

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, JANUARY 11, 2025

VOLUME 19 NO. 02



Our hearts go out to all those affected by the Los Angeles wildfires. As your neighbors, we're here to help our community recover

Resources:

Free temporary housing:

If you know anyone who has been evacuated or lost their home due to the fire, they can call 211 which has partnered with Airbnb and are providing people one week of free stay at an Airbnb.

FEMA Assistance:

Register Online or by Phone: Call FEMA at 1-800-621-FEMA (3362)

Los Angeles County Assessor:

Taxpayers whose properties have either been destroyed or sustained a minimum of \$10,000 in damage may file a Misfortune and Calamity (M&C) claim for property tax relief. Assessor's Disaster Relief Hotline (213) 974-8658

Convoy For Hope:

Organizations like Convoy of Hope provide disaster relief and recovery services, including distributing relief supplies and offering support for rebuilding.

Donations:

CAR Disaster Relief, Pasadena Humane Society, Mutual Aid Los Angeles Network



Jan Greteman 626.975.4033
lic #01943630

Judy Webb-Martin 626.688.2273
lic #00541631

Katie Orth 626.688.0418
lic #00942500

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SIERRA MADRE EATON CANYON FIRE UPDATE:

As of 10:30 am Saturday, January 11, 2025



Sierra Madre has not escaped the wrath of the Eaton Canyon Fire. Although not to the devastating extent that Altadena and parts of Pasadena are suffering, the city has experienced a number of losses. For Sierra Madre, there are multiple homes and structures that have been completely destroyed.

SMFD Chief Brent Bartlett noted that there were still hot spots throughout the Evacuation Zone. The details have not yet been confirmed as the Cal-Fire Incident Investigation Team are continuing their assessment. It is anticipated that a confirmed report will be ready early next week according to SM City Manager Jose Reynoso.

In a news conference on Friday, Mayor Robert Parkhurst informed the public of the following:
1. PUSD Schools are closed thru Jan. 17, 2025.
2. SIERRA MADRE WATER IS SAFE TO DRINK.
3. AIR QUALITY IS UNHEALTHY (Page 16)
4. DO NOT USE LEAF BLOWERS
5. A CURFEW WILL BE ENFORCED (right)
6. Power Restoration will begin as Edison determines it is safe.

On Saturday morning, Police Chief Gus Barrientos confirmed that there has been no widespread looting in the city and additional resources have been assisting SMPD to keep the town and homes safe. Above, Sgt. Kyle Bailey is briefing the National Guard on the areas covered by the curfew.

Barrientos also stated that the city is a restricted air space zone and that the flying of drones is prohibited.

Additional information on what to do, where to go or where to sign up for electronic notifications can be found inside this edition. S. Henderson/ MVNews

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DIRECTOR OF EMERGENCY SERVICES EXECUTIVE ORDER NO. 2025-01

WHEREAS, on January 9, 2025, the Sierra Madre City Council approved Resolution No. 25-07 proclaiming a local emergency caused by the Eaton Fire;

WHEREAS, Resolution No. 25-07 authorized the City Manager, as the Director of Emergency Services, to take any measures necessary to protect and preserve the public health, safety, and welfare;

WHEREAS, Government Code section 8634 states, "During a local emergency the ... officials designated ... may promulgate orders and regulations necessary to provide for the protection of life and property, including orders or regulations imposing a curfew within designated boundaries where necessary to preserve the public order and safety;"

THEREFORE, I, City Manager Jose Reynoso, as Director of Emergency Services, in accordance with the authority vested in me by Government Code Section 8634 and City Council Resolution No. 25-07, issue the following orders effective immediately:

SECTION 1. Curfew. A curfew shall be in effect starting January 10, 2025, and shall automatically terminate upon the earlier of the termination of the evacuation order or this Executive Order. It shall be unlawful for any person to travel or be upon the public street, avenue, alley, park, or other public place or public property, between 6:00 p.m. and 6:00 a.m., within Zones 1-16 and Zone 19, including every portion of the City North of Grandview Avenue.

SECTION 2. Exceptions. The curfew shall not apply to police officers, peace officers, firefighters, or other emergency personnel or civilians engaged in police or emergency work, nor shall it apply to authorized representatives of any news service, newspaper, or radio or television station or network.

SECTION 3. Enforcement. The Sierra Madre Police Department, along with the law enforcement authorities cooperating with the City of Sierra Madre, are hereby authorized and charged, to the extent provided by law, with the responsibility of enforcing the curfew and are further authorized to arrest such persons that do not obey this curfew after notice, oral or written, has been given. Any violation of this order shall be punished as a misdemeanor.

SECTION 4. Filing & Posting. This Order shall be filed in the office of the City Clerk, posted at every City-owned facility, and published to the City's website and social media.

SO ORDERED.

Jose Reynoso
Jose Reynoso
Director of Emergency Services
City of Sierra Madre

January 10, 2025
Date

Attest:

Laura M. Aguilar
Laura M. Aguilar
City Clerk
City of Sierra Madre



A COMMUNITY UNITED:

In the wake of the devastating Eaton Fire, our hearts go out to those who have lost their homes and livelihoods. This week has brought unimaginable challenges, but together, we will move forward.

Now is the time to come together and support one another as we learn about the larger changes this event has wrought in our community.

Our Sincerest Gratitude to the first responders who ran towards the flames as we fled and to the brave citizens who selflessly helped their neighbors.

Our Heartfelt sympathy goes out to all affected. Let us know how we can help you!

R
Barbara Rogers
626.484.8135



B
Eileen Benson
626.278.0187
Eileen.Benson@camoves.com
www.EileenBenson.com
CRE#01880650

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



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Pasadena Altadena



News From Your Community For Your Community

EATON CANYON FIRE BLACKENS 13,690+ ACRES, DEATH TOLL AT EIGHT

Story and Photo By Dean Lee

Aerial photographs and video over Altadena Friday morning show an otherworldly landscape after the Eaton Canyon fire destroyed an estimated 7,000 structures and killed at least three people. At press time the fire was 13% contained and still burning near the summit of Mount Wilson.

“We are relieved to report that the flare-up of the Eaton Fire near the [Mount Wilson] Observatory seems to be under control at the moment,” Mount Wilson Observatory staff said. “There are fires below the towers and parking lot but fire crews are monitoring the situation, letting the fire consume the fuel.”

Four firefighters and an unknown number of people have been injured.

The fire burned south as far as Highland Street and East Woodbury Rd. in Pasadena.

As of Friday The Los Angeles County Parks Department had started to tally losses.

“Sadly, our beloved Eaton Canyon Nature Center, Farnsworth Park –Davies Community Center– on the National Historic Register, and the Altadena Golf Course Club House and adjacent buildings were destroyed in the Eaton fire,” department staff said in a statement. “Currently, Charles White and Loma Alta parks in Altadena have fire damage.”

Among other losses were a number of restaurants, eateries and bars, including Fox’s diner, the pizzeria Side Pie, Pizza of Venice, Café de Leche, the Little Red Hen Coffee Shop, Everest burgers and the Rancho Bar. Minik Market also said the business had been lost.

“Minik Market wasn’t just a shop; it was a gathering place for our community—a space where neighbors became friends and where everyone felt welcome,” owners Gamze and Jon said. “Losing it has been devastating.”

Pasadena Humane said they have taken in over 300 animals due to evacuations.

“We are starting to see many animals coming in with burns and injuries,” they said. “These



animals are being treated in our ICU. We are providing them with pain medications, wound care, fluid, and oxygen as needed. We’re working with shelters across the state who have offered to take in the animals that were already in our care so that we can focus on providing resources to the displaced animals.”

Los Angeles County Supervisor Kathryn Barger and Los Angeles County Sheriff Robert Luna said that Governor Gavin Newsom had approved their request to deploy the California National Guard to support law enforcement. CalGuard servicemembers should have arrived Friday.

A curfew was implemented in the fire regions starting Friday from 6 p.m. to 6 a.m.



we are unsure about when we can get back to our property and resume our mission and ministry. The retreat center will be closed for the foreseeable future. We will update you when we have more information. Please be patient with us as we the Mater Dolorosa team and Holy Cross Province are trying to digest this devastation and are working with diligence, prudence and wisdom. Most of our staff have been evacuated and deal with house and property losses. Please continue to pray for us and all those affected by it. It makes complete sense to understand that our faith is tested on fire! But we are pilgrims of hope as Pope Francis exhorted us this year. Hope will not disappoint us. We will recover and be back serving you again.

FROM THE MONASTERY FIRE UPDATE

FROM: Fr. Febin Barose, C.P.
Retreat Center Director and Director of Ministry”

“Dear Friends,

It is with heartfelt emotion and in solidarity with all those affected and lost their homes that I update you on what we know about the Eaton Canyon fires affecting Mater Dolorosa. The notice regarding the fire arrived right after dinner yesterday. We had about 60 people in the house. After the city management alerted us to the situation, with the teamwork and coordination of our staff and the Passionist community, we safely and calmly evacuated everyone to their cars and on to their respective places. Facilities Director Janet Selinske, Executive Chef Ricardo Sola, and kitchen staff on duty are troopers. There were long lines at hotels but we were able to find one by midnight for our Passionist Community members.

This morning (Wednesday), Ricardo and I were able to get into the retreat center. Seeing the area filled with smoke and dust was devastating and heartbreaking. We found the garage, apartment, and hermitage fully burned down. The Seven Sorrows Garden, Paul of the Cross fountain, and stations of the cross have fire damage. As we went into the building, we found the De Loor hall roof thoroughly shattered with water damage. The administrative offices, especially the ones on the front side, have been completely ruined. I could not see severe damage to the retreat center’s East and West wing and the Community residence on the third floor, but all were covered in thick dust. We could not stay long because of the intensity of the smoke. We drove down the hill and noticed the damage to the neighboring houses some completely and others partially. I am still trying to process these things, along with our staff and community.

We are showered with lots of prayerful support from many people at this point. The greatest blessing is we all are safe, and I am so grateful! My dear friends, at this point, we are pilgrims of hope as Pope Francis exhorted us this year. Hope will not disappoint us. We will recover and be back serving you again.

POST OFFICE UPDATE

LOS ANGELES (CNS) -

Some post offices that were affected by wildfires have resumed retail services and mail delivery in areas designated as “safe” throughout Los Angeles County, while some offices have been assigned temporary pickup locations, officials said today.

Regular services have reopened at the La Canada Flintridge and Malibu Post Offices, according to the United States Postal Service.

The following post offices’ retail and delivery services have been relocated where customers will be able to pick up mail on the effective dates:


-- ALTADENA POST OFFICE 2271 Lake Ave., mail pickup location at Pasadena Post Office, 600 Lincoln Ave.;

-- SIERRA MADRE, ARCADIA (WHEELER) ARCADIA (DUARTE RD.) EAST PASADENA (Colorado Blvd) and MONROVIA are operating on their normal schedule at press time.

The post office can forward mail to a temporary location to people who were affected. An Official Mail Forwarding Change of Address Order to reroute their mail, including packages and letters, can be completed at moversguide.usps.com, or by filling out a PS Form 3575 at any post office.


More information about postal products and services can be found by calling 800-275-8777.

Additional retail locations can be found at tools.usps.com/locations/.



OFFICIAL ANNOUNCEMENT

City of Sierra Madre



National Guard has arrived to help secure Sierra Madre during curfew hours 6:00 pm to 6:00 am.

This effort will ensure that the evacuated areas above Grandview, and in the canyon, are protected from looters and anyone attempting to commit crimes against our residents and businesses.

The curfew is in place for the evacuated areas only. This applies to portions of the City that are north of Grandview.

Stay up-to-date with notifications by signing up for Nixle.
To sign up, text your zip code to 888777 for mobile alerts.

Pasadena Altadena

News From Your Community For Your Community

National Guard Arrives in Pasadena



Residents being allowed a single visit to their homes.

In response to a request from Los Angeles County, Governor Gavin Newsome deployed the California National Guard to the Los Angeles area Friday including Pasadena to assist with law enforcement duties in communities affected by the wildfires. Members of the California National Guard are in Pasadena and Altadena to help protect the homes, businesses and properties impacted by the Eaton Fire.

Law enforcement is allowing residents in the evacuation area a single visit to access their homes with reasonable verification. We encourage residents to be prepared to gather any and all documents or items needed during this one-time entry.

“Residents who’ve evacuated have faced unimaginable devastation, displacement, and loss,” Los Angeles County Chair Kathryn Barger said. “We must stand up against opportunistic people who want to prey on these victims. Los Angeles County will not stand by and allow an already traumatic experience to be further compounded.”

As of Thursday afternoon, the Sheriff’s Department had arrested 20 people for looting. The Sheriff said local law enforcement has been working around the clock to protect residents’ property and the 400 National Guard members who will be deployed will expand the efforts already underway.

The National Guard was expected to deploy Thursday evening and will be helping local law enforcement with traffic control and critical infrastructure protection.

“This effort will allow law enforcement to free up our resources and move personnel to other critical areas throughout the County, becoming a force multiplier,” Sheriff Robert G. Luna said. “This will help send a stronger message to keep people out of the impacted areas so we don’t continuously victimize those who’ve lost their homes.”

The curfew will apply to the two current fire evacuation areas and will be in place from 6 p.m. to 6 a.m. for areas under mandatory evacuation orders.

For more information visit: CityOfPasadena.net.

Local Officials Vow to Rebuild



Pictured top: LA County Supervisor Kathryn Barger speaks at a press conference as Pasadena Mayor Victor Gordo stands by. Pictured right, aerial view of Altadena fire Friday. Pictured left, a house is destroyed by fire on Highland street in Pasadena. Photos by Dean Lee/MVNews

By Dean Lee

Against the backdrop of thousands of evacuees and with the Eaton Canyon fire still raging just miles away, dignitaries and elected official held their first briefing Wednesday with a consensus that communities devastated by wind and fire would be rebuilt.

“We will put out the fire and then it will be time to rebuild,” said Pasadena City Manager Miguel Márquez. “In this community we may get knocked down but we always pick ourselves up. Many thanks to our first responders, our city staff, our city council, our county state and federal partners... and most of all our residents. We will not relent, we will heal, we will rebuild.”

He continued, “These last 22 hours did not bring us down, they made us Pasadena strong.”

After taking a tour Wednesday with Pasadena Mayor Victor

Gordo, of the burned areas, LA County Supervisor Kathryn Barger said the experience was surreal.

“It is without words, that I can even explain to you what is taking place... my heart is heavy... but I have to say that we met with the governor who also met with the president that resources both financial, boots on the ground, are here and we will continue to fight this fight,” Barger said. “We will rebuild.”

Congresswoman Judy Chu had flown in from Washington D.C.

“President Biden has declared this a national disaster. She said, “So now the mechanics are in place for people to get assistance for recovery from FEMA. Our office will be ready to assist in the recovery from these fires.”

State Assemblymember John Harabedian said that for those that lost homes, businesses, property, “We are going to help you rebuild, we are going to do

everything we can to fight for you every day, now, this week, over the next couple of months and years to make sure you get your life back.”

Gordo said that the biggest challenges will be transitioning people who have lost their home into permanent housing. “We have hundreds of homes that have been destroyed. It’s a challenge that we are going to engage the county, the state and the federal government.”

Altadena Libraries Still Standing



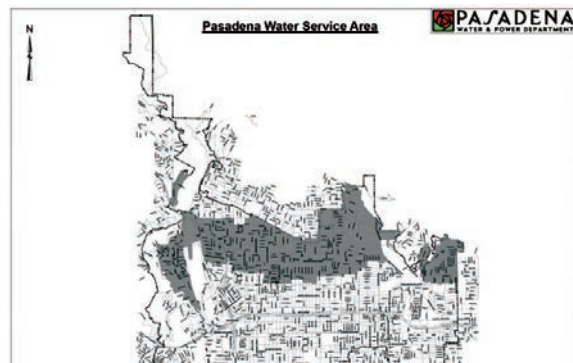
Altadena Library officials released a statement Thursday night that social media and news reports that the Altadena libraries are gone in the fire are incorrect.

“We received visual confirmation late this afternoon that our libraries, the Altadena Main Library and Bob Lucas Memorial branch, are both undamaged,” they said. “Please share this information with your friends and family so that we can keep our community updated.”

They further stated that, “We are devastated by the damage this fire has done to our beloved Altadena, and our hearts go out to all affected by this disaster. Yet we are grateful to be part of such a resilient and close-knit community and are committed to supporting Altadena in every way possible as we grieve, come together, and rebuild.”

For more information visit: altadenalibrary.org.

Pasadena Drinking Water Impacted by Eaton Fire



City officials are advising that the Eaton Fire caused damage to several City of Pasadena reservoirs and pump stations, potentially impacting water quality within the areas shown in gray on the map above.

According to officials, “while the extent of the damages cannot be evaluated as of Friday due to the ongoing fire situation and limited accessibility, the water systems that serve the impacted areas may be compromised, including potential debris and other matter from fire damage. Therefore, the city issued a do-not-drink water notification alert, last Tuesday, to notify and protect the health of our community.”

The State Water Resources Control Board, Pasadena Public Health Department, and Pasadena Water and Power (PWP) advise the Pasadena community in the identified areas to not use tap water for

drinking and cooking until further notice.

In the impacted areas, do not drink tap water – Bottled water should be used for all drinking (including baby formula and juice), brushing teeth, washing dishes, making ice and food preparation until further notice. This also applies to pets and domestic animals. Additionally, do not try to treat the water yourself. Boiling, freezing, filtering, adding chlorine or other disinfectants, or letting water stand will not make the water safe to drink.

The city is working diligently to address the issue and is committed to ensuring the safety and well-being of the Pasadena community. PWP is prioritizing the necessary water infrastructure repairs, while continuing its standard for daily water quality testing.

For more information, call PWP 24-Hours (626) 744-4138.

Pasadena Officials Caution over Inhaling Smoke & Ash

As part of the response to the Eaton Fire, Pasadena Public Health Department urges residents affected by wildfire smoke to take steps to protect their health by staying indoors and avoiding outside activity, if possible, to prevent the inhalation of smoke and ash.

Smoke and ash from wildfires can be unhealthy, particularly for vulnerable people such as older adults, children, individuals with respiratory illnesses or asthma, and pregnant people. Wildfire smoke contains fine particles which are respiratory irritants, and when inhaled deeply, can affect the lungs and the heart. Exposure to high concentrations of fine particles can cause persistent cough, runny nose, phlegm, wheezing, and difficulty breathing. Urban wildfires can lead to potentially greater risks to health because they often release more toxic pollutants, due to the burning of synthetic materials like plastics and metals found in buildings.

Smoke from wildfires can also cause eye irritation, reduced lung function, and bronchitis. Breathing smoke can also make asthma symptoms worse. People with underlying lung or heart problems should limit their exposure by staying indoors.

People who must work

outdoors for long periods in areas with heavy smoke or where ash is present, should wear a well-fitting N95, P100, or P110+organic vapor respirator mask. Since wearing a respirator can make it hard to breathe, individuals with lung or heart problems should ask their doctor before using one.

You can monitor air quality in the Los Angeles area on the South Coast AQMD website. Protect yourself from wildfire smoke:

- Shut windows.
- Turn off your vents to the outside.
- Use portable air cleaners/air purifiers inside.
- Reduce physical activity to reduce inhalation of smoky air.
- Wear a well-fitting respiratory mask, gloves, long-sleeved shirts, and long pants when cleaning up ash. Avoid skin contact. If you do get ash on your skin, wash it off immediately. Some wet ash can cause chemical burns.
- Monitor children and young adults, and do not allow children to play with ash or be in an area where ash-covered materials are being disturbed.
- Clean ash off pets.

If you experience chest pain, chest tightness or shortness of breath, seek medical care immediately.

Pasadena Senior Center Back Open Helps Altadena

The Pasadena Senior Center announced that it re-open its doors Friday and today with classes resuming on Monday. The center, a crucial hub for the senior community, had been temporarily closed due to significant debris around the parking structure and center premises following the Eaton fire and consequent high-velocity winds staff said.

Executive Director Akila Gibbs expressed her enthusiasm about the reopening, stating, “I am happy that we will be able to open our doors and welcome seniors back to the center.” The cleanup efforts have been significantly supported by Councilmember Justin Jones’s office, which played a pivotal role in mobilizing city resources for the task. “When I learned that the center was closed due to debris, I worked in coordinating with city staff from the Public Works Department and Parks, Recreation, and Community Services to help clean up,” said Councilman Jones.

During the closure, the Senior Center staff conducted wellness checks on nearly 2000 members, provided protein drinks, and

distributed incontinence and personal hygiene products by taking them to the convention center. In a gesture of community solidarity, Friday’s lunch will also welcome older adults from the Altadena Senior Center, which unfortunately has burned down. These individuals are invited to participate in the Pasadena Senior Center’s programs and services, including the lunch program.

Acknowledging the ongoing recovery efforts, Ms. Gibbs urged caution amongst the senior community due to the lingering debris on streets and unhealthy air quality. “We urge everyone to be careful while walking and to wear face masks,” she advised.

The center is eager to resume its regular schedule of classes and activities from Monday. This weekend, the center invites all seniors for a complimentary cup of coffee and to experience a renewed sense of community. “We welcome you with open arms,” concluded Gibbs.

“The Pasadena Senior Center prioritizes efforts to improve the lives of older adults,” Jones said.

For more information visit: pasadenaseniorecenter.org or call 626-795-4331.

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AROUND SAN GABRIEL VALLEY

FIVE THINGS TO KNOW ABOUT FEMA, FEDERAL AND NONPROFIT SUPPORT TO THE CALIFORNIA WILDFIRES RESPONSE

Office of External Affairs
U.S. Department of Homeland Security
Washington, DC 20472



FEMA

WASHINGTON -- As state, local and federal responders continue efforts to save lives, homes and public property in the areas affected by the wildfires, residents should remain vigilant as conditions are still dangerous and severely degraded air quality in Los Angeles county poses a threat to residents. Follow instructions from local officials and evacuate immediately if told to do so.

Los Angeles County residents can apply for FEMA assistance

FEMA understands that you may not have all of your personal documents with you or that they may have been lost in the fires. To apply for assistance, you only need:

- Names of everyone living in your home at the time of the fires.
 - Social Security number (yours or your child's).
 - Household income.
 - Contact information.
 - Information of property damage/emergency needs.
- If you have insurance, you should file a claim as soon as possible. FEMA assistance is available to help jumpstart your recovery if you have uninsured or underinsured damage. If insurance does not cover all your damage, FEMA may provide additional help. There are three ways to apply:

- Online at DisasterAssistance.gov and in Spanish language at DisasterAssistance.gov/es.
- Calling the FEMA Helpline at 1-800-621-3362 for assistance in multiple languages.
- On the FEMA App for mobile devices.
- To view an accessible video about how to apply visit: FEMA Accessible: Registering for Individual Assistance - YouTube.

Applying for FEMA assistance is a process

After applying for assistance, you will receive a letter from FEMA by mail or email and you can find it on your DisasterAssistance.gov account, based on the preference you indicated when you applied. The letter will explain whether FEMA has found you eligible for assistance, how much and how the assistance must be used.

In some cases, you may receive a letter stating you are "not approved" for help from FEMA. While this may seem like a denial, you may still be eligible for FEMA assistance. Oftentimes, survivors are "not approved" because FEMA needs additional information to make a determination. The letter will explain the reason for the initial decision. Read the letter carefully. The fastest way to submit additional documents is to upload to your disaster assistance account at DisasterAssistance.gov.

State and local governments may receive 100% reimbursement for emergency work

President Biden approved the 100% cost share for Public Assistance Categories A and B for 180 days. This means that FEMA will fund 100% of the cost of debris removal and lifesaving and life sustaining activities the state and local governments take—including fire suppression efforts—as they work to save lives.

The assistance FEMA provides through its Public Assistance Program is subject to a federal cost share, normally 75%, which means that FEMA provides funding for a portion of the project and the state, territory, local government or nonprofit is responsible for the remaining portion.

For debris removal and emergency protective measures specifically, the federal cost share may be increased in limited circumstances, and for limited periods of time, as with the California wildfires and a number of other major disasters.

Disaster response is a whole of government effort

The U.S. Department of Health and Human Services declared a public health emergency for California, providing health care providers and suppliers greater flexibility to meet emergency health needs of Medicare and Medicaid beneficiaries.

The U.S. Department of Defense is providing firefighting personnel and capabilities as well as Navy helicopters with water delivery buckets to assist with aerial fire suppression.

Anyone feeling overwhelmed or in distress because of the fires can call or text the Disaster Distress Helpline 24/7 at 1-800-985-5990 to receive free crisis counseling.

State and nonprofit partners like the American Red Cross and others are providing a safe place to stay, meals and emotional comfort to people. To find a shelter, text SHELTER and your ZIP code to 43362, visit redcross.org/shelter or call 1-800-RED-CROSS (1-800-733-2767). You can also call this number if you need assistance locating a missing loved one because of the fires.

People can help affected communities recover

Financial contributions to recognized disaster relief organizations are the fastest, most flexible and most effective method of donating. Organizations on the ground know what items and quantities are needed, often buy in bulk with discounts and, if possible, purchase through businesses local to the disaster, which supports economic recovery.

SBA DISASTER NEWS RELEASE – SBA OFFERS FINANCIAL RELIEF TO LOS ANGELES COUNTY BUSINESSES AND RESIDENTS IMPACTED BY DEVASTATING WILDFIRES ADMINISTRATOR GUZMAN TO TRAVEL TO SOUTHERN CALIFORNIA TO ASSESS NEEDS

WASHINGTON – Today, SBA Administrator Isabel Casillas Guzman announced that low-interest federal disaster loans are now available to Southern California businesses, homeowners, renters and private nonprofit (PNP) organizations following President Joe Biden's major disaster declaration. The declaration covers Los Angeles and the contiguous counties of Kern, Orange, San Bernardino, and Ventura due to wildfires and straight-line winds that began Jan. 7, 2025.

Administrator Guzman also will join FEMA Administrator Deanne Criswell in Southern California this week to assess on-the-ground needs and ensure the SBA is fully prepared to assist businesses, homeowners, and renters impacted by this disaster. "As heroic firefighters and first responders continue to battle the devastating wildfires sweeping across Southern California, the federal government is surging resources to ensure that Angelenos are prepared to recover and rebuild from this catastrophe," said SBA Administrator Guzman. "In response to President Biden's major disaster declaration, the SBA is mobilizing to provide financial relief to impacted businesses and residents. Our continued prayers are with the brave individuals working to put out these fires as well as all those who have lost loved ones, their homes, and their businesses to this disaster. We stand ready to support our fellow Americans for as long as it takes." Loans are available to businesses of all sizes and PNP organizations to repair or replace damaged or destroyed real estate, machinery, equipment, inventory, and other business assets. The SBA also offers Economic Injury Disaster Loans (EIDLs) to small businesses, small agricultural cooperatives, small businesses engaged in aquaculture, and most PNP organizations to help meet working capital needs caused by the disaster, even if there is no physical damage. EIDLs may be used to pay fixed debts, payroll, accounts payable, and other expenses that would have been met if not for the disaster. Businesses can apply for loans of up to \$2 million.

Disaster loans of up to \$500,000 are available to homeowners to repair or replace damaged or destroyed real estate. Homeowners and renters also are eligible for up to \$100,000 to repair or replace damaged or destroyed personal property, including personal vehicles.

Interest rates can be as low as 4% for businesses, 3.625% for PNP organizations, and 2.563% for homeowners and renters, with terms up to 30 years. Loan amounts and terms are set by the SBA and based on each applicant's financial condition. Interest does not begin to accrue until 12 months from the date of the first disaster loan disbursement and loan repayment can be deferred 12 months from the date of the first disbursement.

The SBA encourages applicants to submit their loan applications as soon as possible. Applications will be prioritized in the order received and the SBA remains committed to processing them as efficiently as possible. Funding for the SBA's disaster loan program recently was replenished through the American Relief Act of 2025, signed into law by President Biden on Dec. 21, 2024.

Applicants may apply online and receive additional disaster assistance information at sba.gov/disaster. Applicants also may call SBA's Customer Service Center at (800) 659-2955 or email disastercustomerservice@sba.gov for more information on SBA disaster assistance.

People who are deaf, hard of hearing, or have a speech disability can dial 7-1-1 to access telecommunications relay services. As soon as Disaster Recovery Centers open throughout the affected area, SBA staff also will be available to provide in-person one-on-one assistance to disaster loan applicants.

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SIERRA MADRE FIRE, CITY OF SIERRA MADRE, SIERRA MADRE POLICE

KNOW YOUR ZONE

STAY ALERT DURING EMERGENCIES

The City of Sierra Madre has adopted a "zone-based" app to notify residents about emergencies and necessary evacuations. By enrolling in this app, you will be aware of the emergencies in the zone you live in and receive notifications about nearby dangers such as brush fires and flooding. Please let us help you by enrolling in Genasys Protect and make you and your loved ones safe when critical events occur.

genasys Protect

<https://protect.genasys.com/download>

SIERRA MADRE

SIERRA MADRE

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

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

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

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

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

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

Your event must:

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

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

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

It's Friday, January 10th, as I'm writing Walking Sierra Madre. I had already written a dandy, interesting, fun column talking about the Rose Parade and our beautiful float winning the Golden State Award. But now, after all that has happened this week with the horrendous Santa Ana winds and the fires that have wiped out the homes of so many people, and so many people I know, that all seemed so trivial. I'll tuck that one away for another day and just say how grateful I am that our beautiful town has suffered but been spared.

Twice in years gone by fire came close to Alegria and we prayed, dithered about what to do, eventually did nothing and the fires were contained before they got to us. Lisa Cardella's account of evacuating her alpacas, her chickens, cats, dogs and children was riveting. Thankfully, they are home again and her parents' home in the canyon is OK, too.

Electricity is a hit or miss commodity. My daughter, Leah, was without power for a couple of days but it's back on now, much to her relief, and also her houseguest, Chuck, who still doesn't have power at his house. Her two cats and his two cats have declared a truce and are getting along. Robert Gjerde, who has a house with the most spectacular view in the Canyon has power again.

Friends in Altadena have lost their homes and everything in them. But they are alive. I am thanking God that so many have escaped with just what they have on their backs. I am also thanking God for the generosity, kindness and care that has been extended. My friend, Cecilia, has taken in her cousin and family and so many others have made room for friends and family who are now in shock and wondering what to do next.

I am thanking God for all the firefighters who are risking their lives and grateful, too, that the winds have abated enough that water drops can be made.

Thinking back to some years ago when the fire was so close that I packed our car with what I considered to be important: All the pictures my Dad had painted, our photo albums, and all the afghans I had crocheted. Not one single important document. I don't even think I had brought clothes.

Friends on Facebook have described conditions in their own areas, which is so helpful. It is hard to believe that there have been instances of potential looters. As the Prophet, Jeremiah, said, "The heart is desperately wicked, who can understand it..."

My grandson-in-law, Chris, posted a video of a mountain lion escaping the flames with two little cubs running behind, and a coyote looking terrified. The video suggested keeping your pets inside and leaving a bucket of water outside for the animals who have also lost their homes.

The air is awful and taking a deep breath is not a pleasant experience. People have dug out their masks from the Pandemic and are wisely wearing them. Schools have been closed as the children don't need to be breathing in smoke and ash either.

Walking Sierra Madre is going to be the beautiful experience it's always been in time. And we have much to be grateful for.

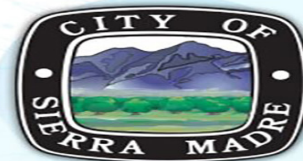
Let's pray, friends and neighbors, for those we know who are still in danger, who have lost everything, who don't know what to do next. Pray for those who are trying to save homes and lives.

My word for 2025 is Thankful. I am thankful that this, too, shall pass. Take a minute to think about these quotes... even in the face of disaster and tragedy, we can be thankful for each other and for God's everlasting kindness and mercy.

"Give thanks for unknown blessings already on their way."
Native American Saying

"Gratitude is not only the greatest of virtues, but the parent of all others."
Cicero, Roman Philosopher

SIERRA MADRE WATER UPDATE



- During the Eaton Fire, some neighboring water agencies experienced damage to their reservoirs and have issued "Do Not Drink" or "Boil Water" alerts.
- **Rest assured, Sierra Madre's water system remains fully intact and uncompromised.**
- The City of Sierra Madre's water system continues to provide safe and reliable water for all residents.
- We are grateful for the resilience of our infrastructure and our dedicated teams working to keep essential services running smoothly.
- Please conserve water at this time for firefighting purposes.
- Please only use water for hydration and sanitation at this critical time.

NIXLE

Sign up for important messages from your city!

Text 91024 to 888777



Community messages are used to convey everyday local news, happenings, and developments.



Advisory messages are intended to communicate important, need-to-know information. For example, the Police Department will send out bear sighting notifications using this format.



Alert messages are reserved for critically important information where loss of life and/or property is potentially imminent. Alert messages are time-sensitive and require your immediate action

By default, residents who are signed up for Nixle alerts will only receive email alerts for advisory messages. We recommend that our residents opt in for text messages for advisory and alert messages

SIERRA MADRE WOMANS CLUB GENERAL MEETING

JAN 22, 11AM
LUNCH \$17, RSVP Required

DISCUSSION TO INCLUDE
HOW TO SUPPORT
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AROUND SAN GABRIEL VALLEY

DISASTER INSURANCE NOTICE - COMPANIES BANNED FROM CANCELING/NON RENEWALS

LOS ANGELES (CNS) -

California Insurance Commissioner Ricardo Lara has banned insurance companies from canceling or not renewing policies for homeowners affected by the Palisades and Eaton fires for one year.

The moratorium, which Lara announced Thursday night, will be in effect for one year from the day Gov. Gavin Newsom declared a state of emergency on Jan. 8.

Specifically, it shields homeowners within the perimeters or adjoining ZIP codes of the Palisades and Eaton fires, but more ZIP codes may be added in the future as other fires have broken out.

Homeowners can visit insurance.ca.gov to see whether their properties are within the ZIP codes under the moratorium and obtain protection.

The commissioner also called on insurance companies to pause for six months pending non-renewals or cancellations that were is-

sued up to 90 days prior to Jan. 7, and he asked insurance companies to allow policy holders time to pay their premiums beyond the existing regulation of a 60-day period.

"My heart goes out to my fellow Angelenos and to the firefighters currently battling these blazes," Lara said during Thursday's news conference.

"Let me be clear, my top priority is to protect all affected people during this crisis and assist in their insurance recovery."

According to Lara, the moratorium currently does not cover businesses, but he will be working with state and federal leaders to protect them.

Additionally, the department will soon issue a notice to all California health insurers directing them to submit emergency plans, Lara said.

Plans must detail how they're going to ensure that consumers can continue to access

essential medical care and obtain their medications in the wake of the disasters.

Initial estimates of the damage from the Palisades Fire, which ravaged homes, businesses and communities in the Pacific Palisades and Malibu coastal areas, ranged from \$10 billion to more than \$50 billion, according to county officials. But those estimates may increase following the completion of damage assessments.

On Wednesday, the forecasting company AccuWeather estimated the potential loss between \$135 billion to \$150 billion.

The Department of Insurance has also scheduled workshops to help homeowners understand their insurance policies and guide them through the claims process, officials said Friday.

The department will have staff and experts on site to facilitate the workshops, which will be held at the following days and times:

-- Saturday, Jan. 18, from 10 a.m. to 5 p.m.,

and Sunday, Jan. 19, from 10 a.m. to 1 p.m. at Santa Monica College, Performing Arts Center East Wing, 1310 11th St.; and

--- Saturday, Jan. 25, from 10 a.m. to 5 p.m. and Sunday, Jan. 26, from 10 a.m. to 1 p.m. at Pasadena City College, 1570 East Colorado Blvd.

County residents can also schedule a one-on-one appointment with department staff by contacting the CDI's Hotline at 1-800-927-4357.

According to the department, the workshops will be confidential and recording will not be permitted of any staff meeting with residents.

Those attending are encouraged to bring a copy of their insurance policy, declaration page and any relevant correspondence related to their concerns.



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PASADENA UNIFIED SCHOOL DISTRICT UPDATE

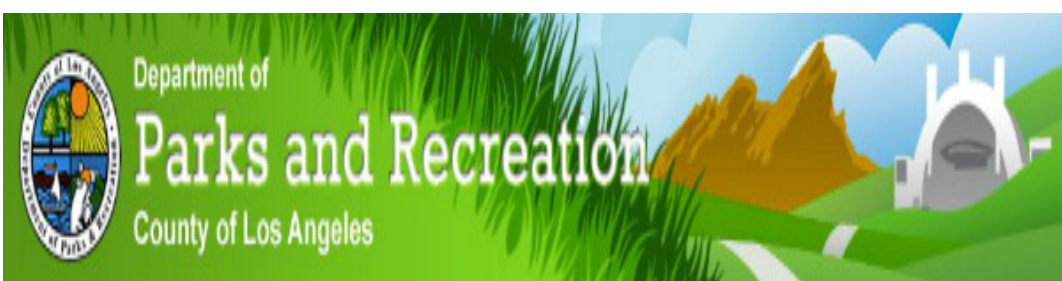
After careful assessment and consultation with local emergency management officials, the Superintendent's Leadership Team has determined that in-person learning will not resume next week. Schools will

remain closed from January 13-17, 2025.

Student Learning

During the week of January 13-17, 2025, Teachers will not be required to provide direct instruction, and school site staff will not report to campuses. However, PUSD students will have access to self-directed, online learning options. These learning options, by grade span (elementary) and subject area (secondary), are hosted on Canvas and are accessible via Clever and directly at this link: <http://gopusd.com/learning>

These learning options support students' continuity of learning, engagement, and their social-emotional well-being. Please note that these are optional for students. They will not be graded, nor will they be required. Our goal is to help our students redirect their focus from the tragedy our communities are facing, provide them with a sense of routine, and give them the opportunity to engage in skill development during this difficult time.



LA COUNTY PARKS CREATES YOUTH CARE CAMPS IN RESPONSE TO ONGOING WILDFIRES

Four LA County parks offer programming and services for youth and teens affected by the Eaton Canyon Fire

LOS ANGELES (January 11, 2025) In response to the ongoing wildfires, County of Los Angeles Department of Parks and Recreation (LA County Parks), is offering a fun and supportive space for children and teens affected by the Eaton Fire with new LA County Parks Care Camps. LA County Parks Care Camps are designed to assist families under mandatory evacuations, displaced due to the fires, or directly affected by the wildfires, offering a space where children age 5-12 can learn, play, and thrive while parents focus on recovery. Some locations will offer programming for teens age 13-17.

Los Angeles County Supervisor Kathryn Barger said, "The events from this week have been tragic and traumatic experiences for all of our communities, but especially for residents displaced by the wildfires that have swept through many parts of our County. We want to support the emotional and physical well-being of children and families during these challenging times. LA County Parks is partnering with the Dodgers Foundation, the Natural History Museum, the La Brea Tar Pits, LA County Arboretum, LA Philharmonic and Altadena Libraries, to provide field trips, activities, and nutrition at no cost to families. It takes a community to rebuild, and we are determined to do our part."

"LA County Parks is part of the fabric of the Altadena and Greater Altadena community. LA County Parks staff want to make sure that our youth and families know they are not alone. We are here to support the community in this time of need with Care Camps," said Norma E. Garcia-González, Director of LA County Parks.

LA County Parks Care Camps are led by our dedicated and trained staff, with a 1:5 staff-to-participant ratio, to ensure personalized attention and care for every child. Additionally, each of our camps will include parent lounges/spaces, where parents are invited to drop in for some time or stay for the entire duration of the camp, providing a welcoming environment for the whole family. Camps will provide music, arts and crafts, sports, and field trips to the LA County Natural History Museum, LA Brea Tar Pits, Dodger Stadium, and more.

Two LA County Parks Care Camp locations will also include teen centers open to youth ages 12-17, with extended program hours from 8:00 AM to 7:00 PM. These teen centers will offer age-appropriate activities and a safe space for older youth to connect, engage, and receive support during this challenging time. Our camps are here to bring fun and community to families during this difficult time.

Dates and Times:

Our camps will operate Monday, January 13, 2025, through Friday, January 31, 2025.
Youth Camps, Age 5-12, 8 am to 5 pm
Teen Camps, Age 13-17, 8 am to 7 pm

Meals Provided: Each child will receive two snacks (AM/PM) and a lunch. Teens also receive a supper in the evening.

LA County Care Camp Locations:

1. Pamela Park, 2236 Goodall Avenue, Duarte, CA 91010
 - a. Pamela Park Care Camp for youth age 5-12
 - b. Pamela Park Teen Camp for teens age 13-17
2. Arcadia Park, 405 South Santa Anita Avenue, Arcadia, CA 91007
 - a. Pamela Care Camp for youth age 5-12
 - b. Pamela Teen Camp for teens age 13-17
3. Crescenta Valley Community Regional Park, 3901 Dunsmore Ave, La Crescenta, CA 91214
 - a. Crescenta Valley Park Care Camp for youth age 5-12
4. LA County Arboretum, 301 N. Baldwin Ave, Arcadia, CA 91007
 - a. Arboretum Care Camp for youth age 5-12

For the LA County Care Camp Registration Form, please visit: <https://parks.lacounty.gov/care-camps/>

For more information please email recprograms@parks.lacounty.gov

About the County of Los Angeles Department of Parks and Recreation

The County of Los Angeles Department of Parks and Recreation manages 182 parks. It also operates a network of 9 regional parks, 38 neighborhood parks, 20 community parks, 16 wildlife sanctuaries, 8 nature centers, 41 public swimming pools, 23 splash pads, 14 lakes including 3 with swimming beaches, more than 240 miles of multi-use trails for hiking, biking, and horseback riding, and the largest municipal golf system in the nation, consisting of 20 golf courses at 18 facilities. The department also maintains

four botanical centers: The Los Angeles County Arboretum and Botanic Garden, the South Coast Botanic Garden, Descanso Gardens, and Virginia Robinson Gardens. The department also owns the iconic Hollywood Bowl, and the John Anson Ford Amphitheatre (The Ford), providing County residents with valuable entertainment and cultural resources.

Visit: <https://parks.lacounty.gov/>

SCHOOL DIRECTORY

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

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

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

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

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

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

Bethany Christian School
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Principal: Jonathon Hawes
website: www.bcsliions.org

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

Foothill Oaks Academy
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Principal: Nancy Lopez
www.foothilloaksacademy.org
office@foothilloaksacademy.org

Frostig School
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(626) 791-1255
Head of School: Jenny Janetzke
Email: jenny@frostig.org

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Duarte Unified School District
1620 Huntington Dr. Duarte, Ca. 91010
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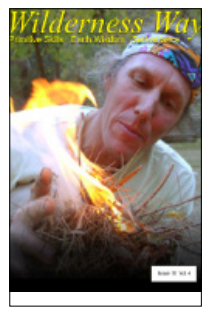
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CHRISTOPHER Nyerges

[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]

THE EVENT: At Dawn's Early Light

A novel by Christopher Nyerges

Nearly 20 years ago I had a series of memorable dreams that seemed so real that I wrote down all the details when I woke up. This was a time in my life when I was worrying about everything, and I would often go to sleep hoping for a vision, or an answer.

Pictures came in my dreams, and little by little, I pieced the pictures together. I dutifully wrote down the details every morning, and eventually, I thought to myself, Hey, this might make a good story! I slowly wrote a fictitious novel based on these dreams which I now call The Event.

Though most of the dreams had to do with my personal life, the larger picture that I began to write about took on a life of its own.

THE EVENT

In the novel, The Event, "something" happens one day. No one ever finds out what it was. Was it a comet that hit the earth? Was it plasma ejected from the sun? No one knows, but it killed off nearly everyone, unless they happened to be underground and stayed there for about three days.

The story that emerges is of a dark world, through the eyes of the main character who I call Rick. Rick survived because he stayed with his co-worker Tim, in Tim's family cellar. Finally, Rick emerges and explores the world that now exists.

The story takes place in Southern California, from the Pasadena area, into Eagle Rock, and into Highland Park. Rick sees abandoned vehicles and dead bodies everywhere, and he cautiously seeks out the survivors.

In the Pasadena/ Altadena area, he finds that his wife survived. They had not been living together and Rick finds her in a hidden shelter that she created deep in her backyard. She knows the few neighbors who survived, and tells Rick that trucks came through the area in the days after the event, telling survivors that they had to get into the trucks and evacuate the area. Dolores just hid, and made her shelter and cooked soup, which she served to any friendly visitors.

Rick makes his way on foot through the Rose Bowl area, and through the Annandale Golf Course where he finds some drunken survivors who think Rick is coming to help them. Rick had been a famous physicist from Caltech, though now youthfully retired, and his picture was on the wall of the golf course office along with other famous physicists. The drunken survivors thus believed that Rick was there to provide some answers, though Rick was just passing through.

On his way to his old home and urban farm in Highland Park, which is northeast Los Angeles, he encounters homeless camps still surviving, he gets shot at, and he meets Jane, who was a former member of the National Guard. Together, they make their way into Rick's destination, the old Fuller Farm, which had been a place to garden and farm in the city and learn about permaculture and self-reliant living.

Most of the folks at the Fuller Farm survived, though barely.

The story tracks a few other groups of individuals as well, most of whom end up at the Fuller Farm, and who find ways to work together now that there is no functioning larger society. The Event meant that suddenly there were no banks, no electricity, no functioning grocery or hardware stores. Indeed, there was nothing to spend money on, even if you had any. Though water is not an immediate problem, everyone knows that most of the water to Los Angeles came from over 300 miles away, and that they needed to plan for water.

The surviving society is also full of opportunists who want to control areas, and who are ready to fight and kill to take what they need. The story describes the gun fights and assaults that were the inevitable result of the battles started by those who wanted to forcefully acquire something they wanted or needed. It's not a pretty picture, but the survivors of the developing communities learn to set up perimeter barriers, and alarms, though they continue to have random and unexpected gunfights.

Of course, The Event is a work of fiction, and I do not possess a crystal ball as to what the future portends. This is the exploration of one scenario, and the mechanics for how a small group of people in L.A. County might survive under such adverse conditions.

Six months after the event, it is apparent that whatever happened was very widespread and that things would not be going back to "normal" anytime soon. The two groups which this novel tracks, begin to assert their political identity and they take charge of their little emerging and growing communities. There are lots of twists and turns and setback, while there is still hope. Along the way, I was able to insert little hints about the things that people might need, such as a silcock key for accessing water, or the "vinegar of four thieves" for washing wounds.

I enjoyed the process of creating this as a movie in my mind and then writing what I was "seeing." I hope that you enjoy it too, and find it both entertaining and educational.

The Event is available from Amazon.com as an e-book or hard copy book. It is 283 pages long.

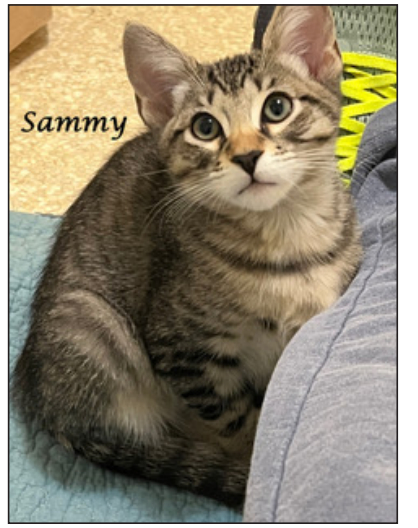
Katnip News! SAMMY

Sweet Sammy is ready to start the new year in a forever home! At just 4 months old, he is adorable. He is so sweet, and loves playing with his siblings. He is also very talented at napping. Sammy is neutered, vaccinated, and tested negative for FELV/FIV,

making him healthy and ready to find a forever home. Sammy will make a delightful companion for someone who can provide him with the love and attention he deserves.

Having a buddy helps kittens thrive, so if you can adopt him with one of his siblings, or if you already have a young feline at home, he would be delighted to join your family.

Has Sammy melted your heart? You may apply to adopt at lifelineforpets.org/mindys-kittens for a chance to come and meet him and his siblings. Don't miss the chance to welcome this little bundle of joy into your life! What a great and fun start he would make for the new year!

**Pet of the Week**

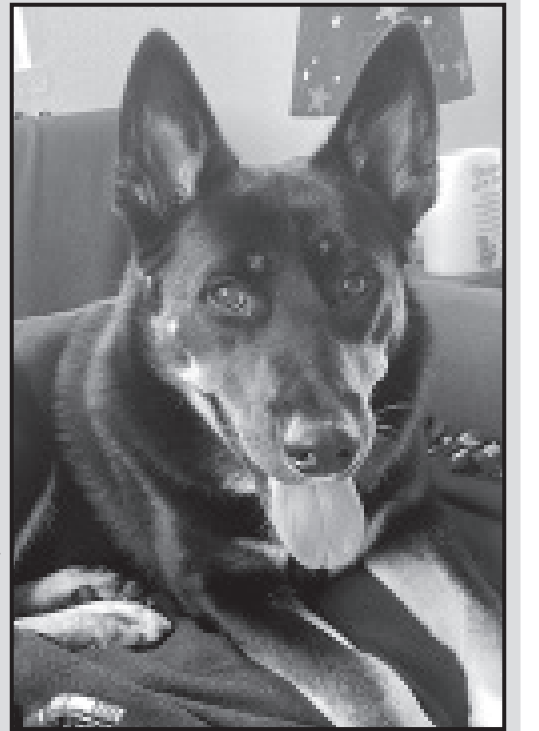
Parker is a sweet and sensitive 2-year-old German Shepherd mix looking for his forever home. This adorable guy has been spending time with a foster family, and they have given a great report!

When Parker first met his foster family at Pasadena Humane, he was too nervous to even leave his kennel. But with their patience, kindness, and love, Parker has blossomed. What started as a weekend foster has turned into a longer stay where Parker has truly come out of his shell. Parker is a quick learner and eager to please. He already knows commands like "sit" and "leave it" and is respectful during mealtime. He's fantastic on a leash and enjoys a mix of walks, hikes, and trips to the dog park. His favorite activities include cuddles, belly rubs, playing with toys, and showing off his goofy zoomies. He's crate-trained, settles quickly when left alone, and even loves car rides. Remarkably, Parker doesn't shed and is respectful of furniture—truly a dream companion! If you're looking for a loyal, loving companion who's full of potential, Parker is your guy. Help Parker make the leap from foster to forever—he's ready to share his paw-sitive energy with you! Parker and all other dogs and cats at Pasadena Humane have their adoption fees discounted until January 12 during the Welcome Home adoption promo! The normal adoption fee for dogs is \$150. All dog adoptions include spay or neuter, microchip, and age-appropriate vaccines.

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

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

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

**SIERRA MADRE WATER UPDATE**

- During the Eaton Fire, some neighboring water agencies experienced damage to their reservoirs and have issued "Do Not Drink" or "Boil Water" alerts.
- **Rest assured, Sierra Madre's water system remains fully intact and uncompromised.**
- The City of Sierra Madre's water system continues to provide safe and reliable water for all residents.
- We are grateful for the resilience of our infrastructure and our dedicated teams working to keep essential services running smoothly.
- Please conserve water at this time for firefighting purposes.
- Please only use water for hydration and sanitation at this critical time.

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**Pets in need**

Some pet parents cannot afford the cost of vet care right now. You can help those pets! Visit us:

www.FreeAnimalDoctor.org



Sierra Madre based non-profit



FREE ASSISTED LIVING PLACEMENT SERVICE

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



Elderly individuals often face significant challenges during wildfires, primarily due to physical, emotional, and environmental factors. They may have underlying health conditions, limited mobility, or lack access to resources, making them more vulnerable in times of crisis. Here are some specific issues and strategies for supporting elderly individuals during wildfires:

CHALLENGES FOR THE ELDERLY DURING WILDFIRES:

Health Concerns:

Respiratory Issues: Older adults may have respiratory conditions (e.g., COPD, asthma), which can be exacerbated by smoke and poor air quality during wildfires.
Chronic Conditions: Those with heart disease, diabetes, or mobility issues may struggle to evacuate or get medical care during an emergency.

Mobility & Independence:

Many elderly individuals have difficulty evacuating quickly, especially those who are wheelchair-bound or frail. Limited mobility can prevent them from seeking shelter in time. People living alone might have no one to help them evacuate or manage tasks.

Isolation:

Older adults are often more isolated, whether through living in remote areas or having limited social support. This isolation can delay emergency responses and make it difficult for them to get help.

Cognitive Impairment:

Dementia or Alzheimer's disease can lead to confusion, making it harder for elderly people to follow evacuation plans or understand emergency instructions.

Emotional Strain:

The elderly may feel more fear, anxiety, and stress during wildfires, especially if they've experienced previous evacuations or disasters. This emotional strain can worsen health conditions. Strategies to Support the Elderly during Wildfires:

Pre-Emergency Planning:

Evacuation Plans: Seniors should have a personalized evacuation plan in place, including transportation and medical assistance if needed. Caregivers or family members can ensure that these plans are updated regularly.

Emergency Kit: A kit with medications, important documents, food, water, and other essentials can be prepared in advance.

Assistance with Evacuation:

If they live alone, elderly individuals should have a designated person (family, friends, or caregivers) to help with evacuation in case of a fire. Community resources, like local senior centers or non-profits, can also provide evacuation assistance and shelter options.

Staying Informed:

Ensure elderly individuals have access to information about the wildfire's status. Radios, mobile phones, or communication devices with emergency alerts can keep them informed. Family members or caregivers should stay in regular contact to ensure the elderly person is safe.

Shelter and Air Quality:

Safe Shelters: Emergency shelters should be equipped to meet the needs of seniors, such as accessible facilities, medical assistance, and air filtration systems to reduce smoke exposure.

Air Quality Measures: If evacuation isn't possible, helping seniors stay indoors with air purifiers, or using N95 masks can help protect them from harmful smoke.

Mental Health Support:

Ensure there are systems in place to provide emotional support, including check-ins by phone or visits from loved ones. Local mental health professionals or crisis intervention services can help address trauma or anxiety.

Community Engagement:

Neighborhoods with a high senior population can organize fire preparedness workshops and buddy systems, where neighbors check on each other in emergencies. By addressing these challenges with proactive planning and community support, the elderly can have a better chance of staying safe during wildfires.

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...JANUARY BIRTHDAYS*



Gerald Day, Mary Tassop, Judy Webb-Martin, John Johnson, Mary Bickel, Marlene Enmark, Shirley Wolf, Ross Kellock, Ruth Wolter, Sandy Thistlewaite, Bobbi Rahmanian, Fran Syverson, Joy Painter, Judy Zaretska and Becky Evans. * To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

UGLY IS AS UGLY SEES

I was drinking a cup of coffee in the middle of the shopping mall. I don't like going to shopping malls, but The Gracious Mistress of the Parsonage sent me to get a new dress shirt for Sundays. I told her I could wear the same one I wore last year, but she has different ideas about the dress code.

I was drinking coffee to settle my nerves and then pick up a dress shirt for the year. I don't know why I need one every year because they all look the same to me, but The Gracious Mistress of the Parsonage supervises my dress code.

While enjoying my coffee for a moment, I watched people as they walked by. It took me a while, but I began noticing the people walking by me. One person was walking toward me, and I almost fainted. I have seen ugly people before, but this one baked the cake. Maybe it was my glasses, but I had never seen anybody as ugly as that before. Of course, I try not to look in my bathroom mirror.

Then, another person was coming my way who looked as ugly as the first person I saw. I begin to see ugly people all over the place. I didn't know if I died and was transported to some planet or something but a lot of ugly people surrounded me.

I will admit that among these ugly people were some very nice-looking people, but there were not quite as many as I would have liked to see.

An older woman walked by very slowly, and I saw her face. From what I could tell, 50 years ago she had a complete facelift. I'm sure it looked okay at the time, but over the years, that beautiful face developed into a very ugly, wrinkly one.

I will never know why people have facelifts, tummy tucks, and all that kind of plastic stuff. When somebody young gets a facelift, they don't realize that if they live for the next 50 years, they're going to look very bad. A facelift is not forever.

I read about a woman going for a complete makeover. I don't know what they call it, but it was going to cost her over \$150,000. If I had \$150,000, I would not put it on my face!

Why are people so obsessed with how they look? Why are looks so important to most people?

I thought about that as I sat there drinking my coffee, wondering how my life would change if I got a facelift, a tummy tuck, or whatever else they do.

The longer I sat there, the uglier people were as they walked by. But I got to thinking—maybe they were looking at me and thinking I was the ugliest person they'd seen all day. At that moment, whenever anybody walked by and looked at me, I smiled—just in case.

When I got home that night, I hung up my new shirt and went into the living room, where The Gracious Mistress of the Parsonage was setting.

"Did you get the dress shirt I sent you to get?" She said very sarcastically. "I did," I said with a smile.

Then I sat down, looked at her, and said, "Do you think I should go and get a facelift? And if so, where do you recommend I ought to go?"

As soon as she calmed down from laughing, she said, "The recommendation I would give you is that antique store just around the block." Then she laughed some more.

I was quiet for a moment, and then heard her say, "Is anything wrong with the mirror in your bathroom? Maybe you need to get a new mirror."

Around our living room are pictures of our children, grandchildren, and even great-grandchildren. Looking at them, I responded, "Aren't those children cute? They look so lovely, don't they?"

Of course, The Gracious Mistress of the Parsonage was on my side with that and agreed that our grandkids were all very cute.

I then got serious and asked her, "What if some of them grow up to be as ugly as me?" I heard a loud gasp from her side of the room, and when it quieted down, she said, "That's not possible!"

I then went to my computer, where I had a bunch of photographs. I pulled up one and showed it to her. "What do you think of that picture?"

She looked at it and said, "That's a very cute young boy."

"That picture is of me when I was young. Now look at me." I brought up another cute picture and showed it to her. "Do you know who this is?" She smiled and said, "That's a picture of me when I was young." "I wonder," I said sarcastically, "if ugly runs only in my family." All I heard from her side of the room was snickering, and I wasn't going to ask any more questions.

"Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price" (1 Peter 3:3-4).

My heart is more important than my face.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail jamesnyder51@gmail.com, website www.jamesnyderministries.com

KNOW YOUR ZONE

STAY ALERT DURING EMERGENCIES

The City of Sierra Madre has adopted a "zone-based" app to notify residents about emergencies and necessary evacuations. By enrolling in this app, you will be aware of the emergencies in the zone you live in and receive notifications about nearby dangers such as brush fires and flooding. Please let us help you by enrolling in Genasys Protect and make you and your loved ones safe when critical events occur.

genasys Protect

<https://protect.genasys.com/download>

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PUBLISHER/ EDITOR Susan Henderson
PASADENA CITY EDITOR Dean Lee

SALES

Patricia Colonello 626-355-2737 626-818-2698

WEBMASTER

John Avery

DISTRIBUTION

Peter Lamendola

CONTRIBUTORS

- Michele Kidd, Stuart Tolchin, Harvey Hyde, Audrey Swanson, Meghan Malooley, Mary Lou Caldwell, Kevin McGuire, Chris Leclerc, Dinah Chong Watkins, Howard Hays, Paul Carpenter, Kim Clymer-Kelley, Christopher Nyerges, Peter Dills, Rich Johnson, Lori Ann Harris, Rev. James Snyder, Katie Hopkins, Deanne Davis, Despina Arouzman, Jeff Brown, Marc Garlett, Keely Toten, Dan Golden, Rebecca Wright, Hail Hamilton, Joan Schmidt, LaQuetta Shamblee

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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



WILD SOCIAL FIRES, ASHES TO ASHES

Don't get mad, I'm doing my best to be positive and stay accurate. Last night, Tuesday, at about 10 pm my wife and I left Sierra Madre pursuant to an evacuation order related to what is called The Eaton Canyon Fire. As we drove west to my son's home we saw the fires burning in the hills almost directly above us.

After a mainly sleepless night with our dog in my son's small apartment we pried our eyes open and drove south to find a breakfast place. Now, in the morning light, despite the smoke, we could observe the huge trees that the wind had caused to fall into the street or into a house. We arrived before the restaurant opened for business but we were given free coffee as we waited.

Eventually we were all allowed into the restaurant and saw on the huge TV screen the message that I thought read: WILD SOCIAL FIRES. How nice I thought. I knew from previous natural disasters such as earthquakes and fires - they do in fact bring people together. As a matter of fact today we heard from many similarly evacuated neighbors and distant friends and former neighbors.

Is this why the wild fire was called social? of course not! As I commented to my wife about what I thought I had read she looked at me strangely. I failed to bring my glasses and what I thought had read SOCIAL WILD FIRES had read SOCIAL FIRES. It is a tragedy- thousands of people have been evacuated and hundreds of homes have been lost and sadly lives.

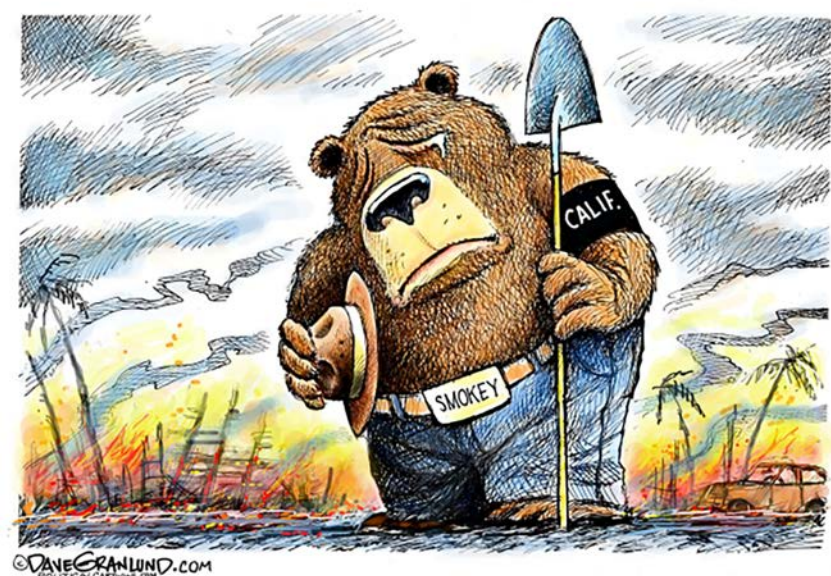
Right now I do not know if my home in Sierra Madre and my daughter's home in Altadena will still be standing when we finally are allowed to return home. Related to the other factors such as the recent Presidential election and waiting for medical test results I determined that I would stay as positive as possible.

After breakfast, after digesting about 5 cups of coffee as we drove south along Atlantic Boulevard just trying to get away from the smoke, we ended up near East Los Angeles College next to which is the Vincent Price Museum. My son and I waited for the museum while my wife went shopping to buy some necessary items that would make the stay with my son more livable.

Now here is my point, when my son and I were finally allowed to enter the museum we viewed several galleries displaying artifacts related to indigenous peoples. The displays are intended to remind people how ancient peoples attempted to preserve their environment and live in accordance with their god. Huge monuments intended as tributes to the gods were displayed but also there were displays of contemporary claims that have totally destroyed the natural environment. It is intended as a reminder that our present society will be made to pay a price for our indifference and our ignorance.

Today I wish to be reminded that the social responsibility all of us have is to live in harmony with one another and do what we can to resolve conflicts and live socially and harmoniously with one another within the cosmic mystery that is and always has been the truth of life. No matter what, we should do the best we can and even try to do better. HAPPY NEW YEAR AND LET US TREASURE WHAT WE HAVE.

We have lost electrical power today but we are not powerless. Let us feel good, keep moving, and appreciate what is around us.



RICH JOHNSON NOW THAT'S RICH



My friends, I hope if you've been virtually affected by the recent fires and winds, that you are now experiencing a loving community reaching out to you!

There are so many facts and bits of information in our life. We really need to know. We need to remember. We shouldn't forget. Our brains are like a hard drive. They have a capacity. My brain is more like a mush drive. Squishy full of useless information. Information is bound to spill out. I don't know the answer to that question. Maybe I did, but it was part of the squishy stuff spilling out.

If I ever felt a noble calling, that calling would be to help replenish your brain with relatively useless information and content. When was the last time we sat down and really worked on upping our useless information quotient (UIQ)? Let's see if my theory can help you retain important information.

Let's see, oh yes, did you know Pope John Paul II, was an honorary Harlem globetrotter?

Frank Sinatra turned down the starring role in the movie "Die Hard". The role went to Bruce Willis.

If your car broke down on the highway in England and Queen Elizabeth happened to drive by, she could fix your car. She was trained as a mechanic.

Al Capone's business card said he was a used furniture dealer.

If you don't know if it's a crocodile or an alligator approaching you, ask it to stick out its tongue. Alligators can and crocodiles cannot stick out their tongue there you go. Who says this stuff isn't important?

A giraffe can clean its own ears with its tongue. Can you?

Animals are legs do not have belly buttons. Live with it.

Here's one you might not know: junk food can actually be addictive. (No kidding).

If you ever meet him, Cap'n Crunch's full name is Captain Horatio Magellan crunch.

If you ever check, you'll discover Venus is the only planet in our solar system that rotates clockwise.

Men hiccup more than women.

Have a fear of beards? You suffer from pogonophobia. I'd have it checked out

The super soaker was invented by a NASA nuclear scientist named Lonnie Johnson (no relation)

If Alexander Graham Bell had had his way, we would all answer the phone with "ahoy" and not "hello".

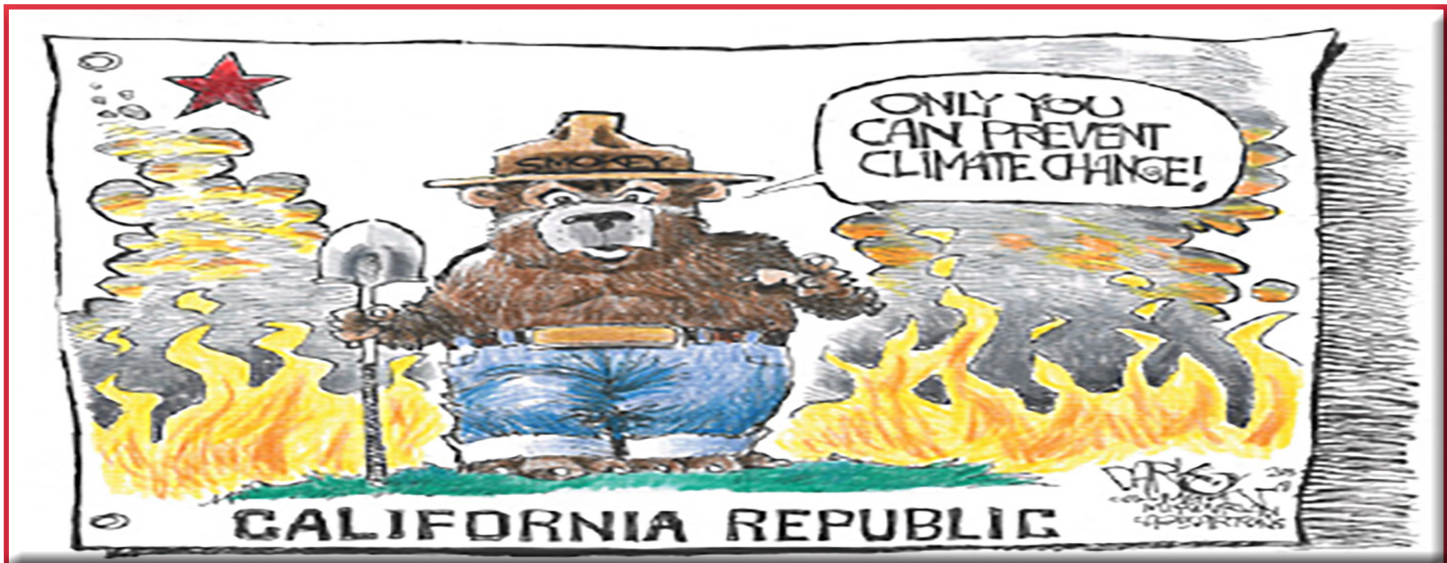
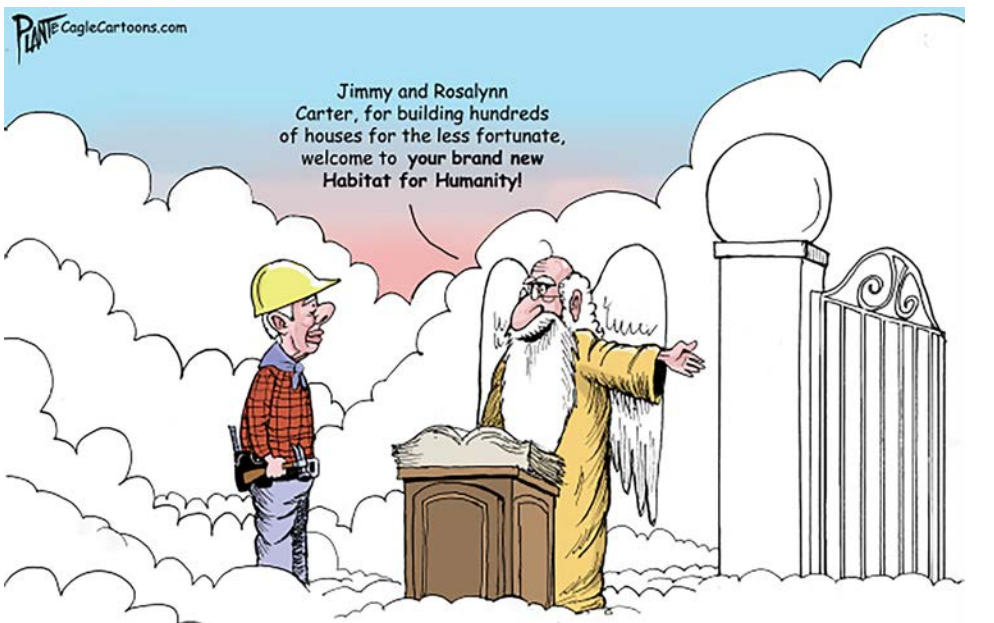
Know what the little dot on top of the letter "i" is called? A tittle.

Technically, a "jiffy" is about one trillionth of a second.

Finally, and this is really important, what pet is more inclined to watch television with you? Your cat or your dog? Tell us the cat will enjoy the show more than the dog. Cats rely more on their vision than dogs who rely more on their smell.

Finally, please capitalize on these recent tragedies by reaching out to friends and neighbors. A loving community is the most powerful antidote to all of this pain, suffering and loss

And thank you profusely for permitting my version of insanity to come into your life on a regular basis.



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FICTITIOUS BUSINESS NAME STATEMENT File No. 2024246801 The following person(s) is (are) doing business as GAIANENGL 6663 MATILIA 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. 2024248710 The following person(s) is (are) doing business as BESTWAY2SMOKE LLC 2211 E. POPPY BEACH SERVICE, 2211 E. POPPY ST #203, LONG BEACH, CA 90805...

ST # 203, LONG BEACH, CA 90805 This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed: JASON LEAVIEL SCOTT/ MANAGING MEMBER...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-252819 The following person(s) is (are) doing business as: C & S CONSTRUCTION, 14818 HELWIG AVE, NORWALK, CA 90650...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-25302 The following person(s) is (are) doing business as: JP APPLIANCES GENERAL MERCHANDISE, 8015 S BROADWAY AVE, LOS ANGELES, CA 90003...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024254687 The following person(s) is (are) doing business as KRACKOWER & ASSOCIATES 160 WHITE OAK DRIVE ARCADIA, CA 91006...

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FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-249360 The following person(s) is (are) doing business as LA PERLA DE ORIENTE, 3535 WHITTIER BLVD # 503, LOS ANGELES, CA 90023...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-252108 The following person(s) is (are) doing business as: MAXIMUM EFFORT, 2730 E SOUTH ST, LONG BEACH, CA 90805...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-252100 The following person(s) is (are) doing business as VALLARTA TIRES AUTO REPAIR, 1321 FIRESTONE BLVD SUITE B, LOS ANGELES, CA 90001...

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.

THE PETITION requests au-thority to administer the estate under the Independent Admin-istration of Estates Act. (This authority will allow the personal representative to take many ac-tions without obtaining court approval.

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.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file writ-en objections with the court before the hearing.

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.

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

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

Attorney for petitioner: 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

DIRECTOR OF EMERGENCY SERVICES EXECUTIVE ORDER NO. 2025-02

WHEREAS, on January 9, 2025, the Sierra Madre City Council approved Resolution No. 25-07 proclaiming a local emergency caused by the Eaton Fire;

WHEREAS, Resolution No. 25-07 authorized the City Manager, as the Director of Emergency Services, to take any measures necessary to protect and preserve the public health, safety, and welfare;

WHEREAS, Government Code section 8634 states, "During a local emergency the ... officials designated ... may promulgate orders and regulations necessary to provide for the protection of life and property, including orders or regulations imposing a curfew within designated boundaries where necessary to preserve the public order and safety;"

THEREFORE, I, City Manager Jose Reynoso, as Director of Emergency Services, in accordance with the authority vested in me by Government Code Section 8634 and City Council Resolution No. 25-07, issue the following orders effective immediately:

SECTION 1. Parking Restriction. On-street parking is prohibited on and north of Grandview Avenue, including within Zones 1-16 and Zone 19. The prohibition shall take effect at 3:00 p.m. on January 12, 2025, and remain in effect until 3:00 p.m. on January 19, 2025, unless terminated earlier by executive order.

SECTION 2. Exceptions. The curfew shall not apply to police officers, peace officers, firefighters, or other emergency personnel or civilians engaged in police or emergency work, nor shall it apply to authorized representatives of any news service, newspaper, or radio or television station or network.

SECTION 3. Enforcement. The Sierra Madre Police Department, along with the law enforcement authorities cooperating with the City of Sierra Madre, are hereby authorized and charged, to the extent provided by law, with the responsibility of enforcing the curfew and are further authorized to arrest such persons that do not obey this curfew after notice, oral or written, has been given. Any violation of this order shall be punished as a misdemeanor.

SECTION 4. Filing & Posting. This Order shall be filed in the office of the City Clerk, posted at every City-owned facility, and published to the City's website and social media.

SO ORDERED.

Jose Reynoso Director of Emergency Services City of Sierra Madre

January 11, 2025 Date

ATTEST: Laura Aguilar City Clerk City of Sierra Madre

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Mountain Views News Saturday, January 11, 2025

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](https://www.facebook.com/michelesfitness). Visit her Facebook page at: [michelesfitness](https://www.facebook.com/michelesfitness).

SMALL CHANGES, BIG RESULTS

When it comes to improving your health, you don't need a complete overhaul to see real results. Small, consistent changes can lead to big benefits over time. The best part? These shifts are simple and easy to weave into your daily routine—no crash diets or grueling workout schedules required.

To get started, review the list below and choose twelve actions that feel doable for you. Number each one, cut out the list, and stick it on your refrigerator where you'll see it often. Pick one habit to focus on this week. Once it feels like a regular part of your life, move on to the next. By the end of the year, you'll be amazed at how far you've come.

Many people believe improving their health means taking extreme steps, but lasting progress comes from consistency, not perfection. Research shows that focusing on one small, healthy habit at a time greatly increases the chance of long-term success. Simple actions—like a short walk or drinking more water—add up. Over time, they boost energy, sharpen your mind, and improve overall well-being. By setting achievable goals, you build confidence and motivation to keep going.

- Walk for 15 minutes a day
- Stand more, sit less
- Take stairs instead of the elevator
- Drink one extra glass of water a day
- Add vegetables to one meal a day
- Swap a sugary drink for water or tea
- Snack on a small handful of nuts or seeds instead of candy
- Go to bed 15 minutes earlier
- Return to a hobby you previously enjoyed
- Dim lights 30 minutes before bedtime
- Breathe deeply for one minute
- Listen to calming music for 15 minutes
- Write down one positive thing each day
- Create a meatless sandwich you would enjoy
- Keep fresh fruit on your kitchen counter
- Revise a favorite greasy food to make it healthy
- Schedule phone calls while walking
- Use a smaller plate to eat on
- Switch from white bread/pasta to whole grain
- Park at far end of lot when shopping and walk
- Drink sparkling water instead of soda
- Try a new salad every week
- Reduce TV time by 30 minutes a day
- Walk your dog/neighbor's dog
- End a toxic relationship
- Use herbs in cooking instead of salt
- If you eat butter, use a smaller amount
- Switch to a plant-based milk (soy, oat, almond, cashew, etc.)
- Take time to do one thing just for you each day
- Eat something small for breakfast
- Join a group you would enjoy
- Read a book a week(s)
- Work on giving up an unhealthy habit (smoking, on phone too much, etc.)
- Re-connect with an old friend
- When eating desserts or treats, eat half your normal amount
- Read food labels, look for lower sodium and fat options
- Prep meals for multiple nights and freeze/swap with friends
- One day go meatless (no animal products)
- Cut out/buy less processed foods
- Eat healthy 6 days a week, splurge on your "extra" day
- Cut intake of alcohol in half
- Buy less fatty foods like chips, donuts, churros, anything deep fried
- Try pizza without the meat, load up on veggies
- Learn something new - anything
- Use an alternative to mayo on bread (avocado, hummus, etc.)

Most people don't realize how little it takes to improve their health. You don't have to run a marathon every week or never eat chocolate. It's just taking care of yourself through the basics. Give yourself a break and start by building some healthy and permanent habits. By following these small but effective changes, you can feel better, have more energy, and make healthier choices without feeling overwhelmed. Start today and see how these habits can positively impact your life over time.



CIRCLES OF CARE: GIVING AND GETTING SUPPORT

Our community has been hit hard this week. Los Angeles County—larger than many nations in both population and land mass—has been devastated by fires sweeping through multiple neighborhoods. Fueled by dry vegetation and fierce winds, the flames have consumed homes, belongings, and landscapes. These moments of loss often bring sharp clarity to our values and priorities.

As I write this, the fires remain out of control. Emergency responders are calling for reinforcements from across the nation. We are deeply moved by the courage of those who run toward danger to protect us. Watching friends and neighbors endure so much inspires a natural desire to help.

How You Can Help

Here's a simple list of ways to support our community during this crisis:

Stay off the roads unless necessary. This reduces congestion for emergency vehicles.

Conserve energy and water. This eases the strain on local utilities.

Donate money.

World Central Kitchen: Provides meals to first responders and displaced families. California Fire Foundation: Offers emotional and financial support to firefighters, their families, and impacted communities.

Red Cross: Provides shelter, meals, relief supplies, and support for emergency responders.

Want to Offer Something More Personal?

Consider these simple, direct ways to bring comfort:

Deliver a meal or coffee.

Drop off groceries.

Sponsor clothing or essentials.

Offer to babysit or care for elders or pets.

Write a heartfelt note or card.

What Not to Do

In times of crisis, it's equally important to know what not to do. Following major tragedies like September 11, experts observed that encouraging people to immediately recount their trauma could lead to long-term emotional harm.

For at least 48 hours after a traumatic event, avoid asking for detailed accounts unless necessary. Instead, focus on providing reassurance and space for those affected to process their experience at their own pace.

Before sharing a story, ask yourself:

Does this need to be told?

Am I the person who needs to hear or share it?

Let's be mindful not to reinforce the trauma.

Understanding the Ring Theory of Support

Feeling scared or anxious? The Ring Theory, developed by Susan Silk and Barry Goldman, provides a helpful framework for navigating emotional support.

Picture a series of concentric circles. The person most affected by the crisis is at the center. Around them are layers of support: the first circle might be their closest loved ones, followed by extended family, close friends, acquaintances, and so on.

The rule is simple: comfort goes in; complaints go out.

The person at the center can express their feelings freely to those in any outer circle.

Those in outer circles should only share their fears or frustrations with someone in a larger ring—not with the person at the center.

Before offering advice or sharing your own feelings, ask yourself: Is this helpful? Then, respond with care and compassion.

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 and all streaming platforms.

Where Your Community News Comes First

Mountain Views News

SIERRA MADRE ARCADIA DUARTE PASADENA SOUTH PASADENA ALTADENA SOUTH PASADENA SAN MARINO



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Advisory messages are intended to communicate important, need-to-know information. For example, the Police Department will send out bear sighting notifications using this format.



Alert messages are reserved for critically important information where loss of life and/or property is potentially imminent. Alert messages are time-sensitive and require your immediate action.

By default, residents who are signed up for Nixle alerts will only receive email alerts for advisory messages. We recommend that our residents opt in for text messages for advisory and alert messages.



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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Index	Should I be Concerned?	What Should I Do?
Good (0-50)		It's a great day to be active outside.
Moderate (51-100)	Some people who may be unusually sensitive to particle pollution.	Unusually sensitive people: Consider making outdoor activities shorter and less intense. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier. Everyone else: It's a good day to be active outside.
Unhealthy for Sensitive Groups (101-150)	Sensitive groups include people with heart or lung disease, older adults, children and teenagers, pregnant people, minority populations, and outdoor workers.	Sensitive groups: Make outdoor activities shorter and less intense. It's OK to be active outdoors, but take more breaks. Watch for symptoms such as coughing or shortness of breath. People with asthma: Follow your asthma action plan and keep quick relief medicine handy. People with heart disease: Symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.
Unhealthy (151-200)	Everyone	Sensitive groups: Avoid long or intense outdoor activities. Consider rescheduling or moving activities indoors.* Everyone else: Reduce long or intense activities. Take more breaks during outdoor activities.
Very Unhealthy (201-300)	Everyone	Sensitive groups: Avoid all physical activity outdoors. Reschedule to a time when air quality is better or move activities indoors.* Everyone else: Avoid long or intense activities. Consider rescheduling or moving activities indoors.*
Hazardous (301-500)	Everyone	Everyone: Avoid all physical activity outdoors. Sensitive groups: Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.*

***Note:** If you don't have an air conditioner, staying inside with the windows closed may be dangerous in extremely hot weather. If you are hot, go someplace with air conditioning or check with your local government to find out if cooling centers are available in your community.

Key Facts to Know About Particle Pollution:

- Particle pollution can cause serious health problems, including asthma attacks, heart attacks, strokes and early death.
- Particle pollution can be a problem at any time of the year, depending on where you live.
- You can reduce your exposure to ozone pollution and still get exercise! Use AirNow's (www.airnow.gov) current Air Quality Index (AQI) information and forecasts to plan your outdoor activities.

What is particle pollution?

Particle pollution comes from many different sources. Fine particles (2.5 micrometers in diameter and smaller) come from power plants, industrial processes, vehicle tailpipes, woodstoves, and wildfires. Coarse particles (between 2.5 and 10 micrometers) come from crushing and grinding operations, road dust, and some agricultural operations.

Why is particle pollution a problem?

Particle pollution causes a number of serious health problems, including coughing, wheezing, reduced lung function, asthma attacks, heart attacks and strokes. It also is linked to early death in people with heart or lung disease.

Do I need to be concerned?

It's always smart to pay attention to your air quality, but it's especially true for people who may be at greater risk. They include:

- People with heart disease.
- People with lung disease, including asthma and Chronic Obstructive Pulmonary Disease (COPD).
- Older adults.
- Children and teenagers because their lungs are still developing, and they breathe more air per pound of body weight than adults.
- Pregnant people.
- Minority populations.
- Outdoor workers.

How can I protect myself?

Use [AQI forecasts, available on AirNow.gov](http://www.airnow.gov) to plan outdoor activities. On days when the AQI is forecast to be unhealthy, check AirNow for your current air quality and take simple steps to reduce your exposure, including:

- Choose a less intense activity.
- Shorten your outdoor activities.
- Reschedule activities.
- Exercise away from busy roads.

When particle levels are high outdoors, they can be high indoors too.

Keep particles lower indoors:

- Reduce your [use of fireplaces and wood stoves](#). And don't use candles or smoke indoors.
- Use [HEPA air filters \(https://www.epa.gov/indoor-air-quality-iaq\)](https://www.epa.gov/indoor-air-quality-iaq) in your HVAC system.
- Buy or make your own portable air cleaner designed to reduce particles indoors.

Can I help reduce particle pollution?

Yes! Here are a few tips.

- Drive less: bike or walk, carpool, use public transportation.
- Use energy efficiently; choose ENERGY STAR certified products.
- For cleaner heat, upgrade to a heat pump, electric heat, or ductless heat pumps.
- Keep car, boat and other engines tuned.
- If you use wood for heat, burn it efficiently. Check [EPA's Burn Wise Program](http://www.epa.gov/burnwise) for tips (www.epa.gov/burnwise).
- Don't burn leaves, garbage, plastic or rubber.



Office of Air Quality and Radiation
EPA-452/F-23-002
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February 2023



Luther Tsinoglou

626.695.8650
luther@tsinoglou.com
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