## intain Views N

Sierra Madre

Arcadia

Duarte Monrovia Pasadena Altadena South Pasadena

SATURDAY, APRIL 5, 2025

**VOLUME 19 NO. 14** 



the webb-martin group

Open Satuday & Sunday 2-4pm





345 Foothill Avenue, Sierra Madre Offered at \$1,649,000

3 BD | 3 BA | 2234 SF | 8366 SF LOT

Charming Cottage Home in Sierra Madre.

Nestled on a peaceful, tree-lined street in the desirable community of Sierra Madre, this enchanting 3-bedroom, 3-bathroom cottage offers a perfect blend of privacy, comfort, and character. The home's inviting curb appeal welcomes you, with its sunny yellow exterior.

Wistaria Festival

2025

Saturday, April 12, 9AM - 5PM

Come Spend a Day in the

Charming Village of Sierra

Madre!

## SIERRA MADRE PREPARES FOR ONE OF THE BIGGEST **EVENTS OF THE YEAR: THE WISTARIA FESTIVAL!**

On Saturday, April 12th, the foothill community of Sierra Madre will host thousands of visitors to participate in the annual Wistaria Festival . The event, which runs from 9:00 am until 5:00 pm is free with the exception of Shuttle Rides to and from the historic vine and a small fee for certain activities in the Children's Playland in Memorial Park.

"The Wistaria Vine has held the Guinness Book of World Records for being, "The largest blossoming plant is the Chinese wisteria (Wisteria sinensis) at Sierra Madre, California, USA. It was planted in 1892 and by 1994 had branches measuring 152 m (500 ft) long, covered an area of 0.4 ha (1 acre) and weighed 220 tonnes (48,500 lb). An estimated 1.5 million blossoms were produced during the five-week blossoming period." (https://www.guinnessworldrecords. com/world-records/81493-largest-

blossoming-plant).

The Vine spans the yards of two private Sierra Madre properties and is a magnificent sight well worth the shuttle trip to see it.

And there is so much more to see at the Festival. Downtown Shopping, Artisans, Crafters, Musicians, Food and fun for the entire family.

1894, William and Alice Brugman purchased a home on what is now called W. Carter Ave. Mrs. Brugman paid \$.75 for a gallon can of wistaria. She planted it in a corner of her front porch remarking to her neighbor: "They say Wistaria grows fast." And grow it

Wistaria seeds were brought from China by Marco Polo in the 13th century.

When the vine was in bloom, the Fennels would invite friends to come and enjoy the blossoming plant. This was the beginning of many Wistaria festivals that took place year after year. Sierra Madre became known as the Wistaria City. Many local organizations, including the Board of Trade (now the Chamber of Commerce), the Woman's Club, the Masons and Eastern Star, the Sierra Madre Volunteer Fire Dept., etc. were involved.

Easter sunrise services were also among vine activities. Among the famous were Fritz Kreisler, Janet Leigh, Mary Pickford, and Norman Rockwell. These two helped select the festival's Wistaria Queen. Packard Automobile Co. used the vine as a backdrop to advertise its automobile.

Mrs. Lawless spent a small fortune (around \$100,000) enhancing the grounds of her new property and caring for the vine. When the festivals were held they often lasted for the weeks the vine was in bloom, not just for one day. Mrs. Lawless, a patron of the arts, also sponsored vine activities all year long.

By the 1970's Vine Festival activity had about ended. It started up again in the late 70's when sponsored for one day each year by the Chamber of Commerce. In the spring of 1989, Huell Howser came to film the vine for his program Videolog, which aired on KCET. The next year, approximately 6,000 people came to view the vine. Howser returned in 1992 to film again for his California Gold program. EDITOR'S NOTE: The Sierra Madre Chamber of Commerce quickly organized and combined the annual Vine viewing with a downtown street fair. A shuttle bus is provided to and from the Vine and literally thousands of visitors come into town to shop and dine at local businesses.

Today, the vine covers approximately one acre. Over the years, it has shown distress and seemed to be dying. Experts have been brought in from Cal Tech, Occidental, and Cal Poly Pomona. The Vine seems to produce its greatest flowering after a cold winter followed by a sudden hot spell.

What is the correct spelling for wisteria wisteria or wistaria? In the Sunset Western Garden Book it is spelled wisteria. Sierra Madre has always spelled it wistaria. According to L. A. County Arboretum and Botanic Garden senior biologist Jim Bauml and Librarian Joan De Fato, the plant was named to honor Caspar Wistar (1761-1818), an American physician and teacher, who taught at the University of Pennsylvania. Among his accomplishments, he wrote the first text-book on anatomy. When the name of the genus Wisteria was put into the books, it was incorrectly spelled, says De Fato. So, one could say that all along, Sierra Madre has correctly spelled Wistaria!

The Vine is housed on private property and the owners have graciously allowed the public to view this historic landmark. The Sierra Madre Chamber of Commerce, The City and Residents of Sierra Madre greatly appreciate the genorosity of the homeowners for allowing this event to take place every year. Additional information is available on page 2.



**SIERRA MADRE CITY MANAGER** JOSE **REYNOSO** KESIGNS 10 HEAD LOCAL WATER AGENCY

Surprise announcment made at recent Honors Dinner. Story on page 3

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Fitness For Life.....Michele Kidd **SUPPORT LOCAL BUSINESSSES** Page 15 Time to sell... and go? 

> Considering Selling Your Property in 2025?

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



## Shuttle Tickets On Sale Now!



## WISTARIA FESTIVAL 2025 Saturday, April 12, 2025 9am to 5pm **FUN FOR THE ENTIRE FAMILY**

Celebrate The Guinness Book of World Records Wistaria Vine Visit Local Shops and more than 100 Crafters & Food Vendors

And THE SIERRA MADRE AUTO SHOW

FOR SHUTTLE TICKETS GO TO: https://square.link/u/hXu8MfVW use this QR Code





PURCHASE SHUTTLE TICKETS TO THE VINE

AT THE INFORMATION BOOTHS

Visit the 2025 WISTARIA AUTO **SHOW** 

## **SHOP THE STORES IN 91024 ALL DAY**

VISIT 'SUGAR & MOON' VENDORS ON THE BLVD

CRAFTERS & ARTISANS THROUGHOUT DOWNTOWN

CHILDREN'S FUN LAND IN MEMORIAL PARK

DINE AT ONE OF SIERRA MADRE'S GREAT RESTAURANTS

**AND SO MUCH MORE!** 

**FUN FOR THE ENTIRE FAMILY** 











## SIERRA MADRE

SIERRA MADRE

ARCADIA

**PASADENA** 

ALTADENA

MONROVIA

### DREAMS REALLY DO COME TRUE

After almost two decades in the making, Jose Reynoso leaves Sierra Madre for his "Dream Job"

Sierra Madre will soon be losing its' City Manager of the last 4 plus years. However, while the departure of Jose Reynoso will probably stir a variety of emotions from friends and foes alike, the truth is, he will be leaving the wonderful city of Sierra Madre for his "dream" job – but more on that later.

The announcement of his departure was made recently at the Sierra Madre Honors dinner by former Mayor Kelly Kriebs. At the time, she gave a brief overview of his accomplishments during his time as City Manager and they are considerable. However, Reynoso states that his proudest accomplishment was finding the courage to ask then State Assemblyman Chris Holden for \$10 million dollars for the Sierra Madre Library renewal project. And, as we all know, his ask was granted and construction of the city's 'new library' is underway.

Prior to taking on the additional responsibility of City Manager, Jose was the Head of Sierra Madre's Water Department, leading the city through drought, discoloration and Covid. One of his guiding principles while leading that department was, "With water, there is no gray area... there is only the right way".

Jose grew up in El Monte and is the product of a good public education. After graduating from El Monte HS, he attended University of Laverne and the Masters Program at University of Illinois. He is married for over 30 years and is the father of two daughters and one son.

Now about that dream.

On July 1<sup>st</sup>, Jose will become the General Manager of the San Gabriel Valley Municipal Water District. His relationship with the District spans a period of 17 years and includes management positions at 3 of the 4 cities (including Sierra Madre), it represents. His first job was actually at SGVMWD where he decided he wanted to come back someday as the General Manager!

SGVMWD is a California special district – a local government created by the people of a community to deliver specialized services essential to their health, safety, economy and wellbeing. It represents the cities of Alhambra, Azusa, Monterey Park, and Sierra Madre. Jose has worked in various capacities in all of these cities with the exception of Azusa.

While Sierra Madre will be loosing someone who took his job very seriously, it is refreshing to see that one can still follow their dreams. Thanks and Good Luck Jose!

S. Henderson/MVNews

# Sierra Madre

"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

HRIST 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.

## May you be blessed with new life this Easter season!

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

Billy Curl is minister emeritus and elder at Crenshaw Church of Christ, also a former missionary to Ethiopia.



Doug Hurley is Associate Dean of Student Affairs at Pepperdine.





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

Pepperdine University.



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

# PIONEER CEMETERY PLOTS FOR SALE IN SIERRA MADRE'S HISTORIC PIONEER CEMETERY

Two Adjacent Plots with capacity for two burial sites each

\$12,900 per Plot

**Contact:** Charlie at (626-313-2422

or email:

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## SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA ALTADENA

MONROVIA

## **Weather Wise**



6-Day Forecast Sierra Madre, Ca.

Sun Sunnv 70s Lows 50s 70s Lows 50s Mon: Sunny Tues: Sunny 70s Lows 50s Ηi Wed: Sunny 70s Lows 50s Hi Thur: Sunny 70s Lows 50s Ηi 70s Lows 50s Sunny Forecasts courtesy of the National Weather Service

## SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

## April 8, 2025 5:30 pm THIS MEETING WILL BE HELD IN THE COUNCIL CHAMBERS!

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

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

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

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

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

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 open to the publicBe of general interest to local citizens

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



This week at the
Sierra Madre
Public Library
April 7 — April 12

**National Library Week!** 

All Week Long

**Drop-in Spring Art** 

Shelfie Photo Booth

<u>Monday</u>

Baby Rhyme Time — Library at

9:00am

**Preschool Storytime** — Library at

10:00am

<u>Wednesday</u>

**Green Teens** — Hart Park House at

4:00pm

Read, Discover, Connect

@ Sierra Madre Public Library

350 W Sierra Madre Blvd.

(626) 355-7186

## WALKING SIERRA MADRE The Social Side by Deanne Davis

"Lent is the perfect time to pull up weeds and plant good seeds."

Lent = Love...for God so loved the world that He gave...

Lent...Lemons! If you've been fortunate to have lemons at your disposal,
don't make lemonade, make lemon bars!

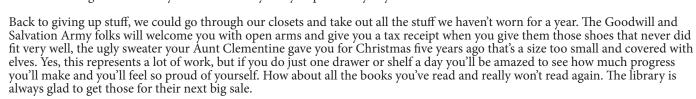
We're about halfway through Lent with Easter just about three weeks away. Thinking about Lent, a 40 day period when a lot of people think of self-denial, i.e., giving up something; like coffee. Giving up coffee is a very bad idea as here's what happens: headache, fatigue, low energy, irritability, anxiety, poor concentration, depressed mood and tremors which can last anywhere from two to nine days. Enough time to make everybody in your life wish you'd given up almost anything else, including being anywhere near them.

"Lent is about becoming, doing and changing whatever it is that is blocking the fullness of life in us right now." Sister Joan Chittister

Instead of thinking about Lent as a time to suffer, to give up our favorite things, maybe we could concentrate on doing something positive in our world. Instead of giving up something, think about adding something. No, not candy, unless it's those Cadbury caramel filled chocolate eggs.

those Cadbury caramel filled chocolate eggs.

Think about adding new practices to our day like saying something nice to everyone you encounter; like "that color blue looks really great on you." We can consider adding more "thank yous" into our day. They fit practically anywhere.



And the food banks, places like Our Saviour Center in El Monte or Union Rescue Mission come to mind. They always need help. As Jesus said, "The poor are with us always..."

Maybe instead of fasting from cookie dough ice cream or a caramel macchiato latte, we could concentrate on the fact that God loves us and will never stop loving us. That no matter what we do, we can't make Him love us more or less. I think He would go ahead and have the ice cream with us...just saying.

This Lenten season maybe we could:
Give up complaining... focus on Gratitude
Give up pessimism... become an Optimist
Give up worry... trust Divine Providence
Give up bitterness... turn to Forgiveness
Give up hatred... return Good for evil
Give up negativism... be Positive
Give up anger... be more Patient
Give up pettiness... again, be more Patient
Give up gloom... enjoy the Beauty all around
Give up jealousy... pray for Trust
Give up gossiping... think before you Speak
Give up giving up... Hang in There!

Bottom line for me this Lent: I'm still going to have coffee. I'm still going to have a little ice cream once in a while. I'm going to look forward to Easter with joy and anticipation! And I'm going to take some of those lemons and make Lemon Bars. You can too. They're great with coffee. The picture is some of our local wistaria as the Wistaria Festival is next Saturday! Don't miss this! The vine will be more beautiful than ever…back to the Lemon Bars…

Using your electric mixer, beat the butter on medium to high speed for 30 seconds. Add the sugar, beat till combined, add

1/3 cup butter

¼ cup sugar 1 cup flour

2 eggs,

the flour and beat till mixture is crumbly. Press mixture into the bottom of a lightly greased 8-inch square baking pan. Bake at 350 degrees for 15-18 minutes until just golden. While that's baking, make your filling:

34 cup sugar 2 TB flour

2 TB finely shredded lemon zest (more is good. Lots more is better) 3 TB lemon juice

1/4 tsp baking powder
Whip eggs in same bowl you used for the crust, add other ingredients. Beat 2 minutes. Pour over baked layer. Bake 20 minutes or until lightly browned around the edges and center is set. Dust with powdered sugar after it has cooled.

Maybe this Lenten Season I could be more patient, forgiving, and just plain kind.

In a world where you can be anything you want to be...Be KIND!
My book page: Amazon.com: Deanne Davis
Lent is about half over, 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.

## **SOUNDS OF THE FESTIVAL**

Saturday, April 12, 2025

MUSIC AT THE VINE: HARPIST RON LONGO 9:00 - 12:00

**Kersting Court:** 

9am-10am

Jack DeMeo (Acoustic, Original music)

10:15-11:30

63 Degrees (5 Piece band)

12-1:30pm

Ukelele Orchestra of the Western Hemisphere

(David bowie, Radiohead, Rock cover band)

2-3:30

Michael Swain (Original Misic)

3:45 - 5pm

Greg Vaine and the Zeffers (Dixieland Jazz band)

SM Playhouse Stage

10-11:30

Eddie Rivera Band (Rock, original pieces)

12-1:30

Nextdoors Music (Original rock, Comedy, Beatles)

1:45- 3:15

# Pasadena Altadena

News From Your Community For Your Community

## **Pasadena Celebrates Two Heritage** Contributions **Both in April**

Arab American Month and Armenian History and Heritage Month

City of Pasadena officials announced Thursday they are recognizing Arab American Month and Armenian History and Heritage Month, this April, celebrating the rich cultural traditions, vibrant histories, and significant contributions of both communities. Throughout the month, Pasadena will host a variety of events and programs that honor the resilience, creativity, and achievements of these communities.

Upcoming **Events** Programs: Celebrating Arab American Heritage Month

Celebration of Arabic Music Learn about Arabic string and percussion instruments, while enjoying traditional Arabic classical music performed by a trio: Timothy Maloof on oud, David Martinelli on percussion and Lina Kaisey on vocals.

Saturday, April 19 • 2 p.m. • Allendale Branch Library, 1130 S. Marengo Ave.

Saturday, April 26 • 11 a.m. • La Pintoresca Branch Library, 1355 N. Raymond Ave. APRIL EXHIBITS

Hastings Branch Library 3325 E. Orange Grove Blvd. Aneesa Shami Zizzo, Fiber

Reflecting on her identity as a second-generation Arab-American, Zizzo intertwines personal history, world mythologies and the sublime to explore broader narratives of human experience and cultural memory. She was awarded an artist residency at the Arab American National Museum in May 2024.

La Pintoresca Branch Library 1355 N. Raymond Ave. Kourosh Beigpour, Graphic Artist/Designer

Award-winning graphic artist/designer Beigpour's works have been published in more than 20 countries, with countless editorials and interviews that showcase prolific portfolio of contemporary-traditional design. Of Kurdish descent, based in Los Angeles and

born in Kermanshah, Iran, Beigpour's rich cultural heritage and profound influence from mysticism significantly shape his artistic vision.

& Make: Take **Pomegranate Craft** 

Celebrate Armenian Heritage Month by crafting a 3-D paper pomegranate, a national symbol of Armenia and its people. Reserve a kit at CityOfPasadena.LibWizard. com/f/Pomegranate. Signups begin on April 14. Kits can be picked up at Hastings Branch Library, 3325 E. Orange Grove Blvd. For ages 3-12. Monday, Ăpril 14 • While

supplies last Bilingual Armenian

Storytime & Craft Come visit us for a special bilingual Armenian/English storytime. Whether you're a native speaker or hoping to learn something new, it's a perfect way to have fun with language, stories and crafts! For ages 3-12 and their caregivers.

Saturday, April 19 • 11 a.m. • Santa Catalina Branch Library, 999 E. Washington Blvd. For more information visit: cityofpasadena.net.



## Wiggle Waggle Returns to Brookside Park

Pasadena Humane's Annual Community Fundraiser for the Animals is Sunday.

Pasadena Humane's 27th annual Wiggle Waggle Walk & Run will once again take place at Brookside Park at the Rose Bowl on Sunday. This year's event will be especially fire.
meaningful as people and pups come together to honor Eaton Fire, we're focusing

The Wiggle Waggle Walk, a community fundraiser, promises an exciting day of fun for the whole family. Participants can opt for a 1-mile or 5k walk or run around the Rose Bowl. Following the Walk, attendees and their dogs can enjoy a vendor expo with giveaways for pets and people, a doggy costume contest, the "Sit, a dog to join the fun—just a Team.

desire to help animals.

This year, the organization attend the in-person event or hopes to raise funds for participate virtually. Onsite programs like the animal registration will be \$65. All ICU, foster care, the pet food registered participants will pantry, the Helping Paws pet owner assistance program, and much more. The need for t-shirt, bib, dog bandana, and these essential programs has medal. expanded greatly during the emergency response to the

our community's resilience on coming together as a and strength after the Eaton community to celebrate our strength and resilience," says Mia Dunn, Senior Director of Philanthropy at Pasadena Humane.

Animal lovers are encouraged to fundraise for the animals by registering as an individual or as part of a team on the Wiggle Waggle Walk & Run website and asking family, friends, and coworkers for donations. Participants can win paw-some prizes and Stay and Play" Training Park, compete to take home the numerous food trucks, and title of Top Fundraiser, Top more. Attendees do not need Donor, or Top Fundraising

## Altadena Library Board of **Trustees Announces Vacancy**

The Altadena Library Board of Trustees announces a vacancy and will make an appointment to fill that seat. Applications must be received by

5:00 p.m. Monday, April 14.

The Board of Trustees is accepting applications from anyone who would like to serve on the board for the two-year term ending on December 4, 2026.

Applicants must be at least 18, a resident of Altadena and registered to vote in Altadena. The chosen candidate will be sworn in at the Regular meeting on April 28, 2025. Please note that if you are temporarily displaced due to the Eaton Fire and intend to return to Altadena as your primary residence, you

The current seat is for the two-year unexpired term ending 12/4/2026. Please note this seat is at-large, but that in 2026 this seat will only be open to residents in the Altadena Library District Area 3. If you have questions about this, please call (626) 798-0833 ext. 118.

The board meets at 5:00 p.m. on the fourth Monday of each month; this unpaid, volunteer position involves budgetary and policy oversight as well as high-level strategic decision-making for the Altadena Library District. Interested parties should

- Letter of intent
- Resume

- Certification of Qualifications Form

The board will interview potential candidates at a Special Board Meeting at 5 p.m. on Monday, April 21, 2025. Each candidate will be given 3 minutes to make a statement and will then be asked to answer 3 questions, which will be provided to candidates in advance of the meeting.

For details about applying, visit: altadenalibrary.org/ news/2025-board-vacancy.

Want to find out more about our Board?

Join us for a special meeting to appoint a trustee to a vacant board seat on Monday, April 21, 2025 at 5 p.m. in the Main Library Community Room. For more information visit: youtube.com/AltadenaLibrary.

## Workshop set for SR 710 Stub Area Master Plan



communities. As part of the project,

minority

The Reconnecting Pasadena 710 Master Plan team announced Thursday they progress on a Restorative are seeking community input at the second Community Engagement Workshop on Justice Framework (RJF) will be shared at the community workshop, which seeks to address past harm caused by Saturday, April 12 from 10 a.m.-1 p.m. at the Pasadena Convention Center, 300 E Green St., rooms 107 and 101 the construction of the 710 freeway through a collaborative approach. The RJF will act (validated parking available). The workshop will include information on the Restorative as a resource, investigating concepts of restoration and repair, highlighting the "practices" most promising to Justice Framework progress, history of the area prior to the project context. Findings in the RJF will influence the freeway construction with riceway construction with video testimonials, including the 38-minute oral history documentary, which will be previewed for the first time, and physical models and stations Land Use "Options" and policy recommendations to be documented in the Reconnecting Pasadena 710 Master Plan. that include options for land use, design, and transportation mobility. During the last 20 minutes of the workshop, there

Additionally, as part of the master planning process, the City has hired UCLA Center for Neighborhood Knowledge and Institute of Transportation Studies, Architectural Resources Group and Allegra Consulting to better understand the history and stories from the communities affected by the 710 freeway. Researchers from UCLA's Center for Neighborhood Knowledge have conducted a comprehensive report examining the role of freeways, including the SR-710, in shaping historical and current patterns of racial and ethnic residential segregation in

For more information on the project and to RSVP (requested but not required) for the upcoming community workshop on April 12, please visit the project StoryMap, at Bit.ly/RpmpStoryMap.

to assist in developing Group to the east, the 710 Stub area relinquished area.

institutions. The majority of Manager, Wendy Macias at the residences belonged to wmacias@cityofpasadena.net.

**State Boxing Tournament** held in

Registrants can choose to

Pasadena The City of Pasadena Parks, Recreation and Community Services (PRCS) Department and California Golden Gloves invite the public to the California State Boxing Tournament on April 12-13 at Victory Park Recreation Center, 2575 Paloma St. in Pasadena. The competition begins at 12 p.m. on Saturday, April 12 and 11 a.m. on Sunday, April 13. Winners from last month's Southern California Regional Tournament will enter the ring once again

to compete for a state

championship belt. prestigious This tournament provides a platform for amateur boxers to showcase their skills, with top-level male and female competitors, ages 18 and older, from across California. The California Golden Gloves has a rich history of launching the careers of legendary fighters, including Joe Louis, Muhammad Ali, Marvin Hagler, Sugar Ray Leonard, Tommy Hearns, Mike Tyson, Evander Holyfield, Oscar de la Hoya, and Floyd Mayweather Jr. These past national champions began their journeys in local Golden Gloves tournaments, and many of today's rising stars are expected to follow in their footsteps.

General admission tickets are available for purchase at the door on tournament days only. Admission is \$25 for adults and \$10 for ages 10 and under.

Champions will advance to represent the state of California at the National Tournament of Champions in Tulsa, Oklahoma in May.

research to shape design options that prioritize community inclusion, connectivity, open space, mobility, and overall quality of life. The City needs your input on this once-in-a-lifetime opportunity that Pasadena. will guide the transformation of the 710 Freeway stub area from improved transportation infrastructure and pedestrianfriendly amenities to green spaces, cultural attractions, and economic opportunities to create a more inclusive and Under the Pasadena City sustainable environment.

Council's direction, the project Spanning approximately 50 is being led by the City Councilacres from Union Street to the appointed Reconnecting north, Columbia Street to the Communities 710 Advisory South, St. John Avenue to the west, and Pasadena Avenue the future vision for the

For questions or comments businesses, schools and other please contact, Senior Project

## Older Adult Transportation Expo

LA Metro announce Thursday who will participate in panel Older Adult Transportation activities. Expo taking place at the on Friday, May 9, from 9 a.m. to St. 2:30 p.m. The event is expected to reach five hundred older metro.net or visitpasadena.

was once home to residents,

will be a question and answer

session where participants can ask questions of the City

project team and master plan

This Options and Engage Phase in the project involves

analyzing opportunities, constraints, and historical

consultants.

its On the Move Riders Program discussions, travel training will be hosting its 9th Annual workshops, and hands-on

The Pasadena Convention Pasadena Convention Center Center is located 300 E Green

For more information visit: adults throughout LA County com/convention-center.









## D SAN GABRIEL VAL



## HONORING THE MEMORY OF SOLDIER EDVIN F. FRANCO, MONROVIA HIGH' SCHOOL CLASS OF 2018

Earlier this week, the names were released of the four U.S. soldiers who lost their lives last week in Lithuania while conducting a training mission. Unfortunately, one of the soldiers was a Monrovian. Edvin F. Franco, a proud member of Monrovia High School's Class of 2018, lost his life during a training mission.

Edvin's dedication to service, sacrifice for our country, and his bravery will not be forgotten. Our thoughts are with his family, friends, and all who knew him, as well as with the loved ones of the other fallen soldiers.

On behalf of the City of Monrovia, we extend our deepest condolences to the families of their loved ones lots and express our deepest gratitude for their sacrifices.

US Army Identifies Soldiers - Associated Press

## Sierra Madre Woman's Club

550 W. Sierra Madre Blvd., Sierra Madre, 91024

## **RENT Our 1914 Essick House**

Contact Anita Rentals Coordinator essickhouserentalmanager@gmail.com 626-355-4379 SierraMadreWomasClub.org

SierraMadreWomansClub Wistaria Shop Closed: Reopens Thurs, 9/4

100% Volunteer Run

## Wistaria Thrift Shop

550 W. Sierra Madre Blvd, 91024 (Enter from parking lot.)

Mon, Thurs, Fri, 10a-3p Sat, - 10 a -1 p Thru May 30 626-355-7739

Clean, Usable Donations Accepted During Morning Shop Hours Proceeds Help Support Our Charities & Scholarships Retail Shop Closed 6/1 - 9/3/25

## BEST USED BOOK

3:00 - 7:00 p.m.

FRIDAY, APRIL 4 SATURDAY, APRIL 5 10:00 a.m. – 2:00 p.m.

**Sierra Madre Library** Parking Lot Only: 350 West Sierra Madre Blvd.

## **TABLE BOOKS**

- \* Gardening, Home Décor books
- \* Newer Fiction and Non-Fiction
- \* Coffee-Table Books, including Art and Cooking \* The Works of ----, set of Classics by the World's Authors (Shakespeare, Wilde, Hemingway, etc.)

## **BARGAIN BOOKS**

\*BARGAIN BOOKS - \$1.00 each \*SMALL paperbacks \$.25 or 5/\$1.00 \*CHILDREN'S/TEENS \$.50-\$1.00 \*DVDS and CDS \$1 EACH; AUDIO BOOKS \$3 \*JIGSAW PUZZLES

SATURDAY ONLY: \$5.00 BAG SALE Fill a large grocery bag with any of our Bargain books and/or Media for only \$5.00!

Sponsored and staffed by Friends of the Sierra Madre Public Library Join the Friends at sierramadrelibraryfriends.org. All proceeds will be used for services, programs and acquisitions of the library. DONATIONS MAY BE LEFT ON THE BENCH IN FRONT OF THE TEMP. LIBRARY.

## FATAL ARCADIA CAR ACCIDENT

A man was killed this morning when the sedan in which he was a passenger apparently crashed into a light pole near an Arcadia intersection.

The crash occurred at about 2:20 a.m. Friday on Baldwin Avenue north of Arboretum Way at the Los Angeles Arboretum and Botanic Garden, according to an Arcadia Police Department press release.

Video from the scene showed a crumpled car tangled up with a downed light pole and Arcadia firefighters putting a drape over the passenger side. Paramedics pronounced the passenger dead at the scene, police said.

The man driving the car was taken by ambulance to a hospital to be checked for a complaint of pain and possible minor injuries, police said.

The police department's Major Accident Investigation Team was investigating the cause of the crash, officials said. Anyone with information was asked to call Arcadia Police at 626-574-5151, case number 25-1367.

Anonymous tips may be called in to Crime Stoppers at 800-222-8477.

## **ALTADENA FIRE DEATH TOLL RISES**

Human remains connected to the Eaton Fire have been discovered in Altadena, raising the death toll to 18.

A six-member Special Operation Response Team from the medical examiner's office responded to the 900 block of Boston Street, near Lake Avenue, on Wednesday, and determined the remains were human.

According to the department, ientifying who the remains belong to "can take considerable time.

## ARNOLD'S FRONTIER HA

297 W. Sierra Madre Blvd Sierra Madre, CA 91024 626-355-3365 Fax 626-355-8300



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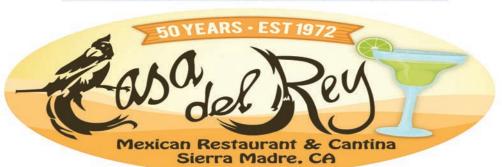
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## ARCADIA UNIFIED'S CAMINO GROVE AND LONGLEY WAY ELEMENTARY SCHOOLS NAMED 2025 CALIFORNIA DISTINGUISHED SCHOOLS



Longley Way staff on the first day of the 2024-25 school year

Arcadia Unified School District elementary | all students. From our Board of Education to schools, Camino Grove and Longley Way, join a coveted list of less than 3.5% of public elementary schools from across the state to earn recognition from the California Department of Education (CDE) as a 2025 California Distinguished School. This annual recognition program honors schools that close the achievement gap and demonstrate exceptional student performance.

"We are beyond thrilled to celebrate two of our elementary schools receiving this exclusive honor," Arcadia Unified Superintendent Dr. David Vannasdall said. "I'm incredibly proud of all of our principals, teachers, students, staff, and parents who really work together in so many innovative ways to help our children thrive in school each day."

The California Department of Education explained that its process in selecting schools to be recognized in this year's program included analyzing data reported through the 2024 Dashboard, with a focus on demonstrating excellence and growth in academic achievement and ensuring a positive school climate.

"Being named a California Distinguished School is a tremendous honor. I am deeply grateful for the tireless dedication of our staff and school community. The unwavering commitment to building a community of learners and leaders is reflected by this recognition," Longley Way Principal Lorie Felippa shared. "Together, we will continue to cultivate a positive school environment, empowering each Lion to thrive."

"Receiving the California Distinguished School award is a true honor and a reflection of the collective effort it takes to impact

We think of ways to reduce our use.

our dedicated school site teams and parents, it's an all-hands-on-deck approach-refining core instruction, embracing continuous learning, and partnering with our students and families. I'm proud to do this meaningful work with the AUSD community," Camino Grove Principal Dr. Renee Costarella said.

"Our theme this year is "Celebrating Healthy Partnerships," and we are excited to continue collaborating to create cutting-edge, safe, and innovative learning environments that align with the exceptional teaching and learning taking place at all of our campuses," Dr. Vannasdall said in reflecting on this recognition.

Since the California Department of Education (CDE) founded the California Distinguished Schools program in 1985, every Arcadia Unified elementary and middle school has been named a California Distinguished School at least once. Most recently, First Avenue Middle School received this prestigious honor. Additionally, all six of Arcadia Unified's elementary schools—Baldwin Stocker, Camino Grove, Highland Oaks, Holly Avenue, Hugo Reid, and Longley Way-as well as Arcadia Unified's alternative learning program, Rancho Learning Center, earned historic concurrent recognition in 2023.

Arcadia Unified continues to solidify its position as a beacon of educational excellence, once again being ranked in the top 1% of school districts and best places to teach across America according to Niche's 2025 rankings.

The California Distinguished Schools Program recognizes elementary schools and middle and high schools in alternate years, which means honorees hold their California Distinguished School title for two years.

## SCHOOL DIRECTORY

Alverno Heights Academy 200 N. Michillinda Sierra Madre, Ca. 91024 (626) 355-3463 Head of School: Joanne Harabedian

E-mail address: jharabedian@alvernoheights.org

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

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

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

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

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

Bethany Christian School 93 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-3527

Preschool-TK-8th Grade Principal: Jonathon Hawes website: www. bcslions.org

Clairbourn School 8400 Huntington Drive San Gabriel, CA 91775 Phone: 626-286-3108 ext. 172 FAX: 626-286-1528 E-mail: jhawes@clairbourn.org

Foothill Oaks Academy 822 E. Bradbourne Ave., Duarte, CA 91010 (626) 301-9809 Principal: Nancy Lopez

www.foothilloaksacademy.org office@foothilloaksacademy.org Frostig School

971 N. Altadena Drive Pasadena, CA 91107 (626) 791-1255 Head of School: Jenny Janetzke Email: jenny@frostig.org

The Gooden School 192 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-2410

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

High Point Academy 1720 Kinneloa Canyon Road Pasadena, Ca. 91107 Head of School: Gary Stern 626-798-8989 website: www.highpointacademy.org La Salle College Preparatory 3880 E. Sierra Madre Blvd. Pasadena, Ca. (626) 351-8951 website: www.lasallehs.org

Principal Ernest Siy

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

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

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

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

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

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

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

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

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

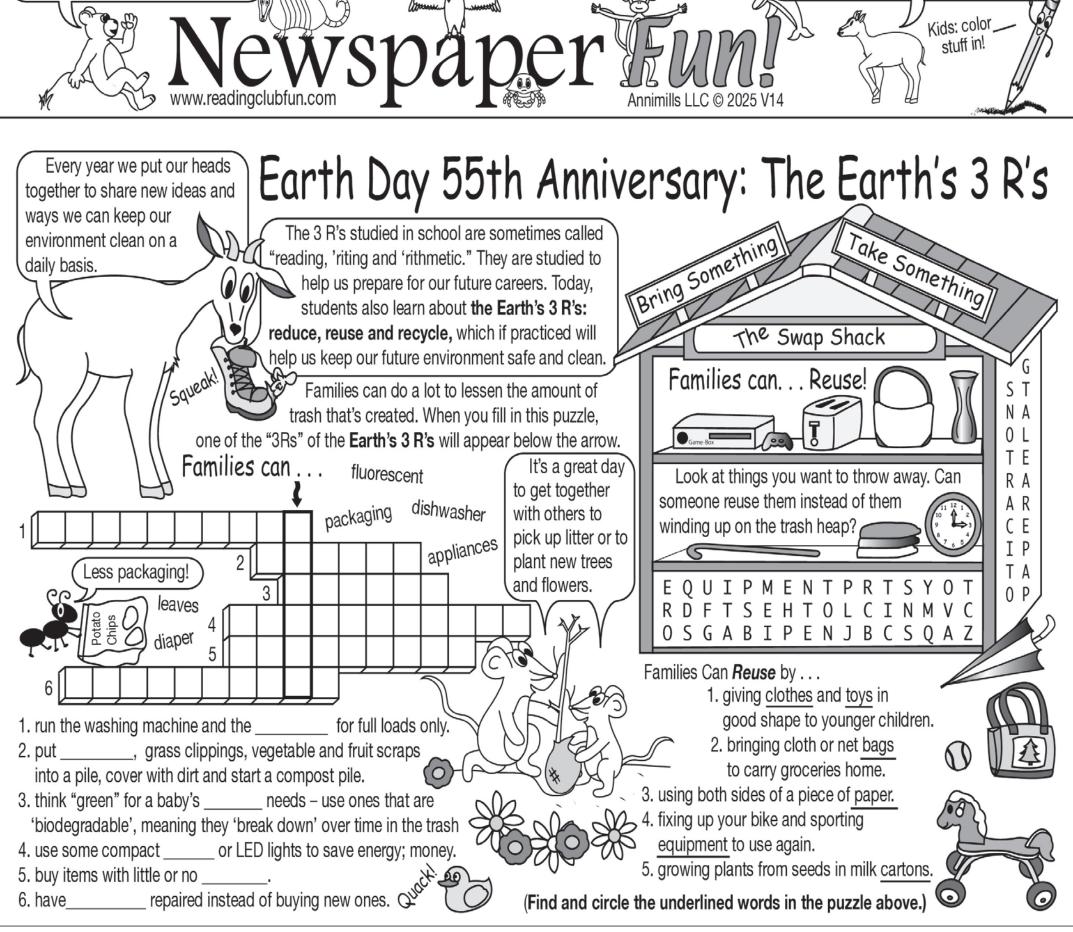
Pasadena Unified School District 351 S. Hudson Ave., Pasadena, Ca. 91109 (626) 396-3600 Website: www.pusd@pusd.us

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

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

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





## FOOD - DRINK - FUN



Mountain View News Saturday, April 5, 2025

## **BACK FOR SECONDS:** TWO LOCAL FAVORITES STILL BRINGING THE HEAT

They say you can't go home again—but when it comes to two neighborhood classics, Casa Del Rey in Sierra Madre and Domenico's in Monrovia.

I say why not? Just three or four months ago, I gave both places a tip of the hat... but after

recent visits, I'm here to confirm: they haven't missed a beat—and in some cases, they're better than ever.

> Casa Del Rey – Sierra Madre Address: 31 N Baldwin Áve, Sierra Madre, CA 91024

You know it, you love it, and if you've ever had their shredded chicken tacos, you probably dream about them too. This time around, I mixed things up with a Chile Relleno—and I'm giving it two enthusiastic thumbs up. The cheese was ooey-gooey perfection, the pepper had just the right kick, and it came piping hot, just the way it

Of course, I couldn't skip their regionally famous shredded chicken tacos. Crispy shell, savory chicken, and that touch of nostalgia you only get from a place that's been doing it right for decades.

Now, about the Peter Special: Jamie was behind the bar, as friendly and skilled as ever. She gave my margarita a gentle blend—not too slushy, not too stiff—and I asked for Patrón because when you're at Casa Del Rey, you do it right. No house tequila here, amigos.

> Domenico's - Monrovia Address: 2411 S Myrtle Ave, Monrovia, CA 91016

While it's best known for offering the best steak deal in town (Certified Angus, no less), I went in a different direction this time and said yes to the Big D Pizza Special. Let me tell you—what a treat. Loaded, rich, and cheesy in all the right ways. A slice of heaven with every bite.

But the surprises didn't stop there. Our friendly server brought out a plate of pork ribs—tender, flavorful, falling-off-the-bone goodness—and a Čaesar Salad that could make Caesar Cardini himself shed a proud tear. Crisp romaine, bold dressing, real shaved parmesan... no shortcuts here.

### IN SUMMARY:

Casa Del Rey continues to be a champion of comfort and consistency. The Chile Relleno is a must-try, the tacos are still kings of the region, and Jamie's margaritas keep

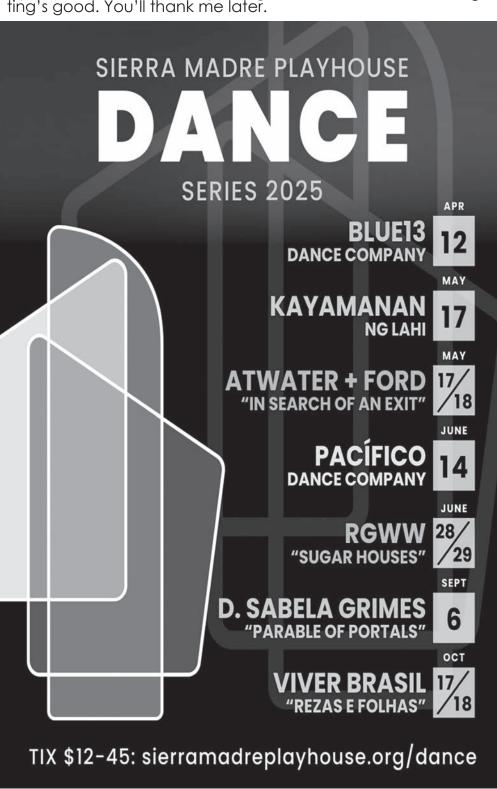
Domenico's reminds us it's not just a steakhouse in disguise—it's a full-on flavor house. From pizza to pork ribs, the kitchen is clearly firing on all cylinders. And that Caesar? You'll want to take notes.

You read it here first. Now try it again Follow my podcast!!

WINE LOVERS, TAKE NOTE! Tariffs are a real threat to wine drinkers especially those of us who enjoy imports. Prices could be climbing soon, so now's the time to stock up.

Vons in Pasadena is having a wine sale this weekend you don't want to miss. Whether you're a Chardonnay sipper or a bold red fan, there's something for everyone.

My advice? Head over early and grab a few bottles while the getting's good. You'll thank me later.





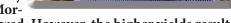
### THE TASTING ROOM ORGANIC. VEGAN. NATURAL. FRENCH. FUN. DELICIOUS. TARIFF FREE.

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

This week's wine arrived before the taxes ahem... tariffs went into effect. It's a delightful, fun, easy drinking red wine from France that will bring a smile to your face. And don't we all need a reason to smile lately? I know I do!

The 2024 M & C Lapierre "Raisins Gaulois" Vin de France is 100% Gamay from the Beaujolais region - specifically the Morgon Cru region. It can't be labeled with the Morgon designation because the yields are higher than allowed. However, the higher yields result

in an easy-drinking, fruit-driven red with low alcohol.



The winery is headed by the brother and sister team of Mathieu and Camille Lapierre. Their father Marcel was a pioneer in France for the natural wine movement - farming old vines, never using synthetic herbicides or pesticides, harvesting late, rigorously sorting to remove all but the healthiest grapes, adding minimal doses of sulfur dioxide or none, not filtering the wine, and ending the use of adding sugar to the grape must. Mathieu and Camille have introduced biodynamic farming practices for their vineyards. Currently they are certified organic.



This is a juicy red wine with bright fruit, low alcohol, and notes of red cherries and strawberries. Marcel had this to say about this wine years ago when he first introduced it, "It's a wine... that you drink like a beer... when you don't really want to drink a beer." Serve it slightly chilled and it will pair well with charcuterie, pizza, cheese, sausages, and a whole lot more!

Please support this type of winery - family run, small production, organic, excellent winemakers, and a helluva wine label!

The M & C Lapierre "Raisins Gaulois" Vin de France is available at The Bottle Shop for \$22.99. Say you saw it in the Mountain Views News and get the MVN special price of \$20.99. The special price is good through April 11th.

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.





## ALL THINGS

## BENEFITS OF HUGGING

## **Physical Benefits:**

- Releases Oxytocin Known as the "love hormone," oxytocin promotes bonding, reduces stress, and increases feelings of trust.
- Lowers Blood Pressure Hugging can trigger the release of oxytocin, which helps lower blood pressure and reduce the risk of heart disease.
- Boosts Immunity Physical touch can strengthen the immune system by reducing stress and promoting relaxation.
- Relieves Pain Hugging stimulates the release of endorphins, the body's natural painkillers.
- Reduces Cortisol Levels Helps lower the stress hormone cortisol, which in turn improves sleep and reduces anxiety.

## Emotional & Psychological Benefits:

- Reduces Stress & Anxiety Hugging provides a sense of safety and comfort, reducing stress and promoting relaxation.
- Improves Mood It triggers the release of dopamine and serotonin, both of which are associated with happiness and well-being.
- Strengthens Relationships Increases emotional connection and fosters trust between individuals.
- Helps Combat Loneliness Physical touch can provide a sense of belonging and emotional support.
- Enhances Self-Esteem Hugs can provide reassurance and remind individuals that they are valued and loved.

## Social Benefits:

- Encourages Compassion Hugging promotes empathy and understanding between people.
- Improves Communication Physical touch can often express emotions more effectively
- Builds Stronger Bonds Helps reinforce relationships, whether between friends, family, or romantic partners.

Even a short, simple hug can have powerful effects on both the giver and receiver. So, go ahead and give someone a hug today!

> Catch breaking news at: mtnviewsnews.com



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 OF THE FIRE **EVELYN AND CHRIS CORNWELL**

Evelyn Cornwell grew up in Pasadena on the Altadena border, and attended St. Elizabeth Catholic grade school. She graduated from Alverno High School in 1973. She attended and graduated from Pasadena City College and Cypress Mortuary College. She met her husband Chris at JPL when she worked there in 1977. They have

2 daughters and lived in a beautiful Spanish-style house in Altadena since 1993. "I retired 8 years ago from a job that I loved," explains Cornwell. "I was a mortician, funeral director and manager of a mortuary in Los Angeles owned by SCI (the largest death care provider in the world at the time)." In her retirement, she chose to stay close to home to assist her elderly parents who are in their 90's and needing help from time to time. Overall, she and her husband were enjoying their life in Altadena ... Until January 7.

"On January 7, the wind was so strong that the doors in my house were whistling," said Cornwell. "I called my mother who lives in Pasadena to see how they were doing. She said they were experiencing the same thing. This was their usual bedtime, so they were going to bed for the night." The continuing high winds were disturbing enough that her husband said that he was getting some things together in the event we had to evacuate, so she did the same. "I didn't think it was necessary to take much since I had already been through the fire in 1993. I figured I would be home in the morning to do whatever needed to be done," said Cornwell.

Cornwell packed her medications, important paperwork, underwear, and a change of clothes, and then the power went out around 10:30 p.m. "I looked out the window from my bedroom and could see the mountain flaming. The smoke was starting to get thick and it was everywhere. We had to leave!" explains Cornwell. There was no evacuation notice given. "The wind was so strong that it was pushing me backwards, and my husband was pushing me forward towards the car", she

She drove to the street above, Mariposa and Catherine, and was able to take a photo of the fire from there. They then drove to her parents' house to the south on Highland Street.



The Sandovals -- parents of Evelyn sitting on their deck on Highland Ave assessing the fire's destruction...

We arrived at the folks house thinking that the fire would never get that far. So we went to bed and tried to sleep," explains Cornwell. Her nephews - who are first responders (one is Search and Rescue and the other Sheriff Reserve) showed up to do a wellness check on the grandparents. "They told us that it was bad out there and that we should get ready to leave Highland Street house because the fire might get to us." Cornwell explains that she got up and drove to her home on Mendocino Street at 1:00 a.m. and she could hardly drive because of the thickness of the smoke. The fire was intense near her house. "I could see the fire on the mountain and homes on the east side of El Molino. Fire trucks were everywhere. I thought there would not be a home to go back to When I got back to my parents, my husband drove, to check on our house. My husband said to. When I got back to my parents, my husband drove to check on our house. My husband said that there were people with luggage leaving the area by foot, which was alarming. So we started to gather the things from our home that my parents needed to have, such as wheelchair, walker, oxygen tanks, medication, and their dog."

Her nephews were back at Highland Street instructing them to get out immediately. They loaded up their two cars, and could see the wind fanning the palm trees in front of their house, which was causing embers to fly, falling on the roof of the house. The nephews were fighting the fire with the hose on the rooftop as Cornwell, her husband and parents drove off. "We pulled away thinking that was the last time we would see the folks' house. Driving across Woodbury Road, we saw a car engulfed in flames in the road. Smoke and flames were everywhere. My 95 year old mother said "I'm not going to cry because we are not the only ones who are going through this." And she did not," says Cornwell.

"It wasn't long after that my mom learned that 3 garages and a back house had been destroyed on their property, but not the house. There were many houses in her Dundee Heights neighborhood that were destroyed," she explained. "But at this time I knew nothing about my home. It took a while before we learned that my house and all the houses on my block were not burned. It seems that the deodor trees on Christmas tree lane may have had something to do with saving the homes on the street, but I don't know that for a fact." Cornwell eventually learned that in her Mendocino neighborhood many people stayed and fought the fire along with firefighters. Some used pool

Cornwell adds that "Since the fire, we have learned of so many friends who have lost their homes and everything that was theirs. It's sad and heartbreaking to see the place that I have called home for most of my life looking like an apocalypse land. The streets that I have walked, run and driven through now look unfamiliar."

Reflecting on this disaster, she says that "We now need to be our strongest and help the community to survive and thrive in this difficult time. And most importantly, we need to thank the many people who came from all over this country to help us through this tough time."

The Cornwells have been living in a hotel since January 7, since their home must be cleaned of toxic ash and soot before they can reside there again. "We have been advised by different people that it may be two months or more before we can get home," shared Cornwell.

My dad was a great roofing contractor in the Pasadena area for years, the company specialized in tile. My dad roofed our house and many other homes in the surrounding areas. My house was roofed using clay tile that was tied down with copper wire. It withstood the wind and embers because of the application.

The wind and fire combined made it difficult for us to not feel helpless at the moment, but we had to be hopeful and grateful that we were still able to get out. We went to one of my nephews house and we got a plan together with the help of our daughter Marina, meanwhile our daughter Cosette had gone to our houses and collected the things that she thought would be important keepsakes. Our daughters and my parents grandkids were all ready to help in anyway that they could.

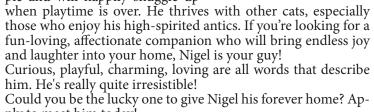
### **MEET NIGEL – THE PURRFECT PLAYMATE!**



Nigel is a sleek, all-black, 11mo. old bundle of fun and affection. Rescued from a coyoteinfested yard, this little survivor has emerged with nothing but a love for life! Playful, curious, and full of energy, Nigel is always up for a zoomie session or a friendly wrestling match with

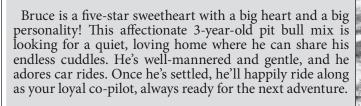
a fellow feline, or one who will happily share his toys. But don't let his playful side fool you—Nigel is also a total lovebug. He's happy to be held and cuddled—until he spots

something intriguing that he just has to investigate! He adores people and will happily snuggle up

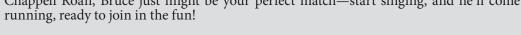


ply to meet him today! Visit https://www.lifelineforpets.org/nigel.html.

## Pet of the Week



Bruce has been spending time with a Pasadena Humane foster family, and they have great things to say about him. Beyond his sweet nature, Bruce is a total clown! He loves rolling onto his back, kicking his legs in the air like a goofball—especially when belly rubs are involved (his absolute favorite!). His stuffed birthday cake toy and elk antler are his most prized possessions, and he proudly carries them around wherever he goes. If you're a fan of Chappell Roan, Bruce just might be your perfect match—start singing, and he'll come



Bruce also has an adventurous side and loves hiking, trips to the park, and just being outside with his favorite people. However, at the end of the day, he thrives in a calm and peaceful environment where he can relax and soak up all the love he craves. If you're looking for a sweet, playful, and utterly hilarious companion, Bruce is your guy—ready to bring laughter, love, and a little bit of goofiness into your life!

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 10:00-5:00. 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.



**SPA PACKAGES \* MOBILE WASH** 



626-836-0701

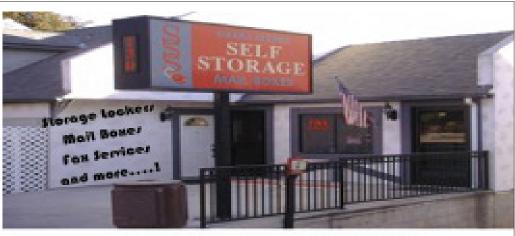
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## SPRING ALLERGIES IN SENIORS: HOW TO STAY COMFORTABLE THIS SEASON

As the flowers bloom and the weather warms, spring allergies can make life miserable—especially for seniors. Aging can weaken the immune system, making allergic reactions more intense and harder to manage. Additionally, conditions like high blood pressure, heart disease, or respiratory issues can complicate allergy symptoms. Here's how seniors can combat seasonal allergies and enjoy spring more comfortably.

Reduce Allergen Exposure

Checking daily pollen counts can help determine the best times to go outside. Pollen levels tend to be highest in the morning and early evening, so staying indoors during these hours can minimize exposure. Keeping windows closed and using air conditioning with HEPA filters can also reduce allergens indoors. After spending time outside, changing clothes and showering helps remove pollen from the skin and hair.

Manage Symptoms with Medication

Over-the-counter antihistamines such as loratadine (Claritin) or fexofenadine (Allegra) can relieve sneezing and itching without causing drowsiness. Nasal sprays like Flonase help with congestion, but decongestants should be used with caution, as they may increase blood pressure. Seniors taking multiple medications should consult their doctor before starting any new allergy treatment.

Try Natural Remedies

A simple saline nasal rinse can clear out allergens and reduce inflammation. Some people find relief with local honey, believing it helps build pollen tolerance. Vitamin C and quercetin, found in citrus fruits and onions, act as natural antihistamines.

Consider Allergy Testing

If symptoms persist, an allergist can identify specific triggers and recommend treatment options like immunotherapy (allergy shots or tablets) to provide long-term relief.

By taking proactive steps, seniors can reduce allergy symptoms and embrace the joys of spring without discomfort.

## WHERE SOLO AGERS CAN FIND HELP

Dear Savvy Senior:

I'm a divorced 68-year-old childless cat lady and have been thinking a lot lately about who will look after me when I get older and my health falters. What resources are available to solo seniors like me, and where can I turn to find a reliable person to be my emergency contact, as well as lookout for my health, financial matters and living arrangements in my elder years? Solo Ager

Dear Solo.

This is a very common concern for the 22 million solo agers across the United States who don't have adult children or other family they can depend on to watch out for their well-being. Here are some tips and resources that can help you plan ahead. Choosing Helpers & Decision Makers

While older adults who have children or are married usually name offspring or spouses as proxies/decision makers, solo agers most often choose a sibling, niece or nephew, or rely on a trusted friend or neighbor. Whomever you choose, talk to them first to make sure they're up for the task.

If, however, you don't have anyone you feel comfortable with, or who is willing to take on that responsibility, you can hire someone.

One of the best resources for this is an aging life care manager. These are trained professionals in the area of geriatric care who often have backgrounds in nursing or social work and can serve as your emergency contact, oversee your care and even act as your executor. They can also connect you with professional legal and financial services in your area that can help you manage your affairs.

Aging life care managers typically charge anywhere from \$100 to \$300 an hour, depending on their location and experience. To search for an expert near you, visit aginglifecare.org.

If you can't afford this, there are other reliable sources you can turn to for specific help. For example, if you haven't already done so, you need to prepare a basic estate plan (including a power of attorney, advance directive and a will) to ensure your wishes are carried out if you become incapacitated and when you die.

To help you prepare these documents, your best option is to hire an experienced estate plan-



ning attorney, which can cost anywhere between \$500 and \$2,000. He or she may also be able to act as your power of attorney or executor, or help you locate a professional in your area that can.

To locate someone, the National Academy of Elder Law Attorneys (naela.org) and National Association of Estate Planners & Councils (naepc. org) have online directories to help you search.

If you need help with bill-paying there are services like SilverBills (silverbills.com), or you can work with a daily money manager (aadmm.com) who, in addition to paying bills, can handle tasks like balancing your checkbook and organizing tax information. And to help you navigate care and senior housing options there are certified senior advisors (csa.us).

It's also a good idea to meet with a financial adviser to help figure out what services and living arrangements you can afford and what steps you can take to ensure that your financial resources last your lifetime. If you don't have an adviser, you can find a fee-only, fiduciary financial planner trough the National Association of Personal Financial Advisors at napfa.org.

Some other helpful resources you can turn to include Aging Alone Together (dorotusa.org/agingalonetogether), a program offered by DOROT, which is a nonprofit social services organization that provides practical ways to help solo agers prepare for the future. They are offering a free, six-session virtual workshop (offered weekly) via Zoom starting April 24th.

Also see Navigating Solo (navigatingsolo.com), a national clearinghouse of resources for solo agers and information about solo-ager groups in the

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



## SENIOR HAPPENINGS

HAPPY BIRTHDAY! ... APRIL BIRTHDAYS\*



Howard Rubin, Anita Hardy, Hattie Harris, Marilyn Diaz, Virginia Elliott, Elma Flores, Betty Jo Gregg, Barbara Lampman, Betty Mackie, Elizabeth Rassmusen, Maria Reyes, Marian DeMars, Anne Schryver, Chrisine Bachwansky, Colleen McKernan, Sandy Swanson, Hank Landsberg, Ken Anhalt, Shannon Vandevelde, Barbara Rounkle, Wendy Senour

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





## **OUT TO PASTOR**

A Weekly Religion Column by Rev. James Snyder

## SIR PROCRASTINATE-A-LOT RULES MY DAY!

I must admit that I procrastinate a lot. The biggest example is when I get up in the morning. I wait until the very last minute to get up. My goal is to get up before lunch. This is the primary difference between me and The Gracious Mistress of the Parsonage. She couldn't procrastinate even if I gave her a thousand dollars. Of

couldn't procrastinate even if I gave her a thousand dollars. Of course, I would procrastinate in giving over that thousand dollars because that's how I operate.

My "to-do list" is put together with this understanding; I put things on this list that I know will be affected by my procrastination. If I want to get three things done in one day, I have to make a list of 25 things to do.

That may not make sense to some people, but if you have that procrastination virus, it does. It is not how much I can do in a day but how much I actually do. Unfortunately, The Gracious Mistress of the Parsonage has not learned this about me. As long as we have been together which is something like 54 years, she doesn't get the notion that I'm a procrastinator. I'm not even sure if she knows what that means, and I'm not going to be the one to tell her. At least, I won't tell her today. Maybe tomorrow.

She believes that when she gives me a list of 45 things to do, I will jump up and finish them as soon as possible. But as a high-level procrastinator, that's not how it works.

When I get a list from her, it takes me all morning to read it. Usually, at lunchtime, The Gracious Mistress of the Parsonage will say, "Well, did you get the list done yet?" I will look at her with a blank look on my face and say, "What list?" With a bit of growling in her voice, she responds, "You know, the list I gave you this morning of things I wanted you to do." "Oh, that list. I'm still working on it."

She doesn't understand that when I have a list of things she wants me to do, I have to meditate on that list and really get into its vibe. She doesn't realize that it takes me quite a while to get into a certain vibe when it comes to things I need to do. I must admit that I never get into some things' vibe.

The last time I did not procrastinate was August 14, 1971, when we stood before a minister who said, "Do you promise..." And with a nervous stutter, I responded immediately, "I do."

I think that was the first time I didn't procrastinate, and I believe it was the last time. I'll think about that later.

It's hard for me to jump into a project and get it done. Sure, I like completing a project, but it takes me a long time to get to the end of it.

I learned years ago that procrastinating on certain things and actually not doing them is a blessing. If I had done what I was supposed to do, I probably would've been in trouble.

Over the years, I have earned the title, Sir Procrastinate-A-Lot. Occasionally, The Gracious Mistress of the Parsonage will ask, "Are you acting like a procrastinator?" "No, my dear," I will say as calmly as possible, "I'm not acting."

Even as a procrastinator, I'm the real thing. I'm not lying; I'm just dragging my heels along the way.

I suppose that if I had cleaned up my procrastinating, I could have accomplished twice as much in my life as I have. But then, where would that have gotten me? That is the difference between The Gracious Mistress of the Parsonage and her marvelous husband. It took me a few years to understand this difference. But once I did, I was able to use it to my advantage.

If I asked The Gracious Mistress of the Parsonage to do two things, she would jump to it and begin doing it before I finished my sentence. Within a few moments, those two things are accomplished.

If I asked her to do five things again, she would jump up and do all five as fast as she could without even taking a break.

I think she is the most anti-procrastinator I have ever known. She can never procrastinate; she always must get everything done before the time. If she has 60 minutes to do something, she will do it in 50 minutes or less.

In a marriage such as ours, we cannot both be procrastinators. That is why I stepped up to the plate and chose to be the procrastinator in our house. I've done a great job of it all these years.

Of course, there is a cost that comes with procrastination. Solomon hit it on the head when he said, "Yet a little sleep, a little slumber, a little folding of the hands to sleep: So shall thy poverty come as one that travelleth; and thy want as an armed man" (Proverbs 24:33-34).

As my father used to say, "You can't kick a can down the road forever. At some point you need to stop and pick it up."

My problem is I think I can do more than I can really do. Maybe I should be more realistic and concentrate on doing what I can do.

## MORE RECOVERY INFO

## ASSISTANCE IS STILL AVAILABLE FOR WILDFIRE SURVIVORS AFTER THE **REGISTRATION DEADLINE**

LOS ANGELES - FEMA IS STILL WORKING IN LOS ANGELES COUNTY TO HELP RESIDENTS RECOVER FROM THE LA WILDFIRES. THE DEADLINE TO APPLY FOR FEMA INDIVIDUAL ASSISTANCE HAS PASSED, BUT DISASTER RECOVERY CENTERS REMAIN OPEN AND

DEADLINE TO SUBMIT A RIGHT OF ENTRY (ROE) TO PARTICIPATE IN THE FEDERALLY FUNDED DEBRIS REMOVAL PROGRAM HAS

SURVIVORS WHO REGISTERED PRIOR TO THE DEADLINE ARE EN-COURAGED TO KEEP IN TOUCH WITH FEMA TO CONTINUE TO

THEIR APPLICATION AS THEIR SITUATION CHANGES AND TO WORK THROUGH THE APPROVAL PROCESS. FOR THOSE DISPLACED

FIRES, RENTAL ASSISTANCE IS STILL AVAILABLE.

IF YOU DO NOT QUALIFY FOR FEMA ASSISTANCE, STATE AND LO-CAL RESOURCES MAY ALSO BE AVAILABLE. FOR MORE INFORMA-

2025 LOS ANGELES FIRES | CA.GOV IF YOU WERE IMPACTED BY THE FIRE BUT WERE UNABLE TO AP-PLY FOR FEMA ASSISTANCE PRIOR TO THE DEADLINE DUE TO

CIRCUMSTANCES, YOU MAY BE ABLE TO FILE A LATE APPLICATION. IF YOU HAVE ADDITIONAL NEEDS OR WISH TO SUBMIT A LATE APPLICATION, CALL THE FEMA HELPLINE AT 1-800-621-3362. IF YOU USE A RELAY SERVICE, GIVE FEMA YOUR NUMBER FOR THAT SERVICE. ASSISTANCE IS AVAILABLE IN MULTIPLE LANGUAGES. LINES

OPEN SUNDAY-SATURDAY, FROM 4 A.M.- 10 P.M. PACIFIC TIME. TO BE ELIGIBLE FOR THE FEDERALLY FUNDED DEBRIS REMOVAL PROGRAM, AN ROE FORM MUST BE SUBMITTED TO THE COUNTY



## **What This Means for Sierra Madre Residents?**

Do you know if your property or area is within a newly designated Moderate, High, or Very High Fire Hazard Severity Zone?

to learn more: osfm.fire.ca.gov/FHSZ

To ensure local voices are heard, the City is launching a short community survey to gather input from stakeholders about the update, wildfire concerns, and resources needed to support preparedness.



Residents can take the survey at:

https://www.surveymonkey.com/r/KNPPQDQ

Survey closes on Sunday, April 27.



## **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 <u>pw.lacounty.gov/epd/debris-removal/</u> for

more information.



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 inquries, email: communitygrant@car.org



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









## **HAVE A QUESTION ABOUT DEBRIS?**

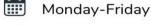
**US Army Corps** of Engineers.

Connect with us!

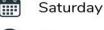
The U.S. Army Corps of Engineers has established a Debris Call Center to help answer questions regarding Private Property Debris Removal.

## **Debris Call Center**

Hours of operation



6:00 a.m. - 6:30 p.m.

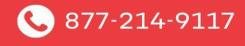


6:00 a.m. - 4:30 p.m.



**6:00** a.m. - 2:30 p.m.





## OPINION

## MOUNTAIN VIEWS NEWS

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Mountain Views News has been adjudicated as a newspaper of General Circulation for the County of Los Angeles in Court Case number GS004724: for the City of Sierra Madre; in Court Case GS005940 and for the City of Monrovia in Court Case No. GS006989 and is published every Saturday at 80 W. Sierra Madre Blvd., No. 327, Sierra Madre, California, 91024. All contents are copyrighted and may not be reproduced without the express written consent of the publisher. All rights All submiss to this newspaper become the property of the Moun-tain Views News and may be published in part or whole.

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Mountain Views News is wholly owned by Grace Lorraine Publications, and reserves the right to refuse publication of advertisements and other materials submitted for publication.

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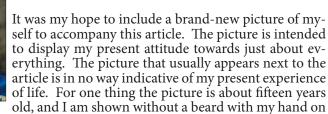
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## Mountain Views News **Mission Statement**

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

## STUART TOLCHIN

## PUT THE LIGHTS ON UNSURE



my chin looking up at the sky. I look hopeful. The picture I had hoped to include today shows me as just wondering how things got to be the way they are.

In this new picture I do not look hopeful. I look tired and confused and sad which is an accurate representation of the way I feel right now. I wonder if that is the way you, whoever you are, are feeling right now. For me it is like being in a dream state that really doesn't seem that real but still won't go away. Last night, around midnight there was a gentle knock on my front door, and I heard my dog barking wildly. I rushed downstairs and my wife had already opened the door. I could see three large men dressed as policemen with all their paraphernalia including guns, clubs, and flashlights. Really, I was shocked but not surprised. I have felt that something unthinkable and terrible was about to happen. Since Donald Trump's re-election, the news has highlighted one concerning policy after another. I just want to feel safe and secure and ensure my children and granddaughter have promising futures. Despite being critical, I am proud to be American. I believe America embodies the best intentions: equality, freedom, opportunity, fairness, honesty, and a commitment to truth. Despite our historical mistakes, America remains the "Good Guys. The policies of Donald Trump have undermined these beliefs and the fact that millions of Americans have favored Mr. Trump has left bewildered, confused and frightened. The confusion with the police fell right into this pattern. I never did understand what was going on; but once I realized we were not being arrested I just went back upstairs. A disturbance in the neighborhood. Maybe hungry bears looking for food were the culprits.

Today, Wednesday, Mr. Trump announced that by Executive Order he was imposing tariffs on all foreign countries, friend and foe alike and proclaimed April 2, 2025, to be the Day of Liberation as tariffs were announced against friend and foe alike. What is the President doing and why is he doing it and what will be the consequences to each of us? After Trump's declaration I watched several newscasts with interviews of smart, experienced, competent people describing a terrifying time of chaos and disruption. Social Security and health and safety measures will be affected. I was terrified and changed the channel and viewed the normal television fare of commercials and sports all being presented as if nothing out of the ordinary was happening. It is now early Thursday morning, and no police have appeared at the door to arrest me. Was it all just a bad dream?

The granddaughter of a friend of mine has just consented to being hospitalized connected to a psychiatric diagnosis of what is called agnosia which is a condition wherein one suffers from delusions and illusions which they believe to be true. They believe nothing is wrong with their perception but fear evils from the sky or the air or water heaters. Still a person cannot be hospitalized or confined without their consent. Perhaps we all should consent to be hospitalized because right now it is impossible to separate truth from delusion. I cannot understand how sane people could vote for Donald Trump, the felon, the liar, the man who wants only to "win" and cares about nothing else. Is it Democracy or humanity that has failed?

Well, anyway, I have tried to explain why I wished to have a different picture placed next to my article. If not this week, maybe next week. Why does this seem to be important to me and why do I write these articles every week. I do it because I believe it will help the world, perhaps a symptom of my own agnosia. All I am certain of is that I am UNSURE...

## RICH JOHNSON IUM...ADD NAUSEUM



No, "Trivium" is not a cough medicine or a vitamin supplement. The word "trivium" in its original language of Latin was defined as "where three roads converge". So how did this word become associated with "trivia" which is defined as random facts and information? Funny you should ask. Climb in your way back machine and join me on a trip to the early days of the Roman

Empire. Yes, long before the internet, television, radio, etch-a-sketches, pencil and paper came into existence the flow of information was transmitted in the archaic form of communicating orally. Most people call it talking. Much like today, you meet up at the local establishment and tell someone what you know and have them tell you what they know.

Back then, if you wanted to know what was going on out of town, you literally had to go out of town. Hit the rough and dusty (that's a clever metaphor for "road") and hope to meet up with someone coming from the other direction. You could tell the traveler what was going on in your neck of the woods and they could reciprocate telling you what was going on in theirs. If you really wanted to know what was going on around the world you went to a "trivium". A place where three roads converge. You told what was going on in your "burg" and hopefully the visitors from the other directions would share their info. That became know as "trivia" useful information from other communities.

In our modern era Websters Dictionary defines "trivia" as "details, considerations, or pieces of information of little importance or value." Which also defines most of my columns. Let's proceed.

Speaking of trivia, I stumbled on a real find, a book on trivia buried in a sea of books kept in order at "Fables and Fancies" Sierra Madre's newest bookstore. A treasure trove of trivia in a small book coincidentally called "The Ultimate Book of Trivia." I hope to dazzle you with random bits of trivia you can turn around, share and dazzle your friends.

Did you know...Cleopatra was born in 69 B.C. Not too far from the Great Pyramid of Giza. By the way, the Pyramid was the tallest structure in the world for 3,800 years. And it is the only ancient wonder of the world that still exists today.

Which president appears on the \$100,000 bill? Of course, they have \$100,000 bills. Actually, they are used by the U.S. Treasury for internal transactions only. They still exist and are legal. Whose mug adorns the bill? Woodrow Wilson.

So, who actually is in charge of the moon? The little known 1979 Moon Treaty tells us no celestial body in our solar system can be used for military purposes. Who's in charge? The United Nations.

In case you just gotta know the correct expression is "toe the line", not "tow the line". Came about standing at roll call with your tootsies on the mark. What word rhymes with orange? Lol. No word rhymes with orange. Other rhymeless words include "silver", "elbow", "galaxy" and "rhythm". What's worse: Being a moron, imbecile or idiot? (I've battled with this distinction for years.) Finally discovered the facts. If your IQ is 51 to 70 you are a moron; 26-50 imbecile describes you. And 0 to 25 you are an idiot.

Here's a good one almost worth knowing: What's special about the 1939 novel "Gadsby"? Well, I'll tell you. In the entire fifty-thousand word book you will not find a single word with the letter "e" in it. The "e" is the most common letter in English.

And now a little drum roll. Ladies and Gentlemen: The toughest tongue twister in the English language: "The sixth sick sheik's sixth sheep is sick". Ta-da! (Where else do you get stuff like this?)

Good taste restricts me from ending with George Carlin's seven "filthy" words. Suffice it to say George was arrested for using the seven words during a performance in 1972. If you want extra credit, look up the time Lenny Bruce was arrested in 1966 for using nine bad words.

I'll end with a biographical self deprecating palindrome: "God saw I was a dog". Have a good week.

## HOWARD Hays As I See It

"Deeply unserious people doing deeply stupid things with massively serious consequences"

– John Oliver on "Last Week Tonight"

"I don't know anything about it."— President Donald Trump

Mike Waltz served as an advisor in the Bush Administration and as congressman but what brought his nomination as National Security Advisor was loyalty to Trump. He says Atlantic editor Jeff Goldberg's number was somehow "sucked in" to his phone, leading to that invitation to join the Signal chat with top administration officials on an imminent attack in Yemen. Waltz has since called Goldberg a "liar" and "scum". As to how that invitation ended up going to Goldberg, Waltz said he'd ask Elon Musk to help figure it out.

Defense Secretary Pete Hegseth copied-and-pasted detailed plans of that attack into the chat – for no other apparent reason than to show-off that he could. He denied any of it was classified, though as Rep. Don Bacon (R-NE) commented, "This can get our troops killed." Hegseth called the whole story a "hoax", even after the National Security Council had confirmed it. He whined about it on X. President Trump says Hegseth "had nothing to do with this"

According to Sen. Michael Bennet (D-CO), both CIA Director John Ratcliffe and Director of National Intelligence Tulsi Gabbard "lied repeatedly" in testimony before congressional committees that the information shared was "not classified". When asked repeatedly by Sen. Mark Kelly (D-AZ) whether there was "any mention of a weapon or weapons system" in the chat (which is what Hegseth's posting was all about), Ratcliffe and Gabbard repeatedly answered, "I don't recall".

"Classified" can apply not just to military planning but to policy discussion. In Europe, the takeaway from this chat was further confirmation (if any needed) of Vice President J.D. Vance's arrogant disdain for our allies. He pointed out that since the waterway to be protected primarily served European shipping, this would be "bailing out Europe again". Hegseth agreed, "I fully share your loathing of Europe free-loading" – calling them "pathetic".

But a big takeaway here at home, even for many MAGAs, was the question raised: Who does Vance think is in charge? The vice president offered in the chat, "I am not sure the president is aware how inconsistent this is with his message on Europe right now." The Atlantic's Goldberg noted that he's telling our national security team that he believes President Trump "doesn't even understand what he's doing here".

As for the president exercising his role as Commander in Chief, Trump adviser Stephen Miller told the group, "As I heard it, the president was clear: green light". Vance tells Hegseth, "If you think we should do it, let's go". The Secretary of Defense receives the go-ahead to launch the attack from the vice president. Whatever presidential directive is based on an "as I heard it".

President Trump appears to have first learned about all this when asked about it by a reporter – hours after the story broke. He then questioned the reporter for details – rather than his own staff. Later, Trump blamed the problem on shortcomings in the Signal app, rather than his national security team using Signal in the first place. As to where the president was when this was taking place, his motorcade was spotted at the Trump International Golf Club in West Palm Beach.

Nathalie Loiseau of the European Parliament from France posted, "There are no more adults in the room in Washington. Even my teenagers are more responsible. Putin is now unemployed: No more spying, the leaks come by U.S. themselves."

Apart from the matter of unsecured classified information, under the Espionage Act anyone found to have destroyed records of such meetings "shall be fined, imprisoned not more than three years, or both and shall forfeit his office and be disqualified from holding any office under the United States." A feature of the Signal app is its automatic deletion of records. It appears Signal has been the routine means of communication between Trump's top national security personnel – who with the app's automatic deletion feature have been routinely violating federal law.

Sen. Chuck Schumer (D-NY) says, "These people are clearly not up for the job. We warned confirming them was dangerous, that they'd behave recklessly. Unfortunately, we were right." Sen. Jackie Rosen (D-NV) calls it "a dangerous level of incompetence".



torcade was spotted at the Trump In-

The top Democrat on the Senate Armed Services Committee, Jack Reed (RI), says it's "one of the most egregious failures of operational security and common sense" he'd ever seen. "Military operations need to be handled with utmost discretion, using approved, secure lines of communication, because American lives are on the line. The carelessness shown by President Trump's cabinet is stunning and dangerous."

As to whatever outcome from all this, White House press secretary Karoline Leavitt assures "steps have been made" and that "this case has been closed here at the White House as far as we are concerned".

The White House, after all, has other matters to deal with. According to CNN, for the first time ever, a call has gone out offering corporate sponsorships for the annual Easter Egg Roll on the White House lawn – an event held since 1878. Sponsorship opportunities range from \$75,000 to \$200,000.

See you at the Wisteria Festival.

## LEGAL NOTICES

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025-056818
The following person(s) is (are) doing business as: DIGNITY HOUSING, 111 W. OCEAN BLVD STE # 400, LONG BEACH, CA 90802. Full name of registrant(s) is (are) MIGUEL ANTONIO BELTRAN, 473 W. 2ND ST, SAN PEDRO, CA 90731. This Business is conducted by: AN INDIVIDU-AL. Signed; MIGUEL ANTONIO BELTRAN OWNER. This statement was filed with the County OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/19/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: MAR 29, APR 05, 12, 19, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025-024142
The following person(s) is (are) doing business as: EL TEY QUIRISI DELIVERIES, 727 N MOTT ST, LOS ANGELES, CA 90033. Full name of registrant(s) is (are) RUBEN JAUREGUI, 727 N MOTT ST, LOS ANGELES, CA 90033. This Business is conducted by: AN INDIVIDUAL. Signed; RUBEN JAUREGUI/OWNER. This statement was filed with the County Clerk of Los Angeles County on 02/05/2025. The registrant(s) has (have) commenced to transact business under the ficticommenced to transact business under the ficti tious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/

Dates Pub: MAR 29, APR 05, 12, 19, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-058874
The following person(s) is (are) doing business as: ENERGY AIR WATER, 15902 A HALLIBURTON RD APT 57, HACIENDA HEIGHTS, CA 91745, Full name of registrant(s) is (are) JONATHAN JOHNSON SCHREIBER, 15902 A HALLIBURTON RD APT 57, HACIENDA HEIGHTS, CA 91745. This Business is conducted by: AN INDIVIDUAL. Signed; JONATHAN JOHNSON SCHREIBER/OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/21/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names ness under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: MAR 29, APR 05, 12, 19, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-061058
The following person(s) is (are) doing business as: FOOTHILL HEALTH CENTER, 51 E FOOTHILL BLVD, ARCADIA, CA 91006. Full name of registrant(s) is (are) FOOTHILL HEALTH CENTER LLC, 51 E FOOTHILL BLVD, ARCADIA, CA 91006. This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed; JIN JIN/SECRETARY. This statement was first and sta TARY. This statement was filed with the County Clerk of Los Angeles County on 03/25/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: MAR 29, APR 05, 12, 19, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-060494
The following person(s) is (are) doing business as:
HADDER'S OASIS – FLORAL ROSES ORCHID
AND GREENERY, 726 S. SAN PEDRO ST., LOS
ANGELES, CA 90014. Full name of registrant(s)
is (are) HADDER EMILIO GALO CHAVEZ, 726
S. SAN PEDRO ST., LOS ANGELES, CA 90014.
This Business is conducted by: AN INDIVIDUAL
Signed; HADDER EMILIO GALO CHAVEZ/
OWNER. This statement was filed with the County
Clerk of I os Apragas Course. OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/25/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: MAR 29, APR 05, 12, 19, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-054245
The following person(s) is (are) doing business as:
HVAC TRAINING ACADEMY, 8027 WHIRLA-WAY ST, ALTA LOMA, CA 91701. Full name of registrant(s) is (are) HVAC TRAINING ACAD-EMY, INC., 8027 WHIRLAWAY ST, ALTA LOMA, CA 91701. This Business is conducted by: A CORP OR ALTON Signed: ALEXIS ANTO. by: A ĆORPORATION. Signed; ALEXIS ANTO NIO BENITEZ/VICE PRESIDENT. ARTICLE # BA20250459780 This statement was filed with the County Clerk of Los Angeles County on 03/17/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law

(See section 14411 et seq. Business and Professions

Code)Publish: Mountain Views News/JDC Dates Pub: MAR 29, APR 05, 12, 19, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-059533
The following person(s) is (are) doing business as: IMAGINE BEAUTY SALON, 309 E ORANGE GROVE, PASADENA, CA 91104. Full name of registrant(s) is (are) ERICKA ISABEL JARQUIN, 309 E ORANGE GROVE, PASADENA, CA 91104. This Business is conducted by: AN INDI-VIDUAL. Signed; ERICKA ISABEL JARQUIN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 30724/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names. ness under the fictitious business name or names listed above on 02/2012. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of an other under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: MAR 29, APR 05, 12, 19, 2025

FICTITIOUS BUSINESS NAME STATEMENT FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-063162
The following person(s) is (are) doing business as: MARIANA CLEANING SERVICES, 14038
ARRAMOUNT BLVD APT 19, PARAMOUNT, CA 90723. Full name of registrant(s) is (are) GRECIA MARIANA CRUZ MAGANA, 14038 PARAMOUNT BLVD APT 19, PARAMOUNT, CA 90723. This Business is conducted by: AN INDIVIDUAL Signed; GRECIA MARIANA CRUZ MAGANA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/27/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names ness under the fictitious business name or names listed above on N/A. NOTICE-This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Pub-

lish: Mountain Views News/JDC Dates Pub: MAR 29, APR 05, 12, 19, 2025 FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-057577
The following person(s) is (are) doing business as: MINISTERIO INTERNACIONAL IGLESIAS BAUTISTAS GENERALES "AGUA VIV ", 2727 DURFEE AVE, EL MONTE, CA 91732. Full name of registrant(s) is (are) JESUS HERNANDEZ AGUILAR, 14016 CLARK ST, BALDWIN PARK, CA 91706. This Business is conducted by AN INDI-91706. This Business is conducted by: AN INDI-VIDUAL. Signed; JESUS HERNANDEZ AGUI-LAR/OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/20/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 12/2010. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: MAR 29, APR 05, 12, 19, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025-057491
The following person(s) is (are) doing business as: MK MASSAGE, 44341 CHALLENGER WAY, LANCASTER, CA 93535. Full name of registrant(s) is (are) GUOQING CHEN, 44341 CHALLENGER WAY, LANCASTER, CA 93535. This Business is conducted by: AN INDIVIDUAL. Signed; GUOQING CHEN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/20/2025. The registrant(s) has (have) commenced to transact business under the fictitious business to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or com-

mon law (See section 14411 et seq. Business and

Dates Pub: MAR 29, APR 05, 12, 19, 2025 FICTITIOUS BUSINESS NAME STATEMENT

FIG. 1110US BUSINESS NAME STATEMENT FILE NO. 2025-054455
The following person(s) is (are) doing business as: MONTENEGRO CARE, 1927 N HIDDEN LN, LONG BEACH, CA 90815. Full name of registrant(s) is (are) MAXIMILIANO MANA-GON, 1927 N HIDDEN LN, LONG BEACH, CA 90815. This Business is conducted by: AN INDI-VIDUAL. Signed; MAXIMILIANO MANAGON/ OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/17/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: MAR 29, APR 05, 12, 19, 2025

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-061633

The following person(s) is (are) doing business as: P.F., CONSTRUCTION, 2632 GRANADA ST, LOS ANGELES, CA 90065. Full name of registrant(s) is (are) FRANCISCO PINEDA MOLINA, 2632 GRANADA ST, LOS ANGELES, CA 90065. This Business is conducted by: AN INDIVIDUAL. Signed; FRANCISCO PINEDA MOLINA/OWNER. This statement was filed with the County Olypte of I ox Angeles County on 30/26/2025. The Clerk of Los Angeles County on 03/26/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 02/2015. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: MAR 29, APR 05, 12, 19, 2025

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-062731 The following person(s) is (are) doing business as: SUNNY FRUITS, 13855 MCCLURE AVE UINT 04, PARAMOUNT, CA 90723. Full name of registrant(s) is (are) ALFREDO GARCIA OLVERA, 13855 MCCLURE AVE UNIT 04, PARAMOUNT, CA 90723. This Business is conducted by: AN INDIVIDUAL. Signed; ALFREDO GARCIA OLVERA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/27/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/

Dates Pub: MAR 29, APR 05, 12, 19, 2025

FICTITIOUS BUSINESS NAME STATEMENT FICTITIOUS BUSINESS NAME STALEMENT File No. 2025-060577
The following person(s) is (are) doing business as:
SWEET MONEY TREATS, 20597 CALPET DR, WALNUT, CA 91789. Full name of registrant(s) is (are) YAZMIN MENDOZA, 20597 CALPET DR, WALNUT, CA 91789. This Business is conducted by: AN INDIVIDUAL. Signed; YAZMIN MENDOZA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/25/2025 County Clerk of Los Angeles County on 03/25/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: MAR 29, APR 05, 12, 19, 2025

FICTITIOUS BUSINESS NAME STATEMENT FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-063312
The following person(s) is (are) doing business as: TAXI LA GALAXY, 717 CORNWELL ST, LOS ANGELES, CA 90033. Full name of registrant(s) is (are) ANTONIO JOEL CHAJ MORALES, 717 CORNWELL ST, LOS ANGELES, CA 90033. This Business is conducted by: AN INDIVIDUAL. Signed; ANTONIO JOEL CHAJ MORALES/OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/27/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names ness under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Pub-

lish: Mountain Views News/JDC Dates Pub: MAR 29, APR 05, 12, 19, 2025 FICTITIOUS BUSINESS NAME STATEMENT FIL THOOS BUSINESS NAME STATEMENT FILE NO. 2025-054146
The following person(s) is (are) doing business as: VONNEROCK INSURANCE AGENCY, 2155 E GARVEY AVE N STE # B-7, WEST COVINA, CA 91791, Full name of registrant(s) is (are) YI-WEN LI SERRATO, 2155 E GARVEY AVE N STE # B-7, WEST COVINA CAUSTILLIAN STE # B-7, SERKATO, 2155 E GARVEY AVE N S1E # B-I, WEST COVINA, CA 91791. This Business is conducted by: AN INDIVIDUAL. Signed; YI-WEN LI SERRATO/OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/17/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Efficitious. Name Statement expires five years from Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or comlaw (See section 14411 et seq. Business and

Dates Pub: MAR 29, APR 05, 12, 19, 2025 FICTITIOUS BUSINESS NAME STATEMENT

Professions Code)Publish: Mountain Views News/

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-059925
The following person(s) is (are) doing business as: VELOTOP COMPANY, 326 W GLENDON WAY, SAN GABRIEL, CA 91776. Full name of registrant(s) is (are) XIAODONG LU, 326 W GLENDON WAY, SAN GABRIEL, CA 91776. This Business is conducted by: AN INDIVIDUAL. Signed; XIAODONG LU/OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/24/2025. The registrant(s) has (have) commenced to transact business under the ficticommenced to transact business under the fictiious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/

Dates Pub: MAR 29, APR 05, 12, 19, 2025

FILE NO. 2025-059967 STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME The following person(s) VICTOR RAUL OLIVA PAVON, 11716 CAMPTON AVE, LOS ANGELES, CA 20050 Local Computer of the Computer of t CA 90059. has/have abandoned the use of the fictitious business name: VICTOR BODY SHOP, 11716 CAMPTON AVE, LOS ANGELES, CA 90059 The CAMIT ION AVE., DOS ANDELES, CA 90039 Tile fictitious business name referred to above was filed on 10/16/2024, in the county of Los Angeles. The original file number of 20/242/4331. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 03/24/2025. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows declares as true information which he or she knows to be false, is guilty of a crime.) VICTOR RAUL OLIVA PAVON/OWNER Publish: Mountain Views News Dates Pub: MAR 29, APR 05, 12, 19, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025063147
The following person(s) is (are) doing business as:
SIERRA GARDENING SERVICE 155 W. BONITA AVENUE SIERRA MADRE, CA. 91024.
CALIFORNIA LOS ANGELES COUNTY. Full
name of registrant(s) is (are) STACEY HOLDREDGE PO BOX 1436 SIERRA MADRE, CA.
10125 This Business is condusted by AN INDL. NEDGE PO BOX 1436 SIERRA MADRE, CA.
91025. This Business is conducted by: AN INDIVIDUAL. Signed: ALFREDO DIEGO JRSTACEY
HOLDREDGE OWNER This statement was filed
with the County Clerk of Los Angeles County on
03/27/2025. The registrant(s) has (have) commenced
to transact business under the fictitious business name or names listed above on N/A. This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or com-mon law (See section 14411 et seq. Business and DIR Dates Pub:March 29, April 5,12,19, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025063199
The following person(s) is (are) doing business as:
ODISH & CO 4150 MAMMOTH AVE SHER-ODISH & CO 4150 MAMMOTH AVE SHER-MAN OAKS, CA. 91423; SUMER PR 4150 MAMMOTH AVE SHERMAN OAKS, CA. 91423.
CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) LILIAN ODISH 4150 MAMMOTH AVE SHERMAN OAKS, CA. 91423.
This Business is conducted by: AN INDIVIDUAL. Signed: LILIAN ODISH, OWNER This statement was filed with the County Clerk of Los Angeles County on 03/27/2025. The registrant(s) has (have) commenced to transact business under the fictitious commenced to transact business under the fictitious commenced to transact business under the fictitious business name or names listed above on 01/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name

common law (See section 14411 et seq. Business and Professions Code) ES Dates Pub:March 29, April 5,12,19, 2025

FICTITIOUS BUSINESS NAME STATEMENT FICTITIOUS BUSINESS NAME STATEMENT File No. 2025063600
The following person(s) is (are) doing business as: ELEV8 HYDRAULIC POOL FLOOR 20612 CLAREDON ST WOODLAND HILLS, CA 91367. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) KEREN GOLDIN 20612 CLAREDON ST WOODLAND HILLS, CA 91367; JAKE BAR 20612 CLAREDON ST WOODLAND HILLS, CA 91367; MOSHE COHEN 20612 CLAREDON ST WOODLAND HILLS, CA 91367. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: KEREN GOLDIN, GENERAL PARTNER This statement was filed with the County Clerk of Los Angeles County on 03/28/2025. The registrant(s) has (have) commenced to transact business under the fictitious commenced to transact business under the fictitiou ousiness name or names listed above on 03/2025 NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the us in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) ES Dates Pub:March 29, April 5,12,19, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025/0343/78
The following person(s) is (are) doing business as:
TAMALES Y TACOS LUCIMAR 1008 GLENOAKS BLYD UNIT B SAN FERNANDO, CA.
91340. CALIFORNIA LOS ANGELES COUNTY. 91340. CALIFORNIA LOS ANGELES COUNTY.
Full name of registrant(s) is (are) RAQUEL TRUJILLO COCHACHIN 1008 GLENOAKS BLVD
UNIT B SAN FERNANDO, CA. 91340. This
Business is conducted by: AN INDIVIDUAL.
Signed: RAQUEL TRUJILLO COCHACHIN
OWNER This statement was filed with the County
Clerk of Los Angeles County on 02/19/2025. The
registrant(s) has (have) commenced to transact business under the fictitious business name or names ness under the fictitious business name or names listed above on 08/2024. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Ficti tious Business Name in violation of the rights of an other under Federal, State, or common law (See sec tion 14411 et seq. Business and Professions Code) ES Dates Pub:March 29, April 5,12,19, 2025

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025063688
The following person(s) is (are) doing business as:
BE. MI CLEANING SERVICES 7449 RESEDA
BLVD UNIT 258 RESEDA, CA. 91335. CALI-FORNIA LOS ANGELES COUNTY. Full name of
registrant(s) is (are) MIRELLA NERI 19201 NOR.
DHOFF ST APT 213 NORTHRIDGE, CA. 91324;
BEJAMIN NERI 19201 NORDHOFF ST APT 213
NORTHRIDGE CA. 91324 This Business is con-NORTHRIDGE, CA. 91324 This Business is conducted by: A GENERAL PARTNERSHIP. Signed MIRELLA NERI, GENERAL PARTNER. This statement was filed with the County Clerk of Los Angeles County on 03/28/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 04/2009. NOTICE- This Fictitious Name State ment expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Busi ness Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) ES Dates Pub:March 29, April 5,12,19, 2025

FICTITIOUS BUSINESS NAME STATEMENT

FIGURIOUS BUSINESS NAME STATEMENT FILE NO. 2025059792
The following person(s) is (are) doing business as: EXPO GROUP 1215 E 14TH ST #D LOS ANGE-LES, CA. 90021. CALIFORNIA LOS ANGELES, COUNTY. Full name of registrant(s) is (are) NOR-RIS AVAK 1215 E 14TH ST #D LOS ANGELES, CA. 90021; ASHOT ISRAELYAN 1215 E 14TH ST #D LOS ANGELES, CA. 90021. This Busi-ness is conducted by: A GENERAL PARTNER-SHIP, Signed: NORRIS AVAK GENERAL PART-NUED. This Property of the Control of the Control of the Control NER. This statement was filed with the County Clerk of Los Angeles County on 03/24/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/2023. NOTICE- This Fictitious Name Statement expires five years from the date in was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of an other under Federal, State, or common law (See sec tion 14411 et seq. Business and Professions Code) ES Dates Pub:March 29, April 5,12,19, 2025

FICTITIOUS BUSINESS NAME STATEMENT FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2025059282

The following person(s) is (are) doing business as: NATIONAL MARKETING GROUP 1124 N COLUMBUS AVE SUITE 1 GLENDALE, CA. 91202. AON C6269948. CALIFORNIA LOS ANGELES COUNTY, Full name of registrant(s) is (are) NATIONAL MARKETING GROUP, INC. 1124 N COLUMBUS AVE SUITE 1 GLENDALE, CA. 91202. This Business is conducted by A 1124 N COLUMBUS AVE SUITE I GLENDALE, CA. 91202. This Business is conducted by: A CORPORATION. Signed: NATIONAL MARKET. ING GROUP, INC., ANNA HOVHANNISYAN, CEO. This statement was filed with the County Clerk of Los Angeles County on 03/24/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/2015. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictivity Business and the statement does not of itself authorize the use in this state of a Fictivity Business Business Residues and the state of a Fictivity Business Residues and the state of the state

tion 14411 et seq. Business and Professions Code) ES Dates Pub:March 29, April 5,12,19, 2025 FICTITIOUS BUSINESS NAME STATEMENT

tious Business Name in violation of the rights of an-

other under Federal, State, or common law (See sec-

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025061411
The following person(s) is (are) doing business as: ASLIEF HOME HEALTH 4138 EAGLE ROCK BLVD UNIT B LOS ANGELES, CA. 90065 AON C2396435 CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) ULTIMATE CARE PLUS HOME HEALTH 4138 EAGLE ROCK BLVD UNIT B LOS ANGELES, CA. 90065 This Business is conducted by: A CA. 90065. This Business is conducted by: A CORPORATION. Signed: ULTIMATE CARE PLUS HOME HEALTH, CHERYL SABORDO ORLEANS, SECRETARY. This statement was filed with the County Clerk of Los Angeles County on 03/26/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 04/2017. business name or names listed above on 04/2017 NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)

ES Dates Pub:March 29, April 5,12,19, 2025 FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025062882
The following person(s) is (are) doing business as:
J J J. VASQUEZ TRUCKING 10315 WOODLEY
AVE STE 129 GRANADA HILLS, CA. 91344,
AON C6373538. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are)
TRIPLE 75 VASQUEZ TRUCKING, INC. 10315
WOODLEY AVE STE 129 GRANADA HILLS,
CA. 91344. This Business is conducted by: A WOUDLEY AVE SIE 129 GRANADA HILLS, CA. 91344. This Business is conducted by: A CORPORATION. Signed: TRIPLE J'S VASQUEZ TRUCKING, INC., JEANETTE TLICHE, CEO. This statement was filed with the County Clerk of Los Angeles County on 03/27/2025. The registrant(s) has (have) commenced to transact business. ness under the fictitious business name or names listed above on N/A. NOTICE-This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) ES Dates Pub:March 29, April 5,12,19, 2025 FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025059732
The following person(s) is (are) doing business as: LARA'S ENVIRONMENTAL PUMPING SERVICES 16640 DEVONSHIRE ST #103 GRANADA HILLS, CA. 91344. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) JOSE LARA PEREZ PO. BOX 30 VAN NUYS, CA. 91408. This Business is conducted by: AN INDIVIDUAL. Signed: JOSE LARA PEREZ. OWNER This statement was filed with the County Clerk of Los Angeles County on 03/24/2025. The Clerk of Los Angeles County on 03/24/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Ficti

tion 14411 et seq. Business and Professions Code) ES Dates Pub:March 29, April 5,12,19, 2025 FICTITIOUS BUSINESS NAME STATEMENT

tious Business Name in violation of the rights of an

other under Federal, State, or common law (See sec

The following person(s) is (are) doing business as: BROW'S BY STAR 7348 TUJUNGA AVE APT 1 NORTH HOLLYWOOD, CA. 91605. CALIFOR-NIA LOS ANGELES COUNTY. Full name of TO SANGLES COUNT. Full lattle of registrant(s) is (are) ESTRELLA GISSELLE BUSTOS 7348 TUJUNGA AVE APT I NORTH HOLLYWOOD, CA. 91605 This Business is conducted by: AN INDIVIDU, AL. Signed: ESTRELLA GISSELLE BUSTOS OWNER This statement was filed with the Courts (Charles). with the County Clerk of Los Angeles County on 03/26/2025. The registrant(s) has (have) commenced to transact business under the fictitious busines name or names listed above on 03/2025. NOTICE This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) ES Dates Pub:March 29, April 5,12,19, 2025

FICTITIOUS BUSINESS NAME STATEMENT

ANGELES COUNTY. Full name of registrant(s) is (are) YELENA KARAPETYAN 1416 5TH ST 110 GLENDALE, CA. 912011. This Business is conducted by: AN INDIVIDUAL. Signed: YELENA KARAPETYAN OWNER This statement was the county Clerk of Los Angeles County filed with the County Clerk of Los Angeles County on 03/26/2025. The registrant(s) has (have) com menced to transact business under the fictitiou ousiness name or names listed above on 01/2009 NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and

ES Dates Pub:March 29, April 5,12,19, 2025

FICTITIOUS BUSINESS NAME STATEMENT FICTITIOUS BUSINESS NAME STATEMENT File No. 2025061631
The following person(s) is (are) doing business as: ROYAL SMOKE SHOP 5156 VAN NUYS BLVD SHERMAN OAKS, CA. 91403. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) HAKOP KELOYAN 5156 VAN NUYS BLVD SHERMAN OAKS, CA. 91403.
This Business is conducted by: AN INDIVIDUAL. Signed: HAKOP KELOYAN, OWNER This statement was filed with the County Clerk of Los Angeles County on 03/26/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on fictitious business name or names listed above on 02/2023. NOTICE-This Fictitious Name Statement expires five years from the date it was filed in the of-fice of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal State, or common law (See section 14411 et sec Business and Professions Code) ES Dates Pub:March 29, April 5,12,19, 2025

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025060654
The following person(s) is (are) doing business as: YUME NAIL LOUNGE 22211 SHERMAN WAY CANOGA PARK, CA. 91303. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) KRISTIN THU LAM 22211 SHERMAN WAY CANOGA PARK, CA. 91303. This Business is conducted by: AN INDIVIDUAL. Signed: KRISTIN THU LAM OWNER This statement was filed with the County Clerk of Los Anment was file ment was filed with the County Clerk of Los Angeles County on 03/25/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the of-fice of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal State, or common law (See section 14411 et seq Business and Professions Code) ES Dates Pub:March 29, April 5,12,19, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025059825 The following person(s) is (are) doing business as: MONARCH AUTO 554 E FOOTHILL BLVD SUITE 102 SAN DIMAS, CA. 91773. AON B20250016024 CALIFORNIA LOS ANGELES DEVISION OF ARTHUR AND ANGELES COUNTY. Full name of registrant(s) is (are) KIR AR GROUP LLC 554 E FOOTHILL BLVD SUITE 102 SAN DIMAS, CA. 91773. This Business is conducted by: AN LLC. Signed: KIR AR GROUP LLC ARMEN KIRAKOSYAN, CEO. This state-LLC ARMEN KIRAKOSYAN, CEO. This statement was filed with the County Clerk of Los Angeles County on 03/24/2025. The registrant(s) has have) commenced to transact business under the fictitious business name or names listed above on 03/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the of-fice of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal State, or common law (See section 14411 et seq Business and Professions Code) ES Dates Pub:March 29, April 5,12,19, 2025

FICTITIOUS BUSINESS NAME STATEMENT

FIG TH THOUS BUSINESS NAME STATEMENT FILE NO. 20250059537
The following person(s) is (are) doing business as: BEST CHOICE BAIL BOND 1524 W. GLENO-AKS BLVD. GLENDALE, CA. 91201. CALI-FORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) ADRINA AGAKHANYAN 1524 W. GLENOAKS BLVD. GLENDALE, CA. 91201. This Business is conducted by: AN INDI-91201 This Business is conducted by: AN INDI-VIDUAL. Signed: ADRINA AGAKHANYAN OWNER This statement was filed with the County Clerk of Los Angeles County on 03/24/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 10/2002. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Ficti tious Business Name in violation of the rights of an other under Federal, State, or common law (See sec tion 14411 et seq. Business and Professions Code) ES Dates Pub:March 29, April 5,12,19, 2025

FICTITIOUS BUSINESS NAME STATEMENT FICTITIOUS BUSINESS NAME STATEMENT File No. 2025056901
The following person(s) is (are) doing business as: GET UP & DOWN GOLF, INC. 1533 PLAZA DEL AMO 5, TORRANCE, CA. 90501; GETUPAND-DOWNGOLF, INC. 1533 PLAZA DEL AMO 5, TORRANCE, CA. 90501. AON 6007437 CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) GET UP & DOWN GOLF, INC. 1533 PLAZA DEL AMO 5, TORRANCE, CA. 90501. This Devinese is conducted by: A COP PO. 90501. This Devinese is conducted by: A COP PO. 90501. This Business is conducted by: A CORPO-RATION. Signed: GET UP & DOWN GOLF, INC., DOMINIC METOYER, CEO. This statement was filed with the County Clerk of Los Angeles County on 03/20/2025. The registrant(s) has (have) commenced to transact business under the fictitiou business name or names listed above on 12/2022. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the us in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and

DIR Dates Pub:March 22, 29, April 5,12, 2025 FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2025057591
The following person(s) is (are) doing business as: MURALLES HANDYMAN PAINTING 14610 PLUMMER AVE APT 409, PANORAMA CITY, CA. 91402. AON 20246081557. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) MURALLES HANDYMAN PAINTING LLC 14610 PLUMMER AVE APT 409, PANORAMA CITY, CA. 91407. This Rusiness PANORAMA CITY, CA. 91402. This Business s conducted by: AN LLC. Signed: MURALLES HANDYMAN PAINTING LLC, BYRON EMILIO MURALLES POCHON, CEO. This statement was on 03/20/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 02/2024 NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and

ES Dates Pub:March 22, 29, April 5,12, 2025 FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025056112
The following person(s) is (are) doing business as: POGO'S GOGO'S 14917 DELANO ST UNIT #4 VAN NUYS, CA. 91411; POGOSI MOT 14917 DELANO ST UNIT #4 VAN NUYS, CA. 91411 CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) EDGAR POGOSIAN 3835 BROADLAWN DR HOLLYWOOD HILLS, CA. 90668. This Business is conducted by: AN INDIVIDUAL. Signed: EDGAR POGOSIAN OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/19/2025. The registrant(s) has (have) commenced to transact business under the fictitious commenced to transact business under the fictitiou business name or names listed above on 03/2025 NOTICE- This Fictitious Name Statement expire five years from the date it was filed in the office o the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the us in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and ES Dates Pub:March 22, 29, April 5,12, 2025

FICTITIOUS BUSINESS NAME STATEMENT

FILE THROUS BUSINESS NAME STATEMENT FILE No. 2025047392
The following person(s) is (are) doing business as: SAN JUAN APPLIANCES REPAIR 10965 GLE-NOAKS BLVD SPC 585 PACOIMA, CA. 91331. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) ESTHELA GONZA-LEZ 0965 GLENOAKS BLVD SPC 585 PACOI-MA, CA. 91331. This Business is conducted by AN INDIVIDUAL. Signed: ESTHELA GONZA-LEZ, OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/07/2025 The registrant(s) has (have) commenced to trans act business under the fictitious business name of names listed above on 02/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Profession

ES Dates Pub:March 22, 29, April 5,12, 2025 FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025053778
The following person(s) is (are) doing business as: CALABRIAN 16500 CHATSWORTH ST GRANADA HILLS, CA. 91344. CALIFOR NIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) NORIK SHAHNAZARYAN 16500 CHATSWORTH ST GRANADA HILLS. CA. 91344 This Business is conducted by: AN IN DIVIDUAL. Signed: NORIK SHAHNAZARYAN OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/17/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 04/2023. NOTICE- This Fictitious Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or GLENDALE, CA. 91201. CALIFORNIA LOS Indicates the control of the rights of another under Federal, State, or GLENDALE, CA. 91201. CALIFORNIA LOS Indicates the control of the County Clerk. A new fictitious Business Name Statement must be filed to the control of the County Clerk. A new fictitious Business Name in violation of the rights of another under Federal, State, or GLENDALE, CA. 91201. CALIFORNIA LOS

not of itself authorize the use in this state of a Fictiother under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) ES Dates Pub:March 22, 29, April 5,12, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025053854
The following person(s) is (are) doing business as:
ON THE GRANT 14500 SHERMAN CIRCLE
SUITE 339 VAN NUVS, CA. 91405. CALIFORNIA LOS ANGELES COUNTY. Full name of
registrant(s) is (are) JANET JEFFERSON 14500
SHERMAN CIRCLE SUITE 339 VAN NUVS,
AD 14500 SHERMAN CIRCLE SUITE 339 VAN NUVS,
AD 14500 This prints is a significant of the suite of the suit CA. 91405. This Business is conducted by: AN INDIVIDUAL. Signed: JANET JEFFERSON, OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/17/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/2024. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Ficti tious Business Name in violation of the rights of an other under Federal, State, or common law (See sec tion 14411 et seq. Business and Professions Code) ES Dates Pub:March 22, 29, April 5,12, 2025

FICTITIOUS BUSINESS NAME STATEMENT

FILITIOUS BUSINESS NAME STATEMENT INTO SUBJECT THE ROLL OF THE ROLL OF CHARLES AND THE ROLL OF CHARLES AND THE ROLL OF CHARLES AND THE ROLL OF THE ROL 38942 JUNIPER TREE ROAD FALMDALE, CA. 93551. This Business is conducted by: AN INDIVIDUAL. Signed: ADRIANA M CUCUFATE GUTIERREZ OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/18/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/2025. NOTICE This Fictitious Name Statement expires five year from the date it was filed in the office of the Count Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or com-mon law (See section 14411 et seq. Business and Professions Code) ES Dates Pub:March 22, 29, April 5,12, 2025

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025054717
The following person(s) is (are) doing business as: ANGELS BOUQUET 4852 VAN NUYS BLVD SHERMAN OAKS 91403. AON B20250004382 CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) ANGELS BOUQUET INC. 4852 VAN NUYS BLVD SHERMAN OAKS 91403 This Business is conducted by: A COR PORATION. Signed: ANGELS BOUQUET INC SANDRA ELIZABETH NAJARRO, CEO. Thi SANDRA ELIZABETH NAJARRO, ČEO. This statement was filed with the County Clerk of Los Angeles County on 03/18/2025. The registrant(s) has (have) commenced to transact business under the fictitious business pages of 25 and 25 an the fictitious business name or names listed above on 03/2025. NOTICE- This Fictitious Name State ment expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Busi ness Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) ES Dates Pub:March 22, 29, April 5,12, 2025

FICTITIOUS BUSINESS NAME STATEMENT

FILTITIOUS BUSINESS NAME STATEMENT FILE No. 2025056104
The following person(s) is (are) doing business as: CITY AUTO TOWING 7849 BROADLEAF AVE PANORAMA CITY, CA. 91402. CALI-FORNIA LOS ANGELES COUNTY, Full name of registrant(s) is (are) DAVID ATAYAN BROADLEAF AVE PANORAMA CITY, 91402. This Business is conducted by: AN INDIVIDUAL. Signed: DAVID ATAYAN OWN This statement was filed with the County Clerk of Los Angeles County on 03/19/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/2018. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of an other under Federal, State, or common law (See sec tion 14411 et seq. Business and Professions Code) ES Dates Pub:March 22, 29, April 5,12, 2025

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025056147
The following person(s) is (are) doing business as: LIME RECOVERY CENTER 7750 LOUISE AVE VAN NUYS, CA. 91406. CALIFORNIA LOS ANGELES COUNTY. Full name of registran(s) is (are) PATHWAY TO RECOVERY INC. 7750 LOUISE AVE VAN NUYS, CA. 91406. This Business is conducted by: A CORPORATION. Signed PATHWAY TO RECOVERY, INC. JOVHANNES MKRTCHVAN CEO. This statement was filed MKRTCHYAN, CEO. This statement was filed with the County Clerk of Los Angeles County on 03/19/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/2025. NOTICE-This Fictitious Name Statement expires five year from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) ES Dates Pub:March 22, 29, April 5,12, 2025

FICTITIOUS BUSINESS NAME STATEMENT

The following person(s) is (are) doing business as: THE ALLIANCE REAL ESTATE 26854 GWE-NALDA LANE SANTA CLARITA, CA. 91387. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) ALFREDO DIEGO JR. 26854 GWENALDA LANE SANTA CLARITA, CA. 91387. This Business is conducted by: AN INDIVIDUAL. Signed: ALFREDO DIEGO JR. OWNER This statement was filed with the County Clerk of Los Angeles County on 03/19/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Ficti tious Business Name in violation of the rights of an other under Federal, State, or common law (See sec tion 14411 et seq. Business and Professions Code) ES Dates Pub:March 22, 29, April 5,12, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025057323
The following person(s) is (are) doing business as: A
& M STITCHING 28223 CANTERBURY CT VALENCIA, CA. 91354. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are)
MARIAM GRIGORYAN 28223 CANTERBURY
CT VALENCIA, CA. 91354. This Business is conducted by: AN INDIVIDUAL . Signed: MARIAM
GRIGORYAN, OWNER. This statement was filed
with the County Clerk of Los Angeles County on
03/20/2025. The registrant(s) has (have) commenced
to transact business under the fictitious business to transact business under the fictitious business name or names listed above on 03/2025. NOTICE This Fictitious Name Statement expires five year from the date it was filed in the office of the Count Clerk. A new Fictitious Business Name Statemen must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or com-mon law (See section 14411 et seq. Business and Professions Code) ES Dates Pub:March 22, 29, April 5,12, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025058361
The following person(s) is (are) doing business as:
DEGUSTÓ, JJ 1502 S HOBART BLVD LOS ANGELES, CA. 90006. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are)
SILVIA TOMAS MENDOZA 1502 S HOBART
BLVD LOS ANCELES CA. 20006. This Pair is BLVD LOS ANGELES, CA. 90006. This Business is conducted by: AN INDIVIDUAL. Signed: SILVIA TOMAS MENDOZA OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/21/2025. The registrant(s) has (have) commenced to transact business under the feating business to the f the fictitious business name or names listed above on 03/2025. NOTICE- This Fictitious Name State ment expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Busi ness Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) ES Dates Pub:March 22, 29, April 5,12, 2025

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025058471
The following person(s) is (are) doing business as: HD FOOD 1000 E GARFIELD AVE APT 8, GLEN-DALE, CA. 91205. CALIFORNIA LOS ANGE-LES COUNTY. Full name of registrant(s) is (are) HAMLET DERESTANIANS 1000 E GARFIELD AVE APT 8, GLENDALE, CA. 91205. This Business is conducted by: AN INDIVIDUAL. Signed: HAMLET DERESTANIANS OWNER. This state-ment was filed with the County Clerk of Los Asta ment was filed with the County Clerk of Los Angeles County on 03/21/2025. The registrant(s) has have) commenced to transact business under the fictitious business name or names listed above on 03/2025. NOTICE-This Fictitious Name Statement expires five years from the date it was filed in the of-fice of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal State, or common law (See section 14411 et seq. Business and Professions Code) ES Dates Pub:March 22, 29, April 5,12, 2025

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025025871
The following person(s) is (are) doing business as: SIERRA MADRE BANCE CENTER 154 W SIERRA MADRE BUD. SIERRA MADRE, CA. 91024. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) SIERRA MADRE DANCE CENTER LLC 170 HOLDMAN AVE SIERRA MADRE, CA. 91024. This Business is conducted by: AN LLC. Signed: SIERRA MADRE DANCE CENTER LLC., AMIE HANRAHAN, CEO. This statement was filed with the County Clerk of Los Angeles County on 02/07/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names ness under the fictitious business name or names listed above on 02/2025. NOTICE- This Fictitious

Name Statement expires five years from the date it Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of an other under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) DIR Dates Pub:March 15, 22, 29, April 5,2025

FICTITIOUS BUSINESS NAME STATEMENT

ness under the fictitious business name or names listed above on 02/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of an other under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) DIR Dates Pub:March 15, 22, 29, April 5,2025

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025047954
The following person(s) is (are) doing business as: ARI MARKETING & CONSULTATION 5627 KANAN RD APT 195 AGOURA HILLS, CA. 91301. AON C4257332 CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) BEN SECURITY LOCKSMITH, INC. 5627 KANAN RD APT 195 AGOURA HILLS, CA. 91301. This Business is conducted by: A CORPORATION. Signed: BEN SECURITY LOCKSMITH, INC. RAZ ELIEZER HAZAN, CEO. This statement was filed with the County Clerk of Los Angeles County on 03/10/2025. The registrant(s) has (have) commenced to transact business under the fictitious commenced to transact business under the fictitious business name or names listed above on 03/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and

Professions Code) ES Dates Pub:March 15, 22, 29, April 5,2025

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025048113

The following person(s) is (are) doing business as: MR OIL 14524 KESWICK ST UNIT F VAN NUYS, CA. 91405. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) MANUEL SALAZAR 14524 KESWICK ST UNIT F VAN NUYS, CA. 91405. This Business is conducted by: AN INDIVIDUAL. Signed: MANUEL SALAZAR OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/10/2025. The registrant(s) has (have) commenced to transact business under the fictitious commenced to transact business under the fictitious business name or names listed above on 03/2010. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) ES Dates Pub:March 15, 22, 29, April 5,2025

FICTITIOUS BUSINESS NAME STATEMENT

FIGURIOUS DUSINESS NAME STATEMENT FILE NO. 2025048156 The following person(s) is (are) doing business as: AMERICAN HEATING AND AIR CONDITION-ING 19398 SAYER ST SYLMAR, CA. 91342. CALIFORNIA LOS ANGELES COUNTY. Full CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) LUIS M LUNA 13938 SAYER ST SYLMAR, CA. 91342. This Business is conducted by: AN INDIVIDUAL. Signed: LUIS M LUNA OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/10/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/2024. NOTICE: This Fictitious Name Statement expires five years from the titious Name Statement expires five years from the date it was filed in the office of the County Clerk A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law

(See section 14411 et seq. Business and Professions Code) ES Dates Pub:March 15, 22, 29, April 5,2025

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025049005
The following person(s) is (are) doing business as: BRODERICK STEELE 7200 FRANKLIN AVE UNIT 105 LOS ANGELES, CA. 90046. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) BRIAN RICHARD WILSON 7200 FRANKLIN AVE UNIT 105 LOS ANGELES, CA. 90046.. This Business is conducted by: AN INDIVIDUAL. Signed: BRIAN RICHARD WILSON OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/11/2025. The registrant(s) has (have) commenced to transact business under the fictitious business to transact business under the fictitious business name or names listed above on 03/2025. This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the u state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)

Professions Code)
Publish: ESMountain Views News
ES Dates Pub:March 15, 22, 29, April 5,2025

FICTITIOUS BUSINESS NAME STATEMENT

FILE THOOS DESINESS NAME STATEMENT FILE No. 2025049368
The following person(s) is (are) doing business as: WESTVALE COPY 24144 NEWHALL RANCH RD APT 1304 VALENCIA, CA. 91355. CALI-FORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) HARRISON ADAMS 24144 NEWHALL RANCH RD APT 1304 VALEN-CIA, CA. 91355. This Business is conducted by: AN INDIVIDUAL. Signed: HARRISON ADAMS, OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/11/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/2024. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of an other under Federal, State, or common law (See section 14411 et sea, Business and Professions Code) Publish: ESMountain Views News ES Dates Pub:March 15, 22, 29, April 5,2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-045303
The following person(s) is (are) doing business as: CONSTRACTIVE, 12113 HAVELOCK AVENUE, CULVER CITY, CA 90230. Full name of registrant(s) is (are) EFRAIM SHALEV, 12113 HAVELOCK AVENUE, CULVER CITY, CA 90230. This Business is conducted by: AN INDIVIDUAL. Signed; EFRAIM SHALEV/OWNER. This statement was filed with the County ER. This statement was filed with the County Clerk of Los Angeles County on 03/05/2025. The registrant(s) has (have) commenced to transact busi-

ness under the fictitious business name or names listed above on 11/2010. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of an other under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: MAR 15, 22, 29, APR 05, 2025 FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-041033
The following person(s) is (are) doing business as:
DUPLICATE LOCK MOBILE, 1020 W ANAHEIM ST, WILMINGTON, CA 90280. Full name
of registrant(s) is (are) QUEZADA'S INDUSTRIES
INC, 10206 GARFIELD AVE, SOUTH GATE, CA
00300, This Desiries in the standard by the second standard second second

90280. This Business is conducted by: A COR-PORATION. Signed; FAUSTINO QUEZADA CEO. This statement was filed with the County Clerk of Los Angeles County on 02/27/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 02/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of an other under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: MAR 15, 22, 29, APR 05, 2025

FICTITIOUS BUSINESS NAME STATEMENT

The following person(s) is (are) doing business as: GEORGE'S CARPET CLEANING & MOBILE CAR WASH, 19127 PIONEER BLVD #11, ARTE-SIA, CA 90701. Full name of registrant(s) is (are) JORGE A ROJAS RODRIGUEZ, 19127 PIONEER JORGE A ROJAS RODRIGUEZ, 19127 PIONEER BLVD #11, ARTESIA, CA 90701. This Business is conducted by: AN INDIVIDUAL. Signed; JORGE A ROJAS RODRIGUEZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 02/28/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Dates Pub: MAR 15, 22, 29, APR 05, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025-047153
The following person(s) is (are) doing business as:
HAIRCRUSHER, 400 S BALDWIN AVE, AR-

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

### CITY OF ARCADIA YOUTH TRACK MEETS



Arcadia, CA - The Arcadia City Youth Track Meets took place on March 12 for elementary school students and on March 26 for middle school students. Over 450 participants competed in both running and field events. There are 95 participants who have advancement opportunity and can attend the Southern California Municipal Athletic Federation Track Meet on Saturday, May 3 at San Dimas High School. Participants from 21 schools will be representing Arcadia at this San Gabriel Valley track meet.





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.

### **WORTHLESS WORKOUTS**

Plenty of people put in time at the gym or home workouts and see little to no results. It's not for lack of effort, but because they're stuck in fitness habits that just don't work. If you're putting in the sweat but not seeing progress, you might be taking part in of one of these counterproductive exercise routines.

1. Cutting Corners With Half Reps Why It's Useless: Doing half-reps—like shallow squats, half-hearted push-ups, or mini bicep curls—doesn't fully engage your muscles, meaning you're barely challenging your body. What Works: If you're going to squat, go low. If you're doing a push-up, get your chest to the floor. Biceps and all muscles need a full range of motion to get stronger.

2. Cardio Without Purpose

Why It's Useless: If you're spending 45 minutes on the elliptical at the same slow pace, barely breaking a sweat, you might as well be walking to the fridge. Your body adapts to easy cardio quickly, leading to a plateau.

What Works: Try interval training. Sprint for 30 seconds, recover for a minute, repeat. It burns more calories and improves endurance faster than steady-state very low intensity cardio.

3. Endless Crunches for a Flat Stomach

gym but revealed by what you choose to eat.

Why It's Useless: Thousands of sit-ups will never show off your abs if there's a layer of fat covering them. Spot reduction is a myth.

What Works: Focus on total-body strength training and nutrition. Abs are built in the

4. Light Weights, Zero Challenge

Why It's Useless: If you're curling 5-pound dumbbells for months and not feeling challenged, your muscles aren't being stimulated to grow. Muscles only grow when they are overloaded, that is they are working slightly beyond what is comfortable.

What Works: If an exercise feels easy, increase the weight. Your muscles need progressive overload to improve.

5. The "All Show, No Go" Workout

Why It's Useless: Social media-inspired workouts that look cool but do nothing for strength or fitness. Swinging around a kettlebell with no control or doing push-ups on medicine balls might look impressive, but if it's not improving strength or stability, it's just a fancy waste of time. Not to mention it could be potentially dangerous. What Works: Stick to proven exercises such as squats, deadlifts, push-ups, and rows. Simple but effective.

6. Gym Time Without a Plan

Why It's Useless: Wandering around, randomly picking exercises, and calling it a

workout is like driving without a destination.

What Works: Have a structured program. Know what you're training and why. If you don't know, ask for help from a certified professional. Follow a plan, track progress, and make adjustments as needed.

7. Stretching the Wrong Way (or Not at All)

Why It's Useless: Static stretching before exercise can actually decrease strength and power. Worse, skipping stretching entirely leads to stiffness and poor mobility. What Works: Warm up with dynamic movements that gently move all the joints and body parts before exercise and save static stretches for after your workout to aid recovery.

8. Over-Reliance on Machines

Why It's Useless: Machines control your range of motion, limiting natural movement and stabilizer muscle engagement. Over time, this can create muscular imbalances. What Works: Free weights and bodyweight exercises engage more muscles, improve coordination, and lead to better functional strength.

9. Ignoring Recovery Why It's Useless: Working out every day without proper rest can lead to overtraining, fatigue, and even muscle loss. Your muscles grow when you rest, not when you exercise.

What Works: Prioritize recovery with rest days, adequate sleep, hydration, and proper nutrition to maximize performance and muscle growth.

10. Doing the Same Routine Forever

Why It's Useless: Your body adapts to workouts over time, making them less effective. If you've been doing the same exercises at the same intensity for months, you're maintaining, not improving.

What Works: Mix it up. Change exercises, add weight, increase reps, or modify intensity every 4-6 weeks to keep challenging your body.

11. The "More Is Better" Mentality

Why It's Useless: Doing marathon workouts that last hours isn't necessarily better. Longer sessions often lead to diminishing returns, burnout, or sloppy form due to

What Works: Quality over quantity. A focused 45-minute workout with intensity and proper technique is far more effective than a two-hour unfocused session.

Just because you're sweating doesn't mean you're making progress. If you're putting in the effort, make sure it actually counts. Time is valuable—train smart, not just hard. A well-structured workout with proper form, intensity, and recovery will always beat just going through the motions.

## **UNLOCK YOUR LIFE**



## STEALING HOME, WHAT WE CAN LEARN FROM OUR HOMETOWN HERO

Hey, hey, hey! It's baseball season, yay! What can we learn from base-stealing wonder Jackie Robinson? He's more than a baseball player - he was a revolutionary who showed us all how to live with courage, determination, and flair.

Our neighborhood kid not only went to John Muir High School, right around the corner, he made magic at Pasadena Junior College.

Make Being Brave and Being Great a Habit

His baserunning was spectacular before he broke the color line and joined the pros. Local sportswriter Rube Samuelsen noted that "in almost every game" Jackie had stolen second, third, and home at least once, adding, "It's practically a habit."

Sometimes, temptation has us pull back and play it safe when we achieve a dream. That's just our brains trying to keep us safe, but not Jackie.

He kept his aggressive baserunning style even in the major leagues, stealing home 19 times in regular season play and, most memorably, executing that breathtaking steal of home in the 1955 World Series.

What made Jackie great wasn't just raw talent but his willingness to take calculated risks, be unpredictable, and play with intelligence and audacity. His "disruptive baserunning" wasn't just about stealing bases but keeping opponents off-balance and creating opportunities where none seemed to exist.

Three Ways to Live Like Jackie Ran the Bases

- 1. Make Disruption Your Advantage Jackie didn't just run fast—he ran smart. His "disruptive baserunning" kept pitchers distracted and defenses guessing. Sometimes, we have to shake things up rather than follow the expected path. That promotion at work? Find your signature style. That creative project? An unconventional approach will help you stand out. Like Jackie, dance off third base, keep folks guessing, and make your own opportunities.
- 2. Know When to Take A Risk When Jackie stole home in the World Series, he wasn't being reckless - he was seizing a critical moment. He visualized success. He studied pitchers' movements and waited for precisely the right opportunity. In our lives, the biggest rewards often come from taking risks. Sometimes, you've got to "steal home" - whether starting that business, having that difficult conversation, or making that life change you've been contemplating.

Like Jackie, success comes from being willing to take risks and expecting to be successful.

3. Play with Joy and Stop Phoning It In

Why do we still study Jackie? He combined playfulness and fun with strategy. Once, he intentionally let himself get hit by a batted ball to prevent a double play! Life, like baseball, rewards those who bring joy and smarts to their daily challenges. Stay curious enough to learn the "rules" deeply, then playful enough to know how to bend them to your advantage.

Too often, we settle into routines once we've achieved some success. Jackie Robinson shows us that life's greatest moments come when we remain alert to possibilities others miss. The Mountain Views News claims Jackie. He's ours—not just because he was an incredible athlete but because he shows us how to live with courage, creativity, and daring.

What base are you going to steal today?

Lori A. Harris is an award-winning transformational coach. You can learn more about her at loriaharris.com and The Unlock Your Life Podcast with Lori Harris on all platforms.







## **Events**

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### One Time Events

Taste of Art: Appetizing America at The Huntington Hands-on culinary lesson tracing the history of the American appetizer. 4 pm - 7 pm

The Lettermen Arcadia Performing Arts Center
Enjoy the Lettermans' beautiful harmonies and classic hits Arcadia Performing Arts Center. 8 pm

Derby Day 5K Walk/Run at Santa Anita Park
Race plus music, food, carnival, and races for kids. Fri packet
pickup 2pm – 6pm & Sat 6:30 am

April 5 Wearable Nature Art Workshop at Descanso Artist Melissa Meier teaches her techniques as guests create headpieces. 11 am & 1 pm

Wiggle Waggle Walk and Run at Brookside Pasadena Humane's family and canine-friendly fundraiser. Costumes & vendors 8 am – 11am

The Langham Huntington Film Tour 90-minute walking tour learning about the many films and TV shows filmed there. 10:30 am – 12 pm

Stories in the Afternoon at the Norton Simon Museum
Draw & color your own masterpiece based on Francisco de
Zorborian's Still Life "The Red Lemon" 3 pm – 4 pm

Pushing the Boundaries of Traditional Art Forms at the USC Pacific Asia Museum
Artists Young Joon Kwak, Rafa Esparza, & Jennifer Ling

### Datchuk share their creative processes 6:30 pm

Wistaria Festival in Sierra Madre Tours of the World's largest Wistaria Vine. Food vendors,100 crafters, & family fun. 9 am – 5 pm

Make Hand-Tied Bouquets at The Huntington Create hand-tied bouquets with herbs & spring flowers. Adults 10 am- 12 pm; 1 pm – 3pm

The Mad Hatter's Tea Party at the Blinn House Fantasy tea party with Alice and friends. Sweets, magic, characters, & whimsical stories 3:30pm

Egg-ceptional Celebration at The Arboretum
Family celebration with music, crafts, games, egg runs and more. 5 pm – 8 pm.

April 19 Flower Power! at The Arboretum Listen to trippy tunes, craft, and enjoy nostalgic snacks & an "adult juice box". 4 pm – 7 pm

Cal Tech Annual Jazz Festival
Cal Tech Jazz Band, Teryn Ré & her quartet. Legendary trumpeter Bobby Bradford 1 pm - 5 pm

### **Ongoing Events**

Camarata Pacifica at The Huntington 7:30 – 9 pm April 1 - Stravinsky, Bartok, Poulenc & Bach April 22 - Brahms, Martlew, Leith, Schumann

Spring Carnival at Santa Anita
Features thrilling rides, inflatable jumpers, carnival games, and

April 18, 19

## **April 13 and the Second Sunday Monthly**

Second Sundays: Rediscover the Huntington
Participate in artmaking, writing, Mad-Lib Sonnets and botanical

City of Arcadia Egg Hunts

April 18 - Teen Flashlight Tag Egg Hunt - Arcadia Par 3. 7 pm

April 19 - The Spring Eggstravaganza at Arcadia County Park for younger children 10 am

Pasadena Showcase House of Design
Tour the Bauer Estate and Gardens at the 60th Pasadena Showcase House of Design. Proceeds fund music programs and grants to non-profit organizations. Dining and Shops

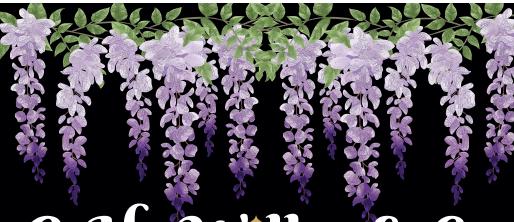
April 27 is open to the general public.

The Huntington's 50th Annual Spring Plant Sale 10 am - 4 April 25 and 26 are member preview days.

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OOK suecookrealtor@gmail.com

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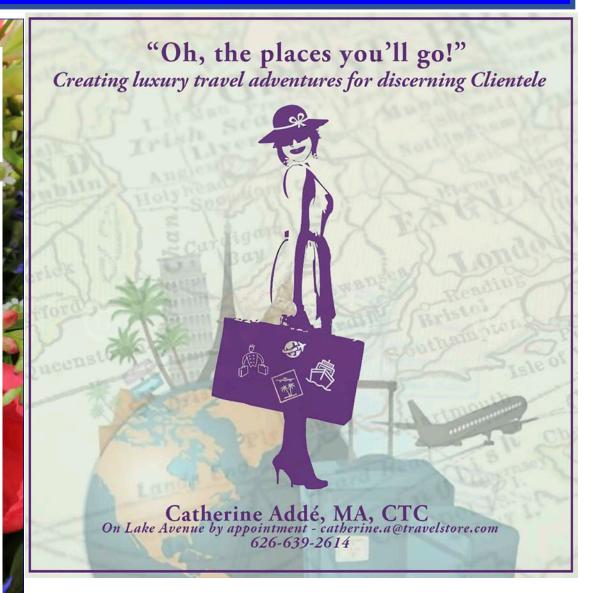
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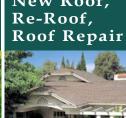


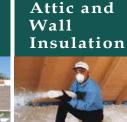


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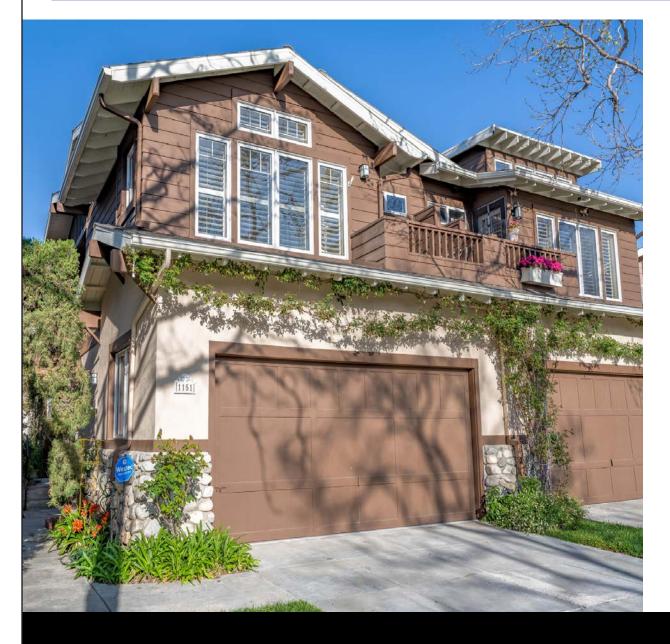
## ENJOY THE FESTIVAL!

Mountain View News Saturday, April 5, 2025



Saturday, April 12, 9AM to 5PM

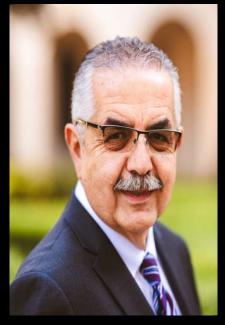
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