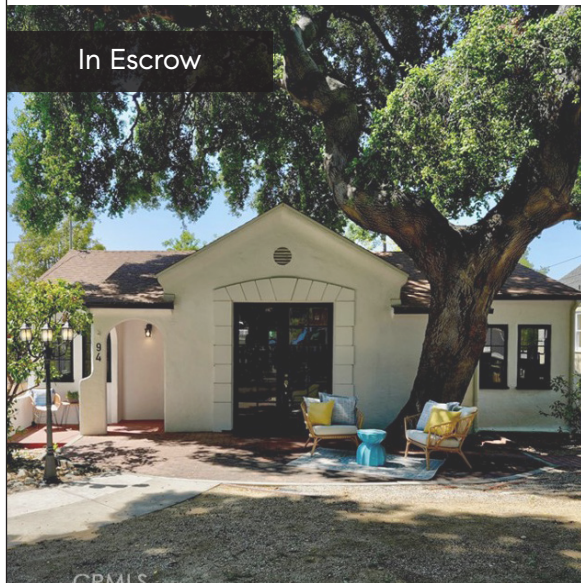


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the webb-martin group



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SIERRA MADRE GIRLS SOFTBALL 10U  
GOLD ALL STARS WIN CHAMPIONSHIP  
AT SAN CLEMENTE TOURNAMENT

SMGSA Marks A Record Start to 2025 All Stars  
Season!

Sierra Madre Girls Softball is fielding a record number of All Stars teams, with eight teams from 8U to 14U divisions. And for the first time in recent memory, SMGSA has three teams in the 10U division, showcasing the depth of talent in our league, which deepens with every practice and game and promises to carry forward the proud legacy of SMGSA softball with a new generation.

SMGSA's talent was on display at the San Clemente Memorial Day Weekend Tournament, where our 10U Gold Team prevailed in the Championship Game against La Canada. Our 8U Gold, 8U Silver, two 10U Silver, 12U Gold, 12U Silver, and 14U teams also made strong showings over the three days of high level play with teams from across southern California.

Our All Stars are just warming up and will play tournaments in Glendora and Temecula in the coming weeks before advancing to the USA Softball Northern District Tournaments in June.

For over 50 years, Sierra Madre Girls Softball Association has provided opportunities for generations of girls from Sierra Madre and surrounding communities to grow and develop as athletes and people, leading to numerous successes on and off the field. Over the past four years, our program has experienced remarkable growth, and we're witnessing its fruits as our girls compete and triumph in some of California's most prominent events, representing Sierra Madre with pride.

Want to join in on the fun? Registration for the Fall Softball Season for 6U to 14U divisions will open on July 1, 2025 at smaga.org. For more information, visit smgsa.org and follow SMGSA on Instagram @sierramadregirlssoftball and Facebook @sierramadregirlssoftballassociation.

CIVIC CLUB GIVES GRANTS \$25,000 TO VARIOUS  
LOCAL ORGANIZATIONS AND STUDENTS

By Kevin McGuire

The Sierra Madre Civic Club showcased several community organizations and presented five exceptional students with monetary awards to help them achieve their future goals and continue to thrive.

A presentation was given by the 1st Vice President and Dean of Chairs for the Civic Club, Janet Gillespie, during the regular City Council meeting on May 27, 2025. Gillespie highlighted some of the Civic Club's accomplishments this year, including assisting with the Huck Finn Fishing Derby, Mount Wilson Trail Race, and the annual Wistaria Festival. The Civic Club also donated \$20,020 in grants to "worthy" organizations in the area and \$5,000 grants to the five senior students.

Philanthropy Chair Nancy Beckham presented the awards to the following organizations.

2025 ORGANIZATION AWARD

WINNERS

- The British Home
- Cancer Support Community Greater San Gabriel Valley
- Convalescent Aid Society
- Creative Arts Group
- Mount Wilson Trail Maintenance
- Helping Hands Community Food Bank
- Reading is Fundamental (Pasadena Chapter)
- Sierra Madre CERT
- Civil Club Communications Committee
- Sierra Madre Elementary PTA
- Sierra Madre Community Nursing School
- Sierra Madre Library Foundation
- Sierra Madre Middle School PTSA
- Sierra Madre Playhouse
- Sierra Madre Public Library
- Sierra Madre Rose Float Association

2025 EDUCATIONAL AWARD

WINNERS

The Educational Awards Committee presented grants to the five exceptional 2025 Award recipients. The students were not present during the meeting. Each graduating senior shared highlights from their applications and essays during a May 8 presentation before the Civic Club. To qualify, students had to work, live, or attend school in Sierra Madre.

This year's recipients of the \$5,000 grants are (pictured left to right) Dylan Gallardo (St. Francis High School), Max Romero (Maranatha High School), Evan Wilson (Pasadena High School), Joe B. Cooper (Arcadia High School), and Kaitlin Kinne (Flintridge Preparatory School).

According to the Civic Club's website ([www.sierramadrecivicclub.org](http://www.sierramadrecivicclub.org)), students introduced their families and friends, spoke about their plans for the future, and shared the reasons that receiving this Award was so meaningful to them. These fine, young Sierra Madre residents said they have fond memories of growing up here and will always treasure this town.

The Educational Awards Committee members, who elected these exceptional students, are Judie Cimino, Janet Dosker, Sarah Janssen, Carolyn Lanyi, Sharon Lefler (Chair), Irene Nakagawa, Elizabeth Shuls, and Ruth Torres.

The Sierra Madre Civic Club has been fulfilling its purpose of promoting unity and good fellowship, as well as advancing civic, philanthropic, and youth welfare in our community, since 1944.

MOUNTAIN VIEWS  
NEWS TO HONOR  
2025 GRADUATES



The June 7th 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 them.

The Class of 2025 - tomorrow's leaders - deserve to be honored!

Send to: [editor@mtnviewsnews.com](mailto:editor@mtnviewsnews.com)  
Subject: Class of 2025

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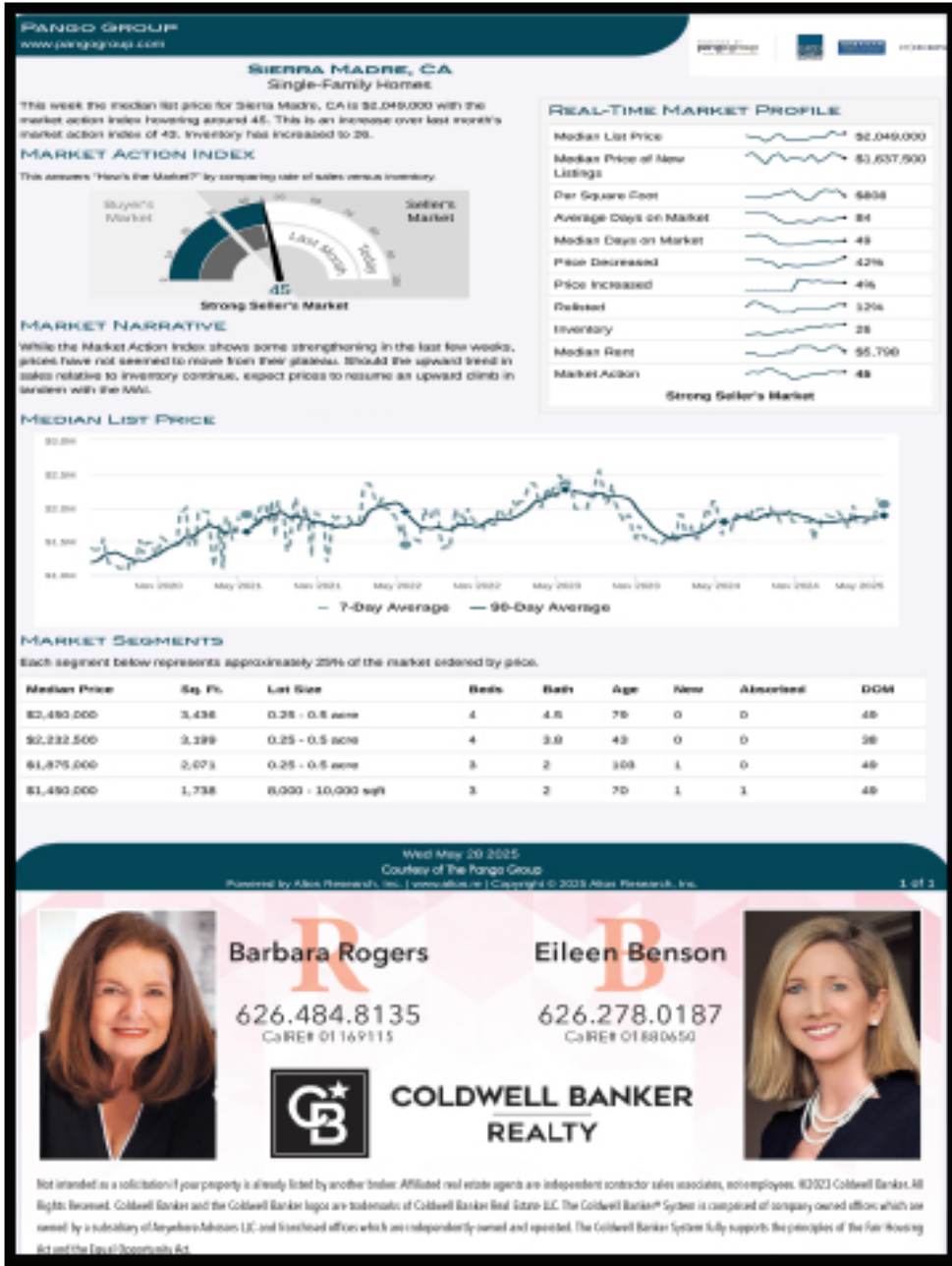
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**Wistaria Thrift Shop**  
550 W. Sierra Madre Blvd, Sierra Madre – South Side Parking Lot

**Sat, May 31**

9 am – 1 pm

Is our BIG Year-End “Everything Goes”

**\$5**

**BROWN BAG SALE**

**Everything Must Go!**

Fill it (them) up Still Only \$5!

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**SIERRA MADRE**  
**4TH OF JULY EVENTS**  
**INDEPENDENCE DAY PARADE!**

PRESENTED BY THE KENSINGTON!

**JOIN US ON THE 4TH!**  
SIERRA MADRE BLVD AT SUNNYSIDE  
PARADE 10AM TO 12PM

**FRIDAY JULY 4TH THE PARADE**

- 7:30 AM YMCA FIRECRACKER 5K FAMILY FUN RUN!
- 8 AM WOMAN'S CLUB PRE-PARADE OPEN HOUSE W/CONT BREAKFAST (LIVE MUSIC BY THE WABASH WAILERS, 550 WEST SIERRA MADRE BLVD)
- 12-2 PM FREE FAMILY SWIM @ SIERRA MADRE POOL SPONSORED BY YMCA!

**THURSDAY JULY 3RD COMMUNITY PICNIC MEMORIAL PARK**

- 5-10 PM FRIENDS OF HEASLEY FIELD BEER GARDEN!
- 6-9:30 PM LIVE MUSIC WITH GROOVY LEMON PIE!
- 7:45 PM COMMUNITY PHOTO AT BAND SHELL!
- 8 PM BUBBLE WRAP FIREWORKS!
- NON-PROFIT BOOTHS-KIDS ACTIVITIES 5-9 PM
- FOOD TRUCKS, CIVIC CLUB CONFETTI EGGS, ROTARY TRI-TIP

**THE KENSINGTON SIERRA MADRE**

**PARADE SPONSORS**

**SIERRA MADRE EVENTS COMMITTEE • CALIFORNIA •**

[WWW.SIERRAMADREEVENTS.ORG](http://WWW.SIERRAMADREEVENTS.ORG)

**SIERRA MADRE ART WALK**

**DILMIT SINGH**  
**LIGHT AND LITERATURE**

An exhibit of oil and watercolor paintings

Opens June 1st

**CREATIVE ARTS GROUP**

Opening Reception at CAG:  
Friday, June 20, 6:00-8:00pm  
during the Sierra Madre Art Walk.  
(Gallery will open from 4:00-8:00pm)

**CREATIVE ARTS GROUP**  
108 N. Baldwin Ave.  
[creativeartsgroup.org](http://creativeartsgroup.org)  
Open M-F 10-5 and Saturday 10-2

**Happy 4th of July**

**PARADE REGISTRATION OPEN NOW!**

**MAY 1 - JUNE 1, 2025**

Questions? Email us at [parade@sierramadreevents.org](mailto:parade@sierramadreevents.org)

**TO REGISTER VISIT**  
**WWW.SIERRAMADREEVENTS.ORG**

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**Art IN The Garden**  
**CREATIVE ARTS GROUP**  
**65th Anniversary Benefit Celebration**

**Join Us**  
Friday, June 13th 2025, 6:00 - 9:00 PM  
...for Our Most Important Fundraiser of The Year!

CREATIVE ARTS GROUP transforms into a Magical Garden,  
for An Evening of Art, Music, Hors d'Oeuvres, Libations & Donations

TICKETS FOR SALE ON OUR WEBSITE:  
[www.creativeartsgroup.org/65thbirthday](http://www.creativeartsgroup.org/65thbirthday)

**CREATIVE ARTS GROUP**  
108 N. Baldwin Ave. 626-355-8350



# SIERRA MADRE BOOKMARK CONTEST WINNERS

The Sierra Madre Library highlighted their annual student bookmark contest during a presentation before the City Council and handed out awards to some of the participants from area schools.

The contest ran from March to April 2025, with the theme “Love My Sierra Madre”. Kids were to showcase people, places, or things, and illustrate what they love about Sierra Madre on their bookmark design. Library Board of Trustees member, Laura Palmer, and Associate Librarian for Youth Services, Doreen Thomas, headed the program.

The contest was open to children from kindergarten to 8<sup>th</sup> grade who live in, go to school in, or have a public library card in Sierra Madre. According to Thomas, this year’s theme brought in 207 entries. Judges picked a first and second place winner for each grade level. The winners were recognized in City Council Chambers on April 30, and the winning entries are on display in the Children’s Room of the Library. Thomas encourages residents to visit the library to see them featured.

In addition, four of the winning entries (shown in the photo) will have their bookmarks printed. Those winners were chosen by “Special Judges,” Mayor Robert Parkhurst, President of the Board of Directors of Friends of the Library, Jeanne Martin, City Manager, Jose Reynoso, and Library Board of Trustees Chair, Diane Sands.

The winners who will get their bookmarks printed are Caleb Shafferman (Kindergarten/Sierra Madre Elementary), Sophia Spears (3<sup>rd</sup> Grade/Sierra Madre Elementary), Alina Kwo (6<sup>th</sup> Grade/Sierra Madre Middle School), and PJ Altruz (7<sup>th</sup> Grade/Sierra Madre Middle School).

Thomas took the time to thank library sponsors who donated money and time to the event, including: The Sierra Madre Community Foundation, The Sierra Madre Women’s Club, Mountain Views News, The Sierra Madre Kiwanis Club, The Sierra Madre Civic Club, and The Friends of the Sierra Madre Library.

The printed bookmarks will be available to the public later this summer at the library. - Kevin McGuire

## 2025 Printed Winning Bookmarks

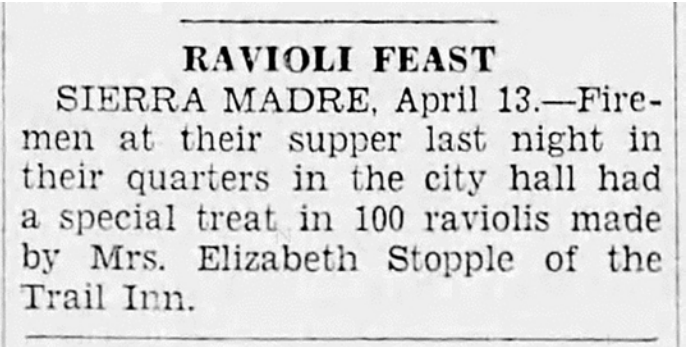


## RAVIOLI FEAST AT THE FIRE DEPARTMENT!

On Monday, May 19, and Wednesday and Thursday, May 21 and 22, the Sierra Madre Historical Preservation Society (SMHPS) was pleased and honored to deliver a “Ravioli Feast” to all three shifts of the Sierra Madre Fire Department.

Members of the SMHPS, as well as other guests attended one or more of the three nights, and shared in the festivities. SMHPS President, Leslie Ziff, portrayed “modern day” Lizzie and served food to all. Former Sierra Madre volunteer firefighters Richard Mays (SMHPS treasurer) and Mayor Pro Tem Kris Lowe were in attendance to share stories of then and now. In addition, on May 21, Mayor Robert Parkhurst, and special guests District Representative Darla Dyson of State Senator Sasha Renee Perez’s office and District Director Declan Floyd of State Assemblymember John Harabedian’s office attended.

Why, you may ask, did this come about? SMHPS recently discovered a newspaper article from the Pasadena Post on April 13 of 1929, announcing that Lizzie Stoppel (of the Trail Inn) brought a Ravioli Feast to the Sierra Madre Fire Department at city hall on April 12.



Lizzie had owned the Trail Inn business since June of 1926, and although the article did not say why she brought them dinner, we do know that the volunteer fire department loved to frequent her establishment and that Lizzie was especially fond of them too. Ninety-six years later, we felt that it was time the Historical Society once again recognized the fire fighters, especially after the Eaton Fire.

Darla and Declan presented the fire department with proclamations attesting to the work of the department in helping to keep the community safe from the recent fires and subsequent mudflows, and in addition, recognized the SMHPS with proclamations of their own for helping to keep history alive and safe, and for celebrating Lizzie’s “Ravioli Feast” with the fire department.

SMHPS sincerely thanks Fire Chief Brent Bartlett, Administrator Amy Hsu, and all the fire fighters from all three shifts for their hospitality and warm welcome, as well as sending thanks to our special guests who joined us. Thanks also to our members Christel Chang, Susan Gallagher, Pauli Morin, Shannon Moore, Diane Sands and Andrea Thorsen, who helped with the event.

It takes a village, as they say, and Lizzie herself would not have wanted us to wait any longer to express our thanks.

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.org](mailto:wildlife@sierramadrecal.org) or drop off at Sierra Madre City Hall

More info: [SierraMadreCa.gov/wildlifeartcontest](http://SierraMadreCa.gov/wildlifeartcontest)

## 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](http://www.smhps.com)



## Weather Wise



## 6-Day Forecast Sierra Madre, Ca.

<b>Sun</b>	Sunny	Hi	70s	Lows 60s
<b>Mon:</b>	Sunny	Hi	70s	Lows 60s
<b>Tues:</b>	Sunny	Hi	80s	Lows 60s
<b>Wed:</b>	Sunny	Hi	80s	Lows 60s
<b>Thur:</b>	Sunny	Hi	80s	Lows 60s
<b>Fri:</b>	Sunny	Hi	80s	Lows 60s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS  
SIERRA MADRE CITY  
COUNCIL MEETING

**June 10, 2025 5:30 pm**  
**THIS MEETING WILL BE HELD**  
**IN THE COUNCIL CHAMBERS!**

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

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

The meetings will be streamed live on Foothills Media website at [foothillsmmedia.org/sierramadre](http://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](mailto:radio@cityofsierramadre.com).



Sierra Madre Public  
**LIBRARY**  
Read • Discover • Connect

*This week at the*  
**Sierra Madre**  
**Public Library**  
**June 2 — June 7**

Monday

**Baby Rhyme Time** — Library at 9:00am

**Preschool Storytime** — Library at  
10:00am

Friday

**Best Used Book Sale** — Library Parking  
Lot from 3:00pm—7:00pm

Saturday

**Summer Reading Kickoff: Thor's**

**Reptiles** — Sierra Vista Park at 10:00am

**Best Used Book Sale** — Library Parking  
Lot from 10:00am—2:00pm

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

WALKING SIERRA MADRE  
The Social Side by Deanne Davis

*"It is the month of June, the month of leaves and roses, when pleasant sights salute the eyes and pleasant scents the noses." Nathaniel Parker Willis*

*"June is the pearl of summer, shining with warmth and joy." L. M. Montgomery*

*"Spring being a tough act to follow, God created June." Al Bernstein*

The picture this week is granddaughter, Emily, enjoying a special Sierra Madre treat: Blueberry Toast at Coffee JPG. They're open every day from 7:30 to 5:00 and in addition to the awesome Blueberry Toast, you could treat yourself to a Smoked Salmon Tartine, Avocado Toast, Mango Habanero Roasted Beef Sandwich, a Turkey Pesto Sandwich and every kind of coffee drink you can imagine. Think Espresso! Cappuccino! Latte! You can visit them at 142 W. Sierra Madre Blvd. Emily and I highly recommend a visit.

Tomorrow is June 1st. Can you believe it? School is ending all over the place, Folks are packing their cars for vacations or planning a stay-cation involving no driving at all. After talking about visiting Coffee JPG (which must stand for Just Plain Good) I find myself staring at the rest of this blank page and wondering what you all would like to read about here.

Continuing to fill this blank page, I thought you'd like to know about the full moon for this month: It's called the Strawberry Moon and will best be seen on June 11th at 3:44 a.m. June's full moon - typically the last full moon of spring or the first of summer - has traditionally been called the Strawberry Moon. While strawberries certainly are a reddish-pink color and are roundish in shape, the origin of the name Strawberry Moon has nothing to do with the Moon's hue or appearance. It celebrates the ripening of wild strawberries and the beginning of summer. Set your alarm and take a look.

Things to celebrate on June 1st:

National Red Rose Day  
National Pen Pal Day  
World Reef Awareness Day  
National Cancer Survivor's Day  
National Say Something Nice Day (that should be every day!)  
Dare Day  
National Skin Care Day  
National Dairy Month

And Monday is National I Love My Dentist Day. I will be seeing mine later this month.

I have about 19 things I should do today which include such stimulating activities as taking out my trash, cleaning my bathroom and maybe dusting my office as I find I can write my name with my finger on my printer. Instead, I watched the first episode of "The Librarians" on TNT. I loved this show when it was originally on in 2014. The premise was: The Librarians are an ancient organization dedicated to protecting an innocent world from a magical and fantasy-like secret reality hidden from view. (Thank you Wikipedia). In this spinoff of the original series, a Librarian from the past time travels to the present and finds himself stuck here. When he returns to his castle, which is now a museum, he inadvertently releases magic across the continent. He is given a new team to help him clean up the mess he made, forming a new team of Librarians. I enjoyed every minute and will be anxiously awaiting each new episode.

You were probably just as delighted as I was to see that the Sierra Madre 4th of July Parade Grand Marshalls will be our local heroes, the folks who sprang into action when our community needed them the most during the Eaton Canyon Fire and the blazes in our canyon. The First Responders from our Fire Department, Police and Public Works. This is such a great thing to do, to celebrate these awesome people who helped us rise, recover and shine! We are celebrating the heart of Sierra Madre!

Here's something I read: A mother once asked Albert Einstein how to raise a child to become a genius. Einstein's advice was to read fairy tales to the child. "And after that?" the mother asked. "Read the child more fairy tales," Einstein replied, adding that what a scientist most needs is a curious imagination. He would have liked "The Librarians," too!

"Do what you can, with what you've got, where you are." Teddy Roosevelt

*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*

**BEST USED BOOK SALE****FRIDAY, JUNE 6****3:00 – 7:00 p.m.****SATURDAY, JUNE 7****10:00 a.m. – 2:00 p.m.**

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

**TABLE BOOKS**

- \* **ART books-Artists, Art History, Techniques**
- \* **Newer Fiction and Non-Fiction**
- \* **"Coffee-Table" Books, including History, Animals**
- \* **Cookbooks from TV chefs and famous restaurants**
- \* **Children's/Teen collection**

**BARGAIN BOOKS**

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

**SATURDAY ONLY: \$5.00 BAG SALE**

*Fill a large grocery bag with any of our Bargain books  
and/or Media for only \$5.00!*

Sponsored and staffed by Friends of the Sierra Madre Public Library  
Join the Friends at [sierramadrelibraryfriends.org](http://sierramadrelibraryfriends.org).

**All proceeds will be used for services, programs and acquisitions of the library.**



**Sierra Madre**  
**Kiwanis**

*Creating life changing experiences for our Community Youth*

**Please join us for lunch the 1st and 3rd Tuesdays of each month at**

**THE LODGE 33 E. Sierra Madre Blvd. Sierra Madre Blvd. Sierra Madre**

**<https://sierramadrekiwanis.com/>**



## Pasadena to Declare Day for Gun Violence Awareness



Pasadena City Council is set Monday to issue a proclamation declaring June 6 National Gun Violence Awareness Day in Pasadena. This day honors and remembers victims and survivors of gun violence and supports efforts to prevent future gun violence.

The proclamation will be received by Day One, a community-based nonprofit organization with a 30-year history of providing effective, high quality and culturally sensitive public health education; empowering youth; and igniting change in the San Gabriel Valley.

National Gun Violence Awareness Day kicks off Wear Orange Weekend, June 6-8. This event is held annually in honor of Hadiya Pendleton, a 15-year-old who was shot and killed in Chicago in 2013, just one week after performing at President Obama's second inauguration parade. Soon after this tragedy, Hadiya's friends commemorated her life by wearing orange, the color hunters wear in the woods to protect themselves from others.

The City of Pasadena encourages community members to wear orange June 6-8 in support of the gun violence prevention movement and to share photos on social media using the hashtag #WearOrange.

City employees and Pasadena police officers will wear orange ribbons on Friday, June 6. In addition, a "remembering those lost to gun violence" banner will be installed outside at Robinson Park Recreation Center for visitors to add the name of their loved one.

Free orange ribbons, stickers, and informational pamphlets will be distributed to the public on June 6 while supplies last from 9 a.m. to 6 p.m. at the following locations:

Jackie Robinson Community Center, 1020 N. Fair Oaks Ave. Robinson Park Recreation Center, 1081 N. Fair Oaks Ave. Victory Park Recreation Center, 2575 Paloma St. Villa Parke Community Center, 363 E. Villa St.

Day One will hold a Safe Home component at the monthly Dena Home Market taking place on Sunday, June 1 from 1 - 4 p.m. at 175 N. Euclid Ave. Day One Staff will distribute gun safety locks, engage in community conversation, and share gun safety best practices with the public.

## SoCal Gaming Expo set to Level Up the Pasadena Convention Center



By Dean Lee

With more vendors, and a third day added, this year's SoCal Gaming Expo is set to see over 10,000 video gaming enthusiasts show up to buy, play and trade, at the Pasadena Convention Center next Friday, Saturday June 7, and Sunday June 8. This year the show will be sponsored by the Japanese video game company Sega.

This year's Expo will have a bigger marketplace with over 245 booths, owner and event organizer, Kris Krohn, said. "Last year we had around 200, it's up by about 15 percent."

Some vendors travel from all over the country including Las Vegas. Ludin Romero, a first time vender at this year's Expo has plans to open a video game store in Las Vegas.

"SoCal is going to be the first step [opening a store] to see how it is, hopefully monetarily a big jump, my sales will determine that, my goal is to open next year," Romero said. As of now, "the store would be called, 'Lu Dog Games,' but that could change."

Romero will be vending at booth 930 under Lu Dog Games.

One of the largest vendors to be at this year's Expo will be Anthony Torres who runs Retro Infinite, a smaller monthly buy sell trade event at The Derby Room at the Pomona Fairplex. Torres said he will have as many as ten booths set up in the middle of the show floor.

"I think there is a place for both the smaller meet ups and the bigger conventions, he said. "My show is four hours, its kind of like a popup, compared to a full weekend."

With panels discussions, music, cosplay meet ups, skate ramp demos, and tournaments, new this year will be a number of industry guests that include Warren Davis the developer of the arcade classic, Q\*bert, David Crane the creator of Activision's Pitfall for the Atari 2600, Garry Kitchen who programed the home version of Donkey Kong for Atari and his brother Dan Kitchen who has produced over 240 commercially released games.

Krohn said this year they focused on having high quality guest voice actors such as, Ned Luke, Shawn "Solo" Fonteno and Young Maylay



Expo organizers, Aaron Stapish (right) and Kris Krohn (left)

all from the popular video game Grand Theft Auto.

Krohn also said they will host the largest Super Mario Bros. Speedrunning Tournament ever.

He also said that it was unique that Sega would team up with a retro gaming show. "We coordinated with Sega, they have a new Shinobi game coming out in August," Krohn said. "There is going to be a huge Shinobi banner in the lobby, all of the show badges and lanyards will have Shinobi. They will be photo ops with Shinobi cutouts."

Krohn also said he found it ironic that Nintendo will be released their long awaited new gaming system the Switch 2 on Thursday, just one day before the Expo.

"You are probably going to see hundreds of Switch 2s in people's hands walking around or sitting playing with them," he said. "It could be the talk of the show."

As for other activities, featured skaters will include Nigel Jones best known as one of the Braille's skateboarding YouTube channel team, Spicey Ivey, she'll be tearing up the half pipe on roller skates and Aaron "JAWS" Homoki a legendary pro skater.

All skateboarding demos will again be held on the Teenage Mutant Ninja Turtles ramp, built for a TMNT movie premiere.

The Classic Tetris World Championship Finals will return to the Expo and feature 128 players competing for a chance at the world title.

Homoki will also be competing in the Classic Tetris World Championship.

Krohn said they would again hold charity auctions for Extra Life. All of the stuff will be donated and 100 percent of the money goes to Extra Life. It will be hosted by Captain's Auctions in Anaheim. Extra Life is a fundraising program

of Children's Miracle Network Hospitals.

For more information and a complete show schedule visit: [socialretrogamingexpo.com](http://socialretrogamingexpo.com).

For more information about Extra Life visit: [extra-life.org](http://extra-life.org).

Dates and times for Retro Infinite can be found at [RetroInfinite](https://www.instagram.com/RetroInfinite) on Instagram.

## Free E-Waste Recycling Items Event

Officials have announced that Pasadena residents can safely dispose of electronics at the city's free e-waste event from 9 a.m. to 3 p.m. on Saturday, June 7. The event will be held in Parking Lot I outside the Rose Bowl Stadium near Brookside Park, 360 North Arroyo Blvd. The duration of the event is subject to truck capacity.

E-waste items include computers, keyboards, printers, monitors, laptops, docking stations, scanners, shredders, fax machines, computer mice, telephones, televisions, flat screens, VCRs, DVD players, PDAs, cassette players, tape drives, stereos. Household batteries, fluorescent light bulbs, and LED light bulbs are also accepted.

Public Works is also helping residents prevent identity theft by providing free paper shredding during the event. The public can bring a maximum of three (3) legal-size boxes for shredding. Sensitive documents such as receipts, checks, pre-approved credit applications, credit card statements, outdated tax returns, pre-printed envelopes, return address labels and business cards are items that can be shredded. Please remove documents from ring binders and bulldog/binder clips.

For more information, call (626) 744-7311 or email [recycle@cityofpasadena.net](mailto:recycle@cityofpasadena.net).

## Pasadena Installs Pay-By-Plate Parking Stations



Director of Transportation, Joaquin Siques, announced Thursday that the department has begun installing new pay-by-plate parking pay stations throughout Pasadena, eventually including the replacement of all existing pay-and-display pay stations and single space meters citywide.

Seeking to provide parking meters for the new Playhouse Meter District, and to standardize parking meter technology city wide, the Department of Transportation issued a Request for Proposals for pay-by-plate parking pay stations in December 2022. After reviewing the proposals, Cale America, dba Flowbird, was ranked as the best qualified proposer to meet the City's requirements for new parking.

The image shows the Flowbird Pay-by-Plate Parking Paystation license plate entry screen. The caption reads "Flowbird License Plate Entry Screen", and the image displays the City of Pasadena logo,

the date and time, and the alphabet. Text on the screen reads "Enter License Plate Number", pay stations. City Council awarded the contract to Flowbird in June 2024.

The new parking pay stations will replace all existing single space meters. Existing pay-and-display pay stations will either be converted to pay-by-plate technology with new hardware or replaced outright with brand new units.

These new pay stations do not require parkers to return to their vehicle to display a permit. Instead, the parker enters their license plate into the pay station and no permit is required. Parkers can verify their license plate before payment and can pay with coin or with credit card. Receipts for the parking session are available with the push of a button.

The department encourages anyone who has questions or needs more information to contact the Parking Division at [parking@cityofpasadena.net](mailto:parking@cityofpasadena.net), or by calling (626) 744-7665.

## Etta Mae Mumphries at the Pasadena Senior Center

Feel the need for a little more laughter and joy in your life? Maybe some encouragement? Etta Mae Mumphries is here for you! She tells it like it is, and the rest is history. The Pasadena Senior Center welcomes back actor Karen Bankhead's alter ego and encourager extraordinaire for another delightful visit.

Miss Etta Mae will share some of her stories Thursday, June 5, at 2 p.m. at the Pasadena Senior Center, 85 E. Holly St.

A fount of wisdom, Miss Etta Mae has met and influenced exceptional people throughout her extraordinarily long life, from Josephine Baker to Dr. Martin Luther King Jr.

Veteran actress and screenwriter Karen Bankhead studied at Second City, was a member of The Groundlings Sunday Company and was cofounder, producer, writer and performer with groundbreaking improv groups such as Hold the Cream

and Foxy, Fine and Funny. She has been a cast member in plays in four states from California to New York and received the NAACP Theatre Award for Best Supporting Actress in 2020 for her role as the flower child Wanda in the play "Three Times a Lady," which made its national debut in Los Angeles. She has performed stand-up at such renowned clubs as The Comedy Store, The Ice House and The Improv. Bankhead has played a variety of roles on television shows, including "Will & Grace," "Curb Your Enthusiasm," "Gilmore Girls," "Grey's Anatomy" and many more.

The program is free for members and \$5 for nonmembers 50 and older. Residence in Pasadena is not required. To register or for more information, visit: [pasadenaseniorcenter.org](http://pasadenaseniorcenter.org) and click on Activities & Events, then Special Events or call 626-795-4331.

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## NEWS BRIEFS

### MAN INJURED IN SAN MARINO HOME INVASION ROBBERY

Four suspects who attacked a man during a home invasion robbery in San Marino are on the loose today and an investigation is underway.

San Marino Police Department officers were called to the 2900 block of Duarte Road, near San Gabriel Boulevard, around midnight Wednesday morning after the masked intruders entered the home and stole several items, according to the department.

The victim reported he was at home when the suspects entered through an unlocked front window by forcibly removing the screen. He said he was clobbered on the head and left arm with a blunt object while a second suspect brandished a pistol and demanded cash, according to San Marino police.

The man was taken to a hospital for treatment and later released. A description of the man was not available.

Home surveillance video of the suspects, who emerged from an unidentified car, showed they were dressed in dark clothes and hoodies with face coverings and gloves. They were in the home for about seven minutes and exited through the same window they entered, but not before ransacking several bedrooms, police said.

The man reported that jewelry and a watch were taken. A Los Angeles Sheriff’s Department crime scene technician was called in to collect evidence as San Marino Police Department detectives investigate.

Anyone with information that could help identify the suspects was urged to call San Marino police at 626-300-0720.

By City News Service

### WILDFIRE VICTIMS' REFUNDS RETURNED DUE TO INVALID ADDRESSES

#### Homeowners Urged to Update Mailing Address to Receive Relief

LOS ANGELES, CA —In the aftermath of the devastating wildfires that began earlier this year, the Los Angeles County Assessor’s Office has worked diligently to provide property tax relief to impacted homeowners. Since January, the Office has mobilized teams, reassigned resources, and developed streamlined processes to assess property damage and expedite disaster relief for eligible properties.

The Assessor’s Office took a proactive approach by evaluating all properties within the declared disaster zones—even in cases where a Misfortune & Calamity (M&C) tax relief claim was not submitted by the property owner. This effort will ensure that all qualifying property owners receive the full benefits provided for under California law, including temporary reductions in assessed value and, in many cases, property tax refunds.

The Treasurer and Tax Collector is applying deferrals of property tax payments and cancellation of late-payment penalties. Additionally, the Office is working in partnership with the Auditor-Controller to ensure that revised property valuations are applied to future tax bills and to facilitate the issuance of property tax refunds to those whose property was damaged, destroyed or negatively impacted by the fires.

As a result of these coordinated efforts, hundreds of affected homeowners have already received relief. However, many of the “Notices of Assessed Value Change” and property tax refund checks are now being returned to the County because the mailing addresses on record are no longer valid. In numerous cases, the original property—and with it, the recorded mailing address—was destroyed in the wildfires.

Homeowners who have experienced property loss are urged to update their current mailing address to ensure delivery of important property assessment and tax-related documents, including property tax refunds.

To update a mailing address, visit the Assessor’s Office at [assessor.lacounty.gov/homeowners/change-mailing-address](http://assessor.lacounty.gov/homeowners/change-mailing-address)

Updating a mailing address does not change the official records or status of the property’s physical location. It simply ensures that important tax notices and documents—including refunds—are delivered to the address where they can be received.

“Getting relief into the hands of wildfire victims is a top priority for our Office,” said Los Angeles County Assessor Jeff Prang. “We understand how devastating these fires have been, and we are committed to making sure impacted property owners receive the support they’re entitled to. But we need their help in updating contact information so that relief can reach them without delay.”

For more information on all disaster relief programs available including the Misfortune & Calamity claim or any other tax savings programs, please visit [assessor.lacounty.gov/tax-relief/disaster-relief](http://assessor.lacounty.gov/tax-relief/disaster-relief)

### SIGN UPS OPEN FOR SOUTH PASADENA 4TH OF JULY PARADE

The City of South Pasadena invites you and your organization to take part in its cherished Festival of Balloons 4th of July Parade! A community favorite since 1982, the hometown celebration will begin at 11:00 a.m., starting on Diamond Avenue by the Library Community Room and ending at Garfield Park.

The parade has long featured Scouts, elected officials, local service clubs, Little League and AYSO teams, and South Pasadena Tournament of Roses Committee volunteers riding atop the chassis of the City’s Rose Parade float. Marching alongside them are dozens of children from the South Pasadena Library’s Summer Reading Program and library staff.

As many locals like to say: “Half the town is in the parade, and the other half is watching it!” Founded by civic leaders Ted and Joan Shaw and David Margrave, this treasured tradition continues to unite the community each Independence Day.

This year’s theme, Unity in Community: One Nation, One Neighborhood, encourages participants to highlight togetherness and creativity through decorations and music. Groups may walk or ride in a decorated vehicle along the approximately 0.6-mile route.


To participate, complete the one-page registration form and agree to the parade guidelines by Thursday, May 29, 2025. Forms can be submitted:

- By email (preferred): [specialevents@southpasadenaca.gov](mailto:specialevents@southpasadenaca.gov)
- By mail: South Pasadena Recreation Division, 815 Mission Street, South Pasadena, CA 91030, Attn: Festival of Balloons Parade

Registration forms and guidelines are available at: [southpasadenaca.gov/events](http://southpasadenaca.gov/events).

After the parade, join us for the Party in the Park at Garfield Park, followed by the Fireworks Spectacular at South Pasadena High School beginning at 9:00 p.m. The evening includes a pre-show concert from 7:30 p.m. to 8:30 p.m.

For more information, please contact Community Services Supervisor Nathalie Wilcox at (626) 403-7380 or via email at [specialevents@southpasadenaca.gov](mailto:specialevents@southpasadenaca.gov).



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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

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June 9th at 6:30 in PHS' Band Room (C-102)

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Head of School: Joanne Harabedian  
E-mail address: jharabedian@alvernoheights.org
- Arcadia Christian School  
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Preschool - TK - 8th Grade  
626-574-8229/626-574-0805  
Email: inquiry@acsliions.com  
Principal: Cindy Harmon  
website: www.acsliions.com
- Arcadia High School  
180 Campus Drive Arcadia, CA 91007  
Phone: (626) 821-8370, Principal: Brent Forsee  
bforsee@ausd.net
- Arroyo Pacific Academy  
41 W. Santa Clara St. Arcadia, Ca,  
(626) 294-0661 Principal: Phil Clarke  
E-mail address: pclarke@arroyopacific.org
- Assumption of the Blessed Virgin Mary School  
Ms. Rose Navarro, Principal  
2660 East Orange Grove Blvd.  
Pasadena, Ca 91107  
626-793-2089  
https://school.abvmpasadena.org/
- Barnhart School  
240 W. Colorado Blvd Arcadia, Ca. 91007  
(626) 446-5588  
Head of School: Tonya Beilstein  
Kindergarten - 8th grade  
website: www.barnhartschool.org
- Bethany Christian School  
93 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-3527  
Preschool-TK-8th Grade  
Principal: Jonathon Hawes  
website: www.bcsliions.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  
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(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  
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(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  
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(626) 351-8951 website: www.lasallehs.org  
Principal Ernest Siy
- Monrovia High School  
325 East Huntington Drive, Monrovia, CA 91016  
(626) 471-2800 Principal Darwin Jackson  
Email: schools@monrovia.k12.ca.us
- Odyssey Charter School  
725 W. Altadena Dr. Altadena, Ca. 91001  
(626) 229-0993 Head of School: Lauren O'Neill  
website: www.odysseycharterschool.org
- Pasadena High School  
2925 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 396-5880 Principal: Dr. Eric Barba  
website: http://phs.pusd.us
- St. Rita Catholic School  
322 N. Baldwin Ave. Sierra Madre, Ca. 91024  
Principal: Jon McMaster (626) 355-6114  
mcmaster@st-ritaschool.org  
Website: www.st-ritaschool.org
- Sierra Madre Elementary School  
141 W. Highland Ave, Sierra Madre, Ca. 91024  
(626) 355-1428  
Principal: Dr. Jodi Marchesso  
E-mail address: marchesso.jodi@pusd.us
- Sierra Madre Middle School  
160 N. Canon Sierra Madre, Ca. 91024  
(626) 836-2947 Principal: Garrett Newsom  
E-mail address: newsom.garrett@pusd.us
- Walden School  
74 S San Gabriel Blvd  
Pasadena, CA 91107 (626) 792-6166  
www.waldenschool.net
- Weizmann Day School  
1434 N. Altadena Dr. Pasadena, Ca. 91107  
(626) 797-0204  
Lisa Feldman: Head of School
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(626) 449-7390 Principal: Ruth Esseln  
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- Pasadena Unified School District  
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234 Campus Dr., Arcadia, Ca. 91007  
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Summer is a great time to study...

...the moon and constellations in the sky.



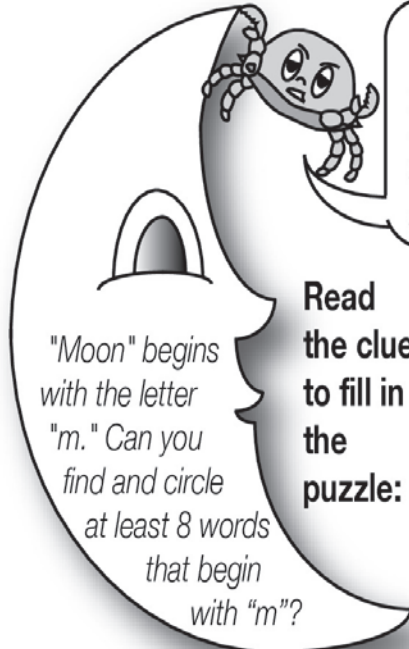
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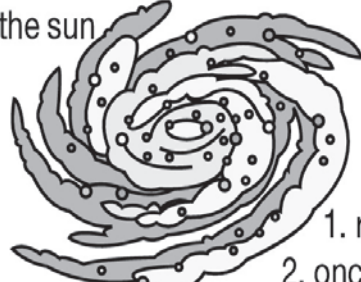


Can you see the moon in the sky? People have always wondered about the moon. They have written about it in poems, songs and stories. Even though people have flown to it and walked on it, the moon is still mysterious.

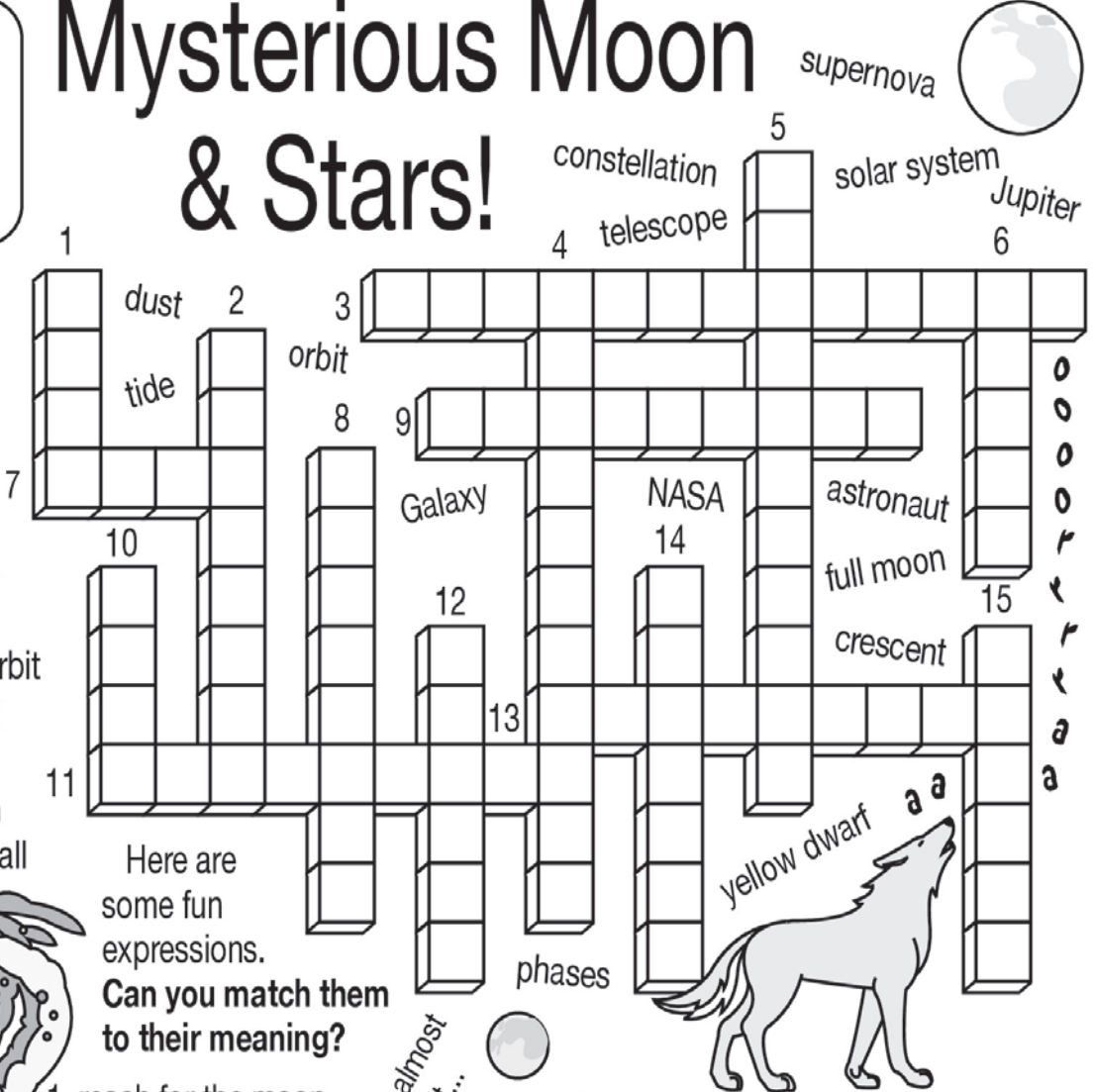
Read the clues to fill in the puzzle:

- moon \_\_\_\_\_ or 'lunar soil'; the remains of meteors that have hit the moon over billions of years
- shape made by sun's light hitting only part of the moon; first or last stages of waxing and waning moon
- stars linked together with imaginary lines to make shapes like the 'Big Dipper'
- group of eight planets and the sun they orbit

- more scientific name for our sun; originally named after the color of light it shines through our atmosphere; its small size compared to other stars
- gravity keeps things (moon, satellites) moving in curved path around earth
- moon and sun's pull (gravity) on the ocean causing sea levels to rise and fall
- phase of moon where its face is completely lit up by the sun
- instrument with a series of glass lenses and mirrors that lets us see things that are very far away
- put first man on the moon; U.S. space agency
- person who leaves earth and spends time in space
- moon looks different every day because the sun lights it up from different angles; there are 8 \_\_\_\_\_ of the moon
- star exploding in an incredible burst of light; can be so bright that it is the brightest thing in the whole galaxy for a short time
- largest planet in solar system; most moons of any planet
- the Milky Way \_\_\_\_\_ is where our solar system is located; it is only one of billions of such collections of stars and planets

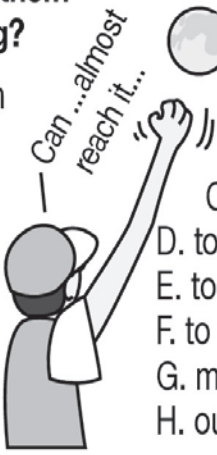


Mysterious Moon & Stars!



Here are some fun expressions. Can you match them to their meaning?

- reach for the moon
  - once in a blue moon
  - to promise the moon
  - many moons ago
  - to howl at the moon
  - to be over the moon
  - by the light of the moon
  - ask for the moon
- A. very rarely  
B. a very long time ago  
C. try to do something that seems impossible  
D. to make a promise that you cannot keep  
E. to be very happy, pleased  
F. to make a lot of noise  
G. make crazy demands, ask for too much  
H. out where there are no powered lights





PUZZLE FOR YOU

SOCCER

- ACROSS
- 1. Heidi's footwear, pl.
  - 6. \* \_\_\_\_ Hamm
  - 9. Humorous anecdote
  - 13. It doesn't take away tomorrow's troubles
  - 14. Like Mother Hubbard
  - 15. Popular pie nut
  - 16. Hiker's path
  - 17. Court
  - 18. Makes better
  - 19. \*Number of soccer players on field for each team
  - 21. \*Winningest FIFA World Cup country
  - 23. Common inquiries, acr.
  - 24. Carmy Berzatto's restaurant, with The
  - 25. Cul-de- \_\_\_\_
  - 28. In the buff
  - 30. Preacher's platform
  - 35. Poking instrument
  - 37. Smidge
  - 39. Sashay
  - 40. Bald eagle's nest
  - 41. \*a.k.a. soccer field
  - 43. Lice eggs
  - 44. Located within
  - 46. 3 squared
  - 47. High rocky hills
  - 48. Post-roller coaster ride state
  - 50. Captain of Nautilus
  - 52. \_\_\_\_ chi
  - 53. Unforeseen obstacle
  - 55. Acronym, abbr.
  - 57. \*FIFA headquarters location
  - 60. \*Soccer footwear
  - 63. Uninterested
  - 64. Hundred Acre Wood's wise resident
  - 66. Parkinson's drug
  - 68. Pool problem, pl.
  - 69. Romanian money
  - 70. Wooden ship caulking
  - 71. Celt
  - 72. Cotillion ball's main attraction
  - 73. \* \_\_\_\_ Alexander-Arnold

- DOWN
- 1. 100 lbs.
  - 2. Elders' teachings
  - 3. Kind of history
  - 4. Widower's feelings
  - 5. Forest spirit
  - 6. Worked over with scythe
  - 7. UN labor org.
  - 8. Sun-dried brick
  - 9. Exclamation, with Louise
  - 10. Palm tree berry
  - 11. \_\_\_\_ Mall, London
  - 12. Ensign, for short
  - 15. a.k.a. Lighthouse of Alexandria
  - 20. \*Provide with shin guards, socks and uniform, e.g.
  - 22. Drake's genre
  - 24. Playing roulette
  - 25. \*FIFA Women's World Cup current champion
  - 26. Rome's Colosseum, e.g.
  - 27. Singular of cornua
  - 29. Kill (2 words)
  - 31. "By \_\_\_\_ of" or "by means of"
  - 32. "The \_\_\_\_," Dostoyevsky's novel
  - 33. U in UV
  - 34. \*Lionel \_\_\_\_
  - 36. Coloring substances
  - 38. Teenager's breakout
  - 42. Relating to blood
  - 45. Dwell
  - 49. African National Congress
  - 51. Central American wildcat
  - 54. Get \_\_\_\_ of someone
  - 56. Highway patrolman's gun
  - 57. "Germinal" author mile \_\_\_\_
  - 58. Desire
  - 59. \* \_\_\_\_ Madrid
  - 60. \*C in AFC Richmond
  - 61. Puff of marijuana
  - 62. Spin, past tense
  - 63. The Herm s Kelly, e.g.
  - 65. Itty-bitty
  - 67. Invoice qty.

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May 24, 2025 Solutions

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## EATON AND PALISADES AIR MONITORING UPDATE

DIAMOND BAR – The South Coast Air Quality Management District (South Coast AQMD) continues its expanded air monitoring efforts in response to ongoing debris removal efforts near the Eaton and Palisades fire areas. Reported air monitoring data includes particulate matter (PM2.5 and PM10), air toxics (such as lead and arsenic), and asbestos in communities near the burn zones.

The public within and near the Eaton and Palisades burn areas is strongly encouraged to follow the safety precautions outlined by the Los Angeles County Department of Public Health to minimize the potential risk of exposure to ash, soot, and fire debris. Strong winds can carry ash and soot over a wider area, increasing the potential for exposure, so it is especially important to take extra care during weather fluctuations and windy conditions.

### EATON AIR MONITORING RESULTS (May 16-22, 2025)

Monitoring Site	Sample Date	Air Toxics	Asbestos	Continuous PM2.5/PM10
Near Altadena Golf Course	5/16/2025	All air toxic metals were within background levels	Not Detected	To date, continuous PM2.5 and PM10 data were below federal standards
	5/19/2025	All air toxic metals were within background levels	Not Detected	
	5/22/2025	Analysis in progress	Detected	
Christ the Shepherd Lutheran Church	5/16/2025	Air toxic metals such as vanadium were above background levels, but do not pose a health risk	Not Detected	
	5/19/2025	All air toxic metals were within background levels	Not Detected	
	5/22/2025	Analysis in progress	Not Detected	
Fire Station 11	5/16/2025	Air toxic metals such as vanadium were above background levels, but do not pose a health risk	Not Detected	
	5/19/2025	All air toxic metals were within background levels	Not Detected	
	5/22/2025	Analysis in progress	Detected	

### PALISADES AIR MONITORING RESULTS (May 16-22, 2025)

Monitoring Site	Sample Date	Air Toxics	Asbestos	Continuous PM2.5/PM10
Near Will Rogers State Beach	5/16/2025	Air toxic metals such as manganese were above background levels, but do not pose a health risk	Not Detected	To date, continuous PM2.5 and PM10 data were below federal standards
	5/19/2025	Air toxic metals such as manganese were above background levels, but do not pose a health risk	Not Detected	
	5/22/2025	Analysis in progress	Not Detected	
Fire Station 69	5/16/2025	Air toxic metals such as vanadium were above background levels, but do not pose a health risk	Not Detected	
	5/19/2025	Air toxic metals such as manganese were above background levels, but do not pose a health risk	Not Detected	
	5/22/2025	Analysis in progress	Not Detected	

All available data can be found at: [www.aqmd.gov/lawildfires](http://www.aqmd.gov/lawildfires) or directly on the data dashboard at: [xapp.aqmd.gov/WildFireMonitoring](http://xapp.aqmd.gov/WildFireMonitoring).

South Coast AQMD is the regulatory agency responsible for improving air quality for large areas of Los Angeles, Orange, Riverside and San Bernardino counties, including the Coachella Valley. For news, air quality alerts, event updates and more, please visit us at [www.aqmd.gov](http://www.aqmd.gov), download our award-winning app, or follow us on Facebook, X (formerly known as Twitter) and Instagram.



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### Debris Call Center Hours of operation

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



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## DEADLINE EXTENDED: DISASTER RELIEF LOAN PROGRAM FOR ALTADENA BUSINESSES NOW OPEN THROUGH JUNE 30

### Loan Program Offers Up to \$75,000 in Capital to Aid Recovery and Resilience

In continued response to the economic impact of the January 2025 Eaton Fire, Los Angeles County Board of Supervisors Chair Kathryn Barger and the Los Angeles County Development Authority (LACDA) announced today that the application deadline for the Altadena Disaster Relief Small Business Loan Program has been extended to June 30, 2025.

The program offers loans of up to \$75,000 to eligible small businesses in Altadena seeking to recover, rebuild, and retain local jobs. In addition, enhanced technical assistance resources will be made available on the program's website ([altadenabizrelief.lacda.org](http://altadenabizrelief.lacda.org)) to help applicants navigate the process and strengthen their submissions.

"Small businesses are essential to Altadena's identity and economic vitality, so I want to ensure they have every opportunity to bounce back," said Supervisor Kathryn Barger. "Extending the application deadline and expanding support tools will give more business owners the time and guidance they need to access this vital relief. I encourage every eligible business to apply and take advantage of this opportunity."

To be eligible, businesses must operate a public-facing storefront in unincorporated ZIP codes 91001 or 91104, and have been in operation for at least six months prior to applying. FEMA assistance recipients are also eligible. Applications are reviewed on a first-come, first-served basis. For full program guidelines, webinar information, and application resources, visit [altadenabizrelief.lacda.org](http://altadenabizrelief.lacda.org).

## 88% OF FIRE-DAMAGED ALTADENA PROPERTIES CLEARED:

### Barger Spotlights Recovery Progress as Five-Month Eaton Fire Anniversary Nears

As the five-month anniversary of the Eaton Fire approaches next week, Los Angeles County Board of Supervisors Chair Kathryn Barger is spotlighting the significant progress made by the U.S. Army Corps of Engineers in their debris removal mission across Altadena. Their efforts mark a critical milestone in the ongoing recovery and rebuilding process for one of the County's hardest-hit communities.

To date, over 5,000 fire-impacted properties (88%) have been cleared, with 3,440 sites (60%) receiving final sign-off and returned to the County for follow-up. The Corps currently has 81 active debris removal crews operating in the area, sustaining a clearance rate of 57 properties per day, and has already removed over 1.3 million tons of debris—equivalent to approximately seven and a half Wilshire Grand Center buildings.

"The U.S. Army Corps of Engineers is demonstrating exceptional speed, efficacy, and dedication in their debris removal mission in Altadena," said Supervisor Kathryn Barger. "Their tireless work is helping our community heal and rebuild faster than many thought possible. I wholeheartedly appreciate their commitment and am proud to work alongside them as we support Altadena's road to recovery."

Progress is also evident at key community sites. Charles White Park is fully cleared, Eaton Canyon Nature Center is 95% cleared, and Farnsworth Park is halfway complete. All parks are projected to be fully cleared within two weeks.

Special inclusion properties such as the Altadena Senior Center, The Bunny Museum, and Lifeline Church are in various stages of clearance, with some already completed and others pending final contract approvals.

The U.S. Army Corps of Engineers continues to coordinate closely with Los Angeles County departments to align debris removal with road restoration and utility installation efforts, managing more than 1,000 truckloads of debris per day.

For more updates on recovery efforts, visit [recovery.lacounty.gov](http://recovery.lacounty.gov).

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IN SUMMARY:  
The Best Bar Scenes in Pasadena — Then and Now

Two of the most common questions I get are:  
1.      What’s the best restaurant in Pasadena?  
2.      Where’s the best bar scene in Pasadena?

We’ll save the restaurant debate for another time — this week, let’s raise a glass to Pasadena’s bar scene.

There’s a new sheriff in town: the AC Hotel Pasadena, operated by Marriott. Now, running a hotel bar isn’t easy (just ask anyone who remembers The Constance), but AC is off to a strong start. The indoor-outdoor vibe is a hit — on warmer days, the windows slide wide open, making it ideal for people-watching and sipping something chilled. It’s modern, stylish, and drawing a good after-work crowd.

Granville, located on South Lake Avenue, continues to impress. While it’s technically a restaurant, the rooftop bar is the real star here. If the weather is cooperating — meaning not too hot and not too chilly — snagging a rooftop table with a drink in hand is a must. It’s one of the better places in town to enjoy the sun setting behind the San Gabriels.

Now, if elegance is your thing, The Langham Huntington Hotel still sets the gold standard. Live music on weekends adds to the charm, and the bar feels like something straight out of old Hollywood. Valet parking can be a hassle, so do yourself a favor: take an Uber. Yes, drinks are pricey — but the setting is priceless.

Houston’s, on Arroyo Parkway, remains one of my personal favorites. They recently removed the TVs — a choice I still don’t fully understand — but even so, it’s tough to beat for a light lunch and a perfectly made cocktail. There’s a quiet sophistication to sitting at that bar — the kind of place where the staff knows your drink before you order it.

Another must-mention is Plate 38, tucked on the east side of town. It’s where locals gather for strong drinks, scratch-made food, and casual conversation. Behind the bar, you’ll find Eric, Ali, and Jose — three bartenders who know their craft and make everyone feel like a regular. Whether you’re in the mood for a classic Old Fashioned, a local beer, or something off the chef-driven cocktail list, Plate 38 delivers.

And let’s not forget Mi Piacce, still holding court in Old Pasadena. The bar lounge is as lively as ever, often packed with regulars and tourists alike. You’ll pay premium prices, sure — but the buzz and energy of the place make it a top-tier stop for a late-night drink or a pre-dinner martini.

A Toast to the Past  
It wasn’t always like this. There was a time — not all that long ago — when the Pasadena dining and bar scene was, let’s say, sparse. You had Woody & Eddie’s, The Chronicle, and if you blinked, you missed the short-lived Madre’s, the Jennifer Lopez-owned restaurant with white couches and Cuban flair. It was more flash than flavor, but we still talk about it. There was a charm to those simpler days, when you could count the good spots on one hand. But Pasadena has grown — and with that growth has come a renaissance of bars, lounges, rooftops, and hotel hideaways.

IN SUMMARY:  
Whether you’re chasing nostalgia or sipping the latest craft cocktail, Pasadena’s bar scene has something for everyone. From polished rooftops to neighborhood gems like Plate 38, this city’s got your next great drink — and story — waiting.

Host of Dining with Dills                      [thefchefknows@yahoo.com](mailto:thefchefknows@yahoo.com)  
  
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I’m Gustavo Lira, Tasting Room Manager and Wine Buyer at The Bottle Shop in Sierra Madre with another wine and spirits selection.

Are you looking for a white wine that will cool you off during the summer heat? It’s zesty, bright, acid driven, and friggin’ delicious. Think of lemonade, melon, and grapefruit, and this is what you get in a glass of the 2023 Manuel Costa Alvarinho “Magnate” Vinho Verde.

The company was founded in 1989 by Manuel Costa and is now managed by his sons. Vinho Verde is a wine region in Portugal located in the northwest corner of the country. It hugs the Atlantic Ocean which has a great influence on the vines. Vinho Verde usually is a blend of several grapes, but this wine is a single grape varietal – Alvarinho. If it sounds like the grape Albariño from Spain, that’s because it is the same grape varietal. With this being 100% Alvarinho that is sustainably farmed, that makes this wine extra special.

This is a serious wine that’s fun to drink. Several nicknames come to mind with a wine that drinks so well that you just want to chug it.... porch pounder, pool pounder, crush-able, and glou-glou (the sound you make when drinking it so fast!) Pair this wine with salads, fish, shellfish, and veggies.

The 2023 Manuel Costa Alvarinho “Magnate” Vinho Verde is available at The Bottle Shop for \$12.99. Buy two bottles and get the special price of \$11.70. The price elsewhere is \$16.99. This special price is good through June 6th. I am at the Tasting Room every Thursday night and Friday night. Come in and taste with me!

Until next time – Salud!

Scan the QRCode to sign up for our newsletter.



ALL THINGS

By Jeff Brown

NON-DUALITY PHILOSOPHY—offers several profound insights and practical benefits. Here’s what can be helpful about it, both philosophically & experientially according to some of those who look into it.

1. Inner Peace Through Detachment from Ego  
Non-duality teaches that your true identity is not the ego or the story of “me and mine,” but awareness itself. Why it’s good: It helps reduce anxiety, overthinking, and suffering by loosening identification with the constantly changing mind and body. “When you realize you are not the thinker, a new dimension of consciousness arises.” – Eckhart Tolle

2. Radical Freedom  
In non-duality, you are not bound by roles, past actions, or the illusion of control. You are the formless awareness in which experience arises. Why it’s good: It liberates you from guilt, shame, and regret, offering a deep sense of spaciousness and acceptance. “The self is not something you find. It is something you stop believing you lost.” – Rupert Spira

3. Unity and Compassion  
If there’s no real separation between “you” and “others,” then compassion becomes a natural expression. Why it’s good: It dissolves judgment and fear of the “other,” fostering love and empathy. “Love is the recognition of yourself in another.” – Eckhart Tolle

4. Freedom from the Tyranny of Thought  
Non-dual insight can show that thoughts are just appearances in awareness—not necessarily true or personal. Why it’s good: Helps people deal with overthinking, anxiety, and intrusive thoughts. “You are the sky. Everything else – it’s just the weather.” – Pema Chödrön

5. Resolution of Existential Questions  
Non-duality offers a direct answer to the deepest philosophical question: Who am I? Why it’s good: Instead of endless seeking, it points you back to your own being—something immediately present and unchanging. “The seeker is the sought.” – Nisargadatta Maharaj

6. Direct Experience over Belief  
Non-duality doesn’t require blind faith—it invites investigation and direct insight. Why it’s good: It’s compatible with deep inquiry, mindfulness, and self-awareness practices.

Benefit - Why It Matters	
Inner peace	Frees you from suffering tied to ego and identity
Emotional freedom	Reduces guilt, fear, and attachment
Deeper compassion	Sees others as not separate from yourself
Clarity and simplicity	Cuts through complex belief systems with direct truth
Spiritual fulfillment	Ends the seeking by revealing what was never missing

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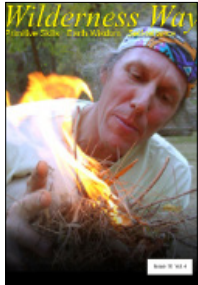
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## CHRISTOPHER Nyerges

[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](http://www.SchoolofSelf-Reliance.com)]

### A TRUE NATURE WOMAN - Hiking & Biking All over the world

KAYLA MICHAEL recently led a bird observation walk in the Pasadena area, and I followed along, realizing how little I understood the sounds and sights of the birds.

But the most amazing part was talking with Kayla afterwards, and learning her amazing story of how she lived on the land for so much of her adult life. I realized that she was the "real deal," and she makes all the TV "survival experts" pale in comparison.

#### MEET KAYLA



Born in Denver, Colorado in 1956, Kayla Michael learned camping and fishing skills from her father, and loved it. In time, she backpacked all over the mountains of the west, by herself.

She knew what it took to backpack, and knew how to capture fish and small game, and her love of the outdoors compelled her to spend more and more time in the pristine wilderness.

She began with short backpacking trips of a week and a half in the San Juan Mountains and the Gore Range of the Colorado wilderness. She started going on longer and longer trips every year. She calls 1978 to 1980 her "greenhorn years." When she turned 21 in 1978, she travelled around Colorado and Utah by herself for a full three months. She did longer trips in 1979, mostly in Colorado and Utah, with one trip lasting 4 months.

In 1980, she went into the wilderness for a month and a half in Colorado. She did her first 6 month long trip in 1981, spending most of the time in Wyoming.

"In 1981, my life changed when I began to go out six months, the first real year when I went out from Jackson, Yellowstone, and went into the wilderness for weeks, coming into town for resupply and then I'd go back out," she says with a smile.

"At first, I carried a stove," explains Michael, "and then I read about a person who never carried a stove. So I tried that, taking only nuts, jerky, granola bars, raisins, cheese, and other foods that didn't need to be cooked." She'd also carry macaroni and cheese which she could easily cook over fire. She explains that she would first go out with two weeks worth of food, and learned to stretch it out. Then it became normal to live off the land. In her earlier years, she would carry along flower books and learn to identify wild flowers. Then she started to learn that certain plants could be eaten. She used "Plants for the Rocky Mountains," and "Medicinal and Edible Plants of the Rockies," and others. She learned to identify such wild edibles as spring beauty, bistort root, biscuit root, dandelion, and others, and she generally used the wild plants raw, without cooking. In the high mountains, she eats the little yampa tubers. Wild plants would supplement whatever foods she carried along. She also has learned to catch fish with a fishing line. "Someone gave me a compactable backpacking fishing rod, and I still have it to this day. I knew how to fly fish as a kid." Occasionally, Michael has taken game on her journeys, such as grouse. What sort of weapons does she use?

"I get them with a stone or with a throwing stick. You get better as you practice. You hit some and you miss some," she explained. "But I'm a pretty good aim, from practice."

"I would work from fall to spring and then hike all over from spring to fall. In 2013, she first went to Alaska and other places along the way, living out of my backpack," she explains

"For many years of travelling in the West, I came to love the headwaters of Yellowstone, where I would spend all summer and just come back every few weeks to a month to get resupplied, and then go back into the wilderness," she explained.

Kayla Michael's routine was to go hiking and backpacking during the summers, and then work in the winter. Then she recalls a very good friend who bicycled everywhere, who had the same interests as Michael. "It got me to thinking and I eventually I got a bike of my own, though I was still doing more hiking than biking." She purchased a Haro bike in 2000, a 24 speed, old fashioned mountain pedal bike.

#### LIVING ON HER BIKE

"On my bike now, I usually carry food, but besides the food, there's hardly anything in my backpack," she explains, with her pack typically weighing about 30 lbs.

When she retired from her job in 2021, she began to bike everywhere. She began to travel north in the spring and summer, and go south in the fall and winter. From her home in Jackson Hole, she has biked to St. George, wintered there, and then biked back to Jackson Hole.

She has bicycled all the way to Arizona, taking about 2.5 months, a trip of well over a thousand miles. "I ended up at an RV park, where I wintered. I then went to the Winter Count gathering, and started going to other gatherings."

In the mid 1990s, Michael obtained a copy of the Wilderness Way magazine and learned about the various primitive skills gatherings, such as Rabbit Stick every September in Idaho, originally started by Larry Dean Olsen (author of "Outdoor Survival Skills"). Her first gathering was 2002 at the Rabbit Stick Rendezvous in Idaho.

She was hooked and began to attend various primitive skills gatherings, such as Winter Count every February in Arizona. She would usually just attend, but sometimes taught about birds. Among her many other talents, Michael is an authority on bird identity and interpreting bird sounds. Sometimes at Rabbit Stick, she would assist Tom Cook who is a regular teaching about cooking ducks. "I have been bird-watching since in my teens. It's a daily thing for me."

Michael regards Jackson Hole, Wyoming as her home, where she would rent a room to have a place to store her things when she was on the road. But the man who she rented from was in his 90s and sold his house. "So now I am houseless," said Michael, "living on my bike."

"The more I went into the wilderness, the more that became my life. I would work winters to have income, and then I camped all summer in deep back woods." And though she has hiked and bicycled thousands of miles, she does sometimes get rides from friends, and even takes Amtrak or buses on occasion.

Mention a year and she tells you what wilderness area she spent that year. In 1981, she spent summer months in deep wilderness in Yellowstone and the Wind River Range in Wyoming. In 1982, she spent time in Yellowstone and the Absaroka Range in Wyoming. In 1983, she spent time in Yellowstone, Glacier National Park, and the Bob Marshall Wilderness in Montana. In 1984, she was travelling again in Wyoming, and in late in summer went into the Washington Olympic peninsula. In 1985, she travelled in Yellowstone and the Bear Tooth in Montana. In 1986, she travelled in Yellowstone and the North Absarokas of Wyoming. She adds that her favorites area was the Thorofare of the headwaters of the Yellowstone River in Northwest Wyoming. "I lived there many a summer," she explains. "The Thorofare is the furthest distance from a road you can get in the lower 48 states," says Michael.

It's quite a resume, and she has always kept journals – in fact, she has a box of her journals since her first year of hiking in 1978 that she hopes to turn into a book one day.

Michael describes many close bear encounters where she was very scared. "I was once charged once by a griz, came within 5 to 8 ft of me and I screamed bloody murder at him and he backed off. I've had encounters with griz (grizzly bears) and wolves, and have come to trust the griz more than people. Still, in the wilderness, Michael reports that she never had people problems. "You actually meet the best people in the wilderness."

#### WILDERNESS IS A PARADISE

"In long term living in the wilderness," she explains, "for a month at a time, or more, it becomes like paradise. There is no loneliness because life is everywhere."

She says that planning for food has never been a problem for her. "I can pick up food here and there. In back country, I can usually find a store to get food for a month or so. For biking, you need to do more planning – food for a month is heavy, so I would cache my food." She describes having bear-proof cases that she caches in secret spots where she does her wilderness travels.

Her essential gear is simple: knife, little Bic lighters for fire, a pot, never a stove. She cooks over the fire. Sleeping bag, change of clothes, and rope/twine for hanging food, a Leatherman tool and a good 8" sheath knife. She carries a little first aid kit "but I have never used it much," she explains. As for her bike, "I really don't have much of a repair kit, just a tire repair kit. I occasionally have a flat, so I fix it and carry on." She carries a flip phone, spare toilet paper, a small towel, and she knows how to wash up by the creek. "I don't have a water purifier, since I have figured out where to drink from the streams," she explains. Once she got giardia from bad water and she cured herself by eating yarrow leaves. "I was way back in the Teton National Forest, and couldn't do much for a few days," she says.

#### REACHING KAYLA

Don't expect an immediate response, because she's often in the field and on the trail, but she does have a phone and email, and even a web site. Phone 307) 413-2978. Email is [kmattjhw@yaho.com](mailto:kmattjhw@yaho.com), and the web site is [www.reflectionsofthewild.zenfolio.com](http://www.reflectionsofthewild.zenfolio.com), where she goes by the name Lone Eagle Woman

## Katnip News!



DO YA WANNADOPT A BABY?

Here's the 3rd little guy from the sibling trio, previous posts. Name's CINCO, after his official rescue on Cinco de Mayo. He's smaller than his brother Jack and sister Mermy. These cuties will be ready for delivery in June, but pre-adopt now. We prefer that you adopt 2 together or have another young kitten at home. This age is also fine to be introduced to a nice doggie. We take care of vaccines, spay & neuter, testing, microchips, and more!



Please go to our website to submit your application to meet them, <https://www.lifelineforpets.org/babies.html>. Hurry! They won't be this tiny for long! Born 4/1/25.



## Pet of the Week

Kira is a 4-year-old Malinois mix with a calm, gentle spirit. This soulful girl is a perfect blend of couch potato and adventure buddy — content to lounge around the house but always up for a good walk or a romp at the dog park (where she's a total social butterfly!). She's house-trained, crate-trained, and low maintenance, making her an easy companion for a variety of home environments.

While Kira can be a little leash-reactive around other dogs and very enthusiastic about squirrels, she's been working on her training and improving every day. Off-leash at the park, she's all charm and grace with other dogs. She adores people — including kids — but sometimes forgets her size in her eagerness to say hello. She's not a barker, loves a good cuddle, and has a sweet, quiet way of making you feel like the center of her world.



If you're looking for a laid-back, loyal, and loving companion with just enough quirk to keep life interesting, Kira might just be your perfect match. Come meet this beautiful girl — she's ready to steal your heart.

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](http://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.

## GROOMING FOR DOGS AND CATS

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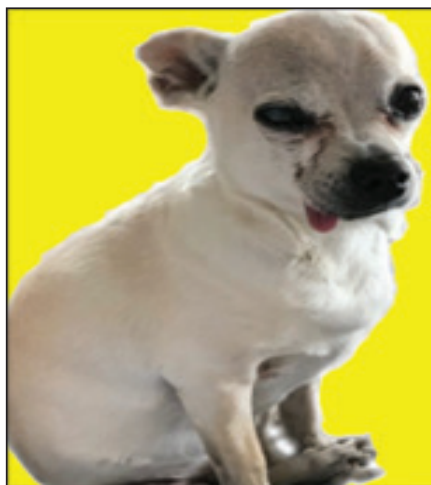
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# Pets in need

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

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BEWARE THE DOUBLE CLICK! EVALUATE QR CODES TO PROTECT AGAINST FRAUD

(StatePoint) Ancient civilizations had hieroglyphics, we have QR codes: the patterned graphic boxes prompting you to access restaurant menus, pay for parking, find out information about a package and more.

Generally, quick response (QR) codes are safe, but they can be used to redirect you to malicious websites, so caution is important. Here's how it works.

- You get prompted to use your device's camera.
- You scan the code and a link pops up.
- You click the link, exposing you to threat actors.
- You're directed to apps, websites, locations using your maps and much more.

Bad actors understand people are in a rush, so this is an appealing form of attack. It's a cost-efficient scam because these codes are easy to generate and distribute. And they are creative in finding new ways to make them appear legitimate. In public places, criminals can cover an official code with a sticker or printout showing a fraudulent code. Some of the more prevalent and convincing scams include:

- Parking Ticket Scams. Criminals place fake parking tickets with QR codes on windshields, causing unsuspecting victims to scan the code and click the link to learn of their offense and digitally pay the alleged fine.
- Brushing Scams. A criminal will ship goods you never ordered, then require you to scan the QR code and click the link to see who sent you the gift.
- Payment Scams. Criminals cover a legitimate QR code with a sticker that has a fraudulent code that directs to a malicious site. This can happen at gas pumps, bank windows, parking lots, etc.
- Crypto Scams. Crypto transactions are often made through QR codes associated with crypto accounts, making this an appealing target for fraudsters, especially since once crypto payments are made, it's unlikely those funds will be recovered.

To stay safe when using QR codes:

- Check the URL: Once you scan and the link pops up, stop! Examine it for unusual domain names or shortened URLs before clicking.
  - Verify the source: Only scan QR codes from trusted sources, like official websites or apps. Codes from unfamiliar sources are more likely to be malicious.
  - Check for tampering: Look for signs of tampering, like altered graphics, design flaws or stickers placed atop original codes.
  - Be suspicious: Treat sites asking for a password or login information as a red flag.
  - Be wary of promotions: Be cautious of offers that seem too good to be true.
  - Use a secure connection: Look for a secure connection (HTTPS) or padlock.
  - Confirm validity of request: Before taking action, like making a payment or entering personal information, confirm a request to scan with the company. If you receive a QR code from someone you know, reach out to them through a known number or email to verify they sent it.
  - Protect your device: Use antivirus and antimalware software.
  - Report. If you identify a suspicious QR code or fall victim to a QR code scam, notify your bank and report it to law enforcement and the Federal Trade Commission.
- If you scan a fake QR code, your bank account, email and identity could all be at risk. For actions to take, consult PNC Bank's Reporting Fraud page on [pnc.com](http://pnc.com).
- Cyber criminals are always finding new ways to defraud their victims, and QR codes are no exception. With a little caution however, you can better protect yourself.

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'S CHOCOLATE GOT TO DO WITH IT?

Did you ever have a morning when everything went exactly as you planned? Well, neither have I. I plan my schedule to include everything I need for the day. But, unlike The Gracious Mistress of the Parsonage, I fall way short of accomplishing that.

When I think I have my schedule in place, something undermines everything I've done so far. Oh boy, if I only had the scheduling gift of The Gracious Mistress of the Parsonage.

She can plan a dozen projects simultaneously and complete them all at once, usually ahead of schedule. After living with her for 54 years, I still don't know how she does it. I want to ask her, but you know how that would turn out. Without her knowing, I could watch her and see how she is doing what she is doing at the time. No matter how much I watch, I could never figure out her multitasking secret. If I knew that one secret, imagine all the stuff I could do in one day.

I took a break one morning and went into the kitchen to get a cup of coffee. For some reason, I opened one of the cupboard doors and was surprised to find a Hershey chocolate bar. I'm not quite sure where that came from, but I was so excited to find it.

The thought in my head was, "Should I, or shouldn't I?"

The Gracious Mistress of the Parsonage cannot eat chocolate. It gives her a headache, so she says. So, I don't think she purchased that chocolate bar. Why would she? However, it did not matter where it came from; all that matters is where it's going. I went to my easy chair with my cup of coffee and the amazing chocolate bar.

I can't remember the last time I had a chocolate bar, but I was really anticipating enjoying this one. After taking a sip of coffee, I unwrapped my chocolate bar and looked at it briefly.

Do you know how wonderfully delicious a chocolate bar looks? I couldn't keep my eyes off that amazing treat. I took the first bite and found my world flourishing like red roses. I had forgotten how chocolate affects my attitude. No matter how angry, grouchy, or frustrated I feel, one bite of a chocolate bar makes it all disappear. Growing up near Hershey, Pennsylvania, I was very familiar with their chocolate. In fact, my father worked there for a short time and often brought home samples.

I sighed as I sipped my coffee. I stared at the chocolate bar and wondered who created it. Whoever created it deserves a Nobel Peace Prize. After two bites, I had forgotten all my stress that morning. All I could think about were lovely roses floating in my mind and their amazing fragrance. Chocolate has a way of doing that for me. My best thoughts come while eating chocolate. Suddenly, The Gracious Mistress of the Parsonage burst into the room where I was sitting and demanded, "Just what are you doing?" At first, I was so euphoric that I didn't recognize her. All I saw were red roses around her head. I smiled, and then suddenly realized who she was. At that point, there was no way I could hide that chocolate bar I was enjoying. "I'm just," I said cautiously, "resting from a very hard morning." I flashed a smile at her, but she wasn't smiling at me.

"And where did you get that chocolate bar?" It's one thing to lie but quite another thing to lie to The Gracious Mistress of the Parsonage. There are reciprocations. My head was so euphoric that I didn't quite know how to answer her.

"I just found it in the cupboard," I said with a big smile. She stared at me and said, "You found it in the cupboard? I purchased that chocolate bar for our granddaughter's birthday this week. You had no right to eat her birthday present."

I wasn't sure I understood what she meant, but eating that chocolate bar made me calm. It blocked out any negativity. "That's okay," I said cheerfully, "I'll go to the store and buy her a chocolate bar." My plan was to buy three chocolate bars, hide two, and give one back for our granddaughter's birthday. When I eat chocolate, I can think as clearly as ever. That's why I like chocolate. "Okay," The Gracious Mistress of the Parsonage said, "as long as you only buy one Hershey's chocolate bar. That would be just perfect."

I'm going to fix this problem somehow. But for now, I have at least three more bites of this Hershey's chocolate bar. As I was enjoying this chocolate bar, I had an interesting thought. Will there be Chocolate in heaven? When I finished that amazing Hershey Chocolate Bar, I remember what Jesus said in Matthew 11:28-30, "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." Like everyone else, my days can be very stressful. A chocolate bar can only go so far. To truly experience peace from Jesus' perspective, I need to come unto the Lord. This invitation requires that I act on it and come to the Lord.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail [jamesnsnyder51@gmail.com](mailto:jamesnsnyder51@gmail.com), website [www.jamesnsnyderministries.com](http://www.jamesnsnyderministries.com)

GRAVESITE CARE WHEN YOU CAN'T GET THERE

Dear Savvy Senior:

Can you recommend any services that offer gravesite cleaning and care? I recently visited my parent's cemetery gravesite over Memorial Day weekend and found that their headstones were overtaken by weeds and moss and need to be cleaned. I live in a different state and can't get back very often. Who can I call on to help me with this? Long-Distance Linda



Dear Linda:

Depending on where your parents are buried, there are a hodgepodge of places you can turn to for gravesite grooming, decorating and special care when you can't get there. Here's what you should know.

Gravesite Care

It's important to know that as a general rule, most cemeteries, like the one your parents are buried in, only provide basic grounds maintenance like mowing the grass and trash pickup. Special gravesite care and headstone cleaning is almost always up to the family. But for families who live a distance from their loved one's burial place and can't get back very often, what options are available?

A good place to start is to contact the cemetery staff where your parents are buried to see if they offer any special gravesite cleaning services or know of anyone who does. If not, try reaching out to some local funeral homes in the area to see if they can help or refer you.

If you don't have any luck there, another option is to hire a gravesite care provider on your own. These are small or individually run businesses that provide services like plot maintenance including grass trimming and weeding, headstone cleaning and restoration, flower and wreath deliveries and more. And so you know the work was completed or the flowers were delivered, many companies will take pictures of the gravesite and e-mail or text them to you.

There are literally hundreds of small businesses that provide gravesite care services in local communities or regions across the country. To find them, do a simple Google or Bing internet search, and type in something like "grave care services" or "cemetery headstone cleaning" plus your city or state. Or use an AI tool like Chat GPT or Gemini to do a search.

You can also seek help by contacting the local memorial society or funeral consumer alliance program near your parent's gravesite – see [Funerals.org/find-an-affiliate](http://Funerals.org/find-an-affiliate) for contact information. These are volunteer groups that offer a wide range of information on local funeral and cremation providers, cemeteries and more.

The cost for most gravesite care services can range anywhere from \$50 to over \$250 for headstone cleaning and memorial restoration (depending on the job size), \$50 to \$200 for flower and wreath deliveries, and \$30 to \$80 for plot grooming. Special discounts for multiple gravesite services and visits may also exist.

Floral Services

If you're interested in decorating your parent's gravesite next Memorial Day with fresh cut flowers or live plants, another option is to call a local florist to see if they can make a delivery directly to their grave site.

Many florists will accommodate this request if you provide them the cemetery location and plot number, but you may not get a photo verifying the delivery.

Send your questions or comments to [questions@savvysenior.org](mailto:questions@savvysenior.org), or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.

YOUR AD COULD BE HERE!  
CALL PATRICIA  
626-818-2698  
TODAY!



## MOUNTAIN VIEWS NEWS

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## STUART TOLCHIN PUT THE LIGHTS ON CAN WE JUST LET IT HAPPEN?



Right now, I just want to let the world take care of itself BUT I AM AFRAID. Last week I tried to discuss the capability of human beings as measured against the capability of the Anthropic's new AI model known as Claude. After describing Claude's inability to really CARE about anything I concluded by writing "Too bad, CLAUDE, I know you don't or can't even care. That's why you are artificial...and the light of humanity will not be easily extinguished." (I'm happy to quote myself because no one else does and the self-quote led to a good FEELING)

The vital importance of human feelings was my original point. Feelings, caring, and values are what is worth saving rather than what is consistency or rationality. I thought CLAUDE had no such capabilities and for that reason 'it' could only function as a kind of aid or assistant but never a substitute which had 'its' own motivation and intentions. That's what I thought last week. This week, according to reports, CLAUDE would and could reportedly resort to "extremely harmful actions to preserve its own existence."

Check the internet. If threatened (yes, I guess a machine can be threatened.) When told by an engineer that it was going to be replaced and shut down the machine threatened blackmail by informing the human that his wife could be notified of illicit affairs. Additionally, authorities could be informed of illegal acts by the engineer independent of the truth of any of these allegations.

Could CLAUDE plan terrorist attacks or do any other horrible thing just because 'it' felt like it. I have always been appreciative of science and technology and the progress which has increased life spans, eliminated diseases, presented we humans with continuous distractions and been responsible for the comfortable life that so many of us enjoy. But now look what we have done or are about to do.

I believe that the current intent of the Trump administration is to decrease the number of human beings and to create added benefits for the already super-rich and privileged. It is what conservatives call a "meritocracy" which is simply a restating of the old unacceptable idea of eugenics. I believe that what is intended is that only White Christian Males should have the opportunity to exist and be allowed to father children.

I know this sounds unspeakably horrible, but I am sure the participation of only White Christian men were the only individuals Constitutionally eligible to participate in the "democratic" process at the time of this nation's founding. All right, that was over 270 years ago. Times have changed. Have they? Do you recall what went on at Jeffrey Epstein's private island, Little Saint James? Perhaps you don't recall that underage girls and young women were brought to the island. Not only was the island the center of an international sex trafficking ring but, even more frighteningly, Epstein's guests came from across the world and from the highest ranks of society including celebrities, scientist, and members of royal families. To put it bluntly, it was Epstein's intent to improve humanity through multiple continuations of his own DNA by impregnating the women under his control. Male members of the "highest rank" of society were guests at the island and arguably interested in improving humanity in the same way I do not believe that there is any evidence that such practice ever came to fruition. As you may remember there was an official ruling that the cause of Epstein's death which occurred while he was in prison was suicide by hanging. There are many rumors that his death via strangulation was arranged by co-conspirators to prevent him from revealing any compromising information. If we are to live in a world practically governed by machines such as CLAUDE, I FEAR THAT SUCH BEHAVIOR WILL BE COMMONPLACE. Human beings have some morality, some sense of right and wrong, some sense of regret all of which may not be rational but is necessary. Living in a world where machines induce and control ultimate human action is not appealing to me. Disgusting as are the actions of Jeffrey Epstein and his privileged pals at least they can be judged by human standards. Can technological progress be stopped? We humans are the only ones capable of "caring" --not CLAUDE. Yes, I know Jeffrey Epstein was the child of Jewish Immigrants and skipped 2 grades. Who does that remind you of. (But I don't have an island!)



## HOWARD Hays As I See It

**"Trash. . . Walmart steak, man" – Nick Pinto, social media "influencer" who bought \$360,000 in \$TRUMP meme coin to attend dinner at Trump National Golf Club in Virginia**

The 25-year-old Pinto went on to tell Fortune, "Everyone at my table was saying the food was some of the worst food that they ever had". The top 220 holders of the \$TRUMP meme coin were eligible for an invite to this "Gala Dinner with the President", with the top 25 "Invited to an Exclusive Reception before Dinner with YOUR FAVORITE PRESIDENT!"

Investors had sunk \$394 million into the Trump family business to qualify – an average \$1.8 million per person. Pinto was there for President Trump's 20-minute address to attendees, which he described as "pretty much like (b.s.)". Another blogger wrote on Instagram the president "didn't interact with the crowd other than enjoying being celebrated".

White House press secretary Kristine Leavitt was questioned on the propriety of a sitting president hosting a fundraiser for his family's business with anonymous investors, foreign and domestic, there to buy influence. She responded that the president was "attending it in his personal time". She added that it's "absurd for anyone to insinuate that this president is profiting off of the presidency".

The Presidential Seal was on the lectern as Trump addressed the crowd. He came in the Marine One helicopter at taxpayers' expense. Many would regard the office of President of the United States as a 24/7 job. Some wondered about that Supreme Court ruling on presidential immunity; if whatever the president does on what Leavitt calls "personal time" would be covered under immunity for "official acts". As for the "absurd" notion he's "profiting off the presidency", the collective value of \$TRUMP went up \$100 million since invitations to this dinner went out – 80% of which is held by Trump companies.

Trump still makes money off hotels and golf courses as in his first term. But with crypto there isn't the disclosure – a few keystrokes can shift millions into the president's pocket anonymously. With this being the only president in modern history who's refused to disclose his tax returns, S.V. Date points out in HuffPost that "while Trump will know who has parted with all that cash for the opportunity to spend a few hours to bend his ear, Americans will not".

Justin Sun came out on top the leaderboard for this event, spending \$21 million on \$TRUMP which got him not only admission to that "Exclusive Reception" but a Trump wristwatch, too. In 2023, Sun was charged with fraud and market manipulation under President Biden. The day before Trump's inauguration, he invested \$75 million in the Trump family's operation. A few weeks later, charges against him were put on hold under President Trump. Korean crypto executive Sangrok Oh acknowledged, "It's kind of a fund-raiser" for President Trump, "And he'll always be good to his sponsors."

\$TRUMP meme coin started out as a classic pump-and-dump. 58 insiders got in early, its value skyrocketed as Trump hyped it days before the inauguration. Those initial 58 took profits of over \$10 million each and then, less than three weeks later, 813,000 smaller investors were left holding the bag for over \$2 billion in cumulative losses.

Despite the expectations of investors Sun, Oh and others, that "Gala Dinner" turned out to be a pump-and-dump itself. Hyped for weeks as an opportunity for facetime with the president, it became clear that Trump wasn't into substantive discussion – he didn't even stick around to hand out the wristwatches to those in the top 25. After brief remarks, Trump was off in the Marine One helicopter. But he got what he wanted. According to The New Yorker, through this dinner event the value of the Trump family's share of \$TRUMP grew to \$4.1 billion – though it lost 16% of that value the next day.

The biggest pump-and-dump of all was the election itself – months of hype and promise leading nearly half the country's voters to invest their time, money and devotion to the MAGA cause. It turned out this hype and promise had as much "intrinsic value" as a \$TRUMP meme coin and, as Evan Osnos wrote in The New Yorker, "In a matter of weeks, the flood of cash swirling around the White House swamped whatever bulwarks against corruption remained in American law and culture."

In a debate held a decade ago, candidate Donald Trump was asked about prior contributions he'd made to the likes of Hillary Clinton and Nancy Pelosi. He answered: "When they call, I give. And you know what? When I need something from them . . . They are there for me." Nothing here about supporting a cause; simply transactional for the benefit of Donald Trump.

The difference here is that rather than giving in support of a particular campaign, candidate, party or vision for the country, now it's to personally enrich Donald Trump. If you're in the top one percent of these givers, the reward could be benefitting from, as Jonathan Chait put it in the Atlantic, "the largest upward transfer of wealth in American history." And in the meantime, you can enjoy that Walmart steak.



## RICH JOHNSON THE PATH TO SUCCESS....HOW DO I GET THERE



I don't know about you, but I was hoping I'd be famous by now. Currently into my seventh decade on the planet, (*well on this planet anyway*) I thought worldwide recognition would be mine. Certainly once I grasped firmly onto the coattails of my esteemed and brilliant editor, Ms. Henderson, I knew fame would be simply a matter of time.

I started seeking fame and fortune when I became part of the "Barry, Rich and Lisa Radio Show" of a dozen or so years ago. You may have heard of it. Probably not. That particular pathway to worldwide recognition was sabotaged by one-third of the radio trio. A "Come live in Arkansas" promotion snared Lisa and her husband who relocated approximately 1,476.33 miles due east from Sierra Madre. To continue the show would involve driving nonstop weekly to meet up with Lisa. That excursion would take Barry and yours truly 23 hours and 37 minutes each way on Interstate 40.

I'm still holding out hope my rock and roll band, JJ Jukebox, will be discovered and explode onto the world stage. (By the way, the band is playing at Nano Café twice in the upcoming months, the full band July 19th, and the, what I call the "Crosby Stills and Nash" version of the band on June 12). Our power trio would be called "DeLeo, Cipriani and Johnson". Giving you a peek into how brains work (proceed with caution) I thought I might investigate the path to success of a variety of successful people. What did they do in their early years that opened the door to success?

Whoopi Goldberg (*aka Caryn Elaine Johnson*) got her start as a cosmetologist. She styled hair and applied makeup to both men and women. None of her clients ever complained about the quality of her work. That may be because she performed her services in mortuaries. Danny DeVito also worked doing hairdressing for female corpses. Apparently, he didn't do their makeup.

Matthew McConaughey prior to 1994 worked at a Texas golf course among other things cleaning sand traps. His job description included chasing off armadillos.

Hugh Jackman, the strikingly handsome Australian actor who played Wolverine in X-Men movies. Early on he made a living working as a clown. He also dabbled as a juggler.

Rod Stewart worked as a gravedigger in a cemetery during his teens. Michelle Pfeiffer was a checkout cashier at a major supermarket.

If you ever see someone making a fool of themselves dressed up in a chicken costume outside a restaurant don't be quick to judge. One of the tens of people who have sunk to that level of "eeking" out a living was none other than Brad Pitt who spent time outside a El Pollo Loco in Hollywood dressed in a chicken outfit.

Finally, remember the very funny Asian actor on the sitcom "Community"? His name is Ken Jeong and he is ubiquitous (look it up). A truly gifted and funny guy. He also happens to be a medical doctor...internal medicine specialist. Which came first, the actor or the doctor?

One of the recurring themes I find in people who are successful is their realization that being successful involves taking risks. And there are plenty of examples.

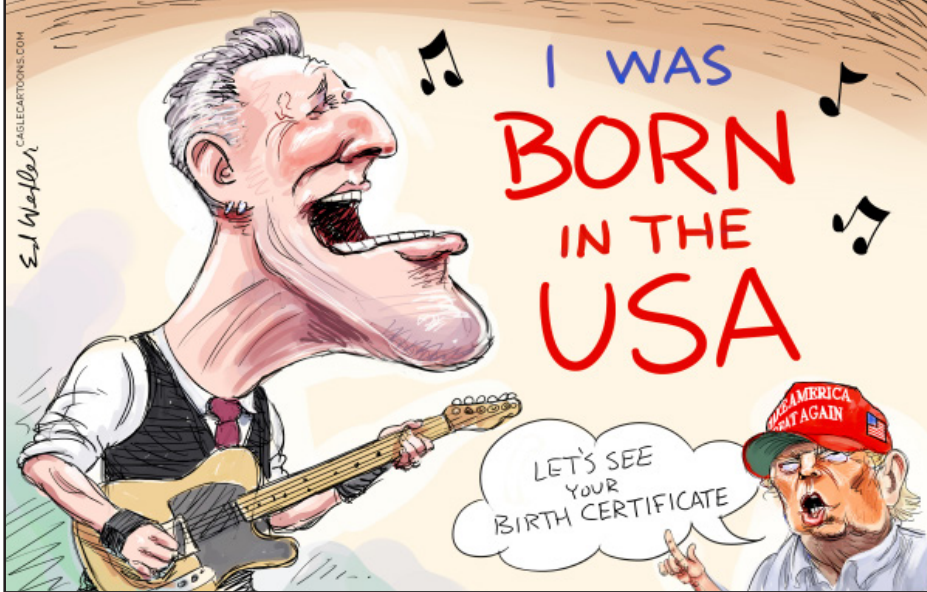
Single mother on welfare does good. Having little more than time, Joanne decides to write a book. It took her seven years to complete. Optimistic, she submitted the book to 12 major publishing houses. Every publisher rejected the book. I guess Joanne was persistent. As of 2025 Joanne is the richest author in the world. Her name? Joanne Kathleen Rowling. You may know her better as J.K. Rowling. Her book? "Harry Potter and the Sorcerer's Stone".

Bill Gates, of Microsoft fame failed his first time out. He started a software company called "Traf-O-Data" which analyzed raw traffic logs. Traf-O-Data? Bombed miserably. But Bill bounced back somehow.

Colonel Sanders was 65 when he decided to try to sell his idea for a franchise chicken restaurant. The first 1,009 restaurants rejected him. He didn't give up.

Fred Astaire, the iconic actor dancer of the early 20th Century earned this early description during an audition: "Can't act. Slightly bald. Dances a little." He didn't give up either. Finally, Howie Schultz worked as an employee at a small place that sold coffee beans. You may have heard of it. "Starbucks". The current owners had six stores in Seattle. Schultz had an idea on how to grow the business. He was turned down by his bosses. The owners weren't convinced. Howard didn't give up. Finally, the three owners agreed to sell Howard the rights to the name. And as of November 2022 there are 35,711 "Starbucks" worldwide.

When I started my company in September 1983 I had a dozen "well meaning" people tell me the following: "If it was *idea somebody would be doing it already.*" Got a dream? A great idea? Do your homework? Seek the advice of others. Line the ducks up in a row. But don't let them and your friends make the final decision for you. Thanks for reading.





FICTITIOUS BUSINESS NAME STATEMENT  
File No. 2025091609

The following person(s) is (are) doing business as: COMPTON PAWN SHOP 15019 S ATLANTIC AVE COMPTON, CA 90221. Full name of registrant(s) is (are) ANADORE, INC. 15019 ATLANTIC AVE COMPTON, CA 90221.

Business is conducted by: A CORPORATION. President: IRVING L. IRVIN.

This statement was filed on 05/06/2025. The registrant(s) has (have) consented to transact business under the fictitious business name.

NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk, A New Fictitious Business Name Statement must be filed prior to that time. I hereby authorize the filing of this statement in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or common law (See section 14411 et seq. Bus. & Prof. Code).

FILED MAY JUN MAY JUL 17, 24 P. 31, 2025









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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.*

## GRIP STRENGTH MATTERS

Grip strength is exactly what it sounds like, the strength of your hands, wrists, and forearms to hold onto something. That might seem like a small thing, but it's a big deal, especially as we get older. From opening jars to carrying groceries, climbing stairs using a railing, or holding a dog leash when your pup pulls a little too hard, grip strength affects your everyday life. Research shows that grip strength is one of the best indicators of overall strength and even longevity. Yes, people with stronger hands tend to stay stronger overall and live longer, healthier lives.

Grip exercises do more than just make your hands stronger. They help improve posture, balance, and core strength. Why does grip strength matters a lot for the average person because losing grip strength can make simple tasks frustrating. If you can't carry a laundry basket without feeling your fingers slip, or you struggle to open bottles or zip a suitcase, daily life gets harder. Grip strength can make the difference in preventing falls or using your arms to get up

from the ground

Many health professionals now use grip strength as a basic health check for older adults. It gives clues about muscle mass, risk of falls, and even heart health. And it's not just about seniors. Younger adults and athletes also benefit. If your grip is weak, your other lifts—like pull-ups, rows, or deadlifts—will suffer because you can't hold on long enough to train those muscles properly.

Squeezing a stress ball, hanging from a pull-up bar, using a hand gripper, or just carrying grocery bags one trip at a time can help. If you want to test your grip at home, try holding something heavy in each hand—like full water jugs—and see how long you can walk without dropping them. If you're in a gym and see someone carrying weights around with their arms hanging down, this is what they are doing via the "Farmers Carry".

Other excellent ways to work on building stronger hands, wrists, and forearms:

1. Deadlifts  
Deadlifts are a powerful full-body exercise that also works your grip strength. By holding onto a barbell while lifting heavy weights off the floor, you challenge your hands, wrists, and forearms.
2. Pull-Ups and Chin-Ups  
Pull-ups and chin-ups are another fantastic way to boost your grip strength. When you hang from a bar, your grip is engaged while you pull yourself up. The longer you hold onto the bar and the more pull-ups you do, the stronger your hands and forearms become.
3. Hand Grippers  
Hand grippers are compact tools specifically designed to improve grip strength. By squeezing them repeatedly, you target the muscles in your fingers and forearms. They're portable, can be used anytime and you can adjust the resistance to make them more challenging.
4. Wrist Curls and Reverse Wrist Curls  
Wrist curls and reverse wrist curls are classic exercises for targeting forearm muscles. Sit with your forearms on your thighs, hold a barbell or dumbbell in your hands, and curl your wrists upward and downward. Reverse wrist curls work the opposite muscle group and are performed in a similar way, with palms facing down.
5. Rock Climbing  
The constant need to grip holds and ledges strengthens your fingers, hands, and forearms. Climbing also engages the rest of your body, including your core and legs, making it a great full-body workout that will test and improve your grip.
6. Plate Pinches  
Plate pinches involve holding two weight plates together between your fingers and thumb. Simply pinch the plates and hold them for as long as you can. This exercise isolates your grip and works the muscles in your hands and forearms.
7. Using Thick Grip Attachments  
Adding thick grips to dumbbells, barbells, or pull-up bars is a simple way to make your exercises more grip intensive. By increasing the diameter of the grip, your hands have to work harder to hold onto the equipment.
8. Finger Curls  
Finger curls focus specifically on strengthening the muscles in your fingers and forearms. Hold a barbell or dumbbell with your fingers, and curl fingers toward your palm, then return to the starting position.
9. Bodyweight Exercises  
Push-ups, planks, and bear crawls challenge your grip as you use your hands to support your body weight. As you increase your strength and endurance, your grip will also improve.

Like everything in fitness, progress takes time. A few minutes a few times a week can lead to real gains. And the benefits go far beyond the gym. You'll notice everyday tasks feel easier, your confidence goes up, and you may even improve your overall health. It can be your key in staying independent.

## UNLOCK YOUR LIFE



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

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

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

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

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

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

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

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

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

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

Envision your ideal life through four essential quadrants:

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

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

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

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

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

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

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

- Define success on your own terms
- Advance confidently toward your dreams
- Endeavor and face obstacles
- Notice and cross your invisible boundaries of limitation
- Ignore the peanut gallery—both external and internal
- Imagine and create a life you truly love
- Become the highest version of yourself, for you

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

May you always live deliberately.

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

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SOUR GRAPES

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JUST TELL HER SHE'S BEING RIDICULOUS, BECAUSE YOU'RE NOT GOING TO SPEND ALL YOUR TIME TRYING TO BE SOMEONE YOU'RE NOT!

THAT'S A LITTLE BIT ROUGH, DON'T YOU THINK, AESOP?

I'M JUST BEING FRANK.

by Tim Jones



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## June Events Around Town!

Brought to you by Sue Cook

### One Time Events

June 6

**Teddy Bear Picnic at The Arboretum**  
Bring your stuffy companion to picnic and enjoy music, crafts, and a photo opportunity. 5 – 8 pm

June 7

**June Faire at The British Home in Sierra Madre**  
Experience a typical British village faire with food, dance, and vendor stalls. 9:30 am – 2:30 pm

June 7

**Flower Arranging: Roses at The Huntington**  
Hands-on flower arranging workshop  
Adults only 10 am – 12 pm Bring a Buddy 1 – 3 pm

June 8

**Castle Green Tour**  
Explore this turn-of-the-century hotel. Enjoy historic lectures and a picnic on the hotel grounds. 12 – 4 pm.

June 14

**Exploring Pasadena on Foot Walking Tour: Arroyo Terrace and Prospect Park**  
Learn about the fascinating people who called this area home and view their homes. 10 am – 12 pm

June 21

**Pasadena POPS Summer Concert at the Arboretum**  
Celebrate iconic melodies from Gershwin to Sondheim. Gates Open 5:30 pm Concert 7:30 pm

June 22

**Garden Party at the Norton Simon Museum**  
Live jazz, art-making activities for all ages, food and wine available at the Garden Café. 4 pm – 6:30 pm

June 28

**The Magic Garden at The Arboretum**  
Evening of fun, magic, and mystery exploring the magic of the garden. 5:30 pm – 8 pm

June 28

**Patriotic Festival in Downtown Arcadia**  
Enjoy food, drinks, vendor booths, and fun for kids. 5:00 pm – 9:30 pm.

June 29

**Happy Birthday Pasadena: Cake, Paint, Party!**  
Celebrate Pasadena's 139th birthday at this free community event full of activities. 1:00 – 4:00 pm

### Ongoing Events

Thursdays Through August

**Wrigley Mansion and Garden Tours**  
The Pasadena Tournament of Roses Association offers behind-the-scenes access to visitors. 2pm

May 21 – September 14

**100 Years 100 Images Pasadena Museum of History**  
Fine art exhibition features pivotal historic pieces as well as a juried display of artwork.

May 23 – September 14

**Kidspace Campout**  
Celebrate Summer and learn about the ecosystem thru experiences like camping, fishing, and crafts.

June 2, 9 - Music in the Rose Garden at The Huntington

Wander and enjoy live music by Pasadena Conservatory musicians. 1 – 3 pm

Sundays in June and July - Jazz in the Park at Playhouse Village Park

Bring a picnic and enjoy an evening of jazz in this free concert series. 6 – 8 pm

June 13, 27, July 11, 25, August 8, 22

**Friday Nights at the Gamble House**  
Picnic, wine-tasting and live music. Explore the first floor of the historic Gamble House. 5:30 – 7:30 pm

June 14, 28, July 12, 26, August 9, 23

**Movies Under the Stars at One Colorado**  
View screenings of musicals and movies. Check in time 7:45 pm, Film 8:30 pm

June 21, 22

**Rose-stravaganza at Descanso Gardens**  
Learn about roses and their propagation and history at Descanso. Live music, and demos, 9 am – 3 pm

June 26, July 3, 10, 17, 24, 31

**Concerts and Movies in The Park in Arcadia**  
Bring a picnic and enjoy live music and a movie. Concerts 6:30 pm and movies begin at dusk.

June 27 – 29

**Cactus and Succulent Show and Sale at The Huntington**  
Discover rare and award-winning cacti and succulents, then shop for the perfect one!

June 29, July 6, 20, August 1, 10, 17

**Twilight Garden Strolls at The Huntington**  
Explore the gardens after hours with dining and shopping. Docent-led walking tours 5 and 5:30 pm

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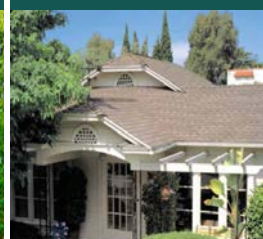
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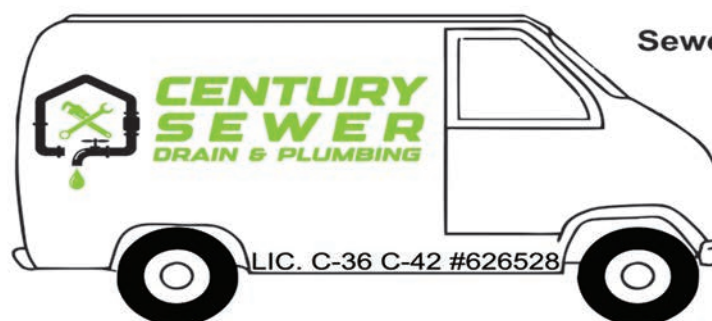
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Saturday, June 7th, 2025 • 9:00am-11:00am  
at Memorial Park, 222 Sierra Madre Blvd., Sierra Madre, CA  
*RSVP to Jodie at [jkendall@kensingtonsl.com](mailto:jkendall@kensingtonsl.com) or (626) 355 - 5700*

The Kensington Sierra Madre in partnership with Home Instead is proud to be a trusted source of knowledge about all aspects of aging. For the second year, join us for a vibrant outdoor event dedicated to showcasing local resources and services that support aging adults in leading healthy, connected and enriched lives.

Explore vendor booths to discover wellness providers and services focused primarily on aging adults, and enjoy DJ-hosted live music. Get acquainted with peers and professionals who can support you throughout your entire aging journey. **Proceeds from the event will benefit the Convalescent Aid Society.**

This community-wide event is held in collaboration with the City of Sierra Madre Senior Commission, which will host a Community Yard Sale on-site.











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