

CRESCENTA VALLEY WEEKLY

THE FOOTHILLS' COMMUNITY NEWSPAPER



OCTOBER 1, 2026

WWW.CVWEEKLY.COM

VOL. 18, NO. 7

Council Urged Not to Shutter Pool

By Julie BUTCHER

"This pool matters to our whole community. Closing it three days a week for over five months would take away something really important," Emmanuel Steele and another student from Incarnation Elementary School's swim team addressed the Glendale City Council at its meeting on Tuesday night. They urged the council to reconsider plans to shutter the Pacific Community Pool on Fridays, Saturdays and Sundays from November to April of next year due to budget cuts.

"Pacific Community Pool is more than just a place. It's where our seniors stay healthy, where kids learn a lifesaving skill, where our special needs neighbors find a place that welcomes them and our local businesses nearby stay open," Steele urged. "I'm asking tonight: Please find a way to keep the pool open."

The pool closure and reduced hours at several Glendale libraries were the results of closing a budget hole in the city's FY2026-27 budget. City finance director Jack Liang reported ongoing updates and introduced plans for increased public engagement in the budgeting process overall, responding to council instructions initiated by Councilmember Alek Bartosouf at his first council meeting.

As described, the 2027-28 Budget Development Public Engagement Plan draws upon best practices in comparable agencies and is aimed at broadening participation, increasing transparency and fostering a more inclusive budget process informed by council priorities and public input.

Liang added that while plans are being developed to increase and improve public engagement, the finance staff is working on process improvements including a deep dive into the city's fee schedule and working to improve existing information and budget information sharing, specifically.

You can read more at CVWeekly.com/NEWS

USC-VHH Hosts Health Fair

By Mary O'KEEFE

All are invited to a community health and wellbeing fair for the entire family presented by USC Verdugo Hills Hospital on Oct. 3 from 9 a.m. to noon.

"We are proud to have hosted this health fair for more than a decade, bringing valuable health resources and services to our community," said Marie Filipian, director of Community Benefits for USC-VHH/Keck Medicine of University of Southern California (USC).

The event, Your Wellbeing. Your Community., is a community health and wellbeing fair for the entire family. There will be various booths on-site providing a lot of information regarding numerous health concerns.

"USC-VHH and Keck Medicine of USC physicians and clinical staff will be at the event to provide information and resources,"



Photo provided by USC Verdugo Hills Hospital. At a previous USC-VHH Health Fair, booths provided information on a variety of health-related subjects.

Filipian said.

Community members can visit booths where professionals will offer guidance on how to access screenings for anxiety, glaucoma and blood pressure, as well as fitness assessment, hands-on CPR training, healthy eating activities, intra-oral screenings for adults, kids' activities, Narcan training and stroke education. There will also be free flu vaccines given to those who want them and the

chance to meet local physicians.

Because physical health and mental health go hand-in-hand there will be representatives to help in those areas as well.

"We will have staff from our Gero Psych Unit as well as representatives from Silverado Mental Health available to provide information and resources related to mental health and wellbeing," Filipian added.

Glendale fire and police

representatives will be at the event as well as GPD's dog Brisket.

Health fairs like this one on Oct. 3 do have positive benefits for the community, according to Impact Global Health Alliance.

According to National Institutes of Health, community health fairs support those who may not be able to visit medical facilities on a regular basis and for those who do not have insurance.

see USC-VHH on page 8

Voter Information from RR/CC

By Mary O'KEEFE

"Democracy cannot succeed unless those who express their choice are prepared to choose wisely. The real safeguard of democracy, therefore, is education." Franklin D. Roosevelt, Sept. 27, 1938

There is a lot of information, and misinformation, concerning the upcoming November election, whether it is safe to vote and what has changed.

CVW reached out to the Los Angeles Registrar-Recorder/County Clerk (RR/CC) with some questions regarding the upcoming November election.

As of April 11, 2024, over 3.4 million registered voters use the vote by mail method including 556,045 voters in LA County.

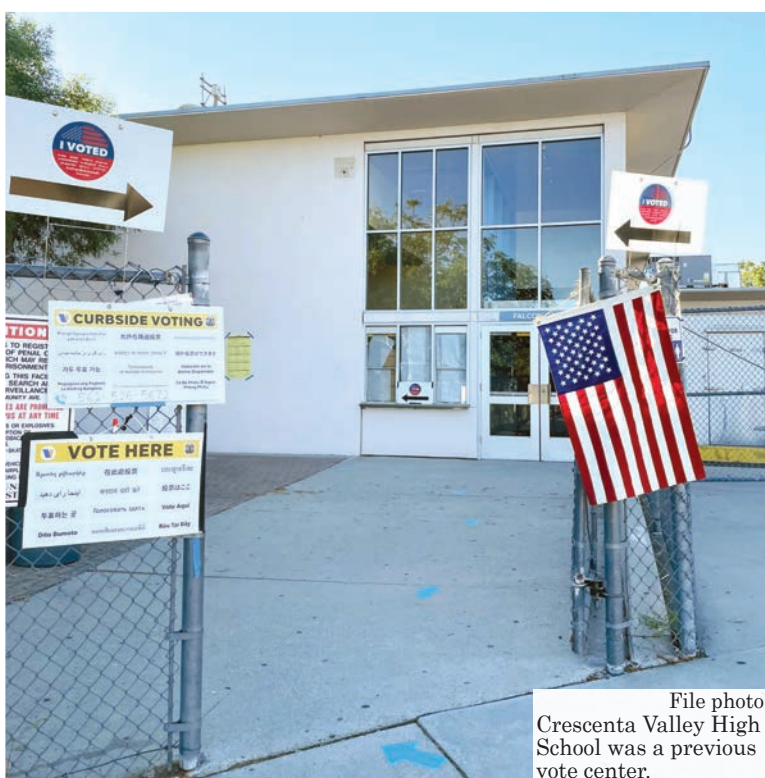
"Mail voting in Los Angeles County has not changed. Every active registered voter will receive a vote by mail

ballot. Voters can fill it out and return it – at an official ballot drop box, by mail or at a vote center – as soon as it arrives," said Michael Sanchez, spokesman, RR/CC. "Voters can expect the same secure ballot-processing procedures used in every election. They can return a ballot at any official ballot drop box, by mail, at a vote center or by voting in person. Voters who want added confidence that their ballot has been received can return it early using a drop box or vote center."

The RR/CC has added a few drop boxes throughout communities where they have seen "heavy ballot drop box" use. There are 426 ballot drop boxes within LA County.

Voters can find the nearest drop boxes at lavote.gov/dropbox. The list was not displayed as of press time but is expected to be available 30 days prior to the Nov. 3 election.

see RR/CC on page 8



File photo
Crescenta Valley High School was a previous vote center.



Mike Kobeissi
(818) 949-7575

KOBEISSI K PROPERTIES

Mike Kobeissi & Sandy Kobeissi

Serving the Foothills for the last 35 years.

Call for all your REAL ESTATE Needs.

www.Tujungana.com • www.lacrescenta.com • www.lacanada.com



Sandy Kobeissi
(818) 636-6146



» FROM THE DESK OF THE PUBLISHER

'Sweet' Deal Found in La Cañada

I had a wonderful day on Friday. I headed over to See's Candies in La Cañada. Back in the day, after the paper I used to work for (the Crescenta Valley Sun) was put to bed we'd head over to See's Candies. It was within walking distance from our office and a definite way to celebrate another edition being done.

This past Friday, the store had a party atmosphere. It was celebrating 55 years of being in La Cañada! What a wonderful celebration – I made some qualifying purchases that allowed me to receive a "sampler" box of See's plus I was able to spin the wheel where I ended up receiving a box of chocolate mint lollipops ... and I was entered into a raffle!

I have to be honest – See's is my absolute favorite chocolate. I've tried others (Ghirardelli, Godiva) but to me See's is the best. I relish the dark chocolate, especially with red wine.

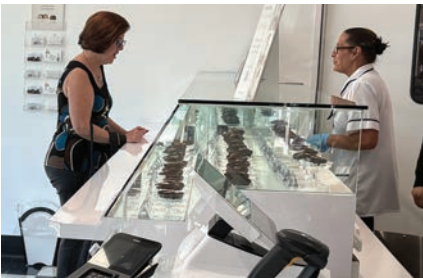
I'm not crazy about the fruit flavored fillings (lemon, raspberry, etc.) but have been known to suck off the chocolate and throw away the filling! I mean, I really love See's.

Did you know that See's dates back to 1921 and the first store was opened in LA (now Koreatown)?

Some fun facts: See's was featured in the famous "Job

Switching" episode of I Love Lucy in 1952 (I love that episode); it launched its online store in 1995; and set a Guinness World Record in 2012 for a massive 7,000-pound chocolate lollipop.

I know that La Cañada has some fun outlets and activities – and See's is one of my favorites!



I'm so excited for Oktoberfest, happening this weekend in the 2200-2400 blocks of Honolulu Avenue. I'll be at one of the wine booths (no big surprise – probably near the former Citibank site) that opens at 2 p.m. CV Weekly, under the direction of sales diva Lisa Stanners, has overseen one of the wine booths for the last couple of years and with few exceptions I have been there.

I hope you take the time to be there too!

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

» WEATHER WATCH

Taking A Look Outside Our Window

By Mary O'KEEFE

I recently listened to a radio program from BBC's CrowdScience titled "Do plants know we're here?"

It was fascinating (as most CrowdScience programs are) but this one really held my attention from beginning to end.

It all started with a CrowdScience listener who had been at a retreat where she was encouraged to "hug a tree." She found it very comforting but wondered if the tree felt her presence.

In the radio program, the conclusion reached after speaking to a number of biologists and horticulturalists, is that plants find stressful the whole experience of being touched.

"In terms of humans, I think they [plants/trees] won't necessarily know a human or even an individual human. They certainly wouldn't be aware of that level of specificity – but they would if they were in a small room. If a human walked in, they would be breathing out carbon dioxide and the plant would immediately be aware of that change in the air," according to Alexander Jones with the Sainsbury Laboratory at the University of Cambridge in the UK.

He added that if humans turn on a light or open a window the body of the plant would respond to it – even if only for a short while.

"According to Alexander, just by being around plants we would change their environment in ways they can detect and respond to in measurable ways. So we can measure genes – gene expression going up or down in response to these stimuli very fast," according to the BBC radio show.

It is believed that plants recognize different types of stimuli, for example a bug crawling across their leaves.

And some interaction with specific bugs, like spider mites, trigger a specific reaction from the plant.

"You might be familiar with spider mites crawling all over your house plants. They're actually terrible pests," Jones said. "We found that when spider mites feed on a leaf, they will actually trigger a drought hormone. This drought hormone is normally used to save water by closing pores on the leaf but the plant can do the same thing to defend against spider mites."

So plants respond to us, and to pests, in a variety of ways. Which to me just enforces the fact that we must respect nature around us because what we do affects it.

I love walking along the trails around us. Mountain Oaks and Deukmejian Wilderness Park are really nice trails to walk, especially in the mornings. Descanso Gardens is another one of my favorite walks.

"There is growing medical evidence that immersing oneself in a forest environment can have significant physical and mental health benefits," according to psychiatry.org.

The Global Wellness Institute also speaks about the advantages of walking in the forest, which they call forest bathing and forest therapy. It is the practice of just taking in the forest atmosphere.

There have been studies that do show how just walking through a forest and listening to the sounds around you can improve mental wellness.

As reported in Global Wellness: A study in 2010 at Chiba University in Japan found that forest environments promote lower pulse rate, blood pressure and concentrations of cortisol, and greater parasympathetic and lower sympathetic nerve activity than do city environments.

A small 2017 Nippon Medical School study compared the impact of a three-day forest bathing trip to a city trip with exercise. It found the forest bathing trip significantly increased natural killer (NK) activity.

see WEATHER on page 8

INSIDE	NEWS.....	3	JUST FOR FUN.....	15
	VIEWPOINTS.....	9	RELIGION.....	17
	BETWEEN FRIENDS.....	12	BUSINESS.....	18
	LEISURE.....	14	CLASSIFIEDS.....	19

The First 10 Days of Selling Your Home

WHAT BUYERS ARE TELLING YOU

When you put your home on the market, the first 10 days can be some of the most important. This is when your listing receives the strongest initial attention from buyers and real estate agents.

1

Buyers Are Showing Up—And Making Offers

This is the goal. Strong showing activity and offers indicate your home is attracting buyers and is positioned competitively. Multiple offers can create competition and may lead to a higher sale price and better terms.

2

Buyers Are Showing Up—But No One Is Making an Offer

This is an important signal. If buyers schedule showings but don't write an offer, something may be holding them back. It could be the price, condition, updates, layout or how your home compares with other properties for sale. Buyer and agent feedback can help identify the issue.

3

Few or No Showings

If your listing is receiving very little showing activity, the problem may start before buyers ever walk through the door. Price, photography, staging, online presentation or overall marketing could be preventing buyers from taking the next step. Great marketing gets attention, but it cannot overcome a price buyers believe is too high.

Don't Ignore the First 10 Days

Waiting too long can create a perception problem. Use the first 10 days as a diagnostic period to review online views, showing activity, open house attendance, buyer feedback and competing listings.

Price It Right. Present It Well.

An experienced Realtor considers recent sales, current competition, location, condition, upgrades and buyer demand. Professional photography, thoughtful staging and a strong marketing strategy help your home stand out and attract serious buyers.

Let's talk about how to position your home for success.

Phyllis Harb
Realtor® | DRE# 008487500
(818) 790-7325 (office)
Phyllis@Harbandco.com
www.HarbandCo.com

Don't Miss Next Week's Q&A – Phyllis discusses "How Do The Holidays—Affect When You Should List Your Home?"

NEWS

New Markets Bring Food, Music and Community to La Crescenta and Tujunga

By Eliza PARTIKA

Two new markets are bringing food, music, small businesses and family activities to La Crescenta and Sunland-Tujunga, giving residents new places to gather during the week and on weekends.

Foothill Community Market

The Foothill Community Market, founded by Bruce Beba of Bruce's Twisted BBQ, is a certified farmers market. It runs Wednesdays from 3:30 p.m. to 8 p.m. and offers produce, baked goods, jewelry, crafts and other offerings by local small businesses.

Beba said he hopes the market will eventually include live music through a partnership with the non-profit James P. Johnson Legacy Project. Organizers plan to work with local music schools, Crescenta Valley High School and local bands to give musicians opportunities to perform.

"We feel like a good market and music really can bring the community together!" Beba wrote in an email to the CV Weekly.

Beba, who participates in the Montrose and La Cañada farmers markets, said a midweek market could serve both families and workers.

"With schools getting out right when our market starts, our goal is to have our market be a safe hub for parents to take their kids after

school, but also be late enough to have folks come after work," he said.

He also hopes schools and student groups will use the market to hold fundraisers and promote clubs.

The Foothill Community Market can be found at 3334 Foothill Blvd. in La Crescenta.

Cravings Night Market

In Tujunga, brothers Greg and Johnny Kasabyan and their longtime friend Eddie Ghazarian created Cravings Night Market, transforming what was once an empty lot into a gathering space with food, music and family activities.

The trio designed the market themselves, including its painted patio, tables and colorful decor. Food vendors offer Japanese, barbecue, fried chicken, dumplings, desserts and other cuisines. Music plays through speakers tucked among palm fronds, while children can play on a mechanical bull and bouncy houses.

The Kasabyan family also make ice cream and lemonade with their families.

The brothers chose not to serve alcohol, saying they wanted to create a family-friendly environment. More than 400 people attended the market's first gathering and organizers now feature at least 20 vendors at a time.



Photo by Eliza PARTIKA
Local vendor Ken Matsutsuru, who has been with the market for three months, said his space-age themed shop HoshiZora offers plant-based, no sugar fruit drinks.

"It's a safe place to hang out, to get out of the house," said Vicky Nailing, a member of Tujunga's neighborhood watch who lives near the market. "It feels like you're at a carnival."

Erin Jeiranian, a vendor with Viola's Taste of Home, said the market has helped bring people together. Her table features Armenian treats including halva and baklava.

"This is phenomenal for our community," she said. "It brings the community together. It's safe and family-oriented."

Local vendor Ken Matsutsuru, who has been with the market for three months, said his space-age themed shop HoshiZora, or "starry sky" in Japanese, was inspired by the handmade 3-D printed characters included with their drinks. Matsutsuru added a natural glitter from the acacia plant to his plant-based, no sugar fruit drinks to add a unique, and healthy, twist.

"We wanted to introduce the community to this unique drink from Japan, and it has never been done in the U.S. before,"

Matsutsuru said.

Johnny Kasabyan said the market has also brought more foot traffic to the neighborhood.

"It's the first thing of this kind we have in Tujunga," he said. "We have people walking in Tujunga who haven't walked here in a long time. Before this market, our options were very limited."

Organizers and vendors have also taken on responsibilities beyond selling goods. Kasabyan hires high school students to help clean the premises while vendors help one another maintain the market and make sure businesses have what they need. Organizers also plan to establish donation boxes for local shelters.

"There is always room to grow and my community will always come first," Ghazarian said. "We're here to bring people together. We are open to anything. We are here for the people. If the community needs something, we are all ears."

Both markets are planning seasonal events. Cravings will host a pumpkin patch and trick-

or-treat activities for Halloween, with additional holiday events planned for December.

Beba said Foothill Community Market will also feature themed markets, shows and special events throughout the year.

"We have themed markets, shows, special events, throughout the year!" he said. "Hopefully it will be accepted by La Crescenta with open arms as we have put a lot into making this happen and will continue to try to make it as successful as we can."

Cravings Night Market is open from 5 p.m. to 10:30 p.m., Thursday through Sunday, and is located at 7636 Foothill Blvd. in Tujunga.

Those interested in being a vendor for Cravings can visit cravingsnightmarket.com to sign up. Prospective Foothill Community Market vendors can contact Beba directly.

IN BRIEF

BOOK SALE AT LIBRARY

The Friends of La Crescenta Library will be holding its annual book sale in the meeting room at the La Crescenta Library, 2809 Foothill Blvd. There will be about 10,000 pre-read books at next to nothing prices. A "members only" presale takes place on Friday, Oct. 9 from 3 p.m. to 6 p.m. and the public is invited on Saturday, Oct. 10 from 9 a.m. to 3 p.m.

OKTOBERFEST ON THE WAY

This year's Oktoberfest takes place on Oct. 3 from noon until 10 p.m. in the 2200-2400 blocks of Honolulu Avenue in Montrose. Free admission! Food for purchase.

MOUNT WILSON PRESENTS CONCERT IN THE DOME

On Sunday, Oct. 4, Mount Wilson Observatory is having its Sunday Afternoon Concerts in the Dome. Performing will be David Kaplan, piano, Ambroise Aubrun, violin, Ariana Solotoff, viola and Cécilia Tsan, cello. Performances are at 3 p.m. and 5 p.m. Tickets are \$65 and available at <https://www.mtwilson.edu/events/concert100426/>.

Note that access to the dome performance level is via a 53-step staircase. Mount Wilson Observatory is a mile high in elevation so the air is noticeably thinner. There is no ADA-compliant access.

For safety reasons, children under 6 are not permitted at Concerts in the Dome.

ELKS SCHOLARSHIP AVAILABLE

The Elks Most Valuable Scholarship (MVS) program for 2026 is accepting applications from high school seniors throughout the United States. This MVS program offers four year \$30,000 and \$4,000 scholarships. The deadline for applying is Nov. 12 at 11:59.

The MVS program is one of the largest scholarship donors in the U.S. and allocated over \$2.52 million in 2025. Applications are available from local public high schools and online at the MVS for qualifying students. Visit <https://www.elks.org/scholars/scholarships/mvs.cfm>.

RIBBON-CUTTING CEREMONY PLANNED

The City of Glendale invites the community to a ribbon cutting ceremony to mark the completion of the La Crescenta Avenue Rehabilitation Project on Wednesday, Oct. 7 at 8:30 a.m. at Sparr Heights Community Center, 1613 Glencoe Way in Glendale 91208. Light refreshments will be provided.

La Crescenta
PHARMACY

Since 1924

CV Weekly
The Finest
2024

HAPPY
HALLOWEEN

Find your treats at
La Crescenta Pharmacy

YOUR HOMETOWN PHARMACY

FREE LOCAL
DELIVERY

818.248.5851

2764 Foothill Blvd • La Crescenta

BEEVE VISION CARE CENTER

TREAT YOURSELF
TO BETTER VISION.

Dr. Beeve knows all the Tricks to
help you see more clearly!

SCHEDULE A CONSULTATION TODAY.

SCOTT W. BEEVE M.D., F.A.C.S.

IS PROUD TO BE PART OF THIS COMMUNITY!

818.790.8001

www.drbeeve.com

1809 Verdugo Blvd., Suite 150 • Glendale, CA 91208
(across from USC Verdugo Hills Hospital)

CV Weekly
The Finest
2026

Glendale Unified Increases November One-Time Employee Payment

The Glendale Unified School District Board of Education has authorized the District to move forward with increasing the previously approved Nov. 1, 2026 one-time, off-schedule payment for eligible employees from 1% to 3%.

The increased payment will be presented for formal approval at the September 29 Board of Education meeting and will apply to eligible members of the Glendale Teachers Association (GTA), California School Employees Association (CSEA) and Glendale Schools Management Association (GSMA). Eligible employees will receive a total of 3% off-schedule payment on Nov. 1 rather than the 1% payment previously approved by the Board at its June 23 meeting.

Glendale Unified initially announced the 1% payment for GTA members on May 27 as part of a broader agreement on wages for the 2026–27 school year. That agreement also included an ongoing 2% wage increase effective July 1, 2026.

After closing the books for the 2025–26 fiscal year, the District determined that its ending fund balance was higher than previously projected, particularly in one time funds. This improved financial position allows the District to increase the payment without creating an ongoing financial obligation or affecting its required reserve.

“Our employees make an incredible difference for Glendale Unified students every day, and we are grateful for everything they do,” said GUSD Board of Education President Kathleen Cross. “Increasing this one time compensation while maintaining responsible fiscal stewardship is one way we can honor our commitment to our employees, recognize their contributions and reinforce our Board’s priority of supporting and retaining a thriving workforce.”

Blessing of the Animals at St. Luke’s

By Mary O’KEEFE

All creatures great and small are invited to St. Luke’s of the Mountains Episcopal Church on Sunday, Oct. 4 at 11 a.m. for its annual Blessing of the Animals.

“The practice grows out of the life of St. Francis, who called all creatures his brothers and sisters. The stories about him are wonderful: preaching to the birds, who were said to listen quietly, and making peace between the people of the town of Gubbio (Italy) and a wolf that had been terrorizing them. Near the end of his life he wrote his Canticle of the Creatures, a hymn praising God through the sun, moon, wind, water, fire and earth. Blessings of animals, especially working animals like horses, oxen and sheep, go back centuries in Christian Europe, because peoples’ lives and livelihoods depended on them. In the United States, the St. Francis Day blessing became widely popular in the late 20th century, and today it is one of the most joyful services of the whole church year,” said Guy Leemhuis, vicar of St. Luke’s of the Mountains Episcopal Church.

There are a few churches that hold blessing of the animals services earlier in the year; however, that is usually in honor of St. Anthony.

“Most churches – Episcopal, Roman Catholic, Lutheran and others – tie the blessing to the Feast of St. Francis of Assisi, which falls on Oct. 4. St. Francis died on the evening of Oct. 3, 1226, and the church remembers him on the 4th. Because the feast often lands midweek, many congregations hold the blessing on the nearest weekend so families can come. This year we are fortunate: Oct. 4 falls on a Sunday, so we will celebrate on the feast day itself. Other churches choose a different date for practical reasons, like weather or parish schedules,” Leemhuis said. “There is also a separate and much older tradition, especially in Mexico, Spain and Latin America, of blessing animals on the feast of St. Anthony the Abbot in January or around Easter. Here in Los Angeles, the famous blessing on Olvera Street comes from that tradition. So different dates don’t mean different beliefs; they reflect different saints and customs that all celebrate the same thing: God’s love for every living creature.”

All are welcomed to St. Luke’s Blessing of the Animals as well as at any regular service.

“Everyone is welcome: members, neighbors, people of other faiths and people of no particular faith,” Leemhuis said. “God’s love for creation doesn’t come with a membership card, and neither does our blessing. If you love an animal, you and your animal belong here.”

And all kinds of animals are welcomed – from dogs and cats to birds and turtles.

“One of my favorites was blessing earthworms before they were placed in our community garden. It’s a good reminder that St. Francis’ vision includes even

the smallest, humblest creatures, the ones quietly doing the work of keeping the soil alive. I have nine dogs of my own, so I have a soft spot for every animal that comes through the gate. No creature is too big or too small; if it can safely make the trip, we’ll bless it,” he said.

And if animals are not able to come but their pet parent would still like them to receive a blessing, a photograph will do. Leemhuis added that there will also be a prayer offered for animals that have passed.

“Grief for a pet is real grief and the church should honor it. And if an animal is too ill or anxious to travel, people can contact me at vicar@slmc.church and we can arrange a prayer or blessing another way,” he said.

The blessing is part of the church’s bilingual services held in English and Spanish. It will be held outdoors in St. Luke’s of the Mountains’ courtyard. If it rains, the ceremony will be moved into the parish [Sadler] hall.

“It is a relaxed and joyful service and nobody minds a bark or a meow during the prayers. We give thanks for God’s creation, and then I will bless each animal individually, by name, with a hand laid gently on the animal (if the animal is comfortable with it) and, if the owner wishes, a sprinkle of holy water,” Leemhuis said. “We simply ask that dogs be on leashes and that cats, birds and small animals come in carriers or cages for everyone’s safety and comfort.”



File photo
At a previous Blessing of the Animals event at St. Luke’s, Guy Leemhuis, vicar of the church, blesses (and pets) a dog of Gabe Ynda.

CRESCENTA VALLEY
WEEKLY
THE FOOTHILLS COMMUNITY NEWSPAPER
A division of Crescenta Valley Publishing, LLC

Robin Goldsworthy
Publisher and Editor-in-Chief
robin@cvweekly.com

Mary O’Keefe
Lead Reporter
mary@cvweekly.com

Designers
Steve Hernandez
Senior Artist
steve@cvweekly.com

Matthew Barger
matt@cvweekly.com

Columnist
Mike Lawler
lawlerdad@yahoo.com

Contributing Writers
Lori Bodnar • Julie Butcher • Eliza Partika
Charly Shelton • Ruth Sowby • Jackson Toyon
Anne McNeill, proofreader

Advertising
Jon K. (818) 248-2740
jon@cvweekly.com
Sonya Marquez (818) 381-2000
sonya@cvweekly.com
Steve Pierce (818) 259-5195
stevecvweekly@gmail.com
Lisa Stanners (818) 523-1234
lisa@cvweekly.com

Office Manager/Inside Sales
Rachelle Miller
rachelle@cvweekly.com

Crescenta Valley Weekly is distributed on Thursdays to: La Crescenta, Montrose, La Cañada, Sunland, Tujunga, Glendale and Toluca Lake. Yearly subscriptions are *\$72.00
*Rate is higher for mailed copies
Mail Payment to:
CV Weekly, 3800 La Crescenta Ave., #206, La Crescenta, CA 91214
To contact us, call (818) 248-2740, fax (818) 248-2444
E-mail info@cvweekly.com. Visit the web at www.cvweekly.com
Delivery issues? delivery@cvweekly.com.
Thank you for your support!
Printed by LA Web, 9645 Telstar Ave, El Monte, CA 91731

MOVIES IN THE PARK!

SATURDAY, OCTOBER 3 AT 6PM
LA CAÑADA MEMORIAL PARK
OUR MOVIES START AT SUNDOWN!

ARRIVE AT 6 PM FOR:
FREE POPCORN!
ARCHERY LESSON WITH
NERFPALOOZA!
DIY WILL ‘O WISP CRAFT!

FEATURED
FOOD TRUCK:
BIRRIA MASTER

BRING BLANKETS, CHAIRS,
AND FRIENDS!

HOSTED BY
LIGHTED WINDOW CONGREGATIONAL CHURCH
WWW.LIGHTEDWINDOWCHURCH.ORG

Now Accepting Applications:
GUSD Personnel Commissioner

Glendale Unified School District seeks a
Personnel Commissioner to serve on the non-partisan Personnel Commission, which oversees the selection, retention and promotions of classified employees in a public school system.

Qualified Applicants Must:

- Be a registered voter
- Reside within the GUSD Boundaries
- Adhere to the principles of the merit system (Current GUSD employees are not eligible to apply)

For more information visit: [GUSD.net/PC](https://gusd.net/PC)
APPLY ASAP
Recruitment Filing Period May Close at Any Time
Questions? Contact (818) 241-3111 x1357



Connect to Community: Allies in your health

We're developing a program to train the next generation of Physical and Occupational Therapy Assistants.

Students will earn their degree from GCC and receive on-the-job training at an on-site PT/OT clinic right here in Montrose.

SAVE THE DATES: UPCOMING COMMUNITY FEEDBACK OPPORTUNITIES

Community Feedback Session–Campus Design Standards

Discussion about visual, exterior attributes of the GCC Montrose Campus

Thursday, October 8, 2026 | 6-8 PM | Montrose Library

Community Feedback Session–Program Design Elements

Discussion about attributes that will make the GCC Montrose Campus an engaging, community space

Wednesday, October 14, 2026 | 6-8 PM | Montrose Library

CEQA / EIR Development Session

Preliminary discussion about potential environmental impacts the community would like included in the official Environmental Impact Report

Thursday, October 29, 2026 | 6-8 PM | Montrose Library



Stay Connected

Scan the QR code to stay up to date with the latest news, events, and important updates from the Montrose campus.

For more information on the Montrose Campus, please visit glendale.edu/MontroseCampus

GCC programs are coming to Montrose thanks to community support of Measure GCC.

WWW.CVWEEKLY.COM

GOD IS RELEVANT

Open House and Talk on Christian Science
Saturday, October 10



God, as Love, is
all-powerful, impartial,
and transformative.

Open House: Noon – 3:00 p.m

Talk begins at 3:00 p.m.

Drop in anytime to:

- Tour the Church & Reading Room
- Listen to inspirational music
- Ask questions or chat

Speaker: Tim Myers, CS
Christian Science Practitioner &
Member of the Christian Science
Board of Lectureship



Location:
Third Church of Christ, Scientist &
Christian Science Reading Room
2406 Honolulu Ave, Montrose

Contact:
818-249-8807
CSMontrose.org



818-790-3493
CSLCF.org



SCAN FOR MORE INFO

Hosted by:
Christian Science Churches in
Glendale & La Cañada Flintridge

Synergy Nails

NEWLY UPGRADED!

NEW MASSAGE CHAIRS!

FULL SERVICE NAIL SALON

Getting a Mani/Pedi
Never Felt So Good!

818 330-9816
2417 Honolulu Ave., Montrose
(Parking in rear)
Hours: Tues. thru Sat. 10am-7pm

Patricia Kennedy

LICENSED MARRIAGE & FAMILY THERAPIST

- 20 Years Experience
- Specializing in Grief & Loss
- Addictions
- Guidance and Healing Through Life Transitions
- Children and Adults Trained in EMDR Local Sliding Scale

818 512-2464

Criminal Infrastructure Attack on Spectrum Fiber Lines in Sunland



Spectrum Fiber optic lines were intentionally cut by a criminal attack that caused an outage to some customers in Sunland and parts of Tujunga and Sylmar. Spectrum fiber lines do not contain copper.

Spectrum statement on criminal attack of cutting its fiber lines on the morning of Sunday, Sept 27: “This morning our fiber optic lines were intentionally cut in a criminal attack on our critical infrastructure, resulting in a temporary outage for some residents and businesses in Sunland and surrounding parts of Tujunga and Sylmar. Our teams worked quickly and repaired more than 400 fibers to restore services for affected customers earlier this afternoon. “Today’s incident follows a number of attacks that have impacted customers. Criminal attacks on communications infrastructure are a growing issue affecting the entire telecommunications industry, not just Spectrum. These acts are not only a crime but threaten public safety. The broader telecommunications industry experienced 18,327 attacks in 2025, a 59% increase since 2024, affecting more than 11.8 million customers across the country. “We are offering a reward of up to \$25,000 for information that leads to an arrest. Anyone with information on this criminal attack can contact Spectrum at 833-404-TIPS(8477) or reach out to local law enforcement.”

Submitted by Spectrum

EnjoyingThePresent

Counseling Services Inc.

- Individual & Couples Therapy
- In-Person (in La Cañada) & Telehealth Sessions
- Depression, anxiety & Relationship Concerns
- Bilingual Services: English & Spanish
- We accept most insurances

hello@enjoyingthepresent.com
www.enjoyingthepresent.com
(818) 659-0480

SPECIALIZING IN OLDER HOMES

Since 1949

AL & ROBIN TORRES

HOME SERVICES

- Plumbing
- Drain Cleaning
- Heating
- Air Conditioning
- Electrical

818-242-6636 626-441-4409
3517 Ocean View Blvd. Glendale, CA 91208
Lic. #990505 & 441497 RRP Certified

CRIME BLOTTER

SEPT. 24
Angeles Crest Highway, mile marker 26.62 in La Cañada Flintridge, a person reported that he fell asleep outside his vehicle at the location. At about midnight he heard a noise that woke him up. He saw a white sedan, possibly a Nissan Sentra, drive southbound and out of view. He then discovered several personal items missing from his unlocked vehicle. The theft occurred overnight.

SEPT. 24
900 block of Foothill Boulevard in La Cañada Flintridge, a suspect, described as a male Hispanic [Suspect No. 1], adult, 5’10” tall and weighing about 160 lbs. who at the time was wearing a black hat, blue polo shirt, black jeans and black shoes, entered the store and began to shop. He picked up a pillow and some bed sheets and then exited the store without attempting to pay. Security footage revealed Suspect No. 1 entered the store and walked to the bedroom section of the store, located a store-provided shopping cart and began placing miscellaneous bed sheets and a pillow into the cart. He then pushed the cart with the items out of the store without attempting to pay. The theft occurred at 5:45 p.m.

Mount Wilson Red Box Road/Mt. Lowe Road in Angeles National Forest, a woman reported that she had parked at the location and went for a hike. When she returned she discovered the rear passenger-side window of her vehicle had been smashed. The interior of the vehicle was ransacked and her wallet was stolen. She soon received a fraud alert from her bank that someone had attempted to use one of the stolen credit cards. The theft occurred between 10:40 a.m and 2:50 p.m.

COMEDYSPORTZ!

CRESCENTA VALLEY HS

FRIDAY, OCTOBER 9

COMEDYSPORTZ HIGH SCHOOL LEAGUE

CRESCENTA VALLEY

UNDERGROUND THEATER | 7:00 P.M.
2900 COMMUNITY AVE. | K-12 STUDENTS: \$5
ADULTS: \$10

CVHS.GUSD.NET/CSZ

@CYCOMEDYSPORTZ

CV WEEKLY IS ONLINE!

WWW.CVWEEKLY.COM

International Walk to School Day

By Mary O'KEEFE

Students are encouraged to participate in the International Walk to School Day next Wednesday, Oct. 7. Students traditionally begin to walk to school at 7:30 a.m. "Organized by the Partnership for a Walkable America, Walk to School Day in the U.S. began in 1997 as a one-day event aimed at building awareness for the need for walkable communities. In 2000, the event became international when the UK and Canada (both of which had already been promoting walking to school) and the U.S. joined together for the first International Walk to School Day. Growing interest in participation all over the world led the International Walk to School Committee to shifts its promotion to International Walk to School Month for the entire month of October," according to walkbiketoschool.org. Glendale, Burbank and Los Angeles unified school districts all participate on Oct. 7. Drivers should be extra cautious as many school routes in the Crescenta Valley area, specifically, do not have sidewalks. Law enforcement will be on hand to make sure everyone is following the traffic laws and that pedestrians are safe. It is also important to remind parents that e-motos (electric small motorcycles that can reach speeds over 48 mph) are not street legal.

File photo
At a previous Walk to School Day, students crowded the sidewalk leading to their school.



Understanding El Niño

By Mary O'KEEFE

El Niño is a natural climate pattern characterized by warmer than average sea surface temperatures in the central and eastern tropical Pacific Ocean, according to the U.S. Geological Society. Homeowners along the coast, especially in Long Beach, are very aware of the effects of El Niño resulting from the warming of the ocean. This 2026-27 El Niño is projected to be the strongest in history, which has a 75% chance of peaking as the strongest event in the modern record since 1950, according to The Weather Channel. Last week Governor Gavin Newsom declared an El Niño state of emergency that allows local areas to start planning for what could be a devastating winter. In an interview last week, CVW spoke with Josh Willis, project scientist for the Sentinel-6 Michael Freilich and Sentinel-6B satellites, concerning El Niño. Willis said for the local area we should see the peak of El Niño in December and maybe through February. "El Niños cause the sea level in the eastern Pacific to rise, so we are looking at up to an extra foot of sea level," he said. This adds to the increasing sea levels that have already occurred due to a warming climate. "El Niño is really something that happens inside the ocean and when it happens we get high sea levels and warm water on our part of the Pacific Ocean," Willis said, adding "and animals often know about it before we do." There have been many reports of unusual sea life, like sea snakes, washing onto local beaches. "They live in the ocean and so they really feel the impacts right away. It is very common for different species of sea life to show up and others to disappear when there's an El Niño," he added. "The ocean definitely knows El Niño's coming and in some sense [it knows] a lot better than we do." The reason there is growing concern is not only because this is a large El Niño but because of the changing world. "El Niño is happening in a warmer world and in a world with higher sea levels. So this El Niño, this massive climate event, is something that happens naturally but it's happening in a world that's already a lot warmer than it was even 30 years ago – in a world with higher sea levels that we had even 30 years ago. So it is happening on top of the change in the climate that we've created," he said. In addition to bringing more rain and new sea creatures to local beaches, El Niño can also strengthen more storms. "The last thing are hurricanes in the Pacific Ocean. Normally, hurricanes in the Pacific happen way off on the west side of the Pacific Ocean, but during El Niño years, we get hurricanes in the eastern Pacific, close to our coast, south of Mexico. We've had several already and those ... big storms can send huge waves to pummel our coastline," Willis said. We recently felt the tropical effects of Hurricane Marie in the area, which had some rain but also high levels of humidity. CVW reached out to NOAA's Center for Weather and Climate Prediction. According to Matthew Rosencrans, meteorologist from that agency, there are no models that indicate a hurricane will actually make landfall in Southern California; however, that does not mean the area won't be affected. Long Beach and other coastal residents are preparing for massive swells battering the coast due to Hurricane Polo. There is also Tropical Storm Rachel, which has formed off the coast of Mexico. "The warmer waters and lower vertical wind shear have made the area more conducive to tropical storm and hurricane formation this year. Some off-equatorial warm waters may also be contributing to longer-lived storms and storms maintaining higher intensity," Rosencrans said.

see EL NIÑO on page 19

CV WEEKLY IS ONLINE!
WWW.CVWEEKLY.COM

MENTION THIS AD FOR A FREE QUOTE

Crescenta Valley Tree Service

SPRING/SUMMER SPECIALS AVAILABLE

BRUSH CLEARANCE!

Palm Fronds Removal

Tree Removals • Stump Grinding

In-House Landscape Design

Fire Prevention Compliance

Emergency Response

Licensed Arborist on the City's Web Site List

BONDED • LICENSED • INSURED

Call 818 248-0821



ART NIGHT

**FRIDAY, OCTOBER 9
6–10 P.M.**



ENVISION THE NIGHT

Enjoy an evening of art, music, and entertainment as Pasadena's most prominent arts and cultural institutions provide special programming and free admission from 6-10 p.m.

PARTICIPATING INSTITUTIONS

A Room to Create, Alkebu-lan Cultural Center, Armory Center for the Arts, ArtCenter College of Design (HMCT Gallery, Mullin Gallery, Williamson Gallery), Artworks Teen Center, City of Pasadena City Hall, Fulcrum Arts, Jackie Robinson Community Center, Jazzy Jam for Empowerment, Lineage Performing Arts Center, Parson's Nose Theater, Pasadena City College Art Galleries, Pasadena Conservatory of Music, Pasadena Heritage, Pasadena Playhouse, Pasadena Museum of History, Red Hen Press, Reminders Creative ReUse, The Gamble House, USC Pacific Asia Museum.

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

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

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

FREE SHUTTLES

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

PASADENA TRANSIT

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

METRO GOLD LINE

Attend ArtNight by taking the Metro Gold Line to Pasadena: Metro.net

ArtNightPasadena.org

[ArtNightPasadena](#) 

[ArtNight_Pasadena](#) 

www.cvweekly.com
USC-VHH from Cover

But the most important aspect of this type of health fair allows people to be proactive with their own health care. Many can find out what resources are available to them.

One of the booths will be from CV Cares/iMPACT LA, which will have a list of resources for those with concerns about drug misuse and will provide resources that support mental health.

There will be a number of local non-profit representatives, like CV Cares, at the event.

Filipian added she would like the community to know this event is for everyone.

“There will be health screenings, flu vaccines, community resources, kids’ activities and opportunities to meet local physicians and health care professionals,” she said. “We want our community to attend, have fun and take advantage of the resources available to help them and their families stay healthy.”

The event is in collaboration with Glendale Fire Dept., Glendale Police Dept. and the YMCA.

RR/CC from Cover

Drop boxes are available to voters beginning 29 days before and on Election Day. The drop boxes close at 8 p.m. on Election Day.

The boxes are bolted into cement or chained in place. They are designed with security features in accordance to state regulations and have an exterior coating to reduce permanent graffiti or damage. The ballots that are dropped into the boxes are picked up regularly by two election workers, according to the RR/CC.

The deadline to register to vote online or by mail is Oct. 19, 15 days prior to Election Day.

“After that, voters can still register and cast a ballot the same day through conditional voter registration at any vote center, up through Election Day,” Sanchez added.

There has been a lot of talk about voter integrity and the safety of ballots cast.

“Multiple safeguards work together: citizenship and eligibility

are verified at the time a person registers; every vote by mail ballot goes through signature verification against the voter’s file; if someone attempts to vote more than once, our system flags the second ballot when it arrives, or when at a vote center, the Electronic Pollbook will flag that the voter has already voted,” Sanchez said.

Information concerning voting and registration can be found at lavote.gov.

In the 2024 Presidential election, election officials rejected 122,480 vote by mail ballots, or 0.9% of all mailed in ballots, according to the Secretary of State’s office.

According to a report from the Sacramento Bee on March 20, 2025 the vast majority of those rejected ballots arrived late, had mismatched voter signatures or no signatures at all.

Rejected ballots are not the same as voter fraud. Voter fraud is when someone knowingly casts a ballot illegally; many of the rejected

ballots are due to oversights by voters.

An analysis of mailed ballot rejections during the 2024 election by USC’s Center for Inclusive Democracy found that 59% had a non-matching voter signature, 27% were mailed or arrived after the deadline, and 11% had no signature. The other 3% were dismissed for other unspecified reasons.

According to the Brookings Institution, which examined the extensive data research by the Heritage Foundation (authors of Project 2025) through their voter fraud database, less than 1% of fraud cases have been reported between 13 and 38 years. For example in Arizona, according to the database Heritage Foundation analyzed for 25 years with 36 elections held, in a total of 42,626,379 ballots cast, found that there were 36 cases of fraud, which is 0.0000845%.

Data continues to be gathered and voter fraud reports are investigated.

WEATHER from page 2

NK cells are specialized white blood cells that act as rapid first responders in the body’s innate immune system to destroy virus-infected and cancerous cells. The numbers of NK cells increased, along with the expression of intracellular anti-cancer proteins, while the concentration of adrenaline in urine with increased NK activity lasting more than seven days significantly decreased. In contrast the city trip did none of these things.

Another study done in 2017 in Japan found that forest bathing has hypertensive effects: SBP (systolic blood pressure) and DBP (diastolic blood pressure) in the forest environment were significantly lower than in non-forest environments. They found it had a bigger effect on those with high blood pressure and those people in middle age and older.

A study from National Taiwan University found a two-hour forest bathing experience led to changes in autonomic nervous system activity and emotions. Heart rate and systolic and diastolic blood pressure were significantly lower after the short experience while the mood scores were also significantly lower for “tension-anxiety,” “anger-hostility,” “fatigue-inertia” and “depression-dejection.”

Every time my dad and mom came out to California my dad had to sit outside for a while. It didn’t matter if it was cold, hot or raining – he needed time outside. I would join him and we would just sit and listen to the birds and squirrels ... and of course my kids yelling for me to find something that was right in front of them.

I realized that Dad knew about the therapy of forest and outdoors in general before there were studies about it. I think that was because he was brought up in a farm world. I also remember that when we went to visit family at their farms we rarely were inside. In fact, I don’t think I could describe the interior of my uncle’s home – but I knew every inch of his acreage.

I have also found the older I get the more I want to spend time out in nature, even if it’s in my backyard. I find that if I don’t take time to garden I am sad. Dad always said you can check your priorities in your garden. If you have weeds your priorities are off.

We are so lucky to live in a community when all we have to do is walk just a few steps outside our homes and hear those wonderfully loud parrots flying by or come face-to-face with crows that are as big as cats.

So my advice as we move into fall is to take time to take a walk through nature without listening to the latest podcast or even music. Listen to nature ... because it is definitely listening to us.

For those who would like to listen to BBC’s CrowdScience, go to <https://www.bbc.com/audio/play/w3ct8k7h>.

Weather report from Gregg Inboden: As of Tuesday at 6:30 p.m. in La Crescenta, the outside temperature was 80 degrees, humidity 30.35. Both are pretty typical for this time of year. Wind at 2 mph but has been as high as 7 mph at various times.

No measurable rain is expected this week but (as we have heard) we are expecting a pretty severe El Niño this fall and winter. We’ll be getting darker earlier – sunset at 6:40 p.m. and sunrise at 6:47 a.m.

Fall is put on hold as we face another heatwave. The Weather Service has issued an extreme heat wave watch that will be in effect from Oct. 2 at 10 a.m. to Oct. 8 at 8 p.m.

You can read more at CVWeekly.com/NEWS

DINE LOCAL! SHOP LOCAL!



**Comfort food, Joselito’s style.
Made with heart. Served like family.
Come in for our family recipes,
famous margaritas, fresh
guacamole and Montrose
hospitality.**

**Outdoor dining available
“MI CASA ES SU CASA.”**

**2345 Honoluu Ave. Montrose
818 957-1901 JoselitosMontrose.com
CATERING AVAILABLE**

**VISIT US AT OUR TUJUNGA LOCATION
7308 Foothill Blvd**



**This ad is sponsored by J's Maids
as a service to the community.
(818) 248-2001 | www.JsMaids.com
Wishing you all calm and health!**



Rolling THROUGH THE Generations

October is **NATIONAL**
ROLLER SKATING
MONTH

DIFFERENT
GENERATIONS.
SAME GREAT
FEELING.

 SILENT GEN 1928-1945	 BABY BOOMERS 1946-1964	 GEN X 1965-1980	 MILLENNIALS 1981-1996	 GEN Z 1997-2012	 GEN ALPHA 2013-BEYOND
Hepcats on Wheels 	Cool Cats Cruisin' 	Roller Boogie Royalty 	Weekend Rink Rats 	Sk8er Crew 	The Skate Fam 

MOONLIGHT ROLLERWAY

5110 San Fernando Rd., Glendale, 91204

818-241-3630 ext. 0 / www.moonlightrollerway.com



YOUR WELLBEING. YOUR COMMUNITY.

A community health and wellbeing fair for the entire family.

Saturday, October 3, 2026
9 am–12 pm

USC Verdugo Hills Hospital
1812 Verdugo Blvd., Glendale, CA 91208
West Parking Lot

FREE ADMISSION!

Free Health Screenings • Family Activities • Community Resources •
Food and Coffee Vendors • Meet Brisket from Glendale Police Department!



- Anxiety Screening
- Blood Pressure Screening
- Fitness Assessment
- Glaucoma Screening
- Hands-on CPR Training
- Healthy Eating Activities
- Oral Screening
- Kids’ Activities
- Meet Local Physicians
- Narcan Training
- Stroke Education
- And more!

FREE Flu
Vaccines

BETWEEN FRIENDS

‘A Man of Many Hats’ Takes on Leadership Role at Glendale Kiwanis

Dr. Al Nunez, noted as “A Man of Many Hats,” took the reins of president of the Glendale Kiwanis Club on Thursday night at the Glen Arden Club in Glendale.

Accepting the role from immediate past president Albert Hernandez, Nunez issued an invitation to the community.

“We want and need your ideas on what you see are the needs of this community,” he said during his installation speech. “Join us and turn your ideas into reality with the power of all of us working together on a common goal.”

Leading the Club with the theme, “Be the shoulder that kids stand on, because if you can see more, you can be more,” Nunez thanked fellow Club members for their ongoing assistance on heading various committees, helping with the annual Duck Race and more. In addition, he urged the community to be involved with the Glendale Kiwanis.

“For those of you who are not members of our Club, I’d like to invite you to join our Club,” he said. “We need you, the community needs you and the world needs you.”

More photos available online at www.cvweekly.com/BETWEENFRIENDS.



Photos by Richard Williams Photography
Dr. Al Nunez, seen here with his wife Caron, is the newly installed president of the Glendale Kiwanis.

Centennial Event Honor Two Community Leaders

As YWCA Glendale and Pasadena marks 100 years of service to the community, on Thursday, Oct. 22 from 8 to 10 a.m., community leaders and supporters will gather at the Hilton Pasadena for a morning grounded in the belief that safer families and stronger communities require both racial justice and gender equity.

Michelle Gaskill-Hames, BSN, MHA, will be the YWCA’s 2026 Women for Racial Justice honoree and keynote speaker. Gaskill-Hames serves as regional president of Kaiser Permanente Southern California and Hawaii, where 97,000 employees deliver high-quality, affordable health care to more than 5.2 million members across one of the nation’s largest integrated health care systems.

She began her career as a neonatal intensive care nurse at a Detroit hospital, an experience that shaped her focus on equity.

“Sometimes I was aware that babies were being discharged to situations that were not likely to sustain their newfound health,” she recalled. “I became acutely aware of the underlying inequities and injustices in the communities around me, their

impact on health and the need to rectify them.”

That awareness continues to guide her work today.

“Health care systems have a profound responsibility to advance gender and racial justice because health is shaped by far more than clinical care alone,” she said. “It is shaped by the conditions in which people live, work, learn, raise families and access opportunity.”

Asked what gives her hope, she answered in one word: “People.”

Attendees can look forward to a fuller conversation with Gaskill-Hames on leadership, health equity and building stronger communities at the breakfast.

The morning will also include the presentation of the Purple Tie Award, recognizing men who work to end domestic violence and support survivors. This year’s recipient is George Saikali, president and CEO of YMCA of Glendale. Saikali’s connection to YWCA Glendale spans more than 40 years: in 1985, he worked as a lifeguard at the YWCA pool, then built a 41-year career with the YMCA, serving as president and CEO of YMCA of Glendale since 2010.

see YWCA on page 13

Pasadena Tournament of Roses® Court Announced



Photo provided by Pasadena Tournament of Roses

The girls who make up this year’s rose court are Lucy Joyce Wendling of San Marino High School, Tessa Rose Choi of La Cañada High School, Irene Lim Maddox of Eagle Rock High School, Elizabeth Tabaro Kengaju Rweyemamu of Polytechnic School, Daniela Guzman of Arcadia High School, Maria Teresa Monserrat McDonald of Thurgood Marshall Secondary School and Evita Cielo Bridge of Mayfield Senior School.

The Pasadena Tournament of Roses® announced the seven members of the 2027 Rose Court presented by Visit Newport Beach. The anticipated reveal was attended by nearly 200 people on the south lawn of Tournament House, including friends and family of the 27 finalists. Volunteer members of the Tournament of Roses’ Queen & Court Committee made their selections based on several criteria including academic achievement, community and school involvement, public speaking ability and youth leadership.

The Tournament of Roses has a long-standing tradition of celebrating educational excellence and continues the legacy by providing each Rose Court member with a \$7,500 academic scholarship.

The announcement and coronation of the 108th rose queen and the presentation of the 2027 rose court will be held on Tuesday, Oct. 28 on the front lawn of Tournament House.

Friends of Rockhaven Receive Grant

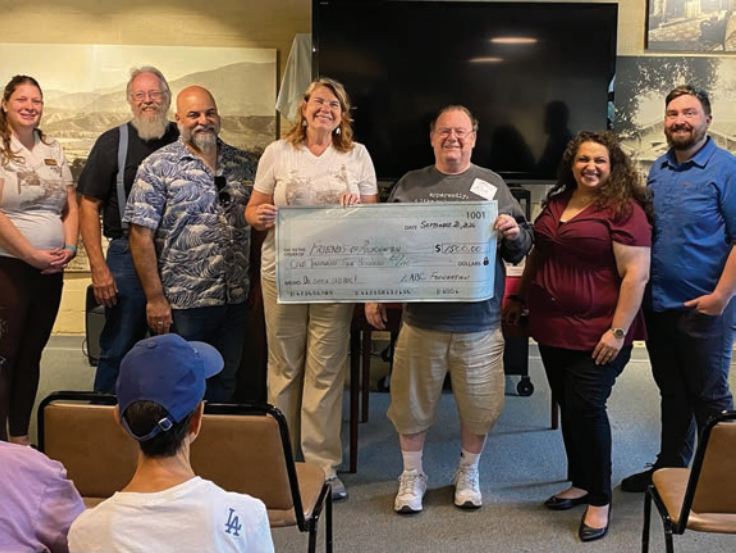


Photo provided by Joanna LINKCHORST

From left are FoR board members Kate Linkchorst, Mike Lawler, FoR President and LABC Member Joanna Linkchorst, LABC board member Ron Scott, FoR board members and LABC members Ryan Ganimian and Aimee Beck, and LABC member Stephen Beck.

The Friends of Rockhaven held its annual meeting at the Lanterman House on Sunday, Sept. 20, during which Ron Scott from the Los Angeles Breakfast Club Foundation awarded the organization a \$1500 grant! The money from the grant will help cover expenses of proper storage practices for the Traviss Estate Archives, an acrylic box to cover a display of items on a desk at the YWCA in Glendale and packaging & shipping of archival items to the California Library for the California Revealed project. CA Revealed scanned scrapbooks and items and will make the information available on their digital archives.

Sellebration Rummage Sale Attracts Hundreds of Bargain Shoppers

By Ruth SOWBY

More than 1,000 articles, including used clothes, toys, home goods and more, were for sale at bargain basement prices on Saturday, Sept. 19. The price of thousands of items was a steal (how about two bicycles for \$25?). Glendale's Pacific Community Center was the scene of the "crime."

More than 200 National Charity League, Inc. – Glendale mothers from the local chapter and 200 daughters each donated 40 "best" items from their households. Also donated were hours of planning, setting up and working the Sellebration event. Both Chapter President Danni Remender and Event Chair Tiffany Morgan were behind the counter checking out items that customers bought; credit cards or cash were welcome. Mother-in-law Tina Conaway and daughter-in-law Kenisha Conaway left riding their bikes – one bike went for \$10 and the other for \$15.

Money raised will go toward the Chapter's more than 20 local philanthropies including Ascencia and Door of Hope. Proceeds will also fund annual grants to other organizations for equipment and supplies.

National Charity League, Inc. is a philanthropic organization dedicated to fostering mother daughter relationships through service, leadership and cultural experiences.



Photos by Ruth SOWBY
Tiffany Morgan, left, and Danni Remender are, respectively, National Charity League – Glendale Chapter event chair and president.

Golf for Life.

A Smarter Way to Assess, Protect, and Elevate Your Golf Game.

Comprehensive Golf Performance Assessment & Injury Prevention Program

Dr. Riley Miller DC
TPI Certified Chiropractor

What's Included

- Golf-Focused Consultation
- TPI Movement Screening
- Chiropractic Examination
- Digital Spinal X-Rays
- Report of Findings
- Chiropractic Adjustment
- Custom TPI Workout Plan

What You Get

- Clear insight into what's limiting your swing
- Identify mobility restrictions & compensation patterns
- Reduce pain and increase consistency
- A personalized plan to protect your body long term

Scan to book →

Call (818) 249-2300
Visit www.thegolfchiropractor.com

"I help golfers of all ages and skill levels improve their bodies, so that they can hit the ball further and play more consistent, pain-free golf **FOR LIFE.**"

\$199
Golf for Life Assessment
(\$400+ VALUE)

WWW.CVWEEKLY.COM

Dignity Health Sets New Standard in Prostate Cancer Care

In September when Prostate Cancer Awareness Month drew national attention to men's health, Dignity Health highlighted the sophisticated, patient-centered clinical approach it brings to the treatment and management of prostate cancer across California. While early detection remains the cornerstone of survival, Dignity Health's specialized oncology programs offer patients access to world-class clinical expertise, state-of-the-art diagnostic imaging and minimally invasive surgical options.

With prostate cancer remaining the second leading cause of cancer-related deaths among American men, Dignity Health's clinical teams are dedicated to moving beyond basic screening to provide comprehensive, personalized care plans tailored to each patient's unique genetic, lifestyle and clinical needs. According to the American Cancer Society, in 2026 approximately 333,830 in the United States are expected

to be diagnosed with prostate cancer.

"At Dignity Health Glendale Memorial Hospital we provide more than just screening; we provide a multidisciplinary approach to clinical excellence," said Dr. Kamyar Ebrahimi, [urologist and director of Robotic Surgery]. "From high-resolution diagnostic imaging that allows for precise detection, to advanced robotic-assisted surgical techniques that prioritize faster recovery and better patient outcomes, we are committed to delivering the highest standard of oncological care."

Clinical Excellence at the Forefront of Treatment Dignity Health's prostate cancer programs are defined by a commitment to innovation and precision:

- **Precision Diagnostics:** Utilizing advanced imaging and biopsy technologies, Dignity Health specialists can pinpoint localized cancer, reducing unnecessary procedures and enhancing treatment accuracy.

- **Minimally Invasive Expertise:** Dignity Health surgeons leverage the latest robotic-assisted platforms to perform complex prostatectomies with greater precision, resulting in less pain, shorter hospital stays, and improved quality-of-life outcomes for patients.

- **Multidisciplinary Tumor Boards:** Patients benefit from a collaborative care model where urologists, radiation oncologists and medical oncologists meet to discuss complex cases, ensuring that every patient receives a comprehensive, evidence-based treatment plan.

"Our goal is to ensure that every patient who walks through our doors feels empowered by the clinical technology available to them and supported by a team of experts who specialize in prostate health," added Dr. Ebrahimi.

To learn more about prostate cancer services at Dignity Health or to find a nearby specialist, please visit www.commonspirithhealth.org.

YWCA from page 12

Over that career, Saikali has looked for ways the Y can meet needs beyond its walls, including bringing organizations together around community health needs, and adding 70 affordable homes to the YMCA campus in Glendale. Asked what has kept him committed for so long, he said: "I really wanted to make a difference and be remembered kindly."

The honor carries added

meaning during YWCA Glendale and Pasadena's centennial year. Nearly 100 years ago, YMCA of Glendale provided office space to the women working to establish YWCA Glendale, a partnership the two organizations continue today.

"I think it should continue because there is a need," Saikali said of YWCA's mission. "If you believe that what the YWCA stands for is a real cause that

gives you that visceral reaction, you've got to invest. You can't just sit."

The Women for Justice Breakfast takes place on Thursday, Oct. 22 from 8 to 10 a.m. at the Hilton Pasadena, 168 S. Los Robles Ave. in Pasadena. The community is invited to attend. Early Bird tickets are \$100 and available at <https://ywcagp.org/events-feed/0h905gpz0hqe8v1h3ksni6szhc03x>.

MONTROSE Oktoberfest

SATURDAY OCTOBER 3, 2026 12PM - 10PM

FREE EVENT & FAMILY FRIENDLY

bit.ly/montroseoktoberfest @MontroseOktoberfest

2200-2400 HONOLULU AVE, MONTROSE, CA
PROUDLY SUPPORTED BY BABAIA'S LAW FIRM

Celebrating Our 47th Year

EXPRESS BAND.COM

PAST ACTION HEROES

MUMBO JUMBO

POWERPLAY

SHOOTER Oktoberfest

SPATEN

ROCKWORTH BEER

GOLDEN ROAD BREWING

Schreiner's FINE SAUSAGES

Drawn2Art Fine Art Instruction 4 yrs-Adult

RD right design

CAPTURED CELEBRATIONS PHOTO BOOTH KITCHEN

Explore Oktoberfest
BEER • FOOD • LIVE MUSIC • CONTESTS • RIDES • GAMES • FAMILY FUN

KIDS ZONE – 2200 BLOCK
Face Painting • Free Kids Activities • Rides for Smaller Kids • New Dessert Trailer with Mini Donuts, Fried Oreos, and More!
Proudly Supported by the YMCA of the Foothills
TWO WINEGARTENS – 2300 BLOCK
Open 2 PM-10 PM
Sponsored by CV Weekly
Thank You to Our Sponsors

BABAIA'S LAW FIRM YOUR INJURY & ACCIDENT LAWYERS

ALEX NAHLE & TNG THE NAHLE GROUP

CRUCIAN VALLEY WEEKLY

Kathryn BARGER

EST 1923 MONTROSE CHAMBER OF COMMERCE

's Maintenance

Anheuser-Busch

Contact us at mvcc@MontroseChamberOfCommerce.org or (818) 249-7171 for questions, FAQ, or to sponsor this event!

WEBSITE AND PRESALE TICKETS

EST 1923 MONTROSE CHAMBER OF COMMERCE

TRAVEL & LEISURE

Applications Open for Brand Associates 2027 Dance Series

Applications are currently open for the 2027 season of the Brand Associates Dance Series. Started in the 1960s, the Brand Associates Dance Series presents top dance companies from Southern California performing site-specific work in non-traditional, outdoor performance spaces around Brand Library & Art Center. Dance companies with at least five years of experience who present an educational, site-specific, outdoor dance program appropriate for all ages are encouraged to apply. The Dance Series is curated by Jamie Nichols, a critically acclaimed dancer, choreographer and artistic director of the contemporary dance company Fast Feet (1980-2003). She is the recipient of 6 Lester Horton Dance Awards and was honored by the Dance Resource Center of LA with the prestigious Furthering the Visibility of Dance Award. As executive producer of Celebrate Dance for 10 years, she presented 70 dance companies at the Alex Theatre. The Dance Series is sponsored by Brand Associates, which provides an honorarium to all selected dance companies. Selected dance companies will be required to attend a mandatory photoshoot at Brand Library & Art Center, scheduled for January/February 2027. The Dance Series performance dates are scheduled for Saturday evenings, May 15 & May 22, 2027. Applications are open through Oct. 22, 2026. Groups with diverse backgrounds are strongly encouraged to apply. For more information and to apply, visit BrandLibrary.org/Dance-Series-Application.



Photo by series curator Jamie NICHOLS
LA Swing Dance Posse, 2026 Brand Associates Dance Series.

Aiso, Morgovskaya to Perform for GNC



On Oct. 7 from 12:10 to 12:40 p.m., the free admission Glendale Noon Concerts (GNC) will feature violinist Ken Aiso and pianist Valeria Morgovskaya performing works by J.S. Bach and Jean Marie Leclair. They will be performing in the sanctuary of Glendale City Church, 610 E. California Ave. in Glendale. The works by J.S. Bach (German, 1685-1750) include Sonata #3 in C-Major for violin solo, BWV 1005: 1. Adagio; 2. Fuga; 3. Largo; 4. Allegro Assai; the works of Jean Marie Leclair (French, 1697-1764) include Sonata in C-Minor for violin and piano (Le Tombeau): 1. Grave; 2. Allegro ma non troppo; 3. Gavotte; 4. Allegro. Internationally acclaimed violinist/violist Ken Aiso has performed worldwide as soloist, chamber and orchestral musician. Aiso graduated from the Royal Academy of Music in London studying with Erich Gruenberg. His other teachers include Eduard Schmieder and Chikashi Tanaka. Equally at home with modern and period instruments,

Aiso has appeared as principal violin with the Orchestra of the Age of Enlightenment, the London Philharmonic, the Hallé and the Scottish Chamber Orchestras. He has been invited to renowned music festivals in the UK, France, Sweden, Switzerland, India, Georgia, Bolivia and Kazakhstan, and has taught at Montecito Summer Music Festival since 2008. Aiso is a laureate of Long-Thibaud International Competition in Paris and International Music Competition of Japan, and was elected associate of Royal Academy of Music in London. He received Shimousa Kan-ichi Music Award in his native Japan in 2018. Since moving to Los Angeles in 2015, Aiso has been serving as faculty at Loyola Marymount and La Sierra Universities and performs with Los Angeles Chamber Orchestra. Valeria Morgovskaya, pianist, graduated from the Kiev State Conservatory. Since her immigration to the U.S. in 1990, Morgovskaya has been in high demand as accompanist for singers and all orchestral

instrumentalists. She has been an official accompanist to festivals and courses such as Piatigorsky Cello Seminar and Beverly Hills Music Festival, and has performed throughout the U.S., Germany and Japan, as well as on numerous radio broadcasts. She has provided accompaniment for many national and international competitions and was an official accompanist at Schoenfeld International String Competition in Hong Kong (2013) and Harbin (2014). Morgovskaya is currently staff accompanist at Loyola Marymount University and UCLA, and is often engaged in that capacity at USC, Cal State Long Beach, Colburn School, Montecito International Music Festival, Academy of the West and Idyllwild School of Music and the Arts. Glendale Noon Concerts is celebrating 19 years of bringing free admission concerts every first and third Wednesday for Glendale and the Southland community. Upcoming concerts will be updated at <http://glendalenoonconcerts.blogspot.com>.

THEN & NOW



THEN: Sport Chalet began in 1959 as a ski shop in this storefront on Foothill Boulevard just east of Angeles Crest Highway. As it grew, a larger store was opened in an old grocery store across the street. The firm expanded quickly, soon branching out to sell a variety of outdoor recreational equipment in several other locations across the southland.

Sport Chalet Courtesy of the Historical Society of CV



NOW: As the business grew, Sports Chalet bought land around its original La Cañada location. A couple of decades ago a shopping mall centered on a new Sport Chalet building was built, with this Home Goods store sitting right about where the original store was. But alas, Sport Chalet was bought by a larger firm and was closed as part of a bankruptcy deal.

JUST FOR FUN

WEEKLY HOROSCOPES

Provided by horoscope.com

September 28, 2026 - October 4, 2026

ARIES *March 21 - April 19*
It will do you a world of good to get away from the stresses and strains of everyday life. It will also help recharge your batteries and bring more energy your way. As you unwind in a tropical paradise you'll find it easier to let go of all the bitterness and resentment that may be taking its toll on you. Get some peace now!

TAURUS *April 20 - May 20*
If you've been thinking of investing in your health either by buying exercise equipment, taking supplements, or joining a gym, make sure you know what you're getting into. It would help you to have all the facts at hand and understand how you're going to benefit. Make sure you keep receipts and have numbers to call should you have any cause for complaint. All is not as it seems.

GEMINI *May 21 - June 20*
The cosmos may have a powerful effect on your energy levels. If you feel tired, try to slow down. Most of all, don't neglect your feelings. Trying to suppress them will have a major effect on your health, especially if this is something you tend to do all the time. Harness the power of the Moon in order to become aware of and release your issues. This will leave you feeling calm and much less stressed.

CANCER *June 21 - July 22*
Whatever health progress you made recently needs to be cherished. Don't stop, even if you don't feel that enthusiastic any more. Keep working out and keep eating well no matter what happens. If you're tempted to go off course, get back on track as soon as you can. These are ongoing choices that you need to make moment by moment until they become second nature.

LEO *July 23 - August 22*
Let your dreams guide you to greater health and wellness. Movement in your mystical zone will pave the way for powerful guidance from your dreaming mind. Very often we're shown how we can improve our overall health. Our subconscious knows what's going on in our bodies and is quite capable of warning us in advance of problems. Be sure to keep a notebook by your bed.

VIRGO *August 23 - Sept. 22*
If you find yourself feeling unwell and can't figure out why, you may have an allergy or sensitivity to certain substances in your environment or food. The delicate balance of your body has been subtly overturned. However you choose to sort it out, do something about it. If left untreated, the symptoms will gradually sap your energy and make life quite uncomfortable.

LIBRA *Sept. 23 - Oct. 22*
The best way for you to stay in great shape is to exercise daily. Not only does this tone and shape you but it also helps you release deep-seated feelings that can cause your health to suffer. Mix gentle exercise with a high-powered workout to leave you feeling toned as well as peaceful and calm. The results will speak for themselves.

SCORPIO *Oct. 23 - Nov. 21*
The stars bring plenty of feelings to the surface and may send you rushing to the refrigerator to help stuff them back down. You could be prone to putting on a few pounds during the early part of the week. If you're happy with this, fine. If not, try to find some other way to deal with the cravings. If you can do it once, you can do it again and again.

SAGITTARIUS *Nov. 22 - Dec. 21*
You love the sunshine, but you may not be able to get away to an exotic location just yet. However, if you can relax in your own backyard, that will do. Make sure you take a real break over the coming weekend. Kick back, don't do anything you don't have to, and generally let yourself go. By Monday you'll feel much more empowered and ready for anything.

CAPRICORN *Dec. 22 - Jan. 19*
You seem to feel good when you have a set of routines that support you and help maintain your integrity. This is also true of your overall health, which will remain good if you attend to your workouts and other health needs daily. You'll thrive once you've put these on your calendar and start to make them a reality. You can always add more if you need to.

AQUARIUS *Jan. 20 - Feb. 18*
You seem to be thinking a lot and doing plenty of brain work. Don't overdo it as you may find yourself getting tense as a result. If you suffer from headaches, muscle tension, eye strain, or a stiff neck, think about taking a break and getting a massage. Awkward aspects to your health zone indicate that you need to know your limits. You might need to get your eyes checked, too.

PISCES *Feb. 19 - March 20*
You do best when you can work out regularly and release those powerfully intense feelings that seem to bubble up from inside. Try and make it a habit to exercise every day if possible, as it helps channel your energy in a very positive way. This energy can turn back and sabotage you if it isn't put to good use. Focus on your well-being and make this a daily habit.

CALENDAR this

KIWANIS CLUBS

The Kiwanis Club of Glendale meets on Fridays at noon. On Oct. 2, the Club will meet with new president Al Nunez to hear what plans he has for the upcoming Kiwanis year.

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

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

The La Cañada La Crescenta AM Club has a free weekly meeting held from 7:30 a.m. to 8:30 a.m. in the fellowship hall of Lutheran Church of the Foothills, 1700 Foothill Blvd. in La Cañada.

FUN FOUND AT BACK DOOR BAKERY

Back Door Bakery and Cafe is hosting live music weekly at 7 p.m. Tonight, Oct. 1, it will be an open mic/ music night. On Saturday, Oct. 3 Pat Nason takes the stage.

Back Door Bakery is located at 8349 Foothill Blvd. in Sunland.

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 music from 10 a.m. to noon each Friday 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.

CV PARK ACTIVITIES

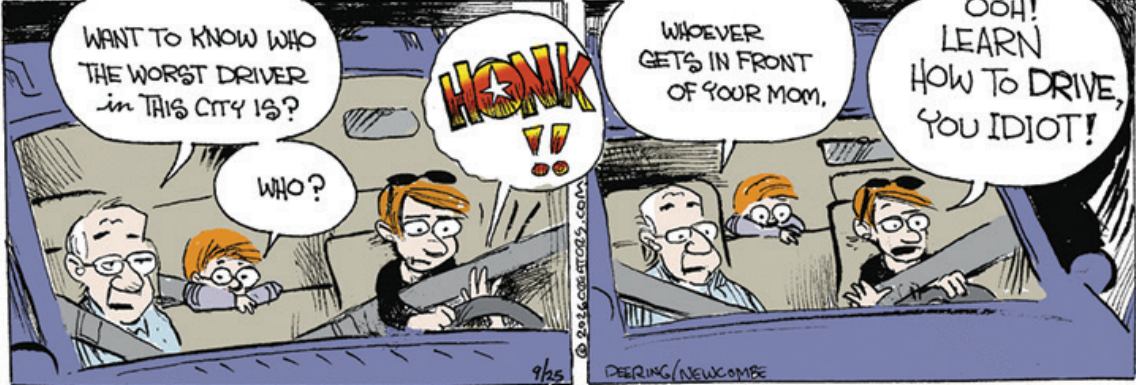
CV Park has the following activities planned for the remainder of the year:

On Friday, Oct. 30 from 4 - 7 p.m., it's Trick or Treat Village; on Friday, Nov. 20 from 4 - 7 p.m. it's the Harvest Festival; on Saturday, Dec. 5 from 11 a.m. - 2 p.m., Holiday in the Park is being held.

CV Park is located at 3901 Dunsmore Ave. in La Crescenta.

see CALENDAR THIS on next page

» ZACK HILL BY JOHN DEERING AND JOHN NEWCOMBE



ACROSS

- 1) Problems for directors

5) At a quick rate, poetically

10) Some precipitation

14) Eye layer

15) '70s White House name

16) Shoppers' bag

17) Easily achieved goals

20) Dark

21) Aspen features

22) Whacks

25) Insult but good

26) After-hours school gp.

29) Common welcomers

31) Last name for an unbalanced egghead?

35) ___ Gabriel

36) Very angry

38) Buffalo's canal

39) It may be needed to be an NFL player
- 43) Cause of some shivers

44) Begin an Internet session

45) 3-D hospital procedure

46) Pungent condiment

49) Duck's domain

50) Stereotypically stubborn animal

51) Minnow variety

53) Bygone despot

55) Some kind of nut

58) Pigeon's perch

62) Weaponry that's neither large nor small

65) Black cat, to some

66) Chose not to dine out

67) ___ vera

68) British title

69) Year-end tunes

70) Some evergreens

DOWN

- 1) Streaming service

2) Shakespeare's river

3) Cry like a baby

4) Colonial title in India

5) ___ Arbor

6) "Animal Farm" critter

7) Line on a graph

8) Hits on the head

9) Decorate with gold leaf

10) Played a banjo, in a way

11) It may be proper in a sentence

12) Mayberry's self-jailer

13) Moist

18) Type of energy

19) German wife

23) "Legal" prefix

24) Drag one's feet

26) "Don't give me that!" old-style

27) Evergreen-forested landscape

28) Black ___ (cattle breed)

30) Posture problem

32) Donna's intro?

33) Stadium features

34) Abominable creatures

37) Cereal grain killer

40) It's designed to get your attention

41) Charged particles

42) Ultimate object

47) Hindu Mr.

48) "The ___ Cometh"

52) A Muse

54) Pass on in a race, as a baton

55) Disaster relief grp.

56) Footnote word

57) Leaves home?

59) Take-out order?

60) Shoot up

61) Storm centers

62) Like hip Brits in the '60s

63) "Shop ___ you drop"

64) ___ and outs

see ANSWERS on following page

Lighted Window
Congregational Church
presents



THE LIGHTED WINDOW ORGAN SERIES



MICHELLE KARDOS

In Concert

Saturday, October 3rd
12:00 PM

1200 Foothill Blvd.
La Cañada Flintridge, CA
lacanadachurch.org/organ

Glendale Water & Power's Community Meetings on PROPOSED WATER RATE CHANGES

Glendale Water & Power (GWP) is proposing changes to its water rates to address rising costs and significant infrastructure needs while supporting the long-term reliability and sustainability of Glendale's water system.

Attend a Community Meeting to Learn More

GWP is hosting four community meetings in October where you can learn more about the proposed rates, programs and services GWP provides to assist customers, and how the proposed changes may affect your water bill.

Armenian and Spanish translation will be available at the in-person community meetings. If you need language assistance in a language other than those provided, please notify us by calling Customer Service at (855) 550-4497 at least 72 hours in advance so we can make the necessary arrangements.

Meeting dates and times are subject to change. Check the website for updates.

WEDNESDAY, OCTOBER 7, 2026

6:00 – 7:30 PM

Adult Recreation Center

201 E. Colorado St., Glendale, CA 91205

Parking is available at 120 S. Artsakh Ave.

THURSDAY, OCTOBER 15, 2026

6:00 – 7:30 PM

Sparr Heights Community Center

1613 Glencoe Way, Glendale, CA 91208

SATURDAY, OCTOBER 17, 2026

9:00 – 10:30 AM

**Brand Park Library & Arts Center
(Brand Studios)**

1601 W. Mountain St., Glendale, CA 91201

SATURDAY, OCTOBER 24, 2026

10:00 – 11:30 AM

Virtual Zoom Meeting

To registration scan the QR code or visit the website

Public Hearing on the Proposed Water Rates:

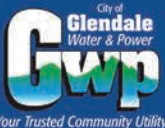
TUESDAY, NOVEMBER 3, 2026 | 6:00 PM

Glendale City Council Chambers

613 E. Broadway, 2nd Floor, Glendale, CA 91206



For details scan the QR code or visit:
GlendaleCA.gov/ProposedWaterRates



PROBLEM SOLVED » BY CHRISTOPHER ELLIOTT

Help! My \$1,866 Lenovo Yoga Is An Expensive Paperweight

Tracey Croisier bought a high-end Lenovo laptop expecting a powerhouse but the battery died faster than a cheap phone. After five repair attempts and some truly bizarre advice from tech support, she's stuck with a "portable" computer that only works when it's plugged into a wall. Is it time for the company to give her money back?

Question: I paid \$1,866 for a new Lenovo Yoga 9 a little over a year ago. I'm a writer and keynote speaker so I need a device that works when I'm on the move. Less than a year after I bought it, the battery started crashing. It would go from 100% to 30% in just two hours.

Lenovo sent an in-home repair technician who replaced the battery and the motherboard but the problem didn't go away. Every time I call tech support, they run diagnostics, tell me they fixed it and then the battery crashes again a few weeks later. I have six different repair ticket numbers.

Lately, the laptop is getting very hot to the touch. My own diagnostics showed a peak temperature of 134 degrees. When I told a Lenovo representative that the battery dies while I am driving 10 miles to my writing class, he actually suggested that I should consider turning the laptop off while I'm in the car.

I didn't pay nearly \$2,000 for a desktop computer. Lenovo specs claim a 15-hour battery life and reviews say it should last even longer. I've done everything they asked, including mailing it back for more "diagnostics." I want a full refund so I can buy a computer that doesn't burn my hands or die in the middle of a presentation. Can you help me get my money back? – Tracey Croisier, Bellevue, Washington

Answer: Lenovo should have replaced your laptop or refunded your money long ago. When you spend \$1,866 on a laptop, you're paying for portability and a reasonable amount of battery life. If a computer can't survive a 30-minute car ride without losing most of its juice, it's defective.

Most manufacturers offer a one-year limited warranty that covers defects in materials and workmanship. When a company tries to fix the same hardware issue four or five times without

success, it's considered a lemon. At that point, the repair cycle needs to end and a replacement or refund should begin.

I liked the way you kept a paper trail. You had a clear chronology of every repair attempt and every promise made by tech support. That's exactly what you need when a case short-circuits, like yours. If you ever find yourself in a similar spot, you can also escalate your complaint to the executives at Lenovo. I list the names and email addresses for the company on my advocacy site Elliott.org.

The suggestion to turn off your laptop during a 10-mile drive to save battery life is one for the Hall of Fame of bad tech support advice. It's right up there with "Have you tried using it as a paperweight?"

Most troubling was the sudden temperature increase when you turned on the laptop. If you ever experience something like that again, shut down the computer until a qualified technician can take a look. This could have ended badly for you and I'm glad it didn't.

So how did it end? I contacted Lenovo on your behalf. I shared your history of failed repairs and the concerning temperature readings.

You received an email from a corporate representative offering you a choice between another repair or a full refund. You took the refund. It's a shame I had to get involved for Lenovo to do the right thing, but at least you can now buy a laptop that really is portable.

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 from previous page

CCLCF EVENTS

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

- *Fall II Registration:* Fall II registration is open! Fall II classes will start the week of Oct. 19 and run through Dec. 19. Browse new classes and returning favorites at cclcf.org/register.
 - *Call for Talented Teens:* CCLCF is seeking talented teens (grades four-12) to show off their talents in the upcoming CCLCF showcase "La Cañada's Got Talent" on Nov. 14. Apply at bit.ly/LCGTapp. Those with questions can email jack@cclcf.org.
 - *CCLCF Presents "Sweeney Todd Review:"* As part of the new entertainment series CCLCF Presents, members of Pacific Opera Project's cast of "Sweeney Todd" will present a "Sweeney Todd Review" at CCLCF on Saturday, Oct. 10. Learn more at cclcf.org/presents.
 - *Dances de los Muertos:* Belly Dance Fantasy Theater. Celebrate Halloween and Día de los Muertos with an evening of spooky, seasonal dance delights on Saturday, Oct. 24. Learn more at cclcf.org/events.
 - *Mahjong Open Play:* Calling all mahjong lovers! Bring your skills to a friendly, community-style, open play session at CCLCF on Oct. 28. Prior mahjong experience required. Learn more at cclcf.org/events.
 - *Thanksgiving Run:* The 33rd Annual Thanksgiving Day 5K & Kids Mile is coming up on Nov. 26. Summer sale runs through Sept. 30. Learn more at cclcf.org/run.
- Community Center of La Cañada Flintridge

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

THE HALLOWEEN MOVIE COOKBOOK COMING TO EAGLE ROCK

An authors' chat & book signing for The Halloween Movie Cookbook is on Saturday, Oct. 3 at 5 p.m. This is an event for those who like to cook and who like Halloween movies! Ryan Alvarez and Adam Merrin, aka Husbands That Cook, will be at the Women's Twentieth Century Club, 5105 Hermosa Ave. in Eagle Rock. They'll be speaking about their third cookbook, The Halloween Movie Cookbook, and signing copies.

Oh – they'll be bringing treats from their book.

This event will be short and very sweet. Attendees will be out in time for dinner!

RSVP on Eventbrite by visiting <https://www.eventbrite.com/o/34366196135>.

CREATURES OF THE NIGHT HIKE

Trek through the park and explore the sounds of the night. Who made that sound and what does it mean? This hike at Deukmejian Wilderness Park is moderately difficult with stops along the way for discussion, stories and activities. This program is recommended for ages 5 and older. It is on Saturday, Oct. 3 from 6:30 p.m. to 8:30 p.m.

To RSVP, visit <https://tinyurl.com/76f7ywmp>.

Deukmejian Wilderness Park is located at 3429 Markridge Road in Glendale/La Crescenta.

You can read more at CVWeekly.com/CALENDARTHIS

RELIGION

RELIGION SERVICE DIRECTORY



**Center for Spiritual Living
La Crescenta**
4845 Dunsmore Ave, La Crescenta, CA 91214

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

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

Chabad Of The Crescenta Valley
Your home for all things Jewish
Hebrew School • Shabbat & Holiday Programming • Bar/Bat Mitzvahs


cvchabad.org
Contact Us Today!
Rabbi@cvchabad.org • (323) 308-5727



SPIRITUALLY SPEAKING

SPIRITUALLY SPEAKING PARTICIPANTS
Rev. Jon Karn of Light on the Corner Church; Rabbi Menachem “Mendy” Grossbaum, Chabad of the Crescenta Valley; Rev. Mary Morgan and Laney Clevenger-White, RScP, Center for Spiritual Living - La Crescenta; Rev. Dabney Beck; Rev. Karin Ellis; La Cañada United Methodist Church; Guy Leemhuis, St. Luke’s of the Mountains Episcopal Church; Kyle Sears, La Cañada Congregational Church; Holy Redeemer/St. James the Less churches; Pastors Andrew & Maria Segovia, Higher Vision 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.



**Church of Scientology
Mission of the Foothills**
2254 Honolulu Ave. Montrose
Mondays-Thursdays 4:00-9:30 pm
Saturdays 10 am to 6 pm


OUR HELP IS YOURS
scientology-montrose.org
818-957-1500
email: foothills@scientology.net

**Crescenta Valley
United Methodist Church**



**WORSHIP
Sunday 10am**
Childcare and
Sunday School
offered at 10am.

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



HIGHLANDS CHURCH
**WORSHIP SERVICE
SUNDAYS @ 10AM**
4441 LA CRESCENTA AVE
818-249-5832
WWW.HIGHLANDSLA.COM



Sunday Worship at 10:00 a.m.
LA CAÑADA CONGREGATIONAL CHURCH
CHURCH OF THE LIGHTED WINDOW
AN OPEN AND AFFIRMING CONGREGATION

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

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

Light on the Corner Church



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

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

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



WORSHIP WITH US!
**In Person and on YouTube
Sundays at 10 AM**
**Services available on our website
during the week.**
www.lcfoothills.org / 818-790-1951



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

Sunday Worship Service
(with Sunday School for kids) 9:30 AM
Wednesday Bible Study
6:30 PM
Check out our Website!
www.molc.org
See us on Facebook! 



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

NOTES & NODS

LCIF HOLDING ‘GRACE-GIVING’
Lutheran Church in the Foothills (LCIF) has launched an autumn donation drive ahead of the Thanksgiving holiday. The effort, titled “Grace-giving,” aims to collect food and essential supplies for local families in need. The initiative, which runs through Nov. 22, supports the Sunland-based charitable organization Making It Happen. Church leaders are asking community members and parishioners to donate non-perishable food items and essential hygiene products. Requested pantry staples include

Question: *The 2026 Jewish High Holy Days began this year at sundown on Friday, Sept. 11, 2026 with Rosh Hashanah and concluded at nightfall on Monday, Sept. 21, 2026, following Yom Kippur. Can you explain why those two holidays are so important?*
Trying to Understand

Dear Trying to Understand,
One of the liturgy we read on Rosh Hashanah and Yom Kippur sums it up quite well. The following is an excerpt from our High Holiday Machzor (prayer book):
“Let us describe the great holiness of this day, for it is awesome and frightening. On this day, [God’s] Kingship is uplifted, and Your throne is established with kindness, and You sit upon it in truth. True that You are judge, admonisher, knower and witness; and You inscribe, seal, record and count, and recall all forgotten things...
“On Rosh Hashanah [humanity’s] decree is inscribed, and on Yom Kippur it is sealed, how many will pass away and how many will be created, who will live and who will die; who will come to his timely end, and who to an untimely end... who will be at rest and who will wander about; who will have serenity and who will be confused; who will be tranquil

and who will be tormented; who will become poor and who will become wealthy; who will be brought to a low state and who will be uplifted.
“But repentance, prayer, and charity annul the severity of the decree.”
In short, Rosh Hashanah (“Head of the Year”) and Yom Kippur (“Day of Atonement”) are the days that G-d sits in judgement – deciding the fate of all humankind. On Rosh Hashanah, G-d “inscribes” the ruling, and on Yom Kippur G-d “seals” the ruling. It is for that reason that the days of Rosh Hashanah and Yom Kippur are spent in synagogue in prayer –asking forgiveness of our wrongdoings, making commitments to be better in the future, all in the hopes of being inscribed in the book of life, and that any negative decree should be annulled.
One of the deeper meditations on the significance of these holy days, is the understanding that while G-d has hopes and expectations of each and every one of us, nevertheless even when we fall short of them, G-d makes himself accessible, and accepts our repentance. It is a tremendous gift that every one of us possess – the ability to change and improve, and to be accepted by G-d as if we had never committed the wrongdoing in the first place.

It is because if this gift that the Talmud (Taanit 26B) says, “Rabban Shimon Ben Gamliel say, there were no more joyous days than ... Yom Kippur.” While Yom Kippur is a tremendously serious day, it is also a joyous one, for we are given the gift to be able to return to G-d.
The book of Proverbs (27.19) says: “the way water reflects a face to a face, so does the heart reflect another.” When we think about how G-d shows us his loyalty – giving us a second chance and accepting our repentance even when we may not deserve it, automatically – this creates a longing and desire in our hearts to show G-d that same loyalty. Our heart reflects his.



*Rabbi Menachem “Mendy” Grossbaum
Chabad of the Crescenta Valley
CVChabad.org*

canned foods, dry legumes, peanut butter, dry pasta, sauces and boxed meals. The drive is also seeking hygiene essentials, including wipes, feminine hygiene products and diapers of all sizes.
Donors can participate during Sunday morning services by bringing bags or boxes directly to the altar where the items will be blessed. For those unable to attend Sunday services, donations may be dropped off at the church office Monday through Thursday between 9 a.m. and 1 p.m. Office-delivered items will be brought to the altar on the following Sunday morning to be included in the weekly blessing.
In addition to “Grace-giving,” LCIF invites local bookworms to its next book club meeting on Monday, Oct. 19 from 1 p.m.-2 p.m. in the church’s conference room. All are invited to join in a discussion of “A Marriage at Sea” by author Sophie Elmhirst.
LCIF’s book club meets on the third Monday of each month. The selection for November is “Theo of Golden” by author Allen Levi.
For more information on all church events, or to receive pastoral care, visit lciffoothills.org, email office@lciffoothills.org or call (818) 790-1951. The church is located at 1700 Foothill

Bldv in La Cañada Flintridge. Office hours are 9 a.m. to 1 p.m., Monday through Thursday.

CSL OFFERS GENTLE MOVEMENT CLASS
The Center for Spiritual Living - La Crescenta is offering a gentle stretch and relax chair movement with Michelle Gillette. It takes place every Friday from 10 to 11 a.m. The cost is a \$10 donation.
The class is at Chaffee Hall in the Center for Spiritual Living - La Crescenta. The Center for Spiritual Living is located at 4845 Dunsmore Ave. in La Crescenta. For more information, call (818) 249-1045.

NEWS FROM THE CV CHAMBER OF COMMERCE » ROBIN GOLDSWORTHY, PRESIDENT

NEWS FROM MONTROSE-VERDUGO CITY CHAMBER » MOLLY BURKE, PRESIDENT

see MVCC on page 19

X

the Y YMCA

LEARNING TREE PRESCHOOL

+

OUR PRESCHOOL:

Year-round program

STUDENTS AS YOUNG AS 18 MONTHS

FINANCIAL AID PROGRAM

Y MEMBER BENEFITS

Discounted preschool pricing

Discounted Youth Programs

- Swim Lessons, Basketball,
- Cheer, Gymnastics, & MORE!

Free Monthly Family Events

SCHEDULE A TOUR

ymcafoothills.org/preschool

NOW ENROLLING!

18 MONTHS - 5 YEARS

LEAK DETECTION - SEWER INSPECTION



SCAN TO
CALL US
NOW!

PAPA'S
PLUMBING INC.

LICENSED
INSURED
LIC# 1065113

EMERGENCY
24 HOUR
SERVICE



Rooter Service - Trenchless Sewer Replacements - Hydro Jet - Gas Lines
Water Heaters - Repiping - Sewer Line Video Camera Inspection

\$69*

ANY DRAIN
CLEANING

Includes FREE Camera Inspection
Mechanical drain/snake machine.
Must have outside accessible clean
out access. Area drains excluded.

\$88*

SAFETY
INSPECTION

• Water Quality • Leak Test
• Water Heater Gas & Safety Check
• Crawl Space • Pipe Safety Inspection
(Drains • Gas • Water)

FREE*

CAMERA
INSPECTION

(With any standard Drain cleaning)

\$1000 OFF*

ANY SEWER
REPLACEMENT
OR LINING

\$299*

HYDRO JET

Must have outside accessible clean out
access. Up to 50ft only. Additional clean
out services extra. Area drains excluded.

SAVE UP TO
\$1000 OFF*

WATER HEATER

(Replacement or Upgrade)

YOUR TRUSTED, LOCAL
LA CRESCENTA PLUMBERS.
Affordable - Quality - Prompt



I have never had such a positive experience with a plumbing
company. They by far exceeded my expectations. Fast and pro-
fessional service. - Katlyn T.



Papa's Plumbing helped me unearth the hidden mysteries of my
100 year old home's sewers. They did absolutely immaculate
work in replacing cracked century old cast iron pipes with brand
new PVC and fixed a bunch of other stuff we discovered along
the way the way. - Ralph B.



Fantastic, above and beyond plumbers. Contacted Papa's after
being ghosted by another company to replace my water heat-
er with a tankless unit. Creative, inventive solution that other
plumbers said wasn't possible was completed perfectly. Can't
say enough about Papa's Plumbing - will always be using them
in the future! - Josh P.

*With coupons only. Not valid with other offers. One coupon per visit. Coupons
valid, Mon-Fri 7am-5pm - Not available after hours, weekends or holidays.
Additional charge if accessible clear out on exterior not present. Terms and
conditions apply. Coupons valid for residential customers only.

(818) 452-3007 www.papatheplumber.com