

STAY HEALTHY! STAY SAFE! STAY HOME!

Mountain Views News

Sierra Madre

Arcadia

Duarte

Monrovia

Pasadena

Altadena

South Pasadena

San Marino

SATURDAY, APRIL 4, 2020

VOLUME 14 NO. 14

THE WEBB-MARTIN GROUP



In this time of grave crisis, The Webb-Martin Group sends you our love, support, and encouragement in facing this challenge together.

We will be maintaining safer, more direct and efficient modes of communicating with you.

These would entail virtual home tours, 3-D floor plan visualizations, virtual meetings and making use of DocuSign, FaceTime, Google Meet, and various mobile messaging apps

Please know that we remain steadfast in our mission to support you.

We will get through this, together and stronger.

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Judy Webb-Martin 626.688.2273
jwmartin@dppre.com #00541631

Katie Orth 626.688.0418
korth@dppre.com #00942500

Who We Are:

Residents & business owners of Sierra Madre selling real estate since 1975 & proudly giving back to the community.

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WHEN A COMMUNITY COMES TOGETHER In The Midst of COVID19, Sierra Madre Does What It Does Best

LOCAL CHURCH DEVELOPS COVID19 'CARE TEAM'

"...Love thy neighbors as thyself"

After the outbreak of COVID-19 our church (Christ Church Sierra Madre), developed a care team to do what we could to meet the needs of people within our community in Sierra Madre. The team picks up groceries, delivers medications, provides supplies, and attends to other various needs (such as gardening and laundry). There is also a limited supply of toilet paper, paper products, and gloves available for those in need.

Because of the current COVID-19 crisis there has never been a more important time for churches, synagogues, mosques, and other religious and social institutions to pull together and work for the good of our neighbors.

Our church desires now and in the years ahead to serve as a witness of God's love within our community in concrete and practical ways. We recognize that we have not always been faithful to this call, but are committed to growth in love.

Why you may ask? Well, a few years back, I read a book that raised a penetrating question to me as a pastor: If your church left your community tomorrow, would anyone notice? For churches that profess to follow Jesus, this is an incredibly important question. Jesus taught that the greatest thing we can do (second only to loving God) is to love our neighbor as ourselves. Love is not sentimental, but practical and issues in concrete actions that serve the well being of others.

A church that practices neighbor love will make an impact in the community and its absence will be felt.

We are here for you and would be honored to serve you during this difficult season! If you or perhaps one of your neighbors has a specific need, please visit our website www.christchurchsm.org/covid-19 or contact our team lead, Jonathan Wee at jwee@christchurchsm.org.

Additionally, if you feel anxious and fearful in these uncertain times, and would like to hear words of hope and inspiration, we would invite you to join our online streaming services every Sunday at 9am and 10:45am at www.christchurchsm.org/live.

Grace, peace, and health on your and your family during this season! Josh Swanson, Lead Pastor, Christ Church Sierra

INSIDE THE MOUNTAIN VIEWS NEWS THIS WEEK

ARTICLES/INFORMATION ON DEALING WITH COVID19 CAN BE FOUND THROUGHOUT

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LOCAL WOMEN CREATE & DISTRIBUTE HUNDREDS OF MASKS...SO FAR

Got Time or Talent or Materials and a desire to help our health care workers?

In the last few weeks, Laura Tartaglione and Carol Canterbury have been soliciting help in their all volunteer effort to make cloth masks to help with the protective clothing shortage. So far more than 400 masks have been made and distributed to hospitals and other facilities to grateful staffers such as the ladies pictured on the right.

Needed are material, elastic, if you know how to sew, your talent, etc.

Contact Carol Canterbury at carolcanterbury@hotmail.com

SUPPORT OUR LOCAL BUSINESSES



"SIERRA MADRE THRIVES" OFFERS LIFELINE TO COMMUNITY MEMBERS IN NEED DURING COVID-19 CRISIS

Beginning April 1, "Quarantine Canteen" rotates local restaurants offering weekly drive-thru dinners to anyone in need; volunteers offer to run errands for home-bound neighbors

SIERRA MADRE, Calif. – March 31, 2020 – In an effort to help neighbors in need during the coronavirus crisis, a group of passionate citizens in this small foothills community have created "Sierra Madre Thrives," a grass-roots initiative designed to offer assistance, support, and weekly dinners for local residents during the coronavirus pandemic.

The initiative was spearheaded by Mike Comer, CEO of Sierra Madre-based health care company Wound Care Advantage, who reached out to local businesses and friends to help. The response was fast and immediate. To date, dozens of businesses and volunteers are lending a hand to help Sierra Madre residents through this difficult time. Sierra Madre Thrives is collaborating with several local restaurants donating food and time to help provide free dinners every Wednesday throughout the crisis for

any community member in need.

"We're doing everything we can to get things ramped up quickly because our community needs help NOW, especially our senior citizens," said Comer. "Our goal is to bring everyone together in a positive way during a very difficult time, and to find new ways to support each other. We're open to suggestions."

The weekly dinner service, dubbed "Quarantine Canteen," will offer free or discounted boxed meals every week via drive-thru, beginning this Wednesday, April 1 from 4:30-6:30 p.m. at Poppy Cake Baking Company, 328 W. Sierra Madre Blvd. On April 8, the Quarantine Canteen will move up the street to The Only Place in Town restaurant. Additional participants will be published on the group's website.

Sierra Madre residents are encouraged to visit the website to learn more, make donations to help cover costs, reserve a weekly meal, and find out about local business specials. For more information, or to reserve a meal, visit www.sierramadrethives.com



PARK AREA CLOSURES

PARK AREA CLOSURES INCLUDE:

- PLAYGROUNDS
- VOLLEYBALL COURTS
- TENNIS COURTS
- NATURE TRAILS
- BASKETBALL COURTS
- DOG PARKS

Please remember to use social distancing and remain six feet away from others.

IN COMPLIANCE WITH THE L.A. COUNTY SAFER AT HOME ORDER FOR CONTROL OF COVID-19

Please continue to check the City's website and social media for updates as the situation changes. Thank you all for your cooperation.

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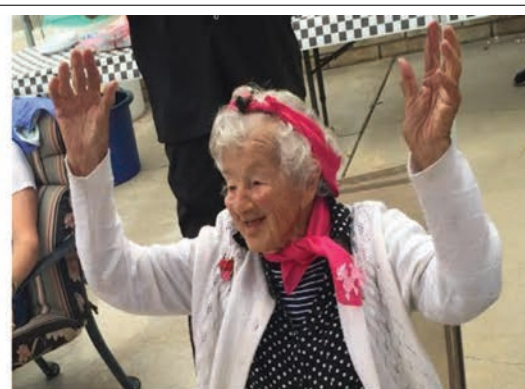
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PASADENA

ALTADENA

MONROVIA

MATER DOLOROSA ANNOUNCES CANCELLATION OF 2020 GOOD FRIDAY STATIONS OF THE CROSS

April 1, 2020 – The Passionists of Holy Cross Province will not open the grounds of the Mater Dolorosa Passionist Retreat Center in Sierra Madre to worshippers this Good Friday, April 10, in keeping with California's Stay at Home order.

In recent years, up to 3,500 worshippers have attended Good Friday Services at Mater Dolorosa and prayed and meditated at the Retreat Center's Stations of the Cross and gardens. However, the Retreat Center closed its gates last month in response to the COVID-19 pandemic, and will not open them on Good Friday.

"We deeply regret having to take this unprecedented action, especially since it is hard to imagine a time when prayer and meditation is needed more," said Michael Cunningham, Mater Dolorosa Retreat Center Director. "We ask our regular visitors, and everyone, to use this Good Friday as a time to pray for a rapid end to this pandemic and healing for all who have been impacted by this tragic turn of events."

The Retreat Center will provide online Good Friday services. For information on the services, visit the Retreat Center's website, www.MaterDolorosa.org and our Facebook Page at www.facebook.com/MaterDolorosaRetreatCenter Thank you for your understanding.

FOR MORE INFORMATION CONTACT:

Michael Cunningham, Retreat Center Director 626/355-7188
mcunningham@materdolorosa.org

The Mater Dolorosa Passionist Retreat Center is a ministry of the Passionists of Holy Cross Province. The Passionists purchased the 88-acre Retreat Center property in northwest Sierra Madre in 1924 and have offered spiritual retreats there since 1926.

SIERRA MADRE NEWS BRIEFS



COVID19

WHAT'S GOING ON AT CITY HALL?

All Commission and Board meetings will operate under the Governor's Directive suspending certain elements of the Brown Act. We will encourage all Commission and Board Members to call in for meetings. If they do not prefer calling in, we will limit the number of attendees in person, as to not violate the 6 ft. of distance practice. We will provide a space for public dialogue/comment as required by law, but will strongly encourage public comment to be given by phone, text, or email before and during the meeting.

We are suspending all water/utility service disconnections. We are suspending all late payments and penalties for utility bills that come past due during this time period. We will allow repayment plans to be made to the maximum practical benefit of the customer during this time period. We will consider all financial hardship claims from our residents whose work status is impacted during this time period. We will suspend all overnight parking enforcement with the exception of parking that is a hazard to public safety during this time period.

As stated above, this list will change as new or better information becomes available. As a City we remain committed to the safety of our employees, their families, and the community. Our primary mission at this stage, as a government, is to protect public safety and our first responders from any unnecessary exposure, so they can continue to provide critical services and respond to the needs of our community. Gabriel L. Engeland City Manager City of Sierra Madre 626.355.7135 GEngeland@CityofSierraMadre.com www.CityofSierraMadre.com

City staff are monitoring email communication daily, and although employees are minimizing direct engagement and interfacing less with the community, please note that voice messages, emails, and social media responses are being addressed in the most efficient and timely manner. If at any time additional information is needed, please contact City Hall Administrative Services at (626) 355-7135, Monday-Thursday from 7:30a – 5:30p, as they are taking messages and e-mailing the appropriate person.

For messages that may trickle in otherwise, please note our team is remotely checking voice-mail daily at the Community Services Department, 355-5278 x702.

ANGELES NATIONAL FOREST TEMPORARILY CLOSES HIGH-USE AREAS FOR PUBLIC SAFETY ARCADIA, CA, APRIL 3, 2020

In alignment with current Federal, state, and local guidance for social distancing and to ensure health safety of its visitors, volunteers and employees, the Angeles National Forest will temporarily shut down portions of the San Gabriel Mountains National Monument and Los Angeles Gateway Ranger District, effective April 4, 2020 through April 30, 2020.

Please refer to the following link for a list of areas impacted by this closure notice: go.usa.gov/xvYJZ

FEDERAL STIMULUS CHECK PAYMENT SCAM ALERT

You won't receive a phone call, text message, email or be asked to visit a website to receive a stimulus check

You won't be asked to give your Social Security Number, bank account information, or credit card number

You won't be asked to pay anything up front to get your stimulus check. No fees, no charges

Anyone calling you for personal information to process your stimulus check is lying

Anyone who says they can get you the money now or faster is a scammer

The IRS will send out rebates automatically to your direct deposit or to the address provided on the last tax return submitted

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

“Worry pulls tomorrow’s cloud over today’s sunshine.”

Harvey Mackay

Tomorrow is Palm Sunday, a week before Easter Sunday. On this particular day we gather together to commemorate Jesus' ride into Jerusalem on the back of a donkey while the crowds spread their cloaks before him, waved palm branches, shouted, "Hosanna!" and just generally celebrated this man who had walked among them for three years, healing their sick, raising the dead, giving sight to the blind, loving their children, and teaching a new way to live, based on love rather than the law. Just a few days later, these same people would be shaking their fists and shouting, "Crucify him! Crucify him!"

One of his very own disciples, Judas Iscariot, would betray him with a kiss, having sold Jesus for 30 pieces of silver. I've always wondered if Judas might have regretted betraying Jesus. We don't really know, do we, what happened with Judas, except that it all went wrong. "And Satan entered into Judas..." Luke 22:3

I wrote the lyrics to this song as part of "Hands!" The Musical, and my co-writer, David Wheatley, composed beautiful music for them. He has sung and played it several times for Good Friday services, and it is extremely moving.

"I'd Like Another Yesterday"

"I'd like another yesterday.
 Turn back the hours, make it yesterday.
 I'd walk these roads again with you,
 Share wine and bread and share the laughter, too.
 I'd like...another yesterday,
 To feel the sun again upon my face.
 To listen to the things you say.
 This time, believe you really are...The Way.
 And now it's all come down to this, I've betrayed you...with a kiss.
 These silver coins fall through my fingers,
 Just like petals from a rose.
 Too late to change things, I suppose,
 Too late to change things, I suppose.
 I'd like another yesterday."

Easter week is certainly going to be different this year what with Stay At Home edicts restricting where we go and what we can do. Churches will be live-streaming their services and we will all be able to observe Good Friday and Easter itself some way. Last year my family and I sat on the grass by the lake here where we live and heard, once again, those wondrous healing words: "He is risen! He is risen, indeed!"

Meanwhile, the most encouraging sights I've seen this week have been hummingbirds feasting on my lavender plants and bees dining on my lemon and orange blossoms. The church we've been attending came by Crissy's house just three doors up the street from me, where Jessie and Emily live, and created a lovely chalk drawing, embellished with many hearts, on the sidewalk saying:

TCE Kids Love and miss you,
 Jessie and Emily

Just a little advice about worrying about our current situation from Dale Carnegie who wrote a book entitled, "How to Stop Worrying and Start Living," originally published in 1948:

1. Analyze the situation honestly and figure out what is the worst possible thing that could happen.
2. Prepare yourself mentally to accept the worst, if necessary. (We will never be able to buy TP again...or, worse, there won't be any wine!)
3. Calmly try to improve upon the worst, which you have already agreed mentally to accept.
4. Keep busy, don't fall apart over trifles, cooperate with the inevitable, decide just how much anxiety this situation may be worth and refuse to give it more, don't worry about the past.
5. Hang on to your sense of humor with both hands and use it as much as possible. Smile at everyone who is 6 feet away from you.

Easter is coming, dear friends and neighbors! We might not be able to see the sunrise at the Hollywood Bowl, but we can see it wherever we happen to be and celebrate the fact that we will get through this and, hopefully, life will see us more grateful for little things like going out to lunch, getting our nails done, and hugging each other. How I miss hugging. We will not be defeated!

So wash your hands, drink lots of water, stay home and laugh at all the great jokes that are circulating.

This week I'm still leaning on Phil.4:6 "Don't worry about anything, instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

How many Palm Sunday church services have you been to where all the little kids came down the aisle brandishing palm fronds with absolutely no clue what they were doing. You won't be seeing that tomorrow so here are some palm fronds to make you smile.

My book page: Amazon.com: Deanne Davis – check out

"The Crown" -a great Easter story, available there.

Take a look at a preview...

https://youtu.be/Y_pC0X286T8

"Hands!" The Musical is available on TuneCore

TABLE FOR TWO by Peter Dills *thechefknows@yahoo.com*

**Wine Sales are surging
Pete's Pick of the week**

**SAN SIMEON CABERNET
SAUVIGNON**

We jump up in class a bit this week and still stay in California. We are still opening the darks reds as we travel to Paso Robles.



Why Paso Robles?

Paso Robles Wine Country is home to plenty of wineries throughout the region. The perfect climate for producing award-winning premium wines, [Paso Robles Wine Country](#) is located in California between Los Angeles and San Francisco. Paso Robles Wine Country is home to more than 200 wineries, mostly comprised of boutique and small family-owned [vineyards](#) and wineries. Speaking of award winning wines from Paso Robles this past week I enjoyed the San Simeon Cabernet Sauvignon. And boy did I ever, this Paso Robles stand out is aged for at least 18 months in French oak barrels leading to structured tannins** and provides texture and depth with a lengthy somewhat spicy finish.

Winemaker Anthony Riboli tells me that this wine is one of his favorites when he is home with his family enjoying a dinner he went on to say "As a fourth generation winemaker, I really want every consumer to taste the quality and care that our family imparts into every bottle of San Simeon Cabernet Sauvignon. From estate vineyards to artisan winemaking, we want the consumer to feel part of our family...to feel special!" Thanks Anthony! With Easter fast approaching this reviewer would suggest some dark chocolate though on my tasting I enjoyed it with a Firm Cheddar Cheese.

Tannins.... A Dills Definition.. Tannin is the textural element that makes the wine taste dry, though I use the word often to describe how it feels on my tongue, thus dry, sandy, bitter etc...

Dills Score

Each week I will give you my Dills Score. I have added points for value. I'm starting with a base of 50 points; I added 8 points for color, 8 points for aroma or "nose", 8 points for taste, 8 points for finish, and 9 points for my overall impression, which includes my value rating. Total Score 89 Retailers for \$25.00 AT VONS

Weather Wise

6-Day Forecast Sierra Madre, Ca.

Sun:	Chance Rain	Hi 60s	Lows 40s
Mon:	Sunny	Hi 60s	Lows 40s
Tues:	Ptly Cldy	Hi 60s	Lows 40s
Wed:	Ptly Cldy	Hi 60s	Lows 40s
Thur:	Sunny	Hi 60s	Lows 40s
Fri:	Sunny	Hi 60s	Lows 40s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS

CITY COUNCIL
February 25th, 2020 at 6:30PM
March 10th, 2020 at 6:30PM

Planning Commission
March 5th, 2020 at 7:00PM

Community Commission
February 17th, 2020 *Cancelled*

Community Services
February 24th, 2020 at 6:30PM

Senior Community Commission
March 5th, 2020 at 6:30PM

CANCELLED

THE SIERRA MADRE PUBLIC LIBRARY BEGINS NEW CHECK-OUT SYSTEM IN RESPONSE TO COVID-19 CLOSURE.

In an effort to continue supporting our patrons during this difficult time, the Sierra Madre Public Library will offer a single, over the phone check-out per patron. To the extent to which we can, a Library Staff Member will take patron requests for materials over the phone, and materials will be checked out to the member's card and prepared for pick up. Upon arriving at the Library, patrons will call from a designated waiting area outside of the building, and a staff member will check their identification and transfer materials to them, in keeping with social distancing standards.

We at the Sierra Madre Public Library believe that everyone has the right to access materials and information; however, this opportunity will be revoked out of a greater concern for the Sierra Madre Community and City Staff, should the need arise.

Thank you for your patience as we continue to work together in service of our community.

THE SHOPS ON BALDWIN IN SIERRA MADRE



Local Area News Briefs

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1630 AM EMERGENCY RADIO & Free on-air publicity for local events

Sierra Madre's EMERGENCY radio station is now accepting scripts for Public Service Announcements (PSAs) about community events. PSAs will be broadcast on the air at no charge. The station operates 24/7 and can be heard at 1630 on the AM dial.

Any local non-profit or non-commercial organization can have their event information broadcast to the public on Sierra Madre Community Information Radio. The station covers the city of Sierra Madre, plus surrounding areas of Pasadena, Arcadia, and Monrovia.

Your event must:

- Benefit a non-commercial or non-profit entity
- Be open to the public
- Be of general interest to local citizens

Just write a Public Service Announcement that describes your event and e-mail it to radio@cityofsierramadre.com.

Sierra Madre Woman's Club

Wistaria Thrift Shop

CLOSED

UNTIL FURTHER NOTICE

We're Protecting our Volunteers and You, Our Shoppers

DONATIONS NOT ACCEPTED

Planning for Early Possible September Re-Opening Extravaganza!

GFWCSierraMadreWomansClub.org
Clubhouse Phone Number: 626-355-4379

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Wistaria Elegance

Fashion Show & Luncheon on Saturday, February 22nd at 1:00 PM at the El Estrella Hall, Arcadia

POSTPONED DATE TBD

Menu: Chicken or Veggie
Reservations: ??? 351-0233
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Proceeds To Our 2020 Academic Scholarships

GFWCSierraMadreWomansClub.org
SierraMadreWomansClub



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Our next meeting is Tuesday, TBA
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Pasadena Altadena

News From Your Community For Your Community

Officials Renew \$20,000 Reward over Boy's Death

Altadena Sheriffs are again asking for the public's help with information related to the shooting of 4-year-old boy in Altadena in 2016 after the County of Los Angeles the Board of Supervisors voted Tuesday to reinstate a \$20,000 reward until June 18.

According to investigators, Salvador Esparza, was shot in the 300 block of West Figueroa Drive in the unincorporated area of Altadena on July 5, 2016, at approximately 10:40 p.m.. He was sitting on the front porch with a family friend when someone in a car fired 13 rounds at them.

Sheriff's do not have a description of the suspect but believe the shooting was gang related.

Any claims for the reward funds should be filed with the Executive Office of the Board of Supervisors, 500 West Temple Street, Room 383 Kenneth Hahn Hall of Administration, Los Angeles, California 90012, Attention: Salvador Esparza Reward Fund. For more, call (213) 974-1579.

COVID-19 Cases in Pasadena Up to 49

The City of Pasadena Public Health Department, (PPHD) said, as of Friday, there are 12 additional cases of novel coronavirus disease (COVID-19) in Pasadena residents bringing the total number of confirmed cases in the city to 49. These new cases are likely due to community transmission.

Fifteen of the case needed hospitalization. They said due to patient confidentiality, no other information on each cases is given.

They said, close contacts are monitored for signs and symptoms of illness and are quarantined.

The Safer at Home Order was issued by the city to slow the spread of COVID-19 and protect the Pasadena community. Individuals can take everyday actions to protect the community and preserve local healthcare resources including:

Do not have non-essential gatherings with anyone outside of your immediate family (living with you). Essential gatherings include medical visits and purchasing food.

If you are sick, isolate yourself from others in your home and call your doctor to determine what care you need.

If available, consider using telemedicine to speak with a healthcare provider, rather than visiting the emergency room or urgent care.

Stay at least 6 feet away from other people when on essential outings, such as grocery shopping or riding public transit to an essential job. Continue strict personal hand hygiene and cleaning of surfaces.

If you have recently returned from an area with ongoing COVID-19 infections, follow public health guidance and monitor your health. Call your healthcare providers and inform them about your travel history if you need care.

For the latest information on COVID-19, visit: cdc.gov.

Stimulus Plan Could Include PWP Rebates

By Dean Lee

Pasadena City Manager Steven Mermell proposed what he called a "bold concept," Monday, to utilize funding by approximately 66,500 electric rate-payers in the Underground Surtax Fund to provide rebates as a stimulus to the local economic. He said the current fund balance is well in excess of any project needs.

"I'm proposing that we suspend collection of the Underground Surtax for a period of six months, during this difficult economical time and that we provide a two year rebate to all electric customers," he said as he went through all the statistical data. "That is an \$11 million injection back into our local economy."

The Underground Surtax Fund provides for the construction and extension of underground utility lines; street light improvements in connections with conversions among other things.

"The estimated benefit to customers by class, residential, most people hover around 500 and 700 (kwh) they would get a rebate between \$103 and \$171," he said. "But if we more into the small and medium commercial, these are our restaurants, a small restaurant would see a \$2,000, a medium



sized restaurant about \$3,200 and then for large commercial customers [medical facilities, hotel properties, etc.] its up from there, a hotel property would be in excess of \$29,000 based on average usage, again, this is all dollar in dollar out."

Mermell said he would need to return to the council for a formal recommendation and approval, if approved checks could begin to go out as early as two weeks. He said City Attorney Michele Beal Bagneris had already began the paperwork. "For people that have left the system, we would setup a simple claims type process so we're not discriminating against anyone that paid in," he said.

All of the council members said they liked the idea.

"I applaud you, I think this is

a very creative way to put this money to use, it's not doing anybody any good sitting there," said councilmember Margaret McAustin adding that she liked that it helps and focuses on small businesses.

Mermell had said some of the city's major economic disruptions from COVID-19 included business forced to close for an undetermined period of time, that hotel occupancy was down to 10 percent from 80 percent and a rapid increase in unemployment. He said they have also extended eviction protection to businesses and setup a web-portal for local restaurants.

The city council's next meeting is set for Monday at 2 p.m..

Photo by D. Lee/MVNews

USC PAM Drive-thru Donation Center Today

USC Pacific Asia Museum will be holding "no human contact" Drive-Thru Drop Off Center today at the museum parking lot, 46 North Los Robles Ave., for the community to donate any Personal Protective Equipment (PPE) and Medical Supplies they have to help USC affiliate hospital health care workers. The event goes from 11 a.m. to 5 p.m.

"When we decided to move forward with the donation drive-thru event taking place this Saturday, we wondered if the community does in fact have medical supplies to donate to our overwhelmed USC affiliate health care workers," museum staff said. "Almost as quickly as the eblast went out, emails and phone calls poured in. For instance, Cookes Crating whom we work with on assembling our fine arts crates stepped up. In addition to the bins they donated to make this event possible, they donated 8,000 medical gloves and 250 N95 masks."

HOW IT WORKS: This will be a safe drive-thru donation drop off with no human contact.

Drive in: Pull into our parking lot on the Los Robles Avenue entrance.

Drop off: Roll down your window and drop your donations into the marked bins: Masks | Gloves | Booties | Cleaning Supplies

"We will load your donations into USC trucks and deliver them directly to our affiliate partners at USC Verdugo Hills Hospital and the Keck Medical Center of USC in Los Angeles."

The museum is asking for new/unused masks, hand sanitizers and wipes (at least 70 percent alcohol), latex free gloves, scrubs (gowns and shoe covers), face shields and goggles and over specialized supplies including ventilators.

For more information visit: pacificasiamuseum.usc.edu.

City Get State Funding for Homelessness to Reduce COVID-19 Spreading

Note: this city council meeting will be held entirely by video conference —Pasadena city hall is closed to the public.

The city council is set Monday to vote to enter into a contract with the State of California Business, Consumer Services, and Housing Agency for \$105,625.89 in emergency funds to protect the health and safety of homeless people and to reduce the spread of the COVID-19.

According to William Huang Pasadena Director of Housing, the funding is intended for COVID-19 prevention and containment efforts for temporary shelters, including, but not limited to, medically indicated services and supplies, such as testing and handwashing stations, and enhancements to existing shelter facilities. Funding can also be used for acquiring new shelters, supplies and equipment for emergency shelter operations, increasing shelter capacity, street outreach, and acquiring locations to place individuals who need to be isolated because of COVID-19 illness or exposure. The intent of these investments is to allow



for proper social distancing and isolation to reduce the spread of COVID-19 among the homeless population.

According to the ajeda report, On March 17, 2020, Governor Gavin Newsom signed SB 89, which was approved unanimously by the State legislature and authorized a total appropriation of up to \$1 billion to provide assistance to California counties, Continuums of Care (CoCs), and the state's 13 largest cities to help the spread of COVID-19 among homelessness.

The meeting will be held at 2 p.m. and livestreamed with captioning at: pasadenamedia.org, and at: cityofpasadena.net/commissions/agendas. For public participation goto: cityofpasadena.net/city-clerk/public-comment.

Connect Pasadena and Other Resources During COVID-19

The City of Pasadena and the Pasadena Convention & Visitors Bureau announced Wednesday the launch of "Connect Pasadena," an online web page of curated educational and engaging content from Pasadena businesses and cultural institutions. The virtual directory is intended to provide Pasadenans with a variety of content to keep them active, entertained and enlightened while safe at home, as the community continues to practice safe social distancing during COVID-19.

"Connect Pasadena" features free content from Pasadena businesses and cultural institutions in the following categories: art & culture; fitness, yoga & mindfulness; children's activities, cooking & baking; learning & education; and music. Those interested in learning more about Connect Pasadena can access the content by visiting: visitpasadena.com/virtual-activities/.

Pasadena businesses with free educational or engaging content are encouraged to submit their virtual content for inclusion at: cityofpasadena.net/virtual-connect. Content must meet certain criteria.

In addition to Connect Pasadena, the City of Pasadena and the Pasadena Convention

& Visitors Bureau have also published a citywide directory of restaurants and eateries offering takeout and curbside delivery service. The restaurant directory is updated daily, Monday – Friday, and can be accessed at: visitpasadena.com/pasadenabusineses/.

"With so many events and daily activities being canceled on account of safety measures taken to flatten the curve of COVID-19, both the City of Pasadena and the Pasadena Convention & Visitors Bureau recognize the need for all of us to stay connected while continuing to support our local businesses and institutions," said Michelle Garrett, Special Projects Manager for the City of Pasadena. Likewise, "As we continue to do our part through social distancing by staying safe at home, we are inspired by how our community is coming together to support each other," said Jeanne Goldschmidt, executive director of the Pasadena Convention & Visitors Bureau. "We hope these resources brighten everyone's day and remind them of what makes Pasadena so special."

For more information, contact the Pasadena Convention & Visitors Bureau at (800) 307-7977 or log on to: VisitPasadena.com.

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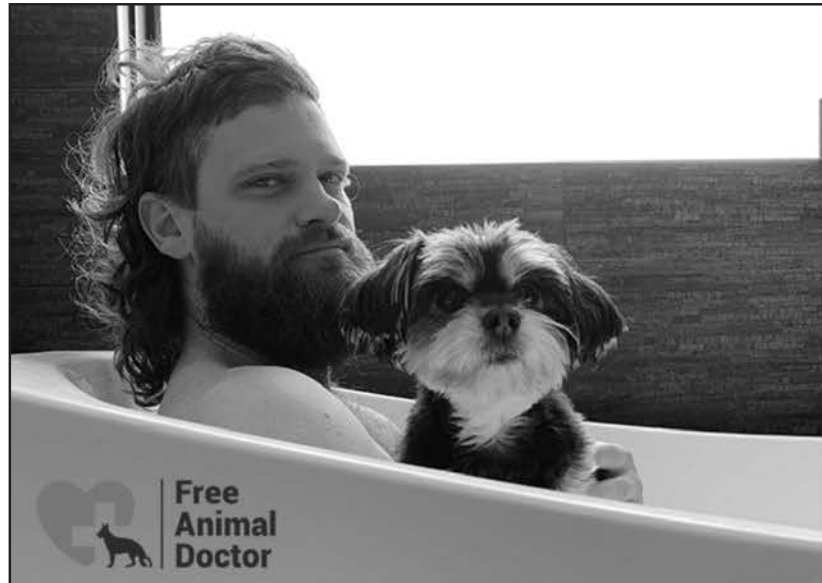
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CHU STATEMENT ON THIRD CORONAVIRUS RELIEF PACKAGE

The House of Representatives last week passed H.R. 748, the Coronavirus Aid, Relief, and Economic Security (CARES) Act. This \$2 trillion bill is the third relief package passed by Congress in response to the COVID-19 pandemic. The bill includes \$200 billion for hospitals, health systems, and health research, including funding for personal protective equipment (PPE). It also provides for longer unemployment insurance with an additional \$600 each week per recipient for up to four months, and also provides direct payments of \$1200 to individuals and an extra \$500 per child. Businesses would receive a temporary refundable payroll tax credit to keep their employees on payroll under this bill, and would also be eligible for grants and loan forgiveness from the Small Business Administration. Additionally, the CARES act provides eviction protection for Americans with federal-backed mortgage loans, and protection for renters whose building has a federal loan, and pauses federal student loan payments, and ensures that relief for corporations could not be used on stock buybacks or CEO salaries. Rep. Judy Chu issued the following statement:

“The coronavirus pandemic has upended our country. And it is demanding sacrifices of all of us. Businesses have had to shut their doors, threatening the livelihoods of millions. Parents have had to double as teachers while schools are closed. And all of us have been asked to socially distance and stay home in order to flatten the curve and help our healthcare workers contain this threat. This is an unprecedented national response unseen outside of times of war. And I am so moved by the unity on display in the San Gabriel Valley and across the country as we all do our part to help defeat this virus. That includes Congress. As the coronavirus arrived in America, we provided \$8.3 billion in emergency funds to increase testing, combat the virus, and help small businesses. We followed that with a second package to provide family and sick leave, so that those who need to miss work to care for themselves or a loved one do not have to risk losing their jobs or their homes. And today, we passed the largest economic recovery bill in our history to help the country through this time.

“Our first priority must be to end this crisis as soon as possible so the country can get back to work. For that to happen, we need to get supplies and funds to hospitals, clinics, and healthcare providers. Last week, I convened a call with healthcare providers from the San Gabriel Valley, and every single one of them called for more masks and personal protective equipment (PPE) so they can do their jobs and care for the sick. And so I am pleased that

today’s bill includes \$200 billion to help our nation’s healthcare infrastructure rise to meet this need.

“Next, we have to support families and workers. Nobody should be forced to work if they’re sick or if a family member needs them. But many others are losing their jobs through no fault of their own. For these workers, paid leave is no longer helpful. They need direct assistance. And so today’s bill provides \$1,200 in direct to individuals, and another \$500 per child up to a certain income threshold. That’s in addition to increased unemployment insurance (UI), which has been extended by 13 weeks, with an additional \$600 a week for the next 4 months. This guarantees that workers here in the San Gabriel Valley and across the country can keep themselves fed and pay their rent during this pandemic. This bill also includes billions in grants for Small Businesses, support for schools and those with student loans, and protections to help people avoid eviction or foreclosure from their homes.

“Those worker protections also guided Democrats to pressure Republicans to add transparency and limitations on corporate bailouts. Any corporation receiving a bailout loan is prohibited from buying back its own stocks for until one year after they have repaid their loan. We also fought for and secured worker protections, such as prohibiting outsourcing and honoring existing collective bargaining agreements. We have also secured real-time public reporting of these bailouts and an independent Inspector General for Pandemic Recovery to provide oversight of these loans to protect taxpayer dollars.

“This bill is not perfect. I’m disappointed that Republicans used a pandemic as an opportunity to expand the Hyde Amendment, denying essential healthcare to women just when we should be bolstering our healthcare infrastructure. This bill did not close the gaps in our paid family and medical leave laws, which we must do to ensure that no one goes to work sick for fear of being fired, and that everyone has the ability to stay home and take care of an ill loved one. And I’m deeply disappointed that this bill does not include the same assistance and coverage for immigrants that it does for citizens. This virus does not care about immigration status, it does not discriminate based on who has health insurance and who does not. But, ultimately, this is bipartisan, timely, and targeted. I’m proud we could work so quickly to put money into the hands of workers and families as we all join together to defeat coronavirus, and I will continue to fight to ensure that everyone has access to the healthcare and relief efforts we all need in order to weather this storm.”

SCHIFF PENS LETTER FOR RELIEF FOR ENTERTAINMENT INDUSTRY

Rep. Adam Schiff and Members of Congress from Los Angeles and other entertainment hot-zones around the country penned a letter last week to Speaker of the House Nancy Pelosi and Minority Leader Kevin McCarthy urging relief for freelance and contract workers in the entertainment industry who have lost work because of coronavirus-related cancellations or postponements.

“The unique freelance nature of work in film, television, theater, and live music means that a large number of the professionals who make these productions possible work only sporadically—often with extended periods between paying jobs—and count on income from each project to make ends meet,” the Members wrote in the letter. “As a result, many of them can’t qualify for traditional unemployment benefits or paid emergency leave, yet will now be unable to cover their basic expenses due to lost work.”

The Members urged Congressional leadership to calculate benefits based on verifiable anticipated earnings for a current or future contract that has been cancelled, rather than prior wage history.

“As Members representing many constituents who work in film, television, theater, and live music, we urge you to include protections for those who have lost work due to coronavirus-related cancellations and postponements in the entertainment industry,” the letter continues.

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Your census responses are safe and secure.

The Census Bureau is required by law to protect any personal information we collect and keep it strictly confidential. The Census Bureau can only use your answers to produce statistics. In fact, every Census Bureau employee takes an oath to protect your personal information for life. Your answers cannot be used for law enforcement purposes or to determine your personal eligibility for government benefits.

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By law, your census responses cannot be used against you by any government agency or court in any way—not by the Federal Bureau of Investigation (FBI), not by the Central Intelligence Agency (CIA), not by the Department of Homeland Security (DHS), and not by U.S. Immigration and Customs Enforcement (ICE). The law requires the Census Bureau to keep your information confidential and use your responses only to produce statistics.



The law is clear—no personal information can be shared.

Under Title 13 of the U.S. Code, the Census Bureau cannot release any identifiable information about individuals, households, or businesses, even to law enforcement agencies.

The law states that the information collected may only be used for statistical purposes and no other purpose.

To support historical research, Title 44 of the U.S. Code allows the National Archives and Records Administration to release census records only after 72 years.

All Census Bureau staff take a lifetime oath to protect your personal information, and any violation comes with a penalty of up to \$250,000 and/or up to 5 years in prison.

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LOS ANGELES COUNTY OPENS NEW DRIVE-UP TESTING SITES

The County of Los Angeles is partnering with cities across the county to develop a network of drive-up, mobile testing sites. They are also helping increase resources for local health centers who have begun testing for COVID-19, and are integrating them into the countywide network.

Currently, County-City partnerships have been established based on capacity and geographic locations. The following locations have started (or will soon begin) testing for COVID-19:

- High Desert Medical Group (Lancaster) - As of 4/1
- Glendale Memorial Hospital (Glendale) - As of 4/1
- Pomona Fairplex (Pomona) - As of 4/3
- Antelope Valley Mall (Palmdale) - As of 4/3
- South Bay Galleria (Redondo Beach) - As of 4/3

The testing is by appointment only. Walk-up appointments are not available.

For the moment, these tests are strictly limited to residents of Los Angeles County who are in the most high-risk categories and most vulnerable.

Individuals eligible for testing at this time include:

- Those with symptoms who are 65 and older
- Those with symptoms who have underlying chronic health conditions
- Those who are subject to a mandatory 14-day quarantine period due to a confirmed COVID-19 exposure (with more than 7 days of quarantine remaining)

Anyone interested in getting tested must first register on the screening website.

For more questions about testing, please visit the FAQ for answers to frequently asked questions.

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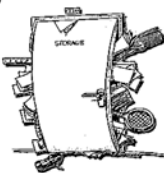
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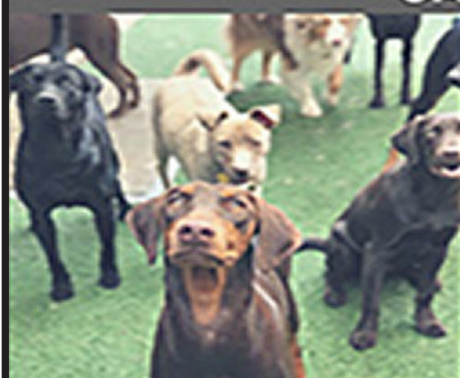
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A PLEA FROM LIFELINE FOR PETS

It's a difficult time, especially for pet owners who are laid off, AND heartbreaking that many will be forced to surrender their beloved pets.

Pets in shelters will increase, while adoptions will decrease. Yet, pet care must go on. Lifeline for Pets would love to help, but we are GREATLY IN NEED OF Local FOSTER HOMES. EVERY TIME WE PLACE A KITTY IN A FOSTER HOME, WE MAKE ROOM FOR ANOTHER ONE IN NEED, such as young lenny here, age only 7 months. If you are looking for a way to make a difference, this is it.

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A WORD FROM THE PASADENA HUMANE SOCIETY

Dear Friends,

With the developing news regarding coronavirus COVID-19, I wanted to take a moment to share how Pasadena Humane Society & SPCA is addressing the concern at our shelter, as well as our community programming and events.

We are taking all the necessary steps to protect the health and well-being of the animals in our care, our staff and the community we serve by modifying our services. At this time, our Adoptions Center will be closed to the public - but if you are interested in adopting a pet you have seen on our website, we will be open by appointment only during our normal business hours.

We have also temporarily suspended the following activities:

Community outreach programs (including our mobile outreach events). If you are a current event registrant, we will communicate with you directly regarding any changes, so please watch your email. Updates will also be shared on our social media pages and website.

Humane Education activities which include our Kids Club, Animal Adventure Workshops, Scout Sundays, group tours, Sunday Morning Helpers, and Barks and Books program.

Public spay/neuter and vaccine clinics

Dog training classes

Pet Boarding, except in case of emergency.

The following services will also be available by appointment only:

Reclaiming your lost pet AND Relinquishing your pet

Please limit calls to our Field Services Department to emergencies only.

There have also been questions about whether pets can get sick from COVID-19 or if they can make us sick. According to the Centers for Disease Control and the World Health Organization, there is no evidence that companion animals such as cats and dogs have been infected or could spread the virus that causes COVID-19.

While animals may not be at risk from this disease, we urge all pet owners to have plans for how to care for their animals in case of emergency. COVID-19 is no different, and serves as an excellent reminder to pull that plan together now if you don't already have one. Click here for more information.

Right now, more than ever, we need your help. We have a tremendous need for community fosters. As the virus spreads, the number of animals in shelters and rescues will continue to increase. At the same time, we anticipate decreased interest and ability to adopt a new pet. So if you're able to foster a dog, cat, or rabbit for the next several weeks, you could help give animals a break from the shelter and make room for more animals who are in need. For more information about fostering, email foster@pasadenahumane.org. Thank you for your support!



PREVENTING THE SPREAD OF RESPIRATORY ILLNESS IN THE HOME

WASH YOUR HANDS THOROUGHLY AND OFTEN



- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Wash hands after emptying waste baskets, touching tissues and similar waste.

READ THE LABELS ON CLEANING PRODUCTS



- Follow the instructions on the product labels, including wearing gloves and having good ventilation.
- Use household cleaners and Environmental Protection Agency (EPA)-registered disinfectants that are appropriate for the surface.
- To find out if the product works against viruses, read the product label, call the 1-800 number on the label or visit <http://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>
- A bleach solution can also be used as a disinfectant - mix 1 tablespoon of bleach to 1 quart (4 cups) of water, or for a larger supply, add ¼ cup of bleach to 1 gallon (16 cups) of water.

CLEAN AND DISINFECT FREQUENTLY TOUCHED OBJECTS AND SURFACES OFTEN



Hard (Non-Porous) Surfaces

E.g. high-touch surfaces like counters, tabletops, doorknobs, railings, bathroom fixtures, light switches, toilets, phones, keyboards, remote controls, tablets, and bedside tables.

- Clean surfaces and items to remove visible dirt and disinfect them to kill germs. When using disinfectants, make sure the surface stays wet for at least 10 minutes and then rinse with water, especially in an area that comes into contact with food. Allow to air dry.
- Read directions carefully when using disinfecting wipes on electronics to make sure they can withstand the use of multiple wipes that are needed to keep the surface wet long enough to meet the required contact time.

Soft (Porous) Surfaces

E.g. towels, linen, clothing, and stuffed animals.

- Launder with hot water, using a household laundry detergent and dry on a high heat setting

FOR MORE INFORMATION



CDC guidance on cleaning and disinfection in households with suspected or confirmed coronavirus disease 2019:

<https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html#disinfect>

Public Health's guidance on the correct way to wash your hands:

<http://publichealth.lacounty.gov/media/Coronavirus/> (click on the handwashing menu)

Los Angeles County Department of Public Health
<http://publichealth.lacounty.gov/media/Coronavirus/>
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We share information, resources, and guidance on coping with the issues.



Lisa Bricker is a Certified Life Coach and a family caregiver for her husband Gary who at age 63 was diagnosed with early onset Alzheimer's 6 years ago. As someone who knows and lives this long journey firsthand, Lisa compassionately brings guidance and support in "real-time" for family caregivers seeking balance, empowerment and inspiration.

Lisa is a long standing Professional Certified Coach (PCC) with the International Coach Federation with over 25 years of experience. She was on the Coaching Faculty for the Executive MBA Program for Loyola Marymount University and is also actively involved here in our local community focusing on senior services and Alzheimer's Los Angeles where she serves on the Public Policy Committee, Programs Committee, Speaker's Bureau and is helping to foster dementia friendly communities in the San Gabriel Valley.

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GOV. NEWSOM ANNOUNCES PHYSICAL SCHOOL CLOSURES THROUGH END OF ACADEMIC YEAR; EDUCATION LEADERS PROVIDE FRAMEWORK

Educators saddened, yet ready to provide distance learning opportunities to all their students

SACRAMENTO – Gov. Gavin Newsom’s announcement of physical school closures ends some uncertainty about the 2019-20 academic school year as labor partners and administrators work to provide local districts and unions with a framework for their work on an equitable approach to meeting local students’ needs and establish distance learning plans. More information is available in the Governor’s Executive Order on the closures and the California Department of Education’s guidance.

“The governor’s announcement is not unexpected, and I know educators across the state are stepping up to ensure students continue to get the learning opportunities they need. This is a tough situation for all of us – students, educators and families. Many schools closed so quickly that teachers didn’t get a chance to say goodbye to their students and really help them prepare for this new reality. I have heard from so many educators who have talked about how their students cried on their first distance learning calls, simply because they were happy to see each other,” said CTA President E. Toby Boyd. “CTA members are working their magic to meet their students where they are. In fact, we’ve even seen caravans of teachers driving through neighborhoods to reach out and see their students.”

Teachers are offering distance learning from their homes, working with their districts to set up distance learning labs, creating and sharing lesson plans, and providing professional development support to each other. CTA is providing teacher-led online-learning webinars to help educators prepare. Educators are also continuing to support students and families by providing pick-up meals at school sites and working with school districts to provide laptops, tablets and other electronic devices to students who need them.

CTA was happy to work with Superintendent of Public Instruction (SPI) Tony Thurmond, Gov. Newsom, and our labor and management partners on the jointly-issued framework to provide additional direction to address the unprecedented and myriad challenges that the COVID-19 pandemic has generated for school communities across California.

“The last two weeks have been challenging for all of us as educators, our students, their families, administrators and our communities as a whole. As we grapple with this new normal, we must work together with respect and compassion,” said Boyd. “The districts and schools that are working most effectively are those in which teachers were part of the discussions and involved in the distance learning planning every step of the way.”

CTA will continue to provide guidance to its local affiliates while working closely with the governor and SPI.

“We know there are still many unanswered questions for students, parents and educators. We will continue to work with Governor Newsom, Superintendent Thurmond and our education and labor partners as we now move forward with this new temporary normal,” said Boyd.

CTA guidance and resources for educators and parents are available at www.cta.org/COVID-19

Guest Columnist

HIGH SCHOOLING COLLEGE

Home quarantine due to the coronavirus has caused every traditional brick and mortar high schools to transition to online learning. Many students are able to get their class work done early and without outside extracurricular activities are realizing more available free time.

How can one spend this new found opportunity? Parents, have you considered your child earning college credit by exam. The College Board(CollegeBoard.org) is one such institution that provides college credit by exams such as the Advanced Placement(AP) exam and College Level Examination Program(CLEP) exam.

Modern States Education Alliance(ModernStates.org) is another organization working in conjunction with the College Board in providing resources to pass the AP and CLEP exams. Think of the potential savings of thousands of dollars in tuition money by testing out of college classes.

College Board is a non-profit organization, whose mission is to connect students to college. They not only offer college credit by exam, but FREE college planning services. Their “Big Future” page encompasses information about specific colleges, career options, finding a mentor, paying for college, etc.

Modern States, mentioned above, is a profit organization whose mission is to provide the first year of college for FREE. Their pre-recorded online classes are taught by college professors that prepare you virtually for all the major AP and CLEP exams which are well established and widely accepted. They are even offering financial assistance to pay for the first 10,000 students. It is \$92 for each of the AP exams and \$89 each for the CLEP exam, provided you go through their program.

Parents, before proceeding with this educational plan, consider consulting an academic advisor. It is important to have an idea of the possible colleges your high schooler may attend. This way you can research their school policies regarding college credit by exam. Things to consider in your research is which exams are accepted, maximum number of credits a student can earn through AP or CLEP, what score is needed to receive credit, etc. To learn more about these institutional policies go to:

1. APstudents.CollegeBoard.org/getting-credit-placement/search-policies
2. CLEP.CollegeBoard.org/school-policy-search

The FREE market has provided new models of education which are available, accessible, and oftentimes FREE. It is important that parents do their own homework in determining what works best for their child. Let’s share these resources with our community. Stay well!

Denise Soto, D.O.

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SCHOOL DIRECTORY

Alverno Heights Academy 200 N. Michillinda Sierra Madre, Ca. 91024 (626) 355-3463 Head of School: Julia V. Fanara E-mail address: jfanara@alvernoheights.org	(626) 471-2800 Principal Darvin Jackson Email: schools@monrovia.k12.ca.us
Arcadia High School 180 Campus Drive Arcadia, CA 91007 Phone: (626) 821-8370, Principal: Brent Forsee bforsee@ausd.net	Odyssey Charter School 725 W. Altadena Dr. Altadena, Ca. 91001 (626) 229-0993 Head of School: Lauren O'Neill website: www.odysseycharterschool.org
Arroyo Pacific Academy 41 W. Santa Clara St. Arcadia, Ca, (626) 294-0661 Principal: Phil Clarke E-mail address: pclarke@arroyopacific.org	Pasadena High School 2925 E. Sierra Madre Blvd. Pasadena, Ca. (626) 396-5880 Principal: Roberto Hernandez website: http://phs.pusd.us
Barnhart School 240 W. Colorado Blvd Arcadia, Ca. 91007 (626) 446-5588 Head of School: Ethan Williamson Kindergarten - 8th grade website: www.barnhartschool.org	St. Rita Catholic School 322 N. Baldwin Ave. Sierra Madre, Ca. 91024 Principal Joan Harabedian (626) 355-9028 website: www.st-rita.org
Bethany Christian School 93 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-3527 Preschool-TK-8th Grade Principal: Dr. William Walner website: www.bcsllions.org	Sierra Madre Elementary School 141 W. Highland Ave, Sierra Madre, Ca. 91024 (626) 355-1428 Principal: Lindsay LUIS E-mail address: LUIS.lindsay@pusd.us
Clairbourn School 8400 Huntington Drive San Gabriel, CA 91775 Phone: 626-286-3108 ext. 172 FAX: 626-286-1528 E-mail: jhawes@clairbourn.org	Sierra Madre Middle School 160 N. Canon Sierra Madre, Ca. 91024 (626) 836-2947 Principal: Garrett Newsom E-mail address: newsom.garrett@pusd.us
Foothill Oaks Academy 822 E. Bradbourne Ave., Duarte, CA 91010 (626) 301-9809 Principal: Nancy Lopez www.foothilloaksacademy.org office@foothilloaksacademy.org	Walden School 74 S San Gabriel Blvd Pasadena, CA 91107 (626) 792-6166 www.waldenschool.net
Frostig School 971 N. Altadena Drive Pasadena, CA 91107 (626) 791-1255 Head of School: Jenny Janetzke Email: jenny@frostig.org	Weizmann Day School 1434 N. Altadena Dr. Pasadena, Ca. 91107 (626) 797-0204 Lisa Feldman: Head of School
The Gooden School 192 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-2410 Head of School, Jo-Anne Woolner website: www.goodenschool.org	Wilson Middle School 300 S. Madre St. Pasadena, Ca. 91107 (626) 449-7390 Principal: Ruth Esseln E-mail address: resseln@pusd.us
High Point Academy 1720 Kinneloa Canyon Road Pasadena, Ca. 91107 Head of School: Gary Stern 626-798-8989 website: www.highpointacademy.org	Pasadena Unified School District 351 S. Hudson Ave., Pasadena, Ca. 91109 (626) 396-3600 Website: www.pusd@pusd.us
La Salle College Preparatory 3880 E. Sierra Madre Blvd. Pasadena, Ca. (626) 351-8951 website: www.lasallehs.org Principal Mrs. Courtney Kassakhian	Arcadia Unified School District 234 Campus Dr., Arcadia, Ca. 91007 (626) 821-8300 Website: www.ausd.net
Monrovia High School 325 East Huntington Drive, Monrovia, CA 91016	Monrovia Unified School District 325 E. Huntington Dr., Monrovia, Ca. 91016 (626) 471-2000 Website: www.monroviaschools.net
	Duarte Unified School District 1620 Huntington Dr., Duarte, Ca. 91010 (626)599-5000 Website: www.duarte.k12.ca.us
	Arcadia Christian School 1900 S. Santa Anita Avenue Arcadia, CA 91006 Preschool - and TK - 8th Grade 626-574-8229/626-574-0805 Email: inquiry@acsllions.com Principal: Cindy Harmon website: www.acsllions.com

CHRISTOPHER Nyerges



[Nyerges has been teaching survival skills and botany since 1974. He is the author of “How to Survive Anywhere,” “Foraging California,” “Extreme Simplicity,” and other books. He can be reached at www.SchoolofSelf-Reliance.com, or Box 41834, Eagle Rock, CA 90041]

Over the next few weeks, in this multi-part article, we will explore what you should do, and what you should store, to address your health needs during spring and summer. We’d like to think that all of this is common sense.

First, let’s look at some of the reasons why there are less communicable diseases, and a longer life span, in First World countries, compared to under-developed Third World countries.

In general, the sanitation conditions that everyone in developed countries takes for granted contributes to the lack of widespread disease. This refers to piped water, the ready availability of hot water, toilets, soaps, laundry facilities, showers, as well as the ready availability of medical supplies and hospitals.

There are, of course, many ways to meet the needs of hygiene, from low-tech to high-tech methods.

Statistics from major world disasters show that more people typically die from the lack of sanitation that follows a disaster than the disaster itself.

If you go through your daily life never thinking about how we get all these wonderful technologies of modern life, then you probably are not thinking much about what to do if a disaster destroys your infrastructure that gives you water, electricity, etc.

It’s wise to always ask yourself: What would I do if I suddenly had no electricity? What would I do if I suddenly had to potable water? Etc.

I’d like to encourage a mindset of healthy living, all the time. That way, if your technological way of life suddenly came to an end or was severely restricted, you could continue with some degree of strength, competence, and normalcy.

Maintaining your health is always better than trying to heal sicknesses and disease. Make a point of identifying the “threats” to your health, both from within and without.

FROM WITHIN

Let’s begin with threats from within –things that are within your ability to choose. When media people point out the annual deaths from gun shots or knives, it always sounds very alarming. But they forget to point out that more people die annually from automobile accidents. That’s right! You have a far more likely chance of dying in a car accident than in a knife fight or shootout, and yet no one is talking about banning cars. Still, you owe it to yourself to drive defensively and never drink and drive.

Another leading cause of death – which far exceeds car accidents – is cardiovascular disease, nearly always related to a diet of processed foods, as well as being overweight and not exercising. Ever see the movie “Supersize Me”? Just because a “food” is legal does not make it good for you.

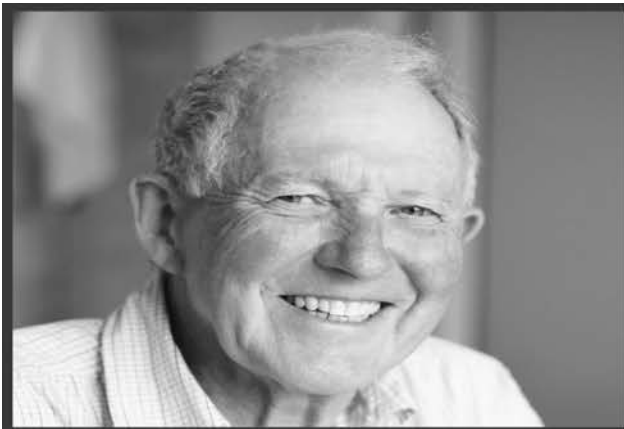
Michael Pollan makes a simple – yet profound – suggestion in his “Defense of Food” book. He advises that if a “food” doesn’t look like something you find in nature, perhaps you should not eat it. His short summary is “Eat food, not too much, mostly plants.”

Try your very best to grown some of your own food, and to support local farmers. Learn to avoid those foods that are heavily processed, or contain numerous preservatives. Yes, read the labels. Many of the preservatives are outright toxins.

SUGAR

Though the body does need some sugar, and converts carbohydrates into sugars, we all consume way too much sugar, and the Sugar Industry spends billions of dollars to convince us that sugar is fine and not a problem for diabetics, and overweight people. Take steps to reduce your sugar content and your health will benefit. At the very least, if you’re going to store sugar in your food reserves, store one of the better sugars, such as honey, date sugar, and some of the “raw” sugars.

The details about why too much sugar in the body is bad for us has been documented extensively. I suggest begin by reading “The Case Against Sugar” by Gary Taubes.TO BE CONTINUED



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see eye to eye about moving to
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he did, we’re both thrilled

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HOW TO GET HELP FROM SOCIAL SECURITY DURING THE CORONAVIRUS PANDEMIC



Dear Savvy Senior:

I've heard that the Social Security Administration has closed all their offices because of the coronavirus pandemic. How are they accommodating people while they're closed down? Recently Retired

Dear Recently:

Yes, that's correct. The Social Security Administration has closed its 1,200 field offices throughout the country to protect benefit recipients and workers from the coronavirus pandemic. Their offices have been closed since March 17. How long they will be closed is unclear. It will depend on the course of the pandemic.

In the meantime, services will continue to be available online at the SocialSecurity.gov website, and over the phone. You can also rest assured that monthly payments to the more than 69 million Social Security beneficiaries will not be affected in any way.

Here's a rundown of how you can get help and get answers to your Social Security questions, while their offices are shut down.

Online Help

For any Social Security business you need to conduct, go to SSA.gov/onlineservices. There you can view your latest statement and earnings history, apply for retirement, disability, and Medicare benefits online, check the status of an application or appeal, request a replacement Social Security card (in most areas), print a benefit verification letter, and much more – from anywhere and from any of your devices.

Their website also has a wealth of information to answer most of your Social Security questions without having to speak with a representative. For answers to your Social Security questions see their frequently asked questions page at SSA.gov/ask.

Phone Assistance

If you can't conduct your Social Security business online, check the SSA online field office locator (see SSA.gov/locator) for specific information about how to directly contact your local office. Your local office will be able to provide critical services to help you apply for benefits, answer your questions, and provide other services over the phone.

Or, you can also call the Social Security national toll-free number at 800-772-1213 (TTY 800-325-0778). This number has many automated service options you can use without waiting to speak with a telephone representative.

If you already have an in-office appointment scheduled, Social Security will call you to handle your appointment over the phone instead. The call may come from a private number and not from a federal line.

Beware of Scams

Be aware that Social Security telephone impersonation scams are growing. These scammers may falsely tell you that there is a problem with your account, that your Social Security number has been suspended because of suspected illegal activity, that you're owed a cost-of-living benefit increase, or that your monthly benefits will stop because of the coronavirus pandemic.

The caller may also threaten your benefits, suggest you'll face legal action if you don't provide information, or pressure you to send money via wire transfers, cash or gift cards. They may even "spoof" your caller ID to make it look like Social Security is actually calling.

If you receive one of these calls, hang up. Social Security rarely contacts anyone by phone unless you have ongoing business with them, and they never threaten you or ask for any form of payment.

For more information on how to get help with Social Security during the coronavirus shutdown, visit SSA.gov/coronavirus.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

FAMILY MATTERS

By Marc Garlett



THE MOST IMPORTANT LEGAL ACTIONS TO TAKE RIGHT NOW

As you already know, the COVID-19 pandemic means there's no more "business as usual". So don't just hope you can survive until things return to normal. Strategize, now, on how you can take what control is in your sphere of influence. Once you have attended to your (and your parents') immediate needs, it will be time to consider more long-term plans.

In this time of stress and chaos, your parents may be resistant to talking about estate planning. It may feel too pessimistic to plan for the worst amid a scary situation. However, that's

exactly why it's important right now to do so. Plus, since hopefully you are staying inside, you may have the time to dedicate to getting these tasks taken care of.

Here are actions you can, and should, take to ensure you and your family are fully protected legally.

Update Your Health Care Documents

Above all, you first need to ensure that both you and your parents have your health care documents in order. This will be an invaluable reference point for those who are assisting you, whether they be friends, family, or medical professionals.

There are three important and distinct documents you should have in place: Your advanced directive, HIPAA waiver, and living will. They are separate documents but all work together. Think of them like the legs of a stool. If just one is missing or defective, the stool will fall – with you in it!

Your advanced directive identifies and gives legal authority to whom you would like to make your medical decisions if you are unable to do so yourself. Many people think spouses automatically have this legal authority and therefore don't need this type of document for each other. That is a mistaken belief which can cost married couples substantial time, money, and anguish when a medical emergency arises.

A HIPAA waiver is important because even though your advanced directive gives authority to someone of your choosing to make medical decisions for you, privacy laws will prevent your doctor from sharing your medical information with that person. I see a lot of advanced directives which include a HIPAA section, but this is not legally sound and often fails. For starters, the privacy laws mandate the HIPAA waiver be written in a certain font style and size. Trust me on this. You want your HIPAA waiver to be a standalone document.

Your living will is different from your last will and testament. While a last will deals with the decisions to be made after death, a living will pertains to decisions which are to be made while you are still alive. This is where you will provide guidance on when you would want to be placed on life support, removed from life support, whether you want to donate your organs, etc.

Even if you have already created your medical directives, I urge you to take out any existing documents now and review them. Have your circumstances changed? Do you have additions to make? Encourage your parents to do the same thing, and to communicate with you about what their documents say. If you are unsure whether your health care documents are in ship-shape, call us, and we'll be happy to review them for you.

Ensure Your Estate Plan is Up to Date and In Order

Your healthcare documents are an important start, but you should also review (or create) powers of attorney, a last will, and perhaps even a living trust. Remember that it's never an inappropriate time to plan. Getting this in order will provide you and your loved ones peace of mind. And we're here to support you, virtually now, as well. We can take care of you, and your family, fully online. Call us, we're here.

MARC

Dedicated to empowering your family, building your wealth and defining your legacy,

A local attorney and father, Marc Garlett is on a mission to help parents protect what they love most. His office is located at 55 Auburn Avenue, Sierra Madre, CA 91024. Schedule an

appointment to sit down and talk about ensuring a legacy of love and financial security for your family by calling 626.355.4000 or visit www.CaliLaw.com for more information.

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...APRIL Birthdays*



Howard Rubin, Anita Hardy, Hattie Harris, Wendy Senou, Mary Harley, Bette White, Dorothy White, Doris Behrens, Freda Bernard, Beth Copti, Terri Cummings, Marilyn Diaz, Virginia Elliott, Elma Flores, Betty Jo Gregg, Barbara Lampman, Betty Mackie, Elizabeth Rassmusen, Maria Reyes, Marian DeMars, Anne Schryver, Chrisine Bachwansky, Colleen McKernan, Sandy Swanson, Hank Landsberg, Ken Anhalt, Shannon Vandevelde * To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required

Seniors Communications Plan

The City of Sierra Madre is following these procedures to provide current communication in light of COVID-19 and keep the Senior Community and families informed of essential information and resources. City staff are monitoring email communication daily, and although employees are minimizing direct engagement and practicing social distancing in the community, please note that voice messages, emails, and social media responses are being addressed in the most efficient and timely manner.

If at any moment additional information is needed, please contact City Hall Administrative Services at (626) 355-7135, Monday-Thursday from 7:30a – 5:30p, as they are taking messages and e-mailing the appropriate person.

For messages that may trickle in otherwise, please note our team is remotely checking voicemail daily at the Community Services Department, (626) 355-5278 x702.

1. Community Services Department will continue email communication with Senior residents and aging community members.

If you know of family members or neighbors who may benefit from accessing information electronically, and to receive the department's Seniors Newsletter via email but may not otherwise have been included on an email group list, please send your request with email address to the following team members:

Lawren Heinz Lheinz@cityofsierramadre.com and Clarissa Lowe Clowe@cityofsierramadre.com.

2. Community Services Department will continue Electronic Seniors Newsletter on a weekly-basis distribution.

3. Community Services Department will continue with mail drop-off of newsletters at the Sierra Madre U.S. Post Office Box (unless otherwise advised).

4. City Social Media will continue via Facebook as well as Instagram, and information sharing will include updates as details becomes available.

5. Mater Dolorosa - Sierra Madre Meal Pick-Up Program provides seal-packaged frozen meals, 5-per person every Thursday, 12:00 – 1:00 p.m. at Hart Park House Senior Center 222 W. Sierra Madre Blvd. Donations are accepted. Call (626) 355-5278; x702 or 704. 6. YWCA Intervale Meal Program - Effective Wednesday, April 1, 2020 YWCA has transitioned their distribution of take home meals at the Sierra Madre Hart Park House Senior Center to a home-delivery meal program.

Rev 4/1/2020 Participants previously reserved for meal pick-up as of Wednesday, 3/25/20 were informed that they would begin to have their meals delivered to their homes, beginning next Wednesday, April 1, 2020 until further notice.

For any additional participants calling in that are at a high risk and need meals delivered to, please provide us their name, date of birth (they must be 60+), address and phone number and Community Services Department will forward this information to our County Contact.

7. Food Banks Support Seniors & Families: If someone is outside of our local area and in need of a food bank, they can find one nearest them by going to www.lafoodbank.org and typing in their zip code; or call from the list here:

1) First Church of the Nazarene-Pasadena

3700 E. Sierra Madre Blvd.

626-351-9631

Wednesday 10:30 am-12 pm

2) Pasadena Senior Center

85 E. Holly St. Pasadena

626-685-6732

April 3rd 8 am-10:30 am

3) Foothill Unity Center

415 W. Chestnut Ave. Monrovia

626-358-3486

Monday 1 pm-3:30 pm, Wednesday & Friday 9 am-11:30 am

4) Lifeline Community Services & Economic Development

2556 N. Lake Ave Altadena

626-797-3585

2nd and 4th Wednesday 12 pm-2 pm & 8:15 pm-9 pm

5) Morning Star Outreach Ministry

1416 N. Mentor Ave Pasadena

626-794-4875

2nd & 4th Saturday 11 am-1 pm

8. Questions About Volunteering, or Do You Need Help? Seniors (65+), Active Seniors (55+), Families and Neighbors in Sierra Madre that currently need help since they are confined to their homes, are at risk during this pandemic, or individuals offering to help please visit Sierra Madre Thrives, www.sierramadrethrive.com. Community Services is serving as a city-partnered referral to community-based organizations including Sierra Madre Thrives for volunteers and seniors who have reached out to our agency, while providing assistance on helpful resources according to your needs.

9. NIXLE Alerts which send messages through public safety agencies via cell phones and social media networks will be issued through the Sierra Madre Police Department. This enables local response agencies to get that information into the community as quickly as possible. VOICE TO TEXT messages from Police Department will further offer automatic pre-recorded voice messages that reach approximately 4,000 phones within our community. Social Media platforms will include direct phone numbers provided by PD to the pre-recorded messages for accessibility.

Anyone interested in receiving the NIXLE alerts may do so from their mobile phone:

hit 888-777 and follow the prompts. OR go to Nixle.com and do the same. For non-emergency help or guidance on Nixle, please call 626-355-1414.

10. Sierra Madre Channel 3 will provide information and what the city is doing for the Senior Community, including transportation and food services. Currently, Sierra Madre transit support has been operating in accordance with our regular schedule and will continue as such. Extra precautions are being taken with the sanitization and cleaning of buses due to the recent circumstances.

11. Pasadena Senior Center, a collaborator of the Sierra Madre Senior Community, has also provided a resource, Telephone Reassurance Program, which offers daily calls to home bound seniors to provide support and contact with others on a regular basis. If any senior, in this time of emergency, finds themselves home bound and needs to talk with someone, please refer them to (626) 685-6732 and they are available Monday – Friday from 9:00 a.m. – 11:00 a.m.

OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

EVERY DILEMMA HAS A SILVER BLESSING

For the last several weeks, the Gracious Mistress of the Parsonage and myself have been enjoying some quiet time in our parsonage. I cannot remember the last time we had such quiet time all to ourselves. One of the blessings of this time is the fact that telemarketers are not calling. In a way, I miss them because I used to harass them as much as they were harassing me. But we will come back to that in a few weeks or months.

I did not know what a wonderful time it was until yesterday as my wife and I was enjoying our supper together. Usually, throughout the week, we spend quite a bit of time at a restaurant because of our schedule. It is not often that we can spend a whole week having our meals together.

Enjoying home-cooked meals is one of the great pleasures of being married to someone who knows how to cook. If the cooking were left up to me, it would be a completely different story. The truth is, it is not up to me and I say a grateful, hallelujah!

Some family members think I am a little bit post-thin; at least that's what they say. I respond by saying I'm not as fat as I could be, but I'm not as skinny as I once was. I do not know what that means; I just want to say something to take the attention off me.

If I am "post-thin," I am not to blame. The blame goes squarely on the shoulders of the master cook in our domicile. If the meals were not as good as they are, I would not eat as much as I do.

Therefore, my condition is not my own doing. Do not ask my wife; she has a different perspective on this situation.

Experiencing this solitude has brought many blessings.

One blessing is the gas at the local gas station is \$1.65 per gallon. It has been a long time since the gas has been that low.

Even though it's a blessing from a certain point of view, there is a negative aspect. Why is it that the gas is so cheap, but there is no place I can go? Why can it be that cheap when I have to take a trip somewhere? So that blessing doesn't really turn out to be a bona fide blessing, in my opinion.

I know there are some bargains at local stores that are open, like Publix, but I am not a shopper, and at this time, I would stay as far away from that place as possible. That may be a blessing, but there is a downside to it.

As I was enjoying the home cook supper the other night, I began to appreciate what a wonderful cook my wife is. For the last several days, she has cooked breakfast, lunch, and dinner. I have eaten her breakfast, lunch, and dinner with a great deal of delight.

Although I understand the consequences of eating as much as I have been eating, the blessing of eating it at the time far outweighs the future. At least that's what I'm saying now.

After supper that night, which was absolutely delicious, I had a very frightening thought. I am not sure I am over it yet.

The thought was that whenever we go out to eat at a local restaurant, I'm always the one who tips the waitress. I always make sure I am generous with my tip. My philosophy is simply this, the thing that stands between the kitchen and me is that waitress, and I better be able to trust her.

Now, the thought tumbling through my mind is, am I supposed to tip my wife for supper tonight?

It is not that I am not generous. It is that I do not know how to manage this tipping business at home.

And the reason is, I made a slip of the tongue right after supper that night when I said to my wife, "This is a \$1 million meal for sure."

How in the world do you tip a \$1 million meal?

As I was ruminating this through my mind, my wife sat down in the living room with me and said, "Did you really mean it was a \$1 million meal?"

Throughout life, I have learned one basic fact. If I don't say what I think I can't get into trouble. Am I in trouble now?

If I would sell all my assets, I know I could not come anywhere near the tip due for a \$1 million meal.

Not knowing what to do, I said with the most gracious smile I could paint on my face, "Yes, my dear. It certainly was a \$1 million meal, in my opinion."

"Well," she said, "that complement is worth \$1 million to me."

I sighed a very deep sigh and realized I had actually tipped her more than I would tip the waitress at the restaurant. Life just can't get any better than that.

As we exchanged smiles, I couldn't help but think of something the apostle Paul said, "And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful" (Colossians 3:15). I believe it's true that you cannot put a price tag on a thankful spirit.

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Mountain Views News Mission Statement

The traditions of community newspapers and the concerns of our readers are this newspaper's top priorities. We support a prosperous community of well-informed citizens. We hold in high regard the values of the exceptional quality of life in our community, including the magnificence of our natural resources. Integrity will be our guide.

STUART TOLCHIN



A FORK IN THE ROAD

We in the Pasadena, Arcadia, and Sierra Madre area are pretty used to being forked. For you far-away folk who happen to stumble upon this article I am talking about the giant eighteen foot fork seemingly suspended in the air where South St. John Ave and Pasadena Ave. diverge. It looks like a huge metal fork stuck in the ground; but when you look closely you can see that it is floating above the ground attached to an almost invisible pole. If you want to know more of the Fork in the Road's secrets you can look it up on the internet. For my purposes right now I am using this totally surprising fork in the road as a way of illustrating the problems that are facing all of us right now.

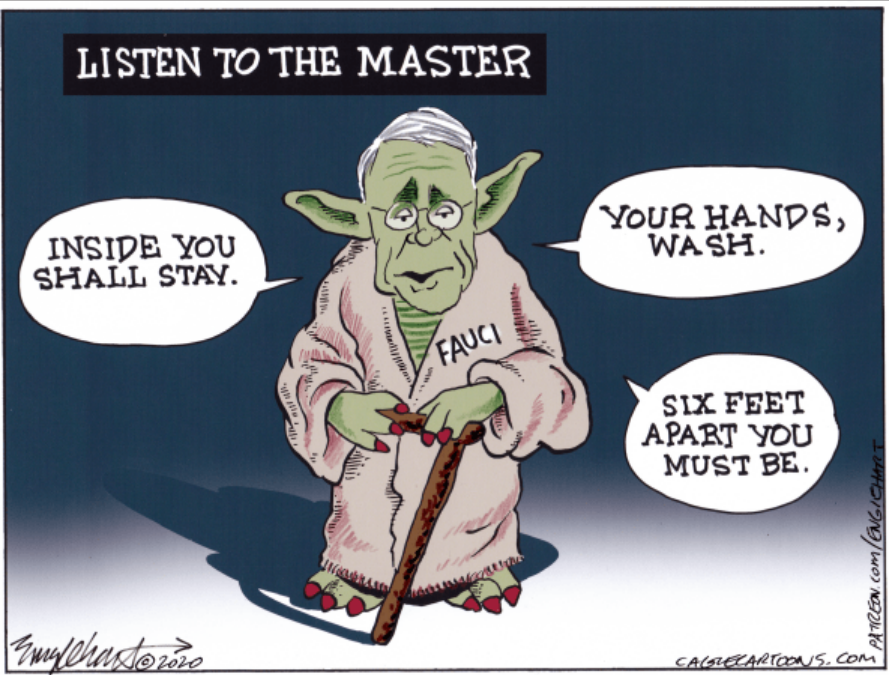
The relevance today of the giant fork is that it substantially reflects the situation of most Americans today. It is confusing to look at, completely unanticipated, and potentially harmful. It can lead you in the wrong direction after which it is often difficult to know what to do next. Sound familiar?

Maybe you get my point. Suddenly, unexpectedly and out of nowhere there came this pandemic which has left us all confused. Of course, it didn't help that our quasi-elected leader has now admitted to us that he has been lying all along. Why? Because he did not want the whole population to panic. (Sure it was) At first I admit it was a relief to briefly find a respite from continual discussions regarding Democratic Presidential aspirants and to hear the news discussing this flu-like thing that the President told us was mainly a hoax designed to hamper his re-election prospects; but, not to worry as there was no danger. This little flu thing was completely controlled and not really of any concern.

Wonderful, I thought, now I can go back to worrying about the Climate Emergency and the possibilities of nuclear war, my usual concerns. Does anyone talk about these things anymore? But this coronavirus thing wouldn't go away and soon it was all that anybody talked about. It became so gigantic that I had to do more than think about it, I actually had to do something. Well at first it wasn't so bad. All I had to do was stay home; not too hard as I had just recently retired and really had no place to go other than to doctor's appointments and pick up medication. Staying home for a couple of days wasn't really that hard once my wife and I agreed to limit ourselves to one fight a day (actually this agreement has never really been consummated but it sounds like a good idea) but not being able to see our granddaughter was more than annoying. At first, I thought it would not be a problem for a couple of weeks. Now, of course, we have been told to forget all previous Presidential information. What was thought to be restrictions lasting only a couple of weeks will now be in place for months. We are told not to leave the house and to prepare ourselves for news of eventual deaths in the United States numbering 100,000 -250,000 if everything goes right. That's what we were told yesterday. Certainly the consequences of this shut down and the absorption of so many deaths probably including people close to us will have a tremendous effect on all of us, if we should happen to survive. To me it seems like we have come to an enormous fork in the road. One fork requires all of us to do follow the regulations and stay home while the medical professionals try to develop vaccines, and appropriate medications. Additional medical personnel and the masks and gowns to protect hospital staffs are competitively being sought. There is all this talk about ventilators and who is entitled to them and how to use them once they are obtained.

That's what almost all the news talks about anyway along with questions to experts and other reporters. Yesterday I heard a comment from an elected official responding to a question about what changes will have to be made in the post pandemic world. He responded by saying "We'll cross that bridge when we come to it". Absolutely wrong! What happens if there are no bridges? Now is the time to think about the construction of new bridges, new adaptations that will be needed in the Post pandemic World. There are many social-evils that faced Americans long before the arrival of the Pandemic. Despite our overall affluence, many Americans report themselves as being miserable. Suicide rates and divorce and abuse of alcohol and drugs are rampant. Vast number of non-violent people are in prison with problems probably connected to their poor education. This is the other fork that should be considered right now. Can we learn to live more cheaply, consume less energy, and still be better prepared for coming calamities? Is there a lesson to be learned that will allow us to better educate our children, to be more comfortable and appreciate what we have and not be consumed by the pursuit of what we don't have. If we are to be surrounded by death perhaps we will learn to be more accepting of death and aging and not be in pursuit of a perpetual adolescence which contributes to frequent destruction of family bonds. All I am saying is that there were and are problems in America that have nothing to do with the virus. The important second fork I visualize is a serious consideration of our values and the development of potential plans that might help all of us be a little more content and save the planet as well. We might as well talk to each other about that now as we have to stay at home anyway.

Stay At Home kia ora



LEFT/RIGHT/OR IN THE MIDDLE

PETER FUNT

THE 'THANK YOU WAVE' MAKES A COMEBACK



Walking my dog Dorothy a few months ago I didn't recognize the fellow waving from the white car until he stopped to say hello. Turns out it was Ed, a casual acquaintance, whose wave I hadn't acknowledged because I couldn't see him through the tinted glass.

Since then I've made it a point to wave at every car that passes on our quiet street. Maybe I know the driver, perhaps I don't. But the wave can't hurt; in fact, it's rather nice.

Nowadays, with social distancing, we're all doing a lot more waving. Folks keep their distance but most wave, salute or signal - acknowledging that we're in this together. Jerry Seinfeld's old complaint that people don't offer a proper "thank you wave" doesn't hold in coronavirus times.

I've long been intrigued by simple hand signals. As kids we thought we knew a big secret: If you made a pulling motion with your arm as a truck passed, the driver would respond with a blast of his air horn.

Sitting on the observation deck at our local airport I've noted that the ground crew - those folks with the orange flashlights - give each pilot a final salute, which is always acknowledged with a salute from the cockpit. It's a civilian version of scenes in "Top Gun" when Tom Cruise and the other fighter pilots salute the guys who send them off the aircraft carriers. Another old film, "The Sting," features a band of lovable con men who identify each other with a forefinger salute across the nose.

It's believed the origin of hand saluting was in Roman times. A citizen who wished to approach a public official raised his right hand to show that he was not carrying a weapon. According to the Armed Forces Museum, the modern salute evolved as a show of respect. "By 1820, the gesture was officially modified to the current version still used in the military today - the touching of the hat. Hand salute, palm down is believed to be an influence of the British Navy, as deck hands were often dirty and to expose the dirty palm was regarded as disrespectful."

Many of us will never forget the sight of three-year-old John-John Kennedy saluting his father's casket as it was carried from St. Matthew's Cathedral.

During the crisis, President Trump favors the simple thumbs up. Some give the A-OK sign, forming a circle with thumb and forefinger. You might use two hands to make a hand-heart gesture, popularized by the singer Taylor Swift. Or maybe the Hawaiian Shaka, a waggle of the upward thumb and forward-pointing pinkie with the middle three fingers curled to the palm. Perhaps just a nod to strangers crossing the street. A hand on the heart, often accompanied by a soft pat-pat on the chest, is better than words when it comes to saying "thank you" and "I really care." While walking Dorothy the other day I stopped to watch the mail carrier make a delivery across the street. As he pulled away, I felt compelled to offer a military-style salute. He slowed, turned slightly, and saluted back. Sometimes the smallest gestures have the biggest meaning.

Peter Funt is a writer and speaker. His book, "Cautiously Optimistic," is available at Amazon.com and CandidCamera.com.

CHRISTINE FLOWERS

EVEN A DEADLY PANDEMIC IS INFECTED WITH POLITICS



A million years ago, we were worried about who was going to win the Iowa Caucuses, and then Super Tuesday, and then when Bernie Sanders was finally going to pack it in.

Now, despite what the most die-hard political operatives might believe, we really don't give a flying fig. What we care about now is that our families, friends and other loved ones come through this dark time safely, whole and with as little damage to their bodies and their psyches as possible.

At least, that's what we tell ourselves. But then travel over to social media or the traditional "Jurassic" media, and it's quite a revelation. Politics are still very much involved in how we navigate this new landscape, a different planet in the same galaxy.

Actually, to be more accurate, we live on two separate planets. There is the one where the atmosphere is filled with pestilence, and the Four Horseman of the Apocalypse are called "Trump, Pence, Falwell and Fox." And there is the one where the only thing that matters is the economy tanking, people are making too much of this "flu on steroids" and it's all a leftist plot to turn America into Sweden (without all the pickled herring and sexy blondes.)

To be fair, there is a third planet, but it's caught in the interplanetary crossfire between the other two, with their extreme populations that want to annihilate the enemy. I happen to live on that middle planet, and it gives me a bit of perspective on clear nights when the stars are out.

The people who absolutely hate Donald Trump are using this tragic health crisis to make sure that he does not win a second term in November (assuming we still have elections then.) They are people like Alexandria Ocasio Cortez and Rashida Tlaib, who rail against the GOP every day and pretend that conservatives want people to die from lack of water, food and face masks.

They are not alone in blaming the administration for putting out false information, and pointing the finger at the White House for the rising body count. Certain media outlets, mostly televised but also in print, are accusing the president of telling people to buy pool-cleaner chemicals and ingest them as a preventative measure against COVID-19. When some poor fool actually did do that, his death was placed at the president's doorstep by both innuendo (NBC News) and direct accusation (many of the people on Twitter important enough to have blue-check, verified accounts.)

I suppose I shouldn't be surprised that we've come to this, since I've seen the hysteria whipped up in opponents of this president, even among lawyers I know who you'd think were intelligent enough not to let their insanity be seen in professional circles. But that is so Pollyanna of me.

On the other hand, there are other sorts of crazy out there, comprised of those who think that this pandemic is "no big deal." Worse, I have seen some of them spouting about how George Soros orchestrated this, how it's all a hoax to tank the economy and how we should just go out about our business. This, too, is a particular madness caused by the exact opposite of what has infected the Left: a desire to defend and protect this president at all costs, against all criticism. To use an unavoidable pun, a plague on both their houses.

This middle planet that I inhabit with a large and comforting number of Americans does not care about scoring political points just now. I frankly have no interest in thinking about who will be the non-Hillary of 2020. I'm not even particularly interested in the "woman" that Joe Biden has promised to pick for his vice presidential candidate. I am not interested in the fact that the Olympics were canceled, that mommies are doing "Corona Blogs" from their bedrooms and that some news agencies are actually using this crisis to get subscribers.

I am interested in making sure sick people get better, and healthy people stay that way. That's it. The team that President Trump has gathered together, with the magnificent Doctors Tony Fauci and Deborah Birx, gives me comfort that the right people are at the helm, even if they don't always have a tight grip on the wheel. I am troubled when the president says things that contradict his scientific advisers, but equally troubled by the shenanigans of Democrats who want to use a rescue bill for the economy to pad it with lots of precious pork. Both political sides have performed horribly in this mess.

That's why I disregard the noise from both sides, but which seems to be coming most loudly and stridently from the side trying to get rid of this president in the Fall. The time will come to deal with that honestly, and politically. Just not now, in the midst of a life-and-death struggle.

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SUSAN HENDERSON
Editor/Publisher



Please help us save your weekly newspaper! The National Emergency has had an immediate adverse impact on the future of the Mountain Views News. (www.mtnviewsnews.com)

Since 2006, I have been publishing a weekly newspaper in the San Gabriel Valley specifically covering the cities of Sierra Madre, Arcadia, Monrovia, Duarte, Pasadena, and also South Pasadena, Altadena and San Marino. This effort has been financially challenging primarily due to the nature of publishing and because of a 40% tariff on newsprint that was imposed in 2018 and is still in affect.

We have survived primarily on the paper's ability to publish legal notices and the support of our advertisers many of whom are also impacted by the COVID19 virus.

However, that has all changed. We were informed this morning that the County of Los Angeles is now closing all public access to buildings that process legal notices. Such action, while absolutely necessary means that the income generated from the publication of

the notices has come to an abrupt halt. Without the ability to publish legal notices, continued publication of the Mountain Views News is not possible.

With your help, however, we can sustain the only paper where your community news comes first until such time as an alternative to the current legal notice processing is found or LA County Buildings allow public access again. It is not an easy thing to reach out to the public for support, however, this is truly an emergency. The Mountain Views News needs your support now to weather this storm.

Remember, print media is the only source of information that CANNOT BE HACKED! What you read in the Mountain Views News is accurate and as publisher, I stand behind every word.

Our sources are reliable and dependable. Our Opinions share both sides of the argument. Community events and local organization activities are also an integral part of what we provide each week. And, while we do have an online presence, each week thousands of print copies are distributed to all 8 cities. In fact, had it not been for the tariffs, in 2018 our plan was to double our distribution as the demand for more print copies is great.

So can you please help us keep the Mountain Views News in circulation? Below are 4 ways that you can help sustain your local paper. All support is greatly appreciated.

Thank you in advance.

Susan Henderson, Owner/ Publisher/Editor

#1 Make an IMMEDIATE CONTRIBUTION to help us recover from the Corona Virus interruption of legal notice revenue.



<https://www.gofundme.com/f/save-the-mountain-views-news>

#2 DONATE BY CHECK: If you would rather make a donation directly to the paper, you can send a check. Make it payable to the Mountain Views News and mail to: Mountain Views News
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#3 Help Sustain Print Distribution! In addition to the impact of the Corona Virus, newspapers are also adversely impacted by California Assembly Bill 5 (AB5), which eliminates the use of independent contractors and triples distribution expenses. Become a *Sustaining Supporter of the Mountain Views News* by making an annual contribution of \$120 (\$10 a month). Sign up and get home delivery for free. Cancel at anytime. Please send check to: Mountain Views News Sustaining Supporter
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We hope that you and your families are healthy. It is in times like these that demand that we practice self-care when it comes to our mental health, stress, and anxiety levels. Our habits of mind are so very important. We live in an age of “critical thinking,” a centerpiece of reason which is vital to human progress and intellectual life.

However, through this almost-relentless consideration of what is ‘wrong’ and needs improvement, the constructive impulse this may marshal can easily fall over into complaint and despair. We do this to ourselves, perhaps, most frequently of all.

But if we can use this opportunity to see all that is wonderful in this life; like our relationships, our non-isolation, and our tremendous human resilience, we will come through this epidemic healthier and stronger than we entered it.

In the midst of the market uncertainty, please remember that we are here to guide you through your Real Estate needs.



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