

March 5, 2020



CARING FOR OUR NEIGHBORHOOD.

From Politics to Pandemics: Replacing Fear with Wellness



The Global Wellness Institute (GWI), a nonprofit organization with a mission to empower wellness worldwide, reminds us that in the midst of worries about politics and pandemics, it's easy to become focused on fear of the unknown. The Institute also notes that a *positive* focus on wellness is the best protection against preventable disease. In fact, as the GWI says, "This is the ideal time to encourage family, friends and colleagues to focus on building a strong immune system through exercise, healthy nutrition, stress reduction, smoking cessation and more." As residents of Silver Lake we are fortunate to have easy access to range of healthy resources, from outdoor activities and nature experiences in our neighborhoods and at the Reservoirs and Griffith Park, to free yoga and meditation programs at the [Silver Lake Library](#). We are also able to access a wealth of accurate information from professionals. We hope you will join us as we advocate to replace fears and worry with a message of health and wellness.

Email your ideas to editor@silverlaketgether.com



View of the Silver Lake Reservoirs at night. The Reservoirs host migratory birds that use one of the great migration routes of the world, the Pacific Flyway, stretching from northern Alaska to the tip of South America. Over 140 species of birds have been sighted on Silver Lake's open body of water, numbering into the thousands at the height of the migratory season. Photo by Michael Masterson.

Blue Herons Nesting Peacefully Again

By the time Silver Lake's Reservoirs had been drained for over two years, the community's famous blue herons had moved on to quieter digs just off the Ivanhoe Reservoir on Tesla. Their new home is relatively peaceful and since 2018, the herons have successfully hatched and raised chicks. But protecting their urban sanctuary requires ongoing vigilance, as community activists discovered – again.

Last week, Susan Hutchinson and Hugh Kenny reported that crews were jack-hammering directly under a nest, where chicks were recently born. They reported the incident to LADWP but Silver Lake Together (SLT) advocates determined the work was being done by a Bureau of Street Lighting contractor. After speaking with the foreman, SLT escalated the concern to Rachel Fox, and the Council District 4 team, which contacted Street Lighting. The contractor was told to immediately stop work in the area until the nesting season ends in mid-August. This incident shows that community can make a difference. If you see issues that concern you, be sure to get the contractor's name and contact information and email it to editor@silverlaketgether.com. We are here to help you connect with the right departments or individuals. (Thanks to Susan Hutchinson, Hugh Kenny, Rachel Fox and CD4 for acting quickly to protect the herons.

The Migratory Bird Treaty Act (1918) makes it illegal to disturb nests, even through noise.

[LEARN MORE ABOUT THE MIGRATORY BIRD ACT](#)



Competitors run past L.A. City Hall during the 2018 L.A. Marathon. (Wally Skalj / Los Angeles Times)

Marathon Is On for Sunday: Check Road Closures Here

As of today, the Los Angeles Marathon is still scheduled for this Sunday, despite concerns about the coronavirus. According to a *Los Angeles Times* article, L.A. County's Health Officer, Dr. Muntu Davis, said officials are "...discussing precautionary measures (such as) places for people to wash their hands and for medical staff to evaluate whether people are ill." Davis added that the risk for exposure is relatively low but urged people to stay home if they are feeling sick. The *L.A. Times* notes that the annual marathon is one of the largest in the country. Runners cross the city, starting at Dodger Stadium and ending near the Santa Monica Pier. Approximately 27,000 athletes and thousands of volunteers and spectators are expected to take part.

Silver Lake Together applauds marathon organizers and L.A. officials for their positive focus on wellness.

[FIND STREET CLOSURES HERE](#)

[READ THE COMPLETE LOS ANGELES TIMES ARTICLE](#)

*LADOT
officers direct
traffic at the*

*intersection of
Glendale and
Riverside.*



Left-turn Signal at Glendale and Riverside? Let Us Know What You Think

As the Los Angeles Department of Water and Power (LADWP) moves towards completing work to replace aging water pipes on Fletcher Drive, traffic control officers continue to help motorists navigate detours related to the work. We think the officers stationed at the intersection of Glendale Boulevard and Riverside Drive make this often-hazardous corner much safer. If you agree, and would like to see a left-hand turn signal installed after the officers depart, please email editor@silverlaketogether.com and we will advocate for you. LADWP's work is expected to be done at the end of April. In the meantime, please give the officers a friendly wave as they guide you through the intersection.

Email editor@silverlaketogether.com if you think there should be a left-hand turn signal at the corner of Glendale and Riverside.



Spring Ahead! Two Days Until Daylight Saving Time Starts

As the saying goes, it's almost time to "Spring Forward" and move our clocks ahead by one hour. Daylight Saving Time 2020 starts early this **Sunday morning, March 8**, and runs for 240 days until Sunday, November 1, 2020. According to Calendarpedia.com, the goal of the time change is to extend daylight longer into the evening by starting daylight an hour later in the morning. Although the official time change is at 2:00 a.m. on Sunday, most

people move their clocks ahead the night before. (Of course, if you only rely on your phone, the change is automatic.)

[LEARN MORE AT CALENDARPEDIA](#)



Photo courtesy of Jackie Goldberg for School Board campaign

Jackie Goldberg Headed to Reelection on LAUSD

Although there are many votes yet to be counted, it appears that Jackie Goldberg is headed to reelection on the Los Angeles Board of Education. Goldberg's District 5 includes Silver Lake. She first served on the school board in the 1980s and later on the L.A. City Council and in the Assembly. She returned to the Board of Education last May in a special election to complete the term of Ref Rodriguez, who resigned after pleading guilty to campaign finance violations.

[READ THE LOS ANGELES TIMES ARTICLE](#)

[TRACK ELECTION RESULTS](#)

[VIEW THE HISTORY COLLECTIVE'S JACKIE GOLDBERG INTERVIEW](#)



Let Us Know!

Need help with an issue in Silver Lake? Do you have ideas that will help our neighborhood or want to share community news?

Email Us

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