

# Happy Thanksgiving Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, NOVEMBER 23, 2024

VOLUME 18 NO. 47

**WM**  
the webb-martin aroud

*Happy  
Thanks  
giving!*

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thankful  
for your  
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## BELOVED SIERRA MADREAN ROD SPEARS PASSES AWAY



**RODNEY BEN SPEARS**  
August 12th 1938 To November 12th 2024

Rodney Ben Spears passed away on November 12th 2024 at his home in Sierra Madre California He was born in Los Angeles to Mary Karbach and Ben Spears.

Rod worked his way through college as a LA County lifeguard where he caught the eye of Joan Marie Sheldon, a member of the LA Athletic Club swim team They were married in 1957.

Rod completed his degree in Civil Engineering at Cal State LA and went to work for one of his profes-sors. His first project was working on the iconic Space Needle in Seattle. He continued his studies at Pacific Oaks College pursuing a Masters Degree in Sociology. During his long and diverse career he worked on the Disney Castle at Walt Disney World, the Queen Mary in Long Beach and served for many years as a forensic structural engineer. Rod was also a member of the LA County Urban Search and Rescue Team and served with them in Oklahoma City after the bombing of the federal building.

Rod's lifelong activism led him to participate in the Selma to Montgomery march with Dr Martin Luther King in 1966.

While raising their own family Rod and Joan created a summer pre-school program at All Saints Episcopal Church in Pasadena for children from the local communities. The program was extended to St Mark's in Altadena. For their endeavors All Saints recognize the Spears as Congregants of the Year

Rod and Joan raised their five children in La Quinata where he was instrumental in starting (continued on page 2)

## 48 YEARS OF COMMUNITY PRAYER & THANKSGIVING

Story and Photo submitted by SMWC



The Sierra Madre Woman's Club's 48th Interfaith Prayer Breakfast, held November 20 at The Lodge for the second year, once again provided a quiet moment in space and time before the holidays hit, to thank our town's many wonderful people who do so much to keep our town's environment "special". Dr. Patricia Jessup Woodlin, SMWC President, greeted everyone and Mistress of Ceremonies and event coordinator, Mary Carney introduced this year's honored guests: John Harabedian, our own former mayor and now "our own" District 41 CA Assembly Member, Dr. Elizabeth Blanco, PUSD Superintendent, (continued on pg 3)

**Sierra Madre Winter Village**  
Saturday, November 30, 2024  
Shop Local Sierra Madre Businesses All Day  
From Noon until 8 pm:  
Visit Exhibitors in Kersting Court,  
Baldwin and Sierra Madre Blvd, Downtown  
Visit Family Fun in Memorial Park  
Starting at Noon  
**SLIDE DOWN THE SNOW HILL**  
in Memorial Park  
**LIVE MUSIC**  
Kersting Court & Memorial Park  
USC Trio Joe Normal  
Performance by Miss Amy's Dance Studio  
5:00  
**SANTA COMES TO TOWN**  
**CHRISTMAS TREE LIGHTING**  
This Event Brought to you courtesy Sierra Madre Chamber of Commerce

*Santa's Looking For The  
Best Decorated House in  
Sierra Madre!*  
**2024**  
THE MOUNTAIN VIEWS NEWS WILL ONCE AGAIN SEND OUR PHOTO SANTA TO LOOK FOR THIS YEAR'S BEST DECORATED HOME.  
Make certain you have your decorations up by: **DECEMBER 16, 2024.**  
NO REGISTRATION REQUIRED Photo Santa will drive all over town looking for the very best!  
YOU CAN ALSO CAST A VOTE FOR THE PEOPLE'S CHOICE! Just email the address of your choice to: [editor@mtviewsnews.com](mailto:editor@mtviewsnews.com) SUBJECT: BEST  
WINNERS WILL BE ANNOUNCED IN THE DECEMBER 21st EDITION OF THE PAPER!

### INSIDE THIS WEEK

SIERRA MADRE NEWS	Page 3
PASADENA NEWS	Page 4
NEIGHBORING CITIES	Page 5
AROUND SAN GABRIEL VALLEY	Page 6
EDUCATION & YOUTH	Page 7
PUZZLES FOR YOU	Page 8
FOOD, DRINK & FUN	Page 9
FROM OUR KITCHEN	Page 10
THANKSGIVING MENU IDEAS	
BEST FRIENDS	Page 11
THE GOOD LIFE	Page 12
OPINION	Page 13
LEGAL NOTICES	Page 14
SPORTS & FITNESS	Page 16
Michele Kidd - Thanksgiving Dinner Calorie Counter	
SHOP LOCAL	Page 17

We Are Bringing Out The Big Dogs To Help Make Your 2024/25 Real Estate Dreams Come True.  
Fall Is The Perfect Reminder Of How Great Change Can Be.  
Is It Time To Sell Your Home And Make The Move You've Always Dreamed Of?  
CALL US!  
We Want To Help You Achieve Your 2024/25 Real Estate Goals

Record Low Inventory Continues To Cause A Strong Sellers Market.  
**THIS IS A GREAT TIME TO SELL!**

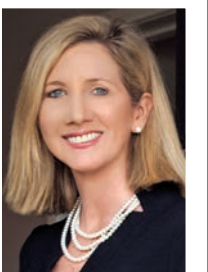


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**FOR LEASE**  
**PASADENA \$4,000 / Mo**  
Spacious 3-story rental with 2 en suite bedrooms, Viking kitchen, fireplace, balcony, mountain views, and ADT security system.



**FOR SALE**  
**BIG BEAR CITY \$425,000**  
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.



### ROD SPEARS

(cont. from page 1)

the La Canada High School soccer program. He was an active parent coaching his daughter Lisa's soccer team; traveling to watch his son Mark compete for USC rowing; his son Christopher as he played soccer at Westmont College and his son Jonathan fence and cycle at Cal State Long Beach. His world revolved around his wife and children, then came his dogs. Over the years he had a total of eight golden retrievers and two Multi-Poos all rescues. v

In 2000 Rod and Joan moved to Si

erra Madre where they lovingly restored their 1912 craftsman home fulfilling a childhood dream. At the age of 65, Rod joined the Sierra Madre Volunteer Fire Department where he served for five years. An avid reader, he also served two terms as a Sierra Madre Library Trustee.

In 2016, Rod and Joan were named Sierra Madre's Citizens of the Year.

Rod was a man of strong moral values and ethics, qualities that he instilled in his children.

Rod is survived by his wife of 67

years, Joan, his children Mark (Lucinda), Christopher (Pamela), Lisa Paul (Charlie), and Jonathan (Darcy). His daughter Susan preceded him in death.

He also leaves eight grandchildren and five great grandchildren

A celebration of life will be held at a later date

Donations in his memory may be made to a purposeful rescue PO box 351901 Los Angeles CA 90035; <https://www.apurposefulrescue.org/> or Friends of the Sierra Madre Library PO Box 334 Sierra Madre, Ca. 91025 <https://sierramadrelibraryfriends.org/>

### IN MEMORY OF:

#### SHIRLEY BETZ SUTER 1926 - 2020

Shirley Betz Suter age 94 passed away peacefully on Sunday October 25th at her home in Sierra Madre. She was survived by her second husband Bill; daughters Karen Coxwell, Kristen Reis and Katherine Riley; son, Richard Betz; grandchildren Alex Reyes, Meghan Clark (Scott), Josh Coxwell (Sandy), Erinn Rosendahl (Adam) and Brian Riley and 4 great grandchildren.

A graduate of Middlebury College as a young woman she chaired the Little Hoover Commission in New York City. After moving to California with her first husband she spent her working life as a school teacher. An avid Bridge player Shirley was a Silver Life Master and at age 88 met her second husband at the bridge table with whom she spent happy years for the rest of her life.



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## 2025 ROSE PARADE® & ITS EVENTS

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### MOFFETTS THANKSGIVING DINNER

CALL TO RESERVE FOR 27TH OR 28TH (626)447-4670  
PRE-ORDER BY NOV. 23RD  
(NOTE: ALL ITEMS COME PRE-COOKED AND REQUIRE 2-3 HOURS TO RE-HEAT ALL ITEMS)

\$210.95 THANKSGIVING FAMILY DINNER FEEDS 6-8 (INCLUDES ALL ITEMS)	\$69.95 OVEN ROASTED TURKEY FEEDS 4-6 (3.5 TO 4 LBS)	\$85.99 HONEY BAKED HAM FEEDS 4-6 (3.5 TO 4LBS)
\$16.50 MASHED POTATOES FEEDS 6-8 (3LBS)	\$14.50 TURKEY GRAVY FEEDS 6-8 (32OZ)	\$15.50 STUFFING FEEDS 6-8 (16OZ)
\$17.50 YAMS FEEDS 6-8 (2 LBS)	\$14.50 VEGGIES FEEDS 6-8 (1-1/2 LBS)	\$9.95 CRANBERRY SAUCE FEEDS 6-8 (16OZ)
DOZ. DINNER ROLLS \$8.50 FEEDS 6-8	OR	DEMI LOAFES \$ 8.50 FEED 6-8 (2 LOAFES)

Moffett's Chicken Pie Shoppe

ALL ARE WELCOME TO ATTEND

THE VILLA PRESENTS

## WINTER WONDERLAND & HOLIDAY BOUTIQUE

WINTER WONDERLAND  
December 7  
8 am - 2 pm

HOLIDAY BOUTIQUE  
December 7  
9 am - 2 pm  
December 8  
10 am - 1pm

Preorder Breakfast, See's Candy, Santa & Mrs. Claus photos and more!

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## Colette 人生如戏 Special Lunch!

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# SIERRA MADRE

SIERRA MADRE

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## Weather Wise



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

Sun	Sunny	Hi	60s	Lows	50s
Mon	Sunny	Hi	60s	Lows	50s
Tues	Sunny	Hi	60s	Lows	50s
Wed	Sunny	Hi	60s	Lows	50s
Thur	Sunny	Hi	70s	Lows	50s
Fri	Sunny	Hi	70s	Lows	50s

Forecasts courtesy of the National Weather Service

## SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

December 10, 2024 5:30pm

### THIS MEETING WILL BE HELD IN THE COUNCIL CHAMBERS!

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

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

The meetings will be streamed live on Foothills Media website at [foothillsmidia.org/sierramadre](http://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](mailto:radio@cityofsierramadre.com).

## WALKING SIERRA MADRE - The Social Side

by Deanne Davis

*"Before you marry someone, find out if their family drinks mimosas or runs 5k races on Thanksgiving morning."*

*"Forever grateful, this year and every year, that my family does not do a 5k, play touch football, or do any kind of physical activity whatsoever on Thanksgiving."*

I'm thinking about Thanksgiving today, November 18th, and realizing Thanksgiving is a week from Thursday! We're looking forward to a lovely day of delicious food and possibly a Disney movie. And, yes, I will be making Green Jell-O Salad! Speaking of movies, Red One featuring The Rock and a bunch of other great actors engaged in saving Santa Claus was a really fun movie.

*"I can't cook a Thanksgiving dinner. All I can make is cold cereal, maybe toast."*  
*Charlie Brown, A Charlie Brown Thanksgiving*

I can cook way more than cold cereal and toast, and did so for scores of family and friends for years and years. Our one major rule for Thanksgiving was there was no TV during dinner, we didn't care what football game was on. Days of hard labor had been expended and everyone was going to appreciate dinner! Doggone it! And they did. And really didn't seem to miss the TV being on. In fact, many people lingered at the table enjoying conversation for what seemed like hours when all we really wanted to do was get the dishes washed and go to bed.

Much to my relief, my cooking days are over and my daughters, Patti and Leah, have taken up the baton and serve amazing meals to our ever-expanding family. This year, we have a new baby, Nicole and Chris's little Miss Olivia, and Luke and Mackenzie were married. More joy to share, along with the turkey, stuffing, mashed potatoes and Leah's famous roasted vegetables. Blake is the pie master and whatever he makes, totally from scratch, will be awesome.

Everybody has some sort of Jell-O salad with their Thanksgiving dinner and here's mine, given to me more than fifty years ago by my Aunt Helen, who was the gift and jewelry buyer for long-departed I. Magnin's Department Store. She had the distinction of being a person who never said anything unpleasant about anyone, unlike Teddy Roosevelt's daughter, Alice Roosevelt Longworth who famously said, "If you haven't got anything nice to say about anybody, come sit next to me."

My Aunt Helen has been gone for quite a while now, but she lives on for me and our family whenever we make:

#### Helen's Green Jell-O Salad

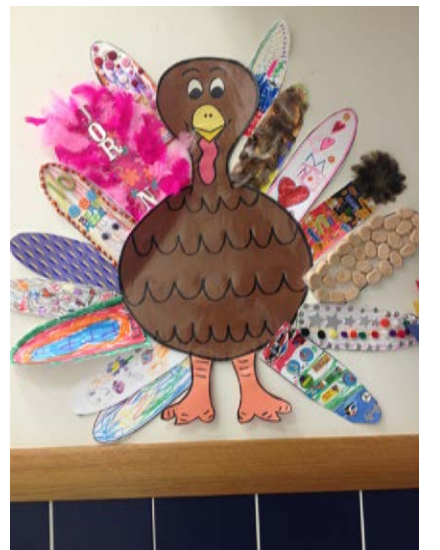
- Regular size package lime Jell-O
- 2 cups boiling water
- 24 oz. can crushed pineapple
- 1 Tbs. lemon juice
- 2 cups miniature marshmallows
- 1 8-oz container whipping cream, whipped till it's nice and thick, or the equivalent amount of Cool Whip

Put the Jell-O into whatever dish you plan to serve it in. Drain the pineapple juice into the Jell-O but not the pineapple, add the marshmallows, the 2 cups boiling water, the lemon juice and stir till the Jell-O is completely melted. Refrigerate. Keep a close eye on it as you don't want it to jell completely, just till it's starting to get firm. At that point, add the other ingredients, mix well to be sure all the Jell-O is off the bottom and mixed in. Refrigerate until totally firm. You can add nuts, walnuts or pecans, but only if you're sure that everyone who is going to eat this likes nuts. Otherwise, you have to clench your teeth while the non-nut eaters carefully pick each and every nut out and set them on another plate. You can double this with complete impunity and great success.

My Aunt Helen, who never had children of her own, loved me dearly, sat on the floor with a shaded light and read Winnie the Pooh to me when I had a really serious case of measles; sewed doll clothes for me on her treadle Singer sewing machine, helped me write and memorize a long report on Victoria Falls when I was in third grade, just to name a few of the ways she let me know she loved me, and was a blessing to me all her life.

"Give thanks to the Lord, for he is good; his love endures forever." Ps. 107:1

My book page: Amazon.com: Deanne Davis  
Christmas is just a few short weeks away and my book:  
"Sunrises and Sunflowers Speak Hope"  
Would be a really nice gift for everyone you know. It's on Amazon.com  
"Star of Wonder" a delightful Christmas Kindle story is there, too.



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

**November 18 — November 23**

#### Monday

**Baby Rhyme Time** — Library at 9:00am

**Preschool Storytime** — Library at 10:00am

**Writer's Workshop** — Naomi Hirahara at Emmi's Restaurant from 6:00pm - 8:00pm

#### Wednesday

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

**Pajama Storytime** — Online at 7:00pm. Call to register

#### Thursday

**Third Thursday Book Club** — Online at 11:00am.

Call to register

#### Saturday

**Hike with Bob** — Mount Wilson at 7:00am.

Call to register

**Digital Services** — Library from 12:00pm — 2:00pm

Read, Discover, Connect  
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# Pasadena Altadena

News From Your Community For Your Community



## Thanksgiving Closures and Reminders

Pasadena residents and businesses are reminded that City Hall and most City services will be closed on Thursday and Friday in observance of the Thanksgiving holiday. Specific closures, exceptions, and reminders are noted below.

Pasadena residents and businesses with any power emergencies should call the Pasadena Water and Power Department (PWP) at (626) 744-4673. For water-related emergencies, call (626) 744-4138. PWP's Customer Service Call Center will be closed for the holiday, but customers can access their accounts and make payments through the automated phone system at (626) 744-4005 or online at PWPweb.com.

The City Service Center (CSC) will be closed on Thanksgiving Day and Friday, November 29. Individuals can contact the CSC via the web or by calling (626) 744-7311. Regular trash and recycling collection for Thursday, Thanksgiving Day, will occur on Friday and Friday's collection will occur on Saturday.

The city's permit and payment centers will also be closed on Thursday and Friday. Online permitting services are available 24/7 at [CityOfPasadena.net/PermitCenterOnline](http://CityOfPasadena.net/PermitCenterOnline).

Pasadena Transit and Dial-A-Ride buses will not operate on Thursday but will resume regular service on Friday. All parking meters are free and parking time limits will not be enforced on Thanksgiving Day, but shoppers are advised that all regular meter enforcement will resume Friday. Violations for overnight parking restrictions, red curb parking, and blocking fire hydrants will continue to be issued on both days.

All Pasadena Public Library sites will close at 5 p.m. on Wednesday and will remain closed the following two days.

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

Pasadena Fire and Police Departments will continue to be staffed for all patrol, jail, fire, paramedic, and other emergency services. Always call 9-1-1 for life-threatening emergencies. For non-emergencies, call (626) 744-4241. If you "See Something, Say Something." Report suspicious activity to the Pasadena Police Department at (626) 744-4241. The police department's records section will be closed Thursday and Friday and will reopen Monday.

Looking to get some holiday shopping done? The City of Pasadena and Visit Pasadena have launched the "Shop Local Pasadena" campaign to support Pasadena small businesses and encourage community members to shop and dine local this holiday season. Starting on Small Business Saturday, November 30, shoppers who visit any of the official campaign welcome stations—located at various small and independent businesses across the city—can receive a free canvas shopping tote while supplies last.

For more information visit: [cityofpasadena.net](http://cityofpasadena.net).



## City Ranks High in Human Rights Index

City officials announced Friday that Pasadena has received a score of 95 out of 100 in the Human Rights Campaign's 2024 Municipal Equality Index (MEI), increasing four points from last year's score of 91.

According to officials, the MEI is a nationwide evaluation of 506 cities to assess how inclusive their laws, policies, and services are for people within the Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ+) community. The MEI provides a framework for mayors, councilmembers, and administrators for taking impactful steps for protecting LGBTQ+ residents and staff. Localities are rated on non-discrimination laws, the municipality as an employer,

municipal services, law enforcement, and leadership involving the LGBTQ+ community.

"The City of Pasadena is proud to receive a high score on the MEI 2024, demonstrating our commitment to upholding and improving the quality of life for our family, friends, and neighbors within the LGBTQ+ community," said Mayor Victor G. Gordo.

"A sense of belonging is incredibly important to our well-being and health," said Acting Director of Public Health Manuel Carmona. "In Pasadena, we celebrate diversity and continue to foster a community where everyone is welcome."

Pasadena continually embraces and supports the LGBTQ+

community by celebrating Pride Month and National Coming Out Day through various community events; issuing proclamations and resolutions that highlight LGBTQ+ members' contributions; and providing services and resources to LGBTQ+ youth and people experiencing homelessness, and individuals living with human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS).

The Human Rights Campaign is the largest civil rights organization working to achieve equality for LGBTQ+ Americans. The report is available at: [hrc.org/resources/municipal-equality-index](http://hrc.org/resources/municipal-equality-index).

## Tournament Announces 2025 Band Grant Recipients

*Including bands from Artesia, Bellflower, Boyle Heights, Cerritos, Hawaiian Gardens, La Mirada, Lakewood, Los Angeles, Norwalk and Rosemead.*

The Pasadena Tournament of Roses announced, last week, the recipients of the Association's inaugural band grants. Established to demonstrate the importance of marching bands and music education to the Rose Parade, as well as ensure the highest quality bands and the most talented students can continue to participate, these grant opportunities are open to both bands and band members. This year's gifts totaled \$27,600 and will support the equipment, preparation and travel expenses associated with participating in the Rose Parade.

### 2025 Band Grant Recipients

**605 All Star Band** – a 500-person composite band featuring eight high school bands representing the seven cities of Artesia, Bellflower, Cerritos, Hawaiian Gardens, La Mirada, Lakewood and Norwalk, and three school districts, all residing along the 605 Freeway in Southern California.

**Salesians of Don Bosco Southern California High School Band** – a 100-person band consisting of the three high schools of Don Bosco Technical High School, Salesian High School and St. John Bosco High School, from Rosemead, Boyle Heights, and Bellflower, respectively.

**Los Angeles Unified School District All District High School Honor Band** – a 365-person band from the country's second-largest school district, representing 52 high schools.

**Pebble Hills High School Spartan Marching Band** – a

270-person band from El Paso, Texas

**Seminole High School Warhawk Marching Band** – a 130-person band from Seminole, Florida

**Band Member Recipients**  
A student from Pebble Hills High School Spartan Marching Band

A student from the 605 All Star Band

A student from Seminole High School Warhawk Marching Band

Each new year, approximately 20 bands, comprising more than 5,000 musicians, most of them students, travel to Pasadena to be a part of the Rose Parade presented by Honda on January 1. The journey to get here, however, begins long before they turn the corner at Orange Grove and Colorado boulevards. Moreover, while the Tournament of Roses does not charge a participation fee, travel and other costs associated with participation can range from 2,500 to \$5,000 per student. Most bands fundraise extensively for more than a year to finance their participation.

"Marching bands are, and will always be, an essential part of the Rose Parade," said 2025 Association President Ed Morales. "As I've traveled across the U.S., as well as to Mexico, Panama, Japan and Denmark, I've seen their absolute excitement about being in the Parade; but I've also come to understand the financial hurdles that many of them must overcome to make that appearance a reality. We understand that the grants don't eliminate the hurdles, we do hope they help make the road to Pasadena a little smoother for these valued Parade participants."

To learn more about the marching bands of the 2025 Rose Parade, or to learn how to apply for a future Parade, please visit [TournamentofRoses.com](http://TournamentofRoses.com).

## Ed Morales and the TofR to be Honored at Chamber President's Breakfast

The Pasadena Chamber of Commerce will honor 2025 Tournament of Roses Association President Edward Morales at the annual President's Breakfast at the Hilton Pasadena on Thursday, December 5. Breakfast begins at 7:30 a.m. followed by a festive celebratory program. Chamber members and friends will hear Mr. Morales discuss Best Day Ever!, the theme for the 2025 Tournament, as well as his insights, choices and experiences leading the 2025 New Year events.

Honored special guests will include the Rose Queen and Royal Court, as well as past Tournament presidents, local community and civic leaders.

President Edward Morales has been a volunteer member of the Tournament of Roses Association since 1992. Throughout his tenure at the Tournament of Roses, Morales has provided leadership to numerous committees, including TV and Radio, Community Relations, Membership, Decorating Places, Queen and Court, Media Operations and Post Parade. Morales joined the Tournament Board of Directors in 2011, followed by his election to the Executive Committee in 2016.



Morales was raised in the City of San Gabriel, graduated from Don Bosco Technical Institute in Rosemead, received his undergraduate degree from UCLA, followed by a Juris Doctorate from Loyola Law School.

Professionally, Morales is a partner with the Law Offices of Borton Petrini, LLP. Morales is a member of the Pasadena Optimist Club and served as the 66th President of the Pasadena Jaycees among his many local volunteer experiences.

Anyone who would like an invitation, can call the Chamber office for information or to purchase tickets at (626) 795-3355, email [leanne@pasadenachamber.org](mailto:leanne@pasadenachamber.org) or visit: [pasadenachamber.org/node33](http://pasadenachamber.org/node33).

## Pasadena Senior Center to Host Talk with Adam Nimoy

The son of Leonard Nimoy, the iconic television and film actor best known for playing Mr. Spock on the original 'Star Trek' TV series, Adam Nimoy will share his experiences and explore his journey in a special Senior Center Cultural Thursday Event, "Star Trek, the Road to Recovery, and Reconciling with my Father," on Thursday, December 5.

Nimoy will share his experiences and explore his journey in a special Cultural Thursday Event, "Star Trek, the Road to Recovery, and Reconciling with my Father," on Thursday, December 5.

He is a successful television director and film producer and has written "The Most Human: Reconciling with My Father Leonard Nimoy" a poignant memoir detailing their complicated relationship and parallel paths from addiction to recovery.

The event is free for members, and \$5 for nonmembers. Registration is suggested, and can be made by going to [PasadenaSeniorCenter.org](http://PasadenaSeniorCenter.org) and clicking on Lectures & Classes, then Cultural Thursdays, or calling 626-795-4331.

The event starts at 2 p.m. The Pasadena Senior Center is located 85 E. Holly St.

The elder Nimoy was a highly-repressed, high-functioning alcoholic who could identify



with the dispassionate Mr. Spock character better than he could his own family. Adam Nimoy was a life-long pot smoker and drinker. It wasn't until they both entered and completed their own 12-step programs that they found a way to a healthy relationship in the latter years of Leonard's life.

Adam Nimoy is a graduate of UC Berkeley and Loyola Law School. He practiced entertainment law for seven years before changing careers to become a television director. He directed more than 45 hours of network television including episodes of Ally McBeal, NYPD Blue and Gilmore Girls. In 2016, he directed the documentary film For The Love Of Spock.

## Pasadena's Rent Stabilization Department Open House

The City of Pasadena invites residents and community members to a festive open house hosted by the City's new Rent Stabilization Department on Tuesday, December 10, from 4:30 to 6:30 p.m. at the Los Robles Building, 199 S. Los Robles Avenue, Suite 350.

The open house provides an opportunity for residents and community members to meet the Rent Stabilization team, learn about the department's services and programs, and discover how it supports both tenants and landlords across Pasadena. Guests will enjoy holiday-themed snacks, giveaways, and a welcoming atmosphere as the department highlights its mission to preserve housing stability and affordability.

The Rent Stabilization Department was created in response to the community's need for fair housing practices and rent stabilization policies. Through its work, the department ensures compliance and provides essential resources to promote a balanced and equitable rental market for all.

Parking Information: Paid parking is available on-site at the Los Robles Building. Free 2-hour parking is available on Euclid Avenue and Cordova Avenue from 9 a.m. to 6 p.m.

For more information, visit the Rent Stabilization Department's website at [CityOfPasadena.net/RentStabilization](http://CityOfPasadena.net/RentStabilization) or contact the department directly at [RentStabilization@CityofPasadena.net](mailto:RentStabilization@CityofPasadena.net) or (626) 744-7999.

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## San Marino Upcoming Events & Programming

### Tree Lighting Ceremony & Mayor's Reception

Home for the Holidays Tree Lighting Ceremony & Mayor's Reception is back again this year! Join us on Friday, December 6 from 5 - 7 PM at the corner of Huntington Drive and San Marino Avenue to honor the 72-year legacy of the Holiday House Bus Shelter: A San Marino Tradition. There will be photos with Santa and Mrs. Claus, hot chocolate and tea, holiday cookies, festive selfie stations, and a kid's craft table. The event is FREE and everyone is welcome! For any questions, call (626) 403-2200. More information can be found on our website.

### Upcoming Holiday Closures

November 27 - 5 PM: Crowell Public Library Early Closure  
November 28-29: All Facilities\*

\*All facilities include City Hall, San Marino Community Center, Stoneman Building, and the Crowell Public Library.

### Thanksgiving Fire Safety

Thanksgiving is next week, and the San Marino Fire Department wants to encourage all San Marino residents to be fire safe in the kitchen. Thanksgiving is the leading day of the year for home fires involving cooking equipment. Practice the following safety tips, that are available on the City website at [www.SanMarinoCA.gov/FireSafety](http://www.SanMarinoCA.gov/FireSafety), to ensure your family has a safe and happy holiday: Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.

Stay in the home when cooking your turkey or any other food in the oven and check on it frequently.

Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.

Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns. Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.

Keep knives out of the reach of children.

Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.

Keep matches and utility lighters out of the reach of children - up high in a locked cabinet.

Never leave children alone in a room with a lit candle.

Test your smoke alarms to ensure they are working.

Have activities that keep kids out of the kitchen during this busy time. Games, puzzles or books can keep them busy. Kids can get involved with recipes that can be done outside the kitchen.

### Joyful Living Happy Life

Sunday, December 1 from 2:00 - 4:30 PM, Barth Community Room

This workshop gives you tools to face challenges in the workplace, social life, and family life. Join the Unified Charity Foundation as they talk this month about the law of attraction, or the secret of being a magnet that attracts happiness and good fortune. Registration is not required.

### Shop 'till You Drop Holiday Shopping Shuttles to Ontario Mills, Ontario

Tuesday, December 10 from 10 AM - 5 PM

Cost: R: \$8 / NR: \$10 (non-refundable)

Time to get all your holiday shopping out of the way! Active adults ages 55+ are invited to join us for a daytime shopping trip. Transportation is provided. Registration is required.

### Senior Trip: San Antonio Winery Tour

Tuesday, February 11 from 10 AM - 3 PM

Cost: R: \$74 / NR: \$88

Join us for a memorable trip to the historic San Antonio Winery, established in 1917. Guests will learn about the winemaking process, explore the beautiful estate, and taste some of their finest selections. Whether you're a seasoned enthusiast or a curious newcomer, this tour promises an educational and enjoyable experience. The trip includes a delicious lunch with your choice of Meat Lasagna or Chicken of the Day with Pasta, dessert (Cannoli), a coffee station, and a glass of wine from their preselected options at the stationed bar host. Registration is required by January 9.

### Annual Street Rehabilitation Project

The City's Annual Street Rehabilitation Project is currently ongoing. Ultimately, the project will resurface 26 streets throughout the City, in accordance with the City Council-adopted Pavement Management Plan. The first phase of the project involves substantial concrete work, including: removal and replacement of curb and gutter, cross gutter, and driveway approaches. Residents on impacted streets will be receiving notices from the City's contractor, Onyx Paving, with additional details about the project timeline, what residents can expect during the project, and what the project's impact to the neighborhood will be. Discover more details, including maps and schedules at: [facebook.com/CityofSanMarinoCA](https://facebook.com/CityofSanMarinoCA).

### Meetings

#### Special Planning Commission Meeting

Monday, Nov 25 at 6:00 PM; City Hall Council Chambers and Zoom (Public Access)

For more information visit: [cityofsanmarino.org](http://cityofsanmarino.org).

## Tournament of Roses Adds Third Day to Float Viewing



The Pasadena Tournament of Roses officials announced Tuesday that they are adding an additional day of Floatfest, post parade float viewing, three full days of up-close magic as fans immerse themselves in the artistry of the Rose Parade's one-of-a-kind floral masterpieces.

Floatfest will run from Jan. 1 through Jan. 3, giving visitors even more time to experience the beauty, creativity and intricate details up close and celebrate the hard work and dedication of float builders and volunteers.

The event includes live entertainment, food trucks, video wall, and a beer and wine garden with a full-service bar. Floatfest is located Sierra Madre and Washington Boulevards, Pasadena. Tickets for Floatfest are available

online at [sharpseating.com](http://sharpseating.com).

Admission: \$25 (Free for children 5 and under.)

Tickets sold online only. No cash or credit sales onsite.

Early booking is encouraged.

Jan. 1, 2025: 1:30 p.m. - 5 p.m. (ticket sales end at 3:30 p.m., last entry at 4 p.m.)

Jan. 2, 2025: 7 - 9 a.m. (reserved for seniors and people with mobility disabilities)

Jan. 2, 2025: 9 a.m. - 5 p.m. (ticket sales end at 3:30 p.m., last entry at 4 p.m.)

Jan. 3, 2025: 9 a.m. - 4 p.m. (ticket sales end at 2:30 p.m., last entry at 3 p.m.)

Shuttles from two Pasadena locations are included with the purchase of Floatfest tickets; street parking near the event is extremely limited.

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

## Pasadena Chorale Brings the Joy of the Season with Three Holiday Performances

Pasadena Chorale, fresh from its recent national recognition as winner of the prestigious American Prize in Choral Performance, is thrilled to announce three festive performances this December, including two free concerts and one benefit event. Audiences are invited to join the award-winning Chorale in celebrating the holiday season through inspiring choral music.

The holiday celebration begins on December 4th with The Light of Hope Returning, a stirring American oratorio by celebrated composer Shawn Kirchner. Performed at First United Methodist Church in Pasadena, this concert will feature 90 singers accompanied by Kirchner himself at the piano. Kirchner's oratorio brings together bluegrass, gospel, and contemporary classical styles for a heartfelt, uniquely American holiday experience. The Pasadena Chorale is excited to offer this special rendition of the work with the composer accompanying, and will release a recording of this version in early 2025. The performance begins at 7:30 p.m. and is free to attend, allowing everyone in the community to participate in the seasonal festivities (reservations

are required).

On December 14th and 15th, the Chorale will present Twilight of the Year, an intimate concert featuring contemplative and heartwarming music of the season. Held at Altadena Community Church, this concert will feature 16 singers in the stunning acoustics of this beautiful church. Seating is limited, and it is encouraged to make your reservations early. The Saturday evening performance on December 14th at 7:30 p.m. will be free of charge, (although reservations are required), while the Sunday matinee on December 15th at 4 p.m. will be a benefit concert with tickets available for \$25. Proceeds from the benefit concert will support Pasadena Chorale's mission of offering free, high-quality concerts and educational programs to the Pasadena community.

For more information about Pasadena Chorale, please visit [pasadenachorale.org](http://pasadenachorale.org).

## Mayor Gordo set for Holiday Tree Lighting

Join Pasadena Mayor Victor Gordo for the Mayor's Annual Holiday Tree Lighting Ceremony on Friday, Dec. 6 at Pasadena City Hall. Bring family and friends to this free celebration featuring local singers and dancers, crafts for kids provided by Armory Center for the Arts, light refreshments by Starbucks, and a special appearance by jolly ol' Santa Claus. Have your camera handy to capture some festive holiday moments at several photo stops available throughout the event courtesy of Pasadena Management Association and Oh! Snapstastic! Photo Booth by Girl Squad Media.

Mayor Gordo will light the City's official tree at 6 p.m., so come early for parking and a prime viewing spot at City Hall. Free parking will be available at the Central Library Parking Lot on a first-come, first-served basis.

If you have the means, please help the Pasadena Fire Department give local underserved children and teens a holiday to remember. Pasadena firefighters will be at the tree lighting ceremony collecting donations of new, unwrapped toys, sports equipment and gift cards for the annual Spark of Love Toy Drive.

Live entertainment throughout the night will feature performances by Afterschool Adventures Cheer & Dance, Norma Coombs Choir, Rosebud Academy Choir, W.O.W! On the Move, Outspoken Dance Company and Elements Dance Space.

The tree lighting will take place from 5 p.m. to 7 p.m. Pasadena City Hall is located 100 N. Garfield Ave.

## Feedback Needed To Update City's Local Hazard Mitigation Plan

The City of Pasadena is in the process of updating its 2019 Local Hazard Mitigation Plan (LHMP). The purpose of the City's LHMP is to identify goals, objectives, and mitigation strategies for reducing the impact of hazards such as earthquakes, wildfires, and flooding. If you live or work in the City of Pasadena, we would like your feedback to help us in the planning process.

What is a Local Hazard Mitigation Plan?

The Local Hazard Mitigation Plan is a document that outlines the City's long-term strategy to eliminate risk to human life, property, and infrastructure from future natural and human-caused disasters. To ensure the plan stays current, FEMA requires the plan to be updated every 5 years. With our last plan adopted in 2019, we are actively working on our update. An up-to-date plan ensures that residents are prepared and the City remains eligible for federal mitigation funds.

The essential steps of hazard mitigation planning are:

- Identify and profile hazards that affect the local area.
- Identifying City capabilities that can assist in implementing mitigation projects.
- Analyze the people and facilities at risk from those hazards.
- Develop a mitigation strategy to lessen or reduce the impact of the profiled hazards.
- Implement the hazard mitigation actions and projects.

What can residents and community partners do to help?

Federal regulations for mitigation plan approval require that stakeholders and the public are given opportunities to be involved in the plan's development process. Input from community members can strengthen the content and outcomes of the mitigation plan. The public is represented by community members and organizations that have an interest in City projects and actions to mitigate hazards and save lives and property.

To achieve our outreach objective, the City will post hazard mitigation plan progress and key documents on the following platforms:

- City Website
- Social Media Platforms
- City Press Releases
- Print materials at City Hall and Public Libraries
- Develop and distribute a Hazard Mitigation Survey
- Conduct Public Outreach Workshops

Present and adopt the plan at a City Council meeting.

The City will continue to update the LHMP website throughout the planning process and post updates on our social media platforms. To meet the needs of our community, all outreach material will be available in English, Spanish and Chinese to ensure participation from a majority of the City. If other languages are needed, accommodations can be made.

Community input is an important part in ensuring our community is resilient after a disaster strikes. Please complete a short Hazard Mitigation Survey at: [survey.monkey.com/r/23VS3MJ](http://survey.monkey.com/r/23VS3MJ) to share your insights on the threats most important to you and gauge our community's level of preparedness.

For questions or comments, contact the Pasadena Emergency Services Manager, Nallely Procopio at [PreparedPasadena@CityOfPasadena.net](mailto:PreparedPasadena@CityOfPasadena.net) or (626) 744-7276.

## Thanksgiving at Pasadena Senior Center



Pasadena Senior Center are saying let's give thanks together on Thursday, Nov. 28, at noon at the Center at 85 E. Holly St.

The Scott Pavilion will be decorated with Thanksgiving and autumn décor. Diners will enjoy a delicious, traditional Thanksgiving turkey feast with all the gobbling good trimmings in a fun and festive atmosphere with live music. Vegetarian options will be available.

The cost for the luncheon is only \$15 for members and \$20 for non-members of all ages. To register, visit [www.pasadenaseniocenter.org](http://www.pasadenaseniocenter.org) and click on Activities & Events, then Special Events or call 626-795-4331. Tickets will not be

available at the door.

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

## Joint Message from PUSD and the City of Pasadena

As partners united in service to our community, the Pasadena Unified School District, the City of Pasadena, and the Pasadena Police Department are committed to maintaining safe and welcoming spaces for everyone.

We recognize that the recent election and some of the intense rhetoric surrounding it may be impacting individuals in our community. It's important to reaffirm our shared commitment to safety and respect for all, regardless of race, immigration status, identity, or circumstance.

Pasadena Unified schools are safe and protected spaces, with federal and state laws in place, along with long-standing policies and practices that ensure that our campuses are safe and welcoming places regardless of the immigration status or citizenship of our students and their families. We want to assure you that vital services such as school meal programs, teaching and learning, and arts, enrichment, and athletic programs continue uninterrupted and that our priority is the well-being and safety of all students. Support is available for students who may be feeling increased anxiety during this time, and we ask that you contact your school's wellness center or mental health professionals if you have any concerns. The Los Angeles County Office of Education has also compiled resources that can be found here.

The City of Pasadena is mindful of the need to ensure that residents should be able to call on essential City services without fear arising from their identity or status. The City of Pasadena adopted a policy in March 2017 that states that City employees must maintain the confidentiality of resident's personal information (especially regarding immigration status, religion, sexual orientation, and ethnicity), provide services without discrimination, and are prohibited from assisting in federal immigration enforcement unless legally required.

Our highest priority is the safety and well-being of students and employees in our schools, our residents and neighbors, workers, and visitors. We appreciate the respect, kindness, and sensitivity that so many of you are demonstrating to help us maintain a safe and supportive environment for children in our schools and everyone in our community.

We encourage members of our community to reach out with any concerns.

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



# CITIZEN'S MOTORCYCLE ACADEMY

Hosted by the Pasadena Police Department's Traffic Section



## This course is FREE! Register Today!

### Friday, December 6, 2024

### 8AM-3PM

**Must bring your own:**

- Motorcycle
- DOT helmet
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- Eye protection & proper riding attire
- Must possess Class C license w/ Motorcycle Endorsement

**You will learn:**

- Basic Motorcycle Riding Skills
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- Braking, U-Turns
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- Common Hazards to Motorcycle Riders

This course is designed for all motorcycle riders, regardless of experience! Spend the day with your Pasadena Police Motor Officers at the Rose Bowl Stadium & gain valuable skills and experience.

Note: Class limited to 30 riders. Lunch provided.

**REGISTER HERE:**

[www.cityofpasadena.net/police/event/citizens-motorcycle-academy/](http://www.cityofpasadena.net/police/event/citizens-motorcycle-academy/)





# 6 AROUND SAN GABRIEL VALLEY

## MONROVIA NEWS BRIEFS

### REINSTATING NORMAL BILLING PROCESS FOR UTILITY BILLS

Beginning December 2024, the City of Monrovia will be reinstating normal billing processes that were temporarily suspended due to a data loss event that occurred in March 2024. As part of this reinstatement, late fees for delinquent payments and water shutoffs for non-payment will resume. Utility accounts that have been paid in full with no outstanding balance will not be impacted. However, utility accounts with past-due balances may be impacted.

To avoid service interruption, we encourage all residents to pay their outstanding utility bills promptly. Payments can be made through the City's website, electronically via your bank, or by phone using a credit card or checking account.

An insert with more information will be included in the November utility bills. Additionally, if you have any questions or need assistance with your accounts, or to discuss payment arrangements, please contact the City at (626) 932-5517 or by email at [watercustomers@monroviaca.gov](mailto:watercustomers@monroviaca.gov).

### MONROVIA HOLIDAY PARADE - FINAL CHANCE TO SUBMIT APPLICATION TO PARTICIPATE!

Join us for our annual Holiday Parade on Thursday, December 5, at 7:00 p.m. in Old Town! Each year, hundreds of residents, community members, and partners gather in Old Town for the holiday parade, which is filled with fun and holiday spirit. You don't want to miss this special event!

Want to have your organization, team, or school participate? Entries are still open! Please complete the 2024 Holiday Parade application and submit it by the end of the day today, November 22, and submit it to the Community Center at 119 W Palm Ave or email Tiffany Peterson at [tpeterson@monroviaca.gov](mailto:tpeterson@monroviaca.gov)!

## ARCADIA NEWS BRIEFS

### ARCADIA LAUNCHES TRANSIT SERVICE ASSESSMENT PROJECT AND COMMUNITY SURVEY

The City of Arcadia's Development Services Department has launched the Arcadia Transit Service Assessment, a comprehensive initiative aimed at evaluating and improving the City's transit options, including both the fixed-route service and the dial-a-ride program. This effort seeks to identify enhancements and explore new services that better serve the needs of the community.

Starting today, a public survey is open to all residents—transit users and non-users alike—inviting feedback on the City's transit system. The survey focuses on key areas such as satisfaction with existing services, suggestions for new services or improvements, and overall access and convenience. Residents can access the survey, along with additional project details, online at [Arcadia-CA.gov/TransitStudy](http://Arcadia-CA.gov/TransitStudy). Versions of the survey in Chinese and Spanish are also available upon request or in person at City Hall. To request a translated version of the survey, please contact the Transportation Services Division at (626) 574-5435 or by email at [ArcadiaTransit@ArcadiaCA.gov](mailto:ArcadiaTransit@ArcadiaCA.gov).

"We encourage everyone in the community to share their thoughts," said Jason Kruckeberg, Assistant City Manager/Development Services Director. "Whether you're a regular transit user or have ideas for service improvements or changes of any kind, your input is critical in shaping a transit system that meets the needs of Arcadia residents and visitors."

The City urges all residents to participate, as this is a key opportunity to have a direct impact on the future of Arcadia's transit services. For more information or to take the survey, visit [ArcadiaCA.gov/TransitStudy](http://ArcadiaCA.gov/TransitStudy).

## DUARTE NEWS BRIEFS



### DUARTE UNIFIED SUCCESS CONTINUES

Dr. Nadia Hillman is the new Superintendent for Schools for Duarte Unified. She shared quite a success story at a recent Duarte Kiwanis meeting. 30% of the High School students are participating in the Early College partnership with Citrus! Her philosophy combines three concepts for students - Belong, Believe and Become - to ensure student success at all levels.

Pictured (from left) Duarte Kiwanis President, Mercedes Ruiz and Dr. Hillman.

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



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## The Towne Singers present



**Saturday, December 7, 5:00 p.m.**

**First Church of the Nazarene (PazNaz)**

**3700 E Sierra Madre Blvd, Pasadena 91107**

Ticket \$30, Early-bird online \$25 until November 1

FREE for kids 12 & under, \$20 for students 13 & up

\$25 in blocks of 10

**For additional information, contact: (626) 604-6231 or [townesingers87@gmail.com](mailto:townesingers87@gmail.com)**

**Tickets available on-line at <http://www.TowneSingers.org>**

This performance is supported, in part, by the Los Angeles County Board of Supervisors through the Los Angeles County Department of Arts and Culture



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**Happy Thanksgiving**



## PASADENA HIGH SCHOOL BAND MAKES HISTORY



For the first time in PHS history, the Pride of Pasadena Band and Color Guard (shown above) have qualified as finalists to the SCSBOA Field Championships!

The Southern California School Band and Orchestra Association is a non-profit organization whose active membership is drawn primarily from educational institutions: elementary schools, junior high/middle schools, senior high schools, colleges and universities. Additional membership includes students and others (private instructors, business establishments) who are active in the musical community.

The Association is dedicated to enriching the cultural environment by helping all students develop a greater appreciation of music, providing the means for exploring both vocational and non-vocational opportunities in music, raising performance standards, and improving learning techniques. *Go Bulldogs!*

## MARTIN LUTHER KING COMMUNITY COALITION 2025 ESSAY CONTEST

On January 20, 2025, the nation will celebrate Dr. Martin Luther King, Jr.'s birthday. The Martin Luther King Jr. Coalition, Pasadena Unified School District, Pasadena Tournament of Roses and Aspires West in conjunction with the City of Pasadena will host a celebration.

The King Coalition is a group of community people working to make Dr. King's dreams become a reality. Part of the celebration will be the culmination of the essay and visual arts contests. Awards will only (unless prior permission is granted) be presented to the winners present at the MLK program in January. All students will receive Martin Luther King, Jr. certificates for their participation.

### GUIDELINES FOR PARTICIPATION

Any student in grades 4-12 is eligible. Individuals will compete within the appropriate category: Elementary, Middle or High School.

### IMPORTANT DATES & INFORMATION

All essays must be received by: 6:00 pm Friday, December 13, 2024  
If mailed, the essays must be postmarked on or before: December 13, 2024  
The winners will be notified by: Friday, January 10, 2025

Please visit our website for contest resources & more information: [www.pasadenamlk.org](http://www.pasadenamlk.org)

## SCHOOL DIRECTORY

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Glade and I helped to store apples... ...potatoes and onions in the cellar. Kids: color stuff in!

# Newspaper Fun!

[www.readingclubfun.com](http://www.readingclubfun.com) Annimills LLC © 2024 V46

Ya, ya, ya...I finished before Chatter!

Winter will be here soon. Everyone is outside finishing tasks that need to be done to get ready for the long, dark, cold days. Some people are cleaning their yards. Others are emptying the gutters on their houses that are filled with leaves. Some people like to store potatoes, carrots and onions for hot delicious winter stews and soups. Coats and jackets are being pulled out of closets. Oh, that reminds me...I need to try on last year's boots to see if they still fit me.

## Getting Ready for Winter

Sigh! I hate being the first flake of the season...it's such a lonely job.

Read the clues below to fill in the crossword puzzle.

- Kids in my class reported that their families are:
- having \_\_\_\_\_ checked and tuned-up.
  - getting their oil \_\_\_\_\_ filled.
  - raking \_\_\_\_\_ and cleaning them out of the gutters.
  - storing \_\_\_\_\_ and salt in buckets to spread on sidewalks and driveways to prevent icing.
  - bringing in the last of the fruits and vegetables from \_\_\_\_\_.
  - digging out sweaters, \_\_\_\_\_, hats, mittens and scarves.
  - putting heavier \_\_\_\_\_ and quilts on beds.
  - making sure that \_\_\_\_\_ and snow blowers are in good shape.
  - taking down \_\_\_\_\_ and putting up storm windows.
  - bringing \_\_\_\_\_ and small trees into the house for the winter.
  - cooking larger, hotter \_\_\_\_\_ and more baked pies and cookies.
  - turning on the \_\_\_\_\_ earlier and starting to turn up the heat.
  - cutting and stacking \_\_\_\_\_ into piles.
  - signing up for classes to \_\_\_\_\_ inside or to play indoor sports.
  - checking over their skiing, skating and sledding \_\_\_\_\_.

It's time for my checkup!

Hey, my list of chores was this long!

Whew! This sure is a long walk.

We're headed for warmer climates.

South

Clues: furnaces, exercise, blankets, screens, equipment, shovels, wood, tanks, lights, plants, coats, meals, gardens, sand



## SPORTS

### ACROSS

1. Combat vehicle
5. Semi
8. \*Biathlon gear, sing.
11. Keiko of "Free Willy"
12. \*Ashi Waza and jugodi sport
13. Audience's approval
15. Tandoori bread
16. Ned Stark's daughter, "Game of Thrones"
17. Röntgen beams
18. \*Warning track sport
20. Monetary "thank you," pl.
21. Indigo dye shrubs
22. "Arabian Nights" bird
23. Destroyer
26. Danced to certain Polish music
30. Crematorium container
31. One without magic powers in Harry Potter stories
34. Largest volcano in Europe
35. Do nothing (2 words)
37. Singer Yoko
38. Be at the helm
39. Tropical tuber
40. \*Player who delivers in a crucial sports moment
42. Recipe qty.
43. Display proudly (2 words)
45. Smells
47. Lake, in France
48. Clean a spill (2 words)
50. #8 Across, pl.
52. \*Cornerback and direct snap sport
55. Russian pancake
56. Pasta option
57. Go cold turkey
59. \*Reward for multiple sports championships, pl.
60. "Breaking Bad" victim
61. The Beehive State
62. King Kong, e.g.
63. Type of lightbulb, acr.
64. Spooky

### DOWN

1. Boatload
2. Riyadh native
3. \*Collegiate sports grp.
4. Topeka native
5. Not urban
6. Short poems of pastoral life
7. \*Hockey score
8. \*Powerful shot in hockey
9. 11th letter of Roman alphabet, pl.
10. Elvis' "\_\_\_ Now or Never"
12. White and black stork
13. Glorify
14. \*Gully and deep mid wicket sport
19. Foe
22. Fish eggs
23. Corrodes
24. Heap of "David Copperfield"
25. Preface
26. Scheme
27. Mr. T's TV show "The \_\_\_"
28. Olden days constipation treatment
29. \*Bag of nails and baby ton sport
32. \*Eagle and mulligan sport
33. African migrator
36. \*Turkey and split sport
38. Woody perennial
40. Chlorofluorocarbon, abbr.
41. He gets a flag?
44. Reprieve in a desert
46. Not light-transmitting
48. Dots and dashes code
49. Did like goo
50. Women's undershirt
51. Plural of cow, arch.
52. \*Sports transgression
53. Plucked string instrument
54. Pinocchio, e.g.
55. Type of undergarment
58. Olden day "your"

## CROSSWORD

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## NOV. 16, 2024 Solutions

A	R	I	A			C	O	S				G	U	Y						
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7	3	4	2	5	6	8	9	1
6	7	5	8	2	1	9	3	4
2	8	3	6	9	4	7	1	5
4	9	1	5	3	7	6	2	8

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## AN AMAZING SUNDAY BRUNCH JUST MINUTES FROM WHERE YOU ARE READING THIS

*Sunday Brunch Bliss at 1917 Bistro, San Antonio Winery*

When it comes to Sunday brunch, few places capture the charm of Los Angeles quite like the 1917 Bistro at the historic San Antonio Winery. Nestled amidst the vines and barrels, this gem offers a delightful dining experience enhanced by live music on the patio. I suggest making a reservation, as patio seating is highly coveted, and for good reason.

On a warm Los Angeles afternoon, I found myself lucky enough to snag a spot on the patio, where the atmosphere was alive with music and the gentle clinking of glasses. The vibe here is as inviting as the food, whether you're indulging in a leisurely meal or simply people-watching.

I started with the Cheese Platter appetizer, an impressive spread that could easily satisfy as a meal on its own. For those craving something heartier, I recommend ordering a side of meatballs—after all, when in Rome (or, in this case, Los Angeles).

Of course, no brunch is complete without drinks, and 1917 Bistro delivers. While all the wines hail from the esteemed San Simeon winery, you can branch out with a Bellini, Mimosa, or even an Italian beer on tap.

The breakfast offerings are spectacularly presented and cater to every taste. For steak lovers, the Creekstone Rib Eye is a must-try. As for me, I couldn't resist the Short Rib Hash, a dish that elevates comfort food to an art form.

Families may want to look elsewhere, as this spot leans more adult-friendly—a welcome escape for those of us craving a bit of “me time.”

Before I wrap up, let me add a quick note about the restrooms: they're the cleanest in town. And as I always say, “Clean restroom, clean kitchen.”

Whether you're a brunch aficionado or a first-timer, 1917 Bistro offers something for everyone. So, grab a reservation, bring your appetite, and prepare for an unforgettable Sunday brunch experience at one of Los Angeles' most charming wineries.

737 Lamar St Los Angeles

TUNE IN THIS SATURDAY To Peter's Radio show on AM 870 KRLA at 7 PM

Happy Thanksgiving

— Peter Dills

## THE TASTING ROOM

MORE WINES FOR THANKSGIVING



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

I want to wish everyone a Happy Thanksgiving. This Thanksgiving, I will be visiting my son at The Ohio State (GO BUCKS! BEAT TTUN!) and I will be very thankful that our family will be together for this special holiday. I hope you all have a peaceful holiday and enjoy your meal with family and friends – and of course a good bottle of wine!

Here's some more recommendations for wines for your Thanksgiving table. Remember to say you saw it in the Mountain Views News to get the special MVN price! MVN Prices good through Thursday November 28th.

Domaine Dupeuble Beaujolais Nouveau 2024 – Those other Beaujolais Nouveau that you've had in the past - to borrow a phrase from Vizzini in Princess Bride - Morons! This is the best Beaujolais Nouveau I have ever tasted. Fresh, clean, fruity without being sweet. Serve it a bit chilled and this beauty will be gone in no time at all. Reg price: \$21.99 MVN \$20.99 Get this today as it will sell out!

The Dude Rosé of Pinot Noir, Russian River Valley 2022 – Bright, balanced acidity, refreshing finish. Great price too! Elsewhere: \$22 - \$27 Our price: \$16.99 MVN \$15.99 (This will arrive in the shop Tuesday afternoon)

Barden Pinot Noir, Sta Rita Hills 2021 – Doug Margerum is a legend, and he continues to show why with this wine. Bright red fruit, spice, and rose petals. This is a super vibrant wine. DELISH!

Elsewhere: \$45 - \$68 Our price: \$39.99 MVN \$37.99

Join me this Saturday afternoon as I will pour more wine for Thanksgiving while preparing for the big game and rooting for THE MIGHTY BRUINS over the lowly usc trojans. The Tasting starts at 3pm. The Tasting Room will be closed next Thursday & Friday for Thanksgiving holiday.

Until next time – Salud!

Scan the QRcode to sign up for our newsletter.



## ALL THINGS By Jeff Brown

### TONY PARSONS QUOTES



Tony Parsons, a prominent speaker and author in the field of non-duality, offers profound insights on the nature of reality, self, and enlightenment. His teachings emphasize that there is no individual self, only the oneness of existence. He has many videos on “youtube”

On the Illusion of Self:

1. "There is no separate individual. There is only oneness appearing as a separate individual."
2. "Liberation is the realization that there is no one to be liberated." Highlighting the paradox that enlightenment involves the disappearance of the seeker.
3. "All there is, is this. And this is everything."

On the Nature of Reality:

4. "There is no path to what already is. The search itself is the veil."
  - Underscoring the futility of searching for enlightenment, as it is already present.
5. "Everything that seems to happen is simply what is happening – without meaning or purpose, but full of wonder."
  - Describing the spontaneous and impersonal nature of life.
6. "What we long for is what already is. It's not hidden; it's simply not seen."
  - An invitation to recognize the ever-present reality of oneness.
7. "The apparent need to control and understand dissolves into the simplicity of being."
  - Pointing to the freedom that comes with the end of control.
8. "The end of seeking is the end of the seeker. What remains is boundless energy appearing as everything."
  - Everything happens like the weather, spontaneous with no one doing it.

On Liberation:

9. "Liberation is not something that happens; it is the absence of something that never was."
  - Emphasizing the illusory nature of separation and the realization of oneness.
10. "Nothing needs to be done because nothing is out of place. There is only wholeness appearing as everything."
  - Reflecting the completeness and perfection of all that is.

The self that feels like our ordinary daytime “me”, is a fictitious, subconscious mental product being injected into our cognitive and perceptual experiences, feeling fully apart and separate from everyone and everything else “known”.

## MOFFETTS

### THANKSGIVING DINNER

CALL TO RESERVE FOR 27TH OR 28TH (626)447-4670

PRE-ORDER BY NOV. 23RD

(NOTE: ALL ITEMS COME PRE-COOKED AND REQUIRE 2-3 HOURS TO RE-HEAT ALL ITEMS)

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 <p><b>\$17.50</b> YAMS FEEDS 6-8 (2 LBS)</p>	 <p><b>\$14.50</b> VEGGIES FEEDS 6-8 (1-1/2 LBS)</p>	 <p><b>\$9.95</b> CRANBERRY SAUCE FEEDS 6-8 (16OZ)</p>
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**EDITOR'S NOTE:** Over the years, we have shared with you favorite recipes submitted by contributors, their families, supporters and well wishers. Some of our friends are no longer with us, but their culinary legacy still stands! We hope you will try at least one recipe. They are really, really good!

Mary Lee's (Dean Lee's Mother)

### Sausage Appetizers

Also makes great sandwiches the next day!

#### Ingredients

Refrigerated dinner rolls (10 in a tube)  
Farmer John sausage links (cut in half or thirds)  
butter on top

#### Directions:

Take rolls and flatten separately with hand or rolling pin  
Put link in half of flat dinner roll  
(if using thirds spread sausage to cover roll)  
Fold over and seal edges by pinching  
Put 10 in ungreased cake pan  
Bake 350 degrees/20 minutes until top is golden brown  
Enjoy

Richard Garcia's

### Cranberry-Pomegranate Sauce

1 1/2 pounds fresh or frozen cranberries (6 cups)  
2 cups sugar  
1 cup pomegranate juice  
2 cups fresh pomegranate seeds

#### Directions

In a medium saucepan, combine the cranberries with the sugar and pomegranate juice. Bring to a simmer and cook over moderate heat, stirring occasionally, until most of the cranberries have burst, about 10 minutes. Scrape the cranberry sauce into a medium bowl and let stand until cool, about 2 hours. Fold in the pomegranate seeds and serve the sauce chilled or at room temperature.

### Pat Ostrye's Non-Recipe Turkey(The Best)

My recipe would be that my husband always fixed the turkey. I really don't know how it began but, even when we had turkey a lot through the years, he always fixed it. So when he died 21 years ago, the men in the family thought I didn't know how to do it, which was fine with me. So, for this Thanksgiving, the family is going to Martin's in Arcadia. He is the youngest who was 27 when his dad died in October of '88. A few days before Thanksgiving that year he called to say he had the turkey but where should he fix it since he had a small apt in Arcadia at that time. Two of his sisters helped him do it and they brought it all to my sister-in-law's because I was living in Escondido yet, moving back to the area the first of that year. That Christmas, the oldest son took care of it, buying and fixing 2 turkeys. As long as the family doesn't run out of men, we have it made.

### Dixie Countant's Easy Anti-marshmallow Yams

For those of us who don't like marshmallow on our yams, here's the family recipe for Candied Yams.

#### Ingredients:

Yams or sweet potatoes Butter Light Brown Sugar

Buy as many yams as you need depending on how many people are coming to dinner. I plan two medallions per person if I'm doing a full-blown dinner with all the trimmings.

Wash and slice yams (or sweet potatoes) into one-inch medallions. Steam medallions until barely done. (Not too soft) Skin the medallions by gently cutting the skin and lifting - it will almost fall off.

Arrange medallions in baking dish. (They can touch, but don't stack them) Put a small pat (aprox 1/4 tsp of butter on top of each medallion. Sprinkle light brown sugar over

### From the Pen & Kitchen of Deanne Davis:

#### Thanksgiving Day Breakfast

The festive bird is stuffed and in the stove, the potatoes are boiling for mashed potatoes, you've said the gravy prayer (please, Gravy Deity, let it be smooth this year). And people are saying, "we're hungry!"

This is not a problem, put down that ladle and in just minutes, you can thank everybody an Eggnog-Brandy Muffin!

If you're truly feeling like Wonder Woman, whack up some bacon and an onion into small chunks, sauté them together, throw in some eggs, scramble it altogether, and serve the Thanksgiving breakfast they'll remember with delight all year long.

#### Eggnog-Brandy Muffins

2 cups flour  
2/3 cup granulated sugar  
1 TB. Baking powder  
1/2 tsp. Salt  
3/4 cup prepared eggnog  
1/2 cup brandy  
5 TB butter, (unsalted if you've got it...use a little less salt if you don't) melted  
1 egg, beaten  
1/2 tsp. Grated nutmeg plus a little more for sprinkling on top

Preheat oven to 400 degrees. Grease 12 muffin pan.

In a large bowl mix flour, sugar, baking powder and salt. Add eggnog, brandy, butter, beaten egg and 1/2 tsp nutmeg. Stir only till mixed. DO NOT OVERBEAT or muffins will be rubbery and tough.

Spoon batter into greased muffin cups and sprinkle tops of muffins with nutmeg. Bake about 20 minutes or until tester inserted into center of muffin comes out clean. Remove from tin, butter and enjoy.

They freeze nicely and are probably about 200 calories per muffin.

Happy Thanksgiving!  
May your turkey be tender, succulent and juicy, and may somebody who really knows how.. offer to carve it.



### GOOD EATS ROAST TURKEY

Recipe courtesy Alton Brown

Prep Time: 15 min  
Inactive Prep Time: 7 hr 0 min  
Cook Time: 2 hr 30 min  
Level: Easy  
Serves: 10 to 12 servings

#### INGREDIENTS

1 (14 to 16 pound) frozen young turkey  
For the brine:  
1 cup kosher salt  
1/2 cup light brown sugar  
1 gallon vegetable stock  
1 tablespoon black peppercorns  
1 1/2 teaspoons allspice berries  
1 1/2 teaspoons chopped candied ginger  
1 gallon heavily iced water

#### For the aromatics:

1 red apple, sliced  
1/2 onion, sliced  
1 cinnamon stick  
1 cup water  
4 sprigs rosemary  
6 leaves sage  
Canola oil

#### DIRECTIONS

2 to 3 days before roasting:

Begin thawing the turkey in the refrigerator or in a cooler kept at 38 degrees F. Combine the vegetable stock, salt, brown sugar, peppercorns, allspice berries, and candied ginger in a large stockpot over medium-high heat. Stir occasionally to dissolve solids and bring to a boil. Then remove the brine from the heat, cool to room temperature, and refrigerate.

Early on the day or the night before you'd like to eat:

Combine the brine, water and ice in the 5-gallon bucket. Place the thawed turkey (with innards removed) breast side down in brine. If necessary, weigh down the bird to ensure it is fully immersed, cover, and refrigerate or set in cool area for 8 to 16 hours, turning the bird once half way through brining. Preheat the oven to 500 degrees F. Remove the bird from brine and rinse inside and out with cold water. Discard the brine.

Place the bird on roasting rack inside a half sheet pan and pat dry with paper towels.

Combine the apple, onion, cinnamon stick, and 1 cup of water in a microwave safe dish and microwave on high for 5 minutes. Add steeped aromatics to the turkey's cavity along with the rosemary and sage. Tuck the wings underneath the bird and coat the skin liberally with canola oil.

Roast the turkey on lowest level of the oven at 500 degrees F for 30 minutes. Insert a probe thermometer into thickest part of the breast and reduce the oven temperature to 350 degrees F. Set the thermometer alarm (if available) to 161 degrees F. A 14 to 16 pound bird should require a total of 2 to 2 1/2 hours of roasting. Let the turkey rest, loosely covered with foil or a large mixing bowl for 15 minutes before carving.

## Tips For Preparing a Thanksgiving Turkey

For home cooks, preparing a Thanksgiving turkey is a rite of passage. Not only do snafu opportunities abound, but there is added pressure on the holiday to prepare and serve a perfect meal for family and guests.

Whether you're a seasoned Thanksgiving chef, or a newbie in the kitchen, these tips can help eliminate the stress associated with prepping your meal's centerpiece:

#### Prepare Ahead

It's hard to perfect a turkey when you've got endless side dishes to worry over simultaneously, so accept guests' offers to bring some favorites. Assemble accompaniments to your meal in advance, especially sauces and dips, which actually improve in flavor over time.

Remember, you only have so much space in an oven, so schedule cooking accordingly to ensure everything is ready at mealtime.

#### Talk Turkey

You may not have aced home economics when you were in school, but the folks at the Turkey Talk hotline are experts in the field. You can get most turkey conundrums solved by giving them a call at 1-800-BUTTERBALL, or by emailing them at talkline@butterball.com.

#### Work Smart

Maintaining your knives streamlines kitchen operations, especially the formidable task of carving your Thanksgiving turkey.

But knife sharpening doesn't need to be daunting. In fact, every home cook should get comfortable doing this regularly. With the right tools, your knives will last longer, and be safer and more efficient.

Generally, you should hone or polish knife edges after each use and sharpen knives regularly with a high-quality sharpener. Look for a sharpener that offers diversity. For example, Edgeware's adjustable knife sharpeners include coarse and fine sharpening slots for dull and damaged knives and regular maintenance respectively, and are ideal for sharpening a variety of knives from straight edge blades to serrated. For how-to videos and other tips on restoring your knives to their original factory angle, visit [www.edgewareproducts.com](http://www.edgewareproducts.com).

When preparing the Thanksgiving meal, make sure your knives are sharp in the kitchen and to sharpen any knives that will be used to carve your bird at the table. Do this before setting the table so you won't forget.

#### Getting it Right

The general wisdom is to allot 1 to 1 1/2 pounds of turkey per person. Just be sure your turkey is big enough to provide you with leftovers! There's nothing more satisfying than a turkey sandwich for lunch the day after Thanksgiving.

Ready your bird for the oven by following the National Turkey Federation guideline on thawing: for every 4 1/2 pounds of frozen turkey, thaw for 24-hours in the refrigerator.

You don't need to be Julia Child to master the art of turkeys. By maintaining your kitchen

## Mary Carney's Confetti Stuffed Mushrooms

Thanksgiving Potluck Vegan-style Mushrooms

1-1/2 #	Mushrooms, Brown or Cremini: Separate into caps & stems.
1/3 cup	Celery, 1/8" dice
1/3 cup	Carrots, 1/8" dice
1/3 cup	Baby Bell Peppers - Yellow, Orange, Red - 1/8"
1-1/2 Tbsp	Extra Virgin Olive Oil
3/4 cup	Vegetable Broth, divided
1/4 cup	Apricot, Peach, Orange or Blackberry Brandy
3/4 tsp	Lindberg Porterhouse & Roast Seasoning (from Taylor's Market in Sierra Madre)
1 cup	Parsley, Finely Chopped
2 Tbsp	Lemon juice (fresh)
1 cup	Bread Crumbs - slightly dry
1/4 cup	Pecorino-Romano Crumbled Cheese

Clean Mushrooms. Remove Stems, set caps in lightly greased baking pan with holes up.

Dice mushroom stems into 1/8" bits.. You should have 2 cups diced mushroom stems. If not enough, add more mushrooms (if you have them) to make 2 cups.

Put olive oil & 1/2 cup broth in sauté pan, turn heat to medium. Add Seasoning. Add celery and carrots. Layer with diced mushrooms, then diced peppers. Cover and cook slowly about 5 minutes, stirring once to ensure mushrooms and peppers get mixed with broth.

Add Parsley. Simmer another 5 minutes. Taste and add more seasoning if needed. Remember - adding breadcrumbs will soften flavor intensity.

Drain broth from sauté pan into cup.

Add remaining broth with brandy and lemon juice to mushrooms, and return to heat until broth boils. Drain this liquid also into the cup. Reserve.

Add breadcrumbs and grated cheese to drained mushrooms. Mix well. If very dry, add 1 - 2 tablespoons of reserved broth.

Stuff mushroom caps. Place neatly in greased table-ready stove top / baking dish. Carefully spoon some of the reserved broth into the dish;

Simmer gently for 5 minutes ... Add more mushrooms as the others shrink. Simmer another 5 minutes & repeat. When adding the last mushrooms, drizzle any remaining broth lightly over all the mushrooms' stuffing for the final cooking.

Remove from heat and let cool. Serve room temperature. Or chill, and reheat just before serving. More fun to stuff the mushrooms with someone else - for sociability - after all, thanksgiving and social are what it's all about.

### Paul Neiby's\* CORN BREAD DRESSING Also from Paul Neiby:

#### Ingredients:

2 - 6 oz. bags Mrs. Cubbison's Seasoned Cornbread Stuffing Mix  
1 cup chopped, raw white onions  
1 cup chopped raw celery  
10 dried apricots cut into pieces  
4 oz. Walnuts (they can be bought in a bag of about that size  
6-8 oz. Sausage, sauteed brown, defatted & crumbled. (Jimmy  
Dean brand sage flavored is good

2 cups heated Chicken Broth  
4 tbsp. butter melted in with 1 cup of the chicken broth

#### Directions:

Toss the vegetables and stuffing mix in a bowl. Add 1 cup of the heated broth with the melted butter and toss again. Load lightly in a greased covered casserole and bake for 45 minutes in a 350 degree oven. Half way through, pour the additional cup of chicken broth over the dressing.

This recipe is modified from the one that appears on the Cubbison pack by the addition of the sausage, apricot, and walnuts. The additional broth added half-way through the baking, makes the dressing moist enough but still light and discreet.

#### CREAMED PEARL ONIONS

##### Ingredients:

Onions, small pearl as needed  
Milk, butter, flour, Worcestershire Sauce, ...  
Cayenne, Salt & Pepper

##### Directions:

Trim the bottoms of the onions but otherwise leave them unpeeled. Drop into boiling water for 3-5 minutes. Drain and peel when cool. Reserve the onion water.

Make a medium white sauce (2/2/1) using half milk and half onion water. You may make a Mornay Sauce by adding shredded cheddar if desired. Flavor with Worcestershire, Cayenne and salt and pepper. The sauce should be fairly thick as the cooking onions will add liquor.

Pour the sauce over the onions in a casserole and bake covered in a medium oven for 30-40 minutes.

\*The Mountain Views News exists in part because of the support of Paul and Louise Neiby. Paul is no longer with us and I miss him greatly, especially this time of year when we would argue about whether he was the better cook. These were two of his favorite Thanksgiving recipes.

## AUNT CATHERINE'S CORN PUDDING

I almost listed this as My recipe, but then I remembered that I actually got this recipe from my dad's sister and my favorite Aunt Catherine. For whatever reason, we only had this on Thanksgiving and you had to be quick if you wanted a serving. One pass around the table and that was it. (The same can be said for my household today. Susan Henderson)

#### INGREDIENTS

12 to 13 ears fresh corn, husks removed  
1/4 cup sugar  
3 tablespoons all-purpose flour  
2 teaspoons baking powder  
1 1/2 teaspoons salt  
Pepper to taste. (You can spice it up with a little Cayenne pepper instead).  
6 large eggs  
2 cups evaporated milk (I use Half and Half instead but either is good)  
1/2 cup butter, melted

#### DIRECTIONS

Preheat oven to 350°. Get a 13 x 9 baking dish and grease the sides with butter or butter flavored cooking spray - my Aunt did not tell me that!

Cut corn off the cobs into a large bowl (about 6 cups). You can substitute frozen corn if you like but canned corn really is only to be used if there is a blizzard and you cannot get to the grocery store. In a separate bowl or measuring cup, mix sugar, flour and baking powder together.

Next, whisk eggs until smooth then gradually add milk or half and half and butter in a large bowl. Pour the sugar mixture into the bowl with the eggs and continue whisking. Make certain the mixture is smooth and then stir in the corn. Abandon the whisk, use a wooden spoon and stir the mixture so that the corn is distributed evenly. Pour mixture into prepared baking dish and bake at 350° or until you can stick a cake tester in it and it comes out clean. Let it stand about 5 minutes before serving.



## CHRISTOPHER Nyerges



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

### ON THANKSGIVING

I was at a local coffee shop and met a man who had read something I previously wrote about the historical origins of Thanksgiving, and what happened, and what didn't happen.

"I was a little puzzled after I read it," Burt told me. "I understand that the first historical Thanksgiving may have not happened the way we are told as children," he told me, "but how did we get to where we are today? What I understood from your writing that there are historical roots, and that we today remember those roots and try to be very thankful, but the connection was unclear." Burt and I then had a very long conversation.

A newspaper column is typically not long enough to provide the "big picture" of the entire foundation of such a commemoration, as well as all the twists and turns that have occurred along the way. But here is the condensed version of what I told my new friend Burt.

First, try reading any of the many books that are available that describe the first so-called "first Thanksgiving" at the Plymouth colony that at least attempts to also show the Indigenous perspective. You will quickly see that this was not simply the European pilgrims and the native people sitting down to a great meal and giving thanks to their respective Gods, though that might have occurred. In fact, both the indigenous peoples and the newcomers had thanksgiving days on a pretty regular basis.

As you take the time to explore the motives of the many key players of our so-called "first Thanksgiving," in the context of that time, you will see that though the Europeans were now increasingly flowing into the eastern seaboard, their long-term presence had not been allowed – until this point. Massasoit was the political-military leader of the Wampanoag confederation, which was the stronger native group in the area. However, after disease had wiped out many of the native people, Massasoit was worried about the neighboring long-time enemies – the Narragansett -- to the west. The gathering of the European leaders of the Plymouth Colony and Massasoit and entourage had been more-or-less brokered by Tisquantum (aka Squanto) who spoke English.

Yes, there had been much interaction between the new colonists and native people for some time, and this gathering of 3 days in 1621 was intended to seal the deal between the colonists aligning with Massasoit. The exact date is unknown, but it was sometime between September 21 and November 9.

Yes, historians say that a grand meal followed, including mostly meat. The colony remained and there was relative peace for the next 10 to 50 years, depending on which historians were correct in their reading of the meager notes. The historical record indicates that the new colonists learned how to hunt, forage, practice medicine, make canoes and moccasins, and much more, from the indigenous people. Even Tisquantum taught the colonists how to farm using fish scraps, ironically, a bit of farming detail he picked up during his few years in Europe.

Politicians and religious leaders continued to practice the giving of thanks, in their churches and in their communities, and that is a good thing. They would hearken back to what gradually became known as the "first Thanksgiving" in order to give thanks for all the bounty they found and created in this new world, always giving thanks to God! But clearly, the indigenous people would have a very different view of the consequences of this 1621 pact, which gradually and inevitably meant the loss of their lands and further decimation of their peoples from disease. Of course, there was not yet a "United States of America," and it was with a bit of nostalgia and selective memory that we refer to this semi-obscure gathering of two peoples as some sort of foundational event in the development of the United States. And it is understandable from the perspective of a national mythology that the native people were forgotten and the "gifts from God" remembered.

My new friend Burt was nodding his head, beginning to see that there was much under the surface of this holiday. I recommended that he read such books as "1491: New Revelations of the Americas Before Columbus" by Mann, "Native American History: Idiot's Guide" by Fleming, and others.

As I still believe, giving thanks is a good thing – good for the soul and good for the society. Just be sure to always give thanks where it is due!

Eventually, in the centuries that followed, Thanksgiving was celebrated on various days in various places. George Washington declared it an official Thanksgiving in 1789. However, the day did not become standardized as the final Thursday each November until 1863 with a proclamation by Abraham Lincoln.

The gross commercialization of Thanksgiving is a somewhat recent manifestation of the way in which we have tried to extract money from just about anything. One way to break that cycle is to just choose to do something different.

When I used to visit my parents' home for annual Thanksgiving gatherings, I disliked the loud arguing and banter, the loud TV in the background, and the way everyone (including me) ate so much that we had stomach aches! I felt that Thanksgiving should be about something more than all that. I changed that by simply no longer attending, and then visiting my parents the following day with a quiet meal. It took my parents a few years to get used to my changes, but eventually they did.

These days, most holidays have a whole host of diverse symbols, and Thanksgiving is no different. And like most modern holidays, their real meanings are now nearly-hopelessly obscured by the massive commercialism. Nevertheless, despite the tide that is against us, we can always choose to do something different. Holidays are our holy days where we ought to take the time to reflect upon the deeper meanings. By so doing, we are not necessarily "saving" the holiday, but we are saving ourselves. As we work to discover the original history and meanings of each holiday, we wake up our minds and discover a neglected world hidden in plain sight.

## Katnip News!



### DOTTIE

Meet Dottie, an adorable 3-month-old brown tabby kitten with a heart full of love! This playful little girl enjoys chasing toys, exploring her surroundings, and curling up for cozy naps in your lap. Dottie is one of five siblings born to the sweet mama cat Mindy, and her loving nature



Dottie

shines through in every cuddle and purr.

We'd love for Dottie to go to her forever home with one of her siblings or another kitten companion, as having a buddy helps kittens thrive. If you already have a young feline friend at home, Dottie would be delighted to join the family!

Are you ready to add this bundle of joy to your life? Dottie is waiting to steal your heart! She is thoroughly vetted and ready to go! Apply at <https://www.lifelinefor-pets.org/mindys-kittens.html>.

## Pet of the Week

Apple Pie is a 7-year-old lab mix who's the epitome of a "professional family dog." Apple Pie is a sweet, polite boy who's thriving in a foster home. The foster family reports that he's completely house-trained, walks beautifully on a leash, and has impeccable manners! He loves accompanying kids on their walk to school, then settling down for naps on rugs in their rooms to keep them company.



In the backyard, Apple Pie has a blast burying toys, sunbathing, and playing with a senior chihuahua buddy. His favorite treats include hot dogs, and after putting on some much-needed weight, he's looking extra handsome with his shiny coat after a recent bath.

Apple Pie is the perfect companion and is ready to bring love, loyalty, and laughter to a new forever family. Come meet him this handsome boy—you'll instantly fall in love!

Apple Pie and all other pets over five years old have their adoption fees waived throughout November in celebration of Adopt-A-Senior-Pet Month! 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](http://pasadenahumane.org).

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

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



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From The Desk of Steve Sciorba, Safe Path For Senior

## HOW SENIORS CAN CONTROL STRESS AND FIND BALANCE

As we age, managing stress becomes crucial for maintaining overall health and well-being. Stress can impact blood pressure, sleep, immunity, and even cognitive function. For seniors, addressing stress involves a mix of mental, physical, and emotional strategies tailored to the challenges and changes that come with aging.

## Physical Activity for Body and Mind

Regular physical activity is one of the most effective stress relievers. Activities such as walking, yoga, or swimming release endorphins, which naturally elevate mood and help reduce anxiety. Many senior centers and community organizations offer gentle exercise classes tailored to older adults, making it easy to find options that feel comfortable and enjoyable.



## Mindfulness and Relaxation Practices

Practices like meditation, deep breathing, and mindfulness are valuable tools for managing stress. Simple mindfulness exercises, such as focusing on your breath for a few minutes daily, can help calm the mind and improve emotional well-being. Engaging in activities like tai chi or guided relaxation can also create a greater sense of peace.

## Social Connections and Community Support

Isolation and loneliness can contribute to stress, especially for seniors who may experience fewer social interactions. Staying connected with friends, family, or community groups can be incredibly grounding. Volunteering, attending classes, or joining hobby clubs provides social support and a sense of purpose, both of which are beneficial for stress management.

## Healthy Lifestyle Choices

Eating nutritious foods, staying hydrated, and getting adequate sleep are foundational to stress control. Avoiding stimulants like caffeine and alcohol, especially close to bedtime, can also enhance sleep quality and reduce anxiety.

By integrating these stress management techniques, seniors can navigate daily challenges more smoothly, improve their mental health, and enjoy greater emotional resilience. Managing stress is a lifelong process, and for seniors, finding balance and support can make all the difference.

## WHAT YOU'LL PAY FOR MEDICARE IN 2025



Dear Savvy Senior:

I know there will be a small 2.5 percent cost-of-living increase in Social Security benefits next year, but what about Medicare? What will the Medicare Part B monthly premiums be in 2025, and when do the surcharges kick in for higher income beneficiaries? Medicare Beneficiary

Dear Beneficiary:

The Centers for Medicare and Medicaid Services recently announced their cost adjustments for 2025 and the increases for premiums and out-of-pocket costs for most beneficiaries will be moderate. But if you're a high earner, you'll pay significantly more. Here's what you can expect to pay in 2025.

## Part B Premium

While Medicare Part A, which pays for hospital care, is premium-free for most beneficiaries, Part B, which covers doctor visits and outpatient services does have a monthly premium.

Starting in January, the standard monthly Part B premium will be \$185, up from \$174.70 in 2024. That \$10.30 bump represents a 5.9 percent increase, which is more than double the most recent Social Security cost-of-living adjustment which was 2.5 percent.

But if you're a high earning beneficiary, which makes up about 8 percent of all Medicare recipients, you'll have to pay more. Medicare surcharges for high earners, known as the income-related monthly adjustment amount (or IRMAA), are based on adjusted gross income (AGI) from two years earlier, which means that your 2025 Part B premiums are determined by your 2023 AGI, which is on line 11 of the IRS tax form 1040.

Here's how it breaks down. If your 2023 income was above \$106,000 up to \$133,000 (\$212,000 up to \$266,000 for married couples filing jointly), your 2025 Part B monthly premium will be \$259.

Monthly Part B premiums for singles with an income between \$133,000 and \$167,000 (\$266,000 and \$334,000 for joint filers) will rise to \$370.

Individuals earning above \$167,000 up to \$200,000 (\$334,000 to \$400,000 for joint filers) will see their monthly Part B premium increase to \$480.90.

Those with incomes above \$200,000 up to \$500,000 (\$400,000 to \$750,000 for joint filers), will pay \$591.90 per month in 2025. And single filers with income of \$500,000 or more (\$750,000 or more for joint filers) will pay \$628.90 per month.

## Part D Premium

If you have a stand-alone Medicare (Part D) prescription drug plan, the average premium in 2025 will be \$46.50 per month for most beneficiaries, down from \$53.95 in 2024. But again, for high earners with annual incomes above \$106,000 (\$212,000 for joint filers) you'll pay a monthly surcharge of \$13.70 to \$85.80 (based on your income level) on top of your regular Part D premiums.

## How to Contest Income

Beneficiaries that fall into any of the high-income categories and have experienced certain life-changing events that have reduced their income since 2023, such as retirement, divorce or the death of a spouse, can contest the surcharge. For more information on how to do this, see "Medicare Premiums: Rules for Higher-Income Beneficiaries" at [SSA.gov/benefits/medicare/medicare-premiums.html](https://www.ssa.gov/benefits/medicare/medicare-premiums.html).

## Other Medicare Increases

In addition to the Part B and Part D premium increases, there are other cost increases you should be aware of. For example, the annual deductible for Medicare Part B will be \$257 in 2025, which is \$17 more than the 2024 deductible of \$240. And the deductible for Medicare Part A, which covers hospital services, will increase to \$1,676 in 2025. That's \$44 more than the 2024 deductible of \$1,632. There are no surcharges on Medicare deductibles for high earners.

For more information on all the Medicare costs for 2025 visit [Medicare.gov/basics/costs](https://www.medicare.gov/basics/costs) or call 800-633-4227.

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

Happy  
Thanksgiving

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## SENIOR HAPPENINGS

HAPPY BIRTHDAY! ... NOVEMBER Birthdays\*



Flo Mankin, Alberta Curran, Carmela Frontino, Kathy Wood, Lena Zate, Joe Pergola, Janice Kacer, Valerie Howard, Lois Stueck, Jean Wood, Shirley Yergeau, Pat Krok, Irene Nakagawa, Anna Ross, Mary Steinberg, Mary Bowser, Susan Clifton, Mary Higgins, Kim Buchanan, Leigh Thach, Sue Quinn, Jill Girod, Jeanne Martin.\*

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

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**OUT TO PASTOR**  
A Weekly Religion Column by Rev. James Snyder  
**IT ALL BOILS DOWN TO ONE THING**

Of all the things I have learned, one has made a difference in my life. I hear stories about how married couples are unhappy. Today, something must be wrong with you if you haven't been divorced and remarried five times.

I always figure that the person who has been married five times hasn't learned anything from their first four marriages. They're going to repeat the same mistakes, over and over. Somebody should pass a law forbidding people to be stupid. Why does stupidity seem to run our country? If we would forbid stupidity, we would have no politicians screwing up our country, but then, is that bad?

Being married has been a long journey for both The Gracious Mistress of the Parsonage and her fantastic husband. We celebrated 53 years of marriage. There have been some stress points in our marriage, although at this point, I can't remember one. That's why it's important to forget things when you get older. But our marriage has been a wonderful ride in the park—I just can't remember which park.

After 53 years of marriage, I have discovered that true happiness boils down to one thing. Discovering that one thing is a treasure of gold. Most people have never discovered this one thing, which is why their lives are not happy.

I know five marriage counselors, and each have been divorced and remarried at least three times. You would think they would understand what makes a marriage happy and pleasant. I wouldn't see those five marriage counselors for any advice.

This came to me about a month ago. I was talking to a young man who asked me about our marriage secret. I had to tell him that we had no secrets. Then it occurred to me what our marriage's driving point was. I had discovered one important secret. It all boils down to one point: how many married couples are happy? If only one is happy, it is not a good marriage. If both are happy, well, you know the answer.

The explanation of what happy means will help us understand this whole scenario. For some people, being happy means they are always right and always get what they want, when they want it. My mother used to say when I would ask her if she was alright. "No, son," she would say with a smile, "I'm half left." Then she would say, "If we were to be right all the time, why did God give us a left hand?"

So, to be happy, I don't necessarily have to be right all the time. I don't always have to have everything my way. Sometimes I do need that left hand for balance.

Looking back over my life, if I had everything my way, I would be in so much trouble today that I'm not sure I could get out of it. My way hasn't always been the important way. It's hard to acknowledge that. If the wife is happy, then I'm happy. If the wife is not happy, I'm in serious trouble.

The important aspect of marriage is discovering what makes the other person happy. Once I figured that out, everything was a ski-ride down the mountains.

When you first marry, you don't know what makes the other person happy or sad. It's a learning experience and you better get busy studying this subject before you get married. The only rocky point in our marriage had to do with "broccoli." She has a fascinating love for broccoli, I have a deplorable hatred for broccoli and the twain shall never meet on the same dinner table.

When we were first married, I did not know this about her and broccoli. But it wasn't long after we were married that I discovered this. Up to that point, I had never tasted broccoli, and I wasn't about to start tasting it then; with deep respect to my tongue.

When we were married, she didn't know about my fascination with Apple Fritters. I grew up in Pennsylvania Dutch country where Apple Fritters are king of the hill. We just love our Apple Fritters.

The Gracious Mistress of the Parsonage was happy when she was eating broccoli and I was happy when I was eating Apple Fritters. These two things cannot be done on the same table, if you know what I mean.

At that point, it all boiled down to one thing. Are we going to determine what the other person likes? Or, will we accept them as long as it makes them happy? That's so critical that I don't know anything more important.

If I can master this one thing, then there will be nothing but happiness in our marriage. I don't demand that she like what I like, and she doesn't demand that I like what she likes. We just put up with certain things and don't make an issue of them. My secret is, if she passes before me, I'll make sure there is broccoli in her casket that she can take with her. The key to marriage is agreement. I like what it says in Amos 3:3, "Can two walk together, except they be agreed?"

If you walk down a path going to in certain destination, although, you both are going in the same direction but one can look to the left and the other to the right. It is the destination that is important.

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



MOUNTAIN VIEWS NEWS

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Mountain Views News Mission Statement

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



JUST WONDERING..... PAST, PRESENT and FUTURE

On Sunday I had what I thought was a unique idea. I would draft a short story about a detective of my age who was trying to solve a murder. At the time I was completely unaware of any story in which the first-person narrator was someone in his eighties who suffered from the disabilities I experience together with the continuing fear that I now experience. (Have you read about Bruce Willis? While thinking about the story I picked up last week's copy of the Mountain Views News. A few Sundays ago, as my wife and I drove to pick up the paper we saw a man placing a pile of papers on the newsstand. I said hello. The man peeked into our car and said, "you're Stuart, I read and save your column every week." How he recognized me from my picture that always appears with my articles was amazing. The picture was taken maybe ten years ago when my face was clean-shaven.

On Sunday then I picked up this week's paper and looked for my article. I love imagining that at some time a book will be created which will have all my articles going back to 2008 and that ten years from now my 5-year-old daughter might want to look at the book. (I wonder if she will.) Connected to this future imagining is the presence of a photograph on the wall of my bedroom of a column published in December 22, 1933 written by my father. The article describes my father's gratitude to President Roosevelt for creating the Civilian Conservation Corps. Accompanying the column is a picture of my then 23-year-old father wearing a hat tilted just like Walter Winchell. If you are too young to know about the CCC and Walter Winchell or even don't know about the Depression, it's okay; but it would be nice to find some older and ask them to explain it all to you. I think the older person would relish that opportunity and you might end up viewing the problems of today differently. Leaving 1933 and back to Sunday, I opened the Mountain Views News to page 11 and found my article.

Thumbing through the paper on I chanced upon a notice of a scheduled meeting of a Writer's Workshop on the next day, Monday November 18 scheduled for 6:00pm. The writer leading the group was Naomi Hirahara, a name I had never seen. Remember now I was filled with thoughts about my planned short story starring an ageing hero of my age. This planned story would describe my actual present difficulties and fears and maybe I could get some help from a writer's group. Dutifully I went to the newly opened Sierra Madre Library and checked out one of the many books by Naomi Hirahara entitled Hiroshima Boy. I began flipping through the pages and learned that the hero of the book, Mas Arai, is an eighty-six-year-old Japanese man born in Altadena who becomes involved in a search looking for a murderer in present day Hiroshima, Japan the site of the horrific U.S. Bombing which ended World War II. Remarkably, on Friday I am due to visit a friend who wrote a play wondering about the need for that bombing.

What's going on? Is some higher spirit just playing tricks on me? Are my 80's to be my Age of Wonder? At the writers group there was one other man among thirteen women, and some were published writers, and all were much younger than me. Are men now a dying breed with the future to be dominated by women. Is there still a place for me? As I was leaving one of the women spoke to me and said that she read my columns every week and looked forward to them. That's the encouragement I needed. I wonder if I will now begin to compose the short story.

If you have anything you would like to share, please email me at stuarttolchin@gmail.com. You might give me something else about which to wonder.

HOWARD Hays As I See It



"Clearly, she has crossed the line." - Rep. Newt Gingrich (R-GA) on Zoe Baird, Bill Clinton's nominee for Attorney General, prior to her withdrawal from consideration upon discovery she'd hired an undocumented couple as babysitter and driver, 1993

In 2018, two infants in Samoa died after having received their MMR vaccinations. RFK Jr. and his group jumped on this opportunity to pitch their anti-vax line in Samoa, and it worked. Vaccination rates fell from some 70% to 31%.

The ensuing measles outbreak infected 5,700 Samoans (out of a population of 200,000). 85 died, most of them under four years old. One out of every 150 babies in Samoa died from the outbreak.

It turned out those initial two infant deaths were not caused by the vaccine itself. A couple of nurses (since criminally charged) had mistakenly added an expired anesthetic. RFK Jr. never apologized to the families who lost their babies because of the anti-vax panic he helped incite.

RFK Jr. has also been accused of sexual assault by his family's former babysitter. (Seeing a pat-tern here?)

The Department of Health and Human Services includes the FDA, CDC, Medicare and Medicaid - 83,000 employees and a budget of \$130 billion discretionary and \$1.7 trillion mandatory spending. RFK Jr. is a lawyer mainly known for spreading conspiracy theories. He's Trump's pick to become HHS Secretary.

These are just three - and the list of unfit, dangerous choices grows every day. Trump is by-passing standard FBI background checks, both for potential nominees and in granting security clearances. As to "vetting", all candidates are required to submit detailed records of their support for Trump - whether it be positive media interviews they'd given, fundraising or whatever volunteer efforts. And they're all committed to rid their respective departments of any whose primary allegiance is to anything other than Donald Trump.

The last line of defense against this takeover appears to be Senate Republicans. They've already rejected Trump's designated pick for Majority Leader, Florida Sen. Rick Scott (who as a hospital CEO "oversaw the largest Medicare fraud in the nation's history") - going instead with Sen. John Thune (R-SD). And although there are some who see their job as to simply roll over for the incoming president, others take their constitutional duties of "advice and consent" in confirming nominees seriously.

Trump, of course, tells them to simply accept his picks as recess appointments - avoiding scrupulous altogether. But some senate Republicans see their own careers as potentially lasting longer than Trump's - and are concerned how their actions today might be seen sometime in the future, when once again the interests of our country come before those of Donald Trump.

Breaking news as I write this: To run the Centers for Medicare and Medicaid Services - over-seeing Medicare, Medicaid, Children's Health Insurance Program and the Healthcare.gov in-surance marketplace - 6,400 employees with a budget of \$1.6 trillion (nearly a quarter of the entire federal budget) - Trump's pick is Dr. Oz. Really.

RICH JOHNSON NOW THAT'S RICH



CORFU, FABLES, FANCIES AND A GOOD BOOK

Last week I told you about the terrific new bookstore in Sierra Madre, "Fables and Fancies". (South side of Sierra Madre Blvd. 5 or 6 store fronts west of Baldwin.) Fables & Fancies is right next door to Corfu, my favorite Mediterranean Restaurant. Being that Corfu is right next door to Fables & Fancies and thinking about lunch, I went into the bookstore. Lo and behold I discovered (and purchased) a book on bacon by a writer named Bacon. I think its entitled "Bacon on Bacon". My intent is to consume bacon while reading portions of the book on bacon by Bacon. Get it? Got it? Good!

Corfu, by the way, has been around almost 18 years under the ownership of Vic. If you've never dined there, I highly encourage you to visit them...particularly if you're hungry. Corfu is much more than just Mediterranean. They have fabulous breakfasts, and their lunch and dinner choices include traditional items plus yummy stuff you've never heard of. My favorites? Greek Village Salad (get this... no lettuce which you won't miss). Yummy, especially with chicken. Of course, all the kebabs with rice, hummus, pita (what you'd expect). A tuna melt (the best I've ever had) (And I should know as I've had 503 of them). Pastrami, hamburgers, fries, Kids menu. Open Tuesday through Saturday (9:00-3:00, 5:00-9:00) and all-day Sunday. Go in. Live music weekend evenings. Call (626) 355-5993. Parking and entrance in the back too!

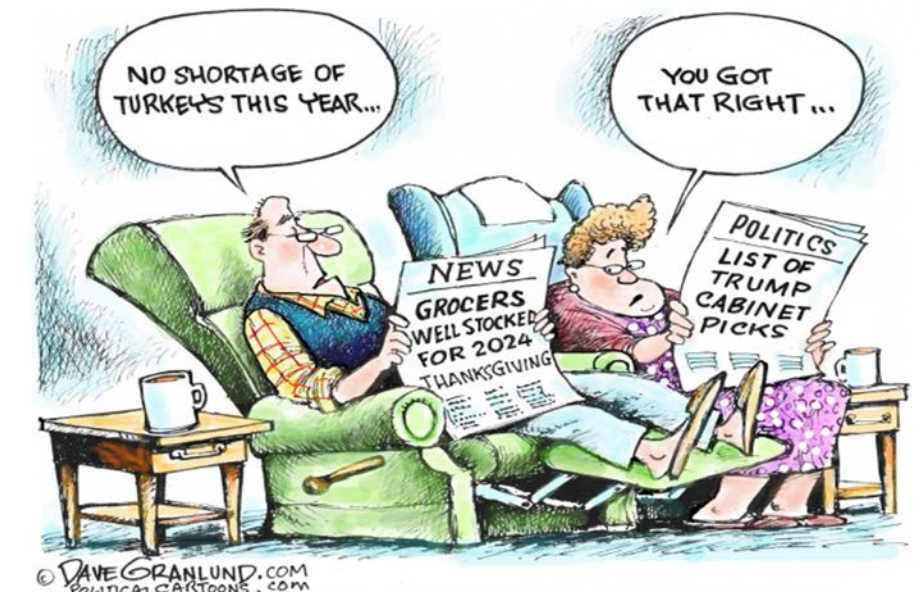
GO INTO CORFU THIS WEEK FOR A MEAL, TELL THEM YOU SAW THIS ARTICLE AND THEY WILL GIVE YOU 10% OFF YOUR BILL!

Well, let's move on... the election is over. Joe Biden will soon be our newest ex-president. I wonder if he's aware when he signed up to run, what post "president-ing" would be like. Thank you, Joe, for your service, but now you need to know the rules for ex-presidents. There are activities ex-presidents are restricted from doing. (The fall from power can be dramatic):

- 1. They can't drive on public roads anymore. The last one to do so was Lyndon Johnson circa 1964. If you want to take the "sled" out for a spin do what George W. Bush did. Buy a sprawling ranch with private ranch roads. And knock yourself out.
2. As an ex-president, the government will give you a generous allowance to leave town for "diplomatic" travel. Schmoozing in other words. Up to one million dollars. (I'd schmooze for half that.) Your spouse can get her own \$500,000 per year for travel and security.
3. Establish a Presidential Library (sorry "Fables and Fancies already taken")
4. Rent an office. It should be an Oval Office (really) and used for post-presidency activities. I wonder how Jimmy Carter's post presidency activities differ from Bill Clinton's.
5. Don't break the law. It's not permitted. Not even for presidents.
6. No garage sales permitted selling secret or classified information.
7. As an ex-president you are not permitted to walk into Best Buy and purchase a computer, tablet or phone. I'm sure if you tell someone what you want, they will get it for you. No browsing.
8. No secret or private deliveries. The secret service doesn't care if it smells like perfume. They are going to see whatever is in there before you do. Don't feel too bad about our former presidents. They get \$218,000 a year in pensions. Their widows get \$20,000 pension a year. Presidents get \$96,000 a year for office staff. We, the people, will pay for office space and pencils. If you are a president and have been with the government for five years or more, you get government health benefits. Jimmy Carter, for example, doesn't get health coverage as he was only employed for four years. (Don't panic, I'm sure he did okay).

Finally, one of our commanders in chief obligations is to plan their own funeral while in office.

On a final note, this holiday season, consider carrying a few extra \$1 or \$5 dollar bills. Instead of just walking past that homeless person, slip them a couple of bucks without breaking stride and wish them happy holidays. The guy who Christmas is named after will be happy you did.









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: NOV 09, 16, 23, 30, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-225599 The following person(s) is (are) doing business as: COMPLETE CLEANING SERVICES, 5924 LIMONITE AVE, JURUPA VALLEY, CA 92509. Full name of registrant(s) is (are) LORENZO MARQUEZ CAMPOS, 5924 LIMONITE AVE, JURUPA VALLEY, CA 92509. This Business is conducted by: AN INDIVIDUAL. Signed: LORENZO MARQUEZ CAMPOS/OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/31/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: NOV 09, 16, 23, 30, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-225669 The following person(s) is (are) doing business as: CUTZ & BEAUTY BY ARA, 306 STONEWOOD ST # 26, DOWNEY, CA 90241. Full name of registrant(s) is (are) ARACELI BELTRAN PEREZ, 9050 BULMIAN AVE, DOWNEY, CA 90240. This Business is conducted by: AN INDIVIDUAL. Signed: ARACELI BELTRAN PEREZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/28/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: NOV 09, 16, 23, 30, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-225772 The following person(s) is (are) doing business as: FLEET MASTERS, INC., 760 N. RAYMOND AVE, PASADENA, CA 91103. Full name of registrant(s) is (are) FLEET MASTERS, INC., 760 N. RAYMOND AVE, PASADENA, CA 91103. This Business is conducted by: A CORPORATION. Signed: FURMENCIO QUIROZ RAMIREZ/PRESIDENT. ARTICLE OF INCORPORATION. This statement was filed with the County Clerk of Los Angeles County on 10/30/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: NOV 09, 16, 23, 30, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-225987 The following person(s) is (are) doing business as: M I T A, 3844 RIVERSIDE DR, CHINO, CA 91710. Full name of registrant(s) is (are) DAVID ANTHONY RUIZ, 3844 RIVERSIDE DR, CHINO, CA 91710. This Business is conducted by: AN INDIVIDUAL. Signed: DAVID ANTHONY RUIZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/24/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: NOV 09, 16, 23, 30, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-213729 The following person(s) is (are) doing business as: NITROUS RACING, 8122 S ALAMEDA ST UNIT A, HUNTINGTON PARK, CA 90255. Full name of registrant(s) is (are) ANDREW CARLOS GOMEZ, 8122 S ALAMEDA ST UNIT A, HUNTINGTON PARK, CA 90255. This Business is conducted by: AN INDIVIDUAL. Signed: ANDREW CARLOS GOMEZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/15/2024. The registrant(s) has (have) commenced to transact

business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: NOV 09, 16, 23, 30, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-222507 The following person(s) is (are) doing business as: N.Y.C. RENTALS, 922 S. CAJON AVE, WEST COVINA, CA 91791. Full name of registrant(s) is (are) N.Y.C. RENTALS LLC, 922 S. CAJON AVE, WEST COVINA, CA 91791. This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed: NEFRIS YANIRE LARIOS/MANAGING MEMBER. This statement was filed with the County Clerk of Los Angeles County on 10/28/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 12/20/2022. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: NOV 09, 16, 23, 30, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-221804 The following person(s) is (are) doing business as: SPIKES ROOFING, 4832 GRAPE ST, PICO RIVERA, CA 90660. Full name of registrant(s) is (are) JOSE ANGEL LOYA, 4832 GRAPE ST, PICO RIVERA, CA 90660. This Business is conducted by: AN INDIVIDUAL. Signed: JOSE ANGEL LOYA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/25/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: NOV 09, 16, 23, 30, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-225988 The following person(s) is (are) doing business as: STAR SOLUTION, 13337 SOUTH ST # 24, CERRITOS, CA 90703. Full name of registrant(s) is (are) SOINA A STINSON, 13337 SOUTH ST # 24, CERRITOS, CA 90703. This Business is conducted by: AN INDIVIDUAL. Signed: SOINA A STINSON/OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/31/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: NOV 09, 16, 23, 30, 2024

FILE NO. 2024230145 STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME The following person(s) OSCAR ARMANDO ALDANA ERAZZO, 20033 SATICOY ST APT 26 WINNETKA, CA. 91306 has/abandoned the use of the fictitious business name: ANTOJITOS SALVADORENOS BLANQUITA, 20033 SATICOY ST APT 26 WINNETKA, CA. 91306. The fictitious business name referred to above was filed on 01/03/2020, in the county of Los Angeles. The original file number of 2020001383. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 11/07/2024. 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.) OSCAR ARMANDO ALDANA ERAZZO/OWNER Publish: ES Mountain Views News Dates Pub: Nov. 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024227265 The following person(s) is (are) doing business as: RH AUTO SOLUTIONS, 330 W AVENUE J LANCASTER, CA. 93534. Full name of registrant(s) is (are) RH AUTO SOLUTIONS, 330 W AVENUE J LANCASTER, CA. 93534. This Business is conducted by: AN INDIVIDUAL. Signed: GERARDO BENITEZ, 11427 OSBORNE

of registrant(s) is (are) RH SERVICE GROUP LLC 6030 OAK FENCE LN LANCASTER, CA. 93536. This Business is conducted by: AN LLC. Signed: RH SERVICE GROUP LLC ROZA HARUTYUNYAN, MANAGING MEMBER. This statement was filed with the County Clerk of Los Angeles County on 11/04/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 10/20/24. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Nov. 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024228725 The following person(s) is (are) doing business as: TELEMETRY GROUP LLC 11644 KITTRIDGE ST NORTH HOLLYWOOD, CA. 91606. AON 202462819171 CALIFORNIA LOS ANGELES COUNTY Full name of registrant(s) is (are) TELEMETRY GROUP LLC 11644 KITTRIDGE ST NORTH HOLLYWOOD, CA. 91606. This Business is conducted by: AN LLC. Signed: TELEMETRY GROUP LLC TATEVIK SHMAVONYAN, MANAGING MEMBER. This statement was filed with the County Clerk of Los Angeles County on 11/05/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 10/20/19. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Nov. 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024228728 The following person(s) is (are) doing business as: MEDICAL INTEGRATED, INC. 20501 VENTURA BLVD SUITE 252 WOODLAND HILLS, CA. 91364. AON 2024610990 CALIFORNIA LOS ANGELES COUNTY Full name of registrant(s) is (are) MEDICAL INTEGRATED, INC. 20501 VENTURA BLVD SUITE 252 WOODLAND HILLS, CA. 91364. This Business is conducted by: A CORPORATION. Signed: MEDICAL INTEGRATED, INC. ANI GEVORGI SARGSYAN, CEO. This statement was filed with the County Clerk of Los Angeles County on 11/05/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 10/20/17. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Nov. 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024229946 The following person(s) is (are) doing business as: CONCRETE PROPERTY MANAGEMENT SERVICES, 501 W GLENOAKS BLVD SUITE #825 GLENDALE, CA. 91202. AON C3525984 CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) INCAN PROJECT DEVELOPMENT GROUP INC., JAMES OSCAR ESCUDERO, CEO. This statement was filed with the County Clerk of Los Angeles County on 11/07/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 11/20/24. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Nov. 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024231546 The following person(s) is (are) doing business as: JERRY'S LANDSCAPING & TREE SERVICE POOL MODELS 11427 OSBORNE PL SYLMAR, CA. 91342. CALIFORNIA LOS ANGELES COUNTY Full name of registrant(s) is (are) GERARDO BENITEZ, 11427 OSBORNE

PL SYLMAR, CA. 91342. This Business is conducted by: AN INDIVIDUAL. Signed: GERARDO BENITEZ, OWNER. This statement was filed with the County Clerk of Los Angeles County on 11/08/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 11/19/99. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Nov. 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024230392 The following person(s) is (are) doing business as: NURSING CAREER TRAINING INSTITUTE 10243 SEPULVEDA BLVD SUITE 200 MISION HILLS, CA. 91345. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) WILLIAM GUNDRY 11922 LOUISE AVE GRANADA HILLS, CA. 91344. This Business is conducted by: AN INDIVIDUAL. Signed: WILLIAM GUNDRY, OWNER. This statement was filed with the County Clerk of Los Angeles County on 11/07/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 11/20/24. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Nov. 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024230486 The following person(s) is (are) doing business as: TINT STATUS 14125 OXNARD ST VAN NUYS, CA. 91401. LOS ANGELES COUNTY. Full name of registrant(s) is (are) JESUS MANUEL BECERRA PEREZ 14125 OXNARD ST VAN NUYS, CA. 91401. This Business is conducted by: AN INDIVIDUAL. Signed: JESUS MANUEL BECERRA PEREZ, OWNER. This statement was filed with the County Clerk of Los Angeles County on 11/07/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 04/2011. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Nov. 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024228374 The following person(s) is (are) doing business as: ALBANEZ TRUCKING 9229 SEPULVEDA BLVD APT 301 NORTH HILLS, CA. 91343. This Business is conducted by: AN INDIVIDUAL. Signed: EDUARDO JAVIER ALBANEZ, OWNER. This statement was filed with the County Clerk of Los Angeles County on 11/05/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 11/20/24. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Nov. 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024229949 The following person(s) is (are) doing business as: AZZ ROOTER PLUMBING SERVICE 5301 LAUREL CANYON BLVD #116 NORTH HOLLYWOOD, CA. 91607. LOS ANGELES COUNTY. Full name of registrant(s) is (are) ARUTUN HARRY NALBANDYAN 5301 LAUREL CANYON BLVD #116 NORTH HOLLYWOOD, CA. 91607. This Business is conducted by: AN INDIVIDUAL. Signed: ARUTUN HARRY NALBANDYAN, OWNER. This statement was filed with the County Clerk of Los Angeles County on 11/07/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 11/20/24. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Nov. 2, 9, 16, 23, 2024

titious 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: Nov. 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024224871 The following person(s) is (are) doing business as: ADDED SUBTRACTION 1428 ENCINO AVE, APT. L MONROVIA, CA. 91016. LOS ANGELES COUNTY. Full name of registrant(s) is (are) RICHARD O. JOHNSON 1428 ENCINO AVE, APT. L MONROVIA, CA. 91016. This Business is conducted by: AN INDIVIDUAL. Signed: RICHARD O. JOHNSON, OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/30/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: DIR Mountain Views News Dates Pub: Nov. 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024222455 The following person(s) is (are) doing business as: TACOS EL MAY 2235 S LUCKY WAY ANAHEIM, CA. 92802. ORANGE COUNTY. Full name of registrant(s) is (are) ERICK ABELARDO HERNANDEZ GAYTAN 624 HOFNER AVE LOS ANGELES, CA. 90025. This Business is conducted by: AN INDIVIDUAL. Signed: ERICK ABELARDO HERNANDEZ GAYTAN, OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/28/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 10/20/24. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Nov. 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024222453 The following person(s) is (are) doing business as: DIGITAL SALES SHOP 3838 DUNN DR APT. 611 CULVER CITY, CA. 90232. LOS ANGELES COUNTY. Full name of registrant(s) is (are) ERNESTO ALEXANDER PRIETO MURCIA 3838 DUNN DR APT. 611 CULVER CITY, CA. 90232. This Business is conducted by: AN INDIVIDUAL. Signed: ERNESTO ALEXANDER PRIETO MURCIA, OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/28/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 10/20/24. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Nov. 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024226389 The following person(s) is (are) doing business as: EGGLEZ FINISHING 9625 MASON AVE UNIT 1B CHATSWORTH, CA. 91311. LOS ANGELES COUNTY. Full name of registrant(s) is (are) JESUS EMANUEL GONZALEZ MARIA 9625 MASON AVE UNIT 1B CHATSWORTH, CA. 91311. This Business is conducted by: AN INDIVIDUAL. Signed: JESUS EMANUEL GONZALEZ MARIA, OWNER. This statement was filed with the County Clerk of Los Angeles County on 11/01/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 11/20/22. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Nov. 2, 9, 16, 23, 2024

Code) Publish: ES Mountain Views News Dates Pub: Nov. 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024222803 The following person(s) is (are) doing business as: SUSANA DESIGNER 5107 SAN LUCAS DR BAKERSFIELD, CA. 93307. KERN COUNTY. Full name of registrant(s) is (are) SUSANA GONZALEZ, 5107 SAN LUCAS DR BAKERSFIELD, CA. 93307. This Business is conducted by: AN INDIVIDUAL. Signed: SUSANA GONZALEZ, OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/31/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 10/20/24. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Nov. 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024224906 The following person(s) is (are) doing business as: BNI GIVE2WIN 18718 STARE STREET NORTH RIDGE, CA. 91324. LOS ANGELES COUNTY. Full name of registrant(s) is (are) ANTRANIK BAHARIAN 18718 STARE STREET NORTH RIDGE, CA. 91324. This Business is conducted by: AN INDIVIDUAL. Signed: ANTRANIK BAHARIAN, OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/30/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 10/20/24. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Nov. 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024224647 The following person(s) is (are) doing business as: JOE LUIS CEBALLOS JR 26767 PAMELA DR CANYON COUNTRY, CA. 91351. LOS ANGELES COUNTY. Full name of registrant(s) is (are) JOE LUIS CEBALLOS JR 26767 PAMELA DR CANYON COUNTRY, CA. 91351. This Business is conducted by: AN INDIVIDUAL. Signed: JOE LUIS CEBALLOS JR, OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/30/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 10/19/90. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Nov. 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024222274 The following person(s) is (are) doing business as: THE SPECIAL HUMAN IN THEORY SHOW 6602 COLBATH AVE VAN NUYS, CA. 91405. LOS ANGELES COUNTY. Full name of registrant(s) is (are) MICHAEL TOSHIKAKI YANO 6602 COLBATH AVE VAN NUYS, CA. 91405. This Business is conducted by: AN INDIVIDUAL. Signed: MICHAEL TOSHIKAKI YANO, OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/28/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 10/20/24. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Nov. 2, 9, 16, 23, 2024

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**THANKSGIVING CALORIE QUIZ**

Instead of offering tips on how to avoid overeating (which rarely work anyway) how about just looking at the honest numbers on how many calories are in the foods you're about to eat? Grab a pen and calculator and circle the foods and amounts you usually consume from the list below. Then tally up all the calories for your Thanksgiving day celebration.

Be sure to be accurate with your portion sizes too. For example, if you're snacking on nuts waiting for the main meal how much are you going to consume? If you're eating a half cup or more be sure to adjust the calories on the list below. After you've gone through the whole list see how many calories you're really about to eat. For the average person that's probably a few drinks, some nuts, cheese, crackers, turkey, stuffing, mashed potatoes with gravy, rolls, green bean casserole, sweet potato casserole and a piece of pecan pie with whipped cream. That will cost you about 3900 calories. Twice what the average person should eat in a single day.

**Snacks Before the Meal**

- Mixed Nuts (1/4 cup): - 200 calories
- Cheese and Crackers (1 slice cheddar + 5 crackers): - 250 calories
- Potato Chips with Dip (15 chips + 2 tbsp sour cream- based dip): - 200 calories
- Deviled Eggs (1 half): - 65 calories (easy to overeat if you have several)
- 1 cup raw veggies + 2 tbsp hummus): - 100 calories
- (3 cups): - 90 calories
- (5 small pickles or 10 olives): - 50 calories
- (1 cup carrots + 2 tbsp dip): - 80 calories

- Vegetables with Hummus (
- Air- Popped Popcorn
- Pickles or Olives
- Carrot Sticks with Greek Yogurt Dip

**Main Meal Components**

- Roast Turkey, Skin- On (3 oz): - 160 calories
- Roast Turkey, Skinless (3 oz): - 125 calories
- Traditional Bread Stuffing (1/2 cup): - 175 calories
- Wild Rice Stuffing (1/2 cup): - 115 calories
- Mashed Potatoes with Butter and Cream (1/2 cup): - 200 calories
- Sweet Potato Casserole with Marshmallows (1/2 cup): - 250 calories
- Roasted Sweet Potatoes with Olive Oil (1/2 cup): - 100 calories
- Turkey Gravy (1/4 cup): - 50 calories
- Cranberry Sauce, Canned (1/4 cup): - 110 calories
- Homemade Cranberry Sauce with Less Sugar (1/4 cup): - 60 calories

**Side Dishes**

- Green Bean Casserole (1/2 cup): - 150 calories
- Macaroni and Cheese (1/2 cup): - 200-300 calories depending on recipe
- Candied Yams (1/2 cup): - 210 calories
- Steamed Green Beans (1 cup): - 40 calories
- Roasted Brussels Sprouts (1/2 cup): - 60 calories
- Garden Salad with Light Dressing (1 cup): - 80 calories
- Dinner Roll with Butter (1 roll + 1 tsp butter): - 120 calories
- Cornbread (1 piece): - 180 calories
- Whole- Grain Roll, No Butter (1 roll): - 80 calories

**Desserts**

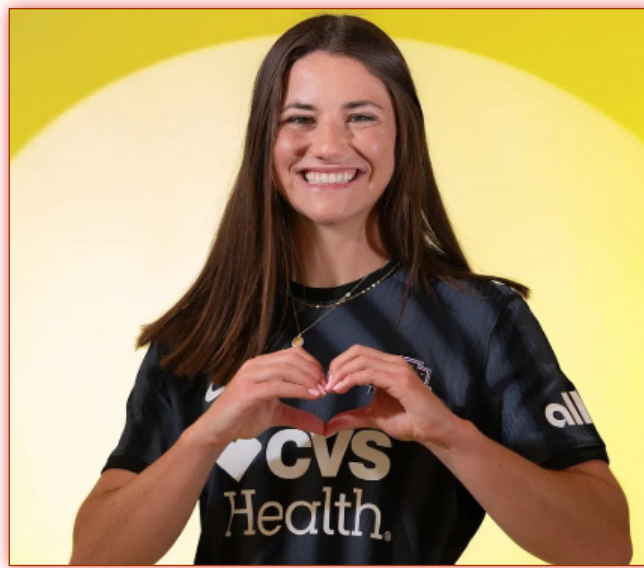
- Pumpkin Pie (1 slice, 1/8 of a 9- inch pie): - 320 calories
- Pecan Pie (1 slice, 1/8 of a 9- inch pie): - 500 calories
- Apple Pie with Crust (1 slice, 1/8 of a 9- inch pie): - 400 calories
- Whipped Cream (2 tbsp): - 25 calories
- Fresh Fruit Salad (1 cup): - 80 calories
- Baked Apple with Cinnamon and Honey (1 medium apple): - 150 calories
- Pumpkin Custard (without crust, 1/2 cup): - 150 calories

**Drinks**

- Eggnog (1 cup): - 350 calories
- Sweetened Iced Tea (1 cup): - 90 calories
- Glass of Wine (5 oz): - 120 calories
- Beer (12 oz): - 150 calories
- Mixed Drinks (with juice or soda): - 200+ calories
- Sparkling Water with Lemon or Lime: 0 calories
- Unsweetened Iced Tea (1 cup): - 2 calories
- Light Beer (12 oz): - 100 calories

Now that you've seen how many calories are in these holiday foods you may opt to choose those you enjoy the most and scale back on the others. Or eat just a little less of each food and enjoy them all. If you're the host, maybe consider some lower calorie options too for those who really want to enjoy their favorite few items without blowing thousands of calories on foods they aren't that crazy about. A few calories less here and there will make a big difference in helping to prevent overeating, feeling stuffed, bloated and tired. Unless of course, you're into that kind of thing.

**DID YOU KNOW THREE MONROVIANS PLAY IN THE NATIONAL WOMEN'S SOCCER LEAGUE?**



It's true! Ashley Sanchez, Katie Johnson, and Kate Wiesner all grew up in Monrovia! Ashley even played in the Women's World Cup last year!

Kate Wiesner (pictured above) attended Monrovia High School before attending Penn State, where she was ranked as the No. 1 player in the 2019 class by TopDrawerSoccer. In 2024, Kate was selected by the NWSL's Washington Spirit and during her first year of women's professional soccer, she is preparing to play in the National Women's Soccer League Championship! Tune in this Saturday, November 23 at 4:55 p.m. PST as Kate and the Washington Spirit take on the Orlando Pride! No matter who you're rooting for or even if you like soccer...tomorrow we're all "Team Kate"! Let's root for our hometown star this weekend and show our support by tuning into your favorite platform (CBS | Paramount+, CBS Sports Network, GOLAZO, ABC, ESPN, ESPN 2, ESPN+, ESPN Deportes, Ion, NWSL+, and Prime).

Visit the Washington Spirit page to learn more about Kate and all of her incredible accomplishments. We wish Kate good luck!

**HUDDLE UP**



IT'S THAT TIME OF YEAR! FOOTBALL SEASON IS HERE AND HARVEY WILL BE ON HIATUS FOR THIS COLUMN FOR A WHILE. FOLLOW HIM ON SUNDAYS ON AM830

**Coach Harvey Hyde's College Football Review & Preview**



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



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

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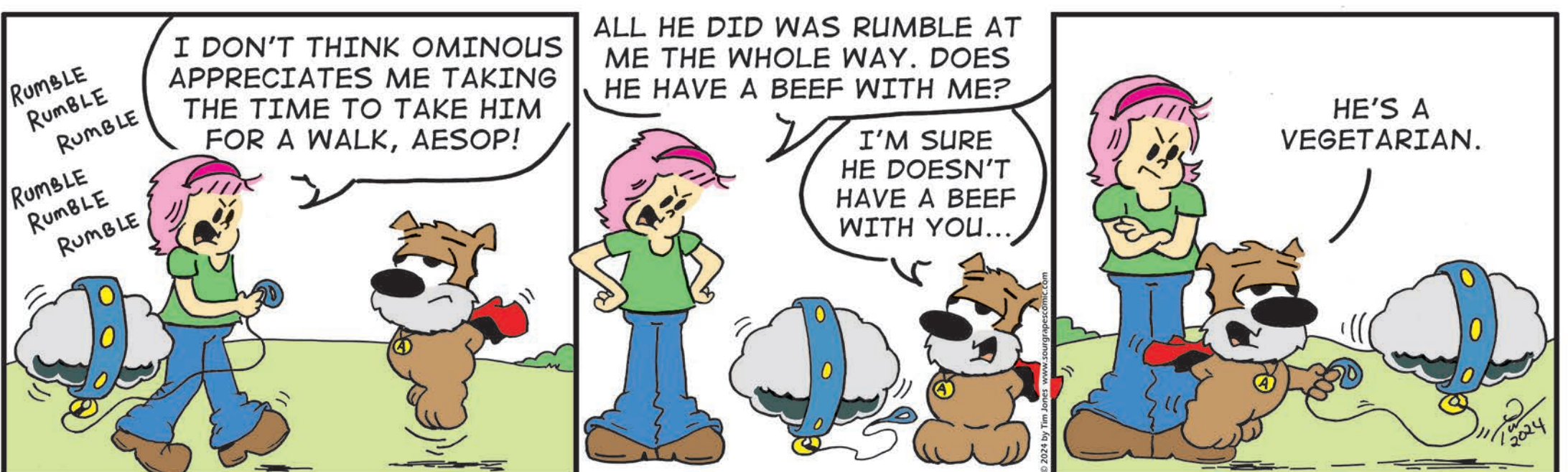
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**Events Around Town in November!**  
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**One Time Events**

- November 2 10am - 12pm**  
**Rose Bowl Turkey Trot**  
 Start your Thanksgiving Day off with this family friendly run, walk, skip, or jump around the Rose Bowl.
- November 2 4pm - 5:30pm**  
**Bones, Skulls, & Marigolds Workshop - Arboretum**  
 Learn about the symbols of Day of the Dead as you paint skulls, examine bones and more as you enjoy an adult drink and pan dulce.
- November 8 6pm - 8pm**  
**Meow N Paint at Tail Town Cat Café**  
 Create your own "Meowsterpiece". All art supplies are provided in this cat-themed canvas painting session.
- November 9 10am - 3pm (Adults) & 1pm - 3pm**  
**Flower Arranging: Woodland Ferns + Dried Flowers at The Huntington**  
 Join Flower Duet for a hands-on workshop and create a stunning bouquet to take home.
- November 9 12pm - 1:30pm & 2pm - 3:30pm**  
**Autumn Leaf Crowns at the Arboretum**  
 Celebrate autumn as you build enchanting leaf crowns and sip cider. (Family session & Adult Only Session)
- November 11 11am - 12pm**  
**Veterans Day Ceremony in Monrovia**  
 Celebrate Veterans Day with a ceremony in Library Park honoring those who have and are serving our country.
- November 16 2pm & 8pm**  
**Pasadena Philharmonic Performs Rhapsody in Blue and More at Ambassador Auditorium**  
 Program includes Gershwin's Rhapsody in Blue, Debussy's La Mer, and pieces by Bates and Ravel.
- November 16 8pm**  
**Home Care by Tonality at Cal Tech's Beckman Auditorium**  
 Grammy Award-winning vocal ensemble Tonality presents a concert focused on our climate.
- November 20 7:30pm**  
**Distinguished Speaker Series - Malcolm Gladwell at the Pasadena Civic Auditorium**  
 Featuring observer, thinker, podcaster, and author Malcolm Gladwell.
- November 21 11am**  
**Do Do Parade**  
 The wacky and weird "Twisted Sister of the Rose Parade" starts off at Raymond and Holly.

**November 28 8:30am**  
**Rose Bowl Turkey Trot**  
 Start your Thanksgiving Day off with this family friendly run, walk, skip, or jump around the Rose Bowl.

**Ongoing Events**

- November 1, 2, 3 10am - 5pm**  
**The Huntington Fall Plant Sale**  
 Find a wide selection of regionally hardy plants to update your garden.
- November 2, 3**  
**Anime Pasadena at Pasadena Convention Center**  
 Come dressed as your favorite character and enjoy video premieres, a fashion show, live music, and more.
- November 3 (First Sunday of Every Month) 8am - 3pm**  
**Pasadena City College Flea Market**  
 Over 400 vendors attend the PCC market, known for selling antiques and collectibles.
- November 4, 11, 18, 25 1pm - 3pm**  
**Music in the Rose Garden at The Huntington**  
 enjoy the serene beauty of the rose garden and enchanting music presented by Pasadena Conservatory.
- November 7, 8, 9 7pm**  
**Treasure Island at Arcadia Performing Arts Center**  
 Award-winning Arcadia Stage presents a modern take on Treasure Island filled with hilarious characters, swordfights, songs, and dancing for the entire family.
- November 10 (Second Sunday of Month) 5am - 3pm**  
**Rose Bowl Flea Market**  
 Experience over 2,500 vendors at the "world's most unusual" flea market.
- November 12 - December 15**  
**La Cage aux Folles at Pasadena Playhouse**  
 Experience this groundbreaking, heartfelt and hilarious musical comedy.
- November 17 - January 5 5:30pm - 10pm**  
**Enchanted Forest of Light at Descanso Gardens**  
 Enjoy a walk through a shimmering nocturnal wonderland featuring returning favorites and fresh delights.
- November 29, 30 11am & 1pm**  
**Favorite Fall Trees Walking Tour at the Arboretum**  
 Learn about the Arboretum's many trees that produce fall color on this free-with-admission tour.
- November 29 - December 24**  
**Los Angeles Christmas Market at ROW DTLA**  
 With the feel of the bustling Christmas markets of Germany, this market includes festive food, activities, holiday music and handicrafts made by local artisans.

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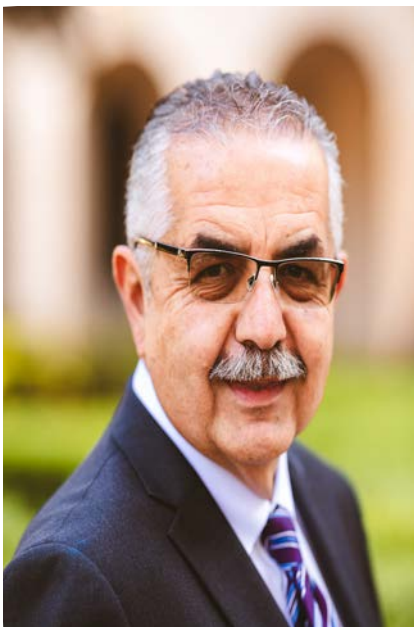
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This Thanksgiving, join us in taking a moment to appreciate the little things that enrich our lives – whether it’s for family, friends, or the moments that bring us joy. Together, we can cultivate a culture of gratitude that lasts beyond the holiday season.

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