

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino
SATURDAY, APRIL 25, 2020 VOLUME 14 NO. 17

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

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Who We Are:

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



MAYOR ANSWERS FAQ REGARDING MONASTERY DEVELOPMENT

Why Don't We Buy the Meadow?

Council To Vote on Memorandum of Understanding For Proposed Development Project at Tuesday's Meeting

Did you know that the Sierra Madre Canyon was once known as "Canyon Park"? If you didn't, I highly recommend Michelle Zack's book "Southern California Story - Seeking a Better Life in Sierra Madre". It should be required reading for everyone who calls themselves a Sierra Madrean. You can get your very own copy of this gorgeous, well-researched and beautifully written book with its cover graced by a painting of the Sierra Madre Playhouse for only \$25 at Arnold's.

Back in the day, the Canyon area was described in Michelle's book as a "sixty-seven acre Mountain Paradise". It was owned by the heirs of Nathaniel Carter, our town's founder. "Carter's Camp" resided on the site of today's Mary's Market and was an idyllic retreat for many in LA County. Over time, divisions rose among Carter's heirs with regard to the property's future. Some, including Carter's son Arthur, wanted to preserve the site, but others wanted to cash out. The cash-out faction won, and obtained a court order to sell off the Canyon acreage. Sierra Madre City Directors, who were strapped for cash (sound familiar?), declined to bid at auction. Only two bids were received, one by Arthur Carter, and the other by W. S. Collins, a well-known capitalist who developed Balboa Island in Newport. Collins was the winning bidder at \$45,100. He then applied for a sub-division of the sixty-seven acres with 271 tiny lots, which was approved by the City! Can you imagine Sierra Madre approving such a proposal today? The Council would be tarred and feathered! It's ironic that what would be considered an absolutely insane subdivision today, has become one of our most beloved and cherished places! What would Sierra Madre be like today had the City or Arthur Carter been the winning bidder? Something else to ponder: What if the property had been temporarily preserved, and then put forth for subdivision today instead of 1913? How many millions of dollars would it be worth? You can bet that there would not be 271 lots. What would we do, maybe negotiate for 70 large homes and a five acre park?

Sierra Madre's self-image as the "Village of the Foothills" belies the changing demographics of



our town. Years ago, we were largely working-class. Our town employed many of its residents locally, and volunteerism provided for a good percentage of the town's services that are now performed by City employees and paid for by taxpayers. Sierra Madre was quite thrifty. Our town's first "emergency rescue truck" was built in a driveway by volunteers George Maurer and five others from an old step van. The first real ambulance was purchased by Kiwanis through a fundraising effort and donated to the city in 1976, almost 70 years after incorporation!

High property values have caused many long-timers to cash out and move away. Newcomers are invariably dual-income professionals that don't work in town. While Sierra Madre still relies on volunteers to a much higher degree than our neighbors, the pool of potential volunteers has diminished greatly because of the demands of the modern dual-income lifestyle.

Sierra Madre is still very frugal despite the

changing demographics, and even though we now are one of the wealthiest cities in the San Gabriel Valley based on per-capita income. We have to be frugal, because of lack of a sales tax base and other revenue sources that most other cities enjoy. Voters approved a utility tax increase in 2008 to fund full paramedic service - it's hard to fathom that we did not even have paramedic service until then!

Given our legacy, it's not surprising that Sierra Madre did not rise to the occasion to purchase the One Carter property when the Willis family first put it for sale decades ago. We could have purchased the land back then for \$3,000,000. If we had imposed a property tax to fund a bond, it would be almost paid for by now. It's somewhat ironic that not one home has been built after all this time, and hundreds of thousands of dollars of Sierra Madre taxpayer money has been spent on litigation over development of the property. So why didn't we buy it and dedicate it as open-space or parkland? (continued page 2)

JUVENILES ARRESTED IN SCHOOL PLAYGROUND ARSON FIRE

On Tuesday, the Sierra Madre Fire Department responded to a fire that was deemed an act of Arson on the playground at Gooden School. Preliminary estimates are \$2,500 in damage to equipment at the site. There were no injuries nor damage to any of the buildings on the site.

Upon investigation SMPD Detective So and Officer Rodriguez were able to identify and arrest 3 Sierra Madre juveniles between the ages of 14 and 17 in connection with the fire. The teens were cited and released to the custody of their parents.

The incident occurred at night while the city's Stay At Home order was in effect.

MVN News

ALVERNO ANNOUNCES PLANS FOR EXPANSION

The following letter was sent to from the Head of School

"Dear Alverno Heights Academy Families, Well, who would have expected 2020 to turn out like it has. The current national emergency has forced us to be introspective and soul-searching. It has also forced us to be brave, bold, and innovative. It is in this thread that I make the following announcement about Alverno Heights Academy. Starting with the 2020-2021 school year, Alverno will be adding a transitional kindergarten (TK)-8th grade, creating a lower school and upper school,

all under the name of Alverno Heights Academy. The lower school will be co-ed while the upper school will remain all-girls. We will be one of the few schools in the area offering TK-12 on one campus and the only one in Sierra Madre. The upper school will hold a maximum of 200 girls and the lower school will hold a maximum of 200 students.

The Board of Trustees has been considering expanding the school for several years. In fact, we began doing our investigations way back in the late '90s. Three years ago, I led an accreditation visiting team at a

very successful TK-12 school in northern California. Eighteen years ago, they were very close to closing the school. The head of school told me that adding the TK-8 saved the school. I never forgot that. The benefit of having a lower school on our campus will help to bring a cohesiveness to the educational experience that is hard to find, yet very beneficial. Studies have shown that students begin making up their mind as to what high school they will attend as early as third grade. We believe that once the girls connect to Alverno, they will want to stay here.

(continued on page 2)

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www.FreeAnimalDoctor.org



Sierra Madre based non-profit



SIERRA MADRE

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ARCADIA

PASADENA

ALTADENA

MONROVIA

ALVERNO (continued from page 1)

As many of you know, Alverno prides itself on its small size and individualized attention. This will not change for your daughters. But a school requires a minimum number of students to survive. To that end, the Board of Trustees and I have been working diligently on ways to best capitalize on our school and our large campus. After our accreditation visit in March, it became obvious that we needed to make a big change.

The Board of Trustees has made the decision to move forward with adding a lower school. We have received sage advice from experts in the area of TK-8 education. We will start the lower school with temporary modular classrooms that will be located on the gravel area north of the prayer garden and south of our Michillinda Avenue parking lot. The middle school will use three classrooms located at the east end of the south hallway. Our goal is to construct permanent classrooms for the lower school in the south-west area of the campus, near the Michillinda/Highland side of our 12 acre campus. The upper and lower schools will have different schedules, different lunches, and their own designated areas. The Terrace is designated for the Upper school use. The lower school will have the area around the prayer garden. Both schools will have access to the LTC, cafeteria, athletic fields, and to our historic Villa.

We are two schools, under one name, with the same philosophy. The energy and synergy that our two schools can offer Alverno will be electric. Our girls can earn service hours working with the younger students and the lower school students will have some access to our amazing teachers, the beauty of our campus, and the hospitality of our community. Imagine events like the Gala, athletic events, performing arts, liturgies, APA, and fundraisers! Younger families bring a commitment and energy that can be invigorating.

I am so thrilled to bring you joyful news during a time that seems to only bring bad news. It's our 60th year, and though it didn't end the way we hoped it would, it will roar into the Fall with a new zest and vitality to be strong and sustainable for another 60 years! If you have any questions, don't hesitate to contact me at xfanara@alvernoheights.org.

Thank you, God bless, and be safe! Julia Fanara, P'01, P'03, and P'05, M.Ed. Head of School



MVN Archives photo

MONASTERY (cont. from page 1)

The short answer is that such a large sum of cash did not exist in the city's coffers, and decision makers at the time felt that because of our tight-fisted legacy, it would have been an insurmountable hurdle to get two-thirds of Sierra Madreans to vote for a tax increase to buy the property and set it aside as open space or parkland.

So here we are now with the Monastery property dilemma. Should we buy it? When the Passionists first announced their intent to develop, a group of Sierra Madreans attempted negotiations with the Passionists and could not agree on a sale price. The group made an offer based on how much they figured Sierra Madreans would be willing to pay per year. The Passionists had done their homework. They knew what the property was worth for residential or institutional development, and they wanted fair value. The Passionists also attempted conversations with City staff on a proposal for residential development. The effort was put on hold because of California's severe drought, which depleted our local aquifer and caused the City Council to place a moratorium on new water connections.

For several years, the proposed development was "out of sight, out of mind". Meantime, the Council and staff worked behind the scenes to shore up our water supplies. This effort was necessary not only to ensure a reliable supply for Sierra Madreans, but it was also a condition to maintain the moratorium. By late 2018, the end of the moratorium was inevitable. We were on the verge of permanently augmenting our water supply with agreements with Arcadia to "wheel" or deliver water and also to drill a joint well in the main San Gabriel Basin. These agreements would augment our water supply to a level that's equal to two times Sierra Madre's average demand. Knowing that the Passionists would soon reinstate development discussions, I and others thought it might be a good idea to put forth the idea of an outright purchase again. The thinking at the time was that we believed that the public was beginning to understand that our tax burden and debt was considerably less than our neighbors and thus might be open to the idea. In other words, we believed that Sierra Madre could "afford it", and more importantly we believed that the public might be willing to pay to preserve one of the last tracts of open land given the unsatisfying and expensive outcome of the One Carter settlement.

The Council authorized City Manager Gabe Engeland to engage the Passionists in negotiations, and we were pleased to hear that the Passionists enthusiastically embraced the idea. The City commissioned a formal appraisal so that we had a baseline from which to negotiate. We asked for the appraised value for the property as open space, residential development, and as institutional development. Negotiations proceeded, and a price was agreed upon that was very reasonable from the City's point of view given the appraised value.

At this point, I as Mayor Pro-Tem met with City Manager Engeland and representatives from the Monastery. A followup meeting also took place with then Mayor John Harabedian. At these sessions, we entertained a request from the Monastery representatives that as a condition of sale, they would like a back-up plan if the voters rejected a tax assessment to fund the purchase of the Meadow. This "Plan B" would be a streamlined path to residential development. Knowing Sierra Madre's tight-fisted history, we thought this was reasonable, as it is entirely possible that two-thirds of taxpayers might not be willing to pay several hundreds of dollars per year to preserve the meadow.

We proposed some ideas for what a backup plan might look like. Some of the Plan B ideas, including the idea of a fully-funded park, became the basis of the proposed concessions you see today in the proposed Memorandum of Understanding, which will be considered for approval at the Tuesday, April 28 Council meeting. Here's the problem: If Plan B is too good, voters would determine that they actually prefer Plan B versus the purchase of the Meadow, especially since Plan B is free, and purchase would cost thousands of dollars for every parcel owner over the course of thirty years. In effect, a really attractive Plan B would undermine the effort to purchase the property. It's certainly conceivable that a good percentage of voters would say that they actually prefer a park that they can use, and get for free, rather than pay thousands to preserve vacant land that is of no use to them personally.

Knowing this, if we were to make Plan B less attractive, it's still possible that we couldn't get two-thirds to vote in favor and then we're stuck with a bad development! After careful consideration, other difficulties arose. The Passionists also insisted on re-zoning to residential as part of the pathway to development in advance of a ballot initiative. The current housing shortage in California makes re-zoning problematic, because if a ballot initiative to fund the purchase was successful, we would then have to turn around and re-zone again, from residential to open-space. That could be perceived by the State as undermining the approved housing element component of the City's General Plan, and would bring unwanted scrutiny right at the time that we've begun the process of updating our Housing Element to include dramatically increased Regional Housing Needs Assessment (RHNA) numbers.

Some suggest that we should just wait, and not attempt to process the Passionist's development proposal during the COVID pandemic. First, the Passionists have waited many years for the moratorium to lift. Delay is not acceptable to them. Remember, they have an entitlement to institutional development that they could force us to process immediately. Second, Sierra Madre is processing plans and permits for other development projects. We cannot discriminate against the Passionist's plan just because it is large and may be controversial. Third, given the shortage of housing in California, delay could result in a project that is more impactful to the neighbors. In the near future it is highly likely that the State will further curb cities' ability to control their own land use policies, and will push legislation to restrict municipalities' ability to limit development density.

Sierra Madre's best opportunity for a low-density, low-impact development of the Mater Dolorosa Meadow is right now. There will be seven opportunities for public input after approval of the MOU. It is very important that the public weigh in. The plan as described in the proposed MOU is just a start. Purposeful engagement by Sierra Madre residents will result in the best possible outcome for Sierra Madre.

I'm looking forward to your participation, and as always, I'm happy to discuss - email or call me!

John Capoccia, Mayor
jcapoccia@cityofsierramadre.com
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Join Our
 VIRTUAL MEETING

The public is invited to participate in our Zoom meeting
Tuesday, April 28 at 8:15am

Featuring **GRACE OU**, Licensed Family Therapist
 Sync Counseling Center of Sierra Madre.

Grace will present on the mental health aspects of coping with the Corona Virus Pandemic, mitigating the psychological dangers inherent with social distancing and quarantine, and how to seize opportunities within this social environment.

To join in send an email requesting the ZOOM meeting link to
joanriback@gmail.com

"Service Above Self" Rotary Club of Sierra Madre



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ROTARY CLUB RECOGNIZES HOMETOWN BUSINESSES DURING PANDEMIC

On Tuesday morning, April 21st, the Rotary Club of Sierra Madre held a Zoom meeting for its members and the public. The purpose was to showcase three of Sierra Madre's iconic businesses that remain open to serve the community during the COVID-19 crisis. The businesses were Taylor's Market, Best Buy Pharmacy, and Arnold's Hardware.

Rotarian Julie Brady interviewed Casey Taylor, a fourth-generation family member who now manages Taylor's Of Fashioned Market, 14 E. Sierra Madre Blvd. Taylor's offers prime beef, fresh produce, high-end coffee brands, and a variety of canned goods, frozen meals, and household products. Wednesday mornings from 7:00 – 8:00 a.m. are reserved exclusively for seniors to shop.

Taylor's is assisting the Sierra Madre community by providing a limited number of food baskets to those in need. Anyone aware of a family or person in need may call Taylor's at 626 355-8267.

Rotarian Julie next visited pharmacist Paul Mansour, who has owned Best Buy Drugstore, 29 N. Baldwin Ave., since 1996. Best Buy is fully stocked with prescription and over the counter medicine in addition to hair and nail care products, children's craft materials, bathroom paper products, and cards. Paul offers advice on the best immunity boosters available and provides home delivery of prescription medicine.

Basil Kruger has owned Arnold's Hardware, 297 W. Sierra Madre Blvd., since 2004. Employees Debbie and Kate led Rotarian Janette Ledea past shelves stocked with a wide variety of goods, ranging from E. Waldo Wards' preserves, greeting cards, kids' educational items, craft materials, housewares, cookbooks, plumbing, and electrical supplies, and more. The rear barn contains a variety of yard and garden supplies such as grass, fertilizer, mulch.

All three businesses use safe distance and sanitary practices, requiring masks to enter their stores. Each provides a level of personal service to residents not found in large chain stores.

Mayor John Capoccia, a meeting participant, commended and thanked local owners and employees of Arnold's, Best Buy Drugs, and Taylor's for delivering quality service and merchandise that are an essential component of Sierra Madre's community.

The Rotary Club of Sierra Madre thanks these businesses and those community members who joined our online meeting. Rotary encourages the local and greater community to patronize our local businesses, especially during this time.

Rotary is a service club consisting of community members of all ages and backgrounds who get together, become friends, and through that friendship organize community and international service to improve lives. Check our ad for speaker information for our Tuesday, April 28th online meeting. Rotary welcomes and appreciates visitors.



Even though you need help each day, we agree that you're still in charge

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We regard ourselves as our residents' champion, not their boss.
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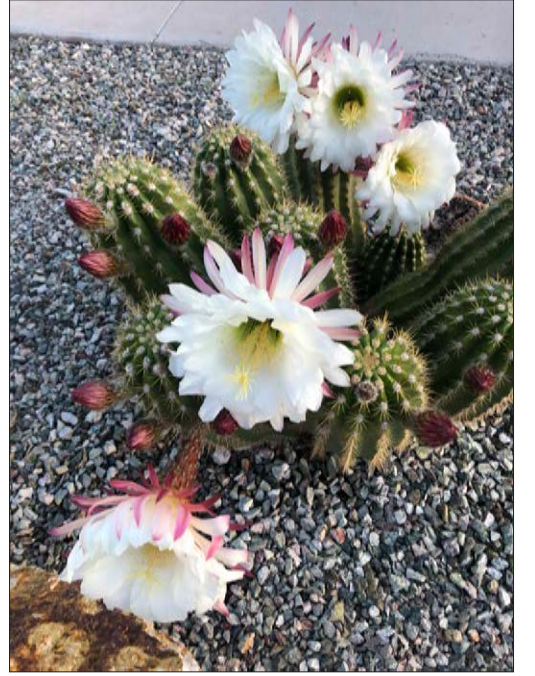
WALKING SIERRA MADRE - The Social Side

by Deanne Davis

I think we've all heard as much about the corona virus, the lack of TP and to mask or not to mask to last us all a lifetime. I did hear one good corona joke: "My husband and I have decided not to have children. We're telling them at dinner tonight."

This week I thought I'd go back in time and see what we were talking about in April of 2016. This reflects positive thoughts and good times and I am convinced, dear friends and neighbors that we will have all these things again. Don't know if the Mt. Wilson Trail Race will happen this year, but here's how it went that year. Same with the Art Fair and the Wistaria Festival, but this will help us to remember good times and know without a shadow of a doubt that good times will come again.

"In the bad times choose to grow stronger, in the good times choose to enjoy fully.
In all times choose to be grateful."
"The secret to life is knowing how to make the bad times good, and the good times unforgettable."
"Everything heals. Your heart heals. The mind heals. Wounds heal.
Your happiness is always going to come back. Bad times don't last."



The Book of Awesome – Neil Pasricha

"Sometimes it's easy to forget the things that make us smile. Sometimes it's tempting to feel the world is falling apart. But awesome things are all around us:

- Popping bubble wrap
- The smell of rain on a hot sidewalk
- Hitting a bunch of green lights in a row
- Waking up and realizing it's Saturday
- Fixing electronics by smacking them
- Being the first table called up to the dinner buffet at a wedding
- When the cashier opens a new lane at the grocery store
- When you're really tired and about to fall asleep and someone throws a blanket on you
- Finding an old mix tape
- High-fiving babies
- Bakery air (obviously, Poppy Cake Bakery)
-

Recently I was introduced to The Book of Awesome, which I immediately bought for myself from Amazon for \$11.08. The things listed above are totally awesome and got me to thinking that Sierra Madre is filled with awesome things. Our own personal mountains to start with. There's never a day when the mountains aren't majestic, beautiful, sometimes wearing clouds 'round their shoulders, but always glorious. Currently, covered with green. Awesome!

Another awesome thing is that one can sit outside at one of our nifty local restaurants and look at the mountains. For instance, the tables right inside the front windows at Zugo's (now Lemon Zest), enjoy a glass of something chilled and slowly savor a kabob wrap or chipotle bowl. Or, outside at Casa Del Rey, a margarita and some guacamole, chips and salsa,

Continuing up Baldwin a bit, you could start your day at Beantown, still able to enjoy a spectacular view of the mountains, and any kind of coffee you can think of, i.e., Espresso, Latte, Capuccino, Mocha, Breve, Au lait, Red Eye, Steamer, Americano! And free wi-fi! Awesome!

Across the street, Wistaria also serves breakfast, lunch and dinner - again with a great view of the mountains if you beat your friends to the chairs looking toward them. Back to the other side of Baldwin, Villaggio Pizzeria has terrific pizza, fabulous salads, a patio in the back where they do wonderful parties for kids and they deliver! Awesome! And you know, takeout is available from our restaurants so you can still enjoy your favorite dishes at home.

Sounds like all we do is eat out. Well, yeah, but let's wipe our lips and get outside for a bit. Sierra Madre is also the home of the only one of its kind Wistaria vine, named by the Guinness Book of World Records as the largest flowering plant – covering over an acre – and one of the seven horticultural wonders of the world! Purchased in 1894 by Mrs. Alice Brugman for 75 cents. We get to see it once a year in March, and have an awesome festival, too.

Coming up in May is the 54th annual Art Fair, this year featuring Sarah Moore, who works primarily with high fire porcelain, stoneware and wood fire clays, all either hand thrown on the wheel or hand built. Having seen a tiny sample of what she does, I'm bringing my checkbook, friends and neighbors! Taking some of her awesome work home. (Cancelled, of course, but plans are already underway for 2021.)

Also coming up in May (28th) is the 8.6 mile grueling Mt. Wilson Trail Race. Rumor has it that several times womens' winner, Sharon Pevsner, will be running, along with Lisa Cardella of Ixora Floral Studio and Cellibravo member, 14-year old Tatum. We'll have two rabbits (Simon and Robert) this year to kick off the kids' run and we're looking forward to an awesome race. (Hope springs eternal that it might happen this year!)

All of this is kind of a campaign to get us to stay home and enjoy our Village, rather than venturing out to dine, shop and go to stuff. We've got nail salons and beauty parlors galore, fitness studios, many more restaurants than I mentioned, florists, a library, schools, churches, dog groomers, Taylor's Meats; car repair guys, gift shops, a great vet: Dr. Walter Cailleteau; the best shoe repair guy anywhere, Mr. Ruiz; our own newspaper, the Mountain Views News, and our own Playhouse! Seriously, Sierra Madre has it all!

These are a few of the treasures Sierra Madre offers...and I didn't even mention the beautiful trees and gardens all over town. Awesome! And, God willing, they will all survive this current pandemic and come back stronger than ever.

Stay home – Stay Safe!

My book page: Amazon.com: Deanne Davis
Check out "The Crown" Easter is past but the memory lingers on.
If you've ever wondered what happened to that crown of thorns, "The Crown" is perfect for you!
Blog: www.authordeanne.com
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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

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Effective April 15th

Employers must provide face coverings to employees of essential businesses

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You must wear face coverings on buses, trains and in places where you are in contact with other people

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COUNTY OF LOS ANGELES Public Health

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Wed:	Sunny	Hi 70s	Lows 60s
Thur:	Sunny	Hi 70s	Lows 60s
Fri:	Sunny	Hi 70s	Lows 60s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS

As part of the City of Sierra Madre's COVID-19 transmission mitigation efforts, all City Council, Commission and Board meetings with be conducted virtually until further notice. The Brown Act provides the public with an opportunity to make public comments at any public meeting.

Public comment may be made by e-mail to PublicComment@cityofsierramadre.com by 6:00PM. on the day of the meeting. The public may also text their comments to (626) 355-6214 by 6:00PM on the day of the meeting.

Requests to provide verbal public comment must include name, phone number, and agenda item number and must be e-mailed or texted to the above email address or phone number by 6:00PM on the day of the meeting. City staff will call the phone number provided at the appropriate public comment time.

Emails and texts will be acknowledged at the Council meeting and filed into public record. The meeting will be streamed live on the City's website at www.cityofsierramadre.com and broadcasted on Government Access Channel 3 (Spectrum).

For more information, please contact Assistant City Clerk, Laura Aguilar in the City Clerk's Office via email at laguilar@cityofsierramadre.com or by telephone at (626) 355-7135.

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

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Planning for Early
Possible September Re-Opening
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GFWCSierraMadreWomansClub.org

[SierraMadreWomansClub](https://www.facebook.com/SierraMadreWomansClub)

Clubhouse Phone Number: 626-355-4379

Sierra Madre Woman's Club

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**2020 Academic Scholarship
Award Aps In Process**

**Student Art Competition Winners
On Hold for Display at S.M. Library**



**SMWC Thrift Shop
Fabric Donations & Members
Helping to Sew Face-Masks**

GFWCSierraMadreWomansClub.org

[SierraMadreWomansClub](https://www.facebook.com/SierraMadreWomansClub)

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.



**KIWANIS CLUB OF
SIERRA MADRE**
Since 1927

**LUNCH WITH
KIWANIS...
BE A MEMBER FOR A DAY**

Our next meeting is Tuesday,
TBA
REMEMBER: SAFER AT HOME!

Meetings are held at The Lodge
33 E. Sierra Madre Blvd., Sierra Madre, Ca.
Lunch begins at Noon and is \$10.
Programs begin at 12:40 and are free.
Call 626-688-2273 to reserve your seat!



**PARK
CLOSURE**

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

**City parks, picnic areas, and pavilions
will be closed on Easter Sunday**

The following facilities are closed and will
remain closed during and after Easter

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

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

CITYOFSIERRAMADRE.COM/TRANSPARENCY

Leonora Moss
9 Kersting Court Sierra Madre, Ca. 91024
626-355-1180

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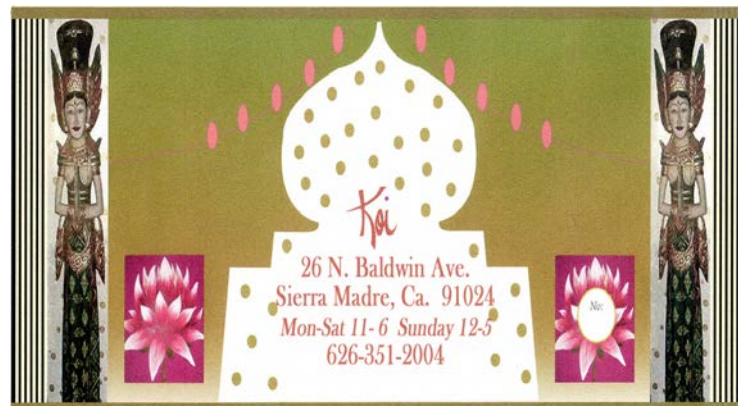
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Check out our website for
ongoing Monthly Self-Defense Classes

Pasadena Altadena

News From Your Community For Your Community

Pasadena Implements New Safer Streets Measures

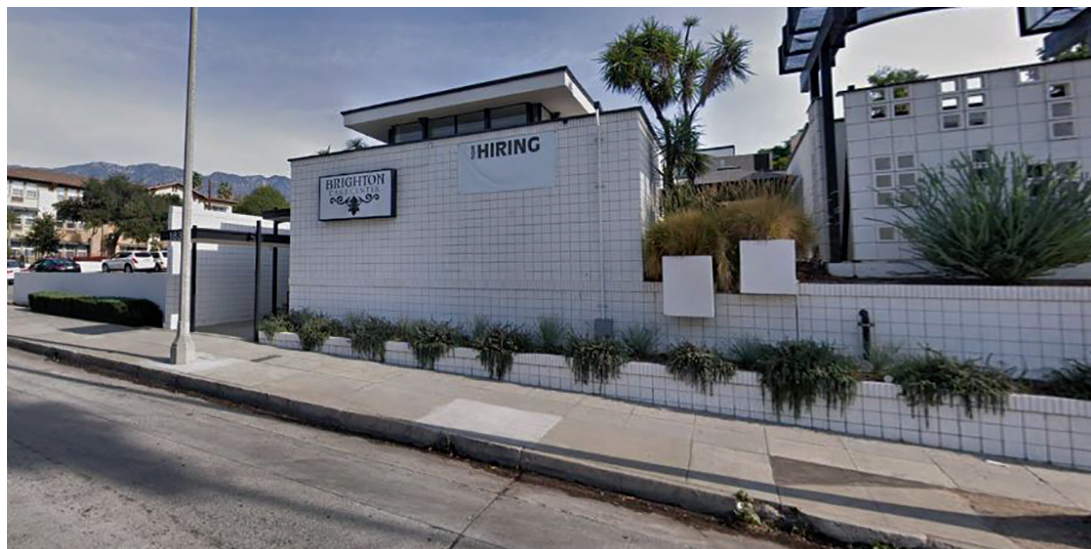
Due to the Safer at Home Order, there are fewer cars on the roads potentially traveling at higher speeds and posing a risk to residents who have taken to walking, running, and biking to stay active. The City of Pasadena Department of Transportation (DOT) is implementing a number of strategies to enhance safety for all road users during the Safer at Home Order.

On Tuesday, DOT staff will begin placing signage at entrances to residential neighborhoods throughout the city reminding us all to slow down for neighbors who may be walking, running, or bicycling in streets in effort to maintain a safe social distance. Sign deployment will be completed citywide in May and signs will be in place until the order is lifted and public parks and recreation centers reopen to the public. All local streets will remain open and accessible to traffic, since there remains a need for essential workers to get to and from work, deliveries to be made, and residents to make essential trips.

“Roughly 500 signs will be installed throughout the city, creating a network of over 100 miles of Slow Streets, and we’ll be relying on residents’ feedback to optimize placement of these signs,” said Laura Cornejo, director of transportation.

DOT will also launch a Walk Local, Bike Solo cross-channel social media campaign on Facebook, Instagram, and Twitter beginning Monday. This campaign will be managed through local non-profit organization Day One. This campaign will promote self-guided neighborhood tours, encourage residents to support local restaurants, and share COVID-19 health and safety reminders. For more information, visit walklocalbikesolo.com.

Additionally, starting Wednesday, traffic signal timing along 10 major corridors will be modified to operate in “nighttime mode,” also known as “free mode” operation, all day in an effort to reduce motorist speed and enhance safety. When intersections run in nighttime/free operation, traffic is served on a first-come, first-served principal. Select signals will remain red until traffic—whether it be a motorist, pedestrian, or bicyclist—approaches the intersection. Once traffic approaches, the signal changes within seconds. Pairing the free operation with rest-in-red will require vehicles to slow down or stop at certain intersections. For a full list of streets goto: www.cityofpasadena.net.



National Guard Assists Nursing Home

California National Guard medical teams, as of Friday, are now assisting the hardest hit senior care assisted living facility in Pasadena with 46 cases of COVID-19 among residents and 20 confirmed cases among the staff.

According to officials, Brighton Care Center, 1836 Fair Oaks Ave. requested help from California National Guard that will provide a military style nurse or physician's assistant and other staff to help with the center's operational and administrative work. The guard is expected to stay at the center until they are no longer needed.

Pasadena Public Information Officer Lisa Derderian said “Each skilled nursing facility was instructed by the CA Dept of Public Health Licensing and Certification Program, the state licensing agency responsible for oversight of these facilities, to make requests directly to the state licensing agency for National Guard staff. This resource was made available and managed through state licensing.”

Pasadena Health Director Dr. Ying-Ying Goh has been asking, in daily calls to skilled nursing facilities, if the California National Guard is assisting them. At press time, Derderian said they did not know if any other nursing facilities in the city had also asked for help from the National Guard.

Derderian said that all of the city's 29 COVID-19 decedents resided in a care facility. She also said all were between ages 49 and 98 years, and had underlying health conditions. Seventeen of them were men and 12 were women.

On April 14, city officials released all the care facilities in Pasadena with one or more confirmed COVID-19 Case(s), including: Brighton Care Center, California Convalescent Hospital, Camellia Gardens, Fair Oaks by Regency Park, Foothill Heights Care Center, Garfield Care Center, Golden Cross Healthcare, Huntington Post Acute (Pasadena Meadows)

Jasmine Terrace, Legacy Care Center, Pasadena Grove Health Center, Rose Garden, St. Vincent's

At press time, Pasadena had 299 laboratory-confirmed COVID-19 cases.

Museum Drive-thru Donation Center

USC PAM Parking Lot, 46 N. Los Robles Ave., (Enter on Los Robles Ave., Exit Union Street) Saturday, May 2, anytime between 11:00 a.m. – 5:00 p.m.

USC Pacific Asian Museum announced they will again host another Drive-Thru Drop Off Center in our Parking Lot on Saturday, May 2. “We will be expanding our donations to not only include Personal Protective Equipment, but also toiletries and non-perishable food and drink,” organizers said. “Our heartfelt thanks from all of us at USC PAM! We could not do this without your support.”

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: Personal Protective Equipment | Toiletries | Non-Perishable Food & Drinks. We will load your donations into USC trucks and deliver them directly to our affiliate partners at USC Verdugo Hills Hospital and the Los Angeles County/ Keck Medical Center of USC in Los Angeles.

SUPPLIES NEEDED
Personal Protective Equipment (PPE)

N95 and KN95 masks
Face shields
Disposable gloves
Paper masks
Cloth masks
Gowns
Hand sanitizer
Sanitizing wipes (example: Clorox, Lysol, etc)
Toiletries (unused and in original packaging)
Toothbrushes
Toothpaste
Floss
Deodorant
Shampoo
Conditioner
Lotion
Soap bars/body wash
Non-perishable food and drink (unopened, not expired and refrigeration not required)
Bottled water
Juice boxes
Energy bars (example: KIND bars, Larabar, Clif bars, etc)
Individually wrapped snacks (example: cookies, cereal bars, pretzels)

JPL Develops COVID-19 Ventilator in Just 37 Days



A new high-pressure ventilator developed by NASA engineers and tailored to treat coronavirus (COVID-19) patients passed a critical test Tuesday at the Icahn School of Medicine at Mount Sinai in New York, an epicenter of COVID-19 in the United States.

The device, called VITAL (Ventilator Intervention Technology Accessible Locally), was developed by engineers at NASA's Jet Propulsion Laboratory in Southern California to free up the nation's limited supply of traditional ventilators so they may be used on patients with the most severe COVID-19 symptoms.

“We specialize in spacecraft, not medical-device manufacturing,” said JPL Director Michael Watkins. “But excellent engineering, rigorous testing and rapid prototyping are some of our specialties. When people at JPL realized they might have what it takes to support the medical community and the broader community, they felt it was their duty to share their ingenuity, expertise and drive.”

NASA next is seeking expedited FDA approval for the device via an emergency use authorization, a fast-track approval process developed for crisis situations that takes just days rather than years. To get input from a gold-standard medical facility, JPL delivered a prototype of the device to the Human Simulation Lab in the Department of Anesthesiology, Perioperative and Pain Medicine at Mount Sinai for additional testing.

“We were very pleased with the results of the testing we performed in our high-fidelity human simulation lab,” said Dr. Matthew Levin, Director of Innovation for the Human

Simulation Lab and Associate Professor of Anesthesiology, Preoperative and Pain Medicine, and Genetics and Genomics Sciences at the Icahn School of Medicine. “The NASA prototype performed as expected under a wide variety of simulated patient conditions. The team feels confident that the VITAL ventilator will be able to safely ventilate patients suffering from COVID-19 both here in the United States and throughout the world.”

VITAL can be built faster and maintained more easily than a traditional ventilator, and is composed of far fewer parts, many of which are currently available to potential manufacturers through existing supply chains. Its flexible design means it also can be modified for use in field hospitals being set up in convention centers, hotels, and other high-capacity facilities across the country and around the globe.

Like all ventilators, VITAL requires patients to be sedated and an oxygen tube inserted into their airway to breathe. The new device wouldn't replace current hospital ventilators, which can last years and are built to address a broader range of medical issues. Instead, VITAL is intended to last three to four months and is specifically tailored for COVID-19 patients.

“Intensive care units are seeing COVID-19 patients who require highly dynamic ventilators,” said Dr. J.D. Polk, NASA's chief health and medical officer. “The intention with VITAL is to decrease the likelihood patients will get to that advanced stage of the disease and require more advanced ventilator assistance.”

To learn more about how NASA is helping in the national response to COVID-19, visit: nasa.gov/coronavirus.

Pasadena Restaurant Week with a Twist-Take Out Edition

Pasadena Restaurant Week returns Sunday through Saturday, May 2. Given everyone is closed to dine-in guests, it is being redubbed as Pasadena Restaurant Week-With A Twist-Take Out Edition.

Pasadena's restaurant community opens its doors to guests from throughout Southern California for the eighth Pasadena Restaurant Week. The Pasadena Chamber and the Pasadena Restaurant Association are sponsoring the event.

You can still enjoy the delicious food you love from your favorite dining establishments, only to take out and eat at home.

“Please support our local restaurants while they are still open,” commented Paul little, president and CEO of the Pasadena Chamber of Commerce. “Your business now could mean the difference between opening and closing for many of the places we all love so much.”

For a full list of participants visit: pasadenarestaurantweek.com.

Schiff Honors Claire Bogaard 2020 Women of the Year

Adam Schiff, last week, honored 15 inspiring women, including Claire Bogaard (pictured right) from Pasadena and other communities in the 28th Congressional District – Atwater Village, Burbank, Echo Park, Elysian Valley, Glendale, Hollywood, Hollywood Hills, La Canada Flintridge, La Crescenta, Los Feliz, Montrose, Silver Lake, Tujunga, and West Hollywood.

“Every year in March, in honor of Women's History Month, my office hosts an event to honor our district's Women of the Year,” said Rep. Adam Schiff. “Unfortunately, we had to postpone our celebration due to Coronavirus, but I wanted to make sure these outstanding women get the recognition they deserve. They are all pillars of our communities and I thank them for their invaluable service.”

Claire is a Founding Member of Pasadena Heritage. Some



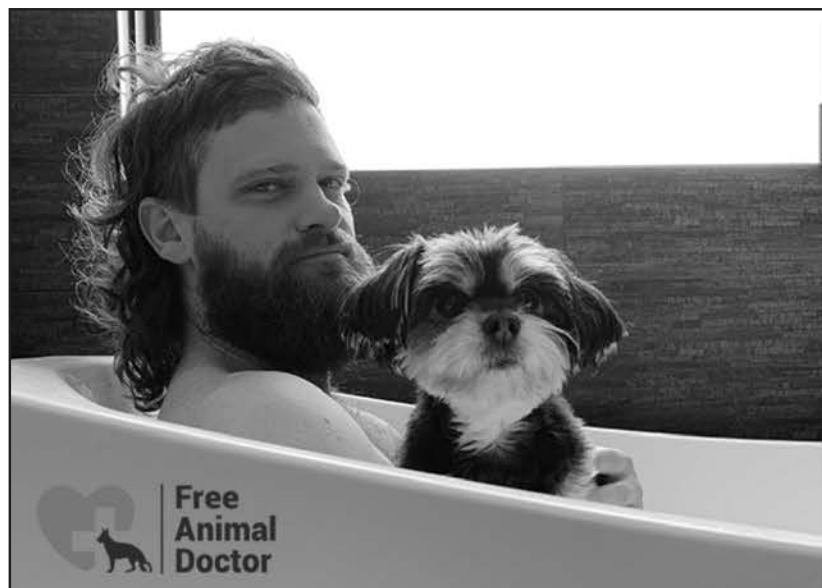
of the many organizations and committees Claire has served on include as an Advisor and Trustee for the National Trust for Historic Preservation, Advisory Committee for the Restoration of Pasadena City Hall, Neighborhood Associations' Board of Directors, and Chair of the No 710 Action Committee. In addition, Claire served on the Board of the West Pasadena Residents' Association for several years.

City Extends Deadlines for Land Use and Related Matters

The COVID-19 pandemic and related business closures have created obstacles to meeting a number of timelines and deadlines set forth in the Pasadena Municipal Code for the conduct of business. Therefore, City Manager Steve Mermell has approved the Suspension of Certain Time Limits Imposed by the Pasadena Municipal Code related to land use matters approved prior to July 1, 2020. The effect of this is to extend most permits by an additional 12 months.

On March 30, Pasadena City Council adopted a resolution authorizing the City Manager to extend various deadlines that could be affected by the COVID-19 pandemic. “COVID-19 poses practical and timing challenges in connection with a variety of planned projects,” said Mermell. “These include uncertainty regarding funding, labor availability and supply of materials. We do not wish to further burden the local economy by keeping these deadlines in place.”

Mermell also stated that additional code provisions may be extended by future action.



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Free Animal Doctor, a 501c3 organization: 70 E. Montecito Ave., Sierra Madre, CA 91024

ARCADIA POLICE BLOTTER

For the period of Sunday, April 12th, through Saturday, April 18th, the Police Department responded to 746 calls for service, of which 46 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, April 12:
1. Shortly before 2:26 a.m., officers responded to European Motorworks, located at 86 West Live Oak Avenue, regarding a possible commercial burglary in progress. Surveillance footage revealed two suspects stole tires, wheels, and a floor jack. The suspects, a 28-year-old male from Arcadia and a 29-year-old male from El Monte, were identified and released in the field.
2. At approximately 3:45 p.m., an officer responded to Ikrusher, located at 11818 Clark Street, regarding a grand theft report. Surveillance footage revealed the suspect entered the locked yard and fled with stolen scaffolding. The suspect is described as a male, between the ages of 25 and 40-years-old, and was seen wearing a blue clothing. The investigation is ongoing.

Monday, April 13:
3. Just after 6:45 p.m., an officer responded to Embassy Suites, located at 211 East Huntington Drive, regarding a residential burglary report. The victim stated she witnessed the suspect in her hotel room, rummaging through her things. The suspect left without taking any property. The investigation is ongoing.

Tuesday, April 14:
4. Around 12:54 a.m., the Arcadia Police Department received an electronic police report of a package theft from the 1800 block of South Tenth Avenue. Sometime between 10:19 a.m. and 3:45 p.m. on April 8th, the victim's package was stolen from his porch. No suspects were seen and no witnesses were located.
5. Just before 5:20 p.m., an officer responded to the intersection of Live Oak Avenue and Second Avenue regarding a recovered stolen vehicle. The officer discovered the stranded vehicle had been reported stolen out of Hollywood. The vehicle was released to the registered owner. The investigation is ongoing.

Wednesday, April 15:
6. Around 6:44 a.m., an officer responded to the 300 block of South Second Avenue regarding a stolen

vehicle report. Sometime during the previous evening, an unknown suspect stole the victim's vehicle. No suspects were seen and no witnesses were located.
7. Shortly after 9:29 a.m., an officer responded to the 2000 block of South Eighth Avenue regarding a stolen vehicle report. The officer discovered an unidentified suspect stole the victim's vehicle. No suspects were seen and no witnesses were located.

Thursday, April 16:
8. Before 9:53 a.m., an officer responded to the intersection of Mayflower Avenue and Shrode Street regarding a mail theft report. An investigation revealed unknown suspect(s) stole mail from victims in the 1100 block of Mayflower Avenue and in the 1200 block of Shrode Street. No suspects were seen and no witnesses were located.
9. Around 12:44 p.m., an officer responded to Cashbox KTV, located at 612 East Live Oak Avenue, regarding an attempted commercial burglary. The officer determined the suspect(s) smashed a front window but failed to enter the business. No loss was reported. No suspects were seen and no witnesses were located.

Friday, April 17:
10. At approximately 12:07 a.m., an officer responded to Albertsons, located at 298 East Live Oak Avenue, regarding a battery report. An investigation revealed an altercation between a transient and the store employee resulted in the transient punching the employee multiple times. The 26-year-old female from Pasadena was cited in the field.
11. At about 7:56 p.m., an officer responded to Drive-In Liquor Store, located at 10 East Huntington Drive, regarding a robbery report. The officer discovered four females entered the business, and when they were confronted by the store clerk for stealing cigars, one of the suspects hit the victim in the face. The suspects are described as a black female, approximately 6' tall with long black hair and a white female with brown hair. The investigation is ongoing.

Saturday, April 18:
12. Just before 11:58 a.m., an officer received a telephonic report of a package theft from a residence in the 2200 block of Santa Anita Avenue. Surveillance footage revealed a male suspect, possibly white or Hispanic, seen wearing dark clothing, stole the victim's packages. The investigation is ongoing.

MONROVIS BRUSH CLEARANCE

Monrovia ordinances and regulations (8.14.030 -050) FIRE HAZARDS RELATING TO VEGETATION require that property owners create defensible space around their buildings, keeping the area within 30' of any structure "clean and green", and removing hazardous vegetation for a minimum of 200 feet around their buildings. Property owners are responsible for maintaining defensible space within that radius around their buildings. The full text can be read in the Monrovia City Ordinance - 8.14.030-050.

Monrovia City Ordinance
Properties not complying with the defensible space requirements may be subject to a re-inspection fee, as well as administrative fine(s). The ordinance process could cost property owners as much as \$1,000 in fines for the first offense and up to \$5,000 in fines for the third offense, if it is determined that the lack of brush cleared poses a significant risk to public safety.

Do not start a fire in the process of creating defensible space! Improper equipment and vehicle use are common causes of brush fires. Here's how to do it the right way:

WEAR YOUR JEANS APRIL 29TH IN RECOGNITION OF #DUARTEDENIMDAY 2020

The City of Duarte will raise awareness and renew its local commitment to exposing the harmful behaviors and attitudes associated with sexual assault by participating in the internationally recognized Denim Day movement on April 29, 2020. Join the Duarte City Council and staff and sport your favorite pair of jeans on social media using the hashtag #DuarteDenimDay. Whether you are Safer at Home or running an essential errand, your jeans make a statement! The City will adopt a proclamation in support of the day at its upcoming April 28th virtual City Council meeting.
Every April, the non-profit, Peace Over Violence runs an inspiring campaign to both support survivors as well as focus on one of the largest areas of assault in the United States. Annually, statistics show that one in five women and one in 77 men have been raped during their lifetime with youths under 18 years of age accounting for 44% of all reported assaults. Sexual harassment, also an issue, affects approximately 25% of women in the workplace, and about 75% of harassment victims experienced retaliation after reporting their concerns.
The Denim Day campaign began 21 years ago after a ruling by the Italian Supreme Court where a rape conviction was overturned because the justices felt that since the victim was wearing tight jeans she must have helped the person who raped her remove her jeans, thereby implying consent. The following day, the women in the Italian Parliament came to work wearing jeans in solidarity with the victim.
If you or someone you know is sexually assaulted, there are important steps you can immediately take:
Get to a safe place, away from the attacker right away. Call 911.
Talk to someone you trust or a hotline. In Los Angeles County, call the Violence Intervention Program, 323-226-3961 or Peace Over Violence 24 hr. hotline, 626-793-3385, 310-392-8381 or 213-626-3393. These organizations will provide additional resources. Protect evidence, don't shower, clean your body or comb your hair. Don't change clothes. Try not to touch anything at the crime scene.
Go to the nearest hospital emergency room as soon as possible. Medical personnel will examine you, collect evidence, screen you for sexually transmitted infections (STIs), and provide emergency contraception to help prevent pregnancy.
Consider filing a police report with the LA County Sheriff's Department. Call Temple Station at 626 285-7171.

Safe Equipment Use
Work before 10 a.m., and never in the heat of the day or when the wind is blowing. Use string trimmers or hand tools, not mowers to cut dry vegetation. Remove rocks from dry grass or weeds to prevent sparks. Ensure equipment has approved spark arrestors. Do all cutting, grinding, and sharpening on paved, enclosed area. Have water and a fire extinguisher readily available. Do not park close to vegetation. Report all fires: Call 911.
2020 Brush Clearance Program

The COVID-19 pandemic has temporarily changed the way the City is serving its customers and how services are delivered to the community. In a typical year, the brush clearance program generally takes place in the month of May.

Due to the Safer at Home Order, social distancing practices and challenges with scheduling services, Monrovia Fire & Rescue will be postponing the Brush Clearance Program by one month. With the late rains this year, clearing brush at a later date will be beneficial for ensuring clearance further into the brush fire season.

Annual brush inspections will begin on or after June 15, 2020. We ask that you complete your required vegetation management prior to this date.

If compliance is not obtained at the conclusion of the third on-site brush inspection, your property will be subject to an inspection fee of \$102. In addition, higher administrative fines will be imposed for those hazardous conditions requiring abatement. Severe violations that pose an imminent threat to health and safety may be forwarded to the City Prosecutor.

Timeline:
Brush Clearance Notification Letter – will be sent out on June 1
Athens bins – Available June 1 - July 31
Initial Inspections – June 15
2nd Inspections – June 30
The following publications will be helpful in brush clearance and fire safe landscaping:

Los Angeles County Fire Hazard Reduction Program
California Department of Forestry and Fire Protection
Questions
Monrovia Fire & Rescue's Brush Line: (626) 256-8109

MONROVIA DAYS 2020
Celebrating Monrovia's Birthday
at home with you

Help us celebrate by submitting your birthday wishes for Monrovia
Visit MONROVIADAYS.ORG for more details!

SUBMIT BY **MAY 1** | TUNE IN **MAY 16**

ALTADENA - SO. PASADENA - SAN MARINO

What You Need To Know About Novel Coronavirus

SOCIAL DISTANCING

SAFE TO DO

UPDATED: 3/24/20

Take a Walk, Donate Blood, Play in Yard/ Yard Work, Clean Out Closet, Read a Book, Listen to Music, Cook a Meal, Family Game Night, Go for a Drive, Group Video Chat, Stream a TV Show/Movie, Text/Call Friends/ Elderly Neighbors

For more information, visit: publichealth.lacounty.gov

What You Need To Know About Novel Coronavirus

SOCIAL DISTANCING

USE CAUTION

UPDATED: 3/24/20

Visiting a Grocery Store, Pick up/Deliver of Food, Essential Travel, Essential Home-Based Services, Mass Transit System, Picking up Medication

For more information, visit: publichealth.lacounty.gov

What You Need To Know About Novel Coronavirus

SOCIAL DISTANCING

AVOID

UPDATED: 3/24/20

Non-essential visitors in your home, Play Games, Hangouts in Beauty Salons, Picnics, Concerts and Parties, Playgrounds, Activities Events, Crowded Retail Stores/Walks, Workouts in Gyms, Street Markets and Bazaars, Concrete and Rebar, Sleep Overs, Non-essential Travel, Group Gatherings

For more information, visit: publichealth.lacounty.gov

Pasadena Rotary Annual Community Grants Awards



\$62,000 to Pasadena Health Non-profits

The Pasadena Rotary Club announced the community grant recipients, this year totaling \$62,000 on Wednesday April 22nd during Rotary's Weekly Meeting held through a video conference call.

The Rotary Club of Pasadena Foundation primarily receives donations from the members of the Pasadena Rotary Club. Each year the Rotary Club of Pasadena Foundation distributes funds to 501c3 non-profit organizations serving the Pasadena community through the Club's Grants Committee. The Grants Committees' 15 members seek applicants, review grant applications, conduct site visits, select grant recipients, gain approval from the Rotary Club of Pasadena Foundation, and awards grants honoring the recipients.

Since 2004 and to include this year, the Foundation has issued more than 370 grants totaling over \$702,659 to over 131 organizations.

In 2020, the Pasadena Rotary Club's Community Grants were awarded to 14 organizations with grants range from \$2000 to \$6,000. According to Pasadena Rotary's Centennial President, Scott Vandrick, "As we celebrate our 100th birthday, the Pasadena Rotary Club sought to increase our investment in the Pasadena community. This year's grant cycle, which is focused on health services is \$20,000 over the amount usually granted with additional funds raised at the Club's Centennial Ball last year. These are our Club's donor dollars at work, and we couldn't be prouder."

The grant awards went to non-profit organizations for Health

programs in preventative, education or direct services.

1. Preventative programs encourage greater health such as exercise, food planning and preparation and sleep patterns.
2. Health Education programs will provide information about good health practices that will prevent diseases such as diabetes and heart attacks.
3. Direct Services programs will provide services that will prevent disease such as flu shots, oral exams, check ups, blood pressure and hearing tests.

"We recognize that during this difficult time, many organizations have needs that go beyond the programs they applied to support with the grant from Pasadena Rotary," says Deborah Lewis, co-chair of Community Grants. "We are giving them the opportunity to use these funds to serve the clients or programs that have the greatest need. We hope this will help them get through the health and economic concerns they are experiencing."

Rotary is an organization of business and professional leaders united worldwide to provide humanitarian service and help to build goodwill and peace in the world. It is comprised of 1.2 million members working in more than 35,000 clubs in 200 countries and geographic regions providing over 16 million volunteer hours each year.

For more information and a list of Rotary 2020 Community Grant Recipients visit: pasadenarotary.com

Fire Department Monitors South Pasadena Care Center

Fire Department staff announced Friday that they are continuing to be in communications with the Administrator of the South Pasadena Care Center regarding the increase in the number of positive COVID-19 patients at the facility. Currently, LA County Department of Health (LADH) is reporting 16 staff members, 37 residents who have tested positive for COVID-19. Unfortunately, there are three deaths associated with the 37 cases involving residents.

They also said staff continued to be in contact with LADH, our representative with the Ombudsman's Office and Huntington Memorial gov

San Marino Launches Tree Rebate Program

This week, in honor of Earth Day, the city of San Marino announced the launch of the City's Heritage Tree Rebate Program which is aimed at encouraging residents to plant heritage trees in their front yards. Depending on the size of the heritage tree planted, the rebate will range from a minimum of \$50 to a maximum of \$250.

To qualify, the tree must be a heritage tree from a list available on the city website, and it must be a minimum of 15 gallons in size.

They also encourage you to watch this informative video of Mayor Shepherd Romey and Urban Forester Sam Estrada talking about the City's tree preservation efforts and giving a basic tree care tutorial. To watch the video or more information and to fill out the rebate form visit: cityofsanmarino.org/news.

Trees are a foundational layer of our beautiful community. The Tree Preservation Ordinance, which became effective February 8, 2019,

Hospital to ensure the facility is adhering to LA County guidelines. On Wednesday, an inspection was conducted at the facility by LADH. The report indicated the Care Center is in fact following LA County Health protocols. The most urgent need in ensuring that the staff has enough PPE's to safely treat patients. Efforts are underway to try and secure additional supplies of PPE's for the facility. Fire Department staff will continue to monitor the situation and assist as needed. The attached link from LA County Department of Health provides daily updated numbers of confirmed cases. <http://publichealth.lacounty.gov>

focuses on the protection and reforestation of our City to enhance this valuable community asset. To ensure that the City maintains this asset, the City would like to take this opportunity to remind the community of the key components of the Tree Preservation requirements.

In your review of the Tree Preservation Ordinance, it is important to note the definitions of Established Trees and Heritage Trees, the notification and posting requirements, the requirements to obtain a permit, obtaining a licensed tree trimmer and the penalties for violating the requirements. For your reference, the following link will direct you to the Tree Preservation Ordinance and the Tree Preservation Summary and Guidelines:

cityofsanmarino.org/government/departments/planning_building/index.php. For questions contact Urban Forester Sam Estrada at (626) 300-0774.

LA COUNTY PUBLIC HEALTH REPORTS TWO DUARTE SENIOR HEALTH FACILITIES HAVE CASES OF COVID 19

The Los Angeles County Department of Public Health is reporting that two senior healthcare facilities in Duarte have patients and/or staff that have tested positive for COVID-19. The two facilities that have reported positive tests are Santa Teresita Nursing Home and the Monte Vista Healthcare Center. The City and County are working closely to prevent the further spread of the virus into the community at large. Approximately 1/3 of Duarte’s population is over 55 and the community is home to nine different senior living facilities. These include nursing homes, 55 and over housing, and assisted living environments.

To ensure the safety of this demographic and the community at large, County public health is providing daily interactions with a Public Health Nurse to communicate with the staff to provide regular infection control recommendations including insuring on site staff is properly trained and has the necessary equipment to prevent the spread. Specifically, actively identifying and isolating possible COVID patients, monitoring healthcare personnel regularly for possible exposure, and preparing to successfully manage, if necessary, a larger outbreak.

Overt changes in facility operations will include symptom screenings such as temperature checks for all; limiting access points to the facility, ensuring all facility personnel and visitors regularly wear face masks throughout the facility, with medical grade masks reserved for healthcare professionals and residents that are COVID-19-positive or assumed to be positive.

For the community at large, the County’s “Safer at Home” order continues to provide guidelines that, over time, are slowing the spread of COVID-19 in the region. For this reason, wearing face masks when leaving home to perform essential activities, frequently washing hands, staying home whenever possible and practicing safe physical distancing are just as important now as ever before.

For additional information on the status of the virus in Duarte or the County at large, visit the LAC DPH website at <http://publichealth.lacounty.gov/media/coronavirus/>

HOW LONG DOES THE CORONAVIRUS LIVE ON SURFACES?

The coronavirus that causes COVID-19 mainly spreads from person to person. When someone who is infected coughs or sneezes, they send droplets containing the virus into the air. A healthy person can then breathe in those droplets. You can also catch the virus if you touch a surface or object that has the virus on it and then touch your mouth, nose, or eyes.

Coronavirus: What you Need to Know

The coronavirus can live for hours to days on surfaces like countertops and doorknobs. How long it survives depends on the material the surface is made from.

Here's a guide to how long coronaviruses -- the family of viruses that includes the one that causes COVID-19 -- can live on some of the surfaces you probably touch on a daily basis. Keep in mind that researchers still have a lot to learn about the new coronavirus that causes COVID-19. For example, they don't know whether exposure to heat, cold, or sunlight affects how long it lives on surfaces.

Metal
Examples: doorknobs, jewelry, silverware
5 days

Wood
Examples: furniture, decking
4 days

Control Spread of Coronavirus

As COVID-19 spreads, what habits should we practice in our daily lives to avoid infecting others? WebMD’s Chief Medical Officer, John Whyte, speaks with U.S. Surgeon General Jerome Adams to address common questions and misinformation about this virus.

ABOUT

Plastics
Examples: packaging like milk containers and detergent bottles, subway and bus seats, backpacks, elevator buttons
2 to 3 days

Stainless steel
Examples: refrigerators, pots and pans, sinks, some water bottles
2 to 3 days

Cardboard
Examples: shipping boxes
24 hours

Copper
Examples: pennies, teakettles, cookware
4 hours

Aluminum
Examples: soda cans, tinfoil, water bottles
2 to 8 hours

Glass
Examples: drinking glasses, measuring cups, mirrors, windows
Up to 5 days

Ceramics
Examples: dishes, pottery, mugs
5 days

Paper
The length of time varies. Some strains of coronavirus live for only a few minutes on paper, while others live for up to 5 days.

Food
Coronavirus doesn't seem to spread through exposure to food. Still, it's a good idea to wash fruits and vegetables under running water before you eat them. Scrub them with a brush or your hands to remove any germs that might be on their surface. Wash your hands after you visit the supermarket. If you have a weakened immune system, you might want to buy frozen or canned produce.

Water
Coronavirus hasn't been found in drinking water. If it does get into the water supply, your local water treatment plant filters and disinfects the water, which should kill any germs.

Coronaviruses can live on a variety of other surfaces, like fabrics and countertops. One study tested the shoe soles of medical staff in a Chinese hospital intensive care unit (ICU) and found that half were positive for nucleic acids from the virus. But it's not clear whether these pieces of the virus cause infection. The hospital's general ward, which had people with milder cases, was less contaminated than the ICU.
Source: COVID-19

FREE TESTING SITES SGV

The City of Los Angeles, in partnership with the County of Los Angeles and CORE (Community Organized Relief Effort), is providing free COVID-19 testing to Los Angeles County residents.

For the general public, testing is currently available only for people with symptoms, such as fever, cough, and shortness of breath. Anyone with COVID-19 symptoms can now book a same or next day appointment.

For certain critical front-line workers, testing is available even if you are not experiencing symptoms.

1. El Monte - San Gabriel Valley Airport (4233 Santa Anita Ave., El Monte, CA 91731)
2. Pasadena Testing Site (1001 Rose Bowl Dr., Pasadena, CA 91103)
3. Glendale Memorial Hospital (222 W. Eulalia St., Glendale, CA 91204)

COMPASSION CONNECTION DIGNITY Food Pantry Reopens on Tuesday, April 28

Friends in Deed is an interfaith organization that provides supportive services to meet basic human needs, so our homeless and at-risk neighbors can rebuild their lives.

We are very happy to announce that our Food Pantry will reopen on Tuesday, April 28. We will be distributing our food on the usual Food Pantry days, Tuesday and Wednesday, from 10:00a to 3:00p, and Thursday, from 10:00a to 1:00p. We will be distributing pre-packaged bags at this time and for the foreseeable future.

If you are interested in helping us serve not only the community that used our food pantry before the coronavirus outbreak, but also all of those affected by it (unemployed, hours cut, no paycheck), we need to keep our food shelves stocked. Please click on Friends In Deed – Needed Foods to find out what we need. While the “Gold Items” are always in demand, even during normal times, we need all shelf stable foods at this time. If you have any questions, please email Tim, pantry@friendsindeedpas.org, or Stacey, pantryassociate@friendsindeedpas.org.

DONATIONS ONLY ACCEPTED ON FRIDAY AND SATURDAY, FROM 8:30A TO 4:00P

Friends In Deed Food Pantry
The Friends In Deed Food Pantry has been a staple in the Pasadena community for more than 50 years. The Pantry provides food to those in need in the community and each week we serve 345+ families. To be able to serve these families and the community, we rely on the LA Regional Food Bank, local stores, and the generosity of individuals, groups, congregations, and local businesses/organizations to help us keep our shelves stocked throughout the year. We offer a wide variety of non-perishable and perishable foods for the community to choose from.

The Pantry's Most Needed Shelf-stable Items
“Gold” Items – these items are very popular and are hard to keep in stock: Canned Tuna/Chicken, Hearty soups, Stew, Chili, Peanut Butter, Cereal, Rice, Oil, Sugar, Flour, and can openers

Other Non-Perishable Foods

Proteins: Dry Beans
Whole Grains: Pasta, Oats, Sliced Bread
Milk: Shelf Stable or Powder
Other: Coffee, Jelly, Tomato & Spaghetti Sauces, Soups
Deliver anytime Tuesday, Wednesday, or Thursday morning
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All Things By Jeff Brown

Buddhists are taught to meditate on their own deaths-to visualize the end. and reflect on the inevitable. Reminding yourself of your mortality isn't a morbid exercise: it serves as a spiritual face slap, meant to heighten your appreciation of the current moment, to put small worries and irritations in perspective, to wake you to the reality that our time here is limited. The coronavirus pandemic is not a drill; it has brought great suffering and death to humanity. But if we are to extract any value or meaning from the scourge, it must be in the clarity it can provide about what really matters. Hiding out from the virus at home is terribly frustrating. Still, I've notice a greater sweetness in everything not denied me. My love and appreciation for my cellmates, my wife, Karla, and my dog, Teddy, have enhanced despite the 24/7 togetherness. Our grown daughters' texts and phone calls are even more precious than before, bringing little heartburns if relief and affection. Fondness floods me when I see friends and coworkers faces on Zoom. Food-even third day leftovers- is more delicious now that I acquire it at some risk, without the certainty it will be there tomorrow. The buds, blossoms, and birdsongs of spring are more thrilling this year, their promise of renewal more desperately needed. The other day, as I was bicycling to get some air and light(and slow my inevitable decay),I found that every runner and cyclist I passed gave a cheery wave rich in fellow feeling. One woman jogger smiled at me, a stranger, with such genuine warmth I was startled. "Hi" she called out as I rolled by, in recognition of our shared predicament: escaped prisoners trying to wring some joy from a spring day. How can we fell gratitude at this dark time, amid a planet wide crisis unlike any in our lifetime? How can we not? Nothing, we've been reminded, is guaranteed. Nothing should be taken for granted. By William Falk, Editor of "The Week" **Reflecting on Earth Day 2020**

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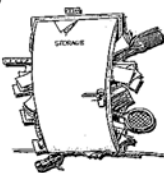
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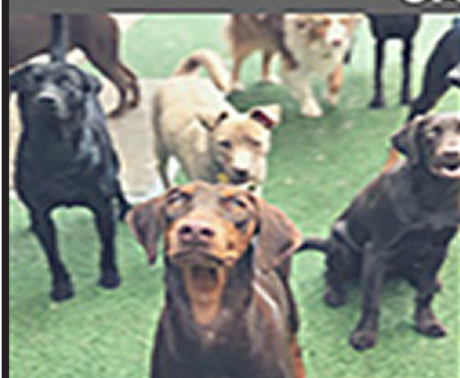
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REFLECTING ON EARTH DAY 2020

April 22 marked the 50th anniversary of Earth Day. On that first Earth Day, 10% of Americans, nearly 20 million people, participated in coast to coast rallies. This movement ushered in the most consequential and comprehensive environmental regulations in our nation's history – significant amendments to the Clean Water and Clean Air Acts, the Endangered Species Act, and the Safe Drinking Water Act, just to name a few.

This week cities throughout Los Angeles County and the nation would have held activities and rallies to educate and courage residents to protect and preserve our environment. In fact, the City of Sierra Madre had plans for just such an event. Unfortunately, the challenges faced by COVID-19 means we all face to face Earth Day events have been canceled. However, this offers us a unique opportunity to reflect on what Earth Day means; what previous generations have done to make the planet a better place; and what each of us can do. Below are suggestions of things we can all be doing this month in celebration Earth Day while following the Stay at Home orders and social distancing requirements.

Get out in the garden

Many people are growing this century's version of the World War II Victory Garden. It is the perfect time to plant almost any warm weather vegetable right and many nurseries will deliver dirt, seedlings, and fertilizer right to your door. As you plan for your summer harvest of delicious, fresh vegetables, consider planting heirloom vegetable varieties like the Cherokee Purple tomato, Dragon's Tongue bean, or Straight 8 cucumber. They are delicious, easy to grow and encourage genetic diversity in our produce.

Read about the environment

Since we are staying at home, many people are catching up on their reading lists. Below are a few great environmental reads.

- The Lorax – This classic is great for all ages. It reminds all of us speak up and stand up for those who can't.
- A Sand County Almanac – This 1949 non-fiction book was written by American ecologist, forester, and environmentalist Aldo Leopold. It contains easy-to-read chapters about his travels through the outdoors in Wisconsin, Iowa, Arizona, Sonora, Oregon, and Manitoba. Leopold highlights the responsible relationship all people have with the land we inhabit.
- My First Summer in the Sierra – In this classic book, John Muir recounts his early travels in the Sierra. In the summer of 1869, Muir set out from California's Central Valley and hiked all the way to Yosemite Valley where he stayed for four months. His visit to the Sierras spurred him to make Yosemite a National Park and create the Sierra Club.
- Climate of Hope: How Cities, Businesses, and Citizens Can Save the Planet – This book was co-written by former New York mayor and presidential candidate Michael Bloomberg and former Sierra Club executive director Carl Pope. It details the benefits of taking action to reduce the impacts of climate change. Each chapter switches between authors and explores concrete solutions that will make the world healthier and more prosperous.

Renew Your Energy

No matter where you live in the San Gabriel Valley, you have an option to get your energy from renewable sources. Residents of Altadena, Sierra Madre and South Pasadena get their renewable energy from the Clean Power Alliance and residents of Arcadia, Duarte, Pasadena and San Marino get their power from Southern California Edison. No matter where you get your power, all electricity providers have options to provide you with electricity from 100% renewable sources. And if you are on a budget right now because of the pandemic, there are programs that can offer you discounts, even on renewable energy programs. This is also an excellent time to think about replacing those light bulbs with something more efficient. LED light bulbs use very little electricity, have dramatically come down in price and last much longer than incandescent bulbs. If you are shopping for light bulbs, just don't buy too many, lighting tends to innovate quickly, and many companies have been able to save money by upgrading their lighting every five years. Even if you have an antique looking bulb or odd socket type, there is likely an LED that will fit it.

Reflect and Plan for the Future

It's the 50th anniversary of Earth Day and we are facing a once-in-a-century pandemic – both events are causing many of us to reflect on our lives. If you have read the new about cases recently, you may have noticed that the COVID-19 infection graph looks a lot like the graphs of carbon dioxide concentration in the atmosphere.

Before this crisis, I was wondering how we could transition to a zero-carbon economy. Now we know what it looks like when we dramatically reduce air pollution – the Himalayan Mountains are visible from Punjab for the first time in decades; air pollution has dropped by 30% in many Northeastern cities; and on April 7, Los Angeles saw some of the cleanest air of any large city around the world. In fact, US EPA data shows that this March broke the 1995 record for consecutive days with clean air in the Los Angeles air basin. Once we start to re-open the economy, what will it look like? What should it look like? What could it look like? As I think back to the 20 million Americans who held teach-ins and sit-ins during the first Earth Day in 1970 that launched the modern environmental movement, I wonder what we can do to reshape the post-COVID economy.

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!



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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/>

Revised 3/3/20

CHRISTOPHER Nyerges



BASICS OF NATURAL HEALTH, PART 2

[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,

LET YOUR FOOD BE YOUR MEDICINE

Hippocrates advised that you let your food be your medicine. In other words, eat quality foods that provide you with all the minerals and vitamins you need, and which promote good health.

Here are just a few examples.

Some common weeds are more nutritious than anything grown by farmers. Lamb’s quarter (Chenopodium album) is a common escapee from Europe that can now be found all over the globe. It’s a rich source of vitamins and minerals, and the greens can be added to soups, vegetable dishes, or salads.

Purslane is another common weed, in this case from India. Besides tasting good, purslane is the richest source of Omega 3 fatty acids in plants. Just rinse the plant, chop it, and add to salads, soups, egg dishes, and stews. You can also pickle the purslane stems.

Dandelion is a European native also found all over the world today. It is richer in beta carotenes than carrots! Though dandelion greens are bitter raw, they can be added to cooked dishes to mellow the bitterness.

Garlic should be included in your diet on a regular basis. If not garlic, then one of the other member of this family, which includes onions, leeks, shallots, ramps, etc. Put them in your soups and salads. They help to protect you from certain infections, and in some cases, have been shown to lower high blood pressure.

Lemon is another old remedy to help improve upper respiratory infections, and fight colds.

Vinegar has many health benefits. Read “Folk Medicine” by Dr. D.C. Jarvis, originally published in 1958. He addresses the many health benefits of vinegar in the daily diet. Be certain to always purchase raw apple cider vinegar, and not pasteurized.

MEDICATIONS

If you take a lot of medications, you should stock up on whatever it may take to keep you alive. But also, simultaneously, you should consider exploring if your lifestyle and dietary choices are contributing to your health issues.

If you’re diabetic, for example, there is a large body of evidence suggesting that diet is a major contributing factor, as is excessive use of white sugar,

I’ve interviewed former diabetics who altered their diets and who no longer take insulin—this was cases of Adult Onset diabetes. In some cases, they ate all raw foods for awhile, cut out meats, sugars, sugar drinks, and even meats. Another common factor I found is that many of them began to consume prickly pear cactus products on a daily basis, either fresh or pill form.

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Kids: color stuff in!

Earth Day 50th Anniversary: The Earth's 3 R's

Every year we put our heads together to share new ideas and ways we can keep our environment clean on a daily basis.

The 3 R's studied in school are sometimes called “reading, ’riting and ‘rithmetic.” They are studied to help us prepare for our future careers. Today, students also learn about the **Earth's 3 R's: reduce, reuse and recycle**, which if practiced will help us keep our future environment safe and clean.

Families can do a lot to lessen the amount of trash that’s created. When you fill in this puzzle, one of the “3Rs” of the **Earth's 3 R's** will appear below the arrow.

Families can . . . fluorescent

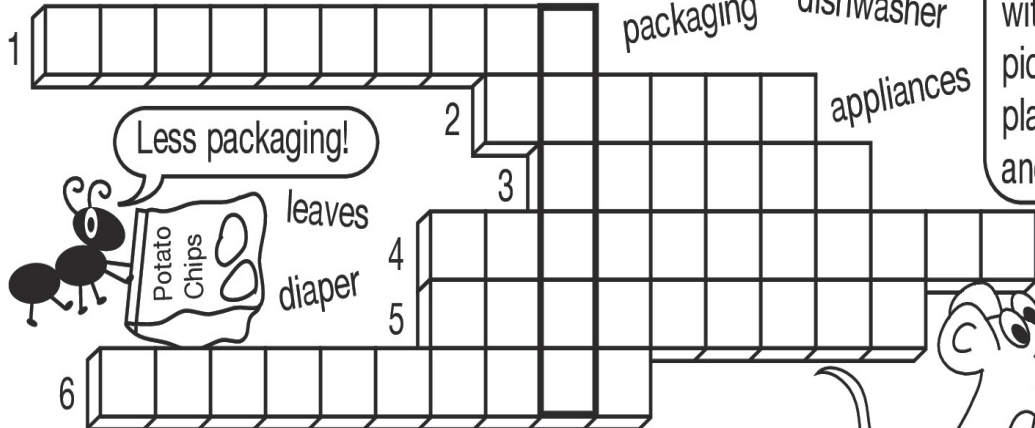
packaging dishwasher appliances

Less packaging!

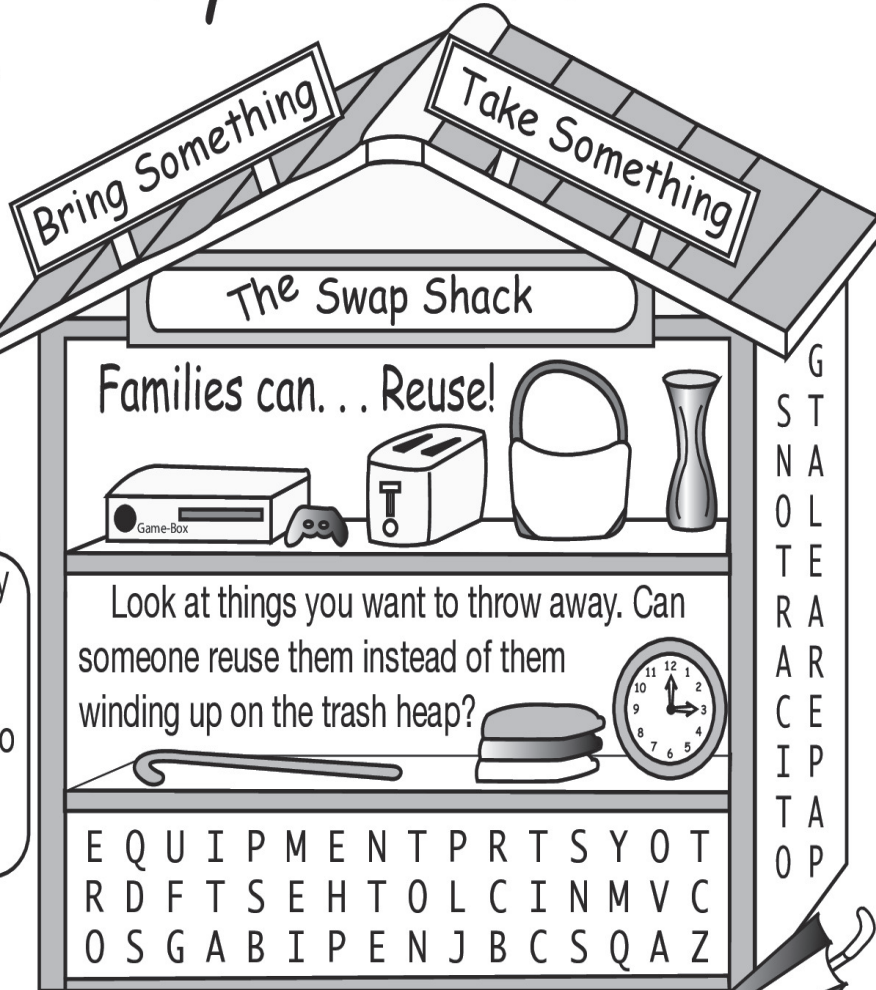
leaves

diaper

It's a great day to get together with others to pick up litter or to plant new trees and flowers.



1. run the washing machine and the _____ for full loads only.
2. put _____, grass clippings, vegetable and fruit scraps into a pile, cover with dirt and start a compost pile.
3. think “green” for a baby’s _____ needs – use ones that are ‘biodegradable’, meaning they ‘break down’ over time in the trash
4. use some compact _____ or LED lights to save energy; money.
5. buy items with little or no _____.
6. have _____ repaired instead of buying new ones.



Families Can **Reuse** by . . .

1. giving clothes and toys in good shape to younger children.
2. bringing cloth or net bags to carry groceries home.
3. using both sides of a piece of paper.
4. fixing up your bike and sporting equipment to use again.
5. growing plants from seeds in milk cartons.

(Find and circle the underlined words in the puzzle above.)



HOW THE CORONA-VIRUS RELIEF LAW HELPS RETIREMENT SAVERS AND RETIREES



Dear Savvy Senior:

What can you tell me about the retirement account changes that Congress recently passed in response to the coronavirus crisis? Seeking Answers

Dear Seeking:

Tucked into the Coronavirus Aid, Relief, and Economic Security Act, or CARES Act, that President Trump signed into law in late March were a series of changes that can help retirement savers in need of cash, as well as help preserve the retirement savings accounts of current retirees while the stock market is down. Here's a rundown to how three provisions in the CARES Act might help you, or someone you know.

Hardship Withdrawals

Normally, if you took money out of an employer-sponsored retirement plan or IRA before 59 ½, you'd be hit with taxes and a 10 percent tax penalty on that amount. But the CARES Act waives the early distribution penalty on up to \$100,000 of such distributions in 2020 for what the law calls "affected individuals." You are, however, still on the hook for income taxes on any amounts withdrawn, but the new law allows you to pay them over three years.

To qualify for this penalty-free hardship withdrawal, you must either have been diagnosed with coronavirus (COVID-19), have a spouse or dependent diagnosed with it or experienced adverse financial consequences as a result of being quarantined, furloughed, laid off, having work hours reduced, being unable to work due to a lack of child care due to COVID-19, or closing or reducing hours of a business you owned or operated if you had COVID-19.

Bigger Loans

The CARES Act will also allow you to take larger loans against the money you've saved in your 401(k) or 403(b) during the six-month period after the law was implemented, which was March 27. IRAs do not allow loans.

Normally, you can borrow only up to \$50,000 or 50 percent of your vested account balance, whichever is less. The CARES Act will double that: up to \$100,000 against the amount you've saved in your plan.

Borrowers typically have five years to repay a loan or the amount will be treated as a distribution and taxed. But you also need to know that if you leave or lose your job, you may be required to pay back the balance early, or owe taxes and, possibly, an early-withdrawal penalty.

This provision also helps those with an existing 401(k) loan by allowing them to delay repayments that are due in 2020 for one year.

Suspended RMDs

Starting in 2020, individuals who turn 72 are required to take annual mandatory distributions from their tax-deferred 401(k)s and IRAs. In prior years, this requirement kicked in after savers turned 70½ years of age.

This is known as the required minimum distribution or RMDs.

The CARES Act suspends RMDs for 2020, including those for inherited IRAs, which means you can skip taking your required distributions this year if you wish.

The one-year waiver of RMDs will help retirees, who would otherwise have been forced to base their minimum withdrawals for 2020 on their account balances as of Dec. 31, 2019, when the stock market was near record levels. It will also give the market time to recover before resuming distributions in 2021.

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.

SENIOR HAPPENINGS

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YEAR of birth not required

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 Vandeveld * To add your name to this distinguished list, please

Senior Moments

Hart Park House Senior Center

(626)355-7394

At this time all programs and presentations have been suspended do to COVID-19 for the safety and well being of our participants. The Community Services Department will continue to operate and offer services as we are able.

Sierra Madre PD, Sierra Madre Community Services & Mater Dolorosa offer the Sierra Madre Nutrition Program at the Hart Park House on Thursdays from 12:00 —1:00 p.m. all reservations must be made the Friday prior to pick up.

We encourage you to share this information with any senior you may know in need who may not have access to the Senior Moments Newsletter or the internet. Please call us at (626) 355-7394 to sign up for the new meal program.

For all other questions, please call (626) 355-5278 x704.

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For all other questions, please call (626) 355-5278 x704.

OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

NOT EVERYTHING IS AS IT SEEMS



During the last four weeks, the Gracious Mistress of the Parsonage and Yours Truly have been sequestered in our home and loving it. I cannot remember a time in our marriage that we have spent so much time together with no serious obligations needing attention. It is marvelous to spend 24/7 together. If this is what senior retirement is like, I'm giving it some earnest consideration. Nobody ever told me this could be so wonderful. Spending time together is great; my wife spends time in her craft room, doing what she does in that craft room. For obvious reasons, I am not allowed in that room, which is okay with me. She has been making all sorts of things and loving it. I think she made a bunch of masks and then some signs that said, Faith/Fear to give to some friends. I have been catching up on some reading and writing projects that I was behind on. I did not realize how much I had to do until I sat down to do it. From the time I sat down to do it, I was exhausted and had to take a nap. Never in my life have I been able to take a nap whenever I want to, and nobody harasses me. I do not even feel guilty about taking a nap in the afternoon. Where in the world did this come from? One great blessing of all this time together is our eating schedule. My wife is a marvelous cook, and I am a marvelous eater. We make a beautiful pair, and it looks like we were made for each other. Spending time together has been very therapeutic for both of us. Too often, we're busy doing this and that to help this person or that person. We don't mind doing that, but sometimes we can get all caught up just doing. Now, all we have is each other. Then, much to my surprise, something changed. We were watching the news and some newscasters, supposedly from their home, had not shaved in quite a while, which was noticeable. I turned to my wife and said, "I know how I can save a lot of money!" "How's that?" She asked. "I can save money," I said as seriously as I could muster at the time, "by not purchasing any toiletry items like aftershave and shaving cream." She just looked at me as though I was a little bit crazy, but I think she thought I was a whole lot crazier. "In fact," I said with a sarcastic attitude, "I don't have

to shave, I'll just grow a beard." Then I laughed. I glanced over at my wife, and she was smiling one of those smiles I have not seen in a long time. I could not quite figure out the nature of that smile, but I knew it was not one of her best smiles. "Would you care to repeat that?" She asked. With her strange smile and question, I was completely knocked off my guard. I did not know how to interpret this. "I don't need to shave," I repeated, "I'll just grow a beard like everybody else." As I was saying that, I was giggling and having a wonderful time. I did not know at that time that I might be in trouble. That is the problem with husbands. They never know when they are in trouble. They may be in trouble when the wife is scowling or when she is smiling. There is no way to tell the difference. I was in that position. "So," she said rather slowly, "you're not going to shave? Is that what I'm hearing?" I knew I was joking, but I did not know if she knew that I was joking, and therefore I did not know if I was joking. I was backed in a corner and needed to play this forward. "Yes, I'm not going to shave until all of this is over. I'll grow a nice beard." Then I let out a hearty laugh. She then laughed. "This is how it will go," she explained, "if you don't shave during the day, I will shave you at night when you're sleeping." In the middle of one of my laughs, I stopped and started to process what she said. I looked at her, she looked at me, and I did not know what in the world to think. Would she shave me while I was sleeping? All she did was smile one of "those smiles," and started back watching TV. I have lived long enough to know that there are many things I do not know, and I was in a position where I did not know if what she was telling me was what she was going to do. In the following silence, I could not help but think of two Bible verses by King Solomon. "Give not sleep to thine eyes, nor slumber to thine eyelids" (Proverbs 6:4). And, "Love not sleep, lest thou come to poverty; open thine eyes, and thou shalt be satisfied with bread" (Proverbs 20:13). One thing I have learned in life is never take anything for granted. When you do, things never seem to come out right. Dr. James L. Snyder is pastor of the Family of God Fellowship, Ocala, FL 34472. Call him at 352-216-3025 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com.

CONSTRUCTION NOTICE

FY 2019-20 Street Improvement Project

The City recently awarded this contract to Gentry Brothers, Inc. This work is scheduled to commence on Monday, April 20, 2020 with an anticipated completion date of Friday, June 12, 2020. Working hours will be restricted from 7:00 a.m. to 4:00 p.m., Monday through Friday.

As expected with any street improvements project, there may be some noise, dust and inconvenience. However, we will make every effort to keep this to a minimum. The project will consist of concrete repairs to improve ADA access, sidewalk repairs and street resurfacing, along with slurry seal on the following streets in your neighborhood.

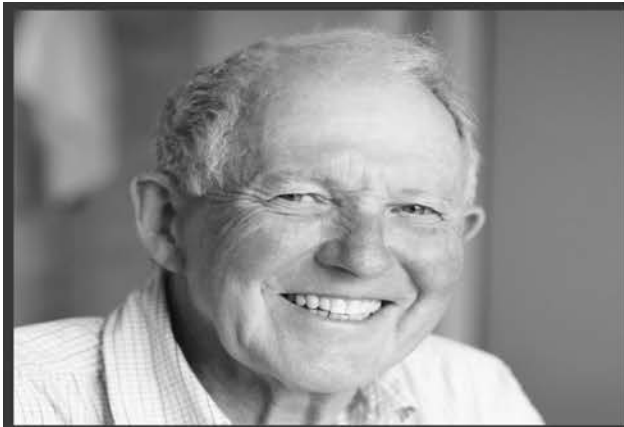
- Auburn Ave. Sierra Madre Blvd. to Grand View Ave.
- W.Highland Ave. from Auburn Ave. to N. Baldwin Ave.
- E.Grand View Ave. from N. Baldwin to Canon Dr.

Parking will be restricted in the construction area. "No Parking" signs will be posted at least 48 hours in advance prior to commencing work in the affected areas. Access to your driveway will be maintained.

Funding for Street Projects come from many sources.

- SB1 Gas Tax (RAMA)
- Measure M
- Measure R
- Proposition C
- General Fund to match

We truly appreciate your understanding and patience so that we can complete this work as quickly as possible. We thank you for your cooperation. If you should have any questions or concerns, please feel free to contact: Chris Cimino at ccimino@cityofsierramadre.com



At first, Dad and I didn't see eye to eye about moving to The Kensington, but since he did, we're both thrilled

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WHEN DENVER BACKED OFF SOCIAL DISTANCING IN THE 1918 PANDEMIC, THE RESULTS WERE DEADLY

Opinion by John Avlon

(CNN)Politicians were feeling pressure during the pandemic. Businesses were agitating to reopen and deaths were going down, especially far away from the coastal cities that it had hit worst, first. It seemed time to declare "mission accomplished" and get the economy humming again -- especially with an election looming.

It was 1918 and Denver Mayor William Fitz Randolph Mills bowed to business leaders and decided to back off social distancing. Armistice Day seemed like a perfect day to do it. The city had been all but locked down for five weeks and now there was something worth celebrating -- the end of the First World War. Grateful citizens streamed into the streets of the city on November 11, 1918, soon after Denver's Manager of Health William H. Sharpley declared the "plague under control!"

Trump is weakening America's immune system
Trump is weakening America's immune system
His enthusiasm was premature but understandable: Denver officials could point to progress in containing the disease at that time, compared with other cities like Chicago. Their first recorded influenza-related death had been on September 27, when a student from University of Denver named Blanche Kennedy died of pneumonia after visiting Chicago. Denver moved quickly, shutting down indoor gatherings after church on October 6. Nonetheless, by October 15 there were 1,440 cases in a city of a quarter million but only 300 doctors.

Even in those early days of public health, with limited scientific remedies, social distancing and masks were understood to help stem the tide of pandemic. In the town of Montrose, Colorado, as the Denver Post recounted, a health officer named Isaiah Knott warned his fellow citizens that "if you are sick and do not stay away from social gatherings, you have the heart of a hun," using a derogatory term for the Germans the US was fighting at the time. But superstition often overwhelmed science, as officials recommended that people avoid wearing tight shoes and recommended people have a "clean mouth, clean heart and clean clothes." Quack "cures" proliferated, peddling their wares to the gullible and the desperate, as we see today in all kinds of coronavirus scams and pseudo science. (Check out this Reality Check with all the sordid details).

While some experts tried to calm fears by saying the Spanish influenza epidemic was "ordinary influenza by another name," according to John Barry, the author of the book "The Great Influenza," by the end of the pandemic, an estimated 675,000 Americans died, primarily in the fall of 1918, according to the Centers for Disease Control and Prevention.

Trump's 2016 messaging mojo is failing him now

Trump's 2016 messaging mojo is failing him now

But folks were bristling at being asked to stay indoors in the picturesque autumn and businesses -- especially movie theaters -- were irritated at losing so much money because of what seemed like a relatively isolated pandemic. They argued it was better to simply quarantine those who showed symptoms and let everyone else go about their business. There's an obvious echo to the pressures politicians are feeling today -- especially in states like Georgia, where Gov. Brian Kemp seems more intent on playing to the base than listening to scientists. He was late to the lockdown and now wants to open up early. But then again, he's the same governor -- of the CDC's home state -- who said it was news to him that asymptomatic people could spread the disease, two months after it was common knowledge.

Another pattern in past pandemics is trying to scapegoat immigrants and vulnerable communities for spreading the disease. Immigrants, the poor and Native American tribes were being accused of spreading the disease across Colorado. Despite the name Spanish flu the disease is believed to have begun at US Army Camp Funston in Kansas earlier that year before spreading across the world, killing an estimated 50 million, including members of my family. Wealthy socialites flouted social distancing requirements with little recourse. It seemed better to back off the draconian measures and just focus on precautions while stigmatizing the sick, placing placards on the houses where there had been a case of influenza.

This may have sounded reasonable at the time, but it did not have the intended result.

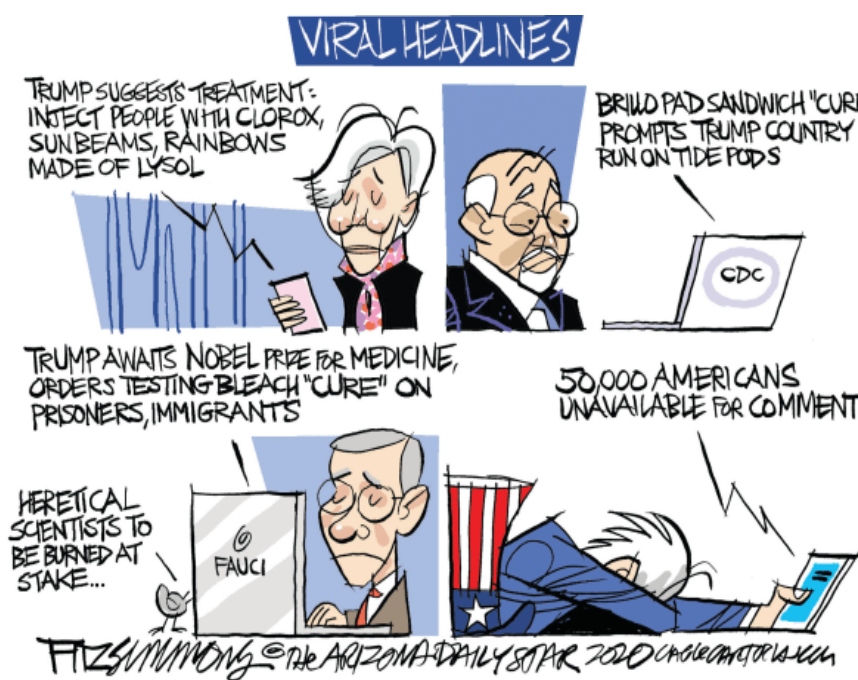
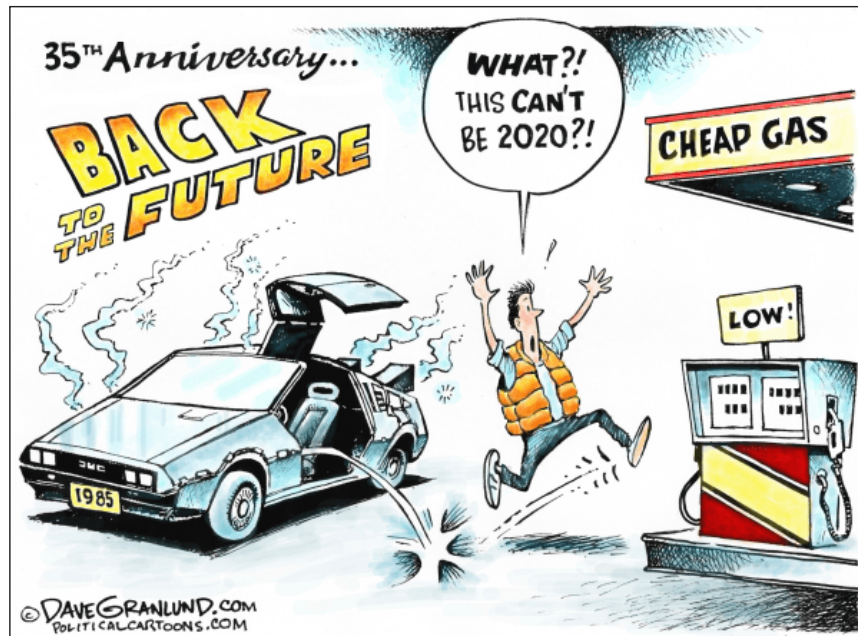
Instead of being at the end of the influenza's toll on Denver, the city was only halfway through its ordeal. By backing off social distancing too early, they utterly failed to flatten the curve, and suffered a second bump, as this graph of cities by National Geographic shows.

By November 22, deaths were spiking and Denver officials scrambled to reinstate bans on public and private gatherings and requiring masks for all commerce.

Donald Trump's stunning flip-flops

But the damage had been done. Five days later, Denver Post headlines blared the bad news: "All Flu Records Smashed in Denver in Last 24 Hours," claiming that more Denver residents had died of influenza than Coloradans killed in the First World War.

That didn't stop business owners from marching on City Hall, protesting that they were losing tens of thousands of dollars a week, similar to the protests we've seen around the country over restrictions to help flatten the Covid-19 curve



LEFT/RIGHT/OR IN THE MIDDLE

STUART TOLCHIN



QUESTION: ANSWER:

Here's why. A democracy cannot function in accord with its ideals absent an informed electorate. Nobody knows our needs more than we know them ourselves if we are properly informed. There is no one more interested in keeping us informed than local papers; local papers like this one whose continued existence is presently threatened. Right here at the beginning let me inform you that what I write here is strongly influenced by my desire to keep the paper in existence. I write from the perspective of a Sierra Madre resident for 42 years and write almost exclusively about my day to day experiences in Sierra Madre and nearby places. My individual articles may or may not be of interest to you but the articles in papers like this are probably a reader's only opportunity to share in the experiences and concerns of a local writer like me and the other writers who appear in this paper. The importance of information coming from local sources as opposed to originating from some huge local conglomerate was emphasized today on Rachel Maddow's repeated telecast on MSNBC.

Rachel, who is religiously viewed by many of us, and religiously avoided by others, spoke of the importance of local news in calling attention to the huge number of Coronavirus related deaths in Rest Homes. For reasons not completely discussed this information had not been provided by or to the National Media Outlets and attention had not been drawn to the situation. Local sources had complained and brought attention to the situation and one hopes proper remedial measures can be taken for those already afflicted and that there will be a cessation of the placement of older and vulnerable oldsters in these precarious placements.

In the Atlantic Magazine of December 20, 2019 there appears an article by Sean Illing entitled Intellectuals Have Said Democracy Is Failing for a Century. They were wrong. In the article Illing refutes the argument of Walter Lippmann written shortly after the first war. Lippmann emphasizes that before the First World War American citizens and potential soldiers were so unfairly and harmfully influenced by propaganda masquerading as news that they were convinced to support entry into a war that was contrary to their interests. I admit that my education left me, along with Bob Dylan, unable to understand the reason for America's entry into the war which resulted in 116,516 deaths approximately 50% of which were attributed to the influenza death of 1918. (The Spanish flu to which we have recently been reacquainted) Americans were duped by the media and the President who ran for re-election of the slogan "He Kept Us Out Of War". After the election in 1917 Americans were convinced to enter the war partly for the reason that special interests favored it as war is always good for business. Another reason was that going to War was in accord with Wilson's grandiose desire to fight "a war to end all wars" and to create a League of Nations that would make all future wars unnecessary. We now know, one hundred years later, how well that worked out.

Lippmann in his article maintains that the way the population was duped was an example of how easily it was to manipulate the public, how easily people surrender to compelling narratives which describe events before we see them causing us to imagine things before we experience them and making the public hostages to these preconceptions. (A note here to probably unnecessarily remind the reader of the similarity of this description of Mr. Trump's activities that has he warned us of the coming stampede of Central American Migrants and Mexican rapists, and other imaginary calamities designed to create fears which made the populace even more malleable. I find that behavior of the President to be sickening even to describe.) Lippmann argues that it was the American populace that was ill-equipped to function as the informed electorate which is the basic requirement of a functioning democracy. He states in his article published in 1922 that the world had become so complex that it was highly unlikely that anyone, even him, could be so well informed that reasonable choices could be made. The whole point of Lippmann's article was to expose the gap between what we say democracy is and what we know about how people actually behave. Remember this was written in 1922 a period not quite as complicated and not quite as partisan as today when we are seeming bombarded with propaganda 24/7 emanating from two pretty equally divided but deeply partisan sides.

Lippmann's solution was to take the decision making power away from the people and their majority rule empowerment. Decisions should not be made by the necessarily ill informed electorate and the representative of this outmoded majority rule, the quite regularly uninformed and unqualified President of the United States. (Think Harry Truman unaware of the existence of the atom bomb until he became President and who then decided to drop the bomb twice on Japan arguing that "since we have 'em we might as well use 'em" seemingly unaware or at least unconcerned by the consequences of atmospheric pollution and future potential nuclear war. Imagine Mike Pence having to deal with scientific questions while proclaiming his belief in Creationism and disbelief in Science) Lippmann's solution, a solution agreed to by many of my educated, privileged, and unknowingly elitist friends, is to take the decision making power away from the politicians and the people and put in into the hands of highly qualified, properly trained experts, completely unbiased and objective, who would then make reasonable decisions for the benefit of the now disenfranchised public.

To me this proffered solution is positively frightening. It takes power away from the people and places it the hands of the privileged. The country becomes a tyrannical oligarchy ruled by the class of people who on every occasion has shown themselves indifferent or opposed to meeting the needs of the general population. Their interest is almost exclusively benefitting only members of their own class. Lippmann's "bureau of experts" supposedly would be more protective of our rights than we are ourselves. Unfortunately, history does not bear out this expectation. In this nation invariably ruled so far by fairly aged White Men (yes with one notable recent exception) the rich keep getting richer and the poor keep getting poorer.

So what is the solution? There is no vision of democracy worth defending that doesn't assume a minimum level of competence from a majority of voters. How can any locality receive truthful information which will enable it to make reasonable informed decisions? Illing explains that large national media cannot be relied upon because their main interest is to please their advertisers, to sensationalize each even in a way to stimulate interest but not to explain policy. Also the media relies on their advertisers for support and after all their whole reason for being is to make huge profits. Illing states that "if local newspapers are allowed to die out political discourse will be even more nationalized, which means most issues are abstract and dominated by tribal allegiance and caricatured right-left narratives."

We need to keep our local papers around to protect and inform us. They build our communities, they give us a place to record our deaths and birthdays and read about our pets. They are lots of fun, they are free, and yes they give me a place to submit my articles the construction of which is one of my great joys.

Kia Ora

Stay Safe and Keep Reading

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 mid-March that the County of Los Angeles closed 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 80 W Sierra Madre Blvd. #327 Sierra Madre, Ca. 91024

#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
80 W Sierra Madre Blvd. #327 Sierra Madre, Ca. 91024

#4 SUBSCRIBE TO HOME DELIVERY (See below)

Where Your Community News Come First

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

TIME TO RENEW YOUR HOME DELIVERY SUBSCRIPTION

How can I get the paper delivered to my home?

If you live in Sierra Madre, Arcadia, Pasadena, South Pasadena, Altadena, San Marino, Monrovia, or Duarte, you can receive the paper at your front door each week for \$75 per year.

AND ALSO.....

THANKS FOR YOUR SUPPORT AS WE ENTER OUR 14th YEAR OF PUBLISHING!

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STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME
FILE NO. 2020056362
The following person(s) has/have withdrawn as a general partner(s) from the partnership operating under the fictitious business name of VENFORTH 19412 ELKWOOD ST. RESEDA, CA. 91335. The Fictitious Business Name statement for the partnership was filed on 03/06/2015 in the County of Los Angeles. Current File Number 2015060636. This statement of withdrawal was filed on 03/06/2020. The full name and residence of the person(s) withdrawing as a partner(s): WALTER CASTILLO 19412 ELKWOOD ST. RESEDA, CA. 91335; DIANA CASTILLO 19412 ELKWOOD ST. RESEDA, CA. 91335; ERIC CASTILLO 19412 ELKWOOD ST. RESEDA, CA. 91335. I declared that all the information in this statement is true and correct. Signed LUIS GONZALEZ VARGAS, Partner.
Publish: ES Mountain Views News
Apr 4, 11, 18, 25, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2020052676
The following person(s) is (are) doing business as: MDPS AUTO DETAILING 8608 LEHIGH AVE. SUN VALLEY, CA. 91352. Full name of registrant(s) is (are) MIGUEL F. ULUAN 8608 LEHIGH AVE. SUN VALLEY, CA. 91352. This Business is conducted by: AN INDIVIDUAL. Signed: MIGUEL F. ULUAN, OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/03/2020. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
Publish: ED Mountain Views News
Dates Pub: Apr 4, 11, 18, 25, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2020055882
The following person(s) is (are) doing business as: LAZO CHIC 3183 WILSHIRE BLVD STE #196 B54, LOS ANGELES, CA. 90010. Full name of registrant(s) is (are) TANIA LAZO 425 S CATALINA ST #24 LOS ANGELES, CA. 90020. This Business is conducted by: AN INDIVIDUAL. Signed: TANIA LAZO, OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/03/2020. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/03/2020. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
Publish: ED Mountain Views News
Dates Pub: Apr 4, 11, 18, 25, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2020062726
The following person(s) is (are) doing business as: WORKSHOPS FOR RETIREMENT 12801 MOORPARK ST. #211, STUDIO CITY, CA. 91604. Full name of registrant(s) is (are) WFR CONSULTING SERVICES LLC 12801 MOORPARK ST. #211, STUDIO CITY, CA. 91604. This Business is conducted by: AN LLC. Signed: WFR CONSULTING SERVICES LLC, ADAM STRAUSS, MANAGING MEMBER. This statement was filed with the County Clerk of Los Angeles County on 03/12/2020. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 11/2019. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
Publish: ED Mountain Views News
Dates Pub: March 28, April 04, 11, 18, 2020

Professions Code)
Publish: ED Mountain Views News
Dates Pub: March 28, April 04, 11, 18, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2020061178
The following person(s) is (are) doing business as: AJ HELPS 15231 WILLARD ST PANORAMA CITY, CA. 91402. Full name of registrant(s) is (are) ANTHONY JEROME NORRIS 15231 WILLARD ST PANORAMA CITY, CA. 91402. This Business is conducted by: AN INDIVIDUAL. Signed: ANTHONY JEROME NORRIS. This statement was filed with the County Clerk of Los Angeles County on 03/11/2020. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/2020. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
Publish: ED Mountain Views News
Dates Pub: March 28, April 04, 11, 18, 2020

of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
Publish: ED Mountain Views News
Dates Pub: March 28, April 04, 11, 18, 2020

FROM LUTHER TSINOGLLOU (see ad on next page):

Spending a day without leaving the house may have sounded like fun three months ago, but now that it's our new normal, it's a different story. By now, you and your family might be feeling a bit jumpy at home all day. If that's the case, check out the information below — you'll find five ways to liven up your time social distancing with games, crafts and cooking. These outside-of-the-box ideas will keep you and your family entertained at home, and even lead to a few positive memories

Ways to Liven Up Your Time at Home

Need a little inspiration to mix up your family's routine? Try these outside-of-the-box activities to liven up your time — you could even emerge with some positive memories.

Dinner 'Round the World

Host a global family dinner! You can prepare each course from a different country, or cook the entire meal using one country's cuisine. Take it a step further by researching music and fashion from each country and create a vibe that makes it feel like you're actually there.



Stay in, Work Out

Transform your living room into a gym. Look for great workouts on YouTube, or even Facebook or Instagram Live, and make it part of your routine. It will feel like you're right there in class with the instructor, plus you'll get some energy out.



A Family Friendly Competition

Game night, anyone? Choose one night a week to play a board game, card game or even a group video game, and raise the stakes by making it a mini family tournament. Let each family member take a turn picking the game.



The Art of the Matter

Make a craft with your family using supplies you already have. Have some fun getting resourceful — how can you and the kids turn those empty cleaning wipe containers and cardboard paper towel tubes into masterpieces? Display the work in a family "gallery" in your home.



Neighborhood Scavenger Hunt

Create a list of items you could find around the neighborhood — a house with blue shutters, a green front door, a certain type of car, etc. Get outside* with your kids to identify these things on the list. Make it a neighborhood activity with an album on Facebook or Nextdoor to post photos of your finds!



These are difficult times. If there is anything I can do to safely assist you and your family right now, please do not hesitate to call — I am here for you.

Safer at Home

You Can You Can't

Go to the grocery store and order food delivery

Get medication or supplies

Go to the bank or post office

Call a plumber, electrician, or exterminator

Go to the gas station or auto repair shop

Ride public transit, walk, bike, and drive

****Always practice social distancing and wash your hands**

Host a gathering larger than 10 people

Hoard supplies or overbuy

Go to a bar or club, except to take food to go

Go to a gym, theater, bowling alley, arcade, or music venue

Dine in at a restaurant

Go to a playground

Go to a nonessential retail store or mall

Put seniors or those with underlying health conditions at risk

Kathryn BARGER

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