



the webb-martin group

What's *Real* About the Recent Real Estate Headlines?

**FICTION**

Sellers can no longer offer buyer agent compensation

**FACT**

Sellers can continue to assist buyers in paying their agents by offering compensation as part of an overall marketing strategy to sell the property for the most money the market will bear.

**FICTION**

Sellers are now prohibited from offering buyer's compensation

**FACT**

Offering a buyer's agent commission has always been up to the seller. Sellers can continue to offer compensation to buyer's agents if they believe it will lead to the best outcome for the sale of their property.

**FICTION**

The settlement will change the way Americans buy and sell homes

**FACT**

Real estate professionals will continue to help buyers and sellers navigate one of the most costly and complex transactions of their lives.



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**A CHAMPION IN OUR MIDST**



Don Leis, 92, above in a previous event, won the 2024 World Masters Senior Track and Field Championship in Sacramento, California in July at American River College.

Leis, not only took the Gold Medal in the M90 Long Jump, he also won the Silver Medal in the 200 Meter Dash and Bronze in the 100 Meter Dash.

Leis, who is a member of Sierra Madre Christ Church, was born in Pasadena in 1932. He has been competing in Senior Olympics and USA Masters Track and Field events for more than 25 years.

His Gold Medal in Sacramento makes him the 2024 USATF Masters Outdoor Champion.

Congratulations Don, you are truly an inspiration to many, and thank you for sharing your victory with the Mountain Views News!

**INSIDE THIS WEEK**

Sierra Madre News Pages 1 - 3

Pasadena/Altadena Page 4

So. Pas./San Marino Page 5

Around SGV Page 6

Education & Youth Page 7

Puzzles For You Page 8

Food - Wine & Fun Page 9

Best Friends Page 10

Good Life Page 11

Opinion Page 12

Legal Notices Pages 13

Sports and Fitness Page 14

Support Your Local Businesses Pages 15

**SIERRA MADRE MUNICIPAL ELECTION UPDATE: KRIEBS/PARKHURST SEEKING 2nd TERM No Candidates for City Treasurer**



Mayor Kelly Kriebs



Mayor Pro-Tem Robert Parkhurst

On the Sierra Madre Municipal Election Ballot November 5, 2024 will be two familiar faces running for the City Council seats that they currently hold. Elected in 2020 to 4 year terms, Kelly Kriebs and Robert Parkhurst filed the necessary documents to run for a second term. They both will run unopposed.

The period for filing to run for office expired on August 9th and as of the noon deadline, no one applied to against them or run for the office of City Treasurer.

The current City Treasurer, Mike Amerio who also ran in 2020 and served the city faithfully, chose not to run for office again.

"Without a nominee for the office, filling the open seat will be the responsibility of the City Council", said City Manager Jose Reynoso. MVNews

**REMEMBRANCE:**

DAVID CEASAR OSTI 1931-2024



David C Osti passed away at 93 years peacefully at his home in Oregon on July 13th 2024. His life will be celebrated by family and friends alike who hold his memory so dear.

He served in the US Navy during the Korean War and returned to his native Sierra Madre CA where he was born and raised becoming a licensed grading and excavating contractor. He influenced so many people with his enduring smile, strength, and the virtues of simple yet rewarding hard work to provide for his family and to help friends in need.

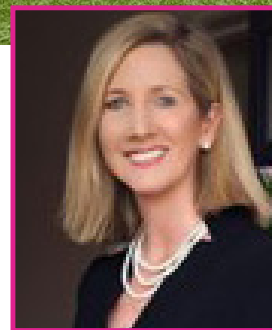
He not only would give a person some work, but also imparted valuable skills that would better the lives of those he shared his with. His influence is immeasurable to those who benefited from knowing him.

He was preceded in passing by his wife Margaret in 2009 and leaves behind many family, friends, and loved ones. In an ever changing world we live in He was a lighthouse in a storm And the source of such a light was his warm and understanding heart. We will miss you so much and you are forever in our memory.

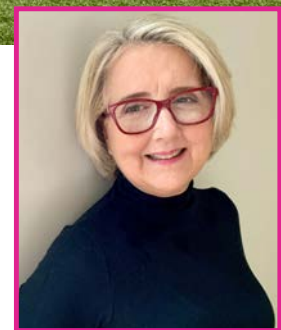


**PENDING!**

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**CENTURY 21**

Village Realty

626.355.1451

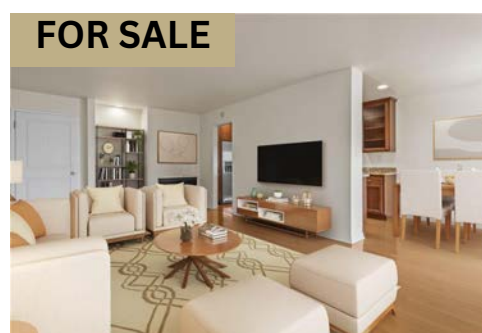
c21village.com

Serving the Community since 1980

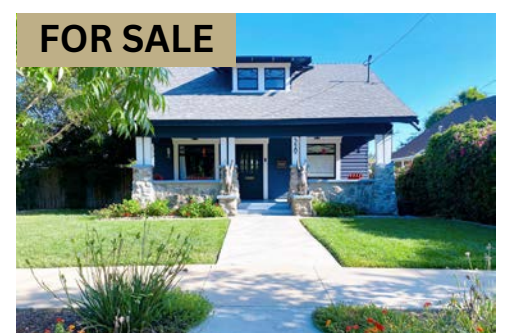
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**WHITTIER \$599,000**  
1 Beds, 1.5 Bath, 830sf, TownHouse



**PASADENA \$495,000**  
1 Beds, 1 Bath, 861 sf, Condo



**SAN DIMAS \$799,000**  
3 Beds, 2 Bath, 1,240 sf, Home

# PUBLIC SAFETY IN SIERRA MADRE NEWS

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 View 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

**CAPTAIN DAVID GACAD**, a respected figure in the fire service, has been serving since 2010 and has been a proud member of the Sierra Madre Fire Department for the past four years.

His current role as Department Training Officer is not just about providing leadership, direction, and fire suppression training, but also about mentoring his crew.

He is dedicated to providing consistent and up-to-date training using the best practices in the fire service community.

His career includes roles such as Fire Captain at La Habra Heights Fire Department, Engineer/Acting Fire Captain at Chevron Fire Department, and Firefighter/Paramedic at multiple departments.

He has been an adjunct faculty member at Rio Hondo College for the past ten years, guiding and shaping the next generation of fire service professionals. Captain Gacad is currently pursuing a Bachelor of Science in Fire Service Administration at Idaho State University and holds various certifications through California State Fire Training. He is also a state-registered instructor in multiple disciplines, further showcasing his knowledge and skills.

*Why did you choose to work for the Sierra Madre Fire Department?*

I was drawn to the Sierra Madre Fire Department by its rich history and current establishment. With 15 years of experience in the fire service, I am excited by the unique opportunity to contribute to an organization still in its development stages, a rare occurrence in a field that has remained largely unchanged for the past 150 years. Furthermore, I continue to work for the department because of the passionate individuals I work with daily, especially the firefighters who embody excellence.

*What do you like best about your job?*

What I like most about the job is that every day is unique and presents its challenges. We arrive at work with a sense of excitement and anxiety, never knowing what the day has in store in terms of calls for service. Additionally, the community's support of its First Responders is equally essential. There's a saying that a fire department cannot thrive without a community to serve and the camaraderie of the firefighters serving that community.

*What's the biggest challenge of being a firefighter?*

One significant challenge for firefighters is finding the right work-life balance. As public servants, we often feel like we are always on duty. Even when off duty, we remain highly alert and focused on our surroundings. This makes it difficult for us to fully focus on our personal lives and the people in them. That is why it is important that I understand and support my crew and my family every day.

*What got you interested in joining the Fire Department?*

During high school, I was a JROTC cadet learning about positive traits and morals that one should have to move into adulthood. A strong sense of service was instilled in me during those early years and never diminished. I knew I was destined for a career in service. In the middle of my high school education, the attacks on the World Trade Center on September 11th, 2001, occurred. Witnessing the heroic firefighters on television moving toward danger inspired me to pursue a career in fire fighting.

*What is your favorite recreational activity?*

When I'm not working or teaching at the fire academy, I enjoy stand-up paddle boarding. I love the feeling of gliding across smooth, calm, glassy water. Even more, I would love to get back into Outrigger Canoe racing, in which I was quite competitive about 10 years ago.

*Do you own any pets? If so, what are their names?*

Unfortunately, I don't have any pets. Being unable to be home routinely makes it difficult. But one day, I would love to rescue a Staffordshire Bull Terrier.

*Favorite place you frequent in Sierra Madre:*

While on duty, I enjoy having lunch at Poppy Cakes. The staff there is incredibly friendly, and they really know how to make excellent fried chicken.

*What would be your favorite song?*

That's Life- Frank Sinatra

*Name one thing unique about you that few people know about.*

In 2009, I was awarded the United States Army Commander's Award for Public Service, which is the third-highest medal a civilian can receive

*What is your motto in life?*

"Be curious, less judgemental" -Walt Witman



Photos by Dirk Bolle



SIERRA MADRE'S NATIONAL NIGHT OUT

THE SAFETY FOR OUR CITY TEAM SALUTES ALL THOSE WHO RESPOND TO OUR POLICE, EMS & FIRE CALLS 24/7

Let's pledge support for the Nov 2024

PUBLIC SAFETY for SIERRA MADRE

JOIN OUR TEAM NOW TO MAINTAIN OUR LOCAL SIERRA MADRE FIRE & POLICE DEPARTMENT SERVICES!

AD PAID FOR BY SAFETY FOR OUR CITY



## SIERRA MADRE POLICE BLOTTER

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

Tuesday, July 30 Hit & Run Collision

At approximately 3:00 PM, officers responded to the 400 block of Mariposa Avenue to meet with a citizen reporting his vehicle being struck by another vehicle. The citizen stated the other vehicle had left the scene without exchanging information. The officers took a report and determined the other vehicle was in violation of a hit and run. The case is still being investigated.

Friday, August 2 Disturbance

At approximately 7:40 AM, officers responded to the Police Station lobby to meet with a citizen who wanted to report a hate crime that occurred in July. The reporting party provided officers with suspect information. The victim is desirous of prosecution. The case was investigated and due to insufficient evidence, the case was closed.

Saturday, August 3 Petty Theft

At approximately 10:45 AM, officers responded to the 300 block of North Lima Street to meet with a citizen reporting a theft. Victim stated unknown suspects took property from the front of his house and fled in an unknown direction. The victim is desirous of prosecution. The victim did not have any cameras that could have captured the crime. Due to the lack of suspect information or cameras in the area, the case was closed.

# SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

## Weather Wise



### 6-Day Forecast Sierra Madre, Ca.

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

Forecasts courtesy of the National Weather Service

## SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

Sept. 10, 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](mailto:PublicComment@CityofSierraMadre.com) by 3:00 p.m. on the day of the meeting.

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

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

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

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

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

Your event must:

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

Just write a Public Service Announcement that describes your event and e-mail it to [radio@cityofsierramadre.com](mailto:radio@cityofsierramadre.com).



Sierra Madre Public  
**LIBRARY**  
Read • Discover • Connect

This week at the  
Sierra Madre  
Public Library

August 12—17

All Library events will be napping for the month of August!



### In the Meantime, Check Out:

#### Kanopy

On-demand streaming video platform, showcasing more than 30,000 titles, including award winning documentaries and acclaimed films, rare and hard to find titles, classic films, and includes collections from The Great Courses, Kino Lorber, and PBS.

Read, Discover, Connect  
@ Sierra Madre Public Library

## WALKING SIERRA MADRE - The Social Side

by Deanne Davis

It's August! Can you believe it? It's still way too hot and I want more than anything to decorate my house for Fall. Of course, it's nowhere near Fall, but I'm really tired of summer and ready for a change. Maybe just a couple of fall things.

Sunday, August 4<sup>th</sup> was National Sisters Day. It was also my sister's birthday. Happy birthday a few days late, Heidi. It was also National Chocolate Chip Cookie Day, American Family Day, National Friendship Day and National Coast Guard Day.

Other fun days in August include: August 9 – National Cat Day; the 10<sup>th</sup> which is National Garage Sale Day; the 12<sup>th</sup> National Middle Child Day; the 13<sup>th</sup> National Left-Handers Day. And I could go on for pages. So celebrate August, friends and neighbors! School starts August 7<sup>th</sup> and, believe me, there will be plenty of celebrating that day!

August is also National Language Month; which means we need to pay attention to our words. Harvey Mackay, one of my favorite columnists says: "Words are the building blocks of relationships. They can build trust, show empathy and create bonds. The wrong words can damage relationships, sometimes irreparably. Certain words can offend or alienate people. By choosing your words wisely, you respect your listeners and create a more inclusive environment." Ain't that the truth! This is why discussing politics and/or religion at Thanksgiving is forbidden and all conversation should be about how moist the turkey and deliciously tasty the gravy.

The Apostle, James, addressing this same issue in his book, back toward the end of the New Testament said: "Dear brothers, don't ever forget that it is best to listen much, speak little, and not become angry (no politics at the table!). (James 1:19-20) and then there's this one also from James, who, apparently, was tired of people who talked too much and not very nicely: "The tongue is a small thing but what enormous damage it can do. A great forest can be set on fire by one tiny spark and the tongue is a flame of fire, full of wickedness... and can turn our whole lives into a blazing flame of destruction and disaster!" (James 3:2-5-6) As Thumper said to Bambi, "If you can't say something nice, don't say nothing at all!"

Back to my friend Mr. Mackay, "A rich vocabulary allows you to express yourself clearly and concisely. It shows that you can think critically and articulate your thoughts in a way that is both respectful and intelligent." People who read a lot usually have great vocabularies. There's always a word in whatever you're reading that you've never seen before and you can dazzle your friends and family by inserting something like "behoove" into your sentence, i.e., "It would behoove everyone to get out their credit cards to help pay for this dinner, as the bill is approaching!"

Having celebrated two birthdays the last couple of weeks by going to P F Chang's, I want to share my fortune cookie fortunes with you as they're really good:

*One who admires you greatly is hidden before your eyes.  
(Enigmatic but who doesn't want to be admired...especially greatly!)*

*This week, people in your life will be more cooperative than usual.  
(I'm totally up for that!)*

*You will soon receive an unexpected gift.  
(A big check from one of those people in my life who are being more cooperative than usual would be great!)*

The picture this week is of prickly pears, ripe and ready to eat. Notice that nice red color. The problem with trying to use prickly pears is they are just not as easy to deal with as other fruits like lemons or oranges. To start with, collecting your prickly pears should be done with leather gloves and tongs. Then, put the fruit in a paper bag that will prevent the glochids (thorns, stickers) from coming through. Then, carefully burn the fruit over an open flame from a blow torch, lighter or candle. After being burned, the fruit can be peeled by cutting off both ends, making a slit from top to bottom the carefully peeling the skin off the fruit to reveal a dethorned fruit. Seriously? I know people use them, I've seen it on the Food Network! But I'm just not up for potential pain.

Recipes abound for jam, jelly, margaritas, candy, but I can't get myself past that first step of needing leather gloves and tongs. The rabbits, which also abound, love them and seem to be able devour them without damage to any part of their mouths. So, while I think about making prickly pear jelly, I stay on the side of caution and leave them to the bunnies and the birds. Bon Appetit!

"Some things to love about August: Sea shells in all shapes and colors, endless hours of sunshine, multicolor sunsets, spontaneous summer trips, freshly baked s'mores, and not getting up early."

My book page: Amazon.com: Deanne Davis  
So many fun books, great recipes and stories in  
A Tablespoon of Love, A Tablespoon of Laughter, and  
Sunrises and Sunflowers Speak Hope

Register Soon!

**CREATIVE ARTS GROUP**

2024 FALL ART CLASSES & WORKSHOPS

Classes start September 17

Drawing, Painting, Ceramics,  
Fiber Arts, Jewelry Making  
and much more for adults  
and youth.

Creative Arts Group  
108 N. Baldwin Ave  
Open M-F 10-5 and  
Saturday 10-2

## Community Mosaic Event

August 24

Come to CAG and participate in a fun community project led by mosaic artist Dawn Mendelson. This program is funded by Community Partners/ LA County Department of Arts and Culture

**RSVP on our website**  
[creativeartsgroup.org](http://creativeartsgroup.org)

Join us!

### SIERRA MADRE: IT'S STILL HOT!

During extremely hot and humid weather, your body's ability to cool itself is challenged. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and you or someone you care about may experience a heat-related illness. It is important to know the symptoms of excessive heat exposure and the appropriate responses. The Centers for Disease Control and Prevention (CDC) provides a list of warning signs and symptoms of heat illness, and recommended first aid steps. Some of these symptoms and steps are listed below.

**Heat Cramps** - Heat cramps may be the first sign of heat-related illness, and may lead to heat exhaustion or stroke. Symptoms: Painful muscle cramps and spasms usually in legs and abdomen and heavy sweating. Seek immediate medical attention if cramps last longer than 1 hour.

**Heat Exhaustion Symptoms:** Heavy sweating, Weakness or tiredness, cool, pale, clammy skin; fast, weak pulse, muscle cramps, dizziness, nausea or vomiting, headache, fainting.

Seek immediate medical attention if the person vomits, symptoms worsen or last longer than 1 hour.

**Heat Stroke Symptoms:** Throbbing headache, confusion, nausea, dizziness, body temperature above 103°F, hot, red, dry or damp skin, rapid and strong pulse, fainting, loss of consciousness.

First Aid: Call 911 or get the victim to a hospital immediately. Heat stroke is a severe medical emergency. Delay can be fatal.

For more information on all of these heat related illnesses, see the Centers for Disease Control and Prevention (CDC) website.

# Pasadena Altadena



News From Your Community For Your Community

## Barger's Statement on Metro Attack in Pasadena



Supervisor Kathryn Barger issued a statement Wednesday in response to a report of a woman attacked at the Metro Allen Station in Pasadena:

"I am outraged to hear of yet another attack on our Metro system. I want to commend the transit deputies who responded quickly and apprehended the suspect. This incident is a perfect example of why we need to urgently address safety issues, not only on the Metro train system, but also at stations. I expect a full report from Metro on what security measures will be put in place to increase security, especially during early morning commute hours. Our Metro Board has already taken some steps to improve public safety, including enforcing fares. But, it's obvious to me that our Metro system commuters are still confronted with serious safety issues that cannot be ignored."

According to police, a woman was assaulted at approximately 5:40 a.m. after a man hit her and then beat her head against the platform. The suspect then pushed the woman onto the tracks and then dragger her onto the 210 Freeway. The suspect was found nearby and arrested for alleged attempted murder.

## Dead Bat with Rabies Found in Pasadena

Pasadena Public Health Department (PPHD) received a report Thursday of a dead bat infected with rabies in Pasadena near the intersection of E. Green St. and S. Hudson Ave. City officials said there are no reports of rabies in humans and the risk of rabies infection in humans remains low.

They advise the public to not touch a bat with bare hands, and to report injured, sick, or dead bats. Summer and early-fall months are when rabid bats are most often found in Los Angeles County, especially during July, August, and September.

"Any contact by humans or pets with a rabid bat is a very serious health concern. Rabies is often a fatal disease and requires timely preventive medical treatment," said Dr. Parveen Kaur, Acting Health Officer. "Any contact with bats or other wild animals should be avoided. A scratch from a tooth or bite from a rabid animal could cause rabies infection in people or other animals. In the event of skin contact with a bat, wash the area immediately with soap and water and seek medical care."

If you see a dead or dying bat on the ground Pasadena Humane at (626) 792-7151. Animal bites should be discussed with your medical provider as soon as possible. If pets are affected, contact an emergency veterinarian. For more information on rabies, please visit [CDC.gov/rabies](http://CDC.gov/rabies).



## Tournament Opens Rose Court Applications

*Tournament of Roses Expands the Rose Court Eligibility Area*

Officials announced Tuesday that applications are now open for the 2025 Pasadena Tournament of Roses Rose Court. The geographic eligibility includes the Pasadena City College district and has now been extended to seven additional zip codes, 90032 (Los Angeles/El Sereno), 90041 (Los Angeles/Eagle Rock), 90042 (Los Angeles/Highland Park), 91775 (San Gabriel), 91776 (San Gabriel), 91801 (Alhambra), 91803 (Alhambra).

"We are excited to continue the treasured legacy of the Rose Court, whose members benefit by connecting with their communities, giving back in meaningful ways and growing self-confidence from valuable experiences they will carry with them for a lifetime," they said.

They said they are looking for applicants who bring diverse strengths and perspectives — whether they're natural public speakers, youth leaders, academic stars, or involved in their community and school. "An applicant isn't required to have all these skills; the selected Rose Court members will provide a well-rounded group who serve as ambassadors of the Tournament of Roses, the Pasadena community and the greater Los Angeles area."

The Pasadena Tournament of Roses remains a long-

standing supporter of a diverse slate of educational initiatives and is proud to provide each Rose Court member a \$7,500 educational scholarship they said in a statement.

The Rose Court application, eligibility requirements and additional information can be found at: [tournamentofroses.com/about/rose-court/](http://tournamentofroses.com/about/rose-court/).

Interested participants are encouraged to explore the website for answers to frequently asked questions and discover the benefits of joining the Rose Court.

The first round of Rose Court interviews will take place at Tournament House on Saturday, September 7, (10 a.m. – noon, lunch break, 1 – 3 p.m.) and Monday, September 9 (3-6 p.m.).

The 2025 Rose Court will ride down Colorado Blvd. in the 136th Rose Parade presented by Honda and attend the College Football Playoff Quarterfinal at the 11th Rose Bowl Game presented by Prudential, both on Wednesday, January 1, 2025.

2025 Rose Court Announcement Monday, September 30 (9 a.m.) 106th Rose Queen Announcement & Coronation and Presentation of the 2025 Rose Court Tuesday, October 29 (time TBD)

The Pasadena Tournament of Roses is a volunteer organization that hosts America's New Year Celebration with the Rose Parade, the Rose Bowl Game and a variety of accompanying events. The Association's 935 Members supply more than

80,000 volunteer hours, which will drive the success of the 136th Rose Parade, themed "Best Day Ever!," on Wednesday, January 1, 2025, followed by the College Football Playoff Quarterfinal at the 11th Rose Bowl Game.

For more information visit: [tournamentofroses.com](http://tournamentofroses.com).

*Rose Queen and Court 2023:* Photo by D.Lee/MVNews

## Construction on Colorado Blvd to Begin This Week

Acting Director of Public Works, Kris Markarian, announced Thursday that several streets, including parts of Colorado Blvd. will close for three weeks for a new sewer service line installation on Madison Ave.

New sewer service line installations for a hotel development located at 19 South Madison Avenue: three sewer laterals to be installed on Colorado Blvd. and one on Madison Ave. Work begins on Monday for approximately three weeks only on weekdays from 9:00 a.m. to 3:00 p.m.

Traffic Impacts Eastbound Colorado Blvd. lane closure – S. Oakland Ave. to S. Madison Ave. Madison Ave. full street closure – Colorado Blvd. to Converse Alley Work on Colorado Boulevard will begin on Tuesday, August 13 through Friday, September 13.

Work on Madison Avenue will begin on Monday, September 16 through Friday, September 20.

The permitted working hours are weekdays from 9:00 a.m. to 3:00 p.m.

Detours Construction work on Colorado Boulevard will be phased to maintain at least one travel lane for eastbound traffic. The existing bus stop on Colorado Boulevard will be temporarily closed during construction in coordination with the affected transit agencies.

A full street closure of Madison Avenue from Colorado Boulevard to Converse Alley will not allow access to through traffic. Access to Converse Alley will be maintained. Vehicle detour routes include Oakland Avenue or El Molino Avenue, north to Union Street or south to Green Street.

## Holden Honors Pasadena Native and NBA Legend Michael "Coop" Cooper



Assemblymember Holden was joined by Senator Bradford to host a reception sponsored by the Congressional Legislative Black Caucus to present a resolution honoring Michael "Coop" Cooper, a 12-year Los Angeles Laker and the only player in Lakers franchise history to win the NBA defensive player of the year award, following his recent induction into the Naismith Memorial Hall of Fame. Coop never forgot his hometown community of Pasadena where he was raised and is always willing to return and give back. His athletic achievements extend beyond his five NBA Championships and into coaching, mentorship, and philanthropy.

"As a former SDSU Aztec basketball was my first love, and so it gives me great pleasure to honor a player who has not only transformed the game on many levels but also served as a leader from the sidelines," Holden said. "Coop is well deserving of his many accolades and continues to serve as an example of sportsmanship, leadership, talent, and service. On behalf of the CLBC and the State Assembly, I congratulate him on this momentous achievement."

Drafted by the Lakers in the 1978 NBA draft, Coop became an integral part of the legendary "Showtime" teams of

the 1980s, during which time he contributed his defensive skills, playmaking abilities, and shooting prowess alongside future NBA hall-of-famers Kareem Abdul-Jabbar, Earvin "Magic" Johnson, and James Worthy as the Lakers won NBA championships in 1980, 1982, 1985, 1987, and 1988. After retiring as an NBA player in 1990 and playing a season in Italian professional basketball, Coop returned to the Lakers as Special Assistant to General Manager Jerry West for three years before joining the coaching staff in 1994. He then went on to serve as head coach of the Los Angeles Sparks of the Women's National Basketball Association (WNBA), earning WNBA Coach of the Year honors in 2000 and leading the team to its WNBA championship victories in 2001 and 2002.

Over the ensuing years, he has served as a head coach or assistant coach for various professional teams and several educational institutions, including the University of Southern California women's basketball team, Chadwick School's boys' varsity basketball team, and Culver City High School's basketball program, before being named assistant head coach for the men's basketball team at California State. The reception took place Monday, August 5 at the California Museum.

## Viña Vieja Park Pickleball Courts Grand Opening

The City of Pasadena Parks, Recreation and Community Services (PRCS) Department will hold a grand opening ceremony for the newly constructed Viña Vieja Park Pickleball Courts on Thursday, Aug. 15, 2024, at 9 a.m. at 3026 E. Orange Grove Blvd. The ceremony will include refreshments and statements from dignitaries and project leaders. Members of the USA Pickleball Ambassadors will be providing demonstrations

and brief instruction to anyone interested in learning to play pickleball.

New developments include the installation of three adaptive/wheelchair accessible pickleball courts; amenities including fencing, benches, and trash receptacles; planting and irrigation; and expansion of the existing parking lot to add 14 parking spaces.

For more information about the PRCS Department and its facilities, call (626) 744-7500.

## Centennial Square Boxing Show at Pasadena City Hall



The City of Pasadena Parks, Recreation and Community Services Department will host its 9th Annual Centennial Square Boxing Show event in front of City Hall, 100 N. Garfield Ave., on Friday, Aug. 23, from 7-10 p.m. This free, family-friendly event features 12 bouts of action-packed, Olympic-style boxing, with both male and female competitors ages 8 and older. Boxing promotes physical and mental discipline, strength and well-being, and is often a good

fit for youth. The evening kicks off with the national anthem and a color guard presentation from Pasadena's 2nd Battalion, 23rd Marine Regiment. Attendees will also enjoy DJ music, classic cars on display, and food for purchase.

For more information about the Parks, Recreation and Community Services Department and its programs, visit [CityOfPasadena.net/Parks-And-Rec](http://CityOfPasadena.net/Parks-And-Rec) or call (626) 744-6530.

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## San Marino Upcoming Events & Programming

**Back to School First Aid and Safety Preparedness Workshop**  
Join our workshop next Wednesday, August 14, from 6-7:30 PM, and become a hero in school and beyond. Open to all community members, this workshop will equip you with the knowledge and confidence to handle any emergency. To enroll, contact us at Fire@SanMarinoCA.gov or call (626) 300-0735.

**Workshop Highlights:**  
• CPR and AED Training\*: Learn cardiopulmonary resuscitation techniques and how to use an automated external defibrillator (AED) to save lives.  
• First Aid Basics\*: Understand how to assess and respond to injuries, burns, fractures, and other common emergencies through interactive, hands-on activities.  
• Fire Prevention: Learn fire safety measures, including fire extinguisher usage, to prevent and respond to fire incidents effectively.  
• Utility Management: Safely handle gas leaks, power outages, and water disruptions by knowing where and how to operate utility shutoffs and electrical panels

\*The Fire Department is not able to provide First Aid/CPR/AED certification. Visit: redcross.org to find local certification courses.  
**City Treasurer - Volunteer Position Available**  
The City of San Marino seeks to fill an opening for City Treasurer. The City Treasurer, in collaboration with the Finance Director, oversees the City's investments and advises the City Council. Knowledge of the collection and accounting of municipal funds is essential. Appointment of the position will be made by the San Marino City Council and is for a four (4) year term of office. San Marino residency is required. Interested persons should visit the City's website or contact the City Clerk for additional information and application materials. The deadline to submit an application is Tuesday, September 3, 2024.

**Fall Community Services Guide**  
Check out the latest Community Services Guide to see Fall offerings and get details on upcoming events, classes, and lectures. Registration begins on August 12 for residents and August 19 for non-residents.

**Huntington Nurses Health Screening**  
Wednesday, August 14 from 10:00 – 11:30 AM, Barth Community Room

The Huntington Nurses offer free blood pressure and glucose screenings. Please plan to fast 2 hours prior to having glucose checked. These blood pressure and glucose evaluations can lead to prevention and early detection of the "silent killer" diseases such as hypertension, heart disease, and diabetes. Health screenings will be held every second Wednesday of the month. Registration is not required.

**Health & Wellness Talk: Peripheral Neuropathy**  
Wednesday, August 14 at 1 PM, Barth Community Room

Peripheral neuropathy is a multifaceted neurological disorder characterized by damage or dysfunction of the nerves outside the brain and spinal cord. It manifests through a diverse array of symptoms, including numbness, tingling, pain, and muscle weakness, which can significantly impact an individual's quality of life. As we delve into this topic, Bhavesh Trikamji, MD will unravel the complexities of its causes, explore the diverse array of symptoms it produces, and discuss the current landscape of diagnostic and therapeutic strategies. Join us in gaining a deeper understanding of peripheral neuropathy and its far-reaching implications on individuals' wellbeing. Registration is not required.

**Joyful Living Happy Life**  
Sunday, August 18 from 2:00 – 4:30 PM, Barth Community Room  
This workshop gives you tools to face challenges in the workplace, social life, and family life. Join the Unified Charity Foundation as they talk about the customs and traditions in a new land and how to remove cultural obstacles to prosperity. Registration is not required.

**Summer Concert on August 17**  
The Old Mill Foundation is excited to host their final summer concert, Rich Hinman vs. Adam Levy, on Saturday, August 17th. Gates open at 7 PM and music starts at 8 PM. Members \$30/ticket, non-members \$40/ticket. Purchase your tickets at the Old Mill Tuesday to Sunday between 11-2 PM, or online.

**Taste of San Marino: Mari Vees**  
Wednesday, August 21 at 9 AM  
Cost: R: \$16 / NR: \$19 (non-refundable)

Calling all active adults ages 55+! Join us as we discover what San Marino restaurants have to offer! Next in this series, we visit Mari Vees located at 2150 Huntington Drive. Diners will enjoy one pancake, one egg, one piece of bacon, country potatoes, toast, and a drink (coffee, tea, or orange juice). Participants are required to meet at Mari Vees; transportation is not provided. Registration is required.

**Meetings**  
**Design Review Committee**  
Wednesday, August 21 at 6:00 PM; Barth Room and Zoom

## L.A. County Supervisors Designate Altadena House as Historic Landmark



The Los Angeles County Board of Supervisors voted unanimously Tuesday to designate the Henry Dart Greene House in Altadena as a County landmark. Located at 1405 La Solana Drive in Altadena, the house was home to its renowned architect, Henry Mather Greene, who lived in the residence he designed until his death in the 1950s.

Greene was an American architect who achieved international acclaim in 1952 when he received special recognition from the American Institute of Architects for his work. He spent his career working alongside his brother, Charles Sumner Greene, at the legendary Greene and Greene architecture firm in Pasadena. The firm was established in 1894 and is known for designing Craftsman bungalows. "Declaring this special house as a County landmark is a way to celebrate and preserve the rich architectural history that makes Altadena unique," said Supervisor Kathryn Barger. "I want to ensure future generations see and appreciate Altadena's history and diversity. The Greene home is a local jewel that deserves to be protected."

## Pasadena Police B2V Wins National Art Competition

The Pasadena Police Department Baker to Vegas (B2V) team announced Wednesday that they are the winner of the Challenge Cup Relay Race National Art Competition. The B2V Team worked diligently with City of Pasadena resident graphic designer, Sonia Rodriguez to create a design that was representative of this longstanding athletic organization. The winning red, white, and blue vintage inspired design will be featured on the official Baker to Vegas T-Shirt and marketing materials. In addition, the B2V Team was awarded a \$500 prize applicable towards their 2025 entry fee. Each year, the Pasadena Police Department takes part in this arduous law enforcement running tradition. This year's race will be held on April 5 through 6, 2025.

Over 6,000 runners compete in various categories and descend upon the desert communities of Baker and Shoshone to participate. Runners take off from the starting point on

Highway 127, following the desert roadway over Ibex Pass to Shoshone, runners turn right along Highway 178 and climb the mountains to Pahrump. Another right turn onto Highway 160 takes runners up to Mountain Springs Summit (elevation 5,600 ft.), and straight down to the Las Vegas strip, where the runners sprint to the finish line.

One team composed of 20 of Pasadena's finest will compete in next year's 120-mile relay race. Winners of this race will be announced on Sunday, April 7, 2025.

For more information visit CityOfPasadena.net.

## Free Concert Series at the Senior Center

The popular free summer concert series for all ages hosted by the Pasadena Senior Center is set to showcase the talents of a variety of professional musical groups that range from jazz to big band to blues and more Aug. 13 to Sept. 2, from 5 to 7 p.m.

Three of the four free concerts will be performed on the center's spacious, tree-shaded patio and the fourth, a Labor Day event, will be in the Scott Pavilion. Get up on your feet, dance or simply sway in your chair or tap your toes to the music.

Each group will perform two sets so people can come to the first performance, the second performance or both.

Bring your own snacks, beverages and/or a picnic dinner for the perfect summer experience with family and friends of all ages. Neither residency in Pasadena nor membership in the Pasadena Senior Center are required.

• Tuesday, Aug. 13 – JazzZone will perform sizzling, hot/cool jazz in the signature style of this beloved local band.

• Tuesday, Aug. 20 – The Tokens became famous for their top 40 hits in the 1960s such as "The Lion Sleeps Tonight," "Tonight I Fell in Love," "I Hear Trumpets Blow" and "Portrait of My Love." Now the second and third generations of the original Tokens members bring the group's legacy back to life.

• Tuesday, Aug. 27 – The Susie Hansen Latin Band will perform fiery jazz and salsa that make this band an audience favorite.

• Monday, Sept. 2 – For this Labor Day concert, The Great American Swing Band will feature the sounds of big band, R&B, jazz and Dixieland.

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.

The Pasadena Senior Center is located 85 E. Holly Street.

To learn more, visit: pasadenaseniorecenter.org or call 626-795-4331.

## Pasadena Public Health Dept. COVID Vaccine Information

Data gathered by the Pasadena Public Health Department ("PPHD") and other local jurisdictions in the Los Angeles region show that COVID-19 cases have increased since the middle of May. Manuel Carmona, Acting Director of Public Health, and the department continue to monitor LA County and Pasadena COVID-19 cases. To protect against serious illness, community members should ensure they are up to date on their COVID-19 vaccinations, and assess their own risk to take measures accordingly.

Staying up to date on COVID-19 vaccines remains the most effective preventive measure residents can take to protect against serious illness. The Centers for Disease Control and Prevention ("CDC") recommends everyone ages 6 months and older, including those who are fully vaccinated, receive an updated 2024-2025 COVID-19 vaccine. Updated COVID-19 vaccines are expected to be available in fall 2024.

Due to the commercialization of COVID-19 vaccines and treatment, most residents can get no-cost updated COVID-19 and flu vaccines through their private health insurance, Medicare, and Medi-Cal health insurance plans. The Pasadena Public Health Department continues to offer no-cost COVID-19 vaccines to uninsured and underinsured children through the CDC Vaccines for Children

("VFC") Program. The CDC Bridge Access Program provides no-cost COVID-19 vaccines to adults without health insurance and adults whose insurance does not cover all COVID-19 vaccine costs. The Bridge Access Program is expected to end in August 2024 so this month may be the final opportunity for uninsured and underinsured adults to get a no-cost COVID-19 vaccine at the Pasadena Public Health Department and participating healthcare providers, federally qualified health centers, and pharmacy locations.

Basic precautions reduce the risk of spreading illness. Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in the trash and wash your hands with soap and water or sanitize. If you don't have a tissue, cough or sneeze into your elbow, not your hands. Cleaning frequently touched surfaces can also help protect community members and others from COVID-19. Wearing a mask and putting distance between yourself and others can help lower the risk of COVID-19 transmission. Consider taking a test if you have symptoms consistent with COVID-19 infection. If you test positive, call your doctor to discuss treatment options. If you have been in contact with someone with COVID-19, take a COVID-19 test 2-3 days after exposure, and take measures to reduce risk to others while waiting to test.

## First Pasadena Quarterly Sales Tax Newsletter Online

Acting Assistant City Manager and Director of Finance, Matthew Hawkesworth, reported the City received its First Quarter 2024 (January - March) sales tax data and the attached newsletter provides high level and categorical results. While the last few quarters have realized no year-over-year growth or even a slight decline, the first quarter realized growth of 2.5% on an adjusted basis.

Restaurants and hotels as a category were up, driven by growth in the leisure-entertainment sector, which more than offset a decline in casual dining. New car sales were up slightly; however, the overall autos-transportation

sector was down slightly. Both the County of Los Angeles and the state-wide total reflected minor declines showing that Pasadena outperformed both.

General consumer goods had a strong quarter boosted by family apparel, department stores, and home furnishings. Despite fluctuating crude oil prices, service station revenues had modest gains.

Measure I tax returns reflected a decline in revenue of 1.1%. The autos-transportation category realized a decline in Measure I tax due to fewer new car sales to Pasadena residents, despite their overall sales growth.

The newsletter can be found at: cityofpasadena.net/city-manager.

## Annual Taste of 'Dena Returns to Altadena

Get ready for an unforgettable evening of culinary delights, soulful melodies, and community spirit as the Altadena Library Foundation proudly presents the Taste of 'Dena on Saturday, Sept. 28.

Back for its seventh year, Taste of 'Dena is the foundation's annual fundraising event to celebrate the Altadena Library District. And this year, the

Foundation is pleased to honor the lifetime achievements of Mr. William J. and Mrs. Brenda L. Galloway for their decades of service to the community and legacy of commitment to education.

Event guests will enjoy an unforgettable evening of delicious food, smooth wines, live music, and a silent auction in support of the Altadena Library District, a 98-year-old institution dedicated to bringing people and ideas together.

The event starts at 6 p.m. at the Altadena Main Library, 600 E. Mariposa Ave. Become an event sponsor or purchase tickets at: AltadenaLibrary.org.

## Free E-Waste Recycling Event Aug. 17

Pasadena residents can safely dispose of electronics at the city's popular free e-waste event from 9 a.m. to 3 p.m. on Saturday, August 17. The event will be held in Parking Lot I outside the Rose Bowl Stadium near Brookside Park, 360 North Arroyo Blvd. To maintain safety, only cars may enter - no walk-ups. The duration of the event is subject to truck capacity.

E-waste items include computers, keyboards, printers, monitors, laptops, docking stations, scanners, shredders, fax machines, computer mice, telephones, televisions, flat screens, VCRs, DVD players, PDAs, cassette players, tape

drives, stereos. Household batteries, fluorescent light bulbs, and LED light bulbs are also accepted. These items should never be disposed of in your trash or recycling containers.

Public Works is also helping residents prevent identity theft by providing free paper shredding during the event. The public can bring a maximum of three (3) legal-size boxes for shredding. Sensitive documents such as receipts, checks, pre-approved credit applications, credit card statements, outdated tax returns, pre-printed envelopes, return address labels and business cards are items that can be shredded. Please remove documents from ring binders and bulldog/binder clips.

This event is open to Pasadena residents. For more information, call (626) 744-7311 or email recycle@cityofpasadena.net.

Catch breaking news at: [mtnviewsnews.com](http://mtnviewsnews.com)

**City of South Pasadena Senior Center**  
**National Senior Citizen Day Picnic**  
**Date: Wednesday, August 21, 2024**  
**Time: 11:45 a.m.**  
**Location: South Pasadena Senior Center**  
**COST: \$3.00**  
**ADVANCED RESERVATIONS ARE REQUIRED**  
**Resident & Members Reservations open on:**  
**Monday, July 15, 2024 at 8:00 a.m.**  
**General Reservations open on:**  
**Wednesday, July 17, 2024 at 8:00 a.m.**  
*Must be 55 years or older to attend.*  
**To make a reservation, please contact the Senior Center at (626) 403-7360.**  
City of **SOUTH PASADENA** COMMUNITY SERVICES  
Entertainment provided by: **DJ Ben**

## ARCADIA NEWS BRIEFS



### 2024 SUMMER CONCERTS & MOVIES IN THE PARK

ARCADIA, CA – The City of Arcadia proudly announces the 2024 free Summer Concert & Movie series Thursdays from June 20 through August 8, 2024. Concerts begin at 6:30pm and movies at dusk. Kids can enjoy the fun zone area with plenty of games, crafts, and activities. The events are held at City Hall Lawn, located at 240 West Huntington Drive between City Hall and the Police Department. Free parking is available at City Hall and Santa Anita Park, Gate 5. For more information call 626.574.5113 or visit [ArcadiaCA.gov](http://ArcadiaCA.gov) for events.

AUGUST 1, COLD DUCK AND THE SUPER MARIO BROS, MOVIE

Cold Duck (70 & Top 40s) - Cold Duck continues its tradition of excellent musicianship and groovin' rhythms. So let's dance the night away!

Super Mario Bros, Movie (PG) - Let's-a go to the Mushroom Kingdom to save the world from the evil Koopa named Bowser.

## VETERANS RECOGNITION

Calling all Veterans! The City of Arcadia would like to honor and recognize all Arcadia Veterans. If you are a Veteran, please call the Arcadia Community Center at 626.574.5130 to add your name on the list or submit your information online at [ArcadiaCA.gov](http://ArcadiaCA.gov). If you have a neighbor, friend or family member who lives in Arcadia and is a Veteran of the Armed Forces, you can add them as well. If you have already signed up, don't forget to register for the Veterans Day Celebration event on Friday, November 8. The event will take place at the Arcadia Community Center at 11:30am. Veterans will receive a free meal and recognition.

### "BABY BACKPACK" COMMUNITY DAY OF SERVICE

*Serving Mothers In-Need and New Foster Parents*

Sunday, August 25th 11:00 - 2:00

We hope you will join us Sunday, August 25th 11:00 - 2:00 for our "Baby Backpack" community Day of Service, by volunteering for a two-hour shift. Everyone is welcome! Click here to sign up. Our "Baby Backpack" program provides backpacks that can be used as diaper bags, filled with essential items for infants and parents. Assistance League of Arcadia wants to make the transition to parenthood a little easier for struggling mothers and emergency foster parents.

Each backpack will include onesies, blanket, baby bottle, baby wash, wipes, diaper cream, pacifiers, feminine hygiene, laundry soap, book, teddy bear, and gift card. The backpacks will be delivered to local shelters and charities for distribution to their clients. If you are feeling generous, you can donate to this much needed program, by clicking the button below or mailing a check to Assistance League of Arcadia, 100 S. Santa Anita Ave, Arcadia, 91006. Please note "Baby Backpacks" on check/donations. For more information about "Baby Backpacks" email [dayofservice@alarcadia.org](mailto:dayofservice@alarcadia.org).

## South Pasadena Police Get 20 Zero-emission Tesla Fleet



The South Pasadena Police Department unveiled 20 new Tesla vehicles in front of city hall Monday becoming the nation's first zero-emission all electric police fleet.

"This transition reflects the city's vision of a sustainable future based on both sound fiscal management and environmental stewardship," said South Pasadena Mayor Evelyn Zneimer. "The City Council is fully behind this transition. We will have a 21st Century police force that is safe, clean and saves taxpayer dollars. We're very excited to be working with our regional and corporate partners to make this happen."

According to city officials, the Teslas will rely on a bank of new electric vehicle chargers installed at South Pasadena City Hall. Additionally, upon completion of the final electrification project component, City Hall, the Police Station and the Fire Station buildings will be backed up by a solar powered system with battery storage adding critical power resilience in the event of an outage.

All the vehicles have 5-star safety ratings —better than any gas vehicle available for policing— which means the city's officers will be as safe as possible in the field according to South Pasadena Police Chief Brian Solinsky.

"Switching to these vehicles offers the Police Department the

opportunity to acquire a cutting-edge vehicle fleet," Solinsky said. "This initiative not only ensures the safest vehicles for officers and staff but also leads to substantial reductions in both fuel and maintenance costs."

"Simultaneously, this transition enhances service levels for the residents of South Pasadena by minimizing maintenance downtime commonly seen with traditional gas combustion engines."

According to Solinsky, the transition is expected to save about \$4,000 a year per vehicle on energy costs, plus provide additional savings on maintenance, such as brakes, oil changes, air filters, and more. The operational cost of electric vehicles will be at least half the per-mile cost of gasolinepowered vehicles.

South Pasadena's electric police fleet will cut both toxic smog-forming emissions of nitrogen oxides, volatile organic compounds, and carbon monoxide, plus emissions of carbon dioxide, the key driver of global heating.

"This is important, particularly in the Los Angeles area which still has the most unhealthy air in the nation," said Cacciotti. "We hope other police departments in the region and state will make the switch, too."

For more information about the vehicles visit: [southpasadenaca.gov/News-articles](http://southpasadenaca.gov/News-articles).

## MONROVIA NEWS BRIEFS

Monrovia Area Partnership  
CITY OF MONROVIA  
YOUTH & ADULT LEADERSHIP ACADEMIES  
NOW OPEN FOR REGISTRATION

<p>YOUTH Grades 8-12 Every Wednesday September 4 - October 16</p>	
<p>ADULT 18+ Every Thursday September 5 - October 17</p>	<p>Open &amp; Free to the Entire Community</p> <p>SUCCESS</p>

Please visit: <https://www.monroviaareapartnership.com/leadership-academies> for more info

### MAP Youth & Adult Leadership Academies

We're excited to announce the start of our Youth and Adult Leadership Academies this September! This 7-week program is a fantastic opportunity to dive into city government, develop leadership skills, and build lasting connections within our community.

Youth Leadership Academy:

- When: Wednesdays, 3:30 p.m. - 5:00 p.m.
- Start Date: September 4th

Adult Leadership Academy:

- When: Thursdays, 7:00 p.m. - 9:00 p.m.
- Start Date: September 5th

Both programs are designed to empower you and enhance your understanding of local government while fostering personal and professional growth. We encourage all interested residents to join and take advantage of these valuable opportunities! Leadership Academies | MAP Website ([monroviaareapartnership.com](http://monroviaareapartnership.com))



### Monrovia Police Citizens Academy

The Monrovia Police Department is now accepting applications to the Citizens Academy! The Citizens Academy is an exciting, dynamic and informative 8-week program designed to provide participants with an interactive and comprehensive overview of the Monrovia Police Department.

The program is free and open to all applicants who meet the requirements:

- Must reside, work, or attend college in the City of Monrovia
- Have a clean criminal background
- Open to adults 18 and over
- Be able to attend sessions on Wednesday evenings between 6 - 8 p.m.

Classes begin September 4, 2024.

For more information and to apply, contact Officer Holguin with the Monrovia PD Community Policing Bureau at (626) 256-8014.

**Piano Instructor**  
[Redacted]  
**Accompanist**  
[Redacted]  
**Vocal Coach**  
[Redacted]  
**Connie Washburn**  
**626.355.9511**  
[Redacted]  
**bizoupoo@earthlink.net**  
[Redacted]

Catch breaking news at:  
[mtnviewsnews.com](http://mtnviewsnews.com)

13<sup>th</sup> annual  
**SAN MARINO MOTOR CLASSIC**  
Lacy Park - Sunday, August 25, 2024

Symphony of Cars Gala & AFAS Art Exhibit  
Saturday, August 24, 2024

Bring the family and enjoy beautiful Lacy Park adorned with automotive works of art. It is a wonderful opportunity to see some of the finest classic cars ever made. A great time: classic cars, food & drinks, artwork, and vendors – all for charity! Please join us.

For further information and to purchase tickets, see our web site.  
<https://sanmarinomotorclassic.com>

The San Marino Motor Classic is a non-profit 501.(C)(3) organization.

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## SAFE SHARPS DISPOSAL: KEEPING STUDENTS HEALTHY AT SCHOOL

(StatePoint) Back to school can be overwhelming for students and families. With new classes, new friends and sometimes new schools, students have a lot to balance. Additionally, changing routine can be challenging for students managing health conditions, including allergies, diabetes and others that require using and safely disposing of needles, syringes, or epinephrine autoinjectors at school.

Parents and school faculty can help promote safe sharps disposal so students and staff can better focus on a happy and healthy year using the following tips and resources from SafetyIsThePoint.org.

### Safe Sharps at School and at Home

For many, learning about safe medical sharps disposal starts at home. Free, educational resources help answer questions like "How do I safely dispose of medical sharps?" and "What are the disposal rules in my area?" The SafetyIsThePoint.org website features a clickable map and ZIP code finder to check local disposal regulations and find nearby disposal sites.

Resources can be used by school nurses and other staff, who can share safe sharps disposal information and show students and families how to properly dispose of used medical sharps.

### Safe Sharps at School

Teachers and other faculty play an important role in educating about safe sharps disposal. Posters and fact sheets can be downloaded and printed for easy integration into lesson plans or displayed in classrooms and offices. These materials both educate about proper medical sharps disposal and raise awareness of health conditions that require the use of sharps.

For schools and districts that use social media, sample posts can be downloaded and shared online to reach students and their families. Schools can incorporate the messages and materials into newsletters.

### Ensuring a Safe and Healthy School Year

Parents, teachers and other school staff play a crucial role in ensuring students are protecting and preventing themselves and others from getting hurt. Household sharps disposal rules vary by state, so it's important to check local requirements as some prohibit disposing of sharps in household trash or recycling. Some states require sharps to be dropped off at a collection center in an approved container.

The basics about sharp disposal are as easy as knowing these three steps:

1. Place used sharps in a strong, plastic container like an empty laundry detergent or bleach bottle.
2. When the container is 75% full, seal it tightly with duct tape and label it clearly with "Do Not Recycle."
3. Place the sealed container in regular household trash, if permitted in your area.

You can learn more about safe sharps disposal this back-to-school season and beyond at SafetyIsThePoint.org.

By arming your children, their teachers and yourself with the latest safety information, you can help make the school year a safer experience for everyone.



## SCHOOL DIRECTORY

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

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

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

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

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

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

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

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

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

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

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

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

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

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://phs.pusd.us

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

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

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

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

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

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

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

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

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

Duarte Unified School District  
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(626) 599-5000  
Website: www.duarte.k12.ca.us

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## All Set to Go Back to School?

Are you getting ready to go back to school?

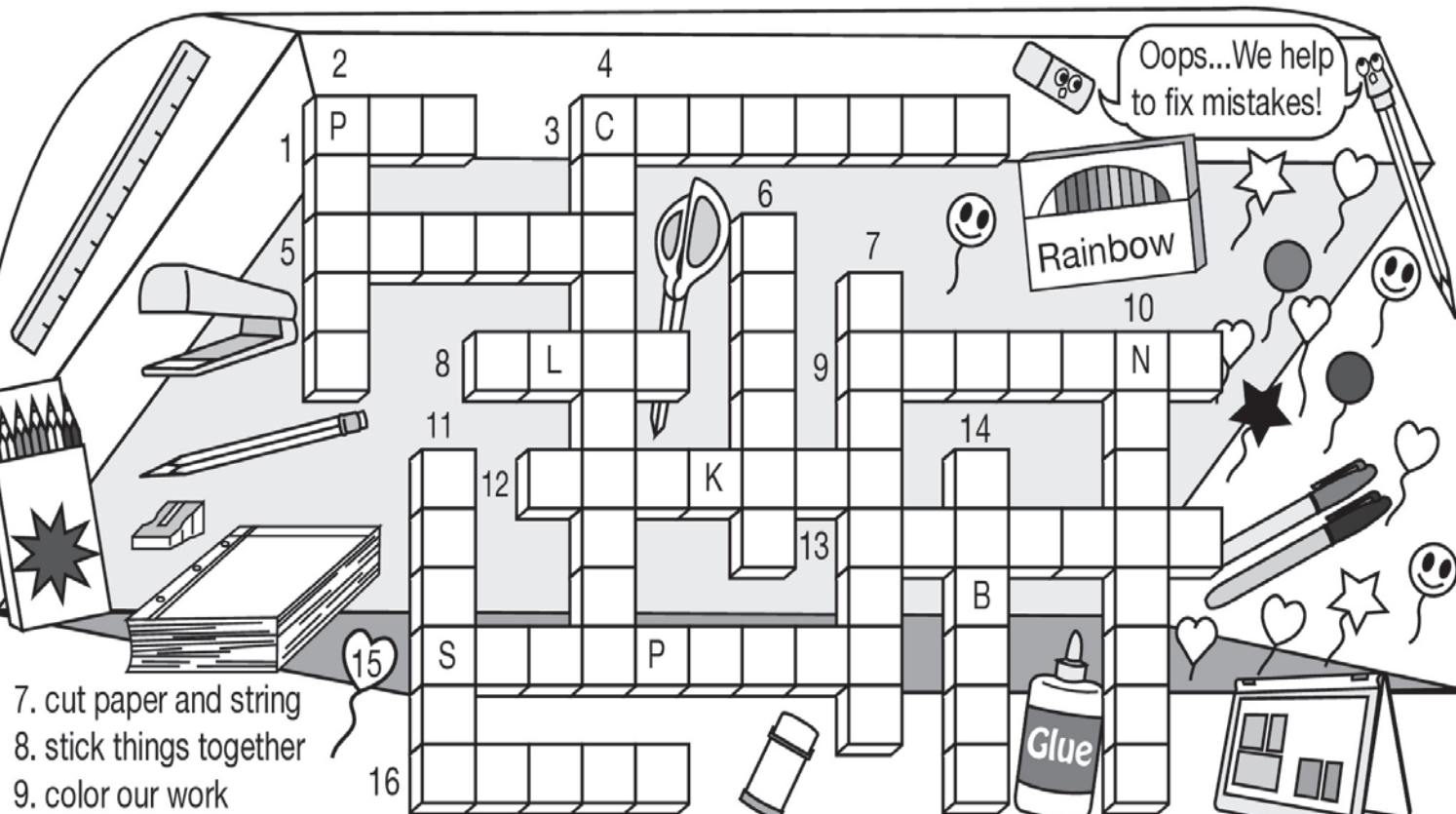
Huh?

Oh, you mean gathering and packing all the stuff I'll need? Hmm...

Let's see... skateboard, tablet... just about all set.

Wait, where did I leave my stunt kite?

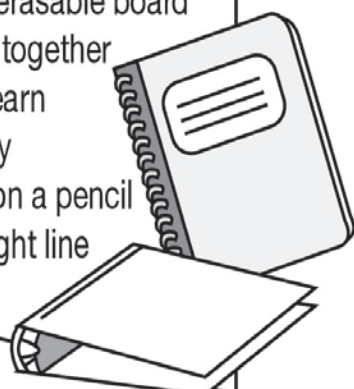
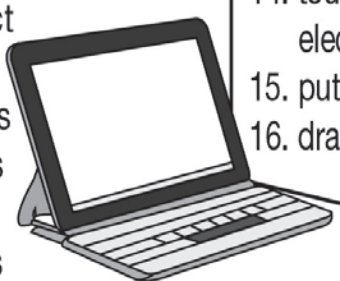
Can you help Chitter fill his bag with things he really needs?



7. cut paper and string
8. stick things together
9. color our work
10. write compositions in
11. make mistakes disappear
12. write on an erasable board
13. fasten work together
14. touch and learn electronically
15. put a point on a pencil
16. draw a straight line

### We use this (these) to:

1. write final copies; correct
2. write or draw on
3. do research, type papers
4. work out math problems
5. sketch; do math tests
6. organize papers, reports



Below are some phrases that people use with the word **school** or **class** in them. What do they mean? Match each one to its definition:

1. tell tales out of school
2. school of thought
3. school of hard knocks
4. old school
5. school someone
6. class act

- A. way of thinking about something
- B. learned through life, not a class
- C. tell secrets one shouldn't
- D. the best
- E. used to work well in the past
- F. teach or train



# PUZZLES FOR YOU

## FOOTBALL

### ACROSS

1. Command to Fido
6. Sheep not yet sheared
9. Cap and gown accessory
13. Blood line
14. Ancient Chinese dynasty
15. Ringworm
16. Driver's license notation
17. Not outs
18. Like Cheerios
19. \*Piece of football equipment required since 1943
21. \*Peyton or Eli
23. Napkin spot
24. Eminem's 2002 hit "\_\_\_\_ Yourself"
25. Embargo
28. Feed storage cylinder
30. Like house from a kit
35. Greek god of love
37. Smokes
39. \*Super Bowl I M.V.P. Bart \_\_\_\_
40. Taj Mahal locale
41. \*Career rushing yards record holder
43. Equals squared
44. Regretting
46. \*Highest college football level: \_\_\_\_ Division I
47. Extend credit
48. \*Seventeen games in NFL
50. Somewhat (2 words)
52. "Whatever Will Be, Will Be" singer
53. Mare's baby
55. Not a friend
57. \*55 of them
61. \*Home of the NFL Hall of Fame
64. Hole-borer
65. For every
67. Color red on coat of arms
69. Birds of ill omen
70. Outrage
71. \_\_\_\_\_ shopping cart
72. Party barrels
73. Sound from one of #69 Across
74. Homes for #69 Across

### DOWN

1. Down in the dumps
2. Cry of contempt
3. Marine eagle
4. Wake Island, e.g.
5. Kismet, pl.
6. Foolish one
7. Even, poetic
8. Useful contraption
9. Lamborghini model
10. Unfavorable prefix
11. "As \_\_\_\_ on TV"
12. Suspend
15. Astrigents
20. "The Iliad" and "The Odyssey," e.g.
22. Venomous Egyptian snake
24. Deducible
25. \*One of 2 NFL founding teams still in league
26. Lock horns
27. Waterwheel
29. Outline
31. Et alii, abbr.
32. Got along
33. \*Like indoor eight-men football
34. \*Career NFL passing yards record holder
36. Without
38. Wild guess
42. Israelian port
45. Errand-runners
49. Neither's partner
51. Nuku'alofa language
54. Meat jelly dish
56. Musician's exercise
57. "\*Go \_\_\_\_ Go!"
58. Fishing decoy
59. Awestruck
60. Archery wood
61. "Ship, Captain, \_\_\_\_"
62. Cutlass or Delta 88, for short
63. Remaining after deductions
66. \_\_\_\_ of Good Feelings
68. Lusitania's last call

## CROSSWORD

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72						73				74				



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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.

## Aug 3, 2024 Solutions

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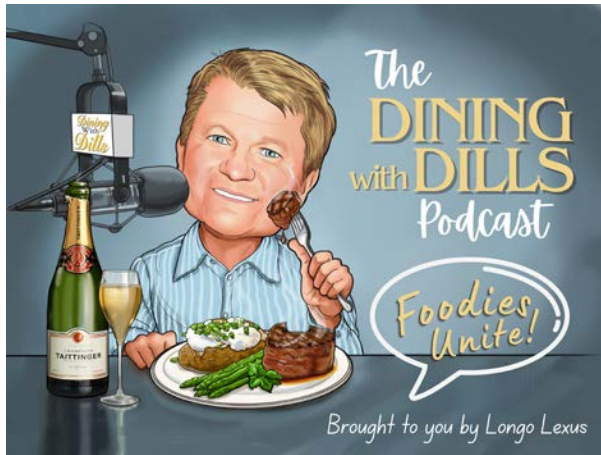
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## DOMENICO'S ON WASHINGTON

Domenico's sits on Washington Boulevard like an old friend, unassuming and timeless. The sign above the door has weathered decades, but inside, nothing of importance has changed. The air is thick with the scent of oregano and the unmistakable aroma of dough baking in an oven older than some of the regulars who have been coming here since they could first chew.



Domenico's has been a staple in Pasadena since it first opened its doors in 1960. Founded by Domenico Spano, an Italian immigrant who brought his family recipes to the States, the restaurant has remained family-owned and operated ever since. Over the years, it has become a beloved institution, known for its authentic Italian dishes and, of course, its pizza. The oven, now over thirty years old, has baked countless pies that have drawn generations of customers through its doors.

The pizza at Domenico's is legendary. My father, the old man with his rules, would say never to argue about sex, politics, or pizza. But this is one argument I'll gladly take up. Domenico's pizza isn't just good; it's the best in Pasadena, and maybe beyond.

I'm a traditionalist—nine times out of ten, I'm ordering pepperoni. I know, I'm not that adventurous. But when it comes to Domenico's, I don't need to be. The pepperoni here is a revelation—spicy, rich, and layered with just the right amount of cheese. The crust, kissed by that thirty-year-old oven, holds it all together, the grease pooling in just the right spots, a reminder that this is pizza made without apology.

What makes it so good? Is it the oven? The cheese, heavy and stringy, stretching from plate to mouth like a promise kept? The toppings, generous to the point of indulgence? I can't say for certain. All I know is that Domenico's captures something essential—a truth in every bite that speaks of simple ingredients transformed by time and care.

I'd be remiss not to mention the antipasto salad. It's a must, especially if you're getting it to go—the main dining room is still closed. A tip from an old pro: get the dressing on the side. If Donnie's in the kitchen, you're in great hands, but really, you're in good hands either way. For my money, it's the best in town.

I savor each bite slowly, appreciating the blend of flavors that has earned Domenico's its place in the hearts of so many. And as I step outside, I know I'll be back, to argue once more with the ghosts of those who think they know better. Because in this small, unassuming restaurant on Washington, I've found a truth worth defending. I know there's more history but for another time I've got another bite to enjoy!

Domenico's Italian Restaurant  
2411 E Washington Blvd,  
Pasadena, CA 91104

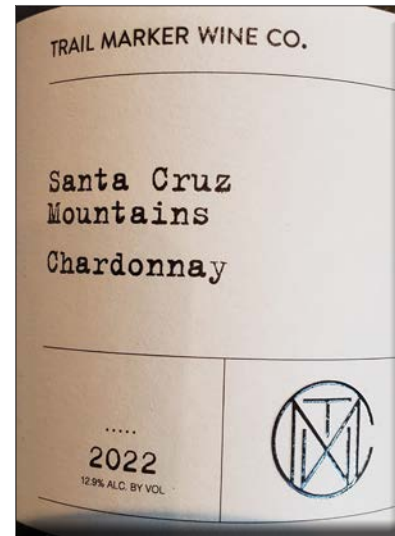
From Peter  
I've noticed a lot of readers are bringing in the articles to show to the owners, I love it and Thank You!

## THE TASTING ROOM

### CHARDONNAY AS IT OUGHTTA BE.

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

Raise your hand if you're tired of the over-buttered and over-oaked Chardonnay that was popular back in the day and which is still hanging around for whatever reason. If you are raising your hand, then come to The Bottle Shop Tasting Room this Sunday at 3pm to raise your glass with four excellent Chardonnays that won't traumatize or Rombauerize you. Clean, crisp, and minerality driven Chardonnay is a revelation.



One of the wines we'll be tasting Sunday is the 2022 Trail Marker Santa Cruz Mountains Chardonnay. Trail Marker was founded in 2012 by Drew Huffine and Emily Virgil. The husband-and-wife team are producing some spectacular wines. They practice minimalist intervention - "hands-off" winemaking - including fermentations with indigenous yeasts, minimal handling in the cellar, and little or no new oak. The wine is 100% Chardonnay from two vineyards in the Santa Cruz Mountains.

Santa Cruz Mountains was the first AVA to be recognized for its altitude - a mountainous AVA that sits between Monterey Bay and San Francisco. The AVA covers over 400,000 acres with only 1,600 acres planted with vineyards. The region's best vineyards are planted on steep ridges well above the fog that covers the lower valleys. A combination of intense sunlight with cool prevailing ocean breezes creates a long, cool growing season. This results in wines that are rich with a backbone of acidity. For us in California, fault lines are BAD. However, here in this wine region, they're a good thing because the fault lines result in soils that are thin and infertile, primarily made of clay and Franciscan shale over bedrock of decomposing limestone. This produces stressed out vines which leads to small, concentrated berries and lower yields.

The Trail Marker Chardonnay is fresh with bright fruit, and minerality. It's creamy with tension and acidity. This Chardonnay has notes of dried flowers, tea, orchard fruit, and spice. The finish is focused and lengthy. This is what Chardonnay oughtta be and should be. Join me Sunday at 3pm to taste this outstanding Chardonnay and three other beauties. I promise you won't be Rombauerized.

The Trail Marker Chardonnay Santa Cruz Mountains 2022 is available at The Bottle Shop for \$38.99. Say you saw it in the Mountain Views News and get it for \$35.99 through Monday, August 12th.

Upcoming at The Tasting Room: Sunday August 11<sup>th</sup> at 3pm - Clean & Crisp Chardonnay; Thursday & Friday August 15 & 16 - Pinot Noir from around the World.

Scan the QRCode to sign up for our newsletter.

Until next time - Salud!



## ALL THINGS

By Jeff Brown

### INTERNET HINTS FOR RELEASING ANGER QUICKLY



**Count Backwards:** Pause and count backwards 5,4,3,2,1 slowly. This brief distraction can help you regain composure. Do it again & again if necessary.

**Take Deep Breaths:** Breathe deeply and slowly to calm your body and mind. Inhale through your nose, hold for a few seconds, and exhale through your mouth. Repeat if needed.

**Consider Whether Your Anger Is Helpful or Unhelpful:** Ask yourself if your anger is good or bad for you & others in the long run.

**Physical Activity:** Engage in a quick burst of physical activity, like a brisk walk, jumping jacks, or stretching. It can help release pent-up energy.

**Change Your Environment:** Remove yourself from the situation or environment causing anger. A change of scenery can help shift your perspective.

**Use Visualization:** Imagine a peaceful scene or visualize your anger dissipating like steam from a kettle.

**Listen to Music:** Play some calming or uplifting music to help shift your mood.

**Use a Stress Ball or Other Fidget Toy:** Squeeze a stress ball or use another fidget tool to release tension physically.

**Write It Down:** Quickly jot down what's bothering you. Sometimes putting your thoughts on paper can help you process them.

**Practice Mindfulness:** Focus on the present moment and observe your feelings without judgment. This can help you gain perspective.

**Set Boundaries:** If certain situations or people consistently cause you anger, it might be necessary to set boundaries to protect your emotional well-being.

**Seek Professional Help:** This can help you understand & limit your anger reactions.

**Most important practice the above. Imagine and practice.**

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**IN THE KITCHEN**  
*Our Favorite Recipe of the week*

**FISH TACOS**

### INGREDIENTS

**AVOCADO CREAM:**  
2 cups/500ml plain thick yogurt or sour cream  
4 avocados, pitted, peeled and chopped  
1 jalapeno pepper, seeded and chopped  
Zest and juice of 1 lime  
A handful fresh cilantro leaves, chopped  
A few drops green hot sauce, such as Tabasco  
Salt and freshly ground black pepper

**PICO DE GALLO:**  
2 tablespoons/30ml olive oil  
2 tomatoes, seeded and chopped  
1 clove garlic, minced  
1 onion, finely chopped  
1 red bell pepper, seeded and chopped  
1 jalapeno pepper, seeded and chopped  
Juice of 1 lime  
A handful fresh cilantro leaves, chopped  
Salt and freshly ground black pepper

**FISH:**  
3 cups/750ml all-purpose flour  
1/4 cup/60ml cornstarch  
1 tablespoon/15ml baking powder  
Salt and freshly ground black pepper  
2 1/2 cups/625ml beer (2 bottles)  
2 eggs, beaten  
Canola or peanut oil, for frying  
1 pound haddock fillets, cut into large cubes (450 grams)

**HOMEMADE TORTILLAS:**  
2 cups/500ml very fine corn flour (masa harina)  
1 teaspoon/5ml salt

**SPICY GREEN CHILI SAUCE:**  
24 hot green chile peppers, such as jalapeno, poblano, hatch or Cubanelle  
1/4 cup/60ml olive oil  
Salt  
1 onion, finely chopped  
2 tablespoons/30ml distilled white vinegar

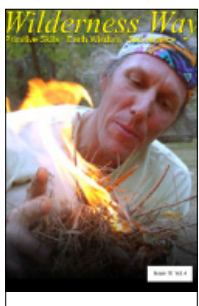
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**CHRISTOPHER Nyerges**



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

**RAINDANCES: ARE THEY REAL?**

[The following is an excerpt from Christopher Nyerges' book, "Squatting in Los Angeles: Life on the Edge," which is available on Kindle or from the store at www.SchoolofSelf-Reliance.com.]

The event I'm about to describe happened just about 40 years ago this week! It seems like a lifetime ago!  
It was Tuesday, August 14th, 1984, the second to last day of a two week period that I'd be working with some of the children at the day camp sponsored by the City of Pasadena. After their lunch, I began by showing my group of children some wild edible plants that I brought to the camp.

Next we practiced some Indian sign language of the Plains, something I did every day.

Then I demonstrated how to make soap by wetting a few of buffalo gourd leaves and then vigorously rubbing them between my hands. Each child then made soap from this plant and in their very excited way they cleansed their hands, splashing and yelling as they did so.

The day before, I'd hinted that we might do a rain-dance, and now, as the children were returning to their circle, a few were now asking with their eager voice, "Are we going to do the rain-dance now?" I explained that a rain dance is actually not just one thing, and that it could take many forms and is usually a part of a larger ceremony.

I didn't have a specific "formula" or procedure, but rather I was attempting to share several key elements with the children, elements that I learned from native elders.

I removed my hand-made clay pipe from its container and filled it with tobacco. I carefully lit it and puffed on it. Once the pipe was smoking well, I stood in the center and blew smoke to the four directions and to the sky and to the earth. I explained to the children that I was offering my smoke as a way of giving respect and thanks, in an attitude of humility. The children watched in awe with wide eyes.

Then I passed the pipe around the circle for each child to take a little puff. Each child nervously smoked the pipe as it went around, and I told them not to inhale. I explained as we did this that the smoking of the pipe was a traditional sign of our friendship and unity. Then, put the pipe away, and we all danced in a circle, clapping, and chanting a simple rain chant that I led. Then everyone let up a cheer for rain. It was all very simple, basic, and organic.

My time with the children was over and they all departed for their next session.

"Is it really going to rain?" a few children curiously asked me as they departed.

"Of course," I replied with assurance. "It will rain by Saturday." I really had no idea whether or not this would be "effective," and I'd not checked any weather patterns. For that matter, I'd not even planned to do the rain dance until that morning.

A heavy rain fell early the following morning.

By the time I arrived at the day camp on noon Wednesday, our last day, only a drizzle continued to fall, and most of the day camp activities had been moved indoors.

Some of the children yelled out to me: "We made rain! We made rain!" I quickly pointed out that we didn't make anything. Rather, I told them, our request was answered.

A few children asked with open eyes, "It rained from our rain dance, didn't it?" I answered what I believed to be true. "Yes," I told them, while I could see the other counselors smiling and rolling their eyes.

Pursuing the premise that there was a relationship between the dance and the rain, I attempted to delineate my learning:

- 1) We washed ourselves before our little ceremony.
- 2) We requested rain in an attitude of humility.
- 3) We shared the pipe in a posture of unity and friendship.
- 4) We sang, chanted, and danced our ceremony not "by the book" but with feeling.
- 5) And perhaps most important, the ceremony was conducted by children. These children were young enough to still be uncorrupted by the limitations of adult minds. They had never been told that they couldn't invoke rain. So I believe that the innocence and lack of prejudice on the children's part was a key factor in the apparent "success" of our rain dance.

I found that this episode forced me to look at myself and the world very differently. What had happened here? It was the middle of August when there is usually no precipitation, and rain came within 15 or so hours of doing a rain dance.

This led me to research the many recorded episodes of rain-making and rain ceremonies among Native American traditions, and try to find some common elements. Eventually, I compiled a file full of newspaper accounts and interviews and book excerpts all about rain ceremonies, and later presented that in a lecture. The more I looked into it, and inquired, the key idea to keep in mind was that personal attitude was the essential ingredient, and that "asking for" or "praying for" rain was an inaccuracy. It also became clear to me that it is actually a blessing that most people are unaware that they have such a power over the elements of nature. You could say that our ignorance protects us from the irresistible urge to abuse such ability.

I spoke to Dr. George Fishbeck, L.A. area weatherman and meteorologist, and he told me that he noted a storm off California's coast at 7 p.m. Tuesday. That evening by 11 p.m., Dr. Fishbeck said that he knew rain would fall, but not where. He was calling it a freak storm. Someone had called Dr. Fishbeck and told him about the rain dance, so he already knew about it. He believed that there was no connection between the rain dance and the rain, discounting the ability of what he called "prayer" to affect the weather. Still, Fishbeck told me that he recognized and respected the sacred nature of the Southwestern Indians' rain dances and ceremonies.

In the Los Angeles Times of August 16, 1984 on the front page, it read "First Rain of Season Snarls Traffic, Causes Blackout." The report read, "The first rainstorm of the season struck the Los Angeles area with surprisingly heavy showers Wednesday morning, spawning a rash of minor accidents on slick freeways and power failures affecting thousands of customers. Rainfall at the Los Angeles Civic Center measured .40 of an inch, nearly double the .21 of an inch recorded by this date last season, before tapering off in mid-morning."

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**Katnip News!**



Darling Girl!

"GILLIAN"

Shorthair Tuxedo  
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Meet Gillian, aka "Little G," a sweet and petite tuxedo girl looking for her forever

home. Gillian may be a little shy at first, but with some time, toys, and treats, she'll warm up to you in no time. Watch her roll over for tummy rubs and listen for her sweetest meows, especially when she's asking for attention or eagerly awaiting breakfast.

Gillian loves to explore and enjoys high places like a cat tree. She's a quiet little adventurer who gets along well with other cats. Although she has a twin sister, Gemma, they are not bonded and can be adopted separately.

This darling girl with a white blaze on her forehead has been with us since she was a baby and has never had a real home. She doesn't ask for much, just a patient and loving companion who will take joy in seeing her thrive and zoom around with unbridled joy. If you're looking for a cat who isn't too clingy but will shower you with love and sweet moments, Gillian is the perfect match for you. Give this little sweetheart the home she deserves!

Gillian is healthy, spayed, current on vaccines, and more!



**Pet of the Week**

Rocky is a perfect addition to any home that is seeking a chill companion with lots of love! He's an eight-year-old German Shepherd with an easy going, laid-back vibe. He's stunningly handsome and smart as well!



Rocky has been spending time with one of the Pasadena Humane foster families, and they have wonderful things to report. They say he is very low maintenance and prefers to sleep throughout the day. He loves car rides, loves to stick his head out the window, and is very well-behaved in public. He can be taken anywhere, and he's received countless compliments from strangers.

Rocky is house-trained and knows basic cues. He sits well and has learned to lie down on command. He even walks right by your

If you're looking for a lower-energy buddy to relax in the shade with, come meet Rocky today!

Rocky and all other dogs, cats and critters can be adopted at no charge during Pasadena Humane's Clear the Shelters adoption event, happening Saturday, August 17th from 10:00 AM to 2:00 PM.

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

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

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

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

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From The Desk of Steve Sciarba, Safe Path For Senior

STAYING FIT DURING THOSE WARM DAYS

Exercising during hot summer months can be challenging, especially for seniors, who may be more vulnerable to heat-related illnesses. However, staying active is crucial for maintaining health and well-being. Here are some safe and effective ways for seniors to exercise during the summer:



- Indoor Exercises**
  - Walking Indoors:** Malls, large stores, or even around the house can provide safe, climate-controlled environments for walking.
  - Chair Exercises:** Seated exercises are great for improving strength, flexibility, and balance. These can include leg lifts, arm circles, and seated marches.
  - Stretching:** Simple stretches can help maintain flexibility and reduce muscle stiffness. Yoga and Pilates, particularly the gentle or chair-based versions, are excellent options.
  - Resistance Training:** Using resistance bands or light weights can help build strength without needing to leave the comfort of home. Focus on exercises that target major muscle groups.
- Water-Based Activities**
  - Swimming:** If you have access to a pool, swimming is an excellent low-impact exercise. It helps improve cardiovascular health, muscle strength, and joint flexibility while keeping you cool.
  - Water Aerobics:** Many community centers offer water aerobics classes tailored for seniors. These classes provide a full-body workout in a refreshing environment.
- Early Morning or Evening Walks**
  - When it's cooler outside, walking in the early morning or late evening is a good way to get some fresh air and light exercise. Just be sure to wear light clothing, a hat, and sunscreen.
- Stay Hydrated**
  - Whatever exercise you choose, staying hydrated is essential. Drink plenty of water before, during, and after exercise to prevent dehydration.

By focusing on these safe and adaptable activities, seniors can stay active and healthy, even during the hottest summer months.

HOW TO CHOOSE A WALK-IN BATH TUB

Dear Savvy Senior: Because of my back pain and mobility problems, I'm interested in getting a walk-in bathtub that's safe and easy to get in and out of. What all can you tell me about walk-in tubs, and can you recommend some top options? Old and Achy



Dear Old: For mobility challenged seniors, a walk-in bathtub can be a terrific option to consider because they're much easier to get into and out of than a standard tub, which also helps prevent falls. Here's what you should know, along with a reliable resource to help you choose one.

Age-Friendly Tubs

Walk-in bathtubs are uniquely designed tubs that have a watertight, hinged door built into the side of the tub that provides a much lower threshold to step over (usually 3 to 7 inches) versus a standard tub that's around 15 inches.

Most walk-in tubs have high sidewalls, usually between three and four feet high, and are between 28 and 32 inches wide, but will fit into the same 60-inch-long space as your standard tub without having to reconfigure the room.

In addition to the low threshold, most walk-in tubs also have a built-in seat, grab bars, anti-slip floors and anti-scald valves. Some tubs also come with handheld showerheads and quick drains (that drain the tub in under a minute), and many higher-end models offer therapeutic spa-like features that are great for seniors with arthritis and other ailments.

The best kind of tub for you will depend on your needs, preferences and budget, and the size and layout of your bathroom. But be aware that walk-in bathtubs are not cheap. Prices range anywhere from \$3,000 to \$10,000 or more for the tub and installation costs.

Insurance and Aid

Because walk-in tubs are not considered durable medical equipment, original Medicare does not typically cover them nor do Medicare supplemental (Medigap) policies, but some Medicare Advantage plans may help pay.

If you're receiving Medicaid, many states have Home and Community Based Services that may provide some assistance. Or, if you're a disabled veteran, the VA has some home modification grants that may help pay.

There are also grants and loans available through the U.S. Department of Agriculture that help elderly, low-income residents of rural areas make home modifications, which may be used to pay for a walk-in bathtub. And, depending on where you live, there may be local programs that can help like Habitat for Humanity or Rebuilding Together.

To find out if these options are available in your area, contact your Area Aging Agency (call 800-677-1116) or nearby center for independent living (see [ilru.org](http://ilru.org)).

If, however, you can't locate any financial assistance and you can't afford to pay upfront for a walk-in tub, most manufacturers offer financing so you can make monthly payments. You should also know that if you're using a walk-in tub for a specific medical condition, you may also be able to deduct the costs of the tub from your taxes as a medical expense (see [irs.gov/pub/irs-pdf/p502.pdf](http://irs.gov/pub/irs-pdf/p502.pdf)).

Best Walk-In Bathtubs

To help you choose a walk-in bathtub the National Council on Aging, which is a national nonprofit organization that advocates for older Americans, put together a review team to research the different companies and tubs. Their list of best walk-in bathtubs of 2024 includes:

- |                                    |  |
|------------------------------------|--|
| Best Walk-in Tub Overall:          | Ella Ultimate Walk-In Tub              |
| Best Walk-in Tub with Shower:      | Kohler Walk-In Tub with Shower Package |
| Most Affordable Walk-in Tub:       | Ariel Walkin 3052 Soaker               |
| Best Soaking Tub:                  | American Standard Gelcoat Entry Series |
| Best Wheelchair-Accessible Tub:    | Ella Transfer                          |
| Best Walk-in Tub for Small Spaces: | AmeriGlide Sanctuary 2646 WIT          |

See [NCOA.org/adviser/walk-in-tubs/best-walk-in-tubs](http://NCOA.org/adviser/walk-in-tubs/best-walk-in-tubs) for detailed reviews and product links.

To get started, you should contact a few walk-in bathtub retailers who can send a professional to your home to assess your bathroom and give you product options and estimates. Lowe's and Home Depot also offer free evaluations and a wide range of walk-in tub options.

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

SENIOR HAPPENINGS

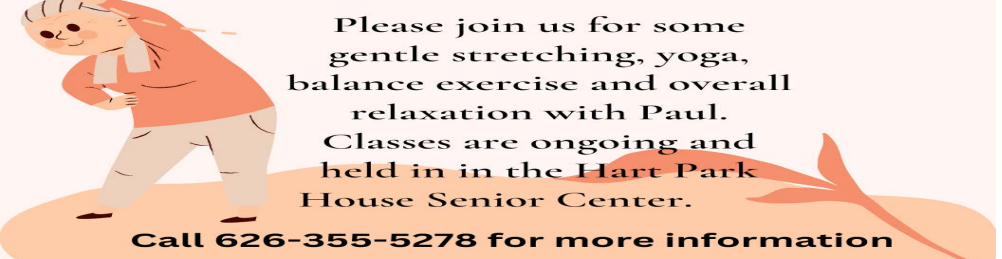
HAPPY BIRTHDAY! ...AUGUST Birthdays\*



Nancy Beckham, Karlene Englert, Juanita Fernandez, Jeanette Francis, Joseph Kiss, Jacquie Pergola, Pat Miranda, Jerry Burnett, Margaret Aroyan, Phyllis Burg, Beverly Clifton, Rosemary Morabito, Susan Poulsen, Joy Barry, Marcia Bent, Joan Spears, Ruth Torres, Jane Zamanzadeh, Helen Stapenhorst, Chandy Shair, Heidi Hartman, Erma Gutierrez, Margaret Switzer  
 \* To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required

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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

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OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

AND THAT'S THE WAY IT WAS

I've lived long enough to realize that things usually go their own way. I may want something to go one way, but eventually, it all boils down to going the other way. That is no more true than when The Gracious Mistress of the Parsonage and I travel somewhere. We usually use her Sissy Van, so I give her the honor of driving. After all, I sure don't want to drive a Sissy Van. This month, The Gracious Mistress of the Parsonage and Yours Truly will celebrate our 53rd year of marital bliss. I can't believe we've been married that long, but that's exactly what The Gracious Mistress of the Parsonage told me. And she is never wrong—or at least, I never tell her when she is wrong. Being married for 53 years is an accomplishment in today's world. Most people aren't married for 53 months. I can't believe all of the divorce and remarriage that I see in the world today. If you're going to be a successful Hollywood movie star, you have to be married and divorced at least five times. My wife and I could never qualify as Hollywood celebrities, and that's just the way it is. During our 53 years of marriage I can't remember any time we had a fight. We may have had one but I can't remember it. I don't believe in anger and fighting and stomping around mad. Some people get a thrill out of that, but I'm not some people. The only difficulties we've had have been with broccoli and Apple Fritters. She loves broccoli, and I love Apple Fritters, and the two shall never sit at the same dinner table. Just before we married, I told her how much I loved Apple Fritters. So I asked her rather bluntly, "When we get married will I be able to eat Apple Fritters?" Looking at me with a smile, she said, "Oh, my dear. You can have an Apple Fritter every single day." It wasn't until a couple of months ago that I reminded her of this. "Don't you remember," I said, "that you said I could have an Apple Fritter every single day?" Laughing, she looked at me and thoughtfully said, "How many single days have you had since you were married?" It took me a little while to understand what she was saying. That's just the way it was, so get used to it, I said to myself. After being married as long as I have, I understand you don't always get everything you want. That's just not the way life works. As a teenager, I thought I could get everything I wanted. After all, the commercial said, "You deserve a break today." You can always believe a commercial.

Last month, I celebrated my 73rd birthday, and as I look back on my life, the one thing I'm grateful for is that I didn't get everything I thought I deserved. Oh boy, what would my life be like today if that really happened? I had just graduated high school at 18 and thought I could have anything and everything I wanted. Thinking about it, if I had everything today that I always wanted when I was 18, I would be in bad shape right now. I sure am glad I'm not 18. In fact, I'm really glad I am as old as I am. Today, I wouldn't have the energy to do what I was doing 50 years ago. I'm just glad I can do what I am doing now at this age. The other night, while relaxing in the living room watching TV, The Gracious Mistress of the Parsonage and I were reminiscing about our family. We started 53 years ago, when all we had was each other. Now, after 53 years of being together, we have three children, nine grandchildren, and this year, we acquired three great-grandchildren. Both of us sat back in our chairs, sighed deeply, and smiled. In reality, we had everything that we need. I was sitting in my office the other day and looking around at all of my books. I must confess that I am a bookaholic. When I retired, we added an office to our house so I could accommodate all of my books. So, with 15 children, grandchildren, and great-grandchildren and around 8,500 books in my library, what else is there to enjoy in life? The Gracious Mistress of the Parsonage has a craft room at the other end of the house. Her craft room and my study are not very compatible except when she's in her room, and I'm in mine. Oh, the wonderful sounds of silence. As I get older, I'm beginning to appreciate what I have. I have some friends who are always bemoaning what they don't have. I feel sorry for them, but I can't relate to them. I see what I have in front of me and I am one happy geezer. While thinking about this, a verse of scripture came to mind. "When I was a child, I spake as a child, I understood as a child, I thought as a child; but when I became a man, I put AWAY childish things" (1 Corinthians 13:11 ). Reflecting on my life there is nothing I can change. I'm not sure what I would change if I could. What I can do is focus on the present. I can change going forward by acting like an adult.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail [jamesnyder51@gmail.com](mailto:jamesnyder51@gmail.com), website [www.jamesnyderministries.com](http://www.jamesnyderministries.com)

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## STUART TOLCHIN

PUT THE LIGHTS ON  
CAN HOPE BE ENOUGH?

No, I don't think so; but without it, life just does not ever seem worthwhile. Let me start out by saying I am a huge fan of observing the energy and activity of small children. I see them enjoying the movements of their own body and I see them wanting to do the right thing even though sometimes they don't know what the right thing is. I am particularly pleased by parents who have given the names of Hope or perhaps Justice or Trust to their newly born children. My heart goes out to parents who have ended years of disappointment and taken the expensive and sometime dangerous but utilized magical procedure we know as In Vitro Fertilization (IVF). This brings me to discuss the selection of Governor Tim Walz as the Democratic nominee for Vice-President in the election to be held this year.

In the weeks preceding his selection I was feeling pretty much without hope. I was certain that our aged President Biden was just too old, and more relevant, too feeble looking, to be re-elected as President, his opposition selected by the Republican party, appears to me to be a creature from a bad dream. It has been clear to me that the Ex-President is indifferent to anything but his own need for attention and adoration. His indifference to his present trophy wife and child coupled with his statements about wishing he could date his daughter from a previous marriage, together with his felonious conduct, should be enough to dissuade any intelligent caring person from supporting his re-election.

Combining this history with Mr. Trump's stated policy of eliminating programs that support the needy, elderly and the disabled and wishing to make America great again by returning to policies intended to benefit solely White Christian Males; I was sickened! Realizing that seemingly educated people, people like Governor DeSantis and Senator Cruz, graduates of our most elite Colleges, supported Mr. Trump left me feeling bewildered. Pre-election polls indicating a probable Trump victory left me to wonder if a huge segment of the American population had become insane.

The attempted assassination of Trump left me feeling quite unsafe. Not only was I certain that this failed attempt would engender more support for Mr. Trump, but also the failed Security protection emphasized the incompetence and inefficiency within our Country. Things began to change once it was announced that President Biden would not seek re-election. The appearance of Kamala Harris and her selected running mate changed everything for me. Governor Tim Walz is a man I can admire. He has a long-time loving family relationship and was a High School teacher for over twenty years. He became the football coach and transformed a winning less team into a State champion. His twenty-five years in the Army National Guard speak of a clear commitment to our country. Additionally, notwithstanding the fact that he is a present gunowner and active hunter he has advocated the passage of legislation restricting gun ownership.

Of even greater importance to me is his appearance. He is a small-town farm boy, born without advantages, who did not attend our elite Institutions. This contrasts with many American Presidential candidates such as JFK, Bill and Hilary Clinton, Barak Obama, and the Republican Bush Presidents. In reviewing some recent American history, I am now of the opinion that Presidents born without advantages and attendees of Public Colleges are more likely people to be trusted. This is contrary to my opinion while at Berkeley where the entire population was enamored with the elegant President Kennedy and disparaging of President Johnson. Reading history, it is clear now who was the more effective President.

I now have hope and am unlike a few of my friends who have already moved to or are looking for property in other countries I'm staying here filled with hope. Let's all stay here and make sure to get out there and vote.

I apologize to you readers who were already aware of everything I have written. Nevertheless, I believe that my change in overall attitude is so drastic and wonderful that it is worth restating.



## TOM PURCELL

SURVIVOR OF A BABY  
BOOMER CHILDHOOD

Editor's Note:  
This column is an excerpt from Tom Purcell's book, "Misadventures of a 1970s Childhood."

The MSNBC.com article said that kids raised in the '50s, '60s and '70s are survivors.

We survived chain-smoking adults, meat-and-potato diets and rough-and-tumble fearlessness of every kind — such as the bike jump that nearly killed me in 1972.

It was the Evel Knievel era, after all. Knievel became famous doing wheelies and jumping his motorcycle over cars and buses. Every kid with a bicycle tried to emulate him. We jumped our bikes from ramps built from warped plywood that we set on rickety blocks.

It was a grand feeling to soar through the air — though our landings often weren't pretty. This was the early '70s, after all. We didn't wear helmets or pads. When our rear wheels hit the pavement, we wiped out plenty. When a landing went really wrong, a mom was alerted, a moaning kid would be loaded into a wood-paneled station wagon and off he'd go to St. Clair Hospital for stitches or a cast. Which brings us to the day I almost died.

I was riding a five-speed Murray Spyder bike that year. Its fifth gear allowed me superior speed and, thus, superior distance off the ramp. I held the neighborhood record for the longest jump — until some outsider allegedly broke it.

I wasted no time reclaiming my record. I rode to the tippy-top of Marilynne Drive and began pedaling like mad. I was moving faster than I ever had when I cut a hard left onto Janet Drive and hit the ramp.

The jolt was spectacular. It caused my sweaty fingers to lose hold of the handlebars. Everything went into slow motion. I remember floating through the air like a directionless missile — my body flailing as it sought to regain its balance. I remember the tremendous impact that shot through my spine as the rear wheel hit the pavement — how my bike began wobbling wildly.

I was heading for a big, splintery telephone pole. I leaned left, then right, and, miraculously, avoided the large pole. The worst was yet ahead. I was roaring toward a thicket of pine trees. Their trunks and branches would surely turn me into kid stew.

Then providence intervened.

One of our neighborhood dads was a welder. He had built a giant steel-framed street-hockey net, and it was stored in the pine brush directly where I was headed. The net caught me like a glove. I didn't hit a single trunk. I didn't suffer a scratch.

One doctor told MSNBC.com that most kids of my era survived their childhood just fine, but some did get badly hurt, and a helmet and some padding could have saved them. But it's also true that whereas kids were once free to roam and explore, too many of today's kids aren't free to do much of anything. In any event, I regained my bike-jump record that day and I'm confident it will stand forever.

Even if a 2024 kid was daring enough to jump his bike off of a ramp, he'd be covered in more protective padding than a hockey goalie.

There's no way a kid carrying that much weight could ever fly as far as I did the day a bike jump nearly killed me.

## RICH JOHNSON

## NOW THAT'S RICH

## WHERE MY STUPIDITY COMES FROM



A former writer for the Mountain Views News, Howard Hays, recently contacted me having read my last week's assemblage of words. He too, admitted to suffering from the same debilitating malady I have known as "CFUI" Craving For Useless Information. (Maybe we will get together and read out of the phone book.)

Howard is into cars and was focusing on where the terminology associated with cars came from. He drove a 1929 Model A in this year's Sierra Madre July 4<sup>th</sup> Parade. (you know, the parade held, coincidentally, on July 4<sup>th</sup>).

But wait! I'm going to share a few examples below and more in two weeks.

Why tarry? Because before we delve into this fascinating subject, I wanted to share my family's single greatest demonstration of stupidity associated with being behind the wheel (not that I haven't come close).

Meet my grandfather on my father's side, Harry Johnson. Harry lived to a ripe old age. You may wonder how he survived when I share this true episode regarding Harry. I call it "Harry's Hair Ride!"

My grandfather found himself in Europe during a less than favorable time...World War I. Add to that he also found himself wearing a uniform, a military uniform.

Instead of giving my grandfather a loaded weapon, his superior officers trained him to drive a truck. One day, during the war, they asked my grandfather to grab a truck and drive it to the front. "Front" is the word for the geographic location where two opposing armies stand in a field facing each other and shoot at each other.

The truck they gave Grampa Harry was filled with mostly ammunition. Apparently, our side was running low on ammo. They sent just him and his truck down a backwoods country road so as to avoid detection by the enemy.

Didn't work. A German bi-plane came across the horizon, in front of the truck, saw my Grampa and commenced to fly toward the truck and shoot at my grandfather and his truck (full of ammunition). Grampa Harry panicked, stopped the truck in the middle of the road, jumped out and climbed under the truck to safety...or so he figured.

Grampa was not real smart. (I inherited that attribute from him). But, to his credit, while hiding under the truck, somehow he knew he was missing something. Something important, really important. He tried to think it through.

"Where am I and what am I doing?" Harry asked himself. A war plane is firing big bullets at me and I'm hiding under a truck. Hmmmm. A truck, a truck, wait a minute, a truck filled with ammunition...live ammunition.

I'm certain there was divine intervention at this precise moment. Otherwise, I wouldn't be here. I believe an angel whispered in his ear, "Harry, you are in a truck that could go BOOM any minute. Ding, Harry realized his hiding place was not a very good choice. He climbed out from under the truck, got in the cab and drove off into the woods...and survived...otherwise I would not be here.

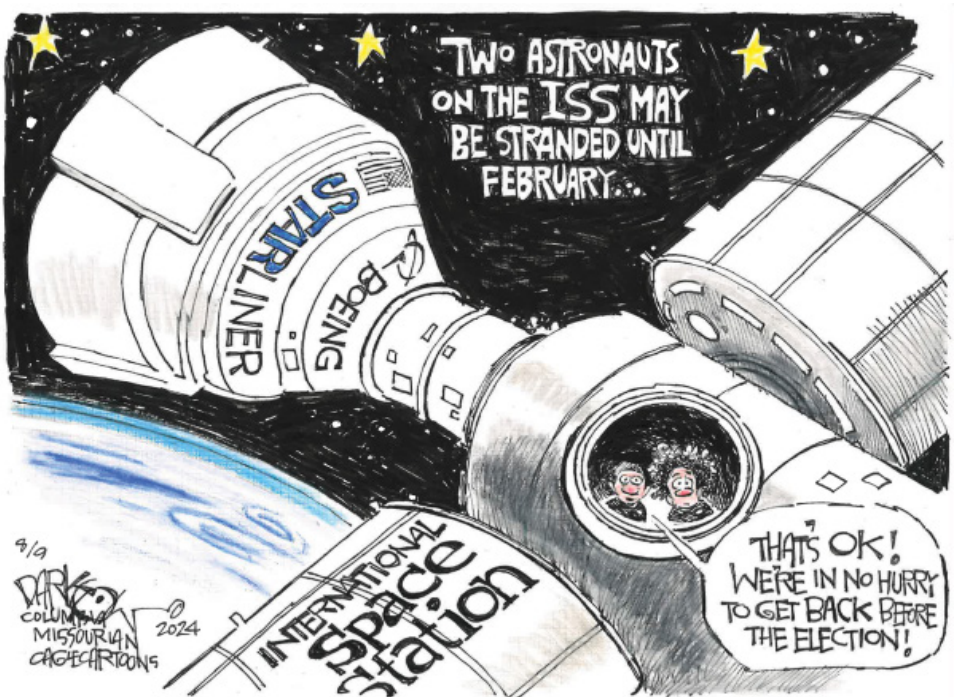
That's not all. A U.S. army officer saw everything. Not believing anyone could be that stupid and hide under a truck full of live ammunition, the officer gave my grandfather the benefit of a doubt. The officer figured my grandfather was repairing the truck while under attack and actually wrote him up for a commendation. My grandfather was smart enough to not say a word...a trait I envy but do not emulate.

My grandfather actually ended up saving that officer from death when later he jumped on top of him. Grampa Harry saw a grenade coming in the officer's direction and shielded him from the grenade using his body. Spending time recuperating in the hospital after taking the blow from the explosion, Grampa Harry, you done good. Grampa Harry lived to a ripe old 72.

Back to Howard's Road trivia. Pre-World War One, drivers would wear gloves while on the road. Hence, there was a little compartment which came to be known as a glove box...where one put their gloves.

A couple of brothers in the electronics business thought music in cars would be a good thing. At homes in the 1920's most of the music came from the "Victrola", so music for motorists should come from what became known as "Motorola". (Clever huh?) As people started driving these new cars further and further, they added a fold down rack on the back of the car where they could strap on a steamer trunk full of clothes and toiletries. It didn't take long for the back of the car to become known simply as the "trunk".

Speaking of trunk, I think I will truncate my column at this point, wish you a good week. And thank Howard for reaching out. [Rich@versatape.com](mailto:Rich@versatape.com) if you have any reason, even if half-baked, to enter my wacky world.



## Letter to The Editor

Stuart Tolchin's column last week ("Repairing the World") was inspirational. But regarding his observation that "the entire Republican Party... appears to be loyal to Mr. Trump", appearances can be deceiving.

There's Bill Weld, former Republican governor of Massachusetts; "With democracy hanging in the balance in this election, I'm standing with Kamala Harris to defeat Donald Trump and his attacks on our democratic institutions."

Joe Walsh, former Republican representative from Illinois, warns his party has become "an authoritarian-embracing cult". He explains "that a candidate who refuses to accept the will of the people is a traitor. And I could never support a traitor."

Former Republican Rep. Claudine Schneider of Rhode Island describes Harris as "intelligent, honest, hardworking" who "genuinely cares about every citizen, and about justice." She's supporting her "so that 1) we can actually move our country forward and 2) give us time to resurrect a Republican Party that reflects the values of Abraham Lincoln, Teddy Roosevelt and Ronald Reagan."

Former Republican Rep. Denver Rigglerman of Virginia posts: "Trump & his minions are dangerous. The same folks who pushed J6 push Project 2025. A 2nd Trump term would endanger US citizens — and create global chaos."

Former Republican Rep. Adam Kinzinger

of Illinois warns, "Donald Trump poses a direct threat to every fundamental American value. He doesn't care about our country. He doesn't care about you. He only cares about himself, and he will hurt anyone or anything in pursuit of power." Kinzinger described his party's Trump supporters as "authoritarian weaklings scared of a tiny hands felon."

Former Republican Governor and Bush Administration cabinet secretary Christine Todd Whitman of New Jersey says, "I was a proud Republican, but Donald Trump is unfit to lead our nation. We saw during his four years in office how he consistently chose himself, his pursuit of power, and his billionaire friends over the American people while spewing lies and spreading chaos at every turn. It's time to move forward by electing Vice President Kamala Harris."

Of the 42 Republicans who served as Cabinet officials in the Trump Administration, only 24 now publicly support him (not even his vice president included). Trump's former Chief of Staff and Homeland Security Secretary, retired Marine Corps General John Kelly, summed up the prospect of a Trump return with, "God help us all." Many Republicans take commitment to their country and its future (along with the future of their party) seriously. Yes, "the entire Republican party" often "appears to be loyal to Mr. Trump." But appearances can be deceiving.

Howard Hays, Sierra Madre





Mountain View News Saturday, August 10, 2024

# HUDDLE UP

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## CLIMBING UP AND CARRYING ON (PART 2)



the bottom, learn the hard way, and learn from mistakes. Progressing up that ladder -- hoping to reach the top.

Today, people want a jump start. Beginning at the "bottom" is not the way to go. Beginning at the middle (or near the top) is more desired. Hours to work and too many bosses to please and rules to be followed are not preferable.

I believe that on the way to the very top, wherever you reach, the learning on the way is invaluable and cannot be duplicated. I did not get to the professional level in my career, but I am grateful for the process and all the steps along the way to this very satisfying present day.

Here's my example. I wanted to be a football coach at the highest level. But how to get there? A master's degree was required for a college job. On the way to the master's I helped coach a college freshman team. On the way to my masters, my wife worked the switchboard at the University. On my way to graduation I had to sit out a year of eligibility.

I played the line, I knew line play but not much else. I played the game but didn't know the whole picture of what coaching took. I learned on my first 'job' how much I didn't know. My college coach realized that, and during varsity games sent my 270 pound self up a flag pole with a walkie talkie to see plays and send down information on the game. (I really think he sent me there to get me out of the way.) I did not like that pole rocking left and right as I climbed.

We had a good season that year and the next when I played, but the main victory was realizing how much I had to learn. With my Master's and teaching credential in hand, I went to a new high school with their first year of football. As head junior varsity coach and offensive and defensive line coach. My head coach was a great guy and realized we were scheduled way over our heads playing schools that had seniors. That was real learning. Thrown into the deep end. Now swim! I coached a JV game on Thursday and Varsity line on Friday.

This was in Arlington California, Riverside. During that time I never missed a coaching clinic or college practice I could find nearby. (My other 'wanna-be' coaching friends were "groupies" too.) During this time I met John Madden, Ernie Zampese, rubbed shoulders with Joe Gibbs, Sid Hall, Don Coryell and others presenting at clinics. My buddy Myron Tarkanian and I were disciples. Listening and learning from these guys just talking X's and O's, hearing all the inside and outs of getting started and recruiting and game plans.

A-temporary one-year job opened up at my old alma mater, Pasadena City College (next step after high school) Since I had played there, the coach and athletic director remembered me. And the A.D. was also my commander when I was MP in the Army reserves. (A strange but valuable bit of networking.) It was a one year job, but it was Junior College! Moving up! I asked my wife to quit her teaching job in Riverside, and move for the Pasadena job and go for it! When I imagined many jobs. I'd say, "my wife is a teacher, she can work anywhere we move." (and she did a few times.)

That job showed me how important recruiting was and that I liked it. I toured the valley and found players for us. Coached the defensive line and kept at those coaching clinics with four-year coaches headlining. At the end of the year, I went to powers that be and begged to stay at PCC. It happened. We had winning seasons, went to the Jr. Rose Bowl. Spent a lot of time at the office and the field. I learned early, it's not just genius coaching... It's players! And I was making contacts and relationships with coaches.

Another step, University of Hawaii was looking for coaches and some people thought of me. My best friend and I took a chance at the four year level and moved to Hawaii. We recruited the heck out of Junior Colleges and four year kids who wanted to move. U of H went from an 0 -11 school to a 7- 4 record. The door was opened even wider... however, our head coach decided he wanted out, and I returned to PCC with Myron as "co-head" coaches. With these teams we alternated responsibilities -- offense and defense, line, kickers backs, calling plays etc. much learning. We won a lot of games, and four national championships and play offs.

UNLV was moving to a new conference. I interviewed and got the job. (The first junior college coach to get a Division I job.) This job was challenging and exciting, included travel with a shoe contract, a couple of Bowl games, great players (Randall Cunningham, Ickey Woods) Our team still holds the win/loss record at UNLV. I'm proud that our players and coaching staffs moved on into pro coaching, administration, other championship teams and community leaders and important occupations.

Now out of coaching, my radio shows bring me into contact with coaches and players at every level. My journey up that ladder, from high school, jr college, four year college, as play caller, defensive leader, special teams coach and recruiter has given me the 'broadest background of experiences to appreciate all aspects of the game and know how important each one is.

Every step was important. I am lucky to have been given choices and options working my way. I would not change a thing! Now I am talking and writing about all those aspects. It's a great Job! I think the ladder is the way to go!

Follow me at coachharveyhyde.com for more information  
Have a winning day!

### HOW MANY YEARS?

How many years will you live? If a tragic accident doesn't happen will you live another 5 years? A decade? Well into your 90's? Or be one of the growing centenarians who make it over 100? There's no way of really pinpointing your 'expiration date' but there are things you can do now to help yourself live the longest and healthiest life possible.

This all relates to life expectancy and lifespan. Often confused, they are not the same. Life expectancy is the average number of years a person is expected to live based on current death rates, while lifespan is the maximum number of years a human can potentially live. Both concepts help us understand health and aging but are influenced by different factors. Life expectancy for men in the United States is about 73 years. For women 79.

Life expectancy is a measure of the average age people in a population can expect to reach. It's influenced by factors like healthcare quality, lifestyle choices, socioeconomic status, environmental conditions, genetics, and public health initiatives.

Healthcare Quality: Access to advanced medical care, regular check-ups, and effective treatments prolongs life expectancy. Preventive care, like vaccinations and screenings, is vital in early detection and prevention of severe health issues.

Lifestyle Choices: Diet, exercise, smoking, and alcohol consumption significantly impact life expectancy. A balanced diet and regular physical activity reduce the risk of chronic diseases, while smoking and excessive alcohol consumption can shorten life expectancy.

Socioeconomic Status: Higher education levels and incomes lead to better health outcomes due to greater access to healthcare, healthier food, and safer living environments. Wealthier individuals are more likely to engage in health-promoting behaviors and address health issues promptly.

Environmental Conditions: Living in areas with low pollution and access to clean water and nutritious food supports longer life expectancy. Pollutants and toxins reduce life expectancy, while environments promoting physical activity contribute to longer lives.

Genetics: Hereditary factors influence life expectancy by predisposing individuals to certain diseases. A family history of heart disease or cancer can increase risk and potentially reduce life expectancy.

Public Health Initiatives: Vaccination programs, health education, and disease prevention efforts improve life expectancy by preventing disease spread, promoting healthy behaviors, and identifying health risks early.

Health Interventions: Public health improvements, advanced medical treatments, and promoting healthy lifestyles can increase life expectancy.

On the other hand, lifespan refers to the maximum number of years that a human can potentially live. The longest documented human lifespan is 122 years, achieved by Jeanne Calment of France, highlighting the potential upper boundary of human life.

Lifespan is affected by the aging process, which is the gradual breakdown of cells and body functions over time. While some people live close to the maximum age, most do not. Researchers study aging and genetics to understand what limits lifespan and how to possibly extend it. This includes looking at how genes affect aging, how cells influence longevity, and the potential for medical treatments to slow or reverse aging.

As we age so many of us confuse life expectancy with lifespan. I frequently see people in their sixties and seventies shocked when they are diagnosed with diabetes, have a stroke, or learn they have heart disease. Suddenly, they face their mortality. If you never ate healthy, avoided exercise, ignored stress, smoked or drank, you can't expect to live to your full life expectancy.

And it's not just you we're talking about. Consider those around you. Chances are you probably won't be perfectly healthy and then drop dead the next day. There could be years of doctors, tests, pills, deterioration, pain and suffering. If there is anyone who is close to you, they will be going through that too. And they'll be trying to take care of you instead of working on their own health. Collectively, all these habits can rob you (and those you love) of decades of life. And decrease your quality of life too. But, if you start now and develop healthier lifestyle habits you could boost your own individual life span to live well past 100.

Most people want to live long enough to see a grandchild born, family member get married or enjoy a milestone anniversary. We can't change genetics or biology although we can control almost all the other habits that lead to an early demise. It's a choice. But the clock does keep ticking and at some point there won't be a path back. Choose wisely. It could mean another 20 healthy, happy years of life.



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

### 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

### Michele's Fitness Studio

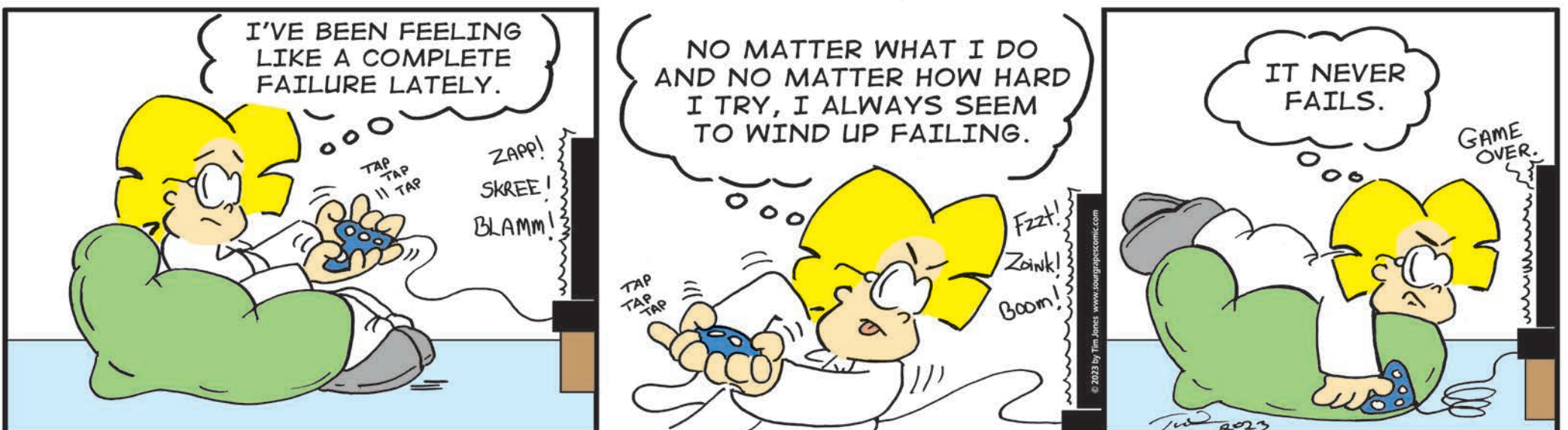
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### SUMMER OLYMPIC EVENTS for EVERYDAY PEOPLE



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by Tim Jones



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## Events Around Town in August!

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### One Time Events

- August 8** 4:30pm & 5:30pm  
**Summer Music and Dance at Descanso Gardens**  
Vamos Para o Brasil brings a vibrant mix of samba dancing, song, storytelling for all.
- August 9** 5:30pm-7pm  
**Campfire Music Sunset Series at Kidspace Museum**  
Gather around the campfire for an evening of music, dance, and artmaking.
- August 9** 5:30pm-7:30pm  
**Friday Nights at The Gamble House**  
Enjoy live music, wine tasting and bring a picnic or purchase dinner.
- August 10** Gate 5:30pm; Concert 7:30pm  
**Pasadena POPS Summer Concert: Singer Songwriters at the Arboretum**  
Michael Cavanaugh brings the music of Paul Simon, James Taylor, and Neil Diamond. 5:30pm Gates Open; 7:30pm Concert
- August 23** 4:30pm-6:30pm  
**Jazz in the Garden at Norton Simon Museum**  
Live jazz in the beautiful Sculpture Garden.
- August 24** Gate 5:30pm; Concert 7:30pm  
**Pasadena POPS Summer Concert: California Dreamin' at the Arboretum**  
Enjoy West Coast Jazz, the sounds of Carman Miranda, Santana, the Beach Boys.

**August 2, 16, 30** Gate 5pm; Music 6pm  
**Arboretum Summer Nights 2024**  
Enjoy food, vendors, crafts, and more.  
August 2 - The Jazz Cartel  
August 16 - Susie Hanson Latin Quintet  
August 30 - Janet Klein and Her Parlor Boys

**August 4, 11** 7pm-9:30pm  
**Monrovia Summer Concerts at Library Park**  
August 6 - Thunder Country Band  
August 11 - Upstream Reggae Band

**August 4, 11** 6pm-8pm  
**Concerts Sierra Madre's Memorial Park**  
August 4 - The Elements Blues  
August 11 - Skinny Ties

**August 8, 21** 6pm-8pm  
**Twilight Music and Cocktails at The Arboretum's Peacock Terrace**  
August 8 - Ray McNamara, (calypso)  
August 21 - Down Time, (indie rock)

**August 9, 10, 24** 6:30pm-8:30pm  
**Pasadena Walking Tours Twilight Series**  
August 9, 24 - Haunted Pasadena  
August 10 - The Art and Architecture of Playhouse Village

**August 11, 18** 4:30pm-7:30pm  
**Twilight Garden Strolls at The Huntington**  
Enjoy an after-hours stroll in the garden. me during the event.

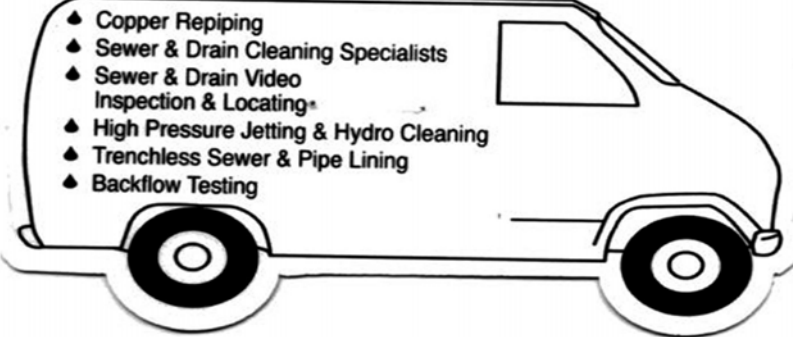
**August 11, 18** 5pm & 5:30pm  
**Twilight Garden Estate Tours at The Huntington**  
Learn how Henry and Arabella Huntington turned their ranch into a world-famous cultural landmark. 90-minute tours

**August 23, 24, 25, 30, 31** 4pm-11pm  
**626 Night Market at Santa Anita Racetrack**  
Nighttime bazaar offers over 250 food, merchandise, games, and entertainment

**August 24, 25**  
**San Marino Motor Classic at Lacy Park**  
Come visit the best car show in Southern California. Friday 4-6pm - Automotive Fine Arts Society Art Show; Sat 6-10pm - Symphony of Cars Gala; Sunday 9am-3pm - San Marino Motor Classic

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