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COUNCIL APPROVES MOU FOR 42 HOMES AT MONASTERY

By Kevin McGuire - MVNews

Sierra Madre residents may have thought this chapter ended years ago when a drought-stricken town tabled the idea of 42 single-family houses being built on 20 acres owned by the Congregation of the Passion, Mater Dolorosa Community (The Monastery). But, not too long after drought restrictions were eased, and Spring was in the air, the proposed construction plan resurfaced, causing anxiety for some and excitement of the possibilities for others.

On Tuesday night, City Council met remotely, (still following stay-at-home guidelines set for COVID-19), to consider a resolution approving a Memorandum Of Understanding (MOU) between the City and the Congregation of the Passion.

The property, which resides at 700 Sunnyside Avenue, currently operates a 90-guest retreat center. Back in 2014, early in discussions of the idea, Retreat Director Michael Higgins stated that money raised from the 42 single-family homes will benefit aging priests and brothers at The Monastery, including help for any health-related care they may need.

Homeowners near the property, many who have lived in Sierra Madre for 20 years or more, voiced concerns about building on this

land. Folks have grown to love the open space running along Bailey Canyon Wilderness Park and the scenic view which complements the mountains out many back windows. Several signed off on a Citizen's Letters opposing the construction project and sent them to the Mayor and Council Members.

The History

So how did this all begin? The Passionists of Holy Cross Province have owned the property since 1924 and dedicated The Monastery in 1932.

Prior to 1997, this property was considered "residential single family." After 1997, some of the zoning on the property was changed from residential to institutional. This allowed up to 20 acres to be used for low-density residential and recreational facilities.

In 2016, the zone was amended to allow for the reuse of large, institutional properties. Such as a hospital, communal residential, assisted living, a multi-use field or a school. But this zoning does not allow for single-family homes. This means that before this project moves forward, City Council must amend the General Plan, Land-Use Maps, Zoning Plans and the Zoning Code to accommodate the intended land use.

Back in 2017, a citizen coalition

offered to buy the 20 acres in question for \$10 million and were declined. They wanted to preserve the land as open space. The Passionists felt development of the land was a better option financially and for their priests and brothers.

But the project came to a standstill, as did many in Sierra Madre, as water-usage amounts needed to start construction would be over the limited amounts set as a result of drought conditions.

The Community Weighs In

Mayor Capoccia asked those calling during the public comment portion to stick to comments about the MOU and not to use the time to voice their disapproval of the construction project. Despite many oppositions, the general feeling is that something will be built there... eventually. City Manager Gabe Engeland noted that the Passionists "have the right to develop on their property today." The discussion is not whether there will or will not be development," he said. "It is when and how it will be developed." Engeland stated that no properties would be built up against current homes and that the community will have at least seven more chances to weigh in with comments and questions as progress moves forward.

Community members sent in e-mails and called in during the public comment section of the

meeting. Concerns that were expressed during public comment included, preservation of Sierra Madre and open space, increased traffic, environmental impacts, and the need for transparency from City Council moving forward.

There were some inquiries about public discussions being affected by COVID-19 restrictions. Are workshops and public forums done online really "public?" One Sierra Madre resident accused City Council of playing recorded calls from persons in favor of the MOU, many of whom live outside Sierra Madre. Mayor John Capoccia and another caller disputed the accusation affirming that calls were broadcast live. The mayor also welcomed calls from outside Sierra Madre, many of which were from persons affiliated with The Monastery.

The majority of calls were indeed from persons in favor of approving the MOU. Most see it as a good starting point for further discussion of this project. The MOU met unanimous approval from City Council. There will be plenty of planning, permits, procedures and public comment to come and it will be sometime before any ground is broken. As for transparency, information on this project can be found at cityofsierramadre.com/transparency and cityofsierramadre.com/monastery.

CITY SET TO SEEK BIDS ON KERSTING COURT REDESIGN

By Kevin McGuire - MVNews

The Sierra Madre Council unanimously approved a final design construction of the Kersting Court refresh project and has authorized staff to seek bids to start construction.

The Council met remotely Tuesday and were given a presentation of the final design proposal by Community Services Manager, Rebecca Silva-Barrón with Director of Public Works Chris Cimino also available to answer questions.

Back in November 2019, City Staff and the Community Services Commission (CSC) partnered with LRM Associates on landscape design ideas including colors and materials to be used in the makeover. The improvements are to include retaining the raised platforms, raised crosswalks, improvements meeting Americans with Disabilities Act guidelines, replace irrigation, add landscape features and electrical lighting upgrades. Several brick stamped crosswalk designs have been discussed included colors of driftwood and nutmeg for some of the aspects.

In addition, as part of the Arts in Public Places program, the plan includes possibly adding artistic features including 3x3 ft. inlaid plaques representing some of the history of Sierra Madre, such as the school bell tower, school house, first red trolley, Mount Wilson Trail Race, and the town's role in film making. No final decision has been made on the content or placement locations for the plaques.

Though many necessary upgrades will take place at Kersting Court, the plan is to preserve some of the current elements that the community embraces such as the pepper tree, bell tower, flag pole, seating and landscaping. There will still be a pedestrian-friendly area and gathering place as well. The CSC's goal is to keep environmental sustainability in mind as well as keeping a pedestrian and business-friendly atmosphere at Kersting Court.

Total cost for the project is expected to exceed \$431,000 and no time has been set for completion of the project.

If you would like to see a breakdown of costs and a sketching of the design plan, you can view at www.cityofsierramadre.com. Just go to the City Council Staff Reports for April 28.

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The Four Seasons Tea Room
Mother's Day Menu
Twenty Eight Dollars
A Special Gift for Mom
A Heart-Shaped Linzer Cookie
(Individually Wrapped)
Tea Choices:
Victorian Rose
French Crème Brûlée
Blue Lady
Royal Wedding
Darjeeling and Assam
Lavender Earl Gray
Herbal Caribbean Sunset
Choice of Salad:
Mixed Fruit and Berries
Or
Spring Mix with Almonds, Crumbled Bleu Cheese,
Mandarin Oranges & Our Signature Rose Petal Vinaigrette
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Banana Bread with Cream Cheese
Herb Chicken Salad with Chives
Cucumber with Dill Butter
Egg Salad with Olive Spread
Tomato Basil
Our Famous Scone with Cream and Jam
Desserts:
Chocolate Truffle Bite, Lemon Bar & Short Bread Cookie
PICK UP TIMES:
Saturday, May 9th, 2020 from 11:00 am – 3:00 pm
Sunday, May 10th, 2020 from 11:00 am – 3:00 pm
Delivery Option Available (within 10 miles) for an additional \$10 Fee

www.thefourseasonstearoom.com
75 N Baldwin Ave, Sierra Madre, CA 91024
(626) 355-0045

INSIDE THE MOUNTAIN VIEWS NEWS THIS WEEK

ARTICLES/INFORMATION ON DEALING WITH COVID19
CAN BE FOUND THROUGHOUT THIS EDITION

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HUARACHE FARMS SIERRA MADRE by Kelli Strubinski

We have a farm in our own backyard here in Sierra Madre. Actually it is in Mike Wood's, back-yard on Monterey Lane and it is called Huarache Farms.

Mike started Huarache Farms 12 year ago, out of a love for growing healthy, sustainable food. His curiosity led him to research and implement smart farming techniques that work for our local soil and climate without using pesticides.

Huarache Farms produces a variety of fruits, vegetables, herbs and plant based products. Mike loves a challenge and plans to offer mushrooms for sale in the near future. Mike makes pesto, passion fruit dressing, vegetable powders for smoothies and fruit powders as sweetener substitutes. He doesn't think anything should go to waste and loves to experiment with new growing techniques and products.

Huarache Farm's sells produce boxes for home delivery or pickup. Select your weekly items for your box here: <https://www.huarachefarms.com/how-it-works>. Be sure to check out the fantastic list of current offerings at the "whats-in-season" link.



Huarache Farms is a coop, welcoming new farmers to the farming scene. Prior experience is not required. Mike is generous with his extensive farming knowledge, which covers many different soil and climate types.

Mike plans to give workshops once it is safe for people to gather. Medicinal Herbs, Drying your Fruits, Growing Microgreens are a few of the subject areas of interest he may offer. Please visit his website weekly for workshop announcements.

Huarache Farms has a monthly, Saturday, "Tea and Tour" from 1 to 3 when conditions permit. You don't want to miss this! You can sign up to be on the guest list on their website.

Be sure to read Mike's story and learn more about Huarache Farms at their web-site: <https://www.huarachefarms.com>.



SIERRA MADRE THRIVES Coming Up

Quarantine Canteen for Wednesday May 6th is open! Lemon Zest is hosting this week, a Beef Lule and a Chicken Kabob or Grilled Veggies, Hummus, Rice, Pita, and Baklava! We can serve 400 this week!

Please donate or buy a dinner for a neighbor if you can! All donations go to the restaurants to cover expenses and allows us to provide free meals to those who need it in our town! Thank you to Rotary, Sierra Madre Little League, Sierra Madre Fire Fighters Association, the Bottle Shop, and all of those who have so generously supported these weekly meals! We hope to continue the Canteen for as long as needed, with your help! Thanks again!

SIERRA MADRE THRIVES LAST WEEK:

420 meals served at Quarantine Canteen! Sierra Madreans really know how to support our community! Props again to the #QCCrew: Comers, Denisons, Turnquists, Kefalas, Lawren & Clarissa, and Officer Lou! <https://www.smthrives.com>



Join Our
VIRTUAL MEETING
and Tour

Tuesday, May 5, 2020

Experience 3 local businesses serving the Sierra Madre Community

8:15 am: LEONORA MOSS

9 Kersting Court, Sierra Madre (626) 355-1180

Lorie Westmoreland features her custom flower arrangements and unique gift items available for Mother's Day.

8:30 am: THE FOUR SEASONS TEA ROOM

75 North Baldwin, Sierra Madre (626) 355-0045

Rosa Jaime will introduce the tea room, their Mother's Day menu and how her business will adjust to the new social norm.

8:45 am: SAVOR THE FLAVOR

11 Kersting Court, Sierra Madre (626) 355-5153

Kate Swisher Campbell will provide fun examples of her extraordinary gift ideas to make a special Mother's Day.

JOIN IN AND BE PART OF THE FUN!

Send an email requesting the **ZOOM** meeting link to joanriback@gmail.com

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MATER DOLOROSA PASSIONIST RETREAT CENTER'S DEVELOPMENT TASK FORCE STATEMENT:

"We are grateful for the City Council's unanimous action in support of the Memorandum of Understanding that will guide our process as we pursue approval of a residential development on our 20-acre 'Meadows' parcel in order to raise needed funds for The Passionists of Holy Cross Province and its ministries. The City Council's approval of the MOU allows us to begin planning and outreach in earnest, within a framework that ensures the extensive public outreach we have always envisioned."

"We also appreciate the comments of Preserve Sierra Madre regarding the need for public meetings and transparency, and the challenges of accomplishing this while dealing with the COVID-19 crisis. I am confident Gabe Engeland and his staff will find a way to fully engage those who are interested in our project. We eagerly seek the community's input and will do our part to ensure that all who wish to be heard will be heard."

"From the beginning of our community outreach efforts dating back to 2013, I have always provided personal answers to questions from Sierra Madre residents. We have also expanded project news on our Mater Dolorosa website. Our intent is to provide current and factual information associated with our project at all times."

- [Materdolorosa.org/property-news](https://materdolorosa.org/property-news): News releases and other public communications about the proposal are posted on this page for reference and downloading.
- [Materdolorosa.org/property-faqs](https://materdolorosa.org/property-faqs): Launched with nearly 30 questions and answers, this page will be updated continuously to provide timely, accurate information in response to questions about the development proposal.
- [Materdolorosa.org/property-questions](https://materdolorosa.org/property-questions): Reflecting my desire to provide personal answers to questions from our Sierra Madre residents and others interested in our project, you will not find the usual "Contact Us" fill-in form here, instead, I've provided my direct phone and email contact information."

"Please, before accepting a rumor as truth or guessing what is going on, check our FAQ and news pages. If you don't find an answer there, call or email me. If I have the answer, I'll provide it; if I don't, I'll research it and get back to you."

New Face Covering Guidelines

Effective April 15th

Employers must provide face coverings to employees of essential businesses

Customers must wear them if they go into essential businesses

6 feet

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

www.publichealth.lacounty.gov/coronavirus

LETTER TO THE EDITOR

MONASTERY PROJECT IDEAS

The city and a lot of local folks think the city must change the institutional zoning to residential, or the approx 22 acres land owned by the Monastery will be developed into many light industries with lots of low income employees and will generating lots of truck traffic, noise and pollution. The thought of that will keep many people from many a good night sleep.

Wait a minute ---- How about a beautiful world class approx 22 acres senior citizen live in a retirement village with small affordable apartments. A pool and rec area, a affordable board and care facility, all built as attractive low buildings with lot of trees and bushes and beautiful park that could be shared with the neighborhood.

There is real shortage of beautiful places for mom and pop to live as their age.

Note the federal government will subsidize some of the cost to finance. These older folks as a rule do not drive --so no increase of traffic-- no siren allowed. I wish this was my basic idea--- it is not and if they wish to come forth. Great. What I have done is expand the idea.

So the question is why would the Monastery sell for less money to help create this wonderful world class senior living project?

It is called public opinion---and -- once you think about it.-- It is the right thing to do--

Suppose the Monastery is approached in public by the city and resident's support with this idea for this great needed senior village project and they said no.

They may say they want and need want to make more money by selling to a their developer that will built 42 + very large homes for the very rich.

Note 3000+ Sq homes are the only kind of homes that a builder can build and make a profit. Most will need a 3 car garage. The whole housing project would not typical for the area.

What if the senior project was turn down by the Monastery and or the city WOW ---what a negative story---read all about in this newspaper and next in the LA Times---New York Times---Late night TV news.

Hundreds older folks living there are free to take the village hourly transport to downtown to do their shopping and dining. That a boom to local business.

The impact to the city financial property tax income from the senior village property tax reduction verse 42 houses would be minable and could offset with sale tax increase,

The city and the Monastery would enjoy a great reputation for helping creating a large world class beautiful senior village.

Might be the largest one senior village anywhere---

The state would love the idea as it creates more housing. What a great idea----- everyone wins---

J.D., Sierra Madre Resident
beach2bird2@aol.com

WALKING SIERRA MADRE - The Social Side

by Deanne Davis



"I have accepted fear as part of life – specifically the fear of change. I have gone ahead, despite the pounding in the heart that says turn back!" Erica Jong

"You have within you the strength, the patience, and the passion to reach for the stars, to change the world." Harriet Tubman

"Incredible change happens in your life when you decide to take control of what you do have power over, instead of craving control over what you don't." Steve Maraboli

Mayor John Capoccia's articles the last couple of weeks in our beloved Mountain Views News have so resonated with me; especially the part where he says in the April 18th issue, "I want the meadow at the Mater Dolorosa Retreat Center to stay the way it is forever and ever. I don't want development at One Carter or Stonehouse." I feel the same way, Mayor Capoccia.

John and I moved to Sierra Madre in 1967, when we got married. We lived in those apartments on the corner of Highland and Mountain Trail and then later moved to the house on Canon Drive behind where author Fay Angus lived and, eventually, to Alegria, the Halloween street. Fay and John are both in heaven now but Sierra Madre grows more precious on a daily basis to those of us who have been around a while. John and I walked so many times up to Mater Dolorosa and saw deer wandering calm and unafraid among the trees, turning occasionally to look at us. We did the Stations of the Cross at Eastertime, sitting on benches between stations to contemplate what we were seeing. We both loved how it looks right now, just as it's always been. But time marches on and change is inevitable. However, change can't change our memories. I will see it as it is now no matter what happens.

Dr. Pickren removed my appendix at the medical center/hospital there on Sierra Madre Blvd., before it stood empty, dilapidated, an ugly eyesore for so many years but then was magically transformed into the beautiful Kensington where I spent many happy hours with my son-in-law, Chuck Seitz's, mother, Elaine. The Kensington is such an asset to our community and is a beautiful addition to our landscape. But not everybody believed that particular change was going to be a good idea.

Mayor Capoccia mentions our town's first "emergency rescue truck," which was actually, as I recall, a rebuilt station wagon, nothing like a paramedic vehicle. However, on July 19, 1974 when our little four-year-old, Crissy, was struck by a car and dragged fifty feet down Alegria, George Maurer and the guy riding with him that day scooped her torn little body up and rushed her to Arcadia Methodist, saving her life. No, they weren't equipped to transport patients, but they did, for which we are forever grateful. Our fire department and paramedics are so amazing now, having scooped John up when he was in severe trouble and taken him to Arcadia Methodist. That's my picture today, John saying thank you to these amazing people.

Another change that has been so positive and so good. Yes, we all loved the volunteers who would drop everything when the siren blew and race to do their job, but, again, a good change.

It seems to me that Beantown was once Bruno's where you could get great deli stuff and go through the beaded curtain at the back to sit outside in the sun and enjoy a glass of Carlo Rossi wine, which we did numerous times.

The first restaurant review I did for the Mountain Views News was for the Peppertree Grill, which is now Nano's but started out life as The Sunset. More good change. The Buccaneer Lounge was the Buccaneer Lounge when we arrived in Sierra Madre and hasn't changed a bit. No change necessary.

Stores have come and gone, restaurants have opened and closed and opened again as something new, but Sierra Madre remains as beautiful and as friendly as it's ever been. John and I lived here the fifty years of our lives together and loved our life here. I can't imagine living anywhere else, but that, too, had to change. There's no more us and my life has taken me from Alegria to Arizona, but Sierra Madre will always be the home of my heart.

Our daughter, Crissy attended and graduated from Alverno High School and here comes another change. They are planning to become TK-8, creating a lower school to add to the existing high school. What a great idea! While Crissy was at Alverno I got to be part of the volunteer staff there, working with the amazing Gilda Martin and the unforgettable Jose, their go-to guy for everything you could think of. One year I was in charge of the table decorations for the Christmas gala and Jose cut me about a million pine branches which I put in gift-wrapped coffee cans, along with -- as I recall -- white flowers of some kind. Thanks to Jose, they were gorgeous and every one of them went home with someone. I loved Alverno. And the new parents who will enjoy this beautiful space with their little ones will, too. A good change, friends and neighbors.

Our world has certainly changed in the last couple of months and we don't know what will happen next or what our "new normal" is going to be. Here's what we do know, we will get through it and so will our beloved Sierra Madre.

"The only way to make sense out of change is to plunge into it, move with it, and join the dance!" Alan Watts.

Stay home – Stay Safe!

My book page: [Amazon.com: Deanne Davis](https://www.amazon.com/Deanne-Davis/e/B000APR000)
Where you'll find "Sunrises and Sunflowers Speak Hope"
And "A Tablespoon of Love, A Tablespoon of Laughter"
Take a look at both of these books, stuffed with hope and the Occasional good recipe.

Blog: www.authordeanne.com

Follow me on Twitter, too! <https://twitter.com/@playwrightdd>

**Catch breaking news at:
mtnewsnews.com**

Weather Wise

6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi 80s	Lows 60s
Mon:	Sunny	Hi 80s	Lows 60s
Tues:	Sunny	Hi 80s	Lows 60s
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

CELEBRATING 63 Years

Wistaria Thrift Shop
CLOSED
UNTIL FURTHER NOTICE

We're Protecting our Volunteers and You, Our Shoppers

DONATIONS NOT ACCEPTED

Planning for Early
Possible September Re-Opening
Extravaganza!

GFWCSierraMadreWomansClub.org

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

Clubhouse Phone Number: 626-355-4379

Sierra Madre Woman's Club

550 W. Sierra Madre Blvd. 2020: 113 Years

Founded February 23, 1907 - "Living the Volunteer Life" in Friendship
Member of General Federation of Women's Clubs cfwc.org & gfwc.org



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
- TENNIS COURTS
- BASKETBALL COURTS
- VOLLEYBALL COURTS
- NATURE TRAILS
- 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

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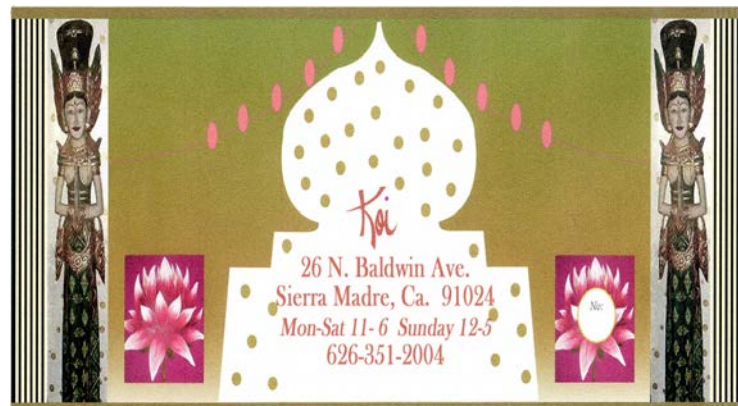
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HOW ARE WE DOING? COVID 19 LOCAL UPDATE & CENSUS PARTICIPATION

Covering the cities of Pasadena, South Pasadena, Altadena, San Marino, Sierra Madre, Arcadia, Monrovia, Bradbury and Duarte

(Information compiled from data released by Los Angeles County Public Health, the Pasadena Public Health Department and the US Census Bureau as of 4/30/2020)

COVID 19

AREA	CASES_	DEATHS_	PERSONS_TESTED_	POPULATION
City of Arcadia	39	1	292	57,754
Unincorporated - Arcadia	4	1	36	7,981
City of Bradbury	1	0	0	1,069
Unincorporated - Bradbury	0	0	3	108
City of Duarte	67	6	160	22,016
Unincorporated - Duarte	9	0	26	4,428
City of Monrovia	49	3	218	38,800
Unincorporated - Monrovia	8	0	24	388
City of Pasadena*	411	52	N/A	137,122
Unincorporated - East Pasadena	0	0	13	6403
City of San Marino	11	0	84	13,277
City of Sierra Madre	5	0	60	10,989
City of South Pasadena	82	9	248	26,053
Unincorporated - Altadena	69	4	256	43,620

*From the Pasadena Public Health Department. Other Pasadena specific data includes:
Of the 411 Cases, 280 associated with Long Term Care Facilities (LTCF); 47 of the 52 deaths are associated with LTCF. For more information go to:
<https://www.cityofpasadena.net/public-health/covid-19-dashboard/>

CENSUS PARTICIPATION

Source US Census Bureau: Only 52.4% of US Households In This Area Have Responded To The Census (As of 4/24/2020)

The country has reached an important milestone in the 2020 Census. More than half of all of the households in the country have responded – that’s 77,500,000 households so far!But.....California does not rank among the top 10 States – we are 19th out of 50 53.8%;

LA County 49.5;
South Pasadena 64.8%.
Arcadia 58.3%;
Pasadena 56.1%;
;San Marino 64.1
Sierra Madre 62.2%
Duarte57.6;
Bradbury48.2;

It has never been easier to respond to the census on your own, whether online at 2020census.gov, over the phone, or by mail.

MVNews

All Things By Jeff Brown

Relief Bill Includes Boon For Millionaires.
Senate Republicans inserted a provision into coronavirus relief legislation that will help millionaires avoid 90 billion in taxes this year alone, the non partisan joint com-mittee on taxation reported last week. Last months 2 trillion relief package included more than 500 billion in tax cuts-some little link to the pandemic. Among those is a rule suspending the cap on loses tax payers can deduct from "past-through" busi-nesses to reduce their overall tax liability. The organization's analysis found that 82 % of the benefits of that change will go to 43,000 taxpayers who earn more than 1 mil-lion annually-giving each of them about 1.6 million break and less-than 3% of the benefits will go to Americans earning less than 100,000 per year.

TABLE FOR TWO by Peter Dills

thechefknows@yahoo.com

GET IT TO GO!!

EAGLE ROCK TREASURE

Eagle Rock is certainly the up and coming place to live. Many hipsters and new money are making Eagle Rock their home. Sound Famil-iar? For city to thrive, I think you need good restaurants. No... not chains, guess some people think it is a big deal if Souplantation opens near them. For me, the neighborhood restaurant is KING!!!
A good stiff drink at a reasonable price, friendly service and portions still big enough to get a doggy bag to take home with you. Colombo's in Ea-gle Rock such a place. Everything aforementioned plus nightly enter-tainment.
This isn't Arnie Morton's, but the prices aren't either. The menu includes pizza (\$14 range), pasta, a better then average Lasagna ,daily fish spe-cials, steaks and wines by the glass.

Is this the greatest meal that I have ever had? Well, I can't say that, honestly. I am still in search of that meal. But I can say the best \$28 Porterhouse in Los Angeles. The restaurant has been in business for over 50 years and has the red leather seats, corked ceilings and a long bar. Go on to their website at colombosrestaurant.com for updated pictures and prices. Old School at it's finest!

Back to the food and what to order? Two ways to order here - Family style for the pizzas and lasagna or, if it is date night, the Porterhouse Steak and Grilled Salmon On my visit I was trying, and I do mean trying, to stay at 170 pounds so I skipped dessert but am told that they are yummy as well.Entrees come with either Baked Potato or Spaghetti.

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The 2020 Census and Confidentiality

Your responses to the 2020 Census are safe, secure, and protected by federal law. Your answers can only be used to produce statistics—they cannot be used against you in any way. By law, all responses to U.S. Census Bureau household and business surveys are kept completely confidential.

Respond to the 2020 Census to shape the future.

Responding to the census helps communities get the funding they need and helps businesses make data-driven decisions that grow the economy. Census data impact our daily lives, informing important decisions about funding for services and infrastructure in your community, including health care, senior centers, jobs, political representation, roads, schools, and businesses. More than \$675 billion in federal funding flows back to states and local communities each year based on census data.



Your census responses are safe and secure.

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

By law, your responses cannot be used against you.

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



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

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

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

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

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

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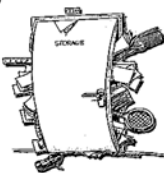
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YOU DON'T SAY!
Or, Do You?

As a youth, I was taught to treasure my native language, which just so happens to be English. I was encouraged to learn as many words as I could, and use them as properly as I knew how. In retrospect, I realize how fortunate I was to have had parents and educators who instilled in me a strong appreciation for the value of the vernacular, though I can't honestly say I've done it the justice it deserves.

In spite of the teachings I received as a child, to revere words and hone my grammatical skills, I recently realized how rarely I've questioned the meanings or origins of the many coined colloquialisms I've heard and used throughout my life. I'm referring to those idiomatic expressions that the parents used to throw - at will - into the middle of a lecture, hoping to convince us kids to be more responsible for our actions and 'grow up'!

You know, the ones that somehow snuck in from nowhere while the elders were sharing a wanton word of warning about who, or who not to befriend in order to avoid "getting in with the wrong crowd". And there were others that came in the form of a nudge to do the right thing so as to keep from feeling the unbearable pain and remorse of "what goes around, comes around."

Somehow, without even asking what they meant by what they said, or even looking up the meanings of the phrases they used, I knew exactly what they were attempting to convey. Their sayings were by no means conventional, in terms of the traditional use of the English language, but I understood nonetheless and it wasn't long before I found myself using the same slang phrases to make 'important' points of my own.

Among the culturally-connected catch-phrases that were passed down from earlier generations, many have become commonly used components of our modern day dialogue. Those less-than-conventional comments, whether comical or corrective, somehow wiggled their way into our verbal vocabulary without so much as a smidgen of scrutiny.

Some of my favorite 'quip-quotes' are those that involve animals (a real shocker, I know). For example, who hasn't heard, "Don't look a gift horse in the mouth."? Or, "It's raining cats and dogs!"? Or, "A bird in the hand is worth two in the bush."? The list goes on and on, of abstract adages that possess no literal meaning, yet, metaphorically they promise to offer an answer to just about every question in life.

One day, when met by a quizzical look on my granddaughter's face upon my use of one of those obscure-to-her phrases, I was inspired to learn the when's, why's, what's and where's of all the 'out-there' idioms I choose to use, to avoid making a fool of myself by not knowing. So I looked up a few and my findings were quite enlightening. Thanks to a good group of "e-scholars" at www.phrases.org.uk, I found lots of interesting moral-based morsels that had me mystified in the past.

I'll start with the "don't look a gift horse in the mouth" expression, because even though most folks already know what it means, my guess is that few are aware of its origin. It made its first appearance in written English as part of John Heywood's A dialogue conteinyng the number in effect of all the prouberbes in the Englishe tongue, where it read: "No man ought to looke a geuen hors in the mouth." It is assumed that Heywood obtained the phrase from a Latin text of St. Jerome, The Letter to the Ephesians, circa AD 400. The intended message is, to not question a good thing when it happens, just as one should not check a horse's teeth to determine it's age, if it performs well.

One of the more satirical sort of sayings that I never understood until I looked it up, is "A bird in the hand is worth two in the bush". This one refers to medieval falconry where a bird in the hand (the predator) was a valuable asset and worth more than two birds in a bush (the prey). A citation of this phrase was first printed in 1670, in John Ray's A Hand-book of Proverbs. The gist of this jocular jest is, it's best to have a lesser but certain advantage rather than the possibility of a greater one that may come to nothing. Advice well taken by most, but not what a gambler wants to hear during a weekend in Vegas.

One potentially patronizing proverb that had me previously puzzled, is the old saying, "Don't buy a pig in a poke". Little did I know that this one is actually more literal than most. It's a throwback from the days when pigs were commonly sold in town square farmer's markets, and the advice offered is, don't purchase a pig sight unseen. A poke was another word for a bag, and pigs were apparently bagged before going to market, so a smart buyer would ask the seller to expose the pig before making their purchase. The modern day message behind this strange yet savvy saying is, don't buy into a deal before examining it closely first. Who can't benefit from heeding this bountiful bit of advice?

I could go on forever, but due to space restraints I must limit my list, so here are a few more silly sounding sayings, along with their origins and meanings for your enjoyment:
"A leopard cannot change its spots." - Jeremiah 13:23 - a being cannot change its innate nature.
"A fly in the ointment" - Ecclesiastes 10:1 - a small irritating flaw with the potential to spoil the whole.
"A fish out of water" - Samuel Purchas's Pilgrimage, 1613 - Being in a situation that one is unsuited for.

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- 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.

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- 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.

- Laundry 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



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 ani-mals 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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Alverno Heights Academy Launches Lower School

The 2020-2021 School Year will establish Alverno as a TK-12th Grade School

Sierra Madre, CA (April 28, 2020) – Alverno Heights Academy is excited to announce the addition of a transitional kindergarten (TK)-8th grade for the 2020-2021 school year, 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 as it has for 60 years. Alverno 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 Alverno Heights Academy Board of Trustees has been considering expanding the school for several years in order to sustain itself in an ever changing economy and world. Through the school's recent accreditation process, it became clear that Alverno's unique programs, student life, and versatile 13-acre campus offered opportunities to expand the school. The addition of a lower school will help to bring a cohesiveness to the educational experience that is hard to find, yet very beneficial. Mr. Ken Farsing, President of the Board of Trustees, recognizes the significance of this addition, "As we celebrate our 60 year anniversary as an independent Catholic school, this is really about extending Alverno Heights Academy's excellence in education and inclusive philosophy to all age groups." Joanne Harabedian, Alverno Heights Academy class of 1969, has been officially hired as the Director of the Lower School at Alverno Heights Academy. Mrs. Harabedian is an accomplished educator with a wealth of expertise and experience in TK-8 Catholic education. She served as the Principal of St. Rita School in Sierra Madre from 2007-2020, where she developed a robust school with a wonderful reputation as being highly selective with high academic standards. Along with Head of School Julia Fanara, she is looking forward to building a Catholic school in the independent school model as part of the Alverno Heights Academy family. Mrs. Harabedian is energized by this new opportunity, "As a student at Alverno Heights Academy, I learned to be a woman who could become who I imagined. And now, guided by God's magnificent plan, I am back home at my Alma Mater to be a part of an amazing venture that will offer limitless opportunities for students from TK through high school; an inspirational model of innovation in education for the next generation." Hiring of faculty and staff for the lower school will begin this week. Opportunities to apply for these positions will be available on the Alverno website. Alverno prides itself on its small size and individualized attention, which will be an important factor in enrollment decisions and the hiring of faculty and staff.

The lower school will launch with temporary modular classrooms that will be located on the gravel area north of the prayer garden and south of the Michillinda Avenue parking lot. The middle school will use three classrooms located at the east end of the south hallway of the upper campus. Alverno's goal is to construct permanent classrooms for the lower school in the south-west area of the campus, near the Michillinda/Highland side of the 13-acre campus. The upper and lower schools will have different schedules, different lunches, and their own designated areas. Both schools will have access to the Learning Technology Center, cafeteria, new athletic fields and to the historic Villa del Sol d'Oro. The school as a whole is dedicated to preparing its students to function in a society as informed, knowledgeable persons, who have the requisite skills to make and implement mature decisions about complex problems. The lower school, just as the upper school, is enlivened by the spirit of its Immaculate Heart Community sponsors and mindful of the Franciscan roots of its founders. Both schools will celebrate Catholic liturgies and involve students in an impressive service learning ministry. The lower school will host a robust academic program, CYO sports, campus ministry activities, their own unique student council and many other enrichment programs. The lower school will have many opportunities to collaborate with the upper school in academic settings, visual and performing arts, campus ministry retreats and a variety of activities. Alverno Heights Academy will become two schools, under one name, with the same philosophy. The energy and synergy that the two schools can offer will be electric, especially in Alverno's 60th anniversary year. Alverno's upper school mission remains the same: To empower each young woman to be exactly the person she wants to be. Head of School, Mrs. Julia Fanara is looking forward to expanding on years of Alverno tradition, "Alverno Heights Academy is changing, but it is changing for the better. During this time of transition and uncertainty for our society as a whole, Alverno is excited to launch this new lower school and be able to bring the spirit of Alverno to younger children, both boys and girls, so that they can experience the empowerment and love that comes from being a part of Alverno's unique and special community. Alverno Heights Academy will roar into the 2020-2021 school year with a new zest and vitality to be strong and sustainable for another 60 years." For questions or more information please email inquiry@alvernoheightsacademy.org



Safer at Home

You Can You Can't

<p>Go to the grocery store and order food delivery</p> <p>Get medication or supplies</p> <p>Go to the bank or post office</p> <p>Call a plumber, electrician, or exterminator</p> <p>Go to the gas station or auto repair shop</p> <p>Ride public transit, walk, bike, and drive</p> <p>**Always practice social distancing and wash your hands</p>	<p>Host a gathering larger than 10 people</p> <p>Hoard supplies or overbuy</p> <p>Go to a bar or club, except to take food to go</p> <p>Go to a gym, theater, bowling alley, arcade, or music venue</p> <p>Dine in at a restaurant</p> <p>Go to a playground</p> <p>Go to a nonessential retail store or mall</p> <p>Put seniors or those with underlying health conditions at risk</p>
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Kathryn
BARGER

SCHOOL DIRECTORY

Alverno Heights Academy
200 N. Michillinda Sierra Madre, Ca. 91024
(626) 355-3463 Head of School: Julia V. Fanara
E-mail address: jfanara@alvernoheights.org

Arcadia High School
180 Campus Drive Arcadia, CA 91007
Phone: (626) 821-8370, Principal: Brent Forsee
bforsee@ausd.net

Arroyo Pacific Academy
41 W. Santa Clara St. Arcadia, Ca,
(626) 294-0661 Principal: Phil Clarke
E-mail address: pclarke@arroyopacific.org

Barnhart School
240 W. Colorado Blvd Arcadia, Ca. 91007
(626) 446-5588
Head of School: Ethan Williamson
Kindergarten - 8th grade
website: www.barnhartschool.org

Bethany Christian School
93 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-3527
Preschool-TK-8th Grade
Principal: Dr. William Walner
website: www.bcsilions.org

Clairbourn School
8400 Huntington Drive
San Gabriel, CA 91775
Phone: 626-286-3108 ext. 172
FAX: 626-286-1528
E-mail: jhawes@clairbourn.org

Foothill Oaks Academy
822 E. Bradbourne Ave., Duarte, CA 91010
(626) 301-9809
Principal: Nancy Lopez
www.foothilloaksacademy.org
office@foothilloaksacademy.org

Frostig School
971 N. Altadena Drive Pasadena, CA 91107
(626) 791-1255
Head of School: Jenny Janetzke
Email: jenny@frostig.org

The Gooden School
192 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-2410
Head of School, Jo-Anne Woolner
website: www.goodenschool.org

High Point Academy
1720 Kinneloa Canyon Road
Pasadena, Ca. 91107
Head of School: Gary Stern 626-798-8989
website: www.highpointacademy.org

La Salle College Preparatory
3880 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 351-8951 website: www.lasallehs.org
Principal Mrs. Courtney Kassakhian

Monrovia High School
325 East Huntington Drive, Monrovia, CA 91016

(626) 471-2800 Principal Darvin Jackson
Email: schools@monrovia.k12.ca.us

Odyssey Charter School
725 W. Altadena Dr. Altadena, Ca. 91001
(626) 229-0993 Head of School: Lauren O'Neill
website: www.odysseycharterschool.org

Pasadena High School
2925 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 396-5880 Principal: Roberto Hernandez
website: <http://phs.pusd.us>

St. Rita Catholic School
322 N. Baldwin Ave. Sierra Madre, Ca. 91024
Principal Joan Harabedian (626) 355-9028
website: www.st-rita.org

Sierra Madre Elementary School
141 W. Highland Ave, Sierra Madre, Ca. 91024
(626) 355-1428 Principal: Lindsay LUIS
E-mail address: LUIS.lindsay@pusd.us

Sierra Madre Middle School
160 N. Canon Sierra Madre, Ca. 91024
(626) 836-2947 Principal: Garrett Newsom
E-mail address: newsom.garrett@pusd.us

Walden School
74 S San Gabriel Blvd
Pasadena, CA 91107 (626) 792-6166
www.waldenschool.net

Weizmann Day School
1434 N. Altadena Dr. Pasadena, Ca. 91107
(626) 797-0204
Lisa Feldman: Head of School

Wilson Middle School
300 S. Madre St. Pasadena, Ca. 91107
(626) 449-7390 Principal: Ruth Esseln
E-mail address: resseln@pusd.us

Pasadena Unified School District
351 S. Hudson Ave., Pasadena, Ca. 91109
(626) 396-3600 Website: www.pusd@pusd.us

Arcadia Unified School District
234 Campus Dr., Arcadia, Ca. 91007
(626) 821-8300 Website: www.ausd.net

Monrovia Unified School District
325 E. Huntington Dr., Monrovia, Ca. 91016
(626) 471-2000
Website: www.monroviashools.net

Duarte Unified School District
1620 Huntington Dr., Duarte, Ca. 91010
(626) 599-5000
Website: www.duarte.k12.ca.us

Arcadia Christian School
1900 S. Santa Anita Avenue Arcadia, CA 91006
Preschool - and TK - 8th Grade
626-574-8229/626-574-0805
Email: inquiry@acsilions.com
Principal: Cindy Harmon
website: www.acsilions.com

CHRISTOPHER Nyerges



POSSIBLE LESSONS FROM THE CORONA VIRUS PANDEMIC

ESSENTIAL SERVICES

Politicians who have deemed it necessary to shut down the normal operations of our society have said that only "essential services" may be maintained. Most can agree that food, clothing, and shelter are essential. Clothing stores are closed, but dry clean-ers are open. Whose call was that? Food and everything related to it are allowed, ex-cept you can't sit down in a restaurant to

enjoy your meal.

Automobiles are essential in this society, and so most mechanics are open. Banks are open.

But teaching and schools are "non-essential"? Really? Isn't education one of the most fundamental aspects of any free society?

During this time, it does seem like an ideal opportunity to consider what is "essential" to any society, and whether or not you're a part of that essential-factor. Although most people agree on what constitutes "essential," any business is essential if that's your job and livelihood. And why should any business be forced to shut if it poses no hazard to the society?

NEIGHBORS AND NEIGHBORHOOD

I have long maintained that getting to know your neighbors –and your neighborhood – is one of the best methods for preparing for an earthquake or other emergency. One method for doing this is Neighborhood Watch.

During the shutdown period, I've noted that my neighbors spend their mornings and evenings walking around and around, which is good. I've learned to recognize neigh-bors I've never seen before, even though I still don't know all of them by name and still don't see them at any Neighborhood Watch meetings, virtual or otherwise.

Still, this is one positive result of the lockdown – getting to know your own neighbor-hood and getting to know your neighbors. Remember, your closest neighbors are the equivalent of your family and support team in any worst-case scenario.

TRUTH IS THE FIRST CASUALTY

As with war, "truth" has been one of the casualties of this pandemic, and all the politi-cal and social reactions to it. For example, is the death rate 5% or 0.05%? Where are the differing doctors getting their numbers? If the majority of the cases are asympto-matic (meaning, there are no symptoms), then we really don't know how many people have it. If this is a fact, then clearly the percentage of death to cases is highly reduced, though we don't know to what degree.

Is "herd immunity" a valid concept? Has Sweden and Japan taught us that "herd im-munity" is valid? Is Dr. Fauci correct that everyone should get vaccinated? Why? Is it true that 90%+ of the Italian deaths were from other underlying causes?

Though everyone agrees that this Corona virus is worse than ordinary flus, why is there little so commentary about the death rate of other flus, within our life time?

Is it true that many hospitals are empty, and doctors and nurses are currently laid off because of the order for "no non-essential procedures"? Does that make sense? Why is this not spoken of in the media?

Are the temporary hospitals here and there being used, or not? If they are being taken down due to non-use, why are we still under quarantine? Why is the recovery rate not as widely touted as the death rate?

Perhaps the biggest assault on our senses during this time is that Bill Gates is some sort of minister of death, profiting from selling a vaccine, and that he desires to have everyone implanted with some sort of tracking device, a la "the mark of the Beast." Conspiracy people love this one, but I'm not so sure. Bill told us on live TV that he only wants to help people. He wouldn't lie to us, would he?

QUESTIONING OUR LEADERS

In the end, I'm left with many questions. Was this all an over-reaction? Would more people have died had the various lockdowns not been imposed?

Why are leaders closing trails and outdoor facilities, and talking about maybe a vaccine in a year or so, but no one is talking about all the ways to improve our immune sys-tems? I dislike leaders who seem to revel in their new power and authority, to make up rules on the fly for each situation. At the end of the day, I have great trust in the aver-age person's ability to grasp the severity of this situation. I also believe that the Consti-tution should override local leaders' dictates, and that the right of the people to assem-ble, and the First Amendment, should be the higher authority, except in the most ex-treme of situations.

DO PNEUMONIA VACCINES PROTECT SENIORS FROM CORONAVIRUS?

Dear Savvy Senior:

Do currently offered vaccines against pneumonia provide seniors any protection against the coronavirus disease? I've always been bad about getting vaccinated, but this coronavirus pandemic is causing me to change my thinking. Pro-Vax Patty

Dear Patty:

This is a great question. Because the coronavirus (COVID-19) attacks the lungs and respiratory system, many readers have asked whether the pneumonia vaccines, which are administered to millions of patients each year, might protect someone if they contract the coronavirus.

But unfortunately, the answer is no. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B vaccine, do not provide protection against the new coronavirus.

This virus is so new and different that it needs its own vaccine. Researchers are in the process of rapidly developing a vaccine against COVID-19, but it is expected to take at least a year before it's ready.

Having said that, you should also know that there are several other important vaccines the Centers for Disease Control and Prevention (CDC) recommends that all seniors should get up to date on after the coronavirus pandemic dies down. Here's a rundown of what they are, when you should get them, and how they're covered by Medicare.

Flu vaccine: While annual flu shots are recommended each fall to everyone, they are very important for older adults to get because seniors have a much greater risk of developing dangerous flu complications. According to the CDC, last year up to 647,000 people were hospitalized and 61,200 died because of the flu – most of whom were age 65 and older.

To improve your chances of escaping the seasonal flu, this September or October consider a vaccine specifically designed for people 65 and older. The Fluzone High Dose or FLUAD are the two options that provide extra protection beyond what a standard flu shot offers. And all flu shots are covered under Medicare Part B.

Pneumococcal vaccine: As previously stated, this vaccine protects against pneumonia, which hospitalizes around 250,000 Americans and kills about 50,000 each year. It's recommended that all seniors, 65 or older, get two separate vaccines – PCV13 (Prevnar 13) and PPSV23 (Pneumovax 23). Both vaccines, which are administered one year apart, protect against different strains of the bacteria to provide maximum protection. Medicare Part B covers both shots if they are taken at least a year apart.

Shingles vaccine: Caused by the same virus that causes chicken pox, shingles is a painful, blistering skin rash that affects more than 1 million Americans every year. All people over age 50 should get the new Shingrix vaccine, which is given in two doses, two to six months apart. Even if you've already had shingles, you should still get this vaccination because reoccurring cases are possible. The CDC also recommends that anyone previously vaccinated with Zostavax be revaccinated with Shingrix because it's significantly more effective.

All Medicare Part D prescription drug plans cover shingles vaccinations, but coverage amounts, and reimbursement rules vary depending on where the shot is given. Check your plan.

Tdap vaccine: A one-time dose of the Tdap vaccine, which covers tetanus, diphtheria and pertussis (whooping cough) is recommended to all adults. If you've already had a Tdap shot, you should get a tetanus-diphtheria (Td) booster shot every 10 years. All Medicare Part D prescription drug plans cover these vaccinations.

Other Vaccinations

Depending on your health conditions, preferences, age and future travel schedule, the CDC offers a "What Vaccines Do You Need?" quiz at www2.CDC.gov/nip/adultimmsched to help you determine what additional vaccines may be appropriate for you. You should also talk to your doctor during your next visit about which vaccinations you should get.

To locate a site that offers any of these vaccines, visit VaccineFinder.org and type in your location.

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



SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...May Birthdays*



Beth Copti, Marilyn Diaz, Anne Schryver, Jo Ann Williams, Paul Hagan, Lenore Crilly Joann Serrato-Chi, Harriett Lyle, Jean Coleman, Birgitta Gerlinger, Donna Mathieson, Luciana Rosenzweig, Linda Wochnik, Marian Woodford, Debbie Sheridan, Joanne Anthony, Carole Axline, Kika Downey, Shirley Hall, Annie Scalzo, Janet Ten Eyck, Jane Thomas, Ray Burley.

* To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required



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.

FAMILY MATTERS

By Marc Garlett



SHOULD YOU (OR YOUR PARENTS) BE IN THE STOCK MARKET NOW?

If you or your parents have a retirement account, (or any investment accounts for that matter) now is a perfect time to get connected to how those accounts are invested. While you may have outsourced all of this to a broker, which is fine, I don't believe you should ever allow your investments to be made without your clear understanding of exactly what you are investing in as well as how and whether your investments align with your plans for the future.

Some brokers and advisors believe this, too. Unfortunately, because it takes more time to ensure you understand your investments, many brokers and advisors would rather keep you in the dark. Now is not the time (or ever, really) for you to be okay with being in the dark about your investments.

Educate Yourself

If you or your parents have a retirement account, and you are not intimately connected to how those assets are being invested, it's time to get more involved.

Log in to your retirement account or pull your last statement and look. Many brokerages select investment funds for their clients' portfolios based on rates of growth. They'll offer investment options based on a few tiers of growth and risk, and very often you have no idea what your assets are actually invested in.

Labels like "slow-growth" or "conservative" or "high-growth" or "income" aren't enough to tell you exactly where your money is invested. So, what you want to do now is look at your statement, which should contain the names of the funds chosen for you, and you can go from there to do your research. Look up each of the funds on sites like Yahoo Finance to see what you are investing in, and whether you understand these companies, believe in their future growth, and want to stay invested there.

Go through this process with your parents, too. The money they have invested in the stock market is part of your overall family wealth. If it's not there to support them through their senior years, that financial responsibility will eventually fall to you. Having these conversations with them now can be difficult, but it's important.

If you have a broker you work with, call them now, and ask to get on a video conference. Then, have them help you review each investment, why it's been chosen, and whether there may be better or other options for you or your parents.

Here's the key: make sure you understand it, and don't hang up the phone until you do. If your broker is using words you don't understand, keep asking questions until you do understand. If you need a referral to an advisor give us a call.

With everything that is happening in the world—and with the volatility of the stock market and our current reality—knowing your options is vital to preserving the full legacy you and your parents have worked hard to build.

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

A local attorney and father, Marc Garlett is on a mission to help parents protect what they love most. His office is located at 55 Auburn Avenue, Sierra Madre, CA 91024. Schedule an appointment to sit down and talk about ensuring a legacy of love and financial security for your family by calling 626.355.4000 or visit www.CaliLaw.com for more information.

OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder



CASUAL IS NOT ALWAYS APPROPRIATE

If confession is good for the soul, I would like to give my soul a little treat.

During this "stay-at-home" phenomenon, the Gracious Mistress of the Par-sonage and Yours Truly, have been enjoying our time alone. We certainly have taken advantage of it.

Not too long ago, my wife came up with something to make our time a little more memorable. She called it, casual pajama time.

After breakfast, we would wear our morning casual pajamas. After lunch, it would be our afternoon casual pajamas. And, after supper, it would be our evening casual pajamas.

I never heard of this before, but I joined in with the fun. I knew what time of the day it was by the pajamas I was wearing at that time. There is al-ways something good in everything.

It was early in the afternoon, and my wife took a nap. It was at that time I remembered something she said earlier that morning. For some reason, she forgot to get milk and eggs at the grocery store yesterday. Thinking about that, I had a thought. You would think of all the times I have had thoughts, I would realize that they never come out with anything good.

However, I thought this would be an opportunity to get one over on her. I would sneak out, go to the grocery store, get some milk and eggs, sneak back into the house and put them in the refrigerator. Then, when she woke up, I would say, "Honey, I thought you said we didn't have milk or eggs?"

That would be something I could live with forever and a day.

Being as quiet as I possibly could, I went out to my vehicle and headed for the grocery store. I was chuckling all the way to the store. I could not wait to pull this one over on her.

I got at the store, parked, and began walking towards the entrance. There seem to be quite a few people in the parking lot, and for some reason, everybody was looking at me and smiling or even laughing.

I thought something was happening making people happy. Maybe I just forgot how happy people really are in real life. I joined them in smiling and laughing.

Going into the store, I walked to where the milk and eggs were, and as I was walking, people stopped, looked at me and some smiled, some pointed a finger, and some even laughed. I thought to myself, what a won-

derful world we live in when people are always happy and laughing.

I even wore one of those masks that my wife made. Someone was looking at me and smiling I said, "My wife made this mask. Doesn't it look wonder-ful?" To which they laughed almost hysterically. I could not keep from laughing either.

Whatever this thing happening in our world today is, at least some people are taking it on the lighter side. It is wonderful when people are not all bent out of shape, sad, and discouraged. I love to see people smile and laugh.

I knew I did not have much time in the store and had to get home before my wife woke up so I could pull this trick on her. Every time I thought of this, I was smiling on both the inside and the outside. I cannot believe I am actually going to get one over on her.

Walking up to the cashier, I noticed people were still smiling and laughing, and some were even pointing at me. I knew it had to be the mask because it was a great mask that my wife had made.

The cashier greeted me with a very hesitant smile and rang up my items, and I was to pay with my credit card. I made conversation with the cashier and then stuck my hand in my pocket to pull out my wallet.

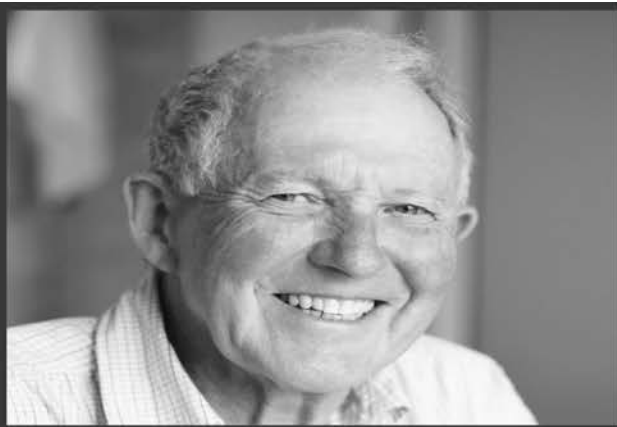
The problem was, I could not find my pocket. This has never happened be-fore because I always know where my pockets in my pants are. I chuckled a little bit and then happened to look down and discovered I was wearing my casual afternoon pajamas. Having no pockets in my pajamas, I had no wallet on me and therefore had no way to pay for those items. At this point, I was not laughing, but the people behind me seemed to be laughing even louder.

I begin to understand why people were smiling and laughing and pointing at me. It was not that they were happy so much as it was I looked ridiculous in my afternoon casual pajamas. I have never worn pajamas out in public before, and I promised myself I would never do it again.

I did not know how to pay for those two items. Trying to figure out what to do, someone came up behind me and told the cashier, "Put his items on my card because the entertainment has been worth it." Everybody behind me was laughing, and I did not know exactly what to do. I looked at the lady and said, "Thank you for this."

"No," she said, "thank you for the entertainment." Driving out of the parking lot, I could not help but think of a verse of Scrip-ture, "And as ye would that men should do to you, do ye also to them like-wise" (Luke 6:31).

Being generous sometimes is a little act of kindness.



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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MOUNTAIN VIEWS NEWS

PUBLISHER/ EDITOR Susan Henderson

PASADENA CITY EDITOR Dean Lee

PRODUCTION

SALES

Patricia Colonello 626-355-2737 626-818-2698

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CONTRIBUTORS

Stuart Tolchin
Audrey Swanson
Mary Lou Caldwell
Kevin McGuire
Chris Leclerc
Bob Eklund
Howard Hays
Paul Carpenter
Kim Clymer-Kelley
Christopher Nyerges
Peter Dills
Rich Johnson
Lori Ann Harris
Rev. James Snyder
Katie Hopkins
Deanne Davis
Despina Arouzman
Jeff Brown
Marc Garlett
Keely Toten
Dan Golden
Rebecca Wright
Hail Hamilton
Joan Schmidt
LaQuetta Shamblee

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Letters to the editor and correspondence should be sent to:

Mountain Views News
80 W. Sierra Madre Bl.
#327
Sierra Madre, Ca.
91024

Phone: 626-355-2737
Fax: 626-609-3285
email:

mtnviewsnews@aol.com

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Mountain Views News Mission Statement

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

Editorial

WHAT GOOD CAN COME FROM THIS?

In the 9 cities and associated unincorporated areas that are covered by the Mountain Views News, COVID19 has made more of an impact than just the loss of employment, closure of local businesses and recreational facilities, social distancing and mask wearing. Since Mid March, the disease has fundamentally changed the way we live. No one could have predicted this situation because, as it has been said over and over again, there has never been an event or disease or threat of disease that has completely shut down the world as we knew it. But despite the stresses of being confined in our homes, our anxiety over how we will sustain ourselves financially, and the inability to express even the most basic of human needs, physically connect to one another, like shaking someone's hand or, my favorite, hugging, there have been many good things that are surfacing. And that is, the commonality of our humanness has come to the forefront. Don't believe it? Well here's the good news:

SIDE EFFECTS THAT AREN'T SO BAD:

1. Social Distancing has made us much more civilized. In the lines at the grocery store the grumpiness, selfishness and impatience appear to have dissipated. No more pushing or cutting the lines. No more urging little old ladies to 'hurry up'.
2. Loving Thy Neighbor – No longer are we ignoring the neighbors that we don't normally interact with. People are reaching out to neighbors to see if they need anything or if you can lend them a hand.
3. We appreciate those who make sacrifices for us. Pre-COVID-19, many of us never gave much thought to the dangers our first responders and especially hospital workers, not just the doctors and nurses, but the PA's, the nursing aides and orderlies, all willing to come to work daily and risk becoming infected with this deadly disease in order to try to save lives. (By the way, most hospital workers are tragically underpaid.)
4. Families are talking to one another. COVID-19 has compelled even the most dysfunctional families to interact. There is no escaping, even for teenagers. Families are learning how to live together, laugh together, cry together and share together.
5. Calling your Mama! Whether it is your Mother, or Dad, or Grandma or Grandpa, brother, sister, cousin, or good friend, we are reaching out to all of those on our "I'll call them later list." Communication with those we love who are not in our immediate household has become of the utmost importance to us, since none of us know what 'tomorrow' may be like.
6. We've learned that we don't need to do all those things that we thought were necessary. We don't have to be in our cars 24/7. Shopoholics have been cured without a 12 step program. As a result, we are learning that we really don't have to dispose of all of our disposable income. (Especially since we don't know how long it will last.)
7. COVID-19 has made us pay attention to the world around us. We are spending more time actually following the virus and its development via the 'news' and other resources. We are eradicating the, "its someone else's problem" because it isn't. It's our problem.....and the more we know about it, the better we will be able to understand what is going on. It's not like watching a hurricane strike the east coast and living on the west coast. The Pandemic has hit everyone, everywhere in one way or another.
8. Inspired our Creativity and Organizational skills. Bringing out our Creative Side – Chefs, Gardeners and Crafters are blooming everywhere. Closets have been rearranged. Garages cleaned out. Honey Do lists eradicated.
9. Play Time is Back. We are learning to Live without our couch potato sports events AND We're adjusting just fine by actually engaging in sports with family members. If you drive down the street on almost any day, you see and or hear families playing catch, basketball, hop scotch, tag, volleyball in their front and back yards. Those are things that you didn't see often just 6 months ago.
10. And, we're re-evaluating our priorities. We're learning, for some, that nothing stays the same. Life has no guarantees. Here today, gone tomorrow is more than a colloquial expression. So let's treasure each moment and live again!



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POSSIBLE WAYS TO REPLACE THE HANDSHAKE by PAT TULSA WORLD 4-28-2020 CAGLE CARTOONS.COM



LEFT/RIGHT/OR IN THE MIDDLE

STUART TOLCHIN

LET'S JUST TRY AND STAY CALM



The main purpose of this article is not to mention problems associated with our present living situation caused by the action, inactions, and outright lies of our Pre---. I'm not even going to mention that Hombre Naranjo (as someone in Southern California you should know enough Spanish to understand to whom I am referring.) If you don't know enough of the language you could usually ask almost any stranger on the street to translate and 2 out of 3 could easily make it clear to you. Of course today, or whenever you get a chance to read this, you probably still won't be walking around talking to strangers because we are all still mainly confined to our own houses and wary of talking to anybody. Why? We all know why! Because of the despicable Corona—I don't want even to mention its name. I'm not even going to talk about it or think about it.

Speaking of thinking, as I wrote last week this past Sunday, April 26th, was my birthday. I happened to check the internet and learned that the Roman Emperor Marcus Aurelius was born on April 26th a mere 832 years before my birth. For those of you unacquainted with this unquestionably illustrious personage he was one of the major Stoic philosophers. As I learned, Stoicism can be summed up by one of

the emperor's most famous quotes:

"You have power over your mind—not outside events

Realize this and you will find strength"

Pretty interesting, don't you think? Please keep it in mind as I intend to come back to it. Another famous quote is:

"Everything we hear is an opinion, not a fact.

Everything we see is perspective, not the truth."

During this time of constant widely distributed presentations of partisan news or what might better be called propaganda or "fake news" maybe it's best to realize than none of it is actually "truth"; it is just mere opinions from different viewpoints.

Right, if none of the alleged "facts" are to be considered as true there is still this unmentionable "opinion" absolutely plaguing all of us with the feeling that we are all going to be killed. Well, Aurelius has left us with another sort of irrefutable quote:

"Death smiles at us all, but all a man can do is smile back"

What's that mean? I guess it's true that each of us is going to die sooner or later and we were aware of that all along. So why get upset about it now? He counsels us to

"Waste no time arguing about what a good man should be. Be One"

Is that really helpful? Just concentrate on being a good man when all of these unforeseen calamities are inflicted upon us. Alright these are "outside events; but they are pretty damn close and are happening all around us. Not only the coronavirus (alright I mentioned it) but the ever increasing climate emergency and the seemingly ruined economy and the fact that we can't even get close enough to hug our children or grandchildren Can one follow his recommendation to maintain control of mind and stay calm no matter what's going on around us. I wondered how able Aurelius was to live up to his own standards. History tells us that at age 58 Aurelius became ill and did not want to infect his son and forbade his son to come and see him and soon thereafter died a victim of the plague that was going around. I don't know how calm he was but I believe he died a good man.

Take care Try and Stay Calm Stay Home and Be Safe and Keep Others Safe

Read the last of Salinger's Nine Stories entitled Teddy which makes these same points in a much more contemporary fashion. Recently I reread the story and it seemed right on.

BEANTOWN
NEW OPERATING HOURS
AS OF MAY 1ST
EVERY DAY
OPENING AT 6AM
CLOSING AT 5:00PM
KITCHEN HOURS 6AM TO 1:00PM
PIC•COLLAGE

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
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#4 SUBSCRIBE TO HOME DELIVERY (See below)

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...jokes, puns, riddles and rhymes.



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Don't be chicken! Some of the words are long, but I sprinkled in letters to help you fit them into the crossword!

personification

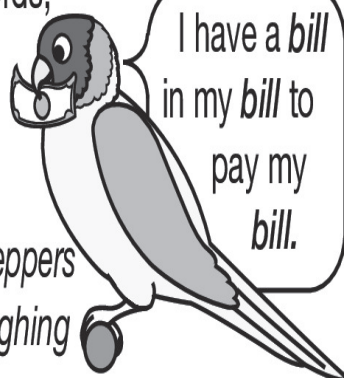
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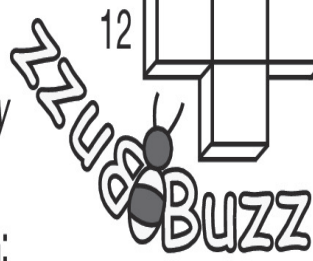
spoonerism

Read the clues to fill in the crossword puzzle with different kinds of word play that we have fun with:

- a _____ word shrinks a word making it easier to say; *airplane = plane*
- word that is spelled the same backwards and forwards; *kayak*
- series of words with the same starting sound; *big bad boy*
- words with the same letters, but moved around; *cat - act*
- words that resemble the sound they are talking about; *whiz, bang*
- set of "opposite" words; *jumbo shrimp, small crowd*
- swapping of letters or syllables in words;
bunny rabbit = runny babbit
- a tongue _____ puts together words that are hard to say in a row;
Peter Piper picked a peck of pickled peppers
- an exaggerated statement; *I died laughing*
- putting two words together to make a new word; *squeeze + crunch = scrunch*
- words that have the same ending sound; *very cherry*
- a humor-filled story or trick; *knock, knock!*
- giving human-like abilities to something non-human;
the wind howled, time marches on
- a word named after a real person; *teddy bear (Theodore Roosevelt)*
- a clever question that needs thought to be answered; *What loses its head each morning, and gets it back in the evening? A pillow!*



I have a bill in my bill to pay my bill.



Match each expression to its meaning:

- man of few words
- man of his word
- get the word
- play on words
- mum is the word
- receive the message
- to use words with more than one meaning in a joke
- to keep quiet, secret
- keeps his promise
- doesn't talk very much





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