

Happy Fathers Day!

Mountain Views News

Sierra Madre

Arcadia

Duarte

Monrovia

Pasadena

Altadena

South Pasadena

San Marino

SATURDAY, JUNE 14, 2025

VOLUME 19 NO. 23

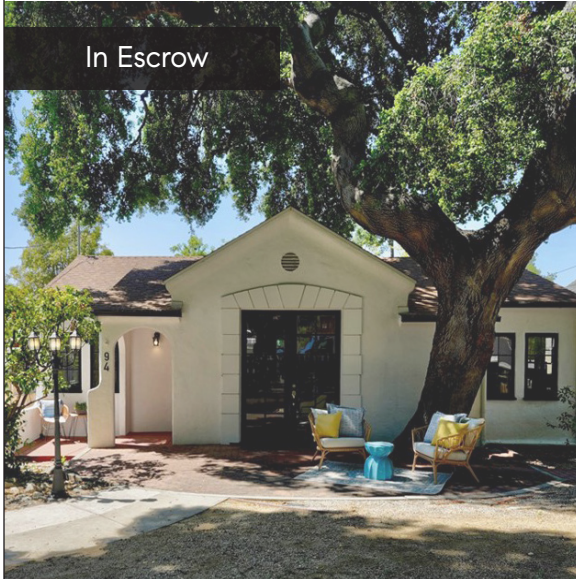


the webb-martin group

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NO KINGS IN SIERRA MADRE!



Breaking News: Protestors in Sierra Madre, as with cities all across the United States, gathered peacefully in Kersting Court to show their opposition to the Trump administration's policies and in rejection of authoritarianism and militarization. MVNews/Photo by Dirk Bolle



THANK YOU FOR YOUR SERVICE!

Sierra Madre said a grateful, but sad goodbye to three outstanding men on Tuesday. Together, they served more than 90 years in to this community! At the city council meeting held earlier in the week, Mayor Robert Parkhurst and the Council, along with Assemblymember John Harabedian's representative praised their dedication and service to the community.

Pictured above going clockwise are, Officer Ken Berry who is retiring after 31 years with SMPD. He is shown with Police Chief Gus Barrientos and Mayor Parkhurst in the background.

Councilwoman Kristine Lowe congratulates SM Fire Department Engineer Ted Walters after 19 years of service. Councilwoman Lowe, served with Walters on the SM Fire Department for 9 years.

On the right is SMPD Commander Mitch Thomas after 41 years with SMPD. Assemblyman John Harabedian, a Sierra Madre native could not attend, however he sent his representative, Adriane Perez to present Mitch with his Proclamation.

Mayor Parkhurst also acknowledged that City Manager Jose Reynoso's last day was on Tuesday. A formal recognition of his service to Sierra Madre will be held at the next council meeting, June 24th. MVNews/Photo by Dirk Bolle



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June 30, 2025
1:00 - 2:00 PM
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Sierra Madre, CA 91024

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SIERRA MADRE 4TH OF JULY EVENTS
INDEPENDENCE DAY PARADE!
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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

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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
Open M-F 10-5 and Saturday 10-2



This Property is One of Three Distinct Adjacent Altadena Homes— Buy One or All: One Private Driveway, Multiple Purchase Options

3087 Casitas, Altadena 18,744 Square Feet
3089 Casitas, Altadena 16,750 Square Feet
3095 Casitas, Altadena 14,518 Square Feet

These three individually titled residences (each with its own APN) share a single private driveway easement, giving buyers complete flexibility—purchase any one home on its own or assemble all three into a singular compound.

Ideal for multigenerational living, rental income strategies, or crafting your own private retreat, this rare multi-property offering lets you customize your real-estate vision. Scroll through the images below to see each home's character, then contact us to arrange tours of one, two—or all three—properties.



Janette Ledeo

Realtor/Consultant, ePro, GRI, CDPE, SRES
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SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

Weather Wise



6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi	80s	Lows 60s
Mon:	Sunny	Hi	80s	Lows 60s
Tues:	Sunny	Hi	80s	Lows 60s
Wed:	Sunny	Hi	70s	Lows 60s
Thur:	Sunny	Hi	70s	Lows 60s
Fri:	Sunny	Hi	70s	Lows 60s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS

SIERRA MADRE CITY COUNCIL MEETING

June 24, 2025 5:30 pm

THIS MEETING WILL BE HELD IN THE COUNCIL CHAMBERS!

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

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

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

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

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

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

Your event must:

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

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

WALKING SIERRA MADRE The Social Side

by Deanne Davis

"The eyes of the world are upon you. The hopes and prayers of liberty loving people everywhere march with you."

Gen. Dwight D. Eisenhower's Message to Troops Before the Invasion, June 6, 1944

"You are about to embark upon the great crusade toward which we have striven these many months. The eyes of the world are upon you...I have full confidence in your courage, devotion to duty and skill in battle."

June 6, 1944 Gen. Dwight D. Eisenhower

D-Day, the anniversary of the largest seaborne invasion in history, was June 6th. This invasion, which began the liberation of France and later western Europe and laid the foundations of the Allied victory on the Western Front. Allied infantry and armored divisions, began landing on the coast of France at 06:30. Strong winds blew the landing craft east of their intended positions, particularly at Utah and Omaha beaches. The men landed under heavy fire from gun emplacements overlooking the beaches and the shore was mined and covered with obstacles such as wooden stakes and barbed wire. German casualties on D-Day have been estimated at 4,000 to 9,000 men. Allied casualties were documented for at least 10,000 with 4,414 confirmed dead. (Wikipedia) The picture this week commemorates this day when so many gave their lives.

"That road to V-E Day was hard and long, and traveled by weary and valiant men. And history will always record where that road began. It began with the first footprints on the beaches of Normandy." — George W. Bush

Last week's Mountain Views News with all the pictures of the graduates in our area was simply wonderful. Susan Henderson, our Editor, did an amazing job gathering all the pictures of these beautiful, hopeful young people and letting us see them. They are our future, friends and neighbors.

June is a glorious month. The occasional day of June gloom keeps the heat somewhat at bay and everyone's garden looks fabulous. It's the last hurrah before the sun burns everything and it all looks just plain tired.

Here's a little June trivia for you: In the 15th century, most people got married in June because they took their yearly bath in May and still smelled pretty good. June is also Accordion Awareness Month, Iced Tea Month and Candy Month. The June birthstone is the pearl, which is pretty neat as pearls were believed to possess magical powers. The Pearl signifies wealth. If you were born in June, you are a fun person known for your sense of humor. You are an extrovert. People love being with you and you are also an intelligent person. So there! Little known facts about a well-known month.

June is also where we find Father's Day. Yes, it's tomorrow and I'm hoping you got your Dad a card and are planning to spend a little time with him, if you are so fortunate as to still have your Dad with you. The men in my family are extraordinary fathers and I'm sure the ones in your family are, too.

"Any man can be a father, but it takes someone special to be a dad." — Anne Geddes

"Dads are most ordinary men turned by love into heroes, adventurers, story-tellers, and singers of song." — Pam Brown

"It is much easier to become a father than to be one." — Kent Nerburn

One last Father to mention before I close this week, the One we lean on the most:

Our Father, Who art in heaven,
Hallowed be Thy Name.
They kingdom come, Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread,
And forgive us our trespasses,
As we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil,
For Thine is the kingdom, and the power, and the glory, Forever. Amen.

Stay well, find something good to read. Walk and count your steps. Rejoice! You are alive! Speaking of good things to read...look right below here at the goodies you could be reading written by me!

My book page: [Amazon.com: Deanne Davis](https://www.amazon.com/Deanne-Davis/e/B000APR000)
Where you'll find "Sunrises and Sunflowers Speak Hope"
And "A Tablespoon of Love, A Tablespoon of Laughter"
Take a look at both of these books, stuffed with hope and some really good recipes.
And there are Kindle treasures galore you can send straight to your Kindle,
Including the best adventure story ever about my Father and Grandfather:
"A Treasure Map, A Drunken Owl And
47 Rattlers in a Bag"



Sierra Madre Public
LIBRARY
Read • Discover • Connect

This week at the
Sierra Madre
Public Library

June 16 — June 21

Monday

Bubblemania — Memorial Park Bandshell at 10:00am

Reading Buddies — Library from 3:30pm—5:30pm

Wednesday

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

Pajama Storytime — Online at 7:00pm.

Registration required.

Thursday

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

Registration required.

Reading Buddies — Library from 3:30pm—5:30pm

Saturday

Christopher T. Magician— Memorial Park Bandshell at 10:00am

Read, Discover, Connect
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New
LISTING

3BBEDS 2 BATH 1,450SQ. FT. 2-Car Garage



This elegant single-level condo is located in the desirable Town & Country community, known for its Tuscan-inspired architecture and beautifully landscaped courtyards. The residence features an open-concept design with new wide plank deluxe vinyl flooring and European-style porcelain tile. The kitchen is both stylish and functional, offering high-end appliances, custom-stained cabinetry, quartz countertops, and frosted glass accents. A separate enclosed laundry area adds convenience. The primary bedroom includes a walk-in closet with custom cabinetry and French doors that open to a small private yard—ideal for fresh air or light gardening. A generous utility room with custom-built-ins provides additional storage. Other premium upgrades include Andersen E-Series windows, Plantation shutters, multi-zone HVAC, and AT&T optical fiber. A private two-car garage with elevator access directly adjacent to the unit makes daily living easy. The location is unbeatable—easy access to fine dining, markets, and public transportation. This unit perfectly blends sophistication, comfort, and convenience. It's a rare opportunity for refined living in a vibrant Pasadena setting.



Janette Lede

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Pasadena Police Department Annual Car Show

The Pasadena Police Department is set to host its Twenty-Third Annual Car Show today from 10 a.m. to 3 p.m. in collaboration with the Thirty-Second Annual Pasadena Chalk Festival. Spectators will have the opportunity to enjoy dozens of pre-war and postwar era vehicles along Colorado Blvd.

“Classic cars are one of America’s favorite pastimes,” event organizers said. “There is no better place to get close to these classics than Pasadena, California! Set against Pasadena’s most iconic Route 66 course, Colorado Blvd.”

Sponsored by Thorson Motor Center GMC Buick, this family-friendly event will showcase an impressive lineup of custom vehicles. Car enthusiasts and community members alike are invited to attend and support a great cause.

All proceeds from the event will benefit the Pasadena Police Activities League (P.A.L.) and the Pasadena Police Explorer Post #19, both of which provide mentorship and development opportunities for local youth. P.A.L. is a year-round juvenile crime prevention program that relies on educational, athletic, and other recreational activities to promote positive bonds between police officers and the youth in the community. And Explorers give youth ages 14 – 21 an opportunity to give young adults the chance to work with officers and employees of the Pasadena Police Department and their community, and possibly continue towards a career in law enforcement.

For more information contact Officer Adrian Woolford at awoolford@cityofpasadena.net.

Library to Host Summer Reading Program

Pasadena Public Library celebrates the power of reading this summer with their annual Summer Reading Program, which runs from today through Saturday, August 2. The program is for all-ages. This summer’s theme, “Level Up at Your Library,” encourages participants to experience their library as a space for both knowledge and fun incorporating reading, fun events and games.

As a part of the Summer Reading Program, the Pasadena Public Library offers several performances, programs, storytimes, workshops, and more. For a complete list of programs, visit our events calendar at CityOfPasadena.Net/Library/Calendar/.



Altadena: Decline in Residential Burglaries

Sheriff’s Station Releases New Anti-Trespassing Video

Altadena Sheriff’s Station officials are reporting a major reduction in residential burglaries and has released a new public awareness video announced Thursday aimed at deterring trespassing after the Eaton Fire and further strengthening community safety. Residential burglaries dropped by 28 percent in April compared to March, with preliminary May data showing an additional 33 percent decline they said. “The station credits the improvement to proactive patrols, targeted investigations, and strong community partnerships.”

Altadena Station Acting Captain Ethan Marquez added “This is a direct result of our deputies’ dedication and the community’s continued cooperation,” said “Our commitment to public safety is stronger than ever, and the results speak for themselves.”

Supervisor Kathryn Barger commended the station’s efforts, stating, “I deeply appreciate the hard work of the Altadena Sheriff’s Station and their continued attention to keeping our neighborhoods safe. Their commitment to proactive policing and community engagement is making a real difference. They have my full support.”

Recent law enforcement activity has led to multiple high-profile arrests involving crimes such as burglary, carjacking, kidnapping, copper theft, and assault with a deadly weapon. Key incidents include:

- Rapid response to an alarm call, leading to the quick arrest of a burglary suspect.
- Vehicle pursuit initiated by a resource deputy that resulted in the arrest of a suspect later linked

to a carjacking and kidnapping.

- Home check through the AltadenaHomeCheck@lasd.org program, which uncovered a break-in and led to an on-site arrest.
- Traffic stop arrests related to copper theft and possession of stolen property from a recently burglarized home.
- Undercover operation resulting in the apprehension of a suspect wanted for assault with a deadly weapon.
- Vehicle theft interrupted mid-crime, with the suspect caught following a pursuit into Pasadena.

To further support ongoing crime prevention, the Altadena Sheriff’s Station has released a new anti-trespassing video: youtu.be/E6-HtBAP9UM, encouraging residents to:

- Install secure fencing and motion-sensor lighting,
- Clearly post illuminated “No Trespassing” signage,
- Submit a Letter of Agency authorizing deputies to act on their behalf in enforcing trespass laws.

Residents are also encouraged to remain engaged through programs like AltadenaHomeCheck@lasd.org and AltadenaTips@lasd.org.

The recent reduction in crime is attributed to several strategic initiatives. These include increased deployment of deputies across Altadena, the use of data-driven enforcement strategies, enhanced community patrols, and expanded public engagement.

Partnerships with the California Highway Patrol and local leaders have strengthened law enforcement coverage, while renewed efforts to revitalize the Block Captain/Neighborhood Watch program have fostered greater neighborhood involvement. Technological tools such as surveillance cameras and

crime mapping systems have also played a key role in driving results.

“This is a team effort,” said Altadena Station Acting Captain Marquez. “Public safety depends on strong partnerships between law enforcement and the community. We thank our residents for staying vigilant and engaged.”

The Altadena Sheriff’s Station remains committed to transparency, safety, and community collaboration. Residents are encouraged to attend town hall meetings, participate in neighborhood programs, and follow updates through the station’s official platforms.

Feedback Needed on Draft Hazard Mitigation Plan (LHMP)

The City of Pasadena invites residents and community partners to review the draft of the updated 2025 Local Hazard Mitigation Plan (LHMP). This important document outlines the City’s strategy to reduce risks to human life, property, and infrastructure posed by natural and human-caused disasters such as earthquakes, wildfires, and flooding. Your input is vital in shaping the plan to better address the needs of our community.

Why is your feedback essential?

The Local Hazard Mitigation Plan provides a long-term framework to protect our city from future hazards while ensuring eligibility for federal mitigation funding. By participating in the review process, you can help refine the strategies and actions outlined, ensuring they are practical, inclusive, and effective for Pasadena’s unique needs.

What does the plan include?

The LHMP identifies the hazards affecting Pasadena, profiles the risks, and outlines the City’s capabilities to implement mitigation projects. It also provides a detailed mitigation strategy to minimize the impacts of these hazards in the future.

How can you get involved?

The city encourages everyone to review the draft plan, share feedback, and contribute ideas to improve it. Residents are encouraged to complete a short survey to provide feedback on the draft.

A link to the LHMP feedback survey and newly updated 2025 LHMP can be found here: [Bit.ly/LHMPsurvey](https://bit.ly/LHMPsurvey).

For questions or comments visit: CityOfPasadena.net.

City of Pasadena to Host Annual Love, Loud & Proud!

Join the City of Pasadena’s Parks Recreation and Community Services (PRCS) Department as we champion Pasadena’s diverse LGBTQIA+ community at the 4th annual Pride Month Celebration, Love, Loud & Proud! on Saturday, June 21 from 6 p.m. to 9 p.m. at Pasadena City Hall.

This free family-friendly event is loaded with fun surprises! Come and enjoy music by LA’s DJ Keelez, special performances by local drag artists, arts and crafts, photo op area by Girl Squad Media, dance contests, inflatables, and more! The Pasadena Public Health Department is Hepatitis A and flu vaccinations along with health education, while the California Department of Public Health is administering mpox vaccinations and Sexually Transmitted Infection (STI) screenings. Food from local food trucks will be available for



purchase.

Attendees will have the opportunity to visit with local LGBTQIA+ organizations, community partners and allies, and various City Departments.

This event is proudly sponsored by Pasadena Management Association, Girl Squad Media, The Boulevard, Fat Boys, and All Saints Church-Pasadena. For more information, call (626) 744-7500 or email PRCSEvents@CityOfPasadena.net.

Pasadena City Hall is located 100 N. Garfield Ave.

South Pasadena Unveils Thier Whimsical Rose Parade Float



The South Pasadena Tournament of Roses Committee unveiled Tuesday the design for its 2026 Rose Parade float entry, “The Great Picnic Heist.” The playful concept brings this year’s theme, “The Magic in Teamwork,” to life.

Chosen months before January’s devastating wildfires, the 2026 theme honors the spirit of collaboration among the organizations, agencies, and community members that make the Pasadena Tournament of Roses’ New Year Celebration possible.

“The magic in teamwork is more than just a concept—it’s a reality we, and every self-built community, experience each year. It’s truly magical to bring a float rendering to life,” said longtime Decorating Chairperson Janet Benjamin.

Illustrated by local artist Renee Hoss-Johnson, “The Great Picnic Heist” depicts a whimsical tale of collaboration: a drowsy bear naps beside a picnic basket brimming with goodies as a team of cartoonish black ants cheekily work together to pull off a coordinated food heist. With its rich colors and charming storytelling, the float captures the imagination—and the spirit of collective effort.

Before transforming the float’s chassis—affectionately

nicknamed “the beast”—into a floral masterpiece, members of the South Pasadena Tournament of Roses committee will ride down Mission Street on the float’s steel chassis during the Festival of Balloons Parade on July 4th. The Independence Day tradition celebrates the volunteers behind this 112-year-old tradition and gives the community a look at the massive transformation required.

In addition to thousands of hours of volunteer labor, building South Pasadena’s float requires raising nearly \$150,000 annually for materials and fresh flowers. A major fundraiser supporting this effort is SPTOR’s annual Golf Tournament, taking place Saturday, June 14, 2025, at Arroyo Seco Golf Course (1055 Lohman Lane, South Pasadena). Registration opens at 7:00 a.m. with a shotgun start at 8:00 a.m., followed by lunch, raffle, and an awards ceremony. Interested players and sponsors can find tournament information online at www.sptor.org or by contacting Golf Chairman Alan Vlachich at avlachich@gmail.com.

Float construction ramps up in mid-July, with volunteer opportunities available for both the construction and decoration phases. To join the build crew, email construction@sptor.org. “Deco” squad sign-ups begin September 15th at www.sptor.org.



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Sunday worship 9:30 a.m.

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SierraMadreWomasClub.org

 **SierraMadreWomansClub**

Wistaria Shop Closes 6/1 - Thurs 9/4

NEWS BRIEFS

ASSEMBLYMEMBER HARABEDIAN SUPPORTS COMMISSIONER LARA'S FORMAL INVESTIGATION INTO STATE FARM'S WILDFIRE CLAIMS HANDLING

(SACRAMENTO, CA) - Assemblymember John Harabedian (D-Pasadena) issued the following statement after Insurance Commissioner Ricardo Lara announced a formal Market Conduct Examination into State Farm's handling of insurance claims related to the Palisades and Eaton wildfires:

"Following the Eaton Fire, our community deserves clear communication and fair treatment to facilitate a swift rebuilding process. I have received numerous complaints from neighbors regarding the claims process. A market conduct examination will provide the clarity we urgently need. I am grateful to Commissioner Lara for taking action to demand transparency and ensure that families receive the answers they deserve," said Assemblymember John Harabedian (D-Pasadena)

According to Commissioner Lara, the Department has received troubling reports from survivors and advocacy groups, including the repeated reassignment of claims adjusters, inconsistent communication, and delays that have left families in limbo. These issues will be a key focus of the investigation, which is conducted under statutory authority and may take several months to complete.

While insurers are required by California law to pay claims fully, fairly, and promptly, recent cases have raised concerns about whether that standard is being met—especially when it comes to smoke damage and large-scale recovery challenges.

“The strongest evidence we can bring to bear is the voice of consumers themselves,” Commissioner Lara added. “I continue to urge any wildfire survivor experiencing delayed payments, claim disputes, multiple adjusters, smoke damage issues, or any other problems to file a formal complaint with my Department.”

Complaints can be submitted at insurance.ca.gov or by calling 800-927-HELP.

As the Department's examination moves forward, Assemblymember Harabedian will be monitoring its progress and working with both local constituents and the Department throughout the process.

If you or someone you know is experiencing problems with a wildfire claim, you are encouraged to contact the California Department of Insurance.

\$25,000 REWARD EXTENDED FOR UNSOLVED PASADENA MURDER

Los Angeles County Supervisor Kathryn Barger introduced a motion to again extend a \$25,000 reward for any details leading to the apprehension and conviction of those responsible for the killing of 27-year-old Ernesto Jimenez in Pasadena.

Jimenez was fatally shot while walking to Villa Park in the evening on Nov. 13, 2020. He was affectionately known as “Big Ernesto” in the community and enjoyed playing music often at Villa Park. Mr. Jimenez was widely known for his caring and warm nature. He was not a gang member and had no gang affiliations.

"Nearly four years have gone by since Ernesto's life violently ended as he was strolling to his neighborhood park," Supervisor Kathryn Barger said. "I remain hopeful that this reward will prompt someone with information to come forward and provide investigators with a critical tip or bit of crucial information to finally help solve this case. Ernesto's family and friends are heartbroken. They and the broader Pasadena community deserve answers, justice, and closure."

“We are not going to let a coward violate the safety and security of our city,” Pasadena Mayor Victor M. Gordo said. “We owe it to the family to find the person(s) responsible. I thank Supervisor Barger for never forgetting our local families who deserve closure.”

Those with any information can anonymously call 1(800) 222-TIPS (8477)

ELECTRIC VEHICLE CHARGING STATIONS NOW AVAILABLE AT UPPER SAN GABRIEL VALLEY MUNICIPAL WATER DISTRICT OFFICES IN MONROVIA

The Upper San Gabriel Valley Municipal Water District (US-GVMW) has installed three new electric vehicle charging stations for public use at their headquarters in Monrovia (248 E Foothill Blvd.). The facilities include dual-port chargers for electric vehicles and plug-in hybrids.

The three 11kV chargers are on 100 percent green power from the Clean Power Alliance. Cost for charging is \$0.55 per kWh. Those wishing to use USGVMW's charging facilities will need to download the Monta Charge app on their smartphone to access services and for payment.

Please note that the chargers are owned and maintained by US-GVMW. Any questions or to report an issue, USGVMW can be reached at (626) 443-2297.



The logo for Butterfly Effect Spa Suites and Gifts is a circular emblem. The words "BUTTERFLY EFFECT" are arched across the top, and "SPA SUITES AND GIFTS" are arched across the bottom, both in a dark blue, serif font. In the center of the circle is a stylized butterfly, also in dark blue, with its wings spread. The butterfly's body and wings are composed of simple, flowing lines.

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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 31 – JUNE 6, 2025)

MONITORING SITE	SAMPLE DATE	AIR TOXICS	ASBESTOS	CONTINUOUS PM2.5/PM10
Near Altadena Golf Course	5/31/2025	Air toxic metal selenium was above background levels, but does not pose a health risk	Not Detected	To date, continuous PM2.5 and PM10 data were below federal standards
	6/3/2025	Air toxic metal selenium was above background levels, but does not pose a health risk	Not Detected	
	6/6/2025	Air toxic metal selenium was above background levels, but does not pose a	Not Detected	
Christ the Shepherd Lutheran Church		health risk		
	5/31/2025	Air toxic metal selenium and cobalt were above back-ground levels,but do not pose a health risk	Not Detected	
	6/3/2025	Air toxic metal selenium and cobalt were above back-ground levels,but do not pose a health risk	Not Detected	
	6/6/2025	Samples are undergoing	Not Detected	
Fire Station 11		analysis		
	5/31/2025	Air toxic metal selenium was above background levels, but does not pose a health risk	Detected	
	6/3/2025	Air toxic metal selenium was above background levels, but does not pose a health risk	Not Detected	
	6/6/2025	Samples are undergoing analysis	Not Detected	

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After **Eaton Fire**
What Can I Do to Help?



FIRE SAFE COUNCIL

Get Involved, contact Gavin Lee at gavinsmfsc@icloud.com

and Make Sierra Madre a ***FIREWISE** Community
for more information, please visit <https://cafiresafecouncil.org>

JOIN NOW

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) 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.

EATON FIRE COLLABORATIVE LAUNCHES LONG TERM RECOVERY GROUP TO SUPPORT FIRE SURVIVORS

Altadena, CA – June 3, 2025 – In response to the ongoing needs of individuals and families impacted by the Eaton Fire, the Eaton Fire Collaborative is proud to announce the formation of a Long-Term Recovery Group (LTRG). Valerie Nash & Associates has been selected as a consultant to help with the formation of the LTRG board and has begun working with the collaborative.

This coordinated eDort will bring together local nonprofits, government agencies, faith-based organizations, and community leaders to support survivors on their path to recovery.

The LTRG’s mission is to ensure that all those affected by the Eaton Fire receive equitable access to the resources, services, and support they need to rebuild their lives. By fostering collaboration and streamlining recovery eDorts, the group aims to address unmet needs and promote long-term community resilience.

Key objectives of the LTRG include:

- Identifying and addressing gaps in services and support.
- Coordinating case management and resource distribution.
- Advocating for survivors’ needs with public and private partners.
- Promoting trauma-informed and culturally competent approaches to recovery.

“The aftermath of a disaster like the Eaton Fire goes far beyond the initial emergency response,” said Jill Hawkins, a founding member of the Eaton Fire Collaborative. “Recovery can take months or even years, and it requires a unified, compassionate eDort.

The Long-Term Recovery Group is here to walk with our neighbors through that journey.”

“We want to thank the Pasadena Community Foundation for its generous support in funding the work to help establish an LTRG board—your contribution is instrumental to our progress. We also invite organizations and community groups supporting individuals and families affected by the fire to join this collaborative eDort,” said Christy Zamani, Executive Director of Day One and member of the Eaton Fire Collaborative. Learn more about partnering with the Eaton Fire Collaborative at EatonFireCollaborative.org, or email us at EatonFireCollaborative@gmail.com. You can also follow us on Facebook and Instagram. For immediate assistance, contact Leigh Gluck at 626-644-6956.

About the Eaton Fire Collaborative

The Eaton Fire Collaborative was formed in response to the Eaton Fire to coordinate emergency response, community support, and recovery eDorts. Comprised of local partners committed to healing and rebuilding, the Collaborative continues to lead eDorts that promote long-term recovery and community resilience.

FREE SOIL TESTING
for homes in the
Eaton fire burn area

- Representative soil sampling by Public Health suggests that some homes located downwind and just outside the Eaton Fire burn area may have higher than expected lead levels in their yards.
- Soil samples from properties located within the burn scar, downwind of, and just outside, the Eaton Fire area can be submitted for testing.
- For additional information about soil contaminants and testing, please visit ph.lacounty.gov/eaton-soil-testing.

Pruebas de tierra gratuitas para casas en áreas quemadas por el incendio de Eaton

- Muestras representativas de tierra realizadas por Salud Publica sugieren que algunas casas ubicadas a favor del viento y justo afuera del área quemada por el incendio de Eaton pueden tener niveles de plomo más altos de lo esperado en sus patios.
- Se pueden enviar muestras de tierra de propiedades ubicadas dentro de la cicatriz del incendio, a favor del viento y justo afuera del área del incendio de Eaton para analizar.
- Para obtener información adicional sobre los contaminantes de la tierra y las pruebas, visite ph.lacounty.gov/eaton-soil-testing.



For more information, including instructions on how to participate, please scan the QR code or visit: ph.lacounty.gov/eaton-soil-testing
Para obtener más información, incluyendo instrucciones para participar, escanee el código QR o visite: ph.lacounty.gov/eaton-soil-testing





HAVE A QUESTION ABOUT DEBRIS ?

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

Debris Call Center
Hours of operation

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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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- Visit pw.lacounty.gov/epd/debris-removal/ for more information.



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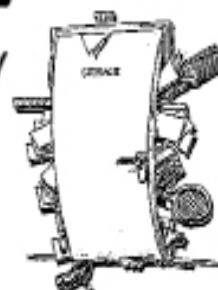


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FOURTH OF JULY

- ACROSS
- 1. Croat, e.g.
 - 5. Reverential respect mixed with wonder
 - 8. Island near Java
 - 12. From where to eternity?
 - 13. *"Land of the ____"
 - 14. Rowed
 - 15. Diabolical
 - 16. Mideast bigwig
 - 17. Unleashes
 - 18. *Star-spangled banner (2 words)
 - 20. Type of ski lift
 - 21. *Day before Independence Day
 - 22. Quilting party
 - 23. Sherlock Holmes' confidant
 - 26. Formal dinner
 - 30. U.N. working-conditions agency
 - 31. Sextet plus one
 - 34. Cancel
 - 35. Holey confection
 - 37. Electric swimmer
 - 38. Frame job
 - 39. Comparison word
 - 40. Type of deodorant
 - 42. Skater's field
 - 43. *Like "America the Beautiful" skies
 - 45. Covered with a ceiling
 - 47. Tennis do-over
 - 48. Surfer's stops
 - 50. Not guilty, e.g.
 - 52. *Yankee Doodle's feather
 - 55. *"To Freedom!", e.g.
 - 56. Tel ____, Israel
 - 57. B b 's mother
 - 59. Pseudonym
 - 60. *Cup at a picnic
 - 61. Do like exhaust pipe
 - 62. Late George Wendt on "Cheers"
 - 63. Give it a go
 - 64. *Betsy of #18 Across-related fame

- DOWN
- 1. "He said, ____ said"
 - 2. Russian left
 - 3. Pomegranate seed
 - 4. South African grasslands
 - 5. Knight's protection
 - 6. Odd and unusual
 - 7. Like ghostly howls
 - 8. *July 4th culinary tradition
 - 9. ____ 51 in Nevada
 - 10. Lecherous look
 - 11. Dog tags
 - 13. Felidae family member
 - 14. As a rule
 - 19. Casper, e.g.
 - 22. Cricket club
 - 23. Measurement
 - 24. Hello, to Mr. Hand
 - 25. Opposite of atonal
 - 26. *Philadelphia's Liberty ____
 - 27. " ____ death do us part"
 - 28. Draw out a conclusion
 - 29. Drank too much
 - 32. Lowly laborer
 - 33. What lintel and mantel have in common
 - 36. *Personification of the U.S. (2 words)
 - 38. Show contempt
 - 40. Decompose
 - 41. In eighth, book format
 - 44. "The Second Coming" poet
 - 46. Chemical cousin
 - 48. Relish
 - 49. In an unfriendly manner
 - 50. Horseback sport
 - 51. Bear's hang-out
 - 52. Sail holder
 - 53. "20,000 Leagues Under the Sea" captain
 - 54. Part of an eye
 - 55. Sun kiss
 - 58. "The Extra-Terrestrial"-inspired toys

CROSSWORD														
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RYE ECOLI
SHOO TURGENEV
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APE ERE YLEM

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5	8	9	3	2	1	4	6	7
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HAPPY FATHER'S DAY

It's been said that there's no substitute for time. Only through its passage can life's most meaningful experiences be fully understood. This Father's Day, I find myself reflecting on a lesson—and a man—whose presence is no longer physical, but who continues to teach and comfort me in quieter ways. I invite you to join me for one night—one meal—with the man who left this earthly place, yet remains deeply etched in my heart.

The following was written and originally published before his passing. I've decided to share it again this year as a tribute, and perhaps as a reminder to cherish your own moments with loved ones while you still can.

MY EVENING WITH A RESTAURANT CRITIC



My entire life has felt like an eight-course meal.

In my late teens, I held the distinguished title of bagger at a local supermarket. With a little luck and a few references, I moved on to Jurgensen's Gourmet Grocery. That's where I began to learn about fine wines, exotic cheeses, and my personal kryptonite—dry-aged beef. For a long time, I thought that was where my passion for food began.

But I was wrong. For some, it's a ballplayer. For others, a spiritual leader, an artist, or a musician who sparks something inside them. If you're lucky, you might get to spend real time with the person who inspires you—who challenges your way of thinking, and does it all with grace. Most never get that chance. I did.

You see, my father, Elmer Dills, was part of what many call "The Greatest Generation." He spent 28 years on TV and radio here in Los Angeles. And yes, he was a restaurant critic. But more than that, he was a teacher, a mentor, and—lucky for me—my dad.

A few weeks before I originally wrote this, the two of us went out for dinner. Now, I've eaten with my dad at least 500 times. But just like a fine wine, his wisdom only deepened with age. That night, it wasn't just another dinner—it was a memory I now treasure. We went to Madeleine's in Pasadena (since closed), a spot my dad had come to love. He hadn't been feeling his best, but he still lit up at the thought of a great meal. "Table for three, please." That night it was me, my daughter Lauren—the budding critic—and Dad.

Whenever I see well-mannered children in a restaurant, I assume they've got solid, respectful parents. And whenever I receive a compliment, I know it reflects more than just me—it echoes back to the man who raised me.

Dining with my father was never about theatrics. There was no special treatment, no performance. He didn't ask to see the sommelier. He didn't interrogate the menu. He simply ordered, enjoyed, and engaged—with the food and the people.

The restaurant was cozy, with a quiet elegance. You felt a little smarter just being there, especially knowing Albert Einstein once slept upstairs while visiting Cal Tech.

We started with a cheese plate. Good—not great. My dad, a creature of habit, ordered the rack of lamb. "I just loved it," he said, smiling like a kid. The waiter was kind enough to have it cut for him. Lauren ordered the pork chops and gave them two "training thumbs up"—high praise in our family.

As for me? I ordered the Spencer steak. Naturally, I was the difficult one. Once they got the temperature right, it disappeared quickly.

Then came the moment that still makes me smile. The waiter asked, "How was everything?" Most people would answer with the default: "Fine, thank you." Not my dad.

"The lamb chops were great!" he said with genuine enthusiasm. But when asked about dessert, he simply shrugged. That shrug—that quiet honesty—is what drew me into this business in the first place.

I stay connected to the trends, and yes, I still dream of owning one myself. And I know, had he lived to see it, my father would be the first to either give me a proud thumbs-up—or a shrug.

Happy Father's Day, Dad.

I would never trade sitting across the table from you for anything in the world. Email me your thoughts thechefknows@yahoo.com and listen to my podcast



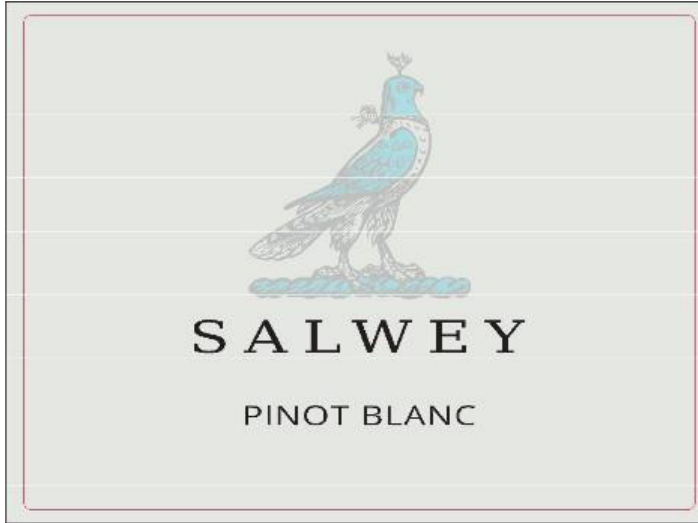
THE TASTING ROOM

ANOTHER DELICIOUS WHITE WINE FOR THE SUMMER.

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

Hot weather calls out for bracing chilled white wine. I've got one from Germany that will cool you off this summer.

The 2021 Salwey Pinot Blanc comes from Baden Germany. The winery traces their viticultural roots back to the 18th century. The Salwey Estate, however, was founded in 1950 by Benno Salwey in Oberrotweil, Germany. In 1985 Benno's son Wolf-Dietrich assumed management and in 2011, his eldest son Konrad took over. All the wines made by Salwey are produced in a dry style. The Salwey Estate follows sustainable farming practices. This wine is 100% Pinot Blanc (Weissburgunder). It is gently pressed with skin contact for 8 hours. Fermentation is done in stainless steel tanks after which the wine lays on its yeasts.



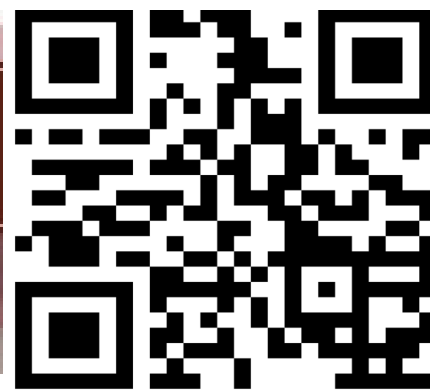
You get a zesty, bright, high acid wine that is super juicy. Think citrus peel, green apple acidity, and spicy minerality. The finish makes your mouth water. This wine pairs well with Asian fare, salads, fish, and soft cheese.

The 2021 Salwey Pinot Blanc is available at The Bottle Shop for \$26.99. Get the special price of \$24.99 when you

mention you saw it in The Mountain Views News. This special price is good through June 16th. I am in the Tasting Room every Thursday night and Friday night. Come in and taste with me!

Until next time – Salud!

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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!

EXTENDED!

NEW DEADLINE: JUNE 21, 2025

Submission Info

- One entry per person
- 8.5 x 11 landscape
- Hand-drawn or painted
- Include name, age, contact info, and a short description

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

More info: SierraMadreCa.gov/wildlifeartcontest

EXTENDED!

New Deadline: June 21

Winning entries in our 2026 Calendar!



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[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.]

DON'T FORGET THE EARTH By Jonathan Earl

Laurel Canyon resident Jonathan Earl's "Don't Forget the Earth" book is one of the most thoughtful books I've read in years. The ideas in the book bring back memories of countless teenage discussions, sitting around the campfire, complaining about all the problems of modern life, and knowing we had the answers.

So what's the book about?

Let's say that "Don't Forget the Earth" is either the most meaningful book you've ever read, or you may end up with no idea what it's about. And that is the point, that "we" use words to mask meaning. We're so used to words that we think we know what something is just because we say the word. In fact, while reading this book, I often thought of S.I. Hayakawa's masterpiece "Language in Thought and Action." Hayakawa likens words to a map of an area, and he cautions us not to believe that the map and the territory are synonymous. They're not.

Earl explains point by point what's wrong with all of us, and specifically how we continue driving the earth to its extinction because we are trapped in words, unable to think outside of our self-constructed world of words that appear to describe reality, but actually keep us from the "real" Reality. Still with me?

MORE THAN SEMANTICS

Earl's book might seem to be a book of semantics, but it's so much more. He is constantly telling us that we limit our perception of the world by the words we use so cavalierly – words like earth, land, dirt, bee, animal, water, sky. We do not know what these word-concepts actually represent if all we can do is use them in a proper English sentence. His thesis is that because we use words in such a limiting parochial manner, we have disabled our brains from perceiving the actual world. For example, there is no such thing as "static land." I recall a real estate developer referring to a beautiful piece of forest as "non-performing real estate."

EVERYTHING IS RELATED TO EVERYTHING

Earl wants us to see that everything is related to everything, that nothing in the world exists in a vacuum. He wants us to see a product in a store, and "see" that to have a hammer, for example, means that the metal was mined somewhere with likely great environmental devastation, and it was transported, processed into a hammer, and then fossil fuels are used to transport it to us. A hammer doesn't just exist. Its existence includes its entire past history, whether you see it or not, and whether you know it or not.

Earl's view is both simple, yet revolutionary, though most people, he readily admits, do not want to take the effort to see and realize the full and bigger picture of everything related to everything, past to future, always, everywhere, at all times. This view applies to people, things, nature, everything.

Such a mindset forces us to be and think responsibly at all times. It makes us better people, and provides a solution to so many of our societal and ecological woes.

Hard to believe?

No, it has nothing to do with "belief." Earl is working hard to get us to see "real" Reality, the what-is of the depth of the awesome world in which we live.

Of course, it's all about waking up, taking responsibility, and seeing that everything is connected in the brave new world that has been under our noses forever.

It's not overstating to suggest that this book shows the way to experience a fuller sense of the actual reality that has been all around us, all the time. Hopefully you'll "get it," and will find yourself becoming a part of the Solution.

"Don't Forget the Earth" is 250 pages, published by Jonathan Gates Earl Publishing, and is available from amazon.com and barnesandnoble.com.

Katnip News!



Meet BELLE, age 11 mos., A True Beauty Inside and Out!

Belle is a lovely tabby and white girl with a heart as gentle as her name. Despite being heartbreakingly

discarded by her previous owners, this sweet soul has remained calm, affectionate, and full of love. Thankfully, a kind woman rescued Belle, got her fully vetted (spayed and vaccinated), and gave her a safe place to rest and heal.

Belle is sweetly social and thrives in the company of others—whether it's people, other cats, calm dogs, or even bunnies! With slow introductions, she's happy to coexist and even befriend a variety of companions. She has a peaceful presence and enjoys quiet cuddles, soft pets, and just being near those she loves. If you're looking for a serene, loving companion who gets along with everyone and just wants a place to call home forever, Belle is your girl. Give this gentle beauty the second chance she so deeply deserves.

Ready to bring Belle home? Go to <https://www.lifelineforpets.org/belle.html>. (courtesy post)



Pet of the Week

Wybie is an incredible gentleman with a heart of pure gold. This sweet, loving dog came to Pasadena Humane after being hit by a car and found motionless in a gutter.

He was so still that a bystander thought he had passed. When an Animal Control Officer from Pasadena Humane arrived, they discovered that Wybie was still alive and rushed him to our ICU. He had suffered extensive injuries: a fractured jaw, broken ribs, head trauma, and a severely damaged eye that had to be removed.



But, his story didn't end there! Thanks to the expert care of our veterinary team and the comfort of a devoted foster home, Wybie has made a miraculous recovery. His ribs have healed, his jaw is mending beautifully, and he's now enjoying life on a soft-food diet. Despite everything he's been through, Wybie is the most loving dog you could ever meet. He takes epic naps, soaks up every bit of affection, and will love you unconditionally. Wybie is the definition of a pure soul - gentle, resilient, and ready for a forever home where he can finally rest, heal fully, and be cherished as he deserves.

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

Walk-in adoptions are available every day from 10:00 – 5:00. View photos of adoptable pets at pasadenahumane.org.

New adopters will receive a complimentary health-and-wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information about how to care for your pet.

Pets may not be available for adoption and cannot be held for potential adopters by phone calls or email.

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The Sierra Madre Historical Preservation Society presents

Local Educator and Author

Christopher Nyerges
speaking about
The Ethnobotany of Native California

Thursday, June 19, at 6 PM in the Hart Park House

SMHPS will conduct a short business meeting
and introduction of the new SMHPS Board before the speaker



Since 1974 Christopher Nyerges has taken thousands of people from all walks of life and all ages on Wild Food Outings, Survival Skills Outings, and other field trips and programs. He has worked with numerous organizations, schools, churches, and Scouting groups. Christopher and his late wife Dolores started The School of Self-Reliance to continue their educational and publishing efforts. In addition, he writes a weekly column for the Mountain Views News.

PLEASE JOIN US FOR A FASCINATING EVENING
learning about the plants and flowers
of our local mountains and surrounding areas!



Pets in need

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

www.FreeAnimalDoctor.org



Sierra Madre based non-profit



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JUNE IS ALZHEIMER AND BRAIN AWARENESS MONTH:

Experience Empathy Through the Virtual Dementia Tour

June is Alzheimer's and Brain Awareness Month — a time to honor, support, and raise awareness for those affected by neurological conditions like Alzheimer's and other forms of dementia. As someone who works closely with seniors and their families, I see firsthand the challenges that come with these diagnoses. This month, I'd like to shine a spotlight on a remarkable nonprofit doing powerful work in this space.

Meet Second Wind Dreams®, the organization behind the groundbreaking Virtual Dementia Tour® (VDT) — a science-based training experience that is truly transforming how we care for and connect with those living with dementia.

The Virtual Dementia Tour is an eight-minute simulation designed specifically for caregivers, health care workers, and family members. Participants are outfitted with specially developed gear that temporarily alters their senses — mimicking the confusion, frustration, and sensory changes commonly experienced by people with dementia. The result? An unforgettable, eye-opening encounter that increases empathy and understanding on a deep, emotional level.

As an SRES® and someone who works with families navigating aging and memory loss, I can tell you this type of immersive education is invaluable. When we feel what our loved ones might be experiencing, our approach shifts — we become more patient, more thoughtful, and more compassionate.

What makes the Virtual Dementia Tour so effective is its scientific backing. Developed by geriatric specialist P.K. Beville, M.S., the program is rooted in research and has been delivered to millions worldwide. Many facilities, from senior living communities to hospitals, are now incorporating it into staff training.

The best part? You don't have to be a professional to participate. Family caregivers, friends, and even neighbors can take the tour — and walk away with a deeper appreciation for the daily struggles of those living with dementia.

So, as we honor Alzheimer's and Brain Awareness Month, I encourage everyone — whether you're a caregiver, a loved one, or a professional — to explore this powerful experience. Increasing empathy is one of the most meaningful steps we can take toward improving quality of life for those affected.

For more information on how to participate in the Virtual Dementia Tour, visit www.secondwind.org.

Let's walk in their shoes — and take steps toward a more compassionate, dementia-friendly world.

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WHAT IS A SPOUSAL IRA?

Dear Savvy Senior,
What can you tell me about spousal IRAs? My spouse and I are in our 50s and are looking for ways to boost our retirement savings. My wife is a homemaker and caregiver, and works parttime too, but her income is very small. Need a Boost



Dear Need,
Saving for retirement can be very difficult for married spouses who stay home to care for family or otherwise have scant income. But there is a little-known tax break offered by the Internal Revenue Service — known as a spousal IRA — that can help them, and their partner save for retirement.

Spousal individual retirement accounts allow a working spouse to contribute to a nonworking or low-earning spouse's retirement savings. They can be set up as a traditional IRA or Roth IRA, which allow couples to save for retirement on a tax-deferred or tax-free basis.

How They Work

A spousal IRA isn't a unique type of IRA or a joint account, but instead it is a separate IRA opened and owned in the name of the nonworking or low-income earning spouse. This will not only help boost your family's overall retirement savings, but it provides non-working/low-earning spouses access to their own funds in an unforeseen event like the death of their spouse, divorce, or illness.

To qualify for a spousal IRA, spouses must file taxes jointly as a married couple, and the working spouse must have enough earned income (taxable income such as wages, salary, bonuses, commissions, and self-employment income) to cover contributions for both parties.

The process of opening a spousal IRA is also no different from opening a regular IRA. Brokerage firms and many banks and other financial institutions offer IRAs.

In 2025, each spouse under age 50 can contribute up to \$7,000 annually to an IRA, or \$8,000 annually for those over age 50, but the total contribution can't exceed the taxable earned income reported on the couple's tax return. Otherwise, the IRS limits contributions based on their earned income.

Roth or Traditional?

Deciding whether to open a Roth or traditional IRA depends on your tax situation and financial goals.

Traditional IRA contributions typically are tax deductible the year in which they are made and are beneficial during high-income earning years. Contributions grow tax-free until they are withdrawn during retirement.

Roth IRA contributions aren't tax deductible the year in which they are made, but qualified contributions plus any earnings grow tax-free and are withdrawn tax-free in retirement as long as the couple follows IRS rules. Among them: you must be 59½ and have held your Roth IRA for at least five years before you withdraw investment earnings tax-free and penalty-free.

There are also penalties for withdrawals on traditional IRAs before age 59½ unless the owner qualifies for an exception, and he or she must begin taking the annual withdrawals known as required minimum distributions (RMDs) from these plans the year he or she turns 73 (or 75 beginning in 2033). Roth IRAs don't require RMDs until after the death of the owner. However, beneficiaries of a Roth IRA generally will need to take RMDs to avoid penalties, although there is an exception for spouses.

For more information on the IRS rules of both traditional and Roth IRAs see IRS.gov/retirement-plans/traditional-and-roth-iras.

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



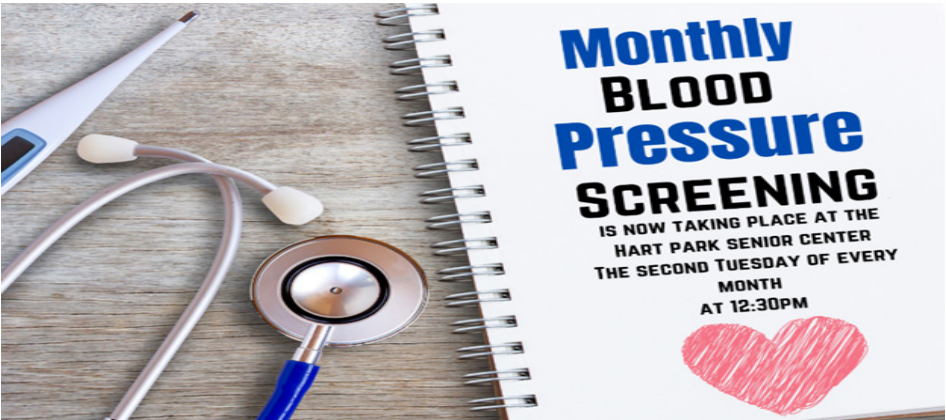
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SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...JUNE BIRTHDAYS*



Joanne Thrane, Nellie Haynes, Dorothy McKay, Diane Hatfield, Georgette Dunlay, Elizabeth Shula, Donna Doss, Mary Carney, Carol Handley, Marilyn McKernan, Pat Fujiwara, Beth Smith-Kellock, Ann Disbrow, Joan Ellison, Anne Montgomery, Trini Ornelas,, Pat Starkey, Kathleen Coyne, Jacque Persing, Jeanne Peterson, Roxana Dominguez, Carolyn Lanyi, Claire McLean, Suzanne Decker and Grace Sanders.



OUT TO PASTOR
A Weekly Religion Column by Rev. James Snyder
TO BE OR NOT TO BE - THAT'S MY CONFUSION

After many years of denial, I finally realized how easily I am confused. Why it took me so long to realize this, I will never know. If only I could go back to my wonderful teenage years when I knew everything and nobody could tell me what to do. Why do those days go by so quickly?

Now, I'm at the stage where I'm looking at life a little more realistically than I did back in my teen-age years.

The main problem with this is not only can I get confused, but I rarely know when I'm confused. That in itself is confusing to me.

I am not blaming old age because, as I look at my life, I've been confused throughout although I didn't know it at the time. I have no idea what old age contributes to my state of confusion each day.

The Gracious Mistress of the Parsonage is the one person in our home who is never confused. I'm not sure how she has done this all these years. It can't be easy living with someone like me, who's always confused.

I'll be working in my office, she'll step in and say, "Are you ready to go?" A little surprised, I look up from my desk and say, "Go where?" She looks at me for a moment and says, "Don't you remember you have a doctor's appointment today?" What, I will say, "do I have a doctor's appointment for?" At that point, I am in a real state of confusion. But I had to ask, "It's not a psychiatrist, is it?" "Oh, I wish," she says and walks away.

I could not remember my doctor's appointment for today. Do I really have a doctor's appointment? Or is she taking me to see her doctor?

Surely, there must be some advantage to being confused. I'm going to search for it until I find it, and until then, I will operate in my confused mode. When I grab my truck keys and head for the door, The Gracious Mistress of the Parsonage often asks, "Do you know where you're going?"

I don't think I would've been confused if she hadn't asked that question. Obviously she knows something I didn't know. I look back at her, smile, and ask, "No, where am I going?"

On my way to the door, I thought I knew where I was going. I carefully planned everything out: where I was going and what I would do and when I would return home. But when she questioned me, all that came up in my fuzzy mind was confusion. Do I really know where I'm going?

I wouldn't say this out loud, but I sometimes think she does that intentionally to confuse me. And boy, is she an expert at that. When I'm confused I'm easy to manipulate. When working on a writing project I am never confused. I know exactly what I'm doing and quite content and what I'm doing.

My biggest problem is knowing if I should do something or not. I can never figure that out. "To do, or not to do?" That seems to be my confusion. I get up early in the morning, take my coffee to my easy chair, and enjoy those few moments of quietness. During that time, I think of my schedule for the day. It's easy to think of what I could do, but my most demanding job is figuring out what I should not do. If I do everything I want to do, I'm never going to finish anything. I need to learn to manage my time so I don't sink into the swamp of confusion.

Thinking along this line, it occurred to me that if I could figure out what not to do I believe I could get much more done. Differentiating between "do and don't" is very hard for me. If I do what I don't have to do, it takes away time to do what I should do. Oh boy, this is very confusing.

I recently spent a week observing The Gracious Mistress of the Parsonage, watching her every step. I wanted to see her aspect of "do and don't". The end result of that week was I couldn't find any-thing she didn't do. She is the Do Queen of the Parsonage. I could not find one thing she didn't do.

I wish I could understand how that happens and differentiate between "do and don't". That would eliminate some of my confusion, I think. Perhaps that is why people get old and forget things. Maybe it's a good thing to forget some things. If only I could select the things to forget, my life would be a lot better and less confusing. Until then, I will wallow in my confusion. While pondering this I was reminded of a verse of Scripture in Philippians 3:13-14. "Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus."

With all of the things in front of the apostle Paul, he boiled his life down to just one thing, "forgetting," and then "reaching forth." To know what to forget enables me to understand what to reach forward to. That certainly will simplify my life.

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

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

STUART TOLCHIN PUT THE LIGHTS ON A PLAN OF INACTION



This coming Saturday, in response to Trump's display of military might in Washington many of us will be protesting on "No Kings Day" in events across the nation. A lawyer friend told me that he has a rule not to engage in protests at all. This came about because of his leading a protest at Cal State LA about 60 years ago. As a result of his protest which involved trashing an office art Cal State he was sent to jail for thirty days and that was enough protesting for him. I understand his feelings, I'm sure we all do but that does not help us to make any kind of decision now. Of course, my preference would be to do absolutely nothing. This would be the most comfortable, the safest, and the easiest. I imagine just rolling over and playing dead allowing Trump and his authoritarian régime overreach and perish on their own.

In conversation with another friend I was told that there would obviously come a time when normal citizens would simply refuse to perform the clearly illegal and reprehensible tasks required of them and that eventually there would be no one willing to do Trump's dirty work. I said that I wished the inherent nobility and clarity and whatever of individuals would prevent people from doing what was obviously wrong and harmful to others and themselves.

Privately I continued the conversation with myself and thought of my time subject to the draft during the Viet Nam war. I could not accept that many young men I knew simply accepted their "obligation" to allow induction into the military and potentially risk their lives for reasons that no one understood. There was the popular chant of "Hell no, we won't go"—but many went and many died.

While at UCLA I went to a counselor who asked, "How can you justify your 'cowardice' (Maybe she did not actually use that word, but it felt like she did) when so many boys your age are willing to give their lives for their country?" I fled from her office in disgust and over sixty years later I still remember the incident. Every day I ask myself how can there still be wars? Old powerful rulers declare wars and young innocent people willingly go and die. It seems crazy to me. After the Russian incursion into the Ukraine, I was totally against the Ukrainians need to fight a war. Everyone I knew disagreed. My father was born in the Ukraine, then a part of Russia, and I imagined, and still imagine, young men like he and I, fighting and dying just because they thought they had to.

I argued then that the war would result in the death of hundreds of thousands of innocent Russians and Ukrainians. I said that the war was a sign of Putin's own political weakness, and the war was just a convenient way to prolong his own political survival. Maybe I was right, but it makes no difference now! The war and the dying continue. I long for a society wherein the health and well-being of everyone is uppermost. Rulers should be like boat Captains who have the responsibility to ensure the safety of their passengers and if the ship goes down, they should go down with their ship.

Well back to the question of what action or inaction should you and I take on Saturday? What is the purpose of protests and is there an overall strategy to combat Trump's illegality? What I know is that I am opposed to violence and equally opposed to indifference. I will join the protest on Saturday and hope to see you there. Right now, we are in the same boat piloted by a lunatic. I just hope we can all stay afloat until someone, or something arrives to rescue us. It would be nice to have an overall plan of action or inaction. In the midst of confusion and an unforeseeable future. I guess that's what life has always been. As Edward R. Murrow said yesterday and echoed today by George Clooney, "Goodbye and good luck" at least until next week when I hope we can talk again.

RICH JOHNSON LIFE GOES ON



My transition from "young kid" to "teenager" occurred precisely on February 9, 1964 at 7:00pm. I was one of 73 million people whose eyes and ears were fixated on the "Ed Sullivan" show. (By the way, Ed Sullivans show typically drew about 21 million viewers.)

Why the bump in viewership? America met the Beatles for the first time that evening. If you're taking notes, the Beatles performed two songs at first: "All My Loving" and "Till There Was You". They came back at the end of the broadcast and performed "I Saw Her Standing There" and "I Want to Hold Your Hand".

Two days later I was playing the guitar. And I haven't stopped since. I mention this because we lost a phenomenal musician and creative genius this last week. Brian Wilson, co-founder and primary musical force behind the magnificent Beach Boys passed away. Because of the musical genius of Brian Wilson, the Beach Boys surpassed the mono dimensional sound of most surf bands at the time. Brian added surprising texture and depth to Beach Boy music. Intricate and mesmerizing vocals. "California Girls", "Good Vibrations", "God Only Knows", "Don't Worry Baby", and Brian's and my favorite "Wouldn't It Be Nice".

Paul McCartney wrote the following about Brian: "Brian had that mysterious sense of musical genius that made his songs so achingly special". McCartney first met Brian Wilson in 1966. Paul said the Beach Boy's album "Pet Sounds" had a huge influence on what is arguably the Beatles greatest album, "Sgt. Peppers". Ironically Brian Wilson said the Beatles album "Rubber Soul" had a huge influence on the making of the "Pet Sounds" Beach Boys album. Apparently, what comes around goes around.

Elton John and Bob Dylan also offered glowing tributes to the genius of Brian Wilson. I'm reasonably certain Brian has graduated and is now improving the sound of angelic choirs. Fortunately, Brian's two daughters, Carnie and Wendy, have reteamed with Chynna Phillips to resurrect "Wilson Phillips" a wonderful vocal trio.

Now, where were we? Ahh yes, I was going to amaze and delight you with strange origins of words.

Sandwich: Sir Edward Montagu was given a noble title in 1660's England. A successful naval commander he became the first "Earl of Sandwich" (Sandwich is a town in southeast England). Sir Edward was a compulsive gambler and on one occasion he had his lunch served to him while playing cards. So as not to get the playing cards greasy he asked the waiter to put his meal between slices of bread. Apparently, it had never been tried before so people started referring to a meal served between slices of bread as a "sandwich".

Muscle: Comes from the Latin word "musculus" which literally translates to "little mouse". People of that era thought the movement and shape of many muscles looked like mice running underneath our skin. Go figure!

Jumbo: Meaning very large; the word was actually the name of a very large gigantic African elephant in the London Zoo during the 19th century.

Nice: It's not what you think. Nice comes from the Latin nescius which means "ignorant" or "unaware". So, for a hundred years or so nice described a "foolish" or "stupid" person. Nice!

"Clue" Original meaning was "a ball of yarn". In old English it was called a "clew". Comes from the ancient Greek story of the minotaur. The creature lives in a labyrinth or maze and the hero gets out of the maze tracking his steps with a ball of yarn.

"Sinister" Right wingers play close attention. The word "sinister" translates in Latin to mean "on the left". The Romans adopted the definition saying if you were left-handed you were untrustworthy and had bad character.

"Mortgage" This is a weird word. In old French, "mort" and "gage" meant "death oath" or "death pledge". Back then you were promising to do something or die trying.

"Boudoir" Describes a woman's dressing room or bedroom. The closest French word is the verb "boudier" which literally means "to pout". Today it also means "private" And on that note, we can all go to our rooms and pout.

Please stop pouting long enough on July 19th to come to my band's next major rock and roll concert. JJ Jukebox at Nano Café on Saturday, July 19. 6:30 to 9:30. Come for a fun evening of dining, drinking, dancing amongst good friends.

HOWARD Hays As I See It



"Can't you just shoot them, just shoot them in the legs or something?" - Donald Trump on de-ploying the military at Black Lives Matter protests in 2020

The above quote, cited by Defense Secretary Mark Esper, is from the 45th President of the Unit-ed States. Let that sink in.

White House advisor Stephen Miller had gotten frustrated with the pace of deportations, with numbers lagging behind those under President Biden. Miller berated ICE staff, letting them know it's either 3,000 deportations a day or their jobs. When told this would mean going beyond simply targeting criminals, Miller responded it was time to round up people at the Home Depot and 7-Eleven.

From the start, the White House was in full spin cycle - blaming whatever problems on local offi-cials. When LAPD Chief Jim McDonnell held his press conference Saturday, the first thing he did was reject the White House charge it had taken his department two hours to respond when ICE called for help (it was more like 38 minutes).

The problem, according to the chief, was no advance coordination between the feds and local authorities. He explained that although our cops don't make immigration arrests, it might have allowed for pre-positioning so that the LAPD could better protect ICE, community members and its own officers. But this was never about conducting a professional operation.

As L.A. Mayor Karen Bass put it, "Let's not pretend this is about public safety. It's political re-tribution - plain and simple" - and about maximizing the spectacle. It's subjecting viewers nation-wide to an endless loop of those burning Waymo taxis, spray-paint graffiti and looting. Never mind the tens of thousands of peaceful protestors, or that this "riot" took place in maybe a square mile of a 500 square mile city. (That same weekend, thousands had a great time at the 55th an-nual Pride Parade in Hollywood.)

President Trump again used the men and women serving in our military as props. Those 4,000 National Guardsmen and 700 Marines were unneeded and unrequested - but served Trump's purpose of fanning the flames as he portrays himself as savior to a once-great city on the verge of destruction. Whatever the rioting, it was brought under control by the LAPD with help from CHP and police of neighboring communities.

Trump got ahead of his skis by posting, "Great job by the National Guard in Los Angeles" and "Thank you to the National Guard for a job well done!" - posted hours before they'd even ar-rived in town. He said he'd instructed relevant agencies to "take all such actions necessary to liberate Los Angeles from the Migrant Invasion". He later explained his decision to send in the National Guard; "If we had not done so, Los Angeles would have been completely obliterated."

Trump continued using our military as props at Fort Bragg in North Carolina. Soldiers used as backdrop behind him were pre-screened to eliminate those deemed "fat" and those with non-MAGA views. Trump led our soldiers in booing their former Commander in Chief, Joe Biden, booing the "fake news" covering the event and cheering Robert E. Lee (a traitor who fought for human enslavement and killed more American soldiers than Hitler). He also reminded them that the 2020 election was rigged

At that rally (intended as a celebration of the Army's 250th anniversary), the president described California as being "destroyed by invasion and third-world lawlessness". He called Los Angeles a "trash heap" and the protestors "animals". He made a vow to the troops, "We will liberate Los Angeles and make it free, clean, and safe again", because "We will not allow an American city to be invaded and conquered by a foreign enemy. That's what they are".

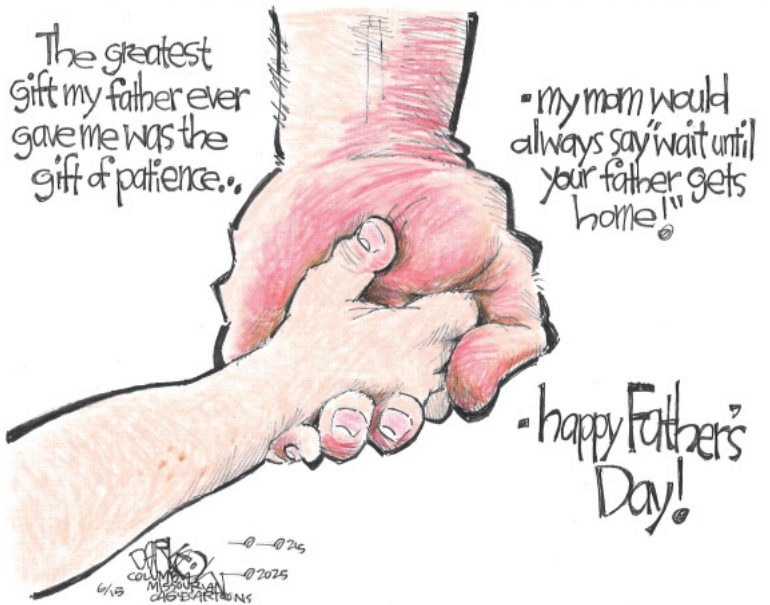
As for Governor Newsom and Mayor Bass, Trump told our soldiers, "they're incompetent and they paid troublemakers, agitators and insurrectionists, they're engaged in this willful attempt to nullify federal law and aid the occupation of the city by criminal invaders".

The ultimate military-as-props event will happen June 14, as Donald Trump celebrates himself (and 250th anniversary of the Army) by spending \$45 million of taxpayer funds on the parade he's longed for all these years. D.C. Mayor Muriel Bowser figures it might take another \$16 mil-lion to repair the streets afterwards. In case anybody gets any ideas, the president warns that "For those people that want to protest, they're going to be met with very big force", noting that "this is people that hate our country".

Authorizations that Trump used to deploy the National Guard and Marines last weekend had no specific mention of either California or Los Angeles. The presumption is he'd use them to cover any future deployments as he saw fit. Already, there have been protests in solidarity with Los Angeles in Seattle, San Francisco, New York, Sacramento, Houston, San Antonio and Chica-go. And there will be protests blanketing the country as Trump watches his parade.

There might be elected officials concerned about staying in Trump's good graces, regardless of whatever protest actions taken by their constituents. For them, they might heed what Trump suggested Governor Newsom and Mayor Bass "should be saying" to him (and I'm not making this up) - "THANK YOU, PRESIDENT TRUMP, YOU ARE SO WONDERFUL. WE WOULD BE NOTHING WITHOUT YOU, SIR".

The above quote, posted by Donald Trump on his Truth Social account, is from the 47th Presi-dent of the United States. Let that sink in.



City of Sierra Madre

ORDINANCE NO. 1481

AN ORDINANCE OF THE CITY OF SIERRA MADRE, CALIFORNIA, AMENDING CHAPTER 3.40 (CLAIMS AND CLAIMS PROCEDURES) OF TITLE 3 (REVENUE AND FINANCE) OF THE SIERRA MADRE MUNICIPAL CODE TO AUTHORIZE THE CITY MANAGER TO ALLOW, COMPROMISE, OR SETTLE CLAIMS UP TO \$50,000

RECITALS

WHEREAS, the Government Claims Act authorizes the City Council to reject, allow, or compromise a claim for damages against the City; and WHEREAS, Government Code section 935.4 authorizes the City to adopt an ordinance to delegate to City staff the authority to allow, compromise, or settle claims up to \$50,000.

THEREFORE, THE CITY COUNCIL OF THE CITY OF SIERRA MADRE, CALIFORNIA, DOES ORDAIN AS FOLLOWS:

SECTION 1. Recitals. The Recitals above are true and correct and incorporated herein by this reference.

SECTION 2. Addition. Sub-Section F (Authority of City Manager or Designee) is added to Section 3.40.020 (Claims) of Chapter 3.40 (Claims and Claims Procedures) of Title 3 (Revenue and Finance) of the Sierra Madre Municipal Code to read as follows:

F. Authority of city manager or designee. Pursuant to Government Code section 935.4, the City Council delegates authority to the City Manager or his or her designee to review all claims for sufficiency and to allow, compromise, or settle a claim against the City for an amount up to \$50,000. The city council shall have sole authority to allow, compromise, or settle claims for an amount greater than \$50,000.

SECTION 3. CEQA. This ordinance is exempt from the California Environmental Quality Act (CEQA) under 14CCR 15378(b)(5) as an example of "Organizational or administrative activities of governments that will not result in direct or indirect physical changes in the environment."

SECTION 4. Certification. Pursuant to Government Code Section 36932, the City Clerk shall certify the passage, approval, and adoption of this Ordinance by the City Council.

SECTION 5. Publication. Pursuant to Government Code Section 36933, the City Clerk shall cause this Ordinance to be published or posted.

SECTION 6. Records. Pursuant to Government Code Section 40801, proof of certification and publication shall be entered in the book of Ordinances of the City Council.

SECTION 7. Effective Date. Pursuant to Government Code Section 36937, this Ordinance shall take effect thirty days after its adoption.

PASSED, APPROVED, AND ADOPTED this 10th day of June, 2025.

I HEREBY CERTIFY that the foregoing Ordinance was introduced by first reading on the 25th day of March 2025, and duly adopted at a regular meeting held on the 10th day of June 2025, by the City Council of the City of Sierra Madre, California, by the following vote:

AYES: Mayor Robert Parkhurst, Mayor Pro Tem Kristine Lowe, Council Members Edward Garcia, Gene Goss, and Kelly Kriebs

NOES: None

City of Sierra Madre

ORDINANCE NO. 1483

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF SIERRA MADRE, CALIFORNIA, ADOPTING THE UPDATED FIRE HAZARD SEVERITY ZONE MAP AS DESIGNATED BY THE CALIFORNIA STATE FIRE MARSHAL

RECITALS

WHEREAS, the California Department of Forestry and Fire Protection (CAL FIRE), through the Office of the State Fire Marshal, is required under Government Code Section 51178 and Public Resources Code Section 4202 to identify and classify lands within the Local Responsibility Area (LRA) into Fire Hazard Severity Zones (FHSZ) as Moderate, High, or Very High, based on consistent statewide criteria; WHEREAS, the Office of the State Fire Marshal has prepared an updated FHSZ map for the LRA based on fire behavior modeling, fuel loads, ember exposure, terrain, and weather data, and has provided this updated mapping to the City of Sierra Madre for adoption and enforcement; WHEREAS, California Fire Code Section 4911 authorizes local jurisdictions to formally adopt FHSZs recommended by CAL FIRE and to designate additional zones where local conditions indicate the need for fire protection measures; and WHEREAS, adoption of the FHSZ map ensures consistent application of state-mandated wildfire mitigation requirements, including California Building Code Chapter 7A (ignition-resistant construction) and California Fire Code Chapter 49, (defensible space enforcement) within designated zones.

THE CITY COUNCIL OF THE CITY OF SIERRA MADRE DOES ORDAIN AS FOLLOWS:

SECTION 1. Adoption of Fire Hazard Severity Zone Map.

The City of Sierra Madre hereby adopts the updated Fire Hazard Severity Zone map for lands within the Local Responsibility Area, as recommended by the California Department of Forestry and Fire Protection (CAL FIRE), through the Office of the State Fire Marshal.

SECTION 2. Map Incorporation.

The official Fire Hazard Severity Zone map is included herein as Attachment A and shall be maintained by the City Clerk and the Fire Department.

SECTION 3. Ignition-resistant construction requirements:

Development, permitting, and construction within the High and Very High FHSZs shall comply with California Building Code Chapter 7A regarding ignition-resistant construction requirements.

SECTION 4. Defensible Space Clearance and Vegetation Management.

Development, permitting, and construction within the Very High FHSZ shall comply with California Fire Code Chapter 49 and Government Code Section 51182 regarding defensible space clearance and vegetation management.

SECTION 5. Parcels with Multiple Designations

The FHSZ designation for the geographic center of the parcel shall determine the FHSZ designation for parcels with more than one FHSZ designation.

SECTION 6. CEQA.

This Ordinance is exempt from the requirements of the California Environmental Quality Act (CEQA) pursuant to CEQA Guidelines Sections 15061(b)(3) (common sense exemption) and 15308 (regulatory actions for the protection of the environment)

SECTION 7. Certification.

Pursuant to Government Code Section 36932, the City Clerk shall certify the passage, approval, and adoption of this Ordinance by the City Council.

SECTION 8. Publication.

The City Clerk shall certify its adoption and cause it to be posted or published as required by law.

SECTION 9. Records.

Pursuant to Government Code Section 40801, proof of certification and publication shall be entered in the book of Ordinances of the City Council

SECTION 10. Effective Date.

Pursuant to Government Code Section 36937, this Ordinance shall take effect thirty (30) days after its adoption.

PASSED, APPROVED AND ADOPTED this 10th day of June, 2025.

I HEREBY CERTIFY that the foregoing Ordinance 1483 was introduced by first reading on the 27th day of May, 2025, and duly adopted at a regular meeting held on the 10th day of June, 2025, by the City Council of the City of Sierra Madre, California, by the following vote:

AYES: Mayor Robert Parkhurst, Mayor Pro Tem Kristine Lowe, Council Members Edward Garcia, Gene Goss, Kelly Kriebs

NOES: None.

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025117968
The following person(s) is (are) doing business as: SAGEBRUSH TECHNOLOGIES 20300 VAN OWEN STREET UNIT 18 WINNETKA, CA. 91306. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) SONNY DATTA 20300 VAN OWEN STREET UNIT 18 WINNETKA, CA. 91306; ADIT RANJAN DATTA 216-20 27TH AVENUE BAYSIDE, NY 11360. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: SONNY DATTA GENERAL PARTNER. This statement was filed with the County Clerk of Los Angeles County on 06/10/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)

of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025117063
The following person(s) is (are) doing business as: HEALTH PRODUCTS NUTRILITE 14481 FILMORE ST PACOIMA, CA. 91331. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) RUTH LORENA GUTIERREZ 14481 FILMORE ST PACOIMA, CA. 91331; GUILLERMO GUTIERREZ REYES 14481 FILMORE ST PACOIMA, CA. 91331. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: RUTH LORENA GUTIERREZ, GENERAL PARTNER. This statement was filed with the County Clerk of Los Angeles County on 06/09/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County

Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025118754
The following person(s) is (are) doing business as: COMAR CALIFORNIA SELL VADORENOS 12045 KESWICK ST APT 203 NORTH HOLLYWOOD, CA. 91605. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) GABRIELA YAMILETH AYALA DOMINGUEZ 12045 KESWICK ST APT 203 NORTH HOLLYWOOD, CA. 91605; RUDY ALBERTO ALVARADO MARTINEZ 12045 KESWICK ST APT 203 NORTH HOLLYWOOD, CA. 91605. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: GABRIELA YAMILETH AYALA DOMINGUEZ, GENERAL PARTNER. This statement was filed with the County Clerk of Los Angeles County on 06/11/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025120639
The following person(s) is (are) doing business as: MADDO'S FARM 13654 VICTORY BLVD #551 VAN NUYS, CA. 91401; MADDO'S SERVICES 13654 VICTORY BLVD #551 VAN NUYS, CA. 91401 . AON 202565714173. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) MADDO'S LLC 13654 VICTORY BLVD #551 VAN NUYS, CA. 91401. This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed: MADDO'S LLC, ARTUTUN ESTEBAN, MANAGING MEMBER. This statement was filed with the County Clerk of Los Angeles County on 06/13/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 05/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025120860
The following person(s) is (are) doing business as: EL MOLCAJETE RESTAURANT BAR 8440 SUNLAND BLVD SUN VALLEY, CA. 91352. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) BANDIDA ENTERPRISES, INC. 23762 NEWHALL AVE NEWHALL, CA. 91321. This Business is conducted by: A CORPORATION. Signed: BANDIDA ENTERPRISES, INC. ELIDA BANDA, PRESIDENT. This statement was filed with the County Clerk of Los Angeles County on 06/13/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025120947
The following person(s) is (are) doing business as: 80N8 TOWING 26918 FLO LN. 427 CANYON COUNTRY, CA. 91351. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) CAFE TEHROON 26918 FLO LN. 427 CANYON COUNTRY, CA. 91351. This Business is conducted by: A CORPORATION. Signed: CAFE TEHROON, ARASH HOSEINI, CEO. This statement was filed with the County Clerk of Los Angeles County on 06/13/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025114081
The following person(s) is (are) doing business as: BESPOKE BY ROJAS 9051 EAST FLORENCE AVE APT E DOWNEY, CA. 90240. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) VICTOR RONY ROJAS CHACLAN 9051 EAST FLORENCE AVE APT E DOWNEY, CA. 90240. This Business is conducted by: AN INDIVIDUAL. Signed: VICTOR RONY ROJAS CEO, CLAN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/04/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/2019. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025117808
The following person(s) is (are) doing business as: DIAMANTE BUILDER 14520 PLUMMER ST UNIT 13 PANORAMA CITY, CA. 91402. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) RODOLFO SIDON 14520 PLUMMER ST UNIT 13 PANORAMA CITY, CA. 91402. This Business is conducted by: AN INDIVIDUAL. Signed: RODOLFO SIDON/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/10/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 05/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025118593
The following person(s) is (are) doing business as: VALLEY AUTO COLLISION CENTERS, INC. 12030 SHERMAN WAY UNIT A NORTH HOLLYWOOD, CA. 91605. AON C6089682 CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) VALLEY AUTO COLLISION CENTERS, INC. 12030 SHERMAN WAY UNIT A NORTH HOLLYWOOD, CA. 91605. This Business is conducted by: A CORPORATION. Signed: VALLEY AUTO COLLISION CENTERS, INC. ARTUR PAHLEVANYAN, CEO. This statement was filed with the County Clerk of Los Angeles County on 06/11/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 02/2020. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025116677
The following person(s) is (are) doing business as: JESH CONSTRUCTION 25555 NOVELA WAY VALENCIA, CA. 91355. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) 25555 NOVELA WAY VALENCIA, CA. 91355. This Business is conducted by: AN INDIVIDUAL. Signed: EDVIN HAGHVERDIAN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/09/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025119625
The following person(s) is (are) doing business as: 5 STAR SERVICES 6625 RESEDA BLVD UNIT 242 RESEDA, CA. 91335. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) DANILO JAVIER CALISPA 6625 RESEDA BLVD UNIT 242 RESEDA, CA. 91335. This Business is conducted by: AN INDIVIDUAL. Signed: JAVIER CALISPA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/12/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025120131
The following person(s) is (are) doing business as: MELTBERRY CUPS 6644 GLADE AVE APT 307 CANOGA PARK, CA. 91303. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) SUCCESSERIES LLC. 6644 GLADE AVE APT 307 CANOGA PARK, CA. 91303. This Business is conducted by: AN LLC. Signed: SUCCESSERIES LLC, NAZ DELL, MANAGER. This statement was filed with the County Clerk of Los Angeles County on 06/12/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025118063
The following person(s) is (are) doing business as: DIZZY DANCE 11545 MOORPARK ST APT 207 STUDIO CITY, CA. 91602. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) HAYK GASPARYAN 11545 MOORPARK ST APT 207 STUDIO CITY, CA. 91602. This Business is conducted by: AN INDIVIDUAL. Signed: HAYK GASPARYAN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/10/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025116869
The following person(s) is (are) doing business as: DHZ GROUP INC. 23221 WELBY WAY WEST HILLS, CA. 91307. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) DHZ GROUP INC. 23221 WELBY WAY WEST HILLS, CA. 91307. This Business is conducted by: A CORPORATION. Signed: DHZ GROUP INC., DANIEL A. HIRAHOKA ZEGARRA, PRESIDENT. This statement was filed with the County Clerk of Los Angeles County on 06/09/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/2019. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025117439
The following person(s) is (are) doing business as: M JEWELRY 12727B SHERMAN WAY NORTH HOLLYWOOD, CA. 91605. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) MD MURAD HOSSAIN 12727B SHERMAN WAY NORTH HOLLYWOOD, CA. 91605. This Business is conducted by: AN INDIVIDUAL. Signed: MD MURAD HOSSAIN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/10/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025117808
The following person(s) is (are) doing business as: DIAMANTE BUILDER 14520 PLUMMER ST UNIT 13 PANORAMA CITY, CA. 91402. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) RODOLFO SIDON 14520 PLUMMER ST UNIT 13 PANORAMA CITY, CA. 91402. This Business is conducted by: AN INDIVIDUAL. Signed: RODOLFO SIDON/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/10/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 05/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025118803
The following person(s) is (are) doing business as: TEZA DOORS AND WINDOWS 8210 HASKELL AVE VAN NUYS, CA. 91406. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) TDZ GROUP LLC 8210 HASKELL AVE VAN NUYS, CA. 91406. This Business is conducted by: AN LLC. Signed: TDZ GROUP LLC, AIDEN BILLOUT, CEO. This statement was filed with the County Clerk of Los Angeles County on 06/11/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025120810
The following person(s) is (are) doing business as: AN EXTENSION 12111 CHANDLER BLVD 351 VALLEY GLEN, CA. 91387. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) EVELINA NELLY

KODIOGLIAN 12111 CHANDLER BLVD 351 VALLEY GLEN, CA. 91387. This Business is conducted by: AN INDIVIDUAL. Signed: EVELINA NELLY KODIOGLIAN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/13/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/2017. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025116849
The following person(s) is (are) doing business as: SWEET WATERS POOL AND SPA 8510 INDEPENDENCE AVE CANOGA PARK, CA. 91304. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) SAVIS ENTEGHAMI 8510 INDEPENDENCE AVE CANOGA PARK, CA. 91304. This Business is conducted by: AN INDIVIDUAL. Signed: SAVIS ENTEGHAMI/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/12/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025116849
The following person(s) is (are) doing business as: EASY PEASY REMODELING 631 EAST AVENUE J-4 LANCASTER, CA. 93536. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) ANTHONY NOE PEREZ 631 EAST AVENUE J-4 LANCASTER, CA. 93536. This Business is conducted by: AN INDIVIDUAL. Signed: ANTHONY NOE PEREZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/09/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025116762
The following person(s) is (are) doing business as: SCOTT FERRARA SOUND 17235 HATTERAS ST ENCINO, CA. 91316. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) SCOTT FERRARA 17235 HATTERAS ST ENCINO, CA. 91316. This Business is conducted by: AN INDIVIDUAL. Signed: SCOTT FERRARA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/09/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/2024. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025120226
The following person(s) is (are) doing business as: MR FOAM AND SCENIC 5531 CLEON AVE NORTH HOLLYWOOD, CA. 91601. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) KATHY EVELYN RIVERA 5531 CLEON AVE NORTH HOLLYWOOD, CA. 91601. This Business is conducted by: AN INDIVIDUAL. Signed: AKATHY EVELYN RIVERA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/12/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/2012. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: June 14, 21, 28, July 5, 2025



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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.

THE EXERCISE-SLEEP CONNECTION

Do you toss and turn at night, staring at the ceiling, wondering why you can't fall asleep—even when you're tired? You're not alone. Millions of people have trouble getting good sleep. But here's some good news: exercise can help. Moving your body during the day can help your body rest at night.

We all know exercise helps your body in many ways. It strengthens your muscles, boosts your heart health, and even improves your mood. But one of the most surprising benefits of exercise is that it can help you sleep more deeply and fall asleep faster. Here's how it works:

Exercise reduces stress and anxiety, which are two big reasons why people have trouble falling asleep. When you move your body, your brain releases chemicals like serotonin and endorphins. These help you feel calmer and happier. It also tires out your body (in a good way). When your muscles have worked hard, your body is more ready to rest. That's why a long walk, bike ride, or swim can leave you feeling sleepy later in the day.

People who exercise regularly also spend more time in deep sleep. That's the part of sleep where your body heals and grows. Deep sleep helps you wake up feeling refreshed—not groggy.

Exercise also keeps your body clock on track. Your body has a natural clock (called the circadian rhythm) that tells you when to sleep and when to wake up. Exercising during the day helps keep that clock running smoothly.

Studies from places like Johns Hopkins Medicine and the National Sleep Foundation show that people who get at least 30 minutes of moderate exercise most days sleep better at night. It doesn't even have to be intense. You don't need to run marathons to see results.

One study found that people who did regular aerobic exercise fell asleep faster, slept more deeply, and woke up less often during the night. And the effects weren't just short-term. People slept better for weeks and months after adding exercise to their routine.

Interestingly, just about any kind of exercise can help your sleep. Here are some of the best choices:

- Walking: A simple walk around your neighborhood or local park gets your heart rate up and clears your mind.
- Biking: Riding your bike—even for 20–30 minutes—can tire your body in a healthy way and lower your stress.
- Swimming: A great full-body workout that's also easy on your joints.
- Yoga or gentle stretching: Helps calm your nervous system, especially before bed.
- Strength training: Lifting light weights or doing bodyweight exercises like squats and push-ups can help build muscle and improve sleep over time.

Aim for 150 minutes of moderate exercise each week. That breaks down to about 30 minutes a day, five days a week. Morning or afternoon workouts are usually best. They wake you up early in the day and help your body wind down naturally at night. Evening workouts can be okay, but if they're too intense or too close to bedtime, they may keep you awake. That's because exercise raises your heart rate and body temperature. If you work out an hour before bed, your body might still feel too "revved up" to rest. Try to finish workouts at least 2–3 hours before bedtime if you can.

After you work out, do a slow cool-down and some gentle stretching. Then take a cool shower to help your body temperature drop. A cooler body temp helps you fall asleep faster. You can also try light yoga or breathing exercises in the evening to help your mind relax before bed.

What to Be Cautious Of:

- Overtraining: Doing too much without enough rest can make your body feel sore and stressed. That makes sleep harder.
- Caffeine and energy drinks: If you use pre-workout drinks or drink coffee before exercise, make sure it's not late in the day. Caffeine can stay in your system for hours.
- Heat and dehydration: Working out in the summer sun? Be careful. Heat and dehydration can leave you feeling wired, not sleepy.

So, if you're struggling with sleep, try adding more movement to your day. It doesn't have to be fancy or expensive. A brisk walk, a few sets of bodyweight exercises, or a swim at the community pool can all make a difference. Start small. Be consistent. And pay attention to how your body feels at night.

With time, you just might find that a little sweat during the day is just what you need to get better sleep at night.

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WANT TO FEEL BETTER?
Practice The Five-Minute Favor

The remedy for a heavy heart might be easier than you think. When you're stuck in a spiral, feeling overwhelmed, disconnected, or plain tired, try this: Do something kind for someone else that takes you five minutes or less.

This practice, known as the Five-Minute Favor, originated from organizational psychologist Ad-am Grant. The concept is elegantly simple: offer help, make a connection, or lend a hand in a way that's meaningful for someone else but costs you almost nothing.

It's quick. It's generous. And when practiced with intention, it can change lives—yours included.

The Science Behind Small Acts

A brief act of giving can trigger dopamine and oxytocin, our feel-good chemicals that naturally lift your mood. Being of service reminds us of our shared humanity.

Becoming a Person of Increase

You don't need to volunteer for hours or launch a nonprofit. What if it could start with a single text:

"Hey, I saw this opportunity and thought of you." "Just wanted to let you know you're doing a great job." "I was remembering that thing you said last week. It stuck with me."

That's it. Five minutes. One favor. A ripple begins. I call this being a "person of increase" when we leave people better than we found them. We of-ten hear about how disconnected and lonely people feel. Let's challenge that.

Simple Favors, Big Impact

Try these five-minute acts this week:

- Write a genuine review for a local business
- Make an introduction between two people who could help each other
- Send a voice note to a friend going through a difficult time
- Recommend someone for a job or opportunity
- Leave a specific compliment on a colleague's desk

We underestimate these small gestures. What would happen if you believed you could make a difference?

The Gift You Give Yourself

In the process of lifting others, something remarkable happens: We remember that we have something to give. That our presence makes a difference. The five-minute favor becomes a bridge back to ourselves and our fundamental interconnectedness.

If you're feeling low or disconnected today, don't retreat inward. Reach out. Choose one person. Set a timer for five minutes. Offer something genuine.

Then, watch life get better.....Because sometimes, the fastest way to feel better is to help someone else do the same.

--

Lori A. Harris is an award-winning transformational coach. She loves helping people to live vision-driven lives they love. Learn more about her at loriaharris.com

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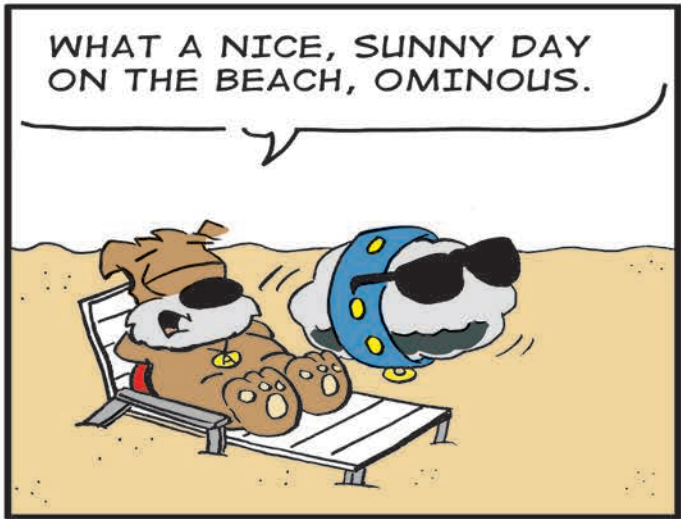
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SOUR GRAPES

by Tim Jones





June Events
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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-Strawpanza 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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SOLD

925 Wapello Street, Altadena
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Sold for **\$550,000**



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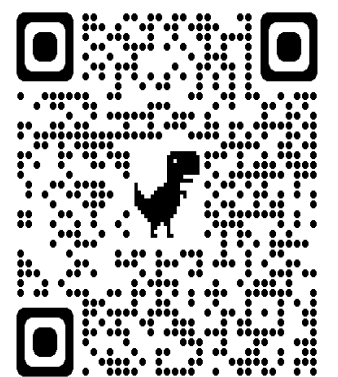
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