

LA CRESCENTA-MONTROSE NEIGHBORS

*The exclusive publication for
La Crescenta-Montrose residents*

APRIL 2020



**MEET THE RAHM FAMILY –
UNITED OVER A PASSION FOR
RUNNING, THE UNEXPECTED
COURTSHIP BEGAN**



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Cover photo by Chris Callahan

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As a local boy, I have a stake in my community. I was born and raised in La Crescenta, attended Lowell Elementary, Clark Junior High, and

Crescenta Valley High School. My first job at age 16 was working construction on my cousin's construction crew, building homes throughout the Crescenta Valley. That was the beginning of my life-long building career, and 35 years later Kendall Hales Custom Homes are found throughout the Los Angeles area.

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Dedicated to our community for 30 years, my history in the Crescenta Valley runs deep. Raising my kids here and serving in various civic causes,

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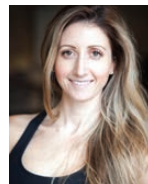
Growing up, I always heard my parents' trials and tribulations and of course celebrated with happy clients. After graduating California State University

Northridge, I started working as a teacher. Five years later, I became a production assistant for 5 top producing loan originators. Having gained experience with various lending procedures, I became licensed and began my own career path in mortgage lending. In 2017 I established "Your Legacy Financial, Inc. dba Heart of Lending".

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LA CRESCENTA-MONTROSE NEIGHBORS

PUBLICATION TEAM:



Publisher:
Mindy Stackpoole



Content Coordinator:
Jane Napier Neely



Contributing Photographer:
Chris Callahan

Designer: Dawn Fenn

ADVERTISING:

Contact: Mindy Stackpoole
Email: mstackpoole@bestversionmedia.com
Phone: 818-275-1707

FEEDBACK/IDEAS/SUBMISSIONS:

We love hearing from you! Content Submission Deadlines are the 15th of each month, two months prior to issue, e.g. October 15th for December issue. Email your thoughts, ideas and photos to: mstackpoole@bestversionmedia.com.

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PUBLISHER'S LETTER

BY MINDY STACKPOOLE



Hello Neighbors,

There's much to discover throughout April's issue; join me in thanking the Rahm family for opening up their home to us, for sharing their story and helping us create an amazing cover.

This beautiful community we call home has so many fantastic events happening all around us, all the time. Lucky us! Mark your calendar for the Hometown Fair – there's a pie-eating contest, car show, and pet parade! Be sure to see all that is happening in and around town on pages 12 and 13. Kudos to Crescenta Valley Youth Town Council, they have been hard at work, encouraging our youth to bring their ideas to life at the Harvest Market Sunday, April 19th. Come by and show your support for these young entrepreneurs.

We've all heard of the little library, full of books that we've outgrown and want to share with others. Well, Jessica and Luke Cheney came up with a fresh idea to share their love of puzzles, read about how you can join in the fun on page 4. Do you have room in your heart and your home for beautiful Ricky? Glendale Humane Society is a no-kill shelter and they have your best friend waiting to meet you.

My thoughts are with our sponsors this month. I'd like to thank all of our advertisers and sponsors for continuing to bring the *La Crescenta-Montrose Neighbors* magazine to life. Without them, we wouldn't have a chance to feel closer to our neighbors or hear their stories about what inspires them.

As always, feel free to reach out with your story ideas, families to nominate, comments, feedback, and any interest in advertising.

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Finding PEACE in the PIECES

BY JESSICA CHENEY
CO-FOUNDER OF THE
PUZZLE REPUBLIC

Luke and Jessica Cheney

I think at one point or another we all have a time when stress takes over our lives. For me, this came about a year ago when I was stuck in a rough place, overcome by anxiety, self-doubt and the unrealistic need for perfection. I took being a workaholic to a whole new level and became obsessed with checking things off my list. To the point where I couldn't even take a shower without reaching out from behind the curtain to add notes in my phone of all the things I still had to do. I tried everything to relieve my anxiety (running, meditation, music, even therapy) but I still couldn't put my mind at ease.

Now, I have finally found my missing piece - a way to stimulate my mind and allow me to unwind: puzzles! Puzzling has become therapeutic for me in ways I never thought possible.



Instead of my husband, Luke, having to pry me away from my laptop, he now has to peel me away from a puzzle. While it might just be me jumping from one obsession to another - I still think that "I'm almost done with the edge pieces" sounds way better than "Just one more email."

As time went on, we ended up with a closet full of completed

puzzles collecting dust. One day, while walking through our neighborhood, we passed a free little library for books. LIGHTBULB! We thought it would be fun to make our own library exclusively for puzzle sharing and call it The Puzzle Palace (because alliterations are awesome.)

This idea would have gone nowhere had it not been for Luke who brought it to life. He is a firm believer that if you have the means to do something good then it is your duty to act on it. In October, he came across an old Barbie hotel at an antique shop and BOOM, another LIGHTBULB! This dollhouse would make the perfect palace to house our puzzles. Through lots of blood, sweat, and beers (not to mention help from our friendly neighborhood handyman, James Lee Ehlers) the transformation

was complete. Our little idea had turned into something much bigger, weighing in at 49 pounds and measuring just over 58 inches tall.

On January 26, we officially opened The Puzzle Palace door to the La Crescenta community. A huge thanks go to my parents, Rod and Karen Longpre for letting us post up in front of their house. Puzzled about where to find us? We are just down the street from Mountain Avenue Elementary!

We encourage you to pick up a puzzle and see for yourself the positive impact it has on your mind and soul. This is just the beginning and the puzzabilities are endless so follow us on Instagram at thepuzzlerepublic to watch our jigsaw journey continue.



GET YOUR HOMES AND GARDENS READY FOR THE FIRE SEASON

BY ASSISTANT FIRE CHIEF ANDERSON MACKEY, LOS ANGELES COUNTY

For those in Los Angeles County living in wildfire-prone areas, fire danger is always present. Wildland fires destroy hundreds of homes each year, but there are ways to help protect your home in case a fire occurs around it. Here are some helpful tips on how to keep your home safe from dangerous wildfires:

- Create a defensible space perimeter by thinning trees and brush within 30 feet around your home.
- Beyond 30 feet, remove dead wood, debris, and low tree branches.
- Eliminate small trees and plants growing under trees. They allow ground fires to jump into tree crowns.
- Place shrubs at least 20 feet from structures and prune regularly.
- Plant the most drought-tolerant vegetation within three feet of your home and adjacent to structures to prevent ignition.

- Provide at least 10 to 15-foot separations between islands of shrubs and plant groups to effectively break-up the continuity of vegetation.
- Landscape your property with fire-resistant plants and vegetation to prevent the fire from spreading quickly.
- Create fire-safe zones with stone walls, patios, swimming pools, and decks.
- Keep plants green during the dry season; this will serve as a "green belt" and protection against fire.
- Store flammable materials, liquids, and solvents in metal containers outside the home and at least 30 feet away from structures and wooden fences.
- Stack firewood at least 30 feet away from your home.
- Clean up dead trees and shrubs surrounding your home. If a fire does break

out near your home, dead vegetation can act as pure fuel for a fire.

- There is no such thing as a "fireproof" plant. Some plants that can resist ignition are rockrose, ice plant, and aloe.
- Hardwood, Maple, Poplar, and Cherry trees are less flammable than pine, and fir trees. If possible, plant less-flammable trees around your property.
- Space trees 30 feet apart and prune to a height of 8 to 10 feet.
- Trim grass regularly up to 100 feet surrounding your home.

Being prepared by practicing fire-safe landscaping before a fire begins is extremely important to save your home from any damage that may occur if a fire gets dangerously close to your home.



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MEET THE RAHM FAMILY – UNITED OVER A PASSION FOR RUNNING, THE UNEXPECTED COURTSHIP BEGAN

BY JANE NAPIER NEELY / PHOTOS BY CHRIS CALLAHAN

Imagine growing up in the proverbial boonies, on a 40-acres ranch, without electricity or dependable running water, let alone such luxuries as flushing toilets, TV, a telephone or even lights. Try candles instead! And forget about cell phones, computers, or Wi-Fi. The nearest neighbors cannot be seen from your ranch, and the closest town is actually called Boonville (and yes they have their own dialect). And you thought La Crescenta was a quiet place. Is this how all people live in Northern California?

While this sort of upbringing is difficult to comprehend for most of us living here in the La Crescenta Montrose area; this is how Dr. Yoshi Rahm grew up for the first 11 years of his life. He lived near the end of a five-mile dirt road that started near the outskirts of a small town called Ukiah in northern California.

Dr. Yoshi, as his patients affectionately call him, is the product of what he describes as two hippies, Clark Ramm, the manager of an annual fairground, and Jean Hooker, a social worker who cared for AIDS patients. As Dr. Yoshi reflects on his childhood, he does so with a smile and with a heart full of gratitude for this peaceful childhood that so connected him to nature. “The beautiful part of my growing up is that we had total freedom in nature and discovery of the true rhythm of the different seasons – we woke up when the sun rose and went to bed when it set.” It is no doubt this unique start to life had a profound influence on him and is a contributing factor in his calm, peaceful demeanor.

Dr. Yoshi has multiple older siblings, Michelle, Micah, Tiera and grew up with a younger brother named Yoshaany, who passed away

11 years ago, due to complications from a seizure. He suffered epilepsy his entire life. Dr. Yoshi spent much of his childhood helping his younger brother, both with daily tasks, tutoring, and the likes, as well as working through heart-wrenching seizures. It was Yoshaany’s illness that served as a catalyst for Dr. Yoshi’s decision to become a physician and further sparked his special passion for improving brain health.

From preschool through 8th grade, Dr. Yoshi attended a Waldorf School in nature, where learning occurred as the child showed interest. As a result, Dr. Yoshi didn’t learn to read until third grade. Yoshi graduated from Ukiah High School in 1998. While there, he ran cross-country and track on a highly competitive team. He and his team placed fifth in the state his senior year. His desire to be a collegiate



runner contributed to his decision to attend the University of California, San Diego (UCSD) over the University of California, Berkeley. At age 19, the summer between his first and second year at UCSD he met his future wife, Sonia, who was 17 at the time. She was an incoming freshman on the cross-country team, who ironically also attended UCSD over UC Berkeley, in part because of her desire to run collegiately. United over a passion for running, the unexpected courtship began.

While at UCSD Yoshi and Sonia, along with two other friends, founded the running club called "Strides" in 2000. It was with the Strides Club that the two once ran the San Diego Rock 'n Roll marathon dressed as Jamba Juice bananas without any serious training. Jamba Juice took notice of the running couple and compensated the college students with 52 free Jamba Juice drinks. The Rahms are proud the Strides Club is still running strong 20 years later.

Sonia Teymouri (now Sonia Rahm) is a Montrose local. Her family moved to Sparr Heights in 1990 when she was nine years old. She attended Fremont Elementary, Rosemont Middle School and Crescenta Valley High School (CVHS) - Class of 1999.

While at CVHS, Sonia was active in school leadership clubs and student government and was the captain of three Varsity sports teams; cross-country, track, and soccer. While attending Crescenta Valley High School she held school records in cross-country and in the two-mile track.

Sonia is the product of the American Dream. Her mother, Esther Teymouri, was a farm girl from Colombia and her father, Hossein Teymouri, a village boy from Iran who raised goats. They immigrated from their respective countries to Los Angeles in their early 20s, they just celebrated 46 years of marriage. They moved to Sparr Heights with their three children in 1990, attracted by the good



THANK YOU TO OUR EXPERT CONTRIBUTORS SHARON HALES AND KENDALL HALES FOR SPONSORING THIS MONTH'S FEATURED FAMILY

LA CRESCENTA REAL ESTATE MARKET PROFILE

Median List Price	\$835,000
Per Square Foot	\$595
Days on Market	75
Price Decreased	36%
Price Increased	9%
Relisted	27%
Inventory	22
Median Rent	\$3,200
Most Expensive	\$1,659,000
Least Expensive	\$469,900

Strong Seller's Market

Market info pulled February 21, 2020. Copyright © 2020 Altos Research, Inc.

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schools and proximity to Hossein's work in downtown Los Angeles. Their eldest son, Amir (CVHS class of 1995), passed away in a car crash seven years ago. His wife, Johanna and daughters, Cynthia (age 26) and Lilliana (age 13) live in La Crescenta, their next child, Saeed (CVHS class of 1998), lives in La Canada with his wife Mackenzie and their son Luca (age one). Sonia is the youngest. The Rahms

live in La Crescenta with their three children, Kalaya (age five), Zoey (age two and one-half) and Kamal (age seven months) and their rescue dog Olive.

Kalaya Faith is a strong and agile five-year-old. She loves the monkey bars, can do pull-ups, loves spinning her friends in the tire swing as fast and high as possible. Putting out the trash, recycling and compost bins curbside (with supervision, of course) makes her feel like a really big girl. "We would not be surprised if someday she is an American Ninja warrior with her fearless personality and excellent motor skills," Sonia said. She also loves taking care of her younger siblings, her "babies" (dolls), drawing and music.

Zoey Ayana is a sweet, happy two-and-one-half-year-old. Her father says she has a special energy about her- a bounce to her step. She loves music and has an affinity toward art and fine motor activities. That said, she also loves running and kicking the soccer ball. Sonia is cautiously optimistic she'll be the soccer player in the family (Sonia played soccer from age four to 35). Zoey also loves taking care of her "babies." The girls are a sweet pair and are best friends.

Kamal Malachi is a happy and easygoing baby. He enjoys the outdoors, books, his sisters and crawling everywhere. He flashes his brilliant smile at anyone who gives him attention but especially loves his older sisters.

Sonia graduated with a Bachelor of Science in Social Psychology and a Bachelor of Science in Management Science, magna cum laude from UCSD. She then earned her MBA from UCLA Anderson with honors.

After graduating from UCLA 12 years ago, she began her career with Citi Bank. She is a Director at Citi Community Capital, the arm of Citi that lends money to affordable housing developers to build housing for low-income families and individuals. "I love my career and feel blessed to combine my love for people and numbers with an impactful career partnering with developers to house those most in need," Sonia said.

Dr. Yoshi graduated from UCSD with a BS in Animal Physiology and Neuroscience and a minor in Human Development. After graduation, he did an internship at an ear, nose, and throat research laboratory in Germany and then returned to La Jolla to work at La Jolla Institute for Allergy and Immunology.

After that, he began his journey to become a physician. He was accepted to all six medical schools he applied to and chose to attend Western University of Health Sciences. Mainly due to proximity to Sonia, who was working in litigation consulting in Pasadena at the time. In May 2005, after his first year of medical school, and six years of dating, Pastor Dave Roberts of Montrose Church, where Sonia has attended since 1999, married them.



After four years at medical school, Dr. Yoshi did a three-year family medicine residency at Glendale Adventist Hospital where he was the chief resident his final year. Upon graduation, he was honored to be named Resident of the Year as voted by faculty and staff and Best Resident as voted by his peers.

Dr. Yoshi opened Oasis Family Medicine in Montrose in 2011 as a solo family medicine practice. Dr. Yoshi's naturistic upbringing guided him to become double board-certified in both Family Medicine as well as Integrative and Holistic Medicine. Dr. Yoshi says,

"I love being a physician and feel so fortunate to be able to help those in search of health. I look forward to every day and the amazing people I work in concert with as a physician."

Sonia's passion for running eventually spread to all of her family. Her mother and father are now marathoners. In 2005, Sonia ran a marathon with the Leukemia and Lymphoma Society's Team in Training (TnT) to do something tangible to support her cousin, Dan, going through chemotherapy. Her parents came to cheer her. Her dad was so inspired to see so many everyday people completing marathons that he signed himself and his wife up to fundraise for the next marathon offered. To date, Esther has participated in eight full marathons and 24 half marathons. Hossein has completed eight full marathons and six half marathons and completes the LA Marathon and fundraises with TnT each year in memory of his late son, Amir. Sonia has run six full marathons and a few half marathons. Both of Sonia's brothers have fundraised and completed marathons with TnT.

"The La Crescenta-Montrose area is a special place. It's amazing how one can experience small-town America so near the big city of Los Angeles," Yoshi said. It looks like the Rahm family has no plans to ever leave this little slice of heaven."



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Beautiful Ricky Wants to Find a Loving Home

BY ALYCE RUSSELL, EXECUTIVE DIRECTOR,
GLENDALE HUMANE SOCIETY



This handsome boy is Ricky, a Golden Retriever Labrador mix. He is three years old and about 80 pounds. Ricky was turned into the Glendale Humane Society (GHS) by his owner. She had him from eight weeks of age and would have him still were it not mandatory for her to leave the country with the probability of not returning.

He is a delightful dog. He walks nicely on a leash, has perfect house manners, loves car rides, and is a proficient athlete in the sport of fetch.

Ricky has an amazing ability to hold a gaze and make you think you are his favorite person. This dog would be a great therapy dog – he is gentle and calm. Ricky is on a diet and needs to lose about eight more pounds according to our vet. He has been a good sport about his diet and does not beg for food. Ricky's family said he is great with all people, likes other dogs and has been polite with cats. We think he is pretty close to perfect!

For more information about the shelter and animals available for adoption, call 818-242-1128. You can also go to their website glendalehumane.org

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STUDYING TIPS FOR STUDENTS

BY RACHEL KOEPKE

Having trouble studying for an upcoming test? You're not alone! Many students find themselves staring at their notes without comprehending a thing. The next time you feel unmotivated, try one of these tips. Just remember that everyone studies differently, so don't expect each tip to work for you. Choose the ones that work best. Good luck on that exam!



STAY CALM. The first rule is to relax. Take a deep breath and create your study plan. Talk to fellow students who've taken the class or go to the tutor. If the professor has old tests, use them as study material. Find what works best for you.

MAKE IT A COMPETITION. Are you competitive? Make a bet with a roommate or friend about your test score (in a positive light). Choose a prize for yourself if you win the bet. Work for that A+!

SCHEDULE TIME. If you're good at making excuses, it's easy to cast aside study time. Schedule it into your day—even if you're extremely busy. You can always fit in a few minutes to study at lunch.

MULTITASK. I used to have the best success studying at the gym. Try riding a stationary bike or elliptical while reading your notes. If you don't like that, bring your notes to lunch. Find a friend to study with. Go for a walk as you review material for an upcoming test.

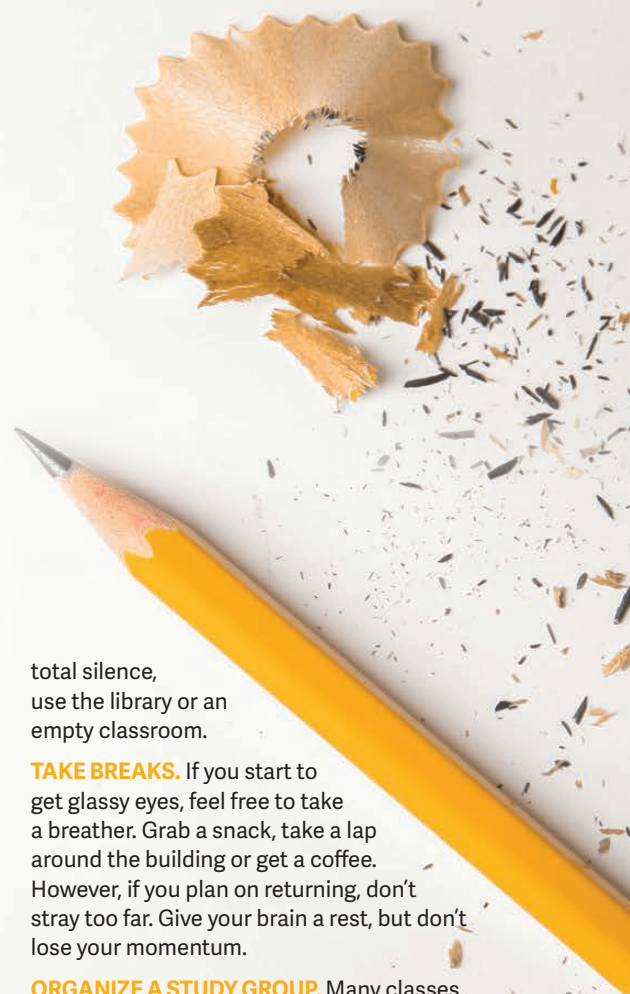
START EARLY. Don't procrastinate. Get an early start on your review so you won't have to cram the night before (and lose all your sleep). One way to stay on top of your class's content is to review your notes daily. Just a few minutes every day will go a long way toward preventing brain overload the day before the exam.

SET THE MOOD. Learn which environments help you focus. Do you like music while you study? Grab some headphones and go to your favorite study location. If you need

total silence, use the library or an empty classroom.

TAKE BREAKS. If you start to get glassy eyes, feel free to take a breather. Grab a snack, take a lap around the building or get a coffee. However, if you plan on returning, don't stray too far. Give your brain a rest, but don't lose your momentum.

ORGANIZE A STUDY GROUP. Many classes have study sessions before a big exam. Find a few classmates and get together to review the material. Quiz each other and explain your answers. Not only will you have more motivation, you'll be forced to justify the reasoning behind your answers, which helps you better understand the concept as a whole.



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SHAKESPEARE IN THE GARDEN

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Ensemble Shakespeare Theater returns with performances amongst Descanso's spring blooms every Saturday and Sunday in March and April. This fun, funny, moving production will travel to peak bloom spots as the season changes, showcasing a blooming botanical backdrop for your favorite Shakespeare scenes. Meets at Center Circle. No registration required. Included in the price of regular admission. Free to Descanso Gardens members. Please note that this program does not meet on Sunday, April 12.

WHERE: 1418 Descanso Dr., La Cañada Flintridge, CA 91011

COST: Included in the price of regular admission. Free to Descanso Gardens members.

CONTACT: Descanso Gardens (818) 949-4200

SAT., APR. 4 @ 1-3:30PM
RIGHT PLANT, RIGHT PLACE
WITH LILI SINGER @ THEODORE PAYNE FOUNDATION

Knowing native habitats can help you choose the right plants for your place. This course discusses local plant communities and their conditions, as well as how to assess the conditions of your garden site, including climate, soil, sunlight, and space. A valuable class for beginners and the prerequisite for our Three-Part Native Garden Design Course. Limited to 12 students. Lili Singer is an award-winning horticulturist, educator and garden writer, and TPF's Director of Special Projects.

WHERE: 10459 Tuxford St, Sun Valley, California 91352

COST: Tickets: \$25-\$35
More information call (818) 768-1802 / info@theodorepayne.org

SAT. AND SUN., APR. 4 AND APR. 5 @ 9AM

9AM RELAY FOR LIFE @ CLARK MAGNET HIGH SCHOOL

Survivors and supporters take to Clark Magnet High School for 24 hours over the weekend to participate in the annual Relay for Life of the Foothills. The event kicks off at 9am Saturday with an opening ceremony, followed by a survivor/ caregiver walk, a luminaria ceremony and a closing ceremony.

WHERE: 4747 New York Ave, La Crescenta, CA

More information: allie.routier@cancer.org

SAT., APR. 4 @ 8PM AND SUN., APR. 5 @ 2PM

GAY MEN'S CHORUS OF LOS ANGELES PRESENTS THE CALIFORNIA SOUND @ THE ALEX THEATER

Highlighting classic pop harmonies that put the California Sound on the map, and on the

charts, with legendary songs of The Beach Boys, The Mamas and the Papas, and The Byrds. Plus the male chorus world premiere of two works by renowned California composer Frank Ticheli. CATCH THE WAVE! This concert will be a sonic sensation.

WHERE: Alex Theater 216 North Brand Boulevard Glendale, CA 91203

COST: starting at \$25

1-800-MEN-SING

<http://www.gmcla.org>

SAT., APR. 4, 11, 18 AND 25
FARMERS MARKET - SPONSORED BY THE LA CANADA CHAMBER OF COMMERCE

WHERE: 1300 Foothill Blvd., across the street from Memorial Park

TIME: 9am - 1pm

COST: FREE

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Portions of my earnings are donated to ASCENCIA (AscenciaCA.org)
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SUN., APR. 5, 12, 19 AND 26

MONTROSE HARVEST MARKET

The Montrose Harvest Market is a traditional farmers market, offering the best produce and flowers from certified Southern California growers and a variety of prepared foods. The Marketplace serves up a wide variety of antiques, collectibles, artisans and an interactive children's area.

WHERE: 2300-2314 Honolulu Ave., Montrose, CA 91214

TIME: 9am – 1pm

COST: FREE

www.shopmontrose.com/harvest-marketandmarketplace/

MON., APR. 6

MEASURE FOR MEASURE

@ The Antaeus Theatre

"Some rise by sin and some by virtue fall." Intimacy and hypocrisy abound in this dark comedy about the corruption of power and authority...and the true nature of love and justice.

WHERE: 110 E Broadway, Glendale, CA 91205

<http://antaeus.org/> 818.506.5436
info@antaeus.org

SAT., APR. 11 @ 8 – 10AM

AMERICAN LEGION'S VETERANS BREAKFAST

The American Legion hosts a veteran's breakfast the second Saturday of each month from 8–10am. Open invitation to all American Legion 288 and VFW Post 1614 Members, their families, guests and all local veterans living in the Crescenta Canada Valley.

WHERE: 4011 La Crescenta Ave, La Crescenta, CA 91214

COST: FREE

THU., APR. 16

CRESCENTA VALLEY TOWN COUNCIL MEETING @ LA CRESCENTA LIBRARY

The Council provides a forum, through a town meeting, to identify and discuss the issues of concern to the residents and businesses in the unincorporated areas of La Crescenta and Montrose, and to represent those residents and businesses.

WHERE: 2809 Foothill Blvd., La Crescenta, CA 91214

TIME: 7 – 9pm

COST: FREE

www.thecvcouncil.com

SAT., APR. 18, 20, 19

HOMETOWN COUNTRY FAIR @ CRESCENTA VALLEY PARK

The Crescenta Valley Chamber of Commerce hosts the 15th Annual Hometown Country Fair. Enjoy a car show, live entertainment, a

dog parade, pie-eating contest, traditional and ethnic foods, karaoke contest, inflatables, a silent auction and a wide variety of vendor booths. Fun for people of all ages.

WHERE: Crescenta Valley Park 3901 Dunsmore Ave Glendale, CA 91214

COST: FREE

Crescenta Valley Chamber of Commerce (818) 248-4957 / info@crescentavalleychamber.org

APR. 19

CRESCENTA VALLEY YOUTH TOWN COUNCIL (CVYTC) WILL BE HOSTING ENTREPRENEURS OF TOMORROW EVENTS AT THE MONTROSE FARMERS MARKET

Are you in Grade 7-12 with a great idea? CVYTC invites you to take advantage of a FREE booth at the Montrose Farmers Market 9am – 2pm. The event provides those in grades 7-12 a free booth at the Montrose Farmers Market to sell handmade items or prepurchased items. This is a great opportunity for people to grow their communication, business, and organization skills.

MORE INFO: Instagram @cvytc or Facebook (facebook.com/cvyouthcouncil)

TUE., APR. 21 @ 9AM – 5PM

FREE TUESDAY AT DESCANSO GARDENS

1418 Descanso Dr., La Cañada Flintridge 91011

You will need advanced tickets to enter. Tickets for Free Tuesday on April 21 will be available on Tuesday, March 31 at 10am. (818) 949-4200

SAT., APR. 25 @ 3-7PM @

CRESCENTA VALLEY FAMILY YMCA

10TH ANNUAL BIKE-A-THON: CYCLE INTO THE DUSK

Child care will be provided to event participants at no extra charge. Ride by yourself or with a team (each person/team will get one bike to ride for a total of 4 hours.). Your contribution will support our Kids to Camp. Enjoy live DJ music, dance group performance, food, raffles, great prizes and much more.

WHERE: 3931 Lowell Ave., Glendale, CA 91214

COST: To participate: each person/team must raise a minimum of \$250*

For more information, contact Rosanne 818-583-4729 / rosanne@ymcafoothills.org



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Do you have an event you want us to know about?

Contact Mindy Stackpoole

mstackpoole@bestversionmedia.com / 818-275-1707.



CV Youth Town Council Helps Young Entrepreneurs Thrive

BY ROAN THIBAULT

Many in La Crescenta may not have heard of the Crescenta Valley Youth Town Council (CVYT) Council, but at its biweekly meetings, the organization's 11 members are hard at work organizing events for the community's young population. The group is affiliated with the CV Town Council, which CVYT advisors Harry Leon and Daniel Kim sit on. One of its recurring and most visible events is Entrepreneurs of Tomorrow, which allows young entrepreneurs to sell their crafts, creations, and designs at the Montrose Harvest Market.

The most recent Entrepreneurs of Tomorrow event or (EOT) event, took place on February 2. Eight middle and high schoolers signed up to sell items, including both returning and new vendors. Returning vendors ranged from Wolfie Crafts, a seller of felt plush toys, to C&S Bath, which markets handmade bath products. C&S Bath co-founder and CVYT president Lucy Rickey said of her EOT experience, "this has really allowed my business to grow and I have learned so many skills from my time participating in this event." Her business has

sold at EOT six times, making hundreds of dollars in profit—a key feature of the event. The CVYT allows its vendors to keep all of the money they make during the event, charging no commissions other than a security deposit.

In addition to returning vendors such as Rickey, young entrepreneurs from around the area make their first appearance at EOT with every event. A new vendor from February's EOT was a handmade crochet business, which made a splash with its delightful animal caricatures. The business quickly sold out of many of its products, despite lower than usual crowds as a result of the Super Bowl.



The CVYT is currently hard at work planning for its next EOT event, which it plans to host on April 19th. It invites any middle or high schooler to sign up if they have a non-edible product to sell. A member of the February event's planning committee, Lauren Karakas, urges prospective vendors to sign up early—"Typically, we achieve full capacity, it is important to sign up as quickly as possible." The best way to get updates about Entrepreneurs of Tomorrow events is to get social updates from the Youth Town Council, whether that be on its Facebook (Crescenta Valley Youth Town Council) or its Instagram (@cvytc).

Roan Thibault is the publicist of the Crescenta Valley Youth Town Council.

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VIETNAMESE NOODLE BOWLS

BY ROSE ALEXANDER

If you've ever been to a Vietnamese restaurant, these noodle bowls, or bún, are always a staple. You could make them with beef, satay chicken or vegetarian options, but I'm a fan of marinated pork. This recipe makes two servings, and the amounts can easily be increased to serve more.

INGREDIENTS

Bowls

2 romaine lettuce leaves, washed and sliced
1 oz. rice vermicelli noodles
½ carrot, peeled and sliced into matchsticks
¼ cucumber, sliced into matchsticks
¼ cup bean sprouts
2 Tbsp. fresh mint
2 Tbsp. fresh basil
2 Tbsp. fresh cilantro
2 spring rolls (homemade is great, but frozen ones also work)
Sliced beef, chicken or pork (see below)
Hoisin sauce, for garnish (I like a lot of this)
Chopped salted peanuts, for garnish
Nuoc cham sauce, for dipping

Sweet Lemongrass Pork

1 quick-fry (thin-cut) pork chop, thinly sliced
½ stalk lemongrass (white stem only), very thinly sliced
1 clove garlic, crushed
½ Tbsp. ginger, minced
1 Tbsp. cilantro, minced
2 Tbsp. soy sauce
1 Tbsp. fish sauce
½ Tbsp. honey
½ Tbsp. brown sugar
Mix all ingredients and marinate pork slices overnight.



ASSEMBLY

1. Cook the spring rolls according to package directions. If using homemade, heat them up in a toaster oven so they stay crispy.
2. While the spring rolls cook, soak the vermicelli in hot water until the noodles are soft, (about 5 minutes). Drain, then run cold water over them. Leave them in the colander and toss them in a little neutral oil so they don't stick.
3. When the spring rolls are ready, let them cool slightly, then cut them into bite-sized pieces.
4. Place half of the sliced lettuce in the bottom of a large serving bowl, then half the

noodles on top. Working your way around the outside of the bowl, place half each of the bean sprouts, carrots, cilantro, cucumber, basil, spring rolls and mint.

5. Just before serving, stir-fry the pork slices in a wok or skillet over medium-high until cooked through, (about 2 to 3 minutes). If you want to use the remaining marinade as a sauce, cook until it reduces by at least half to make sure it's safe to eat. Place the pork in the bowl.

6. Top with a generous drizzle of hoisin sauce and a handful of chopped peanuts. If desired, serve nuoc cham in a small bowl on the side for dipping spring rolls, or pour some over the noodles.



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