

Aftermath of Station Fire a Major Concern

By Katharine Russ

According to official reports, the Station fire was the largest in Los Angeles County recorded history and the largest in the history of the Angeles National Forest established over 117 years ago. The fire charred nearly 163,000 acres. Twenty-one firefighter injuries were reported and two firefighters died fighting the fire. The reported cause of the fire was arson. Governor Schwarzenegger has offered a \$100,000 reward for information leading to the arrest of the fire starter. County Supervisor Antonovich has also posted a \$50,000.00 reward for the same. The damage caused by the fire exceeds \$100 million dollars.

Even though the flames are out, there is far more to worry about. The intense heat (nearly 2000 degrees) from wildfires can cause the soil to "seal" itself and water will not easily penetrate it. The rainy season begins in late October through March and rain within the burn area can pose an ongoing threat to life, property and natural resources. With the annihilation of the Tujunga Watershed and moderate to severe damage to three other watersheds, officials anticipate an accelerated, widespread run-off from the hill slopes.

Jody Noiron, Supervisor, Angeles National Forest, in her presentation at the Fire Recovery and Community Outreach meeting sponsored by County Supervisor Michael Antonovich in Alhambra on Friday September 25, said, "We have all seen the fire, flood, debris flow cycle that is common in Southern California. The difference this year is that it can happen in a much bigger way because of the number of acres that have been burned and the number of vast acre slopes." Noiron emphasized that areas involved in past fires have not fully recovered yet and may exacerbate problems.



Debra Belcher and daughter sifting through remains of their home in Big Tujunga Canyon

To address concerns ahead of time, the Angeles National Forest has assembled a Burned Area Emergency Response (BAER) Team to assess the damage to the watersheds, soil and natural and cultural resources. The team is comprised of specialists who are highly experienced in conducting rapid watershed assessments and analyses. The group include soil scientists, hydrologists, geologists, biologists, geographic information specialists, archeologists, botanists, silviculturists, and civil engineers. An assessment of these burned watersheds is ongoing by the BAER Team to determine what methods of treatment will be effective.

Todd Ellsworth, BAER, gave his summarized prediction. "There is going to be significant increase in sediment affecting infrastructure and public assets both in the National Forest and downstream."

After the Old and Grand Prix fires in Devore, CA (San Bernardino) four inches of rain fell in a 24-hour period producing massive debris flows on Christmas Day, 2003. It killed 16 people, numerous animals and destroyed property as mud, trees, rock and boulders slid at an astounding speed down hill slopes. Every burned basin produced a debris flow on that day. (<http://www.youtube.com/watch?v=k3W-wDIR-Os>)

Rich Phelps, Liaison, US Forest Service said, "The amount of rain needed to start a debris flow varies with the material on the slopes, the amount of vegetation on the slopes, how steep the slopes are, etc. Even a normal rainfall can initiate a debris flow. Longer duration events can generate more material, some, much like concrete."

Ash from wildfires is extremely caustic and contains high levels of arsenic, lead and other toxic metals,

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710 Traffic will Impact 210 Freeway

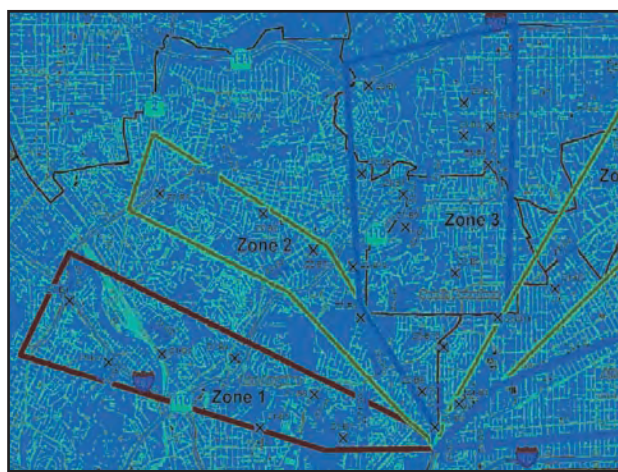
By Dr. Tom Williams

Caltrans and the Metropolitan Transit Authority (MTA) have been "studying" the 710 Gap again, after more than 50 years (actually started in 1949). They recently pulled more baits-n-switch by occupying everyone with the complex geotechnical info, after dismissing the costs, route, noise and air pollution, and safety, etc. They then brought back the same scope in the new Task Order 5 after all the public presentations were finished and without further public participation. Caltrans now says we will be invited to more meetings next year. Maybe. However, they gave the "Steering Committee" a one-day notice before Caltrans gave notice to proceed to their consultants without comments from the Steering Committee, including La Canada-Flintridge and Glendale.

The Steering Committee finally exerted power to get the Task Order delayed to 2010. During the same time as the Task Order 5 situation, Caltrans, along with the cities of Alhambra and San Marino, were pressuring State Senator Cedillo to get his bill through to stop Portantino's bill for release of 500 housing properties owned by Caltrans in Pasadena. So, Pasadena, and LA. Cedillo's Senate Bill 545 has gone to the governor for signature, but because it's a mess, the Governor may send it back. If signed, SB545 would render the Caltrans Geotechnical Feasibility

Study and Task Order 5, as well as two year's of all inputs from the public and affected cities, irrelevant.

SB 545 allows for only one tunnel. The Pasadena entrance to the tunnel(s) would have to start north of Orange Grove and the I-210/SR-134 interchange in order to get deep enough to go under South Pasadena. It protects Alhambra, but hammers El Sereno (LA). South Pasadena thought that this plan would convince Caltrans to release the Caltrans' housing, but according to the fine print, Caltrans will eventually decide where the undefined "mitigation measures" may go.



Zones 1, 2, and 3 (4-5 deleted); South Portal starting south of Castilla/Hellman Ave. Red-Lines = Most Probable Routes, Shortest Total Lengths and Portals

Until that time, they can claim that they need to keep all the housing.

SR2, SR134, I-210, I-605 - Route Neutral - Apparently, Caltrans developed their Geotechnical Feasibility Studies of five transportation zones in order to cover every possibility without respect for practicality or transportation goals, declaring it "route neutral", although they maintained a single "portal specific" southern starting point. After review, Caltrans gave up on the far eastern Zone 5 to I-605 and the nearer eastern Zone 4 to Arcadia segment of I-210. They also gave up on Zone 1 due to impracticality, hazardous contaminated soils, high portal costs, and community disturbance and disruptions to get any route through to the SR-2/I-5 interchange. Although Caltrans keeps the five zones alive and are spending money for consultants to study and screen them, the practicality of Zones 2 and 3, and the sliver of space between 2 and 3, remain the most probable "viable", "practical", and "acceptable" general corridors. After all of the claims for "objectivity" and "neutrality", Caltrans still decided to renew their earlier discarded "Meridian Route" in Cedillo's SB 545 which turns the entire "neutral" process on its head--nothing unusual for Caltrans.

Traffic and 710 - Caltrans has done many studies regarding traffic. The tunnel alternative appears to

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COMMUNITY NEWS

Students Lose, Who's to Blame?

Special Assignment
Part 2 of 2

By: Nayri Vartanian

In Part 1, student Arlene Alvarez revealed how a number of students who had been enrolled in Santa Clarita's College of the Canyon's (COC) Medical Assisting Program may have been misled about a course they were taking. They were allowed to believe the course was accredited when, in fact, it had never been so during the entire nine years it had been offered at the college. That reality resulted in some serious consequences, such as limited job opportunities, for many students.

"Why can't these students get jobs? Is it because there are no jobs? Or, is it because of their personalities? I mean, what can it be?" Such was the response offered by a Ph.D. nursing instructor from COC's Allied Health Department when she was informed about the difficulty students were having with obtaining employment. Her comments were tinged with more than a hint of sarcasm. She insisted on remaining anonymous and was present during the interview with Sue Alberts, Dean of Allied Health at COC since 2002.

During that interview, the Dean lamented, "This has never happened before. The Spring 2008 class is the first group of students who cannot get jobs." She further stated that, "The program has been put on hold and we are not offering it at this time, but I'm looking into getting it accredited." When asked why the program is being discontinued after having been offered for nine years, the Dean explained, "I need at least someone with a minimum Bachelors Degree to teach the program." Some might find that to be a rather "perplexing" answer. Throughout the entire state of California is there not even one qualified instructor?

Dean Alberts also proclaimed that, "I called every single doctor's office in the area, and they told me that you don't even need to take a class. It's up to the physician if they require certification for hire." However, research done by the North Valley Reporter proves otherwise. The Human resources Department at the Henry Mayo Memorial Hospital, First Care Walk In



Medical Group, and the SC Physicians Immediate Care in Santa Clarita confirm that they do not hire individuals from non-accredited programs.

The Santa Clarita Advanced Medical Care facility is the only urgent care center that is hiring at this time. They will hire any medical assistant, whether they come from an accredited program or not, as long as they have experience and can demonstrate the necessary skills required for the position.

Although these are just a few medical facilities within the Santa Clarita area, there are many other medical offices such as general or specialized medical private practices throughout the Southland. Although many may hire only applicants from accredited programs, a diligent effort by serious applicants will reveal that all do not.

Although non-accredited, Ms. Alvarez, as well as other students, will complete the final COC program. Dean Alberts does accept that it was her responsibility to get the program accredited and does "admit to the mistake." She even revealed that "students threatened to sue" over the issue. She will attempt to get the program accredited within a year but "will not guarantee anything." When asked if there is anything she would have to say to those dissatisfied students to whom this program was misrepresented over the past nine years, the Dean replied, "I apologize. I was not aware they couldn't take the national test."

Some might conclude that, if College of the Canyons, Dean Alberts or her predecessors, or department administrators had done their due diligence, they would have known that many job opportunities for graduates of their school's Medical Assisting Program

would require Accreditation Certification. There are those who question how the course was allowed to continue to be offered for nine years without this issue having been brought to somebody's attention. And, at the very least, even if the printed material describing the course did not specifically mention that the program was non-accredited, might reasonable minds agree that the college and its administrators failed their students? Although, perhaps, under no legal obligation to do so, did they not, at minimum, have an inherent moral responsibility to advise them of such?

Students who are entering any program, such as medical assisting, should be cautious. It is important to research all aspects of a course so as to be aware of any circumstances as may be required to take a state or national test to become certified in a particular field or specialty. To gain more information on accredited medical programs or other accredited health professions in California log onto www.caahep.org.

COC is now offering a new program in place of the old, which Dean Alberts is trying to get accredited. However, it does nothing to resolve the problem for current or former students who were, or are, still enrolled in the original course. The new program offers no where near the level of training or employment opportunities that a solid, accredited Medical Assisting Program would provide.

At this writing, there is no new information regarding the original Medical Assisting Program returning to COC on an accredited basis. Bottom line? Many, many unhappy and disillusioned former students who feel that, by omission, they were lied to. And have been for nine years.

Editor's Note: Nayri has been an intern for the NVR for about a year. She has done marvelous work for us and we have seen tremendous growth in her writing and reporting skills. Unfortunately, we will be losing Nayri's contributions on a regular basis as she resumes her studies at UC Irvine, with a major in English. However, we hope that she will continue to write for us, on an occasional basis, as her time permits. We will miss her, and wish her well.

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TO THOSE WONDERFUL HEROES of the "STATION FIRE" 2009

The residents of Sister Elsie and Gyril Dr say "THANK YOU!"

We saw LAFD, LAPD, LASO and LA County Fire... we had firefighters from Hayward, Montecito, Fremont, and Montclair... all on our streets and 'pounding' the brush above our homes. Sierra Madre FD and Garden Grove PD, Santa Barbara Ranger District and Rincon... Prescott, Az. and Oxnard...the list is endless.

Your efforts, tirelessly, professionally and with great sacrifice will never be forgotten by those of us who live in "the brush". We have our loved ones, our homes and belongings thanks to the UNFAILING HEROISM shown by you all. God Bless you and keep you.

OUR DEEPEST CONDOLENCES to the FAMILIES of Captain Ted Hall and Fire Fighter Specialist Arnie Quinones.

You Should Know...

Disaster Loan Centers have been opened- The Small Business Administration (SBA) has opened offices to assist fire victim. Several organizations will be on hand to provide assistance to Home Owners, Renters and businesses impacted by the Station Fire. Their hours are 9 am to 6 pm, Monday thru Friday until further notice. The Valley offices are located at SBA Disaster Outreach Center, VFW Post 1614, 2934 Honolulu Ave., La Crescenta and Los Angeles County Local Assistance Center, Veterans Memorial Park, 13000 Sayer St, Sylmar.

Low Impact Development (LID) workshops regarding stormwater run off are being held by the City of L.A. They will address issues regarding the LID Ordinance, it's benefits and time line for adoption or the pro-

posed ordinance. A San Fernando Valley workshop will be held on October 8, 10 – 12 pm at D. C. Tillman Water Reclamation Plant, East Room, 6100 Woodley Ave. in Van Nuys. The public is encouraged to attend.

YMCA is providing Free 3 Month Memberships to families or individuals who are victims of the Station Fire. Documents from the American Red Cross, FEMA or insurance carriers need to be submitted to the Director of either the Crescenta-Canada or Verdugo Hills locations to qualify. Their website will provide information regarding community activities related to fire victim. For more information contact Kim Beattie, Dir. Communication and Outreach at 818-790-0123 ext

Station Fire Impact Public forum with Los Angeles City Officials is in planning stage by the Safety Committee of the Sunland-Tujunga Neighborhood Council. Date, location and time will be announced in the near future. Visit their website:www.stnc.org to stay informed.

Annual Veterans Day Parade - Largest ever in the San Fernando Valley takes place on Wednesday, November 11 beginning at 11:11 am. Last day to register to participate is October 16.. Contact Fred Flores at Fred.Flores@mail.house.gov and visit <http://www.sfvveteransdayparade.com> for more information!


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COMMUNITY NEWS

Continued from page 1—Station Fire

according to a study by federal geologists. U.S. Geological Survey (USGS) scientists warned that rainstorms are likely to wash the dangerous substances into waterways, polluting streams and threatening wildlife.

The Tujunga watershed has a very steep slope - the high elevations of the San Gabriel Mountains (above 7100 ft.) in the upper watershed drop rapidly to the valley floor at an average rate of 41 ft/mile. Dozens of blue line streams feed the three main tributaries - the Big Tujunga, Little Tujunga, and Pacoima Washes. The Big and Little Tujunga Wash come together in the Hansen Dam Reservoir. Downstream of the dam, Tujunga Wash flows roughly south and is met halfway to its confluence with the Los Angeles River by Pacoima Wash, which drains the other side of the mountains where Little Tujunga Wash drains. Finally, Tujunga Wash meets the Los Angeles River near Studio City.

Lucy Jones, USGS Chief Scientist said, "Of all the ash samples we took, the pH of the ash ranged from 11-13- that's one part ash to twenty parts water. pH7 is neutral water, below 7 is acid water, and above 7 is caustic. It's sort of like pouring drain cleaner in your pots. We don't know the dilution level or how much ash is out there. The question is- what the water turns into depends on how much ash enters the system."

Supervisor Mike Antonovich has initiated the Coordinated Agency Recovery Effort

(C.A.R.E.) Program, a comprehensive multi-agency public information and outreach effort. The US Forest Service will work within the boundaries of the Ange-

les Forest on recovery once the fire is completely out. The National Resource Conservation Service (NRCS) will help restore/stabilize private properties.

Poor lines of communication between the City of Los Angeles, the County of Los Angeles and the US Forest Service contributed to an uncoordinated response for the Coummity of Sun;amd- Tujunga during the Station Fire.

Over three hours of phone calls to different agencies and officials confirmed how little communication there really is. From Council District 2 came a generic response that offered no details of any plans or assessments for post-fire emergencies. "The City Emergency Management Department in cooperation with the Fire Department, City Engineer and State and Federal agencies will be asked to coordinate an emergency response plan so that we will be prepared to deal with the dangers resulting from any storm situations."

Devin Gales, Firefighter Paramedic/Specialist/Public Service Officer/LAFD, said, "A major concern of flooding after any fire is the quantity of brush burned and the barren land that is left behind near communities. The LAFD will be responding to all calls where there is a threat of flooding in any anticipated areas that might be a potential for debris run off, mudslides or any water damage done by heavy down pour of rain.

All responses will be incident driven, and will be handled on a call by call basis. Given the fact that the Department handles on an average well over 1,000 calls a day, the larger the wild fire, the higher the threat of a rise in basins, ravines, gullies, water courses, reservoirs, and all other water ways. Los Angeles incorpo-

rates all of these types of waterways and all of these systems can be adversely affected by debris run off in metropolitan regions. For more information visit:<http://lafd.blogspot.com/2007/09/la-mudslide-strands-vehicles-and.html>

During the Community debriefing meeting in Sunland-Tujunga on September 28 by officials regarding the fire, LAPD's Deputy Chief Michel Moore, who heads the San Fernando Valley, reiterated much the same sentiment as Gales, and said the LAPD will initiate that same plans they used last year for the aftermath of the Sayer and Sesnon Fires, but added that people need to be vigilant and look to themselves instead of the Government, heed all warnings and take preventative action regarding safety before circumstances become life threatening. For more information visit LAPD's website: www.lapdonline.org.

With the rain season rapidly approaching, free inspections by Public Works engineers will provide mud-flow protection advice and educational materials to homeowners near hillside burn areas. For more information call 800-214-4020.

The Safety Committee of the Sunland-Tujunga Neighborhood Council (STNC) has been in contact with the Fire Department. Station No. 24 will have sand along with shovels that will be provided by the STNC available on the lot next to their station. They will also be setting up Sand Bag, First Aid and CPR classes. Check for dates and time on their web: www.stnc.org or call 818-951-7411 for more information.

Katharine.russ@charter.net

Rudy S. Madrid Called Home



May 19, 1937- August 30-2009

A memorial service for Rudy, a long time resident of Shadow Hills, was held at the The Rise and Shine Cafe on Tuesday afternoon, September 16., where he was a daily fixture. He considered owners Sharon, Keith and Melinda part of his family. They now have a chair

with his name and hat behind it at "his table" where he sat and visited friends two or three times a day. Before he started traveling around in his golf cart, he would ride his horse to the restaurant where it would stay without being tied up. Approximately 100 people who loved and miss him came to honor him and share their stories of Rudy's adventures with other.

Rudy was born in Greeley, Colorado on May 19, 1937 and was raised in "Orcas" North Hollywood, CA and moved to Shadow Hills, Ca., where he lived for over 30 years. Beside his horse, his passion was motorcycle riding and a was a member of a group called "Lost Angeles." He is survived by his step-daughter Shelby; brothers Tommy and Jimmy; many nephews and nieces. The Shadow Hills Community will never be the same without "their Rudy."

New Honorary Mayor Installed



By Nina Royal

Catherine Van Annan was installed as the Honorary Mayor of Sunland-Tujunga during the Sunland-Tujunga Chamber of Commerce Mixer at Mission Valley Bank September 16. Millie Jones, Field Deputy for County Supervisor Michael Antonovich, swore her in. The winner of the contest was announced during the 4th of July festivities when Mrs. Van Annan was at an Elks Convention. First Runner Up was Pat O'Brian sponsored by the American Legion and Second Runner Up and sponsored by Sunland-Tujunga Coordinating Council and Century 21 Crest. "Honorary Mayor" Van Annan was sponsored by the Sunland-Tujunga Elks Lodge. Half the money they win is donated to the Chamber and the other half is donated to their sponsors.

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COMMUNITY NEWS

Local Civil Rights Leaders Honored

By Morris Pichon

The San Fernando Valley Branch National Association for the Advancement of Colored People (NAACP) honored civil rights leaders and community activist for their hard work and contribution to the mission and legacy of the NAACP.

The NAACP 100th celebration, the San Fernando Valley Branch hosted an Award Dinner on

August 20, 2009 to honor the following members: John Myers, Nichelle Nichols, LeRoy Chase, Morris Pichon, and Leroy Geter.

It was difficult to limit the selection of awardees to only five. The list of individuals who supports the community economically, educationally and spiritually is extremely long. The Valley Branch and the California State Conference demonstrated appreciation for the current activists and recognition for the contribution of the historical figures.

The evening recalled the many sacrifices of the pioneers in the struggle for civil rights in America.

The following individuals were honored: Rosa L. Parks (Mother of the Civil Rights), Dr. Martin Luther King, Jr. (principal leader in the Civil Rights Movement), Mother Ida B. Kenny (driving force for Civil Rights in the San Fernando Valley), Thurgood Marshall (United States Supreme Court Justice), Homer Adolph Plessy (principal in "Plessy vs. Ferguson" 1892 Supreme Court case), Marie Harris (Honorary Mayor of Pacoima), Jose' De Sosa (former President of the SFV NAACP), Dr. Ronald E. McNair (NASA Astronaut), Mother Rosa Broadous (charter member of the San Fernando Valley Branch NAACP), and several other prominent civil rights advocates.

It has been 100 years of sacrifice, commitment and determination to ensure equality and a better life for all people under the banner and direction of the NAACP. Sharon Garrett, Branch President, encourages all interested persons to become members of your local NAACP branch and participate in its many community activities and projects.

Continued from page 1 — **Freeway Traffic**

show previous studies or current approaches are seriously flawed. Truck traffic comes from the Ports of Los Angeles, Long Beach, or from various logistic hubs scattered through the area south of the I-5. However, the Ports have congestion fees and controls to encourage or force truckers to avoid the commuter-congested periods. Looking at the commuter congestion on the 710 stubs, Fremont, Valley, Fair Oaks, Mission, and other arterials, few, if any, trucks can be seen. It can be safely assumed that the congestion during the critical commutes is largely single-occupancy vehicles.

The original surface freeway had four travel-lanes and one HOV-lane each way (ten lanes total), but the tunnels have been generally drawn as three-lanes each way. Mitigation for the surface freeway was to exclude slower trucks on the 400 ft. climb from El Sereno to I-210, otherwise they may need an additional separate climbing lane (same in the tunnel system, if slope >2%).

Presumably, Caltrans assumes that traffic loads from the old I-710 have decreased in ten years by an equivalent of at least two lanes, although most studies have shown that traffic in the central LA region has increased. Given that a lane's traffic capacity is 1000-1800 cars per hour, where did all of the commuters go? Reducing traffic capacity by more than 2.5 lanes (equivalent, HOV lane had higher capacity) requires explanation for both the Feasibility Study (including Task Order 5) and SB 545. We will be paying more than \$11,000,000,000 (eleven billion dollars) for five miles of two tunnels, but with half the capacity. Or maybe Caltrans will have three to four sets of tunnels (two-tunnels going each way, or with one reversible flex-tunnel like at the SF Bay Caledcott Tunnel system).

Assuming that there are two tunnels with 3 lanes each way, a good performing system would carry about 3000-5000 vehicles per hour (1000-1700 vphr per lane) during the commute and about 30,000-50,000 per typical ten-hour traffic day. With the 710 connection, the Ports' trucks would pass through all day-night long, a 24-hour trucker day, taking one lane for trucks, with 1300 trucks per hour, and about 30,000 trucks per day and reduced general traffic of 20,000-35,000 trips per day for a total of about 60,000 vehicles per day, each way, with 50% trucks. Such traffic loads would enter/exit from an expected interchange for Valley Blvd on the south, and I-210/SR-134 on the north; no interchanges south of I-210, or north of the Union Pacific Railroad are expected. A commuter load of 2000+ cars per hour would be dumped on the north - and eastbound I-210, along with a truck-load of 1000+/hour on to the northbound I-210 to Sunland-Tujunga and eventually I-5.

Where will Commuters come from and go? The proposed six-lanes in the two tunnels and the portals/interchanges actually indicate the anticipated traffic loads, maximum of approximately 5000 vehicles per hour and 50,000 vehicles per day. At the north end, commuter traffic could vary from lows of 2000+ to the high of 500 per hour and would have to disperse onto only three al-

ternatives, SR-134 westbound, I-210 northbound and I-210 eastbound. Few people in the south have, or would want to have experienced the I-210 during commutes. If 50% of the commuter traffic comes and goes from the northerly extension of I-210, then the additional 1000+ cars per hour and 10,000 cars per day would generally require another lane on the I-210, plus one for trucks. The existing I-210 lanes do not have sufficient capacity for both the truck-dominated lane and another lane for additional commuters.

The additional traffic will come from existing residents and some from the new housing projects along the I-210 corridor through La Crescenta, LaCanada-Flintridge, Verdugo Hills, and Sunland-Tujunga's, Verdugo Hills Golf Course project, and possibly recent residential and anticipated developments that have been/are proposed, assuming successful promotion of the 710. If the 710 connection is completed then the growth inducements from improved traffic will put more development pressure on the north I-210 corridor. Improvements on I-110/Harbor Freeway have been totally absorbed by "latent" demand and new developments south of I-5/I-10.

Northeast Los Angeles residents are organizing neighborhood councils, associations, and community organizations to: 1) return Cedillo's SB 545 to the Senate, with either a veto or requests for revisions; 2) Stop the 710 freeway totally as done by La Canada-Flintridge, Glendale and Sunland-Tujunga; 3) replace SB 545 with the Multi-Mode/Low-Build alternative (1000 projects of \$5M each) so that freight can be distributed north by rail, and real traffic improvements for existing and future residents can be provided for all of northern and southern Northeast Los Angeles, which includes Council Districts 1, 2, 13, and 14.

The groups are proposing local neighborhood, community, and 710 corridor traffic workshops in El Sereno, Lincoln Heights, Arroyo Seco, Highland Park, Cypress Park, Glassel Park and even Eagle Rock. Neighborhood Councils are joining LA Canada, La Crescenta, Glendale, Sunland-Tujunga, and So. Pasadena in opposing 710 and promoting Multi-Mode transportation systems for the 21st Century throughout our corridors of northeast Los Angeles and eastern San Fernando and western San Gabriel Valleys. They are focusing on both top-down and bottom-up approaches for Cedillo, Portantino, and DeLeon, Gloria Molina as well as City Council, Neighborhood Councils, Associations, and Council Members of all cities and to the MTA.

The problem for the public is, when dealing with Caltrans, no one knows what is happening, i.e., zero transparency

Editor's note: Dr. Williams is an Environmental Scientist and former Manager with Parsons and URS Corporation where he produced environmental impact reports, statements and assessments. He also served as Environmental Supervisor for the Metro Redline Subway, downtown. He submitted comments on the Verdugo Hills Golf Course EIR through the "Save the Verdugo Hills Golf Course Committee."

Elks Lodge Honored Veterans



By Nina Royal

The Sepulveda Veterans Administration held a "Welcome Home Day" program on Saturday, September 12, to provide assistance information and outreach to Veterans.

A local high school band provided entertainment and a surprise visit by Cheer Leaders from the Lakers, Clippers, local High Schools and the Play-boy Playmates was a real treat for the Vets. Pictured above are members of the Elks Lodge Metropolitan District, consisting of Lodges from Burbank, Canoga Park, Glendale, San Fernando, Santa Clarita and Sunland-Tujunga, who donated the food and Bar-B-Q'd lunch for over 400 Veterans.

FTDNC receives 5 year recognition at BONC



L-R: Al Abrams (BONC), Cris Hughes (FTDNC), Ceile Borman (FTDNC), Michele Siqueiros (BONC President), Daniel Gatica (BONC), Bart Paul (FTDNC), BH Kim (DONE Gen. Mgr.), Heidi Paul (FTDNC), John Kim (BONC)

Board Members of Foothill Trails District Neighborhood Council receive their long over due. Five Year Anniversary Certificate during their meeting in September from the Board of Neighborhood commissioners.

North Valley Neighborhood Councils 2010 Election Dates

Region A Election Day: March 6, 2010

Canoga Park
Chatsworth
Granada Hills North
Granada Hills South
North Hills West
Northridge East
Northridge West
Porter Ranch
West Hills
Winnetka
Woodland Hills - Warner Center

Region B Election Day: March 27, 2010

Arleta
Foothill Trails District
Mission Hills
North Hills East
North Hollywood Northeast
Pacoima
Panorama City
Sun Valley
Sunland - Tujunga
Sylmar

Get Involved. Run For Office. Make a Difference in Your Community...and VOTE on Neighborhood Council Election Day (see above dates).

For further information please contact the City Clerk Election Division office at (213) 978-0444 or visit the Neighborhood Council 2010 Election Blog at www.nc2010elections.blogspot.com



Mark YOUR Calendar

MARK YOUR CALENDAR
Share your events with your neighbors through:
InformNVR@aol.com FREE!

Arl - Arleta, **G.H.** - Granada Hills, **K.C.** - Kagel Canyon, **LA** - Los Angeles, **LVT** - Lake View Terrace, **LTC** - La Tuna Canyon, **M.H.** - Mission Hills, **NR** - Northridge, **NVCH** - North Valley City Hall, **Pac** - Pacoima, **S-T** - Sunland-Tujunga, **S.V.** - Sun Valley, **Syl** - Sylmar, **V.N.** - Van Nuys, **PC** - Panorama City

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October—Italian Heritage Month

Saturday Oct 3

Neighborhood Council's
Action Summit
L.A. City College
Faculty/Staff Center
855 N. Vermont, L.A.
8 am - 3 pm

Friends of GH Library
10640 Petit, GH
10:30 am 368-5689

MHNC Youth Outreach
10161 Sepulveda Blvd.
4 pm 818-892-2412

Granada Hills Street Fair
Between Zelzah & Encino
On Chatsworth
10:00 am - 5:00 pm

50th yr. Celebration
Darby Elementary School
10818 Darby Ave., Nrth
4-7 pm

Sunday, Oct 4

Victory Over Violence
Run/Walk at CSUN
18111 Nordhoff, Nrth
www.wagv.org

Monday, Oct. 5

Public Safety Furloughs
Safety & Budget Commit.
L.A. City Hall
200 No. Spring, LA
1 pm
Discussions pertaining to LAPD furloughs and continued academy classes will take place at the Budget & Finance, Public Safety joint meeting on Monday. Anyone available please try and attend.

SNC-Public Serv. Com..

Sylmar Park,
13109 Borden, Syl
6:30 - 7:30pm

Bolton Hall Museum
10110 Commerce, S-T
Docent Tours
1-4 pm 818-352-3420

STNC Land Use
North Valley City Hall
7747 Foothill, Tuj
7:00 p.m.
www.stnc.org

Tuesday, Oct 6

Bolton Hall Museum
10110 Commerce, S-T
Docent Tours
1-4 pm 818-52-3420

MHNC Safety Comm
LAPD Mission Station
16161 Sepulveda, MH
7 pm 818-892-2414

FTDNC Land Use
9747 Wheatland SH
7:00pm

Wednesday, Oct 7

Beautification Workshop
Mid Valley Branch Library
16244 Nordhoff, No. Hills
6:00 pm

Rotary Club
Coco's Restaurant
10521 Sunland, S-T
7 pm 818-951-5299

NHWNC Gen Meet.
Holy Martyrs Armen. Sch.
1667 Parthenia, NH
7 pm

MHNC Safety Comm.
LAPD Mission Station
Sepulveda, MH
7 pm

Bingo
S-T Elks Lodge
11037 Commerce S-T
6:30 pm 818-352-5504

Thursday, Oct 7

PCNC Land Use
Mission Comm. Hospital
14860 Roscoe Blvd., PC
6:30 pm 818-894-7841

S. V. Rotary
Mandarin Terrace
8815 Sunland, SV
12-1:30 pm
818-768-9888

PCNC-Commerce Com
Wells Fargo Bank
8548 Van Nuys, PC
2: pm

Sylmar Woman's Club
Odyssey Restaurant
15600 Odyssey, GH
11:30 am

Thursday, Oct 8

L.A. City Workshop
Low Impact Dev. Ord.
Tillman Water Reclam. Pl.
6100 Woodley, NV
10 am- 12 pm
Time: 10:00 a.m. - 12:00 p.m.

FTDNC Equest Comm.
9747 Wheatland, SH
7:00pm

N. Hills West NC Gen. Meet.
Re: Sepulveda VA
16111 Plummer Bg22 N.H.hills
7 pm 818-893-8613

Foothill Comm. Police
Advisory Board (CPAB)
Villar Scalabrini Retir. Home
10631 Vinedale, SV
6 pm 756-8866

Granada Hills North NC
1st Baptist Church of GH
11011 Hayvenhurst, GH

S. V. Rotary
Mandarin Terrace
8815 Sunland, SV
12-1:30 pm 818-768-9888

MOMS Club of the Foothills
St Lukes Church
2563 Foothill Blvd. La Cres.
10 am

Saturday, Oct 10

Eagle Scout Tree Planting
Stonhurst Park
9901 Dronfield, SV
9 am - 12 pm

STA Bake Sale
Little Landers Park
10110 Commerce, S-T
10 am - 1 pm

"Off The Beaten Path"
Presented by
Little Landers Historical Soc.
10110 Commerce ST
1 pm 818-352-342

Empower LA Congress of
Neighborhood/ Budget Day
Guest: Mayor A. Villraigosa
L.A. City Hall - 3rd Floor
200 N. Spring Street
8:00 am - 3:30 pm
1818-951-7411, www.stnc.org

Sunday, Oct 11

Christopher Columbus
Civic Ceremony
L.A. County Mall
10:30 am 562-861-1591

Bolton Hall Museum
10110 Commerce, S-T
Docent Tours
1-4 pm 818-52-3420

Monday, Oct 12

COLUMBUS DAY

PCNC Outreach
14500 Roscoe Blvd., PC
6:30 pm 818-714-2133

SNC Land Use Com
Sylmar Park
13109 Borden, Syl
6:30 pm

MHNC Zoning & Land Use
10161 Sepulveda., MH.
6:30 pm

Tuesday, Oct 13

Bolton Hall Museum
10110 Commerce, S-T
Docent Tours
1-4 pm 818-52-3420

PCNC Commerce
Wells Fargo Bank
8548 Van Nuys Blvd., PC
2:30 pm 818-714-2133

SVANC Gen Meet
10631 Vinedale, SV
6:30

SNC Outreach Com.
Sylmar Park
13109 Borden, Syl
6:30 pm

MHNC Board/Land Use
LAPD Mission Station
1121 Sepulveda, MH
6 pm

LAPD Devonshire Station
Community Meeting
Shepard of the Hills Church
19700 Rinaldi, Port Rch
7 pm

FTDNC Land Use
9749 Wheatland, SH
7 pm

PNC - House/Econon.
& Land Use Comm.
11243 Glenoaks, Pac
5:30 pm 818 890-1563

Wednesday, Oct 14

STNC Monthly Board Mtg
NVCH, 7747 Foothill, S-T
7 pm Info: www.stnc.org

FTDNC Exec Board
9747 Wheatland, SH
7:00pm

Thursday, Oct 15

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The League of Women Voters of L. A. to hold a public forum on Community Policing Policies and LAPD Interaction with Homeland Security- Immigration - Gangs

North Valley City Hall, 7747 Foothill Blvd., Tujunga
Thurs. Oct.1, 1:30 p.m.
See what the League is about. More info? Call Shirley at 818-782-4236



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GH Community Websites:
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www.GHSNC.org, www.GHNC.org,
www.GranadaChamber.com, www.RealtorRescues.org

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Mark YOUR Calendar

STNC Safety Comm
NV City Hall
7747 Foothill, S-T
6:00 - 6:45 pm

S-T SERVS
NV City Hall
7747 Foothill, S-T
6:45-7:30 pm

STNC Outreach Comm
NV City Hall
7747 Foothill, S-T
7:30 pm

FTDNC Gen. Meet
www.ftdnc.org for location
7 pm

Saturday, Oct 17

Open House/Tour & Beautification Workday
Pioneer Memorial Cemetery
Foothill & Bledsoe, Syl
9am - 12pm

Elks Famous Omelette Bar
S-T Elks Lodge #2098
10137 Commerce, S-T
7\$ 9 am-12 pm 818-352-2098

Fall Harvest Festival
Tierra del Sol
9919 Sunland, SH
10 am - 3 pm

Sunday, Oct. 18

Bolton Hall Museum
10110 Commerce, S-T
Docent Tours
1-4 pm 818-352-3420

Monday, Oct 19

GHNNC Board Meet.
Van Gogh Elem. School;
17160 Van Gogh St. GH
6:30 pm

PCNC Public Safety
PCNC Office (4th Floor)
14500 Roscoe Blvd., PC
6:30 pm 818-984-2133

SNC Gen. Meet.
Hubbard St. Elementary
13325 Hubbard, Syl
6:30 - 9:30pm
GHNNC Board Meet.

Valley Vote Meeting
Galpin Ford
15555 Roscoe, N. Hills
6:30 pm

Tuesday, Oct 20

Bolton Hall Museum
10110 Commerce, S-T
Docent Tours
1-4 pm 818-352-3420

Wednesday, Oct 21

Community Police Advisory Board (CPAB)
11121 Sepulveda, MH
8:30 pm

Rotary Club
Coco's Restaurant
10521 Sunland, S-T
7 pm 818-951-5299

Pacoima NC Gen. Meet.
Pacoima Comm. Center
11243 Glenoaks, Pac
6:30 pm
North Hills West NC
New Horizons,
15725 Parthenia, NH.
7 pm 818 893-8613

Bingo Night
S-T Elks Lodge
10137 Commerce,
S-T
6:30 pm 352-2098

FTDNC Gen. Meet.
Check
www.ftdnc .org
for loc. - 7 pm

Thursday, Oct 22

Panorama City NC
Mission Community Hospital
14860 Roscoe Blvd., PC
6:30 pm 818-785-9355

Sylmar NC Gen. Meet
Sylmar Elementary
13291 Phillippi, Syl
6:30 pm

STNC Budget Comm
NVCH, 7747 Foothill, S-T
6:30 pm
info: stnc.org

S. V. Rotary
Mandarin Terrace
8815 Sunland , SV
12-1:30 pm 818-768-9888

Officer Appreciation Day
LAPD Mission Area Station
Info: 818-599-1589

FTDNC Committees
6 pm Outreach: Comm.
7 pm Budget & Finance
9747 Wheatland SH
6:00pm

PNC Meeting
4 pm Senior Advocacy
5 pm Outreach
11243 Glenoaks, Pac
6:30 pm Board/General

Saturday, Oct 24

Open House/Book Sale
Granada Hills Library
10640 Petit, GH
9am-6pm (818)368-5687.

Women Veterans Luncheon
Daughters/Amer. Revolution
Sepulveda VA
16111 Plummer N.H
11 am-3 pm

Community Health Fair
The Japanese Garden
6100 Woodley, VN
9 am-1 pm 818-788-4999

Sunday, Oct. 25

Bolton Hall Museum
10110 Commerce, S-T
Docent Tours
1-4 pm 818-352-3420

Tuesday, Oct 27

Bolton Hall Museum
10110 Commerce, S-T
Docent Tours
1-4 pm 818-352-3420

PCNC Rules & Finance
14500 Roscoe Blvd., PC
5:30 & 6:45 pm 818-714-2133

Neighborhood Watch
NV City Hall
7747 Foothill, S-t
7 pm 818-756-7766

MHNC Beauti. & Cult. Com
10161 Sepulveda.. MH.
6:30

Open House
Granada Hills Library
10640 Petit, GH
10 am- 2 pm 818-368-5687

Wednesday, Oct 28

Rotary Club
Coco's Restaurant
10521 Sunland, S-T
7 pm 951-5299

Bingo Night
S-T Elks Lodge
10137 Commerce, S-T
6:30 pm 818-352-2098

Thursday, Oct. 29

Hire a Hero/Hire a Vet
Job Resource Fair
Mariott Hotel, Warner Center
2180 Oxnard, WH
3 am-3 pm 818-890-9428
iscotnsf@edd.ca.gov

Saturday, Oct 31

HALLOWEEN Celebrate Safety

Dr. Plance Family Medicine, will be open a few Saturdays each month for brief office visits. Due to the economy, visits will be only \$25.00 per brief exam.

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A Congress of Neighborhoods

Community/ Mayor's Budget Day

Saturday, Oct. 10, 2009

City Hall

7:30am - 3:15pm

Info:
213-485-1360

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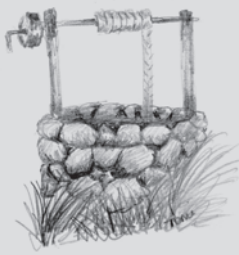
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HERE'S MY CARD



Carrick's Journey —Part Twenty-Two By Tomi Lyn Bowling

As the crowd slowly dispersed, Sebastian made his way over to Fanella. They briefly hugged and she acknowledged the loss

he felt. With an unintentionally blank look on his face, Drake suddenly snapped out of staring at Sebastian and Fanella. Fanella proceeded to explain that Sebastian was her father and suddenly everything made sense. The way everyone there seemed to know her, the leadership and trust in her by so many others, all of it made sense now.

Fanella, Drake, and Maddie headed for the elevator doors when explosions began breaking out all around them. Drake saw Fanella and Maddie fall to the floor but with explosions between them, and him, he quickly ran for the equipment he had noticed earlier. Debris was flying everywhere; smoke and darkness filled the air and scattered light blasted from the continuing explosions. Drake lost track of Sebastian but recognized some of the other men in the room. The men started passing out firearms. Having a hard time seeing who was shooting who, Drake and a few others ran to the top of the stairs so they could see where the attackers were coming from. Once he reached the top of the stairs, Drake could see that it was just a small group of soldiers that were firing at them. The men spread out and began firing along side the armed guards that had been stationed up there at the beginning of the meeting.

Drake felt a sharp pain in his left leg but never paused for a look. The intensity of the firing coming at him had increased and it seemed as though all arms were pointed at him. He dove behind a large boulder and then climbed to the top, where he could not be seen amongst the tree branches that surrounded the boulder. He was able to get several rounds off and defeat the enemy fire that had been coming straight at him. He jumped down and followed the next trail of shots. When he made it to the next set of guards they were shouting that they had succeeded in taking down the attackers.

All remaining armed guards walked around securing the structure while the injured rose up to help those who were worse off. Casualties were spread throughout the large room but appeared to include all of the attackers. Sebastian came from a different side of the hall covered in ash, bleeding from his head, wounded in the arm and still carrying a gun. "Where's Fanella?" he asked Drake... *To be continued...*



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Council District 2
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Candidates Forum

Saturday, November 7, 2009
Meet & Greet 12-1 p.m.
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www.GHNNC.org

COMMENTARY

Snatching Victory from Defeat



By Ron Kaye

The Community vs. the Carpetbaggers -- not much of a contest, not given the state of politics in LA. The Carpetbaggers had all the money, all the political strategists, and all the power behind them. Paul

Krekorian and Chris Essel were a dual entry, handed half a million dollars to buy the Council District 2 special election by the mayor and the union-developer-contractor political machine which he heads.

Public apathy, ignorance and defeatism, too many community candidates without money, lack of organization, all contributed to an election that made a mockery of democracy and dealt a blow to the growing movement to take back City Hall from special interests.

The election was only Round One of a much longer battle. Round Two comes in the runoff election in December -- a ten-week campaign that gives community activists the opportunity to achieve some of what they failed to do in the last three months.

If community and business leaders from Sunland-Tujunga to Sherman Oaks come together now, they can sit down with Krekorian and Essel and demand hard commitments to the issues and values they care about. Put them on the record and decide which of the two will best represent the sprawling East San Fernando Valley district and its 270,000 residents. Unified support will determine whether Krekorian or Essel wins and at the least give the community leverage when the new Council member takes office. It also will provide a core organization that can serve as a watchdog on the new member, providing daily updates on their votes, their actions, their services to the community, transparency and their responsiveness.

OurLA.org -- the community news and information website I developed to serve all of LA -- will provide a platform to track the actions, the votes, the fulfillment of commitments of the next CD2 Council member, and to provide a forum for the Council member and his or her constituents to participate in a dialogue about what's good for the district and the city as a whole.

Remember, this is an election to serve little more than a year until the next election for a full four-year term on the Council. Whoever wins the runoff will have the opportunity to overcome the skeptics and prove themselves worthy.

The candidates who ran in the special election and others who might choose to run in early 2010 will have time and opportunity to build a political base and organization, and emerge as the community's consensus candidate.

There's a lot of work involved in carrying out this plan, but it's the only way I can see for those who care deeply about the quality of life in their neighborhood and the health of the city to make elected officials accountable, or to get someone into office who will truly serve the people, and not the special interests.

Editor's note: Ron Kaye is the former editor of the Daily News and Chairman of Saving L.A. Project (SLAP). You can reach him at: www.ronkayela.com

Time to Seek and Recruit Candidates



By Doug Epperhardt

At this point, we know the outcome of the race for the second district city council seat. The runoff is between two of the so-called "big three" candidates—Chris Essel, and Paul Krekorian.

The combined vote of the other seven contenders—Mary Benson, Augusto Bisani, Joe Essavi, Michael McCue, David "Zuma Dogg" Saltsburg, Pete Sanchez, and Frank Sheftel gathered a less than significant percentage of approximately 40 percent of the total.

Realistically we knew there would probably be a runoff between Krekorian and either Galatzan or Essel.

Despite the good intentions, community base, and

hard work of Benson, et al, campaigns are won with money and organization—even special elections with low turnout. To some extent, money is offset by motivated and focused volunteers. This is why Measure B—the solar power initiative touted by the DWP's electrical workers union—failed.

Therein lies the lesson. Some months ago, I observed a conversation among neighborhood council activists from the Valley. They were talking about the various candidates running for the CD2 seat and their particular favorites. It was an interesting conversation, but the end result is that these individuals that split their votes, thereby ensuring that each of their candidates lost.

I suggested then, and believe more than ever now, that if neighborhood council and community activists are going to get candidates elected, they must stop

waiting to see who runs and then diluting their power by spreading votes across several contenders for the same office.

In 2011, half the Los Angeles city council will be up for election. Now is the time to seek out and recruit candidates for council, whose priority is preserving and maintaining our neighborhoods. We need to find one good person to run in each district and work together to fund, campaign for, and elect those candidates.

Electing their candidates is how political parties, unions, developers, and lobbyists control our city government. The inability of the rest of us to organize is not their fault, it's ours. It's time to put up or shut up.

Editor's Note: Doug Epperhardt serves on the board of the Coastal San Pedro Neighborhood Council as well as various other community organizations.

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SOUND OFF

This Didn't Have to Happen!

My family's home in Big Tujunga Canyon is completely incinerated. I am disgusted with the US Forest Service officials who made the call on this fire. We have complained for quite sometime regarding fires started in the picnic areas going unchecked. Their comments were always, "We don't have enough personnel to watch everyone!" If this is true, something has to change.

On August 27th, neighbors informed me that all resources were pulled from the ridges above Vogel Flats to protect the more populated areas in LA Canada and Flintridge. The folks in Vogel Flats and Stonyvale Rd watched as the fire came closer to our homes. The police told us they would evacuate residents if the fire came too close.

The Forest Service and Fire Department tried to cut breaks on the mountains. They were overheard on the radio. asking Incident Command, "what do we do now" after the fire break didn't work." They were told to "Let It Burn". They then pulled out, leaving all Big T residents and wildlife to fend for themselves.

Saturday morning, August 28th, Channel 7 news interviewed a professor from San Bernardino. He said he had been advising the US Forest Service on how to handle the Station Fire. His advice was to let the remote areas of the Angeles National Forest burn to promote new growth and focus on the more populated areas and not waste the resources. Infuriated, I called Channel 7 News and explained Big Tujunga Canyon was about to burn and that if the fire got to the canyon it will be hard to stop. We were sitting ducks with no protection on the way. The public did not know Big T was in jeopardy because it was not on the news at all.

Two hours later a handful of US Forest Service and Firemen came to each house and said they would pro-

tect our homes. The Fire Captain said the fire was just "moseying down the ridge" and would most likely stay on the rims of the canyon and not get to the homes below. We readied ourselves for evacuation, and hooked fire hoses to the 3500 gallon reserve tanks in most homes on Stonyvale Rd have. Around 11:00 am, during evacuation, as we passed the Ranger Station at Vogel Flats we noticed men were standing there leaning on their trucks, no dozers were operating to cut the break the Fire Captain had promised us that morning two residents, retired fire fighters, stayed behind. They said the Forest Service and Fire Fighters never came back down Stonyvale after folks left. They did not use any reserve water tanks nor cut fire breaks. They just left when it got hot! Shortly after I called Channel 7 news, we overheard a conversation between a member of the US Forest Service and our neighbor saying "We had to come up and make an attempt, because the Conservationists are on us about the canyon." Sadly, had I not called, no one would have come and police, who are not trained fire fighters, would have had to make that call to evacuate!

This is an outrageous! The people who made the decision to let this fire burn the canyon should be held accountable. Residents lost everything. The entire ecosystem, which includes wildlife and pets, has been destroyed because of a stupid call.

This whole ordeal has made me literally sick to my stomach. Those of you who made that decision to let the canyon burn, if it were you who lost every remnant of your life, your pets or horses in this fire, would an unrepentant "I'm sorry" appease you?

*Debra Belcher
Big Tujunga Canyon*

Patriotism

Reference NVR June Issue - Soundoff - Mr. Lozzano sincerely believes that the more American flags he flies, the more democracy will be protected- just the opposite. What people need is knowledge of American history and the true purpose of the American Revolution. It was fought for principles, not flags. What is most important is the preservation of our freedoms under the Constitution and the Bill of Rights. Persons, like Pinoy, would like to trample on our freedoms and label people "unpatriotic". He does not know that the flags of Cesar Chavez, that he wants cut down, are also symbolic of America. Chavez fought bravely in the Navy during World War Two. Cutting down his flags doesn't make Lozzano a better patriot.

*Ernie Hernandez
Sylmar*

Veterans Cross

Thank you for the comprehensive article on the Mojave Cross issue, you really covered the entire story in great detail. I work with the VFW Dept of California and wanted to do some work on this as the Supreme Court prepares to hear the case.

Toward the end of your article you mention a press release that that said the VFW originally owned the property, but it is not exactly clear where that press release came from. I looked on the Liberty Legal Institute's webpage, but I could not find it. Would it be possible for you to share it with me or direct me to where I can find it?

Thank you for your time and effort in putting this article together.

*Nick Kump
Sacramento*

Healthy Lifestyle - Why Build Muscle?

Dr. Rhonda Mayes, Ph.D.

You have heard it once, you've heard it twice and you hear it over and over again... exercise, exercise, exercise! There are many beneficial claims explaining the importance of exercise. Exercise helps increase stamina, improves functional mobility, enhances mood and creates an overall sense of well being. All of these claims are true, but today you will learn three very important reasons why you should specifically build muscle.

Exercise can be broken down into three major categories including strength training, aerobic training, and flexibility training. All three components of fitness are important and warrant continual stimulation. However, the importance of building muscle is key to developing a strong, lean and healthy body. One of the main reasons you should build muscle is to build strength. As we age, our strength begins to deteriorate. Activities we once took for granted, like walking up stairs, carrying groceries, and opening jars become difficult. However, through continual and progressive strength and resistance training, we can maintain and even improve our current levels of strength. Working with a professional trainer will help us learn the mechanics needed to build muscle and maintain/improve strength.

Building muscle decreases fat. Americans are becoming increasingly overweight and unhealthy. We continue to progress towards a society where we "eat more and move less." When we do not continually

stimulate muscle growth and retention the percentage of body-fat we hold increases. In order to lose fat effectively, we must build muscle. One pound of muscle burns approximately 300 to 500 calories per week while one pound of fat burns approximately 14 calories per week. Thus, if you add ten pounds of muscle to your body you will burn an extra 3000 to 5000 calories per week. This will allow your body to burn over one pound of fat per week without doing anything extra. Do the math; one pound of fat burned per week is equivalent to a 52-pound fat loss per year.

According to Mr. Bob C. Moore, (Master Personal Trainer and Owner of Moore Fitness in Granada Hills), it takes approximately one solid year of training to put on 10 to 15 pounds of muscle. He has amazingly helped clients slim down from a size 20+ to a size four in one year simply by putting on "Moore Muscle."

Finally, another extremely important reason to put on muscle is to decrease the probability of a disease state. Many of today's illnesses are related and/or linked to being overweight. If you effectively put on muscle to control weight, you decrease your likelihood of contracting a weight-related illness (e.g., diabetes, cardiovascular disease, etc.)

Editor's Note: Dr. Rhonda Mayes, Ph.D., specializes in Health Psychology, is a National Health Educator and author of Transforming U: The True Weight Loss Bible of physical well being. Visit: www.transforminguinc.com, or email drmayers@transforminguinc.com.

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P.O. Box 674, Tujunga Ca 91043

Publisher/Editor
Nina Royal

Layout Design
Paccio Ad & Design

Contributing Writers
Mary Benson, TomiLyn Bowling,
Doug Epperhart, Marlene Hitt, Captain Stacy Gerlich,
Ron Kaye, Dr. Rhoda Mays, Captain Ivan Minsal,
Nayri Vartanian, Dr. Tom Williams

Investigative Reporter
Katharine Russ

Proofreaders
Paula Warner

Photographers
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PUBLIC SAFETY

News From Foothill



*Captain Ivan Minsal, LAPD
Acting Commanding Officer
Foothill Division*

This month Foothill Area celebrated the retirement of Captain Joseph Curreri, our Area commanding officer. After 35 years of outstanding and dedicated service, Joe and his family move into a new era of his life. The retirement party was held at the Police Academy at Elysian Park where it all began 35 years ago. Many community members from Foothill and Devonshire Area attended the party, wishing Captain Curreri a long and happy retirement.

As many of you know, the newsworthy event that was on all our minds was the Station Fire, which started on August 26, 2009, at about 3:20 pm, alongside State Highway 2 in the Angeles National Forest above the community of La Canada-Flintridge. On the afternoon of

Friday, August 28, 2009, the fire changed its direction and headed for the City of Los Angeles. The various fire crews and LAFD personnel, along with Foothill (LAPD) personnel responded to our most eastern boundary. Fire crews took up structure protection positions and engaged the fire. As a result of their heroic fight, they were able to hold back the fire and prevented it from burning any homes within the City of Los Angeles.

When Fire Officials ordered the evacuation of Sunland-Tujunga, Foothill officers, along with police officers from General Services Police Department, DOT traffic officers, and officers from the Department of Animal Services responded to aid local residents and their pets and livestock in evacuating from the affected area. The cooperation and understanding from the residents of Sunland-Tujunga was greatly appreciated by all the public safety officers and firefighters.

As we move into the next stage of this fire season,

we, as a community, must continue to be aware of changing conditions in weather and landscape; we must be prepared for mudslides, floods and the like. In addition, the fire season is beginning to unfold with the Santa Ana winds starting up in the next few weeks.

As for Foothill Area crime issues, our overall Part 1 crime is down 9.5 %, and overall crime is down 9.7% from last year. We continue to hold the line on violent crime at about a minus 8.2% compared to last year.

Although overall crime is down, areas of continued concern are burglary, burglary from motor vehicles, and GTA. Please continue to lock up your home and your car. Most property crimes are committed because victims leave a window open or a car unlocked. These are crimes of opportunity that allow criminals easy access to our homes and cars. Double-checking that you have looked your doors and windows before you leave your home or car is a big plus in crime prevention.

LAFD – CERT on the Move



*Captain Stacy Gerlich
CERT Commander
Los Angeles
Fire Department*

Greetings everyone from the world of CERT. It's been an exciting year so far. Captain Gerlich of Los Angeles Fire Departments CERT program has been named Vice-Chair of the Citizen Corp Council. The LAFD CERT program continues to lead the nation in people trained. We are currently training 4000 citizens every year. The unit has undergone some changes in the past year. We have a few new instructors: Alex Butler, Kurt Howard, Jenifer Kaufmann, and Bryan Medina. For those of you who remember Firefighter Marc Shapiro, he has joined the leagues of Captains. Captain Shapiro is currently assigned to EMS 13 "C". He is starting out of the gate with much enthusiasm. Wish him luck and good thoughts.

Captain James Harkins is another post CERT instructor. Jim is currently assigned to the Joint Regional Information Center. This is a perfect fit for Jim. He has an extensive background in Military operations having been a Lieutenant Colonel in the Air Force. Our best to Jim, and I know he will be very good at what he does.

LAFD CERT continues to build its importance within the fire departments culture. It is always difficult to get the buy-in from field personnel and to get them to understand that CERT is not here to take our jobs. CERT is an incredible addition to the safety of our communities and as an added resource during large incidents to the fire department. Our CERT members are utilized during elections, fire patrol, fire station grand openings, traffic control at incidents, refresher trainings, and many other functions. In a city of nearly four million people, CERT continues to rise above the average program offered by other agencies. It is my personal goal to continue offering the CERT program to

the citizens of Los Angeles and to make sure the great work CERT members do continues as well. Remember, it isn't a question of "if" but "when" we will have our next "BIG ONE". Remember the better prepared we are as communities, the better we will come out on the other end.

One last comment... We had our CERT refresher on August 16, 2009, at Fire Station 88 in Sherman Oaks. It was another great exercise with approximately 300 participants!! I would like to extend a Big thank you to all CERT participants and volunteers. Without your enthusiasm and continued support of this program, we would not continue to exist.

Remember to check your supplies and if you don't have any, PLEASE get some together before it's too late. See you at the next "BIG ONE."



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PUBLIC SAFETY

Too Little Too Late?

Is Incident Response the Best the City of L.A. Can Do?

The City of Los Angeles has a duty to provide the best service possible to fire and potential flood victims. "Going it alone" should not be an option. Poor lines of communication between the City and County of Los Angeles and the US Forest Service contributed to an uncoordinated response during last month's Station Fire. Will we learn from that experience? The City of Los Angeles can no longer afford to turn its back on programs that offer disaster emergency, technical assistance, and an inside track to state and federal grant programs. Now is the time for the City to reach out beyond its boundaries and create permanent lines of communication with multiple agencies and jurisdictions. This winter's flooding will not respect political boundaries.

The County of Los Angeles has already formally partnered with two federal agencies from the US Department of Agriculture. The US Forest Service will work within the boundaries of the Angeles National Forest on recovery once the fire is completely out.

The National Resource Conservation Service (NRCS) will help restore and stabilize private properties. Seventy-five (75%) percent of the cost to repair will be born by the NRCS, the modern version of a program started during the 1920's era dust bowl.

The burn area assessment shows that the area is the largest on record. One hundred percent of the Tujunga Watershed and all sub-watersheds are moderately or severely burned. Storm water, contaminated by ash and debris, will ultimately wash into the Pacific Ocean. Ash will alter the Ph of. The level may warrant HazMat response. It will certainly exceed pollution limits for discharge into the Pacific Ocean. The City should immediately pursue an indemnification from the Water Quality Control Board for exceeding TMDLs (Total Maximum Daily Loads) associated with the Station Fire.

Areas like last year's Marek and Sesnon Fires are still in danger of mudslides and debris, too. In fact, high flood risk will exist through this rain season and for up to five years. Disaster recovery experts explained that soil is already eroding because there is no longer any vegetation to hold it in place. The County Department of Public Works is clearing all of their flood control catch basins and will enlarge seven of them to prevent burn debris from damaging homes. The County is basing its efforts on a burn map created by the team that shows the most likely areas to be damaged by mudflows.

The City of Los Angeles cannot wait until it starts raining to think about flood protection and emergency response. Free inspections by County Public Works engineers will provide mudflow protection advice and ed-



1934 Flood — Photo Courtesy of Mike Lawler

ucational materials to homeowners near hillside burn areas. Call 800 214-4020.

The Coordinated Agency Recovery Effort program (CARE), recently initiated by Supervisor Mike Antonovich, is a multi-agency public outreach program that has been organized to disseminate information. The CARE team will be providing weekly media updates for city/community newsletters, local newspapers, and television channel systems. Public Education Government (PEG) channels will be given access to Message Bulletins, Information Videos, and Public Service Announcements. September 25 was the first in a series of meetings about flood protection and prevention, road closures, and recreational access to the Angeles National Forest. Over 120 Community officials and representatives from affected fire areas gathered to learn about sources of vital information to keep residents fully informed about the fire recovery efforts and potential mudflow precautions and safeguards. The City of Los Angeles was represented by three engineers. Two were from Public Works and one from the Department of Building and Safety. Services provided by CARE are examples of the types of services provided by a permanent Conservation District.

Why Reinvent the Wheel? The city's Emergency Response Team should immediately enroll in the CARE Program. Local jurisdictions and landowners within 88% of the State of California already have a formal link to service providers. A district designation known as a Resource Conservation District (RCD, creates Cooperative Agreements and Memorandums of Understanding (MOU) among entities like the Army Corps of Engineers (ACOE), National Forest Service (USFS), Conservation Service (USDA-NRCS), and Bureau of Reclamation (DOI-BOR). Portions of the County of Los Angeles are already within Resource Conservation Districts. The City of Los Angeles has no

current input to either district, despite the fact that portions extend into the San Fernando Valley.

An RCD can be formed by a council motion utilizing the mechanism that creates lighting and business improvement districts or by an initiative of the Local Area Formation Committee. RCDs are empowered to negotiate federal and state standardized Memorandums of Understanding with a large range of agencies. Some state and federal assistance is only available through the RCD system. The California Department of Conservation has staff specifically set aside to provide assistance to RCDs. This includes funding for grant writing and technical assistance. Over 66% of the Prop 12, 40 and 50 grants awarded by the Department of Water Resources went to RCD Units. There is no limit to the number of RCDs that can be formed within a County.

Recommended Action - Now is the time to investigate the benefits of a long-term plan that may or may not lead to the formation of multiple RCD units in the City of Los Angeles. At the very least, there should be formal commitment mandating participation by the City of Los Angeles in the CARE program that includes emergency responders and on-site technical assistance that will help residents deal with both long term and short term recovery efforts. From the report given, it is clear that the community of Sunland Tujunga, which includes the Riverwood Ranch, Alpine Village, and Seven Hills neighborhoods, will experience mud and debris flows this winter. The CARE plan could keep downstream communities informed during rain events because flooding may occur miles from the burn area. LA City Leaders must formalize lines of communication and assistance NOW

CARE Contacts - Speakers are available for community meetings. Contact Samangi Mudalige at (626) 458-4094. Topics they cover include Wildfire Recovery, Mud and Debris Flow Protection, and Road Recovery Updates.

Notice: Angeles National Forest is closed until further notice. No recreation, hiking, mountain biking, off road use or horseback riding will be allowed at least until next spring. One reason is the increased erosion. Another is the large number of injured animals that may cause a threat to visitors. Forest Recovery efforts and plant stock must be planned long in advance of the actual reforestation and replanting efforts. Information is available through the CARE program.

Editors Note: Ms. Benson is a former Candidate for L.A. City Council District #2, Vice President of the Sun Valley Area Neighborhood Council, and member of the Integrated Water Plan's Steering Committee.

Folklore of Climatology

By Marlene Hitt

A book borrowed from the Docent Lending Library of Bolton Hall Museum caught my attention. The title is Southern California Country An Island on the Land, by Carey McWilliams, 1946. McWilliams paints a picture of Southern California from the perspective of his time.

He noted that the restless easterners, in looking for the bizarre, the novel and the exotic, and being tired of Europe, hastened to the great City of Los Angeles, the desert, mountain or sea.

It isn't surprising that some amazing enthusiasm, misconception and exaggeration should have been made about Sunny California with labels appropriated: "Land of the Sundown Sea", "A Mediterranean land without the marshes and malaria", "The American Italy", "The New Greece". "The New Palestine", "The Land of Sunshine", "Poppy Land", "The land with a climate of "Laodicean equability".

Using Biblical references, one visitor wrote "Did

not the mustard grow almost as tall as a tree for the fowls of the air to lodge under the shadow of it? Did not the region have deserts in which heaven was as brass, and earth was as iron? Here were the vineyards, the fig trees, the almonds and olives of Syria. There are the dead seas and saliferous vegetation, the hot springs of Tiberius."

The climate of this paradise was so novel that it created a new science of climatology and gave rise to a true obsession to weather, as it was in Southern California, so different from the lands of blizzards and seasons. Its climate was seen to relieve and cure ailments such as incipient phthisis, chronic pneumonia, tuberculosis, liver disease, malarial poisoning, jaundice, as well as constipation, aging, hepatic catarrh, scrofulous affections, insomnia, asthma, and large glands. In fact, it was said that many diseases didn't even occur in Southern California and epidemics happened seldom.

The antidote to all ailments was to participate in the California Fever. Just come! And by 1880 the

whole foothill district around Sierra Madre and San Gabriel was one vast sanitarium

When asked if the place was good for invalids, one local editor remarked, "No, sir, but I think it is a pleasant place in which to be sick, and, when my appointed time comes, an easy place in which to die. For you die not in a pent-up Northern home begging for air, but you die in the open air, and vanish ere your friends know it." Another editor said that the moist, warm, enervating climate makes soothing death beds for those who are beyond recovery.

The 1870 climate had become a salable commodity and in the classic expression of the time, "we sold them the climate and threw the land in."

The McWilliams book is a page turner, 'painful-full' of truth and often bah humbug!

Editor's note: Mrs. Hitt is Director of Bolton Hall Museum, a former Sunland-Tujunga Poet Laureate and writes for the NVR.