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*Happy  
New Year  
2025!*

Cheers to a year filled with property value appreciation and personal growth.

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## WINNERS AGAIN!: ¡FIESTA! WINS THE GOLDEN STATE AWARD FOR THE MOST OUTSTANDING DEPICTION OF LIFE IN CALIFORNIA



It was the Best Day Ever for the Sierra Madre Rose Float Association after submitting another award winning float in the Tournament of Roses Parade. This year's entry, ¡FIESTA! won the 18th award out of the last 19 entries for the organization.

This year also represented the 93rd self built entry by the Sierra Madre Rose Float Association. SMRFA first entered the Rose Parade in 1917!

Congratulations to our 2025 Royal Court. Pictured on the left are: Princesses Kendra Buchok, Milania Thomas and Julietta Hutt.

Congratulations are also due to Steve and Belle Gagne who submitted the award winning concept and to the volunteers and leadership of SMRFA including President Barb Bevington.

Photos by Dean Lee/MVNews



The Mariachi Divas de Cindy Shea provided the music on the ¡FIESTA!

*Happy New Year!*

### Considering Selling Your Property in 2025?

Your next chapter awaits. *Call us!* We can help.

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## CENTURY 21 Village Realty

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**SYLMAR \$249,000**  
Sylmar 3BR/2BA manufactured home with 2-car garage, patio, community pool, playground, gazebos, and athletic courts. Spacious living!



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



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



# SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA



## "BE THE LIGHT" SIERRA MADRE ONE COMMUNITY MANY FAITHS WORKING TOGETHER

*Very Reverend Canon Michael Bamberger from Episcopal Church of the Ascension (Above right - Center) along with Clergy from several other Churches speak to the candlelighters in Kersting Court.*

*The walk began at St. Rita's and concludes with the placement of Baby Jesus in the Manger. (right)*

*This tradition and collaboration among the churches has continued for decades in Sierra Madre. (Below)*

*Photos by Dirk Bolle*

The holiday season generally brings out the best in us and nowhere is that more evident than the celebrations that take place at various locations throughout the city, especially in the heart of Sierra Madre - Kersting Court.

Starting with the placement in Kersting Court of the Creche - The Nativity Scene, and the Menorrah commemorating Hanukkah - the arrival of the mythical Santa Claus and the lighting of the symbolic Christmas Tree - the Candlelight Walk to the Manger and the lighting of the Menorrah late in December, Kersting Court is the epicenter for our expressions of 'the Reason For The Season' including Christians, Jews and Everyone, all celebrating together.

"...To be able to sing songs, see the light in children's eyes and adults alike is so special..." said one community leader. The gatherings at all of these events is unforgettable and it happens every year. Let us remember that as we enter into 2025.....

## Let's "BE THE LIGHT" ONE COMMUNITY MANY FAITHS WORKING TOGETHER



*Above Right - The Lighting of the Menorrah on the 5th Night of Hanukkah*

*Left: Sierra Madre Resident Cantor Ruth Berman Harris speaks to a crowd that spans multiple generations. Photos Courtesy Pasadena Jewish Temple & Center*



# SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

## Weather Wise



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

|       |       |    |     |      |     |
|-------|-------|----|-----|------|-----|
| Sun   | Sunny | Hi | 70s | Lows | 50s |
| Mon:  | Sunny | Hi | 70s | Lows | 50s |
| Tues: | Sunny | Hi | 70s | Lows | 50s |
| Wed:  | Sunny | Hi | 70s | 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@CityofSierraMadre.com](mailto:PublicComment@CityofSierraMadre.com) by 3:00 p.m. on the day of the meeting.

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

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

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

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

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

Your event must:

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

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



Sierra Madre Public LIBRARY  
Read • Discover • Connect

This week at the Sierra Madre Public Library

January 6 — January 11

#### Monday

Baby Rhyme Time — Library at 9:00am

Preschool Storytime— Library at 10:00am

#### Tuesday

Astronomy in the Park— Memorial Park from 6:00pm—7:30pm

#### Wednesday

Caregiver Workshop: Lovebug & Me

Music— Library at 10:00am

Green Teens— Library at 4:00pm

#### Saturday

Outdoor Storytime— Memorial Park at 10:00am

3D Printing Basics— Library at 12:00pm

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

## WALKING SIERRA MADRE - The Social Side

by Deanne Davis

"Tomorrow is the first blank page of a 365-page book. Write a good one!" Brad Paisley

"There are far better things ahead than any we leave behind." C.S. Lewis

For the yesterdays and todays, and the tomorrows I can hardly wait for - Thank you.

Cecilia Aherne "The Book of Tomorrow"

The New Year is just a day away. Sounds like "Annie" "Tomorrow, Tomorrow, I love ya, tomorrow, you're only a day away!"

I'm thankful I can end the year by talking about a new business here in town! A pottery studio in Kersting Court, owned by a delightful young man, Yau Tong, who has been creating beautiful pottery for 17 years. The picture this week is Yau Tong. One Cup Studio opened on November 2nd. Before opening this new studio, he was home-based where he created his pottery and gave classes. He is planning to offer classes as soon as he is fully settled into his new studio. He creates his own glazes and the items he makes are dishwasher and microwave safe. That's a big plus! There's a pottery wheel in the studio and Yau Tong does custom orders and even carries pieces from other artists. So exciting, a new place to check out and buy something beautiful. Our other new business, the bookstore, "Fables & Fancies" is doing splendidly! Another place to shop here in town!



I saw somebody or other on some Food Network show talking about that fine old Southern tradition of devouring a bowl of black-eyed peas on New Year's Day. My grandmother, Louise Pitzer Sessions, was born in Texas (none of us knew exactly what year as she felt that was nobody's business but her own), raised in Virginia and eventually ended up in California. She was a great believer in that black-eyed peas thing as she totally agreed with the philosophy that said eating them on New Year's Day would bring wealth and success in the coming year. That really never happened but she made really incredible cornbread to go with them. That was my favorite part.

Here's a little excellent superstition to go with your black-eyed peas:

There are several DO NOT's if you want to keep your black-eyed pea dishes "lucky":

1. Do not add chicken stock as chickens and other fowl move backward as they eat.
2. Do not use beef, as a cow will move forward, sideways and backwards as they graze, whereas, a pig always pushes forward as it eats.
3. Do not use canned peas as they've already swelled so your luck will not "swell" as it will with dried peas.

My grandmother subscribed to a couple of these: She used lots of bacon in her peas and she had no intention of buying dried peas, picking through them to find any duds or whatever, soaking them for hours and so forth. Instead, she marched across the street to the Market Basket and bought a couple of cans of whatever was on sale. She cut up a couple of onions, several pieces of bacon, fried those together till they were soft and slightly brown, drained out the bacon fat, added the peas and let the whole thing simmer together for an hour or so while she made the cornbread. Hers was the best I've ever had. No, I don't have her recipe. I wish I did. Yes, New Year's Day has come and gone, but it's not too late to treat yourself to some black-eyed peas.

The Christmas bills haven't started showing up yet, which means I'm living in a happy sense of false security that my Discover bill won't be too bad at all. (Go ahead, laugh!) But in the realm of shopping, I came across an article about how much the 12 Days of Christmas would cost this past year. Giving your true love every item from "The Twelve Days of Christmas" would cost you 5.4% more this year. That's more than double last year's 2.7% increase! As a whole, the 12 presents would cost \$49,263! I don't know, friends and neighbors, I've always wanted a small but tasteful bag of diamonds and that would cost less than all those 12 totally ridiculous gifts.

Each year I like to pick a Word of the Year. Rather than setting goals or resolutions based on improvements or fixing something in your life (exercise more, lose weight...sigh) we can start our year with a word that symbolizes our intentions for the year ahead. My word this year is

Thankful

"Gratitude can transform common days into thanksgiving, turn routine jobs into joy and change ordinary opportunities into blessings." —William Arthur Ward

"Oh give thanks to the Lord, for He is good. His steadfast love endures forever." Ps. 107

Happy New Year, friends and neighbors. 2025 will be a year where we will have much to be thankful for, starting with health, family, friends and our beautiful town of Sierra Madre.

My book page: Amazon.com: Deanne Davis  
Take a look! There are interesting goodies galore for You Kindle readers and even an actual book or two for you "I need to hold it in my hands" readers.

## SIERRA MADRE POLICE BLOTTER

| December 22 to December 28 2024    |                |
|------------------------------------|----------------|
| CALLS FOR SERVICE                  | INVESTIGATIONS |
| 214                                | 11             |
| <b>Total Year to Date for 2024</b> |                |
| 12,068                             | 550            |

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

Monday, December 23 Court Order Violation  
At approximately 12:00 PM, officers responded to the police station lobby regarding a court order violation report. Officers interviewed all parties involved, took a report, and found a subject in violation of a court order. The case has been forwarded to the LA County District Attorney's office for filing considerations.

Burglary  
At approximately 12:00 PM, officers responded to the 700 block of West Sierra Madre Blvd regarding a burglary report. Based on officer's investigation, it appeared the unknown suspect(s) forced entry into the victim's carport, stole items, and fled the scene. The case has been forwarded to the Detective's Bureau for further follow up.

Tuesday, December 24 Auto Burglary  
At approximately 11:30 AM, officers responded to the police station lobby to meet with a citizen regarding an auto burglary report. Based on officer's investigation, the suspect(s) used an unknown method to enter the victim's vehicle, and stole items. Officer's canvassed the area for cameras and witnesses. The case is pending further additional information.

Wednesday, December 25 DUI  
At approximately 3:50 AM, officers responded to the 1000 block of Arno Drive regarding a drunk driver call. The driver of a vehicle was reported to be driving impaired and reportedly kept stopping in the roadway. The driver was contacted and was found to be impaired due to alcohol. The driver was arrested and transported to Pasadena Jail. The case has been forwarded to the LA County District Attorney's office for filing considerations.

Auto Burglary  
At approximately 10:00 AM, officers responded to the 400 block of Manzanita Ave regarding an auto burglary report. Based on officer's investigation, the suspect(s) used an unknown method to enter the victim's vehicle, and stole items. The unknown suspect(s) also used the victim's credit cards without authorization. Officer's canvassed the area for cameras and witnesses. The case has been forwarded to the Detective's Bureau for further follow up.

Thursday, December 26 Residential Burglary  
At approximately 3:00 PM, officers responded to the 300 block of West Highland Ave regarding a residential burglary report. Based on officer's investigation, the suspect(s) gained entry into the home through a large hole in the floor of the basement, and stole items. Officers checked the area for cameras and witnesses. The case has been forwarded to the Detective's Bureau for further follow up.

Thursday, December 26 Battery  
At approximately 7:00 PM, officers responded to the 10 block of North Baldwin Ave in regards to a battery report. A suspect pushed the victim after a verbal altercation. The suspect left prior to the officer's arrival. Officers took a report, and checked the area for cameras and witnesses. The case has been forwarded to the Detective's Bureau for further follow up.

ATHENS SERVICES COLLECTS HOLIDAY TREES FROM THE DAY AFTER CHRISTMAS THROUGH THE SECOND WEEK IN JANUARY ON YOUR NORMAL PICK UP DAY.

- 1 REMOVE STANDS, ORNAMENTS, LIGHTS AND TINSEL
- 2 PLACE HOLIDAY TREES NEXT TO YOUR REGULAR TRASH CONTAINERS
- 3 TREES OVER 6 FEET MUST BE CUT IN HALF
- 4 TREES WITH FLOCKING OR FIRE RETARDANTS ARE NOT ACCEPTABLE.
- 5 IF YOU MISS THE DATE FOR RECYCLING, PLEASE CUT UP YOUR TREE AND PLACE IN YARD WASTE CONTAINERS



# Pasadena Altadena



News From Your Community For Your Community

## PWP Water Main Project Begins on Monday

Pasadena Water and Power (“PWP”) officials announced Thursday that they are replacing a 90-year-old water main that stretches along Grand Avenue beginning Monday. The six to four inch line will be replaced by a 12 to eight inch ductile iron mainline pipe, which will reinforce PWP’s water service reliability in the area. The project is currently projected to be completed by the end of August.

To minimize the project’s impact on residents and businesses in the area, PWP will implement several special measures. Construction efforts will be contained to approximately one block at a time, starting near the intersection of Green Street to the north and proceeding south on Grand Avenue until reaching California Boulevard. Water service will be intermittently interrupted and will be noticed 48 hours in advance. Temporary traffic control and detour signs will be posted at all times during construction. Work will occur Monday through Friday from 9 a.m. to 4 p.m., unless specifically notified.

For more details on the Grand Avenue Water Main Replacement Project, including regular updates and contact information, visit [PWPweb.com/GrandAvenue](http://PWPweb.com/GrandAvenue). For complete details on active and recently completed projects, visit [PWPweb.com/Construction](http://PWPweb.com/Construction).

PWP provides electricity to more than 65,000 customers within Pasadena. PWP delivers water to nearly 38,000 households and businesses in Pasadena and adjacent communities in the San Gabriel Valley. As a community-owned utility, PWP is a not-for-profit public service owned and operated by the City of Pasadena for the benefit of its customers and the community.

## Crowell Public Library Open House

San Marino Crowell Public Library is set for an open house on Saturday, January 25, from noon to 4 p.m. Discover the library’s offerings, enjoy fun activities, and explore a variety of entertainment and crafts. The event is free and open to the public. Activities include lion dancers, face painting, scavenger hunt, magna-tiles & muffins, mini tea light planets, New Year’s wishes time capsule, button-making, pony bead tapestries, and terrariums.

Introductions and remarks from San Marino new Mayor Shepherd Romey will be held at 1 p.m. in the Barth Community Room. Crowell Library is located 1890 Huntington Dr. For more information visit: [sanmarinoca.gov](http://sanmarinoca.gov).



## Best Day Ever for the 136th Rose Parade

With just a few minor mishaps, this year’s 136th Rose Parade Wednesday morning was as perfect as can be as hundreds of thousands of parade goers lined the parade route down Colorado Blvd. and millions watch on Television — the parade showcased 32 floats, 20 marching bands and 16 equestrian groups.

The parade’s theme “Best Day Ever!” rang true for the San Diego Zoo as their float, Friendship Across Earth, (pictured) won the coveted Sweepstakes Award for the most beautiful entry: encompassing float design, floral presentation and entertainment. This was the second year the San Diego Zoo as won the Sweepstakes Award.

Other local float winners included: City of South Pasadena won Fantasy, Most outstanding display of fantasy and imagination; La Canada Flintridge won Crown City Innovator, most outstanding use of imagination, innovation and

technology; Trader Joe’s won Showmanship, most outstanding display of showmanship and entertainment; City of Alhambra won Mayor, most outstanding float from a participating city; The city of Sierra Madre won Golden State, most outstanding depiction of life in California; And Pasadena Humane/Hill’s Pet Nutrition won Theme, most outstanding presentation of the Rose Parade Theme.

This year’s judges —Morgan Anderson, Bill Brzeski and Drew Rios — Scored the floats based on criteria such as creative design, floral craftsmanship, artistic merit, computerized animation, thematic interpretation, floral and color presentation, and dramatic impact.

Banners for each of the award-winning floats were carried in the parade by select members of the Tournament of Roses Troop, which includes Gold Award Girl Scouts and Eagle Scouts.

The La Canada Flintridge

float’s Mars Helicopter had issues and did not fly though the area commonly referred to as TV Corner. The drone was tethered for safety. The city of Torrance float “What a Beautiful Day” malfunctioned and had to be towed though TV Corner. The float won Princess, most outstanding floral presentation among entries 35 feet and under in length.

## Jan. 9: Day of Mourning in Honor of President Jimmy Carter

Los Angeles County Board of Supervisors Chair Kathryn Barger and Supervisor Hilda Solis have introduced a motion to declare Thursday, January 9, a Day of Mourning across Los Angeles County in honor of former President Jimmy Carter, who recently passed away on December 29, 2024, at the age of 100.

United States President Biden recently proclaimed January 9, as a National Day of Mourning, ordering the closure of federal government offices as a mark of respect for the late President Carter. Barger and Solis’ motion aligns Los Angeles County with this federal observance, following the precedent set in 2018 when the Board honored the late President George H.W. Bush with a similar action.

“President Jimmy Carter’s lifelong commitment to public service, human rights, and global peace exemplified the highest ideals of leadership,” Barger said. “It’s fitting that Los Angeles County joins the nation in paying tribute to his extraordinary legacy by observing a Day of Mourning.”

The motion calls for the closure of all non-emergency and non-essential County offices, agencies, and entities on January 9, allowing county employees and residents to reflect on President Carter’s contributions to the nation. Essential services, including public safety and emergency operations, will continue uninterrupted as determined by individual County Department Heads.

The L.A. County Board of Supervisors will vote on the motion at its upcoming meeting on Tuesday January 7. For more information about the meeting or to provide public comment, visit [bos.lacounty.gov/board-meeting-agendas](http://bos.lacounty.gov/board-meeting-agendas).

## Gordo Invites Special Guests to Ride in the Rose Parade



Pasadena Mayor Victor Gordo traveled down the 136th Rose Parade route joined by his family, and Pasadena residents and friends Rebecca and Terry Crews, and Dodgers icon Jaime Jarrin and Jaime’s son Jorge and daughter-in-law Maggie.

Gordo and company rode in a Yosemite National Park Bus. The White Motor Co. produced a bus specifically for use in Yellowstone National Park. This vehicle, known as #176, served on park tours from 1925 until the late 1930s.

At his invitation, Baseball Hall of Fame Broadcaster and former Dodger announcer of 64 years Jaime Jarrin rode with Gordo. Also included was Jaime’s son, former LA radio personality and Dodger broadcaster Jorge Jarrin, he was joined by his wife of 43 years Maggie Jarrin.

“We are thrilled to be joining Mayor Victor Gordo, along with his family to ring in 2025,” Jorge Jarrin said. “Mayor Gordo is a friend and has been an outstanding Mayor and we are proud to make the ride down Colorado Boulevard with him.”

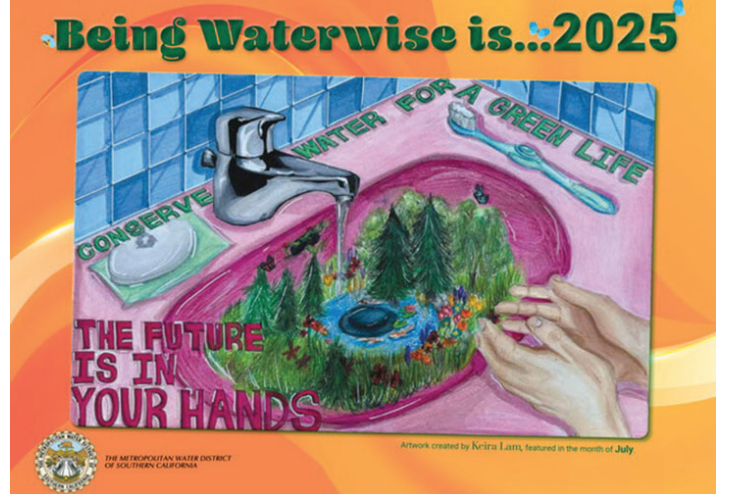
The Jarrin’s have lived in the

Pasadena area since 1962 first moving to Pasadena, then Altadena and then to San Marino in 1965.

Terry and Rebecca Crews will also join the Mayor. Terry Crews is an author, action-movie hero, sitcom star, children’s book illustrator, advertising pitchman, playable video game character, talent show host, high-end furniture designer, and human rights activist. Crews is currently hosting NBC’s top rated alternative series “America’s Got Talent.”

“For a couple of years now, Terry, Rebecca and I have talked about riding down Colorado Blvd. together and we will finally have that opportunity,” Gordo said. “Terry and Rebecca: here we go! Jaime Jarrin is a kind and humble friend and it will be an honor to have him, Jorge and Maggie ride with us. As a Spanish speaking immigrant, I recall, vividly, listening to his eloquent and poetic call of Dodger games and beaming with pride. It is an honor to have these good friends join Kelly, Emma, Michael and me as we welcome 2025 in Pasadena on the Best Day Ever!”

## PWP Artwork Featured on the MWD Calendar Cover



Artwork by Polytechnic School student Keira Lam to be featured on the cover of their 2025 calendar,” this year’s Metropolitan Water District (“MWD”) student art contest. Lam’s art, which took the top prize in Pasadena Water and Power’s (“PWP”) annual art contest, is expertly executed, illustrates the importance of conserving water, and stood out among dozens of pieces submitted by students from grades K-12 for its creativity and powerful message.

Each year, MWD hosts a regional art contest open to all its member agencies across six counties in Southern California to encourage students to submit artwork that reflects the importance of water conservation. The winning art pieces are selected to be featured in MWD’s annual student art calendar, and the winners are recognized at a special event held in early December.

“We are thrilled that MWD

has chosen Keira’s outstanding artwork to be featured on the cover of their 2025 calendar,” said PWP Interim General Manager David Reyes. “Her creativity, unique interpretation of the theme, and dedication to the message of water conservation are truly inspiring, and we are so proud of her accomplishment. We hope other students will be inspired to join the art contest.”

PWP’s Art Contest is part of the utility’s ongoing efforts to engage and inspire the community, particularly students, to think critically about environmental issues such as water conservation and sustainability. Keira’s achievement marks an exciting milestone in this initiative, demonstrating the power of art in conveying important messages about protecting our natural resources.

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

## Pasadena Library Receives Lunch at the Library Grant

Pasadena Public Library received a \$33,176 grant from the California State Library for the 2025 Lunch at the Library program. This award is an increase from the previous year’s grant, ushering in the fifth year of Lunch at the Library at the Pasadena Public Library.

Lunch at the Library is a state-wide initiative that provides grants, training, and resources to help libraries establish successful summer meal sites or provide programming and resources at other community meal sites. Pasadena Public Library offers both.

In 2025, Pasadena Public Library will continue to visit free meal sites throughout the community, providing high-quality and high-interest books for children ages 0-18 to add to their home libraries while connecting families to the annual Summer Reading program. In addition, the library will continue to offer free meals at the Jefferson Branch Library and plans to add a second meal site at another branch library. Library meal sites will have a scheduled daily activity, primarily led by a local educator and community partners. These activities will incorporate farming, STEAM, sustainability, music and other enriching, educational activities. Many of these programs will be continuous; encouraging long-term participation throughout the summer.

During the summer of 2024, the library served 1,619 free meals to kids while engaging families in learning activities and summer reading participation. The 2024 program also engaged 17 youth interns and volunteers—providing young adults with work experience and development.

Lunch at the Library helps address food insecurity over the summer months while promoting literacy. According to the 2022 Pasadena Community Health Needs Assessment, 13.9% of households reported being food insecure. Among new parents who participated in the 2022 Pasadena Maternal Health Assessment, 10.7% of new parents reported food insecurity.

The goal of Lunch at the Library is to provide healthy food and literacy, two ingredients that every child needs to succeed in school and beyond.



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**Sunday worship 9:30 a.m.**

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# AROUND SAN GABRIEL VALLEY

## ADAM SCHIFF SWORN IN FOR SIX-YEAR TERM AS CALIFORNIA'S U.S. SENATOR



Schiff being sworn in by Vice President Harris

LOS ANGELES (CNS) - After being sworn in for a six-year term, Burbank Democrat Adam Schiff set a record for being the only senator in the history of the U.S. Senate to have taken the oath of office three separate times in less than one month.

Sen. Alex Padilla accompanied Schiff on the Senate floor as he took the oath of office Friday morning. After the ceremony, Schiff issued a statement in which he described his role as an "honor of a lifetime."

"From the towering redwoods of the north to the fertile farmlands of the Central Valley, from the breathtaking beaches and deserts of the south to every community -- large and small -- in between, California is a big state with big dreams," Schiff said in a statement.

"We must work to ensure that every Californian can share in what our state has to offer. And that starts with the work necessary to build more housing and lower the cost of living," Schiff added. "To create an economy that works for everyone and protects our planet for generations to come."

According to the U.S. Senate Historian, Schiff set a record after taking the oath of office three separate times. In March 2024, Schiff won a special election and later a general election following the passing of former Sen. Dianne Feinstein, who died in September 2023.

Following his November election victory over Republican Steve Garvey, Schiff was sworn in Dec. 9, 2024 to serve out the remainder of Feinstein's term. Laphonza Butler filled Feinstein's seat on an interim basis pending the results of the November election.

On Dec. 19, 2024, he took the oath of office once more after the California Secretary of State certified the state's election results.

Schiff's office previously announced he will serve on the Senate committees of the Judiciary; Agriculture, Nutrition and Forestry; Environment and Public Works; and Small Business and Entrepreneurship.

## ARCADIA ELKS LODGE 2025 SUPPORT BOY SCOUT TROOPS

Arcadia Elks Lodge 2025 was busy with community activities and fundraising during December.

The fun began with Christmas Tree Lane on December 7, 2024. Christmas Tree Lane is the Arcadia Elks biggest fundraiser of the year. The event included dinner, entertainment and raffling of trees.

Dinner was served by Boy Scout Arcadia Troop 2131 who help the Elks by serving at many events and their help is greatly appreciated. This year, 14 Sponsors donated Christmas Trees to the Lodge loaded with cash or presents valued of at least \$750 to be raffled off. In addition to the trees, there were raffle prizes and second chance prizes that were available with the raffle tickets. The Mark Tate Band kept the dance floor full throughout the night. While the results of this year's fundraising are not yet known, last year Christmas Tree Lane was able to make donations to ten local charities. The following weekend, was another busy weekend for the Arcadia Elks with two major events welcoming the committee taking place back-to-back.



Arcadia Elks welcome 60 Eagle and Gold Feather Scouts of Tournament Troop 2026 who will carry the banners in the national Elks Float (above) in the Rose Parade

Every year the Arcadia Elks welcome 60 Eagle and Gold Feather Scouts of Tournament Troop 2026 who will carry the banners in the Rose Parade and their leaders for the annual Scout Breakfast. The breakfast to help the Scouts prepare as they start practicing for the parade. The guests enjoyed a breakfast of scrambled eggs, sausage, bacon, potatoes, oatmeal (very popular), fruit, coffee cakes and milk and orange juice. After breakfast, the Scouts presented each of the Elk volunteers with a Thank You gift of the special Tournament Troop Pin and mug and some Girl Scout cookies, which is always appreciated.

An hour later, the Arcadia Elks welcomed over 80 children and their parents for the annual Children's Christmas Party. During the party the children enjoyed making several crafts, a hotdog lunch and a very special visit with Santa Claus and Mrs. Claus who gave each child a candy cane. After seeing Santa, each child was escorted into Santa's workshop and got to pick a toy to take home. After the party, the extra toys were donated to the Toys for Tots.

To honor the Elks commitment to Veterans, books, sweatshirts and socks that were donated by members were taken to the Long Beach Veterans Facility to be given to Veterans. December also marks the period of Judging the Most Valuable Student scholarship contest. You can see the Elks are very busy during the holiday season.

For more information on the Arcadia Elks Lodge please email the Arcadia Elks Lodge at artemp2025@aol.com or call the Lodge at (626) 445-2025.

## The 136th Rose Parade Day in Pictures



The 2025 Rose Queen Lindsay Charles, a senior at Westridge School and the Rose Court. The Court is Lisette Parker, Maranatha High School; Saniyah Brunston, John Muir High School; Lara Georgian, Mayfield Senior School; Natalia Pradhan, Flintridge Preparatory School; Simone Ball, Arcadia High School and Kate Kelly, La Cañada High School.

The members of the 2025 Rose Court served as ambassadors for the Tournament of Roses, the Pasadena community and the greater Los Angeles area. Each also received a \$7,500 educational scholarship. The Queen and Court also attended the College Football Playoff Quarterfinal at the 111th Rose Bowl Game.

All photos by D.Lee/MVNews

Billie Jean King, sports icon and champion for equality, served as the Grand Marshal of the 2025 Rose Parade. She is the first woman athlete to receive the Presidential Medal of Freedom, and she will become the first individual woman athlete to receive the Congressional Gold Medal. King is also the founder of the Women's Sports Foundation, the Women's Tennis Association, and the Billie Jean King Foundation. "We are thrilled to welcome the legendary Billie Jean King to serve as the Grand Marshal of the 2025 Rose Parade," said President Ed Morales. "Her trailblazing work has elevated women in sports and inspired countless best days ever for athletes and fans around the globe." King also participated in the pre-game ceremony at the College Football Playoff Quarterfinal at the 111th Rose Bowl Game.



South Pasadena float 'Seas The Day'



Pasadena Humane Hills Pet Nutrition float "Welcome Home"



Pasadena City Collage Tournament of Roses Honor Band



La Canada Flintridge float "Rover Rendezvous"



Los Hermanos Banuelos Charro Team from Altadena



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**2025**

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# AROUND SAN GABRIEL VALLEY



## “THE REALITY OF ARTIFICIAL INTELLIGENCE”:

*Brenda J. Trainor to Illuminate the Reality of Artificial Intelligence at Arcadia Coordinating Council Meeting*

The Arcadia Coordinating Council's first meeting of 2025 will feature an informative presentation by Brenda J. Trainor, shedding light on Artificial Intelligence and what it means to our business community, its customers, and our lifestyles. The event is scheduled for Monday, January 6, 2025 at Villa Catrina, 251 N. Santa Anita Blvd., Arcadia.

Artificial Intelligence: Unveiling the Realities

At the upcoming meeting, Brenda Trainor, a prominent small business owner and president of Frontier Trail Strategies, Trainor will discuss “The Reality of Artificial Intelligence,” and what it means to our business community, its customers, and our lifestyles. What are the developments that we might look for in the New Year as this technology continues to roll out to all corners of society? Remember the phrase: “is it real or is it Memorex?” Trainor’s presentation will remind us all to keep asking that question!

*About Brenda J. Trainor*

Brenda J. Trainor, also known as The Dog Lady due to her role in owning and operating Wonder Dog Ranch, is a seasoned professional in the communications industry. With decades of experience in both the public and private sectors, Trainor has played pivotal roles in municipal service, regulatory roles, and private sector ventures.

Her extensive career includes municipal service regulating cable television and telephone companies in various cities, private sector leadership roles, and being a founding executive for Altrio Communications. Brenda’s consultancy, Frontier Trail Strategies, provides innovative guidance for communications, technology, and communities.

Brenda is a multifaceted media professional, with roles ranging from a writer, author, and editor to a lecturer, television producer, and talk-show host. With a Master’s Degree in communications and public policy from The University of Texas at Austin, Brenda brings a wealth of knowledge to the discourse on broadband and its impact on society.

For reservations contact Linda Clelland, President, ACCC.  
arcadiacommunitycouncil@gmail.com

Meeting Location & Information: Monday, January 6, 2025 Villa Catrina, 251 N. Santa Anita Blvd., Arcadia 11:30 am – 1:15 pm

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## HELPING CHILDREN DEVELOP HEALTHY DEVICE AND MEDIA HABITS

(StatePoint) What are TikTok's privacy settings? Can parents control what advertising their children see on Facebook? How do parents limit the amount of time their children spend on Instagram?

A new parent tool, the Glossary of Digital Media Platforms, offers the answers and will be handy for parents of children trying out new phones or other tech-related holiday gifts. The American Academy of Pediatrics Center of Excellence on Social Media and Youth Mental Health developed the free resource, which contains detailed information on popular digital platforms, including Apple, Discord, Facebook, Instagram, Pinterest, Snapchat, TikTok and X, with more to come.

"Parenting around media can be so challenging," said Jenny Radesky, MD, FAAP, co-medical director of the Center of Excellence. "Figuring out what apps and settings are best for your family is an important part of the conversation. At the center, we created the Glossary of Digital Media Platforms to make it a little easier for parents to learn about each app and figure out what settings and tools exist to keep their kid safe while connecting online."

Users click on a platform to learn about its default and customizable safety settings; messaging and friending controls; screen-time management settings; parental controls and more.

Parents aren't the only ones looking for assistance when it comes to the online world. Pediatric providers, teachers and others who work with children and teens can introduce the glossary briefly during clinic visits, back-to-school nights, in newsletters, or other communications and encourage families to have conversations about safe and balanced relationships with social media. The tool can also facilitate conversations on concepts like private versus public accounts, time limits and how to block or filter upsetting content.

Here are some examples of how the glossary can be used:

- If children have iPhones, parents can learn more about the Family Sharing feature, which includes settings to limit who a child can contact, downtime/do-not-disturb settings and the Ask To Buy option that requires a parent to approve purchases.
- If social media and notifications are distracting teens at night, families can use the glossary to look up apps and how to silence notifications or activate other nighttime settings.
- For teens who are stressed out by negative content on social media feeds, the glossary contains information on tools to curate feeds and block and filter content.
- If a child's school has a phone policy, families can look up device or app settings to silence distracting apps during school hours.

The glossary joins a roster of resources available at Center of Excellence on Social Media and Youth Mental Health, which includes conversation starters for parents concerned about how their children are using social media. The center's activity cards can help young children build healthy relationships with media and their devices before they grow into teens and young adults.

Megan Moreno MD, MEd, MPH, FAAP, co-medical director of the Center of Excellence, urges parents and other adults to avoid taking a doom-and-gloom approach when talking about the sometimes-dangerous social media landscape with kids.

"We can give ourselves grace for these initial reactions of worry and fear, but we have a choice to make on what we want our reaction to be going forward," Dr. Moreno said. "We can choose open-mindedness. We can choose curiosity. We can choose evidence over hype, and we can stay centered on our children and families."

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## Winter Warm-Up!

Read the clues to fill in the crossword puzzles:

**Tea!**

What's better than a hot drink to warm up everyone during the colder winter months? Coffee, tea and rich, sweet hot chocolate are favorites. What does your family like?

- sweetener
- people do this with tea to check its quality
- hot \_\_\_\_\_ is needed
- late afternoon
- some people "read" tea \_\_\_\_\_
- used for boiling water
- largest grower of tea

**Cocoa!**

- cocoa trees were originally grown in South and Central \_\_\_\_\_
- fruits, called \_\_\_\_\_, grow on the branches and trunks of cocoa trees
- inside them are the \_\_\_\_\_, called cocoa beans, which are white
- the beans turn brown while \_\_\_\_\_ (sun)
- a little inside piece of the bean (nib) is taken from the bean and crushed into a \_\_\_\_\_ form
- the liquid is then mixed with \_\_\_\_\_, cocoa butter and vanilla
- the new mixture is \_\_\_\_\_ finely - the finer, the richer it becomes
- the whole \_\_\_\_\_ enjoys chocolate and cocoa

**Coffee!**

- \_\_\_\_\_ - world's largest coffee producer
- the coffee bean is beanlike, but it is really a \_\_\_\_\_
- planted seeds grow into coffee \_\_\_\_\_
- takes about 3-4 years for a coffee tree to grow red \_\_\_\_\_, called "cherries" - each holding 2 coffee beans
- 100 \_\_\_\_\_ of coffee cherries only supplies 20 \_\_\_\_\_ of coffee beans
- beans must be \_\_\_\_\_ (usually in the sun) before they can be stored
- after drying, \_\_\_\_\_ remove any layers of skin from the beans
- beans are green, but they are \_\_\_\_\_ brown and ground



# PUZZLES FOR YOU

## SNOW DAY

### ACROSS

1. Larger-than-life
5. Capone's family
8. Wild swine
12. "You're not allowed," to a baby
13. Deal with it
14. Cunningly
15. Shower with affection
16. Allege
17. City in Belgium
18. \*Snow Day exercise?
20. Poet Pound
21. Ovine sign of the zodiac
22. Tasseled hat
23. All together (2 words)
26. Military College of South Carolina, with The
30. For every
31. a.k.a. association football
34. \*All-day Snow Day garb?
35. Delete
37. Crude fuel
38. Read-only disc
39. Good's counterpart
40. Popular flowering shrub
42. Female ancestor
43. Two heads are better than one, e.g.
45. Bering Strait state
47. Rudolph's Clarice, e.g.
48. Like thick smoke
50. Fountain option
52. \*No two are alike, sing.
56. Surround (2 words)
57. Tangerine plus grapefruit
58. \*Like a river, with over
59. #51 Down, pl.
60. Heidi's "Magic Wooden Shoe"
61. Olufsen's partner
62. Sound of a bell
63. Not him
64. Surfer's stop

### DOWN

1. Odds' partners
2. Tubby little cubby
3. "He's Just Not That \_\_\_ You"
4. Of the same period
5. \*Popular Snow Day pastime
6. Some tournaments
7. Zugspitze, e.g.
8. \*Severe weather
9. Deed hearing
10. Algae, sing.
11. Marble bread
13. \_\_\_ Jack, English pirate
14. \*As opposed to rain
19. Irregular
22. Type of conifer
23. Musketeers' swords
24. High-strung
25. Cerebellum location
26. Unit of life
27. Students' dwellings
28. \*Snow Day reading choice
29. Helping theorem
32. \*Like soft pj's
33. Intelligence org.
36. \*Slope fun
38. Shorter than California
40. Number of years
41. No, it doesn't crawl in one's ear
44. Horse of certain color, pl.
46. Spontaneous additions
48. Obtuse one
49. Tom Cruise's "The \_\_\_ of Money"
50. Highway hauler
51. Bad sign
52. Of a particular kind
53. Smoothie berry
54. Superman's last name
55. Part of a seat
56. \*Like chocolate on a Snow Day

### CROSSWORD

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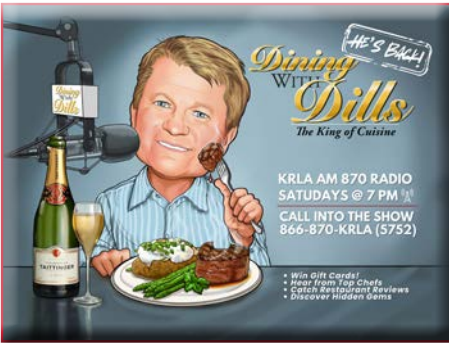
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## CHRISTMAS DINING IN PASADENA: GAUCHO GRILL SHINES BRIGHT

Christmas dining options in Pasadena were slim, but this year, my daughter and I found a worthy spot to continue our tradition of a festive meal. With Panda Inn no longer staying open for the holiday, we were fortunate enough to enjoy dinner at Gaucho Grill on South Lake Avenue—a restaurant

I've been a fan of since they opened nearly four years ago.

As many of you know, I was born in Greece and have traveled extensively, exploring a wide range of cuisines. While I haven't been to Argentina, I can confidently say they are renowned for their beef and steaks—and Gaucho Grill lives up to that reputation.

The restaurant had a warm and inviting atmosphere, perfect for the holiday. I wholeheartedly recommend the steak dishes, as they are the highlight of the menu. My friend Dave Yost, a local restaurateur, even raved about their "Steak for Two," claiming it's among the best in town. While we opted for more modest portions, we were thoroughly satisfied with our choices.

Our meal began with Prawns and Hearts of Palm, a starter that set the tone with its fresh and vibrant flavors. For our mains, we chose the Gaucho Skirt Salad and the Short Rib Pappardelle. Both dishes were impeccable, but the steak in each truly stole the show. The skirt steak was perfectly cooked, and the short rib complemented the pappardelle beautifully.

A small quibble: we requested to sit at the bar but were seated at a table instead. I'll be back for looked like a great Happy Hour menu.

When the weather permits, Gaucho Grill offers outdoor dining, adding a lovely option for those who enjoy al fresco meals.

Gaucho Grill provides an affordable and refreshing change of pace, and their commitment to quality food ensures I'll be back. If you go, take my advice: order the steak—you won't regret it. Follow me Peter Dills on my new Instagram page and listen at 7 PM Saturday on AM 870



### INGREDIENTS

- 1/2 pound flank steak
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 2 tablespoons peanut oil, divided
- 1/2 cup beef broth or water
- 1 tablespoon light brown sugar
- 2 tablespoons soy sauce
- 2 teaspoons fresh lime juice
- 1/2 teaspoon cornstarch
- 12 ounces fresh Brussels sprouts, trimmed and halved
- 1 red jalapeño or red serrano pepper, sliced
- 1 tablespoon grated fresh ginger
- 2 garlic cloves, thinly sliced
- 1/4 cup chopped fresh mint
- Hot cooked rice

### DIRECTIONS

1. Cut steak diagonally across the grain into thin strips. Sprinkle with salt and pepper.
2. Stir-fry steak, in 2 batches, in 1 Tbsp. hot oil in a large cast-iron or stainless-steel skillet over high heat 2 to 3 minutes or until meat is no longer pink. Transfer to a plate, and wipe skillet clean.
3. Whisk together beef broth and next 4 ingredients in a small bowl until smooth.
4. Stir-fry Brussels sprouts in remaining 1 Tbsp. hot oil over high heat 2 minutes or until lightly browned. Add jalapeño pepper, ginger, and garlic, and stir-fry 1 minute. Pour soy sauce mixture over Brussels sprouts, and bring mixture to a boil.

Cook, stirring often, 3 to 4 minutes or until sprouts are tender. Stir in mint and steak. Serve over rice.



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**Greg Porée** JAZZ  
1/12 @ 7:30PM

**John Schneider** MUSIC  
"The Well-Tempered Guitar" 1/17 @ 8PM

★ **Patsy** THEATRE  
with East West Players 1/25 @ 11AM

**The Curse of Quon Gwon** FILM  
1/31 @ 8PM

★ Family-recommended shows

## ALL THINGS By Jeff Brown

### John Wheeler A Non-Duality Expression

Right now, as you read this, you exist and you are aware that you exist. You are undoubtedly present and aware. Before the next thought arises, you are absolutely certain of the fact of your own being, your own awareness, your own presence. This awareness is what you are; it is what you always have been. All thoughts, perceptions, sensations and feelings appear within or upon that.

This awareness does not move, change or shift at any time. It is always free and completely untouched. However, it is not a thing or an object that you can see or grasp. The mind, being simply thoughts arising in awareness, cannot grasp it or know it or even think about it.

You cannot deny the fact of your own being. It is palpably obvious, and yet, from the time we were born, no one has pointed this out. Once it is pointed out it can be grasped or understood very quickly because it is just a matter of noticing, 'Oh, that is what I am!' It is a bright, luminous, empty, presence of awareness; it is absolutely radiant, yet without form; it is seemingly intangible, but the most solid fact in your existence; it is effortlessly here right now, forever untouched. Without taking a step, you have arrived; you are home. No practice can reveal this because practices are in time and in the mind. Practices aim at a result, but you (as presence-awareness) are here already, only you don't recognize it till it is pointed out. Once seen, you can't lose it, and you don't have to practice to exist, to be.

John Wheeler, a speaker on nonduality and awakening. His books include Awakening to the Natural State, Shining in Plain View, Right Here Right Now, You Were Never Born, Light Behind Consciousness, Clear In Your Heart and Full Stop. A shout out to Ann at E.Waldo Ward Jam Factory in Sierra Madre.



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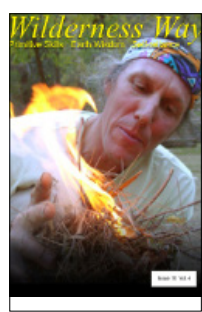
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**CHRISTOPHER Nyerges**



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

**FINDING OUR ANSWERS**

In the Catholic Church, there is a practice known as Confession. I was taught how to do Confession as a child growing up in Catholic school. You enter the little closet-sized room and kneel. There is a partition in front of you and a priest is on the other side. We were taught what amounts to the formula for saying Confession. You tell the priest how long it has been since your last Confession and then you recite all the bad things you have done. The priest listens and then tells you what form of penance you must do in order to atone for your sins. Now, there are some Catholics who take this very seriously, because they want to change their character. They pour out their hearts to the priest and they might be in the Confessional for 20 minutes while everyone else is waiting in line. Such individuals undoubtedly gain the most by this practice.

As a school child, I did not take it very seriously, and worked hard to think of something to tell the priest - little things like lies or hitting my brother. I would never dream of actually being serious with the priest because we were children, and were just going through the motions of what our parents and teachers told us we had to do. To make things worse, there were older boys, even some family members, who bragged that they did whatever they wanted - lying, stealing, sexual misconduct, drugs - and that they were always OK as long as they got to a Confessional before they died! I did not find that sort of mindset to be even pragmatic, let alone spiritual.

In time, even though I was no longer a Catholic, I understood the profound importance of looking deep and revealing one's "sins" for the end goal of improving your character. It had to be sincere, and it was usually painful if you were truly altering your bad character habits. When I was under the tutelage of my guru, starting in the mid-1970s, I was taught what I would call a secular version of the Confession, called "Retrospection." Retrospection was a review of each day before sleep, where you judge all your acts of import, either "good" or "bad." This was ideally done in writing, so you don't forget. Then, as part of the Retrospection, you write down how you will rectify whatever bad things you might have done that day. If you were sincere, you would make that rectification as soon as humanly possible, which meant first thing the next day. You might call someone to apologize for some act, or you would return money that you took, or whatever it took to balance the thing you did. Good things were also acknowledged, though no action is required there. It's good to self-recognize that you took the right action, but resting on your laurels is indulgent.

Since I have practiced both the Confession and Retrospection, I can say that both practices are essential to improving your character and overcoming your own character flaws IF they are done with deep sincerity. To me, it really doesn't matter what you call yourself in terms of religious allegiance; what really matters is that you take it to heart, and live a better life because of this.

Now, I have shared the above in order to put a recent dream of mine in context. In the dream, I was attending Mass at St. Elizabeth church in Altadena, where I also went to school for 8 years. The church was very crowded, and I noted that people were using the Confessional, which is unusual for a Sunday. Anyway, when it was free, I entered the Confessional, and was about to begin the usual rigamarole. I noticed that the screen was almost see-through, which was not the norm. I told the elderly priest (who I could see quite well) that I hadn't been in church in decades, and then, rather than recite a litany of all my sins, I explained how I was trying to understand the point of my life, and anyone's life, and always trying to live a life that had meaning and was not rote. I spoke for some time explaining this. After I was done talking, another priest appeared behind the screen and he addressed me

by my name, which surprised me. At least when I was growing up, Confession was a nearly-secret event and the priest and parishioner never saw one another. Anyway, the priest told me that none of the stuff I just told them mattered much. He said that all that really mattered in life is if I did what I said I would do. He added that all that really matters in life is know what to do, and to not do, and that "how" we do everything is all that matters.

Then he held up a paper which seemed to be a receipt for some book. "You purchased this some time ago," the second priest told me. "Why haven't you read it? The answers you seek are there." I was stunned. Is this how they do Confessions now? And I was frustrated because, in the dream, I could not see the title of the book.

Then he held up another paper, which looked like a school transcript, and told me that I had signed up for some class, and that I needed to actually take the class, or finish it. "You will find your answers there," he assured me, though again, I could not read the class title on the paper.

Finally, before departing, the younger priest told me that his life in the Confessional is very boring since most people go through the formula and are not sincere about changing their bad ways and making amends. He said I was refreshing because I shared what I was feeling and avoided the rotteness with which I had attended to religious ceremonies most of my life. That made me feel good, but I was still frustrated as I woke up to a new day. What book was I to read? Did I already possess it? And what class did I sorta start, but didn't follow through?

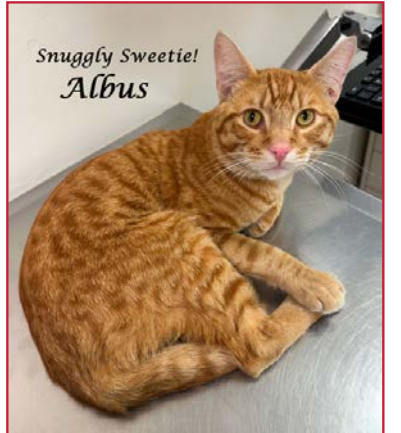
Needless to say, I have a lot of material to work with now in this New Year.

**Katnip News!**



**Snuggly ALBUS**

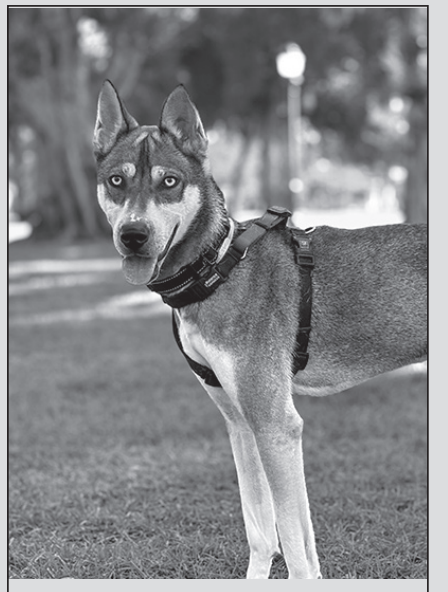
This is Albus (or Albie), age 1 yr. orange tabby, and he's a snuggly sweetheart who's looking for his forever home! He LOVES to cuddle and will nuzzle your face and hair. He purrs so loudly he sounds like a lawn mower and his meows sound like he's quacking like a duck. Truly he's a one of a kind little guy!! He's fully vetted, neutered, and healthy. He was born approximately April 2023. He gets along fine with other young & playful cats, but he's not great with dogs.



See more pics of Albie showing off his cute poses and apply at <https://www.lifelineforpets.org/albus.html>. Can we get him a forever home to start off the New Year?

**Pet of the Week**

Juliet is a strikingly unique 1-year-old Husky mix with a personality as vibrant as her appearance! Independent and playful, Juliet is looking for a home that embraces her energetic spirit and strong-willed nature. She loves to chew and would thrive with plenty of toys to keep her mind and body busy.



Though she's a little reserved when meeting new people, with patience and gentle guidance, Juliet warms up to show her sweet and affectionate side. She's a smart girl who's eager to learn but will need some training to channel her excitement and become the well-mannered companion she's meant to be.

Recently, Juliet had a fun outing with the Pasadena Humane mobile team, where she greeted visitors and spent time with other dogs. She enjoyed several walks, made a few select human friends (rewarding them with kisses and cuddles), and even had a playful romp with another dog. After her adventures, she calmly returned to the shelter, ready to rest after a full day of fun.

If you're ready to provide Juliet with the love, structure, and playtime she craves, she's ready to become your loyal and lively companion. Could you be her perfect match?

Juliet and all other dogs and cats will have their adoption fees reduced by \$100 from January 1 - 12 during the Welcome Home adoption promotion at Pasadena Humane. The normal adoption fee for dogs is \$150. All dog adoptions include spay or neuter, microchip, and age-appropriate vaccines.

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

New adopters will receive a complimentary health-and-wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information about how to care for your pet. Pets may not be available for adoption and cannot be held for potential adopters by phone calls or email.

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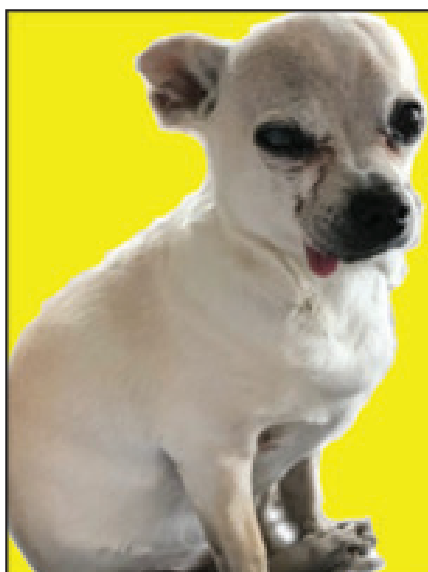
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**BRINGING IN THE NEW YEAR FOR SENIORS:  
A YEAR OF JOY AND CONNECTION IN 2025**

As 2025 unfolds, seniors have a wonderful opportunity to embrace the year with positivity, connection, and well-being. Rather than focusing on big parties or extravagant celebrations, the new year can be about reflection, small joys, and meaningful connections. Here are a few ways seniors can make the most of the year ahead.

**1. Embrace New Hobbies and Interests**

The start of the year is an ideal time for seniors to explore new hobbies or revisit old interests. Whether it's learning a new craft, taking up gardening, or trying a new form of exercise like yoga or swimming, engaging in activities can boost both mental and physical health. Seniors may find that dedicating time to a new interest not only keeps them engaged but also provides opportunities to meet new people and form bonds.

**2. Connect with Loved Ones**

One of the greatest joys of life is connection. In 2025, seniors can make a conscious effort to strengthen relationships with family and friends. Whether it's regular phone calls, weekly video chats, or simple handwritten letters, staying in touch with loved ones provides emotional support and combats loneliness. These connections can also be an anchor of joy throughout the year.

**3. Focus on Health and Wellness**

Maintaining a healthy lifestyle is crucial for seniors, and the new year provides a perfect opportunity to prioritize wellness. This might mean regular check-ups with doctors, taking prescribed medications as directed, or incorporating a daily walk into one's routine. For many seniors, participating in local fitness programs or senior wellness groups can also promote both physical health and a sense of community.

**4. Reflect and Set Personal Goals**

As the year progresses, seniors can take time to reflect on their personal achievements and goals. Whether it's adopting a more positive outlook, learning something new, or simply spending more time in nature, setting small, attainable goals helps foster a sense of purpose and fulfillment.

**5. Create Meaningful Traditions**

Rather than focusing on grand gestures, seniors can create their own traditions that bring comfort and joy. This might include sharing a favorite book with a grandchild, organizing a monthly coffee date with a friend, or reflecting on happy memories. These rituals can become a cornerstone of the year, giving it structure and meaning.

For seniors, 2025 is a chance to live with intention, embrace well-being, and cherish relationships. By focusing on small but significant moments, the year ahead can be one filled with happiness, growth, and connection.

**DOES MEDICARE COVER TALK THERAPY SERVICES?**



Dear Savvy Senior:

What types of mental health services does Medicare cover? I struggle with anxiety and depression, and my primary care provider recommended I see a therapist or psychiatrist.  
Anxious Annie

Dear Annie:

Medicare actually covers both outpatient and inpatient mental health care services and programs to help beneficiaries with anxiety, depression and many other mental health needs. Here what you should know.

**Outpatient Coverage**

If you're enrolled in original Medicare, your Part B coverage will pay 80 percent (after you've met your annual \$257 Part B deductible) for a variety of counseling and mental health care services that are provided outside a hospital, such as in a doctor or therapist's office, hospital outpatient department or community health center. These services can also be received via telehealth.

You, or your Medicare supplemental (Medigap) policy, is responsible for the remaining 20 percent coinsurance.

Medicare also gives you the expanded option of getting treatment through a variety of health professionals such as psychiatrists, psychologists, clinical nurse specialists, clinical social workers, nurse practitioners, physician assistants, marriage and family therapists and mental health counselors.

To get this coverage, you'll need to choose a participating provider that accepts Medicare assignment, which means they accept Medicare's approved amount as full payment for a service.

If you choose a nonparticipating provider who accepts Medicare but does not agree to Medicare's payment rate, you may have to pay more. And if you choose an opt-out provider that does not accept Medicare payments at all, you will be responsible for the entire cost.

To locate a mental health care professional in your area that accepts Medicare, go to Medicare.gov/care-compare, click on "doctors & clinicians" and type in your location, followed by "clinical psychologist" or "psychiatry" in the Name & Keyword box. You can also get this information by calling Medicare at 800-633-4227.

**Inpatient Coverage**

If you happen to need mental health services in either a general or psychiatric hospital, original Medicare Part A covers this too, after you've met your \$1,676 Part A deductible. Your doctor should determine which hospital setting you need. If you receive care in a psychiatric hospital, Medicare covers up to 190 days of inpatient care for your lifetime. And if you use your lifetime days but need additional care, Medicare may cover additional inpatient care at a general hospital.

**Additional Coverage**

In addition to the outpatient and inpatient mental health services, Medicare also covers yearly depression screenings that must be done in a primary care doctor's office or clinic. Annual depression screenings are covered 100 percent.

And if you have a Medicare prescription drug plan, most medications used to treat mental health conditions are covered too.

**Medicare Advantage Coverage**

If you get your Medicare benefits through a private Medicare Advantage plan, they too provide the same coverage as original Medicare does, but may impose different rules and will likely require you to see an in-network provider. You'll need to contact your plan directly for details.

For more information, call Medicare at 800-633-4227 and request a copy of publication #10184 "Medicare & Your Mental Health Benefits," or you can read it online at Medicare.gov.

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

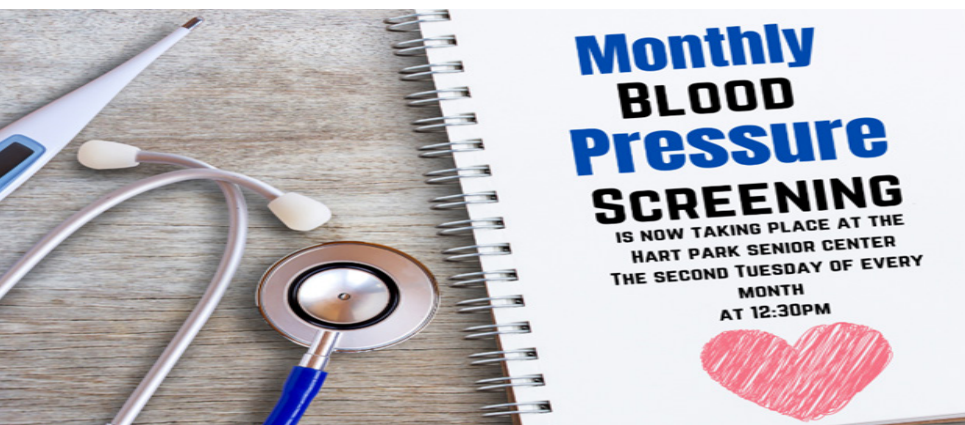
**SENIOR HAPPENINGS**

**HAPPY BIRTHDAY! ...JANUARY BIRTHDAYS\***



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**OUT TO PASTOR**

A Weekly Religion Column by Rev. James Snyder

**ACHES, PAIN AND ANOTHER YEAR OLDER**

It's hard to believe another year has already started. How many of these new years can a person have without going crazy? That's my explanation to The Gracious Mistress of the Parsonage about why I am crazy. She believes I am crazy, but she doesn't accept my reason for thinking I'm crazy.

The past year was rather challenging. I had some health issues, not too serious, but aggravating all the same. I've seen my doctor more than my wife this past year. Believe me, I'm not too excited in seeing my doctor. He must be related to Dracula because he always wants my blood.

However, when I have a physical issue, The Gracious Mistress of the Parsonage makes sure I see my doctor. I tell her that I'm okay and don't need to see a doctor. She smiles at me and says, "I didn't hear what you said, but you're going to see the doctor."

I'm not complaining; I do have some health issues, but I sure don't have anything serious in the health department. I have some friends that are really sick and some that are in the hospital, and so I pray for them and thank God that I'm not that sick. As this year begins, I've noticed that I am achy with pain in just about every area of my body. I can't remember ever having this kind of pain before but there it is.

I used to make fun of my father when he was complaining about some of his pain. I just wish he were alive so that he can see I'm going through the same kind of pain as he went through and then he could laugh at me.

I don't know who's laughing at me because my hearing isn't 100%. I have my suspicions.

Every once in a while, I have trouble with my right leg, and it seems to pass out or something. I have a hard time walking when my leg is like that. It is not really serious just aggravating.

I'm not to the point where I need a walking cane, let alone a wheelchair. A relative of mine who is about one year older than me is in a wheelchair and cannot walk at all.

My doctor has prescribed a lot of medication for me, and The Gracious Mistress of the Parsonage ensures I take my medicine daily. If I didn't know better I would think I was a drug addict.

Keep this a little secret between you and me, but sometimes, The Gracious Mistress of the Parsonage forgets to give me my medicine. Being the crazy guy that I am, I never remind her of that. I just snicker on the inside and count it one victory for me. In the many years of our marriage, I have discovered that what the wife doesn't know doesn't hurt the husband.

My wife's memory is 150%. But there are times when she forgets my medicine because of her busy schedule, and who am I to tell her about it? I don't get away with very much, but when I do get away with something I'm thrilled. Once in a while The Gracious Mistress of the Parsonage will come into my office and see me smiling and then say, "Okay, what did I forget to do?" Even when she forgets something, she remembers that she forgot something. There's no winning in this situation.

I was complaining about my body aching in various places, and I looked at my wife and said, "I think I'm going to go to a body shop and get some parts replaced. Do you have any recommendations?" Without skipping a beat, she replied, "I know an antique store you could go to." I pretended not to hear that, but she knew I heard it. It's interesting that there are a lot of things that I can't hear, but then there are things that I can hear, and it's aggravating.

One thing I have discovered is that when I walk with a cane people will hold the door open for me and let me go through. At first I was a little embarrassed by that. But then one day I was standing in line at McDonald's I happened to have my cane along for some reason I'm not sure why, and because I was walking with a cane they let me go to the front of the line.

I'm beginning to see some good aspects to getting old. This year, my New Year's resolution is to find all of these good aspects and cash in. My father used to say, "When life gives you a lemon make some lemonade." At the time, I didn't quite understand what he was saying, but now that I have reached this age, I do understand what he meant. Next week I'll set up a lemonade stand. It doesn't pay to complain; rather, it pays to find out how to look on the positive side of things.

In my devotions I read some scripture that was encouraging. "My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing" (James 1:2-4). My focus this year must not be on my pain, but on the One who gives me strength everyday to life for Him.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail [jamesnsnyder51@gmail.com](mailto:jamesnsnyder51@gmail.com), website [www.jamesnsnyderministries.com](http://www.jamesnsnyderministries.com)

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Mountain Views News Mission Statement

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

STUART TOLCHIN PUT THE LIGHTS ON HOW DOES IT FEEL



Seriously, how does it feel? The first day of the year 2025 has already brought tragic news of an attack in New Orleans. We probably all have at least one thing in common. We don't know what is going to happen next and many of us are worried. My own year started strangely as I awoke from a dream containing a long story explaining how I had been programmed as a spy. In the morning, I at first wondered if my values and beliefs were truly my own.

Perhaps the feeling began even before I went to bed. On Monday, December 30th, I had an appointment to endure an endoscopy examination. This is a medical procedure wherein one is sedated, after which a camera is inserted down one's throat for the purpose of inspecting the upper organs of one's body. I am guessing that perhaps this recognition of my own ignorance as to my physical body carried over into the dream as I speculated about the contents of my own mind

I am just guessing now, but I think this questioning is also connected to the movie my wife and I saw last week entitled "The Complete Unknown" a depiction of the life of Bobby Zimmerman, or Bob Dylan as he came to be known. Bob Dylan's music, especially during the 1960's seemed to express or formulate my feelings in that era. Sixty years later I proudly maintain these same values. It is what life has taught me. In 1966 I was fortunate to live in a dorm at UCLA as the coordinator of the Upward Bound Program. I was lucky to be allowed to live in the Dorm with selected High School Students from Watts and Boyle Heights and my values were forever affected by this experience. Some of these before under-achieving students have become mayors, legislators, and Professors.

Can you remember the 60's? It was time of momentous change or at least it appeared to be. My participation in the program amounted to allow students and myself to learn from one another. Students had different experiences and different abilities. Some of the students had been witness to the demonstrations downtown and in Compton recalled today as the Watts Riots. These "riots" lasted six days from August 11 -16, 1965. Rioters burned and overturned cars and looted and damaged stores. During this summer of 1965, just after graduating Berkeley, and prior to entering UCLA Law School, I served as the driver for my 55 year old father. He had lost his eyesight a few years earlier but continued to work as a salesman with my mother serving as his driver. Now in the summer of '65 I was his driver as we went with him from store to store, cigar stand to cigar stand, taking orders for cigarettes and candy. I remember one particular stop which made a lasting impression upon me. The cigar stand owner was there at his place of business with rifle almost in hand. He was an old Jewish man, a Concentration Camp survivor, who explained that life was unpredictable, but you must always keep your head about you and do what you have to do and what you feel is right. That is a lesson I learned, a lesson my father had learned as his family had escaped the pogroms in Ukrania and as he continued to work without eyesight.

In my career as a defense criminal lawyer and as a single parent raising two children of very different abilities, I have learned that life gives each of us different circumstances and often different abilities. Nevertheless, no matter who we are and where we find ourselves, there are always choices to be made. I have learned to keep my eyes open (as my father taught me eyesight is not required) and to carry on always expecting the best and ready to deal with the worst

There will always be choices and "by keeping my eyes open" and staying in touch with the lessons I have learned I am my own person ready to cope with the future and to strive to be always the best person I can be. Yes Bob, I feel pretty good.

RICH JOHNSON NOW THAT'S RICH WHY DIDN'T I THINK OF THAT OR DID I NOT THINK OF THAT? THAT IS THE QUESTION!



Well, friends, truth be told I have not been feeling very good. When I don't feel very good, an amazing world event of epic proportions takes place. I shut up. I know. Hard to imagine. I have a small group of friends and research scientists who live for those rare moments... most of them on speed dial. Even if I have nothing to say, these friends want to be there to hear what I don't say especially if I don't call. (That's existential if you must know).

When this cosmic oddity strikes, yours truly runs wacky. People also want to be there because, as bad as I am when my mind is connected to my mouth, when not directly connected, what comes out of that major source of my anatomy may be memorable...maybe. I tend to pontificate. Go to that nether region where rationale thought is cosmic. With me so far? Me neither. Are you listening? Me neither.

Martin Heidegger and Jean-Paul Sartre had me in mind when discussing existential thought years before I came into existence. It's all in their work coincidentally on existentialism. My contributions preceded my existence further authenticating my contributions to the essence of nothingness.

Of course, you have questions. Here are some questions you might consider asking yourself and others.

If you try to fail and succeed, which one did you do?

Why, when I'm driving and looking for an address do I turn down the volume on the radio?

If a word is spelled incorrectly in the dictionary, how would we ever know? Can you cry underwater?

If you had something written on your face, what would it be?

Who actually calls the wind Mariah? Does Mariah answer?

Is it a pair of pants if there is only one?

What do you call a fly without wings? A walk?

What is the one thing movies never get right?

If you could change the color of your eyes to an unnatural color, which color would you choose? Which color would you not choose?

What was the weirdest outfit you ever wore?

What's the worst song ever written? What's the best song never written?

What's the worst pizza topping?

Which Disney Princess would make the best secret agent?

And thank you Susan Henderson for being exactly who are!

I just have one final question. And please answer truthfully....Do stairs go up or down?

I need to know.

Thank you for putting up with me

Oh, hello 2025.

HOWARD Hays As I See It



"It violates the essence of what made America a great country in its political system. Now it's just an oligarchy with unlimited political bribery... we've just seen a complete subversion of our political system as a payoff to major contributors who want and expect and sometimes get favors for themselves once the election's over."

- Jimmy Carter on the Supreme Court's "Citizens United" decision, 2015

Now there's another battle between MAGA and Mar-a-Lago, yet again amongst those about to take charge. And we're still weeks out from the Inauguration.

This one began with Donald Trump's choice of Indian-American Sriram Krishnan, who'd helped Elon Musk revamp Twitter/X, as Senior White House Advisor on Artificial Intelligence. Krishnan, like Musk and Vivek Ramaswamy, is a proponent of allowing programs like H-1B visas to bring in increasing numbers of immigrants to work high-tech jobs.

MAGA activist Laura Loomer jumped in to argue those jobs "should be given to American STEM students... This is not America First Poli-cy." She added, "It's not racist against Indians to want the original MAGA policies I voted for." (Over 70% of H-1B visa holders come from India.)

While Musk and Ramaswamy claimed a shortage of skilled tech workers here at home, former Trump adviser Steve Bannon charged, "This thing's a scam by the oligarchs in Silicon Valley to basically take jobs from American citizens, give them to what become indentured servants from foreign countries, and then pay 'em less." There were reminders that major corporate employers of H-1B visa holders were also reporting waves of layoffs - with Tesla a prime example.

Musk (rather than the president-elect) had to engage: "I will go to war on this issue the likes of which you cannot possibly comprehend." He called those attacking the H-1B program "contemptible fools (who) must be removed from the Republican Party." More than a dozen conservative bloggers complained of having their accounts downgraded on X after accusing Trump of abandoning his MAGA base and siding instead with those "oligarchs in Silicon Valley".

Ramaswamy had his own peculiar take: Yes, there is a shortage of qualified American workers - and it's all the fault of our "culture" having "ven-erated mediocrity over excellence". While "immigrant parents" limit the amount of time their kids spend on TV, "most normal American parents" don't. Those "normal American parents" simply aren't instilling in their kids the values necessary to succeed as "immigrant parents" do.

Sports podcaster Pablo Torre, a classmate of Ramaswamy's at Harvard, offered an analogy: "he's going to talk to that (MAGA) base, a nativist base, the same way that... white people have been talking to Black people in America for a really long time - I don't think they're going to like it."

Software engineer "Phil in Denver" posted his own take on H-1B work-ers: "At a time when even a first-year engineer's starting salary was in the \$70-80k range in most of the country, these engineers were working for about \$40k. THIS is the reason Musk et al really want more H1Bs... they can't just hop to another job if things don't work out... (These workers) are not smarter, they are not more capable, and they certainly are not more experienced. What they are is cheap and pliant and that is ALL that the DOGE crowd and their fellow tech bros care about. And it is all they ever will."

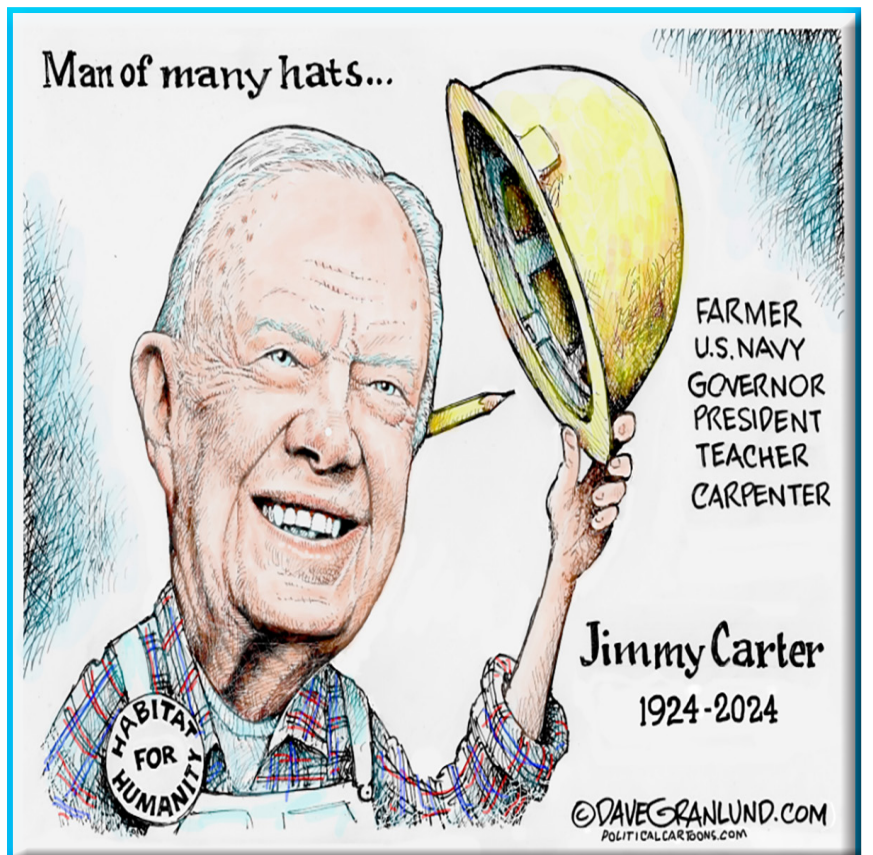
A self-described "long time Trump supporter" posted on Trump's Truth Social about his own tech job: "They put everyone on worse insurance plans and stopped matching 401k. Finally, they started bringing in H1Bs and let all the long-term employees go after we trained our replacements."

MAGA diehards identify with the Trump of 2016, who called the H-1B program a means to import foreign workers "for the explicit purpose of substituting for American workers at lower pay... I will end forever the use of the H-1B as a cheap labor program, and institute an absolute re-requirement to hire American workers first". But now it's Trump under Elon Musk: "I've always liked the visas, I have always been in favor of the visas. That's why we have them".

Democrats appear to be sitting this one out. They won't side with supporters of importing cheap labor at the expense of American workers, nor with those who reflexively oppose any program that predominantly benefits the other-than-white. For Republican officeholders, it's how to maintain allegiance to Trump while not alienating the MAGA base they rely on for holding their office in the first place.

This latest MAGA vs. Mar-a-Lago battle comes just after the one over government funding and just before the next one over whether Mike Johnson (R-LA) keeps his job as House Speaker. And we're still weeks out from the Inauguration.

After I'd started this column, news broke and I considered changing the topic. But I'll leave it with the opening quote and the following: George W. Bush said of the man who ended his father's bid for re-election, "Pres-ident Carter dignified the office." A federal appeals court has upheld ver-dicts against Trump for sexual abuse and defamation. On the day Trump again becomes president, flags at our nation's capital and throughout our country will be flying at half-staff.





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FICTITIOUS BUSINESS NAME STATEMENT File No. 2024261069 The following person(s) is (are) doing business as MED PATH TRANSPORTATION 2528 PIEDMONT AVE MONTROSE, CA 91020...

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...

CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) LA PERLA BAKERY & CAFE INC. 12556 LAMBERT ROAD WHITTIER, CA 90606...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024261067 The following person(s) is (are) doing business as ANGELAS PARTNERS 21500 CALIFA ST #95 WOODLAND HILLS, CA 91367...

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FICTITIOUS BUSINESS NAME STATEMENT File No. 2024246801 The following person(s) is (are) doing business as GAIANEGLG 6663 MATILIJIA AVE VAN NUYS, CA 91405...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024254683 The following person(s) is (are) doing business as RH TRAVEL 16350 VENTURA BLVD APT 212 ENCINO, CA 91436...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024254685 The following person(s) is (are) doing business as RUIZANNA HAKOBYAN OWNER. This statement was filed with the County Clerk of Los Angeles County on 12/27/2024...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024248710 The following person(s) is (are) doing business as BESTWAY COURIER SERVICE, BW2S COUNTRIER SERVICE, 2211 E. POPPY ST #203, LONG BEACH, CA 90805...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024252683 The following person(s) is (are) doing business as C & S CONSTRUCTION, 14818 HELWING AVE, NORWALK, CA 90650...

on 12/13/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/20/2024. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-250302 The following person(s) is (are) doing business as: IP 14411 E. LOS ANGELES, CA 90003. This Business is conducted by: AN INDIVIDUAL...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-249360 The following person(s) is (are) doing business as: LA PERLA DE ORIENTE, 5535 WHITTIER ST, LOS ANGELES, CA 90024...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-252108 The following person(s) is (are) doing business as: LOS CARLITOS, 630 E 113TH ST, LOS ANGELES, CA 90059...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-252100 The following person(s) is (are) doing business as: M2 PROPERTY MANAGEMENT, 2012 HILLFORD AVE, CARSON, CA 90746...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-248528 The following person(s) is (are) doing business as: MAXIMUM EFFORT, 2730 E SOUTH ST, WYATT, CA 90087...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-250996 The following person(s) is (are) doing business as: VALLARTA TIRES AUTO REPAIR, 1321 FIRESTONE BLVD SUITE B, LOS ANGELES, CA 90001...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-250964 The following person(s) is (are) doing business as: VALLARTA TIRES AUTO REPAIR, 7219 S. ALAMEDA STREET SUITE D, LOS ANGELES, CA 90001...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024254685 The following person(s) is (are) doing business as: ROMAN ALEJANDRO ODAR/OWNER. This statement was filed with the County Clerk of Los Angeles County on 12/27/2024...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024250000 The following person(s) is (are) doing business as: THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: HELIUM SERVICE, 11866 FOOTHILLS BLVD #202 LAKE VIEW TERRACE, CA 91342...

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 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...

FILE NO. 2024249869 STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME The following person(s) CANDICE BURGAN 27145 RIO MONTEBELLO SANTA CLARITA, CA 91354...

FILE NO. 2024249917 STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME The following person(s) MELISSA WORLEY 22323 SHERMAN WAY #4 CANOGA PARK, CA 91303...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024252706 The following person(s) is (are) doing business as RUFF RUFF REFUGE 4721 CARTWRIGHT AVENUE TOLUCA LAKE, CA 91602...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024250917 The following person(s) is (are) doing business as BETTER CARPET CLEAN 6204 HOPE ST SIMI VALLEY, CA 91386...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024249942 The following person(s) is (are) doing business as ELEGANT REALTY AN BARBERA LON 3232 SHERMAN WAY CANOGA PARK, CA 91303...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024245556 The following person(s) is (are) doing business as SUE'S HAIR STUDIO 7251 OWENSMOUTH AVE CANOGA PARK, CA 91303...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024253626 The following person(s) is (are) doing business as M&Z MERCHANDISE 12601 S MAIN ST LOS ANGELES, CA 90061...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024250000 The following person(s) is (are) doing business as: THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: HELIUM SERVICE, 11866 FOOTHILLS BLVD #202 LAKE VIEW TERRACE, CA 91342...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024248880 The following person(s) is (are) doing business as REDWORK STUDIO 3041 SANTA ROSA AVENUE ALTADENA, CA 91001...

NOTICE OF PETITION TO AD-MINISTER ESTATE OF DAVID SHIGEAKI KAKITA aka DAVID S. KAKITA Case No. 24STPB14186

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of DAVID SHIGEAKI KAKITA aka DAVID S. KAKITA A PETITION FOR PROBATE has been filed by Megan Hirsch and Scott Koga in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PRO-BATE requests that Megan Hirsch and Scott Koga be appointed as personal representative to ad-minister the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed 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.

A HEARING on the petition will be held on January 31, 2025 at 8:30 AM in Dept. No. 44 located at 111 N. Hill St., Los Angeles, CA 90012.

Attorney for petitioner: 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

RICCY SOBEYDA CHAVEZ MANZANAREZ 1414 WEL 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 Angeles County on 11/15/2024.

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024253069 The following person(s) is (are) doing business as MHC CONSTRUCTION 7250 TUNJUNGA AVE APT C NORTH HOLLYWOOD, CA 91605...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024249822 The following person(s) is (are) doing business as ALL IN MOVING SYSTEMS 2245 LATHAM ST UNIT 16 MOUNTAIN VIEW, CA 91400...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024249922 The following person(s) is (are) doing business as SUNNY DATS SENIOR LIVING 11253 HART ST NORTH HOLLYWOOD, CA 91605...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024249137 The following person(s) is (are) doing business as GREEN LEAF REMODELING 5535 BALBOA BLVD UNIT 115 ENCINO, CA 91436...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024249307 The following person(s) is (are) doing business as ABBEY'S FLOWER GARDEN 22037 VENTURA BLVD WOODLAND HILLS, CA 91364...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024253176 The following person(s) is (are) doing business as ABBEY'S FLOWER GARDEN 22037 VENTURA BLVD WOODLAND HILLS, CA 91364...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024238340 The following person(s) is (are) doing business as ARNOLD'S COPY AND PRINTING 11742 VENTURA BLVD STUDIO CITY, CA 91604...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024249404 The following person(s) is (are) doing business as JESUS LOPEZ MENDOZA 11886 FOOTHILLS BLVD #202 LAKE VIEW TERRACE, CA 91342...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024248710 The following person(s) is (are) doing business as BESTWAY COURIER SERVICE, BW2S COUNTRIER SERVICE, 2211 E. POPPY ST #203, LONG BEACH, CA 90805...

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**FITNESS FOR LIFE**



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

**WHY WARMING UP BEFORE EXERCISE IS A MUST**

You've probably heard the phrase "warm up before you work out." While it might seem like an extra step, warming up before exercise is essential for preventing injuries, improving performance, and ensuring that your body is ready for whatever activity you're about to do.

What exactly is a warm-up? A warm-up is a set of low-intensity exercises that prepare your body for more intense activity. It increases your heart rate, loosens up your muscles, and helps improve blood flow to your joints. A good warm-up gradually increases your body's core temperature, so your muscles and tendons are ready for movement without putting stress on your body. If you skip this important step and jump straight into an activity, you're much more likely to experience injuries like strains or sprains, or even more serious damage like tendonitis. NOTE: Warming up does not mean stretching. Stretching cold muscles can have negative effects on your body and be counterproductive.

The key to a successful warm-up is focusing on the muscles and joints you'll be using during your activity. Here's why it's especially important for some common fitness activities:

**Cycling.** This low-impact exercise can be great for your heart, legs, and overall fitness. However, jumping straight into a bike, especially on a long ride or during a fast-paced cycling class, can lead to muscle strain in your knees, hips, and back. Prepare by doing 5 minutes of easy pedaling after a few leg swings and ankle rolls to loosen up your joints.

**Swimming.** The water provides a fantastic full-body workout that strengthens your core, arms, and legs. But diving into cold water without warming up can shock your muscles, making it harder to swim efficiently. It can potentially cause strains and stiffness when you first start out, which can impact your performance and increase the risk of shoulder or leg injuries. Try a few gentle exercises on land before getting into the pool, like arm circles and shoulder rolls, followed by easy swimming strokes to gradually increase your body's temperature.

**Tennis or Pickleball.** Both of these activities require quick lateral movements, sudden sprints, and lots of twisting motions. Without warming up, these rapid changes in direction can strain your legs, shoulders, ankles and lower back. Your body needs to be ready to move in all directions, especially during fast-paced games. Without preparation, your muscles may not be able to handle the intense movements. Start out with a few minutes of light walking, followed by side movements and arm swings to get your body ready for the game.

**Hiking.** Trail walking, especially in hilly or rocky areas, can be harder on your body than you might think. It requires balance, strength, and coordination, particularly in your knees, calves, and hips. Starting out cold can lead to stiff muscles and make the hike feel harder. You'll increase the chance of injuries like sprains or muscle cramps too. Do some leg stretches like calf raises and lunges, along with ankle rolls to prepare your lower body before setting out.

**Strength Training.** Lifting weights helps build muscle and improve overall strength, but without preparing your muscles, you could strain your shoulders, lower back, or legs while lifting heavy loads. A proper warm-up helps your muscles become more flexible and ready to take on the stress of strength training. Start with light cardio, like walking or cycling, followed by moving all your joints. Try doing lighter sets of your exercises first to warm up the muscles you plan to work.

**Yoga.** Known for its flexibility and relaxation benefits, yoga can also strain your muscles if you dive into deep stretches without warming up. Your muscles need to be loose and flexible to avoid injury during poses. Start with a few gentle, flowing movements or simply take a brief walk before beginning your routine.

**Running.** Although running may seem like a simple activity, it's tough on your legs and joints. If you don't warm up properly before running, you could end up with tight muscles or painful shin splints. Cold muscles can also make running feel harder than it needs to be, and you're more likely to get injured during the activity. Begin with a brisk walk for the first few minutes, followed by a light jog.

Warming up before exercise may seem unnecessary, but it's crucial for preparing your body. Taking time to warm up helps prevent injuries, boosts performance, and ensures a better workout. So, before exercising, don't skip this step—your body will thank you.



Lori A. Harris

**AVOIDANT VS. ATTRACTIVE GOAL-SETTING**

We've entered the season of reflection—when many of us pause to evaluate what went well over the past year and identify areas ripe for growth. The pillars of a fulfilling life often fall into familiar categories: health and wellness, relationships, work and creativity, and how we invest our time and money. Yet, how often do we find ourselves setting the same goals year after year? Reflection is a valuable practice, but a common trap is getting stuck in a negative thought loop.

Negativity bias is a design feature of the human brain. It's our mind's way of keeping us safe, scanning for potential dangers and pitfalls. This wiring has served humanity well for millennia, helping us avoid wild animals, poisonous plants, and other threats to survival. But in today's safer, more predictable world, this ancient mechanism often leaves us dwelling on perceived shortcomings rather than focusing on opportunities for growth.

The good news? You can break free once you notice you're in a negativity loop. You can ask yourself: Is this thought true? Is there another way to look at this situation? The answer is almost always yes.

There's a better way to set goals: through attraction, not avoidance.

Consider why you want to make a change. Picture your goal as if it's already achieved. Use affirmative, attractive language that motivates and excites you. For example:

- "This year, I'm working to improve my fitness because I'm walking the Camino de Santiago in April!"

Notice the power of the language:

- I am—not "I want to," not "someday." It's a declarative statement that brings the vision to life. You can almost see yourself walking through Spain, soaking in the scenery and the camaraderie.
- Here's another example:
- "I'm improving my fitness by biking with my spouse. We love riding to our favorite café for brunch."

These statements focus on what you're moving toward, not what you want to avoid. Instead of framing the goal around preventing a heart attack, stroke, or disease, you're envisioning joyful, specific outcomes. While media and medical professionals often emphasize the negative consequences of poor health choices, that approach rarely inspires sustainable action.

This year, try something different. Start by creating a vivid mental image of your goal as already achieved. Then, think of one small step you can take to begin. No matter how tiny, a single action sets the wheels in motion. Keep taking those steps, and you'll find yourself achieving more than you imagined.

Let's take sleep, for example—one of the topics we explored last week. Here's a baby step to improve your rest: Commit to getting outside first thing in the morning. Ideally, within two minutes of waking, but within the first hour will do. Exposure to natural light resets your circadian rhythm, leading to deeper, higher-quality sleep and improved brain and cardiovascular health.

It's so simple: Step onto your porch in your bathrobe and soak in the morning light. The beauty of this practice? No one else sees the sunrise from your exact perspective. That sunrise is uniquely yours, a moment just for you. Go get your sun!

This year, embrace attractive goal-setting. Visualize the life you want, take small steps toward it, and watch how much closer you'll be to living the life of your dreams.

About the Author:

Lori A. Harris is an award-winning coach and former lawyer who helps people live intentionally and authentically. Learn more from her on her podcast, *Unlock Your Life with Lori Harris*, available at [loriaharris.com](http://loriaharris.com) and all streaming platforms.

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by Tim Jones







# January Events Around Town!

Brought to you by Sue Cook

### 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 District's 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

**January 18**  
**Chinese Floral Arts: Realistic Style** - Explore 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

**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.

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