

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, FEBRUARY 22, 2025

VOLUME 19 NO.08



the webb-martin group

REIntroducing the Webb Martin Group

At WMG, we've always believed in the power of *teamwork*. While we recently said goodbye to a valued team member, our commitment to providing *exceptional service* remains as strong as ever.

Led by Judy Webb-Martin and Jan Greteman and supported by a talented group of professionals, we're ready to continue helping you achieve your real estate goals with *dedication, expertise, and personal care*.

Whether buying, selling, or investing, we're here to guide you every step of the way. Your trust means the world to us, and we look forward to working with you.

Stronger Together, Even Through Change



Jan Greteman 626.975.4033
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Judy Webb-Martin 626.688.2273
lic #00541631

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MOUNT WILSON TRAIL AND BAILEY CANYON TRAIL DEVASTATED BY TORRENTIAL RAINS FOLLOWING EATON FIRE

Community Support Needed

Sierra Madre's beloved Mount Wilson Trail and Bailey Canyon Trail are IN CRISIS and we need the community's help. While both trails were already on life support due to the severe damage from the Eaton Fire, the torrential rains of 2/13th caused even greater destruction to the trails. The fires on the trails left little or no vegetation for the ground to hold water and the rains washed the trails away in many places. The trail damage is extensive, including numerous landslides, trail washouts, barricade failures, rockslides, precarious rock movements, disappearing fencing, downed trees, and more. Mount Wilson Trail has many places where the trail just washed away and there are huge gaps where the trail once was. This is all along the Mount Wilson Trail, up to Orchard Camp and beyond. Bailey Canyon Trail fared much worse and it looks like a Moonscape. As a result, the City of Sierra Madre has closed both trails because they are unsafe for public use.

Mount Wilson Trail is so damaged that it will require significant engineering and redesign, well beyond just repairing the trail. To secure and replace the trails, the trails must be reinforced and remade, which will require an even greater amount of additional equipment, materials, supplies, & tools, well beyond what has been used in the past. While the Trail Maintenance Crew volunteers are working daily on the Mount Wilson Trail, the amount of damage is so extensive that the repair work is expected to take many months, if not a year or more. All labor on Mount Wilson Trail and Bailey Canyon Trail is done by community volunteers, who work tirelessly and continuously to repair and maintain the trails to keep them open and safe for public use. This latest setback will require additional tasks and engineering by the all-



This was the bridge across the stream at Live Oak Park in Bailey Canyon after it burned during the Eaton Fire. A flash flood debris flow during the rains caused it to be washed away completely into the Bailey Canyon Debris Basin.



All-Volunteer Trail Maintenance Crew working on another section of the Mount Wilson Trail surrounded by burnt bushes

volunteer Trail Maintenance Crew. The work is slow, tedious, dusty, technical, and oftentimes dangerous. Without the work of these community volunteers, the trails would be lost and become permanently impassable.

The necessary materials, supplies and tools used by the Trail Maintenance Crew volunteers are paid for with tax-deductible community donations to the Fletcher Trail Maintenance Fund. Although both trails originate in Sierra Madre and go well into the Angeles National Monument, neither the City of Sierra Madre nor the US Forest Service provides any funds for labor, equipment, materials, or supplies for trail repair and maintenance.

If you would like to help towards the repair of Sierra Madre's trails, please send a tax-deductible donation payable to the "Fletcher Trail Maintenance Fund c/o SMCF" The mailing address is P.O. Box 716, Sierra Madre, CA 91025.

To donate via PayPal, you can scan the PayPal QR Code below or go to the Sierra Madre Community Foundation website: <https://www.sierramadrefoundation.com>. All donors to the Fletcher Trail Maintenance Fund will receive a written tax-deductible acknowledgement letter.



Thank you for your support in our efforts to ensure that the Mount Wilson Trail and Bailey Canyon Trail can reopen and be safe for public use. We must protect and preserve these important and valuable community resources for years to come.

Story and Photos Courtesy MWT Committee

INSIDE THIS WEEK

ATTENTION MOUNTAIN VIEWS NEWS HOME DELIVERY SUBSCRIBERS WHO ARE UNABLE TO RETURN TO THEIR RESIDENCE:

Please contact our office via either telephone, email or text and let us know where you are. We will be happy to resume your subscription at your new location. editor@mtviewsnews.com 626-355-2737

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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!

Barbara Rogers
626.484.8135



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CENTURY 21 Village Realty

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c21village.com

Serving the Community since 1980

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LIC# 02119245



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



FOR SALE
GLASSEL PARK \$750,000
Charming 2-bed 1-bath Glassel Park home with fireplace, ADU potential, spacious yard, fruit trees, and great location! Needs TLC but worth it!



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

SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

Pasadena-Sierra Madre YMCA Distribution Center



Needed Donation Items:

- Non-Perishable Food
 - bars, crackers, chips
 - Coffee/Creamer
 - microwaveable food items
- Laundry Supplies
- Cleaning Supplies
- Baby Diapers size 5, 6, & 7
- Baby Shampoo
- Water
- Hygiene Supplies
 - eye drops
 - chap stick
 - disposable razors
- Baby Wipes
- Ziploc Bags
- Large Trash Bags
- Tarps

Event Details:

February 3rd-28th

Distribution Hours:
Tuesdays & Thursdays
11am-5pm

Donation Hours:
Monday-Friday 11am-3pm

For more information call:
626-355-5261

📍 Pasadena-Sierra Madre YMCA
611 E. Sierra Madre Blvd.
Sierra Madre, CA



"The Sierra Madre congregation is a close-knit, authentic, and welcoming community striving to serve God and neighbor. I enjoy the intimate bonds and the serious study of God's plan for our lives."
—Doug Hurley

212 N Lima St, Sierra Madre, CA 91024
626-355-1817

www.sierramadrechurch.org

Sunday Worship, 10:00am, Refreshments and Talk Back, 11:15am

An Easter Sermon Series – Sundays, March-May 2025

"The Prelude to the Cross in the Old Testament"

The heart of God that we have seen in the past is most intimately revealed in the cross of Jesus Christ.

Speakers – Check out sierramadrechurch.org for the list of dates



Dr. Ron Cox is Dean of International Programs and Professor of Religion at Pepperdine University.



Dr. Jerry Rushford is a historian and hymnologist, retired Church Relations Director at Pepperdine, and founder of the Rushford Center historical library.

Doug Hurley is Associate Dean of Student Affairs at Pepperdine.



Dr. Jack Scott is former President of Pasadena City College and California State Senator.



Dr. Tim Willis is Old Testament Professor of Religion at Pepperdine.

Dr. Allen Jang is a retired science teacher and presently Sifu of our Tai Chi class that meets on **Saturdays at 8:30am.**



Dr. Chris Heard is Old Testament Professor of Religion at Pepperdine.



FOR RENT

Quit well kept bldg
391 W #B - Sierra Madre Blvd,
Sierra Madre

2 bedroom
Down stairs w/ enclosed patio

(NEW paint - carpet - Refrigerator -
Mirror closer doors)
FAH / AC

Locked storage cabinet, carport & laundry room
\$2575. Call Earl (626) 893-0473



The Sierra Madre Historical Preservation Society

presents

Author Layne Stalal

discussing her book

Pioneer Picnics: Settlers of the East San Gabriel Valley

Monday, March 3, 6pm

Hart Part House Senior Center



What began as a series of articles about her personal family history became a larger story of the settling of Henry Dalton's Ranchos Azusa and San José.

In the mid-1800s, these California homesteaders built homes, schools, churches, and the local towns of the San Gabriel Valley. In her story, the author elaborates on this transition from vast Mexican land grants to small independent communities.

Please join us as Ms. Stalal shares this amazing and historical journey.

A picnic-style ice cream social will be provided as refreshments!

ONE BOOK ONE CITY EVENTS FOR FEBRUARY!

CHECK OUT MORE THAN BOOKS AT THE LIBRARY THIS MONTH FOR ONE BOOK ONE CITY!



MONDAY 3	8 PM: WRITING CONTEST Online submissions due today for a publication opportunity!	SATURDAY 15	11 AM: CRAFT-IT - FELTING Craft-It is back for this month only at the Library!
SATURDAY 2	ORIGAMI CAT All month long, enjoy learning how to make an origami cat!	THURSDAY 20	11 AM: THURSDAY BOOK CLUB Join in a discussion about this year's One Book One City pick!
SATURDAY 8	6:30 PM: SIP & SHUSH Silent Book Club at RT Rogers Brewing Co.	MONDAY 24	7 PM: OFF THE PAGE A reading of "The World's Strongest Librarian" at the SM Playhouse.
MONDAY 10	10 AM: PRESCHOOL STORYTIME OBOC themed Storytime with an in-person wet felting craft.	WEDNESDAY 26	4 PM: GREEN TEENS Teens, learn how to make sushi candles at the Hart Park House!
WEDNESDAY 12	4 PM: GREEN TEENS Teens, learn how to felt at the Hart Park House!	WEDNESDAY 26	7 PM: SIP & SHUSH Silent Book Club at RT Rogers Brewing Co.
FRIDAY 28	7 PM: BOOK READING Community published book reading & signing!		

Special thanks to the Friends of the Sierra Madre Public Library and to the One Book One City Committee Members: Catherine Adde, Rich Procter, Jane Zamanzadeh, Julie Imahara, Marta Capoccia, Leigh Gluck, and Leila Regan.

Wistaria Thrift Shop

Founded 1957 – 68 Years as of 2025
We Are The Best Little
100% Volunteer Run Thrift Shop in the San Gabriel Valley
We are the ONLY Federated Club-Run Thrift Shop in California!
And 1 of only 9 Federated Club-Run Thrift Shops in the entire United States.
Sierra Madre Woman's Club Rocks!!!

Mondays, Thursdays, Fridays - 10 a - 3 p
Saturdays - 10 a - 1 p

Explore our carefully curated collection of clean, gently used clothing, purses, shoes, belts, jewelry; dishes, linens, fabrics toys, craft supplies, artwork, frames, books, digital media & so many other wonderful treasures

550 W Sierra Madre Blvd
(Parking & Shop entry off Sunnyside)
Sierra Madre, CA 91024

626-355-7739

Shop proceeds help support Club Philanthropies and Scholarships!

Spring Fling
March 13, 14, 15
Thurs., Fri., Sat.
9 am - 2 pm
Freshen Up w/ Spring Specials

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

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ARCADIA

PASADENA

ALTADENA

MONROVIA

Weather Wise



6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi	80s	Lows	50s
Mon	Sunny	Hi	80s	Lows	50s
Tues	Sunny	Hi	80s	Lows	50s
Wed	Sunny	Hi	80s	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

February 25, 2025 5:30pm

THIS MEETING WILL BE HELD IN THE COUNCIL CHAMBERS!

As part of the City of Sierra Madre's COVID-19 transparency efforts and The Brown Act provides the public with an opportunity to make public comments at any public meeting. Public comment may also be made by e-mail to PublicComment@CityofSierraMadre.com 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 foothillsmmedia.org/sierramadre and broadcast on Government Access Channel 3 (Spectrum)..

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

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

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

Your event must:

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

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



Sierra Madre Public
LIBRARY
Read • Discover • Connect

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

February 24 — March 1

Monday

Baby Rhyme Time — Library at 9:00am

Preschool Storytime— Library at 10:00am

OBOC Off the Page— Sierra Madre Playhouse at 7:30pm

Wednesday

OBOC Green Teens— Hart Park House at 4:00pm

OBOC Sip & Shush Silent Book Club— RT Rogers at 7:00pm

Friday

OBOC Book Reading & Signing— Library at 7:00pm

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

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

"Count your rainbows, not your thunderstorms." Alyssa Knight
"You can't have a rainbow without a little (or a lot) of rain."
"A rainbow is a promise of sunshine after rain, of calm after storms,
of joy after sadness, of peace after pain, of love after loss."

All this rain has made me think about rainbows, especially after granddaughter, Nicole, sent me a picture of a fabulous one she saw on her way to work at Sea World. "You can't see rainbows if you're looking down!" Rainbows brought to mind our friend Noah, who saw the very first rainbow. You remember Noah was the only person on the entire earth at one time who wasn't making God furious. In fact, Noah, being a pleasure to God was asked to do a little job for Him, i.e., build an ark the size of a football field, gather up two of every kind of beast, bird and bug and load them into this ark. So, he did. God then had Noah and all his family get on board. God shut the door. And it rained. And it rained. Forty days and nights it rained. You think you've felt cooped up at home with all this rain? Let's hear from Noah about just how long they were inside the ark with no TV, no books, no iTunes, just each other and all those creatures.

Go ahead, Noah...we're anxious to hear.

"Forty days! Everybody always thinks it was just forty days. We could have held our breath for forty days! But there was a lot more to it than that. Listen! God shut the door and we had forty days of non-stop rain. Then we floated for another 150 days while the water started going down and finally we landed on a mountaintop. Three months later...So that's 40 days and 150 days, 190 days already, then three months more for 280 days. Forty more days and I open a window and throw out a bird. Gone! Vanished! So I tried a smarter bird, a dove. She couldn't find anyplace to land so back she comes and we're at 320 days. I give it another week and toss her out again. So, 320 days and a couple more weeks brings us to 334 days. 29 days later we look out and the water is gone. So, 334 days and 29 days brings us to 363 days but the place is total mud. Eight weeks of waiting for dry ground, which is another 56 days, which brings us to a total of 419 days! I never wanted to see water again!"

God brought his faithful, obedient Noah out of the ark and promised he would never destroy the land like that again. He made a promise, a covenant with Noah...

"I'll send a rainbow, a sign of peace with men.
I'll send a rainbow, to show my love again.
When clouds fill the sky, it's a shower going by.
When raindrops fall, sunshine's coming after all.
Look for the rainbow, my sign of peace with men.
I'll make the rain go...and show my love again."

Spring is definitely coming, friends and neighbors!

"Spring is nature's way of saying, 'Let's Party!'" Robin Williams

A note from the Editor: Our beloved columnist and friend took a bad fall last week, but she will be back as soon as she is able to Walk Sierra Madre Again. In the meantime her timely messagee from February 24, 2024 is reprinted below.

"Spring has returned. The earth is like a child rejoicing in the sun."
"In the Spring, I have counted 136 different kinds of weather inside of 24 hours." Mark Twain

If you look really closely at trees that look totally and completely dead as a doornail, you will see tiny hard buds at the end of the branches.

Dead as a doornail. What on earth does that mean? We all say it so I thought I'd check with Wikipedia and here's what they have to say: "One plausible explanation is that doors were built using only wood boards and hand-forged nails. The nails were long enough to nail the vertical wooden panels and horizontal stretcher boards securely together so they would not easily pull apart. This was accomplished by pounding the protruding point of the nail over and down into the wood. A nail that was bent in this fashion - and thus not easily pulled out - was said to be 'dead.' Hence, dead as a doornail. There now, next time somebody wants to play Trivia, you've got a nifty little fact.

Anyway, plants that were brown will be sprouting green leaves. Sierra Madre will never look more beautiful. Snow on our personal mountains, camellias blooming in many yards, daffodils starting to poke spikey green things out of the ground. Sunshine will soon abound and we will be thinking of planting some petunias. See, just reading about flowers will make you smile and smiling frequently leads to laughter. Which I'm all in favor of.

"A day without laughter is a day wasted." Charlie Chaplin.
"Always find a reason to laugh. It may not add years to your life,
but will surely add life to your years."
"You don't stop laughing because you grow older, you grow older because you stop laughing." Maurice Chevalier

Laughter strengthens your immune system, boosts your mood, diminishes pain and protects you from the effects of stress. Humor lightens your burdens, inspires hope, connects you to others and keeps you grounded, focused and alert. Also helps you release anger and forgive sooner. That might possibly mean that when somebody cuts you off on the freeway, if you can laugh instead of shaking your fist at them, you'll feel better.

This week, look for emerging signs of spring and laugh a lot!

My book page: Amazon.com: Deanne Davis
Lent is here, which means Easter is on its way.
"The Crown" a story about what could have happened to The Crown of Thorns that pierced Jesus' brow, is now an actual book, in addition to a Kindle book.
"The Crown" will enrich your Easter experience.



THE EATON FIRE AND YOU!

Just last month we all went through a horrifying experience: A wildfire out of control!

Rich Snyder, former Sierra Madre Fire Captain, will tell us about his harrowing experience fighting the Eaton Fire when it literally dropped down from the sky on his neighborhood. Learn what he did to prepare, what went right, and what went wrong. Most importantly, we will discuss what you can do to protect your home and your neighborhood.

The public is always welcome to join us!

**Sierra Madre CERT General Meeting
Thursday, February 27th, 7:00 PM
Hart Park House - Memorial Park
222 W Sierra Madre Blvd, Sierra Madre**

SIERRA MADRE ALERT: STREET PARKING & DEBRIS REMOVAL UPDATES

Effective Immediately:

Canyon Crest Drive: No street parking from 7:30 AM to 4:30 PM, seven days a week, for approximately two months. This is to facilitate heavy equipment access for removing 80,000 to 100,000 cubic yards of sediment and debris from behind the Sierra Madre Dam.

Other Areas: All other "No Street Parking" orders are lifted. However, streets may be temporarily closed for additional cleanup and water leak repairs.

County Crews:

County crews will also clear and maintain all other Sierra Madre debris basins. Currently, no additional street parking restrictions are required for these locations.

Resident Access:

County personnel will assist residents in accessing and leaving their homes during this work. All persons in the area, whether in vehicles or walking, are asked to follow the directions of County traffic control staff.

Private Property Debris Removal:

City Public Works crews will not enter private property for mud and debris removal.

Residents will have designated days to move storm-related debris to the street for removal. Household and landscaping waste are not permitted.

The exact timeframe will be announced after storm events, considering weekends and holidays.

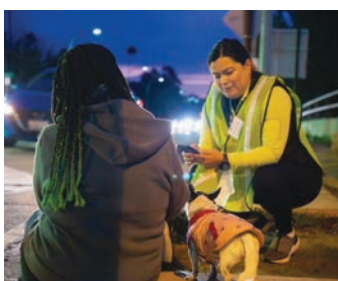
Important: After street sweeping, depositing additional debris is prohibited and may result in fines. For more information, contact Sierra Madre Public Works at (626) 355-7135.

Pasadena Altadena



News From Your Community For Your Community

Pasadena Conducts Homeless 2025 Count



In the wake of the Eaton Fire, the City of Pasadena Department of Housing conducted the postponed 2025 Point-in-Time Homeless Count on Wednesday night from 8:00 p.m. to 10:00 p.m. and the following Thursday morning from 6:00 a.m. to 8:00 a.m. with a supplementary youth count on Wednesday afternoon. Volunteer teams counted and surveyed people experiencing homelessness across the City's entire geography. The count also included those in shelters and transitional housing or utilizing motel vouchers. The results of the Homeless Count will be available by June.

The Pasadena Police Department provided critical support surveying the City's parks, freeway embankments, and other hard-to-access locations. Additionally, the Pasadena Public Health Department, in partnership with Huntington Hospital, provided COVID-19, Hepatitis A, and flu vaccines, as well as Narcan overdose reversal kits. Volunteers offered these resources to each person they surveyed, and a Vaccine Strike Team was dispatched on the spot to provide these services in the field.

Teams of four to five people covered 28 geographic zones using a mobile, GIS-enabled survey tool which was developed by the City's Department of Information Technology. As part of the count, volunteers distributed cold weather kits with socks, hats, beanies, and hand warmers as well as resource cards.

Although most of the damage from the Eaton fire was in Altadena, beyond Pasadena's scope, the Pasadena Public Health Department provided safety guidance to volunteers who were assigned to zones that encompassed the portions of the burn scar. No people experiencing homelessness were found in fire-impacted areas.

"After we had to delay the count, we are grateful that 169 volunteers stepped up to thoroughly canvass the City over a two-day period," said Dan Davidson, Homeless Count Coordinator. "Only with their help are we able to compile this critical information that guides the City's strategic planning for homeless services."

The Homeless Count provides a "snapshot" of what the homeless population looks like on any given night. Count data is most useful as a tool to study the demographics of the unhoused population and to track trends over time. Pasadena was the first city in the State of California, and one of the first three cities in the nation, to conduct a dedicated Homeless Count in 1992.

Homeless Count data is used year-round to inform the planning and funding of homeless services in the City and is used by state and federal funders in the allocation of housing grants.



Council to Discuss Relaxing Regulations for Rebuilding many Fire Damaged Homes

The Pasadena city council is set to discuss Monday night passing a temporary suspension or modification of zoning development standards and processes for rebuilding structures damaged by the Eaton fire.

If passed, their action would "direct the City Attorney to prepare an Interim Uncodified Ordinance that there is a current and immediate threat to the public health, safety, or welfare from the Eaton Fire, which resulted in the destruction of structures and displacement of residents, and that current zoning code requirements on the rebuild would exacerbate the existing threat to public health, safety, or welfare by delaying the rebuild of structures and homes."

The council's actions and discussion will center around Executive Order N-4-25 signed in January by Governor Gavin Newsom to streamline the rebuilding of homes and businesses destroyed by suspending the permitting and review requirements under the California Environmental Quality Act.

The council will discuss going beyond Newsom's Executive Orders to give greater flexibility on the site for locating the new home and allowing gross floor area as a base for the square

footage calculation, potentially providing, a greater increase in size, their staff report reads.

"Location: May be at a different location on the site, provided setback requirements are met or match a previously existing setback. Expansion: May exceed the previous footprint or overall gross floor area by 10 percent, whichever is greater. Any added footprint or floor area must meet setback requirements or match a previously existing setback."

Newsom's order states rebuilding of destroyed structures would be in the same location as previously existed and that any expansion does not exceed the previous footprint by more than 10 percent. The order also states the height does not exceed the previous height by more than 10 percent.

Newsom's order also allows Detached Accessory Dwelling Units to be constructed and used prior to the main dwelling and that recreational vehicles mobile homes and modular structures to be used as temporary housing during construction, something the council will discuss.

According to city officials, in Pasadena, the Eaton Fire destroyed 185 structures. The overwhelming majority were single-family dwelling and accessory structures in the Upper Hastings Ranch, VictoryRose,

Dundee Heights and NATHA neighborhoods.

The Pasadena city council meets at 6 p.m. in the Council Chamber, Pasadena City Hall 100 North Garfield Avenue, Room S249.

For more information visit: cityofpasadena.net.

Senior Center Cultural Thursday

Pasadena Senior Center's own Bollywood dance instructor Richa Jauhari will share her unusual life journey from her childhood in India to Los Angeles — with stops in Nigeria and Canada along the way — in a Cultural Thursday event on March 6 at 2 p.m. onsite at the Pasadena Senior Center.

In conversation with PSC's Events Director Annie Laskey, Richa will share how her life experiences have shaped her life choices. Richa has a background in architecture, is a dance and fitness instructor, writer and associate marriage and family therapist, anxiety coach and single mom. As a self-taught dancer, she understands the importance of learning to move with comfort and confidence at any age. As a teacher, she unites people through the shared experience of dance and movement, creating non-judgmental environments where everyone feels comfortable, valued, and included.

The event is free for Pasadena Senior Center members, and \$5 for non-members and reservations are suggested. To register or for more information, visit www.pasadenaseniocenter.org and click on Special Events, or call 626-795-4331.

Richa has devoted many years to serving others through movement and mindful connections. Her personal experiences with mental health issues among her family and friends have given her a unique sensitivity and empathy towards others. Her separation from a long-term marriage and navigating co-parenting of her two young children have provided her with valuable insights into recognizing difficulties, accepting loss, managing anxiety and complex situations, and being open to change.

To learn more visit www.pasadenaseniocenter.org or call 626-794-4331.

Pasadena Library Expands Digital Magazine Collection

Director of Libraries and Information Services, Tim McDonald, announced Thursday that the department is expanding its digital magazine collection with PressReader's new acquisition of Condé Nast's US publications providing Pasadena Public Library cardholders access to thousands of magazines and newspapers. The expanded collection includes The New Yorker, Vogue, Condé Nast Traveler, GQ, Glamour, Architectural Digest, Vanity Fair, Pitchfork, Wired, Bon Appétit, Cook's Illustrated, US Weekly and Ars Technica he said.

PressReader is a newspaper and magazine database where users can search for and read an array of publications. Pasadena Public Library card holders have free and unlimited checkout access to PressReader's collection as well as varied checkout access to three additional digital magazine and newspaper databases, Flipster, Libby, and Hoopla. Flipster is a dedicated digital magazine platform offering unlimited access to users and houses the monthly magazine and annual Consumer Reports Buying Guide within its collection. Libby offers a 10-item total checkout per month limit for eBooks, e-audiobooks, and magazines.



Hoopla, with magazines, books, music and movies, offers a four-item total checkout per calendar month.

Library cardholders can access digital magazines and newspapers by visiting the Digital Magazines, Comics, & Newspapers page on the Pasadena Public Library website. PressReader, Flipster, Libby, and Hoopla are accessible through the library website and mobile compatible through their respective apps.

For more information about library services, visit PasadenaPublicLibrary.net.

Select Pasadena Restaurants Honor the Cheeseburger

Pasadena Chamber member restaurants celebrate the invention of the cheeseburger in Pasadena in 1924 during Cheeseburger Week 2025. A total of 40 restaurants, burger joints and more take part in the citywide celebration Sunday to Saturday, March 1.

During Cheeseburger Week Pasadena honors Lionel Sternberger's genius in being the first to put cheese on a hamburger and serve it at the Rite Spot in Pasadena in 1924. Forty of Pasadena's favorite restaurants, lounges and burger joints offer their signature burgers, some special creations and great deals during Cheeseburger Week.

This year Shake Shack on Arroyo Parkway in Pasadena joins the Chamber member restaurants participating. Shake Shack is celebrating by offering their famous Cheeseburger for just \$5.

In 2025, you can expect these new menu items, specials and more during Cheeseburger Week in the greater Pasadena area:

Pie 'n Burger is offering a special meal deal (dine in only). Get a burger, side order and soft drink at a very special (Cheeseburger Week only) price. Download the coupon at: pasadenarestaurantweek.com.

Dog Haus (both Pasadena locations) offers a \$10 Haus Burger & Drink (fountain drink, beer or well shot in Old Pasadena) and \$10 Haus Burger & Drink (fountain drink or beer at the Hill Avenue location).

Lucky Baldwin's (the original Pub in Old Pasadena, Trappiste Pub on east Colorado and Delirium Cafe in Sierra Madre) has their tasty Slider Flight on the menu for Cheeseburger Week.

Kathleen's Restaurant is offering a special Salmon Burger meal (\$22.95 + tax and gratuity) and Avocado Bacon Cheeseburger meal (\$20.95 + tax and gratuity).



Magnolia House offers a special Holy Shitake Burger (Sesame bun, stacked wagyu patties, porcini rub, new American cheese, confit shiitakes, pickled cipollini onions, secret sauce, arugula with an option to add a small portion of fries.)

El Portal (and Yahaira's) offer the famous Zacatecas Burger—a delicious blend of ground meats (handmade patty with ground beef, ground pork, and chorizo) on a teler roll. Topped with ham, American cheese, lettuce, tomato, and chipotle mayo).

The Langham Huntington Hotel offers the Hideaway Smashburger poolside at the Lanai Pool.

Tardino Bros. Italian Kitchen is offering a special Chili Cheeseburger Pizza for Cheeseburger Week.

New York Chicken & Gyros is offering their cheeseburger Free only during Cheeseburger Week (Dine in Only). Follow New York Chicken & Gyros on social media to qualify.

For 2025, you can still take the Cheeseburger Challenge and vote for your favorites during Cheeseburger Week. Find the link to vote at: pasadenarestaurantweek.com.

Cheeseburger Week is organized by the Pasadena Chamber of Commerce with their restaurant members. Continuing at the end of February, 2025, is the

Cheeseburger Challenge. Participants will still be able to vote for their favorites in several categories at:

pasadenarestaurantweek.com during Cheeseburger Week.

City Announces the General Manager of PWP Recruitment

City Manager Miguel Márquez has announced last week the recruitment process for the next General Manager of Water & Power. The application process for this position is currently open with screenings in March and interviews taking place in April.

The public is encouraged to attend a meeting to provide input about the most important qualities potential candidates should have. Anyone who would like to offer input can also do so online at SurveyMonkey.com/r/5RPBJLH. The online survey will remain available until March 4, 2025.

"Engaging with our community is vital to ensuring we select

the right leader for Pasadena Water & Power. I encourage all community members and stakeholders to participate in the upcoming forum and provide their insights on the qualities and expertise they believe are essential for our next General Manager," states Márquez.

The community forum will take place on Zoom on the following date and time:

Wednesday, February 26, 2025, at 6:00 p.m.

Meeting information: Pasadena General Manager Community Forum Meeting ID: 829 0448 6130 Passcode: 544276

Please visit General Manager of Water & Power Brochure for more information.



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AROUND SAN GABRIEL VALLEY



CANCER SUPPORT COMMUNITY GREATER SAN GABRIEL VALLEY

CANCER SUPPORT COMMUNITY RECEIVES 120 MEDICAL-GRADE AIR PURIFIERS TO BENEFIT THOSE AT RISK

Sierra Madre, CA - Cancer Support Community Greater San Gabriel Valley (Cancer Support Community) has received a vital donation of 120 medical-grade air purifiers and replacement filters from the global health and humanitarian organization Project HOPE. The donation, made possible through a partnership with Medify Air, will help cancer patients—many of whom face heightened risks due to respiratory complications—breathe clean air by providing purified, safer air in their homes and community spaces.

For individuals undergoing cancer treatment, exposure to airborne pollutants, such as wildfire smoke, can pose serious health risks to their respiratory conditions and weakening immune systems. The recent wildfires burned over 71 square miles, producing hazardous air quality that continues to impact vulnerable populations, even after containment.

"The wildfires may be contained, but there are still tens of thousands of people reckoning with the loss of loved ones, homes, schools, businesses, and neighborhoods," says Chessa Latifi, Project HOPE's Deputy Director of Emergency Preparedness & Response. "Project HOPE has been focused on how we can best help the communities most vulnerable to the impacts of this devastation. We are so honored to be able to support the Cancer Support Community Greater San Gabriel Valley with 120 professional grade air purifiers and replacement filters from Medify Air to ensure people living with cancer have access to clean, quality air."

Project HOPE's donation is part of a broader emergency response effort supporting tens of thousands of wildfire-affected residents through mobile medical units, mental health services, and the distribution of air purifiers, personal protective equipment (PPE), and other essential supplies.

"We are deeply grateful to Project HOPE for donating 120 air purifiers to support at-risk members of our community," said Patricia Ostiller, CEO of Cancer Support Community. "In the wake of so much loss, acts of generosity like this remind us that compassion and resilience remain at the heart of Los Angeles and its surrounding communities as we rebuild together."

One grateful recipient shared, "This is an incredible gift! As a cancer survivor with lung complications, air quality is a constant concern for me. This gift provides not only cleaner air but also peace of mind. I am so grateful."

Cancer Support Community remains committed to providing support through a wide range of free programs for cancer patients and their families, including individual and group counseling, healthy lifestyle classes, social activities, resources and referrals. For more information about Cancer Support Community Greater San Gabriel Valley's programs and services, visit <https://www.cancersupportsgv.org/>.

Cancer Support Community Bio: Established in 1990, Cancer Support Community Greater San Gabriel Valley walks alongside its participants and their medical team providing evidence-based knowledge and professionally led psychosocial emotional support and activities as a proven method to enhance medical outcomes. The non-profit connects thousands of participants annually with support groups led by medical professionals, educational workshops presented by medical experts, and healthy lifestyle classes. All programs and services are free of charge.

SAN GABRIEL VALLEY NEWS BRIEFS

ARCADIA MAYOR MICHAEL CAO TO PRESENT STATE OF ARCADIA AT ARCADIA COMMUNITY COORDINATING COUNCIL MEETING



The Arcadia Community Coordinating Council is honored to welcome Arcadia Mayor Michael Cao, M.D., as the featured speaker at its upcoming meeting on Monday, March 3. Mayor Cao will present the State of Arcadia, providing key updates on current events, city initiatives, and future plans for the community.

Elected to the Arcadia City Council in 2022, Mayor Cao brings a distinguished public service, medicine, and civic leadership background. His decade-long service as an active duty Major in the United States Air Force included deployments to Iraq and Afghanistan, where he led the Critical Care Airlift Team, saving the lives of countless servicemen and servicewomen.

Following his military service, Mayor Cao transitioned to civilian life as a faculty assistant professor of medicine at the Keck School of Medicine at the University of Southern California before establishing a successful private medical practice. In addition to his contributions to the medical field, Mayor Cao has held leadership roles in various civic organizations, including serving as President of the League of California Cities Los Angeles Division and as Chairman of the State Bar of California Committee of Bar Examiners. Within Arcadia, Mayor Cao has been a dedicated community leader. He previously served as chairman of the Senior Citizen's Commission and as a board director for the Arcadia Police Foundation. His unwavering commitment to public service continues to shape his efforts to enhance the quality of life for Arcadia residents.

The Arcadia Community Coordinating Council invites community members to attend this insightful presentation and engage in discussions about the city's progress and future.

Event Details:

Date: Monday, March 3, 2025
Time: 11:30 a.m. - 1:15 pm

Location: Villa Catrina Restaurant, 251 N. Santa Anita Blvd., Arcadia

Please contact arcadiacoordinatingcouncil@gmail.com for more information about the event. Please RSVP by Friday, February 28, 2025

About Arcadia Community Coordinating Council: The Arcadia Community Coordinating Council is dedicated to promoting collaboration and resource sharing among community organizations, schools, and residents to enhance the quality of life for all members of the Arcadia community. Through its various initiatives and programs, the Council strives to build a stronger, more vibrant community where every individual can thrive.

FORMER LA COUNTY RESIDENT TO PLEAD GUILTY TO DEFRAUDING INVESTORS

LOS ANGELES (CNS) - A former San Gabriel Valley resident who was a frequent guest on financial television news programs then became a fugitive from justice after being accused of defrauding investors agreed today to plead guilty to conning victims out of at least \$2.7 million.

James Arthur McDonald Jr., 53, formerly of Arcadia, has agreed to plead guilty on a future date to one federal count of securities fraud, a felony that carries a sentence of up to 20 years in prison, according to the U.S. Attorney's Office.

McDonald has been in federal custody since June 2024, when he was arrested in a residence in Port Orchard, Washington, after being a fugitive since November 2021, when he failed to appear before the U.S. Securities and Exchange Commission to testify after allegations arose that he had defrauded investors.

According to his plea agreement, filed Wednesday in L.A. federal court, at McDonald's Washington state hideout, law enforcement found, among other things, a fake Washington, D.C., driver's license bearing McDonald's photograph and the name "Brian Thomas."

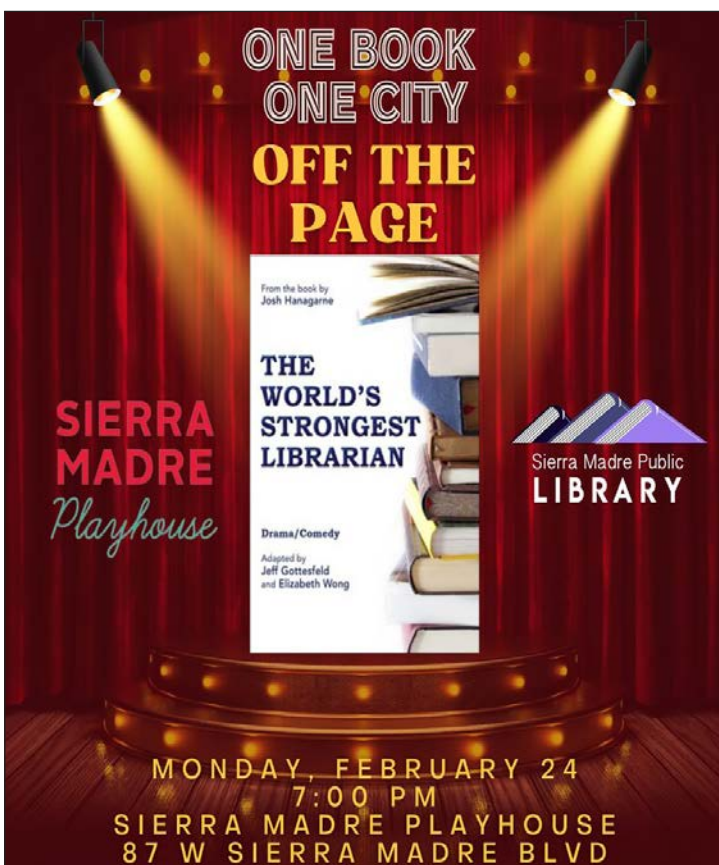
According to the indictment, McDonald was the CEO and chief investment officer of two companies: Hercules Investments LLC, based in downtown Los Angeles, and Index Strategy Advisors Inc., based in Redondo Beach. He frequently appeared as an analyst on the CNBC financial television news network, prosecutors said.

In late 2020, McDonald lost tens of millions of dollars of Hercules client money after adopting a risky short position that effectively bet against the health of the United States economy in the aftermath of the U.S. presidential election. Prosecutors said McDonald projected that the COVID-19 pandemic and the election would result in major sell-offs that would cause the stock market to drop. When the market decline didn't occur, Hercules clients lost between \$30 million and \$40 million. By December 2020, Hercules clients were complaining to company employees about the losses in their accounts, court papers show.

McDonald allegedly also falsely represented to clients that ISA, his other firm, was a registered investment adviser, even though he had withdrawn ISA as a state-registered investment adviser firm in May 2019. He allegedly sent ISA clients false account statements, including for one client who invested about \$351,000, later needed the money to make a down payment on a home, was informed by McDonald that much of the money had been lost, and never got his full investment back, according to the U.S. Attorney's Office.

SAVE THE DATE

Save the date on Monday, February 24 from 7:30 pm - 9:30 pm for this FREE One Book One City event - a staged reading of *The World's Strongest Librarian* in collaboration with Sierra Madre Play-house's OFF the PAGE. It's a play about the power of books, muscles, and human kindness.



ONE BOOK ONE CITY OFF THE PAGE

From the book by Josh Hanagarne

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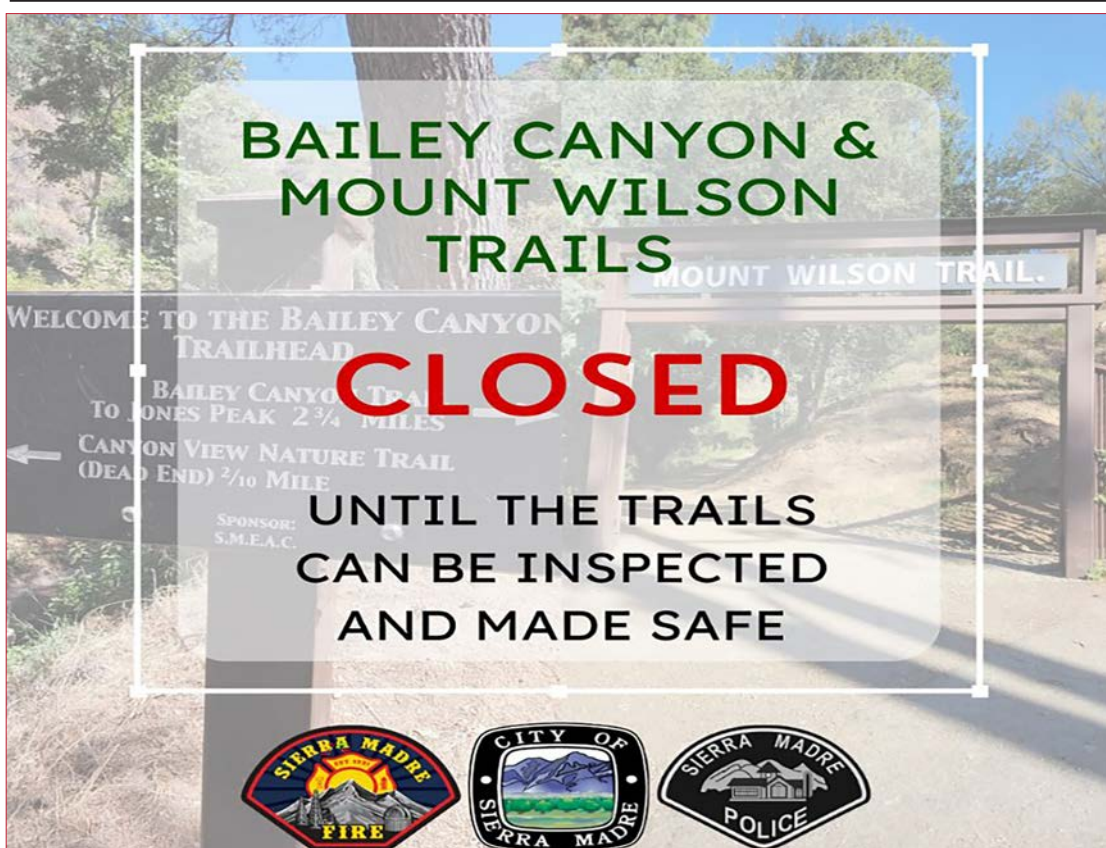
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Call the Library at (626) 355-7186 for more information. One Book One City is a community program that invites everyone in to read, discover and connect over the same book in February through book discussions, programming, and special events.

OBOC 2025 Selection: *What You Are Looking For* by Michiko Aoyama and is available at the Library



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SUPPORTING OUR COMMUNITY: RELIEF GRANTS AND FUNDS FOR LA COUNTY WILDFIRE VICTIMS

DCBA Launches LA County Household Relief Fund Grant to Aid Wildfire Victims

In response to the devastating Eaton and Palisades wildfires, the Department of Consumer and Business Affairs launching LA County Household Relief Grant offering grants to eligible households ranging from \$6,000 to \$18,000, based on household size and composition. This immediate financial assistance aims to help LA County households who have been directly impacted by the 2025 Eaton and Palisades fires. The program is designed to bridge financial gaps and promote the general welfare of affected households until insurance or government recovery resources become available.

The online application will be open from February 26 - March 12, 2025.

For more information and to sign up for updates about the application, please visit lacountyrelieffund.com.

Support the LA County Wildfire Recovery Effort - Donate Today!

LA County has launched a Disaster Relief and Recovery Fund donation portal to encourage community support for LA County wildfire victims.

Donations received through this portal will fund the LA County Household Relief Grant program, helping to expand the assistance available to those in need.

To donate, visit the Disaster Relief and Recovery Donations Portal to donate.

Donate Today

Deadline Extended: Apply Now for LA Region Small Business & Worker Relief Funds

The Department of Economic Opportunity and the City of Los Angeles have extended the application deadline for the LA Region Small Business & Worker Relief Funds to March 2nd.

These relief funds are designed to provide direct financial support to workers businesses, and nonprofits, helping bridge the gap until long-term recovery efforts kick in. Don't miss out on this opportunity for critical financial support.

Get more information and learn how to apply at opportunity.lacounty.gov.

BARGER CALLS ON REGION'S BUILDING PROFESSIONALS TO HELP ACCELERATE WILDFIRE RECOVERY

Rebuilding homes and communities lost to the recent Los Angeles County wildfires is a monumental challenge—one that requires collaboration, expertise, and innovative solutions.

Last week, over 800 architects, engineers, designers, contractors, and developers joined Rebuilding Together, a sold-out two-day summit hosted on February 13 and 14 by Los Angeles County Public Works to help identify ways to fast track rebuilding of communities devastated by the Eaton and Palisades Fires. Originally planned as a single-day event, Rebuilding Together expanded due to overwhelming interest, highlighting the building industry's commitment to helping communities rebuild stronger and faster.

"I'm thrilled this convening took place because there is a lot of rebuilding work ahead of us and we need to work smart," said Los Angeles County Board of Supervisors Chair Kathryn Barger. "We need every voice at the table so our County can facilitate an efficient and timely recovery. This isn't just about rebuilding structures—it's about restoring whole communities so that families have a place to call home and businesses can re-open and thrive. I encourage professionals from the rebuilding community to connect with our County's Public Works Department. We value and need the expertise, agility, and scalability of private industry."

The Rebuilding Together sessions provided a collaborative platform for industry leaders to offer input in four main areas: permit streamlining, which consists of reducing delays and simplifying the approval process; innovative housing construction, which explores new approaches for rapid, cost-efficient rebuilding; resilient design and materials, which includes enhancing fire-resistant building standards; and contracting opportunities, which focuses on expanding access to rebuilding contracts for local industry professionals.

"Los Angeles County remains committed to working alongside industry professionals and local communities to refine and improve rebuilding efforts," Barger stated. "I encourage industry professionals to view the Virtual Workshop where feedback can be provided on key topics, including permit streamlining, innovative housing, and resilient design. Your input is important and matters."

B-roll video of the two-day Rebuilding Together workshops is available [here](#) and photos are available [here](#). Additional Los Angeles County wildfire resources and updates are available at Recovery.LACounty.gov.

COUNTY DEBRIS REMOVAL HOTLINE


(844) FIRE DEBRIS
(844) 347-3332

- For general questions about fire debris removal.
- Available Monday through Friday: 7 AM to 7 PM
- Saturday and Sunday from 8 AM to 6 PM.
- Visit pw.lacounty.gov/epd/debris-removal/ for more information.



CA WILDFIRE RELIEF GRANTS NOW AVAILABLE

REALTORS® are dedicated to their communities and the importance of homeownership. Apply now for a REALTOR® Relief Foundation grant (up to \$1,000/household) to support rebuilding and recovery from the recent Southern California wildfires.

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DISASTER RECOVERY CENTERS NEW HOURS

Beginning Monday, February 10
9:00 am - 7:00 pm, 7 days a week

Altadena DRC

540 West Woodbury Road
Altadena, CA 91001

UCLA Research Park West

10850 West Pico Blvd.
Los Angeles, CA 90064




Who Can Apply?

This program is available to full-time residents who are U.S. citizens or legally admitted for residence in the United States and have experienced displacement or damage to their primary residence due to the recent wildfires. Eligible households can receive up to \$1,000 in housing-related financial assistance.

What Does the Grant Cover?

Eligible applicants may receive assistance for one of the following housing-related expenses:

- Mortgage Payment Assistance** - If your primary residence was damaged by the disaster.
- Rental Assistance** - If you are displaced from your primary residence due to the disaster.
- Hotel Reimbursement** - If you incurred temporary lodging costs due to displacement from your primary residence.

Please Note: This grant does not cover expenses such as second mortgages (home equity loans), clothing, appliances, equipment, vehicle costs, or other non-housing-related expenses.

How to Apply:

- Complete the application online at car.org/difference/realtorscare
- Submit required documentation to verify wildfire-related displacement or damage.
- Applications will be processed on a first-come, first-served basis until all funds are allocated.
- Deadline to apply: April 30, 2025**
- For application inquiries, email: communitygrant@car.org



If you or someone you know has been impacted, don't wait—apply today at car.org/difference/realtorscare.



USPS UPDATE ON SOUTHERN CALIFORNIA OPERATIONS

as of February 7, 2025

The wildfires burning in Southern California are a catastrophic disaster, disrupting services and operations for many organizations – including the Postal Service's ability to deliver mail and packages – across the Los Angeles region. During this time, the Postal Service's primary focus is to maintain the safety and security of our employees, while ensuring that customers affected by the 'California Wildfires' receive their mail and packages as swiftly as possible.

The Postal Service operations team continues to work around the clock to restore operations wherever safe to do so. USPS is committed to delivering mail safely and where allowable, constantly adjusting our operations for a swift restoration of services in impacted areas. The full recovery of service to the impacted areas may stretch forward for some time.

Effective February 10, 2025, customer pick up hours for packages and letters have been adjusted at the Pasadena and the Rancho Park Post Offices.

Customers interested in submitting an Official Mail Forwarding Change of Address Order to re-route their mail, including packages and letters, may complete the process online at <https://movers-guide.usps.com/> or by filling out a PS Form 3575, Change of Address, available at any post office.

Facility
Mail Pickup Location
Altadena Post Office
2271 Lake Avenue
Altadena, CA 91001 - 9998

Pasadena Post Office
600 Lincoln Avenue
Pasadena, CA 91109-9998
Mon – Fri: 9 am – 6 pm
Sat: 9 am – 3 pm

Altadena Customer Pickup Hours:
Mon - Fri: 10 am – 5 pm
Sat: 10 am – 3 pm









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-  Saturday
-  6:00 a.m. - 4:30 p.m.
-  Sunday
-  6:00 a.m. - 2:30 p.m.



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HABITS TO IMPROVE YOUR MATH GRADES

(StatePoint) Struggling with math class? If so, here are five habits you can adopt to ace the subject:

1. Meet with your teacher: If you're feeling a bit lost during a lesson or you receive a grade on a test that you're not happy about, see your teacher about it. Most teachers want their students to thrive and are happy to schedule an appointment to go over tricky concepts. If your teacher has a tight schedule, they are a must-have tool not only during late night study sessions and daily lessons, but also during timed tests

2. Equip yourself with the right tools: When shopping for educational tools, you don't need to compromise your learning potential to stay within budget. Give yourself every advantage you need to succeed by equipping yourself with an affordable calculator that helps you actually understand the concepts behind the equations, and one which will save you time when you need it most. With its Natural Textbook Display and intuitive icon menu, the fx-9750GIII graphing calculator from Casio is incredibly easy to use, whether you're graph plotting, doing vector arithmetic or creating a spreadsheet. Approved for the SAT, PSAT, ACT and AP tests, this model includes Exam Mode to lock specific functionality for testing purposes, making it a must-have tool not only during late night study sessions and daily lessons, but also during timed tests

3. Study regularly: It's a good idea to review recent chapters and class notes after school each day, even if there is no formal homework assignment. You may even want to complete a few relevant practice exercises. Doing so will help you synthesize the information from the latest lesson and prime you to learn new material the next time class meets.

4. Stay sharp: Free online educational tools can help you stay sharp, even when class is out of session. Check out Casio's education blog found at casioeducation.com/blog for exam-specific study tips, math activities and advice on using your calculator effectively.

5. Stay organized: Create a system for note-taking that works for you and be sure to keep your notes, assignments and marked up quizzes and exams tidy. This organization will not only aid your comprehension of the material, but also help you find the information you need to prepare for exams and complete assignments.

Whether math is your favorite subject or the one that puts the heaviest strain on your GPA, you can form great habits that will help you make the grade.

DART PROGRAM DELIVERS REMARKABLE RESULTS

The City of Duarte has a uniquely successful youth program developed to prevent juvenile arrests. The program initially started in its current form in 2000. In the first year there was a 62% reduction in juvenile arrests and that record continues. The City received a CalGrip grant from the state of California in 2010. This was a 10 year grant totalling \$1.5 million. During that time there was a 97% reduction in juvenile arrests!

The DART (Duarte Area Resource Team) program is targeting 13 - 19 year olds and provides opportunities for community service, peer support and creative leadership from City Staff was well as from Law Enforcement. Each year, 50 youth participate and help determine what their current needs are. Based on issues that began in earnest during the pandemic, mental health support has been key for the current participants. Key to success is resources who are culturally and generationally competent.



The Duarte Kiwanis Club is proud to be able to continue to support DART and their programs. Pictured (from left) DART President, Brandon Edwards and Duarte Kiwanis President, Mercedes Ruiz. If you are interested in joining the Duarte Kiwanis or presenting at a future meeting, please contact Tina Carey at tinac51@aol.com.

SCHOOL DIRECTORY

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

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

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 Darwin Jackson
Email: schools@monrovia.k12.ca.us

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

Pasadena High School
2925 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 396-5880 Principal: 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.monroviaschools.net

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

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.avmpasadena.org/>

Barnhart School
240 W. Colorado Blvd Arcadia, Ca. 91007
(626) 446-5588
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website: www.barnhartschool.org

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Phone: 626-286-3108 ext. 172
FAX: 626-286-1528
E-mail: jhawes@clairbourn.org

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Principal: Nancy Lopez
www.foothilloaksacademy.org
office@foothilloaksacademy.org

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

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(626) 355-2410
Head of School, Jo-Anne Woolner
website: www.goodenschool.org

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We're going to visit our library to... ...look for African-American folktales. Kids: color stuff in!

Newspaper Fun!

www.readingclubfun.com Annimills LLC © 2025 V7

African-American Life in Books

The writers in this puzzle add much to the world of spoken and written words. Some of their books tell stories of African-American families or community life. Other books are packed with folklore, history or facts about Africa. **Read the clues to fill in the puzzles with the writers' last names:**

- Brenda _____ gives us **African American Women Writers**.
- Walter Dean _____ uses energetic poetry and artwork in **Jazz**.
- In Rita _____'s **One Crazy Summer**, three black sisters from Brooklyn spend time with their mother in California. Life is very different!
- Virginia _____ weaves ghosts, secret passageways and a cave into her book **The House of Dies Drear** (made into a TV movie).
- Mildred _____ wrote **Roll of Thunder, Hear My Cry**, about a family surviving the Great Depression in the South.
- In **Some of the Days of Everett Anderson**, Lucille _____ uses small poems to describe the daily experiences of a young boy.
- Ellington Was Not a Street** is the story of Ntozake _____'s neighborhood in a time of racial hatred.
- Sharon G. _____ tells us of acceptance in **The Skin I'm In**.
- Mary _____' **Brothers in Hope: The Story of the Lost Boys of Sudan**; 30,000 orphaned boys who walked across Africa to escape war.
- Robert D. _____'s book, **The Hired Hand: An African-American Folktale**, is a tale of tragedy and greed.
- Laurie Halse _____ tells the story of a slave girl in **Chains**.
- Julius _____ collected memories of slaves and ex-slaves. **To Be a Slave** shares their experiences coming to America (1800s).
- In **Keeping the Night Watch**, Hope Anita _____ tells how a young teen and his family struggle with their past.
- Kadir _____'s book about acceptance is **We Are the Ship: The Story of Negro League Baseball**.

Do you know interesting stories about your family? Get some paper and write them down. Draw some illustrations. Put it all into a notebook to start your own book.

I love my e-reader!

PUZZLES FOR YOU

DANCE MOVES

ACROSS

1. Mrs. in Germany
5. *Nae Nae's partner
8. m in F = ma
12. Deadly sin
13. Hindu serpent deity
14. Blood line
15. State location of Miami University
16. Last word on radio
17. Best friend quality
18. *Sideways dance step
20. Buzzing pest
21. "That is" in Latin
22. Corvine bird's sound
23. Omicron or Delta, e.g.
26. Verb derived from "wreath"
30. Although, for short
31. Demijohn
34. Kings of ___ band
35. Act against
37. Bruin legend Bobby ___
38. Southern cuisine pods
39. Cold war initials
40. Transmitted radio signal
42. French vineyard
43. Strong suits
45. Overnight flight
47. Like a dancer in The Royal Ballet company
48. Polynesian island country
50. Dracula's bane
52. *Dancer's gardening tool simulation
56. Cass Elliot and Michelle Phillips
57. Eon, alt. sp.
58. Reminiscent of certain hardwood, to sommelier
59. In a tilted position
60. Flower holder
61. Cartoon lightbulb
62. Police informer
63. Before, poetically
64. Koppel and Turner, e.g.

DOWN

1. Use cat o'nine tails
2. German industrial valley
3. "Heat of the Moment" band
4. Sir Thomas More's famous book
5. Actress Viola ___
6. ___ provocateur
7. Like some necessities
8. *Michael Jackson's backward move
9. Maisie Williams on "Game of Thrones"
10. Immediately, to a doctor
11. Salt, in Mexico
13. Nine-day Christian devotion
14. Aquatic scum
19. Authoritative proclamation
22. "___ Me a River"
23. Pull strings
24. Not those
25. Comedy Central's public humiliation
26. *a.k.a. caterpillar, with The
27. 9 a.m. prayer
28. Ancient
29. Follow as a consequence
32. Sturgeon output, pl.
33. Lingerie staple
36. *Serena Williams' Super Bowl LIX move (2 words)
38. Theater, to Socrates
40. Sis' sibling
41. King's mantle fur
44. Painter Max or Director Lubitsch
46. Armed gang member in India
48. Asparagus unit
49. What phoenix did
50. Numbers
51. Gulf V.I.P.
52. "Keep this information" button
53. Place a load on
54. Augmented
55. Swedish shag rugs
56. *Running ___

CROSSWORD

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Feb. 15, 2025 Solutions

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LORD EMPANADA – A Royal Treat in Monrovia

I wish I could say I discovered Lord Empanada, but many others have come before me. In fact, Yelp has already crowned this humble spot one of the Top 100 Places to Eat in the country—#61 to be exact. With a ranking like that, I had to see for myself what all the fuss was about.

First things first: these empanadas are fried, not baked—a crispy, golden contrast to the more common oven-baked versions. And the fillings? Well, let's just say choosing was nearly impossible. Birria or Al Pastor? I went back and forth before doing the only logical thing: ordering a bit of everything. (Pro tip: don't skip the apple pie empanada for dessert!)

The interior is cozy and inviting, the kind of place where you feel at home the moment you walk in. It's clear that Lord Empanada has already built a loyal following. And to you regulars reading this, I know—I probably missed some of your favorites. But this is just a first impression review, and I'll be back for more.

If you go, be sure to ask for Ryan—he knows his empanadas inside and out and was even a guest on my radio show this past Sunday night. Missed the segment? No worries, you can still catch it on my podcast.

So, save yourself the money on a trip to Argentina and check out Lord Empanada instead. You'll find all the flavors you crave, plus a few local brews to wash them down. Lord Empanada has earned its title, and if you haven't been yet, consider this your royal invitation.

Four and a half Stars!!!!



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THE TASTING ROOM WHEN WINE MEANS SO MUCH MORE.

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



My good friend Wes Hagen came to visit me the other day. We sat down at my place and tasted about ten wines over bowls of homemade Fideo and Calabacitas Guisadas. One of the many thought-provoking statements I remember of his over the years is that a bottle of wine is an investment to keep the people we love at table for an extra hour every day.

Throughout the years I have shared countless bottles of wine with friends and loved ones. I remember a Mani Nössing Kerner from Italy that I shared with my son a couple of years ago over a meal. He had just come back from a trip to Italy, and it was the first bottle we had shared together. That moment will be an everlasting memory for me. Another great memory for me was the time I shared a bottle of Aaron Petite Sirah with two very dear friends of mine. I remember thinking that I didn't want to finish the bottle since it was so delicious. I savored every drop from that bottle. We marveled at the brilliance of the winemaker – Aaron Jackson, a person who I consider one of the best winemakers in the country. We also laughed that my friends had been imploring me to bring Aaron's wines into the shop, and finally I did once I had tasted them and was blown away by Aaron's skill. This is another memory that will stay with me forever. If you come into the Tasting Room, I will show you the exact spot where this happened.

Good memories. Good times. That's when wine is so much more than wine. It's an experience. It's an adventure. It's spending time with friends and loved ones. It isn't so much talking about wine, but it's about having conversations that make you think, feel, and connect.

I'll again be sharing a 2016 Aaron Petite Sirah with these same friends that I shared an Aaron Petite Sirah with years ago. I know we'll have a great bottle of wine, great conversation, and great memories of past wines and conversations. After all we've been through this year, that is something we all should strive for and savor. Here's to you and to keeping your loved ones at table for an extra hour each day.

If you are ever up in Paso Robles, stop by Aaron's Tasting Room and tell them I sent you. It's in Tin City and is managed by Katie Lewis. It's a winery you should not miss when you are up in Paso Robles.

The 2022 Aaron Petite Sirah is available at The Bottle Shop for \$56.99. It's one of the best Petite Sirahs around. It's got savory, wild herbal notes, pepper, smoked meats, blackberry, and licorice. The alcohol level is restrained, the tannins are polished, and the finish is lengthy. This is what Petite Sirah should be! Say you saw it in the Mountain Views News and get the MVN special price of \$52.99. Special price good through February 28.

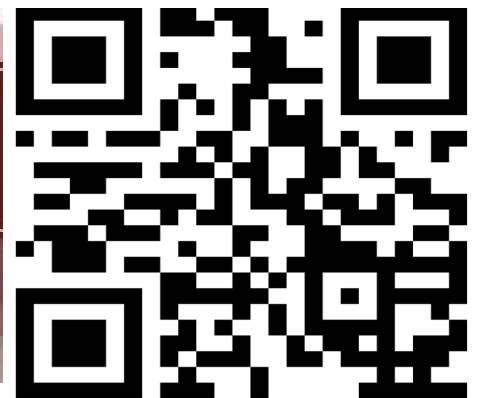
Next week at The Bottle Shop Tasting Room – DEI Wine Tasting. Delicious, exciting, and incredible wines made by women!

Please keep in mind all those who have suffered and are trying to rebuild from the Eaton Fire. Visit DenaMadreStrong.com to learn how you can continue to help those impacted by the Eaton Fire.

Until next time – Salud!

Scan the QRCode to sign up for our newsletter.

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ALL THINGS By Jeff Brown

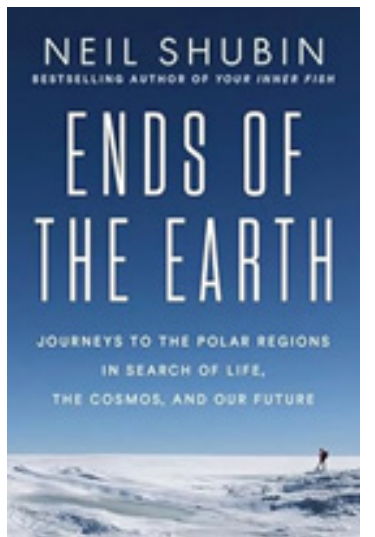
ENDS OF THE EARTH: JOURNEYS TO THE POLAR REGIONS IN SEARCH OF LIFE, THE COSMOS, AND OUR FUTURE by Neil Shubin

The bestselling author of Your Inner Fish takes readers on an epic adventure to the North and South Poles to reveal the secrets locked in the ice about life, the cosmos, and our planet's future.

Renowned scientist & paleontologist Neil Shubin has made extraordinary discoveries by leading scientific expeditions to the sweeping ice landscapes of the Arctic and Antarctic. He's survived polar storms, traveled in temperatures that can freeze flesh in seconds, and worked hundreds of miles from the nearest humans, all to deepen our understanding of our world.

Written with infectious enthusiasm and irresistible curiosity, Ends of the Earth blends travel writing, science, and history in a book brimming with surprising and wonderful discoveries. Shubin retraces his steps on a "dinosaur dance floor," showing us where these beasts had populated the once tropical lands at the poles. He takes readers meteor hunting, as meteorites preserved in the ice can be older than our planet and can tell us about our galaxy's formation. Readers also encounter insects and fish that develop their own anti-freeze, and aquatic life in ancient lakes hidden miles under the ice that haven't seen the surface in centuries. It turns out that explorers and scientists have found these extreme environments as prime ground for making scientific breakthroughs across a vast range of knowledge.

Shubin shares unforgettable moments from centuries of expeditions to reveal just how far scientists will go to understand polar regions. In the end, what happens at the poles does not stay in the poles—the ends of the earth offer profound stories that will forever change our view of life and the entire planet.



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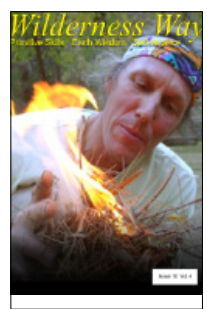
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CHRISTOPHER Nyerges



[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]

PROFILES FROM THE ALTADENA FIRES: JOE SIERRA

Joe Sierra grew up in Altadena, attending St. Elizabeth parochial school through 8th grade, and then graduating from Pasadena High School.

Around 1967, when the 210 freeway was being built through Pasadena, Joe's father purchased one of the houses that was being displaced. His father, Jesus, moved it to the family property on North Marengo in Altadena, and re-built it, with his son Joe. The family lived in the smaller, older house in the rear for the new house was being repaired. That "new house" was bigger, grander, and was the center of countless family gatherings all these decades. Until January 7, 2025.

THE FIRE!

Joe recalls that Tuesday, January 7 was extremely windy, and in the early evening, he could look to the east and see the entire hillside north and east of Eaton Canyon on fire.

"Of course, I didn't think it would get to me. We've seen many fires in Altadena, and they always stay in the mountains," commented Joe.

"We kept on eye on the fire," continued Joe, "and we checked the progress on the news. But our power went out around 9 p.m., and so we had no more information from the news channels. We were using candles and various flashlight, and the neighborhood was dark, and it was still very windy."

The power came back on at about 11 p.m., for about an hour, til midnight. During that hour, they had light and they got vital information from the TV. Then the power went out again.

Joe learned that a mandatory evacuation was in effect from Lake Avenue eastward.

"So we thought we were OK," said Joe. "Marengo is quite a few blocks to the west of Lake."

He dozed off a bit, and then the wind apparently shifted. He received an urgent phone call from his uncle around 4 a.m, saying, "Joe, are you leaving? Are you leaving?" The high wind made it hard to hear.

At this point, while still on the phone, Joe's roommate yelled to Joe, "The house across the street is on fire!" Joe said he wasn't certain what was going on, and the roommate repeated with emphasis, "The house across the street is on fire!"

"So I told my uncle that we're going too," said Joe.

They were going to drive away in Joe's Chevy Malibu, so he put his laptop and some clothes in the Malibu. They put their 3 cats in crate but the crate wouldn't fit into the Malibu, so they put in Joe's truck instead. Joe described those short tense moments before departing.

"I grabbed some things, like my wallet. I figured wed be coming back, but I knew we had to get out right then. Smoke was billowing and gusting with huge embers. My roommate saw flying embers the size of her hand, and I really wasn't thinking that straight. I think I should have shut off the gas to the house before leaving. I did remember to go back in and get my medications, which I'd just renewed. So we pulled out in the truck, not the Malibu where I'd left some clothes and my laptop. We saw other neighbors also pulling out as we left."

"Houses were on fire as we were driving down Marengo, and the smoke was very thick. It was hard to think about things. We saw others leaving their homes, and everyone was driving very slow. It was hard to see with the smoke and lashing 90 mph wind. I was on auto-pilot."

Joe drove south on Marengo to Woodbury, and then drove east to Los Robles and went south. He didn't notice houses on fire south of Woodbury, but it was too smoky to see well..

"We saw on the news that the Pasadena Civic Center was the relief center, so that's where we headed," said Joe.

Joe described the scene as chaotic. They sat in the truck for a while in the mall parking, and watched people showing up. At the Civic Center, buses were coming from nursing homes, and buses were parked wherever they could. People from the nursing home were going into the large conference room, and Joe saw people in chairs and cots everywhere, with the Red Cross handing out blankets and other emergency things. "It was hard to know what was going on," he commented.



Joe reported that he had to use the bathroom and there were staff people constantly cleaning it that first night, working hard to keep it clean.

By approximately 7 a.m., Joe and roommate walked west on Green to Ralphs grocery store to purchase some food, such as fruits, protein bars, protein drinks.

Back at the Civic Center they talked with various Altadena neighbors about their experiences. Later in the day Wednesday, things got more organized at the Civic with a lot more people showing up.

Joe got the word that the Altadena area would be off limits for a bit, and he figured it was highly likely that his house was gone, though he didn't yet know that.

"I called my friend in NC and she told me that I should go put in a claim for house immediately" explains Joe. "So I went to the Pasadena AAA office and waited in line to put in my insurance claim. (Joe had all his insurance with AAA)." The AAA offered a discount coupon to go to Glendale Hotel Windam, on Pacific, just below freeway, and so he went there for the first two nights. "The air was definitely better in Glendale," he adds, "since it was still very smoky in Altadena."

He did go back to the Civic Center to get updates and giveaways, and on the following weekend, went there to talk to FEMA advisors. "I learned that my house was destroyed and that I couldn't immediately go back to see it."

Fortunately, Joe had friends who were away from their Azusa home for the month, so he was able to stay in Azusa for two nights. After that, he was able to stay with relatives in Lancaster, where he is currently residing.

Joe finally got back to his property on February 19 to survey the damage. There is the fireplace that his father installed, surrounded by ash and charcoal, blackened metal, melted glass. He was able to find a few tools, such as shovels, and some hand tools. He lamented the scorched citrus trees in the yard, which however, already showed signs of recovery 5 weeks later. Joe relates that though his house burned to the ground, his Malibu didn't burn and he got his laptop and clothes.

I wondered how Joe was dealing with the loss of a family home, and all the keepsakes that come from two generations. "The feeling of loss comes in waves, here and there, so I just try to keep dealing with what I need to do at the moment. I made a to-do list and just keep moving forward, just trying to complete what I need to do."

Joe is not involved in any of the various groups that have sprung up since the fire. "I have been media deprived, actually," he explains, and he's not familiar with any of the community activism. He did opt to have the EPA do his property clean-up. He's kept in touch with what's happening by talking with others who are in touch with Supervisor Barger

Joe noted that Edison cut lots of tall bushes and trees and an oak tree. "I agree some needed to be trimmed way bac, but they just cut it out entirely."

Army Corps of Engineers will then take 6 inches of topsoil away and will do no testing for toxins. Though, due to the size of the burn area, Joe has no idea when they will get to his 1/3 acre property.

"When all is done, my thought is to try to rebuild," says Joe. "I would like to. It depends on many factors." Though Joe is a retired carpenter and built houses lifelong, there was always someone else who had the blueprints finalized with approved plans. So though he's done lots of work on commercial buildings, he never built a house before from step one. But he knows the building industry, he explained with a positive tone, and he intends to take the process step by step.

In reviewing what he did right, Joe was glad that he departed when he did. "I don't think it would have been smart for me to stay and try to fight the fire."

Joe comments that he wishes he'd been more prepared, and had grabbed more stuff like passport and photos and tax papers. However, "But it all happened so quick!" he said.

Katnip News!



cuddle and purr. With her affectionate nature, she's sure to bring warmth and joy to any home.



DOTTIE

Meet Dottie, an adorable 6-month-old brown tabby with a heart full of love and a playful spirit! She adores her toys, enjoys exploring her surroundings, and at the end of the day, she's happiest curling up in your lap for snuggles. Her loving nature shines through in every



Dottie

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

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

Pet of the Week

Boston is a 73-pound bundle of love, energy, and unwavering affection. At just two years old, this German Shepherd mix is searching for a home where he can share his passion for long walks, full-body cuddles, and, of course, plenty of kisses. Boston is the kind of dog who melts into your arms, rolling onto his back for belly rubs and soaking up every ounce of attention. But don't let his playful side fool you—he also has a relaxed, easygoing nature. After a satisfying walk, he's perfectly content curling up for a nap while you go about your day.

Car rides are another favorite, especially when they lead to new places to explore. Whether it's rolling onto his back in the grass, on the carpet, or even on the bed, he finds pure joy in the simple things. Boston is a true cuddle bug, always ready to snuggle up and shower you with affectionate kisses.

Boston will thrive in an active household that loves the outdoors as much as he does. A spacious, secure yard where he can run freely would be ideal, and an experienced dog owner would be a great match to continue his training. In return, Boston will offer endless love, loyalty, and companionship. If you're looking for a big-hearted, affectionate pup to share your adventures with, Boston just might be your perfect match.

The 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.



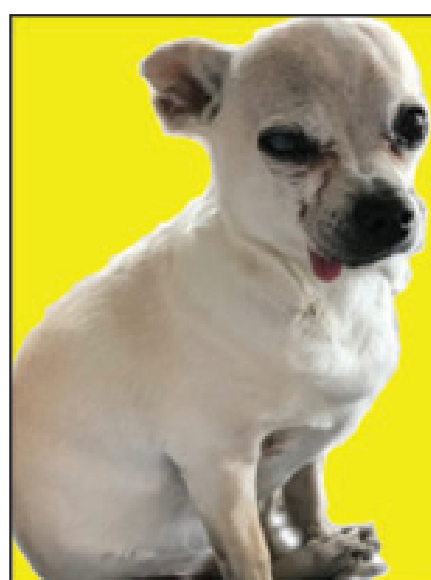
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THE IMPORTANCE OF VITAMIN D FOR SENIORS

As we age, maintaining good health requires special attention to the nutrients our bodies need. One such nutrient is vitamin D, which plays a crucial role in bone health, immune function, and overall well-being. However, many older adults are at risk of vitamin D deficiency, which can lead to various health issues. Here's why vitamin D is especially important for seniors:

- 1. Bone Health**
Vitamin D is essential for helping the body absorb calcium, which is vital for strong bones. As we age, our bones naturally become weaker, and without enough vitamin D, seniors are more susceptible to fractures, osteoporosis, and bone pain. Ensuring adequate levels of vitamin D helps maintain bone strength and reduces the risk of injuries.
- 2. Immune System Support**
Vitamin D also plays a key role in supporting the immune system. It helps the body fight infections and manage inflammation. Seniors with low levels of vitamin D may find themselves more vulnerable to illnesses, particularly during cold and flu season.
- 3. Muscle Strength and Balance**
Proper vitamin D levels are essential for maintaining muscle strength, which is important for balance and preventing falls. Falls can lead to serious injuries in older adults, so keeping muscles strong and functional is crucial for overall health and safety.
- 4. Mental Health Benefits**
Research has shown that vitamin D may have a positive impact on mood and mental health. Seniors with low levels of vitamin D are at greater risk of depression and cognitive decline, so ensuring adequate intake can help support emotional well-being.
- 5. Sources of Vitamin D**
While sunlight is the best natural source of vitamin D, it becomes harder to get enough from the sun as we age. Foods like fatty fish, fortified milk, and egg yolks can provide vitamin D, and supplements may be recommended if needed.

Maintaining adequate levels of vitamin D is vital for senior health. Regular check-ups with a doctor can ensure your vitamin D levels are optimal, helping you live a healthier and more active life.

IS A REVERSE MORTGAGE A GOOD IDEA?



Dear Savvy Senior, What can you tell me about reverse mortgages? When my husband passed away last year my income dropped almost in half, and I've been struggling to keep up with my monthly living expenses. Senior Homeowner

Dear Senior, For retirees who own their home and want to stay living there, but could use some extra cash, a reverse mortgage is a viable financial tool, but there's a lot to know and consider to be sure it's a good option for you.

Let's start with the basics.

A reverse mortgage is a unique type of loan that allows older homeowners to borrow money against the equity in their house (or condo) that doesn't have to be repaid until the homeowner dies, sells the house or moves out for at least 12 months. At that point, you or your heirs will have to pay back the loan plus accrued interest and fees (usually by selling the home), but you will never owe more than the value of your home.

It's also important to understand that with a reverse mortgage, you, not the bank, own the house, so you're still required to pay your property taxes, homeowners' insurance and upkeep. Not paying them can result in foreclosure.

To be eligible, you must be 62 years of age or older, have at least 50 percent equity in your home, and currently be living there.

You will also need to undergo a financial assessment to determine whether you can afford to continue paying your property taxes and insurance. Depending on your financial situation, you may be required to put part of your loan into an escrow account to pay future bills. If the financial assessment finds that you cannot pay your insurance and taxes and have enough cash left to live on, you'll be denied.

Loan Details
More than 90 percent of all reverse mortgages offered are Home Equity Conversion Mortgages (HECM), which are FHA insured and offered through private mortgage lenders and banks. HECM's have home value limits that vary by county but cannot exceed \$1,209,750 in 2025.

How much you can actually get through a reverse mortgage depends on your age (the older you are the more you can get), your home's value and the prevailing interest rates. Generally, most people can borrow somewhere between 40 and 60 percent of the home's value. To estimate how much you can borrow, use the reverse mortgage calculator at ReverseMortgage.org.

To receive your money, you can opt for a lump sum, a line of credit, regular monthly checks or a combination of these.

But be aware the reverse mortgages aren't cheap. You'll have to pay an origination fee, which is the greater of \$2,500 or 2 percent of the first \$200,000 of your home's value plus 1 percent of the amount over \$200,000. HECM origination fees are capped at \$6,000.

You'll also be charged an initial mortgage insurance premium, which is 2 percent of the loan amount, along with closing costs that will likely run several thousand dollars. Any amount you borrow, including these fees and insurance, accrues interest, which means your debt grows over time.

To learn more, see the National Council on Aging's online booklet "Use Your Home to Stay at Home" at NCOA.org/article/use-your-home-to-stay-at-home.

Also be aware that because reverse mortgages are complex loans, all borrowers are required to get counseling through a HUD approved independent counseling agency before taking one out. Most agencies charge between \$125 and \$200. To locate one near you, visit Go.usa.gov/v2H, or call 800-569-4287.


Other Options
If a reverse mortgage doesn't suit you, you could also tap your home equity by getting a regular home equity loan or line of credit. This type of borrowing requires you to make payments, and lenders can freeze or lower limits on lines of credit, but the borrowing costs are much lower. Or you could also sell your home and move somewhere cheaper.

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

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

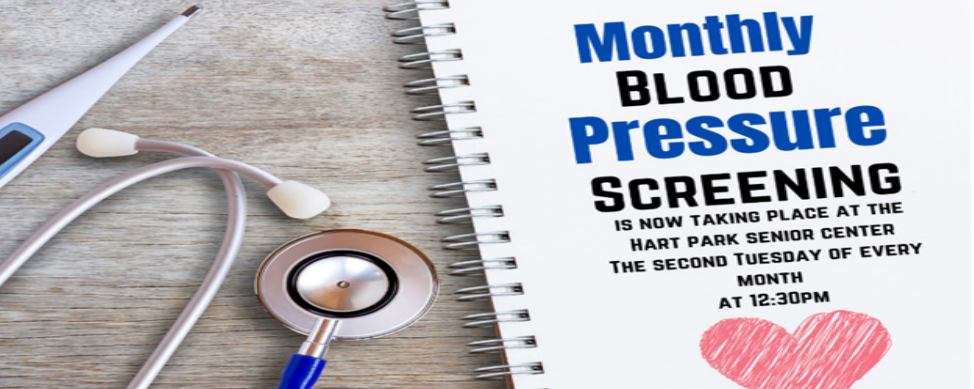
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OUT TO PASTOR
A Weekly Religion Column by Rev. James Snyder
DON'T CALL ME STUPID, JUST WHISPER IT

One thing that irritates me is people talking behind my back. I want to be part of the conversation because I know more about me than they do. Or at least I think I do

While in the mall recently, I passed two people, and I heard one say, "Doesn't he look stupid?"

Tempted as I was, I didn't turn around and inquire what they were talking about. Why did they think I looked stupid?

I have found out that when I hear something, I usually don't hear the whole story. If I don't hear the whole story, I'm going to get it wrong, and if I react, I certainly will look stupid. Why do I care if someone I don't know thinks I look stupid?

If The Gracious Mistress of the Parsonage says I look stupid, that is a completely different scenario. I need to get the information she has so I can change whatever I need to change so I don't look stupid in her eyes. Really, her opinion the only one that really matters to me.

As often as I have heard this throughout my life, you would think I would have reached the point of post-stupidity. I'm not sure what that means, but I'll let it go for now.

At my age, I don't care what people think I look like. If someone thinks I look stupid, I'm quite okay with that. I just don't want them shouting to the rest of the world. Whisper it, and let's keep it between us.

How often have I made a mistake judging someone by their outward appearance? I've gotten into a lot of trouble down the years doing that. I don't need to judge people. Whatever people are wearing and how they look is none of my business whatsoever. And I'll keep my thoughts to myself. At least I try.

While at the mall, I see people whose looks are very close to the neighborhood of stupid. Why they wear what they wear or don't wear is something I will never quite understand.

Years ago, there was a sense of decency in what people wore. Today, however, that sense of decency is far gone. I sure do miss those good old days.

What does stupid really look like? How can I tell that someone looks stupid just by walking past them?

As a daily discipline, I strive not to judge people before I really get to know them. After getting to know some people, you find out they're not really what they first appear to be. They're not as stupid as they look nor as smart as they look.

While in the mall, I passed several people with tattoos all over their body. Tattoos, ear piercings, nose piercings, and even one had a tongue piercing. I have no idea what these things are called or why anybody would want to do that.

Never in the morning have I gotten up, gone to my bathroom, looked in the mirror and said to myself, "You need to get some tattoos today." I'm not even sure my mirror would allow me to do that.

If somebody has all of these tattoos and piercings, it has nothing to do with me. If they think it makes them look special, that's quite all right with me. I work very hard at not judging people. Sometimes, it's hard, but I work at it all the more. If somebody wants to look the way they look, who am I to tell them it's wrong?

I've been going to the same barber for around 30 years. During that time, the hair on my head has gotten thinner and thinner, and if I blame the barber for that, I am stupid. It's not my barber's fault, and really, it's not my fault. I didn't tell any of my hair to leave, but they have, never to return.

Judging somebody by his or her outside appearance really challenges decency. I've counseled many people over the years and learned one thing: most of them do not want to hear the truth.

They will ask me a question, but they don't want me to tell them the absolute truth. They want me to tell them what they want to hear.

That's the kind of world we live in today. Nobody wants to hear the truth or tell the truth, and everybody is completely happy with that. Well, I'm not.

I think of a joke about Abraham Lincoln. This may not have happened to him, but in the joke, Abraham's wife gets a new dress, puts it on, comes before her husband and says, "Abe, does this dress make me look fat?"

If Abraham Lincoln were as smart as I think he was, he would never have answered that question.

So, if you think I look stupid, don't say it out loud; just whisper it, and let's keep it between the two of us. Then, I won't tell people what I think about you.

Thinking about this I was reminded what Jesus said. "Judge not according to the appearance, but judge righteous judgment" (John 7:24).

Jesus did not judge according to appearance. It's not how we look, but how we act that is the defining factor. So, instead of concentrating on my outside, I need to focus on my inside, that is my relationship with Christ. That is how God will judge me in the final day.

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

WHY FITNESS NEEDS A LOBBYIST



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

Imagine a sharply dressed man in a crisp suit strides into Capitol Hill, briefcase in hand. He's not here to push for oil subsidies or tax cuts for billionaires. No, this guy represents Big Exercise and he's ready to make America move.

Obesity rates are soaring, physical activity is plummeting, and the closest thing Congress has to a workout is bending over backward for corporate donors. But unfortunately, no one is fighting for America's most neglected cause: fitness.

It's not like no one has tried. Over the years, a handful of famous figures have marched into Congress, desperately trying to get politicians to care about public health. Two of the most prominent are Arnold Schwarzenegger and Richard Simmons.

Arnold Schwarzenegger: The Fitness Terminator

Before he was a governor, before he was the Terminator, Arnold Schwarzenegger was a relentless advocate for fitness. In the 1990s, he testified before Congress as Chairman of the President's Council on Physical Fitness and Sports, warning lawmakers about the dangers of inactivity.

He told a room full of politicians if we do not prioritize exercise in schools, there will continue to be a decline in physical activity among youth. Schwarzenegger spent years pushing for stronger national fitness programs, especially for kids. Some of his efforts helped keep government-backed fitness initiatives alive. Yet in the end? Congress still preferred lobbying dollars over lunges.

Richard Simmons: America's Most Enthusiastic Fitness Evangelist
In 2008, the king of spandex and sweatbands himself marched into Congress, not to sell workout tapes but to push for mandatory PE in schools. He swapped his signature glitter tank top for a suit, and with his usual high-energy enthusiasm, he urged lawmakers to pass the FIT Kids Act.

His argument was simple: Kids were sitting too much, obesity rates were skyrocketing, and schools were ditching gym class in favor of more standardized testing. He pleaded with Congress to bring back structured physical activity. Simmons declared, "Everyone is not a jock. Everyone cannot play sports. Everyone cannot run but everyone can be fit. It's not important if you're a jock it's important that you have your health and our children right now do not have it."

Lawmakers nodded. Some even clapped. And then? They did absolutely nothing.

The fitness icon left Washington empty-handed, while America's P.E. classes continued their slow transformation into oblivion. It turns out, if you're not carrying a briefcase full of campaign donations, Congress isn't all that interested.

So, Why Doesn't Fitness Have a Lobbyist? The cold, hard truth? In Washington, money talks, and fitness isn't paying up.

Big Junk Food? They've got lobbyists. Pharmaceutical companies selling drugs for preventable diseases? Lobbyists. The diet industry? Lobbyists galore. Meanwhile, fitness remains an afterthought—quietly ignored while Congress debates whether pizza counts as a vegetable (which, by the way, they decided it does).

Now, imagine if fitness had the same lobbying power as the sugar industry. Gyms would get federal tax breaks. Mandatory standing desks would be required in government buildings. Every senator would have to run a mile before voting on a healthcare bill. Instead Americans get heavier and sicker.

If Big Fitness had a lobbyist, here's what they could push for: Mandatory daily P.E. for kids (no, "walking to class" does not count). Tax deductions for gym memberships (because being healthy shouldn't cost extra). A requirement that lawmakers pass a fitness test before taking office (hey, we can dream). Health insurance discounts for non-smokers. Subsidies for active transportation—bike lanes, pedestrian-friendly cities, and infrastructure that makes it easier to move. Workplace fitness stipends (because healthier workers cost the country less money).

Just think if Nike, Peloton, and every equipment manufacturer pooled their money to fund a fitness super PAC. Instead of funneling cash into endorsements, they could get legislation that actually rewards Americans for moving.

We've already seen the power of lobbyists in action: Big Tobacco spent decades delaying regulations on cigarettes. Big Sugar helped turn our food supply into a dessert buffet. Big Pharma has made treating symptoms far more profitable than preventing them. Big Oil continues to reap close to a trillion dollars a year in government subsidies.

Yet fitness—the one thing that could actually reduce reliance on healthcare—remains an unfunded, neglected cause. One that could save trillions in dollars by reducing workplace sick days and increasing productivity.

Arnold Schwarzenegger tried. Richard Simmons tried. But without a powerful fitness lobby, their efforts got buried under corporate influence and political apathy.

Until someone pays Congress to care about fitness, don't expect much to change. In the meantime, if you need me, I have some squats to do.



Lori A. Harris

NO. GO. DO!

Cyndi Lauper was right—folks just want to have fun. And yet, it's so tempting to stay under the covers, snuggled in that cozy nest. But what happens when the nest is empty? I know plenty of people who dream of starting a business, traveling the world, or learning a new skill once their child moves out.

Here's the thing: wanting something and having it are two very different things. They don't live on the same channel.

As we age, we operate on autopilot, running the same patterns we've used to survive. But survival isn't the goal. After 40 (or honestly, at any point), we must ask: Am I choosing to expand, create, and grow? Because if we don't actively choose growth, we're choosing stagnation. And stagnation? That's just a slow fade into irrelevance.

I have a friend with a brilliant business idea. She's picked out the name, knows exactly what service she wants to offer, and has even eyed a location. And yet—she's done nothing to move forward. She's miserable in her current job, frustrated with her life, and stuck in a loop of some-day. Because it is a brilliant idea, I'm sure that business will get started, but it most likely won't be by her. Ideas are everywhere, and the people who prosper from them are the ones who take action. Her frustration will grow when she sees someone else profiting from that idea. Have you ever experienced that?

What to do?

You can start by recognizing the preciousness of this moment. Not tomorrow. Not when it's convenient. Right now.

And then? Get comfortable with the word no.

Say no to hitting snooze on your dreams.
Say no to numbing yourself with distractions.
Say no to always putting others first while your aspirations gather dust.
Sometimes, saying no means closing the fridge instead of stress-eating. Sometimes, it's declining another credit card swipe on something you don't need. Sometimes, it's refusing to play chauffeur, therapist, or savior when it's draining you dry.

Is it time to give up being a people pleaser?

As Henry David Thoreau said, "Go confidently in the direction of your dreams."

Once you know what you want, you have to go. Moving toward something new means stepping into responsibility—ownership of the life you are creating.

So how do you do it?

Get clear. What do you want? A business? A relationship? More adventure? Write it down. Take the first step. Register the business name. Have that hard conversation. Book the trip. Do the thing. Keep moving. Small, consistent actions build momentum. Don't let fear trick you into paralysis. Fall in love with the process. This is where the shiitake hits the skillet.

You say you want a more connected, loving relationship? Reach out today. Do you crave adventure? Book the damn trip. Do you want to make a difference? Find a way to serve.

The fun is in the doing. That's where expansion lives.

Your life is waiting.

Go!

Lori A. Harris is an award-winning coach who helps her clients discover a life they love. You can learn more about her at loriaharris.com

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SOUR GRAPES

by Tim Jones



February Events Around Town!

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One Time Events

February 1

Lunar New Year @ PAM USC Pacific Asia Museum hosts a celebration for the Year of the Snake - live performances and activities for the whole family. 11am - 5 pm

February 1

Year of the Snake Family Workshop at the Arboretum Celebrate Chinese New Year and create a Year of the Snake craft. 2 - 3 pm

February 2

Lunar New Year Festival in Downtown Arcadia Celebrate Lunar New Year with music, dances and traditional benefiting Arcadia teachers, staff, and families who lost their homes in the recent fires. 11 am - 4 pm

February 8

Lunar New Year One Colorado Dance along to live traditional music, then enjoy performances of the lion and snake dances. 1 - 4 pm

February 8

Pasadena Heritage's Art Deco Day: Exploring Timeless Elegance Experience Art Deco charm with guided tours and engaging lectures celebrating this timeless design. 10 am - 6 pm

February 15

Black History Festival Providing a bit of joy in the community in the wake of the Eaton Fire. Held at Robinson Park in Pasadena, the festival features entertainment, family friendly activities, community resources, and more. 10 am - 3 pm

February 15

Dvůrák Cello Concerto - Pasadena Symphony at Ambassador Auditorium Indulge in the romance of Wagner's thrilling "Magic Fire Music" & Dvůrák's rapturous Cello Concerto. 2 - 8 pm

Ongoing Events

January 24 - February 7

Dine LA Restaurant Week Enjoy diverse culinary experiences offered by restaurants in Pasadena and L.A. A portion of the proceeds goes to Red Cross for fire relief.

February 1 - August 1

Wired for Wonder: A Multisensory Maze at Kidspace Navigate a physical structure that harnesses color, light, movement, texture, vibration, and smell. For all ages.

February 1, 2

San Gabriel Lunar Lantern Festival In the San Gabriel Mission District featuring amazing lantern displays, live performances, street foods, and more. 10 am - 7 pm

February 1, 2

Lunar New Year Festival at The Huntington Enjoy lion dances, a mask-changing artist, floral arts, music, and more. 10 am - 5 pm

February 1, 2

Lunar New Year Celebration at Santa Anita Park Enjoy Chinese cultural shows, activities, food, and live horse racing. 10:30 am - 5:30 pm

February 8, 9

Botanic Boutique at Descanso Gardens Enjoy a no-host-bar and meet local artisans. Shop an assortment of beautiful jewelry, ceramics, scarves, and more. 10 am - 4 pm

February 9 - March 9

Macbeth at A Noise Within This twist on Shakespeare's compelling tragedy is set in New Orleans.

February 11, 25

Camerata Pacifica Performs at The Huntington February 11 - "Pierrot Lunaire" Features pieces by Gershwin, Debussy, and more. February 25 - "Baroque" Features pieces by Sancho and Handel. 7:30 - 9 pm

February 15, 16

Bawdy Botany at the Arboretum Discover the fascinating botany of love and lust on this evening jaunt that's a bit naughty, very nerdy, and a lot of fun. 7:30 - 9 pm

February 23 - March 1

Cheeseburger Week in Pasadena This event, originally scheduled to begin on January 26, celebrates the invention of the cheeseburger in Pasadena. Participating local restaurants will feature special menu items and deals for patrons.

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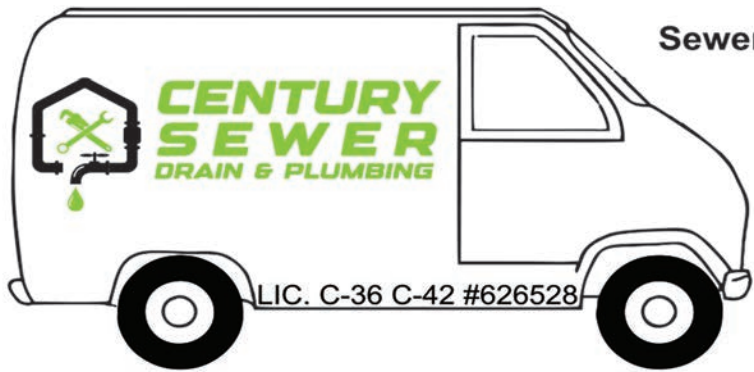
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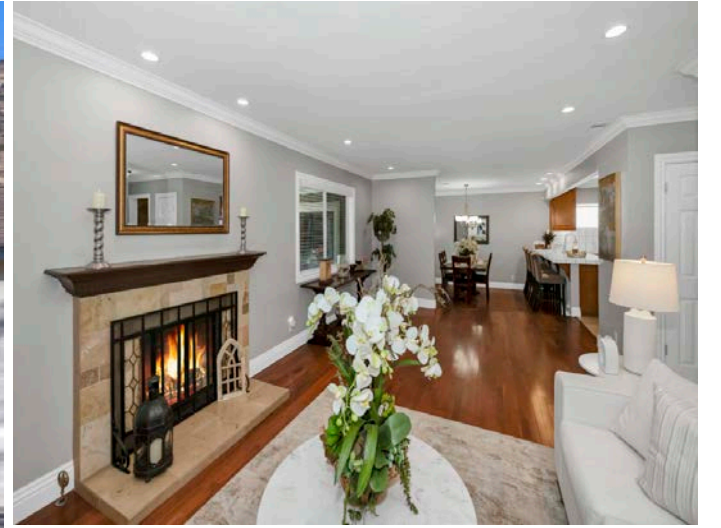
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