

Owners of One of the Largest Towing Businesses in SoCal Arrested

Brothers and tow company owners Mark Hassan, 46, of Corona Del Mar and Ahmed Hassan, 35, of Walnut were arrested on multiple counts of felony insurance fraud after allegedly underreporting employee payroll and paying portions of employees' wages in cash to defraud workers' compensation insurance companies out of nearly \$6 million in insurance premiums. Mark Hassan is the owner of Crescenta Valley Tow in La Crescenta.

The California Dept. of Insurance launched an investigation after receiving two fraud referrals from an insurance company alleging that Mark Hassan, owner of Hadley Tow, underreported his company's payroll. The department's investigation expanded when it received a third fraud referral alleging his brother Ahmed Hassan, owner of California Heights Tow, filed a fraudulent employee injury claim against his insurance policy for a Hadley Tow employee.

Mark Hassen, also the owner of FMG Inc., was doing business as Hadley Tow based in Whittier, Courtesy Tow based in Sylmar, Crescenta Valley Tow based in La Crescenta, California Coach Towing based in Walnut, and several other tow companies across the greater Los Angeles area. He also held towing contracts with multiple law enforcement agencies throughout Southern California.

During the investigation, detectives learned Mark Hassan used his uninsured tow company, Courtesy Tow, as a "shell company" to conceal portions of Hadley Tow employee payroll to allegedly defraud workers' compensation carriers of premiums they were owed. Ahmed Hassan, in an attempt to lower his company's workers' compensation insurance premiums, also underreported employee wages.

You can read more at CVWeekly.com/NEWS

More Wins and Recognition for Falcon Robotics

By Mary O'KEEFE

Team 589 earned two prestigious awards at a recent competition.

Crescenta Valley High School (CVHS) Falcon Robotic Team 589 recently earned double gold medals at a competition in Ventura. The team was awarded the FIRST (For Inspiration and Recognition of Science and Technology) Impact Award and FIRST District Winners.

"The FIRST Impact Award is the most prestigious award at FIRST, it honors the team that best represents a model for other teams to emulate and best embodies the mission of FIRST," states the FIRST website.

Team 589 was recognized in part for years of sustained excellence in community efforts, including robust FIRST LEGO League programs for hundreds of fourth-eighth graders across GUSD, new Falkonnect STEM programming for the CVHS



Photo courtesy of Heather ABRAMS Team 589 with two banners proclaiming their wins at the recent competition in Ventura.

special education students, a commitment to bringing robotics to all five community schools in GUSD, and many more ways [Team 589] partnered across the local community and to increase access to STEM, according to Team 589 co-coach Heather

Abrams.

Falcon Robotics, with its 2026 robot "WALL-E," won a bracket-style double elimination tournament against the top 24 teams in the competition, advancing through semifinals and finals, ultimately winning the robot game,

alongside its alliance partners, teams 4414 High Tide from Ventura and 973 Greybots from Atascadero, added Abrams.

Team 589 was founded in 2001 and since then has received numerous awards and recognitions.

see ROBOTICS on page 18

Residents and Community Members Have Questions Regarding PDC GCC Project

By Mary O'KEEFE

Regarding the proposed project by Glendale Community College (GCC) involving the Professional Development Center (PDC) and the property of the former Citibank on Honolulu Avenue, CVW was contacted by readers who were concerned about the expected construction on the project including how it will affect those already at the PDC and the proposed partnership with USC Verdugo Hills Hospital.

Readers shared concerns that those who work at PDC are being released from their positions earlier than GCC had previously reported.

"We currently have one full-time employee and two contract workers located in the PDC building. They will relocate to the Verdugo campus this spring. PDC classes are typically offered online or at the business site. The PDC has not hosted classes at the Montrose building for about six years now," said Kristine Nam, GCC spokesperson.



Photo by Robin GOLDSWORTHY PDC on Honolulu Avenue have signs posted that their workers are moving.

see PDC on page 7



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» FROM THE DESK OF THE PUBLISHER

When Life Hands You Trivia ... Drink Wine (or Beer)!

On Friday, I made my way to USC Verdugo Hills Hospital to take part in the 35th annual Smart-A-Thon competition. I was one of five team members representing the CV Chamber of Commerce. Kira Antuna, Donna Libra, Robert Manciero and Dwight Sityar (all from the CV Chamber) rounded out our team, which was sponsored by Bob Smith Toyota.

Proceeds from the annual event benefit the Mary Pinola Education Fund that has given out over \$450,000 to local education groups since its founding in 1990. Truly amazing! The Smart-A-Thon is the largest fundraiser for the organization and I'm proud to sit on its advisory board.

Contrary to its title, brains are not needed at the Smart-A-Thon. In addition to some fun (and a warm welcome by USC-VHH CEO Dr. Armand Dorian) participants "competed" in a timed trivia test. At the end of the event, despite not winning anything, the CV Chamber left with smiles on our faces.

On Saturday, I drowned my sorrows at the annual Wine Walk, hosted by the Montrose Shopping Park Assn. Now as most of you who often read this column,

I love a good glass of wine ... and the Wine Walk did not disappoint. I'm a "red girl;" i.e., I prefer red wine over white and rosé – but on Saturday evening I tried some wines I typically wouldn't. In addition to branching out, I met some wonderful people who own businesses along Honolulu Avenue. The Wine Walk is a great way to get people into shops and restaurants they typically wouldn't go into. I always have a good time participating.

On Tuesday night, I joined Mary O'Keefe's family at Tam O'Shanter for its St. Patrick's Day blowout. Though I'm not a lover of Guinness (stout) beer I was able to find something a little more blonder and enjoyed a glass (or two) of that. Of course the music was robust (to say the least) and the company excellent – though we had to shout to be heard.

It seems everyone was Irish on Tuesday – and I welcomed the company!

It seems everyone was Irish on Tuesday – and I welcomed the company!



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

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» WEATHER WATCH

Taking A Look Outside Our Window

By Mary O'KEEFE

I normally write about the destruction of our planet but I found an inspirational story about resurrection that I would like to share.

Maya Bay in Thailand is known for its breathtaking beauty and was the filming location of the movie "The Beach." It is located on the island of Koh Phi Phi Leh – and it was being destroyed by tourism.

The area is part of a national park in an uninhabited area but tourists came in droves to swim in its crystal clear water and to see where "The Beach" was filmed.

Prior to COVID-19, tourism contributed about 20% of Thailand's gross domestic product, according to a CNN report. So it was not easy to decide to close the bay down and lose that revenue. The issue boiled down to balancing the destruction brought by tourism with the need for the money tourists brought into the area. But the only way to save the area was to shut it down, and so Thailand closed Maya Bay in 2018.

The closure allowed damaged coral reefs and marine life to recover.

"Dr Thon Thamrongnawasawat, a marine biologist at Kasetsart University, said, "The target point for Maya Bay was to set up a system that would help us, and would become a permanent system that would still allow tourists to enjoy Maya Bay. We used to get about 6,000-7,000 tourists visiting every day," as reported in 2024 by Asia News.

Thon is widely credited with convincing authorities to indefinitely close the Bay – a controversial decision at the time, according to a 2022 CNN report.

The Bay had been a destination for

tourism for decades; however, previously it was mostly visited by those living in Thailand. But "The Beach" showed the world the utopia that was Maya Bay and in came tourists from all over the world.

"Over the years, the number of tourists increased from less than 1,000 to as many as 7,000 or 8,000 visitors a day at its peak, said Thon. Many were day-trippers visiting from nearby Phuket. On average, around 5,000 people entered the Bay each day," according to the CNN report.

Boats were coming into the area; at times about 100 boats were in the area at the same time. The boats' propellers did damage to the coral as they stirred up sand and, of course, their anchors slammed onto the sea floor. Tourists would walk on the reef, probably unaware of the damage they were doing.

"Thon says they first checked on the corals around 30 years ago and 70%-80% of the Bay's reef was intact. Years later, less than 8% remained," according to CNN.

And, of course, the initial reason for coming to the area – the vast beautiful views of ocean – were littered with boats bringing tourists who (ironically) came to see the beautiful views.

The Bay closed in 2018 and thousands of coral were replanted.

In addition to the coral being damaged, Maya Bay used to be a place where blacktip sharks, lobsters and clownfish would flourish; but due to the impact of people splashing around in their home, these creatures no longer felt welcome and disappeared, according to Asia News.

It was only after a few months after the closure that the sharks returned.

see WEATHER on page 7



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Don't Miss Next Week's Q&A – Phyllis discusses "Filing A Judgment For Non-Payment Of Rent"

NEWS

Community Comes Out to Support MSPA Wine Walk

By Robin GOLDSWORTHY

The Montrose Shopping Park Assn. (MSPA) hosted its 8th Annual Spring Wine Walk from 5 p.m. to 8 p.m. on Saturday and, given the fair weather and longer daylight hours, the affair was well-attended by about 450 ticket buyers, according to MSPA Event Coordinator Dale Dawson.

Wine walkers started their adventure at the northwest corner of Honolulu Avenue and Ocean View Boulevard where members of the La Crescenta Woman's Club (LCWC) were at the ready, greeting guests and handing out tote bags and the all-important wine glasses. In the tote bag was an assortment of items including tickets to 15 of the pour stations, a map of participating shops and Montrose scrip in the amount of \$10. The LCWC ladies also applied a wristband that verified that wine walkers were at least 21 years of age.

About 33 shops participated in the spring wine walk, pouring an ounce of their varietals for walkers. Tastes were poured including Paso Robles favorites and samples from Italy and France. Current Season, Haus of Blend and Craft & Create were among the newest additions to the night. Many of the participating shops offered food to pair with the wine.

In addition to the wine and food, live

music was found throughout the shopping park. From 5 p.m. to 8 p.m. Montrose Jazz Trio was found in front of Avignone's, Danny & the Subs played outside Andersen's Pets and the sounds of Georgic Avanesian's guitar was heard in the 2400 block of Honolulu Avenue. An added treat was the sound of bagpipes and drums heard outside Moo Moo Mia and provided by the Pasadena Scots.

There were some new faces found along the avenue and some familiar favorites. City of Glendale councilmen Dan Brotman and Vartan Gharpetian and their wives Michele and Armina were seen enjoying the evening's offerings. Jeannie Bone, former owner of Casa Cordoba, was pouring.

"Montrose Chamber members, even Chris Peplow, retired park services administrator, came out of retirement for this one!" said Dawson.

Jenny Asylova and Julia Chekan were armed with their wine glasses in the 2400 block.

"I just love this community," said Asylova, extolling the virtues of Montrose and the surrounding areas.

The Holiday Wine Walk will be on Nov. 7. The MSPA will be preparing for Kids &



Photos by Robin GOLDSWORTHY and Lisa STANNERS

Top Left: Enjoying some wine (and excellent reading material) are Colene Zaro and Candace Phipps. Seated in wagon are Pyper Phipps and Charlotte Zaro.

Above: City of Glendale councilman Dan Brotman and his wife Michele DiNardo. Left: Pasadena Scots.

Kritters Day on May 3 followed by the Arts & Crafts Festival on the weekend of June 6-7. Rounding out summer fun is the Montrose Car Show planned for July 5. All events will be

taking place along Honolulu Avenue. To see more photos, visit www.cvweekly.com/NEWS.

IN BRIEF

COOLING CENTERS OPEN

Glendale Water & Power has opened cooling centers in anticipation of the excessive heat warning. To learn the locations, visit <https://tinyurl.com/bdf5m8fv>.

REPAIR CAFÉ SFV

Repair Café SFV is returning to Elks Lodge in Tujunga for its next free community repair event on Saturday, April 4 from 10 a.m. to 1 p.m.

Repair Café is a free, roving, all-purpose repair event for and by the community. The event aims to promote repurpose, reuse and recycle to help keep unwanted items from the landfill. Another mission of the Repair Café is to advocate skill sharing to enable people to regain knowledge in the art of fixing things.

Repair Café SFV will also host a Really Really Free Market where people can bring unwanted items to exchange or give away.

Pre-registration for repair items available at <https://tinyurl.com/em6beres>.

Interested volunteers can sign up at <https://tinyurl.com/mrp36hmu>.

Elks Lodge is located at 10137 Commerce Ave. in Tujunga

LEARN ABOUT BETTE DAVIS PARK

Bette Davis Park in Glendale is part of Griffith Park. On Saturday, March 21 from 9 a.m. to noon, the Friends of Griffith Park will hold a celebration to acquaint the community with this quiet area where the famous actress once lived. There will be tours of the Miyawaki Micro Forest, birdwatching with the Feminist Bird Club of Los Angeles, equestrian demonstrations from the Griffith Park Equestrians and several historians will answer questions about the park and Glendale. Everyone is encouraged to bring

a picnic basket and make a day of it exploring the LA River and the surrounding area. The free event will be at 1850 Riverside Drive in Glendale at the intersection of Victory Boulevard, Riverside Drive and Sonora Avenue.

For information, contact friendsofgriffithpart.org.

WATER CONSERVATION REQUESTED

Foothill Municipal Water District (FMWD or the District) is asking residents and businesses in La Cañada Flintridge and La Crescenta to conserve water through March 25 for a major water pipeline inspection project. During this project, water availability in the area will be limited, therefore water conservation is essential to minimize impacts.

By conserving water during the project, the community can help ensure there is enough water for essential needs.

CITY COUNCIL CANDIDATES FORUM

The first official Glendale City Council Candidates Forum takes place on Thursday, March 26 at 7 p.m. at Brand Library Auditorium, 1601 W. Mountain St. in Glendale in Brand Park. The 12 candidates who have qualified for the ballot have been invited.

Presented by The Northwest Glendale Homeowners Association, it is open to all Glendale residents; one does not have to be a member to attend. The audience will have an opportunity to submit written questions.

For information email nwglendale@gmail.com or call (818) 754-8274.

GWP LAUNCHING REBATE PROGRAM

Glendale Water & Power (GWP) is launching a Commercial Energy and Water Saving Rebate Program for local businesses that install high-efficiency energy and water-saving equipment.

The program enables Glendale businesses to reduce energy and water consumption, lower monthly operating costs, and contribute to the City of Glendale's sustainability goals. By offsetting the initial cost of high-efficiency upgrades, GWP is making it easier for businesses to transition to modern, eco-friendly equipment.

CVCA TO MEET

The Crescenta Valley

Community Association will have its meeting on Thursday, March 26 – this month in the community room at the La Crescenta Library, 2809 Foothill Blvd. The meeting will include discussion on land use issues as well as other topics of concern to the community.

Contact the CVCA at crescentavalleycommunityassn@gmail.com with any questions. All are welcome.

ASCENCIA ANNUAL GALA

Ascencia is holding its 18th annual gala, named Creating a Lasting Impact!, on Saturday, April 11 at 6 p.m. at the Oakmont Country Club, 3100 Country Club Drive in Glendale. This

fundraiser will support Ascencia's essential programs that create a lasting impact on the individuals it serves. Tickets, sponsorship packages and underwriting opportunities are available now. Visit <https://tinyurl.com/dwdxjwpm> to take part in this event.

GLENDALE EDUCATIONAL FOUNDATION ANNOUNCES GALA

Diamonds Gala 2026, the annual Glendale Educational Foundation gala, takes place on Friday, May 1 at the Chevy Chase Country Club, 3067 E. Chevy Chase Drive in Glendale from 6 p.m. to 9 p.m.

To learn more, visit glened.org.

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Twelve Oaks Update: An Expected Re-Opening in 2029

By Mary O'KEEFE

Here is a quick update on the Twelve Oaks assisted living redevelopment project. The facility remains closed; however, owners have begun the initial site work to underground the Twelve Oaks utility lines along Sycamore as part of the La Crescenta bike lane road improvements.

"This is a critical step, especially in light of last year's fires, as

placing utilities underground significantly reduces fire risk and improves overall safety and resiliency for the campus," stated Robin Gordon, director of Strategic Growth with Episcopal Communities & Services (ECS), which has been affiliated with the property since 2020 and assists with management of the facility.

As reported in CVW in August 2024, the senior living center was shutting down for a

complete reconstruction. This announcement brought up troubling memories for many in the area who were witness to the harsh treatment residents of Twelve Oaks had received in the past by its former management company, the be.group.

At the time the be.group, which was acting as management, seemingly took over as owner and gave residents two months to vacate and find another assisted living facility. At the time a spokesperson from the be.group stated it was too expensive to remodel/renovate Twelve Oaks. It then planned to sell the property to a development company, but that plan was halted by the community and National Charity League of Glendale, which had actually operated Twelve Oaks until it was transferred to the be.group a decade earlier. However, be.group was the management company and not the owner of the property.

At the time Rose Chan, then-president of NCL, said the sale of the location for profit violated the spirit in which the transfer of stewardship had been conducted. A lawsuit was filed and in 2015 a tentative agreement was reached between the be.group and

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NCL. Twelve Oaks returned to its roots as a senior assisted living facility.

ECS, an affiliate of Twelve Oaks, realized that the property did need renovations and told residents in August 2024 they would have to leave the property; however, the way ECS approached the residents was completely different than the be.group. This time the residents were given plenty of notice of the move. They met with the staff and the residents about the move. Residents were

given six months to find other assisted living housing and Staff helped them find other facilities and residents' moving costs were subsidized as well.

ECS plans to reopen as an assisted living facility.

"We continue to work closely with the City [of Glendale] as we prepare for the next phases of the larger redevelopment project. At this time, we still anticipate a two-year construction schedule for this portion of the work, with an expected reopening in 2029," stated Gordon.

CV Chamber Speaker Series – A Discussion About Insurance

By Mary O'KEEFE

Crescenta Valley Chamber of Commerce (CVCOC) invites the public, and specifically small businesses, to a discussion regarding insurance.

According to the commissioner's office of the California Dept. of Insurance, the key challenges facing California's insurance market include climate change, affordability and accessibility.

Gregg Inboden, local resident and vice president/commercial lines at Momentous Insurance Brokerage, will be addressing concerns and answering insurance questions on March 26 at 6 p.m. This presentation will be held on the campus of St. Luke's of the Mountains Episcopal Church at Sadler Hall, 2563 Foothill Blvd.

Inboden has been in the insurance industry since

1979. He has worked as an underwriter and marketing representative for a variety of insurance companies including Aetna and CNA. For the last 25 years he has been on the brokerage side handling large to midsize accounts.

The topics covered will include how reinsurance and market conditions affect insurance rates, why insurance is essential for small businesses, what core coverage a small business should have and important additional coverages. Inboden will also speak on what key factors may influence insurance premiums and best practices for risk management.

The insurance talk is part of the CV Chamber's speaker series. The Chamber is reaching out to professionals who can help navigate the small business waters.

"We at the CV Chamber feel

it is the duty of the Chamber to provide information to small businesses that will be of benefit to them," said Robin Goldsworthy, president of the CV Chamber and publisher of the CV Weekly. "We have our finger on the pulse of the community and want to support the interests of our members. It's hard enough to own and operate a small business; it's important to protect businesses from claims and lawsuits – especially those unexpected. We are excited to hear what Gregg has to say."

Regardless of the size of business, insurance is an important part of business. There will be time for question and answers after his presentation.

Parking is accessible from Cross Street. The event is at 6 p.m. and is free to the public.

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Update: Investigation into GUSD Former Agency-Contracted Assistant

By Mary O'KEEFE

Glendale Unified School District (GUSD) continues its outreach to families of school-aged children with information on the ongoing investigation into former agency-contracted assistant Joseph Vladimir Sanchez.

On March 12, GUSD released information that Sanchez had been assigned to Lincoln Elementary.

"I write today to share that an additional agency partner, Autism Learning Partners (ALP), confirmed on March 10 that it assigned Sanchez for one day as an assistant in a self-contained special education classroom at Lincoln Elementary on April 4, 2023. We are currently not aware of any reports of improper behavior by Sanchez while he was at Lincoln Elementary, and Glendale Police have not reported any additional, alleged victims since our last community update sent on Feb. 26," wrote Superintendent Dr. Darneika Watson in a March 12 release.

On Feb. 26 the district released information that Glendale police investigators had discovered a fourth victim in the ongoing criminal investigation of Sanchez.

On Feb. 5, Glendale Police Dept. (GPD) released a statement concerning the arrest of Sanchez for alleged sexual abuse of an "8-year-old special needs student." It also stated the alleged assault occurred on school grounds and the incident had been reported on Dec. 19, 2025; Sanchez was arrested on Dec. 20, 2025.

Since then four victims of the alleged abuse have been discovered by GPD investigators. The investigation found similar alleged incidents spanning as far back as three years.

On Feb. 3, the Los Angeles District Attorney's Office filed eight counts against Sanchez -

seven for alleged child sexual abuse and one count of allegedly being in possession of child pornography.

Sanchez pled not guilty at his arraignment on Feb. 4. On Feb. 25, he appeared in LA County Superior Court before Judge Kerry White where he was granted a request for a preliminary hearing on April 22.

Sanchez was employed by third party contractor Covelo.

"As of January 7, 2026, the District has implemented updated procedures that require all school administrators to verify the presence of all visitors, contractors and guests on any campus at any time through a digital check-in and ID scanning system. With these safeguards in place, the District can now quickly confirm campus assignments and visitor records across any campus when needed.

"Please note that any families with information that may assist the criminal investigation of Joseph Vladimir Sanchez are encouraged to reach out to the GPD Assaults Bureau at (818) 548-3106. In addition to the criminal investigation, the District has retained Epstein, Becker, & Green (EBG) to conduct an external administrative investigation into the alleged sexual abuse by Joseph Vladimir Sanchez on District school sites. If you have information regarding these allegations, please contact the specially trained investigators at EBG by emailing GUSDInvestigation@ebglaw.com. Support services remain available to all members of our community through our Student Wellness Services Department. Additional support staff will be available at Lincoln Elementary following this update," GUSD stated.

Intelligence Not Needed at Smart-A-Thon



Photos by Mary O'KEEFE
Falcon robotics team 589 from Crescenta Valley High School tied to win the Smart-A-Thon.



Dr. Armand Dorian welcomed everyone.



Members of the VFW led the pledge of allegiance.

The 35th Annual Smart-A-Thon benefitting the Mary Pinola Education Fund (<https://www.pinolafund.org/>) was held on Friday, March 13 at USC Verdugo Hills Hospital. The annual fundraiser is the biggest the Mary Pinola Education Fund holds; proceeds are distributed to various local education groups. In the past, these have included the robotics team and music foundation of Crescenta Valley High School, the YMCA of the Foothills, and the VFW/American Legion.

At Friday's event, dozens of teams of at least four people took part in an afternoon that included mingling, lunching and stretching. Dr. Armand Dorian, CEO of USC-VHH, welcomed the crowd before civic leader Steve Pierce gave the invocation. VFW members Dick Clubb, Annie Babson, Tom Pollock, Quentin Swan, Lynn McGinnis, Ron Bularz, Rik Middleton and Vic Bustillos led the group in the pledge of allegiance. Introducing the teams were the emcees of the day, CV Sheriff's Captain Ryan Vienna and GUSD Superintendent Dr. Darneika Watson.

But the main reason teams came was to compete in the Smart-A-Thon trivia contest. With an admonition not to use electronic devices, the competition started with folks having about 20 minutes to answer 70 questions. Trivia questions ranged from "Which of the following is not an oxymoron?" to "Which of the following is not a body of water?" The main prize was split between two teams: the Pasadena-Sierra Madre YMCA and Falcon robotics team 589 from Crescenta Valley High School.

see SMART-A-THON on page 7

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CRIME BLOTTER

MARCH 15

2400 block of Prospect Avenue in Montrose, a catalytic converter was stolen off a vehicle overnight.

MARCH 12

4600 block of Daleridge Road in La Cañada Flintridge, a catalytic converter was stolen from a vehicle between March 12-14.

4900 block of Burgoyne Lane in La Cañada Flintridge, a catalytic converter was stolen from a vehicle overnight.

2800 block of Orange Avenue in La Crescenta, a woman reported parking

her vehicle at the location in front of her residence. She went into her home and when she went back to her vehicle the next morning discovered a floor jack directly under her vehicle. She found that her catalytic converter was still intact.

The incident occurred overnight.

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

House Fire on Santa Carlotta

By Mary O'KEEFE

On Friday, March 13, Glendale Fire Dept. (GFD) responded to a reported structure fire at a single-family home in the 3300 block of Santa Carlotta Avenue in La Crescenta. Crews arrived on scene at 4:06 p.m. and departed the home at 7:55 p.m., after the fire was knocked down and cleaned up.

"Initial companies on scene encountered fire originating in the garage with extension into the living quarters," stated Cheryl Getuiza, GFD spokesperson. "The fire originated in a dryer located in the garage. During suppression efforts, one firefighter sustained an injury while operating outside the structure and was treated. Crews were able to knock down the main body of fire in the garage within approximately five minutes of arrival. However, the incident presented additional challenges as the fire extended into the attic space where HVAC components contributed to pockets of fire and lingering smoke that required extended overhaul."

Firefighters cut holes in the roof (vertical ventilation) to release trapped heat and smoke.

The family was home at the time and evacuated prior to fire crews arriving.

Photos by
Rachelle MILLER
and Mary O'KEEFE



Pedestrian Fatality on the 210

By Mary O'KEEFE

California Highway Patrol responded to a call concerning a traffic accident on the 210 Freeway in La Crescenta that involved a pedestrian being struck.

"On March 3 at about 10:03 p.m., CHP Altadena received a notification from the Los Angeles Regional Traffic Management Center of a vehicle versus pedestrian on the Interstate 210 (Foothill Freeway) eastbound at the La Crescenta Avenue on-ramp. CHP as well as the Los Angeles

County Fire Dept. arrived on scene," according to a CHP spokesperson.

It was found the pedestrian sustained fatal injuries. Glendale police assisted CHP with the closure of the Pennsylvania Avenue on-ramp to the 210 eastbound.

Caltrans assisted with a hard closure of traffic lanes and deployed CMS (changeable message signs).

The lanes were open at 2:57 a.m. on March 4.

The traffic crash is still being investigated.

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

KIWANIS INCREDIBLE DUCK SPLASH!

The Glendale Kiwanis Foundation provides financial and volunteer support throughout our community to improve the quality of life, especially for our children and youth. The Duck Splash is our largest and silliest fundraiser, now celebrating its 21st year! Over \$1,500,000 has been given back to the community!

Join us, as we help our children, by purchasing a Banner to fly on the streets of Glendale!

Race Day, Saturday, May 2, 2026
Verdugo Park @ 1621 Canada Blvd.
11:00 am – 2:00 pm!

For more information on Glendale Kiwanis and the Duck Splash! log on to our webbed sites
www.duckrace.com/glendale
www.ducks4kids.org
www.glendalekiwanis.info

Duck Race! Verdugo Park
Adopt A Duck!

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PDC from Cover

The plan for construction and the partnership with USC-VHH was presented at the Montrose Shopping Park Association (MSPA) meeting in December 2025. There, GCC board of trustees member Desirée Rabinov and Superintendent/President Dr. Ryan Cornner shared a presentation of their proposed expansion to the Montrose site.

GCC purchased the former Citibank building at 2350 Honolulu Ave. to extend its campus outreach into Montrose. Cornner said it was “a thorn in his side” to have a sign on the former bank that for many years stated “Coming Soon.”

During the MSPA meeting Cornner said GCC wanted the Montrose location to be more than just an educational center because that format may serve students but it does not serve the community.

“And so we really wanted to see what we could do that would look at having a planned partnership with some other community entities, looking at program demand and at a program development that really met what the community needed,” he said. “We [prepare] students [for] high-paying, career-driven jobs and [create] a need that could definitely be served by those students.”

The partnership with USC-VHH was mentioned at the meeting. The plan was to first have the hospital’s physical and occupational therapy work out of the PDC, then moving to the newly constructed former Citibank location.

At that time, and in a later interview with CVW, an exact timeline as to when this was to begin was not shared; however, it appears the move to the PDC is beginning this month.

CVW reached out to USC-VHH for comment but its spokesperson said it would have more information to share at a later date.

Neighbors in Sparr Heights, specifically those who are adjacent to the parking lot of the PDC location, have concerns about the project and the outreach done by GCC.

“We immediately informed the community when we had a conceptual plan for the property. Dr. Cornner and Trustee Portillo-Rabinov have presented at several community meetings, including the Montrose Shopping Park Association and CV Town Council. We are also in constant communication with several neighbors who live adjacent to the Montrose Campus parking lot,” Nam stated.

However, neighbors continue to have issues, specifically with the term “constant communication.”

Sparr Heights resident Angela Miller said “constant communication” was not what she experienced. She did say that GCC representatives do respond to emails initiated by her and her neighbors. She has attended the meetings of the GCC Board of Trustees, Montrose Shopping Park Association and Crescenta Valley Town Council; the administration has spoken but Miller said those meetings were not set up to have a dialogue. Miller is part of a growing group of concerned Sparr Heights neighbors.

“GCC has not been proactive in initiating the communication around matters that are relevant to us as neighbors,” she said.

Miller had recently sent a letter to Cornner and the board of trustees.

“Our experience of GCC communication to date around the Montrose Campus is concerning and is not instilling trust in the process of neighborly relations between GCC and Sparr Heights residents. We found out about the PDC staff moving out from the PDC building through a Montrose community member, not from the College, and in advance of materials being posted in the PDC windows,” stated the letter from Miller.

You can read more at CVWeekly.com/NEWS

WEATHER from page 2

The Bay opened just after the pandemic ended; however, it closed once again for only a few months during monsoon season.

Authorities saw how successful the initial closure was and want to make certain Maya Bay remains on the recovery lists, so they are watching the effects of tourism very closely. They have implemented rules that include that no boats are allowed to enter the Bay and no swimming is allowed. Tourists can walk a few steps into the water but are limited as to how far they can go. Also it is a no smoking area.

Thailand has also implemented

educational programs that teach visitors about the ecological balance of the area.

As tourism increases in Thailand, scientists are keeping a watchful eye on Maya Bay and walking that fine line between financial support tourism brings in and protecting what makes Maya Bay such a special place that tourists want to visit.

Several U.S. parks have been closed or have restrictions to protect the environment, including the closure of Channel Islands National Park, which was closed to protect wildlife. Not surprising, closures came during

government shutdowns when resources were fewer.

It is amazing how the Earth can recover when someone cares enough.

To learn more about Maya Bay from articles referenced visit:

<https://tinyurl.com/7avd258z> and <https://tinyurl.com/4bd2bh3n>.

An extreme heat warning was issued by the National Weather Service through Friday. On Saturday it is expected to be downgraded to a heat advisory.

“We have a very strong pressure center,” said a NOAA spokesperson.

We will see temperatures into the hundreds today, Thursday, and tomorrow, and a slight cooling trend to the upper 90s on Saturday. Sunday will be the first time we see a break with temps in the upper 80s; however, temperatures will continue to be well above average into next week. Downtown Los Angeles average for this time of year is in the upper 60s.

Winds will be calm and humidity low.



SMART-A-THON from page 5

In addition two non-profits earned \$500 for their organization: the Crescenta Valley Instrumental Music Foundation and the VFW. There was also a pot o’ gold that people could estimate what was its value. Tina Montgomery guessed closest at \$362.10 (though Prom Plus came close at \$362). The actual amount of

the pot was \$362.70.

Whether leaving the event with bragging rights of being a winner or having a full tummy from a plentiful lunch, no one left the Smart-A-Thon a loser.

To see more photos, visit www.cvweekly.com/NEWS.
By Robin GOLDSWORTHY.

TICKETS GOING FAST!

Bingo in Pink



Proceeds support the expansion of the USC VHH Comprehensive Breast Center.

Tuesday, April 21

USC Verdugo Hills Hospital

Council Rooms
1812 Verdugo Blvd., Glendale, CA 91208

5:00-8:00pm

- Welcome by Cindy Gilbert
- Opening Remarks by Dr. Mary Yamashita
- 10 Rounds of Bingo!

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Women’s Council

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All sponsorships include 3 sets of 10-round cards per ticket.

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Includes 6 tickets
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VIEWPOINTS

VIEW OF THE VERDUGOS » CRAIG DURST

From Rocks to Raid on the America 250

The Sunland-Tujunga Bicentennial Trail, developed in 1976, is now the America 250 Trail, 50 years later. Head south on Mt. Gleason Avenue till it ends at McGroarty. Just to the left is the former grounds of the Sunair Home for Asthmatic Children at 7754 McGroarty St. – No. 9 on the Trail.

The text from 50 years ago states the following: “Many of the original settlers in Tujunga came out of the city with a sack of cement, a trowel and high hopes. They gathered the stones strewn on the land and built homes, walls, walkways and public structures. Some early stone masons were George Harris, Don Wieman, Bob Masser, Carl Bangle and many others. It was Bob Masser who put up the beautiful stone walls for the Sunair Home, considered by some to be the best stonework

in Tujunga.

“The Sunair Club was incorporated in 1938 by a handful of Shriners who wanted to help with the fight against asthma in young children. In a statement, they expressed that unless one had seen a frightened child during an asthmatic seizure, there is no imagining the horror or fully feeling the compassion that moves us to help these innocent victims.”

Sophie Posen, born in Imperial Russia in 1868, had moved to Tujunga along with her son in 1931 to ease her symptoms of asthma. Tujunga had become known worldwide as a health-giving resort, dotted with small rest homes occupied by respiratory patients, many of whom recovered. After Sophie’s passing in 1938, her son Sam stepped up and donated his mother’s six-room home on

McGroarty Street to the Sunair Club, forming the initial unit of the Sunair Home for Asthmatic Children. When established, it was the only live-in rehabilitation center on the planet scientifically designed for asthmatic children.

The Sunair children came mostly from needy families and ranged in age from 6 to 12 years. The 15-bed home was specifically designed to provide the most healthful environment possible for its residents who suffered from intractable asthma – the kind that doesn’t respond to ordinary therapies. In 1943, the Sunair Club became the Sunair Foundation and continued its good works. In 1959, four major gifts allowed for the expansion to 40 beds. The facility then included two infirmaries, three dormitories, a kitchen and dining room, a laboratory, a library, medical offices, a swimming pool,

a park and recreational areas. In 1967, a new recreational and administrative building was dedicated.

One of Sunair’s major success stories was former resident Jeannette Bolden. Admitted to the home in 1972 at the age of 12 with severe asthma, she thrived from the treatments there. Ten years later, she set the indoor world record in the 60-yard dash and then went on to win gold in the 1984 Olympics as a sprinter.

The Sunair Home for Asthmatic Children disappeared from the telephone book in 1986 after nearly 50 years of operation. Most recently, in July 2025 bad things were supposedly taking place behind those Masser stone walls. In an early-morning operation, the FBI broke down the metal entry gates and raided the property. Ties were alleged to the notorious

“TikTok Cult,” featured in the Netflix documentary “Dancing for the Devil.” Arrest warrants were served for multiple crimes, including money laundering, mail fraud, tax evasion, sex trafficking and COVID-19 fraud.

I prefer to recall the days when countless children benefited from the treatments provided there when Ruth Williams penned this poem: “Two little hands clasped in prayer, two little lungs gasping for air. Two little lips trying to smile, but it’s so hard to breathe all the while. Now God made a home, built just for them, where the sun and the air are so light. With loving care, every day, they’ll soon be well, we hope and pray.”

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 » MOHAMMAD BAHRAMI

What Americans Are Not Hearing About Iran

I live here in the foothills and like many of you I have been watching the news with a knot in my stomach about Iran. I hear the worry in conversations at the grocery store, at school pickup: Why are we involved? What does this have to do with us? I understand the unease. I hate war. I grew up inside one.

But there is something Americans are not hearing, and I want my neighbors to hear it from someone who was there: most Iranians are not protesting the military strikes. They are relieved. That probably sounds strange. It would have sounded strange to me too, before I understood what that regime does to a family from the inside.

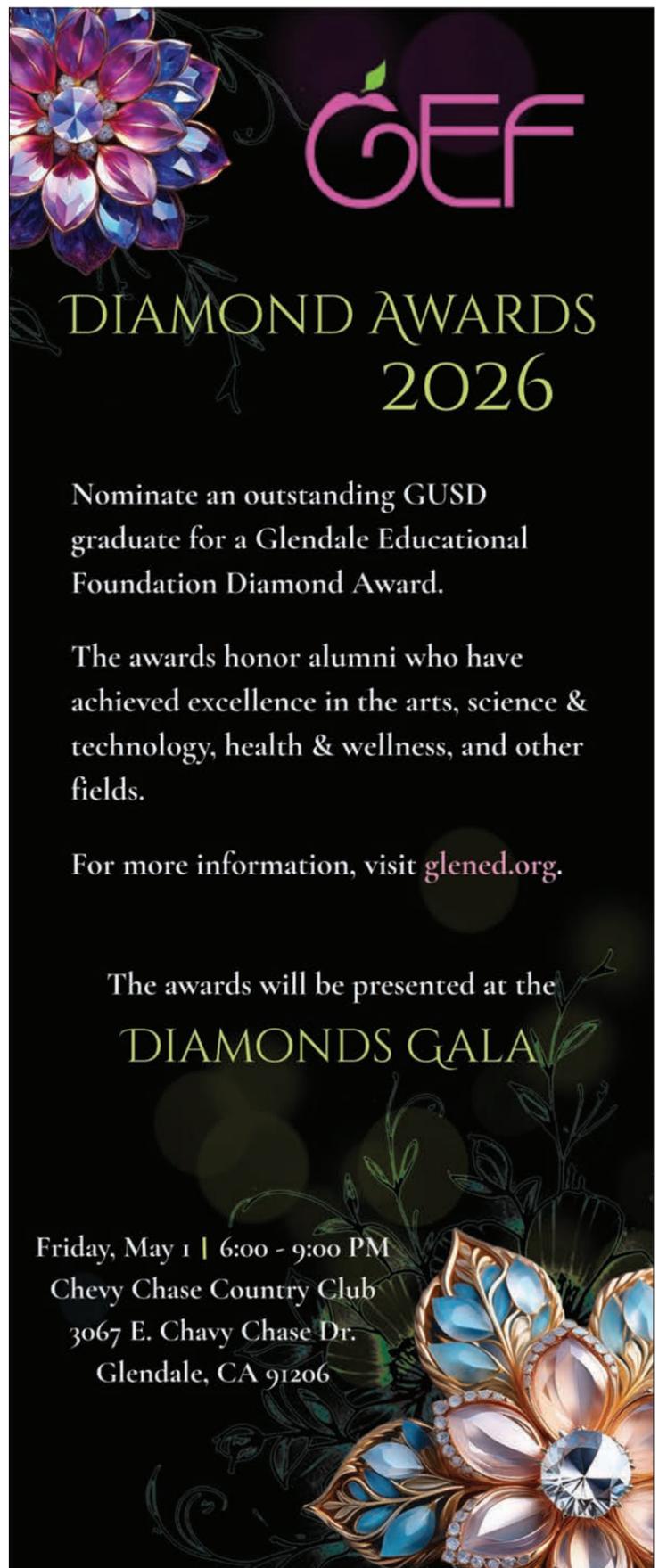
My father served in the Islamic Republic’s Construction Jihad for 30 years. He was a forester – a quiet man who worked with soil and trees. He never stole, never took bribes. By any measure, a good man. When I was 8, my mother told me to write his occupation on a school form: Jihad-gar. Jihadist. I wrote it in a child’s handwriting, not knowing what the word meant. That is how the system works. It does not ask your permission. It writes itself into your family, into your children’s homework, into the posters on your bedroom wall. By the time you understand what happened it is already who you are.

Years later, I asked my father

about a friend killed in the Iran-Iraq war. His hands stopped on the garden shears. He told me about boys from our town sent to build trenches – bulldozer drivers, barely men. A mortar hit them directly. My father went to collect what was left. His voice broke. He could not finish. And when I asked about the journalists who disappeared, the writers who never came home; the answer was always the same: “Mistakes were made.” No subject. No agent. Nobody did it. A whole generation learned never to finish that sentence.

The Iranian people have tried to finish it themselves. They rose up in 2009 – millions in the streets.

see BAHRAMI on page 9



GEF

**DIAMOND AWARDS
2026**

Nominate an outstanding GUSD graduate for a Glendale Educational Foundation Diamond Award.

The awards honor alumni who have achieved excellence in the arts, science & technology, health & wellness, and other fields.

For more information, visit glened.org.

The awards will be presented at the
DIAMONDS GALA

Friday, May 1 | 6:00 - 9:00 PM
Chevy Chase Country Club
3067 E. Chavy Chase Dr.
Glendale, CA 91206

Annual La Cañada Thursday Club

Courtyard Estate Sale!



Saturday, March 28, 2026 8:00 a.m. to 2:00 p.m.
In the Courtyard of the La Cañada Thursday Club

La Cañada Thursday Club
4440 Woodleigh Lane
La Cañada Flintridge

Antiques, art, china, collectibles, crystal, electronics, furniture, holiday décor, housewares, jewelry, linens, sporting goods, toys, and more!

Proceeds from the sale go to the Thursday Club 501(c)4. Purchases are not considered a charitable contribution.

ADMISSION IS FREE PLENTY OF PARKING

BAHRAMI from page 8

The world watched. Nothing happened. They rose up in 2022 after a young woman named Mahsa Amini was killed by the morality police. The world changed its profile pictures. Nothing happened. They rose up again in January of this year. This time the regime killed over 32,000 people. Security forces shot teenagers in the streets. Families were sent to warehouses to search through black plastic bags for their children. Then the regime charged those families thousands of dollars to release the remains.

Each time, Iranians stood up alone. Each time, they were crushed alone. Each time, the world expressed concern and moved on.

Now, for the first time in 47 years, they are not alone. That is what you are watching on the news. Not an invasion. Not a foreign power imposing its will. You are watching 80 million people who have been trapped inside a burning building for nearly half a century and for the first time someone has broken through the wall.

I am a scientist. I came to this country to think freely, to do research, to raise my family in a place where my children do not wake up to slogans on their bedroom wall. I do not like war. Nobody who has lived inside one does. But I also watched my father – a good, honest man – spend 30 years inside a system that slowly broke him, and I watched a whole country try to free itself again and again, and I watched the world look away every single time.

The people of Iran are not the enemy. They never were. The regime that held them captive is. And that distinction – the one between a civilization and its jailer – is something I wanted my neighbors to understand.

Mohammad Bahrami holds a doctorate from Aryamehr University of Technology (now Sharif University) in Tehran and works in quantum computing research. He lives in La Crescenta and writes in a personal capacity.

LETTERS TO THE EDITOR

Where is the Economic Expertise on City Council?

At last Tuesday's City Council meeting, Glendale's Finance Dept. presented a three-year financial projection for our city. Astonishingly, these rosy projections entirely ignored the massive macroeconomic shock of the current war in Iran.

Anyone who understands basic finance knows this global disruption will severely impact inflation, strain supply chains, and, most dangerously, threaten CalPERS investment returns. When CalPERS misses its aggressive market targets due to global instability, Glendale

taxpayers are forced to cover the multimillion-dollar unfunded liability.

Yet, when it was time for the council to scrutinize these numbers, Councilmember Dan Brotman – who presents himself to voters as a "Professor of Economics" – sat in absolute silence about this major macro-economic shock.

He asked no questions about downside risk. He requested no stress tests for our utility bonds. He proposed no freezes on runaway departmental overtime to prepare for an inevitable revenue shortfall. I had to approach the public podium to point out the glaring elephant in the room and demand realistic

forecasts, because the "economist" on the dais said nothing.

A rigorously trained economic academic would instantly demand a sensitivity analysis to protect the General Fund from a looming market shock. Instead, we got political silence to keep the status quo running until Election Day.

Glendale taxpayers deserve rigorous, mathematically sound financial oversight, not politicians who ignore the math hoping the bill doesn't come due until after the June election.

Herbert Molano
Glendale

» NEWS FROM CVWD

Crescenta Valley Water Reliability Projects: Timeline, Traffic & What to Expect – Updated March 17, 2026

Crescenta Valley Water District (CVWD) continues its multi-phase program to replace aging water mains within the District's service area. While construction may cause traffic delays, noise and other inconveniences, these updates are essential to ensure a safe and reliable water service for homes, businesses and in the event of emergencies.

The following is the latest list of projects and their timeline:

Project Location	Construction Timeline
Fairway Ave / Ramsdell	Ground-breaking scheduled for late March
Teasley / Rosemont	Ground-breaking scheduled for mid-April
Montrose / Ramsdell	<ul style="list-style-type: none"> • Early April – Preliminary excavation • May – Main installation commences • December – Anticipated project completion
Henrietta / Pennsylvania	Ground-breaking scheduled for Summer/Fall
Cloud Ave / Henrietta	Ground-breaking scheduled for Summer/Fall
Foothill Blvd / New York	Ground-breaking scheduled for Summer/Fall
Upper Terrace / Rosemont	Complete
Henrietta / La Crescenta	Complete

These projects will replace water mains originally installed in the 1950s. Crews will also replace service lines that connect water mains to homes and businesses and install additional fire hydrants to improve emergency response capabilities.

Fairway/Ramsdell is on a private road and traffic impact will be limited mostly to that road. Ramsdell/Montrose construction will impact northbound traffic on Ramsdell Avenue and eastbound travel on Montrose Avenue on weekdays between 7:30 a.m. and 4:30 p.m. All lanes will remain open on weekends. Temporary parking restrictions may be placed near construction zones to allow construction crews to work safely and efficiently.

CVWD appreciates the community's understanding and cooperation as these important infrastructure improvements are completed. These upgrades will help ensure a stronger and reliable water system for years to come.

Questions? Please contact project managers Christina Kopelman or Dennis Nguyen at (818) 248-3925 or via email at ckopelman@cvwd.com or dnguyen@cvwd.com. Updates will be posted at www.cvwd.com.

UNDERSTANDING YOUR WATER PRESSURE

Your home's water pressure is an important part of your plumbing system.

WHAT IS THE OPTIMAL WATER PRESSURE?
The optimal indoor water pressure typically ranges from 40 to 80 psi.

HOW DOES CVWD REGULATE WATER PRESSURE ?
Water is stored in reservoirs at higher elevations and delivered to customers by gravity. The higher the reservoir relative to the delivery elevation, the greater the water pressure at your home. Customers can regulate indoor water pressure by installing a pressure regulator.

5 CAUSES OF LOW WATER PRESSURE

- Clogged Pipes**
Even a small clog can reduce your water pressure.
- Leaking Pipes**
Leaks divert water before it reaches your faucets.
- Faulty Fixtures**
Over time, aerators can get dirt and limestone build-ups or rust.
- Corroded Pipes**
Older homes usually experience corroded pipes.
- Pressure Regulator**
Pressure regulators are designed to adjust the pressure coming from your water supply line to a level that is safe for your pipes.

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www.cvwd.com | 2700 Foothill Blvd, La Crescenta, CA 91214

YOUTH

Local Youth Shine at 49th Annual Greek Folk Dance Festival

Over the recent President's Day weekend, the vibrant sounds and traditions of Greece took center stage at the 49th Annual Greek Orthodox Folk Dance and Choral Festival (FDF). Among the hundreds of participants from across the Western United States were six local students who traveled to downtown Phoenix to represent Saint Sophia Greek Orthodox Church.

The students – Peter James, Leonidas Vasiliou, Dimitri Pitsos, Christopher Spears, Katerina Vasiliou and Olivia Spears – performed as members of the “Kyklonakia” dance group in the intermediate category.

The performance in the Sheraton Phoenix Ballroom was the culmination of a rigorous journey that began in August 2025. For the past seven months, the 27-member team dedicated themselves to weekly practices, dress rehearsals and the study of traditional music and movement.

Their showcase featured authentic dances from various regions of Greece, requiring not only physical stamina but also a deep respect for historical accuracy and discipline.

Beyond the competition, the festival serves a higher purpose. As one of the largest gatherings of its kind, FDF provides a dedicated space for young people to strengthen their faith and honor their ancestral heritage. The four-day event is designed to foster lasting relationships rooted in service and shared identity.

By standing together on stage, the members of Kyklonakia demonstrated the power of teamwork and the importance of preserving cultural traditions for the next generation. The weekend concluded as a celebration of the youth's hard work, talent and the enduring friendships formed through their shared commitment to the arts.

Contributed by N. JAMES



Back row, from left, are Peter James, Leonidas Vasiliou, Dimitri Pitsos and Christopher Spears. Front row, from left, are Olivia Spears & Katina Vasiliou.

California Athletic Soccer Club Accepted into MLS NEXT Academy Division

California Athletic Soccer Club (CASC), a youth soccer organization serving families across Crescenta Valley, Santa Clarita Valley and the San Fernando Valley, recently announced that the club has been accepted into the MLS NEXT Academy Division, one of the highest levels of youth soccer development in North America.

The announcement comes as the club celebrates its 25th anniversary serving the Crescenta Valley community.

Beginning in the upcoming season, CASC will field MLS NEXT Academy Division teams in six age groups: Under-13, Under-14, Under-15, Under-16, Under-17 and Under-19.

MLS NEXT was launched by major league soccer to strengthen elite youth development across the United States and Canada. The platform brings together top academies to provide high-level training environments and consistent national competition designed to help players pursue collegiate, professional and national team opportunities.

For families in Crescenta Valley and nearby communities, the addition of MLS NEXT teams represents a significant step forward for the local club and creates new opportunities



grown into one of the region's most established youth soccer programs, serving generations of players throughout Crescenta Valley and surrounding communities, as well as the San Fernando and Santa Clarita Valley area.

CASC will continue to field teams in the SoCal soccer league while expanding opportunities for players through the new MLS NEXT program.

The club's coaching staff also includes former professional players, including former LA Galaxy defender Sean Franklin who won two MLS Cup championships during his career and now contributes to the club's youth development efforts.

With the addition of MLS NEXT Academy Division teams, CASC aims to strengthen its long-term player development pathway while continuing to serve the growing soccer community in Crescenta Valley.

Additional details regarding program structure, coaching assignments and tryout opportunities will be announced in the coming weeks.

Families interested in learning more about MLS NEXT Academy Division and other CASC programs can visit athleticcsc.com/mlsnext.

for young players to compete at a higher level while remaining connected to a community-based organization.

“Our goal has always been to build an environment where players can develop at the highest level while maintaining the strong culture that defines our club,” said CASC director Chad Borak. “Being accepted into the MLS NEXT Academy Division during our 25th anniversary year makes this milestone especially meaningful for our players, families and coaches.”

Over the past two and a half decades, the club has

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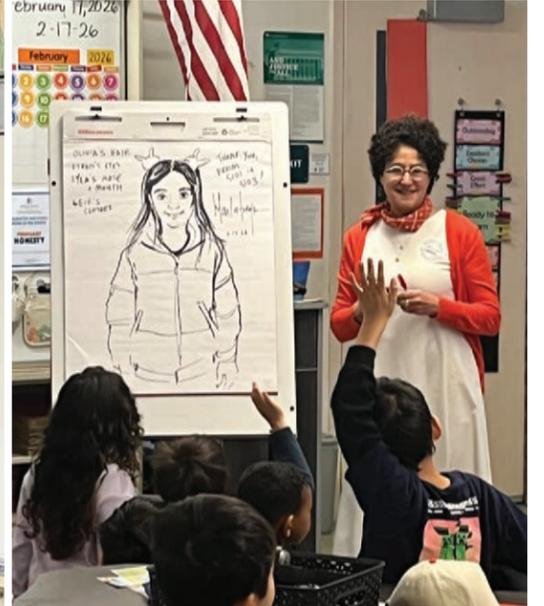
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WWW.CVWEEKLY.COM

BETWEEN FRIENDS

Fremont Elementary Hosts Authors & Illustrators



Photos by Danette ERICKSON
 LEFT: From left are Oliver Chen, ALG members Kathy Blyth and Leslie Gordon, Fremont Principal Victoria Atikian-Aviles, author and illustrators Marla Frazee and Molly Ruttan and author Karina Evans.
 MIDDLE: Karina Evans presenting to sixth graders.
 RIGHT: Marla Frazee with Fremont second graders.

The Assistance League of Glendale Elementary School. Throughout the year the (ALG) recently hosted an Authors League invites authors and illustrators to local & Illustrators event at Fremont schools to interact directly with readers to promote literacy, creativity and the joy of reading. ALG also donated \$2500 to the school's library for the purchase of new books.

» TASTY TREATS » CHEF RANDY

Dad's Secret BBQ Sauce

I wasn't always a vegetarian. I grew up as a red-blooded youth, raised on hamburgers, pot roasts and the occasional grilled steak. It wasn't until I turned 25 that I became a vegetarian. But that's a story for another time. This story is about Dad's secret barbecue sauce.

I remember Dad grilling hamburgers on his charcoal grill on a Sunday. I was probably 8 or 9 at the time. He took the grill off the round barbecue and asked me to get a paper bag. I ran into the kitchen, grabbed a bag and hurried back out to Dad. He told me to hold the bag while he scooped out the old ashes. When the ashes were completely out of the barbecue, I ran to put them in the garbage can. I rushed because I didn't want to miss any of Dad's barbecue rituals.

Dad poured charcoal briquettes into the center of the barbecue, letting them fall where they may, and doused them generously with lighter fluid. He lit a match, and that was when the magic happened. He tossed the match at the coals and stepped back as the coals erupted in flames.

We retreated to the kitchen, waiting for the coals to burn to ash. While in the kitchen, I watched Dad prepare his secret barbecue sauce.

"What is your secret?" I asked.

Dad said, "Can't tell you. That's why it's a secret."

Dad never did tell me his secret, but a few years after he passed away I found his recipe written on a scrap of paper. It was tucked in with my mom's handwritten recipes. She used 3x5 index cards.

When the sauce was ready,



my brother John and I dipped potato chips and munched while Dad patted the ground round into burgers. Dad let me carry the tray of burgers out to the grill while he followed with the bowl of barbecue sauce and a basting brush.

I watched Dad as he brushed a little sauce on each burger. He then placed the patties carefully on the grill and turned each one over after a few minutes. After a few more minutes, the burgers were perfectly grilled. Dad let me brush a little more barbecue on top, and then he carried them inside where Mom had set the table and laid out potato salad, pickles, thick slices of tomatoes, thin slices of red onion and fresh leaves of head lettuce. Dad put four hamburgers on a plate at the table and returned to toast the buns. When he came back with the buns, he also brought the bowl of extra barbecue sauce.

Makes 3 cups of sauce.

Ingredients:

- ¾ cup firmly packed dark brown sugar
- 1½ teaspoons garlic powder
- 1½ teaspoons celery seeds
- 1½ teaspoons chili powder
- 1 tablespoon onion powder
- ½ teaspoon black pepper (finely ground)
- ¾ teaspoon ground cumin
- ½ teaspoon cayenne
- 2 tablespoons yellow mustard
- 2 cups ketchup
- 1 cup water
- ½ cup apple cider vinegar
- 1 tablespoon vegetable oil
- 1¼ teaspoons liquid smoke

Directions:

Combine all ingredients in a medium saucepan. Bring to a boil, stirring to dissolve the sugar. Reduce the heat and simmer for 20 minutes, stirring occasionally. Pour into half-pint jars with tight lids. Refrigerate until ready to use.

Chef Randy Graham, the healthy chef. Providing consistently good vegetarian comfort food recipes. See his cookbooks at Amazon.

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LCFOG Donates to LuskinoIC

The La Cañada Flintridge Orthopaedic Guild donated \$25,000 to the LuskinoIC Orthopaedic Institute for Children for its Innovation Campaign. The money was generated through the Guild's 2025 fundraising efforts. This contribution will support the Tech Station in the MRI Suite – an important component of LuskinoIC's Innovation Campaign – helping strengthen the patient and family experience and the technology-enabled care environment surrounding our new MRI services.

The La Cañada Flintridge Orthopaedic Guild is one of the

five auxiliary support groups under the Charitable Children's Guild (CCG) umbrella, part of a legacy of volunteerism and philanthropy that has helped advance pediatric orthopaedic care at LuskinoIC for generations.

Together, the Guild and its auxiliaries have raised more than \$14.25 million for LuskinoIC over the years – an extraordinary collective impact made possible through devoted members who give their time, talent and resources in support of the children and families that are served, according to LuskinoIC.

Courtesy of LuskinoIC



'Resurrected' Handmade Quilts On Show and Sale in Arcadia This Weekend

By Jon K.

A free admission three-day quilt show running this Saturday, March 21 through Monday, March 23 in Arcadia will feature one-of-a-kind handmade quilts that Kathleen Mello-Nadejas calls

"resurrection quilts."

Mello-Nadejas buys unfinished quilt tops online and at estate sales then adds the backs and finishing to bring each one back to life.

"There's a lot of people [who] have made what they call hoppers of a quilt, but they

never finished it," Mello-Nadejas said to another outlet. "So what I'm doing is I'm picking up all these quilts from the estate sales and eBay and I buy them and then I put together all the packs and I resurrect the quilts."

This is her first show and it includes

accessories, such as hand-embroidered and crocheted pillowcases and tablecloths. It takes place at Embassy Suites, 211 E. Huntington Dr. in Arcadia on March 21-23 from 9 a.m. to 6 p.m.

For more information call (928) 233-2592.

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TRAVEL & LEISURE

MOVIE REVIEW » JACKSON TOYON

Wild, Wacky and Warm: ‘Hoppers’ is a Big-Hearted Eco-Adventure for the Whole Family

By Jackson TOYON

“Why doesn’t anyone care!?” It’s a question full of hurt that countless frustrated and demoralized people across history have shouted to themselves or others. Director Daniel Chong – the mind behind the charming Cartoon Network show ‘We Bare Bears’ – has joined forces with Pixar Studios to bring a new animal-focused story about environmentalism, coexistence (despite our differences) and the sometimes lonely struggle of activism for something that is deeply cared about. Theatrical trailers didn’t do this ‘Hoppers’ many favors but on its own merits, it feels like Pixar is regaining its footing after a stretch of films that don’t always live up to their 2000s ‘golden age.’

In the city of Beaverton, young Mabel Tanaka (Piper Curda) is ferociously devoted to animals and is constantly getting into trouble at school for trying to free the class pets. Mabel shares a particularly sentimental bond with a local forest glade where

she spent countless hours with her beloved grandmother, later vowing to watch over it when her grandmother passes away. Years later, Mayor Jerry Generazzo (Jon Hamm) sets plans in motion to develop the glade into a new freeway after the animals seemingly abandon it. Enraged, Mabel fiercely protests this move but ultimately goes completely ignored. After falling behind in her studies due to her activism, a visit to her biology professor Dr. Samantha Fairfax (Kathy Najimy) reveals a secret project – a new technology called the ‘Hoppers’ program, which allows the user to temporarily transfer their consciousness into the body of a robotic animal to allow for better animal research. Seeing her chance to save the glade, Mabel hijacks a hopping unit and uploads herself into the body of a beaver. Meeting such oddball characters as the beaver monarch King George (Bobby Moynihan), she must learn important lessons about the ways of nature and having empathy for those who think differently than she does.

‘Hoppers’ has a delightfully

unhinged and absurd nature about it, which is in line with the director’s previous work and gives it its own identity compared to some other eco-minded animated films. While the plot is not the most revolutionary story in the studio’s history, there are so many weird and amusing shenanigans that it still has a way of not feeling preachy and keeping the audience guessing about where things will go. It ends up as a funny hybrid between ‘Avatar’ and Dreamworks’ 2006 movie ‘Over the Hedge,’ which makes for a more entertaining combination than expected while still leaving plenty of room for genuine poignancy and emotional beats in a healthy balance.

The film also comes equipped with a memorable voice cast – Piper Curda is darling, and Bobby Moynihan’s endearing King George serves as much of the film’s emotional core. Mabel, with her Joan of Arc spirit, harbors a staunch cynicism toward Mayor Generazzo for whom she carries a personal vendetta – but her determination to intervene in the animal world to achieve her goals clashes with King George’s unfailing belief in



the good within everyone. Unlike many critter-centric animated films, old George is even adamant about humans deserving a place in nature despite our actions, which is an interesting and refreshing change for an animated movie to have.

‘Hoppers’ is one of the better Pixar originals in recent years. It may not fully reach the heights of some of their ‘golden age’ films, but it also doesn’t have much to envy from those films either. The choice to hire a director from outside the studio contributes to this and it is

my hope that it is chosen more in the future. The movie is heartfelt, brimming with life, unashamedly bananas and just as beautifully animated as one expects from Pixar. My only personal sticking point is that Mabel, who has one of the cutest human character designs Pixar has created in a long time, is depicted in the form of a beaver for most of the runtime – which is not a bad sticking point to have! This is a good one for families to see – and then perhaps enjoy some time outside at a park.

Rated PG.

PSHA Awards Funds to Nine Aspiring Young Musicians

Pasadena Showcase House for the Arts (PSHA) held its 39th Instrumental Competition in February at Pasadena Conservatory of Music’s Barrett Hall. Nine finalists, ages 15-18, demonstrated their musical talents while competing for monetary prizes totaling \$21,000. The finalists came from Los Angeles, Diamond Bar, Irvine, La Crescenta, Pasadena and San Marino.

A panel of judges – all professional musicians with the Los Angeles Philharmonic – were on hand to review the finalists’ performances. The panel was led by judging chair Amy Jo Rhine. Rhine was appointed by conductor Gustavo Dudamel as third horn of the Los Angeles Philharmonic during the 2014-15 season. She has also held associate and principal horn positions with

several other orchestras. The panel included Isabella Brown, David Rejano Cantero, Elise Shope Henry, Anne Marie Gabriele, Jason Lippmann and Gregory Roosa.

Dotty Ewing, president of PSHA, said she is proud of the Instrumental Competition because it represents the future of classical music.

“By fostering musical excellence at the high school level, we ensure that

the power and beauty of classical music will inspire generations to come,” she said. “It continues a legacy that began with our long-standing relationship with the LA Phil.”

Jessica Harrison, chair of the 2026 Instrumental Competition, said it was humbling to witness the superb talents of the finalists.

“The years of dedication and

passion each of these high school students have put into mastering their instruments came through with every note they played. Every single one of them is a winner,” she said.

Xuanrui Gu won the grand prize for showing exceptional talent and musicianship for his performance on the cello.

see PSHA on page 14

THEN & NOW



Then: Anawalt Lumber opened in 1920, just in time for the housing boom of the ‘20s. It was first located next door to its current location, on Verdugo just below Honolulu Avenue, right where the parking lot for El Charro’s is now. That put it right next to the sidings and car barn for the Glendale and Montrose Railway, which hauled all its wood up from the freight yards in Los Angeles. When the Glendale and Montrose Railway went out of business in 1930, Anawalt’s took over the car barn for storage and built a new office/store just to the south on Verdugo, right where the rail sidings had been. Shown here is the office in the 1950s.

Anawalt Lumber

Courtesy of the Historical Society of CV



Now: The office/store, much remodeled, is still used but the entrance has been relocated from the Verdugo side to the rear by the parking lot. Even more amazing, it still uses the old G&M car barn, well over 100 years old, as a lumber warehouse. The old logo survived as well: an elephant carrying a wood beam with the lettering “Satisfied Customers” on it



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PSHA from page 13



At just 15-years old, he is the youngest finalist in the competition. A student at the Colburn Music Academy, Gu has been playing the cello for eight years. He chose the instrument, he said, because the cello provides the “sounds that are the most human and warm.” Gu has earned first prize honors in several international competitions including the Global Music Competition, American Protégé and Crescendo International Competitions. He’s a math whiz, enjoys basketball, tennis, traveling and likes to teach, volunteering his time to teach the cello to other young students.

Stephanie Ho, a 17-year-old violinist also studying at the Colburn Music Academy, was awarded the first prize in the strings category. Ho has been playing the violin since the age of 4 and has garnered top prizes in many competitions across Europe and Asia. Hailing from Taiwan, she said she loves performing and playing her instrument for others because it makes her feel connected to them. She dreams of a career as a soloist or as a chamber musician, performing around the world. She hopes to use some of her prize money to return to Taiwan to visit her grandmother and to further her music studies.

Clarinetist, Quinyang Wang, an 18-year-old student at the Colburn Music Academy, took home first prize in the woodwinds category. He is a recipient of the Emily Bernstein Scholarship at Colburn and was awarded second prize in the International Clarinet Association High School Solo Competition. The first in his family to play an instrument, Wang began on the piano at the age of 4 but was encouraged by his teacher to try the clarinet. Now playing the instrument for eight years, he said he finds the sound “so beautiful and impressive.” He said he would use his prize money to attend a summer music program in Aspen. He also studies Chinese medicine and enjoys reading when he’s not busy auditioning.

Second prize in the brass category went to 16-year-old Lillian Walker for her performance on the horn. A junior

at Crescenta Valley High School, Walker began playing the piano but chose the horn after seeing a demonstration of it at school and has been passionate about it ever since.

“I knew it was for me right away,” she said. Active in many bands and ensembles, Walker would like to use her prize money to attend music camps over the summer to continue perfecting her playing. She enjoys rock climbing, traveling and participating in escape rooms with her friends.

Minji Choi and Noah LaPonte were both awarded second prize in the strings category. Choi, a 16-year-old from Irvine is the concertmaster of the Colburn Music Academy’s conductorless chamber orchestra. At the age of 13 she debuted with the Southern California Philharmonic, which she said was “the most unexpected and amazing feeling.” She has appeared as a soloist with the Pasadena Community Orchestra, the Bellflower Symphony and the Orchestra Collective of Orange County. Choi was also named 2025 and 2026 National Young Arts winner in classical music.

LaPonte, a 17-year-old from Pasadena, studies music at the Colburn School. He also attends Polytechnic High School where he plays baseball and enjoys studying history, English and the humanities. He won the 2024 Colburn School Youth Concerto Competition and has participated in the National Youth Orchestra. LaPonte said he is inspired by “the beauty of sound created while playing together with other musicians.” His dream is to play in a professional orchestra and would also like to teach.

Yang Zou, an 18-year-old flutist studying at the Colburn Music Academy, won second prize in the woodwinds category. Playing since she was 9, she said she chose the instrument because of its beauty and “took to it right away.” She practices about six hours per day but also loves history and would like to learn how to paint. The prize money, she said, will be put towards tuition to continue her music studies. Zou served as principal flute in the orchestra at Idyllwild Arts Academy and hopes one day to be a principal flutist with the LA Philharmonic.

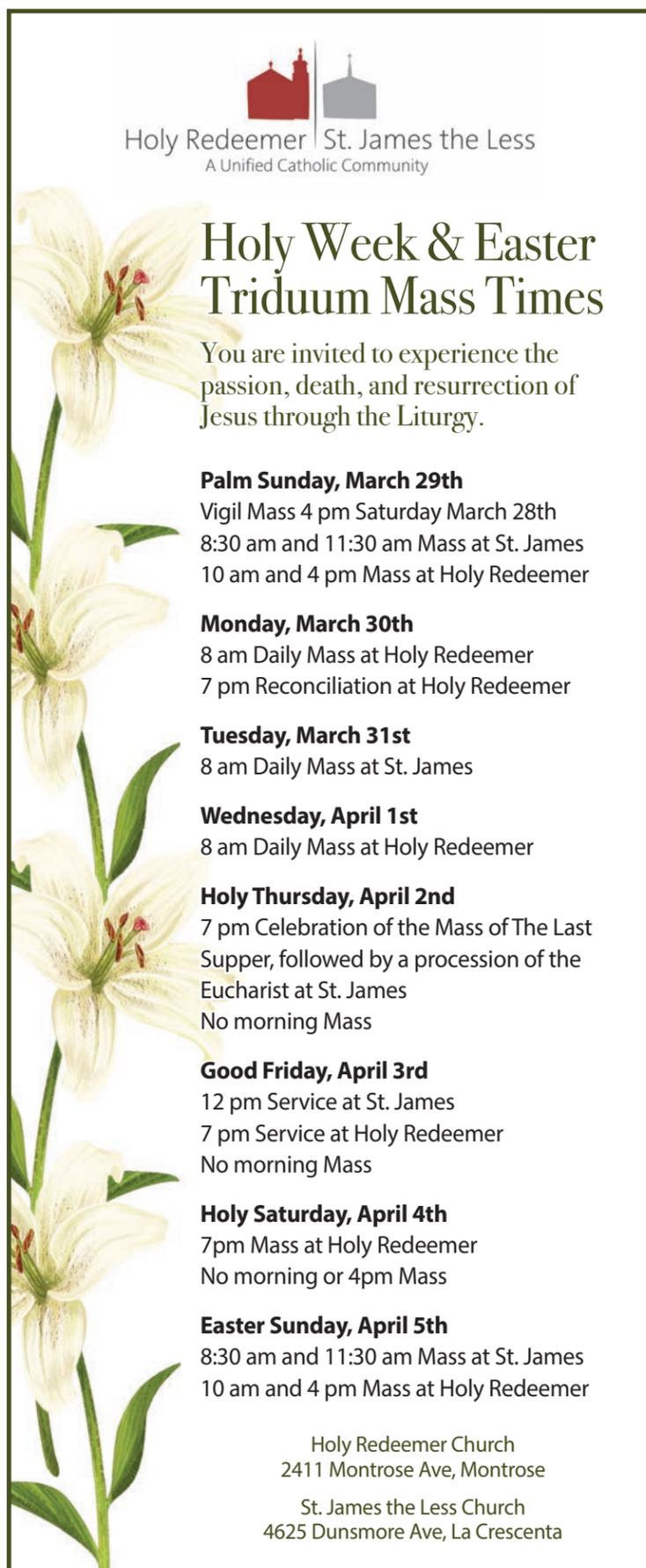
Antonio Shyu, an 18-year-

old senior at the Los Angeles Country High School for the Arts, received an honorable mention in the strings category for his cello performance. A seasoned orchestral and chamber musician, he is currently serving as the principal cellist of the LACHSA Symphony orchestra and as a member of the esteemed Joba Piano Quintet. A well-rounded musician, he started playing the piano at the age of 5, took up the violin at 8 and switched to the cello at 14, which he said is his favorite. Shyu says he has always been inspired to give back to the community and volunteers to teach young students. He has been dedicated for the last four years to “Love Through Music,” a student-run non-profit organization at LACHSA with a mission of sharing music to support underserved communities and currently serves as president.

Sophia Zhou also received an honorable mention in the woodwinds category for her performance on the flute. The 17-year-old is a junior at Diamond Bar High School where she’s a member of the Performing Arts Academy, Wind Ensemble and Symphony orchestra. She started playing the flute at the age of 10, choosing the instrument because of its “elegance and sophistication.” Her favorite school subjects, she said are history and English, but she also enjoys dancing and trained in ballet for 10 years. She serves as the principal flutist of the Claremont Young Musicians Orchestra.

Since the Instrumental Competition began in 1985, PSHA has awarded more than \$740,000 in prizes to promising young music students. Again this year Kathryn and Charles Hofgaarden generously donated the prize money of \$21,000 to underwrite the competition. Funding for the program, along with the organization’s other music programs and their Gifts & Grants program, usually comes from the proceeds of their annual fundraiser, the Pasadena Showcase House of Design. This year the Showcase House will be open from April 19 through May 17.

For more information or to purchase tickets, visit www.pasadenashowcase.org.



Holy Redeemer | St. James the Less
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Holy Week & Easter Triduum Mass Times

You are invited to experience the passion, death, and resurrection of Jesus through the Liturgy.

Palm Sunday, March 29th
Vigil Mass 4 pm Saturday March 28th
8:30 am and 11:30 am Mass at St. James
10 am and 4 pm Mass at Holy Redeemer

Monday, March 30th
8 am Daily Mass at Holy Redeemer
7 pm Reconciliation at Holy Redeemer

Tuesday, March 31st
8 am Daily Mass at St. James

Wednesday, April 1st
8 am Daily Mass at Holy Redeemer

Holy Thursday, April 2nd
7 pm Celebration of the Mass of The Last Supper, followed by a procession of the Eucharist at St. James
No morning Mass

Good Friday, April 3rd
12 pm Service at St. James
7 pm Service at Holy Redeemer
No morning Mass

Holy Saturday, April 4th
7pm Mass at Holy Redeemer
No morning or 4pm Mass

Easter Sunday, April 5th
8:30 am and 11:30 am Mass at St. James
10 am and 4 pm Mass at Holy Redeemer

Holy Redeemer Church
2411 Montrose Ave, Montrose

St. James the Less Church
4625 Dunsmore Ave, La Crescenta

JUST FOR FUN

WEEKLY HOROSCOPES Provided by horoscope.com

March 16, 2026 - March 22, 2026

ARIES *March 21 - April 19*
 You may have been battling all kinds of frustration and tension that has resulted in additional stress. Life will now become easier. This in itself should help you feel better and release the tight muscles. Your energy will improve dramatically, encouraging you to exercise more. Things look great!

TAURUS *April 20 - May 20*
 This is a good time to get a massage. You can absorb a lot of healing energy from those you're close to and the people who love you dearly. It's said that love is the greatest healer, so do all you can to bring more love into your life. It can only help you.

GEMINI *May 21 - June 20*
 This is a great time to experiment with different forms of exercise until you find one that you enjoy. The focus on your health zone means that dancing may appeal to you. Dancing is great for firming up

abdominals as well as overall fitness and flexibility. Try a style that helps to release emotions and leaves you feeling invigorated.

CANCER *June 21 - July 22*
 You could be very conscious about your appearance now and inspired to start exercising more to tone up areas of your body that might need extra definition. Go for it now and you'll feel proud of your achievements in just a few months. You might be tempted to indulge in fast food because it's easy to grab, but try to resist.

LEO *July 23 - August 22*
 Entertaining at home is fun, but it could encourage you to indulge more than necessary. This is where you need to take control. Work out an eating plan that's suited to your needs and tastes and will help you lose weight. Allow yourself a few indulgences so you can still enjoy a few dinner parties. Be disciplined and you'll stay fit and well.

VIRGO *August 23 - Sept. 22*
 You want to read about any health issues that cause you concern or interest you. The cosmos is encouraging you to delve more deeply into diet and exercise books or look online for ways to stay in peak condition. And don't just read about it - take action. Create a plan and set some health goals. Soon you'll be as fit as you want to be.

LIBRA *Sept. 23 - Oct. 22*
 The cosmos is encouraging you to put money aside in order to take better care of your health. This is a great time to create a health budget. Think about joining a gym. Look into the cost of eating more healthfully and creating nutritious and easily prepared meals. Don't skimp on your well-being. It's your best resource.

SCORPIO *Oct. 23 - Nov. 21*
 You're glowing with good health. Don't let minor setbacks stop you, as they'll soon disappear. The cosmos

reveals that you're moving into a very positive phase that's bound to affect your energy level. Your eyes are shining and you look radiant. What more could you want? Everyone wants to know your secret.

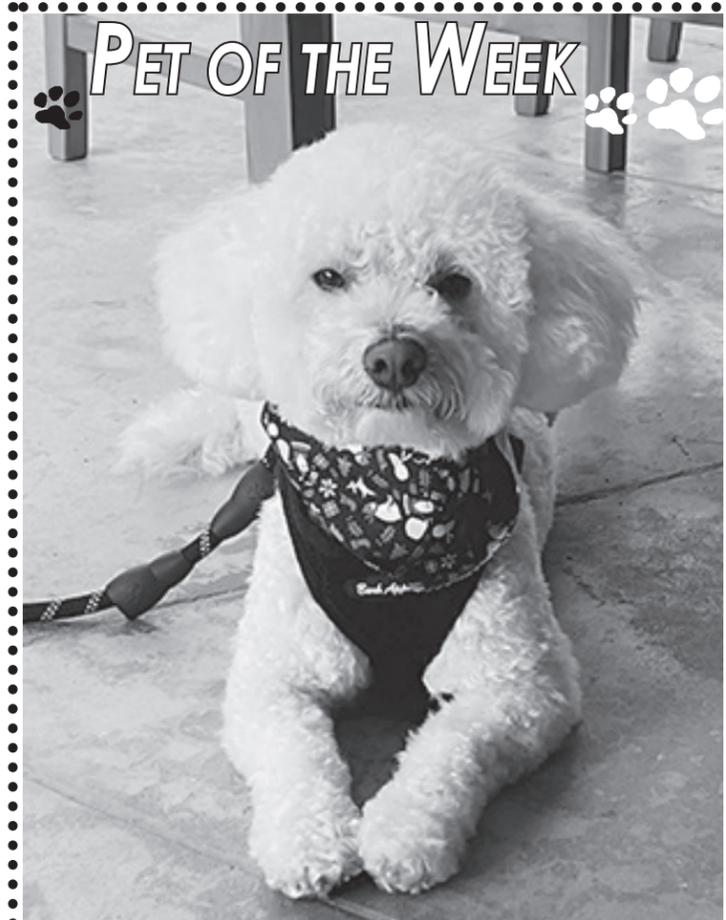
SAGITTARIUS *Nov. 22 - Dec. 21*
 The cosmos is going to have an impact on your health now. You should feel brighter and more energetic on all levels. Use the power of your imagination to visualize yourself in excellent shape. Make the images as real as possible and step into them. If you do this regularly, you'll get fitter and fitter.

CAPRICORN *Dec. 22 - Jan. 19*
 Your social life is busy. While you're enjoying yourself, think about your health and take steps to remain in peak condition. That means not drinking too much alcohol, avoiding junk food, drinking plenty of water, and getting enough sleep. If you exercise daily, you should be able to

rid your body of excess toxins and stay in good mental shape as well.

AQUARIUS *Jan. 20 - Feb. 18*
 The cosmos is encouraging you to regularly release toxins from your system. Saunas are one way to kick-start the process, as is daily exercise. You'll also benefit from just eating simple foods, such as vegetables, fruits, and juices a couple days a month. Not only will you feel better all over but also your immune system will strengthen and your organs will function better.

PISCES *Feb. 19 - March 20*
 If you've never tried spiritual healing to resolve health issues, you may want to experiment. It seems you're willing to suspend disbelief now. This is especially the case if you've had an illness or experienced symptoms that don't seem to respond to mainstream medical treatments. Ask your doctor.



Meet Mambo! This distinguished gentleman is full of joy, love and the best cuddles this side of the Mississippi. His favorite things include his vast collection of partially destroyed stuffies, quietly admiring neighborhood bunnies and yummy treats of course.

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!

» ZACK HILL BY JOHN DEERING AND JOHN NEWCOMBE



ACROSS

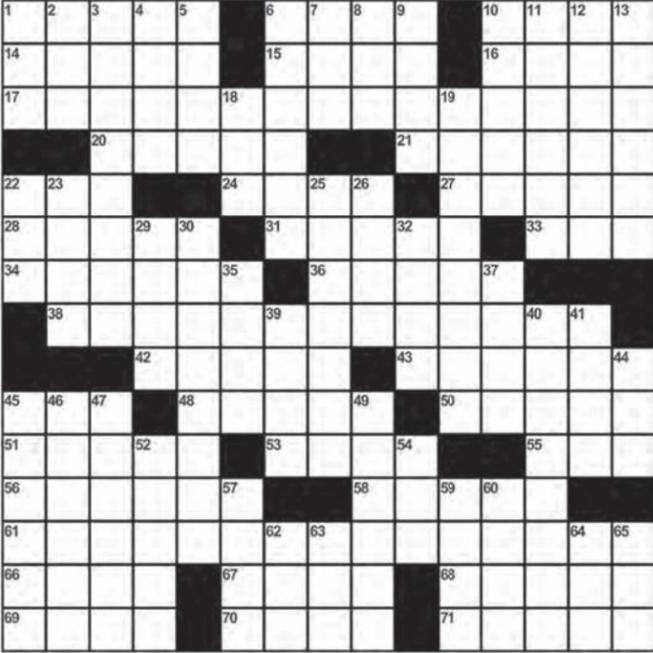
- 1) Botch
- 6) Mountain passes
- 10) Drizzly day phenomenon
- 14) "He's ___ nowhere man ..." (Beatles lyric)
- 15) "Once ___ a time"
- 16) ___ Spumante (sparkling wine)
- 17) Source of a formal written request
- 20) Depth charge target
- 21) Person who holds property in trust
- 22) That lady
- 24) Gesture of greeting
- 27) Air traffic control device
- 28) Kind of pasta
- 31) Harder to find
- 33) Letters on an ambulance
- 34) Knowledge of the mysterious
- 36) Like Brutus or Caesar
- 38) Pry or snoop
- 42) Adult nit
- 43) Copier fluids
- 45) Fraternity characters
- 48) Moisture, as a roast
- 50) Target practice place
- 51) Built-out window
- 53) All-time strikeout king Nolan
- 55) Boston clock setting
- 56) It may keep you on your toes
- 58) Come up with, as money
- 61) Friendly with each other
- 66) Weight-loss plan
- 67) Ireland, to locals
- 68) Soft, crinkled fabric
- 69) Maneuverable, as a yacht
- 70) Breed, as animals
- 71) Green fence?

DOWN

- 1) Damage
- 2) Fury
- 3) Succession
- 4) Smear, as paint
- 5) Mingle-mangle
- 6) Musical "ax"
- 7) Suitable
- 8) Baked Hawaiian dish
- 9) Self-styled superior
- 10) Puzo subject
- 11) King Mark's bride
- 12) Small waterway
- 13) Stopwatches, e.g.
- 18) Carpenter's cutter
- 19) One who does accounts?
- 22) Mineral baths
- 23) Rosemary or basil
- 25) The spice of life
- 26) Winged god of love
- 29) Catch, as a criminal
- 30) Dignifies
- 32) Give off
- 35) Blue-green shade
- 37) Ship of Columbus
- 39) Russia, once
- 40) Like most modern furniture
- 41) Dynes at work
- 44) Matching collection
- 45) Not a single person
- 46) Astronomy Muse
- 47) Lone Ranger's horse
- 49) One making money
- 52) Glitterati, e.g.
- 54) Pester
- 57) Stadium level
- 59) Thing to scratch
- 60) Desperately dry, as land
- 62) Make a bow
- 63) Savings vehicle
- 64) Hybrid's selling pt.
- 65) Take in visually

MOI?

By Mary Jersey



StubHub Said It Sent My UFC Tickets – But I Never Received Them

Roland Nazariyan buys three sets of tickets to a UFC fight through StubHub. But the real battle comes after the event – with StubHub’s customer service department. Two sets of tickets never showed up and were eventually refunded. But the third order, worth \$4,605, turned into a heavyweight bout. Who will come out on top?

Question: I ordered three sets of tickets for a UFC event through StubHub. The first two orders were refunded when I proved I never received the tickets. But StubHub is denying a refund for the third order, worth \$4,605, even though I sent multiple emails showing I never received that ticket either.

StubHub claims I never contacted them about the third order but that’s not true. I have emails going back weeks – including one where they told me the refund was in its final stage. Then, without warning, they denied the refund because the seller claimed they transferred the tickets.

I’ve sent them screenshots of my

Ticketmaster account showing no tickets were delivered. They’re just playing games at this point. Can you help me get a refund for this third order? – Roland Nazariyan, Granada Hills, California

Answer: You shouldn’t have to go to the mat with StubHub to get your money back. If you received a refund for the first two orders after proving the tickets never arrived, the third one should have followed the same process. Instead, StubHub kept changing the rules – first acknowledging the problem, then pretending it never happened.

You kept a solid paper trail, which is key in a case like this. I reviewed

your correspondence and it was clear you had been communicating with StubHub all along about that specific order. You provided the order number, documented every step and shared screenshots proving the tickets never landed in your Ticketmaster account. (Nice job, by the way!)

Remember: You can always escalate a problem to a higher level by contacting the customer service executives at StubHub. I publish the names, numbers and email addresses of the StubHub higher-ups on my consumer advocacy site Elliott.org.

Remember the key moves for overcoming a customer dispute in case this ever happens to you again (which I hope it won’t). First, keep a meticulous

paper trail. Emails, screenshots, support tickets – anything that proves you tried to fix the problem. Companies may claim you didn’t reach out, and your only defense is written proof.

Second, never rely on phone calls alone. If the conversation doesn’t exist in writing it might as well never have happened. If you must call, always follow up in writing. And finally, don’t wait to escalate. If you’re getting nowhere with frontline agents, ask for a supervisor or file a formal complaint. Waiting too long can make your case harder to resolve.

I contacted StubHub on your behalf. To its credit, it admitted that while the seller had provided proof of transfer, you were left in the dark.

A StubHub rep told me, “While this appears to potentially be a case of buyer error, we could have done a better job assisting the customer in locating his tickets.”

StubHub finally submitted, to borrow an MMA term. It refunded your ticket and also offered you a coupon as a goodwill gesture for 25% off a future purchase.

Christopher Elliott is the founder of Elliott Advocacy (https://elliottadvocacy.org), a nonprofit organization that helps consumers solve their problems. Email him at chris@elliott.org or get help by contacting him at https://elliottadvocacy.org/help/. © 2026 Christopher Elliott

CALENDAR this

GLENDALE KIWANIS

The Kiwanis Club of Glendale meets on Fridays at noon. On March 20, Nina Crowe from Glendale Arts will be making 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.

‘CONVERGENCE’ AT FOREST LAWN

Join Forest Lawn Museum on Saturday, March 21 for the public opening reception for “Convergence: Contemporary Artists of Armenian Descent.”

The opening reception is from 5-7:30 p.m. The free event is open to the public and will feature complimentary drinks and hors d’oeuvres, and a DJ set by Bei Ru (beirumusic.com). Bei Ru is an LA-based producer, composer, multi-instrumentalist and vocalist. He was born in Los Angeles to Armenian parents who immigrated from Lebanon.

The free, family-friendly event includes free parking and is open to the public, is ADA compliant and wheelchair accessible. Guests are invited to RSVP at museum@forestlawn.com, by calling (323) 340-4782 or visiting the exhibition webpage at https://museum.forestlawn.com/blogs/upcoming-exhibitions.

DANCING AS EXERCISE

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

There will be live music 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.

CALLING ALL VOLUNTEERS

Salem Lutheran Church &

School and Bethel Encino Lutheran Church is having its third annual Feed My Starving Children MobilePack. Volunteers (aged 5 and older) will be packing MannaPack® meals that will be distributed to those in need. The packing event

finishes on March 22. The event takes place at Salem Lutheran Church, 1211 N. Brand Blvd. in Glendale.

For more information, visit https://www.fmsc.org/.

CCLCF EVENTS

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

You can read more at CVWeekly.com/CALENDARTHIS

FINEST PROFESSIONALS

Name of Individual

- Cardiologist _____
- Chiropractor _____
- Dentist _____
- Eye Care Specialist _____
- Facialist _____
- Family Doctor _____
- Medical Group _____
- OB/GYN _____
- Orthodontist _____
- Orthopedist _____
- Pediatrician _____
- Pharmacist _____
- Physical Therapist _____
- Veterinarian _____
- Caterer _____
- First Responder _____
- Hair Stylist _____
- Massage Therapist _____
- Personal Trainer _____
- Pet Groomer _____
- Real Estate Agent _____
- Real Estate Team _____
- Title Agent _____
- Yoga Instructor _____
- Other _____

FINEST SERVICES

- Alterations/Tailor _____
- Appliance Repair/Sales _____
- Art Framing _____
- Auto Dealer _____
- Auto Mechanic/Repair _____
- Barber Shop _____
- Book Store _____
- Boutique _____
- Children’s Clothing _____
- Community _____
- College/University _____
- Cosmetic Store/Make Up Studio _____
- Credit Union/Bank _____
- Fire Station _____
- Flower Shop _____
- Hair Salon _____



- Health & Fitness Club or Gym _____
- Heating/Air Conditioning _____
- Home Furnishing _____
- Home/Office Cleaning Service _____
- Hospital _____
- Insurance Agency _____
- Jewelry Store _____
- Massage Studio _____
- Medi Spa _____
- Mortuary _____
- Moving/Storage Service _____
- Museum _____
- Nursery/Garden Store _____
- Party Rentals _____
- Pet Hospital/Clinic _____
- Pet Store _____
- Pharmacy _____
- Preschool/Nursery/Day Care _____
- Real Estate Company _____
- Senior Care Living _____
- Shopping Venue _____
- Yoga Studio _____
- Other _____

FINEST FOOD AND DRINK

- Bakery _____
- Breakfast _____
- Brunch _____
- Chinese Cuisine _____
- Family Dining _____

We’re so excited to give you the chance to share your favorite places, people & services. Let our community’s voices be heard!

Ballots must be received by March 26 to be valid.

Winners announced in June. You must legibly include all contact information on the ballot for it to be valid.

You MUST vote for a MINIMUM of 10 categories for your ballot to be accepted.

- Fine Dining _____
- Happy Hour _____
- Indian Restaurant _____
- Italian Restaurant _____
- Mexican Restaurant _____
- Sports Bar _____
- Other _____

FINEST ENTERTAINMENT

- Art Gallery _____
- Concert Venue _____
- Museum _____
- Park _____
- Live Theatre _____
- Other _____

NAME _____

ADDRESS _____

EMAIL _____

Please mail ballots to Crescenta Valley Weekly or Drop your ballot off at 3800 La Crescenta Ave., #206, La Crescenta, CA 91214 Office Hours: M-F 8 a.m. - 4:30 p.m.

Rules: One ballot per person and must be mailed or walked in. Verified by name and/or email address. Minimum of 10 choices must be made. All ballots must be received in our office by March 26. Businesses/individuals can only win in one category. Voting is by ballot only. Nominees will be given access to the tally sheets but not the individual ballots to protect confidentiality. CVW will supervise any review of results. *CVW employees not eligible (but already considered the finest). Minimum 5 votes necessary to qualify “Other” category.

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6:30 PM

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<http://stlukeslacrescenta.org/>
www.facebook.com:stlukeslacrescenta.org
St. Luke's of the Mountains Episcopal Church

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All are welcome

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Pastor Kevin Kang

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(818) 352-1481

NOTES & NODS

LCIF FINAL SOUP SUPPER

Lutheran Church in the Foothills (LCIF) invites local women to connect and reflect during its upcoming "Women Gather" Bible study on Tuesday, March 24. The session begins at 1 p.m. in the church's conference room. The group meets twice a month to discuss Scripture and share personal insights. No RSVP is required to attend and newcomers are welcome to join at any time.

In addition, LCIF welcomes all to attend its final Wednesday evening soup supper on March 25 during this season of Lent. Meet in the fellowship hall at 6 p.m. for a hearty bowl of soup as well as bread and dessert. A worship service follows at 7 p.m. in the sanctuary. The Wednesday evenings services provide a quiet space for contemplation and prayer. Lent is the 40-day period during which Christians remember the events leading up to and including the death of Jesus Christ. Lent is a time of reflection and asking for forgiveness.

Ultimately, it is a preparation to celebrate Jesus' resurrection at the feast of Easter.

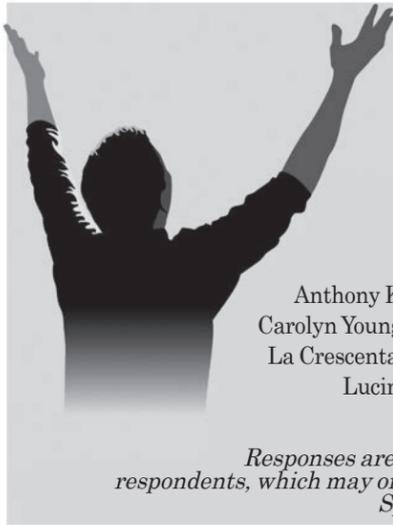
LCIF's regular Sunday worship continues to be held at 10 a.m. led by Pastor Viv Vega. Children are invited to participate in Children's Church, offered at the same time, which includes a Bible lesson, crafts and games.

For more information about all activities at LCIF, please visit the church's website: lcifoohills.org. Those who need pastoral care can email office@lcifoohills.org or call (818) 790-1951.

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

ICF HOSTING CATERED PASTA LUNCH AND MORE

The Italian Catholic Federation invites the community to enjoy a catered pasta luncheon in St. Bede's new parish hall on Sunday, March 22. The cost is \$35 for adults, \$25 for children under 12. see NOTES & NODS on page 18



SPIRITUALLY SPEAKING

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

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

Question: I recently watched the Walk for Peace with 19 monks who walked from Ft. Worth, Texas to Washington D.C. The lead monk talked about mindfulness and breathing as a way towards peace, as well as loving kindness and compassion.

My question is how do I remember to use the techniques when I am in the middle of a testy challenging disagreement ... and I feel like I am right and the other person is wrong. How can there be peace?

Questioning Peace

Dear Questioning Peace,

First of all, it takes two to have a fight or disagreement. So, you physically have the choice of walking away or disconnecting from the phone ... then count to 10. That gives you a solid break from the moment of disagreement and time to think about the situation. Then there's the old adage ... Do I want to be right or do I want to be happy? With a step back to catch your breath, if necessary, you can either respond or react to the disagreement. It's the reaction that usually gets us into trouble and doesn't really resolve the problem.

And then there's love. I recall observing a challenging moment between an adult and a preteen. After an ongoing debate between the two that was going nowhere, the adult suddenly broke the momentum by saying, "I love you" to the preteen and I could feel the energy of frustration and anger dissipate immediately. It was magical. Love is the strongest healing power there is ... and the only strategy that wins for everyone.

Going back to the breath and mindfulness that the Venerable Monk Bhikkhu Pannakara was teaching during the Walk for Peace ... the breath causes the body and the mind to pause, to be present in the moment, to catch a thought of the

presence of love and to keep going back with the breath to become and to stay mindful.

During the Walk for Peace, there was a time when the Monk was challenged by a person who was preaching his own beliefs and, after a few moments of discussion, the Monk just told him "I love you" and walked away. It was a very powerful

example of peace amidst a strong difference of belief.

In the words of the monks, "Be well, be happy and be at peace."

And remember to start your day with, "Today is going to be my peaceful day."

*Laney Clevenger, RScP
Emeritus
CSL La Crescenta*



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NOTES & NODS from page 17

Prior to the luncheon that same day, don't miss the Feast of St. Joseph celebration with a bake sale, silent auction and homemade items for sale including sauce, pasta, wine, focaccia and cakes and pastries. Proceeds benefit charitable causes. Email Phyllis@RealtorHarb.com for details or lunch reservations.

STILLWATER RETURNS TO UUCVH

UUCVH (Unitarian Universalist Church of the Verdugo Hills) welcomes JD Stillwater back to the pulpit on March 22 for his sermon "This is Not My Beautiful House." One of our culture's foundational myths is about ownership, security and permanence. In the natural world and indigenous cultures, these are

aberrations! Stillwater will offer a bit of science, some personal experiences, and a Talking Heads song as puzzle pieces toward a new, more vulnerable humility grounded in stewardship instead of ownership.

JDStillwaterisascienceambassador on a mission to promote science as an interfaith source of profound inspiration and cultural shift. After classroom teaching for 25 years, Stillwater shares his awe and wonder of nature with global audiences, and the spiritual depth available from a science-based worldview.

In person at 10:30 a.m. at 4451 Dunsmore Ave. in La Crescenta or visit the UUCVH website for the Zoom link <https://www.uuverdugo.org/>.

CV Weekly readers: You can read more at CVWeekly.com/NEWS

ROBOTICS from Cover

It is a group of students at CVHS that is "committed to fostering a welcoming and engaging environment for all members," according to the team's website.

The students are also community volunteers who help support other organizations throughout Crescenta Valley.

FIRST is a youth robotics non-profit that offers students in STEM (science, technology, engineering and math) hands-on experience that allows them to explore the world of robots and science. Each year FIRST invites students in robot clubs throughout the world to compete in a game designed for that specific season. The students only get a few weeks

to learn the game presented, decide how they want to play the game and then design and build the robot that can play the game. Students must work together as a team from the beginning of the project as they not only decide the best way their robot could play the game but how they will approach the building of that robot.

In addition to STEM skills, students learn how to outreach to their community and how to share their knowledge. The FIRST Impact Award highlights these efforts.

"Falkon robotics was selected from 35 total teams at the event in recognition of our achievements in changing the

culture around STEM. This award also earns Falkon robotics a spot at the Southern California District FIRST Robotics Competition Championship in April," according to Abrams.

One of the new programs created by Falkons is Falkonnect.

"The Falkonnect program is a newly created initiative by 589 members to give students with special needs the opportunity to socialize with others," said Noah Nam, student member of 589. "These students often lack ways to make friends with students outside of the special needs program due to the isolated nature of their classes.

CV Weekly readers: You can read more at CVWeekly.com/RELIGION

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