### HAPPY NEW YEAR! from your mountain Views News Family! Best Decorated Houses...Pg 2 ews South Pasadena Arcadia Monrovia San Marino

Sierra Madre

Duarte

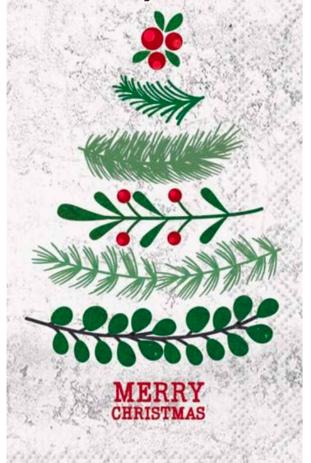
Pasadena Altadena

SATURDAY, DECEMBER 28, 2024

**VOLUME 18 NO. 52** 



Wishing you the Joy of Family, the Happiness of Friends, and the Wonder of the Holiday Season.



### With our appreciation at the holidays

### SIERRA MADRE MAYOR'S **2025 PRIORITIES –**

The budget, infrastructure, the environment, and your safety

By Robert Parkhurst< Mayor



Happy Holidays and Season's Season's Greetings to all Sierra Madreans. Thank you for electing me to serve this City another for years. It four is an honor to represent you.

This year I am additionally blessed to serve as your Mayor. As we

look ahead, I have identified four key priorities for Sierra Madre. These priorities align closely with the City's Strategic Plan, adopted by the Council in July: developing a long-term balanced budget, completing the library renovations, accelerating our response to climate change, and protecting our residents.

To start, we must address the financial challenges facing our City. We are projected to have a \$400,000 budget deficit in 2025 increasing to more than \$2.2 million by 2028. Just as each of us have to balance our household budgets, the City must balance it's budget every year. Our City Manager, Jose Reynoso, has formed a task force to look at our current revenues and expenditures, and explore options to raise additional revenue. Every option to bridge the gap between ongoing expenditures and revenue will be explored. The ad hoc committee will bring recommendations to Council later this year and we will use it to develop a long-term budget that meets the needs of our residents.

Transitioning to infrastructure, we are excited about the ongoing renovations to our library. After breaking ground in September, we are on track to complete the upgrades by the first quarter of 2026. The Council and I will continue to work closely with staff and contractors to ensure this state-ofthe-art project remains on schedule and within budget. Delivering a modernized library is critical to preserving our City's commitment to education and community resources.

Moving from infrastructure to environmental sustainability, addressing climate change is an urgent priority. Sierra Madre has already made significant progress as a member of the Clean Power Alliance, which provides us with 100% renewable energy. Building on this momentum, I will focus on further electrifying City operations and explore incentives for residents to voluntarily electrify their homes and vehicles, reducing each of our carbon footprints.

Finally, our community's safety remains a top priority. This year, I will work with neighboring

### **VOLUNTEERS PUT FINISHING TOUCHES ON SMRFA'S "FIESTA"**



The Sierra Madre Rose Float Association's 2025 entry to the Rose Parade is almost done! The 2025 float depicts a vibrant celebration that kicks off with the festive allure of piñatas! Accompanied by the lively melodies of the Grammy Award winning Mariachi Divas de Cindy Ŝhea and the dynamic energy of our Sierra Madre Princesses Kendra Buchok, Julietta Hutt, and Milania Thomas.

This year's entry promises to be nothing short of extraordinary — a true embodiment of the "Best Day Ever!" It's a moment of pure delight, reminiscent of cherished celebrations like birthday parties, New Year's Day festivities, and the warmth of Christmas gatherings

This will be the 94th volunteer-built float entry from the SMRFA. Over the last 19 years, float entries from Sierra Madre have won a remarkable 18 float awards in 11 categories.

On New Year's Day, watch for No. 15 in the parade line up. That will be the SMRFA float.

Following the Rose Parade, walk within feet of the floral and animated masterpieces at FLOATFEST along Sierra Madre and Washington Boulevards in Pasadena. . Comfortable walking shoes and early arrival are suggested for this exhibit, spanning over 2 miles of city streets with a moderate incline. No pets or bikes allowed. Admission is \$25 and free for children 5 and under. Tickets are only sold online at sharpseating.com.

### Where can you see the Sierra Madre Rose Float???

On December 31st, the Float Departure Ceremony to commence at approximately 6:15 p.m., leaving the barn at approximately 6:45 p.m., heading towards Kersting Court, arriving at approximately 7:00 p.m, for 30 minutes, then continue on to our line-up spot on Orange Grove, where it will sleep overnight before the parade. If it's inclement weather, we'll wave as we sail by without stopping. After the Rose Parade, the float will be in the post parade viewing area, the remainder of

January 1st and all day January 2nd and 3rd. On the evening of January 3rd we will move the float back to Sierra Madre when we're allowed to leave post parade/FloatFest.

If there is rain, a prediction of rain or unexpected issues, we will take the float straight to the Float Barn at 587 E. Sierra Madre Blvd., Sierra Madre. On the morning of January 4th, approximately 9:30 a.m., we will open the barn for viewing and may have excess flowers available.

If all goes well, the float will be in Kersting Court overnight and available for viewing the evening of January 3rd. On Jan. 4th we'll be there with any excess flowers from about 9:30 a.m. until approximately 3:00 p.m.



We Wish you all a Magical Holiday Season with your Family and Friends

Warm holiday wishes from Jan, Judy, and Katie



Jan Greteman 626.975.4033 lic #01943630 Judy Webb-Martin 626.688.2273 lic #00541631

> Katie Orth 626.688.0418 lic #00942500 COMPASS

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toothill cities to develop comprehensive plans to mitigate human-wildlife interactions. The progress we've made in reducing bear break-ins is considerable, and I am committed to expanding these efforts. Additionally, I want to prioritize safe streets by enhancing active transportation options such as walking, biking, and using our local shuttle. These improvements will make it easier for residents to travel safely and sustainably, whether to school, downtown, or elsewhere in the community.

Thank you for the opportunity to continue to serve the City and I look forward to working with all residents to make Sierra Madre the best place to live and raise a family.

### **INSIDE THIS WEEK**

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### **CENTURY 21** Village Realty

### 626.355.1451 c21village.com

Serving the Community since 1980

follow us on Social Media @c21village



**MONROVIA** \$400,000 Flat, abated lot with partial structure in Monrovia, ready for new construction or rebuild. Seller financing available. Investors welcome!



**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!



WEST COVINA \$850,000 Charming 3-bedroom West Covina home with pool, family room, and den. Quiet street near shopping, dining, and freeways!

LIC# 02119245

2

### Sierra Madre's 2024 Best Decorated Houses

The People's Choice: 265 N. Mountain Trail



lst Place: 2024 Best Decorated Houses: 458 E. Montecito



2nd Place: 2024 Best Decorated Houses: 2082 Kaia In.





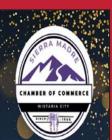
THE WIRRERS

UNTIL: FRIDAY, JANUARY 3RD, 2025 AT 2:00 AM





HONORS AWARDS NOMINATIONS





3rd Place 2024 Best Decorated Houses: 649 W. Grandview



### All photos by Dirk Bolle

To view additional, beautifully decorated homes go to: https://www.dirkbolle.com/Scenic-Sierra-Madre/2024-Sierra-Madre-Decorations



- NOMINATION CATEGORIES • 2024 BUSINESS OF THE YEAR • 2024 CITIZEN OF THE YEAR • CITY EMPLOYEE OF THE YEAR
- PUBLIC SAFETY AWARD

0.28

- COMMUNITY YOUTH SERVICE AWARD
- WISTARIA AWARD
   GEORGE MAURER LIFETIME
- ACHIEVEMENT AWARD

E-MAIL YOUR NOMINATIONS FOR A PERSON OR ORGANIZATION DESERVING OF AN HONORS AWARD TO:

HONORSDINNER@SIERRAMADRECA.GOV

### DESCRIPTION OF AWARD

- 2024 CITIZEN OF THE YEAR: SIERRA MADRE RESIDENT WHOSE CONTRIBUTIONS HAVE BENEFITTED THE CITY DURING 2024
   2024 BUSINESS OF THE YEAR: AN OUTSTANDING BUSINESS EXISTING IN SIERRA MADRE FOR MORE THAN 5 YEARS THAT HAS BEEN AN ACTIVE SUPPORTER OF THE COMMUNITY.
- PUBLIC SAFETY AWARD: PERSON OR GROUP -- FOR
   PROTECTING AND MAINTAINING SAFETY IN SIERRA
   MADRE.
- COMMUNITY YOUTH SERVICE AWARD: FOR YOUTH UNDER 18 FOR OUTSTANDING SERVICE TO THE COMMUNITY IN 2024.
- WISTARIA AWARD: RECOGNIZING A COMMUNITY
   PARTNERSHIP THAT ASSISTS WITH PROVIDING
   COMMUNITYWIDE PROGRAMS AND SERVICES.
- GEORGE MAURER LIFETIME ACHIEVEMENT
   AWARD: FOR A PERSON/ENTITY WHOSE LIFETIME
   OF SERVICE EMBODIES THE SPIRIT OF
   VOLUNTEERISM.

Deadline for Nominations is 5:00pm on December 31, 2024



108 N. Baldwin, Sierra Madre CreativeArtsGroup.org

## 2024 Year In Review

### **REMEMBRANCES:** Family & Friends We Honored in 2024 (partial listing)

"There Is No Light Without a Dawning" by Helen Steiner Rice

No winter without a spring And beyond the dark horizon Our hearts will once more sing... For those who leave us for a while Have only gone away Out of a restless, care worn world Into a brighter day





JERRY BURNETT

'JAN' ERIKKSON

SHIRLEY ANHALT



**TOM CANTERBURY** 



SUE LAVOE



### **ANOTHER OUTSTANDING WINNER!**



2024 SMRFA ENTRYTHE ENCHANTED MUSIC BOX Winner Queens Award Most Outstanding Presentation of Roses Photo by Dirk Bolle

### **SIERRA MADRE HONORED!**



Citizens of the Year Barry and Leslie Ziff; Business of the Year The Mountain Views News; The George Maurer Lifetime Achievement Award Diane Sands; Employee of the Year Satnam Rait, Exemplary Employee Of The Year Jennifer Peterson, Chelsea Lee .





**ANNOUNCING THE** 2024 JULY 4th GRAND MARSHAL **HOMETOWN HERO** 

Drum roll please ..... the 2024  $4^{th}$  of July Parade Grand Marshal will be Sierra Madre's very own active 100 year old Helen Reece!



### TOP STORIES 2024\*

### TRASH RATES HAVE GONE UP, AND SO HAS THE CONFUSION

Athens compacts it all down - from new rates to new ways to sort your trash

Residents of Sierra Madre have certainly noticed a hike in their trash pick-up rates over the last few years. The most recent one occurred on January 1, 2024, with a shocking 56% increase in the disposal rate. In addition to the hike, there are new rules for sorting food waste, which now goes in with green waste. But why is there such a big jump in my Athens' bill? And what about the bears? What is Senate Bill 1383, and why does it concern me? (MVN FEB 17, 2024)

### **PUBLIC SAFETY REWARD PRO-GRAM APPROVED**

Brave citizens could receive up to \$5,000 for information leading to criminal convictions.

### **PROJECTIONS SHOW BUDGET DEFICIT LOOMING**

Could job cuts be in the future? (MVN Åpril 27, 2024)

#### SIGNATURES SUBMITTED FOR PUBLIC SAFETY PARCEL TAX MEASURE

Approximately 1,000 signatures were submitted to the City Clerk's office in support of placing a parcel tax measure on the November Ballot, pending verification (MVN May 18, 2024)

### THE RETURN OF THE METRO 268 SERVICE TO SIERRA MADRE

Submitted by Max Romero, Member, Sierra Madre Public Transportation Subcommittee

After nearly a year of hard work and outreach, the Sierra Madre Public Transportation Subcommittee has finally secured an arrangement with Metro to return the 268 to Sierra Madre.

The route will have five key stops along Sierra Madre Boulevard within city limits, connecting residents with the Sierra Madre Villa Metro station, The Shops At Santa Anita Mall and the El Monte Metrolink and Bus Stations. (MVN May 11, 2024)

### **CITY COUNCIL ADOPTS ORDINANCE AMENDING RESIDENTIAL AND COMMERCIAL PROPERTY USE**

The main focus revolved around temporary use permits (TUP), home occupations, and changes that could benefit historic landmarks in residential zones.

These changes proposed to the City Council resulted from the TUP exemption, which allows small events of less than 25 people to be used more frequently to justify small commercial activity, negatively affecting surrounding neighbors. (MVN June1, 2024)



**DAVID OSTI** 



**LENICE SNYDER** 



**LISA SPIGAI** 



**BILL TICE** 



**CECIL MARJORIEGAUDIT** 

#### **ROBERT SINGLETON**



#### **ROD SPEARS**



#### SHIRLEY SUTER



**RALPH EDDIE TRUMAN** 

### **SM LIBRARY BREAKS GROUND...**

The SM Library's Meaningful Improvement project broke ground led by Åssemblyman Chris Holden who was the driving force in securing \$10 million in funding for the project.



LA COUNTY

SUPERVISORS

SUPPORT SIERRA

MANAGE LIVING

MADRE EFFORTS TO

resources to educate and safeguard Sierra Madre

and surrounding foothill

communities encounters.'

(*MVN June 8, 2024*)

California



A student walking home from elementary school spotted this bear leisurely walking down the street.

#### NATIONAL **CHAMPIONS** -SIERRA MADRE **GIRLS SOFTBALL** TEAM

Coach Shaver, Tom Sullivan and Tom Acker, and each of their respective families behind them, carried out that mission at the highest level for nearly a decade. They inspired a group of girls who started on a



dusty little T-ball field years ago, and this year that group engaged in an unprecedented campaign as the "Sierra Madre Threats." Their consistency, togetherness and positivity were unmatched and unbeaten by any other team in the land. MVN September 28, 2024



### PUBLISHER H. SUSAN HENDERSON AND THE **MOUNTAIN VIEWS NEWS WIN THE FIRST** DISTINGUISHED JOURNALIST AWARD FOR

COMMUNITY NEWS MVN October 26, 2024

### SIERRA MADRE PUBLIC SAFETY **MEASURE FAILS - KRIEBS AND** PARKHURST WILL EACH SERVE A SECOND TERM ON COUNCIL

Sierra Madre Write-In Candidate Sue Spears to serve as City Treasurer and Former Mayor John Harabedian elected to Califor**nia Assembly** In a statement from City Manager Jose Reynoso, "Regardless of the outcome, one thing is clear: the City Council and Administration stand firmly in support of our public safety team. Even if the measure does not pass, the City remains committed to exploring all solutions to mitigate our projected budget shortfalls and support our Fire & Police Departments in continuing to provide high-quality services to our reesidents.

Together we will navigate these times and continue to uphold the high standards of service that define Sierra Madre. I am confident in our collective strength and ability to overcome any challenge.' (MVN Nov 9, 2024)

### 2025 SIERRA MADRE ROSE PRINCESSES CHOSEN



The Sierra Madre Rose Float Association is pleased to announce the selection of the 2025 Sierra Madre Rose Float Association Royal Court. Please help us welcome left to right, Julietta Hutt, Polytechnic School, Kendra Buchok, La Cañada High School, and Milania Thomas, Pasadena High School, who will represent SMRFA and the City of Sierra Madre over the coming year (MVN October 26, 2024)

### **IGNORING THE CITY'S CODES**

Former Mayor Glenn Lambdin investigates .. selective enforcement is a concern for me. Staff is not authorized to violate or ignore those laws that were adopted through legislative action." (MVN October 26, 2024)

THE 2024 TOP STORIES ARE BASED **UPON READERSHIP OF BOTH PRINT** AND ONLINE EDITIONS. www.mtnviewsnews.com

Mountain Views News 80 W Sierra Madre Blvd. No. 327 Sierra Madre, Ca. 91024 Office: 626.355.2737 Fax: 626.609.3285 Email: editor@mtnviewsnews.com Website: www.mtnviewsnews.com



Photo by E. Booth.

Vinny, Lacey

### Mountain Views News Saturday, December 28, 2024

# SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

### Weather Wise

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

	Sunny Sunny	Hi Hi		Lows 50s Lows 50s			
	Sunny	Hi		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

January 14, 2025 5:30pm

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

As part of the City of Sierra Madre's

COVID-19 transparency efforts and The Brown Act provides the public with an opportunity to make public comments at any public meeting. Public comment may also be made by e-mail to PublicComment@Cityof-SierraMadre.com by 3:00 p.m. on the day of the meeting.

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

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

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

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

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

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

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

### WALKING SIERRA MADRE -The Social Side by Deanne Davis

"One of the most glorious messes in the world is the mess created in the living room on Christmas Day. Don't clean it up too quickly." Andy Rooney

*"What is Christmas? It is the tenderness of the past, courage for the present, and hope for the future." Agnes M. Pahro* 

*"Love came down at Christmas; love all lovely, love divine. Love was born at Christmas, stars and angels gave the sign." Christina Rosetti* 

Christmas is almost behind us. I'm writing Walking Sierra Madre on Christmas Eve. Hard to believe tomorrow is Christmas Day. My Christmas cards are in the mail as of this morning, I have one last present to wrap. "Lessons in Chemistry" for Emily, then pack up all the presents for Jessie and Emily and transport them to their house. Much to my joy and relief, all my gift cards got to the right place and everyone is happy.

Tomorrow we are having quantities of Panda Express along with a little rum-laced eggnog. Jessie and I watched "A Christmas Story" this week, the dear old classic where Ralphie wants a Red Ryder 200 Shot BB gun more than anything in the world. As you'll recall, this movie ends with the entire family going out for Chinese food. It's perfect! We also watched "A Christmas Story Christmas," the follow-up to "A Christmas Story" and enjoyed both of them thoroughly.

After tomorrow we can all sit down, take a breath, and give ourselves a minute to recuperate before we start planning for the New Year. 2024 passed with what felt like the speed of light and now 2025 is just around the corner. I'm planning on leaving Christmas up just a little longer; let my head-turning lighted reindeer stay out in back just a

around the corner. I'm planning on leaving Christmas up just a little longer; let my head-turning lighted reindeer stay out in back just a little longer, and not be too quick to de-Christmas-ify. The picture is a magical snowman that appeared in Kersting Court one year and I love seeing this so much I want you to enjoy it, too. Start thinking what your word for the year 2025 is going to be. I'll share mine next week.

The world hasn't gotten a lot better this past year, but I've noticed that people seem to be kinder and friendlier, more doors are held open, more humorous comments are exchanged on the grocery lines and more people are smiling at each other for no reason at all. Of course, I have a tendency to look at the world through rose-colored glasses so this could just be selective viewing. I came across this piece of advice not long ago and thought I'd pass it on to you dear friends and neighbors: "When in doubt, seal your lips and see what happens. Some silences will communicate far beyond words. Some silences will communicate nothing, which might turn out to be precisely what the topic warrants."

"What a wonderful story it is, The Christmas Story. Only God could have thought of it!" Norman Vincent Peale

I have put "Directions for Planting" in my column before, but this seems like a really good time, just a few days before the New Year begins, to pass it along to you again. A perfect way to end a year which has had ups and downs for all of us.

I keep this beautiful piece hidden away at the bottom of the Christmas card basket, "Directions for Planting," taken from the writings of Margaret Hooper Ineson, a precious saint of God and beloved member of our family. Born on November 22, 1904, she entered the gates of heaven on November 11, 2000...just a few days short of her 96th birthday. She lived her life according to her "*Directions for Planting*."

1.	Plant 5 Rows of Peas
	Preparedness
	Promptness
	Perseverance
	Politeness
	Prayer
2. Plant	t 3 Rows of Squash
	Squash Gossip
	Squash Criticism
	Squash Indifference
3. Plant	t 4 Rows of Lettuce
	Let Us Be Faithful
	Let Us Be Unselfish
	Let Us Be Truthful
	Let Us Love One Anot
	2. Plant





This week at the Sierra Madre Public Library December 30 — January 4

Happy Holidays!

The Library will be closed from

December 25, 2024—January 1, 2025.

The Library will re-open on

January 2, 2025.

### <u>Thursday</u>

Drop in Winter Art— In Library All Day

New Year Wishes — In Library—Entire

Month of January

<u>Friday</u>

Fort Building— Library from 10:00am— 1:00pm

### **Saturday**

Drop in Winter Art— In Library All Day

Read, Discover, Connect @ Sierra Madre Public Library 350 W Sierra Madre Blvd. (626) 355-7186 4. Plant 4 Rows of Turnips Turn Up for Where We're Needed Turn Up with A Smile Turn Up with New Ideas Turn Up with Determination

Merry Christmas, dear friends! May God bless you and keep you and make his face to shine upon you, and give you peace...and joy!

My book page: Amazon.com: DeanneDavis Christmas has passed, but my book: "Sunrises and Sunflowers Speak Hope" Would be a really nice gift for anyone you've suddenly remembered. You can find it on Amazon.com "Star of Wonder" a delightful Christmas Kindle story is there, too. If you'd like a little preview, take a look at: https://youtu.be/Ka1KYrONrd0

### BRING IN THE NEW YEAR WITH THE PERFECT RESOLUTION - ONE YOU CAN ACTUALLY KEEP

No doubt if you are reading this, you have an affinity for the idyllic foothill village of Sierra Madre. It is a town within miles of the country's 2nd largest metropolis that manages to mesmerize residents and visitors alike with its beauty, serenity, opportunities and history. It's a town where you see every single day people living life to the fullest, enjoying nature, walking, hiking, and riding their bikes. You see parents and grandparents strolling through the town with their children, some of whom are still in carriages. You see people enjoying the shops and restaurants in town and having fun while doing so. You *don't* see red lights, congestion and an overwhelming feeling of a fast paced life.

And, every single month, there is an event or activity for residents and visitors to enjoy. Whether it is the Wistaria Festival, the Mount Wilson Trail Race, the Fourth of July Parade, the Halloween Festivities, Art Shows and more.... there is always something going on for the entire family in Sierra Madre. Sierra Madre, the 2007 recipient of the national All American City Award!

Ever wonder how all that happens? Without question Sierra Madre has the best municipal services around, the best Police and Fire Departments, the best city staff. However, that in and of itself is not enough. The real life blood of Sierra Madre are its volunteers.

Without the generosity of time and talent of literally dozens of residents and business owners who support Sierra Madre's civic organizations, this would be a very different place.

Yes, volunteers are the life blood of this town. It is the one thing that we always agree on, all the time!

So, about that New Year's Resolution.....make a commitment to become a part of the solution to sustaining this great city! There are lots of ways you can do that and it's actually a resolution you can keep!

In Section B of this edition of the Mountain Views News, you can learn a little about the groups that sustain this community. No matter how long you have been around, you will be pleasantly surprised to learn what these groups do and more importantly, how you can help support them and contribute to the magnificence of this city.

Think about it.....Happy New Year Susan Henderson, Editor Mountain Views News

### 5 Mountain View News Saturday, December 28, 2024 Pasadena & Altadena

**News From Your Community For Your Community** 

### City Issues Health Tips to Protect Pets from Bird Flu

Pasadena Public Health (PPHD) Department encourages the community to take precautionary measures for protecting their pets against Bird Flu.

Bird Flu is a viral infectious disease that spreads through direct bird-to-bird contact or indirectly when the virus is on clothing, shoes, vehicles, rodents, insects, feed, water, feathers, and other items and mammals.

In California, risk of Bird Flu infections spreading to people from animals or in animal products is currently low. Los Angeles County Department of Public Health is testing for Bird Flu in wild birds, domestic birds, and select mammals.

Community members are urged to protect pets from Bird Flu. Do not feed raw milk (unpasteurized) or raw milk products to pets and keep pets away from sick and dead animals. There is some risk of the virus spreading to dogs, cats, and other wild mammals if they eat uncooked poultry or infected animals and/ or encounter infected Bird Flu feces. Sick birds or animals may not have flu-like symptoms, but may appear generally sick, have difficulty moving, seizures, or be found dead. Report sick or dead birds for potential collection and testing by calling Pasadena Humane Animal Care and Control at (626) 792-7151 ext. 970.

Best practices to reduce risk for you and your pets: Avoid raw dairy and undercooked meat products: Do not eat or drink raw milk, cheese, or cream, and uncooked/ undercooked meat products. Do not feed these to your pets; Wash your hands: Anytime you are in contact with animals, wash your hands with soap and water, especially before touching your face or eyes; Limit contact with animals: Avoid unprotected contact with sick or dead animals or birds. If you have to handle wild birds, even if they appear healthy, wear a well-fitting mask and gloves, and wash your hands after handling. Avoid touching surfaces that may be contaminated with saliva, mucus, or poop from wild or domestic birds; Protect pets or poultry: Keep pets away from wild animals and birds. Do not handle sick or injured birds. Prevent wild birds from getting into areas where pet birds or poultry reside. Also ensure wild birds cannot defecate into areas holding pet birds or poultry. If you own backyard chickens, take steps to protect your flock and yourself; Remove bird feeders and baths: Take down bird feeders and shared bird baths to reduce the risk of the virus spreading from bird-to-bird. Seasonal flu vaccination will not prevent infection with avian influenza viruses but can reduce the risk of getting sick with human and bird flu viruses at the same time. Signs and symptoms of Bird Flu virus infection in humans may include cough, sore throat, muscle or body aches, headaches, fatigue, fever or feeling feverish, diarrhea, nausea, and vomiting, or eye redness, discomfort or discharge. If you think you have been infected mav with Bird Flu, contact the Department of Public Health at (213) 240-7941.

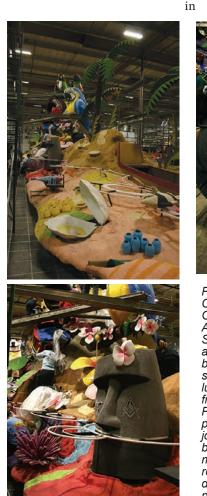


Preparing for the 'Best Day Ever'

boat, a cheese platter. Pistons will chug with a lobsta engineer. A two-person hand crank moves a cheese platter with Top of cheese mouse eight cookie wheels spin and the final unit of the float has a formal tea setting for enjoyment.

Hundreds of volunteers were putting the finishing touches on the Rose Parade floats Thursday night -less than a week away with what is expected to be a beautiful, clear and sunny, day with temperatures ranging from the mid-to upper 70s Fahrenheit.

The public has the chance to see the floats get their final touches at Decorating Places. This special event gives the opportunity to preview the parade entries up close and see firsthand how these floats are created. Decorating Places are held at the Rosemont Pavilion, located at 700 Seco Street Pasadena.



Parking is free in various lots near the Rosemont Pavilion and Jackie Robinson Baseball Field. The places are open today from 9:00 am - 5:00 pm (Last Entry 4:00 pm), Sunday, from 11:00 am – 5:00 pm (Last entry 4:00 pm) and Monday from 11:00 am – 6:00 pm (Last entry 5:00 pm).

For more information and tickets visit: tournamentofroses.com/event/decorating-places.



Marching **Bands to** Perform at **Bandfest** 



### Equestrian Parade Units to Showcase their talents



groups to ride in the 136th and interactive exhibits. Rose Parade.

talent with performances gates open. at Equestfest. Held at the The Los Ar event includes an exciting California. Parking performances, and a food venue at \$20.00 per car. and vendor court. The dances, tricks, and thrills.

the equestrian participants in The Tournament of Roses the warm-up rings, prior to is inviting the public out their performances. There for this year's Equestfest on may also be opportunities Sunday to get an up close to meet the performers and view of the 18 equestrian participate in educational

Gates open at 10:00 a.m. Each year, the Rose and the show is from noon-Parade's equestrian units 3:00 p.m. There will be food showcase their breeds vendors, merchandise sales and demonstrate their and static displays once the

The Los Angeles Equestrian Los Angeles Equestrian Center is located at 480 W. Center, this family-friendly Riverside Dr. in Burbank, is equestrian show, musical available to purchase at the

General Admission: \$25 equestrian show features a (Free for children 5 and variety of horse breeds, as under.) Tickets are sold well as a variety of drills, online only. To buy tickets, visit: tournamentofroses. Attendees are invited to view com/event/equestfest.

### **Mid-Parade Performance to** be Held by Visit Mississippi

*Celebrating the* birthplace of America's music and honoring Mississippi's legendary kings

The Tournament of Roses announced last week the 2025 Mid-Parade Performance presented Visit Mississippi. Get ready for an unforgettable performance featuring the electrifying talents of Brandon Bennett and the dynamic musical group Chapel Hart! This high-energy showcase will bring the heart and soul of Mississippi to life, blending



Brandon Bennett



Pictured left and top: Shriners Children's float "Hope Shines On" depicts a tropical paradise. At the front of the float, four Shriners Children's patient ambassadors ride in a wooden boat through a waterway surrounded by palm trees and lush plant life including palm fronds and hibiscus flowers. Perched on the waterfall are pair of, red-crowned parrots joined by a vividly-colored blue and gold macaw and two monarchs. A half-submerged rock sculpture is hidden discovery in the midst of all the plant and sea life.



Pictured: The Wicked float theme "Defying Gravity" embraces the power of friendship and the joy of self-discovery and highlights the film's unforgettable music and breathtaking design of the Land of Oz.

Each year, the marching bands chosen for the Rose Parade also perform at Bandfest. Over two days, Sunday and Monday bandsalong with their dancers and auxiliary groups-put on high-energy field shows that highlight their musical talent and creativity. This exciting tradition takes place at Pasadena City College Robinson Stadium, all are welcome to experience the performances. Bandfest 1takes place

Sunday and begins at 2 p.m. (Pre-Show at 1:30 p.m.) Bandfest 2 takes place Monday and begins at 10 a.m. (Pre-Show at 9:30 a.m.) Bandfest 3 takes place Monday and begins at 2 p.m. (Pre-Show at 1:30 p.m.)

Admission: \$25 for adults and free for children 5 and under. Tickets sold online only. No cash or credit sales at the event.

Robinson Stadium is located at Pasadena City College (1570 E. Colorado Boulevard). Free parking in Structure 4 off Del Mar Avenue.

For a full list of performances, or to buy tickets, visit: tournamentofroses.com/ event/bandfest.

flair.

Brandon Bennett, known for his powerful voice and magnetic Mississippi. stage presence, will captivate the crowd with his unique blend of country and gospel influences. His heartfelt performance will embody the spirit of Mississippi, paying tribute to the state's rich musical roots and history.

a rising group that seamlessly mixes country, rock and soul their feet. Together, they'll create a musical experience enduring cultural legacy.

soulful melodies with Southern that's impossible to resist, weaving together harmonies that celebrate the essence of

The float will showcase the state's rich heritage as the Birthplace of America's Music, paying tribute to two legendary Mississippi artists who reshaped the music world: Elvis Presley, the King of Rock & Roll, and Joining him on stage will be the sensational Chapell Hart, Milestone anniversaries arrive in 2025, celebrating the 90th and 100th birthdays of Presley with an infectious energy that's and King, respectively, making sure to keep the audience on it the perfect moment to honor their contributions to the state's









### ARCADIA UNIFIED SCHOOLS END 2024 WITH \$358 MILLION GIFT FROM TAXPAYERS

D SAN GABRIEL VA

ARCADIA- In a pivotal decision that will impact the Arcadia Unified School District for generations to come, Arcadia voters have overwhelmingly approved Measure AS, a \$358 million school facilities bond aimed at enhancing the safety, security, and educational environment for students and staff.

The bond, which needed a 55% majority, received 13,052 yes votes and passed with 61.33% of voters in favor of the bond. The historic measure reflects the district's commitment to ensuring that Arcadia's local schools continue to provide a top-tier education while meeting the evolving needs of the community. Arcadia Unified is one of the few school districts in the area that has seen enrollment growth, not decline.

Of the 26 school districts in Los Angeles County that placed facilities bonds on the November 2024 ballot, all but three passed. The state passage rate in California was much lower, with 70% of school districts passing their bond measures.



(New classroom building constructed at Holly Avenue in 2024 thanks to Measure I passed in 2006)

"I'm very appreciative of the voters who supported this critical investment

in our schools," said Superintendent Dr. David Vannasdall. "The funding formula in California forces schools to ask their communities for support to complete any significant facilities upgrades to campuses, and our community has high expectations for an excellent education and schools for their children as they should."

The bond, which can fund facility improvements, will allocate money to a wide range of critical improvements, from upgrading classrooms and building structures to enhancing safety measures. These upgrades are designed to address both immediate and long-term needs, making the district's facilities more efficient, secure, and conducive to 21st-century learning. Measure AS will renovate outdated classrooms, integrate modern technology, and create flexible, collaborative spaces. New classrooms and specialized learning areas will also be built to accommodate growing enrollment numbers and the demand for specialized instruction, such as STEM (Science, Technology, Engineering, and Math) programs, which have become increasingly essential in preparing students for the future.

The Arcadia Unified School District created a Facilities Master Plan during the entire 2023-2024 school year. It was a lengthy and rigorous process that allowed input from students, parents, teachers, staff, and community members including local police and fire officials. In addition to a Facilities Master Plan Committee that held meetings throughout the year, each school had meetings to provide input, and a community-wide survey was conducted allowing for further input into the future design of Arcadia Unified schools.

As with its most recent voter-approved measures, Measure I, a \$218 million facilities bond passed in 2006, and Measure A, a \$77 million parcel tax approved in 2017, a citizens' oversight committee will oversee Measure AS expenditures and ensure transparency.

For more information on Measure AS, you can visit www.ausd.net.



Make a donation to **Sierra Madre Search and Rescue** or the **Living Beauty Cancer Foundation** by December 20, and you could win a necklace or earrings! Just bring in your donation receipt (any amount) and you'll be entered for a chance to win!

### SGV MONROVIA TRAFFIC SIGNALS PROJECT

The City's contractor DBX will continue the Monrovia Traffic Signals Project to construct new traffic signal and pedestrian improvements at multiple intersections along Foothill Blvd. and Huntington Dr.

Local residents should expect on-street parking restrictions, temporary sidewalk and lane closures, and increased noise between the hours of 8:00 a.m. and 3:30 p.m., Monday through Friday. Regular street sweeping will not take place in the work area during construction hours, so please take note of posted construction parking signage. In observance of the New Year's holiday, no construction activities will take place on Tuesday, December 31, and Wednesday, January 1.

For the week of January 2 to January 3, residents should expect the contractor to perform the following activities:

- Intersection of Huntington Dr. and Fifth Ave.
- Installation of Poles

During the week of January 6 to January 10, DBX will close eastbound traffic lanes for the duration of this work. To ensure continued flow of traffic, DBX will phase the work so that a single east-bound lane is closed at a time.

January 6 to January 8: the outside eastbound lane will be closed.

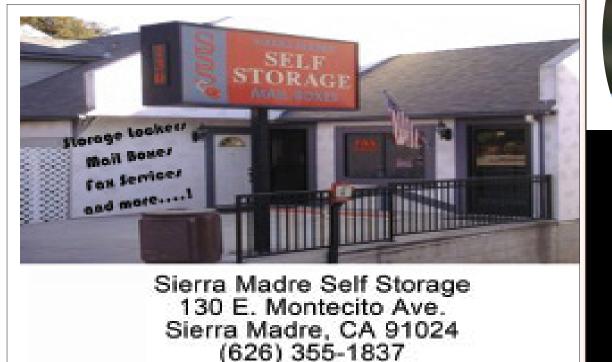
Drivers are asked to avoid Foothill Blvd from Madison Ave to Mayflower Ave for the duration of the work. Additional lane closures are projected during the week of January



Step into a world of holiday magic with Bob Baker's Nutcracker. This beloved marionette show brings the classic Nutcracker story to life with whimsical puppetry, intricate sets, and all your favorite characters--including Clara, the Nutcracker, and the Sugarplum Fairy. Perfect for all ages, this enchanting holiday tradition kicks off on November 30 and runs through January 5—don't miss it!

### NOVEMBER 30, 2024 - JANUARY 5, 2025

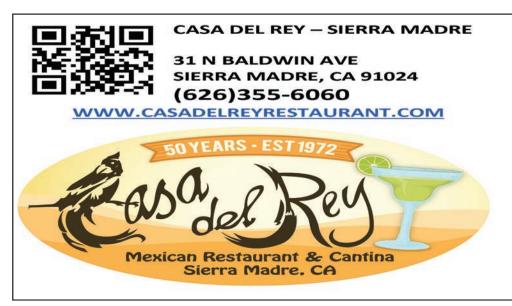
Tickets: \$25 – selling fast, so grab yours before they're gone! https://app.arts-people.com/index.php?show=232953



#### . . . . . .

We recognize that construction can be messy and inconvenient, and thank you in advance for your cooperation and patience as we work through these improvements!

Please note that schedules are subject to change. We appreciate your flexibility. Contact: Monrovia Public Works, (626) 256-8224





### **EDUCATION AND YOUTH**

### **KID-FIT'S ANNUAL 'STOCKING FROM SAN-**TA' PROJECT BRINGS SMILES TO YOUNG **CHILDREN'S FACES**



Pasadena, CA - The Pasadena Community Job Center was filled with joy and holiday spirit on December 21, 2024, as it hosted KID-FIT's annual Stockings From Santa Event. Families from all over the community gathered to celebrate the season and spread cheer.

The event saw children aged 2-10 receive beautifully decorated stockings filled with goodies such as candy, toys and clothes. All courtesy of the KID-FIT Preschool Health and Fitness Organization's volunteers and donors, which include local residents and businesses along with prominent community leaders such as Congresswoman Grace Napolitano and Supervisor Kathryn Barger. Each child was encouraged to bring a letter to Santa, asking for a gift for someone they know, adding a personal touch to the festivities.

Families, some with as many as eight children, enjoyed the opportunity for their kids to sit on Santa's lap, get their picture taken with their families, and receive their stockings-all at no charge. The atmosphere was filled with laughter and excitement as children eagerly awaited their turn to meet Santa.

Michele Silence, President of KID-FIT, a preschool health and fitness organization located in Duarte, expressed her delight with the turnout. "It's so nice to see the excitement on the children's faces when they receive their stocking and see Santa," she said. The event not only brought joy to the children but also provided a wonderful opportunity for families to come together and create lasting memories.

Volunteers played a crucial role in the success of the event, handing out stockings and ensuring everything ran smoothly. Their dedication and hard work, along with the support of the job center's staff, made the event a memorable one for all involved.

The Stockings From Santa Event is a testament to the power of community and the spirit of giving. It's heartwarming to see organizations like KID-FIT and the Pasadena Community Job Center come together to make the holiday season special for children and families in need.

As the event concluded, the gratitude from the families was evident. The smiles on the children's faces and the warmth in their hearts were a reminder of the true meaning of the holiday season.

Catch breaking news at: www.mtnviewsnews.com

### SCHOOL DIRECTORY

Alverno Heights Academy 200 N. Michillinda Sierra Madre, Ca. 91024 (626) 355-3463 Head of School: Joanne Harabedian E-mail address: jharabedian@alvernoheights.org Arcadia Christian School 1900 S. Santa Anita Avenue Arcadia, CA 91006 Preschool - TK - 8th Grade 626-574-8229/626-574-0805 Email:inquiry@acslions.com Principal: Cindy Harmon website: www.acslions.com

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

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

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

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

Bethany Christian School 93 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-3527 Preschool-TK-8th Grade Principal: Jonathon Hawes website: www.bcslions.org Clairbourn School 8400 Huntington Drive San Gabriel, CA 91775 Phone: 626-286-3108 ext. 172 FAX: 626-286-1528 E-mail: jhawes@clairbourn.org Foothill Oaks Academy 822 E. Bradbourne Ave., Duarte, CA 91010 (626) 301-9809 Principal: Nancy Lopez www.foothilloaksacademy.org office@foothilloaksacademy.org Frostig School 971 N. Altadena Drive Pasadena, CA 91107 (626) 791-1255 Head of School: Jenny Janetzke Email: jenny@frostig.org The Gooden School 192 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-2410

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

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

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

Monrovia High School 325 East Huntington Drive, Monrovia, CA 91016 (626) 471-2800 Principal Darvin Jackson Email: schools@monrovia.k12.ca.us

Odyssey Charter School 725 W. Altadena Dr. Altadena, Ca. 91001 (626) 229-0993 Head of School: Lauren O'Neill website: www.odysseycharterschool.org

Pasadena High School 2925 E. Sierra Madre Blvd. Pasadena, Ca. (626) 396-5880 Principal: Dr. Eric Barba website: http://phs.pusd.us

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

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

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

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

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

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

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

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

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

> Kids: color stuff in!

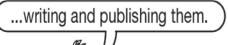
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Duarte Unified School District 1620 Huntington Dr., Duarte, Ca. 91010 (626)599-5000 Website: www.duarte.k12.ca.us

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Nspaper 1 Sharing Ideas The Art of Writing and Publishing Happy birthday When you "publish" 10 3 to us! something, you are sharing your ideas with others in a "public way." - This year, Newspaper Fun research is celebrating 20 years of publishing our weekly 8 educational activity page. That may seem like a long travel time, but some newspapers have been in print for a century or more. Humans have been publishing 9 in one form or another for thousands of years. edit Cave drawings were the earliest way for people 12 to put their ideas on display for others. design Have you ever dreamed of publishing? This page shows you 12 basic steps for how we do it! sketch proofread test Plan Perhaps *you* can publish a newsletter or web site! Write 11 Read the clues to fill in the crossword: a calendar of themes: holidays, seasons, subjects taught in school, events the theme to learn interesting facts and upload create lay out Yum! decide how information will be used Cake. out ideas for the types of puzzles and how they might fit on a page Party Fun clues, word banks, directions, hints Here are 2 fun the puzzles: crosswords, dot-to-dots, mazes, word searches 5. party ideas: 6. the illustrations and cartoons that we imagine (and tweak) the writing to make sure everything is as clear as possible 1. gummy 7.\_\_\_\_ 8. worms the puzzles to make sure they are accurate and fun 9. the writing (copy), puzzles and illustrations to make an attractive presentation 10. to look for any errors: spelling, facts, names the final product to a web site so others can print and enjoy it 11. dc 12. start all over again: \_\_\_\_\_, visit places, explore, talk to Publish your > people, take photographs and notes for future themes ideas, too.

### **PUZZLES FOR YOU**

### **SYNONYMS**

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45. Correspondence friend 48. Auto \_\_\_ website 50. \*Module 52. Compass point between NE and E 49. Feel remorse 53. \*Insane 51. Seismic shake 55. Old-fashioned before 54. Card game move 57. \*Prevent 56. Accustom 60. \*Ditch 57. \*Sharpen 63. Peninsula of 38th parallel fame 58. A in ŪAE 64. Single-\_\_\_\_ plastics 66. Donkey + horse, pl. 59. Cheesy patty 60. Be inclined 68. All told (2 words) 69. '80s band "\_\_\_\_ At 61. Paper holder \_ At Work" 62. Dog command 70. Bay window 63. Baby goat 71. Chapter 11 issue 65. Pirate's turf 72. Mouse turf 67. "Rocky" creator 73. Email option

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### FOOD - DRINK - FUN



### THE 10 COMMANDMENTS OF **2025 FOR PETER DILLS**

The List You've Been Waiting For!

I resolve to drink more water when I drink.

Translation: Add more ice to my drinks. I resolve to send back cold food, even

if I'm starving.

Translation: No Mr. Nice Guy. I resolve to ask to be moved if there

are screaming kids next to me. Translation: "Two things I can't stand: crying

women and crying babies."

I resolve to send back my meat if it's not cooked to my liking. 4.

Translation: I want more perfection in 2025.

5. I resolve to order a Grande at Starbucks instead of a Venti to save money. *Translation: Watch out, Starbucks—a big dip in the stock in 2025.* 

I resolve to smoke more cigars this year. 6.

Translation: I always smoke with my friends.

I resolve to ask the dumb question: Is it really a Champagne Brunch or a Sparkling 7. Wine Brunch?

Translation: It is always a Sparkling Wine Brunch.

I resolve to ask, "Is it really World Famous?" 8.

Translation: Never World Famous-often, people in the neighborhood don't even know the place.

9. I resolve to tip 10% if the service warrants it. Translation: Yeah right—I know I'm a coward when it comes to stiffing these waiters, even when they deserve it.

10. I resolve to cook one meal a week at home.

Translation: One more than I am now!

### Bonus

I resolve to have my order ready before getting on the phone when ordering to-go food. Translation: No more long pauses while the poor person on the other end waits for me to decide.\*

#### **NEW FOR 2025**

I resolve to stop buying split bottles of Champagne, even for a toast.

Translation: Let's be real-splits are a total rip-off. For the price of a 187ml split, you could often get half a full bottle if not more. Splits are marketed as 'cute' or 'convenient,' but they're overpriced for what you're getting. Whether it's for a toast or just sipping, a full bottle not only gives you better value, but you also get to enjoy the experience of popping the cork and pouring for everyone. In 2025, let's go big or go home! Champagne should never be stingy—celebrations deserve the full treatment."

HAPPY NEW YEAR! LET'S MAKE 2025 A GREAT ONE



### **INGREDIENTS**

1 tablespoon unsalted butter 1/4 cup minced shallot 2 large garlic cloves, minced 3 tablespoons panko (Japanese breadcrumbs) 3 tablespoons whole milk 3/4 cup drained sauerkraut 1 tablespoon Dijon mustard plus more for serving 3/4 teaspoon caraway seeds, toasted, lightly crushed Kosher salt and freshly ground black pepper 8 ounces ground pork 1 14-ounce package Dufour Pastry Kitchens frozen puff pastry, thawed All-purpose flour (for dusting) 1 large egg, beaten to blend

### DIRECTIONS

Melt butter in a small skillet over medium heat. Add shallot and cook, stirring occasionally and reducing heat if needed to prevent burning, until soft, 4-5 minutes. Add garlic and cook, stirring occasionally, until aromatic, about 1 minute. Transfer shallot mixture to a large bowl and let cool.

### THE TASTING ROOM **CHAMPAGNE FOR NEW YEAR'S EVE!**

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

New Year's Eve is right around the corner so let's celebrate with Champagne! If you are thinking of going to Target or to the grocery store to pick up a mass-produced Champagne, please reconsider. I have a special Champagne for you that is delightful, delicious, and incredibly priced.

I am talking about Champagne J. Lassalle Cachet Or Brut NV. Jules Lassalle established this family-owned Champagne house in 1942. He passed away in 1982 and his wife, Olga, and their daughter, Chantal Decelle-Lassalle, took over management of the estate. In 2006 Chantal's daughter, Angéline Templier, joined the estate as winemaker. I love the tradition of these hardworking women. Their



the New Year with this gorgeous Champagne!

The Champagne Lassalle Cachet Or Premier Cru is available at The Bottle Shop for \$39.99. Say you saw it in the Mountain Views News and get the MVN special price of \$37.99. Special price good through December 31.

### Until next time - Salud!

Scan the QRCode to sign up for our newsletter.



### ALL THINGS By Jeff Brown **NEW YEAR'S RESOLUTIONS TAKES** COMMITMENT.

### Health and Wellness:



9

slogan of "une femme, un esprit, un style" (one woman, one spirit, one style) is spot on, and they have been in the Kermit Lynch portfolio longer than anyone else. There are the magical words – Kermit Lynch – this is a Kermit Lynch imported wine, so you know it's damn good.

This wine is a blend of Chardonnay, Pinot Noir, and Pinot Munier from sustainably farmed vines that are over 50 years old. It's rich and luxurious with citrus and spicy notes. It's creamy and elegant with fine bubbles. It is crisp with juicy acidity. The lingering finish is smooth and dry. The total annual production for Champagne Lassalle – not just this wine but the entire lineup - is 10,000 cases. Compare that to Veuve Clicquot which has an annual production of 1.5 million cases and you know that the quality of Champagne Lassalle is far superior to that of Veuve Clicquot. You can't beat the price either. Why pay double for Veuve Clicquot when you can have this excellent Champagne from the hardworking women of Champagne Lassalle?

Take this to your New Year's Eve celebration and your friends will know you put thoughtful consideration into your choice. Happy New Year everyone. Celebrate

DRINK HELP QUIT LESS SHOK ING OTHERS



Combine panko and milk in a small bowl; let stand until milk is absorbed, 2-3 minutes. Add to bowl with shallot mixture. Squeeze any excess liquid from sauerkraut; coarsely chop and add to bowl. Stir in 1 tablespoon Dijon mustard and caraway seeds; season with salt and pepper. Mix well. Add pork; using a fork or your hands, gently mix until just combined (do not overmix).

Line a baking sheet with parchment paper. Roll out pastry on a lightly floured surface to a 14x10" rectangle. Cut lengthwise into three 14x3 1/3" strips. Transfer strips to prepared baking sheet. Using one-third of sausage filling and leaving a 1" border at each end, pat sausage to form a thin log of filling down the center of 1 pastry strip. Fold pastry over sausage mixture to enclose, then press pastry together to seal. Fold seam under to ensure that sausage is tightly wrapped. Repeat with remaining pastry and sausage mixture.

Cut small diagonal slits at 1" intervals along top of pastries (to help release steam). Brush top and sides of pastry with beaten egg; chill in freezer for about 30 minutes. DO AHEAD: Pastries can be made 2 weeks ahead. Cover tightly with plastic wrap, then foil, and keep frozen.

Preheat oven to 425°F. Bake pastries (if frozen, no need to thaw) until puffed and light brown, about 15 minutes. Reduce heat to 350°F; continue baking until sausage is cooked through and pastry is golden and completely puffed, about 25 minutes. Let cool slightly. Cut sausage rolls crosswise into 1" pieces. Serve with a bowl of Dijon mustard for dipping.

Sierra Madre Moman's Club Mishes You H Very Christmas Happy Hanukkah Joyous Kwanza

ppy New Year 2025

Since February 1907 – 117 Years of "Living the Volunteer Life" Member of General Federation of Women's Clubs cfwc.org & gfwc.org SierraMadreWomansClub.org **Facebook/SierraMadreWomansClub** 355-4379 Rent Our 1914 Historic Essick House 355-4379 Wistaria Thrift Shop No Donations til 1/3/25. Please.

promise to prioritize my physical health by exercising regu larly and eating a balanced diet."

"I will get enough sleep each night to feel refreshed and energized.

"I will practice mindfulness and stress management techniques.'

I will drink more water throughout the day."

"I will eat less sugar"

**Personal Growth:** 

"I will learn a new skill this year."

"I will read more books."

"I will dedicate time to personal development activities."

"I will step outside my comfort zone and try new things."

**Relationships:** 

"I will actively listen and be more present in my relationships."

"I will express gratitude to my loved ones more often."

"I will make quality time for my family and friends."

"I will work on improving communication with my partner." Career:

"I will set clear career goals and work towards achieving them."

"I will improve my time management skills."

"I will take initiative on new projects at work."

"I will continue to learn and develop professionally." Financial:

"I will create a budget and stick to it."

"I will save more money for the future."

"I will reduce unnecessary spending."

"I will pay off debt."

**Environmental and Community Impact:** 

Do random acts of kindness

Reduce plastic usage by carrying reusable bags and bottles.

Volunteer for a cause you care about.

Donate items you no longer need.

Plant a tree or start a small garden.





### BEST FRIENDS & MORE



**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]

### **BOOK REVIEW:**

### "Be Useful: Seven Tools for Life" by Arnold Schwarzenegger.

Arnold Schwarzenegger is one of the most iconic and colorful figures of this era. Depending on your age and where you live, he is known as a weight-lifting body builder, an actor, or governor of California. Maybe you know him as all three.

Arnold Schwarzenegger is today a name that everyone knows, in one of his three careers. I knew that in the early days of his body building career, Arnold wrote some how-to guides and contributed to some of the magazines in the field. I only learned by accident that Arnold also wrote a book in 2023.

His book is titled, "Be Useful: Seven Tools for Life." If you're at all interested in Arnold, and if you're at all interested in doing more with your life, you'll love this book. At first, it seemed like a lightweight self-improvement book, but as I read, I realized it was so much more.

"Be Useful" is very much an autobiographical work, where Arnold takes you along the path of his life during his three careers, with all his challenges and uncertainties, and how he overcame those. And I like the fact that Arnold is open about his mistakes and failures, and doesn't try to pretend that they didn't happen.

He states in the introduction, "I wrote this book because I believe that anyone can benefit from the tools I've used through every phase of my life, and that all of us need a reliable road map for the kind of life we've always wanted to live." His book is divided into seven chapter.

HAVE A CLEAR VISION. You can't achieve a goal if you don't have one. You must have a goal, and "making a lot of money" is NOT a goal. How do you get there? Arnold knew that he had to get to the United States to succeed in life and to expand beyond his small town limitations. He started with that big picture, and slowly the idea of body-building began to emerge. In this easy-to-read book, Arnold says that you really need to see your goal, not as some "woo woo manifestation mumbo jumbo like The Secret and all those law of attraction" books. He emphasizes that he's not saying that you just visualize what you want and it manifests. According to Arnold, "Hell no. You have to plan and work and learn and fail and then learn and work and fail some more. That's just life. Those are the rules."

### NEVER THINK SMALL

Arnold talks about his challenges from a body-builder to an actor, and how just about ev-eryone said he'd never succeed. Remember, he's telling you how to improve by telling you what he actually did. Have no Plan B. And whatever you choose, be your best!

#### WORK YOUR ASS OFF

Yes, Arnold tells you to have a dream, but you have to do all the work and training and studying to achieve that dream. It doesn't just drop in your lap. He describes his bodybuilding training as a very exacting routine, working out for two and a half hours, twice a day, non -stop for 15 years. The pain is just temporary, he tells us, and pain is an indicator of your growth. Arnold explains that there are 24 hours in every day, and we need to use them as fully as possible. "Turn your TV off," he says, "and throw your machines out the window. Save your excuses for someone who cares."

### SELL, SELL, SELL

Arnold's advice in this chapter is that you need to know your "customer" and you need to know how to reach that customer. Be great at whatever you choose to do. Let people underestimate you, but you should over-deliver all the time. Be yourself, he advices, and take responsibility for your failures too. Arnold advises that you should not pretend that you didn't fail at something when you clearly failed. You should admit it, and openly tell your "customers" how you will do better next time. People will respect your honesty, and your desire to improve. As an example, Arnold pokes a jab at Donald Trump for his weakness in continuing to pretend he won the 2020 election (Trump's Big Lie) when he clearly didn't win by any objective account.

Those are just the first four chapters of this gripping book. All the advice given is telling you the reader to take focused action to pursue whatever goals you've defined. He tells it all in the context of what he actually did, errors and all. Arnold describes all the special training he took when taking on movie roles so he could be a more believable character. On a funny note, he suggests that he should get a refund on all the English speech training that he paid for.

### Katnip News!



Meet Zeena, the ultimate peopleloving kitty! This sweet girl lost her loving owner and was briefly at the shelter until her owner's daughter found her. Unfortunately, the daughter can't keep Zeena because of a big move coming up Jan. 6.

Sweet ZEENA



Zeena, age 3, is a beautiful gray kitty with hints of white, and she's full of affection and charm! She loves following her people around the house, showing off her quirky poses-she'll make you laugh and melt your heart at the same time. Zeena's favorite things include playtime, cuddle sessions, and delicious snacks.

She'd love a forever home where she can always be by your side and share all her love!

Please apply today at https://www.lifelineforpets.org/zeena.html where you can see more pictures of this adorable girl who is vetted and healthy.

### Pet of the Week

Frida is a stunning young German Shepherd mix with a world of potential. This lovely girl can be energetic, and she would love to expend her energy with a best friend.Frida is a sensitive soul who's still getting used to the world around her.

She's happiest in calm surroundings and would do best in a low-traffic home where she can settle in without too much hustle and bustle. Frida is a bit unsure around other dogs, so she might be best as the only pet for now. With Frida's sweet nature, she'll thrive with someone who can provide gentle guidance and plenty of reassurance. Once she's comfortable, Frida will reward you with affection, her beautiful Shepherd loyalty, and a bond that only grows deeper with time. If you're looking for a loving companion and are ready to offer Frida the calm, patient home she needs, she could be the perfect match for you. Come meet Frida at Pasadena Humane and see if she's the loyal friend you've been looking for!Frida and



all other dogs over 40 pounds old have their adoption fees waived from December 19 -31 during the Roses & Wet Noses adoption promotion at Pasadena HumaneThe normal adoption fee for dogs is \$150. All dog adoptions include spay or neuter, microchip, and ageappropriate vaccines.

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

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

Pets may not be available for adoption and cannot be held for potential adopters by phone CALLS OR EMAIL.

The Secret to Feeling Better and Achieving More in 2025: Sleep!

Are you looking to feel better, boost your performance, and shed a few pounds in 2025? It might be time to focus on something simple but powerful: sleep.

Sleep deprivation is more common than you might think. According to neuroscientist Dr. Claudia Aguirre, 30% of adults and a staggering 66% of teens are regularly sleep-deprived. Beyond the grogginess, sleeplessness is linked to inflammation, high blood pressure, diabetes, obesity, and even heart disease, which all raise the risk of heart attacks or strokes.

Here's a lesser-known bonus: quality sleep can make losing weight easier. It's easier to resist late-night cravings and maintain healthy habits when well-rested.

So, how can you improve your sleep and reap these benefits? Here are some simple tips:

Create a wind-down routine: Prepare your body for rest by making bedtime enjoyable and relaxing

He shares, "If there is one unavoidable truth in this world, it's that there is no substitute for putting in the work. There is no shortcut that can get you around the hard work of doing your job well," he tells us. He says that working hard is the only thing that works 100% of the time for 100% of the things worth achieving.

A highly recommended book of 263 pages published by Penguin Press in 2023. Whatever your goals, and whatever your status in life, this book is the inspiration to move you into higher levels of achievement.



Ditch the tech: Keep screens out of the bedroom to avoid overstimulation. Set the mood: Lower the lights, add calming scents like lavender, and ensure your room is cool and cozy.

Be mindful of food and drink: Stop eating at least four hours before bed, and consider sipping herbal tea.

If you want to take things further, try adding mindfulness or meditation to your evening routine or regulate the humidity in your bedroom to ensure it's comfortable for sleep.

The bottom line? Prioritize quality sleep, and you'll see improvements in your energy, health, and weight.

Let's make 2025 the year of feeling and performing our best-starting with a good night's sleep!

Coach Lori

Lori A. Harris is a former trial lawyer and an award-winning coach. She helps good people do incredible things. Learn more about her at loriaharris.com.





### THE GOOD LIFE

### FREE ASSISTED LIVING PLACEMENT SERVICE

Discover the perfect assisted living community with Safe Path for Seniors. Our compassionate advisors specialize in assisting individuals with unique needs. Benefit from our extensive network and affordable options. Plus, we offer personalized tours to help you explore each community firsthand. Call (626) 999-6913 or visit www.safepathforseniors.com for free assistance.



### THE SECRET TO FEELING BETTER AND ACHIEVING MORE IN 2025: SLEEP!

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Lori A. Harris So, how can you improve your sleep and reap these benefits? Here are some simple tips:

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The bottom line? Prioritize quality sleep, and you'll see improvements in your energy, health, and weight.

Let's make 2025 the year of feeling and performing our best—starting with a good night's sleep!

Coach Lori

Lori A. Harris is a former trial lawyer and an award-winning coach. She helps good people do incredible things. Learn more about her at loriaharris.com.

### HOW LONG TO KEEP TAX RECORDS AND OTHER DOCUMENTS

Dear Savvy Senior:

Is there a rule of thumb on how long someone should keep their old financial paperwork? I have file cabinets full of old receipts, bank and brokerage statements, tax returns and more that I would like to toss. **Recently Retired** 



Dear Recently:

It's a great question. As we get older and our financial life gets more complicated, it's difficult to know how long to keep old financial records and paperwork and when it's safe to get rid of them. Some things you'll need to hold on to for your whole life and others for just a month or so. Here's a checklist I've created that can help you determine what to save and what you can throw away.

### Keep One Month

ATM receipts and bank-deposit slips, as soon as you match them up with your monthly statement. Credit card receipts after you get your statement, unless you might return the item or need proof

### SENIOR HAPPENINGS HAPPY BIRTHDAY! ... DECEMBER BIRTHDAYS\*



Maria Decker, Nancy Dorn, Prudence Levine, Pat Karamitros, Joan Hufnagel, Mary Alice Cervera, Carol Horejsi, Helen Reese, Levon Yapoujian, Toni Buckner, Lottie Bugl, Sheila Wohler, Nan Murphy, Eleanor Hensel, Sylvia Curl, Elizabeth Levie, Gayle Licher, Cindy Barran, Melissa Stute, Hanna Jungbauer, Sheila Woehler.

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



10am - 10:45 am

at the

Hart Park Senior Center





### Monthly BLOOD Pressure HART PARK SENIOR CENTER THE SECOND TUESDAY OF EVERY MONTH AT 12:30PM



AND THEN IT ALL CAME TO AN END

OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

Time has a way of getting ahead of me. Just when I think I've caught up, I find out I was wrong.

The Gracious Mistress of the Parsonage and I were sitting down, relaxing after a wonderful Christmas activity with all the kids, grandkids,

and great-grandkids. It was a wonderful time, but with my age, I ran out of steam very quickly. Once upon a time, I had enough steam to do just about anything. Now, that seems to have evaporated.

This year's Christmas celebration was a wonderful time, and as we sat around the table, I noticed that the people around us were a lot older than they were a year ago. I was not going to tell anybody; I would just let them find out for themselves that they were getting old.

My bathroom mirror tells me every morning that I am an old goat and older than yesterday's goat. I could not help but reflect back when I was a teenager and we had family get-togethers, and looking around grandma's table, everybody seemed to be rather young. That isn't the case anymore.

Looking at me with a smirk, The Gracious Mistress of the Parsonage said, "Well, I guess this year's over." Then she let out one of her patented laughs

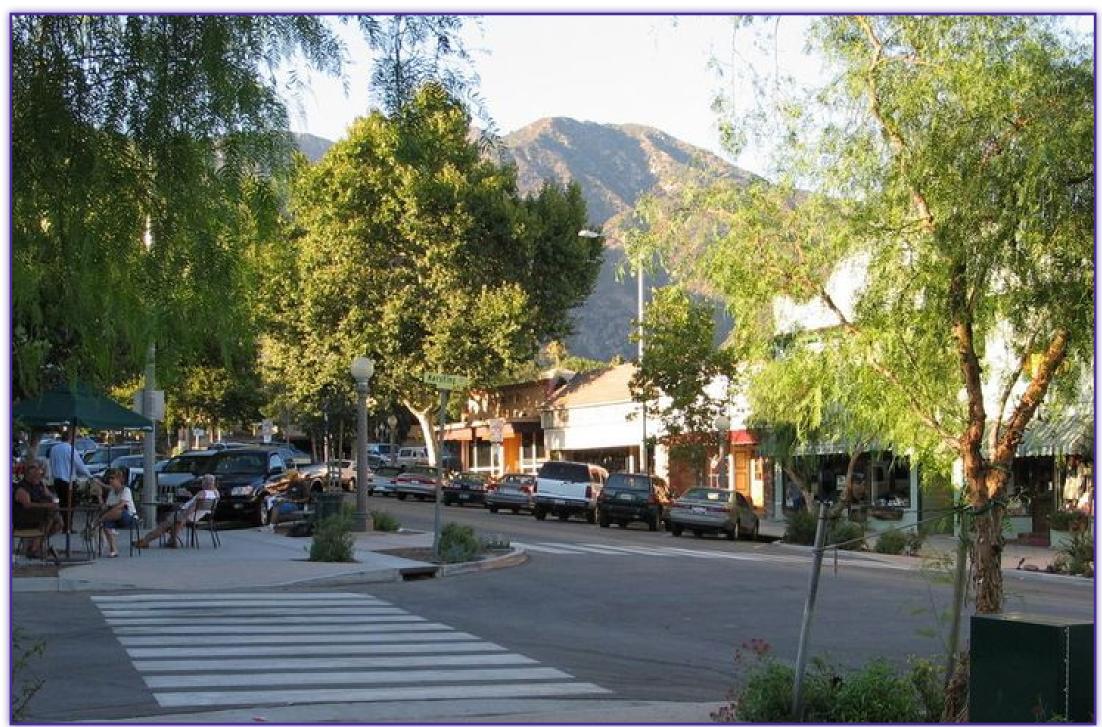
As always, she was right. This year will be over in a few days, and I can tuck it into bed and let it go to sleep. It seems strange that when I'm getting used to something, it's over before I know it. Things go by so quickly these days.

enager. Liust couldn't wait until I was 16 to get my driver's license. It

Credit card statements that do not have a tax-related expense on them. Utility bills when the following month's bill arrives showing that your prior payment was received. If you wish to track utility usage over time, you may want to keep them for a year, or if you deduct a home office on your taxes keep them for seven years.	<ul> <li>Looking back, I have had my driver's license for over 50 years, and I'm not sure how much time has passed. I can remember wanting my driver's license, and now, all of a</li> </ul>
To avoid identity theft, be sure you shred anything you throw away that contains your personal or financial information.	sudden, all of that is over.
Keep One Year	I remember when I was teaching teenagers in our church, and often told them when they visited their grandmother, asked her to show her wedding picture.
Paycheck stubs until you get your W-2 in January to check its accuracy. Bank statements (savings and checking account) to confirm your 1099s. Brokerage, 401(k), IRA and other investment statements until you get your annual summary (keep longer for tax purposes if they show a gain or loss).	Then compare that picture with what she looks like today. I wasn't finished. Then, look at your picture and just remember that one day you just might be as old as your grandmother.
Receipts for health care bills in case you qualify for a medical deduction.	Why is it that when you're young and have energy, things don't go very fast, no matter how hard you try? However, the older you get the faster things seem to go. I guess I'll
Keep Seven Years	never figure that one out.
Supporting documents for your taxes, including W-2s, 1099s, and receipts or canceled checks that substantiate deductions. The IRS usually has up to three years after you file to audit you but may look back up to six years if it suspects you substantially underreported income or committed fraud.	Then The Gracious Mistress of the Parsonage mentioned the unmentionable, "So, have you worked on your New Year's resolutions yet?" That's the one question I don't want to hear. When she brought that up, I looked back at her, smiled and said, "On
Keep Indefinitely	the top of my list is that I will only eat one Apple Fritter at a time." She did not laugh at that one. When I was done chuckling, I looked at her and said, "Okay, have you made your New Year's resolution list yet?"
Tax returns with proof of filing and payment. You should keep these for at least seven years, but many people keep them forever because they provide a record of your financial history. IRS forms that you filed when making nondeductible contributions to a traditional IRA or a Roth conversion. Retirement and brokerage account annual statements as long as you hold those investments. Defined-benefit pension plan documents.	Then she began with her list, which was almost infinity. She had so many things that she wanted to get done in the next year that I got tired of listening to them. I did know that if she made a list of something, you can bet your bottom dollar that she's going to complete every one of them. That's what made me a little alarmed. I won't challenge that kind of thing with her. Whatever she wants to do, she can do it with my blessing.
Savings bonds until redeemed. Loan documents until the loan is paid off. Vehicle titles and registration information as long as you own the car, boat, truck, or other vehicle. Insurance policies as long as you have them.	Of course, there is the idea that if she's as busy as that list suggests she might be, I could sneak in an Apple Fritter occasionally without her knowing it. Now I'm smiling.
Warranties or receipts for big-ticket purchases for as long as you own the item, to support warranty and insurance claims.	We were reflecting on what a great year we had. Sure, there were some bumps along the way. Despite those things, we had an excellent year together. This year, we cel- ebrated our 54th Christmas together. I can't believe it's been that long.
Keep Forever	
Personal and family records like birth certificates, marriage license, divorce papers, Social Security cards, military discharge papers and estate-planning documents including a power of attorney, will, trust and advanced directive. Keep these in a fireproof safe or safe-deposit box.	With a very curious look in her eyes, she looked at me and said, "Out of all those Christmases that we had together, which one would you think is your best Christmas?" I learned a lot from my father, so I responded, "Oh, my dear. My best Christmas is the one we're celebrating right now."
Reduce Your Paper	You can get in trouble by saying something like that. Sure, we've had Christmases
To reduce your paper clutter, consider digitizing your documents by scanning them and convert- ing them into PDF files so you can store them on your computer and back them up onto a cloud	all the way back to 1970, and most of them I don't remember, so I believe the best Christmas I've ever had is the one I'm enjoying now.
like Microsoft OneDrive, Apple iCloud or iDrive.	Coming to the end of a year and the beginning of a new year, I couldn't help but think of a verse in the Bible.
You can also reduce your future paper load by switching to electronic statements and records whenever possible.	Solomon wrote many years ago, "The thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under
Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit Savvy- Senior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior"	the sun" (Ecclesiastes 1:9).
book.	My experience is that the older I get the less things change. As a young person, I al- ways hoped things would change and get better. Sometimes they did, but more often than not, things remain the same.
Catch breaking news at: mtnviewsnews.com	The only change in my life was when I surrendered my life unto the Lord Jesus Christ as my Saviour.

### 12 Mountain View News Saturday, December 28, 2024 SIERRA MADRE ARCADIA ALTADENA MONROVIA

### Sierra Madre, California 91024 Community Organizations (partial listing)



START 2025 OFF RIGHT - MAKE A RESOLUTION YOU CAN KEEP! VOLUNTEER AND HELP PRESERVE THE TOWN YOU LOVE!

### LIST OF SIERRA MADRE

VOLUNTEERS NEEDED BADLY! THEY

### COMMUNITY ORGANIZATIONS (partial listing)

(IN ALPHABETICAL ORDER

**COMMUNITY EMERGENCY RESPONSE TEAM** 

**CREATIVE ARTS GROUP** 

FREE ANIMAL DOCTOR

FRIENDS OF THE SIERRA MADRE LIBRARY

**KIWANIS CLUB OF SIERRA MADRE** 

PRESERVE SIERRA MADRE

**ROTARY CLUB OF SIERRA MADRE** 

SIERRA MADRE CHAMBER OF COMMERCE

SIERRA MADRE COMMUNITY FOUNDATION

SIERRA MADRE EVENTS COMMITTEE

SIERRA MADRE HISTORICAL PRESERVATION SOCIETY

SIERRA MADRE ROSE FLOAT ASSOCIATION

SIERRA MADRE WOMANS CLUB

### **VETERANS OF FOREIGN WARS #3208**

### ARE THE LIFEBLOOD OF SIERRA MADRE!

Volunteering is important as it offers essential help to worthwhile causes, people in need, and the wider community. Indeed, many organziations and charities rely on the generosity of volunteers as often they're only part-funded through government or local councils, and cannot afford to pay salaries for all their staff. In fact, many companies depend almost solely upon teams of volunteers to help them thrive and do their work.

"Volunteers are love in motion." Unknown

"The best way to find yourself is to lose yourself in the service of others." Ghandi

"Alone we can do so little; together we can do so much." Helen Keller

QUOTES ARE FROM RICH JOHNSON'S COLUMN IN 2023



### **VOLUNTEER OPPORTUNITIES AVAILABLE**

Mountain View News Saturday, December 28, 2024

### **FREE ANIMAL DOCTOR**

<ul> <li>A non-profit animal welfare organization.</li> <li>Founded in 2016, to help sick or injured animals obtain critical medical care when their owners cannot afford it.</li> <li>Funds are raised through our crowdfunding website, shown here.</li> <li>We have paid over \$1.6 million for the essential medical care of more than 1,100 pets.</li> <li>In 2021, we opened a low cost spay &amp; neuter clinic.</li> <li>The clinic is self-sustaining, despite the fact it is only open once a week.</li> <li>Successfully spayed or neutered more than 2,900 dogs and cats, repaired 30 hernias, removed 27 masses, and vaccinated over 450 pets.</li> </ul>		
<ul> <li>The Urgent Need to Expand</li> <li>Crowdfunding is an efficient fundraising method; however, it has one significant limitation, it takes time to raise the vital funds.</li> <li>In emergencies, when a pet's condition demands immediate care, time is the one thing these pets do not have.</li> <li>Pets needing immediate care are forced to endure their painful condition until all funds are raised.</li> <li>Delays in treatment may cause secondary complications.</li> <li>Sometimes care may come too late.</li> </ul>	<ul> <li>Eliminating delays in treatment provides significant benefits to all pets, especially in emergencies.</li> <li>Providing care when care is needed, yields the best possible medical outcome, and dramatically reduces the time the pet suffers.</li> <li>Offers financially disadvantaged pets' better access to</li> </ul>	<ul> <li>preparation.</li> <li>And finally, \$475,000 to purchase diagnostic machines, surgical equipment, and kennels.</li> <li>Free Animal Doctor is contributing up to \$200,000 in reserve funds toward risk mitigation during initial years of operation to ensure a successful start.</li> <li>Once construction begins, the clinic should be completed within 4-5 months and operational shortly thereafter.</li> <li>During the first year, we expect to provide essential medical care to 600 pets in addition to offering spay &amp; neuter services.</li> </ul>
<ul> <li>Replace our existing spay &amp; neuter clinic with a full-service veterinary clinic.</li> <li>A clinic capable of providing a broad and diverse range of quality veterinary care.</li> <li>With a full-service veterinary clinic, we can provide essential veterinary care, when that care is needed, without having to wait until all the funds are raised.</li> </ul>	<ul> <li>Existing and proposed clinic locations in Arcadia, CA</li> <li>We need \$1.1 million to complete the project.</li> <li>\$600,000 to purchase 4 used mobile homes (60' X 12') which will be modified and combined to create our new 2880 sq ft. modular surgical clinic. See below.</li> <li>Another \$25,000 for utility hookup and site</li> </ul>	Conclusion This integrated crowdfunding and pet care delivery model is a social innovation and will provide disadvantaged pets with broader medical services in a more timely and cost-effective manner. Please donate to their health. Once we have shown this business model viable, we will expand, beginning in southern California www.freeanimaldoctor.org



The Friends of the Sierra Madre Libray is a 501(c)(3) non-profit organization whose purpose is to promote awareness of, support for, and utilization of the high quality programs, services, and facilities of the Sierra Madre Library as a lifelong center of learning.

To that end volunteers provide countless hours working both inside the library and on the grounds of the library supporting the library staff. We organize the Best Used Book Sales, Annual Silent Auction, the annual Wine and Cuisine Tasting, Snowflake Celebration, and the spring Art Fair to raise money L i b r a r y to augment that which the city is able to provide to the library.

The Friends of the Sierra Madre Library endeavor to do the following:

- Provide support for the Sierra Madre Public Library's existing programs and services Support additions to the Library's collections, equipment purchases, and improvements and expansion of facilities
- Encourage membership, participation, and involvement in the Friends by residents of the community served by the Library
- Plan and implement fund-raising activities and events
- Actively seek contributions/endowments/grants from individuals, organizations, foundations, and the public sector

We are always looking for volunteers, to learn more please go to our website at sierramadrelibraryfriends.org or follow us on social media:

Instagram @folsm91024 Facebook @FriendsoftheSierraMadreLibrary

### **KIWANIS CLUB OF** SIERRA MADRE

The Kiwanis Service Club of Sierra Madre has been an active club since 1927.

It has made many contributions to our town such as the pergola in Memorial Park, cubbies for the children at St. Ritas school, the covered patio at Sierra Madre Elementary School, the emergency radio system for the town, the horn that use to sound at noon every day, The Veterans have been paid tribute by the club each year. We started a Builders Club for the Middle school and help them with their service to several Sierra Madre organizations.



There are many more contributions Kiwanis Club has made over the almost 100 years all focused on building a better community, one child at a time!.

We are a club that welcomes all and would love for you to join us on Tuesdays at noon at the Lodge.

https://sierramadrekiwanis.com/

### **Sierra Madre** MA Creating life changing experiences for our Community Youth Kiwan https://sierramadrekiwanis.com/

### **ROTARY CLUB OF SIERRA MADRE**



### WHAT IS ROTARY?

Rotary is a global network of 1.4 million neighbors, friends, leaders and problem solvers who see a world where people unite and take action to create a lasting change across the globe, in our communities and in ourselves.

Our mission is to provide service to others, promote integrity, and advance world understanding, goodwill and peace through our fellowship of business, professional and community leaders.

LEARN MORE ABOUT US AT: https://www. sierramadrerotary.org/

80 W Sierra Madre Blvd. No. 327 Sierra Madre, Ca. 91024 Office: 626.355.2737 Fax: 626.609.3285 Email: editor@mtnviewsnews.com Website: www.mtnviewsnews.com Mountain Views News

### **VOLUNTEER OPPORTUNITIES AVAILABLE**

Mountain View News Saturday, December

### SIERRA MADRE CHAMBER OF COMMERCE

The mission of the Sierra Madre Chamber of Commerce is to encourage a healthy business environment by advancing, promoting, and supporting the businesses serving our Sierra Madre community.

We are the business voice of Sierra Madre at City Hall and represent your interests in all other local, state and federal agencies. We closely monitor laws and actions that will impact your business. And we do this, even during times of crisis.

In 2020/2021, we helped the city develop the Cares Program which provided some financial relief for qualified Sierra Madre Businesses. We also played an instrumental role in helping the city develop the expanded outdoor dining areas for our members.

In 2021 we also managed to have our Honors/Citizen of the Year Dinner thanking community volunteers and organizations who, in 2020 helped the community and your business through the pandemic.

And, in an effort to get back to 'normal' we held a very successful Winter Festival (Small Business Saturday event), to bring residents and visitors to town to support you.

Although postponed due to the Omnicom Variant, we have postponed our 2021 Honors Dinner, but it will happen soon. AND

On March 27, 2022 we will once again have our Wistaria Festival which brings thousands of people into town to partake of the wonderful shopping and service opportunities in town!

Also in 2022, we will be working on a new branding

campaign, 'Shop Sierra Madre' to bring shoppers remind/introduce all residents and even more visitors to our city.

Virtual networking opportunities and informational meetings are also on our agenda!

We do all this and much more, promoting Sierra Madre as a 'Destination' as our goal! Whenever the "Chamber" does something, the community sees it as local businesses supporting the community. So, please join our efforts today! Joining the Sierra Madre Chamber adds you to the list of the most highly esteemed, trustworthy and credible businesses in the Community. Please visit our website at: www.sierramadrechamber.com.

### SIERRA MADRE COMMUNITY FOUNDATION

The Sierra Madre Community Foundation is a 501(c)(3) non-profit organization dedicated to supporting our beloved city so that it continues to be a unique hillside treasure and valued neighborhood for individuals, families, community groups and businesses.

We do this by making direct financial grants to support Sierra Madre activities, events, organizations and programs.

In 2023, the Sierra Madre Community Foundation awarded nearly \$21,000 in grants. This amount supported 11 local civic and community organizations including:

- Sierra Madre Public Library
- Creative Arts Group
- Sierra Madre Search & Rescue
- Sierra Madre Elementary School
- Mt. Wilson Trail Race Kids' Fun Run
- Sierra Madre Rose Float Association
- Cancer Support Community
- Various City-Managed Community Events

We also assist other local community groups, who do not have 501(c)(3) non-profit status, collect and distribute their funds.

Learn more at sierramadrefoundation.org or follow us on social media:

Instagram @SMCommunityFoundation.org Facebook @SierraMadreCommunityFoundation





### SIERRA MADRE EVENTS COMMITTEE (Formerly the 4th of July Committee)

Sierra Madre Events Committee – Sierra Madre's newest non-profit with a lot of traditional events and activities!

Unveiling the Sierra Madre Events Committee (SMEC), formerly known as the Sierra Madre 4th of July Committee—a dynamic force committed to enlightening and engaging our community. Our primary goal is to produce and support patriotic and community events that support the vibrant spirit of Sierra Madre and foster a sense of community among its residents and businesses.

As a beacon of civic pride and celebration, the SMEC strives to bring the community together through a variety of engaging activities and gatherings. From patriotic



celebrations like the stand-out Sierra Madre 4th of July to local festive things like the downtown Holiday Display, that showcase the rich tapestry of Sierra Madre, we curate events that celebrate the unique identity of our community.

But we can't do it alone. We're on a mission to educate those who may not be familiar with our organization, inviting them to join us in making a lasting impact on the community and the true spirit of volunteering that makes Sierra Madre so special. Whether you're a lifelong resident or new to Sierra Madre, there's a place for you in our vibrant community of volunteers.

By becoming a part of the SMEC, you'll have the opportunity to contribute to the planning and execution of events that shape the cultural fabric of Sierra Madre. Whether you have a passion for event coordination, community outreach, or simply want to lend a helping hand, your involvement is vital to our success.

Your donations during our fundraising campaigns also play a crucial role in ensuring the success and sustainability of our activities. Visit our website https://www.sierramadrefourthofjuly.com to discover how you can contribute.

### SIERRA MADRE WOMANS CLUB

The Sierra Madre Woman's Club extends a warm welcome to you! We are dedicated to serving our community while providing club members with opportunities for personal growth and the development of life-long friendships. Membership is open to persons of all ages and genders.

The club is nonpartisan, nonsectarian, and nonprofit. Members come from a variety of backgrounds and interests and are united in caring for our community and for each other.

Our Monthly meeting schedule, newsletter, community events (including weekly pickleball!) along with any other info can be found at sierramadrewomansclub.org.



### **VOLUNTEER OPPORTUNITIES AVAILABLE**

Mountain View News Saturday, December 28, 2024

### SIERRA MADRE HISTORICAL PRESERVATION SOCIETY

Do you like History? Do you enjoy learning about the people who played a prominent role in developing the area of Sierra Madre and the San Gabriel Valley? Then you may truly enjoy the experience of being a	We support our Landmark homeowners to preserve our historic	We train you to feel comfortable in becoming a docent at our museums and special event tours. How can you help and participate? You can become a member, be a docent	
member of our Historical Society!	We educate our children and	at our events or at the museums,	
What we do: We encourage and develop programs	community on the importance of the history of Sierra Madre and the surrounding communities.	help on various committees like oral history, newsletter, social media, and fundraising.	
and projects that raise the awareness of our local history.	Through our history talks and	Benefits:	
<i>'</i>	programs, museums tours, city tours, home tours, and booths at our city's events we can share so many	This is a way to give back to your	
documents, artifacts, and oral	These events are fundraisers to help support our archival collections at the Sierra Madre Library and in our	new people along the way can be very	
and subsequent development of Sierra Madre.	museums.	We encourage you to contact Leslie Ziff at 626-321-7735 for further info.	
We showcase and maintain our 2 museums: Lizzie's Trail Inn and The	Our on-going Oral History Project documents the stories of our citizens.	Support our community – Get involved!	

### SIERRA MADRE ROSE FLOAT ASSOCIATION

The Sierra Madre Rose Float Association is a non-profit | Association also fosters a sense organization that creates the beautiful floats representing the City of Sierra Madre for the annual Rose Parade presented by Honda.

Volunteering at SMRFA is a rewarding experience for individuals who are passionate about community and creativity. It allows individuals to contribute to a longstanding tradition and be a part of a world-renowned event that attracts millions of viewers from around the globe and gives volunteers a sense of pride and accomplishment. Volunteering provides an opportunity to develop and enhance various skills.

From constructing and decorating the floats to organizing are open for volunteers most events and fundraising, volunteers can gain valuable experience in project management, teamwork, and problem- 4:00 PM. Our website is www. solving. Volunteering at the Sierra Madre Rose Float SierraMadreRoseFloat.org.

of community and camaraderie. Community service hours are available for students. The friendships and connections formed during the volunteer experience can last a lifetime.

SMRFA General Meetings are held the third Sunday of every month (except February, July and August) at 5:00 pm at the Float Barn located at 587 E. Sierra Madre Blvd. We Sundays from 11:00 AM to





### **VETERANS OF FOREIGN WARS #3208**

Veterans of Foreign Wars (VFW) for over 100 years. The VFW is America's oldest patriotic and fraternal organization for veterans of the Armed Services.

Our local post members provide the color guard at civic events, host annual holiday observances, and represented veterans issues at gatherings from here in the San Gabriel Valley all the way to Washington D.C.

Sierra Madre has been home to Post #3208 of the | Commander Dave Loera accepting citations for the post's efforts from Supervisor Barger and Congresswoman Chu.

> Mark your calendar for this coming March 23rd at 1100 when we will host in Memorial Park a ceremony honoring ALL Veterans of the Vietnam War, not just VFW members.

Everyone in the community is encouraged to join us in this important recognition of those veterans who served in Vietnam. In the past year, in addition to other acts, we Regular meetings are held at 3:00 on the second Sunday of each month at The Hart House in Memorial Park (222 W. Sierra Madre Blvd.). Contact information: Commanders Dave Loera (d.loera@verizon.net) or Harold "Doc" Martin (hfmartin@pasadena.edu).

helped serve the homeless, supported the student veterans of Pasadena City College, awarded scholarships, and assisted in the distribution of holiday meals and toys to young veterans.

The accompanying photo is of past-Post

### COMMUNITY **EMERGENCY RESPONSE TEAM**

### WHAT IS CERT?

Do you know what to do after a major disaster? One of the ways is to make sure that you are fully prepared before a disaster occurs. CERT's free Basic Training will teach you how to prepare yourself, your family and your neighbors.

Sierra Madre Community Emergency Response Team is a volunteer organization that provides free emergency preparedness training to the community. We train using FEMA guidelines and are affiliated with the Sierra Madre Fire Department. This year's Basic Training program will be presented in the spring of 2024.

In the meantime, you don't need to be formally trained to participate in our Team meetings. All are welcome. We meet the 4th Thursday of the Month at the Hart Park House. Our meetings consist of various programs including reviews of our basic training, fire department programs, CPR, First Aid and operating amateur radio.



Next Meeting: Thursday, January 25th 7:00 P.M., the SMFD will present their new extensive City-wide disaster communication and evacuation program. They'll also assist you to program your phones to receive this areaspecific information. This is a must for all of Sierra Madre.

For more information go to:

www.sierramadreemergency.org; info@SierraMadreCERT.org, or the Sierra Madre CERT Facebook page.



### **PRESERVE SIERRA** MADRE

Preserve Sierra Madre is an activist group that was formed in Sierra Madre in 1977.

Our purpose is to be the watchdog for our town and to help maintain Sierra Madre as such a wonderful place to live. Our activities include attending City Council **CREATIVE ARTS GROUP** 



Creative Arts Group (CAG) is a vibrant nonprofit art center founded in 1960. CAG provides a means for discovering creative self-expression and developing an understanding and appreciation of others through the arts.

Creative Arts Group's varied class schedule attracts more than 2,000 students annually from Sierra Madre and beyond. CAG's Jameson Gallery exhibits original art in a variety of media including ceramics, glass, watercolor, jewelry, enamel, metal sculpture and more. Additionally, a robust events calendar celebrates the artists in our community. The Art Festival and Art of the Garden events are fundraisers which support our mission of offering enriching classes, education, and artistic experiences to our community. Each year our popular Art Festival brings together over 50 local craftspeople and artists to display and sell their work. All proceeds from the sale of items in the gallery go directly back to funding the programs offered by Creative Arts Group.

and Commission meetings, reporting results, and speaking up as necessary. We monitor the proposed activities that will affect our town.

Our members have served on City Council, Planning Commission, the Tree Commission (now Natural Resources), Community Services Commission, and the General Plan Update Steering Committee.

We do not have formal scheduled meetings, but keep the members informed via email and social media. We welcome new members.

To join our contact list, email preservesierramadrenow@gmail.com. Your contact information will always remain private. Our website is preservesierramadre. com.

Mountain Views NewsSaturday, December 28, 2024

### **MOUNTAIN** VIEWS NEWS

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KNOW Yesterday was Christmas Day and my regular routine was greatly altered. Instead of my regu-lar Wednesday golf

game, my son and I went with my wife (who is not his mother) to a Holiday celebration at her cousin's home. Because of the Covid virus we had missed the last two celebrations. During the last year we attended I had sat next to a young girl who had just flown to California from the Midwest. She had just arrived and really had not previously met anyone in the room other than the son of one of my wife's cousins who, of course, was also present. She was quite nervous as she had flown all the way here in order to meet that son whom she had previously only communicated with via-the internet.

Nevertheless, at that time, here she was, amazed at her own bravery, sitting in a room full of strangers. Now, three years after that first meeting everything was very different. The young woman, the former stranger, sat comfortably with her now husband, the once upon a time internet correspondent, balancing their nine-month-old son on her knee. Also present in the room were the child's loving grandparents, aunts, uncles, and cousins. Everything had worked out well and I reminded the young mother that I had met her at a quite different time just a few years ago and had tried to make her comfortable. She laughed and said "yes, it was you who made it all work."

Also present was another one of my wife's cousin's daughters and her two young beautiful well-behaved children. She was with her husband, a charming guy from England, who I had spoken with before. We talked a little this time and I learned that he too had communicated with his future wife only on-line prior to meeting and had flown to California to meet and everything worked out in just the way they hoped. I asked him if this meeting online business generally works that well. He explained that this is often the case because, prior to flying across the world or across the Country, the parties had communicated enough to know enough about their on-

### PUT THE LIGHTS ON **KNOWING WHAT YOU NEED TO**

was distracted by other urges and other peo-ple's opinions. Anyway, there they were, two more proud parents surrounded by loving relatives.

As my wife drove us home, I thought about what I had learned during the day. I compared what I had heard to the experiences of myself, my friends, and my neighbors. Seemingly all of the first marriages had ended in divorce and dispute. Second marriages, like mine, have worked out much better. Being me, I thought of this in my relation to my missed golf game. Lately, I have had a great deal of trouble with my putting. I have regularly failed at sinking very makeable shots. I have done a little internet reading about putting and learned that there is much more to it than just trying to hit the ball straight. First you need to be aware of your balance and alignment with the hole. You should be very aware of the angle at which your club face hits the ball and pay attention to the proper speed of your putt. To do this, it is necessary to be aware of the slant of the green, the length of the grass, the wind conditions, and be relaxed and not distracted by your own thoughts and doubts when you strike the ball. Everything you know is important and you can overthink the putt, and in fact, strike the ball when your body is not yet ready. Golfers, especially bad golfers, will know what I mean.

Today, I correlated these golf-ing thoughts with my thoughts about relationships and first marriages. Really, you need to know as much about yourself and the other future mate as you possibly can. You can worry about whether marriage is right for you and worry about how your parents and friends will react to the other person. Often there are more distractions than information. My first marriage quickly failed as my wife, and I, realized that we had rushed into the marriage without knowing ourselves and each other well enough. A painful lesson for ourselves and our children. Life goes on but there are regrets and I wish I had known more of what I needed to know.

Perhaps, today's online communicants will have better luck and broken marriages, and saddened children can be avoided. Hooray for future posline future possible mate without being sibilities and happier people.

### **RICH** JOHNSON **NOW THAT'S RICH**

**OPINION** 



It has been said, "A New Year's resolution is something that goes in one Year and out the other".

I have a revolutionary New Year's resolution we should all adopt...never mention New Year's Resolutions again ... ever. Resolutions are a useless exercise in futility. A better description would be "future failures".

NEW YEAR'S RESOLUT....EXCUSES

Why am I so resolute about resolutions? Why start each year with promises we rarely live up to? Time would be better spent equipping ourselves with a truly useful tool... excuses!

Excuses hold an important place in our lives. They exist to defend questionable behavior. Lord knows I've spent a lifetime engaging in questionable behavior. No, not the malevolent, immoral or illegal kind of bad behavior. More like the stupid kind where I am usually the victim of my own poor choices.

Ring a bell? I'm not surprised. Think of resolutions as pandemic. We should all make the following last resolution...resolve to simply make better excuses. For many of us the earliest excuse we manufactured in our youth: "The dog ate my homework".

Hey, it can happen. No less than John Steinbeck had to ask his editor for more time to finish his classic novel "Of Mice and Men" because the manuscript had been half eaten by his Irish Setter. Or so he says.

Excuses take practice. Honesty? I tried it once and it didn't work. I sent this message to my boss. "I can't come into work. I'll call back when I think of a good excuse." My boss sent me the employment section of the want ads. Hoping to help you avoid unemployment here are a list of tried and true excuses. Commit them to memory.

My puppy asked me to stay home. Bow wow! I accidentally got on a plane. I was stuck in the company elevator Someone stole all my shoes. I have no clean clothes. I was bitten by a duck. I climbed a tree to save a cat and now I'm stuck. I got my fingers stuck in a bowling ball. My cat has hiccups, and I can't leave her. Sorry I can't make it; I'm stuck under the bed. The Wi-Fi and I had a falling out. I was having an out-of-body experience. My watch stopped.

Alright, I'm only half serious about excuses. If you really want to make improvements in your life toss the excuses and start a plan. Blame me. I've been a class clown for as long as I can remember. I learned in first grade there was nothing as intoxicating as saying something funny and having people laugh.

I write this column because I said something funny in a restaurant years ago and a lady named Susan Henderson overheard me and asked me if I would like to write for her new newspaper. I said, "but I've never written anything before." She handed me a pen and said, "Write!" So I wrote. And because Susan puts my picture next to what I write in the paper, people occasionally stop me on the street and tell me how much they like reading my column. Wowsers! I'm hooked and am now working on a book. Will I succeed? Hope so.

People who achieve beyond mediocrity do something most of us would like to do but never get around to it. They have a dream. They ignore all the excuses to not pursue the dream and make a plan. They then spend their energy putting one step in front of the other working the plan. Forward momentum no matter how many little steps are taken will get you out of a rut and somewhere. Inc. magazine says "Jeff Bezos tells us overnight successes take 10 years".

And finally, Thomas Edison showed us tenacity, when he was asked about the thousands of experiments that failed looking how to make his light bulb work. Edison said, "I have not failed, not once. I've discovered ten thousand ways that don't work."

So, let's welcome in the year 2025 as a year of success and change! And a profound thank you for reading my column.



### HOWARD Hays As I See It

"More people may have voted for former President Trump than

for Vice President Harris, but absolutely nobody voted for a President Musk." – poster @kushibo on X I'm reminded of that immigration bill from last Spring. After months of work, compromises were reached on a bill where no-

body got everything they wanted, but a result seen as a major accomplishment. Then an un-elected outsider told Republican members to scuttle the whole thing and they did as they were told. Back then that outsider was Donald Trump. He'd been leaning on

immigration in his presidential campaign and feared action to address it would hurt his argument. It was better to prolong the problem than lose a campaign issue.

This past week the bill was the Continuing Resolution to keep our government open at least through March. House Speaker Mike Johnson (R-LA) managed a compromise with enough bipartisan support to get it through the House, along with assurance it

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Mountain Views News **Mission Statement** 

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

would pass the Democratic-controlled Senate and be signed by President Biden.

The outsider this time who had Republicans kill the deal was Elon Musk - the world's richest person and the country's largest campaign donor. He threatened Republicans with being primaried if they didn't pull their support for the bill, and they did as they were told. Rep. Pramila Jayapal (D-WA) explained, "we struck a bipartisan deal. But then they blew it up because of a tweet from a billionaire. Insane.'

Musk's wealth has increased \$200 billion since the election - an amount that by itself would make someone the fifth-wealthiest person on the planet; a return 800X his initial \$250 million investment to get Trump elected.

Plans have been announced to scrap mandated crash reporting of self-driving cars - the vast majority coming from Tesla. The funding bill Musk helped kill had restrictions on high-tech trade with China that would affect his interests. Rep. Rosa DeLauro (D-CT) accused Musk of acting "in order to protect his wallet and the Chinese Communist Party at the expense of American workers, innovators and businesses."

In lobbying against the funding bill, Musk again just made stuff up. He claimed the bill included a 40% raise for Congress, when it was more like 3.8%. He said it included \$3 billion for an NFL stadium in Washington, which was basically just a title transfer of land to D.C. He warned of "bioweapon labs", but it was biomedical research to prepare for future pandemics.

His most misleading claim was that it wouldn't be a big deal for the government to simply shut down until after Trump's January 20 Inauguration. No big deal for Musk, but a major one for thousands of federal workers furloughed over the holidays, those affected by unavailable services and active-duty military having to report but with paychecks indefinitely deferred. Our last shutdown under Trump cost the economy \$3 billion.

Trump and running mate J.D. Vance did come out against the funding bill, but hours after Musk had already killed it. In crafting a substitute, it seems Speaker Johnson didn't consult as much with the incoming president and vice-president (both elected) as with Musk and "Government Efficiency" partner Vivek Ramaswamy (neither having been elected to anything).

That substitute bill, however, came with a provision that hadn't been discussed and took most everyone by surprise – doing away with the "debt ceiling", traditionally used by Republicans as a cudgel to get concessions from Democrats.

It seemed Trump wanted to do away with it entirely - which some Democrats would be fine with. But then it became a "suspension" until January 2029, and then January 2027. Trump just didn't want to deal with any debt limit for as long as he was president, or at least as long as he'd have Republican control of Congress until the midterms. He wanted unfettered ability to add trillions to our debt with more billionaire tax cuts (and/or immigrant detention camps) – then leave whatever problem of paying for it to the Democrats when they were again in control.

Trump insisted this be passed right away – so whatever the consequences could be blamed on something that happened under President Biden.

Republicans acceded to Musk's demands, but dropped Trump's demand he be given a blank check to further run up our debt. Trump threatened to have primaried any House Republican who voted for this final version that didn't include suspension of the debt ceiling. 170 of them ignored that warning and voted for it, anyway. Musk's threat was taken seriously by House Republicans. Trump's threat - not so much.

Democrats and pundits had a field day referring to "President Musk". Rather than simply ignore the crack, Trump's spokespeople found it necessary to respond by assuring that the president-elect is, in fact, still the one in charge; while Trump, at a recent rally, thought it important to note that Elon Musk is ineligible to be president, anyway (having not been born in this county).

Those responses show that questions raised are indeed being taken seriously as a maor concern for the Trump camp. To demonstrate that the president-elect nonetheless remains undistracted and focused on serious matters as he prepares to lead our counry, Donald Trump is now talking about reclaiming the Panama Canal and purchasing Greenland.

All this while we're still some three weeks out from the Inauguration. To again quote Rep. Jayapal, "Insane".





COME ON: THOMAS... AS IF THAT COULD EVER HAPPEN!



### **LEGAL NOTICES**

FILE NO. 2024258354 STATEMENT OF ABANDONMENT OF USE OF FICTI-TIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF USE OF FIGURE THOUS BUSINESS NAME The following person(s) MAJID RODJHAN 1520 SOUTH BEVERLY GLEN BULVD #102 LOS ANGELES, CA. 90024 has/have abandoned the use of the fictitious business name: POOM 1520 SOUTH BEVERLY GLEN BLVD #102 LOS ANGELES, CA. 90024. The fictitious business name: POOM 1520 SOUTH BEVERLY GLEN BLVD #102 LOS ANGELES, CA. 90024. The fictitious business name: efferred to above was filed on 08/18/2021, in the county of Los Angeles. The original file number of 2021183996. The business was conducted by: AN INDI-VIDUAL. This statement was filed with the County Clerk of Los Angeles on 12/23/2024. 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 guilly of a crime.) MAJID RODIHAN OWNER. Publish: ES MOUNTAIN VIEWS NEWS Dates Pub: Dec. 28, 2024 and Jan. 4, 11, 18, 2025

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024261069 The following person(s) is (arc) doing business as MED PATH TRANSPORTATION 2528 PIEDMONT AVE MONTROSE, CA. 91020, AON C6442961 CALI-FORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (arc) MED PATH TRANSPORTATION INC. 2528 PIEDMONT AVE MONTROSE, CA. 91020 This Business is conducted by: A CORPORATION. Signed: MED PATH TRANSPORTATION INC, AR-MEN G KHATCHATRYNA, CEO. This statement was filed with the County Clerk of Los Angeles County on rames listed above on 10/2024. NOTICE- This Feititious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Ficitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself au-thorize the use in this state of a Fictitious Business Name 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 Publish: ES Mountain Views News

Professions Code) Publish: ES Mountain Views News Dates Pub: Dec. 28, 2024 and Jan. 4, 11, 18,2025

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024258319 The following person(s) is (are) doing business as LA PERLA BAKERY & CAFE 12556 LAMBERT ROAD WHITTIER, CA. 90606. AON C6501673 CALI-FORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) LA PERLA BAKERY & CAFE INC. 12556 LAMBERT ROAD WHITTIER, CA. 90606. This Business is conducted by: A CORPO-RATION. Signed: LA PERLA BAKERY & CAFE INC. RICARDO GOMEZ, CFO. This statement was filed with the County Clerk of Los Angeles County on rames listed above on 12/2024. NOTICE- This Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself au-thorize the use in this state of a Fictitious Business Name Name Statement must be filed prior to that date. The filing of this statement does not of itself au-thorize the use in this state of a Fictitious Business Name Name Statement was be not of itself au-thorize the use in this state of a Fictitious Business Name no violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Viewa News Duete Duy Der, 28 2074 and Inn 4 11, 18 2025

Professions Code) Publish: ES Mountain Views News Dates Pub: Dec. 28, 2024 and Jan. 4, 11, 18,2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024261067

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024/261067 The following person(s) is (are) doing business as AN-GELES PARTNERS 21500 CALIFA ST #95 WOOD-LAND HILLS, CA. 91367. CALIFORNIA LOS AN-GELES COUNTY. Full name of registrant(s) is (are) PETER JAMES MCKINNON 21500 CALIFA ST #95 WOODLAND HILLS, CA. 91367. This Business is con-ducted by: AN INDIVIDUAL. Signed: PETER JAMES MCKINNON, OWNER. This statement was filed with the County Clerk of Los Angeles County on 12/27/2024. The registrant(s) has (have) commenced to transact busi-ness under the fictitious business name or names listed above on 12/2024. NOTICE- This Fictitious Business Mame Statement must be filed prior to that date. The fil-ing of this statement does not of itself authorize the use in this state of a Fictitious Business Ame in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code).

Code) Publish: ES Mountain Views News Dates Pub: Dec. 28, 2024 and Jan. 4, 11, 18,2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2024248370 The following person(s) is (are) doing business as R K FLORES 6706 LAURELGROVE AVE APT 10 NORTH The iolowing person(i) is airely doing dusiness as RA FLORES 6706 LAURELGROVE AVE APT 10 NORTH HOLLYWOOD, CA. 91606. CALIFORNIA LOS AN-GELES COUNTY. Full name of registrant(s) is (are) RONY SOHOM COTIY 6706 LAURELGROVE AVE APT 10 NORTH HOLLYWOOD, CA. 91606. This Business is conducted by: AN INDIVIDUAL. Signed: RONY SOHOM COTIY, OWNER. This statement was field with the County Clerk of Los Angeles County on 12/06/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 12/2024. NOTICE-This Fictitious Mame 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 au-horize 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) Professions Code) Publish: ES Mountain Views News Dates Pub: Dec. 28, 2024 and Jan. 4, 11, 18,2025

#### FICTITIOUS BUSINESS NAME STATEMENT 2024254727

File No. 2024254727 The following person(s) is (arc) doing business as KRAKOWER & ASSOCIATES 160 WHITE OAK DRIVE ARCADIA, CA. 91006. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (arc) MICHAEL KRAKOWER 160 WHITE OAK DRIVE ARCADIA, CA. 91006. This Business is con-ducted by: INDIVIDUAL. Signed: MICHAEL KRA-KOWER OWNER. This statement was filed with the County Clerk of Los Angeles County on 12/17/2024. The registrant(s) has (have) commenced to transact busi-ness under the fictitions business name or names listed The registrant(s) has (have) commenced to transact busi-ness under the ficitious business name or names listed above on 03/1993. NOTICE- This Ficitious Name State-ment 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 fil-ing 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) Code) Publish: DIR Mountain Views News Dates Pub: Dec. 21, 28, 2024 and Jan. 4, 11, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024254687

The following person(s) is (are) doing business as: C & S CONSTRUCTION, 14818 HELWIG AVE, NORWALK, CONSTRUCTION, 14818 HELWIG AVE, NORWALK, CA 90650, Full name of registrant(s) is (are) CELSO SE-GUNDO, 14818 HELWIG AVE, NORWALK, CA 90650. This Business is conducted by: AN INDIVIDUAL. Signed; CELSO SEGUNDO/OWNER. This statement was filed with the County Clerk of Los Angeles County on 12/13/2024. The registrant(s) has (have) commenced to transact business under the ficitious business name or names listed above on 08/2014. NOTICE- This Fictitious Name Statement expires five years from the date it was Bled 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 au-thorize 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: DEC 21, 28, 2024, JAN 04, 11, 2025

### FICTITIOUS BUSINESS NAME STATEMENT File

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-250302 The following person(s) is (are) doing business as: JP APPLIANCES GENERAL MECHANDISE, 8015 BROADWAY AVE, LOS ANGELES, CA 90003. Full name of registrant(s) is (are) JUAN ANTONIO PANI-AGUA, 8015 BROADWAY AVE, LOS ANGELES, CA 90003. This Business is conducted by: AN INDIVIDU-AL. Signed: JUAN ANTONIO PANIAGUA/OWNER. This statement was filed with the County Clerk of Los (have) commenced to transact business under the fict-tious business name or names listed above on N/A. NO-TICE- This Fictitious Business Name Statement does from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement does not of itself authorize the use in this state of a Fict-ious 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: Moun-tain View NWC2D 92, 2004 LaNO4, U 2005 et seq. Business and Professions Code)Publish tain Views News/JDC Dates Pub: DEC 21, 28, 2024, JAN 04, 11, 2025

FICTITIOUS BUSINESS NAME STATEMENT File

The following person(s) is (are) doing business as: LA PERLA DE ORIENTE, 3535 WHITTIER BLVD # 503, PERLA DE ORIERI E, 5355 WHITTER BLVD # 305, LOS ANGELES, CA 90023. Full name of registrant(s) is (are) KARLA ERICA ROMERO, 3535 WHITTIER BLVD # 303, LOS ANGELES, CA 90023. This Busi-ness is conducted by: AN INDIVIDUAL. Signed; KARLA ERICA ROMERO/OWNER. This statement was filed with the County Clerk of Los Angeles County on 12/09/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 12/2024. NOTICE- This Fictitious Many Statement expires fue years from the date it was names listed above on 12/2024. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this state of a Fictitious Business Name in violation of the rights of a A Fictitious Business Name Professions Code)Publish: Mountain Views News/JDC Dates Pub: DEC 21, 28, 2024, JAN 04, 11, 2025

FICTITIOUS BUSINESS NAME STATEMENT File

No. 2024-252108 The following person(s) is (arc) doing business as: LOS CARLITOS, 630 E 113TH ST, LOS ANGELES, CA 90059. Full name of registrant(s) is (arc) CONSUELO ERAZO VANEGAS, 630 E 113TH ST, LOS ANGE-LES, CA 90059. KARLA E LARA PADILLA, 630 E 113TH ST, LOS ANGELES, CA 90059. This Business is conducted by: A GENERAL PARTNERSHIP. Signed; CONSUELO ERAZO VANEGAS/GENERAL PART-NER. This statement was filed with the County Clerk of Los Angeles County on 12/12/2024. The registrant(s) has chave commenced to transact business under the fieti-Los Angeles County on 12/12/2024. The registrant(s) has (have) commenced to transact business under the ficti-tious business name or names listed above on 12/2024. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name State-ment 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 sec-tion 14411 et seq. Business and Professions Code)Pub-lish: Mountain Views News/JDC Dates Pub: DEC 21, 28, 2024, JAN 04, 11, 2025

### FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-252100

No. 2024-252100 The following person(s) is (are) doing business as: M2 PROPERTY MANAGEMENT, 20212 HILLFORD AVE, CARSON, CA 90746, Full name of registrant(s) is (are) BRIAN O'KEETH HINES, 20212 HILLFORD AVE, CARSON, CA 90746, DANIELLE MARIE CAR-RIER-HINES, 20212 HILLFORD AVE, CARSON, CA AVE, CARSON, CA 90/46, DANIELLE MARIE CAR-RIER-HINES, 20212 HILFORD AVE, CARSON, CA 90746. This Business is conducted by: A GENERAL PARTNERSHIP. Signed; DANIELLE MARIE CARRI-ER-HINES/GENERAL PARTNER. This statement was filed with the County Clerk of Los Angeles County on 12/12/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/2024. NOTICE- This Fictitious Mame 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 au-horize 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 1441) et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: DEC 21, 28, 2024, JAN 04, 11, 2025

### FICTITIOUS BUSINESS NAME STATEMENT File

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-248528 The following person(s) is (are) doing business as: MAX-MUM EFFORT, 2730 E SOUTH ST. UNIT 3, LONG BEACH, CA 90805, Full name of registrant(s) is (are) CASEY JOSHUA REED-MASSEY, 2730 E SOUTH ST. UNIT 3, LONG BEACH, CA 90805, This Business is conducted by: AN INDIVIDUAL, Signed; CASEY JOSHUA REED-MASSEY/OWNER. This statement was filed with the County Clerk of Los Angeles County on 120/6/2042. The registrant(s) has (have) commenced to transact business under the fictifious business name or names listed above on NA. NOTICE. This Fictifious Business Name Statement must be filed prior to that date, The filing of this statement does not of itself au-thorize the use in this state of a Fictifious Business Name rotomon law (See section 14411) et seq. Business Name Professions Code)Publish: Mountain Views News/JDC Dates Pub: DEC 21, 28, 2024, AN 04, 11, 2025 Dates Pub: DEC 21, 28, 2024, JAN 04, 11, 2025

### FICTITIOUS BUSINESS NAME STATEMENT File

The following person(s) is (are) doing business as: VAL-LARTA TIRES AUTO REPAIR, 1321 FIRESTONE BLVD SUITE B, LOS ANGELES, CA 90001, Full name of registrant(s) is (are) MARTHA R. GARCIA VIL-LANUEVA, 1321 FIRESTONE BLVD SUITE B, LOS ANGELES, CA 90001. This Business is conducted by: AN INDIVIDUAL. Signed; MARTHA R. GARCIA VILLANUEVA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 12/11/2024. The registrant(s) has (have) commenced to transact busi-ness under the fictitious business name or names listed above on 08/2009. NOTICE- This Fictitious Name State-ment expires five years from the date it was filed in the above on 08/2009. NOTICE- This Fictitious Name State-ment 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 fil-ing 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 aw (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: DEC 21, 28, 2024, JAN 04, 11, 2025

fictitious business name referred to above was filed on 06/24/2022, in the county of Los Angeles. The original file number of 2022139163. The business was conducted file number of 2022139163. The business was conducted by: AN INDIVIDUAL This statement was filed with the County Clerk of Los Angeles on 12/10/2024. The business information in this statement is true and correct. (A reg-istrant who declares as true information which he or she knows to be false, is guilty of a crime.) CANDICE BUR-GAN OWNER.

Publish: ES Dates Pub: Dec. 14, 21, 28, 2024 and Jan. 4, 2025

FILE NO. 2024249917

FILE NO. 2024249917 STATEMENT OF ABANDONMENT OF USE OF FICTI-TIOUS BUSINESS NAME The following person(s) MELISSA WORLEY 22323 SHERMAN WAY #4 CANOGA PARK, CA. 91303; DE-LIA AGUILAR GONZALEZ 22323 SHERMAN WAY #4 CANOGA PARK, CA. 91303 has/have abandoned the use of the fictitious business name: EVEREST WEST HILLS HAIRCUTS 22323 SHERMAN WAY #4 CANOGA PARK, CA. 91303 The fictitious business name referred to above was filed on 04/18/2024, in the county of Los Ange-les. The original file number of 2024084448. The business was conducted by: COPARTNERS. This statement was filed with the County Clerk of Los Angeles on 12/10/2024. The business information in this statement is true and cor-The business information in this statement is true and cor-rect. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) MELISSA WORLEY GENERAL PARTNER.

Publish: ES Dates Pub: Dec. 14, 21, 28, 2024 and Jan. 4, 2025

FICTITIOUS BUSINESS NAME STATEMENT

FIGTITIOUS BUSINESS NAME STATEMENT File No. 2024252761 The following person(b) is (are) doing business as RUFF RUFF REFUGE 4721 CARTWRIGHT AVENUE TO-LUCA LAKE, CA. 91602; MEOW MEOW MEWS 4721 CARTWRIGHT AVENUE TOLUCA LAKE, CA. 91602 CALIFORNIA LOS ANGELES COUNTY, Full name of registrant(s) is (are) KATHLEEN ATKINSON 4721 CARTWRIGHT AVENUE TOLUCA LAKE, CA. 91602: This Business is conducted by: AN INDIVIDU-L. Signed: KATHLEEN ATKINSON, OWNER. This statement was filed with the County Clerk of Los Ange-les County on 12/11/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 12/2024. NO-TICE- This Fictitious Business Name Statement does not of itself authorize the use in this state of a Ficti-tious 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 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Dec. 14, 21, 28, 2024 and Jan. 4, 2025

Dates Pub: Dec. 14, 21, 28, 2024 and Jan. 4, 2025 FICTITIOUS BUSINESS NAME STATEMENT File No. 2024250917 The following person(s) is (are) doing business as BET-TER CARPET CLEAN 6204 HOPE ST SIMI VALLEY, CA. 93063. CALIFORNIA VENTURA COUNTY. Full name of registrant(s) is (are) MELISSA SUE VER-GARA 6204 HOPE ST SIMI VALLEY, CA. 93063; MIGUEL ANGEL BERGARA CORTES 6204 HOPE ST SIMI VALLEY, CA. 93063. This Business is conducted by: GENERAL PARTNERSHIP. Signed: MELISSA SUE VERGARA GENRAL PARTNER. This statement was filed with the County Clerk of Los Angeles County on 12/11/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 12/2024. NOTICE- This Fictitious Business. Name Statement must be filed prior to that date. The filing of this statement does not of itself au-thorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State. unotize tire use in mis state or a rectified builders. Maines Maine in violation of the rights of another under Federal, State, or common law (See section 1441) et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Dec. 14, 21, 28, 2024 and Jan. 4, 2025

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024249942 The following person(s) is (are) doing business as EL-EGANT BEAUTY AND BARBER SALON 22323 SHERMAN WAY #4 CANOGA PARK, CA. 91303. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) YOLANDA DIAZ 22323 SHER-MAN WAY #4 CANOGA PARK, CA. 91303 SANTOS LOPEZ 22323 SHERMAN WAY #4 CANOGA PARK, CA. 91303. This Business is conducted by: CO PART-NER. This statement was filed with the County Clerk of Los Angeles County on 12/10/2024. The registrant(s) has usiness name or names listed above on 12/2024. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name State-ment 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 and Professions Code) Publish: ES Mountain Views News Dates Pub SUNENESS NAME STATEMENT

### FICTITIOUS BUSINESS NAME STATEMENT File No. 2024243565

File No. 2024/24565 The following person(s) is (are) doing business as SUE'S HAIR STUDIO 7251 OWENSMOUTH AVE CANOGA PARK, CA. 91303. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) SUYAPA EUCEDA CALDERON 6706 AMIGO AVE RESEDA, CA. 91335. This Business is conducted by: AN INDI-VIDUAL. Signed: SUYAPA EUCEDA CALDERON, OWNER. This statement was filed with the County Clerk of Los Angeles County on 12/02/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/2020. 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 state of a Fictitious Business Name in violation of the statement does not of itself authorize the use in law (See section 14411 et seq. Business Name in violation Code) Publish: FS Mountain Views News

Publish: ES Mountain Views News Dates Pub: Dec. 14, 21, 28, 2024 and Jan. 4, 2025

FICTITIOUS BUSINESS NAME STATEMENT . 2024235624

File No. 2024235624 The following person(s) is (are) doing business as M&Z MERCHANDISE 12601 S MAIN ST LOS ANGELES, CA. 90061. CALIFORNIA LOS ANGELES COUN-TY. Full name of registrant(s) is (are) RICCY SOBEY-DA CHAVEZ MANZANAREZ 1414 W EL SEGUNDO BLVD #7 GARDENA. CA. 90249. This Business is conducted by: AN INDIVIDUAL Signed: RICCY SOBEYDA CHAVEZ MANZANAREZ, OWNER. This statement was filed with the County Clerk of Los An-geles County on 11/15/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 11/2024. NO-TICE- This Fictitious Name Statement expires five years business name or names listed above on 11/2024. NO-TICE- 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 Ficti-tious 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: Dec. 14, 21, 28, 2024 and Jan. 4, 2025

VIDUAL. Signed: MIGUEL ANGEL HERNANDE2 GOMEZ, OWNER, This statement was filed with the VIDUAL. Signed: MIGUEL ANGEL HERNANDEZ GOMEZ, OWNER. This statement was filed with the County Clerk of Los Angeles County on 12/13/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 12/2024. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 1441) et seq. Business and Professions Code).

Code) Publish: ES Mountain Views News Dates Pub: Dec. 14, 21, 28, 2024 and Jan. 4, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024252716

File No. 2024252716 The following person(s) is (are) doing business as BL CONSTRUCTION CA 901 N MARIPOSA AVE APT 108 LOS ANGELES COUNTY. Full name of registrant(s) is (are) MYNOR BALDOMERO LOPEZ CHAVEZ 901 N MARIPOSA AVE APT 108 LOS ANGELES, CA. 90029. This Business is conducted by: AN INDI-VIDUAL. Signed: MYNOR BALDOMERO LOPEZ CHAVEZ. This statement was filed with the County Clerk of Los Angeles County on 12/13/2024. The registrant(5) has (have) commenced to transact business Clerk of Los Angeles County on J213/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 12/2024. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the sights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Dublick ES Manuerie W.

Publish: ES Mountain Views News Dates Pub: Dec. 14, 21, 28, 2024 and Jan. 4, 2025

Dates Pub: Dec. 14, 21, 28, 2024 and Jan. 4, 2025 FICTITIOUS BUSINESS NAME STATEMENT File No. 2024253137 The following person(s) is (are) doing business as ABBEY'S FLOWER GARDEN 22037 VENTURA BUVD WOODLAND HILLS, CA. 91364. CALIFOR-NIA WOODLAND HILLS COUNTY, Full name of registrant(s) is (are) ABBEY'S FLORAL DESIGN INC. 22037 VENTURA BLVD WOODLAND HILLS, CA. 91364. This Business is conducted by: A CORPORA-TION. Signed: ABBEY'S FLORAL DESIGN INC. 2037 VENTURA BLVD WOODLAND HILLS, CA. 91364. This Business is conducted by: A CORPORA-TION. Signed: ABBEY'S FLORAL DESIGN INC., TAMARA FEDORENKO, PRESIDENT. This statement was filed with the County Clerk of Los Angeles County on 12/13/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on NA. NOTICE- This Fictitious Business Name Statement must be filed prior to that date. The filing of this statement modes not of itself au-thorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, ar commend law (Saccarotion 1/d1) te case. Buveines red in violation of the rights of another under Federal, State, or common law (See section 1441) et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Docurtain Views News

Dates Pub: Dec. 14, 21, 28, 2024 and Jan. 4, 2025 FICTITIOUS BUSINESS NAME STATEMENT File No. 2024238540 The following person(s) is (are) doing business as AR-NOLD'S COPY AND PRINTING 11742 VENTURA BLVD STUDIO CITY, CA. 91604. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) ARNOLD SARKISSIAN 11742 VENTURA BLVD STUDIO CITY, CA. 91604. This Business is conducted by: AN INDIVIDUAL. Signed: ARNOLD SARKISSIAN, OWNER. This statement was filed with the County Clerk of Los Angeles County on 11/20/2024. The registrant(s) has (have) commenced to transact busi-ness under the ficititous business name or names listed above on 04/2006. NOTICE- This Ficititous Name State-ment expires five years from the date it was filed in the

FILE NO. 2024247323

FILE NO. 202424/323 STATEMENT OF ABANDONMENT OF USE OF FICTI-TIOUS BUSINESS NAME The following person(s) DARYA HURYNOVICH 1825 N CAHUENGA BLVD 310 LOS ANGELES, CA. 90028 N CAHUENĞĂ BLVD 310 LOS ANGELES, CA. 90028 has/have abadoned the use of the fictitious business name: DOGSFORLOVE 1825 N CAHUENGA BLVD 310 LOS ANGELES, CA. 90028. The fictitious business name re-ferred to above was filed on 02/06/2020, in the county of Los Angeles. The original file number of 2020030732. The business was conducted by: AN INDIVIDUAL This state-ment was filed with the County Clerk of Los Angeles on 12/05/2024. The business information in this statement is true and correct. (A registrant who declares as true infor-mation which he or she knows to be false, is guilty of a crime.) DARYA HURYNOVICH OWNER. Publish: FS

FICTITIOUS BUSINESS NAME STATEMENT

0067. This Business is conducted by: AN INDIVIDU AL. Signed: SEAN AHAUS/OWNER. This statemen was filed with the County Clerk of Los Angeles County on 12/02/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 12/2024. NOTICE- This Fictitious names listed above on 12/2024. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this state of a Fictitious Business Name in violation of the rights of a fictitious Business Name Professions Code/Publish. ES

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024245326 The following person(s) is (are) doing business as: K & M ENTERPRISES 20366 WELLS DRIVE WOOD-LAND HILLS, CA. 91364. Full name of registrant(s) is (are) KIUMARS SHADIBAKHSH 20366 WELLS DRIVE WOODLAND HILLS, CA. 91364. This Busi-ness is conducted by: AN INDIVIDUAL. Signed: KI-UMARS SHADIBAKHSH/OWNER. This statement was filed with the County Clerk of Los Angeles County was filed with the County Clerk of Los Angeles County on 12/03/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 9/2024. NOTICE- This Fictitious names listed above on 9/2024. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 1441) et seq. Business and Professions Code/Publish: ES Dates Pub: DEC 07, 14, 21, 27, 2024 Mountain View News Saturday, December 28, 2024

#### in Dept. No. 44 located at 111 N. Hill St., Los Angeles, CA 90012.

IF YOU OBJECT to the granting of the petition, you should ap-pear at the hearing and state your objections or file writ-ten objections with the court before the hearing. Your ap-pearance may be in person or by your

attorney. IF YOU ARE A CREDI-TOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the per-sonal representative ap-pointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in Cal-

ifornia law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an in-ventory and appraisal of estate assets or of any petition or ac-count as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner: Attorney for permonen TOMOHIRO J KAGAMI ESQ SBN 219744 LAMB & KAWAKAMI LLP 229 AVE I STE 200 REDONDO BEACH CA 90277 CN112992 KAKITA Dec 28, 2024, Jan 4,11, 2025

registrant(s) has (have) commenced to transact business 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 ex-pires 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 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 CodeDublish Meanetier, Worre NeurofUDG. Code)Publish: Mountain Views News/JDC Dates Pub: DEC 07, 14, 21, 27, 2024

FICTITIOUS BUSINESS NAME STATEMENT File

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-236727 The following person(s) is (are) doing business as: GLITZ & GLAMOUR STUDIO, 9501 ROSE ST, BELL-FLOWER, CA 90706. Full name of registrant(s) is (are) GLITZ & GLAMOUR INC, 9501 ROSE ST, BELL-FLOWER, CA 90706. This Business is conducted by: A CORPORATION, Signed; MAHAFUZA ISLAM/CEO. ARTICLE # 4700277 This statement was filed with the County Clerk of Los Angeles County on 11/18/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on NA. NOTICE- This 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 sights of another under Federal, State, or common aw (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News//DC Dates Pub FEC 01 14. 27, 2024 Code)Publish: Mountain Views News/JDC Dates Pub: DEC 07, 14, 21, 27, 2024

### FICTITIOUS BUSINESS NAME STATEMENT File

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-247462 The following person(s) is (are) doing business as: MAXIMOUS ROOFING 0911, 2278 CARLTON AVE, POMONA, CA 91768. Full name of registrant(s) is (are) LUIS MARTINEZ VILLALTA, 2278 CARLTON AVE, POMONA, CA 91768. This Business is conducted by: AN INDIVIDUAL. Signed; LUIS MARTINEZ VIL-LALTA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 12/05/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 12/2024. NOTICE- This Fictitious Business Name tatement must be filed prior to that date. The filing of this statement does not of itself authorize the use in his state of a Fictitious Business Name in violation of the sights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News/JDC Dates Pub: DEC 07, 14, 21, 27, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024241661 The following person(s) is (arc) doing business as: VICTORS WOOD FINISHING 12363 SATICOY ST NORTH HOLLYWOOD, CA. 91605. Full name of registrant(s) is (arc) VICTOR AMADOR UMANA 12363 SATICOY ST NORTH HOLLYWOOD, CA. 91605. This Business is conducted by: AN INDIVIDU-L. Signed; VICTOR AMADOR UMANA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 11/25/2024. The registrant(s) has (have) commenced to transact business under the fict-ious business name or names listed above on 11/2024. NOTICE- This Fictitious Business Name Statement must be filed prior to that date. The filing of this state-ent does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of an-other under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: ES Dates Pub: DEC 07, 14, 21, 27, 2024 FICTITIOUS BUSINESS NAME STATEMENT File FICTITIOUS BUSINESS NAME STATEMENT File FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-241758 The following person(s) is (arc) doing business as: POP-PYHILL FLOWERS, 2358 YOSEMITE DR, EAGLE ROCK, CA 90041. Full name of registrant(s) is (arc) LAURA WILLIAMS, 2358 YOSEMITE DR, EAGLE ROCK, CA 90041. This Business is conducted by: AN INDIVIDUAL. Signed; LAURA WILLIAMS/OWNER. This statement was filed with the County Clerk of Los Angeles County on 11/25/2024. The registrant(s) has (have) commenced to transact business under the ficti-tious business name or names listed above on NA. NO-TICE-This Fictitious Business Name Statement does not of itself authorize the use in this state of a Fict-ious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411) to team. Business name or another business name! under Federal, State, or common law (See section 1441) et seq. Business and Professions Code)Publish: Moun-tain Views Neuro/IDC tain Views News/JDC Dates Pub: DEC 07, 14, 21, 27, 2024

Publish: ES Dates Pub: DEC 07, 14, 21, 27, 2024 File No. 2024244301 The following Pro-

FICTITIOUS BUSINESS NAME STATEMENT File

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024242250

jection to the petition and shows good cause why the court should not grant the authority. will be held on January 31, 2025 at 8:30 of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation o the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Profession law (See section 14411 et seq. Busine Code)Publish: ES Dates Pub: DEC 07, 14, 21, 27, 2024 FICTITIOUS BUSINESS NAME STATEMENT File No. 2024244088 The following person(s) is (are) doing business as: EROS PT SERVICES 504 1/2 N EVERETT ST GLENDALE, CA. 91206. Full name of registrant(s) is (are) ERIK BAYRAMYAN 504 1/2 N EVERETT ST GLENDALE, CA. 91206. This Business is conducted by: AN INDI-VIDUAL. Signed: ERIK BAYRAMYAN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 12/02/2024. The registrant(s) has (have) commenced to transact business under the ficti-tious business name or names listed above on 08/2022. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the Coun-ty Clerk. A new Fictitious Business Name Statement FICTITIOUS BUSINESS NAME STATEMENT File

above on 04/2006. NOTICE: This Fictitious Name State-ment 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 fil-ing 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) Code) Publish: ES Mountain Views News Dates Pub: Dec. 14, 21, 28, 2024 and Jan. 4, 2025

File No. 202424301 The following person(s) is (are) doing business as CALIFORNIA DREAMING REALTY 2170 CENTU RY PARK EAST #106 CENTURY CITY, CA. 90067 Full name of registrant(s) is (are) SEAN AHAUS 217 CENTURY PARK EAST #106 CENTURY CITY, CA 00077 This Device is the set of a NUNDWINU

Professions Code)Publish: ES Dates Pub: DEC 07, 14, 21, 27, 2024

MINISTER ESTATE OF DAVID SHIGEAKI KAKITA aka DAVID S. KAKITA Case No. 24STPB14186 To all heirs, beneficiaries creditors, contingent creditors, and per-

KAKITA

NOTICE OF PETITION TO AD-

A PETITION FOR PRO-

THE PETITION FOR PRO-

THE PETITION requests

BATE has been filed by Megan Hirsch and Scott Koga in the Superior Court of California, County of LOS ANGELES.

BATE requests that Megan Hirsch and

Scott Koga be appointed as personal representative to ad-minister the estate

of the dece-dent. THE PETITION requests the

decedent's will and codicils, if any, be

admitted to probate. The will and any codicils are available for examination

au-thority to administer the estate un-

der the Independent Admin-istration

of Estates Act. (This authority will al-

low the personal representative to take many ac-tions without obtaining court

approval. Before taking certain very

important actions, however, the personal representative will be required to give notice to interested persons unless

they have waived notice or consented to

the proposed action.) The independent

administration authority will be granted unless an interested person files an ob-

years from the date it was filed in the office of the Coun-try Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this state-ment does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of an-other under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: ES Dates Pub: DEC 07, 14, 21, 27, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024243773

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024243773 The following person(s) is (are) doing business as: AN-TONIO POOL REPAIR. 406 WOLFSKILL ST SAN FERNANDO, CA. 91340. Full name of registrant(s) is (are) ANTONIO ANDRADE CANELA 406 WOLFS SKILL ST SAN FERNANDO, CA. 91340. This Business is conducted by: AN INDIVIDUAL. Signed; ANTONIO ANDRADE CANELA/OWNER. This state-ment was filed with the County Clerk of Los Angeles County on 12/02/2024. The registrant(s) has (have) com-menced to transact business under the fictitious business and or names listed above on 11/2024. NOTICE: This Fictitious Business Name Statement must be filed prior to that date. The filing of this state of a fictitious Business Name in violation of the rights of another under Federal, 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 Dates Pub: DEC 07, 14, 21, 27, 2024 EICTUTIOUS BUSINESS NAME STATEMENT Eic

FICTITIOUS BUSINESS NAME STATEMENT File

A HEARING on the petition

in the file kept by the court.

sons who may otherwise be interested in the will or estate, or both, of DAVID SHIGEAKI KAKÍTA aka DAVID S.

File No. 2024254687 The following person(s) is (are) doing business as CAN-NALUX 10835 SANTA MONICA BLVD #203 LOS ANGELES, CA. 90025. AON 202208010043 CALI-FORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) THE DELIVERY 10835 SANTA MONICA BLVD #203 LOS ANGELES, CA. 90025 This Business is conducted by: AN LLC. Signed: THE DELIVERY SHAHRAM TIZABI, MANAGING MEM-DELIVERY SHAHKAM IIZABI, MANAGING MEM-BER. This statement was filed with the County Clerk of Los Angeles County on 12/17/2024. The registrant(s) has (have) commenced to transact business under the ficti-tious business name or names listed above on 12/2024. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name State-ment must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Eictitious Business Name in violation of the rights of statement does not of itself autorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See sec-tion 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Dec. 21, 28, 2024 and Jan. 4, 11, 2025

### FICTITIOUS BUSINESS NAME STATEMENT

File No. 2024246801 The following person(s) is (are) doing business as GA-IANEGLG 6663 MATILIJA AVE VAN NUYS, CA. 91405. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) GAIANE EGOIAN 6663 MATILIJA AVE VAN NUYS, CA. 91405. This Business is conducted by: AN INDIVIDUAL. Signed: IGAIANE EGOIAN, OWNER. This statement was filed with the County Clerk of Los Angeles County on 1/0/4/020. The registrant(s) has (have) commenced to filed with the County Clerk of Los Angeles County on 12/04/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 12/2024. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself au-horize 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: FS Mountain Views News

Publish: ES Mountain Views News Dates Pub: Dec. 21, 28, 2024 and Jan. 4, 11, 2025

FICTITIOUS BUSINESS NAME STATEMENT

The following person(s) is (are) doing business as RH TRAVEL 16350 VENTURA BLVD APT 212 ENCINO, CA. 91436. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) RUZANNA HAKO-BYAN 16350 VENTURA BLVD APT 212 ENCINO, CA. 91436 This Business is conducted by: AN INDI-VIDUAL. Signed: RUZANNA HAKOBYAN OWNER. VIDUAL Signed: RUZANNA HAKOBYAN OWNER. This statement was filed with the County Clerk of Los Angeles County on 12/17/2024. The registrant(s) has (have) commenced to transact business under the ficti-tious business name or names listed above on 07/2012. 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 State-ment 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 sec-tion 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub. Dec. 21, 28, 2024 and Jan. 4, 11, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024254685

File No. 2024254685 The following person(s) is (are) doing business as SHER-MAN OAKS AUTO CENTER 4715 VAN NUYS BLVD SHERMAN OAKS, CA. 91403. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) VAHIK MANOUKIAN 10573 COLEBROOK ST SHADOW HILLS, CA. 91040 This Business is con-ducted by: AN INDIVIDUAL. Signed: VAHIK MA-NOUKIAN, OWNER. This statement was filed with the registrant(s) has (have) commenced to transact business under the ficitious business name or names listed above registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 02/2012. 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 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: Dec. 21, 28, 2024 and Jan. 4, 11, 2025

FICTITIOUS BUSINESS NAME STATEMENT File

FICTITIOUS BUSINESS NAME STATEMENT FIE No. 2024-248710 The following person(s) is (are) doing business as: BESTWAY COURIER SERVICE, BW2S COURIER SERVICE, 2211 E. POPPY ST # 203, LONG BEACH, CA 99805 Full name of registrant(s) is (are) BEST-WAY25MOKE LLC, 2211 E. POPPY ST # 203, LONG FULL PERSON FOR STATE ST WAY2SMOKE LLC, 2211 E. POPPY ST # 203, LONG BEACH, CA 90805. This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed; JASON LEAVIEL SCOTT/MANAGING MEMBER. This state-ment was filed with the County Clerk of Los Angeles County on 12/06/2024. The registrant(s) has (have) com-menced to transact business under the fictitious business name on names listed above on NA. 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 isoff Frottious Business Name Statement must be lited 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. Busi-ness and Professions Code)Publish: Mountain Views Neuve/IDC Dates Pub: DEC 21, 28, 2024, JAN 04, 11, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-252819

FICTITIOUS BUSINESS NAME STATEMENT File

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-250964 The following person(s) is (are) doing business as: VAL-LARTA TIRES AUTO REPAIR, 7219 S. ALAMEDA STREET SUITE D, LOS ANGELES, CA 90001. Full ond A, 7219 S. ALAMEDA STREET SUITE D, LOS ANGELES, CA 90001. This Business is conducted by: AN INDIVIDUAL. Signed; ROMAN ALEJANDRO ODAR/OWNER. This statement was filed with the County Clerk of Los Angeles County on 2/11/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or hames listed above on 08/2007. NOTICE- This Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in his state of a Fictitious Business Name in violation of the sights of another under Federal, State, or common aw (See section 14411 et seq. Business and Professions CodOpublish: Mountain Views News/JDC Dates Pub: DEC 21, 28, 2024, JAN 04, 11, 2025 FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024250000 The following person(s) is (are) doing business as SCHOOL OF SELF RELIANCE 1363 N HARDING AVE PASADENA, CA. 91104; SELF RELIANCE FOUNDATION 1363 N HARDING AVE PASADENA, CA. 91104; UBAN NATURE 1363 N HARDING AVE PASADENA, CA. 91104; CALIFORNIA LOS ANGELES COUNTY, Full name of registrant(s) is (are) CHRISTOPHER JOHN NYERGES 1363 N HARDING ING AVE PASADENA, CA. 91104; HELEN WONG 1363 N HARDING AVE PASADENA, CA. 91104 This Business is conducted by: CO PARTNERS . Signed: CHRISTOPHER JOHN NYERGES GENERAL PART-NER. This statement was filed with the County Clerk of Los Angeles County on L'10/2024. The registrant(s) has (have) commenced to transact business under the ficti-tious business name or names listed above on NA. NO-TICE- This Fictitious Pause Statement expires five years from the date it was filed in the off of the County Clerk. A new Fictitious Business Name Statement must 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 Ficti-tious 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: Dec. 14, 21, 28, 2024 and Jan. 4, 2025

FICTITIOUS BUSINESS NAME STATEMENT

2024248880

The THOO'S DOINESS NAME STATEMENT File No. 2024248880 The following person(s) is (are) doing business as RED-WORK STUDIO 3041 SANTA ROSA AVENUE AL-TADENA, CA. 91001. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) NANCY WHITE 3041 SANTA ROSA AVENUE ALTADENA, CA. 91001. This Business is conducted by: AN INDI-VIDUAL. Signed: NANCY WHITE, OWNER. This statement was filed with the County Clerk of Los An-geles County on 12/09/2024. The registrant(s) has (have) commenced to transact business under the ficitious business name or names listed above on 11/2024. NO-TICE- This Ficitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Ficitious Business Name Statement does not of itself authorize the use in this state of a Fici-tious Business Name in violation of the rights of another does not of itself authorize the use in this state of a Ficth-tious 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: Dec. 14, 21, 28, 2024 and Jan. 4, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No.

2024-238414 The following person(s) is (are) doing business as: PANA-MERICANA GLOBAL TRAVEL AND TOURS, 2570 E SLAUSON AVE SUITE C, HUNTINGTON PARK, CA 90255. Full name of registrant(s) is (are) MONICA ORDAZ GASCA, 408 N 5TH ST, MONTEBELLO, CA 90640. This geniores is conducted by a NINDIVIDUAL ORDAZ GASCA. 408 N 5TH ST. MONTEBELLO, CA. 90640, This Business is conducted by: AN INDIVIDUAL. Signed; MONICA ORDAZ GASCA/OWNER. This state-ment was filed with the County Clerk of Los Angeles County on 11/20/2024. The registrant(s) has (have) com-menced to transact business under the fictitious business name or names listed above on 11/2024. NOTICE. This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Ficti-tious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself author-rize 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 Pro-fessions Code)Publish: Mountain Views News/JDC Dates Pub. DEC 14, 21, 28, 2024, JAN 04, 2025 Dates Pub: DÉC 14, 21, 28, 2024, JAN 04, 2025

FILE NO. 2024249869 STATEMENT OF ABANDONMENT OF USE OF FICTI-TIOUS BUSINESS NAME The following person(s) CANDICE BURGAN 27145 RIO BOSQUE DRIVE SANTA CLARITA, CA. 91354 has/have abandoned the use of the fictitious business name: BURGAN-ALEXANDER FLORAL 27145 RIO BOSQUE DRIVE SANTA CLARITA, CA. 91354 . The

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2024249822 The following person(s) is (are) doing business as ALL IN MOVING SYSTEMS 2245 LATHAM ST UNIT Ine following person(s) is (are) doing business as ALL IN MOVING SYSTEBMS 2245 LATHAM ST UNIT 16 MOUNTAIN VIEW, CA. 94040 CALIFORNIA ANTA CLARA COUNTY. AON CS286112 Full name of registrant(s) is (are) MAKE IT EASY MOVING, INC. 2245 LATHAM ST UNIT 16 MOUNTAIN VIEW, CA. 94040. This Business is conducted by: A CORPO-RATION. Signed: MAKE IT EASY MOVING, INC. OLEKESANDR KOMOV, CEO. This statement was filed with the County Clerk of Los Angeles County on 12/10/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/2024. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself au-thorize the use in this state of a Fictitious Business Name n 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: Dec. 14, 21, 28, 2024 and Jan. 4, 2025

FICTITIOUS BUSINESS NAME STATEMENT

PICTITIOUS BOSINESS NAME STATEMENT FIEND, 2024249092 The following person(s) is (are) doing business as SUN-NY DAYS SENIOR LIVING 12253 HART ST NORTH HOLLYWOOD, CA. 91605. AON C4070119. CALI-FORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) NAYIRI GROUP INC 12253 HART ST NORTH HOLLYWODD, CA. 91605. This Business is conducted by: AN INDIVIDUAL. Signed: NAYIRI GROUP INC, ARTHUR MSRIAN, CEO. This statement was filed with the County Clerk of Los Angeles County on 12/09/2024. The registrant(s) has (havo) commenced to transact business under the fictitious business name or names listed above on 05/2018. NOTICE- This Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself au-horize 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 Name publishe: SZ Mountain Views News

Professions Code) Publish: ES Mountain Views News Dates Pub: Dec. 14, 21, 28, 2024 and Jan. 4, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024249137

FIGTITIOUS BUSINESS NAME STATEMENT File No. 2024249137 The following person(s) is (arc) doing business as GREEN LEAF REMODELING 5353 BALBOA BLVD UNIT 115 ENCINO, CA. 91316. AON 4776214 CALI-FORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (arc) ALPHA GROUP REMODELING INC. 5535 BALBOA BLVD UNIT 115 ENCINO, CA. 91316. This Business is conducted by: A CORPORA-TION. Signed: ALPHA GROUP REMODELING INC. NOAN HAIM ON, PRESIDENT. This statement was filed with the County Clerk of Los Angeles County on transet business under the fictitious business name or names listed above on 01/2024. NOTICE. This Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself au-thorize the use in this state of a Fictitious Business hame 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: Dec. 14, 21, 28, 2024 and Jan. 4, 2025

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT File No. 202429404 The following person(s) is (are) doing business as CAR-NITAS EL CHELERE 11886 FOOTHILLS BLVD H202 LAKE VIEW TERRACE, CA. 91342. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) J JESUS LOPEZ MENDOZA. 11886 FOOTHILLS BLVD H202 LAKE VIEW TERRACE, CA. 91342. This BUSINESS is conducted by: AN INDIVIDUAL. Signed: J JESUS LOPEZ MENDOZA, OWNER. This statement was filed with the County Clerk of Los Angeles County on 12/09/2024. The registrant(s) has (have) commenced to transact business under the ficitious business name or names listed above on 12/2024. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this of another under Federal. State, or common law (See section 14411 et seq. Business Name Professions Code) Publish: ES Mountain Views News Dates Pub: Dec. 14, 21, 28, 2024 and Jan. 4, 2025 EICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT

FICT ITIOGS BOSINESS NAME STATEMENT FIL No. 2024233069 The following person(s) is (are) doing business as MHG CONSTRUCTION 7250 TUJUNGA AVE APT C NORTH HOLLYWOOD, CA. 91605. CALIFORNIA LOS ANGELES COUNTY, Full name of registrant(s) is (are) MIGUEL ANGEL HERNANDEZ GOMEZ 7250 TUJUNGA AVE APT C NORTH HOLLYWOOD, CA. 91605. This Business is conducted by: AN INDI-

FICTITIOUS BUSINESS NAME STATEMENT File

No. 2024240798 The following person(s) is (are) doing business as: O CAMPOS CLEANING SERVICE 13973 LOUVREST ST PACOIMA, CA. 91331. Full name of registrant(s) is (are) ORLANDO GONZALEZ 13973 LOUVREST ST PACOIMA, CA. 91331. This Business is conducted by: AN INDIVIDUAL. Signed: ORLANDO GON-ZALEZ/OWNER. This statement was filed with the county Clerk of Los Angeles County on 11/22/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name c names listed above registrant(s) has (have) commenced to transact busines: under the fictitious business name or names listed above on 11/2024. NOTICE- This Fictitious Name Statemen expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Nam Statement must be filed prior to that date. The filing of this statement does not priself authorize the use in the file file file date in the file of the file of the file of the file of this statement does not priself authorize the use in the file of the file 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

Dates Pub: DEC 07, 14, 21, 27, 2024

FICTITIOUS BUSINESS NAME STATEMENT File The following person(s) is (are) doing business as: WOODLAND HILLS RESTAURANT 19931 LORNE ST WINNERKA, CA. 91306. Full name of registrant(s is (are) SEYYED AMIR SAID ABOLGHASSEM 19931 LORNE ST WINNERKA, CA. 91306. Thi Business is conducted by: AN INDIVIDUAL. Signed SEYYED AMIR SAID ABOLGHASSEMI/OWNER SEYYED AMIR SAID ABOLGHASSEMI/OWNER. This statement was filed with the County Clerk of Los Angeles County on 12/02/204. The registrant(s) has (have) commenced to transact business under the ficti-tious business name or names listed above on 12/2024. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the Coun-ty Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this state-other under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: ES Dates Pub: DEC 07, 14, 21, 27, 2024

FICTITIOUS BUSINESS NAME STATEMENT File 24244421

The following person(s) is (are) doing business as: MAAG5-TRANSPORTATION 19013 BASSETTE ST

MAAGD-IKANSPORTATION 19015 BASSETTE ST RESEDA, CA. 91335. FUII name of registrant(s) is (are) KRYSTAL PARADISE LANDSCAPE INC. PO BOX 371102 RESEDA, CA. 91337. CALIFORNIA This Business is conducted by: A CORPORATION. Signed; KRYSTAL PARADISE LANDSCAPE INC., LORENA ALBARACIN, CEO. This statement was filed with the County Clerk of Los Angeles County on 12/02/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 12/0204. NOTICE. This Eictitions Name. Statement on 12/2024. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing

PICTITIOUS BOSINESS NAME STATEMENT FILE No. 2024242230 The following person(s) is (are) doing business as: EURO PACIFIC KITCHENS 5736 WILHELMINA AVE WOODLAND HILLS, CA. 91367. Full name of registrant(s) is (are) GHASSEM MIKHCHI 5736 WIL-HELMINA AVE WOODLAND HILLS, CA. 91367. This Business is conducted by: AN INDIVIDUAL. Signed; GHASSEM MIKHCHI/OWNER. This state-ment was filed with the County Clerk of Los Angeles County on 11/26/2024. The registrant(s) has (have) com-menced to transact business under the fictitious business name or names listed above on 09/2015. 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 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 Dates Pub: DEC 07, 14, 21, 27, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024248470 The following person(s) is (are) doing business as: KIKE AUTO BODY 14524 KESWICK ST B3 VAN NUYS, The ionowing person(s) is (arc) doing obsinces as: KiKE AUTO BODY 14524 KESWICK ST B3 VAN NUYS, CA. 91405. Full name of registrant(s) is (arc) MELISSA M GILLEN 14524 KESWICK ST B3 VAN NUYS, CA. 91405. This Business is conducted by: AN INDIVID-UAL. Signed; MELISSA M GILLEN/OWNER. This statement was filed with the County Clerk of Los An-geles County on 12/06/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 12/2024. NO-TICE- This Fictitious Business Name Statement defield in the office of the County Clerk. A new Fictitious Business Name Statement does not of itself authorize the use in this state of a Ficti-tious 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 Dates Pub: DEC 07, 14, 21, 27, 2024

Dates Pub: DEC 07, 14, 21, 27, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-242186

The following person(s) is (are) doing business as: ARYA INTERNATIONAL MARKET, 24202 HAWTHORNE BVD ENVATION, TOR, TARKET, 2420 TAW HORN'T BUVD UNIT 100, TORRANCE, CA 90505 Full name o registrant(s) is (are) HAMID REZA GHORBANI, 2420 HAWTHORNE BUVD UNIT 100, TORRANCE, CA 90505 This Business is conducted by: AN INDIVID UAL. Signed; HAMID REZA GHORBANI/OWNER JODG: This Bainess is connected by ATIBDAD UAL. Signed; HAMID REZA GHORBANHOWNER. This statement was Filed with the County Clerk of Los Angeles County on 11/26/2024. The registrant(s) has (have) commenced to transact business under the ficti-tious business name or names listed above on N/A. NO-TICE- 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 does not of itself authorize the use in this state of a Ficti-tious 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: Moun-tain Views News/JDC Dates Pub: DEC 07, 14, 21, 27, 2024

FICTITIOUS BUSINESS NAME STATEMENT File

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-247489 The following person(s) is (arc) doing business as: DBA GUEVARA MAINTENANCE SERVICES, 21849 SALMON AVE, CARSON, CA 90810, Full name of registrant(s) is (arc) JESUS GUEVARA, 21849 S SALMON AVE, CARSON, CA 90810. This Business is conducted by: AN INDIVIDUAL. Signed; JESUS GUEVARA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 12/05/2024. The

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-248363 The following person(s) is (are) doing business as: PRIS-FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-248363 The following person(s) is (are) doing business as: PRIS-TINE IMAGE. 17999 E VALLEY BLVD BLDG A, CITY OF INDUSTRY, CA 91744. Full name of registrant(s) is (are) XTREME AUTO BODY LLC, 17999 E VALLEY BLVD BLDG A, CITY OF INDUSTRY, CA 91744. This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed; VIDAL ARREDONDO IN/CEO. ARTICLE # 202251117697 This statement was filed with the County Clerk of Los Angeles County on 12/06/2024. The registrant(s) has (have) commenced to transact busi-ness under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name State-ment 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 fil-ing of this statement does not of itself authorize the use in this state of a Fictitious Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq., Business and Professions CodeDublish; Montriev Vuew Nave-TDC

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: DEC 07, 14, 21, 27, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-247330

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-247330 The following person(s) is (are) doing business as: STYLEM UP BRAIDEM DOWN, 2257 ROSECRANS AVE UNIT B, GARDENA, CA 90249, Full name of registrant(s) is (are) JAMARR UVON HAIR, 2257 ROSECRANS AVE UNIT B, GARDENA, CA 90249, This Business is conducted by: An INDIVIDUAL. Signed; JAMARR UVON HAIR/OWNER, This state-ment was filed with the County Clerk of Los Angeles County on 12/05/2024. The registrant(s) has (have) com-menced to transact business under the fictitious business name or names listed above on NA. 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 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. Busi-ness and Professions Code)Publish: Mountain Views News/DDC Dates Pub: DEC 07, 14, 21, 27, 2024 EICTITIOUIS BUSINESS NAME STATEMENT File

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-236722 The following person(s) is (are) doing business as: WE

No. 2024-236722 The following person(s) is (are) doing business as: WE GET AROUND PERSONAL CONCIERGE SERVICE, 1509 W 124TH ST, LOS ANGELES, CA 90047. Full name of registrant(s) is (are) YOLANDA POLEE, 4859 W SLAUSON AVE # 727, LOS ANGELES, CA 90056. This Business is conducted by: AN INDIVIDUAL. Signed; YOLANDA POLEE/OWNER. This statement was filed with the County Clerk of Los Angeles County on 11/18/2024. The registrant(s) has (have) commenced to transact business nuder the fictitious business name 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 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 au-thorize 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 1441) et e.e., Business and Professions Code/Publish: Mountain Views News/IDC Dates Pub: DEC 07, 14, 21, 27, 2024





Mountain Views NewsSaturday, December 28, 2024

### SAME MOVES, NEW PACKAGING

### NESS FOR LIFE



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

In the world of fitness, there's always a new trend around the corner. Whether it's a viral workout, a trendy app, or an exercise class, we're constantly introduced to the next big thing. But truthfully, much of it isn't new at all. It's just the same old exercises rebranded to grab attention.

Take the squat, for example. This age-old exercise has been around for centuries, and for good reason—it's effective. Squats strengthen your legs, build core stability, and improve mobility. Some of today's trendy names are "sumo squats," "squat jumps," and "squat with a twist". It's still the same movement. We're still doing squats. Whether you're in a gym doing "bodyweight squats" or at home doing "jump squats," the basic pattern is the same: bend your knees, lower your hips, and return to standing. It's a timeless exercise, but its new labels make it seem fresh and exciting.

That's just one example. Take push-ups. They've been around forever and are a staple in fitness routines. Yet today you'll find "clapping push-ups," 'Spiderman push-ups," and "Dive-Bomber push-ups." These variations seem new and exciting, but they're simply different ways to perform the same movement—lowering your body to the floor and pushing back up.

The same goes for lunges. Modern versions have turned lunges into "walking lunges," "lunge jumps," or "curtsy lunges." While these may sound groundbreaking, they really aren't. The core action hasn't changed—it's still lunging forward, backward, or to the side to work your legs and glutes.

Why are the same exercises rebranded over and over? Fitness trends are about motivation and making people feel like they're doing something new. Fitness professionals and marketers know people are always looking for something different, something exciting, or something that promises quicker results. So, they give new names to these tried-and-true exercises to capture attention. It's not about changing the fundamentals; it's about packaging them in more appealing ways.

Take "Squat Therapy" as an example. Sounds fancy, but it's just a squat done more slowly and mindfully, with a focus on proper form and alignment. The term "therapy" makes it sound less intimidating and more approachable to those who might feel overwhelmed by traditional workouts. Still, it's the same squat we've been doing for years, simply repackaged.

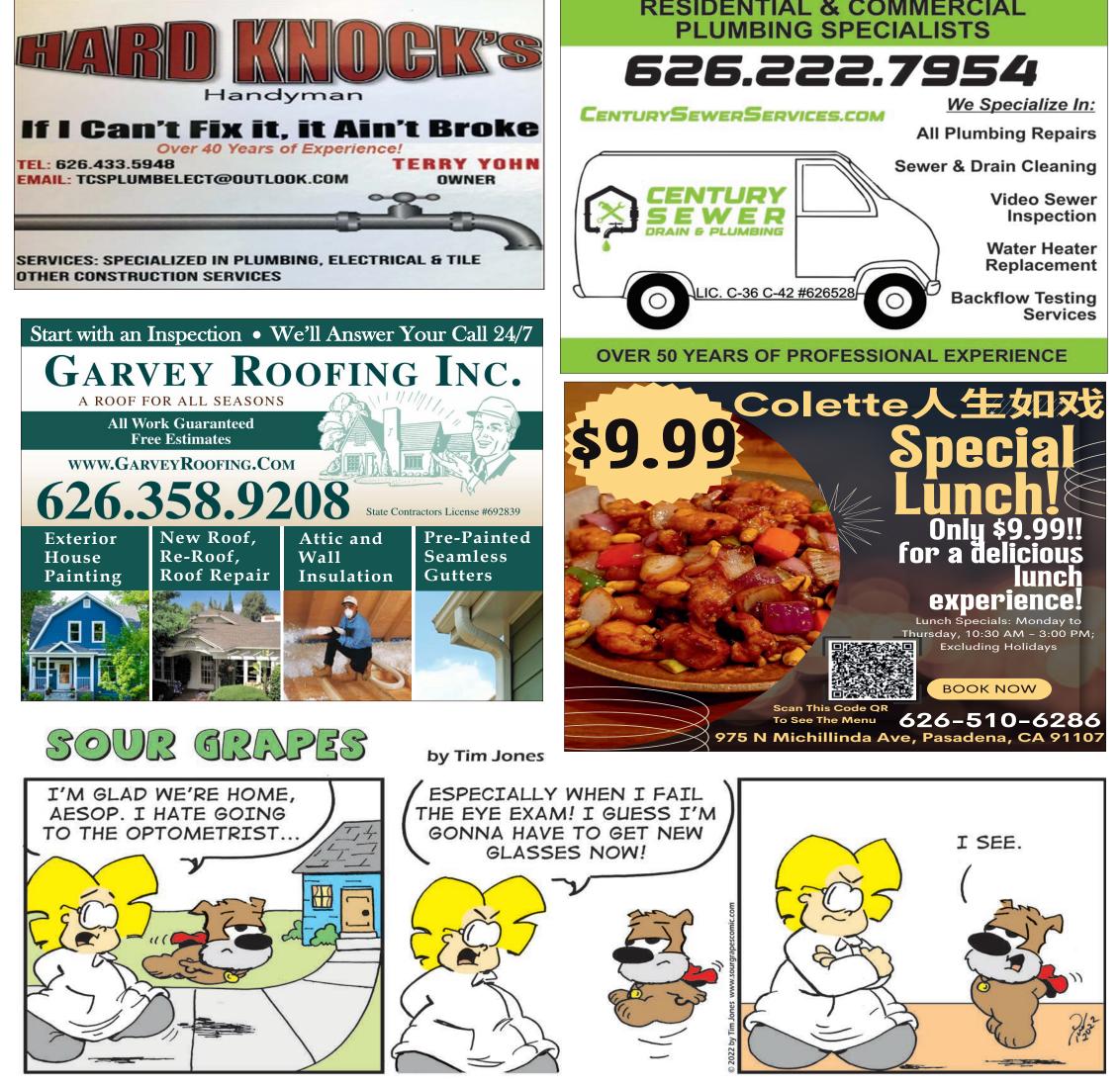
This trend of rebranding isn't unique to squats or any one exercise. Planks, for example, are often marketed as "core holds" or as part of yoga and Pilates routines. Jumping jacks, a classic aerobic exercise, are now called "plyo jacks" in HIIT classes. The movements are unchanged—they've just been given new names to make them seem like the latest fitness discovery.

And let's not forget about cardio. Running, swimming, and cycling are all excellent forms of cardiovascular exercise. But today, you'll find them marketed as "HIIT cardio," "power cycling," or "endurance training." The only difference between your regular run and a "HIIT run" is usually the pace or the addition of intervals, but at the end of the day, you're still running. It's all about creating an image that fits the current fitness culture.

Fitness companies go through all this trouble to rebrand basic exercises because of how people respond to marketing. Exercises like squats and push-ups can feel too tough when presented with their basic names. But when framed as part of a "total body workout" or "functional fitness," they seem less daunting. People are often more willing to try a workout if it feels new or trendy, even if they're doing the same exercises they've always done. The new name takes the pressure off and makes people feel like they're part of something modern and cutting-edge.

Just remember all these exercises—whether it's a squat, push-up, plank, or jumping jack—are the same. They haven't changed; it's just the language around them that has. Success in fitness isn't about finding the latest trend or the newest exercise. It's about consistency and finding the movements that work for you. Whether you're doing squats in a gym, at home, or in a trendy class, you're still working the same muscles and getting the same results.

So, don't be intimidated by flashy names or the latest fitness craze. You're probably already doing the same moves as your parents and grandparents. Fitness is ageless. It's more about finding the routine that works for you. Know that these classic exercises have been helping people get stronger for generations. If you're not doing any of those exercises now, it's a great time to get started. When you think of these exercises as simple and timeless, they become a lot less intimidating.







### **SUPPORT YOUR LOCAL BUSINESSES**



### **January Events Around Town!**

#### **One Time Events**

#### January 1

Tournament of Roses 2025 "Best Day Ever" The iconic New Year's parade features designed floats, equestrian units, bands, and more. 8 am

#### **January 1** Rose Bowl Game - College Football Playoff

between Ohio State and Oregon. 1 pm

#### **January 2** Rose Bowl Holiday Tours - Explore this National Historic Landmark. See the 1922 locker rooms, the Court of Champions and much more.

**January 4** Camellia Walking Tour at Descanso Gardens Learn about Descanso's camellia collections of rare and exotic camellias. 9:00 - 10:00 am

#### January 11

The Art Deco Architecture of the Playhouse Village - Enjoy Pasadena Heritage's guided walking tour of the Playhouse Districts' notable Art Deco landmarks. 12:00 – 2:00 pm

### January 11

Flower Arranging: Golden Hour at The Huntington - Create a floral arrangement featuring orchids and golden blooms. Adults only 10:00 - 12:00 pm & 1:00 - 3:00 pm

#### January 14

Camerata Pacifica: Bach Inventions & **Reinventions at The Huntington - Experience** high-definition chamber music with virtuosic musicians. 7:30 - 9:00 pm

#### January 18

Culinary Workshop: The Artistry and Flavors of Tangyuan - Discover the art of making colorful stuffed rice balls and their cultural roots. 10:00 - 1:00 pm

#### ഗ ഗ January 18 Chinese Floral Arts: Realistic Style - Explore 4 Σ

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traditional Chinese flower arranging with master floral artist Rosa Zee. 10:00 – 12:00 pm January 18 Kingdom Day Parade "Peace and Unity, Let it

Start with Us" - The world's largest and longest running life celebration of Dr. Martin Luther King 10:00 - 2:00 pm



# Brought to you by Sue Cook

#### January 25

Pasadena Symphony and Pops at Ambassador Auditorium - Brett Mitchell conducts the orchestra's performance of Montgomery's Starburst, Price's Concerto for Piano in One Movement, and Mozart's Symphony No. 41 "Jupiter" 2:00. & 8:00 pm

### January 25

Cyndi Chao: Lunar New Year Concert at the Arcadia Performing Arts Center Enjoy the soulful melodies of Cyndi Chao in an evening of romantic music. 7:30 pm

**Ongoing Events** 

#### January 1 – 3

Tournament of Roses Floatfest - A 2-mile showcase of stunning Rose Parade Floats on Sierra Madre and Washington Boulevards

#### January 3, 4, 5

Jurassic Quest at the Pasadena Convention Center - The world's largest, most popular Dino event features exciting experiences for the whole family, and includes a life-sized T-Rex and more

January 18, 19 The 61st Winter Silhouettes Bonsai Show at the Arboretum - See miniature trees in all their leafless glory. Includes a giant raffle/auction and entertainment. 10:00 - 4:30 pm

#### January 24, 25

Anything Goes at the Pasadena Civic Auditorium - Cole Porter's classic musical romp features music theater's most beloved songs.

### January 25, 26

Southern California Camellia Society Show and Sale at the Arboretum - View hundreds of camellia blooms

### January 26 – February 1

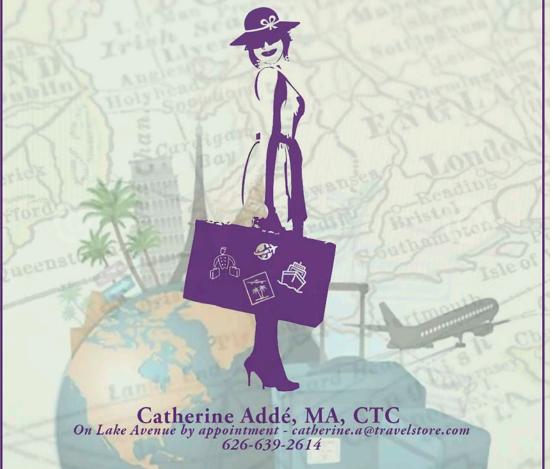
**Cheeseburger Week** Celebrate the invention of the Cheeseburger in Pasadena. Local restaurants compete for various titles, and many will include special menu items and deals for patrons during Cheeseburger Week.

### 626.253.1323

suecookrealtor@gmail.com DRE 02015404



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### THE PERFECT HOLIDAY PR MOUNTAIN VIEWS NEWS 2025 HOME DELIVERY SUBSCRIPTION

Your present will be delivered on December 24, 2024 with a special gift!







# Happy Holidays!

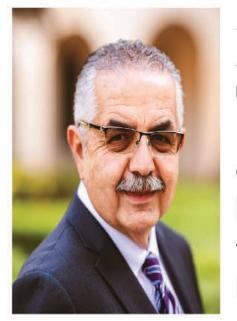
Mountain View News Saturday, December 28, 2024

# Happy New Year!

May this new year bring you endless joy, success, and the fulfillment of all your aspirations. Here's to new beginnings, unforgettable memories, and the strength to make your dreams a reality.

Wishing you and your loved ones a year full of peace, love, and prosperity.





### Luther Tsinoglou

626.695.8650 luther@tsinoglou.com tsinoglou.com DRE #01135433

### Serving the Sierra Madre Community for 30+ Years

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