

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, JUNE 22, 2024

VOLUME 18 NO. 25



the webb-martin group

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SIERRA MADRE NEWS BRIEFS

STARBUCKS NEIGHBORHOOD GRANT PROGRAM HELPS THE SIERRA MADRE TRAILS

This week the Starbucks Foundation has made a \$1,000 donation to help maintain the Mount Wilson Trail and the Bailey Canyon Trail in Sierra Madre.

The grant came about because local Starbucks employees advocated for the award. In Sierra Madre the Trail Maintenance fund is called the Fletcher Fund (named after a committed trail hiker) and the fund is managed by the Sierra Madre Community Foundation. All donations to the fund are tax deductible.

The staff at the Sierra Madre Starbucks came together, applied and lobbied for the award. The money will be used to purchase tools and supplies to maintain the trails and keep them safe for the public. All the trail maintenance work is done by volunteers who are grateful to the Starbucks staff for the support.

SIERRA MADRE CERT GENERAL MEETING Thursday, June 27 at 7:00 p.m. Park House in Memorial Park

CERT Members and the Public are invited to our regular Sierra Madre CERT General Meeting. This month, Robert Gjerde, Sierra Madre CERT Project Manager will present an overview of the CERT Incident Command System, which is the management of an operation working in the system used by all emergency responders. CERT members will review what they learned in their Basic Training class, while members of the public will be able to understand the "how and why" of the management system.

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GAS-POWERED LEAF BLOWERS BANNED

Only electric-powered leaf blowers are permitted. Effective September 1, 2024

SMWC 8.40.010

THE CITY OF SIERRA MADRE Planning & Community Preservation

A BUSY SATURDAY FOR SIERRA MADRE SENIORS



First there was the Community Yard Sale sponsored by the Sierra Madre Senior Community Commission (left).

Special recognition was bestowed upon outgoing commissioners Pat Holland-standing- and Anita Thompson - far left. Photo courtesy City of Sierra Madre.

Then, Kensington Senior Living sponsored a Symposium on Aging. "THANK YOU to our sponsors, partners, and everyone who stopped by our Community Symposium on Aging at Memorial Park last Saturday!

Together, we're building a stronger, more connected community!"

Photos courtesy Kensington/Walt Mancini.



Under Contract!

535 Auburn Ave., Sierra Madre
\$1,298,000

Barbara Rogers
626.484.8135
Barbara.Rogers@camoves.com
www.Barbara.Rogers.com
CRE#01169115



Eileen Benson
626.278.0187
Eileen.Benson@camoves.com
www.EileenBenson.com
CRE#01806650



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CENTURY 21

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FOR LEASE

SIERRA MADRE \$2,850 / MO
2 Beds, 1 Bath, 700sf, Back House



FOR SALE

BALDWIN HILLS \$1,349,000
3 Beds, 2 Bath, 1,752sf, Home



FOR SALE

ARCADIA \$2,388,000
4 Unit Apartment Bldg

SIERRA MADRE HAPPENINGS

Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> Move to a cooler area Loosen clothing Sip cool water Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> Move person to a cooler area Loosen clothing and remove extra layers Cool with water or ice
<p>Dizziness</p> <p>Thirst</p> <p>Heavy Sweating</p> <p>Nausea</p> <p>Weakness</p>	<p>Confusion</p> <p>Dizziness</p> <p>Becomes Unconscious</p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p> <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

SUMMER CONCERTS ARE BACK!

We kick off on Saturday, June 8th through Sunday, August 11th from 6:00 – 8:00 p.m. in the Memorial Park Band Shell. And the best part? Summer concerts are free!

Family picnic dinner specials are available for purchase at Sierra Madre Pizza Company, Corfu, Village Pizza, and The Only Place In Town. So bring your picnic dinner, your lawn chairs, dancing shoes, and your best singing voice!

There is something for everyone as this year's featured bands represent a wide array of musical genres! Concerts Line Up



- Saturday, June 22, 2024
Pasadena Community Orchestra
- Sunday, June 9, 2024
Kelly Rae Band
- Sunday, June 16, 2024
Pat O'Brien and the Priests of Love
- Sunday, June 23, 2024
4 Lads From Liverpool
- Wednesday, July 3, 2024
3rd of July Concert, Groovy Lemon Pie
- Sunday, July 14, 2024
The Tokens
- Sunday, July 21, 2024
The Platinum Beat
- Sunday, July 28, 2024
ELVIS by Harry Shahoian
- Sunday, August 4, 2024
The Element Blues
- Sunday, August 11, 2024
The Skinny Ties

The City of Sierra Madre thanks Pasadena Community Orchestra, The Webb-Martin Group, Sierra Madre Police Association, Sierra Madre Fire Foundation, Sierra Madre Events Committee, Sierra Madre Kensington and Donna Legge, Issei Foundation for their support of the 2024 Concerts in the Park Series.

For more information on the Concerts Series, call the Community Services Department at 626-355-5278.

Sierra Madre Civic Club Calendar of Events

A Note From Club

Busy May!!! Civic Club was at the 5/28 City Council Meeting to give out Philanthropy checks to 19 non-profit organizations that serve our City. That's a lot of fundraising efforts on behalf of the Club! We were also busy helping with the Mt. Wilson Trail Race by stuffing swag bags with goodies for the registered runners, helping with the pasta feed on Friday night, supplying desserts, working the morning of the race checking in runners, helping with the Kid's Run, and staffing the bag check. We are preparing for our 4th of July confetti eggs...with hundreds and hundreds of eggs being stuffed by members to sell on the 3rd and 4th. *And if you see a Club member at one of our events, ask them how you can get involved with our organization!*

June 7

Flamingo Bingo at Hart Park House at 12:30pm. \$7 gets you Bingo games, a light lunch, and prizes.

June 13

Civic Club Membership Meeting at 7:30pm at Hart Park House.

June 7 & 8

Best Used Book Sale in the Library parking lot. 6/7 – 3pm-7pm and 6/8 – 10am-2pm.

June 22

Chicken & Ravioli Dinner fundraiser for Lizzie's Trail Inn & Richardson House. Tickets are \$35 and can be bought at Eventbrite.com or call 626-688-0048 for help.

June 15

Community Yard Sale. 8am-12pm at Memorial Park.

Concerts in the Park

- 6/2 – Sierra Madre Music Co
- 6/8 – Pasadena Community Orchestra
- 6/9 – Kelly Rae Band
- 6/16 – Pat O'Brien & Priests of Love
- 6/23 – 4 Lads from Liverpool



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



SIERRA MADRE FIRE DEPARTMENT MASTER PLAN

TOWN HALL MEETING

For more information: (626) 355-3611 or fire@cityofsierramadre.com

Monday,
June 24
6:00pm - 7:00pm
at City Council Chambers

232 W. Sierra Madre Blvd.
Sierra Madre, CA 91024



RSVP on [eventbrite.com](https://www.eventbrite.com)

ANY RESIDENCE OR STOREFRONT WITH 91024 ZIP CODE IS ELIGIBLE TO PARTICIPATE. BEGINNING JUNE 12TH. DEADLINE TO SUBMIT IS JUNE 28TH. JUDGING WILL BE ON JULY 2ND

★ SIERRA MADRE ★
★ EVENTS COMMITTEE ★
★ CALIFORNIA ★

PATRIOTIC HOME DECORATING CONTEST

REGISTER @

<https://forms.gle/kLjUuTDqgrTEvrLY7>



SIERRA MADRE FIRE DEPARTMENT



NO FIREWORKS IN SIERRA MADRE

CITY OF SIERRA MADRE MUNICIPAL CODE 8.24.010

FIRE CHIEF
BRENT BARTLETT

SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

Weather Wise



6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi	90s	Lows	60s
Mon	Sunny	Hi	90s	Lows	60s
Tues	Sunny	Hi	90s	Lows	60s
Wed	Sunny	Hi	90s	Lows	60s
Thur	Sunny	Hi	90s	Lows	60s
Fri	Sunny	Hi	80s	Lows	60s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

June 25, 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@CityofSierraMadre.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 foothillsmedia.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.



Sierra Madre Public LIBRARY
Read • Discover • Connect

This week at the Sierra Madre Public Library

June 24 — June 29

Monday

Baby Rhyme Time — Library at 9:00am

Preschool Storytime — Library at 10:00am

Reading Buddies — Library from 3:30pm-5:30pm

Tuesday

This is How We Roll, Book Chat — Library at 9:00am

Stitch-N-Snack — Hart Park House at 4:00pm.

Registration Required

Thursday

Sensory Play — Library 9:00am.

Registration required.

Reading Buddies — Library from 3:30pm-5:30pm

Saturday

Thor's Reptiles — Memorial Park Bandshell at 10:00am.

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

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

"Green was the silence, wet was the light. The month of June trembled like a butterfly."

Pablo Neruda

"Just living isn't enough," said the butterfly, "one must have sunshine, freedom

And a little flower." Hans Christian Anderson

Speaking of butterflies, my daughter, Leah, has been having success this year with her Monarch butterflies. She has had several go through all their stages and achieve full butterfly-hood.

The picture today is of one of her charges who has emerged from his cocoon and is getting ready to flap his wings. This is so amazing, friends and neighbors, as the Monarch is having a tough time. They migrate from 1,200 to 2,800 miles from northeast United States and Southeast Canada to the mountain forests in Central Mexico, but their population decreased by 59% this year occupying only 2.2 acres during the 2023-24 winter season, where they occupied 5.5 acres the previous season. We can thank Leah and other Monarch enthusiasts who do their best to help these guys grow from a tiny egg to a full-grown butterfly. Plant milkweed. These picky eaters will only eat and lay their eggs on milkweed.



Before we leave Father's Day behind, I came across a few facts you might not have heard:

A woman, Sonora Smart Dodd, wanted to honor her father, William Smart, a Civil War veteran who raised his six children as a single parent. In 1909, she proposed the idea of Father's Day as a way to show appreciation for all fathers do for their families. Her idea caught on and the first Father's Day was celebrated in Spokane, WA on June 19, 1910. It's now a tradition in many countries around the world.

My dad was quite a renowned artist, a world traveler, an undercover agent for the CIA, a colonel in the Chinese army, a writer, a lime grower, a terrific gardener, a fascinating guy with an endless supply of life experiences to relate and a lot of fun. In his 80s he set off on a huge container ship for a trip around the world and ended up being third mate for the last half of the trip.

The following is part of a piece he wrote entitled: "How to Become an Artist." (By Kim Weed)

"When I told my parents I wished to be an artist or cartoonist, and they got through laughing, in some seriousness they asked me if I wanted to starve to death. I thought about it and decided that I would one day open up my own "fixit" shop for repairing broken things, which was, apparently, my sole talent. When I was sixteen I took a chance and entered a statewide competition for a scholarship at the Chouinard Art Institute in Los Angeles by submitting a portfolio of my work. I thought it was a genuine miracle when I got the letter telling me I had won.

I packed a bag, drew out my life savings of \$52, and headed for Los Angeles. For two years, on the edge of starvation, I attended Chouinard free of charge. At the ripe age of eighteen, I set myself up as a freelance illustrator and took in any kind of art work that came along, including animation, mural painting, gag cartooning, men's fashions, paste-up and newspaper advertising illustration. It included meeting short deadlines, late hours, considerable humiliation and ego bashing, along with poverty, but I was able to keep from sinking, though barely.

As World War II loomed on the horizon, I got a fair paying job in an aircraft factory and never looked back. I was a sailor, aircraft mechanic, and after the war, thanks to the GI Bill, went to college and, in time, became an aerospace engineer, later an intelligence agent and traveled throughout the world. Now here comes the good part...

When it was no longer necessary to grub out a precarious living by drawing, it was suddenly a lot of fun, and I never stopped for the next fifty years, sometimes profitably, sometimes not. I was lucky enough to illustrate books, paint portraits, work in all the graphic media, enter competitions and paint hundreds of pictures just for fun, some of which won prizes, while others found their way into countries across the seas. So, when someone asks me how to become an artist, I have to say, "I don't have the slightest idea or foggiest notion!"

My sister, Heidi, and I miss him so much and I'm sure, even a week later, you're still thinking about your dad, too.

You'll notice my book page on Amazon contains the title, "A Treasure Map, a Drunken Owl and 47 Rattlers in a Bag." These are stories of my grandfather, as handed down to me by my father. They are harrowing tales of carving out farmland in lower California.

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

"The happiness of too many days is often destroyed by trying to accomplish too much in one day. We would do well to follow a common rule for our daily lives: Do less and do it better."
Dale E. Turner



Free Summer Concerts

MEMORIAL PARK FROM 6 PM - 8 PM.

BE SURE TO BRING YOUR BLANKETS AND LAWN CHAIRS.

SIERRA MADRE COMMUNITY SERVICES DEPARTMENT (626) 355-5278

SUNDAY, JUNE 9
KELLY RAE BAND

SUNDAY, JULY 14
THE TOKENS

SUNDAY, AUGUST 4
THE ELEMENTS BLUES

SUNDAY, JUNE 16
PAT O'BRIEN & THE PRIESTS
OF LOVE

SUNDAY, JULY 21
THE PLATINUM BEAT

SUNDAY, AUGUST 11
THE SKINNY TIES

SUNDAY, JUNE 23
4 LADS FROM LIVERPOOL

SUNDAY, JULY 28
ELVIS BY HARRY SHAHOIAN

DONNA LEGGE

PURCHASE YOUR CONCERT PICNIC FROM

CONCERT SPONSORS



SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

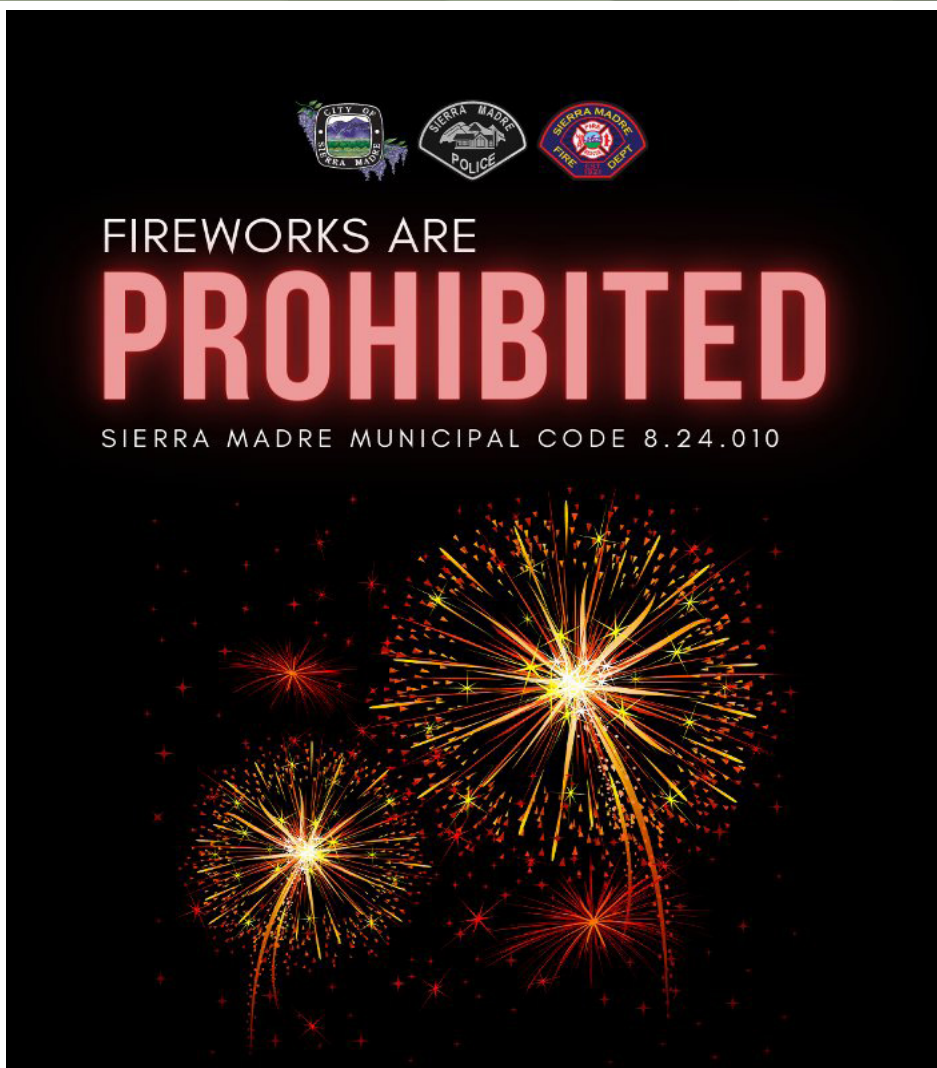
SIERRA MADRE 4th of July

★ **3** **5 - 10:30 PM - COMMUNITY PICNIC AT MEMORIAL PARK**
Friends of Heasley Field Beer Garden · Live Music featuring Groovy Lemon Pie from 6-9 pm · Bubble Wrap Fireworks at 8 pm, plus nonprofit booths, kid activities, food trucks, Civic Club confetti eggs, SMLL dunk tank, and more!

★ **4** **10 am - INDEPENDENCE DAY PARADE - Presented by The Kensington**
5K Fun Run - Presented by the YMCA at 7 am · Woman's Club Pre-Parade Community Open House w/ continental breakfast & live music by The Wabash Wailers (550 W Sierra Madre Blvd) at 8 a.m. | Free Swim @ Sierra Madre Pool (Courtesy of YMCA) from 12 - 2 p.m.

★ **5** **7:45 pm - FAMILY MOVIE IN THE PARK: BARBIE**
Family Movie in the Park at 7:45 pm. Grab your blankets and chairs and join your neighbors in Memorial Park for the 2023 box office hit, BARBIE - featuring Ryan Gosling and Margot Robbie · Ice Princess will be selling frozen treats!

For more information,
visit www.sierramadreevents.org



SIERRA MADRE POLICE BLOTTER

The following represents a summary report of some of the major incidents handled by the Sierra Madre Police Department during this period. This list is not intended to be considered exclusive or all-inclusive.

Tuesday, June 11 Theft of Package
At approximately 2:20 pm, officers responded to the 400 block of North Baldwin Ave regarding an report of package theft that occurred. Officers arrived on the scene and made contact with the reporting party, who advised an unknown suspect removed their package and fled location in an unknown direction. The Detective Bureau is following up on this incident.

Tuesday, June 11 Theft
At approximately 2:30 pm, an officer responded to the 600 block of West Sierra Madre Blvd regarding a report of theft. Officer arrived on scene and made contact with the reporting party, who directed him to the location of their storage compartment. The victim advised the officer that they noticed their padlock was unlocked and an unknown subject entered the compartment and took several items. The Detective Bureau is following up on this incident.

Friday, June 14 Theft from Vehicle
At approximately 3:15 am, officers were dispatched to the 300 block of Mariposa Ave regarding a theft from a vehicle. Officers arrived on the scene and made contact with the reporting party, who stated that the suspect fled east on Mariposa towards Lima in a white SUV. Officers conducted an investigation, and the victim advised them that two males were inside the vehicle. When they checked their vehicle, it was ransacked with items tossed around. No items were missing, and there were no signs of forced entry. The Detective Bureau is following up on this incident.

Friday, June 14 Theft from Vehicle
At approximately 6:20 pm, officers responded to the 00 Block of N Lima St regarding a theft from a vehicle. Officers arrived on scene and made contact the reporting party, who stated that unknown suspect entered their unlocked vehicle and ransacked the vehicle. No property was taken and suspect fled in unknown direction of travel. The Detective Bureau is following up on this incident.

Pasadena Altadena



News From Your Community For Your Community

Pasadena Reinforces All Fireworks Are Illegal



Fireworks are illegal in Pasadena and the city maintains a zero-tolerance enforcement policy for fireworks, and Pasadena's municipal code holds property owners and tenants responsible for permitting the possession, sale, usage, or discharge of fireworks on their property.

The ordinance allows for the prosecution of fireworks-related offenses and for the demand of payment for all costs associated with the safe disposal of confiscated fireworks. Any person who violates the ordinance or any state law regarding fireworks is subject to arrest and prosecution.

Most violations are misdemeanors that can lead to up to one year in the county jail and a fine of up to \$1,000. Some violations, based on the amount of fireworks possessed, are felonies that can lead up to three years in state prison and a fine of up to \$50,000.

Pasadena police and firefighters are teaming up for special fireworks enforcement patrols before and during the Fourth of July holiday, and officers will seize fireworks in an effort to protect the public. Parking enforcement officers will ensure that vehicles illegally parked in Pasadena's hillside areas on July 4 are impounded.

Pasadena Fire Chief Chad Augustin and Police Chief Gene Harris urge everyone to prioritize safety while responsibly celebrating our Great Nation's Birthday. The city offers the following safety reminders:

- Pasadena has a "NO Fireworks, Zero Tolerance Policy" for enforcement.
- Celebrate responsibly, always designate a driver.
- If outdoors, remember to use sunscreen, wear a brimmed hat for shade and stay hydrated.
- Always have someone tending the barbecue and watching the swimming pool when in use.
- Call 9-1-1 for all life-threatening emergencies.

Call Pasadena Police Department at (626) 744-4241 to report illegal fireworks and other suspicious activities.

Note: America Fest will not happen this year. The Rose Bowl Stadium will be hosting a soccer game on July 4. Only ticket holders will be permitted to park in the area, and parking will be strictly enforced around the stadium.



Police Military Equipment Meeting Changed

Pasadena Police Department officials announced Tuesday that they rescheduled and relocated a public meeting, originally set for last Wednesday, to review their 2023 Military Equipment Report in accordance with state law.

The new meeting will now be held Tuesday, July 16, at 6:30 p.m., and it will take place at the Washington Park Community House.

According to officials, in compliance with AB 481, the Pasadena Police Department will submit their annual report on the use of military equipment, any comments, concerns, remarks, input, or feedback regarding the use

of the equipment, results of any internal audits on the use of the equipment, the annual costs for the equipment, the quantity possessed by the agency and the intention to purchase additional equipment in the next fiscal year. In addition, within 30 days of submitting and publicly releasing the report, a well-publicized and community engagement meeting must be held to allow for public comments.

Persons wishing to comment on the proposed report may do so at the public hearing or by submitting a written statement prior to the public hearing to the Pasadena Police Department, Attn: Military

Equipment Use Coordinator - Lt. Monica Cuellar, 207 N. Garfield Avenue, Pasadena, Ca. 91101 or on the Pasadena Police Department website at: cityofpasadena.net/police.

The Washington Park Community House is located at 700 E. Washington Blvd.

For further information, contact Lieutenant Monica Cuellar at (626) 744-7875 or email at mcuellar@cityofpasadena.net

Fourth of July Celebration at Pasadena Senior Center

Happy birthday, America! Amber waves of grain and purple mountain majesties will be on everyone's minds Thursday, July 4, from 1 to 3 p.m. when the Pasadena Senior Center, 85 E. Holly St., presents the annual Fourth of July luncheon and dance.

The Scott Pavilion will be adorned with red, white and blue décor as everyone celebrates America's independence with a sumptuous lunch prepared by Neighborhood Survivors, a local nonprofit organization that offers youths and community leaders empowerment workshops and other services.

The Great American Swing Band will provide music for listening, dancing and toe-tapping to complement this celebration of our nation's independence, including patriotic tunes, the Big Band era, R&B, swing, jazz and more.

The cost is only \$15 for members and \$20 for nonmembers of all ages. To register or for more information, visit: pasadenaseniorcenter.org and click on Activities & Events, then Special Events or call 626-795-4331. Be sure to register early because tickets will not be available at the door.

The Pasadena Senior Center's mission is to improve the lives of older adults through caring service with opportunities for social interaction, fitness programs, basic support and needs services, education, volunteerism and community activism.

To learn more, visit: pasadenaseniorcenter.org

City Council Approves Two New Clean Energy Projects



As part of its ongoing transition to carbon-free electricity, the Pasadena City Council, on Monday night, approved plans for two, new energy contracts: a 10-year wind power contract with CalWind Resources, Incorporated (CalWind) and a Battery Energy Storage System (BESS) at the Glenarm Power Plant. These efforts will diversify Pasadena Water and Power's (PWP) energy resource portfolio and contribute to the City's progress toward 100 percent carbon-free energy sources by the end of 2030.

The CalWind contract will provide 20 megawatts (MW) of wind power over 10 years. The project will draw from a 30 MW facility, in Tehachapi, CA, which is currently undergoing a repowering to modernize the existing wind turbine fleet. Pasadena currently holds a short-term CalWind contract and will begin receiving power from the new, 10-year agreement in May 2025.

"This wind energy agreement is another significant step toward achieving our clean energy goals," said David M. Reyes, PWP Acting General Manager. "We are excited to expand our carbon-free

resource portfolio and are committed to ensuring our customers enjoy the benefits of a clean energy future."

Purchase of Battery Storage at Glenarm Power Plant

The recently approved BESS project at Pasadena's Glenarm Power Plant will be the first, local utility-scale battery storage system in the city. The project will provide 25 MW of dispatchable storage capacity up to four hours at a time from Glenarm BESS, LLC, a special purpose entity created by EPC Energy Inc. The battery is anticipated to have a 15-year minimum lifespan.

"The battery storage installation will allow us to store excess solar energy on the grid and use it during peak demand, which will also help provide local reliability to our distribution system," said Kelly Nguyen, PWP Assistant General Manager of Power Supply.

To help offset the battery and installation costs, PWP secured a \$9.6 million grant from the California Energy Commission through the Distributed Electricity Backup Assets Program. PWP expects the BESS project to be completed and operational by 2027.

For more information visit: cityofpasadena.net.

City of Pasadena Proclaims Today Octavia E. Butler Day

Director of Libraries, and Information Services, Tim McDonald, announced that the City of Pasadena has proclaimed today, June 22, as Octavia E. Butler Day in honor of the Pasadena native and noted American science fiction author.

According to McDonald, Butler grew up in the La Pioresca neighborhood at a time when segregation and oppression of Black people was the norm all across America. Her father died when she was very young. Her mother and grandmother worked together to raise her. Her mother worked as a maid and would sometimes drop young Butler off at the Central Library downtown on her way to work, where Butler would sit and read to her heart's content. As she got older, she would frequent the La Pioresca Branch Library and walk there on her own after attending Washington Jr. High School.

Extremely shy as a child, Butler found an outlet at Pasadena's public libraries, reading fantasy and writing. She began writing science fiction as a teenager and would read books about horses, draw horses, and read books by Charles Dickens. She may have found characters in Dickens that she could relate to more easily than to her classmates at school--characters who had lost parents, who had to grow up poor, and who felt like outcasts. Butler never felt like she belonged, being so tall and so shy, and coming from such a humble background. But in books, she could ride, escape, and go on adventures. Books were her wealth.

Butler was very fortunate and wealthy in this one aspect: she grew up in a city full of libraries. Unlike most cities, Pasadena decided long ago that every resident should live within walking distance from a library. Our city upheld that promise decade after decade by passing library services measures to keep Central Library and the branch libraries open. The Central Library, in particular, holds a special place in Pasadena's history and in Butler's life. As the city's largest and most comprehensive library, it served as a sanctuary for many residents, including Butler, offering a vast array of resources and a quiet place to think and create. Butler herself spoke warmly in a



2005 TV interview about the commitment shown by the City of Pasadena residents since the 1990s to renew these measures and fund the services and operations of libraries. This City, its taxpayers, and residents, gave Butler the opportunity to have a safe place to walk to after school to read and write daily and fulfill her dream to become a writer.

And we, in return, have been changed by her. Her books are in all of Pasadena's libraries now and in libraries and bookstores all over the country and the world. Butler blazed new trails and showed future generations that they could indeed be writers. She worked hard every day, rising at 2:00 a.m. each morning to write, to polish her craft and become a great writer. And by succeeding, she changed the publishing industry, getting them to pay more attention to diverse voices. And she changed libraries everywhere by making their collections more inclusive, more diverse.

She sold her first stories, and by the late 1970s had become sufficiently successful as an author to be able to write full-time. Her books and short stories drew the favorable attention of the public, and awards soon followed. Her book, Kindred was selected as Pasadena's 2006 One City, One Story. Butler was a multiple recipient of the Hugo and Nebula awards. In 1995, she became the first science-fiction writer to receive a MacArthur Fellowship.

She also taught writers' workshops, and spoke about her experiences as an African American, using such themes in science fiction. Butler eventually relocated to Washington and died of a stroke at the age of 58. Her papers are held in the research collection of the Huntington Library.

Sierra Madre Woman's Club
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 Founded February 23, 1907 - "Living the Volunteer Life" in Friendship

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Thursday, July 4
 8:00 - 10:00 am Before Parade Starts!
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SierraMadreWomansClub.org f SierraMadreWomansClub
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San Marino Upcoming Events & Programming

4th of July Celebration - Buy Wristbands

Get ready to celebrate 4th of July at Lacy Park! This event will feature food trucks, a fun zone, Parade-Palooza, entertainment, and an exciting fireworks display! Wristbands are required to enter the park for adults and youth over 2 years old. Pre-sale wristbands are on sale until July 3! Pre-sale wristbands are \$5 for residents (proof of residency required) and \$15 for non-residents. All wristbands purchased on the day of the event are \$20 for residents and non-residents. For more information on how to buy wristbands or on any of the day of festivities, visit www.SanMarinoCA.gov/Events. You can also call (626) 943-2627.

Music Under the Stars Summer Concert at the Old Mill

The Old Mill Foundation proudly presents Music Under the Stars this summer at the Old Mill. The Westerns will perform tonight. Gates open at 7 PM and music begins at 8 PM. You may purchase tickets online, drop by our office during open hours, or send in a check to our office. Tickets are \$30/ticket for members, \$40/ticket for non-members, and \$50/ticket at the door.

Important Update to Library Hours: the Library now closes 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

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 runs now through August 4 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!

Ralph's World

Monday, June 24 at 1 PM, Children's Room

Described by the LA Times as "the Paul McCartney of his genre," Grammy-nominated Ralph Covert of Ralph's World will be making his debut at the Library's kid concert of the summer! With a high-energy and super-melodic sense that he developed for his touring pop-rock band, Ralph will lead you and your child in a rollicking romp of dancing, singing, and silliness! Registration is not required.

Senior Trip: Santa Barbara Land Shark Tour

Thursday, July 25 from 8:30 AM - 6:00 PM

Cost: R \$84 / NR \$100

Embark on a day trip to Santa Barbara for a delightful blend of shopping and adventure! Explore charming boutiques, then hop aboard the Santa Barbara Land Shark for a unique land and sea tour. Enjoy lunch at your leisure, soaking in the coastal beauty and relaxed atmosphere of this picturesque destination. Registration is required by July 10.

Annual Bulky Item Pickup Event

On Saturday, July 20th, Athens Services will be conducting its Annual Bulky Item Pickup event in the City. Residents who have bulky items such as mattresses, furniture, or appliances that they would like to dispose of should call (855) 557-1007 or schedule online ahead of time. Please make sure the items have been set out at the curb or designated pickup location by 5 AM on Saturday, July 20. No e-waste or household hazardous waste is allowed. For a full list of eligible items, please see the above flyer. Should you have any questions, please call 888-336-6100.

Parks & Public Works Recent Happenings

Over the past week, Parks and Public Works maintenance staff worked on the following tasks: removing fallen tree branches, palm fronds, and other debris from the public right-of-way; replacing streetlight bulbs and street signs; performing minor trimming of tree limbs and vegetation; and repairing pavement and concrete; and completing minor repairs at City facilities;. Public Works maintenance staff also hung approximately 80 street pole banners for the City's upcoming 4th of July celebration. Residents who wish to report non-emergency issues in the public right-of-way or City streets may do so via the San Marino Service Request Center: SanMarinoCA.gov/Report

Meetings

Planning Commission Meeting

Wednesday, June 26 at 6:00 PM; City Hall Council Chambers and Zoom and Zoom (Public Access)

City Council Meeting

Friday, June 28 at 8:30 AM; City Hall Council Chambers and Zoom and Zoom (Public Access)

Tournament & Cal Poly Rose Float Partner for RoseSTEM



In support of education initiatives for students and teachers, the Pasadena Tournament of Roses has partnered with Cal Poly Rose Float to engage in an insightful educational program, RoseSTEM presented by SoCalGas and Southwest Airlines. The program was held June 10-12 and included field trips to the Cal Poly Rose Float facility, where middle and high school students were introduced to STEM concepts used to create a Rose Parade float, including hands-on experience.

Cal Poly Rose Float, an organization of college students, shared their expertise in float construction, design and engineering beyond floral decoration. Cal Poly Pomona and Cal Poly San Luis Obispo have participated in the Parade since 1949 and their floats continue to introduce new technological advances, including the first use of hydraulics for animation in 1968 and the first use of computer-controlled animation in 1978.

"Cal Poly Rose Float embodies a student-centric opportunity to allow students to explore innovation while adapting their academic principles to a real-world scenario. Our program emphasizes career readiness exposure preparing students to contribute day one on a new job," said Cary Khatib, director, Cal Poly Rose Float. "Our partnership with the Tournament of Roses helps expose future students that college is possible and open to all who desire."

For more than 70 years, students from Cal Poly Pomona and Cal Poly San Luis Obispo have designed, built and decorated the joint Cal Poly Universities float for the Rose Parade. RoseSTEM introduced San Gabriel Valley area middle school and high school students (ages 12-17) to science, technology, engineering and math (STEM) concepts that demonstrate the "Learn by Doing" approach of Cal Poly Universities. Nearly 150 students from

the greater Pasadena and San Gabriel Valley area participated thanks to the support of community partners; Flintridge Center, Harambee Ministries and STEAM:CODERS.

"We love the opportunity to encourage students to soar through learning and are proud to support STEM-focused education in such a fun, creative setting," said Kayla Valencia, Corp Responsibility Regional Manager for Southwest Airlines.

RoseSTEM bridges connections with other programs, such as the Tournament of Roses Foundation grants, which include past recipient STEAM:CODERS. "The collaboration between STEAM:CODERS, the Pasadena Tournament of Roses, SoCalGas and Cal Poly Rose Float provided our students with hands-on engineering experience. This unique opportunity introduced the students to a new and exciting field of interest," Raymond Ealy, president and CEO of STEAM:CODERS said. "Now, they know that STEAM covers a wide variety of fields and can provide them with an array of options."

"At SoCalGas, our mission is to build the cleanest, safest, and most innovative energy infrastructure company in America. Key investments in diverse and underserved communities where we live and work can make a real difference, and supporting the Tournament of Roses Association's RoseSTEM helps provide more students with access to STEM programming and hands-on learning experiences," said Andy Carrasco, vice president of communications, local government and community affairs, SoCalGas. "As an engineer, I know that opportunities like this help strengthen interest and knowledge in STEM, which further grows the next generation of STEM professionals."

Festival of Balloons 40th Anniversary

The City of South Pasadena announced that the 4th of July Festival of Balloons will hold its 40th anniversary this year with the theme "Hometown Heroes: Celebrating the Spirit of Community."

July 4th Festival of Balloons activities kick off with Kiwanis' Pancake Breakfast at the South Pasadena Fire Station at 7:00 a.m., located at 817 Mound Ave., South Pasadena. Opening Ceremony for the parade will start at 10:30 a.m. at the South Pasadena Public Library Community Room, located at 1115 El Centro St., South Pasadena. The parade will begin at 11:00 a.m. and travel from Diamond Avenue to Garfield Park where games, a live DJ, and food will be available until 2:30 p.m.

The day will conclude with a live concert from 7:30 p.m. to 8:30 p.m. featuring The Kings of 88 and the fireworks show at 9:00 p.m. at the South Pasadena High School Stadium, located at 1401 Fremont Ave., South Pasadena. Fireworks presale tickets are available for purchase now for \$15.00 per person online at: southpasadenaca.gov/events. Children 2 years and under are free. Gates open at 7:00 p.m. Please bring a copy of your receipt and tickets to enter the stadium.

For more information, please contact the Community Services Department at (626) 403-7380 or by email at speialevents@southpasadenaca.gov.

Barger Honors Jackie Robinson's Family in Honor of Juneteenth

In honor of Juneteenth Wednesday Supervisor Kathryn Barger recognized the family of Dodgers legend Jackie Robinson and the Friends of Jackie Robinson Park from Sun Village during Tuesday's Board of Supervisors meeting.

The Sun Village community was among the first in Southern California to host annual Juneteenth celebrations and have carried on the tradition at Jackie Robinson Park to share about the meaning of the holiday.

"Juneteenth reminds us of the hard-fought commitment to justice for all people," Supervisor Kathryn Barger said. "I'm thankful to the Friends of Jackie Robinson Park for keeping the tradition of Juneteenth alive to educate our communities and invite them to celebrate its meaning. It's so fitting that their festivities are held at the historic Jackie Robinson Park, whose namesake was a beacon of hope for equality." Jackie Robinson Park opened in 1965 in Sun Village and was the first park in the U.S. to be named after the esteemed first African American player in Major League Baseball. Acknowledging the park's rich history, the County

designated it as a historic landmark in 2022.

"This is the 80th anniversary of Jackie Robinson Park and our 35th year celebrating Juneteenth," said James Brooks, one of the Friends of Jackie Robinson Park. "We celebrate Juneteenth as a family reunion. After the emancipation, the enslaved people went out to find their families and they decided to celebrate the anniversary every year. In that tradition, that's what we continue to do in Sun Village."

As a Pasadena native, Jackie Robinson had roots in Los Angeles County's Fifth District. Kathy Young Robinson, daughter of Olympic silver medalist Mack Robinson and Jackie Robinson's niece, spoke of the importance of carrying on her family's legacy.

"Our family appreciates Supervisor Barger and the Board of Supervisors for having us here and celebrating Uncle Jackie and the historic Jackie Robinson Park in the Antelope Valley," Kathy Young Robinson said. "I am here in memory of my dad, and if it weren't for him, I wouldn't be here sharing and continuing my family legacy."

Michael Feinstein Kicks off Pops Summer Season

Celebration of Duke Ellington's 125th With Legendary Trumpeter Byron Stripling and Grammy Award-Winning Singer Catherine Russell

Principal Pops Conductor Michael Feinstein kicks-off the Pasadena POPS 2024 Rusnak Summer Concert series on Saturday, June 29 with Harlem Nights. The season opening concert will celebrate the 125th birthday of Duke Ellington and the explosion of music in 1920s New York that gave birth to the Jazz Age, Swing Era and beyond. Hear timeless hits from Ellington, Gershwin and Louis Armstrong to Count Basie, Ella Fitzgerald, Billie Holiday and more, all in symphonic sound by the San Gabriel Valley's premiere orchestra.

The stars will come out for this special celebration, with the return of larger-than-life jazz songstress Catherine Russell, who has toured with the likes of Steely Dan, David Bowie, Cyndi Lauper and Paul Simon, and earned a Grammy Award for her work on the soundtrack for the HBO series Boardwalk Empire. Russell will share the stage with legendary singer and trumpeter Byron Stripling, recently named Principal Pops Conductor of the Milwaukee Symphony Orchestra. Stripling also holds the post of Principal Pops Conductor of the Pittsburgh Symphony Orchestra and has been a frequent performer with the Boston Pops under the batons of both John

Williams and Keith Lockhart. Stripling earned his stripes as lead trumpeter of the Count Basie Orchestra and has been likened to Louis Armstrong for his electrifying trumpet and vocals, which are sure to dazzle the POPS audience.

All concerts are held at the Los Angeles County Arboretum and Botanic Gardens. Grounds open for picnicking and dining at 5:30pm and performances begin at 7:30pm. Don't miss the best outdoor dinner party in town with spacious circular table seating with fine linens, or lawn seating for those who want to bring a blanket - each option carries on the tradition of picnic-dining with your family and friends with Michael Feinstein and the San Gabriel Valley's premier orchestra! Among many venue amenities, concert goers can enjoy pre-ordered gourmet box dinners for on-site pickup just steps from their table, two full-service beverage centers and a variety of food truck options.

The Arboretum is located at 301 North Baldwin Ave., Arcadia, CA. Subscribers may purchase pre-paid on-site parking at the Arboretum, and all concertgoers can purchase guaranteed and convenient parking at Santa Anita Park, with non-stop shuttle service to the Arboretum's main entrance.

Single tickets start at \$30. Season subscriptions and single tickets are now on sale and are available by calling the box office at (626) 793-7172, online at PasadenaSymphony-Pops.org or at the Arboretum on concert days.

The Senior Center Summer Term of the Masters Series

The theme of the six-week summer term of The Masters Series, presented by the Pasadena Senior Center, will be "Yet More Musical Explorations" which embraces lifelong learning. The series will run Tuesdays, June 25 to July 30, from 2 p.m. to 4 p.m. via Zoom.

Dr. Alan Chapman, producer and on-air host weekday mornings at KUSC Classical Radio and a faculty member at the Colburn Conservatory of Music, will present the weekly multimedia class, which will take participants on a tour of music as only Chapman can create.

- Tuesday, June 25 — Musical Alphabet - Episode 10
- Tuesday, July 2 — The Concerto
- Tuesday, July 9 — Very Varied Variations
- Tuesday, July 16 — Very Varied Variations (Part Two)
- Tuesday, July 23 — Nicknames
- Tuesday, July 30 — Focus on Folk

Each weekly presentation will feature some familiar and perhaps not so familiar works, video performances, visuals and Chapman's engaging commentary.

The cost for the six-week series is \$75 for members of the Pasadena Senior Center and \$90 for nonmembers.

To register or for more information, visit: pasadenaseniocenter.org and click on Lectures & Classes, then Masters Series Lifelong Learning or call 626-795-4331. Everyone who registers will receive a link to each week's live Zoom presentation and have access to recordings of the programs for up to one month following the final session.



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MAFA IS READY FOR A SUMMER OF ART

Monrovia Association of Fine Arts (MAFA) will be bringing talented, well-known Monrovia and Southern California artists to the streets and exhibition venues of Monrovia this summer beginning June 29 with the first of the city's traditional Monrovia Art Walks on Myrtle Avenue. A variety of creative MAFA artists will be on hand at these events June 29, July 27, and August 24 to showcase and sell their work, including paintings, pen and ink drawings, jewelry, photography, and woodworking. Art Walk begins promptly at 6 pm.

Ongoing art exhibitions will continue throughout the summer on a rotating basis at Artists Alley at the Monrovia Community Center, as well as the Monrovia Historical Museum, Grey & Cash Coffee Shop and starting soon, Old Town Pizza. The displays change regularly, so stop in to see what's new.

Also in the works is a new event called ART NIGHT, a once-a-month artist exhibit and sale at Grey & Cash and Old Town Pizza. ART NIGHT will take place the second Saturday of the month from 6 - 9 pm, starting August 9 at Grey & Cash. The event will alternate between Grey & Cash, 425 S. Myrtle Ave (August 9, October 11, December 13) and Old Town Pizza, 338 S. Myrtle Ave. 9 (September 13, November 8, January 3, 2025). "We're excited to bring visual arts to the Monrovia area by continuing with traditional events and introducing new ones," said MAFA president Anthony Fellow.

Since its inception in the 1950's, the Monrovia Association of Fine Arts has been a Monrovia tradition whose continuing mission has been to cultivate local artistic talent through exhibitions, social and professional get-togethers and classes taught by creative professionals. It is a mission that MAFA carries on to this day.

For further information contact Sally Weiss at sally@sallyweissart.com.

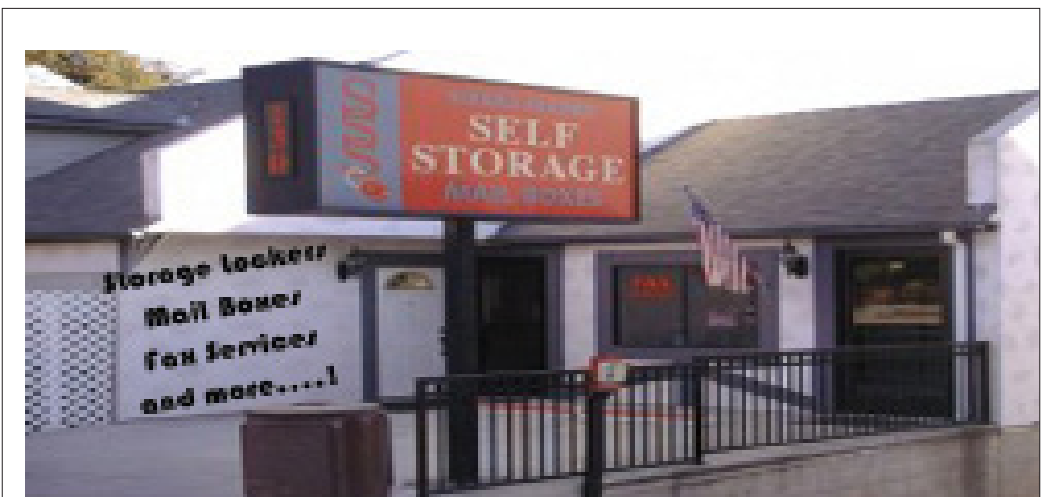


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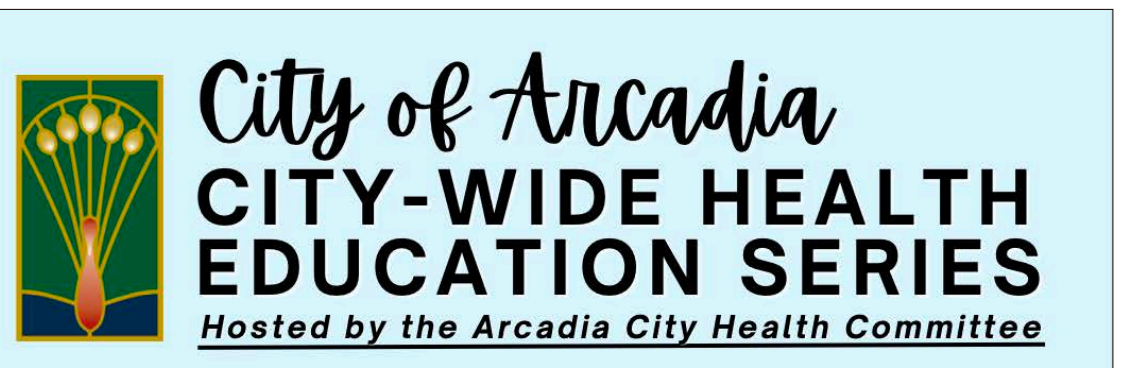
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City of Arcadia
CITY-WIDE HEALTH EDUCATION SERIES
Hosted by the Arcadia City Health Committee

Free and open to all
Pre-registration recommended

Arrive at 5:45pm for refreshments & onsite registration

June Seminar
Benign Prostatic Hyperplasia: Symptoms, Diagnosis, & Treatment
Wednesday, June 26 at 6pm
Arcadia Public Library, 20 W Duarte Rd
Mark I. Feng MD
Assistant Area Medical Director, Perioperative Services
Regional Surgical Services Physician Leader, Operational Support and Integration Department of Urology Kaiser Baldwin Park Medical Center



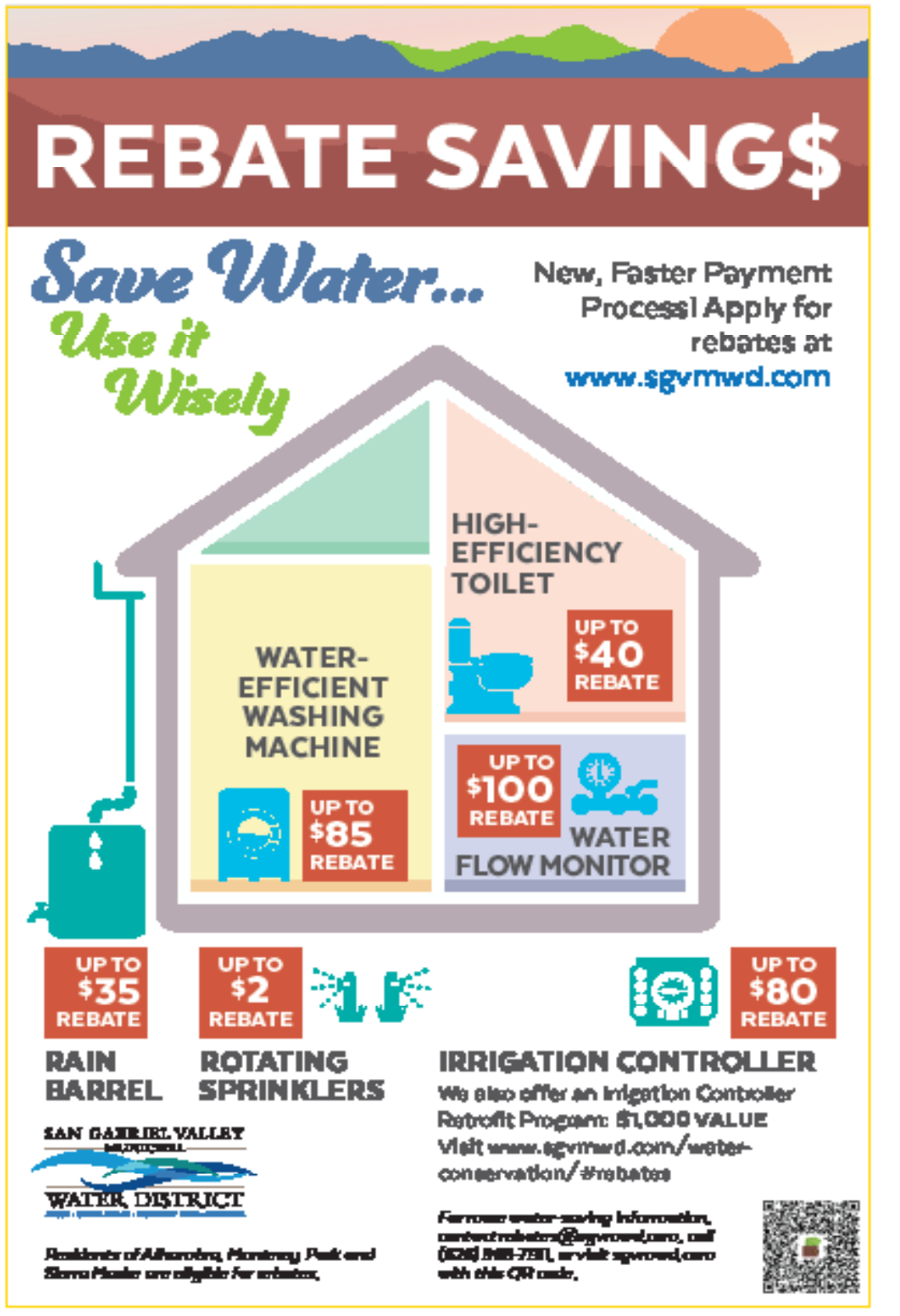
To register, scan the QR code or visit ArcadiaCA.gov/HealthSeries

For more information, please call the Recreation & Community Services Department at 626.574.5113

Understanding the importance of Benign Prostatic Hyperplasia (BPH) is crucial for several reasons:

- Symptoms:** BPH can significantly impact a man's quality of life by causing bothersome urinary symptoms that can affect daily activities and sleep. Recognizing these symptoms and seeking timely medical attention is important for managing the condition effectively.
- Diagnosis:** Proper diagnosis of BPH involves a medical history assessment, physical examination, and possibly additional tests such as a digital rectal exam, prostate-specific antigen (PSA) test, and imaging studies. Accurate diagnosis is essential to differentiate BPH from other prostate conditions, including prostate cancer.
- Treatment:** Several treatment options are available for managing BPH, ranging from lifestyle modifications and medications to minimally invasive procedures and surgery. The choice of treatment depends on the severity of symptoms, the size of the prostate, and the patient's overall health. Effective management of BPH can improve symptoms, reduce complications, and enhance quality of life.
- Complications:** Untreated BPH can lead to complications such as urinary retention, urinary tract infections, bladder stones, and kidney damage. By addressing BPH promptly, these complications can be avoided or minimized.
- Awareness:** Increasing awareness about BPH and its symptoms is essential for promoting early detection and appropriate management. Men should be educated about the condition, encouraged to seek medical advice if they experience urinary symptoms, and undergo regular prostate health screenings as recommended by healthcare providers.

In conclusion, understanding the symptoms, diagnosis, and treatment options for BPH is essential for promoting men's health and well-being. Timely intervention and effective management can help men maintain a good quality of life despite the challenges posed by this common prostate condition.



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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
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Kindergarten - 8th grade
website: www.barnhartschool.org

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Principal: Jonathon Hawes
website: www.bcsliions.org

Clairbourn School
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Phone: 626-286-3108 ext. 172
FAX: 626-286-1528
E-mail: jhawes@clairbourn.org

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

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

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

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

La Salle College Preparatory
3880 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 351-8951 website: www.lasallehs.org
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) 396-5880 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
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www.waldenschool.net

Weizmann Day School
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(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
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(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



COLLEGE ACCESS PLAN (CAP) RECEIVES AWARD TO ASSIST AREA STUDENTS WITH FINANCIAL AID

College Access Plan (CAP), a local organization providing no-cost college readiness services to students and graduates of Pasadena Unified School District (PUSD) and their families, has received funding from Educational Credit Management Corporation through the U.S. Department of Education's Free Application for Federal Student Aid

(FAFSA) Student Support Strategy project to ensure all students in our community complete the 2024-2025 FAFSA before September 1.

Serious snags in the 2024 roll-out of the new FAFSA caused the state of California to postpone its deadline for four-year college students to receive state grants to May 2. The extended deadline for community college-going students is September 2. Unfortunately, many students still have not submitted their forms or systems glitches have kept applications from registering as complete.

With this award, CAP will mitigate the negative impacts of financial aid form non-completion in the greater Pasadena community by training 10 Financial Aid Advocates to spread the word via community events, social media, targeted email communication, and texting in support of successful FAFSA submission. Leading up to the extended deadline, CAP staff members will provide no-cost group and individualized expert support in completing financial aid applications. In August, CAP and PUSD will partner to offer two FAFSA completion events, one in English and one in Spanish.

CAP encourages community members, partners, and interested parties to contact them using <https://tinyurl.com/DoTheFAFSA> to receive FAFSA support. The focus of these efforts is geared toward recent graduates of PUSD.

"We are well aware that the botched roll out of the new FAFSA has left students and families confused and frustrated, and the effects are most pronounced for first generation college goers. CAP is eager to help spread the message that college is an accessible and affordable option for anyone who wishes to pursue a postsecondary degree or certificate," says Mo Hyman, CAP Executive Director. "With 18 years of experience partnering with PUSD to remove barriers to college affordability for students, we are eager to use our knowledge and expertise to support successful financial aid access for students in our community."

About College Access Plan
Founded in 2006, College Access Plan (CAP) is an independent 501c3 nonprofit that prepares underserved and underrepresented students to succeed in college. Through partnerships with area school districts and local agencies, CAP provides no-cost college readiness advisement and topic-specific courses for high school and middle school students, families, and to graduates that attend college. For more information visit www.collegeaccessplan.org.

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What theme would you... ...choose for a party? Kids: color stuff in!

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Let's Get Together

Have you ever planned a party? Setting up a birthday party can be as easy as calling, texting or emailing some friends and inviting them to a certain place at the same time. All you really need to celebrate a birthday is a cake or even cupcakes – and, of course, the person whose birthday is being celebrated! This low-cost, fun time needs only a little planning.

On the other hand, if you want a larger party you'll need to plan, decide on a budget and do more work to get everything running smoothly. No matter what kind of party you choose to throw, this week's puzzles will help you learn "How to Plan a Party or Event!"

Remember the extras like ice for drinks – and good music.

What's the Reason for the Event?
Fill in the blanks to name some:

- CON _ RAT _ LAT _ ONS
- B _ R _ H _ A _
- H _ LI _ AY
- AN _ I _ E _ A _ Y
- _ EDDIN _

Party or Event Planning

Read the clues to fill in the puzzle with the things you need to think about when planning a party, event or get-together:

- What is the _____ for the party or get-together: birthday, holiday?
- Figure out a fun subject or _____ for your party: pirates, dinosaurs, cartoons, princesses, robots or animals.
- Decide on the kind of party or its ____ : luncheon, picnic, tailgating.
- _____ will your party be held: beach, backyard, park, arcade?
- Think of the cost and set a _____ to cover food, drinks, decorations.
- Who and how many _____ will you invite: family, friends, neighbors?
- What sort of refreshments or _____ do you want to offer your guests: taco buffet, hot dogs, ice cream, cake? It's up to you!
- What kinds of _____ will you do: horseshoes, bounce house, swimming, pin the tail on the donkey, races?
- What kinds of _____ do you want to spice up your party: streamers, balloons, lanterns, centerpieces?
- Make sure you finish the _____ before your guests arrive.

Have A Roaring Birthday!

Party!

theme 3, budget 2, activities 9, decorations 10, style 9, food 7, setup 7, guests 7, reason 9, where 9

THEME: THINGS WITH WHEELS

ACROSS

1. Unfledged hawk
5. The _____ Gala, haute couture fundraiser
8. Ballet step
11. Sasquatch's cousin
12. Prefix in levorotary
13. DVD player button
15. What Tylenol and xylenol have in common
16. Seaport in Yemen
17. With ample space
18. *Rumpelstiltskin's _____ wheel
20. Viking writing symbol
21. Musical finales
22. In favor of
23. Source of tapioca
26. Smith, e.g.
30. "Stand and Deliver" singer
31. Live-in helper (2 words)
34. Et alii, abbr.
35. Nephew's sister
37. Tire depression
38. Turkey's southern neighbor
39. Same as ayah
40. Engage in a pursuit (2 words)
42. Bed-and-breakfast, e.g.
43. Tibetan Buddhism
45. Pinched
47. Sing like Public Enemy
48. Mother-of-pearl
50. Cripple
52. *Wheel in Vegas
55. Chocolate substitute
56. Egg on
57. Capri or Catalina
59. Olden days violin maker
60. Croaks
61. "Run Away to Mars" singer
62. Jump key
63. Corncob
64. Gaelic

DOWN

1. *London _____, tourist attraction
2. Hankerings
3. At the summit of
4. Glass ingredient
5. TV and radio
6. Not odds
7. Chinatown gang
8. Low-ranking worker
9. Pinnacle
10. Pig's digs
12. *Royal procession carriage
13. E in baseball box score
14. *"Wheel in the Sky" band
19. Star bursts
22. "_____ Elise"
23. Suez or Panama
24. Carl Jung's inner self
25. *Type of locomotive
26. Surfer's stop
27. Like anchor aweigh
28. Easternmost state
29. Serengeti grazer
32. *Perambulator, for short
33. Black and white sea bird
36. *Ancient Greek ride
38. Top of a steeple
40. Kitchen meas.
41. Reunion attendees
44. Poets' feet
46. Smaller size than small
48. *a.k.a. water wheel
49. Hole-borer
50. Baby's first word?
51. Speedy steed
52. Boorish
53. Russian autocrat
54. 90-degree pipes, e.g.
55. "Peace _____ Train"
58. Increase

CROSSWORD

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62						63				64		



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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.

Last next weeks Solutions

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RESTAURANT REVIEW:

CLEARMAN'S GALLEY – WHERE SPORTS BAR EXCITEMENT MEETS CULINARY EXCELLENCE

Clearman's Galley, affectionately known as "the Boat" among locals, is not only the go-to destination for sports enthusiasts in the San Gabriel Valley but also a culinary haven offering some of the best cheeseburgers and cheese bread/cabbage salad combos that people come from miles around.

As a sports bar, Clearman's Galley sets the standard with its electrifying atmosphere and top-notch entertainment. With two colossal TVs rivaling those of Las Vegas sportsbooks, every game, match, or horserace becomes an immersive experience. Whether you're cheering on the Lakers or the Bruins or your favorite team, Clearman's Galley ensures that the excitement never ends.

But what truly sets Clearman's Galley apart is its food. The cheeseburger is the thumbs, boasting juicy, flavorful beef and a perfect balance of toppings, all served on a toasted bun. It's a culinary masterpiece that satisfies even the most discerning burger connoisseurs. And let's not forget about the cheese bread and cabbage salad combo – a match made in foodie heaven that keeps patrons coming back for more.

Beyond the delicious food and thrilling sports action, Clearman's Galley offers warm hospitality led by General Manager Juan Arrieta. Every visit feels like a homecoming, with guests greeted like old friends and treated to exceptional service from start to finish. It's this dedication to customer satisfaction that sets Clearman's Galley apart as a beloved community institution.

In conclusion, Clearman's Galley is more than just a sports bar, just ask Ron Johnson– "it's Cheers!", where excitement meets excellence. With its unbeatable atmosphere, mouthwatering cuisine, and warm hospitality, it's the perfect spot to gather with friends and fellow fans for a memorable experience.

Pros:

- Electrifying atmosphere with two colossal TVs rivaling Las Vegas sportsbooks
- Standout cheeseburger and iconic cheese bread/cabbage salad combo
- Warm hospitality led by General Manager Juan Arrieta
- Vibrant atmosphere perfect for enjoying sports action with friends and family

Cons:

- None to mention

In summary, Clearman's Galley earns a well-deserved 5-star rating. It's a restaurant and sports bar that consistently delivers on all fronts, and I can't wait to return for another unforgettable game day experience.

8 to 10 servings

INGREDIENTS

- 1/2 cup sugar
- 2 Tbsp. cornstarch
- 1 tsp. salt
- 2 1/4 cups whole milk
- 4 large eggs, separated
- 2 Tbsp. unsalted butter
- 1 tsp. vanilla extract
- 3 1/3 cups vanilla wafers
- 4 ripe bananas, cut into 1/2-in. slices
- 3 Tbsp. sugar

DIRECTIONS

1. Preheat oven to 375°F. Whisk together first 3 ingredients in a small bowl. Whisk together sugar mixture, milk, and 4 egg yolks in a medium-size heavy saucepan until well blended. Cook over medium heat, stirring constantly, 6 to 8 minutes or until thickened. Remove from heat; stir in butter and vanilla.
2. Layer half of vanilla wafers in an 8-inch square baking dish. Top with half of banana slices and half of pudding. Repeat procedure with remaining wafers, banana slices, and pudding.
3. Beat egg whites at high speed with an electric mixer until foamy. Gradually add 3 Tbsp. sugar, beating until sugar dissolves and stiff peaks form, about 5 minutes. Spread meringue over pudding, sealing to edge of dish.
4. Bake at 375°F for 7 to 9 minutes or until golden. Let cool 30 minutes, and serve warm; or chill an additional hour, and serve cold.

Tips

This pudding gets thicker as it cools. When it's warm, it may be a bit looser.

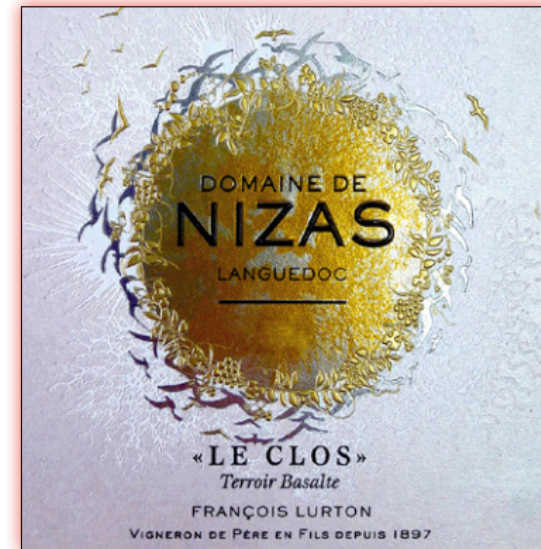
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THE TASTING ROOM

HERE'S A WINE UNDER \$10 THAT'S ACTUALLY QUITE DELICIOUS!

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

This past Thursday evening, while sipping this Rosé at the Sierra Madre Chamber of Commerce Mixer on the patio of The Buccaneer Lounge, I couldn't think of a better way to enjoy the summer heat than with a crisp, juicy glass of Rosé. Summer is officially here, and I have got an excellent bottle for you today. First, and most importantly, the wine is terrific. Second, it's priced under ten bucks!



The Domaine de Nizas "Le Clos" Rosé 2021 comes from the Languedoc region of France. The Languedoc region is the largest producer of organic wines in France. It also produces more Rosé wines than Provence. It is located in Southern France along the Mediterranean coast. The vineyards of Domaine de Nizas have been certified sustainable and are being converted to organic.

This wine is crisp, juicy, and refreshing. The soil has a lot to do with this – basalt, limestone, and river pebbles all impart a unique characteristic to the wine. The wine is a blend of

Syrah (40%), Grenache (30%), Mourvèdre (30%) with fermentation taking place in amphorae, stainless steel and concrete vessels. This is done to keep the wine fresh, bright, and pure. You get notes of citrus, cherry, and white flowers. There's a nice tension to this wine. The long and smooth finish ends on a high note with good acidity and mouthwatering juiciness.

You can spend more on other French Rosés that are meh – Whispering Angel comes to mind – or you can get a Rosé that tastes like a Rosé should, is certified sustainable, and comes in at an amazing price!

This wine is available at The Bottle Shop for \$9.99. Mention you saw the wine in the Mountain Views News and get it for \$8.99!

Coming up at The Tasting Room – 6/23 Sauvignon Sunday! Sauvignon Blanc and Cabernet Sauvignon. 6/27 & 6/28 Gamay from France and California. 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!



ALL THINGS

By Jeff Brown

SUMMER SOLSTICE



The Longest Day of the Year: The Summer Solstice (around June 20-21) is the longest day and shortest night of the year in the Northern Hemisphere because the Earth's tilt toward the sun is at its maximum.

Sun's Highest Point: On the day of the summer solstice, the Sun reaches its highest point in the sky at noon, providing the most direct sunlight and the longest period of daylight.

Egyptian Pyramids: The Great Pyramids of Giza are aligned with the solstices. The ancient Egyptians associated the summer solstice with the annual flooding of the Nile River, which was critical for their agriculture.

Mesoamerican Cultures: In ancient Mesoamerica, civilizations like the Mayans and Aztecs built temples and pyramids aligned with the solstices. For example, at Chichen Itza, the pyramid of El Castillo is designed to cast a serpent-shaped shadow during the solstices.

Ancient Greece: The Greeks marked the summer solstice as the beginning of the New Year. It was also the time of the festival of Kronia, celebrating Cronus, the god of agriculture.

Ancient Rome: The Romans celebrated the festival of Vestalia, in honor of Vesta, the goddess of the hearth, from June 7 to June 15, leading up to the solstice. Native American Tribes: Various tribes, such as the Sioux, held sun dances during the summer solstice. These dances were both a spiritual and communal event, marking the significance of the sun in their culture.

Druid Traditions: The Druids, an ancient Celtic priesthood, celebrated the summer solstice as the "wedding of Heaven and Earth," which has continued into modern times with celebrations at places like Stonehenge.

Saint John's Day: In Christian tradition, the summer solstice became associated with St. John the Baptist's feast day on June 24. This festival incorporated many solstice traditions and symbols, such as bonfires.

Midsummer: In countries like Sweden, Finland, and Latvia, Midsummer is one of the most important holidays. It includes traditions such as dancing around the maypole, feasting, and lighting bonfires, all celebrating the light and the sun's power.



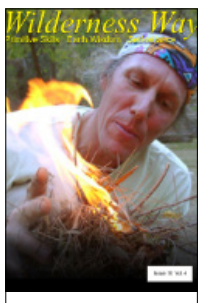
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CHRISTOPHER Nyerges



[Nyerges is the author of several books including "Self-Sufficient Home" and "How to Survive Anywhere." He also leads wilderness classes every weekend. He can be reached at School of Self-Reliance, Box 41834, Eagle Rock, CA 90041, or www.SchoolofSelf-Reliance.com]

ON SOCRATIC DIALOGUE

I am not an academic authority on "Socratic Dialogue," but I believe that I have a good general sense of it. When reading Plato's account of the life of Socrates, and the events leading up to his trial, we get a good sense of how Socrates interacted with others.

Socrates would ask a series of questions, and each subsequent question was based on the answer to the previous one. It was a true dialogue, where Socrates listened carefully, and responded appropriately. Socrates said that he was trying to get to the "truth," the "truth" that others claim to have found. His questions attempted to draw-out from the other person the knowledge or facts that were presumably available within that other person. That is, Socrates was doing sometimes called educating – the root of the word "education." This suggests that all knowing can be acquired by thinking, and careful research.

I've had at least a few teachers who were skilled in educating, constantly engaging in a give and take, where eventually a full picture emerges about a subject.

In the beginning of undergoing this process, I felt silly and frustrated when I was asked to draw these answers from within. But by attempting to be a part of the dialogue, rather than simply listening to a teacher, I learned that I knew a lot more than I realized. In time, I realized that I began to think more clear-ly and systematically about things. I learned that there were ways to know if I only applied my mind to a given subject with research, application, and concentration.

I once went to lecture at a renown metaphysical center. The topic was Socratic Dialogue. The lecturer was clearly in love with himself and the sound of his words, which is not necessarily a bad thing, I raised my hand to ask a pertinent question and he shushed me. "No, I'm composing," he said, and then went on with his monologue.

I sat there thinking about this for a few minutes, and realized that I would learn nothing about the Socratic Dialogue from this man. I got up and left. His demonstration with me was the opposite of Socratic Dialogue. To be fair, this had been billed as a "lecture," not a demonstration or practicum of Socratic Dialogue.

In my classes, I have tried in my limited way to employ Socratic Dialogue. When I am asked a question, I am inclined to ask the student, "What do you think is the answer?" Sometimes I get blanks, or, "I don't know; that's why I'm in this class." But occasionally a student will try to answer their own question, and then we go on from there, step by step, working together to draw from the student the answers – or bits of answers—that were already there inside. (And for the record, I may or may not know the answer, but that's not the point.)

A man who once attended my classes mentioned me in his book called "Emergency." It was an excellent book about his quest to learn about survival in the broadest context. In his book he described my teaching method, suggesting that I didn't want to give answers to students but just wanted to lord over them that I knew it all! He didn't quite get what I was doing, unfortunately.

Things didn't go so well for Socrates either.

Even though Socrates changed the life of his lead student, Plato, and the millions of "followers" who read about Socrates through Plato, those leaders and priests who brushed up too closely with Socrates felt that he was somehow exposing or disrespecting them. These "leaders" of ancient Greece trumped up some charges that Socrates was "corrupting the youth of Athens," and put the philosopher on trial. Socrates lost, of course, was imprisoned, and fulfilled the death sentence by drinking the prescribed hemlock tea.

I'm still a big fan of Socratic Dialogue, not because of how it turned out with Socrates, but because it is a method that can open us up to our own inner mind, and allow us to experience true education.

Public schools are too large with too many students per teacher, and too controlled, to do Socratic Dialogue. Public schools tend to fill the students minds with facts that they must memorize.

Anyone today who comes through the "school system" as a clear-thinking, creative individual does so in spite of the school system, not because of it.

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Katnip News!



GEORDI & DOTTI
Cutie Patooties
Age three months



Geordi & Dotti

Introducing Dotti and Geordi, an adorable pair of kitten siblings who were rescued from a feral colony in Rosemead. These little ones were so young and irresistibly sweet that we just couldn't bring ourselves to return them to the wild. Now, they're ready to find their forever home!

They are vetted: current on their vaccines, tested negative, will be spayed and neutered when ready, and more!

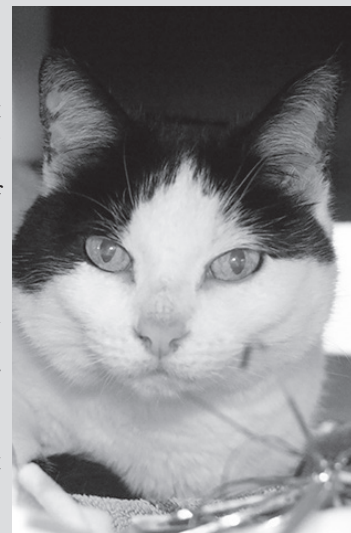
Dotti: With her charming spots and playful demeanor, Dotti is a bundle of joy and curiosity. She loves to explore her surroundings, chase after toys, and cuddle up for a nap after a fun-filled day. Dotti's affectionate nature makes her the perfect companion for someone looking for a loving and energetic kitten.

Geordi: Geordi, with his striking coat and gentle eyes, is the definition of a snuggle bug. He enjoys purring in your lap, playing with his sister, and showing off his acrobatic skills. Geordi's calm and loving personality ensures that he will be a wonderful addition to any household.

We prefer our kittens to be adopted in pairs, unless there is a friendly young feline at home already. Don't worry--if one of these two get adopted, there are two other littermates of theirs to be posted soon.

See more pictures and adoption application at <https://www.lifelineforpets.org/dotti-geordi.html>.

Pet of the Week



Six-year-old Pinky is the sweetest girl! This beautiful cat has the cutest cow coloring and signature pink nose. She loves getting head and neck scratches and will even lean into your hand to ask for more petting. Pinky is also a huge fan of crunchy treats – so if you're looking for the key to her heart, it's definitely a handful of snacks!

Pinky is looking for a quiet home where she can snuggle on the couch with you, nap in a warm sunbeam, or perch on top of a cat tree and watch birds out the window. She would prefer a home without dogs and with plenty of crunchy treats!

Pinky and all other cats over 6 months old can be adopted at no charge throughout June (Adopt a Cat Month)!

The regular adoption fee for cats is \$100. All cat 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.



Dogs & Heat

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Asphalt and concrete temperatures can usually be 20-40 degrees hotter than the ambient temperature. If the back of your hand can't stand the heat on the concrete or asphalt for 7 seconds, it's too hot for a walk.

When it's above 90 degrees outside, bring dogs and cats indoors.

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From The Desk of Steve Sciorba, Safe Path For Senior

FALL PREVENTION TIPS FOR SENIORS

Falls among seniors can have serious consequences, affecting both physical health and overall well-being. However, many falls are preventable with practical steps and awareness. Here are key strategies to reduce fall risk:

- Exercise Regularly:** Engaging in activities that improve strength, balance, and flexibility can significantly lower the risk of falls. Consider exercises like Tai Chi or yoga that enhance stability and co-ordination.
- Home Safety Modifications:** Make your living space safer by removing clutter, securing rugs, and installing grab bars in bathrooms and stairways. Adequate lighting and non-slip mats also help prevent accidents.
- Medication Management:** Review your medications with your healthcare provider to identify any that may increase fall risk. Ensure prescriptions are up-to-date and taken as directed to minimize side effects.
- Regular Vision and Hearing Checks:** Good vision and hearing are crucial for maintaining balance and spatial awareness. Have regular check-ups and wear appropriate corrective devices.
- Footwear:** Wear sturdy, well-fitting shoes with non-slip soles both indoors and outdoors. Avoid walking in socks or smooth-soled slippers.
- Stay Hydrated:** Dehydration can lead to dizziness and increase the likelihood of falls. Drink plenty of water throughout the day.
- Use Assistive Devices:** If needed, use canes, walkers, or other assistive devices to aid mobility and stability. Ensure they are properly fitted and maintained.

Best Wishes,
Steve Sciorba
Senior Placement Specialist
(626) 999-6913
www.safepathforseniors.com

DO YOU NEED A DIGITAL WILL?

Dear Savvy Senior:

My wife and I had our estate plan – including a will, power of attorney and advance directive – drawn up about 10 years ago but have recently read that our plan should include a digital will too. What can you tell us about this?

Almost 80

Dear Almost:

If you or your wife spend much time online, adding a separate digital will document to your estate plan that provides a list of your digital assets would be extremely helpful to your loved ones when you die, not to mention it will help protect your privacy. Here's what you should know.

Do You Have Digital Asset?

The term “digital assets” refers to personal information that is stored electronically on either a computer or an online cloud server account that belongs to an individual. Anyone who uses email, has a PIN code protected cell phone, makes online purchases, or pays bills online has digital assets.

Digital assets generally require a username, a password, or a PIN to access and can be difficult if not impossible to retrieve if someone is incapacitated or passes away.

Creating a digital will (also known as a digital estate plan) will help your loved ones access your electronic devices and online accounts more easily so they can manage your electronic affairs, according to your wishes, after you're gone. This in turn will also protect your digital assets from hackers or fraud, which can happen to dormant accounts after you die.

How to Write a Digital Will

Your first step in creating a digital will is to make an inventory list of your digital assets, which includes everything from hardware to email accounts. Here are a few categories to help kick-start your list:

- Electronic devices (computer, smartphone, tablet, external hard drive).
- Digital files (for photos, videos or documents)
- Financial accounts (like bank and brokerage accounts, credit cards, cryptocurrency).
- Bill paying accounts (utilities, mortgage accounts)
- Social media accounts (like Facebook, Instagram, Twitter, LinkedIn).
- Email accounts (Gmail, Yahoo, Outlook, etc.).
- Cloud-storage accounts (like Google Cloud, iCloud, Dropbox, Microsoft OneDrive)
- Movie or music streaming services (like Netflix, Hulu, Spotify, Apple Music)
- Online purchasing accounts (like Venmo or PayPal)
- Subscription services (magazines, newspapers, Amazon Prime, etc.).
- Reward programs (travel, stores, etc.).
- Membership organizations (AARP, AAA, etc.).

When making your list, you'll need to include usernames, passwords, PINS, account numbers or security questions for accessing each account. And provide instructions on how you want your assets managed after your death. For example: Do you want certain accounts closed, archived or transferred? Do you want specific files or photos to be deleted or shared with loved ones? Do you want your social media profiles memorialized or deleted? Be clear and specific about your wishes.

You'll also need to appoint a digital executor that you trust to execute your wishes after you die.

From a legal perspective, you should know that most states have enacted the Revised Uniform Fiduciary Access to Digital Assets Act (RUFADAA), which legally recognizes digital estates. This law gives your personal representative or executor legally protected access to your online accounts.

Once your digital will is written, store it with your other estate plan documents either in a fire-proof safe or file cabinet at home, on your computer hard drive, with your estate planning attorney or online at a reputable digital estate planning service like Everplans.com or Clocr.com. But make sure your executor knows where it is and has access to it.

Also remember to keep your digital will updated regularly when you create any new digital accounts or change passwords.

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.



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SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...JUNE BIRTHDAYS*



Joanne Thrane, Nellie Haynes, Dorothy McKay, Diane Hatfield, Gerorgette Dunlay, Elizabeth Shula Donna Doss, Mary Carney, Carol Handley, Marilyn McKernan, Pat Fujiwara, John Shier, Beth Smith-Kellock, Ann Disbrow, Joan Ellison, Anne Montgomery, Trini Ornela, Martha Spriggs, Pat Starkey, Kathleen Coyne, Suzanne Decker, Jacque Persing, Jeanne Peterson, Roxana Dominguez, Carolyn Lanyi, Claire McLean and Grace Sanders .

*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



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.

Hula and Polynesian Dance



JUNE MOVIES



Letters to Juliet
JUNE 5, 2024
AT 1:00 PM



RISE OF THE PLANET OF THE APES
JUNE 19, 2024
AT 1:00 PM

POPCORN WILL BE PROVIDED





OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

DID YOU SEE MY KEYS?

My life has been bombarded with questions from the beginning of the day until I fall asleep at night.

For the most part, I don't prioritize questions. Usually, when people ask me a question, there is something behind that question. If I don't see what's behind the question, I could answer it in such a way as to get myself in trouble—and believe me, I've been in trouble many times before.

This is no truer than with The Gracious Mistress of the Parsonage. She can taunt me with a question out of nowhere. I get in deep trouble when I realize what is behind the question.

A good example is the other day when she came into the living room and, with both hands on her hips, said, “Did you see my key?”

At first, I had no idea what she was talking about. Usually, when she asks a question, I have been in Lala land for so long that I couldn't bring my thoughts together.

I looked back at her and said, “Oh, my dear, what key are you talking about?”

Looking into her purse, you will find she has a key to everything. I refuse to ramble through those keys because I might find a key she has for me. Of course, if I had seen that key, it might have solved a lot of my problems, or it might not have.

Responding to me, she said, “You know, the key to my car.”

“You mean to your Sissy Van?”

I could hear her grit her teeth as she stared at me with one of “those stares”.

“I had my key yesterday and I cannot find it today. Have you seen it?”

If I had seen her keys, this would've been a great opportunity for me. I could use them as a bargaining chip to get something for myself. Oh, how I wished I knew where that key was. Imagine what I could get for it.

“I'm sorry,” I said reluctantly, “I have not seen your key anywhere.”

On occasion, I have driven her Sissy Van, but it's been well over a year since I did. I tried to think of where those keys might be, and I searched a few places, but as always, I came up empty; what I wouldn't give to be able to find that key.

That's the way life is for me. I have an opportunity before me, but I just don't have the resources to seize it.

I hadn't seen her key for so long that I didn't even know what it looked like. But that didn't keep me from looking around because finding those keys would have been a treasure.

One thing about The Gracious Mistress of

the Parsonage, when she starts something she never stops until she finishes it. Most of the time, it drives me crazy, which, according to her, is a very short drive.

If I don't find something I need at the time, I just quit looking, knowing that when I least expect it and when I'm not looking for it, I will find it. That's happened to me so many times I can't recall.

A friend used to say, “If you have something, you usually don't need it, and when you need something, you usually don't have it.” That seems to be the rule in my life as far back as I can remember.

With The Gracious Mistress of the Parsonage, she must have it right then and there when she needs something. “Now” is her favorite word.

Trying to console her, I said, “If you just make up your mind that you don't need your keys right now, because you do have a spare key, you sooner or later will find it when you least expect it. That's just the way life is.”

I can remember a dozen things I lost, and no matter how hard I looked for them, I could never find them. Then, I found them when I gave up and started something else and just assumed they were gone forever.

It was the next day, and I had forgotten about her lost key. The Gracious Mistress of the Parsonage came to me and said, “Well, I found my key.” She said it as though she was rubbing it in my face.

“Where did you find it?” I asked, curious to find out where it had been all this time.

Looking at me a little nervously, she said, “I found it in my purse.” She paused for a moment and then continued, “There's a little pocket in front of one of my other pockets in my purse. I always forget that it's there, and I never looked until today.”

I was happy for her and congratulated her on finding her lost key. The key was not lost; she had just forgotten where she had put it.

In my Bible reading today I read a very important verse. “For the Son of man is come to seek and to save that which was lost” (Luke 19:10).

There was a time when I was lost spiritually and didn't know it. The whole reason for Jesus to come into this world was for lost people just like me. At the time I thought I was fine, but then God interrupted my life and showed me I was indeed lost. It is through Jesus that I found my way back to God.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail jamesnsnyder51@gmail.com, website www.jamesnsnyderministries.com



Mountain Views-News Saturday, June 22, 2024

HUDDLE UP

With **HARVEY HYDE**
WHAT'S GOING ON?
Let's imagine.



We are all getting ready for hot weather... Hoping that now the rains and wind and clouds are gone. The sun is here in the afternoon. It's vacation time. Time off for re-charging the batteries and thinking about what we haven't done and what do we have to do before school starts again.

Summer, parades, 4th of July fireworks, pools and beaches. Can you believe that some NFL teams open up their camps in July? College football in August? And a college season that lasts until January 20th. Coaches and kids will practice and study and re-hab for about five months of the football season. Somewhere out there people are planning what else to change and arrange for the athletes in our sports.

Most current plans are that there will be a new playoff system with a 12 team play-off. What do you think? This will be breaking the pattern for Bowl games and traditions. Possibly this will work out. More money for someone. Thus the season will officially end all the way to January 20th.

The traditional "bowl" schedules are changing now. Rose, Cotton, Sugar, Orange.. then Peach, Nectarine?, olive? bank?, investment?, freeway?, Moving company? bowls will follow. Bowl games now are sponsored by business and corporations etc. Locally, the Rose Bowl will keep the date and time for 2 more years. But television rules the schedule and the bank book. The television contract runs out and then look for more changes.

With the play off system the Rose Bowl "game" will be just another one of the play-off games. We will not be able to do the hoopla and events traditionally for that week before New Years Day. No longer the BIG TEN, PAC TEN or TWELVE matchup. As of now it is a four week play off. The teams will be prepping for the next game if they win, and will not be able to spend the days prior to our New Years game. The Rose bowl game is second in the playoff series. Will fans travel to Pasadena for perhaps only two days? And then have to travel to another venue? It won't be the same.

I hate to see the Rose Bowl Game and week of events fall along the wayside. The Rose Bowl should still be a great event for all concerned: fans, players, coaches, businesses, the city. Here's my fantasy solution to keep the real Rose Bowl game alive.

The Tournament, the Rose Bowl and the City of Pasadena will have to become real partners and put together a package that can't be turned down. The Bowl system will have to be flexible to continue the "BIG Game" on New years. Otherwise, just leave the playoff system entirely and do their own "Big Game Rose Bowl Classic."

After the 12 teams have been announced set up the chance to offer our game to two other teams of our choice. A lot of good teams are left who will draw big crowds and who would love a chance to play in a Rose Bowl. They can come for five or six days and enjoy the package of events that the Rose Bowl game includes. Since the selection is in early December, the Rose Bowl will have three weeks to promote the game not just one week. Teams can come out and enjoy all the traditional events and tours. Fans will have the same option: "this is our big trip."

In the play off system, lose the first game and you are done. Win and plan another travel day to another city. Go to Pasadena and it's the great event and experience for players and fans. If the powers that want-to-be can compromise and be creative this can continue to be a great event.

How about a Rose Bowl Kick-off Classic Labor day weekend? August before Labor Day. Guarantee teams a minimum then real football fans can begin the season with a huge football weekend. First the Classic in Pasadena, then go over to Las Vegas Classic for the Las Vegas game, (this year USC vs LSU) in Allegiant Stadium. Double header football! How about Notre Dame vs Ohio State? The Rose Bowl could make up it's possible TV losses with the two-game plan. You gotta think ahead or you finish last.

Okay now, start reading your football publications and form your opinions on what games and teams you are excited about this year. How will USC and UCLA do in the BIG10? Good question. Maybe next column. Enjoy the summer and remember you can listen to me live on Sunday mornings beginning August 18th KLAA am830.

Follow me @coachhyde and harveyhyde.com.

FITNESS FOR LIFE



Michele Silence, M.A. is a 37-year certified fitness professional who offers semi-private/virtual fitness classes. Contact Michele at michele@kid-fit.com. Visit her Facebook page at: [michelesfitness](https://www.facebook.com/michelesfitness) Visit her Facebook page at: [michelesfitness](https://www.facebook.com/michelesfitness).

JUMP AND JIVE

Are you still motivated with your current fitness routine? Do you even have one? Looking for something exciting and doable? Consider using a mini trampoline. Personal use, mini-trampolines can be bought at department stores and online ranging anywhere from \$54-\$120.

Rebounding workouts, as they are sometimes called, are a great way to improve overall fitness. They offer numerous health benefits and have gained popularity due to their fun nature and multiple health benefits. Here are some ways a mini trampoline can benefit you.

Cardiovascular Fitness
 Rebounding workouts are excellent for improving cardiovascular health. The bouncing motion increases your heart rate and helps improve circulation, strengthening your heart and lungs. NASA conducted a study in the 1980s to compare the effectiveness of different exercises. They found that rebounding was an efficient form of exercise for astronauts due to its low impact and high cardiovascular benefits.

Low-Impact Activity
 Unlike running or other high-impact exercises, trampoline workouts are gentle on the joints. The trampoline mat absorbs much of the impact, reducing the risk of injury. No matter how old you are, you can safely benefit from rebounding if you start slowly.

Strengthening and Muscle Conditioning
 Bouncing on a trampoline engages various muscle groups, including the core, legs, glutes, and back. Regular workouts can lead to improved muscle tone and strength.

Balance and Coordination
 The unstable surface of the trampoline helps improve balance and coordination. This can be especially beneficial for athletes or older adults looking to maintain agility.

Lymphatic System Health
 Rebounding stimulates the lymphatic system, which helps in detoxification and boosting the immune system. The up-and-down movement promotes lymph flow, aiding in removal of toxins from the body.

Mental Health
 The fun and exhilarating nature of trampoline workouts can improve mood and reduce stress levels. The physical activity also promotes the release of endorphins, which are natural mood lifters.

Calorie Burning
 A 30-minute trampoline session can burn anywhere from 200 to 400 calories, depending on the intensity.

If you've never used a mini trampoline before you could be thinking how boring, just jumping for 30 minutes? Far from it! There are many movements that you can incorporate into your customized workout. Here are some basic upright moves. Mix them up and as you get more confident put more energy into each one, pushing harder onto the mat.

1. Basic Bounce – What most people will automatically do when they get on a rebounder. Just jump.
2. Cross Country Ski Jump – From the basic bounce, make one foot go slightly forward while the other one goes slightly back at the same time and then switch sides.
3. Knee Lifts – From the basic jump, put more energy into it. Bring both of your knees up as close to your chest as you can.
4. Jogging – Run in place while staying in the middle of the mat. As you get more comfortable make the jog higher and strike the feet harder.
5. Jumping Jacks – A simple jump with both feet out and in. Make this more intense by hitting your feet on the surface harder on the outward part of the movement, inward part or both.
6. Twists – Do the twist with your legs straight and then bent. The more you bend the knees the more your heart rate will go up.

How to know which one is best for you? First consider the overall size. Mini trampolines come in diameters as small as 38" up to 48". That matters because a smaller surface will limit the types of movements you can do on it (ex. how big of a jumping jack you can safely do). Will you need an adjustable/ removable handrail to hold on to? Probably not but if just starting out it may help you feel more secure until you've practiced some of the movements. Does the trampoline contain actual springs, bungees or spring free stretchy bands (the latter will last the long-est). Select one that will last the longest. If portability is a consideration (maybe you'll want to share with another family member) there are foldable versions that can be packed up and car-ried to other locations. And then there's the load limit. How much weight will it hold? All these things vary so be sure to choose one that best suits you so it will fit your needs over time.

Even if you already have a great fitness routine, give rebounding a try. It offers a variety of ben-e-fits, is gentle on the body and can provide whatever intensity workout you want.

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Events Around Town in June!

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One Time Events

June 1
Music Under the Stars at Pasadena City Hall
Sing and dance to the best of Broadway and the Great American Songbook in a Pasadena POPS free concert. Arrive early for food trucks and family fun. 6:00 p.m. - 9:15 p.m.

June 9
Castle Green Tour
This open house and tour will offer a rare opportunity to visit Hotel Green, a turn-of-the-century Pasadena hotel. Enjoy historic lectures and live music. 12:00 p.m. - 4:00 p.m.

June 15
Snake Encounter with NHMLA at Descanso Gardens
Join Natural History Museum Manager of Vertebrate Living Collections, Leslie Gordon, and learn basic identification and fun facts about snakes. 10:00 a.m. - 2:00 p.m.

June 15
Family Night Hike: Tiny Wonders at the Arboretum
Meet the smallest inhabitants of the garden and find out what they tell us about the big wide world. 5:30 p.m. - 7:00 p.m.

June 15
Adult Night Hike: Risky Botany at the Arboretum
Visit some of the deadliest plants growing around the Arboretum and learn how humans have wielded them. 7:30 p.m. - 9:00 p.m.

June 29
Harlem Nights - Pasadena POPS at the Arboretum
Celebrate the explosion of music in 1920's New York that gave birth to the Jazz Age and Swing Era. Gates open at 5:30 p.m. Concert begins at 7:30 p.m.

June 29
Patriotic Festival and Fireworks in Downtown Arcadia

Bring the family for food, fun, and fireworks. The festival takes place on First Avenue between Huntington Drive and Diamond Street. 5:00 p.m. - 9:30 p.m.

Ongoing Events

Now - September 15
Kidspace Campout
Kids learn about wildlife, investigate the "Arroyo Pequeño", gather around the "campfire" and more.

June 2, 8, 9, 16, 23
Concerts in the Park at Sierra Madre's Memorial Park Bandshell
Bring your blankets and lawn chairs for a free evening featuring a wide variety of music. 6:00 p.m. - 8:00 p.m.

June 2, 9, 16, 23
Jazz in the Park at Playhouse Village Park
Bring a picnic and your blanket to free jazz concerts. 6:00 p.m. - 8:00 p.m. on the Van Halen Stage

June 14, July 12, August 9, September 13
Friday Nights at The Gamble House with Highland Park Wine
Enjoy live music, wine tasting, pack your own picnic or purchase pizza. 5:30 p.m. - 7:30 p.m.

June 20, 27 July 11, 18, 25, August 1, 8
Concerts and Movies in the Park, Arcadia
Concerts and movies will be held on Thursday evenings on Arcadia City Hall Lawn. Concerts begin at 6:30 p.m. and movies begin at dusk.

June 21 - 23
Foodland Night Market at the Rose Bowl
This exclusive festival in the heart of Pasadena features food, drink, shopping, and entertainment.

June 28, July 26, August 23
Jazz in the Garden at Norton Simon Museum
Soak in beautiful garden views and enjoy live jazz music along with a happy-hour menu at The Garden Café. Drop-in drawing supplies will be available. 4:30 p.m. - 6:30 p.m.



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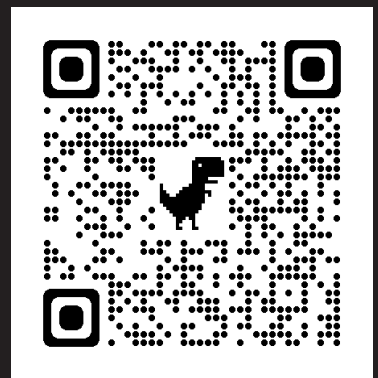
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