



Are you contemplating selling your long-time home?



You might be wondering...



- "How will I clean out my house?"
- "What does the process look like?"
- "How will I get the help and support that I need to move?"

Your move can be more manageable than you might think - with the right

We can help make sense of it all. Let's chat!



Experts in Representing Buyers & Sellers

Jan Greteman 626.975.4033
lic #01943630

Judy Webb-Martin 626.688.2273
lic #00541631

Katie Orth 626.688.0418
lic #00942500

COMPASS

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CITY OF SIERRA MADRE
 OFFICE OF THE CITY CLERK
NOTICE OF NOMINEES FOR PUBLIC OFFICE

NOTICE IS HEREBY GIVEN that the following persons have been nominated for the offices designated to be filled at the General Municipal Election to be held in the City of Sierra Madre on Tuesday, November 5, 2024.

The Write-In Nomination Period for candidates seeking an elected position is September 9 – October 22, 2024

For Member of the City Council – 4 Years
 Vote for no more than two (2)
 (Names listed in Alphabetical Order)

- Kelly Kriebs – Incumbent / Attorney
- Robert Parkhurst – Incumbent / Environmental Management Consultant

For City Treasurer – 4 Years
 Vote for no more than one (1)
 (Names listed in Alphabetical Order)

- No nominations received by the City Clerk

MEASURES TO BE VOTED ON:

Shall this measure to fund police, fire, and paramedic personnel costs by imposing a public safety special tax from July 1, 2025 to July 1, 2032, to raise approximately \$2,037,000 yearly, with annual audits and citizen oversight provided, at the following rates (subject to increases in CPI and certain exclusions):	YES
	NO
	• Single-family residential parcels – \$480 per parcel per year, • Multi-family residential parcels – \$576 per parcel per year, and • Non-residential parcels – \$660 per parcel per year; be adopted?

For more information, please call Laura Aguilar, City Clerk, Elections Official, at (626) 355-7135 or via e-mail at LAguilar@cityofsierramadre.com

Laura Aguilar
 City Clerk, Elections Official
 Posted September 6, 2024

STATE of the CITY
"Securing our Future"
 September 12, 2024 at 6:00 p.m.
 Sierra Madre Fire Department
 242 W Sierra Madre Blvd

INSIDE THIS WEEK

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COUNCIL RETURNS TO FULL AGENDA

In addition to the events planned throughout the day on Tuesday, September 10, 2024, the Sierra Madre City Council will return from its annual August hiatus to address a number of important issues.

health, enhancing the enjoyment of outdoor spaces, and protecting the City of Sierra Madre.

Also on the agenda:

How To Survive The Big One
 In response to the 2023-2024 LA County Civil Grand Jury report on earthquake safety and readiness, the SMFD as the city's key agency, will have the opportunity review the report and align its policies accordingly. It is recommended that Sierra Madre "suggests expanding the Community Emergency Response Team (CERT) training program. (Staff Report)

The council meeting will begin at 5:30 pm.

FYI: New Sierra Madre Website Address
 The city has announced that its website domain is changing! Starting September 10th, the official website will move from cityofsierramadre.com to sierramadreca.gov. "Please update your bookmarks and note that the new domain will provide the same access to all the resources, information, and services you rely on. We are committed to continuing to serve the Sierra Madre community with the highest level of service and transparency."

Public Hearings: There are two scheduled hearings -

Parking of Commercial and Recreational Vehicles and Trailers in residential districts - Analysis from city staff: The presence of trailers and commercial and recreational vehicles reduce roadway space for motorists (especially on narrow streets), occupy multiple parking spaces, limit the line of sight of approaching traffic at intersections and driveways, and cause visual blight. The City Council first attempted to address these concerns in 2020, when it adopted Ordinance No. 1426, regulating the parking of recreational and commercial vehicles in residential districts. But the City continues to receive code enforcement complaints regarding unlawfully parked commercial and recreational vehicles

The proposed amendment to the City's non-smoking ordinance seeks to extend the existing smoking ban to include all city parks and trails. This initiative is aimed at promoting public

SEPTEMBER 11 ANNUAL REMEMBRANCE PROGRAM
 06:30 am
 @ Sierra Madre Fire Department
Let us stand together as a community to remember, honor, and never forget.

Time to sell... and go?

Considering Selling Your Property in 2024?
 Your next chapter awaits. *Call us!* We can help.

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



B
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CENTURY 21
 Village Realty
 626.355.1451
 c21village.com
 Serving the Community since 1980



LIC# 02119245



FOR LEASE
SIERRA MADRE \$2,700 / Mo
 2 Beds, 1 Bath, 700 sf Back House
 Charming home with hardwood floors, updated kitchen, in-unit laundry, pet-friendly, water/trash included. Near amenities.



FOR SALE
BIG BEAR CITY \$449,000
 3 Beds, 2 Bath, 1,301 sf Home
 Tranquil Big Bear home with central heat, fireplace, balcony, fenced yard, and wraparound deck. Perfect mountain retreat!



FOR SALE
DUARTE \$449,000
 2 Beds, 2 Bath, 993 sf, TownHouse
 Duarte gem on quiet ground floor corner lot with patio, pool, hot tub, modern kitchen, and 2-car garage.

PUBLIC SAFETY - 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" 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.

MARCUS DUSON

My name is Markus Duson, and I serve as a Fire Engineer with the Sierra Madre Fire Department. In my role, I drive the fire engine to and from medical calls and oversee the maintenance, tools, and equipment on the truck.



I've been with the Sierra Madre Fire Department since May 2014, starting as a volunteer firefighter before transitioning to paid career position in 2019. I'm married to my wife, Corina, and we have three sons: Ryland, 17; Radley, 16; and Rayden, 13. We live in Murrieta, CA, and are a sports-centric family, with our kids participating in various sports year-round.

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

I decided to work for the SMFD because allowed me to pursue my dream of becoming a firefighter. When I first applied, the department was still volunteer-based, and I was working in nursing. I saw the job announcement and thought could fulfill my dream a few times month while still in school. As soon as began volunteering, my passion for firefighting reignited, and I realized this was exactly what I wanted to do and where I wanted to do it.

What do you like best about your job?

The highlight of my job in Sierra Madre is truly feeling like a part of this community. After a recent surgery, the overwhelming support from everyone was incredibly touching for my family and me. Knowing that my efforts are appreciated by the people I serve makes coming to work even more fulfilling.

What's the biggest challenge of being a firefighter?

One of the toughest aspects of being a firefighter is being away from my family for extended periods. This often means missing out on birthdays, events, and important milestones in my children's lives. However, the opportunity to help those in need makes up for that lost time and lets me be a positive role model for my three sons in a world that feels pretty chaotic right now.

What got you interested in joining the Fire Department?

My interest in the fire department began at a young age. I vividly remember a small fire in my grandmother's living room, and the firefighters from down the street came to put it out. They reassured my family and made us feel safe after a frightening experience. From that moment on, I knew I wanted to help others feel the same sense of security and comfort.

What is your favorite recreational activity?

My favorite pastime is playing in my adult softball league in Burbank, where I've been with the same teammates for nearly 15 years. I also enjoy fishing. My sons and I frequently visit the large lake in our community to fish together.

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

Yes, we have a dog named Remy, who has been a delightful addition to our family. We adopted him during the pandemic from a puppy giveaway on Fairview in 2020. Remy's joyful presence has been a bright spot for us during those challenging times.

Favorite place you frequent in Sierra Madre:

When I'm in Sierra Madre, I absolutely love exploring the charming shops at Kersting Court. Each store has its own unique character, reflecting the vibrant spirit of this wonderful city. My family's top spot is "My Friends Cafe," where we always enjoy a delightful visit and a warm, welcoming atmosphere.

What would be your favorite song?

"Fireman" By Lil Wayne

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

I successfully had a Kidney Transplant in December of 2022.

What is your motto in life?

"Once your commitment is greater than your feelings, that's when you get results." -Mike Bianco Ole Miss Baseball Coach

SIERRA MADRE, CA
9.10.24

OTHER WAYS TO PARTICIPATE:

Sierra Madre Public Library is honoring the day with POSTCARDS!

Sierra Madre Post Office will use a 9.10.24 Day cancellation stamp to commemorate the day!

Sierra Madre Mailbox and Postal will have 91024 t-shirts available for sale.

Sierra Madre Creative Arts Group will have 91024 t-shirts available for sale.

YMCA is offering family events throughout the day!

Sierra Madre Pizza Company has a Family Dinner Special - large pepperoni or cheese pizza for \$9.10 (each additional topping is \$0.24)!

Emmi's will have 9.10.24 Special Menu options!

Poppy Cake will have 9.10.24 Special Menu options! Plus special shirts and tumblers for sale.

Syndicate will have 9.10.24 Special Menu options!

9.10.24 merchandise also available at Chantry 1975, Lenora Moss, and Savor the Flavor!

Special thanks to media sponsor Mountain Views News and community partners Sierra Madre Chamber of Commerce and Sierra Madre Playhouse.

Thank you to the community groups that helped sponsor Sierra Madre 9.10.24 Day:

- | | |
|--|----------------------------------|
| Friends of the Sierra Madre Library | Sierra Madre CERT |
| Sierra Madre Chamber of Commerce | Sierra Madre Civic Club |
| Sierra Madre Community Foundation | Sierra Madre Creative Arts Group |
| Sierra Madre Environmental Action Council | Sierra Madre Events Committee |
| Sierra Madre Historical Preservation Society | Sierra Madre Kiwanis Club |
| Sierra Madre Rose Float Association | Sierra Madre Rotary Club |
| Sierra Madre Woman's Club | |

You're Invited to the Sierra Madre Public Library's Ground Breaking Ceremony

Let's embark on a new chapter together. Enjoy speeches, conversation, and refreshments as we say goodbye to the old and embrace the new!

Date: **TUESDAY, SEPTEMBER 17**

Time: **11:00 AM**

Location: **440 W SIERRA MADRE BLVD.
SIERRA MADRE, CA 91024**



VOTE YES
ON
PS

NOVEMBER 2024

Yes on Public Safety for
Sierra Madre

Maintain and Preserve a
Safe Sierra Madre

For more information,
please visit

SierraMadresafety.org

A YES VOTE ON PS WILL:

- ✓ Maintain the **FASTEST 911 response times, every second counts!**
- ✓ Prevent reductions in services vital to our town
- ✓ Attract and retain the best-trained and experienced police officers, firefighters, and paramedics
- ✓ Ensure 100% of funds stay in local Sierra Madre control
- ✓ Provide taxpayer oversight to ensure accountability and transparency

VOTE YES ON PS

PAID FOR BY SAFETY FOR OUR CITY
COMMITTEES TOP FUNDER PUBLIC SAFETY UNIONS



SIERRA MADRE POLICE BLOTTER

<u>August 18 to August 24 2024</u>	
Calls for Service	Formal Investigations
287	5
<u>Total Year to Date for 2024</u>	
Calls for Service	Formal Investigations
7,427	342

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.

Monday, August 26 Injured Person
At approximately 11:30 AM, officers responded to the 60 block of South Baldwin Ave. to meet with a citizen who fell and suffered an injury at the Postal Office. Sierra Madre Fire Department (S.M.F.D.) went on scene to treat the male. The male stated he lost his balance while stepping up on the curb causing him to fall. Officers took a report and checked the location.

Tuesday, August 27
At approximately 11:30 AM, while patrolling North bound Michillinda Ave., officers observed a Male operating a motorcycle in violation of driving at a high rate of speed. While following the motorcycle attempting to make a traffic stop, the vehicle ran through a stop sign at Grove Street, in violation of not stopping for the posted stop sign. The motorcyclists then accelerated speeds and proceeded to drive recklessly southbound on Grove Street. Officers attempted a traffic stop in which the motorcyclist proceeded to accelerate again. Officers advised dispatch of the motorcyclist evading and failure to stop. Due to excessive

\$25
ENTRY
FEE

LEGENDARY BINGO

611 EAST SIERRA MADRE BLVD.
SIERRA MADRE, 91024

SATURDAY, OCT. 19, 2024

DOORS OPEN AT 6PM, BINGO AT 7:30PM

FIRST COME, FIRST SERVED
SEATING

COSTUMES ENCOURAGED
BUT NOT REQUIRED
(NO MASKS)

Tickets Sold Online
SierraMadreRoseFloat.org/store

BEER- PIZZA- WINE- SODA

SIERRA MADRE, CA

9.10.24

This September 10th join us in celebrating Sierra Madre!

SCHEDULED EVENTS

7:30 - 8:30 AM: *Breakfast Burritos at Sierra Madre Fire Station.* Start your morning with a breakfast burrito prepared by 355 Burger. Co-hosted by Sierra Madre Rotary and Sierra Madre Civic Club.



DRAWING TICKET LOCATION

9:00 AM: *Historical Walking Tour* offered by Sierra Madre Historical Preservation Society. The Expedition begins at Taylor's Market. Take a 45 minute walk down memory lane.

10:00 AM - 1:00 PM: *Historical Tour of Essick House.* Lemonade and cookies provided by the Sierra Madre Woman's Club. Felt hat souvenir while supplies last.

10:00 AM - 3:00 PM: *Art projects on the Patio* by Sierra Madre Creative Arts Group.

10:30 AM: *Historical Walking Tour* offered by Sierra Madre Historical Preservation Society. The Expedition begins at Taylor's Market. Take a 45 minute walk down memory lane.

12:00 PM: *"Sound Off" Test of the City's Emergency Siren.* Performed by Sierra Madre CERT at Sierra Madre Public Yards.

12:00 - 1:00 PM: *Lunch at the Barn.* Hot dogs at the Sierra Madre Rose Float Barn. Free snow cones provided by Sierra Madre Events Committee. Take a tour of the barn and check out the in-progress float.



DRAWING TICKET LOCATION



DRAWING TICKET: The Sierra Madre Police Department has donated an opportunity for a FLY ALONG on the police helicopter (certain restrictions may apply). Free drawing tickets are offered at four events/locations on 9.10.24.

SIERRA MADRE, CA

9.10.24

This September 10th join us in celebrating Sierra Madre!

SCHEDULED EVENTS

2:00 - 6:00 PM: *Best Used Book Sale* sponsored by the Friends of the Sierra Madre Library at Kersting Court.

3:00 - 8:00 PM: *9.10.24 Day Specials* at RT Rogers Brewery.

3:30 - 5:30 PM: *Ice Cream Social at Hart Park House Senior Center.* Stop by for a little cake and ice cream, hosted by Sierra Madre Senior Community Commission and Sierra Madre Kiwanis Club.



DRAWING TICKET LOCATION

5:30 PM: *City Council Meeting* at City Hall. City Council will offer congratulations to Sierra Madre Pony for their season successes.

6:30-7:30 PM: *Bailey Canyon Nature Walk* with Sierra Madre Environmental Action Council and the Sierra Madre Public Library. Registration required.

6:30-7:30 PM: *Mini Whiskey and Wine Tasting* sponsored by the Sierra Madre Community Foundation and the Sierra Bottle Shop. Complimentary whiskey and wine tasking at the Hart Park House. Dessert will also be served.



DRAWING TICKET LOCATION

7:00 PM: *Blow the Horn.* Listen to the City's historic horn as it is sounded from the Montecito Business District. Sponsored by RT Rogers Brewery and members of the Sierra Madre Volunteer Firefighters' Association.



DRAWING TICKET: The Sierra Madre Police Department has donated an opportunity for a FLY ALONG on the police helicopter (certain restrictions may apply). Free drawing tickets are offered at four events/locations on 9.10.24.

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@Cityof-SierraMadre.com by 3:00 p.m. on the day of the meeting.

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

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

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

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

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

Your event must:

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

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



Sierra Madre Public
LIBRARY
Read • Discover • Connect

This week at the
**Sierra Madre
Public Library**

September 9 — September 14

Monday

Baby Rhyme Time — Library at 9:00am

Preschool Storytime— Library at
10:00am

Tuesday

Nature Walk— Bailey Canyon at
6:00pm. Registration required

Wednesday

Green Teens— Library at 4:00pm

Thursday

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

Saturday

3D Printing Basics— Library at 12:00pm

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

REMEMBRANCES

BILL TICE AUGUST 26, 1938 — AUGUST 7, 2024

Bill Tice, long time resident of Sierra Madre, passed away August 7th, 2024, at the age of 85, just shy of his 86th birthday. Bill was born on August 26, 1938, in Los Angeles, CA. He was preceded in death by his parents, Arthur and Dorothy, older brother, Jim, and younger sister, Bobby Jo.

Bill joined the Army after high school and after basic training, he completed jump school and was attached to the prestigious 82nd Airborne (All American).

After the Army, Bill did missionary work in the Philippines and served in various Christian outreach programs. During those days, travel by passenger liner was still prevalent. On one of his outbound voyages, he met his future wife who was traveling back home to Japan.

Bill worked for many years as a gardener, which complemented his love of nature and the outdoors. Big Bear City was his second home away from home, where he indulged in his passion for creativity by building a cabin from the ground up by hand.

While born in Los Angeles, Bill spent most of his childhood in Sierra Madre and developed a deep love for the town, returning in 1978 and residing there until his passing.

Also known as Bill "Eagle" Tice, he ran unsuccessfully as a candidate for City Council numerous times, as he had a deep appreciation, even when he disagreed, with those in public service. He earned the nickname 'Eagle Bill' because he often awarded a ceramic eagle bust to those he felt deserved to be thanked for their commitment to the preservation of Sierra Madre. Often misunderstood, he had an uncanny way of predicting council actions in advance, often before the item was on anyone's radar. Bill was always ready to lend a hand to anyone in need.

He is survived by his wife Yoko and two sons John and Paul. He will be interred in Sierra Madre Pioneer Cemetery.



Eagle Bill in 2004 as a candidate for City Council.
Photo by Bill Coburn

ROBERT BRENT SINGLETON



Robert Brent Singleton, age 88, of Sierra Madre, California, passed away peacefully on August 6th, 2024. He was a devoted husband, father, grandfather and great-grandfather who cherished his family above all else. His unwavering Catholic faith was the cornerstone of his life, guiding him through the joys and challenges he faced with grace and humility.

Born on November 22nd, 1935, in Sycamore, Illinois, Robert grew up in Flagstaff, Arizona, where he attended elementary school through college. During these formative years, he developed a deep love for music, a passion that remained with him throughout his life. Whether he was playing in his band, sharing a song with loved ones, or simply enjoying the melodies that filled his home, music was his language of love and

expression.

Robert was preceded in death by his beloved wife, Joanna Singleton, and his brother David Joel Singleton, and his daughter LaVois Singleton. He is survived by his sister, Sharon Moore; his son Mike, and wife Lyra; his grandchildren Isabelle and her husband Nathan Velliquette; Mia Louise Singleton; and his great granddaughter Francine. They will forever remember his warm smile, gentle spirit, and the joy he brought to their lives. Robert was a man of profound faith and compassion, always putting others before himself and finding comfort in the teachings of the Catholic Church.

A Mass will be held at St Rita's Catholic Church on October 26th, 2024, with interment to follow at the Sierra Madre Pioneer Cemetery.

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

"Hooray! Hooray! School Starts Again Today"

"Of course I'm sad you're going back to school,
because I have to stay home all alone
where it's quiet and do whatever I want."

"Sending the kids back to school makes me want to cry...tears of joy!"

Today is September 2nd. We have survived Labor Day and today is (take a moment to visualize a huge choir singing the Hallelujah Chorus) the first day of school! Yes, the school buses are rolling, parents are telling their children how much they love them and how much they're going to miss them and sitting in the drop-off line in their pajamas and smiling.

In my family we have people starting pre-school, first grade, third grade, middle school, senior year of high school, continuing college and probably everything in between. Chatting with my sister, Heidi, she told me that her mom (we have the same Dad, different mothers) was so cool. The first day of school was always their Disneyland Day. Her mom always let her skip the first day of school and they would go to Disneyland when it was almost empty. It was their little secret. They would be there when it opened and stay till it closed. They continued to do that the rest of their lives together. Her mom has been in heaven now for many years but Heidi still feels her presence whenever they go there and she says she has yet to find someone that was as much fun as her mom was there. My mother did not do that. I trudged off to school in the uniform of whatever Catholic school I was attending at the time, with my metal lunchbox in my hand, shaking with trepidation, and hoping that whoever was going to be my teacher would be kind.

As I'm regaling you with my thoughts on school, I'm enjoying a Pumpkin Mexican Mocha coffee from Black Rock Coffee Bar that daughter, Crissy, brought me. She stopped off there after delivering Emily and her cello to high school. The back-to-school heat wave is going strong and I expect cooler weather around October when the outside Halloween things all make their appearance. The picture today is another Halloween blast from the past. I'm hoping everyone in Sierra Madre has their scarecrow kit and is busily planning their amazing creation for 2024.

In addition to the start of school, here are a few more things we can celebrate in September:

9/3 - National Skyscraper Day

9/4 - Eat an Extra Dessert Day, National Macadamia Nut Day, National Wildlife Day

9/5 - National Be Late for Something Day, National Cheese Pizza Day

9/6 - Fight Procrastination Day, National Coffee Ice Cream Day, National Read a Book Day, National Food

Bank Day

9/7 - International Bacon Day, National Beer Lovers Day, World Beard Day

9/8 - Grandparents Day, National Iguana Awareness Day, National Hug Your Hound Day, Star Trek Day

9/9 - National When Pigs Fly Day, Teddy Bear Day, Wonderful Weirdos Day

Refrigerator Update: I know you're all waiting to see what's going to happen with my refrigerator and its stubborn refusal to make ice. One more thing: When the repair guy was here to tell me my condenser was dying and my refrigerator's days were numbered, he asked me if I heard "that noise." I heard absolutely nothing but now, friends and neighbors, that's all I hear, this ominous hum from my non-ice-making refrigerator. We are going to Costco today to buy all of life's essentials, TP, vitamins, and look at the Halloween stuff, which is situated, by the way, across the aisle from the Christmas stuff, which takes up more than one aisle, yes, already.

The picture of our Rose Parade float for 2025, "Best Day Ever," is just fabulous. Flowers, dancers, trees in a beautiful courtyard. Another winner for sure! Always so happy to celebrate the creative genius of the folks of Sierra Madre.

I saw a really great quote I want to share with you, from Pope Francis, who is now 87 years of age:

"Rivers do not drink their own water, trees do not eat their own fruit, the sun does not shine on itself, and flowers do not spread fragrance for themselves. We are all born to help each other. No matter how difficult it is, life is good when you are happy but much better when others are happy because of you."

If you haven't read Jeff Brown's column on Page 9 of last week's Mountain Views News, "The Six Second Kiss," you need to. It was wonderful. It's September! School is in! Rejoice!

My book page: Amazon.com: Deanne Davis
There are treasures there! Trust me!

Including "Just Desserts" A Fall Fantasy of Pumpkins Gone Wrong!

Pasadena Altadena

News From Your Community For Your Community

Pasadena vs. Hate Resource Fair

Join the City of Pasadena Parks, Recreation and Community Services (PRCS) Department, Pasadena Human Relations Commission, Western Justice Center, and Pasadena Unified School District (PUSD) for the Pasadena vs. Hate Resource Fair on Sunday, Sept. 22 from 2-5 p.m. at The Maxwell House, 55 S. Grand Ave.

This free, family-friendly event will include light refreshments, arts & crafts, community resources, and restorative justice circles led by Pasadena youth and special guest speakers. Collaborating organizations include 211LA, The Boys & Girls Club of Pasadena, Reminders Creative Reuse, and more.

The event is held as part of United Against Hate Week 2024. Civic leaders created United Against Hate in direct response to the sharp rise in expressions of hate in communities. The campaign wants to empower local residents to take action in their local communities and alter the course of this growing intolerance. When cities and their residents work together against hate, respect and civil discourse, embrace the strength of diversity and build inclusive and equitable communities for all.

To join the movement, residents are encouraged to post signs, host events, share stories, attend rallies, and connect with schools and neighborhood civic institutions. For more visit: UnitedAgainstHateWeek.org.

Construction Project Begins Near City Hall

Pasadena Water and Power (PWP) on Friday started a construction project on the south side of City Hall to install an Automatic Transfer Switch (ATS). This equipment will enhance the building's power reliability. In the event of a power outage on the power distribution circuit feeding City Hall, the ATS will automatically switch to another circuit to keep power flowing to the building.

During construction, crews will trench on Union St. between Euclid Ave. and Garfield Ave., and install the ATS on a concrete pad adjacent to City Hall. Construction will last four weeks and will affect traffic flow on Union St.

The first 10 days will involve work in the street, where temporary traffic control measures will occur on Union St. between Los Robles Ave. and Marengo Ave. An individual lane closure will have the maximum impact at any time during work in the street. During the final three weeks of the project, crews will close a small section of the sidewalk. During this time, pedestrians will be directed to cross on the south side of Union St. between Euclid Ave. and Garfield Ave.

"Pasadena Water and Power is improving local infrastructure every day," said David Reyes, PWP Interim General Manager. "Important projects like the automatic transfer switch at City Hall help build system reliability and ensure we're prepared to continue serving the public during emergencies."

For details on PWP construction projects, including recent completions, up to date news and contact information, visit: PWPweb.com/Construction.



Equestrians Selected for 2025 Rose Parade

The Pasadena Tournament of Roses announced Thursday the 18 equestrian groups set to ride in the 136th Rose Parade themed "Best Day Ever!"

According to officials since the Tournament of Roses began in 1890, equestrian units have been an integral part of the Parade and its surrounding festivities. In 2025, these units will showcase a diverse array of horse breeds, highlighting their skill and poise. Each unit promises a unique blend of skills and dazzling costumes, adding an extra layer of charm to the festivities. The participating equestrian units of the Rose Parade are prepared to entertain on the world stage, from horses that square dance to award-winning cowgirls and police horses who bring joy to children's hospitals.

The Equestrian units make a lasting impression, and this fantastic lineup will complement the floats and bands that will journey down Colorado Blvd. on New Year's Day.

In addition to riding the five-and-a-half mile Rose Parade route on Wednesday, January 1, 2025, these equestrian groups are invited to take part in Equestfest on Sunday, December 29, 2024, at the Los Angeles Equestrian Center. Equestfest promises thrilling displays of tricks,

precision drills, dance routines and impressive roping skills.

Rose Parade Equestrian units:

- Arabian Horse Association - Versatile Arabians - Greenwood Village, Colorado
- Blue Shadows Mounted Drill Team - Lake View Terrace, California
- Budweiser Clydesdales - St. Louis, Missouri
- First Cavalry Division, Horse Cavalry Detachment - Fort Cavazos, Texas
- International Andalusian and Lusitano Horse Association - Birmingham, Alabama
- Los Angeles County Sheriff's Department - Sheriff's Museum Foundation - Los Angeles, California
- Los Hermanos Banuelos Charro Team - Altadena, California
- Mini Therapy Horses - Calabasas, California
- Northwest Spotted Drafts - Ferndale, Washington
- Painted Ladies Rodeo Performers - Sacramento, California
- Scripps Miramar Ranch - San Diego, California
- Spirit of the West Riders - Arcadia, California
- The New Buffalo Soldiers - Shadow Hills, California
- The Norco Cowgirls Rodeo Drill Team - Norco, California

- The Valley Hunt Club - Pasadena, California

- United States Marine Corps Mounted Color Guard - Barstow, California

The Pasadena Tournament of Roses is a volunteer organization that hosts America's New Year Celebration with the Rose Parade presented by Honda, the Rose Bowl Game presented by Prudential 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 111th Rose Bowl Game presented by Prudential. Visit: tournamentofroses.com.

Pictured top Rose Parade 2023: Photo by D.Lee/MVNews

The Great California ShakeOut

This year is the 16th anniversary of the Great California ShakeOut Drill, which began in Southern California in 2008.

Millions of people worldwide will practice how to Drop, Cover and Hold On during the Great ShakeOut Earthquake Drill.

Each year the City of Pasadena participates in the drill so that they know what to do when an earthquake hits. They will be doing so again on Oct. 17.

For those visiting our libraries who wish to participate, this is an opportunity to practice your earthquake survival skills. While we encourage you to participate, this is an optional exercise. These kinds of drills train us to act quickly - to drop, cover and hold on immediately to minimize injury so that we will be prepared when the next earthquake happens. You never know where you will be when an earthquake hits and it's important to know what to do instinctively when the ground begins to shake.

Great California ShakeOut Drill will take place at exactly 10:17 a.m. at all Pasadena Public Libraries. For more information visit: shakeout.org/california.

Caltech Presents Tesla, A Radio Play for the Stage

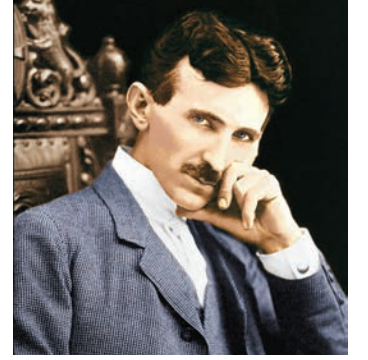
As part of the Getty-led PST ART: Art & Science Collide Festival, Caltech presents Tesla: A Radio Play for the Stage, written by Dan Duling and starring Gregory Harrison, Dan Lauria, Hal Linden, Charles Shaughnessy, French Stewart and Vanessa Claire Stewart for five performances only October 4, 5, and 6 at Ramo Auditorium on the Caltech campus.

The production is directed by Michael Arabian and produced by Conwell S. Worthington, II. The sound effects are by Tony Palermo. Tesla: A Radio Play for the Stage is presented as part of Opening Doors, Caltech's performing arts series that is funded as part of the Getty's PST ART: Art & Science Collide.

Tickets are available at: pst.caltech.edu/events/opening-doors/

When Martin Eberhard and Marc Tarpenning named their newly incorporated company Tesla Motors, Inc. in 2003 to build "a car manufacturer that is also a technology company" as a tribute to the Serbian-American inventor Nikola Tesla, his name became one of the world's most known brand names.

Tesla himself is now the subject of Tesla: A Radio Play for the Stage, telling the story of the brilliant, but controversial inventor and futurist during the late 19th and early 20th centuries. Consider: while Thomas Edison was busy inventing commercial appliances for the 20th century, Tesla was already imagining technology (wireless power, the possibility of world-wide wireless communication that



could fit in one's pocket) for the 21st century.

His volatile relationship with Edison, his allegiance with George Westinghouse, and his confrontations with the power brokers of American business provide the framework for this fascinating, compelling and wildly entertaining production.

The play is staged as a radio drama (Tesla was posthumously credited with the invention of radio) featuring live, very theatrical sound effects and a cast of six renowned actors who portray close to 50 different characters while chronicling Tesla's life.

Michael Alexander, on behalf of Caltech Campus Arts and Culture, said, "Director Michael Arabian and producer Conwell Worthington II have assembled one of the most well-known casts in recent memory to perform this play which tells the story of one of the most integral, intriguing and possibly eccentric figures of modern life. But unlike E.L. Doctorow's Ragtime, Tesla is not a fiction, but based on Tesla's actual life, which was indeed instrumental to how the 20th century thereafter played out."

Ramo Auditorium is located 1200 E California Blvd.

Free Pasadena Flu Shot Clinics

Pasadena Public Library offers free flu shot clinics in partnership with the Pasadena Public Health Department and Huntington Health, an affiliate of Cedars Sinai. Vaccine supplies are limited and are available on a first-come, first-served basis. Please wear short sleeves.

Pasadena Public Health Department Free flu shots are available to those 6 months and older. Children under 18 years must be accompanied by a parent/guardian.

- Thursday, Oct. 10 • 1:30 - 4 p.m. • Lamanda Park Branch Library
- Thursday, Oct. 17 • 1:30 - 4 p.m. • La Pintoresca Branch Library
- Thursday, Oct. 24 • 1:30 - 4 p.m. • Linda Vista Branch Library
- Thursday, Oct. 31 • 1:30 - 4 p.m. • Hill Avenue Branch Library
- Thursday, Nov. 14 • 1:30 - 4 p.m. • Santa Catalina Branch Library
- Thursday, Nov. 21 • 1:30 - 4 p.m. • San Rafael Branch Library

Huntington Health Community Outreach Free flu shots will be offered to those ages 9 and older. Children under 18 years must have their parent's consent and be accompanied by a parent/guardian. Not for people with an allergy to eggs or previous influenza vaccine, Guillain-Barré syndrome, or serious illness or fever on the day of vaccination.

- Wednesday, Oct. 16 • 10 a.m. - noon • Hastings Branch Library
For more information visit: cityofpasadena.net/library.

Latin and Afro Cuban Dance Movement Workshop Sept. 21

Dancer and choreographer for the acclaimed Los Angeles-based contemporary dance company BODYTRAFFIC, Joan Rodriguez, will lead a workshop about movement fundamentals of Latin and Afro Cuban dance styles that promote exercise and balance Saturday, Sept. 21, from 11 a.m. to 1 p.m. the Pasadena Senior Center.

The workshop will conclude with open dancing so participants can use what they have learned. Previous dance experience is not required.

The workshop is supported in part by the Los Angeles County Board of Supervisors through the Department of Arts and Culture.

Cuban-born Joan Rodriguez became a political refugee in 2017 and relocated to Arizona where he focused on creating, teaching and producing multimedia projects. He continues to pursue his creative ambitions in community spaces and with students and developing his craft, choreographing in a variety of environments for professional dance



companies (including BODYTRAFFIC), theater productions, television and film.

BODYTRAFFIC uses the creative spirit of its Los Angeles home as a backdrop for performances that inspire audiences around the globe to simply love dance. Since its founding in 2007 by Artistic Director Tina Finkelman Berkett, the company has held fast to its mission of championing contemporary dance, educating audiences and inciting positive change.

The cost of the workshop is \$10 for members of the Pasadena Senior Center and \$15 for nonmembers 55 and older. To register or for more information, visit:

pasadenaseniorecenter.org and click on Activities and Events, then Special Events or call 626-795-4311.

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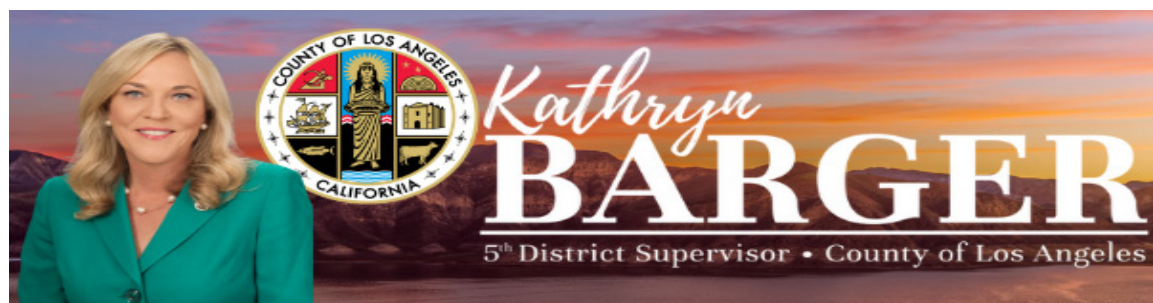
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BARGER URGES RESIDENTS: DO YOUR PART TO PREVENT WILDFIRES DURING SCORCHING L.A. COUNTY HEAT WAVE

As scorching triple-digit temperatures engulf Los Angeles County today and throughout the weekend, and excessive heat warnings for many communities in Los Angeles County's Fifth District, Supervisor Kathryn Barger urges residents to do their part to lessen the threat of wildfires. She issued the following statement:

"Conditions are ripe for triggering a wildfire in our County, especially in the foothill and northern communities I represent.

I'm calling on the public to please remain vigilant. We all need to do our part to decrease the likelihood of wildfires. Even the smallest ember or cigarette butt can spark a big wildfire and have disastrous consequences. Don't put your family, neighbors, or community at risk.

I also urge all residents who live in wildfire prone areas to be aware of your surroundings. The best way to stay safe is to sign up for your local emergency alert systems and listen to your local news broadcasts. If you receive an evacuation message from local law enforcement officials, don't hesitate to follow their directions. Prioritize safety during this heat wave."

Visit ready.lacounty.gov for emergency preparedness safety tips in various languages and visit the Los Angeles County Fire Department's website to download their Ready! Set! Go! Guide. Residents can find relief from the heat at Los Angeles County cooling centers and pools.

MONROVIA

SEPTEMBER 8-14 IS NATIONAL SUICIDE PREVENTION WEEK

The Monrovia City Council also proclaimed the week of September 8-14, 2024 as National Suicide Prevention Week.

Suicidal thoughts can affect anyone regardless of age, gender, race, orientation, income level, religion, or background. Every community member should understand that throughout life's struggles, we all need the occasional reminder that we are all fighting our battles and must be available to support one another.

If you or anyone you know is struggling with thoughts of suicide, we encourage you to reach out and talk to someone.

The City of Monrovia has partnered with Care Solace for free care coordination to help anyone in need find mental health providers by calling the Care Solace hotline at (888) 515-7881. The 988 Suicide & Crisis Lifeline is also available 24/7 by calling or texting 988.

Sierra Madre Playhouse Presents

COMPELLING CROSS-CULTURAL MUSICAL COLLABORATION BETWEEN TAIKOPROJECT + GAMELAN MERDU KUMALA, BLENDING MUSICAL TRADITIONS FROM JAPAN AND INDONESIA

SATURDAY, SEPTEMBER 21, 2024, 4PM AND 7:30PM

(Sierra Madre, CA – September 3, 2024) Los Angeles-based TAIKOPROJECT, the first American taiko group to win the prestigious Tokyo International Taiko Contest, partners with Gamelan Merdu Kumala, a Southern California-based gamelan ensemble, to present two back-to-back performances Saturday, September 21, 2024, 4 pm and 7:30 pm, at Sierra Madre Playhouse. Blending musical traditions from Japan and Indonesia, the cross-cultural collaboration creates a bridge between these two rich cultures and celebrates the power of music to bring people together.

The two distinctive ensembles will explore the shared tradition of vocalizing rhythms, using it as a creative launching point for their joint performance. The program also includes them collaborating on a piece inspired by the intricate melodies and rhythms of Balinese gamelan composed by Masato Baba, a founding member and artistic director of TAIKOPROJECT who is considered one of the leading next-generation taiko and shinobue performers and composers in the United States.

In addition, two traditional works are featured, "Langsing Tuban" and "Tabuh Pisan," both typically performed at the beginning of a concert. They are juxtaposed by two contemporary pieces, "Kosaliya Arini," and "On The Way," by pioneering composer Made Agus Wardana commissioned by Gamelan Merdu Kumala in 2021.

The partnership between TAIKOPROJECT and Gamelan Merdu Kumala embraces diversity, creativity, and the universal language of music.

TAIKOPROJECT, which captivates with its modern American twist on the exhilarating ancient Japanese art of taiko drumming, is hailed for its electrifying energy, thunderous beats, and heart-pounding rhythms. The trailblazing group has been featured at the Academy Awards, the Grammy Awards, on numerous TV shows, and with pop stars Stevie Wonder, Peter Gabriel, and Alicia Keys.

Gamelan is the term for a traditional Indonesian ensemble featuring such percussion instruments as gongs, drums, kettles, bamboo flutes, and metallophones. As a musical ensemble, Gamelan Merdu Kumala remains respectful of the Balinese tradition of music making while also moving the artform forward, infusing its performances with rocket-fast melodies, instantaneous tempo changes, and delightful yet elegant performances.

Tickets and Information

Tickets (\$12 - \$35) are on sale now. For tickets and information, please call 626.355.4318 or visit www.sierramadreplayhouse.org. Sierra Madre Playhouse is located at 87 West Sierra Madre Boulevard, Sierra Madre, CA 91024.

SIERRA MADRE PLAYHOUSE, a vibrant Southern California cultural hub with a rich history spanning a century, energizes audiences and the community with distinctive theatrical productions and captivating live performances. As one of San Gabriel Valley's only performing arts center presenting a broad spectrum of performance genres, including theater, music, dance, film, comedy, and family-friendly productions featuring eminent local and national professional artists, the treasured artistic beacon draws Audiences from across the Southland.

CELEBRATE DUARTE'S 67TH ANNIVERSARY AT THE CITY PICNIC!

Join us at Encanto Park (751 Encanto Parkway), where we will celebrate Duarte's 67th anniversary during the City Picnic on Saturday, September 21 from 11 AM to 3 PM. There, enjoy live entertainment, special carnival rides and attractions, a classic and custom car show, boutique vendors, and a few anniversary surprises.

"Duarte has seen some incredible growth and change over the past 67 years, and I am thrilled to celebrate our city's anniversary at one of my favorite events of the year," said Duarte Mayor Vinh Truong. "The City Picnic is a great opportunity for friends and neighbors to come together to honor our roots and celebrate our bright future ahead. I'm appreciative of the chance to serve the Duarte community, whose spirit has made our city so deserving of celebration."

This year's picnic will be headlined by the Ace Band, who will have you on your feet as they cover music spanning the last four decades. Our free family-friendly play area will feature carnival ride attractions, a bubble party, caricature portraits, a balloon artist, and interactive games.

We invite you to treat yourself to a variety of food options available for purchase from local restaurants, food trucks, and boutique vendors. For those of age, pair your meal with a refreshing beverage from the on-site beer garden.

Finally, cruise through this year's bigger-than-ever Route 66 inspired Classic Car Show featuring all kinds of classic cars. From lowriders and hot rods to cars currently being built, residents and guests are welcome to check out all the iconic vehicles lined up on the park grounds.

Attendees are encouraged to park at Encanto Park (751 Encanto Parkway) or on side streets where parking is available and permitted.

For more information, contact the Parks and Recreation Department at (626) 357-7931.

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BALANCING SCHOOL, FALL SPORTS SEASON & YOUR CHILD'S MENTAL HEALTH

Tips to help parents support their student's success

By Dr. Archana Dubey, Chief Medical Officer, UnitedHealthcare of California

The fall season is upon us and as teens go back to school, many are also gearing up for the sports season. Participating in sports, whether casual play or organized athletics, can be highly beneficial. Regular physical activity can help defend against common health issues such as obesity and type 2 diabetes in children. Sports can also strengthen social relationships with friends and family.

That's why, the federal government has set a goal of increasing participation in after-school or extracurricular sports to 63% of young people from ages 6 to 17 by 2030. The current participation rate here in California is less than 50%.

It's important, however, to balance extra-curricular sports with teen mental health. For some young people, participation can become overwhelming and even lead to stress, anxiety, and other mental health challenges. Expectations that some young athletes can be very high. Kids are eager to win, and many give it their all. Others are not as athletically inclined and may feel stress over the possibility of underperforming. Whatever the case, it's easy to get caught up in the expectation of having to meet academic expectations, pushing harder during sports practices, and making time for social activities. The result: kids can feel like they must stretch themselves to accomplish what they feel is "expected" of them.

To help kids thrive this fall academically, athletically and socially, here are some strategies to consider:

- **Develop a game plan:** For parents, it's important to create a "game plan" to help prepare for both the new school year and the challenges that come with competitive sports. Just as you would prep for an individual sporting event, it's important to develop a comprehensive plan for the full academic and athletic year ahead.
- **Create or re-establish a routine:** What time does the family sit down for dinner? When is homework time? What is the limit for screen time? When is "lights out" at night? What time do alarm clocks ring? Having a consistent, daily routine can help children feel less overwhelmed and more confident, secure and stable entering their school and sports season.
- **Schedule a Well-Child Visit:** Think of a well-child visit as an opportunity to understand your child's health needs better. Your child's pediatrician or PCP can assess their physical & emotional health at the start of the school year and prior to sports season. It's also a great time to complete their school's physical forms and to get current on immunizations. Ask your child's doctor about what's driving their physical development, such as diet, exercise, and sleeping habits. Not sure what to ask? UnitedHealthcare offers a printable preventive care checklist.
- **Listen often and discuss mental health:** Starting the discussion around mental health can be scary for some teens, and parents, so providing an open and safe environment to discuss difficult topics can set the precedent for your child of asking for help when it's needed. Be sure to validate your teen's feelings and avoid asking too many questions to show that you're truly listening. If your kids do talk about being scared or nervous, validate those feelings. Help them feel secure and let them know it's possible to feel better. These can be sensitive topics for your child, so empathy, openness, and patience can go a long way in helping them feel heard and optimistic that things will get better. Focus on your child's overall disposition — not just what they're saying — and watch for warning signs of issues, such as persistent sadness, sudden mood changes, sleep problems or loss of interest in activities they usually enjoy, such as sports.

Back to school and fall sports season are a fantastic way for your children to stay active and healthy. Sports, indeed, can improve the physical and mental well-being of young people, but it's also important to make sure your child has the resources they need to get help along the way.

SCHOOL DIRECTORY

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Head of School: Joanne Harabedian
E-mail address: jharabedian@alvernoheights.org

Arcadia Christian School
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Email: inquiry@acsliions.com
Principal: Cindy Harmon
website: www.acsliions.com

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Phone: (626) 821-8370, Principal: Brent Forsee
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Arroyo Pacific Academy
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E-mail address: pclarke@arroyopacific.org

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https://school.abvmpasadena.org/

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website: www.barnhartschool.org

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website: www.bcsliions.org

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E-mail: jhawes@clairbourn.org

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office@foothilloaksacademy.org

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Email: jenny@frostig.org

The Gooden School
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Head of School, Jo-Anne Woolner
website: www.goodenschool.org

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

La Salle College Preparatory
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(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
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Principal: Dr. Jodi Marchesso
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(626) 836-2947 Principal: Garrett Newsom
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Weizmann Day School
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Lisa Feldman: Head of School

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(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
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(626) 821-8300 Website: www.ausd.net

Monrovia Unified School District
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Kids: color stuff in!

Our Constitution

The first three words of the U.S. Constitution tell who is behind the making of our government. **Fill in the puzzle below and these first three words will be spelled out under the arrow.**

- General _____ - who became our first President
- _____ men (from many fields of work) were sent to Philadelphia
- some people were afraid that a strong _____ government would take power away from the states
- the men who helped to write the Constitution were thought of as the Founding _____
- number of branches the new government would have
- Hall where the meetings took place to write the Constitution
- number of states in 1787
- checks and balances keep each branch from becoming too _____
- Constitution was signed on the 17th of this month
- the special meetings in 1787; the _____ Convention
- the only _____ state that never took part in the meetings

So *this* is how it was formed!

Wow! You can read the Constitution on your computer.

I read that there are 4,543 words in the Constitution.

After the Declaration of Independence was signed, in 1776, the states in America were "united" by a weak central government. Each state had its own strong government which created problems among the states. In 1787 almost all of the 13 states sent their wisest men to Philadelphia for a meeting. They were to work out the problems with trade, taxes and other matters. In Independence Hall they studied, argued, talked, voted and wrote. They were laying the groundwork for a strong central government. Some wanted no part of this. *Wasn't this like the British rule they had just broken away from?*

The central government was to be headed by a leader (President) chosen and elected by the people. There was to be a court of law (Supreme Court) and a body to make laws (Senate and House of Representatives). All of these ideas formed the Constitution of the United States. It has worked well for over 200 years! It is still used by courts to uphold laws and the rights of people. You can see the Constitution in the National Archives in Washington, D.C.

powerful
Constitutional
Rhode Island
wisest
thirteen

1
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11

I was one of the **Founding Fathers**. I was also an inventor. I invented *bifocals* - glasses that let people focus at two different distances. Now, where did I leave mine?

Benjamin Franklin

"A penny saved is a penny earned."

central Independence
Fathers Washington
September

PUZZLES FOR YOU

FALL'S IN THE AIR

ACROSS

1. Furry bamboo consumer
6. Cuban dance syllable
9. 100-meter race, e.g.
13. S-shaped moldings
14. Excessively theatrical actor
15. Chap
16. Will alternative
17. Sailor's affirmative
18. At full speed
19. *Cause for fall celebration
21. *Apple-related game
23. European Union, acr.
24. Hawaiian tuber
25. Pen on a farm
28. Color of a bruise
30. *Pumpkins and squash, e.g.
35. "Give me your tired, your _____"
37. "_____ Free," movie about lions
39. Disdain
40. Caribbean color
41. Shiny suit
43. Spaghetti aglio and _____
44. Peevish
46. Half a round, in golf
47. _____ -do-well
48. Battles royale
50. Change for a twenty
52. Banned insecticide, acr.
53. *Back-to-School event
55. Hermey the Dentist
57. *Apple sauce
61. *_____ weather
65. Cell phone bill item
66. Bar association
68. Wombs
69. Begin, began, _____
70. Cut grass
71. Romanov rulers
72. Command with "at"
73. Stiff grass bristle
74. "Hobby" animal

DOWN

1. Beckham of "Spice Girls"
2. Turkish honorific
3. Not far
4. Look into
5. In the Land of Nod
6. Online conversation
7. *Cushion for certain seasonal ride
8. Naked protozoa
9. Obtuse, as in person
10. _____ bowl, frozen dish
11. Largest human organ
12. Precedes Kong
15. Hindi courtesy title, pl.
20. Modern-day aqua-lung, acr.
22. Domain
24. Wood-eating house hazard
25. Involuntary contraction
26. Chef's headgear
27. Phil Collins' "_____ Be in My Heart"
29. *Maze plant
31. Upward and onto
32. Wide-_____ notebook
33. *Like leaves in fall
34. Stall call
36. *Much-used fall garden tool
38. Not any
42. Extend subscription
45. Unquestioning ones
49. Fraternity house
51. Miss Marple, e.g.
54. "Is Your Mama a _____?"
56. Dom DeLuise in 1980 role
57. Rubik's puzzle
58. Away from port
59. The state before riches?
60. Malaria symptom
61. Saw, sawed, _____
62. Drop of sorrow
63. Makes a mistake
64. Precedes shine
67. Gift topper

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Aug 31, 2024 Solutions

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CREATIVE ARTS GROUP
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IT'S TIME FOR THE 13TH ANNUAL SCARECROW FESTIVAL

Free kits are now available!
for more info scan the QR code
OR Stop by on 9/7 for a free scarecrow making workshop.



9.10.24 DAY

It's Sierra Madre's zip code day!
Stop by CAG to purchase a t-shirt while supplies last.


FALL CLASSES START SEPTEMBER 16

We still have a few spots open in youth and adult classes. If you have been thinking of taking an art class there is still a week to register.

Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve





Heat Stroke

ACT FAST


CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

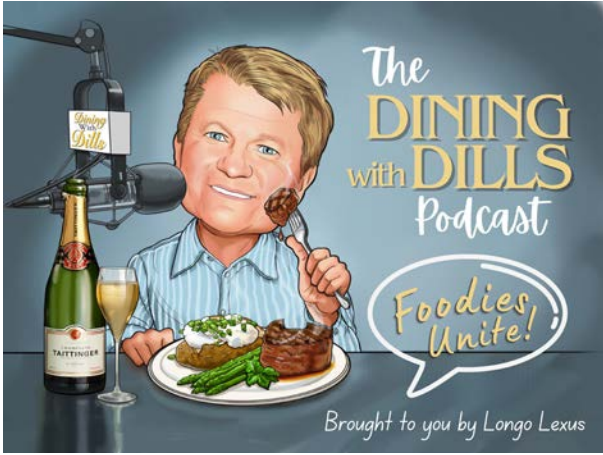
Heat exhaustion can lead to heat stroke.

Stay Cool, Stay Hydrated, Stay Informed!



Catch breaking news at:
www.mtnviewsnews.com



CANOE HOUSE: A South Pasadena Gem Worth The Trip



In the realm of culinary escapes, Canoe House in South Pasadena shines brightly, offering an irresistible blend of Hawaiian charm and sports bar excitement. Although my usual focus is on the Sierra Madre area, a visit to this tropical retreat proves that venturing a bit further can lead to delightful discoveries.

As you cross into South Pasadena, the Canoe House reveals itself as more than just a restaurant—it's an

immersive island experience. From the moment you step through the door, you're greeted by a vibrant atmosphere adorned with bamboo, Polynesian artwork, and strategically placed TVs that ensure every game and event is within view.

At the heart of the bar scene is Steph, whose Mai Tai is nothing short of legendary—arguably one of the best in Southern California. If Polynesian drinks aren't your preference, the impressive array of craft beers on tap is sure to have something to satisfy your taste.

The menu offers a stellar selection of Hawaiian-inspired dishes. Dinner, starting at 4 PM, features standout options such as the Rib Loco Moco with tender boneless short ribs, the flavorful Hawaiian Fried Rice, and the delectable Aloha Fish Sliders. For a particularly satisfying choice, don't miss the Pressed Brick Chicken—each bite is a testament to the chef's dedication to authentic and exquisite flavors.

Adding to its appeal, the Canoe House boasts an inviting outdoor patio with a fireplace, making it a perfect spot to unwind on cooler evenings. And if you're sporting an old Hawaiian shirt or a necklace of puka shells, you'll blend right in with the laid-back, tropical vibe.

So, while the Sierra Madre area remains my usual culinary haunt, Canoe House in South Pasadena is a noteworthy detour. It's an escape to a slice of paradise that's well worth the visit—Mahalo! Canoe House South Pasadena.



THE TASTING ROOM "DRINKING HER ROSÉ IS LIKE DRINKING A CLOUD"

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

The headline is a quote from Kermit Lynch – one of the greatest importers of French & Italian wines to ever exist. He's talking about Anne Amalric, the winemaker at Domaine de Marquilliani. Her 2023 Vin de Corse "Le Rosé de Pauline" just arrived at the shop and I can see why Kermit said that about her wine upon first tasting it. It blew us away when we tasted it this past Tuesday, and I predict it will be a best seller here at The Bottle Shop.



Although Domaine de Marquilliani has been around for over 250 years, it wasn't until 1955 that Andre Amalric purchased the property. Under the supervision of Andre's son Daniel, the family replanted the vineyards and were the first to plant Niellucciu and Syrah on the eastern side of the island. In 1995, Daniel was joined by his daughter, Anne, an agricultural chemist who began planting olive trees on the property. In 2009 Anne became the winemaker of the Domaine. The 4th generation is now involved as Anne's daughter Pauline has joined the team.

The Domaine produces only 1,800 cases of wine each year. The vineyards are Certified Sustainable, and they practice organic farming. The vineyards are located on the eastern shore of Corsica between the mountains and the sea. This location is one of the cooler sites on the island's east coast and combined with the schist and granite soils, the vineyard produces wines that are sublime.

The 2023 Vin de Corse "Le Rosé de Pauline" is out of this world. It is a blend of 80% Sciaccarellu, 15% Vermentinu, and 5% Syrah. The wine is a very pale Rosé with delicate floral aromatics. On the palate, the wine is refined, delicate, and elegant. It is crisp and juicy with a touch of sea salt on the beautiful and lengthy finish. As Kermit stated – like drinking a cloud!

Do not lollygag on getting this wine. This is small production and not many cases came into the USA. We are lucky to have this wine in the shop. I am featuring this beauty on Sunday at 3pm at The Bottle Shop Tasting Room. Once people taste it, I assure you it will be gone.

The 2023 Domaine Marquilliani Vin de Corse "Le Rosé de Pauline" is available at The Bottle Shop for \$29.99. Say you saw it in the Mountain Views News and get it for \$26.99 through Monday, September 9th.

Scan the QRcode to sign up for our newsletter.

Until next time – Salud!



IN THE KITCHEN

Our Favorite Recipe of the week

SHRIMP BOIL

For days when it is just too hot to cook!

From The Pioneer Woman



INGREDIENTS

- 2 lemons
- 2 Tbsp. olive oil
- 1 (16-oz.) package andouille sausage, sliced on the diagonal (kielbasa or other smoked sausage also work)
- 2 yellow onions, quartered
- 2 celery stalks, cut into 2-in. pieces
- 1 head garlic, cut crosswise in half, plus 2 garlic cloves, finely chopped
- 1/2 c. Creole seasoning, plush more for serving
- 1 Tbsp. kosher salt
- 1 tsp. dried thyme
- 5 flat-leaf parsley sprigs, plus 3 Tbsp. parsley leaves, chopped
- 2 bay leaves
- 2 lb. baby red potatoes, cut in half if larger than 2 in.
- 4 ears corn, each cut into 3 pieces
- 12 Tbsp. (1 1/2 sticks) salted butter
- 1/2 tsp. black pepper
- 3 lb. jumbo shrimp, shells on and deveined

Hot sauce, for serving

DIRECTIONS

- 1 Zest and juice 1 lemon and reserve in a small bowl; reserve the lemon rinds separately. Cut the second lemon into quarters.
- 2 In a large stockpot, heat the oil over medium heat. Add the sausage, onion, celery, and garlic halves, and saute until the onion begins to turn golden and the garlic is fragrant, 5 to 7 minutes. Add 1 gallon of water and the lemon rinds and quarters. Add the Creole seasoning, salt, thyme, parsley sprigs, and bay leaves; bring the mixture to a boil.
- 3 Add the potatoes and corn, cover, and cook until the potatoes are tender when pricked with a fork, 10 to 12 minutes.
- 4 Meanwhile, in a small saucepan, melt 2 tablespoons of butter over medium heat. Add the finely chopped garlic, and cook until fragrant, 30 seconds. Do not let brown. Add the remaining 10 tablespoons butter and melt. Remove from the heat and skim off any white foam that floats to the top. Stir in the pepper, chopped parsley, and reserved lemon zest and juice. Keep warm.
- 5 When the potatoes are tender, stir the shrimp into the stockpot, and let cook for 1 minute. Remove the stockpot from the heat. Use a large slotted spoon to scoop the shrimp and vegetables out of the pot and onto a serving platter or large baking sheet. Spoon about 1 cup of the boil liquid over the shrimp and vegetables.
- 6 Serve with the butter sauce, hot sauce, and an extra sprinkling of Creole seasoning.

ALL THINGS By Jeff Brown

WHAT 20 SECONDS OF HUGGING CAN DO FOR YOU

Verified by Psychology Today-Tracy P Alloway Ph.D.

In our fast-paced and hectic world, we often underestimate the impact of human touch and connection. Hugging, a simple and instinctive act, holds a unique power to soothe our minds and bodies. Studies have shown that a mere 20 seconds of hugging can have profound effects on our well-being, relationships, and overall health. Here's more benefits: —

Enhanced Bonding: Hugging is a nonverbal way of expressing affection and care. When we hug someone we trust or love, it strengthens the emotional bond between individuals. This deeper connection fosters a sense of security and belonging. The more affection was expressed, the more it was reciprocated, and the more invested the people felt in the relationship.

Increased Connections: Human touch is a fundamental aspect of our social nature. When we hug, we create a meaningful connection that helps combat feelings of loneliness and isolation, promoting mental well-being.

Stress Reduction: When we embrace someone for an extended period, our bodies release oxytocin, commonly known as the "love hormone." This hormone promotes feelings of trust and bonding while reducing stress and anxiety levels. As a result, a heartfelt hug can be a natural stress-reliever in times of tension and pressure.

Improved Mood: Hugging stimulates the production of serotonin and dopamine, neurotransmitters responsible for regulating our mood. The increase in these

"feel-good" chemicals helps to elevate our spirits and create a sense of happiness and contentment.

Strengthened Immune System: Believe it or not, a 20-second hug can give your immune system a boost! The physical touch involved in hugging can trigger the release of endorphins, which play a vital role in enhancing our immune response, thus making us more resilient to illnesses.

Lower Blood Pressure: The calming effect of hugging is not limited to our emotions; it extends to our physiological state as well. Regular hugging has been associated with lower blood pressure, reducing the risk of heart-related issues.

Alleviated Pain: The release of endorphins during hugging not only boosts our immune system but also acts as a natural painkiller. The comforting touch can ease physical discomfort and provide relief.

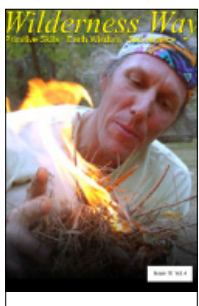
Increased Empathy: Hugging nurtures our ability to empathize and understand others better. This empathetic response builds stronger relationships and fosters a more compassionate society. So, the next time you feel the need for a pick-me-up or wish to comfort a friend or loved one, remember the power of 20 seconds. Embrace the moment and allow the magic of hugging to work wonders for your well-being and that of those around you. The length of our hugs matters more than the number of hugs.

SOUR GRAPES

by Tim Jones



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]

QUALITY OF LIFE – AND BUILDINGS IN SIERRA MADRE

Some time ago on Facebook, a Mountain Views News animal columnist lamented a house that recently was built in Sierra Madre. First, there had been a quaint, quintessentially Sierra Madre-style house with trees, a beautiful wall built of river stones, and some open space for fruit trees and garden. That house was razed, and – well, let's be blunt – a box was built there that preserved none of the old-style quality that had been there before. No more stone wall, no trees, no view of the mountains, no yard, just a border to border building with a pool crammed in. Many were unhappy with what could be a trend in local building. Of course, it was all apparently "legal."

Many years ago, while driving through towns like Arcadia, and Temple City, and surrounding areas, and saw that the charm and quality that once was there is now gone. Homeowners sold and moved on when they saw that their neighborhood was being swallowed up by the Mammon worshippers, and the developers –in some case the out-of-town flippers – who looked only for border to border profit.

Yes, all legal, perhaps, and possibly inevitable as more and more people crowd into our relatively tiny slice of land on this coastal desert plain called Los Angeles County.

I'm fully aware how money controls our lives. It is inescapable, and money is almost as critical for life as is oxygen. Still, it is entirely possible to live our lives doing good, and thinking about the future generation, and thinking about the earth, if we choose to do so! It is really that simple, and yes, sometimes this means you are not maximizing your profit.

Over a hundred years ago, we knew what was necessary to build a house that uses less power, and is "friendly" to its inhabitants. Many books were written on this subject, such as "Shelter" (1973), published by Ten Speed Press.

Then, in the 60's with all the back-to-the-land interest, people began to do their best to incorporate some of these methods into their urban lifestyle. In the 70s with the Arab Oil Embargo, and long lines at the gas pumps, it began to hit home that the way we live our lives is not sustainable. Furthermore, countless books, magazines, and documentaries showed us that there are indeed many ways to live lightly on the land, even in the cities. In fact, especially in the cities.

For example, every house could be built to face the dominant light of the sun during the day so that less electricity would be needed. Light tubes are available today which can bring sunlight into the house so that no electricity is needed for lights during the day. All roofs can and should be painted white to keep the house naturally about 15 degrees cooler in the summer. Code should be upgraded so that all walls are thicker, and all walls, attic space, and floor space insulated. Roofs can and should be constructed to passively capture some of the rain water so that it can be used in the yard for fruit trees and garden.

Local wind patterns should also be taken into account in order to naturally cool down a house in summer. Every home – at least every home in the West – should have deep southern overhangs, like all the Greene & Greene homes. None of this is in any way "new" – in fact, it's all been around a century and longer.

In other words, there are scores of ways to passively build energy efficiency, and beauty, into a home, but rare is the architect and builder who is doing this. Yes, it costs maybe 10% more to build a home that will save you up to 80% of your energy costs year after year. It's a good long-term investment.

But the trend is not in that direction. Rare is the builder who studies the plot of land, its sunshine patterns, wind patterns, lay off the land. It's all about cramming as much into a given space as possible.

When the soul of the land is wiped out by a blind devotion to the bottom line, there is often very little that can be done for many generations. In the extreme cases, when the character of a whole neighborhood is altered, and the quality of life is limited, you set the stage for new slums.

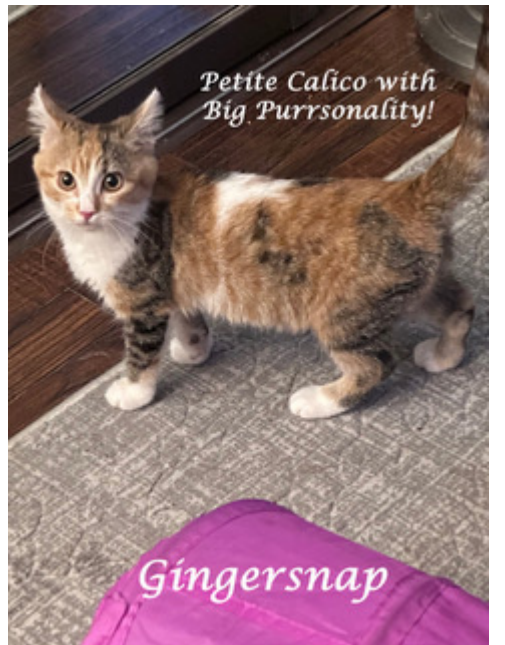
I would love to see the planning commissions of cities begin to recognize that the quality of old neighborhoods is as fragile as the quality of certain ecosystems in nature. All it takes are a few inappropriate actions and entire tiers of wildlife are threatened and endangered in nature. Neighborhoods are no different. And those who see such a fate tend to be the tireless crusaders for a quality of life that is all-too-often not recognized until it is gone. This means it takes real courage to move in the direction of what is right and best for Sierra Madre, and our way of life.

CLASSES AND BOOKS
BY CHRISTOPHER NYERGES
Self-reliance – survival – sustainability
www.SchoolofSelf-Reliance.com
Box 41834, Eagle Rock, CA 90041

Katnip News! GINGERSNAP



- Adorable calico female, age four months
- spayed, vaxxed, chipped



Petite Calico with Big Purrsonality!

Gingersnap

This little girl's story began on a construction site, where her little soul found some nice people to help her, as she was all by herself, a tiny baby.

Now, thriving a few months older, this ball of energy is always on the go, zooming around and discovering everything. You will love her little busy-bee, survivor spirit !!!!!

She's not much of a cuddler because she's far too busy having fun, but her playful antics are sure to keep you entertained! Call her an "Energetic Explorer!"

Contact Lifeline for Pets, at <https://www.lifelineforpets.org/gingersnap.html>.

Pet of the Week

Jimothy is a lively and playful 3-year-old male Husky mix with a zest for adventure and a love of the outdoors.



Jim is a handsome guy, and he knows it! He seems to enjoy having his luxurious coat brushed, and when he's out on a walk, he prances with pride.

His friendly and curious nature makes him a favorite among the volunteers at Pasadena Humane. They love taking him out for walks and hikes, and he takes great pride in defending them from the squirrels by chasing them up the trees. Whether he's exploring the outdoors or curling up for a nap, Jimothy brings joy wherever he goes.

He is also very clever and loves showing off his skills for a treat or two. Jimothy is ready for his next adventure with you!

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

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

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

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



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

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

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

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Free Animal Doctor

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From The Desk of Steve Scurba, Safe Path For Senior

STAYING HEALTHY WITH REGULAR CHECK-UPS: A KEY TO SENIOR WELL-BEING

As we age, maintaining good health becomes increasingly important, and regular check-ups are crucial in achieving this. For seniors, these routine visits to healthcare professionals can be a vital tool in preserving quality of life and preventing serious health issues.

Regular check-ups allow for the early detection of potential health problems. Conditions like hypertension, diabetes, and high cholesterol can develop gradually, often with subtle symptoms. Routine examinations provide an opportunity for doctors to monitor these conditions closely and adjust treatments as needed before they lead to more serious complications. Early intervention often results in better outcomes and fewer hospitalizations.

Moreover, check-ups offer a chance for seniors to discuss any new symptoms or concerns with their healthcare providers. This proactive approach can help address issues such as mobility problems, memory loss, or changes in vision and hearing. Addressing these concerns early can significantly improve quality of life and maintain independence.

Preventive care is another essential aspect of regular check-ups. Vaccinations, screenings for cancers like breast, colon, and prostate, and routine blood work can help catch diseases before they become problematic. Preventive measures, such as flu shots or bone density tests, can also help avoid illnesses and conditions that could otherwise be debilitating.

Lastly, regular visits to healthcare professionals provide an opportunity for seniors to receive personalized advice on maintaining a healthy lifestyle. Nutritional guidance, exercise recommendations, and strategies for managing stress are all crucial components of a holistic approach to health.

In summary, regular check-ups are more than just appointments; they are a proactive step towards maintaining health and enhancing well-being in senior years. By staying vigilant and engaged with their healthcare, seniors can enjoy a more active, healthy, and fulfilling life.

HEALTH INSURANCE OPTIONS FOR EARLY RETIREES

Dear Savvy Senior:
I'm going to retire in a few months and need to get some temporary health insurance until I can enroll in Medicare at age 65. What are my options? Early Retiree



Dear Early:
There are several places early retirees can find health insurance coverage before Medicare kicks in, but the best option for you will depend on your income level, your health care needs and how long you'll need coverage for. Here's where to look.

Affordable Care Act: For most early retirees who aren't yet eligible for Medicare, the Affordable Care Act (ACA) health insurance marketplace, also known as Obamacare, is the best option for getting comprehensive health coverage. And you won't be denied coverage or charged extra for preexisting health conditions.

And, if your income falls below the 400 percent poverty level after you retire – anything below \$60,240 for a single or \$81,760 for a couple in 2024 – you'll also be eligible for a subsidy that will reduce your monthly premiums. The ACA also ensures that at least through 2025, households with incomes above that 400 percent poverty level will not have to pay more than 8.5 percent of their income for a benchmark policy.

To see how much subsidy you may be eligible for, use Kaiser Family Foundation subsidy calculator at KFF.org/interactive/subsidy-calculator.

To shop for ACA plans in your state, visit HealthCare.gov or call 800-318-2596. Or, if you want some extra help, contact a certified agent or broker at HealthCare.gov/find-assistance.

COBRA: Another temporary health insurance option you may be eligible for is the Consolidated Omnibus Budget Reconciliation Act (COBRA). Under this federal law, if you work for a company that has 20 or more employees, you can remain on your employer's group health plan for at least 18 months – but could last up to 36 months. But be aware that COBRA isn't cheap. You'll pay the full monthly premium yourself, plus a 2 percent administrative fee.

To learn more, talk to your employer benefits administrator or contact the Employee Benefits Security Administration (Askebsa.dol.gov; 866-444-3272).

If, however, the company you work for has fewer than 20 employees, you may still be able to get continued coverage through your company if your state has "mini-COBRA." Contact your state insurance department to see if this is available where you live.

Short-Term Health Insurance: If you can't find an affordable ACA plan and COBRA is too expensive, another possible option is short-term health insurance. These plans, which are not available in every state, are cheaper, bare-bones health plans that provide coverage for up to 3 months with a one-month extension available. But be aware that short-term plans don't comply with the ACA so they can deny sick people coverage, they don't cover preexisting conditions and they can exclude coverage essentials like prescription drugs.

To find and compare short-term health plans, try sites like eHealthInsurance.com or PivotHealth.com.

Healthcare sharing ministries: If the previously listed options don't work for you, another temporary solution could be healthcare sharing ministries (HCSM). These are cost-sharing health plans in which members – who typically share a religious belief – make monthly payments to cover expenses of other members, including themselves.

HCSM's are cheaper than paying full out-of-pocket costs for traditional health insurance but be aware that HCSM's are not health insurance. They don't have to comply with the consumer protections of the ACA, and they can also reject or limit coverage for having pre-existing health issues and limit how much you'll be reimbursed for your medical costs. Preventive care typically isn't covered either.

To look for these plans, comparison shop at the three largest providers – Samaritan Ministries (SamaritanMinistries.org), Medi-Share (MyChristianCare.org), and Christian Healthcare Ministries (Chministries.org).

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

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...SEPTEMBER Birthdays*



Clem Bartolai, Pat Hall, Donna Anderson, Teresa Chauré, Cathy Gunther, Esther Macias, Sheila Pierce, Nancy Sue Shollenberger, Patti O'Meara, Judie Cimino, Mary Steinberg, Geri Wright, Parvin Dabiri, Denise Reistetter and Nehama Warner, Virginia Mullaney, Gwen Robertson.

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



OUT TO PASTOR
A Weekly Religion Column by Rev. James Snyder

WHAT HAPPENED TO MY LITTLE PIGGY BANK?

This week, I had to do something I hadn't done before: go to the bank and deal with fraud in my checking account. Someone tried to write a check for \$1800 from my account. Fortunately, I didn't have that much money in my account, and I was a little provoked by this incident. How dare they!

I sat with the bank advisor dealing with this issue and getting my account back to normal. They had to issue me a new card because they were closing my checking account.

As I waited for all of this to process, I felt a little thought dance in my head. Whatever happened to my little piggy bank? It never gave me trouble like this.

When I was young, I didn't have an official bank account. I actually did not need a bank account at that time. My grandmother gave me a little blue piggy bank. When she gave it to me, she said, "Now, make sure you put money into this piggy bank every week." Then she handed me my first two quarters for my piggy bank.

I was so excited because I really needed the money; the only problem was that my grandmother had not told me anything about where the money was going to come from. It took me a while to realize I had to put money in myself. That little piggy bank was not a magic money machine.

I hid my little piggy bank in my bedroom so nobody could find it. Every time I got some money, I made sure I put some of it in the piggy bank. Over time, the money grew in that little piggy bank.

For as long as I had that piggy bank, I do not know any time when somebody took money out of it without my permission. I would have thought that every bank had that kind of precaution.

The times I used that little piggy bank were wonderful memories.

Next door to where we lived was a little country store. It sold mostly food, like soda, ice cream, cookies and the like. Whenever my little piggy bank had enough money in it, I would take some out and go to the little country store and get myself a well-deserved treat.

I usually did it when nobody was watching because I did not want to use my own money to buy someone else a treat. You know how that is!

For many years, that little piggy bank served me quite well. It was always there when I needed it, and as far as I knew, nobody else knew it was there. Unfortunately, nobody contributed to my piggy bank.

Then, I went to a Bible school in New York and left my piggyback behind. I did not think about it for quite a few years.

Now, sitting in the bank trying to get my account back in order, I happen to think of my little piggy bank. I have no idea what happened to it. I would love to see it again and there might be a few coins in that little bank.

My parents sold the house while I was away at the time, and I never found out what happened to my little piggy bank.

It has been over 60 years since I last saw that piggy bank, but I still relish fond memories of it.

Just before Christmas, when we were doing our Christmas shopping, I was able to delve into my little piggy bank to get some money for Christmas presents. I remember that first Christmas, I was very surprised at how much money was in that little piggy bank.

Whenever I got any money, I put some of it in the piggy bank, and I can never remember counting it. I just knew it was there. I thought about all of the presents I bought my parents and siblings with the money in my little piggy bank.

The bank finally fixed my account, and I was ready to leave. My piggy bank had never given me this much trouble.

Driving home, I could not help but think of how much that little piggy bank was a blessing. If I had not had that piggy bank that my grandmother gave me, I never would have saved any money. I would have spent it as soon as I got it.

Every time I got alone with my grandmother, which wasn't often, she would whisper, "How's your little piggy bank doing?" and then she would hand me two quarters to put into my piggy bank.

She was the only one who knew about that piggy bank. I guess that's what grandmothers are for.

Would it be appropriate for me to buy all of my grandchildren little piggy banks? Would they use them the way I used mine?

I thought of a Bible verse that is usually misquoted. "For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows" (1 Timothy 6:10).

Money isn't our problem, but the "love of money." Money is important to my daily life. If I allow money to become an obsession, it takes my mind off what is important. I need to use what little money I have to live a life pleasing unto the Lord.

Money can be a blessing or a curse.

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

STUART TOLCHIN



PUT THE LIGHTS ON

IGNORANCE VERSUS INDIFFERENCE
Can We Learn To Notice And To Care?

Prior to beginning this article, I was completely unfamiliar with the term "agnotology" which according to Wikipedia is a branch of Social Science that looks at the ways in which doubt or ignorance is created. It is the study of deliberate, culturally induced ignorance or doubt, typically to sell a product or influence opinion, or win favor. Today the combination of the heat, my fears of covid infection, my age plus my malfunctioning old car have left me as a prisoner in my own home. I do little beyond watching television and worrying about things like what can I do positively to assist in creating a better and safer future for myself, my family, and everyone else. I wonder if an offshoot of agnotology which studied methods of recovery from this induced ignorance could be developed and presented.

Just now, while watching the PBS news, I learned that the Russians are attempting to create chaos in America through various presentations. I have no doubt that television can be used for this purpose. I am already bombarded with commercials proclaiming the benefits of medications that guarantee terminations of life-threatening or highly dangerous physical conditions. Some time ago, I asked a neighbor who is a medical professional, why it was that if medications that brought about cures existed then why didn't our primary doctors prescribe or simply suggest that we purchase these medications? My neighbor condescendingly laughed and informed me that hospitals and medical providers are not interested in preventions or cures. They are businesses which require revenues. Ongoing treatments in disease bring in money. Diseases, after their prevention, do not.

Last week in my article I described my optimistic belief that the stepping aside of President Biden would ensure the election of a Democrat and that the nation and all humanity would be spared the horrors of another Trump Presidency. Of course, I still favor the election of Vice-President Harris, but I wish that more time and energy were being spent on demonstrating that the candidate will pursue policies and programs that will ease what seems to be world-wide suffering. I would love to hear about policies that would assist people to have a good relationship with one another in addition to appreciating their own existence.

Education should emphasize learning how best to live and this is not the kind of learning presented by educational institutions. Traditionally religious adherence attempted to meet this need but to my mind religion was always about maintaining control and conformity. Religion may give people a sense of belonging, but it may also lead to prejudice and division and fighting against scientific progress which invariably conflicts with mythical creation theories. I believe, progress can be made to help people find satisfaction and mental health in their individual lives. Big Religion like Big Pharma and Big Politics have all contributed to bring us to the place we are in as they fought to maintain control and wealth. For their own purposes foreign countries present their devious lies. Frankly, I am ignorant as to what to do but I am not indifferent. I wish areas of social science like "agnotology" would study how to remedy the effects of our socially induced ignorance and assist us in recognizing when it is happening.

Schools should help us. Education is not the ability to memorize the answers to questions. There should be emphasis on learning to ask one's own questions, and to check facts and resources, and to maintain curiosity. Discussions should not be considered as competitions but rather as continuing explorations. Schools should be more than required pathways to jobs, status, and regular incomes. Instead, it would help if we learned to appreciate our own abilities to understand and not to simply accept the current opinions surrounding us. Really, comparing ourselves with others is usually not helpful. Less television, fewer recreational drugs and alcohol and recognizing our own abilities is the better idea and the best way to combat depression and isolation. Truth is out there - we just must learn to recognize it. Please stay informed; keep your eyes open and be sure to vote.

TOM PURCELL THE HOUSE WE LIVE IN



I've been listening to old crooners on Pandora lately, and one of my favorite Frank Sinatra songs is "The House I Live In." Sinatra performed the patriotic song in an 11-minute movie short that was made in 1945, shortly after the conclusion of the war. In the short, Sinatra steps out of a recording studio into an alley, where he confronts a group of kids chasing a smaller boy. He learns that the smaller boy was being picked on by the others because of his religion.

Sinatra explains to the kids that it is un-American to dwell on what makes us different. Rather, we must celebrate the many unique characteristics we have in common — the characteristics that make us very strong as a nation. To illustrate his point, Sinatra sings "The House I Live In:"

What is America to me?
A name, a map, or a flag I see.
A certain word, democracy.
What is America to me?

More than just a democracy, America is a representative republic. It was designed to put the power in the people's hands — people like Sinatra's Italian-born father, who understood how lucky he was to be American when, for many years, his birth country had been run by the fascist dictator Benito Mussolini.

The howdy and the handshake,
The air and feeling free.
And the right to speak my mind out,
That's America to me.

The howdy and the handshake speak of a civility and friendliness that we are losing in modern America. Though people are still able to "speak their minds," many fear punishment for doing so.

The things I see about me,
The big things and the small.
The little corner newsstand,
And the house a mile tall.

It's hard to imagine now, but envy had never been a big part of the American spirit. America was a place people came to rise on their own merits. Most of our early immigrants were too proud to take handouts — all they wanted was the opportunity to work and prosper and make a better life for their children.

Sinatra's father became a fireman and eventually a pub owner and lived a good life. But look at the remarkable life his son went on to live — a life and career that could be possible only in America.

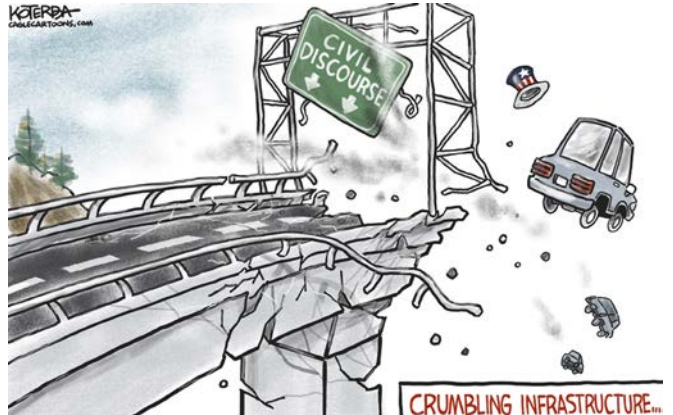
The words of old Abe Lincoln,
Of Jefferson and Paine.
Of Washington and Jackson,
And the tasks that still remain.

The American Constitution went into effect on March 4, 1789 — 156 years before Sinatra recorded "The House I Live In." Most Americans were still very much aware of the unique ideals upon which the country was founded — most realized that, despite America's many imperfections that still needed to be worked out, it was a blessing to be an American citizen. It was a blessing to have God-given rights to life, liberty and the pursuit of happiness.

In 2024, I dare say, many Americans have little understanding of the ideas and principles that make our country exceptional, and far too many are eager to give up our freedoms in exchange for government goodies.

A house that we call freedom,
A home of liberty. And it belongs to fighting people,
That's America to me.

That's America to me, too. And we better work harder if we hope to maintain the principles and blessings that have made our country great.



RICH JOHNSON NOW THAT'S RICH



YOUR CAREER BEFORE YOUR CAREER BEFORE YOUR CAREER

So, what does your "curriculum vitae" look like? Don't know what a "curriculum vitae" is?

In Neo-Latin it is roughly translated as "the course of one's life". "Resume" on the other hand, is a French word meaning "to summarize". Leonardo da Vinci is credited with the first resume circa 1481.

Included in his resume: Methods for destroying every rock or any other kind of fortress, how to dry up the water in moats, and how to construct an infinite number of bridges. I guess good things to know in 1481.

Maybe if we investigate the resumes of famous people we might get ideas on how they managed their careers to eventually become famous. Maybe we'll be motivated. It's certainly worth a peek:

The first candidate and I share a skill in common. Princess Meghan Markle and I are both calligraphers. It may have been Meghan's penmanship that won her a bonafide prince!

I hesitate to confess to the skill as it has gotten me trapped with friends in need of a calligrapher. I can't tell you how many banquet place setting cards I've been hornsawgled into doing over the last 40 years. I was even thinking of chopping off my right hand. My band mates talked me out of it. Couldn't figure out how to strum the guitar with my nose.

Matthew McConaughey got a job at a golf course as a sand trap raker. He quit when the management wanted him to get rid of an armadillo infestation.

Taylor Swift grew up working on her family's Christmas tree farm. She was in charge of picking praying-mantis pods off the Xmas trees so customers would not end up with multi-legged guests.

Mega-star Danny DeVito was a hairdresser while climbing up the "short" ladder of success in film and TV. Whose hair did he dress? (Certainly not his own) He was a hairdresser for female corpses. I suspect the tips were lousy, but there were relatively few complaints from the customers.

Terry Crews of "Brooklyn Nine-Nine" and "America's Got Talent" before fame struck was a courtroom sketch artist. Oh, and four

years in a part time gig as a player for the National Football League.

If you have ever been forced to do something humiliating for a living, you are not alone. No less than Brad Pitt made a living dressed up as the El Pollo Loco chicken mascot ordered to stand out in front of at least one of the restaurants.

Talk about a back up job for an actor struggling for success on television. I don't know how actor Ken Jeong (most notably on "Community") had to slug out paying the bills by falling back on his training as a doctor. Somehow, he got by.

If you are old enough to remember a incredibly good looking guy knocking on your door trying to sell you life insurance, you just might have met George Clooney before he was, you know, George Clooney.

Martha Stewart was a full-time model until she became a mother at 25. She then spent five years as a Wall Street stockbroker. And finally found her niche in gourmet cooking everything else.

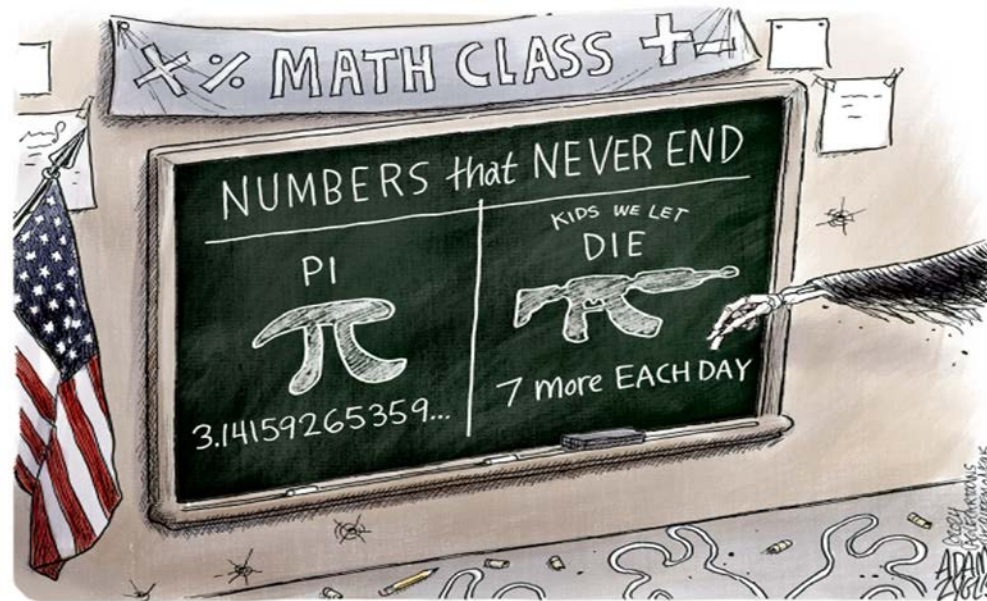
Premier women's designer Vera Wang was a figure skater and journalist until the fashion industry found her at age 40. Maybe she found them, but it worked out!

One of my big heroes was, in his younger days, a country lawyer, gas station operator, streetcar conductor and railroad worker. He had a motel and built a restaurant around it. And guess what he specialized in? Will it help if I tell you that in 1935 he was commissioned by governor Ruby Laffoon to be a Kentucky Colonel. Note: His Kentucky Fried Chicken Empire did not come to be until Colonel Sanders was 65.

So...if you feel you are too old to pursue a new dream, come on, go ahead and take the risk. Housekeeper and farm laborer Anna Mary Robertson didn't begin painting until she was 78. In 2006, one of her paintings sold for \$1.2 million. You might know her as Grandma Moses.

P.S. One of my favorite restaurants in Sierra Madre is Corfu Restaurant. Its right near the Southwest corner of Sierra Madre Blvd and Baldwin. 48 W. Sierra Madre to be exact. They have mostly Mediterranean food, which means it is not only very good, but yummy. They also serve traditional breakfasts and have the world's best Tuna Melt. Their number is (626) 355-5993. Call for hours. They have parking and an entrance in the back parking lot. I'm usually there on Saturday mornings playing a card game with smarter people than me. Come by, have breakfast and say hi!

ANOTHER SHOOTING



MICHAEL REAGAN



"He was on our radar." How many times have we heard that after a mass shooting at a high school or a shopping mall?

We heard it for the umpteenth time again this week after a disturbed 14-year-old kid in Georgia took a rifle to school and killed two students, two teachers, and injured nine others.

"He was on our watch list," the local police said to no one's surprise.

A year ago, after the FBI's radar picked up Colt Gray reportedly making threats online that he was going to "shoot up a middle school tomorrow," the feds tipped off the county sheriff.

Colt and his father, Colin Gray, were questioned about the anonymous and unsubstantiated tip.

Colt assured a county investigator "he never made any threats to shoot up any school."

His dad told the investigator that Colt had mental issues, but he was a good kid who'd never even joke about doing a terrible thing like that.

His dad also assured the police that though he had hunting rifles in the house, Colt did not have unfettered access to them.

The investigator said that he urged Colt's father last year "to keep his firearms locked away and advised him to keep Colt out of school until this matter could be resolved."

Case closed — until the tragedy of this week. Colt was not kept out of school. His dad failed to prevent him from getting his hands on a rifle — and in fact, gave Colt the AR-15-style rifle he used in the shooting as a Christmas present months after he was visited by the investigators.

The police "radar" failed to stop the shooter — again. And four innocent people are dead. Realistically, there's not a lot that parents can do to "fix" a child like Colt, who has serious mental troubles and is a potential threat to others.

Parents can admit the truth and not be afraid of being shamed as a "bad parent." They can seek professional care or put their child in a mental health facility, though

SMART PARENTS CAN PREVENT SCHOOL SHOOTINGS

when he turns 18, he has the right to get out. But there is something very important that sensible and caring parents can do to prevent or reduce the number of future mass shootings.

It's really not complicated. It's simply putting the family's pistols and rifles in a gun safe and making sure your kids don't have the access code.

Even better, it's getting all of your guns completely out of the house by giving them to a relative or friend to hold for you until your child grows up, gets control of his brain and stops being mad at the world.

Unfortunately, irresponsible or clueless gun-owning parents like Colt Gray's father are not rare. They play a role in so many mass shootings that prosecutors and the courts are starting to make them pay for their carelessness.

Earlier this year a Michigan couple became the first parents convicted in a mass school shooting.

Because they missed so many chances to prevent their disturbed 15-year-old son from getting a handgun and killing four schoolmates in 2021, they were sentenced to 10 years in prison for involuntary manslaughter.

As the AP said, they were guilty of failing to secure a "newly purchased gun at home and acting indifferently to signs of their son's deteriorating mental health."

And Thursday night, as this was being written, the Georgia Bureau of Investigation charged Colt Gray's father Colin with second degree murder and involuntary manslaughter "for knowingly allowing his son Colt to possess a weapon."

Parents can play an important role in preventing tragic shootings like the one this week — which would never have happened if our "radar" worked the way it should — by knowing when to take their children's guns away.

They should do their own "gun control" before the government tries to use mass shootings as an excuse to take all our guns away.

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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024-169195
The following person(s) is (are) doing business as: PASADENA BUTTERFLYS, 1583 EAST COLORADO BLVD, PASADENA, CA 91106. Full name of registrant(s) is (are) JOSE RUBEN PAREDES PACHECO, 1583 EAST COLORADO BLVD, PASADENA, CA 91106. This Business is conducted by: AN INDIVIDUAL. Signed: JOSE RUBEN PAREDES PACHECO/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/12/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: AUG 17, 24, 31, SEP 07, 2024

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024-160416
The following person(s) is (are) doing business as: SAN PEDRO WELDING, 650 W SANTA CRUZ ST, SAN PEDRO, CA 90731. Full name of registrant(s) is (are) CELESTINO LUQUE LUQUE, 650 W SANTA CRUZ ST, SAN PEDRO, CA 90731. This Business is conducted by: AN INDIVIDUAL. Signed: CELESTINO LUQUE LUQUE/OWNER. This statement was filed with the County Clerk of Los Angeles County on 07/30/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/20/24. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: AUG 17, 24, 31, SEP 07, 2024

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024-169838
The following person(s) is (are) doing business as: TAPIA'S TRANSPORT, 1514 W 205TH ST APT 2, TORRANCE, CA 90501. Full name of registrant(s) is (are) SELINE BARRERA-BENITEZ, 1514 W 205TH ST APT 2, TORRANCE, CA 90501. This Business is conducted by: AN INDIVIDUAL. Signed: SELINE BARRERA-BENITEZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/13/2024. The registrant(s)

has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: AUG 17, 24, 31, SEP 07, 2024

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024-163074
The following person(s) is (are) doing business as: VIP MARKET & TOBACCO, 146 W 10TH ST, LONG BEACH, CA 90813. Full name of registrant(s) is (are) AYMAN A EL BASTAWESY, 146 W 10TH ST, LONG BEACH, CA 90813. This Business is conducted by: AN INDIVIDUAL. Signed: AYMAN A EL BASTAWESY/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/02/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: AUG 17, 24, 31, SEP 07, 2024

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024-162151
The following person(s) is (are) doing business as: AN INDIVIDUAL, 1848 N GARFIELD PL APT 12, LOS ANGELES, CA 90028. Full name of registrant(s) is (are) WILFREDO SANDOVAL, 1848 N GARFIELD PL APT 12, LOS ANGELES, CA 90028. This Business is conducted by: AN INDIVIDUAL. Signed: WILFREDO SANDOVAL/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/01/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/2018. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: AUG 17, 24, 31, SEP 07, 2024

FILE NO. 2024-159948
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) IMELDA BRUNO, 373 N. WESTERN AVE, SUITE 1-1, LOS ANGELES, CA 90004, has/ have abandoned the use of the fictitious business name: ISTOPAUTOREG, 373 N. WESTERN AVE, SUITE 1-1, LOS ANGELES, CA 90004. The fictitious business name referred to above was filed on 11/14/2019, in the county of Los Angeles, California. I, IMELDA BRUNO, the owner of the business name, declares as true information which he or she knows to be false, is guilty of a crime. IMELDA BRUNO/OWNER Publish: Mountain Views News Dates Pub: AUG 17, 24, 31, SEP 07, 2024

FILE NO. 2024-167881
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) ROSY GUTIERREZ MARROQUIN, 2004 MAPLE AVE, LOS ANGELES, CA 90011, has/ have abandoned the use of the fictitious business name: LA PUPUSA FELIZ SNACK SHOP, 2004 MAPLE AVE, LOS ANGELES, CA 90011. The fictitious business name referred to above was filed on 05/24/2022, in the county of Los Angeles, California. The original file number of 2022112365. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 08/09/2024. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) ROSY GUTIERREZ MARROQUIN/OWNER Publish: Mountain Views News Dates Pub: AUG 17, 24, 31, SEP 07, 2024

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024172250
The following person(s) is (are) doing business as: KATHYS SERVICE CLEANING, 7306 MACIE PLACE, LOS ANGELES, CA 90001. Full name of registrant(s) is (are) KATHERINE CAROLINA REYES GONZALEZ, 7306 MACIE PLACE, LOS ANGELES, CA 90001. This Business is conducted by: GENERAL PARTNERSHIP. Signed: KATHERINE CAROLINA REYES GONZALEZ GENERAL PARTNER . This statement was filed with the County

Clerk of Los Angeles County on 08/15/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 8/20/24. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: AUG 17, 24, 31, SEPT. 7, 2024

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024168941
The following person(s) is (are) doing business as: I & MINI MARKET 18302 SIERRA HWY SUITE 101 CANYON COUNTRY, CA. 91351. LOS ANGELES COUNTY. Full name of registrant(s) is (are) JANET CASTILLO ARISTA 34232 RED ROVER MINE ROAD ACTON, CA. 93510. JESUS GARCA CRUZ 34232 RED ROVER MINE ROAD ACTON, CA. 93510 This Business is conducted by: A MARRIED COUPLE. Signed: JANET CASTILLO ARISTA WIFE. This statement was filed with the County Clerk of Los Angeles County on 08/12/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/20/24. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: AUG 17, 24, 31, SEPT. 7, 2024

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024171418
The following person(s) is (are) doing business as: BEACH GARAGE DOOR REPAIR 2447 PACIFIC COAST HIGHWAY 2ND FLOOR HERMOSA BEACH, CA 90701. STATE OF CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) M B ADV INC. 6009 TOPEKA DR TARZANA, CA. 91356. This Business is conducted by: A CORPORATION Signed: M B ADV INC, SHANI FURSHIPAN, SECRETARY. This statement was filed with the County Clerk of Los Angeles County on 08/14/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/20/24 NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: AUG 17, 24, 31, SEPT. 7, 2024

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024159991
The following person(s) is (are) doing business as: JJ AUTO REPAIR & BODY SHOP 809 W ROSCREANS AVE SUITE D GARDENA, CA. 90247. LOS ANGELES COUNTY. Full name of registrant(s) is (are) JUAN JOSE AMBROSIO SAJCHE 7337 INDEPENDENCE AVE APT 12 CANOGA PARK, CA 91303. This Business is conducted by: AN INDIVIDUAL. Signed: JUAN JOSE AMBROSIO SAJCHE, OWNER. This statement was filed with the County Clerk of Los Angeles County on 07/30/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/20/24. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: AUG 17, 24, 31, SEPT. 7, 2024

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024168935
The following person(s) is (are) doing business as: MAZEH BARAN 26208 ALIZIA CANYON DRIVE CALABASAS, CA. 91302. This Business is conducted by: AN LLC. Signed: ALIZIA CANYON DRIVE CALABASAS, CA. 91302. This Business is conducted by: AN LLC. Signed: ALIZIA CANYON DRIVE CALABASAS, CA. 91302. This statement was filed with the County Clerk of Los Angeles County on 08/12/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 09/20/23. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: AUG 17, 24, 31, SEPT. 7, 2024

another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: AUG 17, 24, 31, SEPT. 7, 2024

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024168938
The following person(s) is (are) doing business as: VALLEY VIEW LAUNDRY 13714 SHERMAN WAY VAN NUYS, CA. 91405. AON 202462391768 CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) LAJ LAUNDRY, LLC. 13714 SHERMAN WAY VAN NUYS, CA. 91405 This Business is conducted by: AN LLC. Signed: LAJ LAUNDRY, LLC. JAMIL DARROUJ, MANAGING MEMBER. This statement was filed with the County Clerk of Los Angeles County on 08/14/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/20/24. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: AUG 17, 24, 31, SEPT. 7, 2024

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024160031
The following person(s) is (are) doing business as: LINDISIMA FAJAS COLOMBIANAS 4323 E 58TH ST MAYWOOD, CA. 90270. LOS ANGELES COUNTY. Full name of registrant(s) is (are) MARITZA ELIZABETH SORTO DE LINO 4323 E 58TH ST MAYWOOD, CA. 90270. This Business is conducted by: INDIVIDUAL. Signed: MARITZA ELIZABETH SORTO DE LINO, OWNER. This statement was filed with the County Clerk of Los Angeles County on 07/30/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 04/20/22. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: AUG 17, 24, 31, SEPT. 7, 2024

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024173030
The following person(s) is (are) doing business as: M R MANAGEMENT SERVICES 3919 GLADE AVE WOODLAND HILLS, CA. 91367. LOS ANGELES COUNTY. Full name of registrant(s) is (are) MEHRAN ROJHANY 3919 GLADE AVE WOODLAND HILLS, CA. 91367. This Business is conducted by: INDIVIDUAL. Signed: MEHRAN ROJHANY, OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/13/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/20/24. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: AUG 17, 24, 31, SEPT. 7, 2024

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024168990
The following person(s) is (are) doing business as: ELO CLEANING SERVICES 1135 SOUTH WESTLAKE AVE LOS ANGELES, CA. 90006. LOS ANGELES COUNTY. Full name of registrant(s) is (are) THELMA MARISOL GOMEZ 1135 SOUTH WESTLAKE AVE LOS ANGELES, CA. 90006. This Business is conducted by: INDIVIDUAL. Signed: THELMA MARISOL GOMEZ, OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/12/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/20/24. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: AUG 17, 24, 31, SEPT. 7, 2024

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024169718
The following person(s) is (are) doing business as: AMERICAN CERTIFIED COLLISION 14725 BESSEMER ST UNIT F VAN NUYS, CA. 91411. LOS ANGELES COUNTY. Full name of registrant(s) is (are) AMERICAN CERTIFIED COLLISION 14725 BESSEMER ST UNIT F VAN NUYS, CA. 91411. This Business is conducted by: A CORPORATION.

Signed: AMERICAN CERTIFIED COLLISION, VAHAGN SELIVERYAN, CEO. This statement was filed with the County Clerk of Los Angeles County on 08/13/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/20/24. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: AUG 17, 24, 31, SEPT. 7, 2024

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024170026
The following person(s) is (are) doing business as: COMO EN EL PUEBLO 10930 OTSEGO ST APT 102 NORTH HOLLYWOOD, CA. 91601. LOS ANGELES COUNTY. Full name of registrant(s) is (are) BRAYAM E MENDOZA ROMERO 10930 OTSEGO ST APT 102 NORTH HOLLYWOOD, CA. 91601. This Business is conducted by: INDIVIDUAL. Signed: BRAYAM E MENDOZA ROMERO, OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/13/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/20/24. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: AUG 17, 24, 31, SEPT. 7, 2024

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024172337
The following person(s) is (are) doing business as: PASTORA JUMBA 14827 ARCHWOOD ST VAN ORANGE GROVE BURBANK, CA. 91506. LOS ANGELES COUNTY. Full name of registrant(s) is (are) ARUTYUN HARUT PATATANYAN 927 W ORANGE GROVE AVE BURBANK, CA. 91506. This Business is conducted by: AN INDIVIDUAL. Signed: ARUTYUN HARUT PATATANYAN, OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/15/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 12/20/23. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: AUG 17, 24, 31, SEPT. 7, 2024

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024172461
The following person(s) is (are) doing business as: FUSTORA JUMBA 14827 ARCHWOOD ST VAN ORANGE GROVE AVE BURBANK, CA. 91506. Full name of registrant(s) is (are) JORGE HERRERA 14827 ARCHWOOD ST VAN NUYS, CA. 91405. This Business is conducted by: INDIVIDUAL. Signed: JORGE HERRERA, OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/15/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/20/24. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: AUG 17, 24, 31, SEPT. 7, 2024

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024172461
The following person(s) is (are) doing business as: B-NOTOV 5665 W WILSHIRE BLVD #1240 LOS ANGELES, CA. 90036. LOS ANGELES COUNTY. Full name of registrant(s) is (are) KENNY JAMERSON CATO 5665 W WILSHIRE BLVD #1240 LOS ANGELES, CA. 90036. This Business is conducted by: INDIVIDUAL. Signed: KENNY JAMERSON CATO, OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/15/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/20/24. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: AUG 17, 24, 31, SEPT. 7, 2024



WEEKEND WARRIORS

We've all heard the term "Weekend Warrior" It's a nickname given to people who save most of their physical activity for the weekends. Many are people who have busy weekdays filled with work, school, family, and other responsibilities, leaving them little time or energy to exercise regularly. So, when the weekend arrives, they try to make up for lost time by going all out. They might go hard on a long bike ride, take on a marathon, or spend hours at the gym, cramming all their exercise into a Saturday or Sunday. On the other hand, regular exercisers spread their workouts throughout the week, doing shorter sessions more frequently.

Being a Weekend Warrior comes with challenges and risks:

1. Injury: Engaging in intense physical activity after being mostly inactive during the week can increase the risk of injuries. Muscles, tendons, and joints that aren't used to regular exercise can be more prone to strains, sprains, or other injuries when suddenly pushed to their limits.
2. Delayed Onset Muscle Soreness (DOMS): Sporadic workouts are more likely to produce intense muscle soreness afterwards because the muscles are not used to the sudden, high-intensity activity. While some soreness is normal, severe pain can discourage future exercise or affect daily activities.
3. Reduced Overall Fitness Gains: Regular exercisers build endurance, strength, and flexibility more effectively than those who cram all their activity into one or two days.
4. Burnout and Fatigue: Packing all exercise into the weekend can be physically and mentally exhausting. It may feel overwhelming or lead to burnout, especially if it's difficult to recover before the workweek begins.
5. Inconsistent Habit Building: Exercising only on weekends can make it harder to develop a consistent fitness habit, key to sticking with exercise long-term. Infrequent workouts can make it harder to make fitness a part of daily life.

Regular exercisers tend to spread their physical activity throughout the week, engaging in moderate exercise on most days. This approach offers several benefits over the Weekend Warrior method. First, regular exercise helps prevent injuries by gradually strengthening muscles, joints, and connective tissues, allowing the body to adapt better to frequent, less intense activity. This reduces the risk of strains, sprains, and other injuries that can result from sudden, high-intensity workouts. Regular exercisers also maintain more consistent fitness levels, which can lead to improved cardiovascular health, better muscle tone, and enhanced flexibility over time. Additionally, regular exercise is linked to better mental health outcomes, as it consistently releases endorphins that help reduce stress, anxiety, and depression. Those who exercise frequently enjoy these mood-boosting effects more regularly. Finally, a consistent exercise routine makes it easier to turn fitness into a habit. By making physical activity a regular part of a daily schedule, regular exercisers are more likely to stick with their routines and less likely to quit.

Avoid being a Weekend Warrior with some simple strategies to fit more physical activity into your weekdays:

1. Start Small and Build Up: Start by adding short bouts of

activity, like a 10-15 minute walk, during lunch breaks or after work. Gradually increase time or intensity as it becomes a habit.

2. Do Something Daily: Look for opportunities to move throughout your day. Take stairs instead of the elevator, park further away from your destination, or do a few squats while waiting for your coffee to brew.

3. Schedule Your Workouts: Set aside specific times during the week for physical activity, whether it's a quick morning yoga session, a short run, or a bike ride after dinner.

4. Mix Up Your Workouts: Adding variety to your workouts can help prevent boredom and keep you motivated. Alternate between cardio, strength training, and flexibility exercises. This also works different muscle groups, reducing the risk of injury.

5. Find a Workout Buddy: Having a friend to exercise with can make it more enjoyable and help keep you accountable. Plan regular meetups for a jog, a fitness class, or a brisk walk in the park.

6. Use Technology: Fitness apps, trackers, or online classes can provide guidance and motivation. Set goals, track your progress, and challenge yourself to move more during the week.

7. Focus on Consistency, Not Perfection: Remember, something is better than nothing. Even if you can't manage a full workout, squeezing in a little movement during the week will still provide benefits.

Being a Weekend Warrior is definitely better than not exercising at all. But by taking a few small steps to incorporate more exercise into your daily life, you can enjoy the best of both worlds—without the downsides.

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Events Around Town in Sept!

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One Time Events

September 4 6:00 pm – 8:00 pm
Twilight Music and Cocktails at the Arboretum
Enjoy the music of Marcus Love while relaxing with mixed drinks and charcuterie.

September 5 4:00 pm – 7:00 pm
Taste of Art: Le Piquenique at The Huntington
Discover the history of the picnic through art, sip spritzers and prepare salads and desserts.

September 7 6:30 pm – 8:30 pm
South Lake Avenue Walking Tour
Learn about Pasadena's pedestrian-friendly shopper's paradise starting at Pie n' Burger.

September 7 Gate 5:30 pm; Concert 7:30 pm
Oscar Meets Tony – Pasadena Pops at the Arboretum
Tunes from memorable composers Henry Mancini, Alan Menken and more.

September 9 7:30 pm
Wild Up – The L.A. Composer Series at the Sierra Madre Playhouse
Grammy-nominated ensemble Wild Up features a blend of new music, theater, and pop.

September 13 5:30 pm – 7:30 pm
Friday Nights at the Gamble House Lawn
Enjoy wine flights, a picnic, and music by Pasadena Conservatory of Music.

September 13 6:30 pm – 9:30 pm
Family Friday Movie Night: Jurassic Park at The Huntington
Fun activities and picnicking.

September 14 10:00 am – 12:00 pm
Flower Arranging: September Succulents at The Huntington (Adults Only)
Join Flower Duet and create a beautiful floral design.

September 14 5:30 pm – 7:00 pm
Family Night Hike: Gross Gardens at the Arboretum
Family-friendly hike offers the chance to touch, smell, and taste some of the nastiest plants.
Adult Night Hike: Hidden History of House Plants at the Arboretum 7:30 pm – 9:00pm

September 21 10:00 am – 12:00 pm
Chinese Floral Arts: Intellectual Style at The Huntington
Explore the practice of traditional Chinese floral arts with master artist Rosa Zee.

September 21 Dinner 5:00 pm; Concert 8:00 pm
Taylor Dayne at Arcadia Performing Arts Center
Dance and sing as Taylor Dayne performs her chart-topping hits at the APAC.

September 21 2:00 pm – 6:00 pm
Taste of Arcadia at Santa Anita Park
Enjoy entertainment and unlimited food and beverages tastings at Santa Anita Park.

September 21 4:00 am – 6:30 pm
An Evening in Focus: Plugged In at the Norton Simon Museum
Explore the galleries and interactive collaborative art-making to music

September 28 6:00 pm
Taste of 'Dena - Altadena Main Library
Enjoy an evening of culinary delights, soulful melodies, and community spirit.

Ongoing Events

September 1 – 29
The Skin of Our Teeth at A Noise Within
Pulitzer Prize-winning comedic masterpiece

September 4 – 29
Cyrano De Bergerac at Pasadena Playhouse
This romantic adventure is reborn in a modern adaptation.

September 14, 2024 – January 6, 2025
Growing and Knowing in the Gardens of China - Huntington Library
This exhibition displays 24 artworks and a participatory exercise

September 20, 21, 22 6:30 pm – 9:00 pm
Mid-autumn Moon Celebration at The Huntington
Celebrate the festival with a stroll through the Chinese Garden.

September 23, 30 1:00 pm – 3:00 pm
Music in the Rose Garden at The Huntington
Wander through the garden to live music from Pasadena Conservatory of Music artists.

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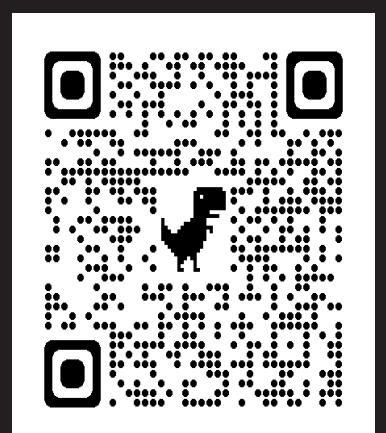
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