancellation confirmation and persistently escalated your request.

Still, I have three tips for next time: First, demand refunds in writing within 30 days. Companies stonewall, hoping you'll quit. Second, when frontline reps shrug, skip the chat roulette and email Expedia's executives. I publish their contacts on my consumer advocacy site Elliott.org for this exact purpose. Finally, you can contact the DOT when an airline or online agency won't refund you. Typically, that will get a quick response.

By the way, I wanted to



commend you on your choice of a vacation destination. Cambodia is rich in culture and history and one of my favorite places. I hope it was worth the five-hour drive to Seattle to make your flight.

I contacted Expedia on your behalf and separately, you also reached out to EVA's executives, which controlled your ticket. Finally, almost a year after your flight cancellation, you received your \$500

refund from EVA. While I'm glad EVA finally did the right thing, it should have not taken a year or an advocacy team to fix this mess.

Christopher Elliott is the founder of Elliott Advocacy, a nonprofit organization that helps consumers solve their problems.

Email him at chris@elliott.org or get help by contacting him on his site. © 2026 Christopher Elliott

CALENDARthis

GLENDALE KIWANIS

The Kiwanis Club of Glendale meets on Fridays at noon. On Jan. 23 Dr. Kelly King, GUSD assistant superintendent, will give a presentation.

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.

GLENDALE QUILT GUILD HOSTS BINGO

The Glendale Quilt Guild is hosting a bingo night on Saturday, Jan. 17. Doors open at 5 p.m.; first game is at 6 p.m. Cost is \$25 per person for 10 games. Add-ons available for additional cost! Each winning bingo pays \$100 cash (split between winners).

Limited seating; contact Cindy Abrams for reservations at (818) 621-1122 or email cindyabrams2010@aol.com.

Bingo at Verdugo Hills Memorial Hall, 4011 La Crescenta Ave.

DANCING AS EXERCISE

Dancing As Exercise is a free event sponsored by the Los Angeles County Park program for seniors (50 plus). In January the event is on Jan. 30.

There will be live music on Friday, Jan. 30 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 still open for winter programming. Classes run to

Feb. 28 (eight weeks). View classes at cclcf.org.

• 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.

• Early registration for Camp Runamuk and summer camps opens Feb. 2 at 9 am. Camp Runamuk sessions will run weekly from June 8 to Aug. 14 with a different theme each week. Camp information will be available online at cclcf.org soon.

• Registration for CCLCF Spring I Session opens Wednesday, Feb. 4 at 9 a.m. New classes and returning favorites will run March 2 through May 2.

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

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.

ANNUAL JAZZ GUEST ARTIST CONCERT AT CALTECH

The Caltech Jazz Band, under the direction of Barb Catlin, presents the annual Jazz Guest Artist Concert featuring New York saxophonist Sarah Hanahan, Los Angeles saxophonist Chuck Manning and guitarist Zachary Caplinger on Saturday, Jan. 31 at 8 p.m. in Beckman Auditorium.

Please contact the Caltech ticket office at (626) 395-4652 or visit <https://ci.ovationtix.com/36761/production/1260637?performanceId=11735866>. Parking is free.

CHAMBER HOSTS HISTORIC BINGO

On Saturday, Feb. 7 the Crescenta Valley Chamber of Commerce is hosting Historic Bingo at the Verdugo Hills Memorial Hall, 4011 La Crescenta Ave. Doors open at 4:30 p.m.; first game is at 6 p.m. Food available for purchase.

Admission is \$25 for 10 games. Questions? Contact Robert at (818) 515-3554.

LOVE IS IN THE AIR – CELEBRATE VALENTINE'S DAY AT LCWC

The La Crescenta Woman's Club is having a Valentine's Day celebration on Saturday, Feb. 14. Doors open at 6:30 p.m.; 7 p.m. festivities begin. Hors d'oeuvres, dessert buffet, musical entertainment, silent auction and a special presentation by a chocolatier!

Tickets are \$35 each and available now. Go to <https://lacrescentawomansclub.org/valentines/>.

HANSEN TO SPEAK AT BOLTON HALL

The uniquely shaped bells hanging from their shepherd's crook staffs that dot the highways of California have been seen since the dawn of the 20th century. The story of how they branded California, and

the remarkable woman responsible not just for their design but their creation, is one that continues to resonate to this day.

California historian Phyllis Hansen will bring "The Bell Lady," Mrs. A.S.C. Forbes, to life as she relates Mrs. Forbes' remarkable life and legacy as a true Renaissance Woman. She will also share a number of unique artifacts from the estate of Mrs. Forbes.

Hansen will be speaking at the Bolton Hall 2nd Saturday Program on Saturday, Feb. 14 at 1 p.m. at Bolton Hall Museum, 10110 Commerce Ave. in Tujunga.

This event is free and open to the public and everyone is welcome. Additional information is available from Little Landers Historical Society, (818) 352-3420 or <https://www.boltonhall.org> or email llhs@boltonhall.org.

LANTERMAN HOUSE HOSTS EVENTS

• On Feb. 15 at 1 p.m., speaker and local professor Richard Demeter will talk about the legacy of St. Francis High School, which has been a prominent feature of the La Cañada Flintridge area of Southern California since 1946. The story of the original building on the campus, however, begins about 1920 and shares in a heritage created by Frank Putnam Flint, a former U.S. senator from California and the founder of Flintridge.

Free to attend; seating is first come, first served.

• On March 1 at 2:30 p.m. all are invited for a special flute concert featuring the Angels Flute Orchestra. Performed in the Lanterman House's elegant ballroom, the program showcases a variety of beautiful and rare flutes in an unforgettable musical experience. Seating is free but limited, arrive early to ensure your spot!

Free to attend; seating is

first come, first served.

• On April 5 at 1 p.m. the Lanterman House hosts guest lecturer Nathan Marsak for this exciting look at the layers of history of Bunker Hill and transportation in Los Angeles at the turn of the century.

Free to attend; seating is first come, first served.

• On May 24 from 1 p.m. to 4 p.m. is the Lanterman House Annual Summer Picnic. The community is invited on Memorial Day weekend as part of Fiesta Days in La Cañada Flintridge to the Lanterman House Annual Summer Picnic. It features music, living history craftsman and your choice of period attire.

For more information, visit <https://www.lantermanhouse.org/list-of-events>.

Lanterman House is located at 4420 Encinas Drive in La Cañada Flintridge.

LCWC SOLES4SOULS EVENTS

Donate gently used shoes to the LCWC Soles4Souls shoe drive. Drop them off at the La Crescenta Woman's Club clubhouse, 4004 La Crescenta Ave., on Sunday, March 1 any time between 10 a.m. and 2 p.m. Website: events@lacrescentawomansclub.org; email event@lacrescentawomansclub.org; phone (818) 957-9806

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.

You can read more at CVWeekly.com/CALENDARARTHIS

RELIGION

RELIGION SERVICE DIRECTORY

Crescenta Valley United Methodist Church



WORSHIP Sunday 10am

Childcare and Sunday School offered at 10 am.

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

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Sunday Worship at 10:00 a.m.

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

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

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

Light on the Corner Church

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

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

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

Tujunga United Methodist Church
All are welcome
Sunday Service at 9am
Pastor Kevin Kang
9901 Tujunga Cyn Blvd, Tujunga
office@tujungachurch.com
(818) 352-1481

NOTES & NODS

'FAITH AND REASON' SERIES
RETURNS TO LCIF

Lutheran Church in the Foothills welcomes back its popular weekly discussion group, "Faith and Reason" after a holiday break. The group, known for its engaging and thoughtful conversations, meets on Mondays at 11 a.m. in the church's conference room. This semester's class will focus on the book *Simply Christian* by former Anglican bishop N.T. Wright. All are welcome to attend.

LCIF invites all to attend its weekly Sunday worship service at 10 a.m., led by pastor Viv Vivek. The church is located at 1700 Foothill Blvd. in La Cañada Flintridge. Office hours are from 9 a.m. to 1 p.m., Monday through Thursday.

MOUNT OLIVE HOSTS BIBLE STUDY, PRAYER GROUP AND GAME DAY

On Wednesday evenings Mount Olive Lutheran Church has its Bible Study and Prayer Group at 6:30 p.m. in the Fellowship Hall. Everyone is welcome to attend. This is a great way to meet some members of the Mount Olive Lutheran congregation and study God's word.

On Saturday, Jan. 24 at 2 p.m. the

community is invited to Church Game Day. This is a day of fun and games, for kids and adults, and is just a fun way to pass a Saturday afternoon; refreshments will be provided.

On Sunday, Jan. 25 is the annual congregational meeting and potluck immediately following the 9:30 a.m. worship service. All church members are encouraged to attend.

Mount Olive Lutheran Church is located at 3561 Foothill Blvd. in La Crescenta; phone: (818) 248-4253.

ANXIOUS GENERATION ADDRESSED

The community is invited to La Crescenta Presbyterian Church for a free presentation on The Anxious Generation – Discussing the intersection of technology, mental health and faith. The presentations will be on Wednesday evenings continuing through March 18 from 6:15 p.m. to 7:30 p.m. They are given by Dot Kim and Jamie Given in the Fireside Room.

Dinner available for purchase.

La Crescenta Presbyterian Church, 2902 Montrose Ave. in La Crescenta.

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

To commemorate this anniversary, Glendale City Church will host a public,

SPIRITUALLY SPEAKING

SPIRITUALLY SPEAKING PARTICIPANTS

Rev. Jon Karr 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*.

Question: My teenager is constantly playing video games with his friends online and I don't know what to do about it. It's one of his only ways of connecting with his friends who don't go to his school but I can tell he is addicted and I am worried about how his personality is changing. When my husband and I take away his phone or ask him to shut off his games, he becomes irritable and sullen. When the family is together, he's constantly checking his phone, disengaged from everything going on.

I know that this is a common problem that many parents are facing. I thought we were doing a good job setting boundaries around technology but it feels like we are arguing with my son about his phone or gaming almost every day.

Any advice for a concerned parent?

Worried

Answer: Dear Worried, Thank you so much for your question! Firstly, while my kids are not yet teenagers I so sympathize with the struggle of maintaining healthy boundaries around technology usage for our kids. On the one hand, we want to embrace the gift that technology is – how it helps us stay connected, improves productivity and facilitates mobilization around issues that matter – and yet, it's hard not to lament the ways in which tech has made us more disconnected. I see the dopamine effect take place in my (still young) kids when we shut off the screens to a chorus of wailing and whining, so I can only imagine how much harder it must be for teens who carry a tiny computer –

with access to the entire world wide web – in their pockets at all times.

I think it's important not to react with fear or hopelessness. We can trust that the Lord who is sovereign over all things (Psalm 103:19) knows our struggle and is with us in the midst of this particular social landscape. He understands how unfettered access to screens and social media are affecting us – kids and adults alike – and wants to lead us with His wisdom. God did not offer a life free of hardship but promises His unfailing presence in these challenges. We can rest assured that He is truly our ever-present help in times of need (Psalm 46:1) and will give us wisdom, patience and strategy as we lay our burdens before Him in prayer.

So, that would be my first encouragement to you: Lay your burdens about parenting before the Lord, including the issues of technology and otherwise.

I know that can sound so trite ("Just pray!") but God promises to hear the prayers of His people; and not just hear, but to act on behalf of those who humbly call out to Him (Psalm 50:15). We can bank on His promises – He is a trustworthy Father (Hebrews 6:18). Raising children is truly the hardest job in the world; there is no guidebook for your particular child; the world is changing so rapidly and we're surrounded by dozens of dissenting opinions about what is "best" for their development! But the Lord's voice offers clear guidance against a backdrop of chaos

(Isaiah 30:21).

My second piece of advice is straight from the bestselling book on this topic, "The Anxious Generation" by social psychologist

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

Jonathan Haidt. Haidt would encourage communities of families to get behind four norms that would make significant impact: no smart phones before high school, no social media until 16, phone-free schools and more independence and embodied play in the real world. So try to find a community of like-minded parents in your circles and commit to delaying smart phones and facilitating more in-person engagement for your children. God has made us with a body, mind and spirit, and we must connect with each other in an embodied way – not over a screen or text. The joy and satisfaction we experience from being in the presence of others cannot be replaced with a technologically mediated encounter.

Finally, I love that Haidt's clear advice is one of collective action because God has made us to be in deep community with others; we cannot go it alone. It will be extremely difficult to be the only parent who is limiting online gaming or delaying social media usage because the social isolation these teens experience is real. Therefore, a collective buy-in is necessary to create meaningful and lasting change. If you'd like to engage with other parents on this topic, I'm currently co-leading a class on this very issue and we'd love for you to join (Wednesdays from 6:15 – 7:30 p.m. at La Crescenta Presbyterian Church – please email dot@lcpc.net for more info).

Praying for our community as we tackle this issue together and create a healthier future for our kids.

Blessings,

*Dot Kim, Director
Children & Families, La
Crescenta Presbyterian Church*

Wilderness Park, 3429 Markridge Road in La Crescenta/Glendale at 8 a.m. on Jan. 25. 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 jnlavieri@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.

LEGALS & CLASSIFIEDS

LEGALS

JUDICIAL SUMMONS CITATION

NOTICE TO DEFENDANT:
(A VISO AL DEMAN DADO):
SIRAK MAYILYAN, AN INDIVIDUAL: AND DOES 1 TO 50, INCLUSIVE

YOU ARE BEING SUED BY PLAINTIFF:
GRIGOR GRIGORYAN; SEDA KARAMYAN
(LO ESTA DENFANDANDO EL DEMANDANTE):

NOTICE! You have been sued. The court may decide against you without you being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/sehlp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/sehlp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case.

AVISO! Lohan demandado. Si no responde dentro de 30 días, la carta puede decidir en su contra sin escuchar su versión. Lea la información a continuación. Tiene 30 de AS DE CALENDAR/O después de que le entreguen esta a citación y papeles legal es para presentar una respuesta por escrito en esta carta y hacer que se entregue una copia al demandante. Una carta o una 1/ amada te/éfono no lo protegen. Su respuesta por escrito tiene que estar en formato legal con-ecito si desea que procesen su caso en la carta. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la carta y más información en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en la biblioteca de /eyes de su condado o en la carta que le queda más cerca. Si no puede pagar la cuota de presentación, pida al secretario de la carta que le dé un formato de ejecución de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la carta le podrá quitar su sue/ido, dinero y bienes sin mas advertencia. Hay otros requisitos /egales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.sucorte.ca.gov) o poniéndose en contacto con la carta o el co/legio de abogados locales. AV/SO: Por ley, la carta tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cu/quier recuperación de \$10,000 6 mas de valor recibida mediante un acuerdo o una concesión de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la carta antes de que la carta pueda desechar el caso.

The name and address of the court is:
Los Angeles, Stanley Mosk Courthouse
111 North Hill Street, Los Angeles, CA 90111
CASE NUMBER: 24STCV24897

The name, address, and telephone number of plaintiffs attorney, or plaintiff without an attorney, is:
(El nombre, la dirección y el numero de te/éfono de/ abogado de/ demandante, o del demandante que no tiene abogado, es):
Bebryan & Mandujan, LLP
4730 Woodman Ave., Ste. 405
Sherman Oaks, CA 91423; (818)387-6428
DATE: Published in the Crescenza Valley Weekly January 15, 22, 29, February 5, 2026

LEGALS

JUDICIAL SUMMONS CITATION

NOTICE TO DEFENDANT:
(A VISO AL DEMAN DADO):
JANELLE BENNETT AND DOES 1 to 25, INCLUSIVE

YOU ARE BEING SUED BY PLAINTIFF:
RINI JAIN
(LO ESTA DENFANDANDO EL DEMANDANTE):

NOTICE! You have been sued. The court may decide against you without you being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/sehlp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/sehlp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case.

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The name and address of the court is:
Los Angeles, Superior Court
9425 Penfield Ave., Chatsworth, CA 91311
CASE NUMBER: 25CHCV02166

The name, address, and telephone number of plaintiffs attorney, or plaintiff without an attorney, is:
(El nombre, la dirección y el numero de te/éfono de/ abogado de/ demandante, o del demandante que no tiene abogado, es):
Jason G. Eisenberg (ISBN# 307084) Eisenberg Law Group PC
23801 Calabasas Road, Suite 1015 Calabasas, CA 91302 (818) 591-8058
DATE: Published in the Crescenza Valley Weekly January 15, 22, 29, February 5, 2026

LEGALS

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WANTED

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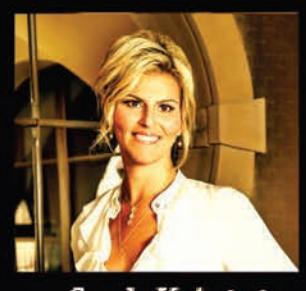
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