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SIDEWALK REPAIRS TO
CONTINUE THROUGHOUT
THE CITY

By Kevin McGuire

After a successful start, the City of Sierra Madre will continue its efforts to repair damaged sidewalks throughout the community. The city has a four-year contract with Precision Concrete Cutting (PCC), who use a cost-effective saw-cut method, and most of the cost should be covered by Measure C, Measure M, and Measure R funds, according to Director of Public Works Arnulfo Yanez, who gave a presentation before City Council during the April 8th meeting.

An assessment in October 2022 determined that 2,535 sidewalk locations had vertical displacements between ¼ inch and 2.5 inches or severe surface spalling, which needed complete replacement as they were considered trip hazards. Trip hazards can also lead to costly lawsuits against the city. As a result, the City Council approved a four-year sidewalk repair program not to exceed \$240,000. In addition to repairs, the city also ensures that the sidewalks in the area meet ADA compliance standards. According to a report by Management Analyst Eric Lozick, PCC's saw-cutting method cleanly eliminates the vertical offset and produces a smooth transition that meets ADA standards. Traditional methods, such as grinding and asphalt patching, leave a rough, pulverized surface known to deteriorate quickly.

The city is divided into four zones. Sidewalk repairs have been completed in Zone 2 and Zone 4 over the last two fiscal years. Zone 2 included the central western area, including the downtown corridor, and Zone 4 covered southern Sierra Madre. Now it's time to tackle Zones 1 and 3, which cover the eastern and northwestern neighborhoods. According to the 2022 data, Zone 1 has 296 locations with minor sidewalk lifts (less than 2.5 inches), and Zone 3 has 237 similar locations. The hope is that PCC's saw-cutting process will remedy these areas, which are heavily traveled by pedestrians, including children, seniors, and those who rely on wheelchairs.

What are the main culprits for these sidewalk deformities? Mature trees on public or private land have protruding roots that can damage sidewalks, and many areas of Sierra Madre are not well-lit, making nighttime strolls more challenging and the chance for injury more prevalent.

The city hopes to have all zones completed this year, after which another assessment survey will be done in year four of this contract. Zones 1 and 3 are expected to start repairs in late Spring 2025, and advanced notifications will be sent out to residents.

According to the report, Sierra Madre aims to address infrastructure concerns quickly. However, some residents have expressed concern that some areas within "completed" zones have not been addressed. The question becomes where funds will come from to repair Sierra Madre's additional aging infrastructure without destroying the city's beautiful landscape, which includes many mature oak trees. Another pending question is how long these latest repairs will last before the city addresses the same issues again.

The City Council has already approved this item. For now, this report is just a receive and file.

INSIDE THIS WEEK

MORE WISTARIA INFORMATION	Page 2
SIERRA MADRE NEWS	Page 4
WALKING SIERRA MADRE	
PASADENA NEWS	Page 5
AROUND SAN GABRIEL VALLEY	Page 6
EDUCATION & YOUTH	Page 7
FOOD-DRINK-FUN	Page 8
Dining With Peter Dills	
The Tasting Room - Gustavo Lira	
BEST FRIENDS	Page 9
THE GOOD LIFE	Page 10
Unlock Your Life.....Lori Harris	
Savvy Senior:	
FIRE RECOVERY INFORMATION	Page 11
OPINION	Page 12
LEGAL NOTICES	Page 13
SPORTS & FITNESS & MORE	Page 15
Fitness For Life.....Michele Kidd	
SUPPORT LOCAL BUSINESSES	Page 15

HAPPY BIRTHDAY KEN ANHALT

102 Years Young and Still Counting!



Ken Anhalt, a well known Sierra Madre Treasure turned 102 on April 6 celebrated with a family and friends. The event was put together by his daughter Lisa Schubert-Anhalt. Family members included Lisa, son Ed Anhalt, Ed's wife Cheryl, granddaughter Heather Roberge, cousin Paulette and daughter Donna. Caretakers Gary, Leslee, Cristina, Erma and Johanna. Friends Mary-Lou Caldwell, Arlene Bailey, and Terry Nafisi were also in attendance. Happy Birthday Ken, a dear friend and wonderful example of living a long, productive and meaningful life. And thanks for all you have done for this community.

S. Henderson/MVNews

SOUTHERN CALIFORNIA EDISON, WHICH HAS
BEEN TARGETED BY LAWSUITS ALLEGING ITS
ABOVE-GROUND POWER LINES SPARKED THE
EATON FIRE, WILL UNDERGROUND MORE THAN
150 MILES OF ELECTRICAL LINES AS IT REBUILDS
ITS INFRASTRUCTURE IN THE EATON AND PALI-
SADES BURN AREAS, THE UTILITY ANNOUNCED
FRIDAY.

SCE plans to underground 130 miles of distribution lines in high risk fire areas in the Eaton and Palisades burn scars, along with 23 miles outside of high risk areas in Altadena. Another 19 miles of lines in the Altadena area are being evaluated for possible undergrounding.

“Just three months have passed since the devastating wildfires, and all of us at Edison continue to keep those affected in our thoughts. We're working closely with state and county leaders and the communities of Altadena and Malibu to rebuild wildfire-impacted areas stronger than ever,” Pedro J. Pizarro, president and CEO of Edison (continued page 4)

Time to sell... and go?



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R

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Charming Elysian Heights home with stunning views! 3 beds, 2 baths, bright living space, patios, parking, and lush garden.

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GLASSELL PARK \$750,000

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

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



**PURCHASE SHUTTLE TICKETS TO
THE VINE**

AT THE INFORMATION BOOTHS

**Visit the 2025 WISTARIA AUTO
SHOW**

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CHILDREN'S FUN LAND IN MEMORIAL PARK

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FUN FOR THE ENTIRE FAMILY

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 Masic)

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

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


212 N Lima St, Sierra Madre, CA 91024
626-355-1817
www.sierramadrechurch.org

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


An Easter Sermon Series – Sundays, March-May 2025
“The Prelude to the Cross in the Old Testament”
The heart of God that we have seen in the past is most intimately revealed in the cross of Jesus Christ.


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.

SIERRA MADRE FIRE DEPT.
**EASTER
EGG HUNT**
APRIL 19TH, 2025
9 AM @ MEMORIAL PARK



FIND THE GOLDEN EGG FOR A SPECIAL PRIZE!

Wistaria Festival
STUDENT SALE
Saturday, April 12, 9-4
Stop by our student sale, featuring fine art from our students! Also available are beautiful succulent planters and seed 'bombs' all handmade by our fabulous students and volunteers.

CAROL HUGHES
An exhibit of mixed media monoprints
On view through April 27



CREATIVE ARTS GROUP
CREATIVE ARTS GROUP 108 N. BALDWIN AVE. SIERRA MADRE



Weather Wise



6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi	70s	Lows 50s
Mon:	Sunny	Hi	70s	Lows 50s
Tues:	Sunny	Hi	70s	Lows 50s
Wed:	Sunny	Hi	70s	Lows 50s
Thur:	Sunny	Hi	70s	Lows 50s
Fri:	Sunny	Hi	70s	Lows 50s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

April 22, 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 foothillsmmedia.org/sierramadre and broadcast on Government Access Channel 3 (Spectrum)..

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

Sierra Madre’s EMERGENCY radio station is now accepting scripts for Public Service Announcements (PSAs) about community events. PSAs will be broadcast on the air at no charge. The station operates 24/7 and can be heard at 1630 on the AM dial.
Any local non-profit or non-commercial organization can have their event information broadcast to the public on Sierra Madre Community Information Radio. The station covers the city of Sierra Madre, plus surrounding areas of Pasadena, Arcadia, and Monrovia.
Your event must:
• Benefit a non-commercial or non-profit entity
• Be open to the public
• Be of general interest to local citizens
Just write a Public Service Announcement that describes your event and e-mail it to radio@cityofsierramadre.com.

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

“First of all, whatever is good for your soul...do that.”

“God has written the promise of resurrection, not in books alone, but in every leaf of Springtime.” Martin Luther

Today is the Wistaria Festival! A terrific day to celebrate our world-famous, Guinness Book of Records, awesome, none like it anywhere else in the world, Wistaria Vine. You can walk up Baldwin, take a left at the top and be in close proximity to this incredible natural beauty in just a matter of minutes. There are shuttles, too, and you’ll want to spend all day in our wonderful town, admiring the cars at the auto show, buying goodies from the 100 crafters and food people and the weather is spectacular. A delightful day from 9 a.m. to 5 p.m. The Wistaria Vine smells delicious, too!

“Palm Sunday is like a glimpse of Easter. It’s a little bit joyful after being somber during Lent.” Laura Gale

Tomorrow is Palm Sunday, a week before Easter Sunday. On this particular day we gather together to commemorate Jesus’ ride into Jerusalem on the back of a donkey while the crowds spread their cloaks before him, waved palm branches, shouted, “Hosanna!” and just generally celebrated this man who had walked among them for three years, healing their sick, raising the dead, giving sight to the blind, loving their children, and teaching a new way to live, based on love rather than the law. Just a few days later, these same people would be shaking their fists and shouting, “Crucify him! Crucify him!”

One of his very own disciples, Judas Iscariot, would betray him with a kiss, having sold Jesus for 30 pieces of silver. I’ve always wondered if Judas might have regretted betraying Jesus. We don’t really know, do we, what happened with Judas, except that it all went wrong. “And Satan entered into Judas...” Luke 22:3

Next Sunday, Easter, is a day of joy, no matter where you’re celebrating it. In church, online church, at the park enjoying an Easter egg hunt, whatever. I’m praying for sunshine. Speaking of Easter Egg Hunts, our Fire Department is hosting the annual Easter Egg Hunt next Saturday at Memorial Park, starting at 9 a.m. If you find the Golden Egg, you will win a special prize. Good times, friends and neighbors!

Once again, a hummingbird has built a nest in the oleander tree outside my office window. I can peek around my monitor and watch her working on the nest, shaping it with her beak and sort of stomping the bottom into exactly the right dimensions. She has found some white fluffy material and comes and goes with a little mass of this to add to her nest. It’s been windy but her nest has stayed in place. This gives me joy. Bees are swarming all over the blossoms on my orange and lemon trees and this gives me joy. I’m watching all the plants where I walk bursting out with new intensely green leaves and buds on everything will produce flowers galore in just a few days. Yes...more joy!

This week I’m leaning on Phil.4:6 “Don’t worry about anything, instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” As I’m still recovering from my February femur break fall, I’m practicing ‘being in the moment.’ Instead of thinking ahead to things that need to be accomplished. I’m working on just being in this moment; being grateful for the things I can do, as this particular moment will never come again.

“Living the moment means letting go of the past and not waiting for the future. It means living your life consciously, aware that each moment you breathe is a gift.” Oprah

How many Palm Sunday church services have you been to where all the little kids came down the aisle brandishing palm fronds with absolutely no clue what they were doing. You can look forward to that again tomorrow. Meanwhile, the picture today is palm fronds to make you smile.

My book page: [Amazon.com: Deanne Davis](https://www.amazon.com/Deanne-Davis/e/B000APR080)
Look there for “The Crown,” a paperback book that’s practically free!
This is a beautiful story of what might have happened to that infamous crown of thorns.
With Easter on its way, this little book is the perfect read for yourself or a friend.



This week at the
Sierra Madre
Public Library

April 14 — April 19

Monday

Baby Rhyme Time — Library at 9:00am

Preschool Storytime — Library at 10:00am

Wednesday

Tails & Tales — Library from 3:30pm—4:30pm

Pajama Storytime — Online at 7:00pm. Call to register

Thursday

Third Thursday Book Club — Online at 11:00am. Call to register

Saturday

Digital Services — Library from 10:00am—11:00am

3D Printing Basics— Library at 12:00pm

Read, Discover, Connect
@ Sierra Madre Public Library
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(626) 355-7186

EDISON (continued from page 1)

International, SCE’s parent company, said in a statement. “SCE’s rebuilding plan will underground electrical distribution infrastructure where feasible and make the most of breakthrough technologies to reduce wildfire risk.”

Critics often advocate for undergrounding power equipment for increased safety, but the efforts are often cost-prohibitive. According to SCE, its rebuilding plan for the fire areas -- including the undergrounding of lines -- is estimated to cost between \$860 million to \$925 million.

The plans were outlined in a letter sent by the utility to Gov. Gavin Newsom.

“Governor Newsom’s leadership during this tragedy has been instrumental, contributing to an environment where SCE could design and permit projects in a matter of weeks instead of what would usually take years,” Pizarro said.

SCE is already facing multiple lawsuits alleging that one of its above-ground power lines triggered the Eaton Fire amid severe winds. The utility has acknowledged the possibility that its equipment may have been involved, although investigations into the cause are continuing.

In addition to undergrounding power lines, SCE said its rebuilding lan will also include upgraded infrastructure to accommodate greater electrical demand while increasing reliability.

“SCE will build back a resilient, reliable grid for our customers,” Steven Powell, president and CEO of SCE, said in a statement. “We are increasing electrical capacity in fire-impacted communities and exploring advanced technologies, such as battery backup for critical care customers and smart panels, to better serve our customers. We will continue to engage community members to make sure their views remain a critical part of the rebuild.

I am proud to work alongside SCE colleagues as we support our communities and build a resilient, clean and affordable energy future.”

Los Angeles County Supervisor Kathryn Barger hailed the announcement.

“The commitment to undergrounding power lines, enhancing infrastructure resilience and supporting critical care customers demonstrates a strong alignment with the safety needs of Altadena and surrounding communities,” Barger said in a statement. “Continued collaboration is key as we work together to rebuild stronger and safer.”



Police Oversight Commission Seats Open

Applications received by 5:30 p.m. May 12, will be given to the City Council for consideration.

City officials announced Wednesday that three seats on the Pasadena Community Police Oversight Commission will be open, and that they are asking community-based organizations to nominate individuals to serve as commissioners.

According to a statement, in October 2020, the City Council established a Community Police Oversight Commission (CPOC) by ordinance. The purpose of the commission is to enhance, develop and strengthen

community-police relations and review and make recommendations regarding the ongoing operations of the Pasadena Police Department to the chief of police, city manager and/or City Council.

The CPOC is composed of 11 members, with the Mayor and each City Council member nominating one (for a total of eight) and three members nominated from community-based organizations. The term for the three community-based organization members expires on June 30, 2025, at which point the City Council will appoint three members nominated by community-based organizations. The City encourages interested members of the public to apply for the three community-based organization seats, with those appointed receiving three-year terms set to expire on June 30, 2028.

Those interested in serving as a community-based organization commission member should submit an application. Applications received by 5:30 p.m. on Monday, May 12, 2025, will be forwarded to the City Council for consideration. Please note that individuals applying for these community-based organization seats must have the endorsement of a community-based organization and submit the supplemental application with this information by the May 12, deadline.

No later than 90 days after appointment to the commission, new commissioners must participate in a ride-along with the Pasadena Police Department, and receive 30 hours of training in relevant subject matter areas. Further information about the qualifications, training requirements, and duties of commissioners can be found in the Pasadena Municipal Code, Chapter 2.60.

For questions or additional information, please contact the City Attorney's Office Oversight Commission Support Division at (626) 744-7888 or CPOC@cityofpasadena.net.



Playhouse to Mark 100th Anniversary

Historic 1925 property returns to Playhouse ownership after decades in private hands

In an announcement Sunday, timed to coincide with the 100th anniversary of its historic facility, Pasadena Playhouse has successfully purchased its 1925 building, which was lost to bankruptcy in 1970 and held in private ownership for more than five decades. Located at 39 S. El Molino Avenue and anchoring the Pasadena Playhouse Historic District, the 70,000-square-foot campus, which includes the theater, restaurant space, and six-story annex, is one of Southern California's most iconic cultural venues and among the most influential and storied sites in American theater history.

The purchase of the building was funded by a \$15 million fundraising campaign, which has reached 75 percent of its goal. The lead gift for the effort was provided by the Perenchio Foundation and matched by major arts philanthropists Terri and Jerry Kohl. The campaign's other major donors are The Ahmanson Foundation, The Ralph M. Parsons Foundation, Brad and Pamela King, Harmon and Lea Kong, Leigh and Harry Olivar, Jane Kaczmarek, Bingo and Gino Roncelli, and Erin and Jeremy Baker.

"This is an inspiring community moment, and we should all share in the pride and joy of it," said Erin Baker, chair of the Pasadena Playhouse Board of Trustees.

"With this purchase, we are committing to revitalizing the powerful original vision of the Playhouse and bringing it to life for a new century. We are deeply grateful for the bold visionaries who have paved the way for this progress, and we are excited to welcome more of our community to join the effort in making extraordinary theater for everyone!"

Following the transaction, which was completed April 4, Pasadena Playhouse now owns the entirety of its campus, including the original 1925 theater building and the adjoining six-story annex, known as the Fannie E. Morrison Building, which was built in 1936 to house the renowned College of Theatre Arts. The property also includes the intimate Carrie Hamilton Theater, which was dedicated in memory of Carol Burnett's late daughter in 2006, and the first-floor restaurant space, which was most recently home to Bar Chelou. With the facility returned to Playhouse ownership, opportunities abound to enhance, restore, and reimagine the space for the 21st century. The historic building will turn 100 on May 18.

"For most of our history, we've been making extraordinary theater here while essentially renting our own home. Today, that changes. Thanks to the generosity of our community, this building is finally back where it belongs—with the people who built it and believe in its future. Owning our historic campus unlocks endless possibilities for what Pasadena Playhouse can

be in its second century," said Producing Artistic Director Danny Feldman.

Science and History of Gemstones

Carrie Wright, a geologist and University of Southern Indiana instructor will share all about the 'Science and History of Gemstones' for the Spring Masters Series on Tuesdays from April 15-May 20 from 2 p.m. to 4 p.m. via Zoom.

In this six-part series, Wright will share her extensive knowledge of gemstones, their geological origin, the science of their physical properties and their role in and impact on human history, economics and the environment.

The series will be presented via Zoom, and the cost is \$80 for Pasadena Senior Center members, and \$95 for nonmembers. Registration is required. Recordings of the entire series will be available to all registrants after the event. April 15: Gemology Basics — What is a gem? How do gemologists study, identify, and "grade" gems? This session will cover gem classification, mineral properties, and unusual properties of some gems.

April 22: Geologic Origins of Gemstones — Covers the major earth processes that form gems, including igneous, sedimentary, and metamorphic rocks in which they can be found.

April 29: The Science and Lore of Gem Color — Examines historical classification of gems based on color, and some associated myths, legends, and superstitions surrounding gems. Also looks at the modern understanding of the causes of color in major gemstones.

May 6: Colored Stones — Focuses on the Big Three of colored stones (ruby, sapphire, and emerald), sharing famous examples in history and modern museums, as well as synthetics and simulants.

May 13: Diamonds, DeBeers, and Conflict Stones — Investigates the geologic origins of diamonds, famous diamonds, the economic history of the DeBeers monopoly on diamonds, and the conflict stone crises of the 1990s and early 2000s.

May 20: Crown Jewels and Gemstones/Jewelry Styles of the Late 18th and early 19th centuries — Explores jewelry in the collections of (mostly) European monarchs, as well as a specific look at jewelry and gemstones during author Jane Austen's lifetime in the late 1700s.

To register or for more information, visit: pasadenaseniorcenter.org or call 626-795-4331.

Caltech President to Retire at End of Academic Year



Caltech's ninth president, Thomas Rosenbaum, announced he will retire on June 30, 2026, after 12 years in the position. He will remain at the institute as a member of the faculty.

According to officials, Rosenbaum announced his intention to step down from his administrative leadership role at the end of the next academic year in a letter to the Caltech community. Rosenbaum wrote that, as president, his job "has been to sustain and enhance our culture, our values, our intimate environment, our commitment to primary sources and first principles, our defense of evidence-based inquiry, our devotion to learning and discovery."

He added: "Caltech boasts a solid financial footing, remarkable new research and educational facilities, and, most importantly, the capacity to recruit and sustain the brightest and most innovative individuals from every walk of life and from every corner of the world. Our secret for success is no more complicated than the people who comprise our community, but it requires diligence, awareness, and commitment to be able to soar ever higher."

Rosenbaum assumed office on July 1, 2014, and served two full terms as Caltech's president. At the request of the Caltech Board of Trustees, in 2023 he agreed to serve part of a third term,

planning to end his tenure at the end of the 2025–26 academic year. In publicly announcing this plan, Rosenbaum positions the Board and the Institute's faculty to begin the Institute's next presidential search, details of which will be announced next week.

"I have every confidence that the faculty and Board of Trustees, working in concert, will identify and attract a dynamic new president to lead the Institute to an even brighter future," Rosenbaum said, while also making clear his continued commitment to his service as Caltech's president and his responsibility to steward the Institute, its resources, and its research and academic enterprise throughout the year ahead. "There remains important work to be done and new heights to scale over the next 15 months."

Throughout his tenure at Caltech, Rosenbaum has sought to position the Institute and its people to fulfill their potential. In his inaugural address on October 24, 2014, Rosenbaum described his intent to "ensure that Caltech's fundamental identity comes from within and that it is never imposed from without" and that the Caltech community continues to "distill the hard-won experience of the past so that we may create a sense of magic and wholeness for the future."

For more information visit: caltech.edu.

Museums of the Arroyo Community Free Day

Museums of the Arroyo Day "MOTA" Day offers free admission and activities May 4 from noon to 4 p.m. at six museums located along the celebrated Arroyo Seco. Museums include Pasadena Museum of History, the Gamble House, South Pasadena Historical Museum, Heritage Square Museum, Los Angeles Police Museum, and Lummis Home & Garden.

At Pasadena Museum of History, view their exhibition 100 Years – 100 Images a collaboration with Pasadena Society of Artists celebrating their Centennial Anniversary. Visitors are welcomed inside the Fényes Mansion and Finnish Folk Art Museum for Mini Self-Guided Tours. Kids of all ages can join Art 2 Go's craft workshop to create their own unique sculpture out of paper & paper drinking straw.

Museums of the Arroyo Day will have a continuously operating shuttle loop between between The Gamble House/Pasadena Museum of History, the Los Angeles Police Historical Museum, the South Pasadena Historical Museum and Lummis Home/Heritage Square. NOTE: The Highland Park shuttle does NOT stop at Heritage Square. Museum-goers must walk to Heritage Square from Lummis Home, a short stroll.

For more information visit: museumssofarroyo.com.



SIERRA MADRE
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Sunday worship 9:30 a.m.

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MARK YOUR CALENDARS:

SAN MARINO MOTOR CLASSIC SOUTHERN CALIFORNIA'S PREMIER AUTOMOBILE SHOWCASE

Planning is underway for the 14th annual San Marino Motor Classic to be held in Lacy Park on August 24, 2025.

The 2025 event will include the Automotive Fine Arts Society Art Expo & Sale, the Symphony of Cars Gala and the San Marino Motor Classic concourse.

If you would like to become a Sponsor or to donate, please contact Aaron Weiss at flyingagarage@gmail.com or call 818-06-0638, or visit our web site: <https://sanmarinomotorclassic.com/sponsorship>. Your participation would be genuinely appreciated.

The San Marino Motor Classic is a 501(c)3 not for profit corporation. For further information, see our web site: <https://sanmarinomotorclassic.com>



DISASTER RECOVERY CENTERS REDUCE HOURS ON APRIL 14

LOS ANGELES, Calif. – Beginning Monday, April 14, Los Angeles County Disaster Recovery Centers (DRCs) will have reduced hours.

New hours for the DRCs will be as follows:

Monday – Friday, 9 a.m. – 6 p.m. PT

Saturday, 9 a.m. – 4 p.m. PT

DRCs will remain closed on Sundays.

Visitors can meet in person with FEMA representatives at both DRC locations to receive updates on existing applications. Representatives from local, state and other federal agencies are also available for additional assistance at these sites.

DRCs are located at:

UCLA Research Park West
10850 West Pico Blvd.
Los Angeles, CA 90064

Altadena Disaster Recovery Center
540 West Woodbury Rd.
Altadena, CA 91001

All Disaster Recovery Centers are physically accessible to people with disabilities and those with access and functional needs. They are equipped with assistive technology and other resources to help ensure all applicants can access resources.

Visiting a DRC is just one way to receive assistance. You can also update your application online at DisasterAssistance.gov or by using the FEMA app. You may also call the FEMA Helpline at 1-800-621-3362.

Sierra Madre Woman's Club

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

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essickhouserentalmanager@gmail.com
626-355-4379

SierraMadreWomasClub.org



SierraMadreWomasClub

Wistaria Shop Closed: Reopens Thurs, 9/4

HONORING TWO PIONEERING MONROVIA SISTERS



Join the community in honoring the remarkable legacies of Anna H. Jones and Dr. Sophia B. Jones, trailblazing African American sisters whose lives broke barriers in education and medicine. Though their contributions were nationally significant, their final resting places at Live Oak Memorial Park have remained unmarked until now.

On Saturday, May 3, a special celebration of their lives will begin with a program and luncheon at 11:00 a.m. at Second Baptist Church (925 S Shamrock), followed by a grave marker dedication at 3:00 p.m. at Live Oak Memorial Park. The event is free and open to the public. Please RSVP by April 25 to (626) 664-6537 or spicerbatice@gmail.com.

Born in the 1850s, the Jones sisters made historic strides against racial and gender barriers. Anna was a visionary educator and civil rights leader; Sophia, the first African American woman to graduate from the University of Michigan Medical School, helped found the nursing program at Spelman College. Both called Monrovia home in their later years.

Come celebrate their enduring impact and help bring long-overdue recognition to two extraordinary women who shaped history!

For more information, please contact the Monrovia ChangeMakers at MonroviaChangeMakers@gmail.com



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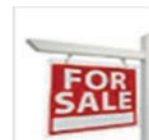
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PASADENA TOURNAMENT OF ROSES ANNOUNCES EIGHT 2025 ROSE SCHOLARS AND AWARDS \$20,000 IN SCHOLARSHIPS PRESENTED BY CITIZENS BUSINESS BANK



Front Row (Left to Right); Tehilah Favour Ofumbi, 2025 ROSE Scholar; Alyssa Yezpez, 2025 ROSE Scholar; Keilah Yu, 2025 ROSE Scholar; Leila Najarret, 2025 ROSE Scholar. Second Row: (Left to Right); Jennifer Hall Lee, PUSD Board Member; Dr. Julianne Reynoso, Ed.D. PUSD Assistant Superintendent, Student Wellness and Support Services; Daniel Limon, Citizens Business Bank Executive Vice President and Banking Division Manager; Lori Touloumian, Principal of Marshall Fundamental Secondary School. Back Row: Mark Leavens, Pasadena Tournament of Roses Association President; Jameel Franco, 2025 ROSE Scholar; Fletcher Paddock, 2025 ROSE Scholar; Andrew Pimentel, 2025 ROSE Scholar; David Brager, Citizens Business Bank President and CEO.
(Not Pictured: Gael Lemus, 2025 ROSE Scholar)

PASADENA, Calif. (April 11, 2025) – The Pasadena Tournament of Roses® Association has selected eight high school seniors as the 2025 ROSE Scholars. This year, the program awarded \$20,000 in scholarships to eight graduating seniors from the Pasadena Unified School District (PUSD). We are sincerely grateful to Citizens Business Bank for making these scholarships possible and for standing alongside us in support of our PUSD students.

To date, the program has awarded \$100,000 to PUSD seniors. ROSE Scholars presented by Citizens Business Bank is designed to help students in our community thrive and foster their potential.

In the application process, students were encouraged to showcase their future dreams, goals and aspirations through a creative piece. Additionally, they were required to submit a one-page reflection elucidating their thoughts and emotions regarding their creation. Rather than including a minimum GPA, applicants were tasked with obtaining a recommendation from a teacher, coach, counselor or community member.

David A. Brager, President and CEO of Citizens Business Bank, expressed his enthusiasm for the 2025 Rose Scholars program, which awards scholarships to outstanding students within the

Pasadena Unified School District. He praised the ongoing partnership with the Pasadena Tournament of Roses, highlighting its meaningful impact on education and community growth. Brager reaffirmed Citizens Business Bank's commitment to empowering local youth, emphasizing the Bank's proud support of initiatives that create lasting opportunities for future generations.

"At the Tournament of Roses, we believe in the power of creativity to inspire, heal and connect," said Mark Leavens, President of the 2026 Tournament of Roses. "This year's Rose Scholars embody that drive, many of which courageously used art and personal expression to share their experiences during the Eaton fires. We are proud to celebrate these resilient students and support their dreams through this scholarship program. Our deepest appreciation and thanks to David Brager and Citizens Business Bank for their steadfast partnership, which helps us uplift the next generation of leaders and changemakers."

The Association and the Tournament of Roses Foundation are focused on positively impacting the Pasadena community with charitable giving, volunteerism and community involvement. As part of this work, the Association has partnered with Citizens Business Bank for ROSE Scholars and other signature community programs.

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@acsions.com
Principal: Cindy Harmon
website: www.acsions.com

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

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

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

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

Bethany Christian School
93 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-3527
Preschool-TK-8th Grade
Principal: Jonathon Hawes
website: www.bcslions.org

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

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

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

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

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

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

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

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We can fill your lunchbox with fruits and vegetables that you like. Let's cut out fun shapes from your favorite cheese too.

When families plan menus together we can choose our favorite meals. When we shop together we can look for the freshest foods – vegetables and fruits – and everyone can choose the kinds that he likes the most. By checking labels on packages, we can learn which foods have the best ingredients. When we cook at home we can adjust our recipes to use small amounts of healthful oils, salt or sugar. Some families are steaming or baking part of their favorite meals.

Read the clues to fill in the crossword:

- Choose foods from each of the food _____ every day: vegetables, fruits, grains, proteins and dairy.
- _____ are low in fat, sugar and calories and high in fiber and vitamins, like vitamin A, which is good for our eyes and skin.
- Many fruits have _____ and are famous for vitamin C, which helps to repair body tissue and heal cuts.
- Low-fat milk and cheeses will give you _____ for strong bones and teeth.
- Meat, fish, beans, eggs, peanut butter and nuts have lots of protein to help build _____. Choose lean cuts of meat if possible.
- Oats, brown rice, popcorn and buckwheat are whole grains with lots of fiber and carbohydrates that give us _____.
- "My _____" lets us see at a glance what, and how much, we are eating.

Nutritious and Delicious

Families may grab a quick takeout meal when they are pressed for time or on the go. Takeout meals can be a tasty treat, but home-cooked meals are less expensive, and we know exactly which ingredients we're using.

MyPlate*

* plate based on USDA source

Moderate amounts of fat are good for your brain!

Across:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____

Down:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____

- Notice that _____ of the area of MyPlate is for vegetables and fruits.
- We can buy _____ vegetables, ones that were frozen right after picking or canned soon after – they are all good for us.
- We can use less _____, go light on the salt shaker and add flavor to our cooking by adding herbs like basil and spices like cinnamon.
- Some _____ is needed for our body and brain to function well. Choose liquid fats like olive oil rather than solid ones.
- Eat _____ treats in small amounts: dark chocolate, half of a frozen banana, a yogurt or low-fat ricotta cheese parfait with nuts and fruit.



MADREMAIZ – WHERE THE GAME NEVER ENDS

“Hi again, everybody, and welcome to today’s culinary broadcast. We’re coming to you live from a small but mighty corner of town—home to flavor, heart, and a lineup that’s ready to play ball. The name of the stadium? MadreMaiz.”

Top of the First – I step up to the counter. No menus in the dugout—just a chalkboard, a friendly cashier, and a crowd that knows exactly what they’re doing. My first at-bat? An unlikely choice: French fries. Yes, I ordered fries at a Mexican restaurant. And to my surprise, they’re hand-cut daily and priced at just \$5.95—a real steal in this economy. They’re not trying to be In-N-Out, but in their own way? They’re a homerun. Pro tip: eat ‘em quick. Like a Clayton Kershaw fastball, they lose their heat fast—though these fries have more follow-through than some of his postseason starts.

Bottom of the Second – I consult with the cashier, my coach for this round. "What’s your go-to?" I ask. No hesitation: Birria Torta. For you minor leaguers, that’s a Mexican sandwich—grilled bread, shredded beef, lettuce, and a flavor profile that swings like a big-league bat. This isn’t your abuela’s goat birria—it’s beefy, rich, and just saucy enough to make you reach for a napkin. Somewhere between a burrito and a panini, and all delicious.

Top of the Third – She recommends the street tacos too, with a warning: “These are our idea of street tacos—they’re a little bigger than what you might expect.” And she’s right. They arrive like heavy hitters—thick tortillas, hearty fillings, no shortcuts. It’s been a while since I’ve been to Mexico City, but these flavors bring back the sounds of clinking glasses and sizzling grills.

Mid-Game Note – The restaurant is tiny. Like, Wrigley Field’s visitor locker room tiny. They’re working on finishing the patio, and here’s my only complaint: get some fans out there! No, not cheering fans—blowing fans. It’s hot, and unless you ordered tequila or a cold cerveza, you might be reaching for Pasadena’s finest: tap water.

Bottom of the Ninth – The fries are cold now, but that’s on me. I got distracted by flavor, conversation, and the slow, satisfying pace of a meal made with care. MadreMaiz isn’t fancy, it’s not flashy—it’s just right.

IN SUMMARY

MadreMaiz hits all the marks of a great local player: confidence, hustle, and the kind of team spirit you can taste. Whether you’re a rookie or a seasoned vet of the LA food scene, this is one lineup worth watching.

Peter’s Scorecard: 8.5 out of 10
MVP: Birria Torta
Sleeper Pick: Those fries—if you catch ‘em hot
Play of the Day: That upsell on the tacos. Hall of Fame move.

Open till 9 PM right next to Pasadena Sandwich shop on Sierra Madre Villa.



INGREDIENTS

- 1 shoulder of young lamb
- 4 carrots
- 2 stalks of celery
- 4 red onions
- 4 splashes olive oil
- 3 squashed garlic cloves
- 12 sage leaves
- 8 peppercorns
- 1 1/4 cups red wine
- 1 1/4 cups chicken stock
- 3/4 cup of pearl barley
- salt
- 12 fresh almonds
- freshly ground black pepper

DIRECTIONS

Trim the fat from 1 shoulder of young lamb. Peel, wash, and thinly slice 4 carrots and 2 stalks of celery. Peel 4 red onions and cut into small wedges.

Cook the shoulder of lamb
Preheat the oven to 300°F. Heat a flameproof casserole dish with a splash of olive oil and brown the shoulder on all sides. Take it out, throw away the cooking fat, wipe the casserole dish clean, and put it back on the heat with an additional splash of olive oil.

Put in half the vegetables and sweat for 2 to 3 minutes, stirring. Add 3 squashed garlic cloves, 12 sage leaves, and 8 peppercorns, mix well, and return the shoulder of lamb to the casserole dish.

Pour in 1 1/4 cups of red wine and reduce by half. Then add 1 1/4 cups of chicken stock, cover the casserole dish with a lid, and put in the oven for 2 1/2 hours, basting the shoulder from time to time.

Take out the casserole dish. Remove the shoulder, wrap it in aluminium foil, and keep warm. Keep the casserole dish on hand.

Prepare the pearl barley
Shortly before the end of cooking the lamb, put 3/4 cup of pearl barley to soak for 10 minutes.

Heat another casserole dish with a splash of olive oil, put in the rest of the vegetables, and cook for 2 minutes, stirring. Drain the pearl barley and add to the vegetables. Stir, season with salt, and cook for 1 to 2 minutes.

Take a ladleful of the cooking liquid from the lamb casserole dish and pour it into the barley casserole dish. Let it swell with the liquid and cook for 15 to 18 minutes, adding more of the liquid as and when it is absorbed.

Peel 12 fresh almonds and add them at the end of cooking with a splash of olive oil. Stir and check the seasoning.

To finish your dish
Cut the shoulder into large pieces and return them to their casserole dish. Add the contents of the other casserole dish and a generous twist of freshly ground black pepper and serve in the casserole dish.

THE TASTING ROOM

ORANGE. NATURAL. ORGANIC+. PORCH. POUNDER.

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



With the weather heating up, this wine is the perfect thirst quencher, and it comes in a liter bottle, so you get 33% more than a regular size bottle. You’ll like the extra wine in the bottle once you taste this zesty wine. Biddizza translates to “beauty” in the local Sicilian dialect.

The 2023 Biddizza (Bid-Deets-Sah) Catarratto is from Sicily. It’s a zesty, refreshing, porch (or pool) pounder that comes in a liter bottle. Orange wine is white wine that is made with extended contact with the grape skins. This gives the wine its orange hue. It’s a dry wine with a little bit of tannins and natural acidity.



The wine is produced by Tasi, a winery that was started in 2012 by three friends. Their focus is on producing great wine with organic farming practices. The 2023 Biddizza was made with certified organic grapes from a vineyard located in Alcamo, a town in the northwest portion of Sicily. The blend is 90% Catarratto and 10% Zibibbo – two local grapes of Sicily.

You get notes of stone fruit, apricot, herbs, citrus peel, and salinity. It has natural acidity and a bright uplifting finish. This wine is served chilled. It pairs well with seafood, grilled vegetables, and salads. I’d drink it with pizza, sausages, and burgers too. Drink it poolside, inside, outside, any damn place where you want a thirst-quenching wine. And... you get 33% more in a liter bottle!

The 2023 Biddizza Catarratto is available at The Bottle Shop for \$24.99. Say you saw it in the Mountain Views News and get the MVN special price of \$22.50. The special price is good through April 18th.

Join me on Saturday, April 12th from noon to 5pm for a special Vine & Wine Tasting at The Bottle Shop Tasting Room. I’ll be pouring three delicious wines for a \$5 tasting fee when you sign up for our newsletter.

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!

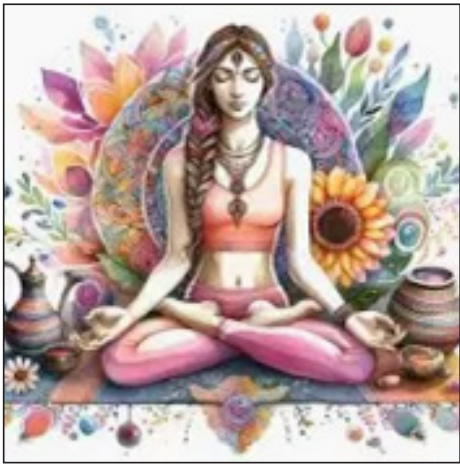
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ALL THINGS

By Jeff Brown

YOGA’S POTENTIAL BENEFITS



PHYSICAL BENEFITS

- Improves Flexibility – Regular practice helps stretch and tone your muscles, gradually increasing flexibility.
- Builds Strength – Many poses require you to support your body weight in new ways, building lean muscle.
- Boosts Balance & Posture – Yoga enhances body awareness, helping you maintain better posture and stability.
- Enhances Breathing – Breathwork improves lung function and oxygen flow.
- Aids in Pain Relief – Can reduce chronic pain (like back pain or arthritis) through gentle movement and strengthening.
- Improves Heart Health – Reduces blood pressure, cholesterol, and stress, which all contribute to better cardiovascular health.
- Supports Weight Management – While it’s not intense cardio, yoga improves metabolism and promotes mindful eating habits.

MENTAL & EMOTIONAL BENEFITS

- Reduces Stress – Yoga helps lower cortisol levels, the hormone associated with stress.
- Promotes Mental Clarity – Mindful movement and meditation sharpen focus and awareness.
- Improves Sleep – Helps relax the nervous system, making it easier to fall asleep and stay asleep.
- Boosts Mood – Regular practice is linked to increased serotonin levels and reduced anxiety or depression & can help with mental burnout.
- Encourages Mindfulness – Teaches you to stay present and cultivate a non-judgmental attitude toward your thoughts and experiences.

SPIRITUAL & LIFESTYLE BENEFITS

- Encourages Self-Discovery – Yoga promotes introspection, helping you connect more deeply with yourself.
- Fosters Discipline & Consistency – Committing to a practice can improve your overall sense of routine and accountability.
- Builds a Supportive Community – Classes and group practice create a sense of connection and shared growth.

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SEPT 6

VIVER BRASIL

"REZAS E FOLHAS"

OCT 17/18

TIX \$12-45: sierramadreplayhouse.org/dance

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]

CONSIDERING THE WISTARIA PLANT

This weekend, people from around the world will flock to Sierra Madre for the annual Wistaria Festival. OK, maybe not from around the world, but certainly from near and far in Southern California.

Every town whose leaders are far-seeing, seeks to find some pot at the end of the rainbow from which to extract endless revenue for its residents. For Pasadena, it is the Rose Parade and related activities. For Sierra Madre, it is the unlikely wistaria vine, considered one of the oldest anywhere.

The vine is a sprawling plant most of the year, and around March it starts to set its buds and produce its drooping mildly-fragrant purple flowers. It's very attractive. One year, I went on the tour of the “Wistaria House” and was treated to a very special tour. After learning how the roots destroyed at least one former structure on the property, I left with the firm conviction that I would never, ever plant a wistaria vine anywhere near any home or structure that I owned! I know some will bristle at this, but just look at the facts – wistaria is best grown well away from your important structures.

There is a duality to Wisteria, starting with those who think it's an invasive weed and those who like to eat its sweet, fragrant blossoms.

Where did Wistaria get its name? Some say it is named after Dr. Caspar Wistar (1761-1818) physician, anatomist, vaccination champion and abolitionist. Others say it was named for Charles Jones Wister Sr., whose father, Daniel, paid for the voyage of the Empress of China which brought a Wisteria vine to North America from China. But apparently Wisteria had already been brought to the U.S.

Wiseria's multiple personality continues with edibility. The blossoms of the plant are edible raw or cooked. The rest of the plant is toxic per se. In fact, as little as two raw seeds can kill a child. That is not uncommon for a member of the pea family which ranges from edible to toxic, so we do not recommend that you eat the seeds.

Wisteria is a vigorous, fast grower that doesn't need fertilizer and fixes nitrogen. In fact, abuse improves blossoming as does pruning. It can live at least 144 years (as of 2014) and is consider an invasive species is some areas. It has naturalized from Maine to Florida and as far west as Arkansas. It commonly grows wild in certain S. California backyards.

In Japan, the young leaves of the W. floribunda (aka W. macrobotrys and W. multijuga) are cooked and eaten, and the blossoms are blanched. This holds true for the Wisteria venusta, or Silky Wisteria. It has white flower clusters six inches long, vine to 25 feet, 9 to 13 leaflets, counter clockwise twist.

The seeds and leaves of the Wisteria japonica were used as a famine food — but are not recommended — and the flowers of the Wisteria villosa have been eaten.

There are several species of the Wisteria plant, including sinsensis, frutescens, floribunda, macrostachys, and others.

I recall some years ago that at least a few merchants at a past Sierra Madre Wistaria Festival were selling a jam made from the wistaria blossoms. After I researched the viability of doing this, I came up with advice from Greene Deane.

For those who want to try eating the wistaria blossoms, ethnobotanist Greene Deane offers the following method of preparation: “Blossoms raw or cooked, REMOVE THE STEMS! The Japanese blanch their blossoms. Japanese Wisteria leaves boiled when young, seeds roasted, reportedly a chestnut flavor, leave also used for tea. None recommended regarding the Japanese Wisteria. Also raw seeds are toxic. The toxin is a glycoside which is usually a sugar molecule attached to a nitrogen molecule or the like and is stripped off during digestion.

Katnip News!



MEET JJ—PLAYFUL PUP!

"JJ is a wonderful young Kelpie with lots of love to give! He is medium-sized, curious, and friendly. He is also affectionate and playful. In short, JJ is a well-rounded dog who would make a great addition to any family. He is an intelligent pup with lots of energy and would love an active home. He is very loyal and will stick by your side. He would love to take long walks and runs with his new family. He is a sweet boy who is very curious about the world around him. He loves to explore and sniff around, and he's always up for an adventure. Gets along great with dogs and people. He is not great with cats because he wants to herd them, lol. If you are interested in meeting JJ, please contact Laura Paolinelli@LonelyPawsAdoption Network, or 703-489-7470. He is currently being fostered in Encino. If you're looking for a sweet, affectionate, and loyal companion, JJ is the one for you! Open your heart and home to this special boy today." This cutie is available for adoption and although the shelter named him Urban, we're calling him JJ. See more of him at <https://www.lifelineforpets.org/pooch-place.html>.



https://www.lifelineforpets.org/pooch-place.html

Pet of the Week

Nila is a gentle, wise, and oh-so-sweet senior German Shepherd looking for a loving home to spend her golden years. This 8-year-old sweetheart may have a little grayer on her muzzle, but her heart is as full of love as ever! Nila is all about the simple joys in life—soft beds, belly rubs, and leisurely strolls where she can sniff to her heart's content.



She's got a calm and loving nature, always happy to be by your side, whether it's for a lazy afternoon nap or just keeping you company while you read or watch TV. This lovely gal is the definition of a loyal companion. She'll listen to all your stories, greet you with a happy tail wag, and remind you daily how special senior dogs truly are. She's looking for a quiet, cozy home where she can be spoiled with love, gentle scratches, and maybe even a few extra treats.

If you're searching for a sweet, soulful best friend who will bring warmth and love into your life, Nila is ready to fill that spot. Could you be her perfect match?Nila's age makes her eligible for Pasadena Humane's Seniors for Seniors Program. Her adoption fee is waived for any adopter over the age of 60!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.

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SENIORS ON TIGHT BUDGETS FACE FOOD CHALLENGES — BUT HELP IS GROWING

For many seniors living on fixed incomes, putting healthy food on the table is becoming harder than ever. Rising grocery prices, medical bills, and housing costs often leave little left for nutritious meals.

In California alone, nearly 1.5 million seniors qualify for CalFresh, the state's food assistance program, but don't use it. Experts say this is often due to misconceptions about eligibility, a complicated application process, or the stigma around asking for help.

"This is food people are entitled to," said a spokesperson for CalFresh outreach. "Many seniors simply don't realize they qualify."

Across the country, creative solutions are popping up to help. Home-delivered meal programs like Meals on Wheels provide not only healthy food but also regular wellness checks. Studies show these programs can reduce hospital visits and save healthcare costs in the long run.

In Michigan, The Bridge Food Center is a new kind of affordable grocery store for seniors and low-income families. It offers healthy food choices at reduced prices in a friendly, supportive environment.

Healthcare providers are also stepping in. The growing "Food is Medicine" movement recognizes that good nutrition is a key part of health care. Programs like EatSF and Vouchers 4 Veggies are giving out produce prescriptions — vouchers seniors can use to buy fresh fruits and vegetables.

Even some restaurants are getting involved, with programs that offer affordable meals for seniors in a social setting, reducing isolation as well as hunger.

Experts agree that improving seniors' access to healthy food doesn't just improve nutrition — it boosts physical and emotional well-being.

Help is out there for seniors struggling to eat well on a limited budget. The challenge now is making sure they know it — and feel comfortable using it.

HOW TO PROTECT YOURSELF FROM THEFT IDENTITY SCAMS

Dear Savvy Senior,
I am very concerned about Elon Musk and the so-called DOGE team getting access to my Social Security number and personal financial information through their government office raids. What can I personally do to help protect myself from this identity theft mess? Worried Senior

Dear Worried,
It's a great question! I've been hearing from many older readers around the country that are deeply troubled by the news that the Elon Musk-led Department of Government Efficiency (DOGE) has been granted access to millions of Americans' Social Security records that include highly sensitive personal information.

The major concern among data privacy experts is what could happen if your Social Security number, bank account information or tax records somehow gets leaked or breeched in all the data shuffling. If your information gets in the wrong hands it could lead to identity theft, which means scammers could use your personal information to open credit card accounts, bank accounts, telephone service accounts, and make major purchases — all in your name.

If you're concerned about the privacy of your personal information, the best way to protect yourself is to put a "fraud alert," or better yet a "credit freeze" on your credit file.

A fraud alert is a notification placed on your credit report that signals to potential creditors to take extra steps to verify your identity before extending credit in your name. While a credit freeze completely restricts access to your credit report, essentially preventing anyone from opening new accounts in your name without your explicit authorization.

A credit freeze provides much stronger protection than a fraud alert, but there is a drawback. When you freeze your credit, you won't be able to open new credit cards or get a new loan while the freeze is in place. It does not, however, prevent you from using the credit cards you already have open.

If you do need to get a new credit card or some type of loan, you can always lift the freeze on



your account until you get the card or loan approved, and then refreeze it.

You'll also be happy to know that a credit freeze is completely free to put in place and lift, as are fraud alerts. And neither action will affect your credit score.

Fraud Alert Set-Up

To set up a fraud alert, you'll need to contact one of the three major credit reporting bureaus — Equifax, Experian and TransUnion — either by phone, online or by mail. You only need to contact one of these agencies, and they will notify the other two. Here's the phone and website contact information for each of the three bureaus.

Equifax: 800-685-1111 or Equifax.com/personal/credit-report-services
Experian: 888-397-3742 or Experian.com/help
TransUnion: 888-909-8872 or TransUnion.com/credit-help

If you haven't been a victim of identity theft, you'll need to set up an "initial fraud alert," which lasts for one year, although you can renew it for additional one-year periods.

Credit Freeze Set-Up

To set up a credit freeze you'll need to contact each of the three previously listed credit reporting bureaus — Equifax, Experian and TransUnion. A credit freeze lasts until you unfreeze it.

But remember, before you apply for new credit card or loan, you'll need to temporarily lift the security freeze by following the procedures from each of the credit reporting bureaus where you placed the freeze.

If, however, you don't want to set up a fraud alert or credit freeze, you can still keep an eye on your credit file by reviewing your credit report regularly. You can get a free credit report each week from Equifax, Experian and TransUnion by going to AnnualCreditReport.com.

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 Rassmussen, Maria Reyes, Marian DeMars, Anne Schryver, Christine Bachwansky, Colleen McKernan, Sandy Swanson, Hank Landsberg, Ken Anhalt, Shannon Vandavelde, 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
THE JOURNEY OF 1,000 ILES BEGINS WITH AN APPLE FRITTER

Life has many paths, and I have discovered that traveling any of them takes a lot of energy.

Unlike The Gracious Mistress of the Parsonage, my energy comes from those wonderful Apple Fritters. I can't remember the first time I had one, but I vividly remember the last time.

Trying to get through life successfully is quite an energetic activity; everybody needs that energy. Finding that energy is the great secret of life.

For years, I have tried convincing The Gracious Mistress of the Parsonage of the value of an Apple Fritter, at least for me. We've had this argument or rather discussion, and I have tried to prove that an Apple Fritter is a fruit. After all, isn't an apple fruit? And shouldn't we be eating fruit?

On the other side of the dining room table, The Gracious Mistress of the Parsonage gets her energy from eating broccoli. I don't even like pronouncing the name, let alone seeing it on the dining room table. But for her, broccoli is the Queen of all vegetables. (Yuck)

I argue that I'm a fruit guy, but she misuses that phrase and calls me a fruity guy.

I can remember one time in my life when I ate broccoli. It was so disgusting that I have never eaten it again. I can't even stand the smell of broccoli in our house.

Every once in a while, I smell broccoli from the kitchen and know it's on the dinner menu tonight. I don't mind having broccoli on the table, but I certainly do not accept having it on my plate.

Through the years, I have tried to negotiate with her and tell her I will eat Apple fritters when she eats broccoli. After all, it's what we like.

Once I was a good negotiator. My mother was trying to get me to eat spinach, which I really hated. One Saturday, I was watching Popeye the Sailor on TV. When my mother saw me watching it, she said, "See, Popeye loves spinach. I think you should be eating spinach too."

Without even looking at her, I said, "Popeye also smokes a pipe. Does that mean I can smoke a pipe?" That discussion never came up again.

That's the only negotiating on food I've ever won.

For some reason, The Gracious Mistress of the Parsonage hates Apple fritters. I think she hates them more than I hate broccoli.

For me, Apple fritters provide the energy I need to build up my attitude of excitement in life. Nothing does that better than Apple fritters.

She argues that because of my health condition, my food has to be sugar-free. I don't know who came up with that idea, but a sugar-free menu certainly is not appealing.

"Don't you know," she will explain, "that there is sugar in those Apple fritters? And you need to be on a sugar-free diet."

After years of debate, I finally thought of a solution. I talked to the baker where I get most of my Apple fritters and we both came to an amicable agreement. I asked him how much sugar was in an Apple Fritter, and he told me. I asked if he could make the sugar free instead of paying for it. After all, if all the sugar is free, then according to The Gracious Mistress of the Parsonage, it is okay for me to eat.

I tried explaining to her that sugar is always free whenever I buy an Apple Fritter, so technically speaking, the Apple fritters I purchase at my bakery are sugar-free.

How to be simpler than that is beyond my resources. She didn't accept that argument and seriously said, "That is not what I'm talking about. The sugar in that Apple Fritter is dangerous to your health."

Apart from The Gracious Mistress of the Parsonage, nothing is sweeter than an Apple Fritter. Whether I pay for the sugar or it comes free doesn't really matter to me. Honestly, I don't eat Apple fritters every day. I am very disciplined when it comes to my diet. I can't explain my frequency for obvious reasons.

Once in a while, I have this inward yearning for an Apple Fritter. If I haven't had one in some time, I begin thinking about it and am famished for one.

Controlling my diet at my age is very important. I'm not as young or skinny as I once was. I understand that and realize I cannot eat like I am 18. But sometimes, I need to enjoy something that will nourish my current enthusiasm. Several things come to my mind, but the first thing is an Apple Fritter.

I'm not sure who invented the Apple Fritter, but I'd like to meet them someday, shake their hand, and thank them.

The Gracious Mistress of the Parsonage and I will celebrate our 54th wedding anniversary this August. Amazingly, we've been together this long, and our only disagreement during that time has been the Apple Fritters/broccoli controversy. That's a remarkable accomplishment, especially in the day we live.

So, if I gave up Apple Fritters, we would have no disagreements. What kind of life would that be?

While thinking about this a favorite verse of Scripture came to mind. "Can two walk together, except they be agreed?" (Amos 3:3)

It's not so much what you don't agree on but rather on what you to agree on. That's what brings to people together.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail jamesnsnyder51@gmail.com, website www.jamesnsnyderministries.com





FIRE HAZARD SEVERITY ZONES

UPDATE

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.

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- Saturday and Sunday from 8 AM to 6 PM.
- Visit pw.lacounty.gov/epd/debris-removal/ for more information.



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

Who Can Apply?

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

What Does the Grant Cover?

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

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

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

How to Apply:

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



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



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STUART TOLCHIN



Many Americans believe the phrase "All men are created equal" is the great cornerstone of American Democracy which was imbedded in the United States Constitution. This phrase has come to be seen as emblematic of America's founding ideals. The phrase emphasizes the dignity and worth of all human beings. This single phrase of the American Revolutionary period encapsulates the belief that all "men" are created free and equal.

Sure, the phrase only refers to "men" but today many of us believe that this reference to men was merely an historical oversight and is interpreted to mean that all humans have equal rights, dignity, and standing under the law. That is not the only problem relating to our present understanding of the phrase. As all political science majors like myself know this phrase, this understanding, was never a part of the United States Constitution. The actual phrase written by Thomas Jefferson with the assistance of Benjamin Franklin as a part of the statement entitled the Declaration of Independence which is not a part of American Law.

The Declaration of Independence was written in 1776. The United States Constitution was written in 1787 and was ratified and remains the "Supreme Law" of the land today. Surprisingly the words "democracy" and "privacy" are both absent from the Constitution. Delegates to the Constitutional Convention were all White [Christian Men and only one delegate was identified as a farmer. Even referring back to phrase contained in the Declaration of Independence Thomas Jefferson's entire life was intertwined with the Institution of slavery.

Jefferson "owned" over 600 enslaved people yet also expressed opposition to slavery and advocated for its eventual abolition though he never fully acted on his beliefs. This creates a significant contradiction between his ideals and his actions. Returning once more to the phrase "All men are created equal". The actual words are "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights." Now that presents a great problem for me. I do not believe that Jefferson, or anybody else, has any understanding of Creation, or a Creator, or any rights endowed by, as far as I am concerned, this fictitious character. Are you familiar with the Freedom

PUT THE LIGHTS ON

LIVING WITH CONTRADICTIONS

From Religion Society advocated by Ronald Prescott Reagan, the son of conservative President and Governor of California, Ronald Wilson Reagan. The son of the ex-President concludes his statement with the assurance that he does not fear burning in Hell. Frankly I am surprised and conflicted by this advocacy. Although I firmly believe that the institutions of Religion mainly function to control and manipulate an ignorant population, I find myself admiring many of the religious people I have met.

My wife, a graduate of Catholic Schools, is befuddled why I always intend to attend Easter Sunrise Services while maintaining my disbelief. It is hard to explain, even to myself, what it is that I admire about religious institutions. I believe it provides people with a sense of identity, a sense of community, a moral sense of right and wrong, and a reason to get out of the house on weekends. Sure, I believe that many religious people understand that the foundation of their belief is nonsense, yet, they bravely live with that contradiction. What is our Democracy? To me it is a recognition that no mortal human has absolute knowledge about anything. There can be no King or autocrat who is empowered with absolute power. What the Constitution does do is to set up a system of checks and balances—a separation of powers into three separate categories. We live under a system of laws, a complex framework of rules, institutions, and procedures that regulate behavior and uphold justice. Is it a contradiction to say we believe in a system created by imperfect men who recognize their imperfection and create and maintain a system which recognizes that all men are flawed and, therefore, must be mistrusted and limited?

I think artificial intelligence presents a similar problem. Can a system created by men be more honest and just and accurate than the flawed men who created it? I have my doubts. Perhaps there needs to be opposing or conflicting or at least separated systems of artificial intelligence. It would be nice if there was some God around who would tell us what to do, but absent such a being we will all have to do just what we have always been doing---pretending we know what we are doing when we know we don't. I still like believing that "All men are created equal" means what I want it to mean.

RICH JOHNSON



If you are reading this column, chances are you are familiar with the Wistaria Festival which is taking place the day this issue of the paper comes out.

My clandestine research folks tell me there are 4,864 Festivals in the United States. If you are a big fan of festivals, you might like to know Houston, Texas leads the country in total number of festivals. Literally, hundreds according to my research department.

Speaking of our backyard, Wisteria is a genus of flowering plants in the legume family. When I think of legumes I think of chickpeas, lentil beans and peas. The genus "Wisteria" was named in 1818 after an American physician named Caspar Wistar. Our Wisteria Vine turns 131 years old this year and weighs in at approximately 250 tons. And by the way, a charming bit of trivia is the city intentionally misspells the Festival. The "Wistaria" Festival celebrates the "Wisteria" plant.

Enough about the wisteria origins. Since festivals are typically joyful let's focus on other "fascinating" festivals.

The "Eukonkanto Festival". This annual activity takes place in Finland. "Eukonkanto" in Finnish is translated as "wife carrying". The Finlanders have turned it into a race. The husbands compete carrying their wives across the finish line. How you carry your wife is your business: piggyback, fireman's carry, or authentic Estonian style where the wife hangs upside-down with her legs around her husband's shoulders. The race is 253.5 meters and long riddled with obstacles...to simulate marriage. The prize? Your wife's weight in beer.

"Cheese Rolling", Annually in May, adults in Gloucestershire, a field of Englanders roll nine-pound wheels of Gloucester cheese down a steep hill. There are typically so many injuries the people who manage the annual event quit managing the event. Ironically, it didn't slow down the event. Don't know how many compete, but around 4,000 people come to watch the annual spectacle. I wonder how many spectators are orthopedic surgeons handing out business cards?

"The International Hair Freezing Contest" in Whitehorse, Yukon, Canada. Held in February, the contestants dunk their heads in hot water pools followed by creating frosty hairdos by shaping

FESTIVALS

their "locks" as their hair freezes. Average typical temperature at the event? -22 degrees below zero Fahrenheit. Average IQ? Much lower!

"The Lopburi Monkey Banquet Festival", held every November in Lopburi Province, north of Bangkok, Thailand. The locals prepare a massive feast of 4,000 kilograms of fruits, vegetables, cakes and candies to feed 2,000-3,000 Macaque monkeys. Thousands of tourists flock to Lopburi to witness the Monkey Buffet Festival Fruit Frenzy Free For All! Warning: Do not get caught in the crossfire of a monkey food fight. They say it's a common occurrence at the festival.

"The Water Gun Festival, South Korea" is an event we should consider adopting here in Sierra Madre. Every July, thousands of South Koreans beat the heat by engaging in squirt gun battles. This event has lots in common with the Wistaria Festival including concerts, street dancing and good food. Think of the possibilities in squirt gun battles up and down Sierra Madre Blvd.

"The Running of the Bulls!" We certainly cannot leave out Spain's greatest annual event. The running of the bulls takes place in Pamplona's San Fermin Festival. We let the bulls out in the morning to run up and down the streets of Sierra Madre. We wouldn't want to injure bulls, so we would have to replace the bull fights. We could mix the Running of the Bulls with the Battle of the Oranges. This even takes place in Ivera, Italy every February. Buy 600,000 kilograms of oranges and have a food fight. If that sounds too dangerous, we could replace the oranges with ping pong balls.

Coincidentally, I once considered naming my column "The Running of the Bull". The name seems like a perfect fit. I feared legal repercussion from the SPCA (Society for the Prevention of Cruelty to Animals). It might give bulls a bad name.

I hope you are having a tubular weekend. We are losing are favorite Mediterranean Restaurant, Corfu which will close around May 1st. I'll miss my favorite handout, but owner Vic Satamian is going to continue his catering business. If you get a chance, stop in for breakfast, lunch or dinner these next two weeks. 48 West Sierra Madre Blvd. Sierra Madre.

If you get a opportunity, commit an intentional random act of kindness for someone.

HOWARD Hays As I See It



"The Next President Inherits a Remarkable Economy" – Wall Street Journal headline, October 31 2024

When that headline appeared just before the election, wages had risen 4.1% over the previous year, outpacing the inflation rate of 2.7%. Recovering from Covid, by July 2023 U.S. inflation was among the lowest of all major economies; the lowest among those in the G7.

In 2019, pre-Covid under President Trump, average job creation was 170,000 a month – which Trump called "the greatest economy ever". Under Biden it was 250,000 a month.

60,000 projects were launched under Biden's Infrastructure Act – roads, ports, bridges - which Trump has been trying to kill. Two years into the CHIPS Act, 16 plants were in development to create 115,000 manufacturing jobs, expecting to raise the U.S.'s share of global semiconductor production from 0% to 30% in ten years. That's at risk, too - as the investment could instead be used for billionaire tax cuts.

The stock market under President Biden saw the Dow Jones climb 39%, the Nasdaq over 45% and the S&P 500 by over 55%.

In January 2024, at the start of Biden's final year in office with markets continuing to break records, Trump posted, "This is the Trump stock market because my polls against Biden are so good". Last month as markets fell due to tariff uncertainty, Trump told us it was because "Biden gave us a horrible economy".

The day before the April 2 tariff announcement, Trump bragged about "Honda just announcing a new plant in Indiana, one of the largest anywhere in the world." Honda promptly denied this – but reminded that "we have invested over \$3 billion in advanced vehicle manufacturing in America in just the past three years" – under President Biden.

In the two days following Trump's "Liberation Day" announcement, \$5 trillion in market value disappeared, slashing assets of the 62% of American adults who own stocks (many to secure their retirements), with global markets thrown into turmoil. The president complained of being "looted, pillaged, raped and plundered" by our trading partners; never acknowledging that the reason American companies do business with them is because it increases these American companies' profits.

At the tariffs' unveiling ceremony, the White House offered up gibberish calculations. According to

Axios, "there's nothing in the formula that represents tariffs or any other trade barriers imposed on U.S. exports", calling it something you'd get "if you ask ChatGPT". Former Treasury Secretary Larry Summers called it "utterly confused and incoherent". Nobel laureate Paul Krugman termed the president's remarks at the event "full-on crazy".

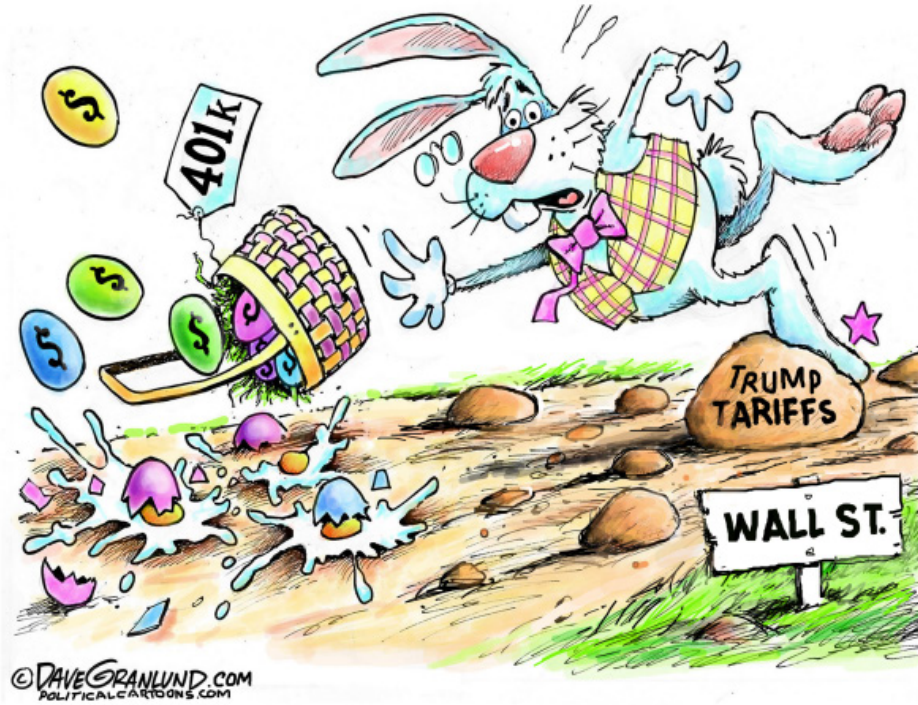
The calculations led to Australian islands off Antarctica being hit with 10% tariffs despite having no trade, no population, no ports – just seals and penguins. And coffee shop owners faced with having to raise prices, possibly losing their businesses, because of tariffs on coffee bean imports from Honduras and Colombia – as if American-grown beans was an option.

There's the 50% tariff on imports from Lesotho – a landlocked country in southern Africa. News coverage of their manufacturing showed a warehouse with rows of sewing machines and women stitching together Levis jeans. Vice President Vance spoke of manufacturing being done by "Chinese peasants" – suggesting this work should be done here by American "peasants", instead.

After WWII when manufacturing helped build the middle class, a third of our workforce was unionized (it's maybe a tenth now). A single blue-collar income could support a family. With a top marginal tax rate around 70%, investments were made not just in infrastructure but in the next generation – public schools and affordable higher education.

Now there's a war on both unions and on public education. To compensate for an anticipated loss of immigrant labor, Republicans have been targeting child labor laws. Rather than spending evenings at a public library prepping for a college entrance exam, kids instead could spend that time stitching together Levis. Maybe that's what Vance has in mind.

As to whatever the president's intent, James Carville explained it's "just Trump going power mad . . . the idea he can just do something on his own, unilater-



ally, has great appeal to him. . . . And then, of course, everybody's got to call him . . . There's no policy behind it . . . It's just his ego playing itself out in public."

Right after the tariff announcement, as markets began to tank, Trump was off to his Saudi-sponsored LIV golf tournament at Trump National Doral in Florida.

The next day, thousands gathered in the Lithuanian capital of Vilnius to honor four American soldiers (including Staff Sgt. Edwin F. Franco, 25, from Glendale). It'd taken days for Lithuanian, Polish and U.S. troops to recover the bodies after their vehicle sank into the bog.

Political and religious leaders, students and teachers, were there in tribute. Lithuanian President Naušėda told the gathering, "For us, it is more than a duty – it is an emotion. We have experienced trials in our history, and therefore, we understand well what loss is, what death is, what honorable duty is."

The bodies of our servicemen came home at Dover Air Force Base, but our president wasn't there. He was in West Palm Beach at the Trump National Doral.

And he expects a grand military parade in his honor on his birthday.

The following person(s) is (are) doing business as: MONARCH AUTO 354 E FOOTHILL BLVD SUITE 102, SAN DIMAS, CA. 91773. AON B20250016024 CALIFORNIA LOS 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 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 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 File No. 2025005937 The following person(s) is (are) doing business as: BEST CHOICE BAIL BOND 1524 W. GLENOAKS BLVD, GLENDALE, CA. 91201. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) ADRIANA AGAKHANYAN 1524 W. GLENOAKS BLVD, GLENDALE, CA. 91201. This Business is conducted by: AN INDIVIDUAL. Signed: ADRIANA 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 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. 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 Business is conducted by: A CORPORATION. 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 fictitious 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 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) DIR Dates Pub:March 22, 29, April 5,12, 2025

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. 91402. This Business is conducted by: AN LLC. Signed: MURALLES HANDYMAN PAINTING LLC, BYRON EMILIO MURALLES POCHON, 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 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 Professions Code) ES Dates Pub:March 22, 29, April 5,12, 2025

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; BY POGOS 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. 90068. 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 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 22, 29, April 5,12, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025047392 The following person(s) is (are) doing business as: SAN JUAN APPLIANCES REPAIR 10965 GLENOAKS BLVD SPC 585 PACOIMA, CA. 91331. CALIFORNIA LOS ANGELES COUN-

TY. Full name of registrant(s) is (are) ESTHELA GONZALEZ 0965 GLENOAKS BLVD SPC 585 PACOIMA, CA. 91331. This Business is conducted by: AN INDIVIDUAL. Signed: ESTHELA GONZALEZ, OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/07/2025. 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 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 File No. 2025053778 The following person(s) is (are) doing business as: CALABRIAN 16500 CHATSWORTH ST GRANADA HILLS, CA. 91344. CALIFORNIA 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 INDIVIDUAL. 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 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 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 NUYS, CA. 91405. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) JANET JEFFERSON 14500 SHERMAN CIRCLE SUITE 339 VAN NUYS, 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 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 File No. 2025054715 The following person(s) is (are) doing business as: FF CLEANING 38942 JUNIPER TREE ROAD PALMDALE, CA. 93551. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) ADRIANA M CUCUFATE GUTIERREZ 38942 JUNIPER TREE ROAD PALMDALE, 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 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 22, 29, April 5,12, 2025

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 B2025004382 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 CORPORATION. Signed: ANGELS BOUQUET INC. SANDRA ELIZABETH NAJARRO, CEO. 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 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 22, 29, April 5,12, 2025

FICTITIOUS 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. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) DAVID ATAYAN 7849 BROADLEAF AVE PANORAMA CITY, CA. 91402. This Business is conducted by: AN INDIVIDUAL. Signed: DAVID ATAYAN 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 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 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 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 registrant(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 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 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 22, 29, April 5,12, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025056414 The following person(s) is (are) doing business as: THE ALLIANCE REAL ESTATE 26854 GWENALDA 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 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 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 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 22, 29, April 5,12, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025058361 The following person(s) is (are) doing business as: DEGUSTO JJ 1502 S HOBBART BLVD LOS ANGELES, CA. 90006. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) SILVIA TOMAS MENDOZA 1502 S HOBBART 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 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 22, 29, April 5,12, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025058471 The following person(s) is (are) doing business as: HD FOOD 1000 E GARFIELD AVE APT 8, GLENDALE, CA. 91205. CALIFORNIA LOS ANGELES 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 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 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 22, 29, April 5,12, 2025

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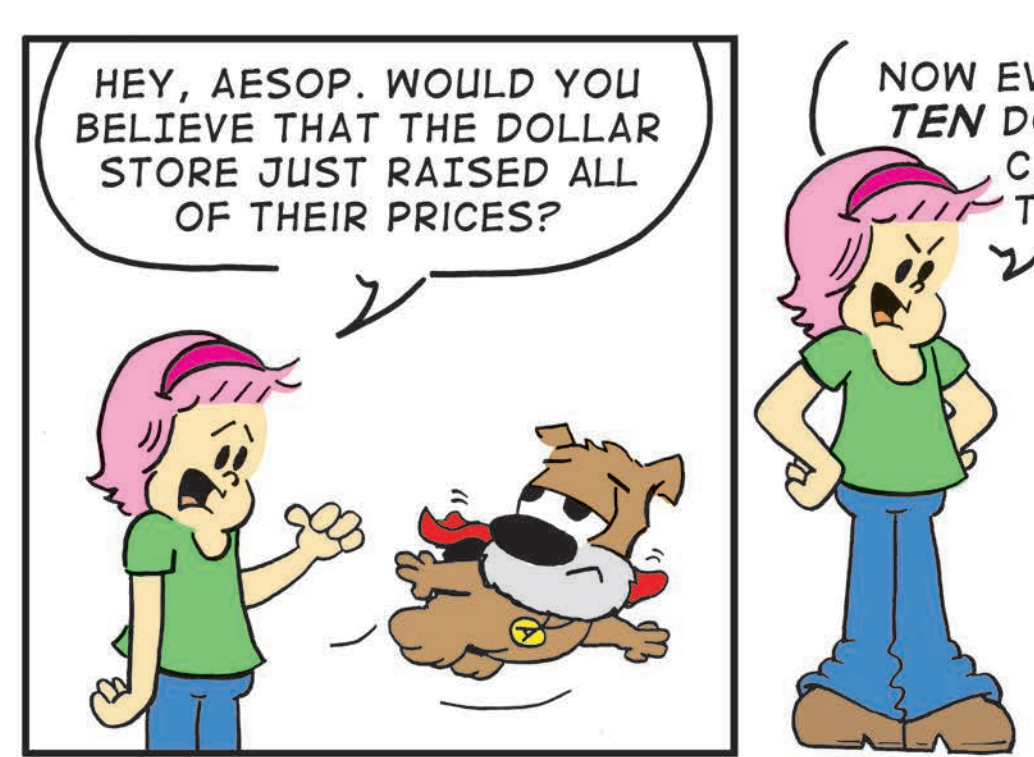
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by Tim Jones

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OZEMPIC FACE?

In recent months, weight loss medications like Ozempic and its counterparts, Wegovy and Mounjaro, have gained popularity for their effectiveness in helping individuals shed pounds. However, as more people turn to these drugs for weight management, a troubling side effect has emerged that many weren't prepared for: "Ozempic Face." But that's not all. Other significant complications are now coming out, making it essential to understand both the benefits and potential risks associated with these medications.

What Is Ozempic Face?
"Ozempic Face" is a term used to describe the noticeable sagging and loss of facial volume that some individuals experience while using Ozempic for weight loss. The drug, which is primarily used for managing type 2 diabetes and obesity, works by regulating blood sugar and reducing appetite. However, the rapid weight loss it induces can cause the face to lose fat, leading to a gaunt, aged appearance.

In addition to the facial changes, many people report that the skin around their cheeks, chin, and neck begins to loosen, contributing to the "face droop." Some users, particularly those with already delicate skin, notice more pronounced effects, which can be distressing for those not expecting such changes.

What's Behind the Facial Changes?
When you lose weight rapidly, especially from the face, the skin doesn't always have enough time to adapt to the new shape, leading to sagging. As we age, our skin naturally loses collagen and elasticity, so the process of major weight loss can speed up the effects of aging. The sudden shift in facial fat and volume leaves some people feeling self-conscious about their appearance.

While "Ozempic Face" is one of the most discussed side effects, it's not just about vanity. Many people use these medications for health reasons, such as managing obesity or diabetes, and the aesthetic changes can come as a depressing surprise.

More Than Just Facial Changes
Although "Ozempic Face" has caught much of the attention, other side effects of Ozempic and similar weight loss drugs are becoming more concerning. These include:

- 1. Gastrointestinal Distress**
Common side effects include nausea, vomiting, and diarrhea. While these symptoms often subside after a few weeks, they can be debilitating for some users. Many people actually discontinue the medication due to the severity of these stomach-related issues.
- 2. Rapid Weight Loss and Loose Skin**
Aside from facial sagging, users may also experience skin looseness on other parts of their body, like the arms and abdomen. This is particularly concerning for individuals who were not expecting such changes and may require surgical intervention to remove excess skin.
- 3. Hair Loss**
Rapid weight loss can shock the body, leading to temporary hair loss as the body reallocates its energy and nutrients. This can be emotionally draining, especially when already dealing with other physical changes.
- 4. Mental and Emotional Side Effects**
Some users have reported mental health challenges while using Ozempic. Mood swings, depression, and anxiety are common complaints. While these drugs are designed to manage physical weight, they might have unintended psychological effects, especially when users are dealing with rapid changes to their appearance or lifestyle.
- 5. Long-Term Health Risks**
Long-term safety of these medications is still under scrutiny. The potential risks include pancreatitis, gallbladder issues, and kidney complications. Some studies suggest that users might be at higher risk for certain types of cancer as well, though more research is needed to confirm these links.
- 6. The Effect on Natural Appetite Regulation**
One of the reasons these drugs are so effective is that they alter the body's natural mechanisms for appetite regulation. This is great to reduce food intake, but it could also lead to eating habits that might not be sustainable long-term. Over time, the body may adjust, and the weight could return once the medication is stopped.

Is Ozempic Worth the Risk?
If you're considering using Ozempic for weight loss, it's essential to consult with a healthcare provider to determine if the medication is right for you. While the drug can offer dramatic results, there are also complications that can affect both your physical appearance and your overall health.

Proceed with Caution
Before taking any weight loss drug, carefully consider all aspects of the treatment. Research the pros and cons. Discuss risks, potential side effects, and long-term implications with a healthcare professional to make an informed decision that aligns with your goals and overall well-being. Using a weight loss drug to solve one problem can be effective, but if it creates a new issue, it may not be the right solution. We've seen that many times before.

UNLOCK YOUR LIFE



THOREAU'S CODE FOR LIFE: SUCCESS UNEXPECTED IN COMMON HOURS

Over the past few weeks, we've been exploring Henry David Thoreau's timeless code for living a deliberate life. Today, we conclude our series with cracking the Thoreau code:

"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours. He will put some things behind, will pass an invisible boundary; new, universal, and more liberal laws will begin to establish themselves around and within him; or the old laws be expanded, and interpreted in his favor in a more liberal sense, and he will live with the license of a higher order of beings."

Crossing an Invisible Boundary
Thoreau tells us we "will pass an invisible boundary when we advance confidently and endeavor toward our imagined life." What is this boundary? It's everything that has held us back up until now—our limiting thoughts, our worries about others' opinions, our fears of failure, and perhaps even our fears of success.

This invisible boundary exists in our minds, forming a perimeter around what we believe is possible for us. But once crossed, we discover that the boundary was never real—it was merely a construct of our own thinking, reinforced by habit and hesitation.

Success Unexpected in Common Hours
Thoreau promises that by living deliberately, we "will meet with a success unexpected in common hours." I like to think of "common hours" as the peanut gallery—those cheap seats in the theater occupied by critics who offer unhelpful opinions.

The peanut gallery exists in two forms: external and internal. Externally, it's the well-meaning friends and family who may try to "protect" us from disappointment or failure. In reality, they're often protecting themselves from witnessing our struggle or potential pain. It allows them to stay comfortable in their cocoon of boredom and disappointment in their lives.

The peanut gallery exists within our own minds—those negative thought patterns and fears that whisper we can't, we shouldn't, we might fail. To truly endeavor, we must confront these voices, question them, and ultimately, talk back to them.

It's not enough to simply silence these thoughts; the universe abhors a vacuum. We must replace them with affirmations that support our journey. When the peanut gallery whispers "This might not work," respond with "I'm learning valuable lessons with every step." When it suggests "people will judge you," answer with "I'm creating a life that resonates with my true self."

Imagining a Life You Would Love
To experience the success Thoreau describes, you must first dare to imagine a life you would absolutely love. What would it look like? How would it feel? These questions only you can answer.

Envision your ideal life through four essential quadrants:

Health - Without good health, little else in life can be fully enjoyed. Imagine a life of vibrant well-being. What daily practices support this vision?

Relationships - What's the point of health and wealth without meaningful connections? Envision relationships that bring you joy and nourishment. With whom do you share your journey?

Creative Purpose - Imagine yourself engaged in work that ignites your spirit. It could be service to others, artistic expression, or solving critical issues of our day. What vocation allows you to feel fully alive?

Time and Financial Freedom - Finally, imagine having the resources—both time and money—to enjoy it all. What does that freedom look like for you? From where you would live to the adventures you'd take.

Living as a Higher Order of Being
Thoreau concludes his code by suggesting we will "live with the license of a higher order of beings." This isn't about superiority over others—it's about meeting your highest self, the best version of you.

When you live deliberately, advancing confidently and endeavoring, you will evolve. The person who began the journey will transform into someone who embodies their highest potential—someone who lives by different laws than those who drift through life without purpose or direction.

Your Continuing Journey
As we conclude this series, remember that living Thoreau's code is not a destination but a continuous practice. Each day offers new opportunities to:

Define success on your own terms

Advance confidently toward your dreams

Endeavor and face obstacles

Notice and cross your invisible boundaries of limitation

Ignore the peanut gallery—both external and internal

Imagine and create a life you truly love

Become the highest version of yourself, for you

Thoreau's experiment at Walden Pond lasted just over two years, but his code for living offers wisdom for a lifetime. May you continue to advance confidently, endeavor, and experience great success.

May you always live deliberately.

Lori A. Harris is an award-winning transformational coach for the extraordinary results her clients achieve. She hosts an annual retreat to Walden Pond, and if you'd love to join her, you can learn more here: waldenpondretreat.com. Lori would love to meet you!

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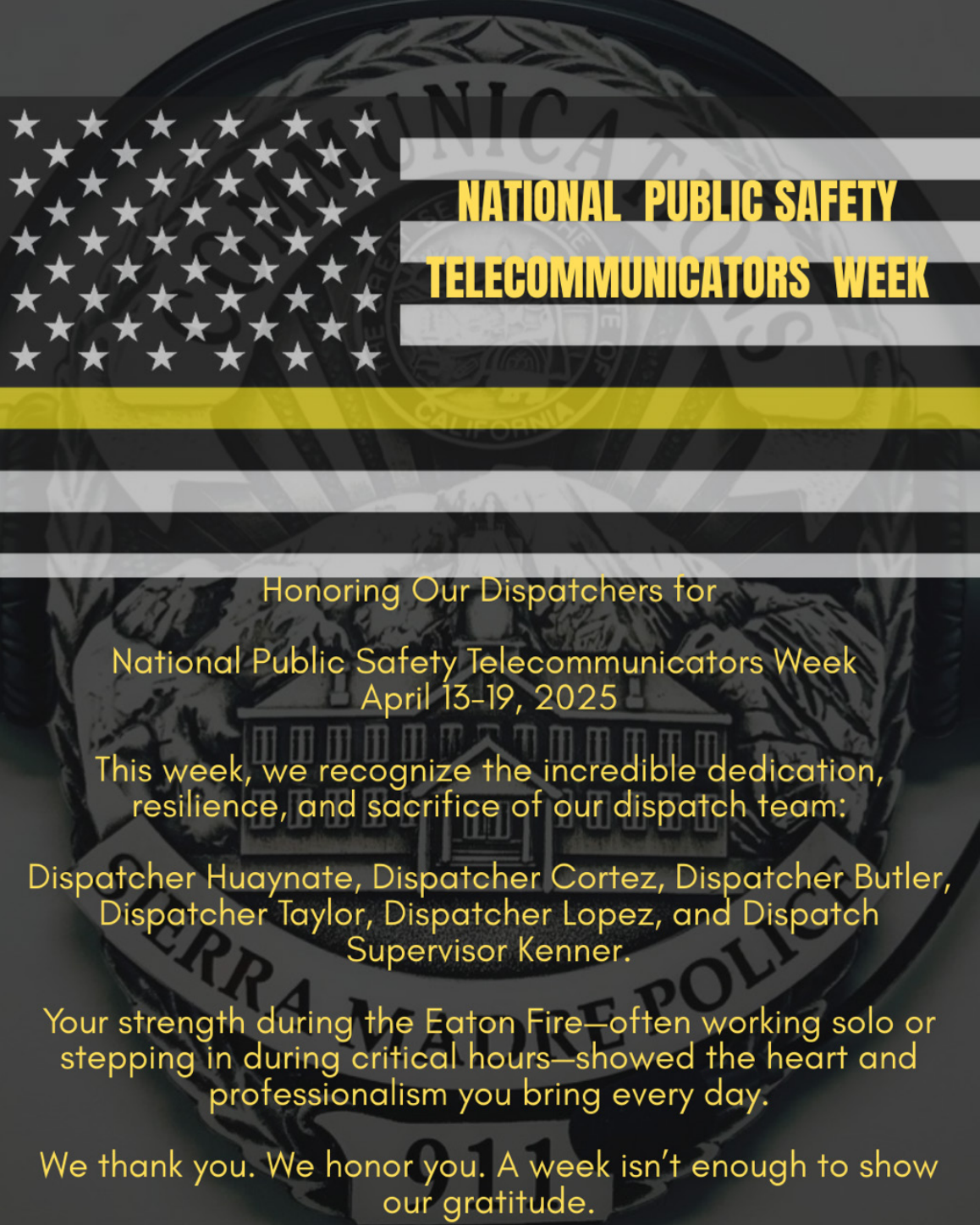
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April Events Around Town!

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One Time Events

April 3

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

April 5

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

April 5

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

April 6

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

April 6

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

April 6

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

April 11

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

April 12

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

April 12

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

April 13

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

April 18

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

April 19

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

Ongoing Events

April 1, 22

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

April 5, 6

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

April 13 and the Second Sunday Monthly

Second Sundays: Rediscover the Huntington
Participate in artmaking, writing, Mad-Lib Sonnets and botanical crafts. 11 am – 2 pm

April 18, 19

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

April 20 – May 18

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 25, 26, 27

The Huntington's 50th Annual Spring Plant Sale 10 am – 4 pm
April 25 and 26 are member preview days.
April 27 is open to the general public.



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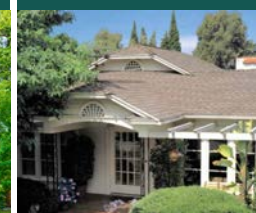
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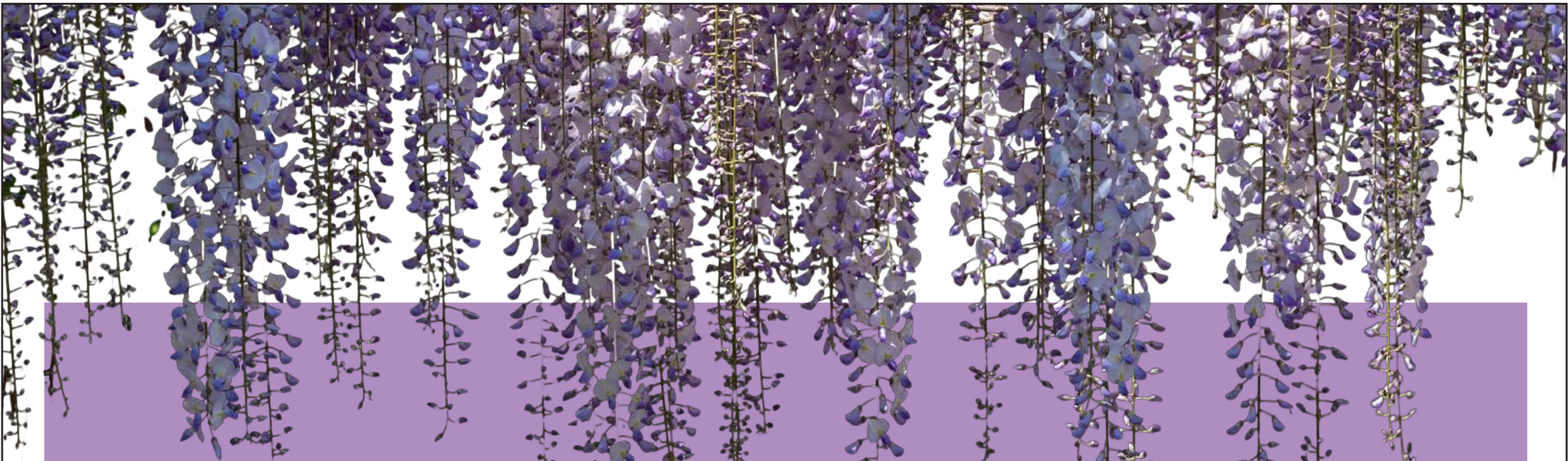
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