

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, JULY 13, 2024

VOLUME 18 NO. 28



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SIERRA MADRE GIRLS SOFTBALL ALL STARS DOMINATE STATE TOURNAMENTS AND ADVANCE TO NATIONALS



Building on our hometown league's five decade legacy of excellence, Sierra Madre Girls Softball Association sent multiple All Stars teams to the USA Softball States Tour-nam-ents over the past few weekends in Lancaster, California. As a result of our girls' success at States, we are thrilled to announce the teams that qualified for national level tournaments later this month.

Over the 4th of July weekend, our 10U, 12U, and 14U Gold All Stars teams played in the "B" States Tournament in Lancaster in triple-digit heat. Despite the challenging conditions, these young ladies showed incredible resilience as they battled teams from across California, with the 14U Threats qualifying for Nationals in Washington and 12U Legacy qualifying for Nationals in Oregon.

Our 8U, 10U and 12U Silver teams played just as hard at the "B" States Tournament in Lancas-ter at the end of June, with 12U Hustle making it all the way to the Championship game. 12U Hustle battled through 9 games over 3 days in the desert heat, securing a second place finish out of 41 teams and qualified for the Jr. Olympics Tournament in San Diego.

SMGSA is proud to have fielded All Stars teams in both Silver and Gold levels at 8U, 10U, 12U and 14U this summer, which is a testament to the support and community investment in our all-volunteer league. With the excitement of national tournaments come significant costs, and SMGSA has set up a Go Fund Me (<https://gofund.me/fca6d383>) to support our All Star program to ensure this upward trajectory continues, empowering these young athletes to reach new heights as they represent Sierra Madre on the national stage.

For more information, visit smgsa.org and follow SMGSA on Insta-gram @sierramadregirlssoftball and Facebook @sierramadregirlssoftballassociation.

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><small>Heat exhaustion can lead to heat stroke. Heat stroke can cause death or permanent disability if emergency treatment is not given.</small></p>	
<p>CDC NWSH Stay Cool, Stay Hydrated, Stay Informed!</p>	



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GET TO KNOW YOUR PUBLIC SAFETY OFFICERS

For the next several months Sierra Madre's Police and Fire Departments will be running a weekly segment titled, "Get to Know Your Public Safety Officer" here in the Mountain Views News. The purpose of this special segment will focus on our police and fire department employees and all of us to learn a little bit more about the men and women who serve our community. Sierra Madre Mayor Pro Tem Robert Parkhurst

In the spirit of celebrating our Nation's Independence this past week, it is only fitting that we launch this special segment by profiling, Corporal Lillian Shaw.

Lilian is a 7-year veteran of the Police Department, who also serves our nation as a member of the U.S. Army Reserves. Lilian, or "Lily" as she is more commonly known, was first hired as a dispatcher and promoted to Police Officer in March 2018. In 2021 she was promoted to the rank of Corporal, where her duties entailed field supervision of a patrol team.

Just recently, she was assigned to the detective bureau as a Detective. Lily also serves as the department's Public Information Officer, Use of Force Trainer, and has expertise in Crisis Negotiation.

Let's learn more about Lily Shaw:



Corporal Lillian Shaw

- Why did you choose to work for the Sierra Madre Police department? I was initially drawn to the City of Sierra Madre Sierra because my husband grew up here. We ended up living here together for a few years and I got to know and love the town just as much as he did. Sierra Madre embodies the true sense of community and I love that! So, when I saw there was a job opening at the police department, I took the opportunity to apply and was fortunate enough to get hired.
- What do you like best about your job? I love that I get to be part of the big picture that is law enforcement's positive influence on community and society. Although law enforcement has its challenges, some are tied to history, it requires more good people to join the force so we may continue to work for a positive impact. I am grateful for the opportunity to be entrusted as one of those people here at the Sierra Madre Police Department.
- What's the biggest challenge with being a Police Officer? Brushing off the negative veil that the media sometimes unnecessarily throws on law enforcement which can set us up for immediate distrust from the public. There is no denying the bad apples who have ruined lives and broken up communities. I lived in south L.A during the 1992 riots and I understand certain frustrations. It is why I love my career path and do my best to be a part of a positive movement moving forward.
- What got you interested to join the U.S. Army Reserves? I was born in a small Central American country that was negatively affected by a civil war, where human rights had no value. I came to the U.S at 5 years old and it became my new home. I am grateful every day for the opportunities I was able to utilize for personal growth so it is my way of giving back. Don't get me wrong, nothing was ever just handed to me, I've worked very hard and sacrifices a lot to get to where I am today. But it is what life is all about; the struggles that help build our character. So that one day I can sit back in my rocking chair and say, wow, I accomplished some pretty cool things!
- What is your favorite recreational activity? I love horseback riding and competitive shooting. I own a few firearms that I enjoy practicing with. I don't own a horse yet but I'm working on it. Maybe one day I'll be able to combine the two.
- Do you own any pets? If so, what are their names? I have two dogs. Bella is an 11-year-old Maltese and Charlie is a 2-year-old Golden-Doodle. Bella is my chill little princess while Charlie... I have to always keep a close eye on Charlie. He's a sweetheart but he easily gets into trouble because he's still learning. For example, he likes to steal socks. So if you ever notice I'm wearing holey socks, you know the reason.
- Favorite place you frequent in Sierra Madre: I love the Mt. Wilson Trail. I enjoy being out in nature as well as the exercise. It's a beautiful trail altogether.
- What would be your favorite song? I love music and I have many favorite songs, but the first one that comes to mind is a Spanish song called "Cielito Lindo." It's a song my grandfather sang to me as a kid in Central America. It relaxes me and takes me back to happy childhood days every time.
- Name one thing unique about you that few people know about? It isn't very unique but most people don't know I like to draw and paint (watercolor and oil).
- What is your motto in life? My current motto is made up of two famous quotes: Be the change that you wish to see in the world (Gandhi) and enjoy the passage of time (James Taylor).

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SIERRA MADRE FIRE DEPTMENT Master Plan



COMMUNITY SURVEY



WE WANT YOUR FEEDBACK!

PLEASE PARTICIPATE IN THE SURVEY ONLINE, OR PICK UP A PAPER SURVEY AT CITY HALL, HART PARK HOUSE SENIOR CENTER AND THE LIBRARY.

SIGN UP IN-PERSON AT HART PARK HOUSE SENIOR CENTER ON 7/8 AND 7/10 FROM 10:45AM TO 12PM.

SURVEY WILL END ON JULY 15TH

www.SurveyMonkey.com/r/SierraMadreFDCommunitySurvey





SAFETY FOR OUR CITY SALUTES CORPORAL LILLIAN SHAW & ALL THOSE WHO PROTECT OUR INDEPENDENCE

Let's pledge support for the Nov 2024 **PUBLIC SAFETY MEASURE**

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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

July 9, 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 foothillsmidia.org/sierramadre and broadcast on Government Access Channel 3 (Spectrum)..

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

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

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

Your event must:

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

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



Sierra Madre Public
LIBRARY
Read • Discover • Connect

This week at the
**Sierra Madre
Public Library**
July 8 — July 13

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

Wednesday

Nature Walk—Bailey Canyon, 6:00pm -7:30pm

Registration required

Thursday

Tails & Tales — Library from 3:30pm-4:30pm

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

Saturday

Outdoor Storytime —Memorial Park Bandshell at 10:00am

Summer Science Workshop —Memorial Park Pavilion at 10:00am. Registration Required

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

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

"July is a blind date with summer." Hal Borland

"Everything good, everything magical happens between the months of June and August." Jenny Han

"The warmth of July makes it easy to leave cold winter memories in the past."

While you were wandering around town, before, after or during our best ever parade, I hope you took a look at the Jacaranda trees. They are astonishingly fabulous this time of year. Almost every street features a purple cloud over our heads.

July 4th by the way, was National Sidewalk Egg Frying Day. It is also such a fantastic time in our town. So much to do and see. So much to be proud of, so much to enjoy, especially the parade. All the bear mentions were so fun and the little train was so cute. Great pictures in the News and I'm always so delighted when Susan Henderson publishes the Declaration of Independence and our constitution. Turner Classic Movies showed "1776" on July 4th. I just love this movie. From 1972, set in Philadelphia in the summer of 1776, it's a fictionalized account of the events leading up to the signing of the Declaration of Independence. Good music, great cast, the Founding Fathers shown as people with faults and foibles. The weather, scorching, and the dress of the period always make me wonder how they didn't all die of heat stroke! Each one of these guys, had on more clothes than I own. Heavy coats, vests, cravats; very stylish but I'm sure glad we don't have to dress like that anymore!

Hopefully, somebody invited you over to enjoy burgers and potato salad and maybe a brew or two. That means somebody else cooked and you didn't! I'm sure you brought something. Two members of my family brought pasta salads to parties but I've never been very good at that. My grandmother made the best macaroni salad and I'm going to share her recipe with you. Daughter, Crissy, had her cookbook and I wish you could see it. That will be the picture today. It's an old ledger with "Cash" on the cover. One of the best things in it is the recipe she laboriously wrote out, in pencil, on 8 small pieces of paper, for bread stuffing and how to cook a turkey. She sent this to my mother in 1940 right after my mother and father were married. One small quote:

"I make it (the stuffing) the day before and always put it in that white crock I gave you that looks like a flower pot but has no hole in it. You can put a small plate over the top then put wax paper over it with a rubber band around it and put it in the refrigerator."

Anyway, I digress with a walk down my family's memory lane. Here's the macaroni salad;

- 16 oz. macaroni
- 2 big dill pickles (just buy a jar of minced dill pickle – so much easier)
- 2 cans pimentos (chopped)
- 2 onions
- 3-4 hard-boiled eggs
- Mayonnaise (whole kind, not low-fat)
- Celery salt, pepper, salt, paprika

Boil macaroni to al dente state, not real squishy, drain, let cool. Add chopped dill pickle, chopped pimentos, onions, eggs and the rest to taste and consistency you like. Simple, especially now that one can buy all this stuff pre-chopped, even the onions! Chill for a day or so before serving. I have such fond memories of this and I hope you will, too.

Here are a few of the exciting things you can look forward to in July. Sorry to say we already missed National Cherry Pit Spitting Day.

- Dog Days of Summer – July 3 – August 11
- National Blueberry Month
- National Anti-Boredom Month
- Unlucky Month for weddings
- National Cell Phone Courtesy Month
- National Grilling Month
- National Hot Dog Month
- National Ice Cream Month
- National Park and Recreation Month
- National Picnic Month
- National Watermelon Month

And, speaking of National Park and Recreation Month, if you've got a camping trip planned in the next few weeks, here's a handy tip for you: When using a public campground, a tuba placed on your picnic table will keep the campsites on either side vacant. So much helpful information here!

Have you tried Perry's Joint on Sierra Madre Blvd.? Peter Dills liked it so much he already reviewed it in his column here in the News, but I want to add my recommendation...ya gotta try it. Seven versions of the hot dog, nachos, salads, and check this out: Tuna by Starlight, The Egg from Ipenema. The Perry Pounder which is hot roast beef, onion, American cheese, pickles. Lettuce tomato, mayo, mustard and ketchup. Hungry yet?

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

WHAT CAN YOU DO WITH JEWELRY THAT'S NOT YOUR STYLE

**** Transform it ** Reset it ** Sell it**

Maybe you inherited Great Aunt Edith's platinum brooch. Maybe you have a ring from an old boyfriend and you've been married – to someone else – for years.

Whatever it is, bring us your tired, your poor old things begging you to be free.

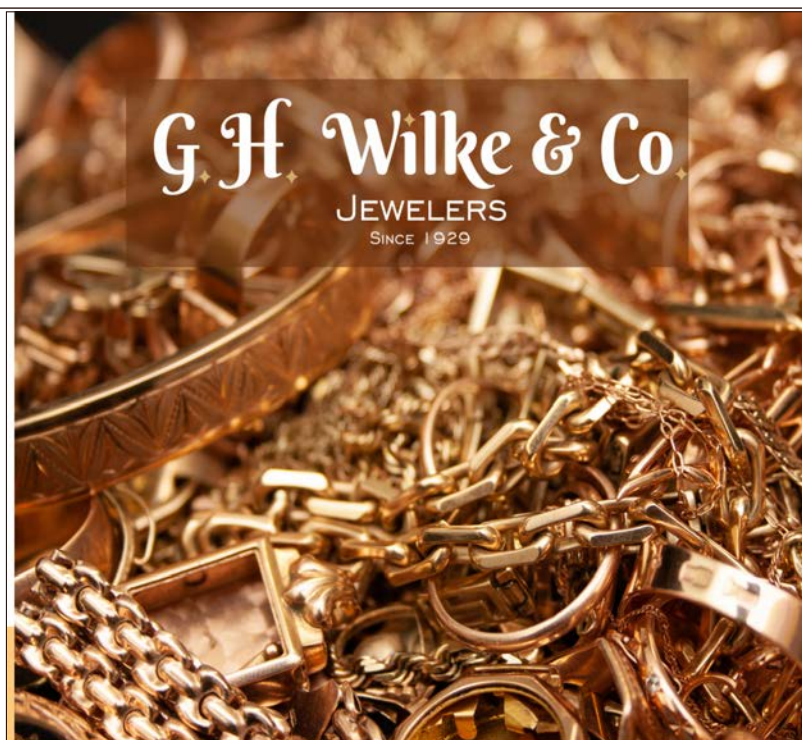
So many options – and we have answers!

Breathe new life into jewelry by polishing and re-tipping prongs. If your family sees you wear a significant piece of jewelry, it's now a family heirloom rather than "something for them to deal with" later.

Adding different colored metal accents to a tired ring can make it your style. Take stones out; put stones in to alter the look. If you have stones set in something you want to wear, you'll completely forget the hideous monster that inhabited your drawer for years.

Or you might opt to sell it all and start with a clean slate. We've helped many make their decisions and we can help you.

You might actually find that your daughter or granddaughter would love Great Aunt Edith's brooch to wear at her wedding. Let's talk.



What can you do with jewelry
that's not your style?
Bring it in and let's talk.

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Pasadena Altadena



News From Your Community For Your Community

Water Rate Adjustments Now in Effect

The Pasadena City Council approved in June new rates for water service that went into effect July 1. The approved water rate adjustments include a new structure that is simplified, while promoting water conservation and ensuring funding necessary for key infrastructure investments to sustain a resilient water system. Pasadena Water and Power (“PWP”) provides safe and reliable water with superior customer service at competitive rates.

According to city officials the new water rate structure is comprised of two components, a fixed charge and a variable charge. The fixed charge is based on customer’s meter size, much like the previous water rate structure. The variable charge is based on the amount of metered water used; the price of each unit of water used increases based on blocks, or tiers, of water use. The amount of water allocated in each tier now varies by customer classification/category (single-family residential, multi-family residential, or commercial). As a result, July bills will have different line items and terminology. Detailed breakdowns of the new bill can be found at PWPweb.com/UnderstandingYourBill.

The water rate adjustments also include rate increases to be effective on July 1 for each year through 2028.

To learn more about the water rate adjustment, visit PWPweb.com/WaterRateDesign. To view the current and past rate cards, visit PWPweb.com/RateCard.

Free Showing Tonight of ‘Pitch Perfect’

One Colorado, in the heart of Old Pasadena invites the community to a showing of “Pitch Perfect” as part of its “Movies Under the Stars” series tonight. The movie will be shown in The Courtyard beginning at 8:30 p.m. While “Movies Under the Stars” events are free and open to the public, space is limited and pre-registration is requested at: onecolorado.com.

Guests are encouraged to bring their favorite blankets, chairs, and snacks. In partnership with IPIC Theatres, guests can enjoy VIP premier seating when they show a receipt for a minimum purchase of \$50 (per person) from One Colorado restaurants and shops. Each VIP guest will receive an IPIC promotion, popcorn and soft drink. Premier seating is available on a first-come, first-served basis and begins at 7:45 p.m.; VIP guests do need to pre-register to attend. Additional “Movies Under the Stars” showings will be held in July and August. For more information, visit: onecolorado.com.

New Pasadena Transit Real Time Devices



All of the new devices will have text-to-speech capability.

The Pasadena Department of Transportation (DOT) announced Thursday that they are deploying a trial of five new solar powered devices at local bus stops to provide customers real time bus arrival information at the touch of a button.

According to DOT staff, these new devices are

different than the existing real time arrival devices currently provided at 115 bus stops in that they also have text-to-speech to assist customers with visual impairments. The locations identified for these five demonstration devices are among the highest used bus stops in the city they said.

The five demonstration units are set to be permanently installed over the course of the next several months at the following locations: Northbound Lake Avenue and Villa Street Northbound Raymond Avenue and Holly Street Southbound Fair Oaks Boulevard and Woodbury Road Northbound Lake Avenue and Colorado Boulevard Eastbound Foothill Boulevard and Sierra Madre Villa Avenue

As part of this project, DOT will collect feedback on how these new units serve transit customer’s needs. Customers will be able to provide feedback via a survey at: cityofpasadena.net/transportation. A QR

code and the link will also be on every unit display. The survey feedback will assist in determining the effectiveness of these new devices, as well as informing the potential installation of future devices in the city.

These demonstration devices are manufactured by Papercast and are being provided per the city’s contract with Connexionz, Ltd., which includes the provision of real time bus arrival information displays. This demonstration project is funded by the Caltrans Low Carbon Transit Operations Program (LCTOP).

Tuning in to the Invisible Universe

Ever since a radio hiss was discovered coming from the center of the Milky Way, radio light has revealed a universe full of surprises: black holes, rapidly spinning neutron stars, remnant light from the primordial universe and more.

Learn about the origins and history of radio astronomy, its current puzzles and future promises Thursday, July 17, at 2 p.m. as part of the Cultural Thursdays series at the Pasadena Senior Center, 85 E. Holly St.

Allison Matthews, a postdoctoral fellow at the Carnegie Institute for Science in Pasadena, will lead the multimedia presentation.

The event is free for members of the Pasadena Senior Center and only \$5 for nonmembers 50 and older. To register or for more information, visit: pasadenaseniorecenter.org and click on Activities & Events, then Special Events or call 626-795-4311.

As a donor-supported nonprofit, the center operates without any local, state or federal funding and provides more services to older adults in the San Gabriel Valley than any other organization. Hours of operation are Monday through Friday from 8:30 a.m. to 4:30 p.m. and Saturday from 8 a.m. to noon. To learn more, visit: pasadenaseniorecenter.org or call 626-795-4331.

Bill to Protect Teenage Girls from Trafficking Passed Public Safety Committee

A measure authored by Senator Anthony Portantino to combat human and sex trafficking and protect California’s youth from exploitation, was approved last week by the Assembly Public Safety Committee. Los Angeles City Attorney Hydee Feldstein Soto is a sponsor of SB 1128, and the measure was unanimously supported by the Los Angeles City Council.

“Failing to require registration for engaging in unlawful sexual activity with a minor is unacceptable and appalling,” stated Senator Portantino. “As the father of two daughters, this issue breaks my heart and I am determined to do what I can to help stem the tide of sexual exploitation in our state and I’m hopeful this bill will help. It is imperative that we do everything we can to protect vulnerable youth and hold offenders accountable.”

California has standards requiring sex offender registration for all those convicted of a wide variety of sexual offenses. However, current law does not require adults convicted of unlawful sexual activity with a minor in violation of Penal Code section 261.5(c) or (d) to be listed on the sex offender registry. SB 1128 will require tier one



sex offender registration if an offender engages in unlawful sexual acts with a minor and the offender is more than 10 years older than the minor.

“This is another positive step toward holding sexual predators of minors accountable, helping law enforcement and vindicating the most vulnerable victims - our children,” said Hydee Feldstein Soto, Los Angeles City Attorney. “Protecting our kids has been one of my priorities since taking office, and SB 1128 closes an existing loophole in our registration so as to assist law enforcement and deter sex offenders who target teenage girls. I am proud to partner with Senator Portantino on this critically important bill.”

For more information visit: sd25.senate.ca.gov.

Celebrate Pasadena’s Own History of Bungalow Heaven



Pasadena’s Santa Catalina Branch Library is proud of its Preservation Corner, a collection of books and materials highlighting the architectural styles evident in neighboring houses. In celebration of the Library’s 140th anniversary, authors Julianna Delgado and John G. Ripley will present the history of the iconic Bungalow Heaven neighborhood August 10 as seen through their book, Pasadena’s Bungalow Heaven. Pasadena’s first and largest landmark district, Bungalow

Heaven contains the nation’s finest collection of middle-class homes of the American Arts and Crafts period. Saved from the wrecking ball in the late 1980s by a grassroots movement that would regenerate the city, it was listed on the California Register and in the National Register of Historic Places in 2008.

The event starts at 3 p.m. Santa Catalina Branch library is located at 999 E Washington Blvd.

For more information visit: <https://cityofpasadena.net/library>.

Chu Praises Actions to Protect Workers from Extreme Heat

The U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) announced last week a Notice of Proposed Rulemaking (NPRM) to establish a federal standard for heat stress protections against occupational exposure to high temperatures and heat exposure.

Pasadena Congresswoman Judy Chu author of the Asunción Valdivia Heat Illness and Fatality Prevention Act hat would codify heat stress protections into federal law, released the following statement:

“Today, the Biden-Harris Administration took a historic leap forward in adopting a federal standard to give workers the same protections Californians already enjoy against extreme heat, which have had profound impacts and saved lives. As we enter yet another dangerously hot summer, and as MAGA governors in Florida and Texas block any meaningful action at the local level to protect workers in their states from on-the-job risks from heat, President Biden and Acting Secretary Su are putting workers’ health and safety first by proposing a federal baseline of protections from heat.

“When I was serving in

the State Assembly in 2004, Asunción Valdivia died from a heat stroke after picking grapes in California in 105-degree temperatures for 10 hours. Whether on a farm, driving a truck, or working in a warehouse, workers like Asunción keep our country running while enduring some of the most difficult conditions—often without access to water, shade, or rest. Since his tragically preventable death, I worked first to successfully implement a first-of-its-kind heat standard in California, and now I’m working to pass similar protections at the federal level.

“In 2021, I led a letter with Ranking Member Bobby Scott and Reps. Raúl Grijalva and Alma Adams to OSHA urging adoption of a federal heat standard for workers, and I am grateful to the Biden-Harris Administration for undertaking today’s historic action. This is a major milestone, but Congress must still pass my bipartisan Asunción Valdivia Heat Illness and Fatality Prevention Act to give workers certainty that, as the climate crisis worsens extreme heat conditions, federal heat stress protections will be permanent.”

For more information visit: chu.house.gov.

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San Marino Upcoming Events & Programming

Summer Sunset Concerts at Lacy Park are Back!

Join us at Lacy Park for three FREE concerts this summer! Bring your chairs and blankets to secure your spot and enjoy an evening of music. Feel free to bring your own food and drinks, or indulge in a variety of options from our food trucks. Looking forward to seeing you there!

Concert Calendar - Save the Dates

July 19, 6-8 PM: Stone Soul - Motown Tribute Band

August 2, 6-8 PM: Alan Jazz Orchestra

August 16, 5:30-8:30 PM: Multicultural Concert featuring:

- Kayamanan Ng Lahi - Philippine Folk Arts

- Dai Qin - Lead Singer of Chinese Rock Band "Thin Man"

- Upstream - Reggae

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

California Joe National Parks Magic Show

Monday, July 15 at 1 PM, Children's Room

California Joe is unlike any other magician you've ever seen! In this new and unique show, kids ages 3+ and their families will have the opportunity to explore the magic and beauty of all nine national parks in the state of California. Registration is not required.

Nature Series: Fall & Winter Planting in Southern California

Wednesday, July 17 at 1 PM, San Marino Community Center, Fireside Room

Yvonne Savio will delve into the cultivation of 27 different vegetables and 70 varieties of flowers, all suited to flourish in your garden from late summer until the close of the year. This comprehensive discussion will cover everything from initial planting to ongoing care and harvesting techniques, ensuring a continuous bounty of blooms and produce well into the following spring. Additionally, attendees will learn about 15 specially propagated plants sourced directly from the presenter's own garden, with opportunities to acquire them for their own green spaces. Registration is not required.

Magnificent Monarchs

Thursday, July 18 at 1 PM, Children's Room

Monarchs have many threats and they need your help! Kids ages 3+ are invited to a special storytime where they will learn about simple steps they can take to save this endangered species. Participants will also receive a DIY kit to plant their own monarch-friendly flowers! Registration is recommended.

National Night Out 2024 at Lacy Park

Save the date! Join us for National Night Out 2024 on Tuesday, August 6, from 6-10 PM at Lacy Park! We'll have a DJ, a Movie in the Park (Paw Patrol), games, and food trucks! National Night Out promotes positive police-community partnerships. Don't miss out on an unforgettable night. See you there!

Summer Tree Care: How to Keep Your Trees Healthy and Cool

Trees help to keep us cool during hot weather. We can help trees by providing them with some extra care during hot weather. Here are a few quick tips for summer tree care:

Deep water your trees. Often our irrigation systems are oriented towards lawns, providing frequent, shallow watering. Trees benefit from deep, infrequent watering. Use a hose, drip irrigation or even a bucket to provide extra water to your trees.

Prioritize young trees. Young and newly planted trees will be less resilient. Newly planted trees should be watered at least weekly, with water applications becoming less frequent as the tree matures. Use a natural mulch such as wood chips to protect the soil and tree roots. Natural mulches help to insulate the soil and keep the root zone cooler. This reduces stress and saves water as less moisture evaporates from the soil.

For more information on trees and watering visit: sanmarinoca.gov.

Old Mill's Music Under The Stars

The Old Mill's Music Under the Stars with Trio Elica will be held on Saturday, July 20th at 8 PM. This performance is the premier of Trio Elica. While the musicians have played together for many years, this new Trio was born out of a desire to create exceptional and daring performances of great music not often featured by standard chamber ensembles. Stop by the Mill to purchase tickets in person (11am-2pm) or purchase your tickets online.

Public Safety Commission

Monday, July 15 at 6:00 PM; City Hall Council Chambers and Zoom (Public Access)

Design Review Committee

Wednesday, July 17 at 6:00 PM; Barth Room and Zoom (Public Access)

Library Board of Trustees

Monday, July 22 at 8:00 AM; Barth Room and Zoom (Public Access)

Community Impact of the Central Library's Closure



Pasadena Director of Libraries, and Information Services Tim McDonald, detailed the community impact of the Pasadena Central Library's closure. The closure of the Pasadena Central Library in May 2021 for earthquake retrofitting and building repairs has significantly impacted program offerings and services. Those impacts are now coming to light.

Before the closure, the Central Library was a hub for large-scale programming, using its extensive space to host events such as the STEAM Fair, ArtNight, Author Fair, Educator Night, Young Readers League, and many others. These events have either ceased or been significantly reduced due to lack of space. For example, ArtNight attendance dropped from over 2,500 participants in FY2019 to just 191 at the Lamanda Park Branch Library in FY2023 post-closure. Similarly, the One City, One Story program saw participation drop from 2,500 attendees at the Central Library in FY2019 to only 250 in costly rented spaces in FY2023.

The Donald R. Wright Auditorium, previously a venue for parenting classes, Summer Reading performers, weekly lectures, film series, and cultural heritage programming, can no longer host these events. Many programs have been canceled or drastically reduced due to the lack of equivalent space.

The Central Library also provided exhibit spaces that were offered free to community groups. These exhibits, displayed in areas like the North Entry, Centennial Room, Humanities Wing, and Reading Wing, are no longer available, further limiting community engagement and cultural enrichment.

Programs such as the National Financial Literacy Month, the New Adult Book Club, and the LA Law Librarian & Law Library partnership have also been severely impacted. The financial literacy programs and book club were canceled, and the law library services were moved to the Hastings Branch with reduced class offerings, making it difficult for patrons, especially those near the courthouse and needing legal resources.

SCORE, which provides free one-on-one business counseling, has moved to Lamanda Park and Santa Catalina Branches but with limited availability. The flu shot clinic, health screenings,

Chinese language classes, and Citizenship Preparation Classes, and other adult programs were canceled pending the reopening of the Central Library.

Volunteer programs also saw a reduction in participation. Central Library previously had four volunteer programs contributing 1,804 volunteer hours annually. Since the closure, the number of volunteers has decreased, with teen volunteers and summer interns now operating out of the Jefferson Branch.

Children and teen services were significantly affected as well. In FY2019, the Central Library hosted 282 programs with 6,834 attendees. After the closure, the Youth Services Division moved to the Jefferson Branch, where many programs were either canceled or reduced. Infant and toddler storytimes, special performances, and preschool STEAM activities saw reduced attendance. Programs like Lucha Libros, Kids Art Salon, Kids Coding Club, College Bound Series, and others were canceled.

Teen programming faced the most drastic reduction. Central Library hosted over 100 teen volunteers annually, with over 5,000 attendees at teen events. At Jefferson, these numbers have dropped to approximately 30 volunteers and about 500 attendees annually. Programs like Pasadena Loves YA, National Coming Out Day, ArtNight, Youth Network, and others either ceased or saw significant reductions due to space and location constraints.

The overall impact on library services is evident in key metrics comparing FY2019 to FY2023: Total in-person programs offered decreased from 2,462 to 1,594 (-35.3%).

Total in-person program attendance dropped from 55,260 to 30,016 (-45.7%). PC reservations declined from 128,515 to 17,165 (-86.6%). Library visits fell from 803,274 to 393,429 (-51.0%). Circulation of library items decreased from 1,251,793 to 679,068 (-45.8%). Reference desk questions answered dropped from 122,167 to 66,028 (-45.9%).

Reopening the Central Library to serve all segments of the community once again continues to be a priority.

To learn more about the Central Library Retrofit and Building Repairs Project, visit: cityofpasadena.net/library.

Pasadena Playhouse's Cyrano De Bergerac



Producing Artistic Director, Danny Feldman, of The Pasadena Playhouse the State Theater of California and recipient of the 2023 Regional Theatre Tony Award, announces Chukwudi Iwujii (James Gunn's Guardians of the Galaxy and Peacemaker, Royal Shakespeare Company, NY Public Theatre's Othello) to star in Pasadena Playhouse's Cyrano De Bergerac by Edmond Rostand, freely adapted by Martin Crimp, and directed by Mike Donahue (Little Shop of Horrors, Geffen Playhouse's The Inheritance).

Also starring in the production are Rosa Salazar (Alita: Battle Angel, Brand New Cherry Flavor, Undone) as Roxane, Will Hochman (Broadway's The Sound Inside, CBS's Blue Bloods) as Christian, and Kimberly Scott (Broadway's Joe Turner's Come and Gone, Respect) as Madame Ragueneau. Additional casting to be announced at a later date.

The full creative team is rounded out with Afsoon Pajoufar (Scenic Designer), Carolyn Mazuca (Costume Designer), Josh Epstein and Edward Hansen (Lighting Designers), Veronika Vorel (Sound Designer), Rachel Lee Fleisher (Intimacy/Fight Choreographer), with Casting by RBT Casting (Ryan Bernard

Tymensky, CSA). One of the greatest plays ever written is radically reborn in this critically acclaimed adaptation. Modern poetry and sizzling rhythm collide in a scorching love triangle when Cyrano discovers the love of his life has eyes for another man. Immerse yourself in the romantic adventure of this timeless and heartrending love story.

The Hollywood Reporter calls Crimp's adaptation "A dazzlingly inventive and entertaining new version" and The London Times says "Mesmerizing... glittering... unforgettable."

Cyrano de Bergerac (Crimp) is presented by arrangement with Concord Theatricals on behalf of Samuel French, Inc. www.concordtheatricals.com

This production of Cyrano de Bergerac is partially underwritten by our very generous Honorary Producers Stephen & Susan Chandler, and Tammi & Lenny Steren.

Tickets for Cyrano de Bergerac are currently available through the purchase of a Membership and single tickets go on sale Tuesday, July 16. More information is available at pasadenaplayhouse.org, by phone at 626-356-7529, and at the Box Office at 39 South El Molino Avenue, Pasadena, CA 91101.

Pasadena Public Library Free Programs and Events

Books N' COPS

Pasadena Public Library and the Pasadena Police Department (PPD) invite you to participate in Books 'N' Cops, a year of events for families and friends of all ages. Enjoy this opportunity to learn, create and laugh.

LevelUP Youth Leadership Conference: Building a Just and Sustainable Future

This free conference aims to empower youth aged 12-18 by providing them with valuable inspiration and tools to contribute to climate justice and sustainability efforts. The event will feature inspiring speakers, enriching workshops and a resource fair showcasing organizations making a positive impact on young minds and our planet. Lunch included. For more information about the LevelUP Youth Conference, visit pasadena-library.net/teens/teen-advisory-board/levelup-youth-conference/. Register at: cityofpasadena.net/library/calendar/?trumbaEmbed=view%3Devent%26eventid%3D173772156. For teens only. Tuesday, July 16 • 10 a.m. – 2 p.m. • Jefferson Branch Library

Sustainability Fair

Discover local organizations making a positive impact on young minds and our planet at our Sustainability Fair. Fun activities for all ages. All ages are welcome to attend the Sustainability Fair. Lunch is provided for kids and teens only. Tuesday, July 16 • noon – 2 p.m. • Jefferson Branch Library

Pickling Workshop

This hands-on pickling class will guide participants through the basic concepts of fermentation and vinegar pickling for the home kitchen. LA-based fermented food advocate and instructor Jessica Wang brings extra tips and insight drawn from her family's diasporic Chinese culinary heritage. To attend, sign up at CityOfPasadena.net/Library/Calendar/. For adults and youth, ages 10+. Sunday, July 21 • 2 p.m. • Hastings Branch Library

Ghibli Garden Party

Celebrate the joy and wonder of Studio Ghibli and the 35th anniversary of the film Kiki's Delivery Service with a garden party on Hill Avenue Branch Library's outdoor patio! There will be games, activities, and giveaways as well as a screening of the movie. Registration not necessary, but those who RSVP will receive a special thank you gift. To attend, sign up at CityOfPasadena.net/Library/Calendar/. Saturday, Aug. 3 • 3 p.m. • Hill Avenue Branch Library

Celebrate National Night Out

Join us for Linda Vista's first National Night Out on Bryant St. between Linda Vista and Ontario Avenues! Celebrate with neighbors, police, fire, and more. Enjoy free entertainment as we build a stronger community. Everyone is welcome! Tuesday, Aug. 6 • 6 - 10 p.m. • Linda Vista Branch Library

Cat Party!

Santa Cat invites you to celebrate International Cat Day with cat-themed activities purr-fect for the whole family. You'll be sure to enjoy every meow-ment. Friday, Aug. 9 • 3 p.m. • Santa Catalina Branch Library

'Ranger' Greene Presents: National Parks California Edition

Join "Ranger" Greene as he takes you on a tour through California's majestic national parks! Enjoy the sights and outdoors without ever leaving the library. You'll also learn about the library's California national park resources. Thursday, Aug. 15 • 4 p.m. • Santa Catalina Branch Library

Paint with Us

Create a work of art through a guided painting session. No experience needed. All materials supplied. To attend, sign up at CityOfPasadena.net/Library/Calendar/ beginning Aug. 1. For teens, adults and youth ages 8+. Thursday, Aug. 29 • 3:30 p.m. • Hill Avenue Branch Library

ANNUAL BULKY ITEM PICK-UP



SATURDAY, JULY 20, 2024

Once again, the City of San Marino will be holding its Annual Bulky Item Pick-up. The pick-up is scheduled for ONE DAY ONLY and will take place on SATURDAY, JULY 20. If you have bulky items to be picked up, call (855) 567-1007 or schedule online at AthensServices.com/Bulky.

What is a Bulky Item?

Large items that do not fit in your regular trash barrel. See acceptable items list to the right.

All bulky items must be placed at the curb by 5:00 a.m. on the day of pick-up. Athens Services' waste hauling crews will not return for additional items after they have completed the scheduled pickup on each designated street.

Bulky waste placed for collection shall not be of a volume exceeding the capacity of the truck's bucket. Additional waste placed beyond this limit can be collected by Athens using a temporary bin service for a fee. Please contact Athens at (888) 336-6100 to arrange to have a bin delivered for any additional waste for a fee.



Bulky waste placed for collection shall not be of a volume exceeding the capacity of the truck's bucket

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ACCEPTABLE ITEMS

- ✓ Mattresses
- ✓ Sofas
- ✓ Beds
- ✓ Refrigerators (doors removed)
- ✓ Washers
- ✓ Dryers
- ✓ Tree branches (must be in bundles)
- ✓ Leaves (must be in bags)
- ✓ Furniture



NOT ACCEPTABLE

Household hazardous waste (i.e. motor oil, oil filters, brake fluid, paint, paint thinner, turpentine, cleaners with acid or lye, pesticides or herbicides, household batteries, car batteries, pool chemicals)

Electronic waste (televisions, cell phones, computers, monitors, laptops, etc.)

- Asphalt or concrete
- Spills of heavy construction
- Tires

For disposal of these items contact the L.A. County Sanitation Districts at (800) 238-0173 or (888) CLEAN-LA.

THANK YOU FOR YOUR COOPERATION. IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT ATHENS SERVICES AT (888) 336-6100.

Police to hold Military Equipment Meeting

Pasadena Police Department officials rescheduled and relocated a public meeting, 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 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 at: cityofpasadena.net/police.

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

For further information call (626) 744-7875 or email at mcuellar@cityofpasadena.net

Catch breaking news at: mtnviewsnews.com



ARCADIA POLICE BLOTTER

For the period of Sunday, June 30, through Saturday, July 6, the Police Department responded to 946 calls for service of which 80 required formal investigations. The following is a summary report of some of the incidents handled by the Department during this period.

Sunday, June 30:

1. At 4:25 p.m., at 1101 W. Huntington Drive (H-Mart), the victim completed her shopping and headed back to her car. Upon preparing to leave the parking spot, a gray SUV pulled up behind her, blocking her exit. The driver (S1) of the suspect vehicle approached the victim, claiming something had damaged her car. When she went to inspect the supposed damage, the passenger (S2) of the suspect vehicle seized the victim's purse and its contents from the front passenger seat. The suspects swiftly returned to their vehicle and fled the scene. A DNA swab was taken from the victim's front passenger door handle for evidence. The stolen items included about \$1,400 in cash, and a designer purse and wallet valued at \$6,000.

Monday, July 1:

2. At 6:24 p.m., an officer was dispatched to the 300 block of Walnut Avenue after receiving a report from a female victim who claimed that her boyfriend's cousin had assaulted her. Upon investigation, it was found that an argument had turned violent when the suspect pushed the victim against a wall, threatened her with a knife held against her throat, and made threats to harm her. The victim had a minor red mark on her neck, and the knife was confiscated. The male suspect was apprehended without incident.

3. At 3:04 a.m., an officer conducted a traffic stop near the intersection of El Monte Avenue and Naomi Avenue on a vehicle with expired registration. The vehicle sped away southbound on El Monte Avenue at high speed before the officer could approach the driver. The officer followed the vehicle's path but refrained from chasing it. The El Monte Police Department ("EMPD") was alerted as the vehicle entered their jurisdiction. The EMPD found the vehicle empty and parked in a residential driveway. Arcadia Police Officers arrived, and the vehicle was impounded for evidence. Inside the vehicle, burglary tools and coins were recovered.

4. Between 2:00 a.m. and 4:00 a.m., a commercial burglary occurred at 400 E. Live Oak Avenue. The unidentified suspect(s) entered the building under construction and removed around \$15,000 worth of plumbing and electrical components.

Tuesday, July 2:

5. At 5:28 p.m., officers responded to a commercial burglary at 400 S. Baldwin Avenue (Haidilao Restaurant at the Shops at Santa Anita) where an employee reported missing items after two suspects were captured on surveillance entering the rear entrance, going through the restaurant, and sorting through the cash register desk. The incident occurred at 5:00 a.m. The suspects were not caught on camera leaving the office area. The employee noted the rear entrance was unlocked and the alarm system was not activated. The employee wishes to prosecute on behalf of the business, and mall security was notified for further review.

Wednesday, July 3:

6. At 11:45 a.m., officers were dispatched to the 600 Block of Encino Avenue regarding a missing person report. Upon arrival, they interviewed the individual who reported that her 81-year-old husband had left for work at 6:00 a.m. and had not returned. Upon searching the premises, officers discovered the husband in the garage, deceased from an apparent suicide. The coroner arrived, took possession of the body, and a note was discovered underneath him, detailing his significant financial troubles.

Thursday, July 4:

7. At 2:20 a.m., at 10 W. Live Oak Avenue and 16 W. Live Oak Avenue (Evolution Automotive and Enduro Tire Co.), according to CCTV footage, two unidentified suspect(s) walked up to the properties and simultaneously shattered glass entrances to the establishments to gain access. One suspect took cash and a safe from Evolution Automotive, while the other took cash from Enduro Tire Co. Despite both businesses having alarm systems, neither were activated during the incidents. No vehicle belonging to the suspects was observed at the scene.

8. At 8:07 a.m., the victim was alerted to an alarm activation at her residence located at the 600 block of South First Avenue. Upon reviewing her Ring camera footage, she witnessed her estranged ex-husband disconnecting the camera. The victim holds a valid restraining order against her ex-husband. Officers apprehended the ex-husband at the location and arrested him for breaching the restraining order without any issues. A magistrate review was sought, and a hold was granted.

Friday, July 5:

9. At 11:10 a.m., a house sitter inspected a residence on the 400 block of East Rodell Place and found that the rear slider door had been broken, and the location was ransacked. The residents are currently out of the country. The stolen items include designer handbags valued at \$150,000. The house did not have an alarm system, and its CCTV cameras only provide live feeds. Currently, there is no information on the suspects. While no physical evidence was found, DNA samples were taken from the site.

10. At 11:20 p.m., at 285 W. Huntington Drive (626 Night Market), a staff member was struck in the face by a vendor when informing him that the Night Market was closed for the evening. The victim chose not to press charges at the time of the report and did not appear to have any visible injuries.

Saturday, July 6:

11. At 9:55 AM, the hospital staff at 300 W. Huntington Drive (USC Arcadia Hospital) reported that a suspect involved in an assault with a deadly weapon case had left the hospital. There was a one-hour delay before officers received notification of the incident from the hospital. Upon receiving the notification, officers headed to the block of 9000 Live Oak Avenue, as it was a potential address linked to the suspect in the initial police report. As officers approached the entrance of the location, they noticed a hospital bag containing bloody clothes in a vehicle parked in front. Officers contacted a female in front of the subject location, who claimed to be a friend of the suspect, but was uncooperative with the officers. The Detective Bureau conducted surveillance at the site but was unable to locate the suspect.

12. At 3:07 PM, officers responded to the 100 block of Longley Way about an 8-year-old found at the bottom of a pool. According to dispatch, the homeowner dived in and rescued his son's friend from the pool. After administering CPR, the 8-year-old regained consciousness and started breathing independently. He was taken to USC Arcadia Hospital for further evaluation. The homeowner mentioned that he briefly went inside the house, and his son's friend somehow ended up in the deep end of the pool.



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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
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AROUND SAN GABRIEL VALLEY

HEALTH DEPARTMENT WARNS OF HIGHER RISK OF DENGUE VIRUS

Pasadena Public Health Department (PPHD) encourages the community to take action in preventing mosquito-borne dengue, after the Centers for Disease Control and Prevention (CDC) issued a health advisory notifying the public about the increased risk of dengue virus in the United States. This year, a higher-than-normal number of cases have been identified in travelers who visited countries where dengue is found.

A person can be infected with the dengue virus from an infected Aedes mosquito, a type of mosquito that inhabits Pasadena. About one in four persons develop mild or severe dengue symptoms including fever, nausea, vomiting, rash, and body aches. Symptoms of dengue typically last two to seven days and although severe and even life-threatening illness can occur, most people recover after about a week. There are no specific medicines or vaccines to prevent this disease. Supportive treatment may include monitoring for early signs of serious illness, drinking fluids, and resting.

Risk of exposure to dengue for Pasadena residents remains low. PPHD recommends standard precautions for preventing all mosquito-borne illnesses, such as dengue, and urges the community to take simple steps to reduce mosquito populations and lower the risk of mosquito-borne diseases including:

Eliminating standing water in clogged rain gutters, rain barrels, discarded tires, buckets, watering troughs, and anything that holds water for more than a week.

Ensuring that swimming pools, spas, and ponds are properly maintained.

Changing the water in pet dishes, birdbaths, and other small containers weekly.

Reporting neglected swimming pools in your neighborhood to your vector control district.

To prevent mosquito bites, PPHD recommends the following to residents and individuals traveling internationally to countries that report a higher-than-usual amount of dengue cases:

Wear insect repellent containing CDC and EPA-approved active ingredients: DEET®, picaridin, IR3535, or oil of lemon eucalyptus.

Wear loosely fitted, light-colored, long-sleeved shirts, and long pants.

In 2023, PPHD announced the first locally-acquired case of dengue in California. After an enhanced community investigation, PPHD discovered a second dengue infection in a Pasadena resident with no recent travel history. Prior to 2023, all reported cases of dengue in Pasadena were acquired while travelling.

San Gabriel Valley Mosquito and Vector Control District conducts routine mosquito control activities in the Pasadena region.

To find your local vector district agency and for tips on mosquito prevention and approved mosquito repellents, visit: SoCalMosquito.org. Additional information regarding dengue is available from the California Department of Public Health and the Centers for Disease Control and Prevention at: cdc.gov.

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STEP 5

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STEP 6

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- * Electric lawn mower purchased must be cordless and include a battery and charger.
- * You must scrap a working gas mower to receive the rebate.
- * To access the list of lawn mower manufacturers and certified scrapers, please visit: www.aqmd.gov/lawnmower.
- * For questions or more info please email us at lawnmower@aqmd.gov or call 888-425-6247 (Tuesday-Friday, 9-11am and 2-4pm).

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E-mail address: jharabedian@alvernoheights.org

Arcadia Christian School
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Preschool - TK - 8th Grade
626-574-8229/626-574-0805
Email: inquiry@acsliions.com
Principal: Cindy Harmon
website: www.acsliions.com

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) 351-0951 website: www.lasallehs.org
Interim Principal Ernest Siy

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

Monrovia High School
325 East Huntington Drive, Monrovia, CA 91016
(626) 471-2800 Principal: Darwin 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

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/

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

Barnhart School
240 W. Colorado Blvd Arcadia, Ca. 91007
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Head of School: Tonya Beilstein
Kindergarten - 8th grade
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(626) 355-1428
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E-mail address: marchesso.jodi@pusd.us

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160 N. Canon Sierra Madre, Ca. 91024
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Phone: 626-286-3108 ext. 172
FAX: 626-286-1528
E-mail: jhawes@clairbourn.org

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(626) 797-0204
Lisa Feldman: Head of School

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

Wilson Middle School
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(626) 449-7390 Principal: Ruth Esseln
E-mail address: resseln@pusd.us

Frostig School
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(626) 791-1255
Head of School: Jenny Janetzke
Email: jenny@frostig.org

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

The Gooden School
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(626) 355-2410
Head of School, Jo-Anne Woolner
website: www.goodenschool.org

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Magically Unlocking Meanings



Have you ever seen a magic trick performed? Did you figure out how it was done? One key to performing a trick smoothly is to break it into parts, think about each part, and then put the parts back together into one, complete trick. It's the same with understanding words. Whenever I read a book with hard words, I look at the parts of those words to see if I understand them. Then - Presto! - I "magically" can reveal the meanings of those pretty tricky words!

If looking at parts of words can help me unlock their meanings, it can help you too. It's almost like magic!

Use my tips to fill in the crossword:

1. What word would make good sense in this sentence?
2. Look at pictures for clues.
3. Small groups of letters that are added to the beginning of a root word are called **prefixes**. For example: "un" = not
Un + happy = unhappy so **unhappy** means that someone is *not* happy.
4. You can check for small groups of letters added to the end of a root word too. These are called **suffixes**, and they can also help unlock new words.



That cat is so unhappy.



1. sad (un = not)
2. get ready (pre = before)
3. in a disguise (under = beneath)
4. the inner part (in = in, into)
5. your signature (auto = self)
6. not made up (non = not)
7. underwater boat (sub = under)
8. single horned horse (uni = one)
9. tool to see tiny things (micro = small)
10. accident (mis = wrongly)
11. great strength (super = above)
12. to like very much (en = cause to)
13. warm once more (re = again)
14. sprouting out of control (over = too much)

What do you mean that I'm too big?

THEME:

SUMMER OLYMPICS

ACROSS

1. Delhi dress
5. *Individual Neutral Athlete at 2024 Olympics, acr.
8. Mother in #48 Down
12. Joie de vivre
13. Fodder holder
14. External
15. _____ Grey tea
16. Gulf V.I.P.
17. Edible cannabis substance
18. *Famous Olympics basketball team (2 words)
20. 90 degrees on compass
21. Like Al Yankovic
22. Popular deciduous tree
23. College treasurer
26. Balaclava (2 words)
30. Compass point between E and NE
31. Nullify
34. Diva's delivery
35. Smart ones?
37. Two halves
38. That is, in Latin
39. First queen of Carthage
40. What ivy does
42. _____ chi
43. Hindered
45. Alternative form of a gene
47. Band aid
48. Diet inspired by prehistory
50. European erupter
52. *Michael Phelps predecessor
56. "In the Hall of the Mountain King" composer Edvard _____
57. Black and white killer?
58. U.S. lake
59. From then on
60. Bank claim
61. Decomposes
62. Against, prefix
63. a.k.a. acid
64. State of vexation

DOWN

1. Bird feeder morsel
2. a.k.a. Daminozide
3. Hard to find
4. Family addition, pl.
5. *Archer or shooter, e.g.
6. Homer's classic
7. Accepted behavior
8. *a.k.a. Cassius, 1960 gold medal winner
9. Greek H's
10. Landlord's due
11. Heat unit
13. Certain style of humor
14. Obelus, pl.
19. "The end justifies the _____"
22. _____ out, as in a win
23. Mardi Gras souvenir
24. Dark
25. Full of cattails
26. Petals holder
27. Rocky ridge
28. Like certain rug
29. *Swimmer Ledecky
32. *Like 23 out of Michael Phelps' 28
33. "Wheel of Fortune" request (2 words)
36. *Nadia of perfect 10 fame
38. Archipelago
40. Large edible mushroom
41. *Like Bosnia and Herzegovina or Bulgaria
44. Mental portrait
46. Trotters
48. *2024 Olympics host city
49. Formed a curve
50. Sportscaster Andrews
51. Windshield option
52. Gangster's gal
53. *Xander Schauffele club option
54. South American monkey
55. Gusto
56. Geological Society of America

CROSSWORD

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5							7	3
	1	2	3			7		9
	6						8	
7		8				5	4	1
3	4							7
			4			3		
	5						1	4

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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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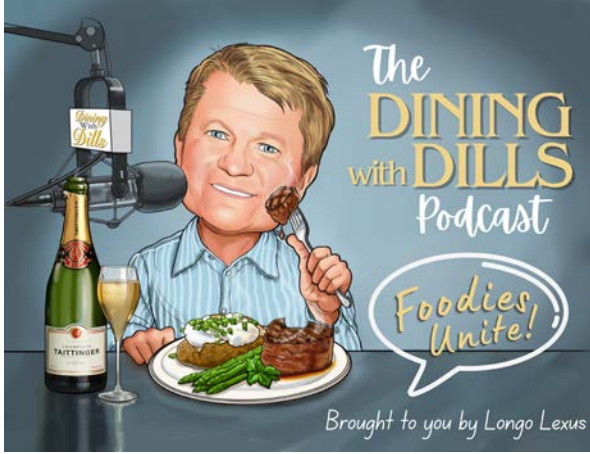


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SOCIAL HOUR AT PLATE 38

Nestled at the corner of Sierra Madre and Colorado in Pasadena, Plate 38 offers a delightful dining experience with an American menu that satisfies both the casual diner and the discerning foodie. Under the expert guidance of Chef and owner Robert Humphreys, this restaurant has carved a niche for itself, particularly with its enticing Social Hour offerings.



I had the pleasure of trying several items from their menu, and I was thoroughly impressed. The grilled fish taco, priced at \$7.50, was a standout

3 Oz cheeseburger, available for \$8.50, rivals the best that In-N-Out has to offer, providing a juicy and flavorful bite that will leave you craving more. Another must-try is the French tip, Robert's unique take on the Philippe French dip from downtown Los Angeles, which is both hearty and delicious.

The drink menu is equally impressive. Plate 38 offers a variety of craft beers, fine wines, and creative cocktails. The "Stirred and Strong" section is particularly noteworthy. My friend Michael Ruszczyński swears by the Old Fashioned, and I can see why. It's a perfectly balanced cocktail that is both refreshing and satisfying. Eric, the bartender, also makes the best martini in town. Daytime patron Steve Jennings can't wait to get off work for a sip of Clase Azul tequila, which speaks volumes about the quality of the drinks offered here. During Social Hour, the drink specials are particularly appealing, offering great value without compromising on quality.

Chef Robert has ingeniously designed a Social Hour that runs from 3 PM to close on Mondays, and from 3 to 6 PM and 9 PM to close from Wednesday to Sunday. The Social Hour menu might be considered tapas, with a variety of small plates. This generous timeframe allows guests to indulge in discounted drinks and appetizers, making it an ideal spot for both early evening relaxation and late-night gatherings.

Service: The service at Plate 38 is spot on. The staff will make you feel like a regular in no time. From the moment I walked in, I felt welcomed and well taken care of. The servers were quick to offer recommendations and ensured that my dining experience was smooth and enjoyable.

Atmosphere: The ambiance at Plate 38 is both cozy and chic. The decor is modern yet inviting, with comfortable seating and tasteful lighting that creates a warm and pleasant environment. Patio dining is available, offering a lovely option for those who prefer to dine outdoors. Whether you're there for a casual meal or a special occasion, the atmosphere is conducive to both relaxed dining and lively conversation. I love the music played here!

Plate 38 is a gem in Pasadena that I would highly recommend to anyone looking for a great dining experience. The combination of delicious food, excellent drinks, and outstanding service makes it a standout choice. The Social Hour deals are a fantastic bonus, offering great value and an opportunity to enjoy a wide variety of menu items at a reduced price.

In summary, Plate 38 offers a memorable dining experience that is sure to please. Whether you're stopping by for a quick drink during Social Hour or settling in for a full meal, you won't be disappointed.

For those planning to visit with a large party, making a reservation is highly suggested to ensure a smooth and enjoyable experience. Plate 38 (626) 793-7100



INGREDIENTS

5 medium poblano chiles (about 1 lb. total)
2 (8-oz.) pkg. cream cheese, softened
1/2 cup chopped scallions (from 4 medium scallions)
1/4 cup sour cream
1 tsp. ground cumin
3/4 tsp. kosher salt
1 large garlic clove, grated (about 1/2 tsp.)
8 oz. Monterey Jack cheese, shredded and divided (about 2 cups)
Tortilla chips

DIRECTIONS

Step 1
Preheat oven to broil with oven rack about 7 inches from heat source. Coat a medium (10-inch) cast-iron or other ovenproof skillet with cooking spray; set aside. Line a large rimmed baking sheet with aluminum foil.

Step 2
Arrange chiles on prepared baking sheet. Broil, turning occasionally, until blackened all over, about 10 minutes. Remove baking sheet from oven; reduce oven temperature to 350°F. Wrap foil tightly around chiles, and let stand 10 minutes.

Step 3
Unwrap chiles. Rub off skins; cut stems from chiles. Slice chiles in half lengthwise; scrape out seeds. (Discard skins, stems, and seeds.) Cut halves lengthwise into thin strips; cut strips into 1-inch pieces.

Step 4
Stir together cream cheese, scallions, sour cream, cumin, salt, and grated garlic in a bowl. Stir in chiles and 1 1/2 cups of the Monterey Jack. Spread dip into prepared skillet. Sprinkle remaining 1/2 cup Monterey Jack over dip. Bake, uncovered, at 350°F until bubbly, about 25 minutes.

Serve warm with tortilla chips.

Courtesy of Southern Living

THE TASTING ROOM

HONORING AND SALUTING IMMIGRANTS.

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

Every year around the 4th of July, I host a tasting that features wines made by immigrants. In part, I do this to honor my father who immigrated to this country from Mexico years ago and gave me the amazing gift of being a citizen of these United States of America.



This past week at the Tasting Room I presented a special online tasting to honor and applaud the immense contributions made by immigrants to this country, and to salute and honor the wines made by immigrants and the profound impact that they have on our wine industry. One of my special guests was Peter Stolpmann - owner of Stolpmann Vineyards. Peter spoke of his special relationship with Ruben Solorzano who has been Stolpmann's vineyard manager since 1994. Peter's father - Tom Stolpmann - helped Ruben obtain legal status and become a U.S. citizen. Ruben was born and raised on a small farm in Jalisco, Mexico. He first came to the U.S. when he was 19 years old. Through hard work and determination, he has become one of the top vineyard managers in the country. Matt Kettmann, senior writer at The Santa Barbara Independent and contributing editor for Wine Enthusiast, gave Solorzano the nickname "The Grape Whisperer" because he is so in tune with the vines.



During our online tasting, we tasted the La Cuadrilla Red Wine which is a special project started by Ruben and Tom over 15 years ago. The profits from the sales of the wine go directly to the vineyard crew - the majority of whom are immigrants from Mexico. The vineyard crew is employed full-time throughout the year, another example of how the Stolpmann family recognizes and appreciates the profound contributions their workers make to the winery.

La Cuadrilla Red Wine 2022 is 60% Syrah, 30% Grenache, 5% Mourvèdre, and 5% Sangiovese. The wine shows notes of red berry, dried flowers, spice, and cigar box. It's bright on the finish with freshness and acidity. This wine is consistently one of the best value wines around.

I encourage you to pick up a bottle of La Cuadrilla this weekend and raise a glass to the immigrant winemakers, vineyard crews, and others who work hard to put good food and good wine on our tables to enjoy. It would be impossible without them.

La Cuadrilla Red Wine 2022 is available at The Bottle Shop for \$25.99. Say you saw it in the Mountain Views News and get it for \$24.99 through Monday, July 15.

Coming up at The Tasting Room - 7/13 Blind Tasting with Raul Garcia. 7/18 Natural Wines (That Actually Taste Good.) 7/19 Blind Tasting with Wendy Roberts. 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

THE YEAR OF LIVING CONSTITUTIONALLY: ONE MAN'S HUMBLE QUEST TO FOLLOW THE CONSTITUTION'S ORIGINAL MEANING By A.J. Jacobs



The New York Times bestselling author of The Year of Living Biblically chronicles his hilarious adventures in attempting to follow the original meaning of the Constitution, as he searches for answers to one of the most pressing issues of our time: How should we interpret America's foundational document?

A.J. Jacobs learned the hard way that donning a tricorne hat and marching around Manhattan with a 1700s musket will earn you a lot of strange looks. In the wake of several controversial rulings by the Supreme Court and the on-going debate about how the Constitution should be interpreted, Jacobs set out to understand what it means to live by the Constitution.

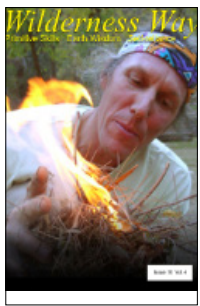
Jacobs tries to get inside the minds of the Founding Fathers by living as closely as possible to the original meaning of the Constitution. He asserts his right to free speech by writing his opinions on parchment with a quill and handing them out to strangers in Times Square. He consents to quartering a soldier, as is his Third Amendment right. He turns his home into a traditional 1790s household by lighting candles instead of using electricity, boiling mutton, and—because women were not allowed to sign contracts—feebly attempting to take over his wife's day job, which involves a lot of contract negotiations.

The book blends unforgettable adventures—delivering a handwritten petition to Congress, applying for a Letter of Marque to become a legal pirate for the government, and battling redcoats as part of a Revolutionary War reenactment group—with dozens of interviews from constitutional experts from both sides. Jacobs dives deep into originalism and living constitutionalism, the two rival ways of interpreting the document.

Much like he did with the Bible in The Year of Living Biblically, Jacobs provides a crash course on our Constitution as he experiences the benefits and perils of living like it's the 1790s. He relishes, for instance, the slow thinking of the era, free from social media alerts. But also discovers the progress we've made since 1789 when married women couldn't own property.

Now more than ever, Americans need to understand the meaning and value of the Constitution. As politicians and Supreme Justices wage a high-stakes battle over how literally we should interpret the Constitution, Jacobs provides an entertaining yet illuminating look into how this storied document fits into our democracy today.

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]

WATER PURIFICATION METHODS & DEVICES

Water. You've got to have it. It is essential to life. And sometimes, the situation is truly "water everywhere but not a drop to drink."

According to hydrologists, you should suspect any open sources of water and you should treat that wa-ter before you drink it.

WATER PURIFICATION 101

According to hydrologist Talal Balaa, when you are not sure of the water's purity, one should follow the "Rule of Three."

WATER PURIFICATION RULE OF THREE

First, filter the water through a cloth. This removes all large sediments and particles in the wa-ter. Second, allowing the sediments in the water to settle. This could take 30 minutes or a few hours, depending on the quality of the water. Lastly, boil the water or use water purification chemicals. "If any-thing is left in the water that will get you sick," adds Balaa, "your body's immune system should protect you, if it can."

Balaa also advises people to practice the "Rule of Three" when observing water in the first place. Does it look good, does it smell good, does it taste good? These are just common sense observations, though even if the water passes these observations, that doesn't make it safe to drink in all cases.

4 PRINCIPLES OF WATER PURIFICATION

As I describe in my "How to Survive Anywhere" book, water is purified by one (or more) of these four basic methods: FIRE (high heat), THE SUN (UV rays), CHEMICALS, or a physical FILTER.

FIRE

Boiling the water is perhaps the most widely-advised method of water purification, whether in the back-woods or city. And this method costs nothing! You just need a can, and a fire. Boiling occurs at 212 degrees, and everything that gets you sick is dead at about 170 degrees.

THE SUN

Yes, you can put water a glass jar and set it out into the sun. This is called water pasteurization, and it kills any organisms that will get you sick. In general, a quart of water is deemed safe to drink after about four hours in the sun. This too is a method that costs nothing. In India, one widely practiced low-cost method of water pasteurization is to fill one litre clear plastic bot-tles with water and lay them in the sun for at least four hours. (For more details on this method, check out "SODIS" on-line).

CHEMICALS

Chemical methods of water purification have been around for decades. They typically are chlorine or iodine based. One good brand is Katadyn's Micropur purification tablets. Katadyn is regarded as the "Cadillac" of wa-ter purification systems. Their purification tablets come in a 30 pack, each tablet used for a liter of wa-ter. Katadyn says that their tablet is the only tablet or liquid which has been proven effective against viruses, bacteria, giardia and cryptosporidium under all water conditions. In addition, this is the only purification tablet (or liquid) that is EPA-registered as a microbiological water. You need to wait about 30 minutes after adding the tablet to the water under normal condition. Another popular, and well-rated chemical system for water purification are the Chlorine Dioxide tablets by the Portable Aqua company, which are widely available on-line or at backpacking stores.

FILTERS

There are many filters on the market, widely available at backpacking stores. The water is pumped through a filter, which physically removes the contaminants. One of my favorites is the Sawyer Mini-Water Filter. This filter is the lightest and most versatile personal filtration system from Sawyer. With a total field weight of 2 ounces it fits in the palm of your hand. This tiny filter is great for camping or traveling abroad. The filter removes 7 log (99.99999%) of all bacteria (like salmonella) as well as other harmful bacteria which causes cholera and E. coli and 6 log (99.99999%) of all protozoa such as giardia and cryptosporidium. These removal rates equal or exceed other filter options. EPA guidelines allow ten times more protozoa left in the water than this filter removes.

NOTE: I don't advise drinking your tap water from your kitchen without some level of purifications. Doc-tors have noted that you can still get certain bacteria from our relatively pure tap water.



Dogs & Heat

HOT TEMPERATURES CAN MAKE CONCRETE AND ASPHALT TOO HOT FOR YOUR DOG'S PAWS.

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.

Katnip News!



MEET JOEY & JULIUS, AGE TWO

These tuxedo brothers from different mothers are the epitome of sweetness. While they may be a bit shy at first, once they warm up their friendly and playful purr-sonalities will shine



through. These handsome boys both sport classic black and white coats, but with their own unique flair. Joey boasts a cute black mark around his nose, accentuating his charming features, while Julius rocks a wide blaze that adds an extra dash of personality to his handsome face. They get along wonderfully with other cats and enjoy playing with toys, chasing feathers, and pouncing on anything that moves. Treat time is a favorite, and they'll eagerly await their tasty rewards. Their other siblings were all adopted when babies, but J & J have been consist-ently passed up, and we can't fathom why! They've never had a real home! Joey & Julius are incredibly sweet and are sure to bring joy and com-panionship to their new home. If you're ready to add double the love to your life, come meet these delightful boys! See more pictures and adoption info at <https://www.lifelineforpets.org/joey--julius.html>.

Pet of the Week

Reese is a fun guy who has been flying under the radar at Pasadena Humane for too long! This handsome three-year-old husky is ready for his time to shine.

Reese was initially very nervous at the shelter and would sometimes hide in the back of his kennel. Thankfully, he has come out of his shell a bit and is now very happy to see the volunteers who take him out for exercise. He walks along by their sides, tail happily wagging as he prances along.

Reese weighs about 45 pounds, so he is smaller than an average husky. He packs a lot of fun and entertainment into his petite body, though. He loves playing with toys- he will often play fetch with himself- throwing the toy into the air to chase it without needing anyone to throw it for him.

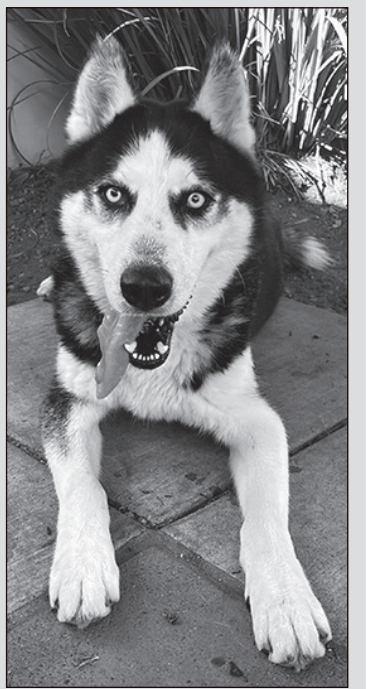
He would love a quieter home as he will probably take a little time to get acclimated to the new surroundings. Once he's made himself at home, he's going to be the most fun dog you can imagine! Come meet this sweet guy today!

Reese and all other dogs over 40 pounds can be adopted at no charge during Pasadena Humane's Big Dog Summer adoption event, happening 7/11 - 7/25.

The normal adoption fee for dogs is \$150. All dog adoptions include spay or neuter, microchip, and age-appropriate vaccines.

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

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



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From The Desk of Steve Scieurba, Safe Path For Senior

CHOOSING THE RIGHT CARE FACILITY: SMALL BOARD AND CARE HOMES VS. LARGER ASSISTED LIVING COMMUNITIES

When selecting a living arrangement for seniors, families often weigh the benefits and drawbacks of small board and care homes against larger assisted living communities. Here, we break down the pros and cons of each to help you make an informed decision.

Small Board and Care Homes

Small board and care homes offer personalized care with a higher staff-to-resident ratio, ensuring that residents receive more individualized attention. These homes provide a homelike environment, offering an intimate and comforting atmosphere that closely resembles a family home. With fewer caregivers, residents can form stronger, more personal relationships, and these homes can more easily accommodate specific needs and preferences.

However, the limited number of residents can result in fewer social interactions and organized activities. Small board and care homes typically lack extensive facilities like fitness centers and game rooms and often have less access to specialized medical care and equipment.

Larger Assisted Living Communities

Larger assisted living communities offer a wide range of activities, providing various social, recreational, and educational options to keep residents engaged. These communities come with extensive amenities, including fitness centers, libraries, and game rooms. They also provide more comprehensive care options, such as memory care and physical therapy, and with more residents, there are increased opportunities for social interaction and forming friendships.

On the downside, the higher number of residents can lead to less individualized attention from staff. Larger facilities can sometimes feel more like an institution and less like a home. Additionally, higher staff turnover and more shift changes can result in inconsistencies in care.

Key Considerations

When making a decision, it's important to evaluate the level of care required, especially for specialized medical needs, and compare expenses to determine what fits your financial situation. Proximity to family and friends can be crucial for maintaining personal connections. Consider whether the individual is more comfortable in a larger group setting or a smaller, more intimate environment. Touring both types of facilities can provide valuable insights and help make a well-informed decision.

Ultimately, choosing between a small board and care home and a larger assisted living community depends on the specific needs, preferences, and priorities of the individual requiring care. By carefully considering the pros and cons of each option, families can ensure their loved ones receive the best possible care in a setting that feels like home.

Courtesy of Safe Path for Seniors LLC / (626) 999-6913 / <https://www.safepathforseniors.com>

HOW TO PREVENT AND TREAT AGE RELATED MACULAR DEGENERATION

Dear Savvy Senior:

Is macular degeneration hereditary? My mother lost much of her vision from it before she died, and now at age 65, I'm concerned I may get it too. What can you tell me?
Brown Eyed Betty

Dear Betty:

Unfortunately, having a parent or sibling with macular degeneration does indeed increase your risk of getting it by three to four times. But the good news is there are things you can do to protect your eyesight, and a number of treatments that are available if you do happen to get it. Here's what you should know.

What is AMD?

Macular degeneration, also known as age-related macular degeneration (or AMD) is the most common cause of severe vision loss in people over age 60, affecting an estimated 20 million Americans.

AMD is a progressive eye disease that damages the macula, the part of the eye that allows us to see objects clearly, causing vision loss in the center of your vision. This affects the ability to read, drive, watch television and do routine daily tasks, but it does not cause total blindness.

There are two types of AMD – dry and wet. Dry AMD, which affects about 85 to 90 percent of all people that have it, progresses slowly and painlessly over a period of years.

While wet AMD is much more aggressive and can cause severe vision loss in a matter of weeks or months.

Factors that can increase your risk of getting AMD include age (60 and older); smoking; excessive exposure to sunlight especially if you have light-colored eyes; certain genetic components; a family history of AMD; high blood pressure; obesity; and being Caucasian.

What You Can Do

For anyone over the age of 65, it's a smart idea to get your eyes examined by an ophthalmologist every year. They can spot early signs of AMD before vision loss occurs. Early signs, however, may include shadowy areas in your central vision or unusually fuzzy or distorted vision.

The Amsler grid is also an excellent tool to check your eyes for AMD at home. Visit Macular.org, and search "amsler chart" to test your sight.

While there's currently no cure for AMD there are things you can do if you're high risk, including: eating antioxidant-rich foods such as dark green, leafy vegetables, and cold-water fish for their omega-3 fatty acids; protecting your eyes from the sun by wearing UV protective sunglasses; controlling high blood pressure; exercising regularly; and if you smoke, quit.

Dry AMD Treatments

If you do happen to get AMD, your doctor may recommend you start taking a daily dose of antioxidant vitamins and minerals known as AREDS or AREDS2. Studies by the National Eye Institute have shown that while taking these supplements cannot prevent you from getting AMD, they can reduce your risk of progression from intermediate to advanced AMD by about 25 percent.

You can purchase AREDS supplements – made by Bausch and Lomb and sold as PreserVision – over the counter in many drugstores and online for around \$30 a bottle.

There are also two new medications (Syfovre and Izervay) that were approved by the FDA last year to treat a late-stage form of AMD called geographic atrophy or GA. These treatments, which are given either monthly or every other month in the form of an injection into the eye, can slow the progression of GA.

Wet AMD Treatments

For wet AMD, there are several anti-VEGF medications like Avastin, Lucentis and Eylea that can stop vision loss and may even restore it. These medications, which have been around for more than a decade, are also given by injection into the eye and repeated every month or two.

Newer anti-VEGF drugs, like Vabysmo and Eyla HD, are also highly effective but don't require monthly treatments. Most patients on these medications can go three to four months between injections.

Send your senior questions to:

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

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...JULY Birthdays*



Nina Bartolai, Mary Lou Caldwell, Louise Neiby, Betty Hansen, Melinda Rogers, Christine Durfort, Shahrzad Azrani, Jeanne Borgedahl, Janet Cox, Dorothy Montgomery, Bess Pancoska, Janet Swanson, Barbara Watson, Pat Alcorn, Karma Bell, Alice Clark, and Betty Dos Remedios, Bonnie Diener Jan Greteman, Linda Heller

* 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

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.

Intermediate

Every Friday
10:00am - 11:00am

Call 626-355-5278 for more information.

Monthly BLOOD Pressure SCREENING

IS NOW TAKING PLACE AT THE HART PARK SENIOR CENTER THE SECOND TUESDAY OF EVERY MONTH AT 12:30PM



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

AGE IS JUST A NUMBER...OR IS IT?

Recently, one of our granddaughters reached the magical age of 16 and was applying for her driver's license.

When I learned of that, it brought back so many memories of my own. I remember when I turned 16 and was going for my driver's license.

What a day that was.

I can't remember how long ago that was. I don't have a calendar in front of me. The time leading up to my 16th birthday was exciting because I couldn't wait to turn 16 and get behind the wheel. That was the great goal of my life as a teenager. At 16, my life would change, and it did.

When I reached 16, my next goal was 21 because I would be an official adult, and my parents couldn't tell me what to do.

I'm not sure what happened, but I never really became the official adult I dreamed about. I just became older.

Some people attach great significance to age. I remember my grandfather saying, "Son, age is just a number. Don't you worry about it."

Grandfathers can't be wrong, or can they?

It's been hard keeping up with my age because it changes every year. Why does my birthday have to come so often? There was a time when I couldn't wait for my birthday. It was like it took five years for my birthday to come.

Now, my birthday comes every other month. How old am I really? Honestly, I don't want to know.

Several years ago, The Gracious Mistress of the Parsonage and I celebrated birthdays at a res-taurant. Her birthday is two days after mine.

As we ate our birthday dinner, she looked at me and said, "So, my dear, how does old feel?"

Without even thinking, which is my MO, I reached across the table, grabbed her arm, started squeezing it, and said, "It feels rather nice."

Well, there went my birthday present.

One day this past week, I was searching through my library for a book I wanted to read. As I was searching, I found my high school yearbook. I don't remember the last time I saw that book.

I pulled it out, took it to my seat, sat down and started looking through that album. I saw things I had long ago forgotten about.

As I looked at the photographs, I remembered some of my friends from way back then and wondered how they might look today.

Then, I came across a name I recognized: James Snyder. I recognized the name, but I did not recognize the picture. Who was that person there using my name?

I stared at that picture for a while and did not remember anything. There it was, a young boy with lots of hair and rather skinny. I was tempted to go to the mirror and check out what I looked like today, but then I declined. Why ruin a good thing?

When my grandfather said that age is just a matter of numbers, I was beginning to think he was way off his rocker. What I looked like in 1969 when I graduated high school is far from what I look today.

I tried to remember back in those days, and some things came to me. I had a lot of fun playing baseball at school, and I did a lot of things that I wouldn't have the energy to do today.

One of the things I remember was how hard it was to go to sleep at night. My parents had a cur-few at 10 o'clock at night, which is when we were supposed to be in bed sound asleep. I remem-ber those times and how hard it was to sleep at 10 o'clock at night.

Now, right after supper, I look at The Gracious Mistress of the Parsonage and say, "Are you thinking what I'm thinking?"

She will laugh and nod her head. One of the things that we try to find an excuse to go to bed ear-ly, like right after supper.

I couldn't keep up with all the activities I did back then. In the morning, when I get out of bed, walk to the living room, and sit down, I need to rest for a moment because of all that activity. It doesn't take very much to get me tired.

Thinking about this the other day, I wondered what my life would be like if I had the energy today that I had 50 years ago. But the more I thought about it, the more I realized that if I had that kind of energy today, I probably would be getting into trouble.

What I fail to remember about those days of endless energy is that it always got me into some kind of trouble.

Now that I'm old, I don't have the energy to get into trouble. When you think of it, that's a good thing. Getting old isn't as bad as I once thought.

As I pondered this I was reminded of what good, old Solomon said. "Say not thou, What is the cause that the former days were better than these? for thou dost not enquire wisely concerning this" (Ecclesiastes 7:10).

I may have some good things in my past, but my best day is today. I don't have any guarantee for tomorrow. All I can be sure of is today, so I need to make today the best day of my life.

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STUART TOLCHIN



PUT THE LIGHTS ON CHANGE AND SHARING

If you could change things, what would you change? Right now, the thing that I feel most strongly about is that I don't want to live in a Country that elects Donald Trump as President. He was elected before and the Country survived, didn't it? Yes, but just barely. The January 6th insurrection probably orchestrated by, and certainly supported by Trump occurred and we still survived. So, what's the problem?

Are you kidding? Trump spits in the face of almost every one of my values which I believe are basic American values. He is racist, sexist, vindictive, only cares about himself and does not value truth. I think for him the only value is WINNING and I am afraid he might do that. So. Let him win. Why should you or I care? How would his election affect you or me?

There are personal things I worry about like Social Security and Health care benefits and disability payments that are making it possible for my myself and my family to enjoy our comfortable lives. Maybe we could happily exist without these benefits. Maybe it's all like air conditioning? I've lived here in Sierra Madre for 42 years and I can remember when no house had air conditioning. On very hot days the entire neighborhood seemed to gather outside and meet and complain together. Maybe that generated a sense of camaraderie in that we were all facing the problem together? Of course, it wasn't as hot then as it is now, but the point is that we survived. Hards as it is to believe we survived without cell phones and social media and everything else we take for granted today. In fact, I am so old that I can remember before there was television and my dad, and I would sit and listen together to the baseball games on radio. My major diversion was collecting and trading baseball cards with my friends and I was very proud that I was able to memorize the entire probably over 300 cards in the Topps Bubble gum series. As you might have guessed, when I went away to college my mother threw them all away. "What did you need them for anyway." Today, of course, those cards would be immensely valuable but that's not why I collected them. They were my connection with the outside world.

At that time, I craved just possessing information and read every book I could loving that my mind could contain all those facts. I felt special! Today, who cares? Every fact that anyone would want to know is contained on your phone plus the fact that the phone can do all sorts of tricks that I don't even understand and don't even want to know about. I should be more interested in AI and future technological advancement, but I am not. I was happy without it and I'm still happy today. What makes me unhappy is Trump and all the attention he sucks up which blots out everything else.

I want to look forward to a better future for my family, my wife, children, and grandchild. I want to imagine a world with a fair distribution of resources. I hate the idea of starvation, homelessness, lack of gun control, continuing wars, the continuing global climate crisis, and the continuation of problems that could be solved. Trump wants retribution for past wrongs rather than focusing on future needs. His values are not my values, and they are not the accepted values of the America of which I am proud. He does not value education or compassion but wants only more attention and more money, I think that wanting more, always wanting more. Is the problem rather than a solution. There is enough abundance in this world, there has always been enough, and my dream is that this abundance be distributed fairly and equally throughout the world. The change I want is for everyone to share that dream and to make it happen. Maybe my mom was right: I did not need all those baseball cards for myself. Sharing feels better.

LETTER TO THE EDITOR -

In his column last week, Stuart Tolchin mentioned the recent Supreme Court decision on presidential immunity. It should be noted that our Constitution makes no mention of presidential immunity whatsoever.

It defines impeachment; a two-thirds Senate vote leading to conviction and removal - later adding that "the Party convicted shall nevertheless be liable and subject to Indictment, Trial, Judgment and Punishment, according to Law." A "Speech and Debate" clause protects congressmen from liability for what they might say - but not the president.

This notion of presidential immunity came later. The Supreme Court ruled in *Mississippi v. Johnson* (1867) that the president was performing "discretionary" duties so couldn't be sued for enforcing the Fourteenth Amendment. *Nixon v. Fitzgerald* (1982) set immunity as extending to the "outer parameters" of presidential duties. Now with this recent decision, should a president tell staffers, "Let's do a crime!" - while they could be prosecuted for doing it, the president's telling them to do it could not be used as evidence of intent, motivation or of the president's own culpability.

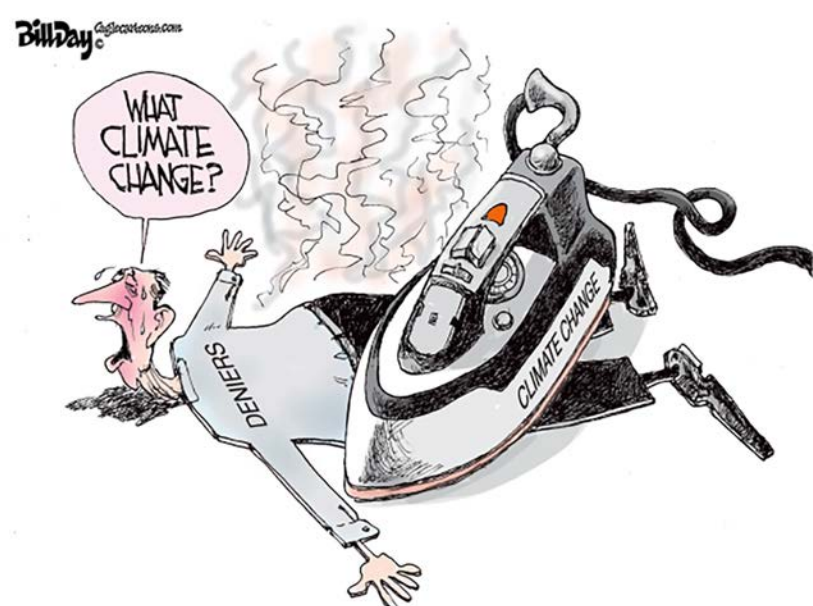
It's odd considering how high current justices seem to be on "originalism", "textualism" and the historical context of when the Constitution was written. They'd argue "red flag" laws taking guns from domestic abusers are impermissible because the Second Amendment was written when there was nothing illegal about beating up a spouse. But when it comes to protecting Donald Trump, all notions of "original intent" are out the window.

Odder still was Chief Justice Roberts' offering as analogy the need to protect a recently-defeated president should their successor decide to sic the Justice Department on them. It's never happened in our history, but it's explicitly what Trump has promised should he again take office.

Stuart also raised concerns about our president. The recent jobs report shows 200,000 new jobs added in June - our 42nd consecutive month of job growth. The S&P 500 and Nasdaq again hit record highs Monday. Illegal crossings at our southern border dropped to a three-year low in June, the fourth consecutive monthly drop following the administration's new directives. This week President Biden issued an immediate condemnation of the Russian mis-missile attack on the Children's Hospital in Kiev and announced new air defenses for Ukraine while hosting NATO leaders in Washington. All while juggling rallies and interviews in his campaign for re-election.

But should the situation change - knowing that first in line of succession is our V.P. Kamala Harris, I rest well at night. Stuart should, too.

Howard Hays, Sierra Madre



RICH JOHNSON

NOW THAT'S RICH

ELECTIONS...TRIVALLY SPEAKING



When it came to politics Winston Churchill was never one to just stand by and watch history unfold. I'll start this column with classic, albeit relatively unknown quotes by Sir Winston:

"To jaw-jaw is always better than to war-war." From a White House speech by Sir Winston circa 1954.

"...a modest man who has a good deal to be modest about." Referring to Clement Atlee, England's prime minister for 5 years in between two Winston Churchill administrations

"A fanatic is one who can't change his mind and won't change the subject." Sir Winston

"No one pretends that democracy is perfect or all-wise. Indeed, it has been said that democracy is the worst form of government except for all those other forms that have been tried from time to time." Sir Winston, House of Commons 1947

Though never a president, Benjamin Franklin had quite a way with words. Among his quotable quotes: "It takes many good deeds to build a good reputation, and only one bad one to lose it."

And another one we have all heard but never quite remembered the author: "In this world nothing can be said to be certain, except death and taxes." Benjamin Franklin

Among our own homespun quote makers, Teddy Roosevelt, may be most famous for saying: "Speak softly and carry a big stick".

Abe Lincoln is most famous for the next quote, but I like the second one just as well:

"You can fool all of the people some of the time, and some of the people all of the time, but you cannot fool all of the people all of the time."

Grover Cleveland reminded us... "A man is known by the company he keeps, and also by the company from which he is kept out."

President Kennedy wowed our socks off when he said: "And so my fellow Americans, ask not what your country can do for you; ask what you can do for your country."

My favorite Kennedy quote was his response to a 10 year old boy who asked him how he became a hero in World War II. President Kennedy said, "It was involuntary, they sank my boat."

Presidents (as well as all of us) can mitigate, or make less harsh negative comments that come their way. President Obama masterfully handed critics by using this quote at the White House Correspondents' Dinner in 2013: "These days, I look in the mirror and have to admit, I'm not the strapping young Muslim socialist that I used to be."

One of my favorite Obama quotes when he, in person, complimented a winning NBA team at the White House. He said, "So congratulations again, to the Miami Heat. And now we are going to take a picture that makes me look very short."

And during the 2012 Presidential race debate, Candidate Mitt Romney complained our navy was smaller now (under Obama) than any time since 1917. Obama masterfully rebutted, "Well, governor, we also have fewer horses and bayonets...We have these things called aircraft carriers, where planes land on them. And we have ships that go under water, nuclear submarines."

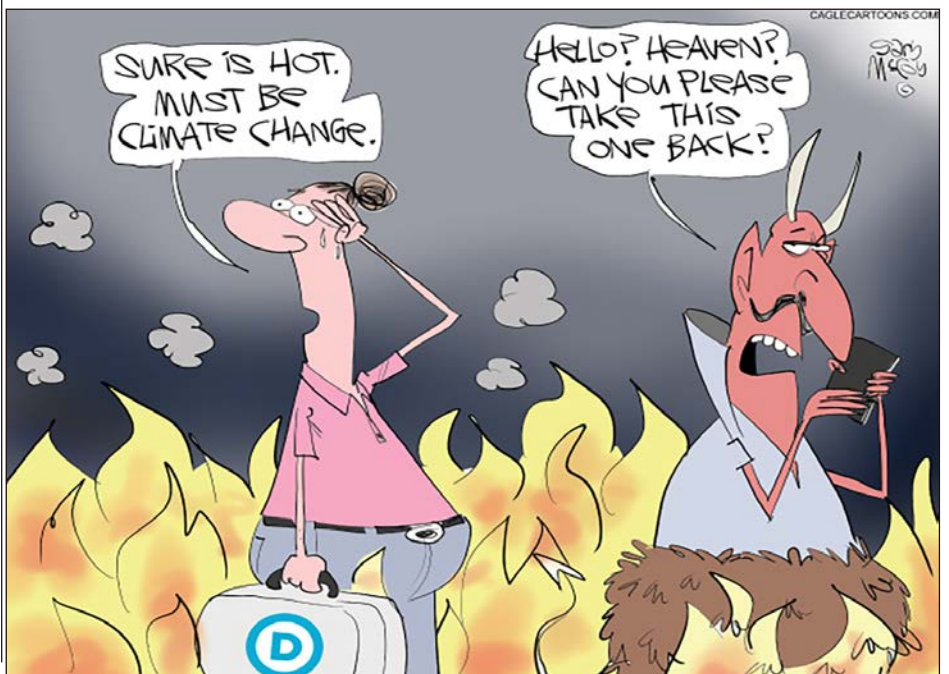
I was a fan of Gerald Ford. A good president, who would have had more accomplishments if he would have beat Jimmy Carter in 1976. I'm reminded of two of his quotable quotes:

"A government big enough to give you everything you want is a government big enough to take from you everything you have." Gerald Ford

"I had a log of experience with people smarter than I am." (Me too Gerry) Gerald Ford

Certainly a candidate for most impressive American in the last century was Dwight David Eisenhower. Eisenhower had a successful career in the army leading up to World War II. After Pearl Harbor he really came alive and went from Lieutenant Colonel to General of the Army (5-star) in record time. A humble guy (well as humble as a general could be), he kept recommending people for the top military job in the war. The powers that be picked Eisenhower instead. They were right. And the rest is history.

Presidential campaign slogan in the 1952 election, "I Like Ike". He won in a landslide. Ike had never held political office before becoming President. The next guy to accomplish that feat was a guy named Trump. Ever hear of him? Hope you're all having a good week.



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FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-119775 The following person(s) is (are) doing business as: E. CAB MAINTENANCE, 232 UNION PL APT 3, LOS ANGELES, CA 90026. Full name of registrant(s) is (are) ERIBERTO CABRERA CONTRERAS, 232 UNION PL APT 3, LOS ANGELES, CA 90026. This Business is conducted by: AN INDIVIDUAL. Signed: ERIBERTO CABRERA CONTRERAS/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/04/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: JUN 22, 29, JUL 06, 13, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-119889 The following person(s) is (are) doing business as: ONE STOP MINI SPLITS, 1805 E. 219TH ST, CARSON, CA 90745. Full name of registrant(s) is (are) JOSE MANUEL NEVAREZ NUNEZ, 1805 E. 219TH ST, CARSON, CA 90745. This Business is conducted by: AN INDIVIDUAL. Signed: JOSE MANUEL NEVAREZ NUNEZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/04/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: JUN 22, 29, JUL 06, 13, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-125952 The following person(s) is (are) doing business as: FRUTAS CLARITA, 7520 EASTERN AVE, BELL GARDENS, CA 90201. Full name of registrant(s) is (are) LORENZO LOPEZ ENRIQUEZ, 5247 CUDAHY AVE, MAYWOOD, CA 90270. This Business is conducted by: AN INDIVIDUAL. Signed: LORENZO LOPEZ ENRIQUEZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/11/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: JUN 22, 29, JUL 06, 13, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-125977 The following person(s) is (are) doing business as: LAS CHAMPAS DE JESUS RESTAURANT, 7508 COMPTON AVE, LOS ANGELES, CA 90001. Full name of registrant(s) is (are) JESUS CONTRERAS ANAYA, 4419 AVALON BLVD APT 2, LOS ANGELES, CA 90011. This Business is conducted by: AN INDIVIDUAL. Signed: JESUS CONTRERAS ANAYA/GW/CEO. This statement was filed with the County Clerk of Los Angeles County on 06/13/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/2024. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: JUN 22, 29, JUL 06, 13, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-125459 The following person(s) is (are) doing business as: LAVISH SPA & NAILS, TRANQUIL SPA & NAILS, BLISSFUL SPA & NAILS, HARMONY SPA & NAILS, MIRAGE SPA & NAILS, SERENITY SPA & NAILS, 25314 CRENSHAW BLVD, TORRANCE, CA 90505. Full name of registrant(s) is (are) RH NAILS CORPORATION, 25314 CRENSHAW BLVD, TORRANCE, CA 90505. This Business is conducted by: A CORPORATION. Signed: ANNIE PHO/CEO. This statement was filed with the County Clerk of Los Angeles County on 06/11/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: JUN 22, 29, JUL 06, 13, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-130706 The following person(s) is (are) doing business as: MAESTRO FOOTBALL ACADEMY, MAESTRO FOOTBALL CLUB, MAESTRO FOOTBALL 1917 APPLIETREY DRIVE, CERRITOS, CA 90703. Full name of registrant(s) is (are) JOSIAH ANTHONY ALVAREZ, 19137 APPLIETREY COURT, CERRITOS, CA 90703. This Business is conducted by: A CORPORATION. Signed: JOSIAH ANTHONY ALVAREZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/18/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/2024. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: JUN 22, 29, JUL 06, 13, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-124549 The following person(s) is (are) doing business as: R. MONZON TRUCKING LLC, 10118 LAUREL AVE UNIT F, WHITTIER, CA 90605. Full name of registrant(s) is (are) RODOLFO TRUCKING LLC, 10023 SAMOA AVE APT # 26, TUJUNGA, CA 91042. This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed: RODOLFO AGUILAR/MANAGING MEMBER. This statement was filed with the County Clerk of Los Angeles County on 06/10/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: JUN 22, 29, JUL 06, 13, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-124545 The following person(s) is (are) doing business as: PACIFIC WAVES POOLS SERVICES, 1438 E SCLAUSON AVE, LOS ANGELES, CA 90011. Full name of registrant(s) is (are) VICTOR H AGUILAR GALEANO, 1209 RICHFIELD ST #12, PARAMOUNT, CA 90723. This Business is conducted by: AN INDIVIDUAL. Signed: VICTOR H AGUILAR GALEANO/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/13/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/2024. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: JUN 22, 29, JUL 06, 13, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-121618 The following person(s) is (are) doing business as: STRATUSS DEVELOPMENT & CONSULTING, 2918 29TH ST, LOS ANGELES, CA 90011. Full name of registrant(s) is (are) NICHOLAS INVESTMENT GROUP INC., 2535 E 1ST ST, LOS ANGELES, CA 90033. This Business is conducted by: A CORPORATION. Signed: VICTOR CRISTIAN NICOLAS/CEO. This statement was filed with the County Clerk of Los Angeles County on 06/05/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: JUN 22, 29, JUL 06, 13, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-121618 The following person(s) is (are) doing business as: TCB PARTY GAME TRUCK, HAROLD JONES FIRST AID AND CPR, 16526 S CARESS AVE, COMPTON, CA 90221. Full name of registrant(s) is (are) HAROLD S JONES JR, 16526 S CARESS AVE, COMPTON, CA 90221. This Business is conducted by: AN INDIVIDUAL. Signed: HAROLD S JONES JR/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/18/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/2019. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: JUN 22, 29, JUL 06, 13, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-131187 The following person(s) is (are) doing business as: TCB PARTY GAME TRUCK, HAROLD JONES FIRST AID AND CPR, 16526 S CARESS AVE, COMPTON, CA 90221. Full name of registrant(s) is (are) HAROLD S JONES JR, 16526 S CARESS AVE, COMPTON, CA 90221. This Business is conducted by: AN INDIVIDUAL. Signed: HAROLD S JONES JR/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/18/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/2019. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: JUN 22, 29, JUL 06, 13, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-130828 The following person(s) is (are) doing business as: STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME The following person(s) MAYNARD R. MYERS, 22114 S VERMONT AVE UNIT 203, TORRANCE, CA 90502, has/have abandoned the use of the fictitious business name: PENINSULA TOWNCAR, PENINSULA TOWN CAR, 22114 S VERMONT AVE UNIT 203, TORRANCE, CA 90502. The fictitious business name referred to above was filed on 03/2002, in the county of Los Angeles. The original file number of 2023069001. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 06/18/2024. The business information in this statement is true and correct. (A registrant who declares as false information which he or she knows to be false, is guilty of a crime.) MAYNARD R. MYERS/OWNER Publish: Mountain Views News/JDC Dates Pub: JUN 22, 29, JUL 06, 13, 2024

City of Sierra Madre

PUBLIC HEARING NOTICE

From: The City of Sierra Madre
Subject: HISTORICAL LANDMARK DESIGNATION
Applicant: David Gordon, President, Sierra Madre Playhouse
Project Location: 87 West Sierra Madre Boulevard, in the City of Sierra Madre, County of Los Angeles, State of California

Purpose: The City of Sierra Madre gives notice that the City Council will conduct a public hearing to consider the nomination for local historical landmark to designate the Sierra Madre Playhouse located at 87 W. Sierra Madre Blvd. as the "Sierra Madre Playhouse" in the City's Register of Historic Resources. The building has existed for over one hundred years originally serving as a furniture store, soon thereafter as a theater, and has significance in its association with the early development of Sierra Madre as a central cultural hub for residents. Pursuant to Sierra Madre Municipal Code Section 17.82.050, a property may be designated a historic landmark if it meets prescribed historical criteria. The Planning Commission, at a duly noticed public hearing, passed Resolution 24-10 recommending that the City Council designate the Sierra Madre Playhouse as a historical landmark.

Table with 2 columns: DATE AND TIME OF HEARING, PLACE OF HEARING. Includes details for City of Sierra Madre Planning Commission meeting on Thursday, July 23, 2024.

All interested persons may attend this meeting and the City Council will hear them with respect thereto.

ENVIRONMENTAL DETERMINATION: The request for designation qualifies for a Categorical Exemption, pursuant to Sections 15301 and 15331 of the California Environmental Quality Act (CEQA) as it involves no expansion of an existing structure and pertains to preservation of a historic resource. APPEAL: If in the future anyone wishes to challenge the decision of the City Council in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the City Council at, or before, the scheduled public hearing. For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138.

City of Sierra Madre

SUMMARY NOTICE

From: The City of Sierra Madre
Subject: ORDINANCE NO. 1470 AMENDING CHAPTER 17.08 (DEFINITIONS), CHAPTER 17.82 (HISTORIC PRESERVATION), CHAPTER 17.85 (HOME OCCUPATIONS), AND CHAPTER 17.88 (TEMPORARY USE PERMITS) OF TITLE 17 (ZONING) OF THE SIERRA MADRE MUNICIPAL CODE
Applicant: City of Sierra Madre
Project Location: Properties in the City of Sierra Madre, County of Los Angeles, State of California

On July 9, 2024, the City Council of the City of Sierra Madre conducted the second reading of Ordinance 1470, amending Chapter 17.08 (Definitions), Chapter 17.82 (Historic Preservation), Chapter 17.85 (Home Occupations), and Chapter 17.88 (Temporary Use Permits) of Title 17 (Zoning) of the Sierra Madre Municipal Code.

The purpose of the Municipal Code Text Amendment (MCTA) is to address community concerns that Temporary Use Permits ("TUPs") and Home Occupation Permits ("HOPs") are being used to convert certain residential uses into commercial uses. The ordinance seeks to protect residents' enjoyment of their property and ensure that the allowance of TUPs and HOPs do not overshadow the primary use. The Planning Commission passed Resolution Nos. 24-07, 24-08, and 24-09 on April 18, 2024 recommending the City Council amend Chapter 17.08 (Definitions), Chapter 17.82 (Historic Preservation), Chapter 17.85 (Home Occupations), and Chapter 17.88 (Temporary Use Permits).

This summary is published pursuant to Government Code Section 36933(c)(1) and a full and complete certified copy of the text of Ordinance 1470 is available online at www.sierramadrecal.gov and at the Sierra Madre City Manager's Office located at City of Sierra Madre City Hall, 232 W. Sierra Madre Blvd., Sierra Madre, CA. Ordinance 1470 becomes effective on August 8, 2024. For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138.

ENVIRONMENTAL DETERMINATION: The project qualifies for a California Environmental Quality Act (CEQA) Exemption pursuant to Section 15061(b)(3) (Review for Exemption) of CEQA, as there is no possibility that the amendments to the municipal code would have a significant impact on the environment. APPEAL: If in the future anyone wishes to challenge the decision of the City Council in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the City Council at, or before, the scheduled public hearing. For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138.

PROJECT # FC82306 CITY OF SIERRA MADRE SIERRA MADRE LIBRARY PROJECT GENERAL CONTRACTOR - REQUEST FOR QUALIFICATIONS PROJECT # FC82306 SIERRA MADRE LIBRARY

The City of Sierra Madre, invites Qualifications from General Contractors. This is a General Construction Project pursuant to Public Contract Code Section 20101. Response to this Request of Qualifications is the first step in a two-phase procurement process.

Statement of Qualifications (SOQ) shall be submitted electronically at www.Projectdog.com, Project Code 862840. Hard copies will not be accepted by Projectdog Inc. or by the Awarding Authority. Tutorials and instructions are available online at www.Projectdog.com. If a user does not have an account Request for Pre-Qualification (RFQ) documents are available online at www.Projectdog.com. Enter Project Code 862840 in the project locator box and select "Acquire Documents" to download documents. Respondents must have an active online account on www.Projectdog.com to acquire documents, receive notifications, and to submit pre-qualification Questionnaires electronically. Respondents shall upload and submit their completed Pre-Qualification Questionnaire at www.Projectdog.com. Hard copies will not be accepted by the Awarding Authority. Tutorials and instructions are available online at www.Projectdog.com. Click here to download the Projectdog E-Bid Supplement. For assistance, contact Projectdog, Inc. at 978.499.9014, Monday - Friday, 8:00 a.m. to 5:00 p.m., ET.

Estimated Cost: \$8,000,000

Contact Information

Name: Natalie Hazard, The Vertex Companies, Inc.
Phone: 714-465-6010
Email Address: nhazard@vertexeng.com

Project: GC PREQUALIFICATION

City Library rehabilitation and expansion project. Existing library interior retrofit to accommodate current programs, staffing needs and meet ADA standards. Upgrades to building envelope to meet Title 24 and improve envelope efficiency including insulation, roofing membrane, efficiency opening systems (storefronts, doors and windows). At south elevation, the Sierra Madre Library will be expanded 41 ft or approximately 3,000 SF per floor. Existing structure to stay in place and be prepared for expansion tie-in. The site layout, driveways and sidewalks will be updated as required to meet ADA standards and the parking lot will be reconfigured. Repairs to existing exterior facade and planters as required. New landscaping throughout the site. Renovation and Addition over 12 months.

Plans/Specifications: Requests for GC Qualifications will be available Saturday, 6/08/2024 at 10:00am via www.Projectdog.com, Project Code 862840

Submission Deadline: Tuesday, 6/25/24 at 1:00pm.

Only prequalified contracting firms will be permitted to submit bids for the category of work in which they were prequalified. The Owner's Project Manager is The Vertex Companies, LLC. and the Project Designer is TSK Architects.

REQUEST FOR QUALIFICATIONS PROJECT # FC82306 Sierra Madre Library

ADDENDUM No. 1 June 25, 2024

The attention of bidders submitting qualifications for the subject project, as noted above, is called to the following addendum to the Request for Qualification. The items set forth herein, whether of omissions, addition, substitution or clarification are all to be included in and form a part of the qualification submitted.

Clarifications/Revisions:

- a) The deadline to submit qualifications has been extended to July 11, 2024 at 1:00pm.

Advertisement for Century Sewer & Plumbing featuring Doug Knight, 51 Years Personal Service, License C-36 C-42 #626528, 906 W. Hillcrest - Monrovia, CA 91016. Services include Copper Re piping, Sewer & Drain Cleaning Specialists, Sewer & Drain Video Inspection & Locating, High Pressure Jetting & Hydro Cleaning, Trenchless Sewer & Pipe Lining, Backflow Testing.

PUBLISH YOUR NOTICES IN THE MOUNTAIN VIEWS NEWS - A LOS ANGELES COUNTY ADJUDICATED PUBLICATION CONTACT US AT: 626-355-2737 OR legals@mntviewsnews.com Mountain Views-News 80 W Sierra Madre Blvd. No. 327 Sierra Madre, CA. 91024 Office: 626.355.2737 Fax: 626.609.3285 Email: editor@mntviewsnews.com Website: www.mtnviewsnews.com



HUDDLE UP

With **HARVEY HYDE**



“WHAT ARE YOU THINKING TODAY?”

Are you on vacation? Have you been on vacation? Are you going to be on vacation? Will you not have a vacation? Here it is summer time....And our sports/football fans are now thinking: We are now 6 weeks away from college's first big football weekend: LABOR DAY! If you are a football fan, it's been the usual waiting game during Spring and Summer. We can start preparing our minds and hearts for the beginning of "our" season.

And what a game schedule we are looking forward to! The NFL has said "just go for it," and college football has done just that. Texas A&M and Notre Dame. Clemson and Georgia. USC and LSU. How's that for starters?! The SEC, the BIG10, and Independents, the ACC, all will be represented on that day.

Let's get ready for all football. High school football. Community College football, and let's not forget that girls are now playing high school football.... And they are good! And then there is the ladies "Flag League." Don't forget to support these programs. Their participants practice and exercise and train and plan just as much as the other levels. They need support just as much (maybe more so) as NFL and major college teams.

Still in the Summer..... The NFL opens up with the NFL Hall of Fame presentation and the Hall of Fame Game on Thursday August first. High schools start so much earlier than in years before (at least for me) so some high school games will be played in August before college football and the NFL even open! Remember when school started after Labor Day, and ended in June? I liked that format for the calendar. Now some school years end in May, and begin in August. Whose idea was that? For football teams, that means practicing in the heat of August, the hottest part of summer. September in the West is bad enough!

As much as some of us look forward to the football season starting, we need to think about the players and families. These young players need to take a break for a little normalcy. Take a family vacation, have a break from the passing leagues, and football camps and the whole "football is my life" package. (Here I have to admit.... my wife reminds me that this "take a break" mentality is a relatively new attitude for me. I used to have to be convinced that vacations were a good thing.)

And how about those coaches. They actually do need a break from football as well so they can come back refreshed after some time with family and friends. Let's not get burned out! Studying and practicing during summer. Rest the mind and the body. You've got to want to go and be eager to go back to both school and football.

And it's prep time for Media Days. They are starting for college football.. Big 12; Pac 12-(2 teams) Mountain West conference are all in Las Vegas this year. The SEC in Indianapolis, the ACC in Charlotte, North Carolina, and all the others getting set up now. This is when all the coaches and sports information guys gather together and lie to everyone about their teams. The media is challenged to discover and report the "truth" as they see it. I remember one of my early years, I was so silly that I voted for our own team at UNLV to win the conference. Somehow everyone found out I voted for myself. (Thank goodness we did go undefeated and won) But in conference play, they were all shooting for us.

At media days, the coaches usually bring a top offensive and a top defensive player. They are interviewed by press, and do a radio run and promos for station broadcasts. Normally this goes on for four days. So we've gone from Spring practice and work outs and spring games, to a little bit of no football to media day.

Soon it will be time to put on the cleats. For college teams, in August to get ready for camps. For NFL probably July 20th week.. mostly. So we have another great month of planning and prepping for our teams. And maybe vacationing? Hope they have had a bit of a rest before they are ready to give us another fun season of football.

You all, have a winning day.

Follow me at @coachharveyhyde, and find me at harveyhyde.com. on that web.

Coach Harvey Hyde's College Football Review & Preview



**Sunday's: 10am-11am
or 10am to 12:00noon**



8/18 -10am to 12:00noon	10/6 -10am to 11am	12/1 - 10am to 11am
8/25 - Angels Baseball	10/13 - 10am to 12:00noon	12/15 - 10am to 12:00noon
9/1 - 10am to 12:00noon	10/20 -10am to 11am	12/22 - 10am to 12:00noon
9/8 - 10am to 11am	10/27 - 10am to 11am	12/29 - Raiders Football
9/15 - Raiders Football	11/3 - Raiders Football	1/5/25- 10am to 11am
9/22 - Angels Baseball	11/10 -10am to 12:00noon	1/12/25- 10am to 11am
9/29 -10am to 11am	11/17 - Raiders Football	1/19/25- 10am to 11am
	11/24 - 10am to 12:00noon	1/26/25- 10am to 11am

PEAK PERFORMANCE



As summer sets in, so does a wave of exciting fitness events like 5K runs, cycling tours, and various outdoor competitions. For many athletic participants, these events are an excellent opportunity to test their limits, enjoy the friendship of fellow athletes, and appreciate the joy of physical activity. Enhancing athletic performance doesn't necessarily require high-tech gear or cutting-edge supplements. Instead, there are numerous natural ways to boost your performance and make the most of your summer fitness goals. Ways for you to perform at the very best you are capable of without dangerous doping substances or performance-enhancing drugs.



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 Visit her Facebook page at: michelesfitness.

The foundation of any athletic performance is a well-balanced diet. For optimal energy and recovery, focus on a diet rich in whole foods. Complex carbohydrates, such as those found in whole grains, fruits, and vegetables, provide sustained energy for endurance activities. Lean proteins, essential for muscle repair and growth, can be sourced from tofu, soy, green peas, quinoa, beans, and legumes. Healthy fats from avocados, nuts, seeds, and olive oil support overall health and provide a slow-burning energy source. Hydration is vital for peak performance, so aim to drink at least 8-10 glasses of water a day, more if you're training hard or the weather is particularly hot.

Don't underestimate the power of adequate sleep and rest. Sleep is when your body repairs itself and builds muscle. Aim for 7-9 hours of quality sleep per night. Establish a routine that includes a consistent sleep schedule, going to bed and waking up at the same time every day, even on weekends. Engage in relaxing activities like reading or taking a warm bath before bed, and make your bedroom a sleep sanctuary – dark, quiet, and cool.

Flexibility and mobility are often overlooked but are crucial for preventing injuries and improving performance. Incorporate dynamic stretches (stretches done while moving through a full range of motion vs. stretches that are held) before workouts to warm up muscles and increase blood flow. Two people with the same abilities can differ in performance if one is more flexible than the other. Take running for example. The more flexible runner is capable of taking bigger strides and can ultimately cover the same amount of distance in a shorter time. Post-exercise static stretching helps in muscle recovery and maintaining flexibility. Regular yoga practice is great to enhance flexibility, strength, and mental focus, all beneficial for athletic performance.

Strength training isn't just for bodybuilders. It's essential for everyone, including endurance athletes, to build and maintain muscle mass. Exercises like squats, lunges, and push-ups engage multiple muscle groups and improve overall strength. Aim for at least two strength training sessions per week, focusing on different muscle groups each time. Ensure you're using correct form to avoid injuries and maximize benefits; consider working with a trainer to learn the basics.

Athletic performance is as much a mental game as it is a physical one. Building mental resilience can significantly enhance your performance. Set realistic, achievable goals to stay motivated and track your progress. Visualize your success – many top athletes use this technique to enhance performance. Practices like mindfulness and meditation can help reduce stress, improve focus, and increase overall well-being.

When it comes to training, more isn't always better. Smart training focuses on quality and efficiency. Engage in different types of activities to work various muscle groups and prevent overuse injuries. Make sure you have rest days in your training schedule – your body needs time to recover and grow stronger. Pay attention to signs of fatigue, pain, or discomfort; pushing through pain can lead to injuries. While a balanced diet should provide most of your nutritional needs, some natural supplements can support athletic performance. Electrolyte supplements are especially important in hot weather to maintain hydration and prevent cramps. Some studies suggest beetroot juice can improve endurance by increasing nitric oxide levels, enhancing blood flow to muscles.

Take advantage of the great outdoors for a refreshing change from indoor workouts. Trail running offers a challenging and scenic alternative to road running, engaging different muscle groups. Cycling is a low-impact activity that improves cardiovascular health and builds leg strength. Hiking combines cardio and strength training, providing a full-body workout in a natural setting. Swimming is a great full body workout that is gentle on the joints. Doing them all is a great cross training tool.

To improve your athletic performance naturally focus on the above, simple strategies. It doesn't matter whether you're gearing up for a marathon, cycling event, or any other summer fitness challenge, these tips can help you perform at your very best.

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by Tim Jones



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Events Around Town in July!

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Independence Day Celebrations

July 3 & 4 in Sierra Madre
July 3: Begins in Memorial Park with a beer garden, food trucks, bubble fireworks, live music featuring Sierra Madre's own Groovy Lemon Pie!
July 4: Fun Run at 7:30 am and Women's Club breakfast with live music at 8am. Parade starts at 10am and moves east on Sierra Madre Blvd. Free Swim at Sierra Madre Pool from 12pm - 2pm

July 4 in Monrovia
Fireworks Show at Library Park with live music by Stone Soul, entertainment and dancing. 7:00 - 8:30 pm

July 4 in San Marino
Fireworks Show & Celebration at Lacy Park Food trucks, a fun zone, a Parade-Palooza, entertainment, and fireworks. 7am - 10pm

July 4 in Alhambra
Enjoy an evening of food, games, and live entertainment at Almansor Park with a dazzling fireworks show at 9pm. Begins at 4pm

One Time Events in July

July 5 Summer Nights at the Arboretum
Delight in the summer sounds of Country Music artist Rosy Nolan at the and crafts! Gates open at 5:00 p.m. for picnicking. Music starts at 6:00 p.m.

July 12 An Odyssey Through the Warped Side of Our Universe
Enjoy a fascinating lecture by Kip Thorne in this special 100th event in Caltech's Stargazing Lecture Series in Beckman Auditorium. A panel of astrophysicists & guided stargazing follow. 8pm

July 14 Mt. Wilson Observatory's Sunday Afternoon Concerts Under the Dome
The Eclipse String Quartet performs under the magnificent vaulted dome of Mt. Wilson's telescope. 3pm and 5pm

July 26 Jazz in the Garden at Norton Simon Museum
The museum's musical summer program, "Golden Hour" features live jazz in the beautiful Sculpture Garden. 4:30pm - 6:30pm

July 31 More than Medals. Lessons from an Olympian
Caltech Athletics Director Betsy Mitchell discusses her newly published memoir in this Behind the Book event held in Ramo Auditorium. 7:30pm

Ongoing Events

July 7, 14, 28 Twilight Garden Strolls at The Huntington
Enjoy an after-hours stroll in the garden. Dining and shopping available. 4:30 - 8pm

July 7, 14, 28 Twilight Huntington Garden Estate Tours
Learn how Henry and Arabella Huntington turned their ranch into a world-famous cultural landmark. 90-minute tours begin at 5pm and 5:30pm

July 13, 27 Pasadena POPS Summer Concert Series - Waterloo: A Tribute to ABBA 7/13
Tribute to Tony Bennett and Frank Sinatra 7/27 Gates open at 5:30 pm. Concert at 7:30 pm

July 11, 18, 25 Arcadia Concerts and Movies in the Park
Concerts and movies will be held on Thursday evenings on Arcadia City Hall Lawn. Concerts begin at 6:30 pm and movies begin at dusk.

July 11, 25 Twilight at the Arboretum - Live Music and Cocktails on the Peacock Café Terrace
Wander the garden or relax at the Peacock Café Terrace and enjoy live music. Specialty drinks and charcuterie boxes will be available. 6 - 8pm

July 12 - 14 & 19 - 21 Rusalka by Pacific Opera Project at Descanso Gardens
Performed on the Main Lawn 7:30 - 10pm

July 12 - 26 dineLA Restaurant Week
Experience the diverse culinary experiences Pasadena and L.A. have to offer. Enjoy special menus at participating restaurants.

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When you have a HELOC (home equity line of credit), you can tap into it for home improvements, renovations or other needs.

Homeowners in 2022:

Gained an average of **\$34,300** in equity in the third quarter.

Had an average of **\$300,000** in total equity

Sold for a median of **\$85,000** above the purchase price.

If you are interested in a more in-depth analysis of how much your home has appreciated since you purchased it, let me know. I will be happy to create a report for you.



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