



the webb-martin group



Open May 26th 12-4pm
June 1st 1-4pm & June 2nd 12-4pm



501 Woodland Drive, Sierra Madre
Offered at \$1,098,000

Perched atop a grassy knoll in the heart of the famed Sierra Madre Canyon, sits the aptly named "Empire Cottage at the Spring." Exhale deeply at the top of the path as you take in the sights and sounds of this immensely private and personal paradise. Lush landscaping, hand-built stone walls and a quaint bridge greet you at the entrance of this enchanted cottage. The property consists of two separate parcels and offers a myriad of options to enhance or expand this historic oasis.



Experts in Representing
Buyers & Sellers

Congratulations to the
Mount Wilson Trail runners
on their remarkable achievement
and inspiring dedication!

Jan Greteman 626.975.4033
lic #01943630

Judy Webb-Martin 626.688.2273
lic #00541631

Katie Orth 626.688.0418
lic #00942500

COMPASS
webbmartingroup.com

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HONOR OUR SERVICEMEMBERS WITH VFW POST 3208 ON MEMORIAL DAY.

Sierra Madre's VFW 3209 will again have a Memorial Day ceremony May 27th, 2024. The location is Pioneer Cemetery - the time is 11:00 AM and refreshments and sandwiches will be served following the service.

- Dave Loera VFW District 11 Commander

**City of Sierra Madre
PUBLIC HEARING NOTICE**

FROM: THE CITY OF SIERRA MADRE
SUBJECT: PUBLIC HEARING:
FY2024-2025 FEE SCHEDULE

Notice is hereby given that on June 11, 2024, at 5:30 PM, or soon thereafter, the Sierra Madre City Council will conduct a Public Hearing to consider the approval of the User Fee Study prepared by Willdan Financial Services and the adoption of the Fee Schedule for FY 2024-25.

DATE AND TIME OF HEARING

City of Sierra Madre City Council meeting; Tuesday, May 28, 2024 (Hearing begins at 5:30 p.m.)
All interested persons may attend this meeting and the City Council will hear them with respect thereto.

PLACE OF HEARING

This meeting will be conducted at City Council Chambers and will be recorded for live streaming.

Watch the meeting on Channel 3 (Government Access Channel) or live on the City's website at www.cityofsierramadre.com Email public comments to: publiccomment@cityofsierramadre.com by 3:00 PM on the day of the meeting.

SIERRA MADRE COMMUNITY FOUNDATION ANNOUNCES GRANTS

The Sierra Madre Community Foundation recently awarded the following grants to local organizations:

- The Sierra Madre Public Library received a grant to support its annual Summer Science Workshops program. Taught by local teacher Dany Richey, each workshop explores a distinct scientific theme. The program remains a cornerstone of the library's educational offerings, fostering scientific curiosity and engagement within our community.
- The Sierra Madre Community Emergency Response Team received a grant to purchase additional equipment to enhance its communications network in the case of emergencies. Situated throughout the community, this 40-plus network of portable nodes provides essential wireless communications, offering reliable connectivity that can be quickly and efficiently deployed.

"Thanks to the generosity of our residents, we are pleased to provide support to local community organizations and programs," said Vicky Ryan, co-chair of the Sierra Madre Community Foundation.

In addition to soliciting donations to support and enhance the community, the Sierra Madre Community Foundation assists other local community groups in the collection and distribution of their funds that enable ongoing program support and continued operations.

Learn more at sierramadrefoundation.org.

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**Breaking News:
CITY SERVED WITH NEW LAWSUIT REGARDING THE MEADOWS AT BAILEY CANYON PROJECT**

Another lawsuit has been filed over the controversial project at 700 N. Sunnyside, a proposed 42 unit single family home development and a 3 acre public park.

Named as respondents/defendants in this action are the City of Sierra Madre, NUWI-Sierra Madre LLC. and The Congregation of the Passion, Mater Dolorosa Community.

According to the complaint, the primary issue is the city's alleged failure to respond to a public records request by Protect Sierra Madre, a group of local residents concerned about the impact of the project on the community. The group also requested a copy of the projects recently approved Tentative Tract Map..

SMPD CORPORAL LILLIAN SHAW TO TAKE ON ADDITIONAL DUTIES



Shaw, left proudly displays her new Detective Badge as Sergeant Charles Kamchamnan, as SMPD Chief Gus Barrientos and SMPD Captain Henry Amos pose for the picture!

The Sierra Madre Police Department recently announced that veteran SMPD Officer Lillian Shaw has added another title to her resume, Detective.

Shaw, who will continue to work patrol will also be a part of the city's detective bureau, further enhancing SMPD's ability to help keep residents safe.

An announcement circulated earlier this week stated, "We are excited to announce our newest member of the Detective Bureau. Please join us in congratulating Cpl. Lillian Shaw".

Time to sell... and go?

Considering Selling Your Property in 2024?

Your next chapter awaits. *Call us!* We can help.

<p>R</p> <p>Barbara Rogers 626.484.8135 Barbara.Rogers@camoves.com www.Barbara.Rogers.com CRE#01169115</p>		<p>B</p> <p>Eileen Benson 626.278.0187 Eileen.Benson@camoves.com www.EileenBenson.com CRE#01880650</p>	
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CENTURY 21
Village Realty

Serving Sierra Madre since 1980!
Call us today for any Real Estate Questions!



Julie Bencosme
626-202-8502
Lic #01305364



Andy Bencosme
626-921-5621
Lic #01323356

SIERRA MADRE HAPPENINGS

June Faire

Saturday, June 1, 2024
9:30 a.m. - 2:30 p.m.



**FREE
ADMISSION**

\$2,000 Grand Prize Raffle!

Victorian Tea Room ~ Arts & Crafts ~ Book Sale ~ Boutiques
Home Baked Goods ~ Entertainment ~ Strawberries & Ice Cream
Bangers & Buns ~ and Much More!



THE BRITISH HOME IN CALIFORNIA, LTD.

647 Manzanita Ave., Sierra Madre CA. 91024
626-355-7240

License # 191501668

Sierra Madre Civic Club

Calendar of

EVENTS

A Note From Club

SMCC has had an eventful month. The Annual Fundraiser, held at Methodist Church, was an amazing day! Our "Out of this World" theme was just that! With the money raised from this event, as well as all our fundraising efforts throughout the year, we will be giving out our Educational Awards to 5 local seniors at our May 9th meeting. From our Philanthropy committee, we will be donating to a number of local non-profit organizations at the May 28th City Council meeting. **This is what we do!!!** We have a fun time raising money and are very proud to be able to make a difference in these students' lives and for the organizations we donate to.

May 4

Carnival in the Park. Sierra Vista Park from 10am to 4pm. Games, Petting Zoo, Bake Sale, Craft Fair, Plant Sale, Food and more!

May 11

Boot Skootin' Chili Cook-Off. 6pm-9pm at 611 E Sierra Madre Blvd. Tickets are \$40. Buy at sierramadrekiwanis.com

May 4 & 5

Sierra Madre Art Fair. 9:30am-5pm. Over 80 artists displaying their work, entertainment, and food vendors.

May 25

Mount Wilson Trail Race. Starts at 7:30am from Kersting Court.

May 9

Civic Club Membership Meeting. 7pm at Hart Park House. We will be awarding the Educational Awards.

May 28

Civic Club Philanthropy Awards. 5:30pm at the City Council Meeting.



Every activity in which Civic Club participates or creates reflects our shared commitment to promote our community.

To add your organization events, please send an email to smadreevents24@gmail.com



Historic Old Mill Residence Coming to the Marketplace

Coming to the market later in May is this lovely home, one of the original residences built on Old Mill Road in San Marino. Under the personal direction of Henry E. Huntington, Oak Knoll Marino was developed to fulfill his dream of surrounding his famed estate and gardens with "the most beautiful residential park in California."

This classic Colonial Revival built in 1922 has been in the same family for three generations. The park-like grounds, spanning just under 1.4 acres with glorious gardens, has been the site of many parties over the years from family celebrations to society galas. But at its core, this beloved home has provided its owners with many wonderful, happy family memories and is ready for its next chapter.

6 Bedrooms
5 Bathrooms
Main House - 4,393sf
Pool Cabana - 1,019sf
7-Car Garage - 1,660sf

Lot - 1.4 acres
Sprawling Lawns
Swimming Pool & Spa
Tennis Court with Gazebo
Dining Gazebo

Offered at \$6,460,000

Sue Cook REALTOR® | DRE# 02015404
626.253.1323 | suecookrealtor@gmail.com



SUE
COOK

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Wistaria Thrift Shop

550 W. Sierra Madre Blvd., Sierra Madre



Sat., June 1 9a - 1p

Everything MUST Go!

626-355-7739

Shop Closed

**Sun., 6/2 - Wed., 9/4
Donations OK 8 am - 11 am**

Shop Reopens

Thurs 9/5, 10 am



Luther Tsinoglou

626.695.8650
luther@tsinoglou.com
tsinoglou.com
DRE #01135433

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real estate service provider

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SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

Weather Wise



6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi	70s	Lows	50s
Mon:	Sunny	Hi	70s	Lows	50s
Tues:	Sunny	Hi	70s	Lows	50s
Wed:	Sunny	Hi	70s	Lows	50s
Thur:	Sunny	Hi	70s	Lows	50s
Fri:	Sunny	Hi	70s	Lows	50s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

MAY 28, 2024 5:30pm

THIS MEETING WILL BE HELD IN THE COUNCIL CHAMBERS!

As part of the City of Sierra Madre's COVID-19 transparency efforts and The Brown Act provides the public with an opportunity to make public comments at any public meeting. Public comment may also be made by e-mail to PublicComment@Cityof-SierraMadre.com by 3:00 p.m. on the day of the meeting.

Emails will be acknowledged at the Council meeting and filed into public record. The public may also comment in person at the meeting.

The meetings will be streamed live on Foothills Media website at foothillsmidia.org/sierramadre and broadcast on Government Access Channel 3 (Spectrum)..

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.

WALKING SIERRA MADRE - The So-

"It is imperative that the sacrifices made by the fallen not fade into the ether. We believe that a veteran, a person - anyone - has two deaths, once when their breath leaves their body, and the second time is when no one is able to talk about them or say their name. That is why it is important for communities to come out and honor those who paid the ultimate sacrifice. It's really getting the community around remembering those people and making sure that they are never forgotten."
Rachel Charles, Acting Director of the National Memorial Cemetery of Arizona



The Trail Race is probably over by the time you pick up the Mountain Views News and I would not be one bit surprised if the winner came in at a time under an hour. These people get faster every year. I can still see in my mind's eye the pictures of Roger Bannister being the first to run a mile in under four minutes. It was 1954 and his time was 3:57:9. He collapsed as soon as he finished. Our runners now breeze up and down the trail at the speed of light and are ready to head to Lucky Baldwin's for a little hydrating brew. World Athletics, the official body which oversees these records states that the current men's record holder is Hicham El Guerrouj with a time of 3:43:13 for a mile. So I can't wait to see what our Trail Race winner's time is going to be.

It's also Memorial Day weekend and Sierra Madre never fails to salute, commemorate, and remember those who gave all. There have been so many pictures everywhere you look this past week, leading up to Monday, of small flags adorning graves at Veteran's Cemeteries, stretching as far as the eye can see as friends and families of those who rest there gather together to remember. One of the most touching pictures, as far as our family is concerned, is one of our grandchildren, Nicole, Blake and Luke Simon at the Los Angeles National Cemetery, visiting the grave of their grandmother, Margaret Ineson, who was a Navy nurse. They were very small at the time but love was written all over them. Sierra Madre is such a special place to be on Memorial Day. John and I went so many years to Pioneer Cemetery, where he rests now, to participate in the Memorial Day ceremonies and came away every single time glad we had gone.

We visited Arlington Cemetery some years ago. It was an unforgettable experience. We wept the whole time we were there. 639 acres with close to 400,000 people buried there. The picture today speaks for itself.

Somewhere else this week I saw this great statement by Laurie Roberts, USA Today Network: "Before you slap the burgers on the grill, remember Inchon and Heartbreak Ridge and Chosin Reservoir where heroic Marines fought to their last breath against overwhelming odds. Remember Khe Sanh and Hamburger Hill. Remember Ramadi and Fallujah and Kandahar. It's easy to forget the fallen, especially on a day when the sun is shining and we are so blessed with the tremendous good fortune to live in peace."

"Freedom is never more than one generation away from extinction. We don't pass it to our children in the bloodstream. It must be fought for, protected and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children's children what it once was like in the United States where men were free." Ronald Reagan

Just one last thought this week on graduations. Granddaughter, Emily Brown, graduated from 8th grade last Wednesday, leaving the horrors of middle school behind. I can't even count all the graduations we have attended over our lifetime. The standouts are missing our son, John's, high school graduation as we booked ourselves onto a Windjammer Cruise, totally forgetting he was graduating. However, his graduation from college more than punished us as the speaker was Edward James Olmos, it was 1,000 degrees and Olmos spoke for several days. Best ones, Nicole from Point Loma College in San Diego (it was cool), Ashley's from Chino State, Blake and Luke from USC. And there are dozens more. Emily's was delightful. It was brief.

"The road to success is always under construction." Lily Tomlin

"To those of you who are graduating this afternoon with high honors, awards and distinctions, I say, "Well done!" and, as I like to tell the C students: You, too, can be president."

George W. Bush

My book page: Amazon.com: Deanne Davis
Where you'll find the Emma Gainsworth Kindle novelettes,
Along with other goodies like "A Treasure Map, A Drunken Owl
And 47 Rattlers in A Bag" True Tales of Early California

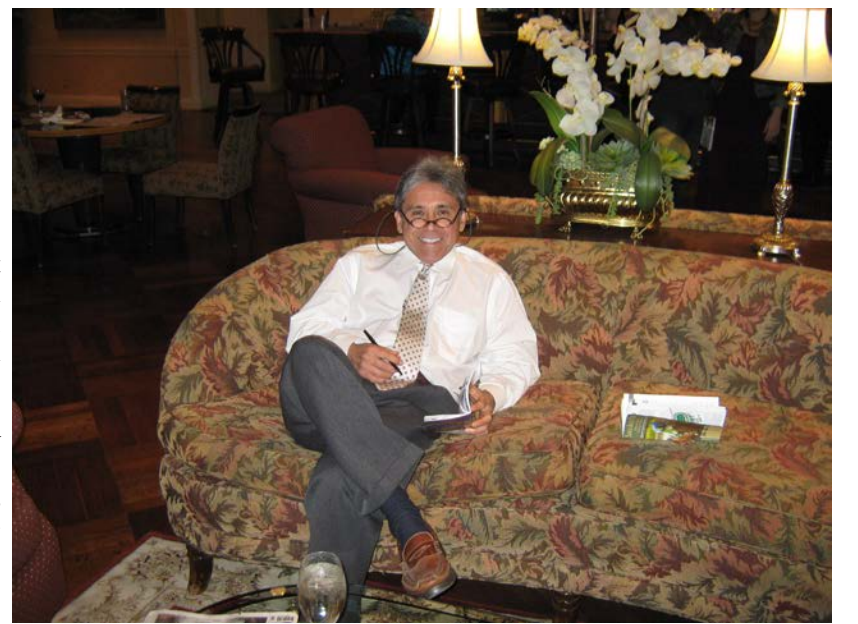
LONG TIME SIERRA MADRE RESIDENT AND RENOWNED CLASSICAL GUITARIST, CRUZ TREVINO, WILL HAVE HIS LUMINOUS CIELO, COMPOSITION PUBLISHED BY THE LEGENDARY MEL BAY PUBLICATIONS THIS COMING SPRINGTIME.

Luminous Cielo, was written and dedicated to Mater Dolorosa Passionist Retreat Center as an inspirational tribute.

Written in the French Impressionistic style, it depicts Christ as a "seabird above you gliding in one place, like Jesus in the sky" as Jackson Browne so aptly says in his song: Rock me on the Water.

"When I read that line some time ago, I needed to put music to it to give it measurably significance", says Trevino. "Already one of my students is playing the piece" and is included in a treatise of encores by famed Argentinean, Classical Guitarist, Nestor Ausqui.

Trevino is a long time Sierra Madre resident and grew up in town in the 60's and has established himself as a teacher, musicologist, and Classical Guitarist, having studied at the Royal Conservatory in Madrid, Spain in 1973. -Scott Irving



Sierra Madre Public
LIBRARY
Read • Discover • Connect

This week at the
Sierra Madre
Public Library

May 27—June 1

Monday

Library Closed for Holiday —No Services

The Summer Reading Program is almost here!

Starting Saturday, June 8 grab a Sierra Madre Super Summer Reading postcard and read all summer long. Redeem your postcard at the Library for prizes. For all ages, there is fun for everyone!

Read, Discover, Connect
@ Sierra Madre Public Library
350 W Sierra Madre Blvd
(626) 355-7186

SCOUTS NEEDED FOR 4TH OF JULY PARADE

The Sierra Madre Events Committee (formerly the 4th of July Committee) in conjunction with the City of Sierra Madre has begun planning for 2024 Sierra Madre 4th of July Celebration. The parade will take place on July 4th.

The Committee is seeking special assistance from local Girl Scouts and Boy Scouts and Scouts in general to assist with this year's 4th of July Parade. This specific request is for any interested Scout who would like to march in the parade July carrying banners for award recipients and dignitaries. Scouts will be required to be in dress uniform and able to carry a banner during the two-mile parade route. The parade begins promptly at 10:00 am sharp with staging activities beginning at 9:00 am. This is an extraordinary opportunity for young leaders to represent themselves and the scouting community while participating in a small-town celebration representing an All American City.

Interested scouts should contact Committee Member Michelle Keith by emailing sponsors@sierramadreevents.org



SIERRA MADRE
UNITED
METHODIST
CHURCH
Sunday worship 9:30 a.m.

**COME JOIN US IN
WORSHIP! ALL ARE
WELCOMED!**

695 W. Sierra Madre Blvd.
Sierra Madre, CA 91024
(626) 355-0629

smumc.net



2024 SIERRA MADRE 4TH OF JULY PARADE REGISTRATION MAY 1 - JUNE 7, 2024

The Sierra Madre 4th of July Parade is an annual tradition that is an integral part of the Sierra Madre community! This hometown parade features community members, organizations, classic cars, marching bands, kids on their decorated bikes and so much more.

Please join us for the 2024 City of Sierra Madre Parade on Thursday, July 4th, from 10:00am - 12:00 pm. The parade route will begin at the corner of Sierra Madre Blvd. and Sunnyside Avenue, and proceed down the boulevard to Sierra Vista Park.

Parade participation is open to all; young, young-at-heart, and everything in between.

Registration will close on Friday, June 7th. For more information on the parade and all of the happenings please visit our NEW website at <https://www.sierramadreevents.org/>

For questions regarding parade registration please contact the 4th of July Parade Chair at parade@sierramadreevents.org or the Community Services Department at 626.355.5278.

Pasadena Altadena



News From Your Community For Your Community

Memorial Day Closures and Reminders

City officials are reminding Pasadena residents and businesses that city hall and many city services and administrative business offices will be closed on Monday in observance of Memorial Day, a national day of remembrance for the brave men and women of the U.S. military who died in the line of duty. Specific closures and exceptions are noted below.

City Council will not meet on Monday. The next council meeting will be held June 3.

The city will have trash collection on Monday. There will be no delay to trash, recycling and yard waste collection; however, bulky item pickups will not be available.

The city's City Service Center (CSC) will be closed on Monday and will reopen at 8 a.m. on Tuesday.

Pasadena Water and Power (PWP) will also be closed. Residents and businesses with any power emergencies should call the Power Emergency Line at (626) 744-4673. For water-related emergencies, call the Water Emergency Line at (626) 744-4138. PWP's regular Customer Call Center will be closed for the holiday, but customers can access their accounts and pay bills online at PWPweb.com or by calling (626) 744-4005.

The city's Municipal Services Payment Center and Parking Office will be closed Monday. All parking meters not posted as a "No Parking" zone will be free and time limits will not be enforced. Violations for overnight parking, red curb parking, "No Parking" zones, and blocking fire hydrants will be enforced. All regular enforcement will resume Tuesday.

The Permit Center will also be closed but will reopen at 8 a.m. on Tuesday. Online permitting services are available 24/7 at CityOfPasadena.net/PermitCenterOnline.

Pasadena Transit bus service and Dial-A-Ride transportation will not operate on Monday. Regular service will resume Tuesday.

All Pasadena Public Libraries will be closed on Sunday and Monday and will reopen at 10 a.m. on Tuesday.

All recreation and community centers operated by the city's Parks, Recreation and Community Services Department will be closed on Monday but all parks will be open for picnics, fun and play. No site reservations are being accepted for the holiday.

Pasadena Police and Fire Departments will continue to be staffed for all patrol, jail, fire, paramedic and other emergency services. For life-threatening emergencies, dial 9-1-1. If you see something, say something; report suspicious activity to the police department at (626) 744-4241.

The City of Pasadena and the Pasadena Veterans Day Committee will honor the sacrifice of our fallen heroes at the Pasadena Memorial Day Commemoration on Monday from 10:30 a.m. to 1:30 p.m. at Memorial Park, 85 E. Holly St. The ceremony is open to the public and will include the acknowledgment of veterans from Pasadena who lost their lives in combat, a missing man formation flyover by the Condor Squadron, and funeral honors performed by the 2nd Battalion, 23rd Marines. For more information visit: cityofpasadena.net/

Major Water Project to Impact Glenarm St.



Pasadena Water and Power (PWP) officials announced Thursday that they will be replacing a 100-year-old water main along Glenarm Street as part of a major water infrastructure upgrade beginning in June. The project will span from Arroyo Parkway to El Molino Avenue along Glenarm Street. When completed, the upgrades will enhance water service reliability for the area they said.

According to PWP staff, to minimize impacts on area residents and businesses, construction efforts will be contained to approximately one block at a time. Occasional, temporary lane closures will happen during work hours. Traffic control signage and flag workers will assist motorists when traffic is temporarily reduced to only one driving lane. Otherwise, at least one driving lane will remain accessible in both directions. Work is scheduled to occur Monday through Friday, 9 a.m. to 4 p.m.

During construction, crews will use a variety of heavy equipment, including excavators, backhoes, loaders, and construction trucks,

which may cause some noise and dust in the area. Traffic signs and delineators will be used to minimize the impact of traffic flow along Glenarm Street. PWP asks residents to please observe and adhere to posted no parking zones, construction signs, and flag workers.

Travel lanes will be reduced during phases of construction. Left/right turns will be restricted at certain intersections. In addition, during certain phases of construction, the 110 Freeway on-ramp and off-ramp at Glenarm Street and Arroyo Parkway, will be closed. To expedite travel and access to the 110 FWY, please detour and use Fair Oaks Avenue, or Orange Grove Boulevard on ramps. To expedite east/west travel, use California Boulevard or Del Mar Boulevard. Pasadena Transit Route 20 will detour and use Raymond Avenue instead of Arroyo Parkway to avoid delays.

Construction will intermittently affect water service. Notices of any water interruptions will be given at least 48 hours in advance, and special efforts will be taken to



keep any other inconveniences to a minimum. For more information, please visit PWP's website, which will be updated regularly as the project progresses, at PWPweb.com or call PWP Water Distribution at (626) 744-4456.

Pasadena Minimum Wage Set to Increase on July 1

The City of Pasadena reminds local employers and employees that the city's minimum wage is set to increase from \$16.93 per hour to \$17.50 per hour for all businesses, regardless of size, on July 1.

On March 14, 2016, the Pasadena City Council adopted its own minimum wage ordinance. Pasadena's minimum wage rules were approved prior to the State of California's action, and the state's minimum wage does not preempt Pasadena's minimum wage ordinance. Pasadena's minimum wage is different from the state's and provides for a steeper increase in the minimum wage. After a series of prescribed annual increases, Pasadena's minimum wage is now adjusted by an amount equal to the change in the consumer price index. The new wage rate will remain in effect until June 30, 2025, when it will again be adjusted.

On April 1, 2024, the minimum wage set by the State for all "national fast-food chain" establishments is \$20.00 per hour. California's fast-food worker's

minimum wage applies to all national fast-food chain establishments within the geographical boundaries of Pasadena and supersedes the local minimum wage rate if the employer meets the definition of "national fast-food chain." For more information about California's minimum wage for fast-food workers please visit the California Department of Industrial Relations at Dir.Ca.Gov/Dlse/Minimum_Wage.htm.

Recognizing the importance of the local minimum wage and particularly its impact on low-wage earners and members of the immigrant community, Planning & Community Development Director Jennifer Paige noted that workers at all levels bring vibrance and vitality to the local economy. Employees can share in Pasadena's prosperity made possible, in large part, by the City Council's vision in requiring payment of a fair and just minimum wage.

For more information on the Pasadena Minimum Wage Ordinance, visit: CityOfPasadena.net/PasadenaMinimumWage

Pasadena ToFR Foundation Gives 2024 Grant Awards



Photo: 2024 Grant Recipient Ronald McDonald House's Executive Director, (left) Mara Leong-Maguinez and (right) Mark Harmsen, President of the Pasadena Tournament of Roses Foundation.

The Pasadena Tournament of Roses Foundation announced Wednesday their 2024 grant awards, totaling nearly \$200,000, to 20 organizations in the San Gabriel Valley. These grants will support new and ongoing programs benefitting children, teens, adults and seniors.

Brief descriptions of the organizations and the programs that will benefit from the grants are available on the Tournament of Roses website: tournamentofroses.com/2024-grant-awards. The grant recipients are: Altadena Rotary Charities -Visual and Performing Arts

Arlington Garden in Pasadena -Education (Early Childhood Learning, STEAM/STEM, Literacy)

Assistance League of Pasadena -Education (Early Childhood Learning, STEAM/STEM, Literacy)

Caltech Y -Education (Early Childhood Learning, STEAM/STEM, Literacy)

Clazzical Notes -Visual and Performing Arts

Free Arts for Abused Children -Visual and Performing Arts

Give Mentor Love Foundation -Sports and Recreation

Light Bringer Project -Visual and Performing Arts

Lineage Dance Company -Visual and Performing Arts

Monrovia Public Library Foundation - Visual and Performing Arts

Mustang Athletic Council -Sports and Recreation

Pasadena Altadena Coalition of Transformative Leaders -Visual and Performing Arts

Pasadena Council of Parents and Teachers Inc. (dba PTA Council of PUSD) -Education (Early Childhood Learning, STEAM/STEM, Literacy)

Pasadena Panthers Inc. -Sports and Recreation

Pasadena Pro Musica -Visual and Performing Arts

Pasadena Southwest Little League -Sports and Recreation

Ronald McDonald House Pasadena -Visual and Performing Arts

San Gabriel Valley Music Theatre -Visual and Performing Arts

San Marino National Little League -Sports and Recreation

Valley - Visual and Performing Arts

Since its inception, the Foundation has funded more than \$5.7 million in charitable contributions on behalf of the Tournament of Roses Association, to invest in people through sustainable programs.

This year, one \$35,000 grant and one \$20,000 grant were awarded, in addition to 18 other community initiatives that received grants of up to \$10,000.

\$35,000 grant - Assistance League of Pasadena, founded in 1936, remains steadfast in its commitment to uplifting the local community. Through Operation School Bell, essential resources like clothing, books and school supplies are provided to students from low-income families in Pasadena. With this grant, the league strengthens its efforts, ensuring every child has the tools to succeed.

\$20,000 grant - Arlington Garden in Pasadena is the only free climate-appropriate, public habitat garden that offers learning, inspiration and enjoyment for all ages in Los Angeles County. Arlington Garden endeavors to engage, educate, and demonstrate how a climate-appropriate garden can be beautiful and practical while incorporating the goals of water conservation and environmental sustainability. The grant will allow for the creation, printing and distribution of a new nature journal highlighting mindfulness, observation, wellness and creative inquiry based on ninth-grade high school standards on ecosystems, watersheds and biodiversity.

The Foundation grants are divided into three categories: Visual and Performing Arts, Sports and Recreation, and Education (Early Childhood Learning, STEAM/STEM, Literacy.) These broad categories allow the Foundation to contribute to our local communities' civic, cultural and educational advancement.

Organizations or individuals interested in contributing or inquiring about the grants process should contact the Foundation by calling (626) 449-4100 or visiting: tournamentofroses.com/foundation.

Native American Olympian to Share Story

Billy Mills, the legendary Olympic gold-medal runner with a come-from-behind victory in the 10,000-meter race at the 1964 Olympic games, will share his story Thursday, June 6, at 2 p.m. via Zoom, presented by the Pasadena Senior Center as part of its Cultural Thursdays series. He also will read excerpts from his new illustrated children's book *Wings of an Eagle: The Gold Medal Dreams of Billy Mills*, co-authored by Donna Janell Bowman and scheduled for release in July.

Beginning with his humble childhood on the Pine Ridge Indian Reservation as a member of South Dakota's Oglala Lakota tribe, Mills persevered through the early loss of his mother and learned from his father and others that the pursuit of a dream heals broken wings.

At the Tokyo Olympic Games in 1964, he won a gold medal in the 10,000-meter run, which, at 6.2 miles, is the longest Olympic track and field foot race. At the time, he set a world record of 28 minutes, 24.4 seconds and remains the only American to ever win a gold medal in that race.

Mills was inducted into the National Track and Field Hall of Fame in 1976 and the U.S. Olympic Hall of Fame in 1984. He received the President's Council on Physical Fitness Lifetime Achievement Award from Barack Obama in 2015.

The event is free to PSC members and only \$5 for nonmembers. To register or for more information, visit: pasadenaseniocenter.org and click on Lectures & Classes, then Cultural Thursdays or call 626-795-4331.

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San Marino Upcoming Events & Programming

Honoring Our Heroes: Memorial Day Service at Lacy Park

A Memorial Day Service will be held on Monday, May 27 at 9 AM in Lacy Park by the War Memorial. Please join us as we pay tribute to the dedication and sacrifices the men and women of our Nation's Armed Forces have made. The ceremony will include recognition of Veterans, special guest speakers, and patriotic music. This event is open to the public.

Memorial Day Closures

In observance of Memorial Day, all City facilities, excluding emergency services, will be closed on Monday, May 27. Regular hours will resume on Tuesday, May 28.

Draft Housing Element Available for Public Review

The seven (7) day public review period of the City's updated 6th cycle of the Housing Element (2021-2029) started on Monday, May 20th and concludes on Monday, May 27th at 8:00 AM. The draft can be found by visiting: www.SanMarinoCA.gov/HousingElement

Important Update to Library Hours: Starting Monday June 3, the Library will close at 8 PM Monday through Thursday.

But don't forget! The Library has resources available online for you 24/7!

Search the full catalog of materials and place holds on items Access e-books and e-audiobooks in English, Chinese, and Spanish

Access databases and newspapers

Coffee & Crammin'

Tuesday-Wednesday, May 28-29 from 3:30 - 8:30 PM, Barth Community Room

Back by popular demand, the Crowell Public Library will be providing a study space exclusively for high school teens preparing for finals. We can't forget brain food, so drinks and study snacks will be offered to attendees. Registration is not required.

Summer Reading Club Kick-Off

Saturday, June 1 from 12 - 3 PM, Crowell Public Library

Celebrate summer at the Library! Register for Summer Reading Club, enjoy special performances, and participate in activities for the whole family! Activities include Fun in the Sun Die Cut Cards, Pipe Cleaner Crowns, String Spinners, Family Summer Vision Boards, and more! Registration is not required.

Feel the Splash of Summer!

The Recreation Division is pleased to bring back the summer aquatics program at the San Marino High School pool! This year's program begins on June 3 and includes Group and Private Swim Lessons, Open Swim, Adult Lap Swim & Water Walking, Water Warrior Aqua-cise, and Splash Ball. View details and the pool schedule here!

Did you know?

The concept of a Grand Marshal for a parade originated in Pasadena in the late 19th century. To streamline coordination of the historic Rose Parade, Tournament of Roses organizers decided to appoint a Grand Marshal who would oversee all the marshals, ensuring orderliness during the parade.

Fast forward, now it's your turn to nominate a Grand Marshal for San Marino's annual 4th of July Parade-Palooza! If you know a community member that is deserving of this distinguished title, nominate them! The deadline to do so is May 31.

Street Sweeping Schedule

In keeping with the City Council's priority of well-maintained infrastructure, the Parks and Public Works Department works with Athens Services to ensure that the City receives comprehensive street sweeping services. Athens has resumed its bi-weekly street sweeping schedule, which will continue through October (November-April sweeping is weekly). Residents can visit the Street Sweeping page on the City's website for more information on their neighborhood street sweeping schedule and the yearly street sweeping calendar.

Meetings

City Council Meeting

Friday, May 31 at 8:30 AM; City Hall Council Chambers and Zoom (Public Access)

Design Review Committee Meeting

Wednesday, June 5 at 6:00 PM; Barth Room and Zoom (Public Access)

NASA's Europa Clipper Makes Flight to Florida



NASA's Europa Clipper, a spacecraft designed to investigate Jupiter's icy moon Europa and its potential to support life, arrived in Florida on Thursday. The spacecraft, assembled at NASA's Jet Propulsion Laboratory in Southern California, landed aboard a United States Air Force C-17 Globemaster III aircraft at the Launch and Landing Facility at NASA's Kennedy Space Center.

The mission aims to gather detailed measurements of the moon's surface, interior, and space environment by performing approximately 50 close flybys, some as low as 16 miles (25 kilometers) from the surface of Europa, which holds a global ocean underneath its ice shell.

"My job for Europa Clipper is to ensure the team meets all the ground and flight requirements to place the spacecraft in the proper orbit to initiate the long journey to Jupiter," said Armando Piloto, Europa Clipper mission manager for NASA's Launch Services Program. "The team is excited that the spacecraft is in Florida for processing. We're pairing Europa Clipper with a fully expendable SpaceX Falcon Heavy rocket to ensure it provides the required performance to explore a destination very far away from Earth."

Teams at Kennedy spent several hours offloading Europa Clipper before transferring it to the Payload Hazardous Servicing Facility, where they will process the spacecraft and perform final checkouts as part of prelaunch preparations.

Europa Clipper joins the spacecraft's two five-panel solar arrays that arrived at Kennedy in March. The arrays, each 46.5 feet (14.2 meters) long, will collect enough sunlight to power the spacecraft on its way to Jupiter's moon. Technicians will install the arrays on the spacecraft before launch.

The spacecraft was designed to withstand the pummeling of radiation from Jupiter and gather the measurements needed to investigate Europa's surface, interior, and space environment.

Europa Clipper has nine dedicated science instruments, including cameras, spectrometers, a magnetometer, and an ice-penetrating radar. These instruments will study Europa's icy shell, the ocean

beneath, and the composition of the gases in the moon's atmosphere and surface geology, and provide insights into the moon's potential habitability. The spacecraft also will carry a thermal instrument to pinpoint locations of warmer ice and any possible eruptions of water vapor. Strong evidence shows the ocean beneath Europa's crust is twice the volume of all the Earth's oceans combined.

The Europa Clipper mission demonstrates NASA's commitment to exploring our solar system and searching for habitability beyond Earth. The data will contribute to our understanding of the Jovian system and will help pave the way for potential future missions to study Europa and other potentially habitable worlds.

Europa Clipper is expected to reach the Jupiter system in April 2030, and it will accomplish a few milestones along the way, including a Mars flyby in February 2025 that will help propel the spacecraft toward Jupiter's moon through a Mars-Earth gravity assist trajectory.

"After two years of painstaking work on the spacecraft here at JPL, with the help of our partners, it was bittersweet to see the spacecraft encased in its shipping container and on its way to Florida," said Jordan Evans, Europa Clipper project manager at JPL. "But we already have Europa Clipper engineers and technicians at Kennedy who are welcoming this precious cargo and are set to accomplish the final assembly and testing so that we're ready for launch."

NASA and SpaceX are targeting launch aboard a Falcon Heavy rocket from Launch Complex 39A at Kennedy later this year. The launch period opens on Oct. 10. After testing and final preparations are complete, the spacecraft will be encapsulated in a protective payload fairing and moved to the SpaceX hangar at the launch complex.

Managed by Caltech in Pasadena, California, JPL leads the development of the Europa Clipper mission in partnership with the Johns Hopkins Applied Physics Laboratory (APL) in Laurel, Maryland, for NASA's Science Mission Directorate in Washington. NASA's Launch Services Program, based at Kennedy, manages the launch service for the Europa Clipper spacecraft.

Pasadena Boys & Girls Club Trivia Night May 31

Join the Boys & Girls Club for Pasadena Loves Trivia Night Friday, May 31, at the Whimsy event space, 40 Edwin mills place, in Old Town Pasadena at 6:00 p.m. Put your knowledge to the test! While competing, enjoy taco meals from Chronic Tacos, a selection of beers from Mt. Lowe Brewing Company, and wine and soft drinks throughout the evening.

Trivia team entries and sponsorships are selling fast, so don't miss out! Prizes will be awarded to the top teams, and all trivia team players and sponsors will receive a commemorative T-shirt. And you'll have opportunities to win raffle prizes.

This event marks our first-ever Community Night, to bring together local professionals and community members to connect, network, and most of all - have fun! Every sponsorship and ticket purchased for Pasadena Loves Trivia Night supports Boys & Girls Club of Pasadena and our unwavering mission to empower local youth through life-changing programming.

For more information or to RSVP visit: bgcpasadena.org.

Landmark Legislative Bills Pass the Assembly Floor

Assemblymember Chris Holden's bills passed the Assembly Floor last week and are heading to the Senate. The legislative package includes: AB 1826 - The Digital Equity in Video Franchising Act of 2024, AB 2330 - Endangered species: incidental intake: wildlife preparedness activities, AB 2193 - Hazing: educational institutions: prohibition and civil liability: reports and resources, and AB 1851 - Drinking water: school sites: lead testing pilot program.

"My focus is on enhancing the lives of Californians through stronger practices of equity, environmental preservation and digital innovation," Holden said. "My colleagues and I have worked with advocates, community groups and coalitions to form a legislative package that truly serve the people of this state."

AB 1826 would make comprehensive changes to state law pertaining to cable operators and state video franchising. The changes imposed by this bill would create a public process at the Public Utilities Commission to change the once streamlined state video franchising renewal process to one that will focus on transparency and accountability. This bill will ensure Californians are included in reviewing the service by cable providers.

AB 2330 would allow local agencies to submit a wildfire preparedness plan to the Department of Fish and

Wildlife for an initial review and to check if an incidental take permit is necessary. This bill would help local agencies have greater certainty to move wildfire preparedness projects, while mitigating the take of endangered, threatened and candidate species incidental to activities conducted by within fire hazard severity zones adjacent to urban areas.

AB 2193 would allow for civil action to be brought against an educational institution for an instance of hazing in which an educational institution failed to take reasonable steps to stop the hazing practice of the organization. The goal of this bill is to increase responsibility and incentivize institutions to bolster their oversight and preventative measures as it relates to hazing in an effort to save students' lives.

AB 1851 would require the Superintendent of Public Instruction to contract with a nonprofit technical assistance organization to sample all potable water system outlets. Although the federal government and state of California have enhanced lead testing standards and processes, the misalignment of lead testing standards for childcare center and K-12 schools leave room for important improvements. This bill would also align lead-in-water removal goals and action levels for childcare centers and select TK-12 school building plumbing installed before 2010.

City, Aquatics Center give Tips to Practice Water Safety



As families plan their visits to the beach and swimming pool this summer, the City of Pasadena and Rose Bowl Aquatics Center (RBAC) remind residents of the importance of practicing water safety.

Drowning impacts people of all ages. According to the Pasadena Public Health Department, there were 31 drowning-caused deaths between 2007-2022 among people living in Pasadena. Among those, almost 26 percent were children under 18 years old and 39% were adults 65 years and older. Thus, supervision and awareness are crucial for any person in the water.

Practicing water safety is key to anticipating and avoiding drowning and water-related injuries. Keep the following tips in mind the next time you visit a pool or open body of water:

- Enroll in swim lessons to learn basic swimming skills
- Follow all rules posted at the pool, beach, or recreational swimming location
- Never swim alone; keep a swim buddy or guardian close by
- Never dive head-first into water less than nine feet deep
- Choose a U.S. Coast Guard approved flotation device instead of water wings or inflatables
- Avoid swimming after consuming alcohol or medications that cause disorientation
- To prevent the spread of waterborne illnesses, avoid swimming if you feel sick or are experiencing diarrhea
- Parents must always supervise their children, even if there are lifeguards on duty
- If a child is missing, always check the water first

If you have a pool at home, install barriers and ensure that gates and ladders are self-closing. Even personal swimming pools can carry waterborne illnesses and require proper maintenance. Disinfection with chlorine or bromine and maintaining pH levels are the first defense against germs that cause swimming-related illnesses like swimmer's ear and skin rashes.

"The goal is to have everyone be prepared, aware, and comfortable in the water so they can continue to enjoy all the benefits that swimming offers," said Koko Panossian, Director of the Parks, Recreation and Community Services Department for the City of Pasadena.

"Protection comes in layers," said Cristina Alvarado, the Director of Programming at RBAC. "Assign a water watcher, be aware water safety policies at camps, and make sure your child learns to swim." She advocates continuous swim lessons throughout the year for building and maintaining safe swimming skills.

Year-round swim lessons are available for all ages through the City of Pasadena and the Rose Bowl Aquatics Center. Financial assistance is available to those who qualify. For more information, visit CityOfPasadena.net and RoseBowlAquatics.org. Stay connected to the City of Pasadena! Visit us online at www.CityOfPasadena.net; follow us on Twitter at [@PasadenaGov](https://twitter.com/PasadenaGov), and Instagram and Facebook at [@CityOfPasadena](https://www.instagram.com/CityOfPasadena); or call the City Service Center Monday through Friday during business hours at (626) 744-7311.

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CITY OF ARCADIA CELEBRATES GROUNDBREAKING FOR ALEXAN AZALEA

On Wednesday, May 22, the City of Arcadia celebrated the groundbreaking of Alexan Azalea, a residential development, with Trammell Crow Residential.

"Arcadia is fondly known as, 'A Community of Homes,' which is evident in the diverse array of housing types and styles available throughout our city," said April Verlatto, mayor of Arcadia. "We are incredibly proud of the housing options offered in Arcadia, and now, through the Alexan Azalea, we can offer more opportunities for people to call Arcadia home."

The Alexan Azalea is a seven-story, multi-family residential building nestled in downtown Arcadia, which will bring 319 brand-new apartments, each meticulously designed to offer best-in-class amenities. With access to affordable housing being so crucial and limited throughout the region, the development team at Trammell Crow Residential recognized this important need and will dedicate 26 units as affordable.

This mixed-use development not only provides high-quality living space, but it will also serve as a dynamic hub where individuals can seamlessly integrate living, working and socializing. As a transit-oriented development, located one block from the Metro station, this project strikes the perfect balance of community connection and modern amenities. Once complete, the Alexan Azalea will feature a pedestrian paseo with connections to the train station and additional amenities in downtown Arcadia, an outdoor plaza between the existing 8-story office tower and the residential building and a café within the 8-story office building. The Alexan Azalea will open its doors to new residents following the completion of construction, expected in 2026. For additional information on projects in Arcadia, visit www.ArcadiaCA.gov/Projects.

About City of Arcadia

Nestled along the rolling foothills of the San Gabriel Mountains and Angeles National Forest, Arcadia is a charming, family-oriented community with a population of just over 57,000. Located only 13 miles east from downtown Los Angeles, regional transportation networks like the Metro L Line connect Arcadia as a premier residential, shopping, and entertainment destination in the San Gabriel Valley. Arcadia is known for its top-rated schools, iconic landmarks, and serene neighborhoods. Arcadia is an award-winning community having been twice named as the Best City in California in which to Raise Kids and the 2017 Most Business Friendly City in Los Angeles County. With the conveniences and amenities of a full-service, mid-size city, Arcadia's "Community of Homes" provides a quality of life that will go Above & Beyond your expectations.

Mayor Verlatto with Trammell Crow Residential's Reece Pettersen, Development Associate Alexan Azalea Groundbreaking Commemorative Plaque



Left: Mayor Verlatto with Trammell Crow Residential's Reece Pettersen, Development Associate. Right: Alexan Azalea Groundbreaking Commemorative Plaque



ARCADIA POLICE BLOTTER

For the period of Sunday, May 12th, through Saturday, May 18th, the Police Department responded to 993 calls for service of which 102 required formal investigations. The following is a summary report of some of the incidents handled by the Department during this period.

Sunday, May 12:

1. At 9:33 p.m., officers responded to a residence in the 500 block of Santa Maria Road regarding the report of an attempted vehicle theft. The victim left her Kia Soul parked on the street around 4:00 p.m. She returned hours later to find that an unknown suspect had shattered the rear passenger side window and disassembled the steering column. A second report was taken on Monday morning with the same circumstances. The victim's vehicle was a Kia Optima left parked overnight in the 1400 block of South Sixth Avenue.

Monday, May 13:

2. At 4:33 p.m., an officer responded to the underground parking lot of The Shops at Santa Anita, 400 South Baldwin Avenue, regarding the report of a vehicle burglary. The victim returned to his car to find the rear driver's side window had been smashed and his gym bag had been stolen. Security footage revealed the male suspect was wearing an Amazon uniform. He fled the scene in a gray Jeep Wrangler.

3. At 6:29 p.m., an officer responded to Arcadia High School, 180 Campus Drive, regarding the report of a theft. The victim left his bike in the bike rack at the location. He returned in the evening to find it had been stolen.

Tuesday, May 14:

4. At 10:11 a.m., an officer was patrolling the area of Huntington Drive and Santa Anita Avenue when he recognized a subject who had an outstanding warrant for her arrest. A consensual search revealed she was in possession of a meth pipe. The 31-year-old female transient was arrested and transported to the Arcadia City Jail for booking.

Wednesday, May 15:

5. At 12:03 a.m., an officer conducted a traffic stop near the area of Duarte Road and First Avenue. The driver was seen driving with no headlights on and falling asleep at the wheel. An investigation revealed the driver had an outstanding warrant for her arrest. The 36-year-old female from Monterey Park was arrested and transported to the Arcadia City Jail for booking.

6. At 10:51 a.m., an officer responded to the 100 block of West Las Tunas Drive regarding the report of a vehicle burglary. An unknown suspect entered the victim's truck by unknown means and stole the victim's keyring, sunglasses, and tools.

7. At 11:28 a.m., officers responded to the 1000 block of Hampton Road regarding the activation of an Arcadia Police Department GPS tracker. Arcadia PD detectives had previously deployed decoy packages containing bait property and tracking devices to combat the increase in package thefts from residential areas. Officers located two suspects walking with the stolen package. Both suspects had outstanding warrants for their arrest. The 22-year-old male from Pasadena and the 44-year-old female from Whittier were arrested and transported to the Arcadia City Jail for booking.

8. At 1:23 p.m., officers responded to a residence in the 00 block of Fano Street regarding the report of a burglary. Unknown suspect(s) forced entry into the home by smashing a balcony sliding glass door. The suspect(s) ransacked the home and stole a wallet containing cash before fleeing the scene.

Thursday, May 16:

9. At 8:38 p.m., officers responded to First Arch, 405 South First Avenue, regarding a burglary report. Surveillance footage revealed three suspects walking inside the business that is under construction. The suspects were described as males wearing baseball caps and face masks.

Friday, May 17:

10. At 12:47 p.m., an officer responded to a residence in the 300 block of East Forest Avenue regarding the report of a burglary. The victims returned home from a four-day trip to find their home ransacked. Unknown suspect(s) forced entry to the home by smashing a glass windowpane on the rear door. The suspect(s) stole foreign currency, a coin collection, and a watch.

Saturday, May 18:

11. At 12:36 p.m., an officer responded to Kyu Ramen and Paris Baguette, 7 Las Tunas Drive, regarding a burglary report. The two adjoining units are currently under construction. Unknown suspect(s) cut a hole in the drywall and stole construction tools and supplies.

DART PROGRAM RESULTS IN DRAMATIC IMPROVEMENT



Aida Torres, City of Duarte Crime Prevention Specialist, has special place in her heart of young people. She has been leading the unique and very successful DART (Duarte Area Resource Team) since 2008. The program was initially developed in 1999 to help prevent youth arrests in the community and focused more on enforcement rather than prevention.

The program now has four focus areas - Mentoring, Community Engagement, Positive Peer Group, Positive Social Activities. The current program serves 45 youth between the ages of 13-19 years old. This year, the group provided over 5500 hours in community service. Over time, recidivism for young people can be 70% - once in the "system" it's very difficult to get out of the "system". Additionally, the annual cost of incarceration is at least \$50,000/year/inmate. So prevention becomes a true cost saving investment. Aida's program's success is, for example, in 2018, there was a 62% drop in youth arrests in Duarte, vs a 41% increase in youth arrests in a nearby neighboring city.

Aida partners with Deputy Art Valenzuela in managing this program. She has been able to obtain \$2,000,000 in funding over the last 10 years to support this program. The Duarte Kiwanis Club is always happy to support Aida's great program. Club President, Frank Figueroa, presented the check. (Above)

If you are interested in joining the Duarte Kiwanis or presenting at a future meeting, please contact Tina Carey at tinac51@aol.com.

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AROUND SAN GABRIEL VALLEY

THE SAN GABRIEL VALLEY MOSQUITO & VECTOR CONTROL DISTRICT (SGVMVCD/DISTRICT) REMINDS RESIDENTS TO TAKE AN IMPORTANT STEP IN PROTECTING THEIR HEALTH THIS HOLIDAY WEEKEND WITH THE RELEASE OF ITS LATEST MOSQUITO JINGLE, "LOS REPELENTES."

"Jump into summer with a new mosquito tune and a reminder of the best way to prevent mosquito bites and mosquito-transmitted diseases," said Communications Director Anaís Medina Diaz. "This new music video highlights how applying repellent is a simple, yet important step in protecting your health this summer."

Set in a mythical town in the San Gabriel Mountains, "Los Repeleentes" follows the story of a community that finds repellent ingredients excellent in repelling mosquitoes, but one resident is reluctant to use them until he soon realizes how dangerous and annoying mosquito bites can be. The resident quickly appreciates the magic of using mosquito repellent after seeing how effective the four repellent ingredients are at protecting members of his community.

While summer is still officially a few weeks away, daytime and nighttime temperatures continue to increase, creating suitable environmental conditions for mosquito populations to thrive. Mosquito control officials urge residents to take this holiday weekend as an opportunity to tip out standing water, toss out unused containers, and protect themselves by using an insect repellent that has an active ingredient recommended by the CDC such as DEET, Picaridin, IR3535, and Oil of Lemon Eucalyptus.

Although West Nile virus persists as the biggest threat to San Gabriel Valley residents,

mosquito control officials are concerned about an increase in travel-related dengue cases due to dengue epidemics around the world. Last fall, the District quickly responded to the first locally acquired Dengue case in California. With the presence of aggressive, daytime biting Aedes mosquitoes in the San Gabriel Valley, the risk of other locally acquired cases remains.

Mosquito control is a shared responsibility. The District urges residents to take an active role in reducing the threat of mosquitoes in their communities.

For more information, residents can contact the San Gabriel Valley Mosquito and Vector Control District at 626-814-9466, online at SGVMosquito.org, or on social media: Facebook, X, and Instagram.

About SGVMVCD

SGVMVCD is one of five vector control districts in Los Angeles County. Year-round, the agency monitors stagnant water sources, such as gutters, storm drains, channels and non-functional swimming pools. The agency also routinely monitors populations of adult mosquitoes using traps and tests groups of adult female mosquitoes for the presence of WNV and other mosquito-borne diseases. In addition, the agency submits samples from dead birds, such as crows, for testing, which can provide insight into the spread of WNV.

CRITICALLY ACCLAIMED PRODUCTION OF "THE FIVE LAST YEARS" CONTINUES RUN AT SIERRA MADRE PLAYHOUSE THROUGH JUNE 16

The Sierra Madre Playhouse (SMP) boasts another huge hit with its production of Jason Robert Brown's musical, The Last Five Years, which continues its run through June 16.

Critics raved about last weekend's sold-out opening performances. Stage Scene LA proclaimed, "WOW! Jayde Mitchell and Jackie Bonsignore and Bryan Mittelstadt and Margaret Berkowitz deliver four breakout star turns." Stage and Cinema decreed, "It practically begs you to see it again."

The distinctive two-person show is a captivating and emotionally charged musical journey that explores the complex dynamics of the relationship of Cathy and Jamie through the lens of time. The characters portray their relationship in a non-linear narrative, with Jamie's story told in chronological order, and Cathy's story told in reverse chronological order.

Because the play is entirely sung, SMP's production features two separate casts due to its vocal demands. Margaret Berkowitz and Jackie Bonsignore trade off as Cathy, and Bryan Mittelstadt and Jayde Mitchell alternate as Jamie.



Set against a backdrop of soaring melodies and heartfelt lyrics, The Last Five Years, directed by Josh Shaw, delves into the highs and lows of love, dreams, and the passage of time.

In addition to the two casts, the production includes two different musical versions, with some shows featuring a live piano and others a six-piece ensemble. Pianist Joshua Foy is the music director. The ensemble also includes Jessica Chen, violin; Alexander Elliott Miller, guitar; Jon Lee Keenan, bass; and cellists Derek Stein and Betsy Rettig.

For tickets (\$12 - \$45), please call 626.355.4318 or visit www.sierramadreplayhouse.org. Sierra Madre Playhouse is located at 87 West Sierra Madre Boulevard, Sierra Madre, CA 91024.

BOOST MILITARY MORALE WITH A T-SHIRT THIS SUMMER

(StatePoint) Often separated from loved ones while training or deployed to remote locations around the world, from South Korea to Germany to bases across the United States, service members and their families make sacrifices every day.

One way that military supporters can demonstrate to service men and women that they have their backs is through the USO T-Shirt Campaign, running through July 4. Now in its 14th year, the annual event encourages the public to show appreciation and honor the military community by wearing the "Official Uniform of the Military Supporter."



USO Global Ambassadors Wilmer Valderrama and Vanessa Lachey show their support.

Campaign organizers say the purpose is to boost the morale of those in uniform by showing them they're never forgotten, while helping connect civilians with the military community. The campaign also raises critical funds for the USO, which focuses on strengthening the well-being of service members and their families. Donations to the USO help support more than 250 centers around the world, a care package delivery program, global entertainment, military spouse and youth programming and more. This year's T-shirt design was chosen by service members and supporters from around the world. To learn more, as well as to donate and receive a shirt to show your support, visit USO.org/tshirt.

As you celebrate summer's patriotic holidays in the months ahead, consider taking meaningful action to positively impact the lives of service members, and demonstrate your support.

RETIRED TEACHERS TO HEAR FROM AARP'S FRAUD FINDERS SPECIALISTS

At their June meeting, members of the California Retired Teachers' Association Div. 171 (CalRTA) will learn about AARP's Fraud Watch Network from the network's Fraud Finders specialists. The agency has a Scam-Tracking Map to help people find and report scams in their area. The Retired Teachers will hear stories about how scams often happen and how to protect themselves from identity theft. Seniors are especially vulnerable. The Fraud Watch Network can be reached at 1-877-908-3360.

The Retired Teachers luncheon meeting will take place on Friday, June 14 at Our Savior Lutheran Church in Fellowship Hall, 512 W. Duarte Rd., Arcadia 91007. The hall is located behind the church sanctuary, and ample parking is available. At 11:00 am, doors open and guests arrive, with the business meeting at 11:30, lunch to follow at 12:00 pm, and at 12:45 pm the Fraud Finders presentation to take place.

A box lunch will be provided by Panera with a choice of sandwiches. Choose one: Deli Turkey, Tuna Salad, or Mediterranean Veggie. Each sandwich is accompanied by potato chips and a chocolate chip cookie. Coffee and water will be provided. Guests are welcome. The cost of the luncheon for members and guests is \$17. Please mail your check payable to CalRTA Div. 171 by Friday, June 7 to John Gera, P.O. Box 1133, Temple City, CA 91780. For information regarding reservations, you may call John Gera at (626) 286-0714.

Membership in the California Retired Teachers' Association is open to all retired educators, as well as to current classroom teachers and to any others interested in joining this active group. For membership information, please call Karen Frey at (562) 693-1495. The motto of CalRTA is "Your Partner in Pension Protection."

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2024 SIERRA MADRE CIVIC CLUB EDUCATIONAL AWARDS RECIPIENTS



Left to right: Avery Kachmarsky (LaSalle College Preparatory High School), Nathaniel Karafilis- Spensley (Polytechnic High School), Shane Vandeveldt (Pasadena High School), Daniella Aogjian (Armenian Mesrobian School), Giulia Bhatia (LaSalle College Preparatory High School)

Sierra Madre Civic Club is pleased to announce the recipients of the 2024 Educational Awards. Civic Club is a nonprofit organization that provides support to the Sierra Madre community with volunteerism and with raising funds for local philanthropic distribution.

Each of these well-deserving graduating high seniors, all of whom reside in Sierra Madre, submitted compelling applications in which they outlined their extraordinary service to the community, shared their varied areas of interest, and wrote about an influential person, place or event that has influenced their lives. Their educational plans and career goals are diverse, unique and extremely impressive.

SCHOOL DIRECTORY

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

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

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

Assumption of the Blessed Virgin Mary School
Ms. Rose Navarro, Principal
2660 East Orange Grove Blvd.
Pasadena, Ca 91107
626-793-2089
https://school.abvmpasadena.org/

Barnhart School
240 W. Colorado Blvd Arcadia, Ca. 91007
(626) 446-5588
Head of School: Tonya Beilstein
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: Jonathon Hawes
website: www.bcsliions.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) 471-8951 website: www.lasallehs.org
Interim Principal Ernest Siy

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) 396-5883 Principal: Mathew Kodama
website: http://pchs.pusd.us

St. Rita Catholic School
322 N. Baldwin Ave. Sierra Madre, Ca. 91024
Principal: Adela Solis (626) 355-6114
solis@st-ritaschool.org
Website: www.st-ritaschool.org

Sierra Madre Elementary School
141 W. Highland Ave, Sierra Madre, Ca. 91024
(626) 355-1428
Principal: Dr. Jodi Marchesso
E-mail address: marchesso.jodi@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.monroviaschools.net

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

Please be patient with me I'm learning

Yearling bears (about 18 months old) are trying to figure out how to live without mom's help. They're often lonely and lack the fully developed survival skills of an adult bear. They're also hungry and inquisitive and will instinctively check out anything that seems as if it might be a source of food.

Like human teenagers, they are at a very impressionable stage of life. If they discover that human places should be avoided, they will learn to support themselves as wild bears. If they find the backyard pickings are easy, they start down a road that is often a dead end. No matter how cute they look and how hungry they are, the best thing you can do to help yearlings grow up wild is to make sure there's nothing around your home to attract them.

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Kids: color stuff in!

Memorial Day Memories!

Read the clues to fill in the puzzles:

People across the nation are:

- playing "Taps" on a _____
- decorating service people's _____ with flags, flowers and wreaths
- raising _____ to full staff at noon
- wearing red _____ in honor of those who died serving our country
- holding a holiday on the last Monday in _____
- sharing stories and _____ of loved ones
- visiting graveyards (Arlington National Cemetery) and _____ like the Vietnam Veterans Memorial
- honoring all who have died fighting for our _____
- thinking about Abraham Lincoln's _____, called the Gettysburg Address, which honored those who "...gave their lives that that nation might live."
- marching in a _____

Kids across the country are:

- listening to _____ at concerts in parks
- covering their ears when _____ boom
- going on _____ with their families
- writing essays or poems about world _____
- dressing in red, white and blue _____

music, picnics, clothes, peace, cannons, poppies, speech, memories, parade, country, bugle, flags, graves, May, memorials, In Loving Memory

THEME: FICTIONAL FATHERS

ACROSS

1. Ice cream treat, pl.
6. Albanian money
9. Desertlike
13. Like Bananas Foster
14. Paleozoic _____
15. O. Henry's specialty
16. Printer brand
17. Always, to a poet
18. Extended family member
19. *"Breaking Bad" father
21. *"The Lion King" father
23. Unit of length of yarn
24. "_____ Me Maybe"
25. *_____ Anderson, he knew best?
28. The Supremes, e.g.
30. Subject matter, pl.
35. Same as ayah
37. Plural of #14 Across
39. Like less processed grain
40. Kind of shark
41. U.S. Airline
43. Short for "and elsewhere"
44. Opposite of digest
46. Flabbergast
47. Like Gulf Stream
48. Most achy
50. Not much (2 words)
52. Reggae's cousin
53. Rapunzel's abundance
55. Maintenance closet staple
57. *_____ Rock of "Everybody Hates Chris"
60. *"Finding Nemo" father
63. Golfer's sun protection
64. Aloha prop
66. Only daughter of Michael Jackson
68. Not active
69. Emergency Medical Services
70. In the cooler (2 words)
71. *Opie's father
72. Egyptian boy king, for short
73. Button on electrical outlet

DOWN

1. Nth degree
2. Not many
3. Turkish money
4. Online troublemaker
5. Mike Brady's children, e.g.
6. Malicious look
7. Before, in the olden days
8. Culture Club 1983 hit "_____ Chameleon"
9. Solo at LaScala
10. Fish eggs, pl.
11. Cuzco valley empire
12. Yellow #5, e.g.
15. Stream of revenue
20. Dog-_____ pages
22. Final, abbr.
24. Medicated shampoo ingredient (2 words)
25. *_____ Evans Sr. of "Good Times"
26. Idealized image
27. "Prepare to meet your _____!"
29. Wraths
31. Exclamation in a stinky room
32. Smidgins
33. *"National Lampoon" father
34. 1965 march site
36. Garden staple
38. Half a ticket
42. Carl Jung's inner self
45. Casual top
49. T, in Greek
51. Lethargy
54. Speck in the ocean
56. Heathrow craft
57. Same as genie
58. Pre-owned
59. Type of parrot
60. Atomizer output
61. Van Gogh's famous flower
62. On Santa's gift list
63. Roman road
65. Down Under runner
67. Group of dishes

CROSSWORD

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63						64	65				66			67
68						69					70			
71						72					73			



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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.



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8	3	6	7	1	4	9	5	2
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Mountain Views-News Saturday, May 25, 2024

CHRISTOPHER Nyerges



[Nyerges is an educator and author. He authored "Extreme Simplicity" which tells his story about attempting to live self-reliantly in the city. More information about his books and classes at www.SchoolofSelf-Reliance.com]

COMMENTARY FROM MEMORIAL DAY 1998 – A TALE ABOUT DEATH

An excerpt from "Til Death Do Us Part?" a book by Christopher Nyerges, available on Kindle, or from www.SchoolofSelf-Reliance.com.

It was Memorial Day 1998, and I had scheduled to conduct a wild food outing at Pasadena's Hahamongna Watershed Park. Since it was Memorial Day, my topic for a short discussion at the end of the outing was "death." Hahamongna Park -- formerly called Oak Grove Park -- is the site of one of the Gabrielino Indian villages along the Arroyo Seco

It was a cool and overcast day as participants for the wild food outing gathered in the parking area of the park. Among the half-dozen participants who showed up for the outing was Martin Kruse, a bearded, burly bear of a man who looked like he'd be more at home in the 19th century. He introduced himself and told me that he'd long wanted to meet me. Martin and I chatted as the other outing participants listened, and he told me about his work with archery and primitive bow-making.

We walked down in the flat area of the large expanse of the park, where the wet mud had hardened, capturing countless animal tracks. Martin told us how to differentiate between coyote and dog tracks. He'd obviously done a lot of tracking during his time hunting with a bow.

I later learned from Martin's father that this was a favorite place of Martin's when he was much younger. He'd come here and spend a week or two and study nature and tracks and practice with his bow.

After walking throughout the flat area, I led the way back to the oak trees where I would share my lesson. Within seconds, someone in the rear called out. Martin had fallen. I first thought it was a joke, and ran to him. It was no joke. His face already looked purple. The man who had been walking with him said he'd not tripped -- he just fell. I tried to rouse him, but it was quickly obvious that he was "out."

Several of us moved Martin into what we assumed would be a more comfortable position, and that wasn't easy! Martin was a big guy. And then -- since I was the only one who knew the area -- I ran to a phone to call 911. This was before the days of ubiquitous cell phones. Within 10 minutes, before I even got back to the group and Martin's flat body -- paramedics from the City of Pasadena were on the scene, attempting to revive him. They all worked like a highly-coordinated team, speaking among themselves only briefly and in terms we didn't understand. They were what we call a "well-oiled machine." They carried him into the ambulance and took him away.

I could tell that the remainder of the outing participants were in varying degrees of shock. It had all been like a dream, and now Martin was gone. We discussed the merits and pitfalls of the modern medical system, and whether there was more we could have done to help Martin. We discussed whether we thought Martin would revive or not.

So there we stood in the cool afternoon breeze, contemplating death in the most sobering manner possible. I explained to everyone my death lesson -- which hardly seemed appropriate now. I didn't talk everyone through the intended exercise -- I just explained a process that I'd done many times on Memorial Day.

Write a list of all those close people in your life. Then, close your eyes, and imagine getting a phone call telling you that they have just died. For most people, there are tears and a feeling of regret that they never told that person something. You write down all those things you wanted to say to that person. Then, since these folks are still alive, you then go and call them or write them or see them in person and tell them. This is a very profound exercise, and in many ways can be called "healing."

Each person commented how "coincidental" it was that the lecture topic that I'd chosen for the day, and listed on the schedule, was "Death." We kept reflecting on Martin. At that moment, none of us knew yet that Martin would not recover, that he had in fact died, and that he died in a place he loved. Nor had we known that Martin had a heart pacer, and an artery to his heart that was narrow. We were aware that he'd had surgery -- probably to the heart -- because we opened his shirt and saw the scar.

A German woman who'd been on the outing, Walti, told me that we should not feel sad.

"It was quick," she told me later. "What better place to die." I could not help but agree with her. Martin's death was apparently sudden, and his last memory would have been looking at the willows and the rushing stream and the cloudy sky and the sand flats of the Hahamongna Watershed Park. In his final moments, he was surrounded with friends that he'd only met that day, trail compadres who shared a common love of the outdoors, all brought together at this time and this place to witness his passing.

CLASSES AND BOOKS

BY CHRISTOPHER NYERGES

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Katnip News!



**CELIE
FEMALE
CALICO
BORN
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12/13/23**



Celie

In mid-December, we pulled this stunning calico off the SEACA kill list, where she landed after being struck by a car. The incident left her with a crushed pelvis, road rash, and extensive degloving injuries (areas of missing skin and fur) throughout her hind quarters and tail. To say that this young lady was in a world of hurt would have been an understatement.

After 3 weeks in the hospital and an additional 4 weeks of crate rest, this resilient baby is very nearly as good as new. Due to the manner in which her pelvis healed, she does have an ever so slightly odd gait, but that doesn't keep her from running and playing and climbing onto your lap. (It does, however, preclude her from jumping onto your kitchen counters, which for many may be a feature and not a bug.)

If ever there was a cat who just wanted to sit in a lap and be loved, it is this sweet girl. THIS CAT IS AN ABSOLUTE LOVE. Despite all the trauma she has endured, she wants nothing more than to lie on her back and soak up all the belly rubs and chin scratches we can deliver.

Celie is vaccinated, microchipped, FIV/FeLV negative, and spayed, and would prefer to be an only cat. She is really a great cat. Her foster mom says, "She actually IS okay with other cats with a proper introduction, but she would also be happy to be an only cat. Really loving and desperate for belly rubs. Able to jump on a bed no problem. I don't expect she'll ever be jumping onto counters, which for many is a bonus."

Does this sound like the right cat for you? If so, please fill out an application and come meet her today, <https://www.lifelineforpets.org/celie.html>. Like her name-sake from The Color Purple, she is tough as nails and resilient as hell but has a heart of gold that only wants to love.

Pet of the Week

Arcadian is a big guy with an equally big heart. He's an 80 pound lap-dog in the shape of a Shepherd mix.

Arcadian has been out with the Pasadena Humane Mobile Outreach team and they have nothing but wonderful things to say about him. He's super friendly, easy to train and walks right next to you on a walk. He's very quick to make friends with everyone who he meets.

He will often place a gentle paw on your lap to prod you to give him some pets, then replace that with his head, then the rest of his body if you allow it. He just wants to be close to you!

Arcadian also appears to be friendly with dogs- he has met a few at the shelter and seems to want to play with them. He might be a great buddy for another large dog.

If you're ready for all the love you can handle, you might be ready for Arcadian! The adoption fee for dogs is \$150. All dog adoptions include spay or neuter, microchip, and age-appropriate vaccines.

Walk-in adoptions are available every day from 2:00 – 5:00. For those who prefer, adoption appointments are available daily from 10:30 – 1:30, and can be scheduled online. View photos of adoptable pets at pasadenahumane.org.

New adopters will receive a complimentary health-and-wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information about how to care for your pet.

Pets may not be available for adoption and cannot be held for potential adopters by phone calls or email.



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TAIL TOWN CATS THROWS FREE, FAMILY- FRIENDLY SUMMER CARNIVAL OF CATS ON JUNE 1

Cat Café, the largest nonprofit cat café in Southern California, has announced its inaugural Summer Carnival of Cats – a free Open House and Feline Faire on Saturday, June 1 from 11am - 4pm.

As Tail Town's official grand reopening as a nonprofit, the event offers feline fans an opportunity to play, party and purr with 30-40 free roaming rescue cats that live onsite. For those 21+, a paid afterparty event will allow ticketed guests to chill with the cats in the lounge from 6 - 8pm.

During the day Tail Town will open its adoption lounge for guests (ages 6 and up) for a free visit to meet the adoptable rescue cats and play shortened versions of Tail Town's quirky weekly events. Guests can gain insight into Tail Town Cats' work with cat and kitten adoption, cat socialization and feline education, as well as see the new breed of cat café that throws out the old and

allows direct, playful interaction for humans and felines.

At Tail Town's Feline Faire, guests can have fortunes read, play carnival-style games and enjoy refreshments. A newly launched membership program will debut as well as an assortment of Tail Town branded merchandise to wear, gift, attach and display with catty pride.

"To celebrate Tail Town's nonprofit status we're opening our doors during the day to allow the community to visit our lounge for free and get a glimpse at the amazing and loving work we do with cats," said Gwendolyn Mathers, acting executive director of Tail Town Cats. "And for those that are interested, the Summer Carnival of Cats and Feline Faire will provide opportunities to help us raise funds and support our mission of housing rescue cats from shelters and the streets, and ultimately helping them all find loving homes."

Visitors can get a taste of Tail Town's monthly activities with mini-games played on the hour, all surrounded (and disrupted) by a sea of resident cats. Games include Lightning Kitty Bingo, Cat Trivia and Cat Cornhole;

one session of Tail Town's tiny Meow-N-Paint will be held where guests can paint their own cat portrait. Children can play Sift & Search, finding prizes in a giant (and pristine) sandbox. Space is limited in the lounge area, and games are expected to fill fast.

For those wishing to cool down with the Tail Town cats after the festivities, a paid 21+ afterparty event will run from 6 - 8pm that allows ticketed guests to chill and enjoy the relaxing vibes. Attendees can sip cat-themed beer and hard seltzer provided by Brouwerij West and snack on refreshments from Tiny Tiki, the plant-based Polynesian pop-up. Space is limited, and Tail Town recommends securing afterparty tickets quickly at <https://www.tailtowncats.com/events>.

Friends of Tail Town are providing generous support with goods, refreshments, services, funds and miscellaneous goodwill; they include Glendale's Off the Leash, The Tarot Nerd, Liquid Death and the Respira Coffee Cart as well as Brouwerij West and Tiny Tiki.

According to Mathers community support is seen as will be a substantial

source of funding to help in Tail Town's growth, and proceeds from lounge visits, events and space rental helps Tail Town operate and find homes for more kitties. With Tail Town functioning as a nonprofit, all one-time or recurring donations (including lounge and event visits) that are made through www.tailtowncats.com are tax-deductible to the fullest extent of the law. Wishlist gifts are also included.

Tail Town Cat Café and Adoption Center is located at 1780 E. Washington Blvd in Pasadena, CA and is open on Fridays, Saturdays and Sundays from 11am to 5pm (with the last entry each day at 4pm).

ABOUT TAIL TOWN CATS

Tail Town Cats works to prevent cruelty to animals and provide education to the public on animal welfare. The 503(c)(3) registered nonprofit public charity helps in offering aid in rescuing cats from situations of abuse, abandonment, neglect, harm or

**FREE ENTRY
AGES 6+**

**SUMMER CARNIVAL
OF CATS**

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Free Animal Doctor



FATHER'S DAY IS CLOSE ALEXANDER'S STEAK HOUSE IS A SAFE BET

...thought I'd spend a few weeks with fork and knife in hand leading up to the Big Day.

When I first stepped foot in Pasadena in the early 1970's there were just a handful of restaurants, and fewer steakhouses. If memory serves, there was the Western, Steer and Stein, Monty's, and of course Sizzler on Arroyo Parkway (yes, some considered that a steakhouse). Fast forward to 2024 and my, how times has changed! I sometimes think that Pasadena is the new Mecca for the beloved Cow!! There's not enough space in this article to name all the steakhouses, but some are better than others. I often wonder, as I am

sure you do, is the meat coming from the same source, what is the best 2%, and if it's so special how come it's everyone's claim to fame? Grass Fed? Corn fed? Bone in? Boneless? For me, the way to go is dry aged. One of the best steaks I ever made at home was from a supermarket 50% off section.

So, what is the best steak house in Pasadena? Well, it might not be a "traditional" steakhouse that serves clam chowder or gives you a breadbasket! Alexander's Steakhouse makes its home at the old McCormick and Schmicks location on North Los Robles - it has the same floor plan (picture a 60's James Bond Movie Geisha set with a Nuevo Art deco feel). Getting to the meat of the matter, a steak can run as much three digits, but before you think I've lost my touch with the everyday working class, I've said time and time again if you enjoy a meal it's worth it. Alexander's is a special occasion restaurant, but I am not just talking anniversaries or birthdays; I am talking about life. You deserve to give it a try.

The menu is divided into six sections starting with "For the table" (appetizers) and ending with Steaks - quite straightforward, I would say. I posted a few pictures on Facebook and a few comments there suggested Japanese Fusion. I've never been to Japan, but if that helps describe the menu let's use that term. Daughter Lauren and I loved the restaurant from start to finish. We started off with Hamachi Shots and dry aged tatakai (explaining the ingredients and the menu descriptions would just be confusing, so just enjoy the ride like we did). Next up was a four-piece Shrimp cocktail - yes, jumbo! I think the hit of the night was the Market Beet salad with feta. I am coming back just for this salad; it was that good. For you seafood lovers, the Branzino is quite flavorful and cooked to perfection. However, we are land lovers and that what makes Alexander's stand high above the crowd. I have seen Wagyu steaks on menus at LA restaurants that are US-raised, but at Alexander's they have the real deal. All Wagyu is imported from Japan except for the Imperial Wagyu; Japanese Wagyu is graded A5 - ask your server for the definition. Whether it's chicken, pork, or steak I think the bone gives you the most tenderness, and the 18 oz. T-bone steak is a winner. Grilled in their open kitchen, it was so good I see-sawed about whether to finish it or take it home. My decision came easily since we also tried a variety of pre-main-course suggestions. The sides are traditional in name only; we had the blue lake green beans. The restaurant has a full bar with extensive wine list and is only open for dinner. If you are a foodie, steak lover, or just want a special night out, I gave it two thumbs up. Pricey? You bet.

Alexander's offers valet or underground parking. 111 N. Los Robles Ave. Pasadena (626) 486-1111

THE TASTING ROOM

BBQ WINE FOR THIS WEEKEND!

I'm Gustavo Lira, Tasting Room Manager and Wine Buyer at The Bottle Shop in Sierra Madre with another wine and spirits selection.

Thinking of grilling this Memorial Day weekend? I have got the perfect red wine for you!

Tenuta La Pergola Monferrato Rosso 2021



is a real crowd pleaser that will go with anything you grill or bbq this weekend. It's a small winery located in the town of Cisterna d'Asti. Alessandra Bodda oversees the estate her great-grandfather founded in 1903. It's a family affair as her son Emanuele, and daughter, Martina assist her in the operation of the winery.

Kermit Lynch - who has as much influence on how we Americans drink French and Italian wines as anyone - stumbled across this winery when he was eating in a roadside trattoria and quaffing a delicious wine at the table. This led him to ask Tenuta La Pergola to make a red wine at a reasonable price that tasted as if you paid a whole lot more. The 2009 vintage was the first "Monferrato Rosso - Selected by Kermit Lynch" and the 2021 vintage continues the fine tradition of producing excellent wine at a very reasonable price. Kermit says the wines from La Pergola remind him of the Piedmontese wines of old: simple, affordable, and totally satisfying!

The wine is a blend of 50% Barbera, 18% Dolcetto, 17.5% Bonarda, 11% Freisa, and 3.5% Croatina. It's so deliciously tasty that you might call this a porch pounder - a wine you can drink quickly because it's so good. Think of blueberries, cranberries, and strawberries. Notes of earth and spice, along with smooth tannins and nice brightness on the lovely finish.

Get a few bottles for this weekend. It goes well with grilled meats, chicken, sausage, pizza, pasta, heck just about anything! Thank you, Kermit, for finding this little gem of a wine!

This wine is available at The Bottle Shop for \$13.99. Mention you saw the wine in the Mountain Views News and get it for \$12.99!

Coming up at The Tasting Room - 5/30 & 5/31 Rosés for Summer (and for people who don't like Rosés) Reservations are recommended, walk-ins welcome based upon availability. Scan the QRCode to sign up for our newsletter with more details.

Until next time - Salud!



IN THE KITCHEN

Our Favorite Recipe of the week

EASY - GROWN UP HOMEMADE STRAWBERRY ICE CREAM

INGREDIENTS

- 1 pound strawberries, hulled and halved (about 3 cups), plus 8 ounces more, coarsely chopped
- 1 tablespoon fresh lemon juice
- ½ teaspoon kosher salt
- 1 cup low-fat milk
- 1 cup heavy cream
- ¾ cup sugar, plus ½ cup more for macerating
- ½ cup light corn syrup
- ¼ cup vodka or silver tequila

DIRECTIONS

In a blender, puree halved strawberries with lemon juice and salt. Strain through a fine-mesh sieve. (You should have 1 1/2 cups of puree; reserve any excess for another use.)

Combine milk, cream, 2/3 cup sugar, and corn syrup in a medium saucepan. Bring to a boil, then reduce heat to low and simmer 2 minutes. Strain mixture into a bowl set in an ice bath and let stand, stirring occasionally, until cold, about 5 minutes. Stir in strawberry puree. Refrigerate, covered, at least 2 hours and up to overnight.

Stir together remaining 1/2 cup sugar and vodka. Add chopped strawberries and macerate at room temperature at least 2 hours, or in the refrigerator, covered, up to 12 hours.

Process puree mixture in an ice cream maker according to manufacturer's instructions. When it has the texture of soft serve, drain macerated berries (reserving syrup for another use) and fold into ice cream. Transfer to a loaf pan and freeze, wrapped in plastic, at least 4 hours and up to 1 week. Let stand at room temperature 10 minutes before serving.

Originally appeared: Martha Stewart Living, June 2018

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ALL THINGS

By Jeff Brown

SOME OF THOSE THAT RETURN

When a B-29 bomber dropped an atomic bomb on Hiroshima 75 years ago this month, my father, then 20, was waiting on a troop ship in the Philippines for the order to invade Japan. The bomb, he always said, probably saved his life.



The soldiers of his 86th Infantry Division, who'd already fought their way from France to Germany, had been told that 70 percent of the US. invasion force might die as Japanese fighters fiercely defended their homeland. In the war stories he told me, my dad made it clear he was proud of his service, but that he had seen terrible things and that he had killed many Nazi soldiers with his mortar. Only toward the end of his life did he speak of any feelings of guilt.

Of the 90 airmen involved in the bombing missions to Hiroshima and Nagasaki, just one, Maj. Claude Eatherly, ever expressed any regrets. Plagued by nightmares and shame, Eatherly sought psychiatric treatment and later became a peace activist, The New York Times reports. The morality of war is a slippery subject, especially to those who do the killing; in recent years, psychologists have coined the term "moral injury" for a special kind of trauma they're seeing in veterans of Iraq and Afghanistan. Unlike PTSD, moral injury doesn't arise from fearful experiences, but from killing itself. Violating that fundamental taboo can leave soldiers haunted, and questioning whether they're still good people. Eatherly clearly suffered from moral injury, and so, in a less public way, did my dad.

In his final months, left vulnerable by illness brought on by years of drinking, he confessed to me that he felt his suffering - and the cruel, untimely deaths of many family members over the years - was a punishment for what he'd done in the war. "I killed a lot of people, Bill," he said, quietly. I assured him that he was just a 20-year-old doing his duty amid terrible circumstances. He thanked me, but in his eyes I could see clouds of doubt.

William Falk Editor-at-Large "The Week"

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HOW TO FIND RELIABLE HEALTH INFORMATION ONLINE

Dear Savvy Senior:

How can I tell if the health info on a website is trustworthy? I usually do a Google search on a symptom, drug or health condition when I want to research something, but with so much information out there I'm not sure what I can trust.
Skeptical Sal

Dear Sal:

You're wise to be skeptical! There's an overwhelming amount of health advice on the internet today and it can be hard to tell what's credible. To help you sort through the online clutter and locate reliable, trustworthy health information, here are a few tips to follow, along with some top-rated sites you can turn to with confidence.

Savvy Searching

First, know that Google or Bing is not always the best place to start a search. You'll increase your odds of finding reliable health information if you begin with websites run by government agencies (identified by URLs ending in .gov), medical associations (often .org) or academic institutions (.edu).

Commercial websites (usually ending in .com), such as drug or insurance companies who may be trying to sell you their products, are usually not the most trustworthy options. To find out who's sponsoring a site and where the information came from, click on the "About Us" tab on the site's home page.

Also note that good health and medical information changes all the time so check the date that information was published to make sure it's current.

Some other areas you need be wary of include online symptom checkers and artificial intelligence (AI) tools. While symptom checkers do offer potential diagnoses that could fit your set of symptoms, they are often inaccurate, and tend to err on the side of caution says Ateev Mehrotra, MD, professor of health care policy at Harvard Medical School. AI tools, like ChatGPT, can also be wrong or generate false but scientific sounding information.

You also need to be cautious about using medical information from social media, online forums or YouTube. Comments in these places may sound authoritative even if the authors have no medical training or expertise.

Top Health Sites

While there are many excellent websites that provide reliable health and medical information, one of the best all-purpose sites that's recommended by Consumer Reports for researching symptoms and conditions is MedlinePlus (medlineplus.gov).

A service of the National Library of Medicine, the world's largest medical library, and part of the National Institutes of Health, MedlinePlus provides high-quality, trustworthy health and wellness information that's easy to understand and free of advertising.

Here are a few additional websites, recommended by the Medical Library Association and others, to help you find reliable information on specific diseases, conditions and treatments.

Cancer: National Cancer Institute (cancer.gov), American Cancer Society (cancer.org) and National Comprehensive Cancer Network (nccn.org).

Heart disease: American Heart Association (americanheart.org), National Heart, Lung and Blood Institute (nhlbi.nih.gov).

Diabetes: American Diabetes Association (diabetes.org).

Alzheimer's disease: Alzheimer's Association (alz.org) and Alzheimers.gov.

Public health and vaccines: Center for Disease Control and Prevention (cdc.gov).

Alternative medicine: National Center for Complementary and Integrative Health (nccih.nih.gov) and the National Institutes of Health's Office of Dietary Supplements (ods.od.nih.gov).

Any research you do online before seeing a doctor, be sure to save or print your findings out on paper, including the site you got your information from, so you can review it together.

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

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, Luciana Rosenzweig, Linda Wochnik, Marian Woodford, Debbie Sheridan, Joanne Anthony, Carole Axline, Kika Downey, Shirley Hall, Janet Ten Eyck, Jane Thomas, Ray Burley, Bridget Flanagan, Donna Mathisen, Vicky Ryan,

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

Chair Yoga
Every Monday and Wednesday
Hart Park House 10-10:45 am

Please join us for some gentle stretching, yoga, balance exercise and overall relaxation with Paul. Classes are ongoing and held in in the Hart Park House Senior Center.
Call 626-355-5278 for more information

Hula and Polynesian Dance

Beginner
Every Tuesday
10:00am-11:00am

Intermediate
Every Friday
10:00am-11:00am

Bring your lei, flower skirt and your desire to dance! Join in on the fun in the Memorial Park Covered Pavilion on Thursday and the Hart Park House on Friday.
Call 626-355-5278 for more information.

SENIOR EXCURSION

SENIOR EXCURSION TO SOLVANG - JUNE 4, 2024

The Community Services Department is accepting registrations for a trip to Solvang on Tuesday, June 4, 2024 from 8:30 a.m. to 6:00 p.m. Spend a day in the beautiful Danish community located just north of Santa Barbara. With ample shopping, fine dining and amazing bakeries, there's something for everyone in the family.

Transportation leaves from the Hart Park House Senior Center, 222 W. Sierra Madre Blvd., Sierra Madre, CA 91024.

Date: Tuesday, June 4, 2024 Time: 8:30 a.m. - 6:00 p.m. Cost: \$28.00 per person
Registration Deadline: Monday, June 3, 2024

Registration can be done in person at the Hart Park House Senior Center, or online at www.cityofsierramadre.com/onlineregistration. For more information, please call the Community Services Department at (626) 355-5278.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

MY ONLY EXERCISE IS JUMPING TO CONCLUSIONS

Over the past few weeks (or was it months?) I've been recovering from some health issues. They were not that serious, just annoying. I spent one day in the hospital and the rest of the time in bed, which is not the kind of vacation I want.

During all that time, I've not had much time to exercise. I asked about it when I was at the Doctor's for my last examination. I said, "Doctor, what should I do about exercising? I haven't been able to do much of that during my sickness." Looking at me rather grimly, he said, "If I were you I would exercise daily." Smiling at the doctor, I said, "Thank You, I appreciate that."

The Gracious Mistress of the Parsonage drove me to the Doctor's appointment and was now driving me back to the house. While driving, she looked at me and said, "Well, do you think you're going to start exercising now? What are you going to do first?"

I just looked at her and laughed. "What are you laughing about?" She said. "Did you hear what the doctor said? He said he would exercise daily for me." Looking at me with her eyes rolling in her head, she said, "This is why I have to come with you when you go to the doctors. You never hear what the doctor says. That is not what he said." "You heard it as well as I did," I said, "he said, 'If I were you, I would exercise daily.'"

Still rolling her eyes, she said, "That is not what I heard him say." I was still chuckling, and then she said, "I think you have some loose marbles rolling around in your head." Smiling at her, I said, "Thank you, my dear, for recognizing that I have some activity in my head." I glanced in her direction and noticed she wasn't laughing at all, but her eyes were still rolling.

I must say that jumping to conclusions is a great way to exercise. And it solves a lot of problems.

I had one exercise project that I wanted to do. I wanted to run to the store and get an Apple Fritter and run back. Now the problem with that is, my energy is not up to the place where I can run that far. And, sneaking out of the house at this time would not work for me at all.

I have been jumping to conclusions for as long as I can remember. That is because I don't let people say everything on their mind. If I think I know what they're saying, I jump immediately to what turns out to be the wrong conclusion.

When I was a young kid at home, my father would often say to me, "Son, do you want a spanking?"

At the time, I never knew if it was a rhetorical question or if he was giving me a choice. That is the only time I can remember that I didn't jump to some conclusion.

If I look at my life, I can blame a lot of my problems on my habit of jumping to conclusions. If only I would just let people say everything on their mind and wait until they're done to make some kind of a decision.

I remember many years ago when I met the young lady who is now The Gracious Mistress of the Parsonage. We were riding along in a van with some of the other young people at the Bible school we were going to.

Just before we got back to the dormitory, she said to me quietly, "Wouldn't it be nice to be married?"

I did not know what she was talking about because I was too naive then, so I jumped to the conclusion and said, "That would be wonderful."

I was the last in the Bible school to know I had become engaged. I jumped to a conclusion I had no understanding about.

Under the circumstances, that was probably the best conclusion I ever reached. It just took me a long time to understand what it meant.

I jump to conclusions because I think I know what that person is talking about. I wouldn't get into so much trouble if I weren't so smart.

A dumb person would usually say, "What do you mean?" And then wait for the explanation.

A smart person would think he knows what that person is talking about and jumps to conclusions.

I come from Pennsylvania, and the Pennsylvania Dutch have a saying that goes like this: "Throw Papa down the stairs..." There's a pause, and after the pause, they finish it by saying, "His hat." If you don't listen to the whole sentence, you're liable to throw Papa down the stairs. But if you listen to the entire sentence, you will throw his hat down the stairs.

There are times when I don't listen to the entire sentence.

In my Bible reading, I discovered a verse dealing with this.

Proverbs 25:8-9, "Go not forth hastily to strive, lest thou know not what to do in the end thereof, when thy neighbour hath put thee to shame. Debate thy cause with thy neighbour himself; and discover not a secret to another."

I get into trouble when I respond "hastily" to what I hear. I need to slow down and listen to the whole sentence, not just what I want to hear.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025

e-mail: jamesnyder51@gmail.com,
website: www.jamesnyderministries.com

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PUBLISHER/ EDITOR
Susan Henderson

PASADENA CITY EDITOR
Dean Lee

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

WEBMASTER
John Avery

DISTRIBUTION
Peter Lamendola

CONTRIBUTORS
Michele Kidd
Stuart Tolchin
Harvey Hyde
Audrey Swanson
Meghan Malooley
Mary Lou Caldwell
Kevin McGuire
Chris Leclerc
Dinah Chong Watkins
Howard Hays
Paul Carpenter
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LaQuetta Shamblee

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Mountain Views News
80 W. Sierra Madre Bl.
#327
Sierra Madre, Ca.
91024
Phone: 626-355-2737
Fax: 626-609-3285
email:
mtnews@aol.com



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STUART TOLCHIN PUT THE LIGHTS ON BACK IN THE SADDLE AGAIN



Well, almost. A young lawyer friend asked me to consult with him on a Wrongful Death case he was defending. Frankly, I was flattered to think that someone thought I actually had something to contribute so I said, "Sure. Glad to do it". Consequently, last week he personally gave me many pages of the motions he had filed and later e-mailed me more pages. With my wife's help I managed to download everything and then print it and spent more than a few hours reading everything.

This week there were eight motions to be heard and I read them with interest. Over the last year it has become difficult for me to focus sufficiently to read anything of much length; but this was different. It was like reading a detective novel wherein I could really talk to the principals. My friend's client had already been in custody for almost four years without any allegation that she intended to cause anyone any harm. She was charged under a kind of strict liability statute with supplying illegal drugs to someone who allegedly died after taking drugs she had allegedly supplied.

From my point of view, these types of statutes should be passed and applied to people who provide weapons to people rather than to people who are simply involved in what is most often used for simple recreational activity. Well, that's today's America. Drugs are bad but guns are fine. I hope you agree that this seems crazy. Anyway, on Monday my wife drove me to a restaurant where I was to meet my friend at 7: AM.

Accordingly, on Monday I got ready to meet my friend at 7 and then he his passenger as we drove downtown to Federal Court. For the first time in years, I put on Lawyer clothes struggling with suspenders, tying a tie, and putting on actual acceptable hard shoes for the first time in years.

Concurrent with my various medical problems my legs and ankles have swollen but with significant effort I stuffed my feet into the shoes and timely met my friend. My friend drove me to downtown Los Angeles where his case was being heard in Federal Court and I found the area absolutely unrecognizable. In the years since my retirement the area has completely changed. Huge buildings, such as the Federal Court Building, now exist that were never there before. First let me tell you about my difficulties in just being admitted into the Federal Courthouse.

Much like taking a flight, it was necessary to take off my shoes. Taking them off and putting them back on was difficult enough but I had to go through the process a second time because I had forgotten to remove my watch—who knew?

The Court proceedings themselves were remarkable. Eight separate motions had been filed including motions questioning the Constitutionality of the Statutes. There were now three added Defendants and the Court's time had been mainly concerned with scheduling as the various lawyers had already scheduled European vacations and such.

Meanwhile my friend's client, who has already been identified as "autistic," kept grabbing the microphone trying to talk directly to the Judge and explain that she was being prevented from starting her own family. The Judge explained to her that she was not allowed to speak, and her concerns had to be presented by her lawyer. She then grabbed the microphone and told the Judge that she did not really want a lawyer. The Judge assured her that my friend was a wonderful lawyer which brought an appreciative look from my friend's wife who was seated next to me in the audience.

Well, my friend and the other lawyers lost all their motions; but it was explained to me that this was expected. The process was about educating the Judge as to what was involved. It was quite a day and I believe I contributed some insights. I was glad to be involved on the periphery; but, really, was extremely glad that I was retired. I realized that it was much less stressful to just talk about the case and make contributions rather than having the responsibility to do much more.

Being old really ain't so bad. Who needs drugs?

MICHAEL REAGAN



We can argue forever about left-right politics and why the country is going to ruin. But it is Memorial Day weekend.

Let's forget the endless political warfare being waged in Washington, D.C.

It's time to honor and mourn all the American military men and women who died while serving in the United States armed forces. They are the ones whose sacrifices made it possible for us to debate and bicker so freely. They are the heroes who fought in the battles that allow us to be the great country we are today.

And it is on this weekend that we really need to remember them and thank them for paying the ultimate price to keep us free.

I know many heroic war stories. As I wrote recently, I learned them on any given Saturday morning while sitting in the right-front seat of a station wagon as my father drove me to his Malibu ranch.

My father never forgot our fallen military heroes and he knew how to honor them with beautiful words and powerful deeds.

Forty years ago he was the first president to go to the coast of Normandy to commemorate the Americans who landed on the beaches of France in 1944 on D-Day and helped "to free a continent."

In his speech to World War II veterans on June 6, 1984, he called "the boys of Pointe du Hoc" who so bravely "took the cliffs" from the Germans "champions" and said they knew why they were fighting.

"You all knew that some things are worth dying for," he said.

"One's country is worth dying for, and democracy is worth dying for, because it's the most deeply honorable form of government ever devised by man. All of you loved liberty. All of you were willing to fight tyranny ..."

It's fitting that "champions" from all our wars will be honored this weekend at the Ronald Reagan Presidential Library in Simi Valley.

But you don't have to be a president to pay your respects to the Americans who fought and died in World War II or in Korea, Vietnam, Iraq or Afghanistan.

You can do what my son Cameron does every year - make this weekend a history lesson for your family.

Take your kids to a cemetery on Memorial Day. Look at gravesites flying American flags. Explain who the soldiers and sailors were and where they fought and died.

Do some research on Google and find the story of a local Medal of Honor recipient from "the Greatest Generation" and tell your kids of his bravery.

And don't forget those sons and daughters who died in Iraq or Afghanistan.

Even if you disagree 100 percent with the war they were sent overseas by politicians to fight in, it was their call to duty and they took the oath.

People always ask me what they can do year-round to honor the current generation of men and women in uniform.

I tell them that if you walk into a restaurant and see a member of the military, buy them lunch or dinner and say "thank you."

When I'm flying, because I fly in business first class, if I see a military guy get on the plane, many times I stand up and say, "Hey, thank you. You sit here and give me your ticket."

As my father taught me, and as my son teaches his kids, it's really not that hard to honor or thank America's champions.

RICH JOHNSON NOW THAT'S RICH EXCUSES. EXCUSES. EXCUSES



Excuses help separate us from the rest of the animal kingdom. The animal kingdom, on the other hand, does not, to my knowledge, ever engage in the use

of excuses. For example, to date, my two cats, Gizmo and Mabel have never offered up an excuse, let alone an apology for shredding the arms of our sofa with their rapier sharp claws.

Gizmo and Mabel, after committing a treasonous offense saunter up, rub against my arm, start purring and all is forgiven. We can't purr so we need a alternative set of excuses.

Good excuses prevent hurt feelings or further conflicts. Or so says Andrew Frothingham and Tripp Evans, authors of "Creative Excuses for Every Occasion".

Be thankful you're not famous. Famous people who got caught in stupid excuses often carry that reputation for the rest of their lives. Here are a few examples.

Winona Ryder. In 2001 Ms. Ryder was arrested for stealing \$\$\$ worth of clothes at Saks Fifth Avenue in Los Angeles. She told the judge she was getting in character for a role as a kleptomaniac. She wanted to know what it felt like. She found out.

Singer Iggy Azalea unexpectedly cancelled a major concert tour in 2015 blaming it on having a "creative change of heart" and growing tired of her own music.

The mayor of Toronto, Canada, Rob Ford when asked under oath if he smoked crack cocaine admitted he did. But it wasn't his fault as he was in one of his drunken stupors when he used the illegal substance.

Stephen King decided to stop publishing books in 1999. "I've killed enough of the world's trees" said Mr. King. Fortunately for fans, he resumed killing trees a few years later.

In my quest to minimize conflict in the lives of my readers, I would like to, with the help of Frothingham and Evans, help us all build an arsenal of brilliant and useable excuses.

So here are some hopefully more creative excuses. Occasionally pets are to blame. In fact, this is my second attempt at this column as my dog ate the first draft of this article.

Circumstance: Arriving Late to Work
Lame excuse: "My car wouldn't start. My watch stopped."
Creative excuse: "Coming after rush hour traffic is the environmental thing to do. Better gas mileage."

Circumstance: Getting Fired
Lame excuse: "My boss was stealing my ideas and I caught him at it."
Creative excuse: "They

were all threatened by my competence and honesty."

Circumstance: I'm Unable to Attend an Event
Creative excuse: "I never go out when Mercury is retrograde." (Mercury retrograde hits August 4)

Circumstance: You're Late to an Event
Creative excuse: "My "inner child" was dawdling."
Creative excuse: "My car was stolen, used in a robbery and impounded."

Circumstance: Declining or Breaking a Date
Creative excuse: "I'd have to get permission from my psychiatrist first."

Circumstance: Not Getting Married
Creative excuse: "The words "I do", sound too much like 'doo-doo'."
Puppy Excuse: "Our dogs don't get along".

Circumstance: Speeding
Creative excuse: "I feel safer when I'm out in front of traffic."
Creative excuse: "I had to escape the Klingons."

Circumstance: Not Returning a Phone Call
Creative excuse: "I'm expecting a call from the terrorists holding my brother hostage."

Circumstance: Leaving the Toilet Seat Up
Creative excuse: "In my native land, we don't have toilet seats. We just squat."
Puppy Excuse: "When you gotta go, you gotta go."

Circumstance: Not Voting
Creative excuse: "If I vote, they'll have my name and call me for jury duty."

Circumstance: Not Paying a Bill
Creative excuse: "Who am I? I must have amnesia."

Circumstance: On Being Bald
Creative excuse: "I'm not bald. My head is covered with a customized solar panel."

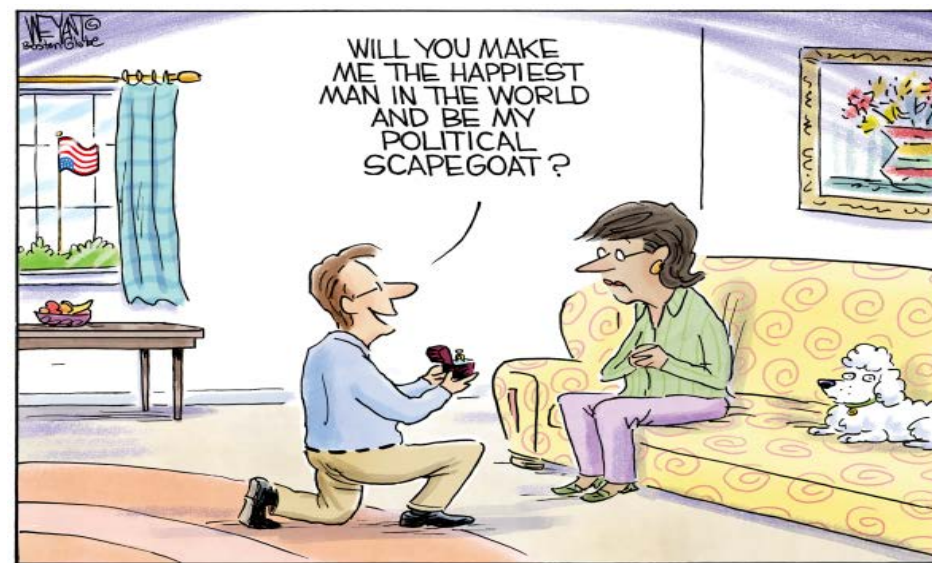
Circumstance: Cheating on Taxes
Creative excuse: "The government can't have my money. They spend hundreds for one hammer."

Circumstance: Stealing
Creative excuse: "This isn't for me. It's for the poor. I'm Robin Hood."

Circumstance: Not Inviting Someone to a Party
Creative excuse: "If he came to the party, who would we talk about?"

I recommend doing a google search for the difference between an excuse and a reason. The differences may seem subtle but if you put your thinking cap on, you will ultimately discover the advantages to be driven by reasons rather than excuses.

I leave it to your keen minds. Thanks for reading.





Mountain Views-News Saturday, May 25, 2024

LA SALLE COLLEGE PREPARATORY CLAIMS DIVISION 5 BOYS TENNIS TITLE:



Coach Shares Insights on Team's Success

La Salle College Preparatory's boys' tennis team has emerged victorious, clinching the Division 5 boys tennis title in a thrilling season finale. Behind this triumph stands not just a group of talented athletes, but a coach whose dedication, strategy, and keen understanding of team dynamics propelled his players to glory.

Coach Javier Djeu, with 15 years of coaching experience under his belt, led the team to their long-awaited victory. Reflecting on the journey, Coach emphasized the importance of building a cohesive unit over several seasons. "We've been working towards this goal for the past three seasons," he shared, highlighting the continuity and commitment within the team.

A pivotal moment in their success came from finding the perfect doubles partnerships. Coach stressed that it's not merely about pairing two skilled players together but rather about finding individuals whose playing styles complement each other and who share a strong social-emotional connection on the court. "It's more than just slapping two good players together," Coach remarked. "It's about finding two players whose chemistry matches up well."

When asked about the criteria for selecting these partnerships, Coach explained that it's often an intuitive process honed through years of observation. "I make a living staring at people," he joked, underscoring the importance of his experience in reading players' dynamics. Identifying the right combinations requires a keen eye for nuances in playing style and interpersonal dynamics.

The Division 5 boys tennis title isn't just a testament to La Salle College Preparatory's athletic prowess; it's a testament to the power of teamwork, strategy, and leadership. Under Coach Javier Djeu's guidance, the team has not only claimed a championship but has also forged bonds that will last a lifetime.

As the celebration ensues and the trophy gleams in the trophy case, one thing is certain: the legacy of this victory will endure, inspiring future generations of tennis players at La Salle College Preparatory.

ROAD TO THE CHAMPIONSHIP:

Del Rey League Champions		10-0 record
Round of 16	Paloma Valley HS	16-2
Quarterfinals	Carpinteria HS	14-4
Semi-Finals	South Hills HS	18-0
Championship Match	Hemet HS	12-6

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What is that stabbing pain in the bottom of your foot? It came out of nowhere and burns like crazy. It's not easy to do much of anything with that kind of pain and it can last a long time. There's a good chance you may have plantar fasciitis, a painful but easily treated condition if you take care of it right away.

Just what is plantar fasciitis anyway? There's a thick band of tissue that runs across the bottom of your foot and connects your heel bone to your toes. It's called the plantar fascia. Plantar fasciitis is an inflammation of that tissue. When that happens it causes a good deal of pain in the heel.

There are many causes of plantar fasciitis, most commonly seen between the ages of 40 and 60. All from excessive strain or stress to the fascia. Overuse doing activities that put a lot of stress on the heel and attached tissue, such as running, dancing, or standing for long periods. The structure of your foot has a lot to do with it as well. Flat feet, high arches, or an abnormal walking pattern can affect the way weight is distributed when you're standing and can put added stress on the plantar fascia. Extra body weight increases the pressure on your plantar fascia too.

If you're not sure you may be experiencing the condition there are 3 telltale signs: One, a stabbing pain in the bottom of the foot near the heel. The pain is usually worst with the first few steps after awakening, but it can also be triggered by long periods of standing or when rising from sitting. Two, stiffness and tightness in the heel area. And three, pain usually goes away with activity but might return after extended periods of standing or following exercise. If you're not sure, it's best to get a diagnosis from a physician first because other conditions can also produce similar symptoms such as fractures and heel spurs. But once you have it, treat it, and get rid of it, you'll quickly know what it is should it return.

If you don't want surgery, (and I'm sure you don't) don't let it go untreated. It will only get worse. Severe cases lead to partially cutting the plantar fascia to relieve tension. Or lengthening one of the calf muscles to increase ankle motion and decrease stress on the plantar fascia.

Treatment is simple. It focuses on relieving pain and inflammation. First avoid activities that put stress on the fascia. Apply ice to reduce the inflammation. Ibuprofen can help too. If you suspect the condition is from the foot type you have or lack of arch support custom made orthotics may be the answer. But my favorite is easy. Simply stretch. After you've done any walking or fitness activities stretch. The best stretch is to stand on a step with only the front half of your foot. Then allow the back half to sink down and relax, until your heel is below the step level. Doing that stretch with your legs straight and then again with your legs bent at the knee should take care of it within a week or so. But you have to do it every day and not let up once you start feeling better.

It that doesn't work for you another really good option is to wear a night splint. These sell on Amazon for about \$17-\$40. Doesn't matter which one, as long as it holds your foot in a flexed position it will help. Put the brace on your foot when you go to bed and take it off in the morning. Works wonders.

If you don't treat it and repeatedly rip it over and over again, you're going to be in more severe and debilitating pain over time. Microtears occur which weaken the fascia making it prone for further injury and chronic inflammation. Not allowing it to completely heal also leads to the buildup of more scar tissue which is less flexible and more painful than healthy tissue. Then you could even wind up with a bigger problem like bone spurs.

Of course the best form of treatment is to prevent it from happening in the first place. That means replace shoes often making sure they have good arch support and cushion. Avoid walking barefoot on hard surfaces and stretch often, especially after walks or exercising.

The good news is that most people recover from plantar fasciitis within a few weeks. For persistent cases it may take longer. But maintaining good foot care and proper conditioning, through regular stretching and wearing good shoes, will help prevent it from coming back.

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National
Sidewalk CPR Week

Saturday June 1st, 2024
9:00am - 11:00am
Kersting Court

Members of the Sierra Madre Fire Department and Code 3 Life will be out in Kersting Court ready to teach you the basics of CPR in less than 1 minute. Stop by, say hi, and learn a life saving skill!

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Here's What's Going On Around Town!

Brought to you by Sue Cook

<p>May 3 Cinco De Mayo Mercado at the San Gabriel Mission Playhouse Shop artwork from local artisans and enjoy music, food, a beer garden and more. 5:30 pm - 9:30 pm</p>	<p>May 2 - July 4 Tournament House and Wrigley Gardens Tours Free summer tours of the historic Wrigley Mansion and Gardens. Reservations are required. 2 pm - 4 pm</p>
<p>May 4 Cinco De Mayo at the Rose Bowl This family-friendly event celebrates Pasadena's rich Latino culture and traditions.</p>	<p>May 4 - 5 57th Annual Sierra Madre Art Fair Held in Memorial Park, the art fair features over 80 fine artists and children's crafts, live music and food vendors.</p>
<p>May 5 Museums of the Arroyo Day Join this free celebration at five area museums for a day of family explorations, and discoveries. 12pm - 4pm</p>	<p>May 4, 5, 11, 12, 18, 19, Renaissance Pleasure Faire 2024 Embark on a rollicking romp through Elizabethan England. Enjoy games, demonstrations, food and more.</p>
<p>May 5 Old Pasadena Walking Tour North The tour begins at Memorial Park, proceeds through historic alley ways. 10 am</p>	<p>May 6, 13, 20, 27 Music in the Rose Garden at The Huntington Immerse yourself in the serene beauty of the rose garden and enjoy enchanting classical music. 1 pm - 3 pm</p>
<p>May 5 Poppies on Meadowbrook Lane - Altadena Guild The tour features beautiful homes and gardens, vendors, music, classic cars, a café, and more. 10 - 4</p>	<p>May 11, 12 Adult Night Hike: The Language of Flowers Explore the historical gardens of the Arboretum Discover the secret meanings of the foliage. 7:30 pm - 9 pm</p>
<p>May 5 Monrovia Historic Home Tour Explore Monrovia's rich architectural heritage. Tour homes in Monrovia's first historic district. 10 am - 4 pm</p>	<p>May 12 - June 9 "Misalliance" at A Noise Within Set in Edwardian England, George Bernard Shaw's comedy offers a clash of class, gender, and generation.</p>
<p>May 11 Cruel World Music Festival at Brookside at the Rose Bowl Headliner Duran Duran, and performances by Blondie, Simple Minds, Adam Ant and many more.</p>	<p>May 16 - 19 Monrovia Days Community Festival The city's birthday celebration includes a parade, youth performances, beer garden, carnival, food, and games.</p>
<p>May 11 Family Night Hike: The Birds & Bees at the Arboretum Learn about botanic biology and the love affair between plants and their pollinators. 5:30 pm - 7 pm</p>	<p>May 24, 25 Mount Wilson Trail Race Weekend activities include a pre-race pasta. Race begins at Kersting Court at 7:30 am. Kids Fun Run at 7:45 am Enjoy pizza, a marketplace, and a beer garden.</p>
<p>May 16 Sip of History: Tiki 101 at The Huntington Explore the history of libations and fantasies of faraway lands in this hands-on mixology class. 4 pm - 7:30 pm</p>	<p>May 25 - 27 Fiesta Days in La Cañada Flintridge Enjoy a variety of activities including car shows, live music, family films and fireworks.</p>
<p>Ongoing Events</p> <p>Now - May 19 The 59th Pasadena Showcase House of Design Tour the Potter Daniels Manor. Event includes shopping, culinary offerings, and garden tours.</p>	<p>May 28 - June 23 Jelly's Last Jam at The Pasadena Playhouse Follows the "inventor of jazz" Jelly Roll Morton as his journey takes him from New Orleans to New York.</p>

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IT'S BACK!
Saturday, June 22, 4pm

Chicken and Ravioli Dinner

(Vegetarian and Vegan options available)

In Mt. Wilson Park next to the museums at 167 East Mira Monte, Sierra Madre

\$35.00 per person for meat and vegetarian/\$30.00 per person for vegan

Tickets on sale until June 14 at Eventbrite

NO TICKETS WILL BE SOLD AT THE DOOR

<https://www.eventbrite.com/e/smhps-chicken-and-ravioli-dinner-tickets-900826415057?aff=oddtcreator>

Tickets are limited!
Museums will be open that day - With musical entertainment

-This is SMHPS' only fundraiser this year for Lizzie's Trail Inn and Richardson House -

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Info.at.SMHPS@gmail.org

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