

SATURDAY, MAY 10, 2025

VOLUME 19 NO. 19



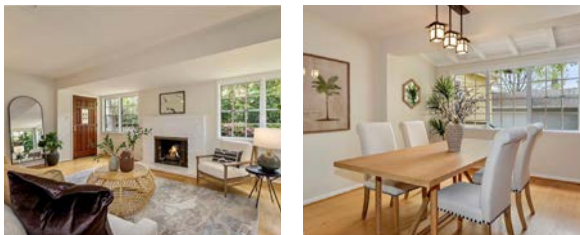
the webb-martin group



461 Crestvale Drive, Sierra Madre
Offered at \$1,249,000

4 BD | 2 BA | 1580 SF | 8019 SF LOT

Contact Judy for more information!



345 Foothill Avenue, Sierra Madre

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



Jan Greteman 626.975.4033
lic #01943630

Judy Webb-Martin 626.688.2273
lic #00541631

webbmartingroup.com

COMPASS

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Breaking News:

LAST FIRE-IMPACTED WATER SYSTEM IN LA REGION - ALTADENA CLEARED FOR SAFE DRINKING

LOS ANGELES (CNS) - A state entity today cleared the last of nine fire-impacted public water systems to resume delivering safe, clean drinking water to customers, it was announced Friday afternoon. The State Water Resources Control Board stated Friday that Las Flores Water Company in Altadena lifted its notice -- the last remaining do-not-drink/do-not-boil advisory for a fire-impacted system, marking what officials described as a ``critical milestone" in Los Angeles County's recovery from January's wildfires.

``After this year's devastating L.A. firestorms, the state has been laser-focused on helping communities recover and rebuild," Yana Garcia, California Secretary for Environmental Protection, said in a statement. ``That includes bringing critical water infrastructure back online. Today's milestone would not have been possible without the dedication and partnership between local systems and the State Water Board."

The State Water Board issued nine systems a formal order requiring benzene contamination screening throughout fire-impacted areas, public notification of a drinking water advisory and remediation of any contamination.

Advisories remained in effect until State Water Board staff confirmed sampling and field verification that contaminant levels meet all state and federal regulatory requirements. Wildfires caused infrastructure damage, power outages and contamination from smoke, ash or burned materials.

``The California Association of Mutual Water Companies appreciates the State Water Board's diligent work in guiding the restoration of water service after our members in Altadena suffered so much damage during the Eaton firestorm," Karina Cervantes, managing director of CalMutuals, said in a statement.

Jennifer Betancourt Torres, general manager of the Lincoln Avenue Water Company, added: ``We wish to thank State Water Board Chair Joaquin Esquivel for personally and promptly surveying the aftermath of the Eaton Fire's impact on or water systems in Altadena, and galvanizing resources to expedite our return to service for our community."

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WEBSITE INPUT SESSION

TOWN HALL INVITE

MAY 14
6:00 PM

HART PARK HOUSE SENIOR CENTER

222 W SIERRA MADRE BLVD.,
SIERRA MADRE, CA 91024

LET'S TALK WEBSITE TOGETHER...

THE CITY OF SIERRA MADRE IS REFRESHING ITS WEBSITE--AND WE'D LOVE YOUR INPUT! JOIN US FOR A TOWN HALL TO LEARN MORE AND SHARE YOUR THOUGHTS.

LIGHT REFRESHMENTS WILL BE PROVIDED.



ALL SCOUTS NEEDED FOR 4TH OF JULY PARADE

The Sierra Madre Events Committee (formerly the 4th of July Committee) in conjunction with the City of Sierra Madre is once again planning for the 2025 Sierra Madre 4th of July Celebration.

The parade will take place on July 4th .

The Committee is seeking special assistance from local Girl Scouts and Boy Scouts and ALL Scouts in general to assist with this year's 4th of July Parade.

This specific request is for any interested Scout who would like to march in the parade carrying banners for award recipients and dignitaries.

Scouts will be required to be in dress uniform and able to carry a banner during the two-mile parade route.

The parade begins promptly at 10:00 am sharp with staging activities beginning at 9:00 am.

This is an extraordinary opportunity for young leaders to represent themselves and the scouting community while participating in a small-town celebration representing an All-American City.

This year will be very special as it will recognize all the responders who took great care of our community during the fires and floods..

This will be all free, police, safety and public works personnel!

Interested scouts should contact Committee Member Michelle Keith by emailing: sponsors@sierramadreevents.org

City of Sierra Madre

PUBLIC HEARING NOTICE

From: The City of Sierra Madre

Subject: PUBLIC HEARING:
Adopting the Updated Fire Hazard Severity Zone Map

The City of Sierra Madre gives notice, pursuant to State of California law, that the City Council will conduct a public hearing regarding Ordinance No. 1483, which would formally adopt the updated Fire Hazard Severity Zone (FHSZ) map for the Local Responsibility Area (LRA) as designated by the California Department of Forestry and Fire Protection (CAL FIRE).

The proposed ordinance would adopt the updated FHSZ map prepared by CAL FIRE's Office of the State Fire Marshal and designate additional fire hazard zones based on local conditions. These designations allow the City to apply defensible space requirements and ignition-resistant construction standards to better mitigate wildfire risks and enhance public safety. Please provide written comments by 3:00 p.m. on May 27, 2025 to the City of Sierra Madre, City Clerk's Office at PublicComment@cityofsierramadre.com

DATE AND TIME OF HEARING

City of Sierra Madre City Council Meeting;
Tuesday, May 27, 2025
(Hearing begins at 5:30 pm or shortly thereafter)

PLACE OF HEARING

The Hearing will take place at the City of Sierra Madre City Council Chambers located at 232 W. Sierra Madre Blvd., Sierra Madre, CA 91024. The City of Sierra Madre invites all interested entities to attend and present their comments.

The meeting will be streamed live on the City's website at www.cityofsierramadre.com, on Foothills Media website at <http://www.foothillsmedia.org/sierramadre> and broadcast on Government Access Channel 3 (Spectrum).

The Brown Act provides the public with an opportunity to make public comments at any public meeting. Public comment may also be made by e-mail to PublicComment@CityofSierraMadre.com by 3:00 PM on the day of the meeting.

For further information on this subject, please contact the Sierra Madre Fire Department at (626) 355-3611

Charming 1922 Renovated Spanish Bungalow



1650 E. Orange Grove Blvd.
Pasadena, CA 91104

3 Bedrooms | 2.5 Baths
Approx Square Footage 1,948 Sq Ft
Lot size 12,500 Sq Ft | Price \$1,875,000

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626.484.8135
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REALTY

Eileen Benson

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CHANOVA DESIGN STUDIO OPENS IN SIERRA MADRE

Local Designer Opens Chanova Design Studio Bringing intentional, wellness-centered interiors to the San Gabriel Valley



Zilia Zhou in her Sierra Madre Studio

After more than a decade of living in Sierra Madre and navigating both personal and collective challenges—including the recent wildfire—local designer Zilia Zhou has launched Chanova Design, a mindful interior design studio rooted in her long-time dream to create meaningful, harmonious spaces for modern living.

“Chanova Design was born out of a desire to bring thoughtful, wellness-focused design to our everyday environments,” Zhou shares. “After years of working at top global firms, I realized what truly lights me up is serving the local community, helping people feel more grounded, connected, and at home.”

Licensed and based in Sierra Madre, Chanova Design offers full-service interior design, Feng Shui consultations, ADU design strategies, and styling services for homeowners who seek refined, yet soulfully personal spaces.

The studio blends Zilia’s background in architecture, branding, and design strategy with an East-meets-West aesthetic—infused with natural materials, timeless elegance, and a deep respect for each space’s energy.

“Every project starts with intention,” says Zhou. “We don’t just design beautiful spaces—we help people tell their story, support their lifestyle, and create environments that enhance well-being.”

With a warm, down-to-earth approach and a deep appreciation for Sierra Madre’s natural beauty, Chanova Design is excited to serve residents in Sierra Madre, Pasadena, and nearby communities.

To book a consultation or explore recent work, visit: www.chanovadesign.com
Serving Sierra Madre, Pasadena & surrounding neighborhoods

CHILLIN' AT LUCKY BALDWIN'S IN SIERRA MADRE



This super friendly group of local musicians were spotted in Kersting Court earlier this week just enjoying the ambience of Sierra Madre at one of the town's favorite spots. "The Pub" is open Monday – Thursday: 12:00pm – 11:00pm; Friday: 12:00pm – 12:00am; Saturday: 9:00am – 12:00am; Sunday: 9:00am – 11:00pm. Happy Hours: Mon – Thur, 2pm-6pm & 10pm-11pm They also serve Breakfast on weekends: Sat & Sun, 9am-12pm. Photo courtesy MVNews



“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.

Come join us for the final month of our Easter series!

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

Dr. Ron Cox is Dean of



International Programs and Professor of Religion at Pepperdine University.

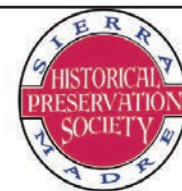


Doug Hurley is Associate Dean of Student Affairs at Pepperdine.

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



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



Lizzie's Famous CHICKEN AND RAVIOLI DINNER

(Vegetarian and Vegan options available)

Saturday, May 31, 5pm



In Mount Wilson Park adjacent to the museums at 167 East Mira Monte, Sierra Madre

\$40.00 per person

Tickets on sale online only at Eventbrite until May 23

NO TICKETS WILL BE SOLD AT THE DOOR

Tickets are limited to this very popular event that sold out quickly last year!

Museums will be open prior to dinner service

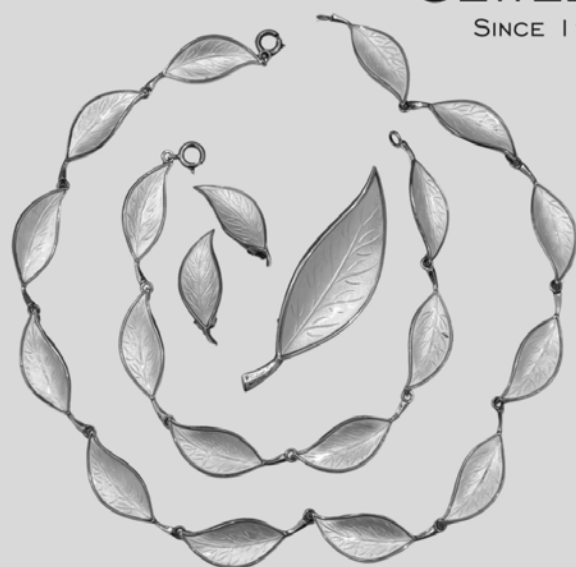


SCAN ME!

This is SMHPS's only fundraiser for the museums and the historical Archives at our Public Library!

www.smhps.com

G H Wilke & Co
JEWELERS
SINCE 1929



Vintage yellow plated sterling set, handmade in Denmark

Happy Mother's Day

When you look back on your fun times you can only smile.

38 E. Montecito Avenue, Suite 12
Sierra Madre, CA 91024

www.ghwilkejewelry.com

ghwilke1929@yahoo.com

(626)284-9444

CHILDREN'S ART SHOW IMAGINART



Presented by:

ImaginArt is made possible by the support of the Creative Arts Group Alliance, Sierra Madre Civic Club, Sierra Madre Community Foundation.

April 30 - May 17

Come see the work of our 4th and 5th grade Sierra Madre Elementary students on display at Creative Arts Group!

Suspended in Nostalgia

ON VIEW in May

Local Work
ONLINE EXHIBITION
creativeartsgroup.org/high-school-exhibition-gallery

CREATIVE ARTS GROUP
108 N. Baldwin Ave. creativeartsgroup.org
Open M-F 10-5 and Saturday 10-2



happy Mother's Day 2025

MOTHER'S DAY LETTER FROM.....

Tomorrow is Mother's Day. That's no secret. I'm not revealing any tradecraft or secret intelligence. In fact, we seem to do our very best to acknowledge the "giver of life" and the child's 1st teacher.

As a coach however, I tend to look at things through that lens, and from that perspective our Mother are loosing 364 to 1.

364 days of putting the family's needs above there own.

364 days of balancing family, profession, and relationships

364 days of reminding (at least in my world) us of important events, advising and analysing the complexities of every day living.

364 days of worrying if her family's needs are being met.

364 days of being the family's largest and most consistent support system.

364 days of an amazing display of patience, resilience, and dedica-tion vs. 1 day of flowers, a card and if they are lucky a special meal.

I think the reason the score is so lopsided is there simply is no way to thank the women who mean so much to all of us.

Happy Mothers Day to all of the Moms, and those that take on motherly responsibilities for 364 days each and every year.

Coach Fred

TOM PURCELL

MY MOTHER'S ULTIMATUM



I'm 63 and still single, but my mother has never given up hope that she will get me married.

"What about that nice young lady who cuts my hair?"

"Ma," I tell her, "I'm old enough to be her father."

"What about the community director at my

apartment complex?"

"Ma," I say, "she's old enough to be my mother!"

"You're too picky!" she says.

She is right. I had no small number of opportunities with some very lovely ladies, but I just panicked at the thought of marriage.

Exactly 20 years ago, when I was 43, she'd had enough of that!

"You have six months to marry or else!" she said out of the blue one day.

I couldn't fault her for her concern. She knows single men can be knuckleheads — that we don't always take care of ourselves the way we should.

The statistics bear it out. Married men are physically and emotionally healthier. They avoid risky behavior. They live longer. They earn more.

Even Mark Twain, a great critic of humankind, found happiness in marriage. He said, "No man or woman really knows what perfect love is until they have been married a quarter of a century." That kind of deep closeness is what I've always longed for.

But my mother wasn't interested in longings. She was interested in results.

"You have five months, one week, four days, two hours and 12 minutes to get married!"

"Ma," I said, "it's complicated. The world's not like it used to be. People don't stay together like they once did."

"You have four months, two weeks, six days, 12 hours and three minutes!"

"But more people are getting married in their 40s and 50s!"

"You have three months, three weeks, five days, 18 hours and 12 minutes!"

I tried another route: "Fewer people marry at all," I said. "In 1970, nearly 80 percent of adults between 20 and 54 were married. In 2005 it's 57 percent." (In 2025, it's down to 50 percent.)

"You have two months, two weeks, six days, seven hours and 18 minutes!"

I tried to explain to her that Brad Wilcox, who still runs the National Marriage Project, said in 2005 that we've all become too individualistic — we expect too much emotional fulfillment from one person.

"You have one month, three weeks, three days, four hours and 27 minutes!"

"But, ma," I continued, "Wilcox is on to something. Everyone these days is looking for a soul mate — that perfect person who will make him or her feel warm and fuzzy all the time. But no one person can ever live up to our ideals and so we stay single."

"You have two weeks, four days, 12 hours and 18 minutes!"

Finally, I said, "Ma, I've been looking for someone like you. You're the most honest, caring, compassionate woman I've ever known. You taught me what matters — laughter, honesty, beauty. You set the bar so high that—"

"Put a sock in it," she said. "You have one day, two hours and 24 minutes to get married!"

Alas, her ultimatum came 20 years ago and I failed to live up to it. My mother will never give up on me — which is why I sense I'll be getting a phone call soon.

Catch breaking news at:
mtnviewsnews.com



WALKING SIERRA MADRE - The Social Side

by Deanne Davis

*"They carry us beneath their hearts,
That's how every new life starts.
The beating of our mother's heart,
The first sound that we hear.
Love and peace surround us...
And God....is very near.
Your mother, my mother,
And Mary....the mother of....God." **

Tomorrow is Mother's Day, a joyful time to get together with family and celebrate all the mothers we know. I'm sending a whole bunch of Blue Mountain cards to all the moms in our family and I have kept some of my best Mother's Day cards. The words on these are so encouraging, so loving, so worth repeating...

"To my mother. We all need someone to believe in us...in who we are and in all we can become. Someone to cheer, encourage, comfort and guide us...to give us the confidence we need to believe in ourselves and in our potential to reach our dreams. Thank you for being my someone. May you know how much your love and support mean to me and always will."

"Family is love and laughter, strength and smiles, hope and happiness. Every Mother's Day is a gift – a chance to go back through the memories of the heart and say thank you; for a home that was warm and welcoming and filled with life and laughter – where every day seemed to hold some small adventure and something new to learn. For a family that loves being together – cares for each other and helps one another through all the big and little ups and downs of life, for a connection that gives meaning, purpose and joy to every day."

I think the best essay ever about mothers was written by Erma Bombeck around 1974. I share this with you each year as I think it's just the perfect thing to say on Mother's Day.

"When the Good Lord was creating mothers, He was into His sixth day of "overtime" when one of His angels appeared and said, "You're doing a lot of fiddling around on this one." And God said, "Have you read the specs on this order?" She has to be completely washable, but not plastic. Have 180 moveable parts...all replaceable. Run on black coffee and leftovers. Have a lap that disappears when she stands up. A kiss that can cure anything from a broken leg to a disappointed love affair. And six pairs of hands."

The angel shook her head slowly and said, "Six pairs of hands.... no way." "It's not the hands that are causing me problems," God remarked, "it's the three pairs of eyes that mothers have to have." "That's on the standard model?" asked the angel. God nodded. "One pair that sees through closed doors when she asks, 'What are you kids doing in there?' when she already knows. Another here in the back of her head that sees what she shouldn't but what she has to know, and, of course, the ones here in front that can look at a child when he goofs up and say, 'I understand and I love you' without so much as uttering a word."

"God," said the angel touching his sleeve gently, "Get some rest and look at it again tomorrow...." "I can't," said God, "I'm so close to creating something so close to myself. Already I have one who heals herself when she is sick...can feed a family of six on one pound of hamburger...and can get a nine-year-old to stand under a shower." The angel circled the model of a mother very slowly. "It's too soft," she sighed. "But tough!" said God excitedly. "You can't imagine what this mother can do or endure." "Can it think?" "Not only can it think, but it can reason and compromise," said the Creator. Finally, the angel bent over and ran her finger across the cheek. "There's a leak," she pronounced. "I told You that You were trying to put too much into this model." "It's not a leak," said the Lord, "It's a tear." "What's it for?" "It's for joy, sadness, disappointment, pain, loneliness, and pride." "You are a genius," said the angel. Somberly, God said, "I didn't put it there."" Erma Bombeck, When God Created Mothers

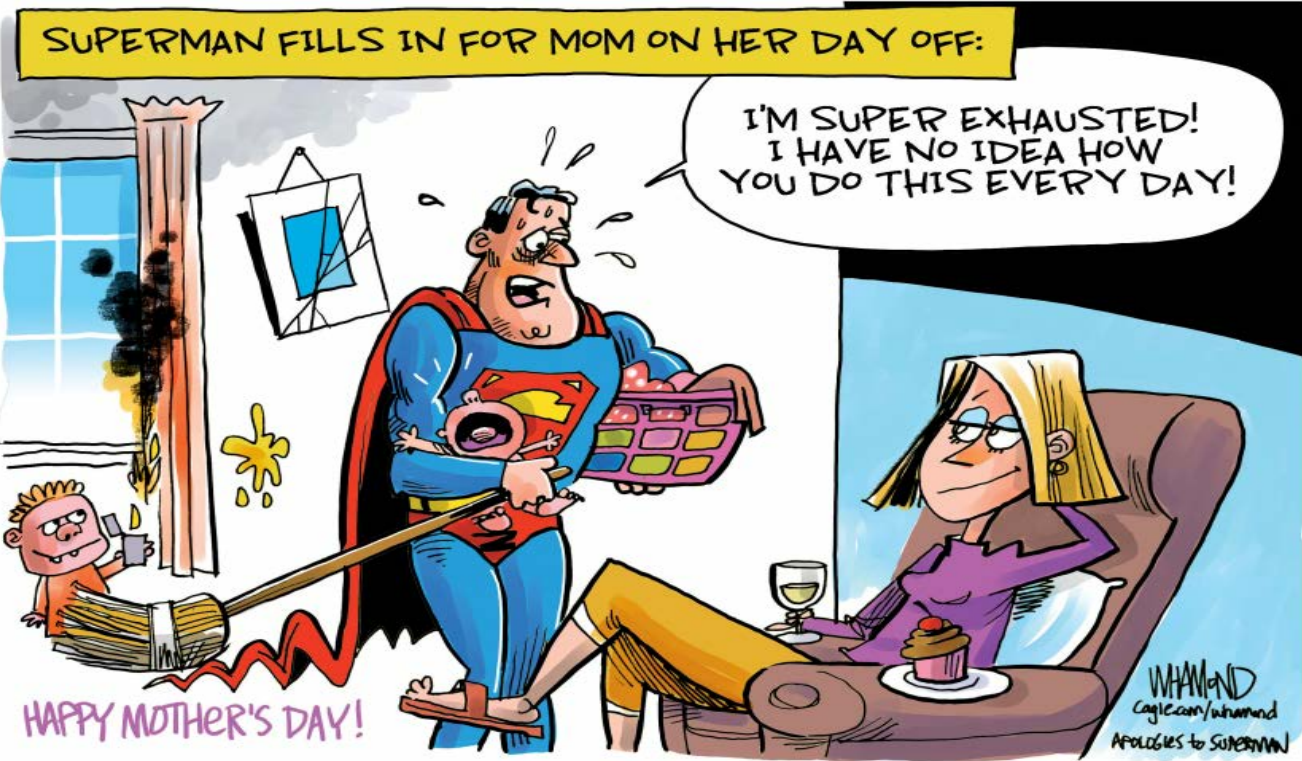
I'm wishing each of you a Happy Mother's Day. Make phone calls, send a beautiful bouquet, send texts, and say I love you! Say it a lot! May God bless all the mothers we know.

The picture this week is just some flowers I saw. I invite you to imagine a picture of your mother in that spot.

"A mother is a person who, seeing there are only four pieces of pie for five people, promptly announces she never did care for pie." Tenneva Jordan

*Lyrics from "Your Mother, My Mother" – Star of Wonder – A Christmas Musical
Book & Lyrics by Deanne Davis, Music by David Wheatley.

My book page: Amazon.com: Deanne Davis
Where you'll find the Emma Gainsworth Kindle novelettes,
Along with other goodies like "A Treasure Map, A Drunken Owl
And 47 Rattlers in A Bag" True Tales of Early California



SIERRA MADRE


ARCADIA

PASADENA

ALTADENA

MONROVIA

Weather Wise



6-Day Forecast Sierra Madre, Ca.

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

May 13, 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@CityofSierraMadre.com by 3:00 p.m. on the day of the meeting.

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

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

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


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

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

Your event must:

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

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



Sierra Madre Public LIBRARY

Read • Discover • Connect

This week at the Sierra Madre Public Library

May 12 — May 17

Monday

Baby Rhyme Time — Library at 9:00am

Preschool Storytime — Library at 10:00am

Wednesday

Green Teens — Library at 4:00pm

Teen Summer Volunteer Orientation — Library at 6:00pm

Teen Reading Buddies Orientation — Library at 7:00pm

Thursday

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

Saturday

Digital Services Meet & Greet — Library from 10:00am—11:00am

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

Why Are Bears Showing Up?





Displaced by fire. Drawn by food.

CITY OF SIERRA MADRE ARTWORK CONTEST



A DAY IN THE LIFE WITH OUR WILDLIFE NEIGHBORS

Create art! Celebrate wildlife!

Winning contest entries will be featured in Sierra Madre’s 2026 Calendar with fun facts and smart-living tips for sharing Sierra Madre with our foothill neighbors!

DEADLINE: JUNE 7, 2025

OPEN TO ALL AGES

Submission Info

One entry per person

Hand-drawn or painted

8.5 x 11 landscape

Include name, age, contact info, and a short description

Submit by email: wildlife@sierramadrecal.gov or drop off at Sierra Madre City Hall

More info: SierraMadreCa.gov/wildlifeartcontest

Winning entries in our 2026 Calendar!



Your story matters to Sierra Madre!

Join us and share your Eaton Fire experience.

Join us to share your experiences and feedback following the Eaton Fire. Your voice will help shape Sierra Madre’s future emergency planning and response.

We want to hear about:

- How you first learned about the fire and alerts you received.
- Challenges or concerns you faced with evacuations.
- How prepared you felt - and the support you needed.
- What can be improved for the future.

Attend in person:

Sierra Madre City Council Chambers 232 W. Sierra Madre Blvd., Sierra Madre, CA 91024

Dates:

- Saturday, May 17, 2025 10:00 AM - 12:00 PM
- Tuesday, May 20, 2025 6:00 PM - 8:00 PM

For more information visit sierramadrelistens.org

Can't join us in person? Visit sierramadrelistens.org or scan the QR code to join virtually or share feedback online!



CITY OF SIERRA MADRE MAY MEETINGS

May 1, 3:00 PM: Senior Community Commission

May 1, 5:30 PM: Planning Commission

May 13, 5:30 PM: City Council Meeting

May 15, 5:30 PM: Planning Commission

May 19, 5:30 PM: Community Services Commission

May 27, 5:30 PM: City Council Meeting

May 21, 6:30 PM: Natural Resources Commission



Pasadena Veterans Day Ceremony

The City of Pasadena and the Pasadena Veterans Day Committee will honor the sacrifice of our fallen heroes at the Pasadena Memorial Day Commemoration on Monday, May 26, 2025, at 10:30 a.m. at Memorial Park, 85 E. Holly St.

The ceremony will include the reading of 320 names of the men and women from Pasadena who lost their lives during World War I, World War II, the Korean War, the Vietnam War, and other conflicts. The Condor Squadron will perform a missing man formation flyover, paying tribute to those who did not return from the battle. The invocation and benediction will be delivered by Chaplain Pedro M. Trinidad Lieutenant Commander (LCDR), USNR. The event is open to the public, and all community members are invited to join in remembrance and reflection during this solemn ceremony.

The tradition of holding tributes to the fallen began in the aftermath of the Civil War, where families and communities grieved the loss of more than 620,000 killed in action. The City of Pasadena will carry on in this tradition to commemorate the sons and daughters of Pasadena who gave the ultimate sacrifice.

This event is sponsored by the City of Pasadena Parks, Recreation and Community Services (PRCS) Department, Rose Bowl Stadium, Pasadena Management Association, Vietnam Veterans of America, Daughters of the American Revolution, and the American Legion.

To request materials in alternative formats or other accommodations, please contact (626) 744-7311. Providing at least 72 hours advance notice will help ensure availability.

Altadena Revealed Lecture Series

Altadena's Trees: Saving Our Past for Our Future

Pasadena Heritage announced Thursday the third installment of the Altadena Revealed Lecture Series at the historic Blinn House to be held May 30 starting at 7 p.m.

The lecture, with Stephanie Landregan, will explore the historical significance and future of Altadena's landscape—its vulnerabilities and its potential to connect and protect generations.

Landregan is a nationally recognized landscape architect and Director of the Landscape Architecture and Horticulture & Gardening Programs at UCLA Extension.

Landregan will present a timely and insightful lecture on the role of trees in fire recovery, climate resilience, and cultural memory—critical topics for Altadena and surrounding foothill communities facing increasing wildfire threats, event organizers said.

Landregan is also Chief Landscape Architect for the Mountains Recreation and Conservation Authority and co-founder of the grassroots fire response group Altadena Green. The Blinn House is located 160 N. Oakland Avenue. For more information visit: pasadenaheritage.org.

Release of Draft Historic Context Statement

Event: Our History, Our Places: Celebrating Pasadena's Cultural Heritage

The Planning and Community Development Department announced Tuesday the released, for public review and comment, the draft Citywide Historic Context Statement, which was produced during phase 1 of the Historic Places Pasadena: Completing Our Story project.

The Historic Context Statement is a narrative history of the development of the City that establishes a framework for evaluating properties for historical significance and designation. The draft document includes contexts related to Native American Settlement, Colonization and American Expansion; Residential Development; Commercial Development; Civic & Institutional Development; Industrial Development; Social, Cultural & Political Development and Architecture & Design and explores a wide variety of themes within each context. The document provides information about the history of the diverse communities that make up the City. Public comments will be accepted throughout the duration of phase 2 of the project, which is expected to take approximately one year to complete.

The Department also invites the public to attend the upcoming event "Our History, Our Places:



Celebrating Pasadena's Cultural Heritage" on Saturday May 24 from 11 a.m. to 2 p.m. at Jackie Robinson Community Center, 1020 N. Fair Oaks Ave.

The event will celebrate the release of the Historic Context Statement and will include:

- Performances by local artists
- Children's activities
- Pasadena history scavenger hunt, with prizes for the first 150 completed
- Panel discussion about Pasadena's multi-cultural history with noted community historians
- Premiere of a short documentary about the project
- Opportunities to share stories

Jet Propulsion Laboratory Names Their Next Director

David Gallagher (pictured), who has been serving as Jet Propulsion Laboratory's associate director for Strategic Integration, has been selected by Caltech to lead the federally funded research and development center. Caltech manages JPL for NASA. Former JPL Director Laurie Leshin has decided to step down as director of NASA's Jet Propulsion Laboratory on Sunday, June 1.

A distinguished geochemist, Leshin was named by Caltech to lead the lab in early 2022. Her career has spanned academia and senior positions at NASA. Several NASA missions managed by JPL have launched under her leadership, including EMIT, SWOT, Psyche, PREFIRE, Europa Clipper, and SPHEREx, with the NASA-Indian Earth satellite NISAR set for a June launch. In addition, JPL has advanced the development of NASA's asteroid-hunting NEO Surveyor mission as well as the trio of CADRE lunar rovers, and it delivered the Coronagraph Instrument, a technology demonstration with NASA's forthcoming Roman Space Telescope.

"I am proud of the many things JPL has accomplished over the past three years," said Leshin. "In addition to the long list of missions that have launched or moved toward launch during that time, we saved Voyager more than once and flew into history on Mars with Ingenuity. We have made more amazing scientific discoveries than I can name, including finding potential ancient Martian biomarkers with Perseverance. And we've driven the forefront of technology on Earth and in space. I know those achievements will continue under Dave's capable leadership."

Leshin, who has also served as Caltech vice president, is stepping down for personal reasons and will remain a Bren Professor of Geochemistry and Planetary Science at Caltech.

"While we respect Laurie's decision to step away from her



leadership position at JPL, we will miss her drive, compassion, and dedication," Caltech President Thomas Rosenbaum said. "At the same time, we are grateful to Dave Gallagher for his devotion to JPL and his continuing leadership and partnership going forward. Dave's experience working across multiple government and private sector entities will help secure ongoing support for America's agenda in space, with JPL continuing to play an essential role."

Gallagher will draw on his deep experience at JPL to lead the lab into the future. He arrived at JPL 36 years ago, in 1989, and went on to hold numerous leadership positions. Along with having served as the director and deputy director for Astronomy, Physics, and Space Technology, he was manager of JPL's Advanced Optical Systems Program Office. An electrical engineer, Gallagher also managed the Spitzer Space Telescope and, among other roles, led the team that built and tested the Wide Field/Planetary Camera 2 (WF/PC-2) — a critical instrument that corrected the spherical aberration on NASA's Hubble Space Telescope.

"Laurie has made a significant impact on energizing and focusing the lab, guiding it back on track after the Covid-19 pandemic. I wish her great success in this next chapter of her career, and I look forward to a very smooth transition at the lab," said Gallagher. "We have exciting opportunities ahead helping to advance our nation's space agenda and a fantastic team to help realize them."

about living in Pasadena

- Ability to find out some of what we learned about the places the community told us matter to them

- Overview of the city's development history as outlined in the historic context statement
- Free refreshments
- Live Spanish translation available

For more information, visit cityofpasadena.net/historicplaces or contact kevinjohnson@cityofpasadena.net.

History of Winemaking at the Senior Center

Learn about the little-known history of early wine-making in Los Angeles from Los Angeles native and food and culture historian Tom Sanchez in a Cultural Thursday presentation on Thursday, May 22 at 2 p.m. onsite at the Pasadena Senior Center (PSC) during PSC's 65th Anniversary Day.

Sanchez, also known for his local 'MrLA' walking tours of Los Angeles, will share the little-known history of winemaking in Los Angeles, including how the city became the birthplace of the modern American wine industry and a wine capital. He will also discuss how one LA winery, still in operation today, managed to stay open during prohibition when other local wineries closed.

The 'History of Winemaking in Los Angeles' event is a special presentation as part of PSC's 65th Anniversary Day, which will celebrate the Center's long-standing place in the San Gabriel Valley where older adults can age well while aging in place.

"I'm looking forward to seeing the community as we begin our anniversary celebration," said Akila Gibbs, executive director of the Pasadena Senior Center. "I feel privileged to be part of an organization providing abundant services to older adults over the past 65 years. With the leadership of the Board, commitment of staff, and dedication of our volunteers, we continue to learn about aging and improve our services. It is our intention that like a fine wine we are getting better with age."

The event is free for Pasadena Senior Center members, and \$5 for non-members and reservations are suggested. To register or for more information, visit www.pasadenaseniorcenter.org

Pasadena Announces New PWP General Manager

Pasadena City Manager Miguel Márquez announced Monday that he has appointed David Reyes as the new General Manager of Pasadena Water and Power (PWP), effective immediately. Reyes will oversee a department with an annual operating and capital budget of approximately \$450 million and approximately 430 full-time equivalent (FTE) employees.

"David has consistently demonstrated resilience, strategic foresight, and a strong commitment to both the technical and community service aspects critical to Pasadena Water and Power's success," Márquez said. "His proven leadership during complex events and his investment in building a high-performing team have laid a very strong foundation for his continued success."

According to Márquez Reyes brings over two decades of public sector leadership experience, including the last 12 years serving the City of Pasadena in several key executive roles. Most recently, Reyes served as Interim General Manager of PWP since February 2024, and previously as Assistant City Manager and Director of Planning and Community Development. During his interim tenure at PWP, he successfully led the department through major initiatives and emergency events such as the Eaton Fire, while fostering a culture of transparency, collaboration, and operational excellence.

"The City of Pasadena welcomes Reyes to his new permanent role and looks forward to his continued leadership in advancing the department's mission of delivering reliable, sustainable utility services to the community," city staff said.

Reyes holds a Bachelor of Science degree in Urban Studies and Planning from California State University, Northridge. He



is known for his collaborative leadership style, strategic thinking, and deep commitment to public service. "I'm humbled and excited to continue to serve the city of Pasadena in this new role and to strive to uphold the community's expectations of excellence. I would like to thank City Manager Marquez for this opportunity, my family for their continued support, and the talented team of professionals at PWP, without whom, the Utility could not function," said Reyes.

In his spare time, he finds balance and fulfillment through two of his greatest passions—boxing and family. Whether he's throwing punches in the gym or shadowboxing in the garage, the discipline and strength he builds in the ring mirrors the dedication he brings to his home life. David lives in Northridge, has been married for 25 years, and cherishes the deep bond he shares with his wife and her unwavering support. His greatest pride, however, comes from being a father to three wonderful children, each of whom brings joy and purpose to his everyday life.

Increases Fines for Fireworks

As Independence Day approaches, Pasadena Fire Chief Chad Augustin announced to residents and visitors that all fireworks—including "safe and sane" varieties and sparklers—are strictly prohibited within city limits. The Pasadena City Council approved increased fines, going in effect June 5.

This policy is in place to protect our community from fires, injuries, and property damage during the high-risk summer months. The Pasadena City Council had approved increased fines effective June 5.

- Possession of "Safe & Sane" fireworks: \$250–\$750
- Possession of Dangerous fireworks: \$300–\$800

- Discharge of Safe & Sane fireworks: \$500–\$1,000
- Discharge of Dangerous fireworks: \$650–\$1,000

Pasadena Fire and Police Departments begin enforcement patrols in June, including vegetation inspections and high-risk area monitoring. Instead of risking safety with personal fireworks, residents are urged to attend professional displays or choose festive alternatives like glow sticks, noisemakers, or LED balloons. Let us work together to keep Pasadena safe and fire-free this summer.

To report illegal fireworks, please call the Pasadena Police Department at (626) 744-4241.



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ALTADENA GIRLS – “GLITTER AND GLAMOUR”

All-Girls Prom Saturday, May 24

Altadena Girls is proud to invite 400 girls and gender expansive youth who identify with girlhood in grades 8th, 9, and 10th to attend; many of whom were directly impacted by the recent fires in the Altadena and Pasadena communities. Most missed out on their spring dances, and this prom is our way of giving that joyful moment back, while honoring the community that helped them through.

We're partnering with Universal Music Group, the CAA Foundation, and several of our celebrity/influencer supporters to help make the night truly unforgettable. www.altadenagirls.org/prom
Preliminary Event FAQ:

- The event ticketing will go live through our website on Friday, May 9 at 6:00PM PST, and it will be first come, first served.
- A flyer with the link to ticketing will be shared on Friday morning via email with the 13 schools who have been invited to participate, and via our Instagram page.
- 400 Tickets will be open to girls and gender expansive youth who identify with girlhood.
- Students will be asked to verify their school from a drop-down menu and securely upload a copy of their student ID to ensure only students are attending, and to provide a safe event experience for the girls.
- The grades invited to attend will be 8, 9 and 10 since most high schools have already or are shortly-completing their junior and senior prom events.
- We will have a full professional event staff, as well as a large group of background-checked volunteers chaperoning the event.
- In addition to the Glitter and Glamour Prom event, we will be hosting a Prom Free Shop on May 17 + 18 in Old Town Pasadena, where registered AG Prom attendees can come to shop for dresses, shoes, accessories, make-up and more.

TRANSMISSION TOWER IN EATON CANYON REMOVED BY SO CAL EDISON

ALTADENA (CNS) - A transmission tower suspected of starting the Eaton Fire in January has been removed by Southern California Edison and the parts are being moved to a warehouse today to be tested in a lab.

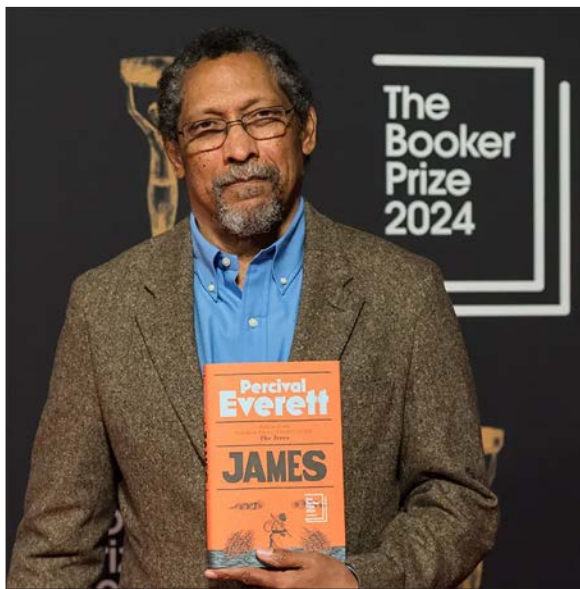
A helicopter lifted a part of a transmission tower out of Eaton Canyon on Wednesday, footage from ABC 7 shows, and a second part of the tower was moved about an hour later.

“This is all part of an effort to get as much information as we can to have a thorough and transparent investigation into the cause of the Eaton Fire,” Dave Eisenhauer of Southern California Edison told Eyewitness News.

Multiple lawsuits have been filed against Southern California Edison with the transmission tower at the center of the filings.

Los Angeles County, the cities of Pasadena and Sierra Madre and many Altadena homeowners are among those suing Edison for being responsible for the fires starting.

The Eaton Fire started Jan. 7, destroying neighborhoods and scorching more than 14,000 acres. At least 18 people died in the fire, according to Cal Fire.



SOUTH PASADENA RESIDENT PERCIVAL EVERETT WINS PULITZER FOR ‘JAMES’

LOS ANGELES (CNS) - South Pasadena novelist and USC professor Percival Everett won the 2025 Pulitzer Prize for fiction today for his 24th novel, “James.”

Published in March 2024 to widespread critical acclaim, “James” was named a finalist for the 2024 Booker Prize and the 2025 PEN/Faulkner Award for Fiction, and went on to win the 2024 National Book Award for Fiction.

“James” is retelling of “The Adventures of Huckleberry Finn,” told from the perspective of Jim, an enslaved man determined to reunite with his family.

The Pulitzer committee praised the book as an accomplished reconsideration that “illustrates the absurdity of racial supremacy and provides a new take on the search for family and freedom.”

Everett’s decades-long literary career has seen a major resurgence in recent years. In 2021, he won the PEN/Jean Stein Award for his novel “Dr. No,” was a Pulitzer finalist for “Telephone” and landed on the Booker shortlist for “The Trees.” His 2001 satire “Erasure,” a critique of racial stereotypes in publishing, was adapted into the 2023 film “American Fiction,” which earned multiple Oscar nominations and brought his work to a much broader audience.

The Washington Post has called Everett, 68, “one of the most adventurously experimental of modern American novelists.” Los Angeles Mayor Karen Bass hailed Everett’s Pulitzer win, writing on X, “LA’s very own Percival Everett just won a Pulitzer Prize in fiction for his latest novel, ‘James,’ a re-imagining of ‘The Adventure of Huckleberry Finn.’ A distinguished professor of English at USC & a prolific writer, Percival Everett inspires us through his words. Congratulations on this extraordinary achievement!”

L.A. COUNTY BOARD OF SUPERVISORS APPROVES PILOT SELF-CERTIFICATION PROGRAM TO EXPEDITE POST-FIRE REBUILDING

In a proactive move to accelerate recovery for communities devastated by the January 2025 wildfires, the Los Angeles County Board of Supervisors today unanimously approved a motion introduced by Board Chair Kathryn Barger and Supervisor Lindsey P. Horvath to implement a Pilot Self-Certification Program for residential rebuilds.

The program will streamline the permitting process by allowing licensed professionals to self-certify that residential plans meet building code requirements, significantly reducing approval timelines while maintaining safety and accountability.

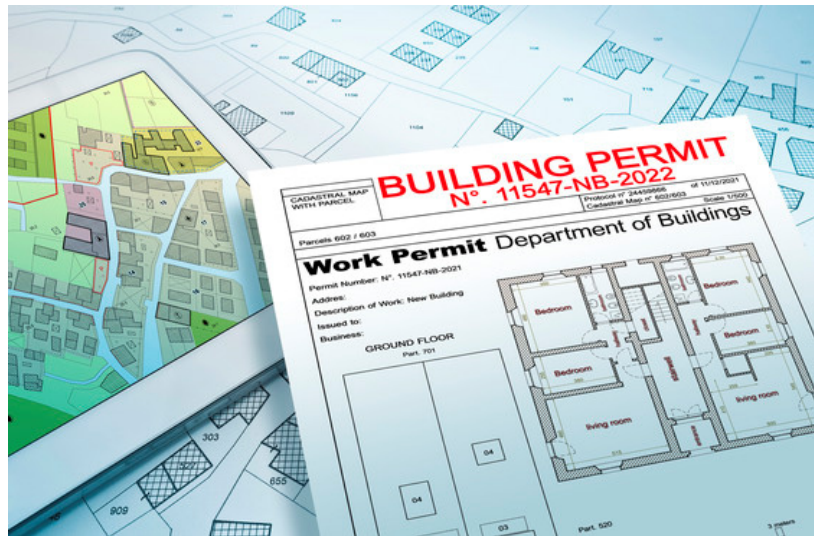
“Our residents can’t afford to wait months or even years to begin rebuilding their homes,” said Supervisor Kathryn Barger. “This pilot program is about empowering qualified professionals, cutting red tape, and putting families on a faster track to recovery—without compromising safety. It’s also about adapting to the scale of disaster we’ve experienced and implementing smart, proven solutions to meet this moment. Our County must remain responsive and pick up the pace of rebuilding with urgency and innovation.”

The motion responds to the massive scale of destruction caused by the Eaton and Palisades Fires, which collectively damaged or destroyed more than 16,000 structures. The newly approved program will apply to properties within unincorporated Los Angeles County communities impacted by the Fires, enabling fire-affected families to begin rebuilding their homes more quickly and efficiently.

The Department of Public Works (DPW) must now design and implement the pilot program immediately and report back to the Board within 120 days on its effectiveness and viability as a permanent solution that could apply to all unincorporated areas in the County.

The Supervisors’ motion also directs the County’s Chief Executive Officer to submit a separate report in 30 days on the feasibility of waiving permitting fees in light of cost-saving efficiencies achieved through self-certification and AI-driven approval software already deployed.

“As families face the daunting task of rebuilding, every dollar counts,” said Supervisor Kathryn Barger. “Waiving certain permit fees is a practical and compassionate step we can take to ease the financial burden on fire survivors. Thanks to new efficiencies—including AI-assisted plan check tools—we have an opportunity to streamline the process and pass cost savings directly to the people who need them most.”



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SBA Disaster Relief Notice: Apply by May 30, 2025

Grace Period for Physical Damage Loan Applications Ends Soon!

The President's major disaster declaration for California, issued January 8, 2025, includes a 60-day Grace Period for filing physical loan applications due to the scale of the disaster. **Deadline: May 30, 2025** – submit your application before it's too late!

Apply online and receive additional disaster assistance information at sba.gov/disaster.

To find a local center near you, visit appointment.sba.gov/schedule.

Applicants may call the SBA Customer Service Center with questions regarding their application at (800) 659-2955 or email disastercustomerservice@sba.gov.

For people who are deaf, hard of hearing, or have a speech disability, please dial 7-1-1 to access telecommunications relay services.

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CONTINUED TEMPORARY HOUSING ASSISTANCE AVAILABLE

If you received rental assistance from FEMA and require further rental assistance while working toward your permanent housing goals, we encourage you to stay in touch with FEMA. Continued Temporary Housing Assistance (CTHA) may be available for those who qualify.

Rental Assistance is available as an initial temporary two-month grant for homeowners and renters to pay for somewhere to live if their primary residence suffered damage from the Los Angeles County wildfires. If you were displaced and need assistance covering housing costs you should contact FEMA to determine your eligibility for this program. If temporary housing is still needed after the first two months of receiving rental assistance, survivors can apply for CTHA based on three months of their actual monthly costs for rent and utilities or the Fair Market Rent, for up to 18 months from the date the disaster was declared, January 8, 2025, as long as they remain eligible. If you received funds for Additional Living Expenses through your insurance, you may be eligible for initial Rental Assistance once those funds are exhausted.

To be eligible to apply for CTHA, survivors must meet the following conditions:

Be awarded initial Rental Assistance and show they used this money to pay for temporary housing,

Are unable to return to their pre-disaster residence because it is not safe to live in or is no longer available to them, due to the disaster.

Demonstrate a continued disaster-caused financial need.

Show that they have established a permanent housing plan and that they are working toward meeting that goal.

What are eligible expenses:

- CTHA is intended to cover the monthly rent amount (including lot rent, if applicable)
- Essential utilities (gas, propane, electric, water, oil, trash, sewer due to disaster-caused displacement)

This does not include telephone, cable TV, or internet service for the housing unit. If you were initially approved for Rental Assistance, an application for CTHA may be mailed to you 15 days after the grant is approved. If you do not receive one, please contact FEMA by calling 800-621-3362.

Return the form to FEMA by either:

- Uploading it to your FEMA Disaster Assistance account, available online at DisasterAssistance.gov.

- Mailing the completed form to: FEMA, P.O. Box 10055, Hyattsville, MD 20782-8055.

- Faxing it to 800-827-8112.

For the latest information about California's recovery, visit fema.gov/disaster/4856. Follow FEMA Region 9 @FEMARegion9 on X or follow FEMA on social media at: FEMA Blog on fema.gov, @FEMA or @FEMAEspanol on X, FEMA or FEMA Espanol on Facebook, @FEMA on Instagram, and via FEMA YouTube channel.

California is committed to supporting residents impacted by the Los Angeles Hurricane-Force Firestorm as they navigate the recovery process.

Visit CA.gov/LAFires for up-to-date information on disaster recovery programs, important deadlines, and how to apply for assistance



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MOUNTAIN VIEWS NEWS TO
HONOR 2025 GRADUATES

The June 1st edition of this paper will be dedicated to the Class of 2025! In order to be included, please send your graduates picture, full name, age, school and a line or 2 about the graduate. The Class of 2025 - tomorrow's leaders - deserve to be honored! Send to: editor@mtnviewsnews.com Subject: Class of 2025

BETHANY CHRISTIAN SCHOOL DELIVERS EN-
CHANTING PERFORMANCES OF BEAUTY AND
THE BEAST, JR. WITH DUAL CASTS



Bethany Christian School’s middle school students recently lit up the stage with their magical production of Disney’s Beauty and the Beast, Jr. , performed by two talented casts: the Mirror Cast and the Rose Cast .

Both ensembles brought unique flair and heartfelt performances to this classic tale, earning standing ovations and community praise.

Directed by Mr. Daniel Northrup , the production captured the imagination of audiences with memorable musical numbers, whimsical costumes, and charming storytelling. Each cast brought something special to the stage, showcasing the depth of talent among Bethany’s student body. "We are incredibly proud of all our students," said Mr. Northrup. "Whether acting, singing, designing, or working backstage, they poured their hearts into this production and supported each other every step of the way."

In addition to the on-stage performers, the school recognizes the tremendous contributions of the student-led backstage crew , technical team , and set designers , whose hard work and creativity helped transform the stage into an enchanted world. From intricate lighting and sound design to hand-painted scenery and seamless scene transitions, students played a vital role in every aspect of the production’s success.

The show not only demonstrated Bethany Christian School’s commitment to excellence in the arts but also highlighted its dedication to experiential, project-based learning—where students are empowered to take ownership of their work and shine both on and off the stage. For more information about Bethany Christian School and its arts and theater programs, visit www.bcsllions.org.

SIERRA MADRE ROSE FLOAT ASSOCIATION 2025 SCHOLAR-
SHIP APPLICATIONS AVAILABLE

Annually, the Sierra Madre Rose Float Association is proud to award a scholarship to a qualified college-bound student or college freshman who meets the following qualifications:

1. Applicants must currently be a student in or just completing their senior year of high school or be a college freshman with a minimum GPA of 3.0.
2. Applicants must have been active in one or more Sierra Madre Rose Float Association activities such as fundraising, design, construction, decorating or as a past or present float rider.

An application form must be completed and returned with unofficial transcripts. Two letters of recommendation are also required. An official transcript may be requested at a later date.

The scholarship application packet is available on our website: www.sierramadrerosefloat.org. For any questions, please email scholarship@sierramadrerosefloat.org

All forms must be postmarked or sent by email to scholarship@sierramadrerosefloat.org NO LATER than May 19, 2025.

THE GOODEN SCHOOL TO CELEBRATE 50TH
BIRTHDAY ON MONDAY

The all-school celebration will welcome alumni back to the Sierra Madre campus and feature a historical retrospective, along with recognition from LA County, State, and City of Sierra Madre officials

WHAT:
The Gooden School is kicking off its 50th Anniversary on the date of its incorporation with a community-wide birthday celebration honoring five decades of academic excellence, tradition, and service. The event will bring together past and present students, educators, and leaders to launch a yearlong series of commemorative events.

WHO:
Gooden School students, families, faculty, staff, board trustees, and alumni
Special guests include:

- Maggie Heflin Sabbag ’83 and Robert Ell – Founding Students
- Kathryn Barger – Chair, Los Angeles County Board of Supervisors
- Kristine Lowe ’88 – Mayor Pro Tem, City of Sierra Madre
- Darla J. Dyson – District Representative, Office of Senator Sasha Renée Pérez
- Adriana Perez – Deputy, Office of Assemblymember John Harabedian (District 41)

WHEN:
Monday, May 12, 2025
2:00-3:00 PM

WHERE:
The Gooden School
192 N. Baldwin Avenue
Sierra Madre, CA 91024
Campus entrance on Laurel Avenue

ABOUT THE GOODEN SCHOOL:
Founded in Sierra Madre on May 12, 1975, The Gooden School was established by local families to carry forward the legacy of the School of the Ascension. For five decades, it has served students throughout the San Gabriel Valley, offering a rigorous college-preparatory education rooted in inquiry, compassion, and respect. The school’s motto — “Respect for Self, Respect for Others, and Respect for the World” — continues to guide its mission and community values.

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@acsllions.com
Principal: Cindy Harmon
website: www.acsllions.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.bcsllions.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
322 N. Baldwin Ave. Altadena, Ca. 91001
(626) 229-0993 Head of School: Lauren O'Neill
website: www.odysseycharterschool.org

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

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

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

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

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

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

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

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

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

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

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

EMPOWERING TOMORROW,
TODAY: YOUTH LEADERSHIP
SUMMIT UNITED HUNDREDS
AT THE ROSE BOWL STADIUM
AND AROUND THE WORLD

Pasadena, CA – MAY 5, 2025– The Rose Bowl Institute and the Pasadena Tournament of Roses® proudly celebrated the success of the Empowering Tomorrow, Today: Youth Leadership Summit, held on Wednesday, April 30 at the iconic Rose Bowl Stadium. The program brought together a dynamic and diverse group of over 500 attendees including students from 44 schools across the greater Los Angeles area, along with virtual participants who viewed the event live from around the globe—marking the first year the event expanded to a global audience. The event also featured the active participation of 24 community organizations, all dedicated to equipping the next generation with the tools, inspiration, and networks needed to lead with courage and purpose. Funded by private gifts and corporate supporters in the community, the summit served as a vibrant forum for youth voices and leadership, centered on the themes of identity, resilience, and empowerment. Attendees were treated to a powerful keynote conversation with actress and activist Azita Ghanizada. The Suits: LA star shared personal stories of perseverance, identity, and advocacy. “Today was about reminding these incredible young people that their dreams are valid and their voices matter,” said Ghanizada. “The resilience I witnessed here in Pasadena is a beautiful testament to the strength of this community—and proof that the next generation is ready to lead.” The day’s benchmark highlight was a star-studded panel on leadership in sports media underneath the Stadium’s iconic marquee sign. Moderated by award-winning sports broadcaster from ESPN, Holly Rowe, the discussion featured leading voices in the industry including Malika Andrews (ESPN’s NBA Today and NBA Countdown), Amanda Balionis (CBS Sports), and Jenny Taft (FOX Sports). Together, they shared their career journeys, the challenges they’ve overcome, and the power of staying authentic in high-pressure industries.

During the panel, Malika Andrews, host of ESPN’s NBA Today and NBA Countdown, reflected on overcoming challenges in her career and choosing to focus on opportunity rather than obstacles. “I am the youngest woman and only woman to ever host the NBA Draft,” she said. “When you walk in over and over again as the first to do something, you can either choose to see that as, ‘Well, we were told we don’t belong,’ or you can choose to see it as, ‘They’re going to remember me because I’m a little different than everyone else who walked in before.’ I’ve always chosen to look at it that way. I’m here because I’m good. I’m here because I’m qualified.” In addition to the keynote and panel, the summit featured Resource Row, a vibrant activation space where local nonprofits and community-

based organizations, connected students with real-world opportunities in areas such as mental health support, educational advancement, professional mentorship, internships, and civic engagement. The curated resource fair ensured that the summit’s impact extended beyond the stadium, planting seeds for long-term personal and community growth. Stadium partner and Rose Bowl Legacy Foundation donor Wescom Financial led hundreds of students in an educational session focusing on financial literacy. “Through powerful storytelling, shared experiences, and access to resources, this summit represents exactly what the Rose Bowl Institute and the Pasadena Tournament of Roses stand for—amplifying youth voices and fostering inclusive, courageous leadership,” said Dedan Brozino, President of the Rose Bowl Legacy Foundation. “We are proud to see these young leaders stepping forward with purpose, vision, and unity.” Tournament of Roses President, Mark Leavens, echoed the importance of the collaboration: “Partnering with the Rose Bowl Institute on this year’s summit represents a meaningful step forward in our shared vision—to uplift the next generation by creating inclusive spaces where their voices are heard, and their leadership is cultivated. Hosting this program at the Rose Bowl, a symbol of unity and excellence, adds even greater significance to what these students are building together.” As the Los Angeles region continues to navigate the challenges of our time, events such as the Youth Leadership Summit reinforce a shared belief in the promise of tomorrow. The Rose Bowl Institute and the Pasadena Tournament of Roses remain steadfast in their mission to provide platforms where young people from every walk of life can thrive, lead, and transform their communities.

ABOUT THE ROSE BOWL INSTITUTE
The Rose Bowl Institute champions sportsmanship, leadership, and citizenship. Through educational programs, focused dialogues, and awards, the Institute leverages the power of sports to unite people everywhere. It is an arm of the Rose Bowl Legacy Foundation. James Washington, a former two-time Super Bowl Champion and UCLA Alumni, leads the Institute alongside a current Advisory Board. Launched in 2020, the Rose Bowl Institute has proven to be an inspirational flashpoint to educate and inspire both at-risk youth and underserved communities in Southern California and around the nation with compelling programming. Sports is a universal language that has the power to unite everyone. The Institute continues teaching independent skills and positive sports values such as ethics, teamwork, sportsmanship, equality to ensure its viewers and participants are exposed to free programming that can benefit their growth as contributing members of society. Coupled with the Rose Bowl Stadium brand, and anchored by a nationwide, celebrity, values-driven advisory board, the Institute has quickly become a unique leader in valuable, productive dialogues rooted in positive sports values.

SOUNDTRACK SONGS

- ACROSS
- 1. Potato chip, in U.K.
 - 6. ____ capita
 - 9. " ____ the night before Christmas..."
 - 13. Popular garden perennial
 - 14. George Gershwin's brother
 - 15. *"Follow the Yellow ____ Road"
 - 16. Brickowski of "The LEGO Movie"
 - 17. Pick up a perpetrator
 - 18. Hindu sage
 - 19. *"Flashdance... What a ____"
 - 21. *"Stayin' Alive" band
 - 23. Actress Gasteyer
 - 24. Windshield option
 - 25. Undergarment
 - 28. Teenager's woe
 - 30. *Solfège-themed "The Sound of Music" song
 - 35. Capital of Latvia
 - 37. Pilgrimage to Mecca
 - 39. India bigwig
 - 40. Fussess or stirs
 - 41. Belted starman
 - 43. Charged particles
 - 44. Binturong's cousin
 - 46. Type of salmon
 - 47. Sol, or la, or ti
 - 48. *Eponymous 1978 Franki Valli song
 - 50. To, archaic
 - 52. *Ryan Gosling's 2023 "I'm Just ____"
 - 53. Part of a jousting outfit
 - 55. Tax pro, acr.
 - 57. *"I Will Always Love You" of "The Bodyguard" singer
 - 61. *"(I've Had) ____ ____ of My Life" of "Dirty Dancing"
 - 65. Desert wanderer's hope
 - 66. Morning condensation
 - 68. Waterwheel
 - 69. Rosetta Stone, e.g.
 - 70. U.N. working-conditions agcy.
 - 71. Perform in a play
 - 72. Through, to a poet
 - 73. First responders's acronym
 - 74. Force units

- DOWN
- 1. Carmy in "The Bear"
 - 2. "Emily in Paris" new location
 - 3. *"This ____ ____" of "The Greatest Showman"
 - 4. #69 Across, alt. sp.
 - 5. Green layer on copper
 - 6. Contact on social media
 - 7. E in B.C.E.
 - 8. Torah teacher
 - 9. H.S. math class
 - 10. Solomon-like
 - 11. Advil target
 - 12. Sleigh runners
 - 15. Poet and "Surrealist Manifesto" author André
 - 20. Jack Black's Libre
 - 22. Tight one, in football
 - 24. Tiresome
 - 25. Health food pioneer of liquid aminos fame
 - 26. Peter Fonda in 1969 role
 - 27. In the past
 - 29. DEA agent
 - 31. *Prince's "Purple ____"
 - 32. Digital tome
 - 33. ____ Carlo
 - 34. "A Doll's House" playwright
 - 36. Away from port
 - 38. *"The Lion King" composer
 - 42. Ax mark
 - 45. Sleeping sickness vector
 - 49. Kind of trip
 - 51. Not closed
 - 54. Not mainstream
 - 56. Lack of muscle tension
 - 57. Terry Crews on "America's Got Talent"
 - 58. The Hippocratic one
 - 59. ____-friendly
 - 60. Farmer's storage
 - 61. Scarce bills
 - 62. Formerly Persia
 - 63. Three blind ones
 - 64. Chows down
 - 67. Freddy Krueger street

CROSSWORD

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May 3, 2025 Solutions

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THE FRONTRUNNER – A NEW CHAPTER AT THE TRACK (JUST IN TIME FOR MOTHER’S DAY)

The FrontRunner Restaurant at Santa Anita has a new menu. You might be tempted to say, “Meh, what’s the big deal?” But let me tell you—what really impresses me about any restaurant is when they’re willing to change, to try something new. Too many places get stuck in their old ways. Not here.

And with Mother’s Day weekend upon us, this just might be the perfect time to give it a try.

For longtime Dills Discovery devotees, don’t panic—the crab cake is still on the menu. Sure, like everything else, the price has crept up a bit. But hey, we’re dining at the Den of the Sport of Kings—what did you expect, a dollar menu?

Here’s a fun fact you can share with Mom while sipping something bubbly: the Front-Runner bar is the longest bar west of the Mississippi River. Yep. Stretching as far as the eye can see—and service? Always dependable and honest. Gabe, Wendy, Jorge... I honestly couldn’t pick a favorite if I tried. They’re all aces.

Now, about that new menu. I tried the fettuccine with sautéed scallops. It’s listed with pesto, but mine came with a lighter touch—which was actually just right. And the Crab Louie Salad? A well-balanced mix of fresh greens, a respectable amount of crab, and plenty of Louie dressing to make it sing. A steak? You BET the Tomahawk will feed the whole right side of the table.

Pizzas remain a reliable bet. And if your mom has a sweet tooth? They’re serving local legend Fosselman’s Ice Cream. That alone is worth the trip—trust me.

So take a tip—from a guy who’s been around the paddock a few times: whether it’s Mother’s Day brunch or just a Sunday at the track, the FrontRunner in Arcadia is more than a meal—it’s an experience. Make a reservation, treat Mom to valet parking, and enjoy the elevated view with your elevated meal.

Santa Anita Race Track – Enter from Baldwin or use the valet on The Huntington Drive side.

Heard my podcast? It recently hit #2 on iTunes! Just search “Peter Dills” and give it a listen.



INGREDIENTS	
<u>Sponge Cake</u> 7 eggs, separated 8 oz. sugar 1 cup flour 1 oz. melted butter	<u>Icing</u> 5 oz. fondant for white icing 6 oz. fondant for chocolate icing 3 oz. semi-sweet chocolate, melted
<u>Pastry Cream</u> 1 tbsp. butter 2 cups milk 2 cups light cream 1/2 cup sugar 3 1/2 tbsp. cornstarch 6 eggs 1 tsp. dark rum	<u>Substitution for Fondant Icing:</u> <u>Chocolate Icing</u> 6 oz semi-sweet chocolate, melted 2 oz. warm water
	<u>White Icing</u> 1 cup sugar (confectioner’s sugar recommended) 1 tsp. corn syrup 1 tsp. water
INSTRUCTIONS <u>Sponge Cake Preparation:</u> Separate egg yolks and whites into two separate bowls. Add ½ of the sugar to each bowl and beat both until peaked. Once stiff, fold the whites into the yolk mixture. Gradually add flour, mixing with a wooden spatula. Incorporate the melted butter. Pour this batter into a 10-inch greased cake pan. Bake at 350°F for about 20 minutes or until spongy and golden. Remove from the oven and let it cool completely.	slicing knife, then slice it into two layers. Spread the flavored pastry cream on one layer. Place the second layer on top. Use a small amount of pastry cream to coat the sides of the cake for almond adhesion.
<u>Pastry Cream Preparation:</u> In a saucepan, bring butter, milk, and light cream to a boil. In a separate bowl, combine sugar, cornstarch, and eggs, whipping until ribbons form. Once the cream mixture reaches boiling, whisk in the egg mixture. Cook until boiling and continue for an additional minute. Transfer to a bowl, covering the surface with plastic wrap. Chill preferably overnight. When ready to use, whisk to smooth and add dark rum.	<u>Preparing Chocolate and White Fondant Icing:</u> <u>Chocolate Fondant:</u> Warm 6 oz. of white fondant over boiling water to about 105°F. Mix in the melted chocolate. Thin it with water to achieve a spreadable consistency. <u>White Fondant:</u> Warm 5 oz. of white fondant over boiling water to about 105°F. If necessary, thin with water. Transfer to a piping bag fitted with a 1/8-inch tip.
<u>Assembling the Cake:</u> Level the top of the sponge cake using a	<u>Alternate Chocolate Icing:</u> Melt the chocolate and combine it with warm water. Warm the mixture to 105°F, adjusting consistency with water for easy piping. <u>Decorating the Cake:</u> Apply a thin layer of chocolate fondant or icing on top of the cake. Immediately create spiral patterns using the white fondant or icing, starting from the center. Using a paring knife, score the white lines, pulling from the center outward to the edge. Spread the cake’s sides with reserved pastry cream and press toasted almonds onto the sides.

THE TASTING ROOM

CHILL. VIBRANT. CHARITY. VALUE.

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

The hot weather is back this weekend. I have got a white wine that will chill you off. Best of all it tastes fantastic.

The 2023 Lucy Pico Blanco is from one of my favorite winemakers – Jeff Pisoni – his brother Mark is the vineyard manager, and together they are producing some gorgeous wines up in the Monterey Bay area.



This vintage is a blend of 86% Pinot Gris and 14% Pinot Blanc. The grapes are fermented in neutral French oak barrels to keep the fruit fresh and pure. There’s aromas of stone fruit, melon, and citrus. Upon tasting, you get tropical perfumed notes, pineapple, and bright acidity. This wine is made for a hot day, but it’s also delicious in any type of weather.

For every bottle sold of the Pico Blanco, \$1 goes to the Monterey Bay Aquarium for ocean conservancy. The Pisoni family produces limited quantities of Lucy wines. They craft wines with attention to detail, they farm sustainably, and they treat their vineyard crew with utmost respect and care. I am proud to support the Pisoni family, and I urge you to support family run wineries such as Lucy.

The 2023 Lucy Pico Blanco Monterey County is available at The Bottle Shop for \$19.99. Say you saw it in the Mountain Views News and get the MVN special price of \$18.00. The special price is good through May 16th.

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

Until next time – Salud!
Scan the QRCode to sign up for our newsletter.

THE BOTTLE SHOP
58 W. Sierra Madre Blvd, Sierra Madre
626-355-1262
Beer Tasting – Wednesday 5pm
Wine Tasting – Thursday 6:30pm & Friday 6pm & 7:30pm

ALL THINGS

By Jeff Brown

THE EARTHING MOVEMENT refers to the potential positive effects of direct physical contact with the Earth's surface (e.g., walking barefoot on grass, soil, or sand).

Top Potential Benefits of Touching the Earth

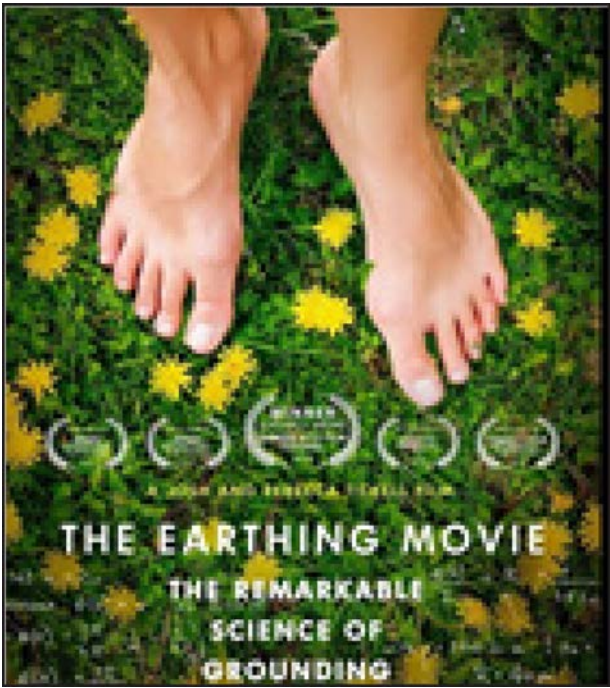
- Improved Sleep Quality**
 - Grounding may help regulate cortisol levels (a stress hormone), promoting a healthier sleep cycle and deeper rest.
- Reduced Inflammation**
 - Some studies suggest that physical contact with the Earth can decrease chronic inflammation, a key contributor to many diseases.
- Lower Stress and Anxiety**
 - Grounding appears to calm the nervous system, reducing stress and inducing a sense of calm and well-being.
- Better Blood Flow and Circulation**
 - Contact with the Earth's electrons may improve blood viscosity, which could support heart health.
- Antioxidant Effect**
 - The Earth's negative charge may help neutralize free radicals in the body, acting as a natural antioxidant.
- Enhanced Mood and Mental Clarity**
 - Many people report feeling more balanced, focused, and emotionally grounded after spending time in direct contact with nature.
- Pain Reduction**
 - Some small clinical trials have shown reductions in chronic pain (such as from arthritis or fibromyalgia) after regular grounding practices.

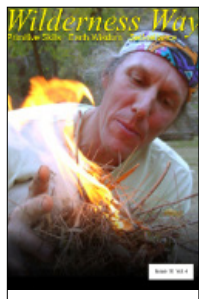
Scientific Status

- While some peer-reviewed studies support these effects, the scientific community remains cautious, and more large-scale, rigorous research is needed.

- The practice is considered safe, simple, and low-cost, with no known harmful side effects.

The Earthing Movie or Down To Earth on Prime or Youtube is an award winning documentary that reveals the scientific phenomenon of how we can heal our bodies by doing the simplest thing that a person can do-standing barefoot on the earth.





CHRISTOPHER Nyerges

[Nyerges is an educator and the author of over two dozen books including “Urban Survival Guide,” “Extreme Simplicity,” “Foraging Californai,” and other books. More information at www.SchoolofSelf-Reliance.com]

WHO IS MOUNTAIN MAN TOM GROVER?

I began corresponding with Tom Grover, living in Idaho, married to his wife Joyce for 65 years, when he wrote to share his discoveries with me on how to make a fire-piston that actually worked. He sent me many which worked quite well, much to my surprise.

Tom Grover was born in Driggs, Idaho in his grandmother’s bedroom on August 20, 1939. His father was an Eagle Scout, who guided Tom onto a path of wilderness adventures that would last a lifetime.



The cabin built by Tom Grover’s parents, in between Boise and Idaho City.

“Life in the woods was simple, with the hard work of cutting fire wood – lots of fire wood!” explains Grover. For six years, Grover was part of the Idaho Air Guard, learning a lot about fire, and fighting fires.

He lived in the woods most of his life but had recently moved into the city, Boise, because of age and health issues. He lost his hearing, and so didn’t take phone calls, nor did he use email.

Grover hunted alone 95% of the time. He learned a lot

about survival from Tom Brown Jr., and the Woodsmoke journals.

Tom and Joyce met in junior high school, and got married on August 3, 1960. “Joyce and I spent 10 years in a trailer below Palisade Dam at the south fork of the Snake River,” says Grover. “We lived there from the end of May to October each year, and we went back to Boise for the winter. However, we sold the trailer and the jet boat around 2016.”

While living in the woods, he ran a trap line, “before I knew better,” he quips.

He did lots of hunting, mostly with a handgun, and he has taken bear, deer, and elk with it. He points out that he has eaten everything from rattlesnakes to elk in the outdoors.

Grover explains that he was a die-hard canoer, using a pole, and has travelled well over 3000 miles by canoe. According to Grover, “I think I am the only person ever to pole up north of Boise River to French Creek and back. It’s a very narrow canyon with fast rocky water! The territory has lots of rattlesnakes, and bears, wolves, mountain lions, and also deer and elk. It took me three days!” He’s also run white water jet boats on six western rivers.

“Joyce always said that I was the most dangerous person she ever saw. It’s fallout from ADHD (Attention- Deficit / Hyperactivity Disorder)! But it saved my life several times, since I just do things without thinking” he explains. “What got me started for a better fire-starter was the winter my canoe capsized in the rugged Buckhorn Rapids of the North Fork Canyon. I had stuck my canoe pole down to turn around and look upstream, but my pole got stuck between two rock. I fell out of the canoe trying to get my pole free. My camera did not survive! Temperatures were near zero, and I was alone. The difference between life and death was probably about a minute. But the ADHD saved my life because I did not get scared. I just did what I had to do without thinking about it, and very fast. I found the wonderful pine pitch vapors and learned how to use them. They are the easiest and best fire-starters on earth. I think I had help from God on that one.”



Grover with the antlers of a bull elk that he killed with a .44 hand gun.

In fact, Grover described himself as being a life-long hobbyist with primitive fire-starting methods. He’s taken classes on primitive fire-starting and done extensive experimenting with flint and steel variations, the bow and drill, and the many possible tinders.

He writes, “Primitive fire-starting has been a life-long hobby! Flint and steel, bow and drill, and fire pistons. I started my first primitive [fire] 68 years ago. My last class in primitive fire-starting was 5 years ago. My first class in survival 57 years ago!”

Grover spent 40 years with the Boy Scouts, with whom he taught most of the wilderness survival classes he taught. He was a Wilderness Survival merit badge counselor for 20 years, and also taught canoeing, and primitive fire-starting. “I was probably the first to lead Boy Scouts on a canoe trip for 50 miles in the Bird of Prey Snake River Canyon.

HIS BELIEF



Grover wrote in one of his letters to me, “I try to read the scriptures every day, and say my prayers three times every day, 365 days a year. Anyone who thinks I would do that year after year if it was one-sided is very stupid!”

He adds, “My father drilled two things into me. One, never hit a woman! And two, The only reason for being late is if you are dead. I have zero tolerance for either one,” he says, adding, “Love is the power that holds friends and family values intact.”

Katnip News!



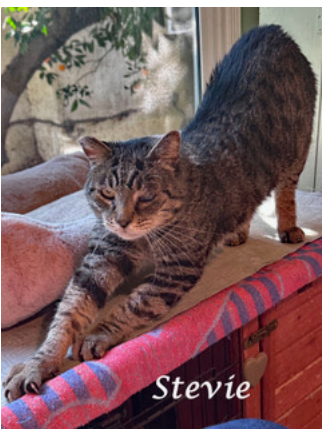
OOOH, STRRRRETCH! This is our sweet "STEVIE WONDER," one of our sweetest and "most-overlooked-for-no-good-reason" cats.

With his soulful eyes and gentle demeanor, Stevie, age 9, has a heart of gold and a love for all things cozy and comforting. There's nothing this brown tabby enjoys more than curling up in a warm lap being petted, cuddled, or simply lounging by your side.

Overlooked? While he may be a tad shy at first, don't let that fool you—once Stevie gets to know you, he'll shower you with endless love and loyalty. Funny eye? Just a remainder of a past eye issue. FIV+? Yes, but don't let that deter you. This condition requires no medication, and Stevie can lead a

happy and fulfilling life just like any other cat. He gets along well with other cats, and loves his treats! This boy has never had a real home--

With your love and care, Stevie will be forever grateful for the chance to experience the warmth and comfort of a loving home. If you'd like the chance to meet this boy, just submit the application: <https://www.lifelineforpets.org/stevie.html>. We'll get back to you quickly.



Pet of the Week

Scrappy is a 20-pound chihuahua/hound mix with a heart as big as his ears—and trust us, those ears are epic. Sometimes they even get adorably stuck behind his head, and it's impossible not to smile. This sweet, medium-energy pup is all about building deep bonds. Once he trusts you, Scrappy becomes the ultimate cuddle buddy, happiest curled up beside you for a nap or offering his signature paw-shake.



Scrappy has been in a foster home with a Pasadena Humane volunteer, and he's gotten a great report. He's fully house-trained, crate-savvy (especially with some calming tunes), and knows a few solid commands like “sit,” “shake,” and “crate.”

Scrappy's ideal match is someone patient, consistent, and ready to love a quirky, devoted companion who just wants to be near his person. If you're looking for a pint-sized pal with a giant personality and unforgettable ears, Scrappy might just be your perfect match.

The adoption fee for dogs is \$150. All dog adoptions include spay or neuter, microchip, and age-appropriate vaccines.

Walk-in adoptions are available every day from 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.

Sierra Madre Woman's Club

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

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Rentals Coordinator

essickhouserentalmanager@gmail.com

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Pets in need

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www.FreeAnimalDoctor.org



Sierra Madre based non-profit



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



For the fourth year running, Pasadena will celebrate Older Americans Month with a free celebration of all it has to offer older residents. On Wednesday, May 21 from 10am -1pm, the west side of Pasadena's Victory Park will fill with tents featuring local businesses and nonprofits, live entertainment, and free refreshments and giveaways for attendees.

This annual event is a partnership between the City of Pasadena Senior Commission, the Pasadena Parks, Recreation and Community Services Department, and Pasadena Village. Each year, hundreds of locals of all ages come to enjoy the festivities and learn about what resources and opportunities are available to them in healthcare, public services, recreation, arts and culture, and more. This year, the event will also include a chance to chat with experts and receive health screenings at sponsor tents throughout the day. These include a physical therapist at the Pasadena Senior Center booth, a veterans affairs expert at the Home Instead booth, a lung health and air quality expert at the UCLA Health booth, and diabetes, hypertension and fall risk screenings at the Huntington Health booth. All are free of charge.

Amid the tents, attendees will find complimentary refreshments courtesy of Starbucks and Villa Gardens, as well as live entertainment. Don't miss therapeutic dance and movement from the Hummingbird Project, Senior Zumba from the Rose Bowl Aquatic Center, the adult ensemble of the Pasadena Conservatory of Music, and Line Dancing from the Pasadena Senior Center throughout the day! While registration isn't required, those who do will receive a free resource bag at the event. Anyone interested in attending is encouraged to register at cityofpasadena.net/OAM. Residents of Pasadena, Altadena and the surrounding communities are welcome.

This event is made possible with in-kind support from Pasadena Village, Home Instead-Pasadena, UCLA Health, Villa Gardens, and other generous sponsors.



TOP JOB SEARCH RESOURCES FOR OLDER JOB SEEKERS

Dear Savvy Senior,
What websites or apps can you recommend to help older people find employment opportunities? I'm 60 and have been out of work for nearly a year now and need some help. *Seeking Employment*



Dear Seeking,
To help you find employment, there are a number of job-search websites and apps specifically tailored to older workers seeking full-time, part-time or remote positions. Here are 10 great options that are recommended by U.S. News & World Report for 2025, most of which are completely free to use.

AARP Job Board (jobs.aarp.org): Designed for workers 50 and older, AARP's job board allows users to search by job title, keyword, company or location. The platform also offers search filters for full-time, part-time and remote work opportunities. Employers who are part of AARP's Employer Pledge Program are committed to hiring older workers.

CareerOneStop (careeronestop.org): Sponsored by the U.S. Department of Labor, you can use this site to explore career opportunities, access training programs and job-search resources. You'll also find help looking for a remote job, filling out a job application, getting started as a self-employed person and choosing a path that's right for your stage in life.

Indeed (indeed.com): One of the largest job search engines in the world, Indeed will help you sift through millions of available positions. You can include a variety of specifications to find a job, including whether you want to work remotely, your salary requirements, preferred location, experience level and education. If you upload your resume, employers can find you as well.

LinkedIn (linkedin.com): If you don't have a LinkedIn account, create one to showcase your experience, knowledge and skills. You can gather news and insights related to your industry by looking at what others are posting and share your content as well. The site allows you to conduct job searches and set alerts for new opportunities.

NEW Solutions (newsolutions.org): This site connects professionals aged 55 and older with part-time and full-time positions in government agencies. Users can browse openings by state, apply online and receive guidance through the hiring process.

Rent A Grandma (rentagrandma.com): If you want to work as a nanny, chef, domestic staff or pet care provider, this site is a great resource, but they do charge a \$25 registration fee. It also offers opportunities for tutors and personal assistants. After you sign up, clients can contact you about job opportunities.

Retired Brains (retiredbrains.com): This site can help you find remote, flexible, freelance and work-from-home jobs. You'll also be able to access resources to start a business. You can search by location, keyword or job title and access career advice on resume building and interview preparation.

RetirementJobs (retirementjobs.com): This site specializes in job opportunities for workers over 50, with retail, caregiving, transportation, sales and finance listings. It also features certified age-friendly employers and offers webinars on job searching, networking and overcoming age bias. You can learn how to utilize LinkedIn, improve your interview skills and understand how your job could impact Social Security benefits.

Seniors4Hire (seniors4hire.org): For job seekers aged 50 and older, at this site you can register for free, post your resume and search for jobs. Employers use the platform to find experienced workers for part-time, full-time and remote positions.

Workforce50 (workforce50.com): At this site you can view jobs specifically posted by companies looking for older workers. You'll also be able to access resources related to resume building, shifting from military to civilian life and finding a federal job.

Send your questions or comments to questions@savvysenior.org, or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...MAY BIRTHDAYS*



Beth Copti, Marilyn Diaz, Anne Schryver, Jo Ann Williams, Paul Hagan, Lenore Crilly Joann Serrato-Chi, Harriett Lyle, Jean Coleman, Birgitta Gerlinger, Luciana Rosenzweig, Linda Wochnik, Marian Woodford, Debbie Sheridan, Joanne Anthony, Carole Axline, Kika Downey, Shirley Hall, Janet Ten Eyck, Jane Thomas, Ray Burley, Bridget Flanagan, Donna Mathisen, Vicky Ryan, * 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

WHAT EVER HAPPENED TO "MYSPACE"

When I was young, one of my life priorities was "My Space." I defended it with everything I had.

In school, I had to defend "My Space." Several times, I even had to go to the principal's office and explain what "My Space" was all about. He didn't seem to understand, and I had to explain it several times.

At home with my siblings, I had to define the parameters of "My Space." Even though I explained it to them several times, they never seemed to get it. Their idea, and I do not know where it came from, was that "My Space" was "Their Space." No matter how often I explained it to them, they never seemed to understand what I was discussing.

One of the great privileges of moving away from home was that I could now defend "My Space" without any interference from anyone. I can't tell you how much I enjoy that freedom.

Then, I thought about it for the first time in, I don't know how many years. Somehow, "My Space" was being violated.

I had to move my office somewhere when I retired from the church. I had close to 10,000 books, so I needed somewhere to put them. So, we added an office space to our home. It cost some money, but it was a way of establishing "My Space."

Fortunately, The Gracious Mistress of the Parsonage supervised the construction of my retirement office. There had to be a lot of shelves for all my books, and she could put them all together.

When it was finished, I was so happy to see my books on the bookshelf in my new "My Space" office at the house. I could enter the door, sit at my desk, and be all alone to do what I wanted.

Sometimes, I sit behind my desk and look around at all the books in my office. Except for Bible commentaries and dictionaries, I have read every book in my library. Some I have read several times. And I know just about where I got every one of them. They are the occupants of "My Space."

Then something happened violating "my space."

The Gracious Mistress of the Parsonage babysits our great-granddaughter while our granddaughter is working. We have had our great-granddaughter for about two years now. She's about 2 ½ years old and has more energy than a troop of monkeys at a zoo.

If I had half her energy, I would accomplish a lot in life. Just watching her energy drains me of the little energy I have.

In the morning, I like to watch the news on TV before starting the day. Halfway through watching the news, the great-granddaughter arrives for the day.

She will come into the living room, jump on the couch, and say, "Papaw, George."

I've realized that when she says that, she wants to watch a program called Curious George, a TV cartoon for children. Who gave her the right to "My Space" TV?

For some reason, she believes she can invade "My Space" and turn the TV to the program she wants to watch, regardless of what I'm watching. This is truly an invasion of "My Space." However, she thinks she deserves to watch whatever she wants on TV, regardless of what I am watching at the time.

At lunchtime, The Gracious Mistress of the Parsonage will have my lunch plate in the refrigerator for me to pick up. I will come to the kitchen, pick up my lunch plate, sit in my chair, and watch the news at noon.

It's my time to relax and enjoy lunch.

Just as I'm beginning to eat my lunch, the little great-granddaughter will come to me and take things off of my plate for herself. Being a great-grandfather, I cannot say that word with two letters, "NO." Who gave her the right to "My Space" lunch?

I don't know whether she understands I can't say that word, or maybe she's just playing me with a cute little giggle, a smile, and puppy eyes. As far as she is concerned, "My Space" is also "Her Space." Where she got that idea, I will never know. I'm suspicious that maybe she was born with it, or perhaps her great-grandmother taught her how to do it.

In any case, "My Space" has been thoroughly violated. I'm beginning to think the only time I will restore "My Space" is when they put me in my coffin and drop me in the grave.

Pondering this the other day, I wondered how or if it was possible to regain "My Space." What must I do to establish the perimeters that will separate me from everybody else?

I remember reading I the Psalms verses that support my idea of "My Space". David said in Psalm 91:1, 4 - "He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler."

If I am under the "shadow of the Almighty", nobody can ever compromise my safety. I don't have to worry about my situation because I am not defined by that. I am defined by my abiding under the shadow of the Almighty. If you can compromise the "Almighty" then I'll worry, but not before. Good luck with that.

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Mountain Views News has been adjudicated as a newspaper of General Circulation for the County of Los Angeles in Court Case number GS004724: for the City of Sierra Madre; in Court Case GS005940 and for the City of Monrovia in Court Case No. GS006989 and is published every Saturday at 80 W. Sierra Madre Blvd., No. 327, Sierra Madre, California, 91024. All contents are copyrighted and may not be reproduced without the express written consent of the publisher. All rights reserved. All submissions to this newspaper become the property of the Mountain Views News and may be published in part or whole. Opinions and views expressed by the writers printed in this paper do not necessarily express the views and opinions of the publisher or staff of the Mountain Views News.

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A member of
the
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Newspaper
Publishers
Association

Mountain Views News Mission Statement

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

STUART TOLCHIN



Of course you have noticed the chaos around us. Everyone is confused, some are terrified, and everyone wonders why it is happening. I have done a little reading and a little thinking and am going to offer some other possibilities. Just after I graduated from Berkeley in 1965 the College hired a very young man who soon became the youngest tenured professor in the College's history. He entered Harvard College at the age of 16 and in a very short time he obtained his PhD in mathematics. As a professor students noticed he was a little strange because he wore the same clothes every day. In 1971 he left teaching and moved to a remote cabin in the wilderness. Eventually he produced an anti-technology essay entitled Society and its Future.

Perhaps you have already guessed the more popular name of this writing which is commonly called a manifesto. According to the internet this manifesto contends that the Industrial Revolution began a harmful process of natural destruction brought about by technology, while forcing humans to adapt to machinery, creating a sociopolitical order that suppresses human potential and freedom. The writer who is remembered as the Unabomber carried on a campaign designed to protect wilderness by hastening the collapse of the industrial society. The manifesto states that the public largely accepts individual technological advancements as purely positive without accounting for the erosion of local and individual freedom and autonomy. Yes, I used my iPhone to look up information about the author of this writing popularly remembered as the Unabomber Manifesto. Why do research when I can just go the iPhone and end my curiosity. Using the phone isn't exactly research or learning. It is a momentary activity that brings little pleasure. On the stand behind my bed there sits a book by Richard P. Feynman entitled The Pleasure of Finding Things Out. I read the book and recall Feynman's description of scientists struggling so desperately for every bit of knowledge, staying up night seeking an answer. When eventually a satisfactory explanation is understood Feynman describes a feeling probably akin to an epiphany. Well, I often stay up all night playing

PUT THE LIGHTS ON IS THERE HOPE?

with my phone doing puzzles. Perhaps you stay up playing video games. That is not what Feynman described. There is no epiphany connected to pressing a button on the phone and taking a few minutes to read what has already been found. I believe the progress of social media and technology have robbed many of us of the pride we formerly obtained from our own discoveries. Sending a link to someone else is very different from sharing the joy of discovery.

Of course, I can do nothing but condemn the methods the Unabomber employed to attempt to reverse the trend. He engaged in domestic terrorism for nearly twenty years, planting bombs that killed three Americans and injured many more before his capture in 1996.

As we all recall now, he attempted to attract attention but other than attracting attention he completely failed in his attempts to reverse the progress of modern technology. In 1998 he was sentenced to consecutive life terms without the possibility of parole. He remained in prison until June of 2023 when he hanged himself in prison. All right he failed but what about us. We must be more than passive observers who watch our most important values being destroyed.

What I suggest is something really radical. Individually we must take care of ourselves. Stop drinking and stop using drugs. Talk to people, listen to them and listen to yourself. Try writing. I find it helpful. Be brave enough to share your thoughts with other people who exist in a bubble different from your own. Limit use of the phone for yourself and your kids to an hour per day and encourage them to obtain library cards and to discuss what they read with others. Meet the challenge and always avoid violence.

The Unabomber tried to use violence to combat technological progress and its consequences. He used the wrong weapon. The one true weapon is our individual human intelligence and social skills. The Unabomber had the intelligence but not the skills. If Americans can free themselves from the crippling addictions associated with isolation and despair, we can rediscover sanity. Let us fight for our heritage and release our own energy to reclaim our own humanity.

GET INVOLVED!! Join protests and throw away your phones. Try living without your alcohol and drugs.

RICH JOHNSON



EVERYTHING COMING UP MOTHERS!

Mother's Day seems an appropriate time for me to reveal something about my family. Yes, I have a mother. I am not a test tube baby, or an alien found on another planet, no matter what the compelling evidence might suggest.

Revelation #1: I am a twin. No, not an identical twin. A loving Heavenly Father would never inflict the world with two of me. My twin Sister's name, Ruth. We were born on Halloween (I know, my birthday explains a great deal regarding my particular peculiarities!) My twin sister and I are not identical. She was prettier, smarter, more athletic, frankly my superior in every category. (Sadly, I use the verb "was" as she is no longer with us.)

Revelation #2: Ruth and I were not the only twins in my family. No, I'm not referring to cousins. The startling fact is, 13 months following my sister and my arrival, mom gave birth to my brother and sister, aka Elizabeth and Roger. Twins, part deux! Their birth facilitated an instant invitation from my mother to my father, to go join a monastery as this "factory" was now closed. Two sets of twins in 13 months!

Of the thousands of wonderful quotes about mothers, to me the most powerful quotes describe the profound influence a mother can have on her children. Please read and reread these quotes. "Behind every great child is a mother who believed in them!"

Jessica Chastain: "I am where I am today because of this warrior woman. Thank you, Mom."

Muhammad Ali had this to say about his mother: "My mother once told me that my confidence in myself made her believe in me. I thought that was funny, because it was her confidence in me that strengthened my belief in myself." Beyonce to her mom: "Dear Mama, everything I am is because of you! You are the first voice that ever sang to me. At every turn you push me to be better...be true to myself and the ones I love.

Michelle Obama on her mom: "I couldn't have done this without you, mom. You are my role model. You are an amazing woman even though you don't think you had anything to do with me. She always says that, it's like, you raised yourself and I did not, it was you."

Rudyard Kipling told us: "God could not be everywhere, and therefore he made mothers".

(24/7) Once you sign up to be a mother, that's the only shift they offer!

Those of you unacquainted with the Bible, might not know women overall, have a much better reputation in the Bible than men. Duh! In fact, beginning in the garden, God acknowledged what was instantly obvious: Eve had more on the ball than Adam.

That might be because God created man first. Think of Adam as the Model T: Simple, utilitarian, available in one color. When God created the first woman, there were several improvements: Eve was the Model A: More modern, more colorful, more powerful with twice the horsepower...you get the picture.

Finally, I think mothers should have a celebratory day once a month. The problem is it would probably result in more work for them. In conclusion, mothers, you keep the whole world together. Your positive direct influence on your children is what keeps civilization civilized. Thanks for the good work!

Speaking of celebrations, my rock and roll band, JJ Jukebox, will be performing at Nano Café, Saturday, July 19th. If you like to eat, drink and dance; and if you like music such as "Born to Be Wild", "Taking Care of Business", "Crazy Little Thing Called Love", etc. come let us entertain you. Our shows are always "in bed by ten" starting at 6:30 and ending at 9:30. Great food, great dancing, adult drinks (if you qualify). Parties of 6 or more call for reservations (626) 325-3334.



HOWARD Hays As I See It

"100% tariffs on foreign films (maybe shutting off China market for US films?) Re-open Alcatraz (closed for 60+ years)? I really do not think it is a good idea to leave President Trump alone on Sunday nights." – Jeff Greenfield on X

Not just with Trump on Sunday nights, but over the past week in this administration: The White House posts AI-generated pics of Trump as both a pope and a jacked-up Star Wars character. Attorney General Pam Bondi declares that 258 million Americans, over 75% of the population, have been saved from fentanyl poisoning by President Trump. The top 25 investors in the \$TRUMP meme coin are promised VIP tours of the White House.

Voting rights cases are dropped at the Department of Justice and managers overseeing them removed, with the new head of its Civil Rights Division focused instead on "supporting Trump's priorities". Trump calls for investigations of pollsters who come up with numbers he doesn't like.

Kristen Welker on "Meet the Press" asks Trump, "Don't you need to uphold the Constitution of the United States?" and the president answers, "I don't know". As to whether everyone deserves due process, Trump says he doesn't know because "I'm not a lawyer". On the state of the economy, the president explains, "the good parts are the Trump economy and the bad parts are the Biden economy".

The president suggests reopening Alcatraz prison in San Francisco Bay. The popular tourist attraction hasn't been used as a prison in over sixty years. It would take years and cost hundreds of millions of dollars to bring it to the point of again holding 200-300 prisoners – with ongoing expenses more than double the per-prisoner cost at an existing Supermax facility.

Former Republican strategist Stuart Stevens points out that where Trump was staying that weekend, the local PBS station was showing the 1979 Clint Eastwood film, "Escape from Alcatraz". Stevens explains, "clearly what happened is, this guy saw 'Escape from Alcatraz' and then grabbed his phone and started tweeting".

The day after that 100% tariff on foreign films was announced, Jon Voight posted on X taking credit for the idea. Trump appointed Voight, along with Sylvester Stallone and Mel Gibson, as "Special Envoys" to Hollywood. During the campaign, Voight called a vote for Kamala Harris "the lowest and most vile choice". Gibson said Harris "has the IQ of a fence post". Introducing Trump at a campaign event, Stallone likened the candidate to George Washington.

Voight had tariffs as part of a package including tax incentives, "co-production treaties" and subsidies. But for Trump, it became simply a 100% tariff to fight "a concerted effort by other Nations and, therefore, a National Security threat" – a threat he claims allows him to enact the tariff without bothering with Congress. He warned of "messaging and propaganda" coming from foreign-made films

Nobody knows specifically what the tariff would apply to. Tariffs traditionally apply to "goods" rather than "services", and with "services" we consistently run trade surpluses with other countries. According to the Motion Picture Association, the film industry's \$22.6 billion in exports resulted in a \$15.3 billion trade surplus. Should other countries retaliate with restrictions of their own, however, it could cause real problems – like further restrictions on American films in foreign markets.

As it was when stocks tanked a month ago, they again fell not in reaction to a policy, but because nobody knew what that policy was. Governor Newsom already has made clear that whatever it might be, he intends to go to court over it. The president claims authority under the International Economic Emergency Powers Act, while, as the governor points out, we are neither in an "economic emergency" nor does that act mention tariffs as a remedy.

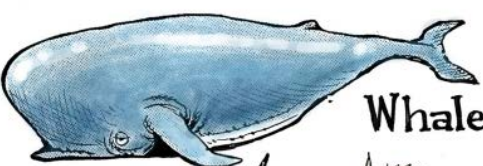
All we know is that with this uncertainty coming on the eve of Cannes film market, American producers counting on foreign distribution deals already see the value of their product suffering a major, and unnecessary, blow.

News last week on other tariffs was unchanged from the week before, when President Trump told Time magazine he'd already "made 200 deals" – though neither he nor anyone in his administration could name any specific deal or country he'd made a deal with. Also unchanged was the assurance we'd be hearing announcements of terrific deals any day now.

Aside from Alcatraz and tariffs on the film industry, we had Trump telling us last week to get used to the fact that, in the future, we'll be buying fewer toys for our kids. Commerce Secretary Howard Lutnick told us to see factory jobs as "the new model, where you work in these plants for the rest of your life, and your kids work here, and your grandkids work here". Lutnick sits in a cabinet with a combined personal net worth over \$12 billion; an administration pushing for factory jobs while fighting union protections, telling American families to settle for less while prioritizing tax cuts for billionaires.

For those film tariffs, analysts see their major harm being inflicted on low- and mid-budget independent filmmakers. Sometimes I feel like I'm sitting through one of those long, mega-budget studio blockbusters – trying to make some sense of the endless noise and bluster, all the while increasingly looking forward to its end.

Endangered species...



Whale



Giant Tortoise



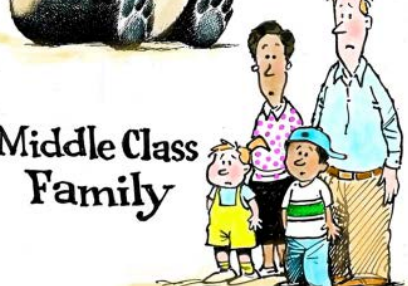
Yak



Panda



Rhino



Middle Class Family

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FITNESS FOR LIFE



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

TOP 5 FITNESS INJURIES

Now that the weather is warming up, more people are heading outdoors to get active. You'll see walkers, joggers, hikers, and cyclists enjoying the fresh air and sunshine. It's a great time to move more but as we return to more activity, especially outside, there's also a rise in fitness-related injuries. Here are the five most common fitness injuries and how you can avoid them.

One of the most common injuries overall is a sprain or a strain. While the words sound similar, they affect different parts of the body. A sprain happens when you stretch or tear a ligament—the tissue that connects bones. A twisted ankle is one of the most frequent examples. A strain, on the other hand, is when you pull or tear a muscle or tendon. This often happens in the back, legs, or arms. These injuries usually occur from overdoing it, skipping a warm-up, or stepping the wrong way on a trail or sidewalk. To help prevent sprains and strains, take time to warm up before any workout, wear good shoes that support your feet and ankles, and watch where you're stepping—especially when on uneven ground.

Knee injuries are also very common. Runner's knee is one and causes pain around the front of the knee. Others include irritation along the outside of the leg, known as IT band syndrome, or even damage to the cartilage. These injuries often happen when someone increases activity too quickly or has weak muscles that don't support the knee well. To help your knees stay happy, increase your activity gradually instead of jumping in all at once. Make time to strengthen your thighs and hips, especially your quads and glutes, which support the knee joint. And don't forget to vary exercise surfaces. Running on hard pavement every day can be tough on joints.

Then there's shin splints. If you've ever had a sore or burning feeling along the front of your lower legs after walking or running, that's what this is. It's especially common when people go from doing very little to suddenly running several times a week. Shin splints are caused by stress on the bones, muscles, and tendons in your lower leg, and are often made worse by worn-out shoes or hard surfaces. Always ease into running slowly and give your legs time to adapt. Stretch your calves regularly and choose well-cushioned shoes with good arch support.

Shoulder injuries are also a top concern, especially for people who enjoy push-ups, weightlifting, or tennis. The shoulder is a small, complicated joint that does a lot of big work. It's easy to strain or pinch something if your form is off or you repeat the same movement too often. Common shoulder injuries include rotator cuff strains and impingement, where the tendons get irritated or trapped. You can help prevent shoulder problems by strengthening the muscles around the joint with light weights or resistance bands. Also, be sure to rest in between upper-body workouts and never try to "push through" sharp pain.

Lower back pain can also be a problem and afflict people of any age and fitness level. Sometimes it shows up after lifting something heavy with bad form. Other times, it comes from tight hips, weak abs, or too much sitting followed by sudden activity. Lower back pain can feel like stiffness, dull aches, or sharp twinges, especially during bending or twisting. The best way to protect your back is by keeping your core strong. Simple exercises for your abs, hips, and back muscles can make a big difference along with hamstring and hip stretches. Always lift using proper form by bending your knees not your back.

Basically, if pain causes you to change the way you move such as limping, holding your breath, or avoiding certain motions, stop. Muscle soreness after exercise is normal, but sharp, stabbing, or burning pain is a warning sign. Don't ignore it. Most injuries happen when we go too far, too fast, or do things without enough preparation. Luckily, they're also easy to prevent. Warming up, cooling down, wearing supportive shoes, and building strength in key areas like your core, legs, and shoulders will go a long way.

So as you get out there walking the dog, hiking a new trail, joining a fitness class in the park, or training for your first 5K be careful. Moving more is the goal, but staying injury-free should always be part of the plan. Listen to your body, go at your own pace, and take care of the little things before they turn into big problems. Be careful today to stay active tomorrow.

UNLOCK YOUR LIFE

THE SURPRISING SCIENCE OF SAYING THANK YOU



Did you know that there's a scientifically-proven way to boost your mood, strengthen your relationships, and bring more joy into your life in an instant? No, it's not the latest wellness trend or an expensive self-help program. It's something much simpler: saying "thank you."

Gratitude is so much more than just good manners. It's actually powerful brain chemistry at work! When we express genuine thanks, our brains release this amazing cocktail of feel-good chemicals: dopamine (the pleasure one), oxytocin (the connection one), and serotonin (the happy one). Together, these little neurotransmitters create real, measurable changes in how we feel and interact with others.

Researcher, Dr. Robert Emmons from UC Davis, has discovered that regular gratitude practice can increase happiness by 25%! Not only that, but people who kept gratitude journals for just three weeks reported better sleep, less pain, and even lower blood pressure.

Our brains are actually trainable. The more we practice gratitude, the more neural pathways we create that help us notice the good stuff in our lives. We're rewiring our brains to counteract our negativity bias.

When you thank someone, you're starting what scientists call a "virtuous cycle." The person you thank gets their own little shot of those feel-good brain chemicals, which makes them feel more positively toward you AND more likely to express appreciation to others. A 2018 study even found that just one authentic "thank you" increased helpful behavior not only in the person being thanked but also in people who simply witnessed the exchange. Talk about ripple effects!

Many of us were raised with those old-school etiquette rules: send a thank-you note within three days, keep it short, be specific. Here's the truth I've discovered: it's NEVER too late to say thank you. Whether you're acknowledging something that happened yesterday or reaching out to thank someone who impacted your life years ago, the positive effects are still powerful.

What form should your gratitude take? That matters less than you might think. A handwritten note has that special tangible quality—something the recipient can keep and look at again. A phone call gives them the warmth of your voice. Even a thoughtful text or email can bridge distances instantly. What really counts is being specific and sincere—saying exactly what the person did and how it affected you personally. Those generic "thanks for everything" messages just don't pack the same punch!

I challenge you: this week, take a moment to reach out to someone who's made a difference in your life. Maybe it's someone you've never properly thanked. Tell them, with real specificity, why they matter to you and how they've shaped your journey. Don't worry about sounding poetic—just be real.

The beautiful thing about gratitude is that it costs absolutely nothing to give, yet creates value for everyone involved. In our busy, often divided world, this simple practice creates deeper human connections that transcend all our differences.

So, who in your life deserves to hear your thanks today? Maybe it's your neighbor who always brings in your trash cans. Or your third-grade teacher who believed in you when no one else did. Or the barista who remembers exactly how you like your coffee. Whoever it is, take five minutes right after reading this column to reach out. That moment of genuine gratitude will brighten their day—and the brain science tells us it'll brighten yours too!

Lori A. Harris is an award-winning transformational coach for the extraordinary results her clients achieve. Learn more about her at loriaharris.com.

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May Events Around Town!

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One Time Events

May 2
Cinco De Mayo at San Gabriel Mission District
Entertainment, vendors, food trucks, kids' activities, beer/wine garden. 5:30pm – 9pm

May 3
Beethoven "Pastoral" Symphony at Ambassador Auditorium
Pasadena Symphony performs Beethoven's joyful and expansive symphony 2pm & 8pm

May 3
UCLA Spring Showcase and Cinco de Mayo at the Rose Bowl
See UCLA Football's preparations for the 2025 season, and celebrate Cinco de Mayo with food, music, shops, and boxing. 11am

May 4
Museums of the Arroyo Day
Experience family fun at six area museums 12pm – 4:00pm

May 4
Monrovia Historic Home Tour
Explore five vintage homes and museums in Monrovia. 10am – 4:00pm

May 10
Pasadena Heritage's Arts and Crafts Architecture Bus Tour
Discover Pasadena's Arts and Crafts architecture 10am – 12:30pm & 2pm – 4:30pm

May 10
Pasadena Walking Film Tour
Explore Old Pasadena and learn about movies and TV shows filmed here. 10am – 12pm

May 11
Mother's Day Brunch at The Huntington
Celebrate Mom with an elegant brunch in the beautiful Garden Court. 11am & 3:30pm

May 17
Cruel World Music Festival at Brookside at the Rose Bowl
The festival features performances by New Order, The Go-Gos, and more. 11am -11pm

May 20
Camarata Pacifica: Auerbach's Dreammusik at The Huntington
Enjoy the music of Auerbach, Bolcom and Chopin. Rothenberg Hall. 7:30pm – 9pm

Ongoing Events

April 5 – May 18
Renaissance Pleasure Faire 2025
Enjoy rollicking games, demonstrations, food, and more. Santa Fe Dam 10am – 7pm

April 22 – June 15
Cai Gur-Qiang: A Material Odyssey at Pacific Asia Museum
Artworks and scientific displays explore the properties of gunpowder use by the artist.

April 22 – August 1
Wired for Wonder: A Multisensory Maze at Kidspace Museum
Immerse yourself in this multisensory maze for all ages. Tues – Sun 10am – 5pm

April 20 – May 18
Pasadena Showcase House of Design
The Bauer Estate and Gardens set in five acres of peace and seclusion. Proceeds fund music programs and grants to non-profits.

May 2 – May 26
LA County Fair at The Fairplex
Enjoy attractions, concerts, competitions, fair food and more!

May 3, 4
Sierra Madre Art Fair
Held in Memorial Park this art fair features over 80 fine artists. 9:30am -5pm

May 10, May 24
Greene & Greene Drop in Talks - Huntington
Gamble House docents host drop in talks at The Huntington's Greene & Greene Gallery May 10 the Robinson Dining Room May 24 At the Hearth 11:30, 12:30, 1:30


May 22, May 29
Twilight Music and Cocktails at the Peacock Café Terrace
Relax with cocktails and delicious bites 6 – 8pm



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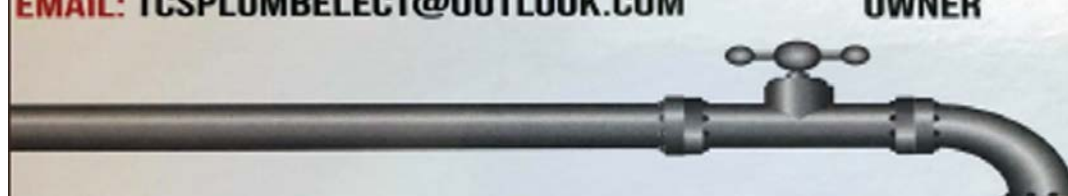


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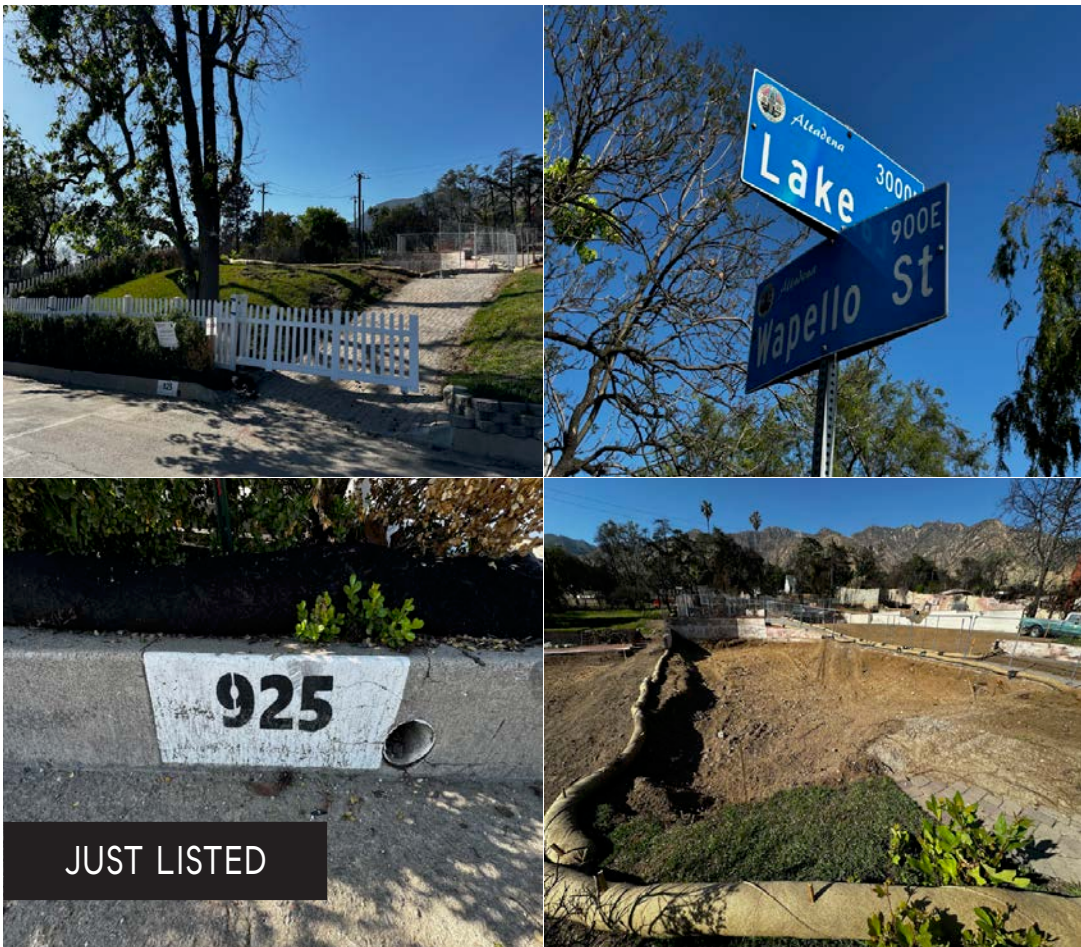


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1656 Glen Avenue, Pasadena Listed for \$1,298,000
4 Bed 2.5 Bath 1,716 SF 6,507 SF LOT

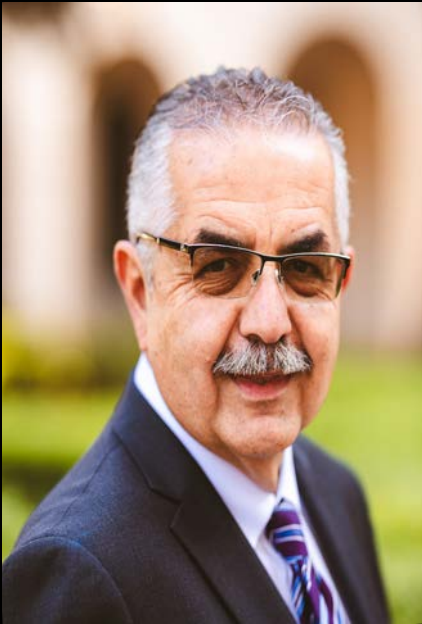
2437 Florence Avenue, Arcadia Listed for \$1,898,000
3 Bed 2 Bath 1,930 SF 19,103 SF LOT



925 Wapello Street, Altadena Listed for \$585,000
7,826 SF Vacant Lot




1668 Wilson Avenue, Arcadia Listed for \$5,725/mo
3 Bed 2 Bath 1,824 SF

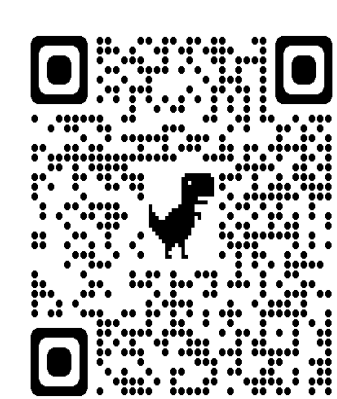


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