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## WHAT A NATIONAL NIGHT OUT!

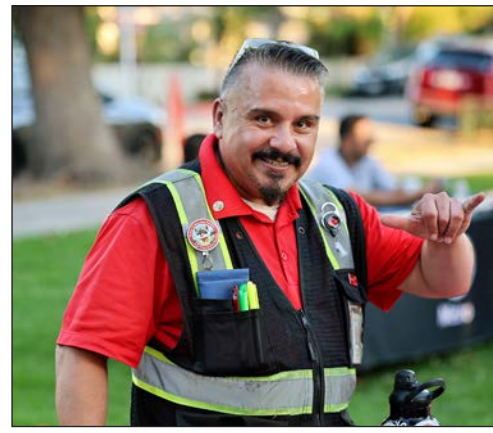
Photos by Dirk Bolle



On Friday, the Sierra Madre community celebrated the SM Police Department with another festive National Night Out event. Members of the PD along with the police volunteers were joined in an evening of fun and appreciation for their dedication and hard work. The event resembled on good old fashioned picnic, complete with games for the young and old. In fact, (and this could be fake news), I believe the youth of the community beat the PD at a game of tug of war!

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. It is held across the country and in Sierra Madre it offers residents another opportunity to further connect with our public safety officers.

In addition to SMPD, SM Search and Rescue, CERT, City of SM Community Services and local organizations and businesses such as Bear Lovers, Athens Services, LA Metro, Starbucks, and the Mountain Views News joined in the event.



## BARGER CHAMPIONS MENTAL HEALTH INFRASTRUCTURE PLAN FOR EATON FIRE SURVIVORS



Last week, the Los Angeles County Board of Supervisors unanimously approved a motion authored by Supervisor Kathryn Barger and co-authored by Supervisor Lindsey P. Horvath aimed at strengthening mental health support for residents impacted by the Eaton Fire.

The motion directs County departments to identify viable properties and infrastructure that can be used to house and expand

trauma-informed mental health and recovery services in the San Gabriel foothill region. It also calls for data collection on mental health needs and further outreach to connect service providers with available space through Los Angeles County's Business to Business Space Share program.

"Now that we're past the six-month mark, the grief, stress, and mental health challenges brought on by the Eaton Fire remain very real," said Supervisor Kathryn Barger. "Recovery can be a long journey, so it's important that we continue to mobilize the County's resources to support emotional healing and community resilience. The County must continue taking action that prioritizes mental health as a key part of long-term disaster recovery."

The motion is centered on the importance of long-term mental health support as a cornerstone of community recovery. "Six months after the devastating January wildfires, young people and families are working hard to regain a sense of stability and healing" Supervisor Lindsey P. Horvath stated. "Mental health is just as vital to recovery as bricks and mortar. By meeting people where they are and creating safe, supportive spaces to process and heal, we're helping fire-impacted communities rebuild in every sense of the word."

The Department of Mental Health and relevant agencies are expected to report back to the Board within 30 days with an inventory of viable properties and an assessment of local mental health needs to inform the delivery of services in the region.

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# SUPPORT LOCAL ACCESS BUSINESS MEETING

**Friday, August 8<sup>th</sup>**  
**From 5pm-6pm**  
**City Hall Chambers, 232 W Sierra Madre Blvd**

- The Sierra Madre Police Department is hosting a follow-up meeting on the Support Local Access Pilot Program.
- The program aims to improve parking in downtown Sierra Madre.
- Business owners are invited to share concerns and hear proposed solutions.
- Community feedback is vital to the success of the initiative.

**We look forward to seeing you there!**

**Support Local Access Business Meeting – August 8**

The Sierra Madre Police Department invites local business owners to a follow-up meeting on the Support Local Access Pilot Program. The meeting will be held on Friday, August 8, from 5:00 p.m. to 6:00 p.m. at City Hall Chambers, 232 W Sierra Madre Blvd.

The Support Local Access Program aims to improve parking access in downtown Sierra Madre. Business owners are encouraged to attend, share feedback, and hear proposed solutions. Community input is vital to the success of this initiative.

**For questions, please contact:** [supportlocalaccess@sierramadrecalifornia.gov](mailto:supportlocalaccess@sierramadrecalifornia.gov)



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## Weather Wise



### 6-Day Forecast Sierra Madre, Ca.

<b>Sun</b>	Sunny	Hi	80s	Lows 60s
<b>Mon:</b>	Sunny	Hi	80s	Lows 60s
<b>Tues:</b>	Sunny	Hi	90s	Lows 60s
<b>Wed:</b>	Sunny	Hi	90s	Lows 60s
<b>Thur:</b>	Sunny	Hi	80s	Lows 60s
<b>Fri:</b>	Sunny	Hi	80s	Lows 60s

Forecasts courtesy of the National Weather Service

### SIERRA MADRE CITY MEETINGS

#### SIERRA MADRE CITY COUNCIL MEETING

*Council is on Summer Recess Until:*

**August 26, 2025 5:30 pm**  
**THIS MEETING WILL BE HELD IN THE COUNCIL CHAMBERS!**

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

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

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

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

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

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

Your event must:

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

Just write a Public Service Announcement that describes your event and e-mail it to [radio@cityofsierramadre.com](mailto:radio@cityofsierramadre.com).



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## WALKING SIERRA MADRE

The Social Side by Deanne Davis

*"The first week of August hangs at the very top of summer, the top of the live-long year, like the highest seat of a Ferris wheel when it pauses in its turning. The weeks before are only a climb from balmy spring, and those that follow are a drop to the chill of Autumn. But the first week of August is motionless, and hot. It is curiously silent, too, with blank white dawns and glaring noons, and sunsets smeared with dramatic color." Natalie Babbitt*

That pretty much says it all. It's still way too hot and as I mentioned last week, I'm ready to get out my pumpkins. Of course, it's nowhere near Fall, but I'm really tired of summer and ready for a change. However, school starts next week!

Here are a few of the wonderful things to celebrate in August, in addition to Mary's Market getting that life-changing grant!

- Admit You're Happy Month
- Family Fun Month
- Golf Month
- Happiness Happens Month
- International Pirate Month
- National Catfish Month
- National Eye Exam Month
- Peach Month
- Picnic Month
- Romance Awareness Month
- Water Quality Month

Tomorrow is National Sisters Day. My sister's birthday is Monday. Happy birthday, Heidi. Last Wednesday, July 30<sup>th</sup>, was my daughter, Crissy's birthday. We do not mention ages anymore. Suffice to say that the first men who walked on the moon did it just days before she was born.

"When the lunar module lands on July 16<sup>th</sup>, only 30 seconds of fuel remain. Armstrong radios "Houston, Tranquility Base here. The Eagle has landed." Mission control erupts in celebration as the tension breaks. With more than half a billion people watching on television, he climbs down the ladder and proclaims: "That's one small step for a man, one giant leap for mankind."

I didn't care. I was so pregnant I could hardly walk and watched Neal Armstrong walk on the moon lying on my back on the floor with my swollen feet on the couch.

Speaking of significant days: Today is our Library's Used Book Sale from 10-2 in the Library Parking Lot. Go! I found some of the best books I ever read at the Used Book Sale. Trust me!

August is also National Language Month; which means we need to pay attention to our words. Harvey Mackay, one of my favorite columnists says: "Words are the building blocks of relationships. They can build trust, show empathy and create bonds. The wrong words can damage relationships, sometimes irreparably. Certain words can offend or alienate people. By choosing your words wisely, you respect your listeners and create a more inclusive environment." Ain't that the truth! This is why discussing politics and/or religion at Thanksgiving is forbidden and all conversation should be about how moist the turkey and deliciously tasty the gravy.

The Apostle, James, addressing this same issue in his book, back toward the end of the New Testament said: "Dear brothers, don't ever forget that it is best to listen much, speak little, and not become angry (no politics at the table!). (James 1:19-20) and then there's this one also from James, who, apparently, was tired of people who talked too much and not very nicely: "The tongue is a small thing but what enormous damage it can do. A great forest can be set on fire by one tiny spark and the tongue is a flame of fire, full of wickedness...and can turn our whole lives into a blazing flame of destruction and disaster!" (James 3:2-5-6) As Thumper said to Bambi, "If you can't say something nice, don't say nothing at all!"

The picture this week is of prickly pears, ripe and ready to eat. Notice that nice red color. The problem with trying to use prickly pears is they are just not as easy to deal with as other fruits like lemons or oranges. To start with, collecting your prickly pears should be done with leather gloves and tongs. Then, put the fruit in a paper bag that will prevent the glochids (thorns, stickers) from coming through. Then, carefully burn the fruit over an open flame from a blow torch, lighter or candle. After being burned, the fruit can be peeled by cutting off both ends, making a slit from top to bottom the carefully peeling the skin off the fruit to reveal a dethorned fruit. Seriously? I know people use them, I've seen it on the Food Network! But I'm just not up for potential pain. Recipes abound for jam, jelly, margaritas, candy, but I can't get myself past that first step of needing leather gloves and tongs.

My book page: Amazon.com: Deanne Davis  
 So many fun books, great recipes and stories in  
 A Tablespoon of Love, A Tablespoon of Laughter, and  
 Sunrises and Sunflowers Speak Hope



## PROTECT YOUR HOME

### Residential Burglary Prevention Tips!

**These recommendations are made on behalf of the Chief of Police. While they are intended to enhance security, they cannot guarantee that your residence will be completely safeguarded against break-ins.**



#### SECURE YOUR HOME

- Always set the alarm.
- Always lock doors and windows.
- Use high-quality deadbolts.
- Add sliding door stop rods designated for the track.
- Don't hide spare keys outside



#### IMPROVE LIGHTING

- Light up entries and corners.
- Use motion sensors



#### USE SECURITY SYSTEMS

- Install surveillance and video doorbells.
- Don't open for strangers.
- Install alarms.
- Install motion and glass break sensors.



#### MAKE IT LOOK OCCUPIED

- Use timers for lights, TVs, and radios.
- Hold mail and packages or ask a neighbor.
- Notify PD if away.
- Don't post travel plans online.
- Be sure to secure ladders and tools.



#### KEEP INVENTORY

- Photograph valuables; list serial numbers.
- Store records offsite or securely.



#### GET TO KNOW YOUR NEIGHBORS

- Stay alert and report suspicious activity.
- Watch out for each other.
- Double check doors to ensure they are locked and secured.

**Contact the Sierra Madre Police Department at**



**(626) 355-1414**



**In an emergency, call 9-1-1**



## Wistaria Thrift Shop

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### Shop Closed for Summer

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*Our Charities & Scholarships Thank You, too!*

Enjoy your summer! See you when the

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**Thur., September 4 - 10-3**

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## Arrested Made in Theft of Little League Baseball Equipment

Pasadena Police announced the arrest Thursday of a man wanted in connection with the break-in of a Pasadena Southwest Little League storage shed and thousands of dollars worth of baseball equipment missing.

Police alleged that Freddy Solario, Jr. Broke into the shed at Allendale Park in the 1100 block of S. Marengo Ave., by force Friday around 5 p.m. stealing more than \$4,000 worth of equipment, including power tools.

The break-in was caught on surveillance identifying Solario as the suspect.

Police Chief Gene Harris thanked the Pasadena community for their assistance in making this arrest.

## \$75K Reward in Cold Case Murder Renewed

Los Angeles County Board of Supervisors Chair Kathryn Barger renewed a \$75,000 reward for information leading to the arrest and conviction of the person responsible for the tragic 2016 Pasadena murder of four-year-old Salvador “Chavita” Esparza III.

“This is a plea to the public,” said Supervisor Kathryn Barger. “Nine years ago, this innocent child’s life was stolen in a senseless act of violence. Someone knows what happened—and even the smallest tip could be they key to justice. I implore anyone with information to come forward and help us bring closure to the Esparza family.”

On the evening of July 5, 2016, young Salvador was fatally shot while standing on the front porch of a relative’s home in Altadena. The shooter has never been identified. Despite ongoing efforts by law enforcement, the case remains unsolved.

Supervisor Barger’s decision to renew the reward is a renewed call for leads and a reflection of her continued commitment to seeking justice for the Esparza family.

Pasadena Mayor Victor Gordo echoed the urgency for public involvement. “Salvador ‘Chavita’ Esparza’s life was needlessly cut short at just 4 years old,” stated Mayor Gordo. “We must not forget this innocent child. I want to emphasize that the community’s help is vital. Supervisor Barger’s leadership in renewing the reward reinforces our shared commitment to accountability and justice.”

The Los Angeles County Sheriff’s Department Homicide Division continues to actively investigate the case. Anyone with information is encouraged to contact Detective Adam Kirste or Sergeant John Aanarial at (323) 890-5500.

Anonymous tips can also be submitted by dialing (800) 222-TIPS (8477) or visiting lacrimestoppers.org.



## Applications Now Open for the 2026 Tournament of Roses Rose Court

Pasadena Tournament of Roses officials announced Friday that applications are now open for the 2026 Pasadena Tournament of Roses Rose Court. Interviews will take place in early September.

“We are excited to continue the treasured legacy of the Rose Court, a legacy that has inspired its members to connect with their communities, give back in meaningful ways and grow in self-confidence from valuable experiences,” officials said. “These are experiences that will not only enrich their lives but also have a lasting impact on the communities they serve.”

The geographic eligibility to serve on the Rose Court includes the Pasadena Community College District Map and seven additional zip codes in the area, including Eagle Rock, Highland Park, San Gabriel and Alhambra. To be selected for the Rose Court, participants must live and attend school full-time within those boundaries.

Applicants who have been

displaced by the Eaton Fire and no longer reside within the geographic boundaries can apply, provided they attend a school that is within the eligible area. “We recognize the strength it takes to move forward after such a loss, and we’re committed to ensuring eligible students have the opportunity to be part of the Rose Court experience.”

“We’re looking for applicants who bring diverse strengths and perspectives — whether they’re natural public speakers, youth leaders, academic stars, or involved in their community and school,” they said. “An applicant isn’t required to have all these skills; the selected Rose Court members will provide a well-rounded group who serve as ambassadors of the Tournament of Roses, the Pasadena community and the greater Los Angeles area.”

Each Rose Court member will also receive a \$7,500 educational scholarship.

The Rose Court application, eligibility requirements and additional information can be found at: [tournamentofroses.com/about/rose-court](http://tournamentofroses.com/about/rose-court).

The first round of Rose Court interviews will take place at Tournament House on Saturday, September 6, and Monday, September 8, 2025.

The 2026 Rose Court will ride down Colorado Blvd. in the 137th Rose Parade and attend the College Football

Playoff Quarterfinal at the 112th Rose Bowl Game, both on Thursday, January 1, 2026.

## Insurance Proceeds Workshop for Eaton Fire Survivors

Residents of Altadena and Pasadena who were impacted by the Eaton fire are invited to attend a new workshop, “Unlock the Power of Your Insurance Proceeds,” on Tuesday, Aug. 12 at 10 a.m. onsite at the Pasadena Senior Center.

This workshop is geared to fire-impacted homeowners who want to learn more about their options, and asks the question, “What if you could use your insurance funds for more than just rebuilding?” Representatives from United Policyholders, a non-profit whose mission is to be a trustworthy and useful information resource and a respected voice for consumers of all types of insurance across the United States, will be on hand to answer your questions, and suggest alternative ideas, including: Building or buying a home in a different town, city or state Applying to a senior community with step-up care Creative options for your future

What can you do with your insurance payout

To register for the “Unlock the Power of Your Insurance Proceeds” workshop, visit [pasadenaseniorcenter.org](http://pasadenaseniorcenter.org) and click on Workshops under the Lectures & Classes menu. The workshop is free, and open to all.

Join this workshop to Explore: What’s legally possible The ins and outs of insurance policies, your rights, and state laws Real life success stories Hear about others who’ve used their proceeds in creative ways Maximizing your payout Understand common pitfalls and expert strategies to make sure you get the most out of your insurance funds.

This workshop is just one of many initiatives of PSC’s Eaton Fire Community Support resources that were provided to the community within days of the devastating Eaton Fire. Additional resources to community members impacted by the fire can be found under the Resources menu at [pasadenaseniorcenter.org](http://pasadenaseniorcenter.org).

## Caltech Efforts to Reduce Human-Coyote Conflicts



Director of Pasadena Public Health, Manuel Carmona, and the department have recognized the efforts of Caltech to address concerns about the presence of coyotes on campus. In partnership with Pasadena Humane, Pasadena Public Health Department provided community education and technical guidance to Caltech that has proven effective for reducing the number of human-coyote conflicts.

“Removing attractants is the best way to help coyotes maintain their natural fear of humans and curtail any association of human activity with food,” Carmona said. “In addition, the elimination of attractants helps to establish healthy boundaries for coyotes reducing their visibility to humans and potential for human-coyote conflicts.”

He said Caltech has embraced the guidance and taken several steps to reduce sources of food, water, and shelter, resulting in a reduction of coyote encounters, including:

- Trimming shrubbery to reduce hiding places
- Keeping fences in good repair
- Filling holes or areas in the soil that can become den sites
- Promptly taking out trash and picking up litter
- Keeping lids on trash cans
- Cleaning up quickly after events

The Caltech Strategic Communications team has led public outreach and education by featuring in-depth coyote safety tips on its campus wildlife page, as well as distributing monthly campus email newsletters. Additionally, the campus hosted outreach events where students, staff members, and neighbors could ask questions, get safety tips from partners (PPHD and Pasadena Humane).

When Caltech classes start this September, PPHD experts will join Caltech staff for another sidewalk talk with students, faculty, and community residents to discuss their experiences with coyotes, share coyote behavior education, and offer tools helpful to keeping coyotes wild.

## City of Pasadena Recipient of the 2025 CASQA Award

Director of Public Works, Greg de Vinck, announced Thursday the City of Pasadena has been selected to receive the 2025 California Stormwater Quality Association (CASQA) Award for Outstanding Stormwater Implementation Program (Phase I MS4). The award will be presented during the opening plenary session of CASQA’s 21st Annual Conference, to be hosted in Pasadena from September 15 to 17.

This recognition highlights Pasadena’s ongoing efforts to not only meet the requirements of the Phase I MS4 permit, but to approach stormwater management through integrated planning, funding, and project delivery. Following the adoption of our Stormwater Master Plan in 2022, the City has taken a strategic approach to building a resilient and sustainable urban water program.

To date, Pasadena has secured approximately \$68 million in external grant funding, including Measure W (Safe, Clean Water Program), Proposition 68, and Caltrans agreements, to support six major regional stormwater capture projects. These projects are designed to meet water quality goals while also delivering meaningful community benefits. In addition to reducing runoff and improving water quality, they introduce new green space, expand public access, and include features such as gardens, educational elements, and recreational trails.

A key factor in this success was the establishment of Pasadena’s first dedicated Stormwater Program Section within Public Works. Created in 2023 using Measure W Local Return funds, this team is responsible for policy development, technical planning, grant administration, and interdepartmental coordination. The City’s first Stormwater Program Administrator now leads this effort and has played a central role in guiding program implementation.

Hosting the CASQA conference locally provides an opportunity to highlight this work. City staff will formally accept the award on September 15, participate in technical sessions, and lead a field tour to showcase several of our stormwater projects, including the Berkshire Creek Restoration.

To attend the Conference register here: [casqa.org/events/annual-conference/attendee-registration](http://casqa.org/events/annual-conference/attendee-registration).



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Wistaria Shop Closes 6/1 - Thurs 9/4



NEWS BRIEFS

WEST NILE VIRUS DETECTED IN EL MONTE - SEASONAL ACTIVITY RETURNS TO SAN GABRIEL VALLEY

A positive West Nile virus mosquito sample was collected in El Monte

West Covina, Calif. (July 29, 2025) — The San Gabriel Valley Mosquito & Vector Control District (SGV Mosquito/District) has confirmed West Nile virus (WNV) activity in its service area for the first time this season. The virus was detected in a mosquito sample collected from a surveillance trap in the city of El Monte.

“West Nile virus is a recurring concern in our region,” said Director of Scientific Programs Tristan Hallum. “It’s endemic to the San Gabriel Valley, meaning we expect to detect it every year in mosquitoes, birds, and occasionally humans. The key to staying protected is avoiding mosquito bites.”

West Nile virus is most often detected during the warmer months, when higher overnight temperatures accelerate mosquito breeding and viral transmission. SGV Mosquito will continue monitoring disease activity and controlling mosquitoes in public spaces through routine inspections and necessary treatments, but residents should take precautions to protect their health.

Mosquito control is a shared responsibility. The District urges residents to take an active role in reducing the threat of WNV in their communities by taking the following actions to stay healthy and bite-free:

- Tip out stagnant water around the home weekly;
- Toss unused containers that can hold stagnant water; and

Protect against bites by using insect repellent containing any one of the following CDC-recommended ingredients: Picaridin, DEET, Oil of Lemon Eucalyptus (or PMD), or IR3535.

“There is no vaccine or cure for West Nile virus in humans,” said Hallum. “The best method of protection is prevention.”

For more information, residents can contact the San Gabriel Valley Mosquito and Vector Control District at 626-814-9466, online at SGVmosquito.org, or on social media: Facebook, X, and Instagram.

GASOLINE PRICES ARE UP AGAIN

LOS ANGELES (CNS) - The average price of a gallon of self-serve regular gasoline in Los Angeles County rose today for the third consecutive day after dropping to its lowest amount since Jan. 15, increasing two-tenths of a cent to \$4.473.

The average price has increased eight-tenths of a cent over the past three days, including a half-cent Thursday, its largest increase since June 23, according to figures from AAA and the Oil Price Information Service.

ELKS ANNOUNCE AVAILABILITY OF MOST VALUABLE STUDENT SCHOLARSHIP APPLICATIONS:

The Arcadia Elks Lodge 2025 is excited to announce that the Elks Most Valuable Student Scholarship (MVS) applications are now available on line. The applications are due at the Arcadia Elks Lodge on November 1, 2025.

In the past, the Arcadia Elks Lodge has had many MVS applicants’ application reach the national level. High School seniors can access and complete the applications at [elks.org/enf/scholars/MVS](https://elks.org/enf/scholars/MVS).

This year 500 MVS Scholarships will be awarded at the National level for a total of \$2,520,000. 20 MVS Scholarships will receive \$30,000 and 480 will receive \$4,000, which is paid over a four year period. In addition local, district and state Lodges may provide awards.

In addition to scholarships offered at the national level, the California-Hawaii Elks Association also offers Vocational Grants for technical and vocational training. Information about these two year vocational grants is available at [CHEA-ELKS.org/Youth/Activities/Scholarships](https://chea-elks.org/Youth/Activities/Scholarships).

These grants are for students of any age who are not going to a four year college and who want to learn a trade.

The California-Hawaii Elks also offers a scholarship for students with disabilities. The scholarship covers academic expenses which include tuition, books, lab fees and on-campus room and board.

Applications are available at [chea-elks.org/youth-activities/scholarships](https://chea-elks.org/youth-activities/scholarships). The Elks scholarship for students with disabilities provides \$1,000 to \$2,000 and may be renewed each year for four years for qualified students.

Applications for these scholarships open November 15, 2025. The applications must be received at the California-Hawaii Elks office 5450 E. Lamona Avenue, Fresno, CA 93727-2224 post-marked before March 15, 2026 and received in the office by April 1, 2026.

Applications can be found at [chea@chea-elks.org](mailto:chea@chea-elks.org). This application requires that an applicant obtain Elks sponsorship by contacting a Local Elks Lodge and requesting an elected officer to sign and complete the sponsoring Lodge section of the application.

The Arcadia Elks Lodge 2025 will be happy to help and can be contacted at the number below.

You do not have to be related to an Elk to participate in the scholarship programs. It is also important to check out the scholarship web site to confirm deadlines for completing the scholarship applications.

For more information on the Arcadia Elks Lodge, please email the Lodge at [artemp2025@aol.com](mailto:artemp2025@aol.com) or call the Lodge at (626) 445-2025.

A MOUNTAIN VIEWS NEWS EXCLUSIVE\*:



“CAMINO DE SANTIAGO-MY JOURNEY MY WAY IN 29 DAYS April 17-May 15, 2025”

by: Lorie Veiner-Clause

“Surviving on the Camino”

Life on the Camino is living out of a backpack. Learning to survive. The daily grind of getting acclimated. Getting to know my backpack. Hidden spaces and pouches.

My new best friend.  
Honesty here. I have spoken to my new purple best friend many times.

Weight distribution. Heavy items in the middle of the backpack verse the bottom.

Wet laundry clothes were shifted to the exterior bottom pouch.

And the hidden real estate mystery at the very bottom.  
That space occupied the backpack cover for rain and poncho protection.

Bulky toiletry items were challenging to occupy their residency in my backpack house. Excited when empty bottles got pitched to relieve the weight.

Familiarity of daily priorities received occupancy on top. Sleeping bag liner. Towel. Toiletries. Clothes shifted daily due to the weather.

Various emergency items were placed in the first aid kit including the life saver ace bandage.

Swelling in my small foot occurred a few days after walking on the Camino journey. My pilgrim talents expanded as I wrapped my foot daily in the dark for a month.

Let’s talk about food.  
Hoarding food became my pilgrim survival mentality.

Running gels and almonds were the source of food for my sensitive stomach. Had enough for a week.

Emergency apples were stored in the exterior pouch.

The side of the backpack held leftover baguette bread I could hoard. Stale bread became routine for this pilgrim. Mercado is the Spanish market. Transitioning from English to French to Spanish. This pilgrim quickly learned the basic words of food survival. Lunch meat turkey is pavo. Pollo is chicken. Queso is cheese. Almendras are almonds. I bought a few items at a time. Stored them in a hidden pouch for easy access.

I rewarded myself with rationing food as I walked many kilometers daily. Several days might drift away before seeing another mercado.

Carrying a water bottle. Refilling it along ‘The Way’. Swallowing liquid IV to prevent dehydration. Weight loss occurred rapidly. Dropping 10 lbs. Hip bones protruded. Malnourished was the physical appearance my petite body visibly projected. A real pilgrim indeed.

Did I officially start my Camino?

*#Loriescaminojourney #caminodesantiago #camino2025 #camino #caminoofrances #caminodesantiagofrances #caminopilgrim #caminoespiritual #americanpilgrims #caminodesantiagoallroutes #caminasabuddysystemforwomenonthecamino #americanpilgrimsonthecamino #pilgrimsofsantiago #womenonthecamino #lamarathon #parismarathon #parismarathon2025 #pasadenapacers #AzusaPacers #whittierpacers #sierramadre #sierramadrecommunity #sierramadrecalif #sierramadrestrong #ilovesierramadre*

*\*This is the sixth in a series by Sierra Madre resident Lorie-Veiner-Clause's incredibly courageous journey. Follow her recollections of 'Camino' each week.. By the way, if you aren't familiar with the Camino Santiago, you will be! S. Henderson, Publisher/Editor*

SAN MARINO MOTOR CLASSIC SOUTHERN CALIFORNIA’S PREMIER AUTOMOBILE SHOWCASE

Only four weeks until the 14th annual San Marino Motor Classic returns to Lacy Park on August 23-24, 2025. End the summer in style by joining us for this classy Classic weekend of events.

The San Marino Motor Classic is a prestigious Concours d’Elegance where many of the world’s finest classic cars are on display and are judged. This year there will be 35 very diverse car classes that will be of interest to everyone.

Cars are on display on Sunday, August 24th from 9:00am – 3:00pm. Bring the family to see automotive history and enjoy offerings from vendors, food trucks or the VIP area. General admission is \$45 in advance, \$50 event day – children under 12 are free. Purchase a VIP Ticket (\$175 – must be purchased in advance) and enjoy the VIP Reception, a great place to enjoy a gourmet lunch, adult beverage at the hosted bar and sit under umbrella covered tables and watch the awards presentation.

The 2025 Motor Classic weekend begins with the Symphony of Cars Gala, and the Automotive Fine Arts Society exhibit on Saturday, August 23rd.

The Automotive Fine Arts Society Annual Art Expo and Sale opens on Saturday afternoon from 4:00PM to 6:00PM.

Twelve automotive artists will display their artwork, that is available for purchase. Admission is FREE! Wine and snacks will be served.

The elegant Symphony of Cars Gala will be held on Saturday evening, August 23, 2025 at 6:00PM. This event includes a hosted cocktail hour, the Symphony of Cars presentation of 16 cars that will be described, along with the playing of a musical composition written in the year of the car’s manufacturer.

Following the presentation will be a three-course gourmet dinner with paired wines. The cost is \$300.00 per person – must be purchased in advance. The proceeds benefit Cancer Support Community of the Greater San Gabriel Valley.

The Motor Classic a non-profit organization that raises and donates funds to Charities. A winning combination: a wonderful event that supports our community. Become a Sponsor or Donor and support charities.

Motor Classic Beneficiaries - Pasadena Humane Society, Cancer Support Community of the Greater San Gabriel Valley, San Marino Rotary Charities, Give Mentor Love Foundation, Shriners Hospital for Children, Rose Bowl Aquatic Center.

For further information, and to purchase tickets, see our web site. <https://sanmarinomotorclassic.com>



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Vocalists

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Jackie Gibson - Kelly H. Huff - Bryan Love - Lauren Lundeen  
Kimberly Scott Moseley - Edgardo Romero**

**Our Special Guests - Eric Ekstrand and Friends**

**Stave Rawlins piano and music director**

**Jay Asher piano and music director**

**Matt Bunsen bass, Craig Copeland guitar, Paul Kreibich drums**

**Friday August 15th 7:30 til 10:30**

**Matt Dennys Ale House**

**145 E Huntington Dr, Arcadia, CA 91006**

**Tshirts and Eclectic Design by Sharon for sale  
with proceeds going to the fundraiser**

**Reservations: (626) 462-0250**

**Cannot attend? Donations can be sent via Zelle to: gibbyj88@gmail.com**

## FEMA SUPPORT ENDS AS DISASTER CASE MANAGEMENT PROGRAM CONTINUES AT REBUILDING CENTER

LOS ANGELES – As the demand for in-person services has decreased over time, the Federal Emergency Management Agency's (FEMA's) in-person presence will end at 5 p.m. July 31, 2025, at the One Stop Rebuilding Center. The California Governor's Office of Emergency Services (Cal OES) and the Small Business Administration (SBA) continue to provide support and remain available at the center, located at:

One Stop Rebuilding Center – LA City  
1828 Sawtelle Blvd.

Los Angeles, CA 90025

Monday-Friday: 9 a.m. – 5 p.m. Closed weekends.

Services from Cal OES, FEMA and SBA will maintain in-person support for survivors at the Altadena Community Center, located at:

Altadena Community Center – LA County  
730 E. Altadena Dr.

Altadena, CA 91001

Monday-Friday: 9 a.m. – 5 p.m. Closed weekends.

To contact FEMA and stay in touch, visit [DisasterAssistance.gov](https://DisasterAssistance.gov).

To speak with a FEMA specialist directly call the FEMA Helpline at 800-621-3362. If you use a video relay service, captioned telephone service, or other communication services, please provide FEMA the specific number assigned for that service. Lines are open daily from 4 a.m. to 8 p.m., seven days a week.

## LA COUNTY FIRE RECOVERY UPDATES"



On June 17, the LA County Board of Supervisors approved a motion to waive and refund fees for qualifying property owners rebuilding single-family homes in unincorporated Los Angeles County following the Eaton and Palisades wildfires.

### ELIGIBILITY

The Board motion was aimed at making the rebuilding process more affordable and accessible to homeowners looking to rebuild homes that were destroyed in the January wildfires. Certain types of rebuild projects (such as commercial or rental housing) are not eligible for a waiver or refund.

To qualify for a permit fee waiver or refund, an applicant must be able to demonstrate that they both owned and lived on the property prior to January 7, 2025.

A project qualifies for a fee waiver or refund if it is:

- Located in unincorporated Los Angeles County
- A replacement single-family home – which could include accessory structures such as garages, Accessory Dwelling Units (ADUs), pools, etc. – that was destroyed by the Eaton or Palisades Fire
- A “standalone” ADU that the property owner will temporarily occupy while they wait for their replacement single-family residence to be built

A project does not qualify for a fee waiver or refund if it:

- Is a commercial property
- Contains multi-family housing units
- Is a rental property (non-owner-occupied)
- Is not a home directly destroyed in the fires
- Is a temporary housing unit or temporary housing community

To apply for a fee waiver, please fill out a Request for Fire Rebuild Fee Waiver or Refund form and email it to [recovery@planning.lacounty.gov](mailto:recovery@planning.lacounty.gov).

### PERMIT CENTERS

LA County is hosting One-Stop Permit Centers in both the Palisades and Eaton fire burn areas to help guide residents through the rebuilding process, answer any questions they have and connect them with each of the building and planning departments responsible for their area.

Schedule a FREE group appointment Mondays, Wednesdays or Fridays or one-on-one appointments Saturday to get expert advice and guidance for County Unincorporated Area residents on how to: Prepare plans for your rebuilding project, obtain entitlements and permits to begin construction, schedule inspections, obtain a certificate of occupancy, and get answers to rebuilding questions.

### EATON FIRE:

For unincorporated LA County communities, One-Stop Permit Centers have been established for residents impacted by the Palisades and Eaton fires. Walk-ins are welcome and consultation appointments can be scheduled at the Altadena and Calabasas One-Stop Permit Centers. LA County permitting agencies, including Fire Department, Regional Planning, Public Health, Geotechnical and Materials Engineering Division and Public Works Building and Safety, are available by appointment at the One-Stop Permit Centers to guide owners and their representatives through the rebuild process and answer any questions they may have. Homeowners will be provided packets with information specific to their property, including permit records, assessor records and property attributes. In addition, Southern California Edison (SCE) Planners are available by appointment and Billing Service Representations available via walk-in to assist the customers in their service areas.

Altadena One-Stop Permit Center  
464 W Woodbury Rd, Suite 210

Altadena, CA 91001

Walk-In Hours:

Monday – Friday: 8:00AM – 4:30PM

Rebuild Consultation Appointments Available:

Monday, Wednesday and Friday: 8:30 AM – 12:30 PM

Saturday: 8:00 AM – 12:00 PM

SCE Planner Appointments Available:

Effective April 21st:

Monday and Wednesday: 8am – 12pm

### Book Appointments:

<https://outlook.office365.com/book/AltadenaRebuildWorkshops@lacounty.onmicrosoft.com/?ismsaljsauthenabed=true>

### FEDERAL ASSISTANCE DEADLINE REMINDER

Economic Injury Disaster Loans: October 8, 2025 -

Small businesses and most private nonprofit organizations located in a declared disaster area and which have suffered substantial economic injury may be eligible for a Small Business Administration Economic Injury Disaster Loan.

[https://www.sba.gov/funding-programs/disaster-assistance/economic-injury-disaster-loans?utm\\_content=&utm\\_medium=email&utm\\_name=&utm\\_source=govdelivery&utm\\_term=](https://www.sba.gov/funding-programs/disaster-assistance/economic-injury-disaster-loans?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=)

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



# FIRE SAFE COUNCIL

Get Involved, contact Gavin Lee at  
[gavinsmfsc@icloud.com](mailto:gavinsmfsc@icloud.com)

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

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SAFE SHARPS DISPOSAL: KEEPING STUDENTS HEALTHY AT SCHOOL

(StatePoint) Back to school can be overwhelming for students and families. With new classes, new friends and sometimes new schools, students have a lot to balance. Additionally, changing routine can be challenging for students managing health conditions, including allergies, diabetes and others that require using and safely disposing of needles, syringes, or epinephrine autoinjectors at school.

Parents and school faculty can help promote safe sharps disposal so students and staff can better focus on a happy and healthy year using the following tips and resources from SafetyIsThePoint.org.

Safe Sharps at School and at Home

For many, learning about safe medical sharps disposal starts at home. Free, educational resources help answer questions like “How do I safely dispose of medical sharps?” and “What are the disposal rules in my area?” The SafetyIsThePoint.org website features a clickable map and ZIP code finder to check local disposal regulations and find nearby disposal sites.

Resources can be used by school nurses and other staff, who can share safe sharps disposal information and show students and families how to properly dispose of used medical sharps.

Safe Sharps at School

Teachers and other faculty play an important role in educating about safe sharps disposal. Posters and fact sheets can be downloaded and printed for easy integration into lesson plans or displayed in classrooms and offices. These materials both educate about proper medical sharps disposal and raise awareness of health conditions that require the use of sharps.

For schools and districts that use social media, sample posts can be downloaded and shared online to reach students and their families. Schools can incorporate the messages and materials into newsletters.

Ensuring a Safe and Healthy School Year

Parents, teachers and other school staff play a crucial role in ensuring students are protecting and preventing themselves and others from getting hurt. Household sharps disposal rules vary by state, so it's important to check local requirements as some prohibit disposing of sharps in household trash or recycling. Some states require sharps to be dropped off at a collection center in an approved container.

The basics about sharp disposal are as easy as knowing these three steps:

- 1. Place used sharps in a strong, plastic container like an empty laundry detergent or bleach bottle.
- 2. When the container is 75% full, seal it tightly with duct tape and label it clearly with “Do Not Recycle.”
- 3. Place the sealed container in regular household trash, if permitted in your area.

You can learn more about safe sharps disposal this back-to-school season and beyond at SafetyIsThePoint.org.

By arming your children, their teachers and yourself with the latest safety information, you can help make the school year a safer experience for everyone.



SCHOOL DIRECTORY

Alverno Heights Academy 200 N. Michillinda Sierra Madre, Ca. 91024 (626) 355-3463 Head of School: Joanne Harabedian E-mail address: jharabedian@alvernoheights.org	High Point Academy 1720 Kinneloa Canyon Road Pasadena, Ca. 91107 Head of School: Gary Stern 626-798-8989 website: www.highpointacademy.org
Arcadia Christian School 1900 S. Santa Anita Avenue Arcadia, CA 91006 Preschool - TK - 8th Grade 626-574-8229/626-574-0805 Email: inquiry@acsions.com Principal: Cindy Harmon website: www.acslions.com	La Salle College Preparatory 3880 E. Sierra Madre Blvd. Pasadena, Ca. (626) 351-8951 website: www.lasallehs.org Principal Ernest Siy
Arcadia High School 180 Campus Drive Arcadia, CA 91007 Phone: (626) 821-8370, Principal: Brent Forsee bforsee@ausd.net	Monrovia High School 325 East Huntington Drive, Monrovia, CA 91016 (626) 471-2800 Principal Darvin Jackson Email: schools@monrovia.k12.ca.us
Arroyo Pacific Academy 41 W. Santa Clara St. Arcadia, Ca, (626) 294-0661 Principal: Phil Clarke E-mail address: pclarke@arroyopacific.org	Odyssey Charter School 725 W. Altadena Dr. Altadena, Ca. 91001 (626) 229-0993 Head of School: Lauren O'Neill website: www.odysseycharterschool.org
Assumption of the Blessed Virgin Mary School Ms. Rose Navarro, Principal 2660 East Orange Grove Blvd. Pasadena, Ca 91107 626-793-2089 https://school.abvmpasadena.org/	Pasadena High School 2925 E. Sierra Madre Blvd. Pasadena, Ca. (626) 396-5880 Principal: Dr. Eric Barba website: http://phs.pusd.us
Barnhart School 240 W. Colorado Blvd Arcadia, Ca. 91007 (626) 446-5588 Head of School: Tonya Beilstein Kindergarten - 8th grade website: www.barnhartschool.org	St. Rita Catholic School 322 N. Baldwin Ave. Sierra Madre, Ca. 91024 Principal: Jon McMaster (626) 355-6114 mcmaster@st-ritaschool.org Website: www.st-ritaschool.org
Bethany Christian School 93 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-3527 Preschool-TK-8th Grade Principal: Jonathon Hawes website: www.bcsllions.org	Sierra Madre Elementary School 141 W. Highland Ave, Sierra Madre, Ca. 91024 (626) 355-1428 Principal: Dr. Jodi Marchesso E-mail address: marchesso,jodi@pusd.us
Clairbourn School 8400 Huntington Drive San Gabriel, CA 91775 Phone: 626-286-3108 ext. 172 FAX: 626-286-1528 E-mail: jhawes@clairbourn.org	Sierra Madre Middle School 160 N. Canon Sierra Madre, Ca. 91024 (626) 836-2947 Principal: Garrett Newsom E-mail address: newsom.garrett@pusd.us
Foothill Oaks Academy 822 E. Bradbourne Ave., Duarte, CA 91010 (626) 301-9809 Principal: Nancy Lopez www.foothilloaksacademy.org office@foothilloaksacademy.org	Walden School 74 S San Gabriel Blvd Pasadena, CA 91107 (626) 792-6166 www.waldenschool.net
Frostig School 971 N. Altadena Drive Pasadena, CA 91107 (626) 791-1255 Head of School: Jenny Janetzke Email: jenny@frostig.org	Weizmann Day School 1434 N. Altadena Dr. Pasadena, Ca. 91107 (626) 797-0204 Lisa Feldman: Head of School
The Gooden School 192 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-2410 Head of School, Jo-Anne Woolner website: www.goodenschool.org	Wilson Middle School 300 S. Madre St. Pasadena, Ca. 91107 (626) 449-7390 Principal: Ruth Esseln E-mail address: resseln@pusd.us
	Pasadena Unified School District 351 S. Hudson Ave., Pasadena, Ca. 91109 (626) 396-3600 Website: www.pusd@pusd.us
	Arcadia Unified School District 234 Campus Dr., Arcadia, Ca. 91007 (626) 821-8300 Website: www.ausd.net
	Monrovia Unified School District 325 E. Huntington Dr., Monrovia, Ca. 91016 (626) 471-2000 Website: www.monroviaschools.net
	Duarte Unified School District 1620 Huntington Dr., Duarte, Ca. 91010 (626) 599-5000 Website: www.duarte.k12.ca.us

We can't wait to go to the fair...

...rides, food, games and exhibits!

Kids: color stuff in!

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## A Time for...Fairs & Festivals

Late summer is a big time for exciting fairs and festivals. The weather is nice and people are back from vacations and traveling. I competed in the 4-H competition at our state's fair. I don't like to brag, but I did win first place – and a purple ribbon!

**Read the clues to fill in the crossword with the names of fairs, festivals and other exciting events!**

1. street closed off; people get together to grill, share potluck dinner, fun

2. spicy food cook-off; taste a few and vote for your favorite

3. relives medieval times; dress in costumes; watch knights joust

4. celebrates Native American history and culture; enjoy music, stories, dance

5. shows movies made by students or small creative companies

6. hot air \_\_\_\_\_ festival, picnic; people take to the sky using wicker basket

7. \_\_\_\_\_ sports festival; engines rev; shiny chrome; speedy races

8. cowboys show off their riding and roping skills; skilled clowns protect riders

9. \_\_\_\_\_ and BBQ festivals bring together food and music from Mississippi Delta, TX, NC and TN (Memphis) style

10. teaches us about animals, plants in our environment

11. celebrates the smoky music played with trumpets, pianos, saxophones and guitars

12. \_\_\_\_\_ Boat and Asian festivals have races with crews in long boats decorated to look like fire-breathing creatures

13. this fair covers larger area of towns and cities; rides, games, concerts, treats, fireworks, contests, crafts

14. hundreds of custom canvases fly on strings; turns sky into sea of colors

15. artists sell their creative ideas turned into items: baskets, hand painted clothing

balloon

chili

neighborhood

crafts

Renaissance

dragon

rodeo

blues

state

2

3

4

1

6

9

8

11

12

10

13

14

15

kite

motor

film

pow wow

jazz

nature

5

7

It's our 20th Anniversary, but you get the presents!

Free Stuff

20th

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





**DEL MAR DAYS:  
WHY SIERRA MADRE FANS KEEP COMING BACK FOR MORE**

The horses are off—and so are plenty of folks from our little town of Sierra Madre, heading down the 5 to one of the greatest summertime traditions in Southern California: the Del Mar Summer Meet.

Now what, you might ask, does Del Mar have to do with Sierra Madre? My guess—plenty. I’m willing to bet a few of you have a stake in the game, whether it’s a share in a thoroughbred, a cousin working hotwalks, or just a deep love for big hats and better cocktails. Del Mar is more than a track—it’s a scene, and every summer it draws out the best from the barns to the bars.

I’ve been going for years, and trust me, the price of admission isn’t what it used to be. I remember when a room at the Hilton just across the street from the track went for around \$150. Today? Triple that—if you’re lucky. Best advice I can give? Use Expedia, and start early. Lodging fills up fast once the first bugle blows.

Plane, Train, or Automobile?  
Getting there is half the fun—or frustration. I’ve tried it all.

Train: Take the Amtrak Pacific Surfliner or Coaster to Solana Beach, then a quick Uber to the track.

Car: If you’re brave enough to brave the 5, just be ready for traffic and pack patience.

Shuttle: My favorite? If your hotel offers a shuttle, jump on it. Beats the Uber chaos post-race. That pickup area never seems to go smoothly for me. Maybe this year’s better—but I’m not betting on it.

Who’s Who at the Track  
Locals from our town are part of the Del Mar heartbeat. Just ask John Mathues, longtime usher at the finish line—a true racing staple. After the final race, John skips the after-parties and heads straight to Jake’s Del Mar, where the drinks are cold, the ocean’s in view, and the vibe is pure California chill. “It’s my go-to spot to unwind after the races,” he told me. That’s a solid tip from a man who’s seen it all.

And then there’s my friend Bob Hess Jr., a name you’ll recognize if you know horse racing. Bob’s been training at Del Mar since the ’80s and always has the inside scoop—not just on the ponies, but on where to eat.

Here are Bob’s Top Picks:

- Salt & Lime (Del Mar) – Fresh tacos, good vibes, and better margaritas.
- Bangkok Thai (Solana Beach) – Small, family-run, and one of Bob’s longtime favorites.
- Chief Burgers (Solana Beach) – Unpretentious, just a great burger joint.
- Tony’s Jacal (Solana Beach) – Been around since 1946. Classic Mexican food, and as Bob says, “Still packed for a reason.”
- Ken’s Sushi Workshop (Del Mar) – For the high rollers. It’s not cheap, but the sushi? Some of the best this side of Tokyo.

Local Flavor, Literally  
And speaking of local knowledge, hats off to former Pasadena resident Blake Colburn, who tipped me off to something I might’ve missed: Cardiff Crack. No, it’s not a crime—it’s a marinated tri-tip sold at Seaside Market in nearby Cardiff-by-the-Sea. Blake swears by it, and I’ll admit—it’s quite good. If you’re grilling at your Airbnb or just want a break from track food, it’s worth hunting down.

Fashion & Food  
Opening Day is the big hat parade, and if you’re dressing up—go big or stay home. But don’t sleep on track food either. There’s everything from lobster rolls and prime rib sandwiches to surprisingly solid tacos at 17 Hands.

Want to take it to the next level? Book a table at Il Palio or go old-school at Red Tracton’s across the street—a steakhouse with martinis and a piano bar that’s straight out of a Sinatra setlist.

And for the truly elite (or the truly hungry), there’s Addison, a three-Michelin-star dining experience at the Fairmont Grand Del Mar. It’s not exactly “after the races” casual—but if you win big, why not?

Don’t Forget Mike Smith  
While we’re at it, let’s give a nod to the legend himself—Mike Smith, aka “Big Money Mike.” Still riding strong at age 59, Mike keeps in shape with cardio and one meal a day. The man has won 27 Breeders’ Cup titles and rode Justify to the Triple Crown. If he’s riding in a race, take a second look at that program—he might be the one to push your trifecta across the wire.

Final Thoughts from the 91024  
Del Mar’s summer meet isn’t just for the well-heeled or the racing elite—it’s for anyone who loves excitement, atmosphere, and a little bit of salt in the air. And as always, Sierra Madre folks are in the mix—whether working the paddock, sipping a drink at Jake’s, sharing tri-tip tips, or cheering from the stands.

So if you’re heading down—pack your sunglasses, bring a budget, and remember: always bet the horse with the shiniest coat. It worked for my dad, and it might just work for you.

See you at the rail, Peter Dills

*Dining With Dills* – “The guy with the fork and the finish line” email your thoughts [thechefknows@yahoo.com](mailto:thechefknows@yahoo.com) and don’t miss this weeks podcast

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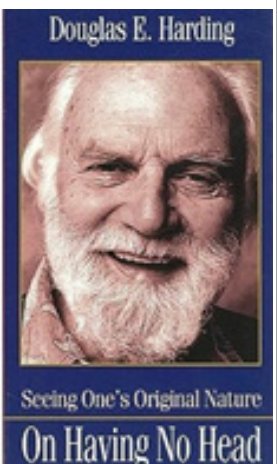
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## ALL THINGS

By Jeff Brown

### DOUGLAS HARDING QUOTES

Douglas Harding was an English philosophical writer, professor, mystic, spiritual teacher and author of a number of books, including *On Having No Head: Zen and the Rediscovery of the Obvious*, which describes simple techniques he invented for readers to experience the non-duality of consciousness. Known for his "headless way" philosophy, encouraged self-inquiry into one's true nature, emphasizing the experience of "seeing" rather than relying on conceptual knowledge. He challenged the common belief that we are in our heads, suggesting instead that we are a vast, empty space in which all is seen, heard and known. His quotes explore themes of self-discovery, the nature of perception, and the illusion of a separate self.



“There is a Reality which is Indivisible, One, Alone, the Source and Being of all; not a thing, nor even a mind, but pure Spirit or clear Consciousness; and we are That and nothing but That, for That is our true Nature; and the only way to find It is to look steadily within, where are to be found utmost peace, unfading joy, and eternal life itself.”

“Inwardly you are divine, outwardly you are a person. Instead of thinking you are just a person, that appearance, you can awake to the power behind you, the safety within you, the source of inspiration and guidance at the heart of your human life. This enables you to be yourself even more so.”

“Isn’t it the very last thing we feel grateful for - having happened? You needn’t have happened. But you did happen.”

“The basis of what it’s all about is looking to see what it’s like right where you are, and seeing that you are not a thing. Your essence there is capacity, emptiness, openness, space, void, fulfilling.”

“We are all more or less ill till we find -Self-enquiry our Oneness with everyone else.”

“When I look here and see who I really, really am at this moment, I am aware, capacity, and space—which is infinite. Space every which way—awake space and unbounded space for the world.

“When I trust who I really, really, really am, where I’m coming from—my true nature, my Buddha-nature, the indwelling holy spirit, kingdom of heaven, God, or whatever you would like to call this—I find I’m taken care of and that things work out.”

“The first motive for looking at this is curiosity. I’ll be damned if I’ll live and die without ever looking to see who is doing that ... I’m making sure I don’t live and die without having a look at who’s doing that.” He has many talks on youtube.



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## SENIORS ON VACATION: Preparing your home for peace of mind

Vacations are a great way for seniors to relax, recharge, and enjoy time with family and friends. But before you pack your bags, it's important to prepare your home so you can travel worry-free.



Start by securing your home. Lock all windows and doors and consider using timers for indoor and outdoor lights to give the appearance that someone is home. If you have a trusted neighbor or family member nearby, ask them to pick up mail, newspapers, and packages. An overflowing mailbox can signal to strangers that the house is empty.

Next, adjust your thermostat to save energy while you're away, but avoid turning it off completely. If you have pets that are staying behind with a caregiver, ensure temperatures remain comfortable. Unplug unnecessary electronics to reduce the risk of fire and save on utility bills.

Make sure perishable food is removed from your refrigerator and trash bins are emptied to avoid unpleasant odors. If you take regular medications, bring enough for the entire trip and pack them in your carry-on bag. It's also wise to leave a copy of your travel itinerary with a trusted friend or relative.

Finally, double-check any security systems before leaving and let your local police department know you'll be away if they offer vacation house checks.

By taking a few simple precautions, seniors can enjoy their vacation knowing their home is safe and secure.

## DOES MEDICARE COVER AMBULANCE RIDES?

Dear Savvy Senior,

A few months ago, I took an ambulance to the hospital emergency room because I had a nasty fall at home, but just received a hefty \$1,050 bill from the ambulance company. Doesn't Medicare cover ambulance rides? Frustrated Beneficiary



Dear Beneficiary,

Yes, Medicare does cover emergency ambulance services and, in limited cases, nonemergency ambulance services too, but only when they're deemed medically necessary and reasonable.

So, what does that mean?

First, it means that your medical condition must be serious enough that you need an ambulance to transport you safely to a hospital or other facility where you can receive care that Medicare covers.

If a car or taxi could transport you without endangering your health, Medicare won't pay. For example, Medicare probably won't pay for an ambulance to take someone with an arm fracture to a hospital. But if the patient goes into shock, or is prone to internal bleeding, ambulance transport may be medically necessary to ensure their safety on the way. The details make a difference.

Second, the ambulance must take you to the nearest appropriate medical facility. If you choose to be transported to a facility farther away because the doctor you prefer has staff privileges there, expect to pay a greater share of the bill. Medicare will only cover the cost of ambulance transport to the nearest appropriate facility and no more.

Medicare may also pay for an emergency flight by plane or helicopter to the nearest appropriate medical center if the trip would take too long on the ground and endanger your health.

Nonemergency Situations

Medicare may also cover ambulance transportation in some cases when you're not facing a medical emergency. But to receive this coverage, your doctor needs to write an order stating that an ambulance is medically necessary because other ways to get you to an appointment could endanger your health.

For example, if you've been diagnosed with end-stage renal disease, Medicare may pay if you have a doctor's order stating that it is medically necessary for you to use an ambulance to take you to and from a dialysis center.

You also need to know that in nonemergency situations, ambulance companies are required to give you an Advance Beneficiary Notice of Noncoverage or ABN if they believe Medicare may not pay. This lets you know that you will be responsible for paying if Medicare doesn't.

Ambulance Costs

Ambulance rides can vary from several hundred to several thousand dollars depending on where you live and how far you're transported.

Medicare Part B pays 80 percent of the Medicare-approved ambulance rides after you've met your annual Part B deductible (\$257 in 2025). You, or your Medicare supplemental policy (if you have one), are responsible for the remaining 20 percent.

If you have a Medicare Advantage Plan, it must cover the same services as original Medicare, and may offer some additional transportation services. You'll need to check with your plan for details.

How to Appeal

If an ambulance company bills you for services after Medicare denies payment, but you think the ride was medically necessary, you can appeal – see [Medicare.gov](http://Medicare.gov), click on "Providers & Services" followed by "Claims, Appeals, and Complaints." To help your case, ask the doctor who treated you for documentation that you needed an ambulance.

If you need some help, contact your State Health Insurance Assistance Program (SHIP), who can help you file an appeal. Go to [ShipHelp.org](http://ShipHelp.org) or call 877-839-2675 for contact information.

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

## SENIOR HAPPENINGS

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## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

## I HAD A THOUGHT BUT I CAN'T REMEMBER IT

I just celebrated another birthday. I never imagined I would get this old, but here I am, old and still breathing.



Reflecting on my birthday celebration, I looked back on my life and realized I've been so busy, I've not had much chance to think. I know most people believe thinking is an essential part of life. I guess it is, but it has never been an essential part of my life.

Instead of thinking, I have just responded to life issues spontaneously. I'm a rather spontaneous type of person, just ask The Gracious Mistress of the Parsonage. Life gets so busy for me that I cannot take a day off to have a thought.

In high school, I wasn't a very good thinker. I cannot remember one test I passed with an A, even though I studied for those tests. While I was taking them, I couldn't turn on my Thinking Machine.

The fact that I graduated from high school is as close to a miracle as I've ever seen. And the truth is, I didn't do so by thinking at all.

I'm sure back then I had some kind of a thought, but I just can't remember any now.

It wasn't until I met The Gracious Mistress of the Parsonage that I began to understand what thinking was all about. If I've ever known anybody to think, it certainly was her. She could think about everything.

There are times when together she would look at me and say, "So, what are you thinking?"

When she first asked me that, I didn't quite understand what the question was; therefore, I did not know how to respond. I eventually figured it out and would respond by saying, "I was just thinking about how nice you look today."

That always got a giggle from her and saved me from trying to figure out what I was really thinking.

I suppose most people would believe that thinking is a major part of their lives. I'm not sure why, because it has never been a major part of my life. Once I got out of high school, thinking was never part of my agenda.

Life has its ups and downs, and looking back, I'm not sure which were up and which were down. The only thing important is that I survived, and here I am today, no thought about it.

I got into a little bit of trouble the other day. We were sitting in the living room, and The Gracious Mistress of the Parsonage said, "You know, I've been thinking..."

Being the advanced knucklehead that I am, I responded before she could finish her sentence by saying, "... with what?"

I don't have to explain that I was in trouble. That's just the way my life tumbles down the cowboy trail. Believe me, I try not to respond like that anymore. At least I try.

Now that I'm retired, I do not have to think. Thinking is just a waste of time because I know what I want to do every day. My pleasure is not based on my ability to think through something. I have discovered that thinking causes a great deal of trouble and pain. So, I leave the thinking to those who aren't too bright.

Years ago, I was informed that I need to think about my retirement. What's there to think? It comes automatically whether you keep track of your age or not. Just let life flow as God intended it to.

I have some family members, who shall remain anonymous, who spend a lot of time thinking. As I watched them over the years, I noticed that their thinking has not produced anything worth thinking about. But still, they think, and think, and think until they are completely worn out.

Maybe that's why I'm not "wore out." I just live every day as it should be lived.

Someone once asked me, "If you could change anything in your past what would it be?"

That's a rather silly question if you ask me. To do that, I would have to spend quality time thinking which I don't have the time to do these days. I don't want to change yesterday; I just want to live today.

Of course, if I could change anything in the past, it might be the year of my birth. I've never forgiven my parents for the year I was born. They could've waited another 20 years, but they didn't. I guess they weren't thinking.

I suppose if I were to give it any thought, and I'm not going to, I could make a list of all the things I would change. But what good would that do? I don't want to change my past; I just want to live for today.

I remembered what the Apostle Paul said along this line.

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things" (Philippians 4:8).

Thinking is good, but only if thinking on the right things. That is the challenge set before me. If I think on the wrong things it will effect my life as Christian. The world would have me think on the wrong things which in effect, pulls me away from God.

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



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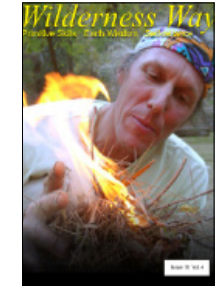
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### CHRISTOPHER Nyerges

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

#### IS DOWSING REAL?

What is dowsing? Isn't it a discredited method for finding water? Is there anything valuable or useful in this skill?

In 1977, when I had barely heard of “dowsing,” Timothy Hall and I were instructed by our Sensei to take a course in Dowsing at the nearby Los Angeles City College. This was a full semester course on Saturdays, where we learned the theory and the practice of the ancient art of dowsing.

Our class was a large science classroom at the college, run by members of the Southern California Chapter of the American Society of Dowsters. We were amazed that such an organization even existed. There were perhaps 15 students, and the teachers had placed prominent posters describing dowsing on the blackboard.

Dowsters trace their art back thousands of years, and it is also called divining, water-witching, Rhabdomancy, and scanning. It is a method primarily for locating underground water using a forked stick (typically a Y-shaped piece of willow), or a pendulum, or two pieces of metal called “L Rods,” because they are shaped like the letter L. And besides underground water, the class was told that you could also dowse for underground oil, lost coins or keys, underground pipes (water or electrical), or even lost people. Anything!



The leader of my class was L.H. “Gory” O’Loughlin, who constantly referred to the many charts and posters around the room when he was introducing the concept of dowsing. “The light of dowsing shines brightest when helping humanity,” O’Loughlin would repeat over and over.

#### TOOLS OF THE TRADE

At our first class, we were introduced to the tools of the trade. First and foremost was the forked stick, which is usually cut from a fresh Y of willow, though dried ones apparently will work as well. The two prongs are held with the palms facing upward, to create a bit of pressure on the stick. When you walk over whatever you’re looking for, the user detects a downward pull from the stem of the Y.

Next was the more popular L rods, which can be made of old clothes hangers, or copper rods purchased at the hardware store. Two L shaped pieces are needed, with the handle section being about four inches in length, and the horizontal part about a foot or so long. You hold an L rod loosely in each hand by the short section, with the long sections stretched out before you horizontally. When you pass over the subject of your search, the two long section move together and cross. It’s an amazing thing to experience.

This is just the basics. We learned that it’s much more complicated.

RALPH W. HARRIS

One of the guest teachers of the class was Ralph W. Harris, a Los Angeles real estate man who had been dowsing for over 55 years, preferring as his divining rod a long metal spring with a magnet at its end. Harris’ dowsing began at age 9, and he postulated that a good dowser should strive for 100% accuracy. Harris enjoyed sharing one of his greatest dowsing achievements. As a private in the U.S. Army, the geologists for Gen. George Patton said they could not locate water in the North African desert. Harris managed to get the message to Patton that he could dowse for water, and Patton had an entire willow tree flown to the site the next day. Harris cut a small Y-shaped piece of willow, and walked into the desert, being followed by Patton’s skeptical geologist colonel. Where Harris said to drill, they located a vein of water 300 feet wide which yielded 2000 gallons a minute from 400 feet below the surface. This provided the troops with their needed water, and Patton called upon Harris when more water was needed by the advancing troops were short of water. Harris was a colorful figure who added a unique character and background to the class.

#### CONTROL YOUR THINKING

So how does dowsing work, assuming you believe it is valid. This was discussed many times at the class at L.A. City College. For the believers, there is no one answer. There are many speculations, and one that seems to be popular is that humans possess a “homing instinct” akin to that which allows birds to fly great distances and get to a given location. Researchers who have tried to scientifically understand dowsing determined that some working of the pituitary gland is the seat of what causes the dowser to get results with his instruments.

And when someone like Ralph Harris uses a magnet for dowsing, scientists point out that ordinary instruments used to detect underground water, such as the gauss meter, utilize magnets. (In 1971, the U.S. Department of the Interior, under the Water Resources Act of 1964, authorized a research project by the Utah Water Research Laboratory, which was published as “The Detection of Magnetic Fields Caused by Groundwater and the correlation of such fields with water dowsing,” by Duane Chadwick and Larry Jensen.)

#### RESOURCES

Yes, there’s a lot more to dowsing, and fortunately, there are some really good resources out there for further study.

A good source of information, and a way to find other dowsters, is the American Society of Dowsters. Contact them at [dowsters.org](http://dowsters.org).

An excellent, thorough book on dowsing is “The Complete Book of Dowsing and Divining” by Peter Underwood, published in 1980.

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### Katnip News!



### FOSTER NEEDED FOR TWO TINY WILDINGS!

Meet Mr. Furley (all black) and his sister Meowlery (brown tabby)—two adorable kittens who were rescued when their mama never

came back. These little ones have been through a lot in their short lives, and while they're safe now, they're still very scared and unsure of the world.

Right now, they're a bit wild—more hiss than hug—but that's only because they've never had a chance to learn how good it feels

to be loved. They need a patient foster to help them feel safe, secure, and cherished. Someone who can move at their pace, offer gentle hands, yummy treats, and maybe a cozy hideaway or two.

Mr. Furley and Meowlery must be fostered together—they give each other courage and comfort. With time, trust, and TLC, we believe they'll blossom into loving, playful companions.

Can you help these two frightened babies learn that the world can be a kind and gentle place? Apply to meet them at <https://www.lifelineforpets.org/sandis-kittens.html> or use the qr code.



### Pet of the Week

Meet Link, a 4-year-old black German Shepherd with a loyal heart and soulful eyes. Found as a stray, Link is now at Pasadena Humane and settling into foster care, where he's making great progress in gaining confidence. He prefers to stay close to those he trusts - often lying right at their feet - and is adjusting to home life with his amazing foster family. Although he is not super food- or toy-motivated, he'll never say no to a good game of fetch or a squeaky toy.



Link is looking for a calm, patient home with someone who can help feel secure and loved. He thrives on companionship and would do best with someone who's around often to help him ease into a routine. If you're ready to build a meaningful bond with a sensitive, sweet pup, come meet Link at Pasadena Humane. Your loyal sidekick is waiting!

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

Walk-in adoptions are available every day from 10:00 – 5:00. View photos of adoptable pets at [pasadenahumane.org](http://pasadenahumane.org).

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

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PUBLISHER/ EDITOR  
Susan Henderson

PASADENA CITY EDITOR

Dean Lee

SALES

Patricia Colonello  
626-355-2737  
626-818-2698

WEBMASTER

John Avery

DISTRIBUTION

Peter Lamendola

CONTRIBUTORS

Lori A. Harris  
Michele Kidd  
Stuart Tolchin  
Harvey Hyde  
Audrey Swanson  
Meghan Malooley  
Mary Lou Caldwell  
Kevin McGuire  
Chris Leclerc  
Dinah Chong Watkins  
Howard Hays  
Paul Carpenter  
Kim Clymer-Kelley  
Christopher Nyerges  
Peter Dills  
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Katie Hopkins  
Deanne Davis  
Despina Arouzman  
Jeff Brown  
Marc Garlett  
Keely Toten  
Dan Golden  
Rebecca Wright  
Hail Hamilton  
Joan Schmidt  
LaQuetta Shamblee

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Mountain Views News  
80 W. Sierra Madre Bl.  
#327  
Sierra Madre, Ca.  
91024  
Phone: 626-355-2737  
Fax: 626-609-3285  
email:  
mtnviewsnews@aol.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



THE COURSE OF CONSCIOUSNESS

No, I don't mean "curse of consciousness" although that might perhaps be a more appropriate title. (We'll see.) My intention is to produce a non-fiction article specifically reflecting the stream of my own consciousness as I struggle to produce my customary weekly article. What has led me to this attempt is beginning to read Mrs. Dalloway by Virginia Woolf. (Don't be afraid.) Before beginning the book, I knew that the author had committed suicide by filling her pockets with stones and then walking into the ocean and continuing to walk until the stones weighted her down causing her to drown.

Not a pretty picture but I began the book and had a great deal of trouble staying with the story, a third person fictional account of the character Clarissa Dalloway. The story seemed to skip from one subject to another and it was very difficult to figure who was who and what was real or what was imagined, even though I knew it all came from the imagination of the author. In desperation I consulted my iPhone and asked why the book was so difficult to read. The ever-helpful technology immediately explained the difficulty was "due to its stream-of consciousness style, fragmented narrative, and complex themes." The novel's characters' thoughts are written past and present, often without transitions.

As a man of 81 years, my cognitive experience differs from what it was a few years ago. Like many seniors I am forgetting names and often have trouble finding the right word. I frequently get lost and my wife, after I had a very minor accident, has convinced me to stop driving. Of course, I am retired and other than playing golf on Wednesday mornings, I have no place to go anyway. My wife and I meet with my son, daughter and granddaughter two or three times a week and my wife does all the necessary driving. Now you have the picture. Most of the time I am alone upstairs with my thoughts and the need to produce an article each week gives me a kind of direction without which I would be completely lost.

Of course I am already pretty much lost anyway. After writing the initial sentence of this article my wife asked if I wanted to go to Trader Joe's with her. I was very happy with that idea because my prior experiences at Trader Joe's have always been very pleasant. I believe that the owners or managers at Trader Joe's have explained to the staff the need to be cheerful and helpful and cordial at all times. Actually, I love going out into the world whenever I can and asking strangers about their tattoos or clothing or hair styles. Strangers, it seems, are always very nice to me. Hooray for connection! I wonder if that is possible only in our area, I would like it to be that way all over the world.

Oh yes, "stream of consciousness". My point is that whenever I think about anything there is a voice inside that notices me thinking about whatever it is and wondering why I am thinking about that. Underneath that there is another voice wondering why I am wondering, while at the same time I am noticing where I am and the weather and wondering if there is something else, I should or want to be, doing. Do you have the same experience? I ask because I want to connect with you and to connect with myself. Consciousness is tough.

Right now, my wife asks if I want to watch the 3:00 PBS News with her as we do every weekday. Yes, I know there is a world that exists outside my head even though at times like this I would like to ignore it. Remember consciousness is not a curse! It is the possible lifeboat of awareness that can stop us from destroying ourselves through ignorance and indifference and greed. Thank you for trying Virginia. I will struggle on with your book; but I'll keep my pockets empty and stay away from the water.



HOWARD Hays As I See It

"A man who cheats at golf will cheat at everything." – John Cleese

I'm not a golfer (like Stu Tolchin, with whom I share this page). But along with so many others, I was struck by that (now viral) video of President Trump's caddie dropping the ball near the bunker, away from higher grass at the Trump Turnberry golf course in Scotland. The rules seem pretty clear: If a ball is to be dropped, it's by the player – never the caddie.

This comes a week after Trump claimed yet another championship, this one at his Trump Bedminster club. Last March it was the championship at Trump International at West Palm Beach and the Senior Club Championship at Trump National Golf Club at Jupiter. Tom D'Angelo of the Palm Beach Post notes that Trump "never loses an event at one of his tournaments"; those "wins" including one in which he skipped the first round and another where nobody saw him play.

Sportswriter Rick Reilly wrote a whole book about it; "Commander in Cheat: How Golf Explains Trump". Reilly tells how "He's never won a championship at a course he doesn't own and operate. He's played in Pebble Beach, he's played in the Tahoe one, where there are rules and judges and cameras. And in those, he's never finished in the top half. So, he wins when anybody who disagrees that he won is out of the club. . . He kicks the ball out of the rough so many times the caddies call him Pelé."

That trip to Trump's Turnberry golf resort on the west coast of Scotland, meeting with the leaders of the UK and European Union, was conveniently timed to coincide with the ribbon-cutting of his new Aberdeen course on Scotland's east coast – giving the president and his family the opportunity to promote its opening and kick off the marketing campaign on the taxpayers' dime.

HuffPost figures this trip will end up costing us over \$10 million – while the president already had a state visit to the UK scheduled for September, just a little over a month away. During the four years of his first term, we spent \$152 million for Trump to golf at his own resorts. So far this year it's already at \$52 million – and we're just six months in on this second term. As noted by Forbes, during this period Trump has spent more than a third of his time (75 out of 190 days) at one of his golf resorts or other properties.

At Turnberry, when he did get down to the business of being president, Trump re-confirmed for all the world his reputation for – whatever. During a press conference with European Commissioner Ursula von der Leyen, our president complained that the White House doesn't have a ballroom like the one there at his golf resort (the Donald J. Trump Ballroom). He took credit for having stopped six wars since returning to office. ("I'm averaging around a war a month.") He explained how "windmills are killing us", being "the most expensive form of energy".

Addressing the tragedy of Gaza, "If we weren't there, I think people would have starved, frankly." (Gaza Health Ministry reports more than 147 dead from malnutrition, 88 of them children. The U.N. reports 800 killed trying to reach food.) Trump claimed, "We gave \$60 million two weeks ago for food for Gaza, and nobody acknowledged it" – though perhaps that's because nobody's been able to figure out what that \$60 million is that he referred to. Then our president told the world he was most troubled by the fact "Nobody said, 'Gee, thank you very much'" to him, because "nobody gave but us".

The next day, however, Trump seemed to acknowledge the crisis was real. Breaking with Israeli PM Benjamin Netanyahu's claim that there's "no starvation in Gaza", Trump said there was indeed "real starvation" and that "we have to get these kids fed". What was concerning, though, was his telling everyone how he came to this realization.

Our country has a robust intelligence apparatus; military intelligence, the CIA, the National Security Agency, etc. – all under the Director of National Intelligence. But with our current DNI, Tulsi Gabbard, somehow obsessed with Barack Obama, and our president famously averse to intelligence briefings, Trump let it be known that he's informed on Gaza by what he sees on TV ("those children look very hungry . . . you can't fake that").

At a joint press conference with British PM Keir Starmer, Trump offered a new take on what caused the break-up with his friend of fifteen years, Jeffrey Epstein: a teenage spa attendant at Mar-a-Lago lured away by this erstwhile friend to become part of his sex trafficking operation. Trump said Epstein "stole" her from him – which is how one would refer to property, with "property" being how both Trump and Epstein seem to regard these young women.

Showing a clip of Trump at the ribbon-cutting for his new golf resort at Aberdeen, Desi Lydic on The Daily Show asked, "Is this his side hustle or is America his side hustle?" But whether on the golf course or in the clubhouse with world leaders, there's no doubt we're being cheated.

RICH JOHNSON



IF ONLY AND ONLY IF

"If only" and "only if" demonstrate a dual meaning of the use of words "if" and "only" depending on where each word is in relation to the other word. Come again?

The rearrangement of those two words dramatically change what is conveyed. "If only" expresses a hope or a wish. "Only if" is a requirement to accomplish something.

"If only... I could go to the movies tonight" is the wishful thinking and daydream of any teenager. "Only if...you finish your homework can you go to the movies tonight" demonstrates what is required to fulfill your "if only" dreams.

So, the question is twofold...is your life full of if only's? And, what are you going to do about it Bunky? Bear in mind we are often the greatest speed bump to fulfilling our dreams.

Donald Trump was the oldest man elected president when he became our chief executive in 2017. He was 70 and a half. He lost that dubious title when Joe Biden was elected in 2020. Joltin' Joe was 77 when he moved into the White House.

So, what keeps you from fulfilling your childhood dreams or desires? Fear of failure keeps most of us from taking the risk. When asked why he succeeds, basketball legend Michael Jordan said: "I've missed more than 9000 shots in my career. I've lost almost 300 games. 25 times I've taken the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

And Winston Churchill said, "Success is stumbling from failure to failure with no loss of enthusiasm!"

Knee deep into my 7th decade on the planet, I'm lucky enough to weekly convince a brilliant newspaper editor/publisher to publish my rambling rantings and ravings in her newspaper. I'm blessed to be in a rock and roll band, JJ Jukebox, that regularly delights and entertains people with music from the 1960s and 1970s. Someone forgot to tell me I was too old to do this.

Noted speaker Zig Ziglar said, "It's not how far you fall, but how high you bounce that counts."

While you ponder the words above, let me leave you with some totally useless trivia:

What is the only planet in our solar system that rotates clockwise? Venus (How come you didn't know that?)

Names the only substance that gives food its "taste" when being eaten: Saliva. No saliva, no flavor.

What are the only cells in the human body that don't automatically renew themselves? Duh... brain cells!

Speaking of Elvis Presley...name the only country outside of the U.S. where Elvis gave concerts: Canada

What is the only state within the continental United States with an official state sport? Maryland. The sport? Believe it or not, Jousting

Finally, I've discovered a restaurant in Arcadia that takes me back to the 1950's-60's every time I stop in for a meal. It's called "Moffett's Family Restaurant". It's on Baldwin Avenue, one stoplight south of Duarte Road in a strip center on the southwest corner. Yes, they are known for their hot baked pot pies, but they have so much more including great sandwiches and breakfast. They just celebrated their 50th anniversary. And they are now open 7 days a week 8:00-8:00. Phone (626) 447-4670. Give them a try if you haven't already.

CHRISTINE FLOWERS



AI IS A 21ST CENTURY 'INVASION OF THE BODY SNATCHERS'

My favorite horror movie is the original "Invasion of the Body Snatchers," closely followed by the 1978 remake with Donald Sutherland.

The reason I still sleep with the lights on after watching them is the idea that we can live among facsimiles of reality, when it's all fabrication. Inauthenticity isn't necessarily bad.

In fact, it's how we mate, campaign for votes, and become social media influencers. There is nothing more anathema to intimate relationships these days than having your original lips.

But now that artificial intelligence has entered the chat, I'm worried. It's not just the sense that I'm being fooled. It's the dangers that exist in allowing this Trojan horse of illusion into our daily lives.

The fear comes from making it increasingly difficult to identify the truth. As a former teacher, the understanding that we will never again be able to completely trust the work product of ambitious high school seniors is chilling.

When I used to grade papers, I prided myself on knowing when one of my little charges had done a cut and paste job.

Now, I'm not sure I'd be able to discern the real from the Memorex, and if you don't get that reference you're too young to be up this late reading.

I know that there have always been cheating scandals, and I myself sneaked a few peeks at Cliff Notes in my halcyon academic days, but this is a whole new level of dissimulation.

But that's not the only concern I have with AI. The other day, I asked Chat GPT to write something in my own style about the pope, and the result was so similar to words I'd actually put to paper in the past that I reflexively deleted it.

Chilling. Here was a technology that had made me irrelevant.

There are some progressives who might love that, particularly after I read what Chat GPT had to say about me when I asked it for a description of "Christine Flowers, columnist."

But I come from that last generation of people who put physical words to physical paper, and who actually had to work to erase her mistakes.

Now, we don't even need to press the back key on the word processor. We can

eliminate the mistakes before they even occur, by simply giving the job over to our friend the chatbot.

It reminds me in a sinister way of the new genetic technologies that allow parents to design children without illness, without brown eyes, without receding chins and unathletic builds.

And don't get me started on the pathetic people who have AI boyfriends and girlfriends, which are nothing more than the virtual equivalent of blow up dolls.

A lot of folks would say that I protest too much, and that I'm ignoring the great benefits of the new technologies.

That's a fair point. But I seriously think that we are going to lose much more by giving ourselves over to this alien sort of technology than we will ever gain.

The other day, I asked Meta, another form of artificial intelligence, to give me some versions of myself.

I uploaded a photo, and watched as the program spat out a hundred versions of Christine, in different outfits, against different backgrounds, with different levels of wrinkles and gray hair.

In some I looked like Gidget, in others like my mother, in one like my grandmother. I was thinner than I now am, and in some cases taller.

I actually liked my doppelgangers, including the ones that really did make me look like Sarah Palin.

The one with the third arm was a little weird, but whatever.

But then I noticed the eyes. In almost all of them, the pupils were either too big, or the whites had disappeared.

And the expression was, and I can't think of another word to describe it, anesthetized.

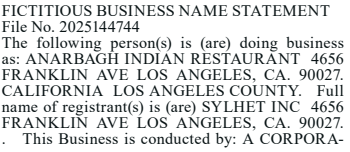
The fake me was a prettier physical version, but rather empty looking.

And that's what scared me so much about "Invasion of the Body Snatchers."

The appearance of reality was merely the shadow of what we are when our distinct characters and personalities are gone.

And I don't know about you, but give me a flawed, mistake-prone, wrinkled, but human, being over an idealized avatar anyday.















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](mailto:michele@kid-fit.com). Visit her Facebook page at: [michelesfitness](https://www.facebook.com/michelesfitness). Visit her Facebook page at: [michelesfitness](https://www.facebook.com/michelesfitness).

## BEACH FUN FOR EVERYONE

The beach: sunny skies, waves crashing, the smell of sunscreen in the air. It's the perfect place to relax—unless you're a parent. Let's be real. While you might dream of stretching out with a good book or taking a peaceful nap in your beach chair, your kids probably have a different plan. One that involves endless energy, sand everywhere, and shouts of "Watch me!" every 2.7 seconds.

So, how do you get a little peace and quiet at the beach while keeping your kids busy? Better yet, getting them to be physically active? Easy. Give them a few fitness-based beach games and challenges. You get your relaxation. They burn off their energy. Everyone wins.

Here are some fun, simple, and safe fitness activities your kids can do at the beach that won't require much from you, except maybe a cheer or a high five now and then. If you REALLY want to motivate them come with a few gift cards in your hands (food, movies, music, etc) as a surprise for those who try the hardest, do the best and have the best attitude (of course you'll make sure each of them gets something).

1. Beach Olympics Kids love a good competition. Set up a mini beach Olympics with events like:
- Sand Sprint: Pick a start and finish line using towels, sticks, or seaweed. Have them race back and forth. How many times depends on how tired you want to get them.
  - Crab Walk Crawl: They walk on hands and feet, belly up like a crab. It looks funny and works the whole body!
  - Long Jump into the Sand: See who can jump the farthest. Just like a true Olympian.
  - Water Bucket Relay: Use small beach buckets to carry water from the ocean and dump it in a big hole. First one to fill their hole wins.

All you have to do is announce the events and sit back while they burn off some energy.

2. Treasure Hunt Workout Bury small items like shells, plastic coins, or little toys in a certain area. Then give them clues or a list of things to find. For each item they find, they have to do an exercise before moving on—like five jumping jacks, three push-ups, or a silly dance.
- They'll stay busy digging, running, and moving. You can stay busy doing absolutely nothing. Glorious.
3. Build a Muscle-Making Sandcastle You might not think of building sandcastles as exercise but tell that to their sore arms tomorrow. All that digging, lifting wet sand, patting, shaping, and hauling buckets works their upper body and core muscles.

Want to make it even more active? Challenge them to:

- Build the tallest tower using only buckets of water and sand.
- Make a sand animal zoo and act out each animal when it's done.
- Create a sand obstacle course and have them race through it.

You'll be amazed at how long this keeps them busy—and how tired they get.

4. Beach Ball Blast Bring a couple of large, lightweight beach balls and let the games begin:
- Don't Let It Touch the Ground: Keep the ball in the air as long as possible.
  - Beach Ball Soccer: Set up goal posts using flip-flops and let them kick the ball back and forth.
  - Wind Chase: On a breezy day, let the wind take the ball and have them run after it.

Just make sure you write your name on the ball. If it blows into someone else's area, you'll want it back. Especially if it becomes a neighborhood favorite.

Why does fitness at the beach matter? Besides giving you a moment to breathe (which is reason enough), beach fitness activities do a lot for your kids. They build coordination, strength, and endurance. They help improve focus and behavior. They sleep better at night (hallelujah!). And they learn that exercise can be fun, not just something grown-ups complain about.

Let's face it, our kids don't need more screen time. They need movement, fresh air, and a little sand between their toes. And you? You deserve at least 20 minutes with your eyes closed and your feet in the surf.

So go ahead. Pack the sunscreen, the towels, lots of refreshments and a snack bag. Just don't forget the best beach tools of all are creativity and a few fitness games that keep the younger ones active while you kick back. Give it a try. Your beach day will be a whole lot better.

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### A VISIONARY LEADER: Remembering Wallis Annenberg



Lori A. Harris

Wallis Annenberg's name is etched into our cultural and civic life: the Annenberg Space for Photography, the pet-friendly Annenberg PetSpace, countless arts institutions, environmental efforts, and vital re-entry programs for formerly incarcerated individuals. Her vision was holistic, intersectional, and deeply rooted in love. I know this not only from headlines, but from experience. Years ago, I had the privilege of participating in two major Annenberg Foundation programs designed to strengthen nonprofit leadership and build entrepreneurial capacity. That opportunity expanded my thinking and sharpened my purpose.

She believed in backing my favorite people: innovators, rule-breakers, and people reimagining what's possible. "We invest in innovators," she once said. "That way, their example can be copied, and leveraged, creating change on a scale no philanthropist could ever afford."

This wasn't just a theory for Wallis Annenberg; it was her life's practice. She lived by Winston Churchill's wisdom: "We make a living by what we get, but we make a life by what we give." Over her lifetime, she distributed nearly \$2 billion in grants and philanthropy to nonprofits, innovative projects, and community organizations.

She understood what I call the law of circulation: that resources, money, influence, and opportunity are meant to move. To heal. To lift. "I've always been aware of the privilege that I have financially," she once reflected. "And at the same time, I knew it wasn't going to fill me up. I can't keep it unless I can give it away. It's got to be a two-way street."

Wallis exemplified what happens when women have access to wealth and power: we share. We support. We uplift. This isn't just anecdotal; statistics back it. Research shows women are 40% more likely to engage in philanthropy than men and volunteer nearly twice as often. With an estimated \$1 trillion in personal wealth about to shift hands through intergenerational transfer, mostly to women, our influence is only growing.

Sometimes philanthropy sounds too big and out of reach, but in reality, it can simply be a way of being, a natural extension of caretaking and community stewardship. Of creating a world where we all get to thrive.

Her legacy is both blueprint and invitation: to give generously, to lead boldly, and to recognize that power isn't something we hoard. It's something we share.

Rest well, Wallis Annenberg. Your life made a difference and showed us a way forward.

Have you thought about your legacy, your impact? If you'd like to fine-tune your vision and extend your ripple, join us at the Visionary Leader Salon on August 9th—a one-day workshop where we have expansive conversations about building lives that give us more LIFE. For more information, visit [loriaharris.com/workshop](https://loriaharris.com/workshop).

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## August Events Around Town!

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### One Time Events

August 1

**Twilight Garden Stroll at The Huntington**

Explore the gardens as day turns to dusk. 4:30 pm – 8 pm

August 1

**Twilight Garden Estate Tours at The Huntington**

See the Huntington gardens in a new light with this 90-minute walking tour. 5 pm – 6:30 pm

August 2

**Family Night Hike: Bumpy, Fuzzy, Smelly at The Arboretum**

Step into the world of sensory exploration on a family friendly night hike. 5:30 pm – 7pm Adult-Only Hike 7:30 pm – 9 pm

August 2

**"A Feast from the East" at The Sierra Madre Playhouse**

We Tell Stories presents a lively, interactive performance of Asian folktales for the whole family. 11am

August 5

**National Night Out at the Arcadia City Hall Lawn**

Celebrate the city's birthday and the 10th Anniversary of the National Night Out - an evening of family fun 6 pm – 9 pm

August 14

**Descanso Gardens Summer Music and Dance Series**

Travel across the world through a performance by Pacifico Dance Company. 5 pm – 6:30 pm

August 17

**Cruising Colorado: Route 66 & Pasadena's Car Scene**

Learn about the car culture of the "Mother Road" as you walk a section of Route 66 along Colorado Boulevard. 5:30 pm

August 30

**Old Pasadena Twilight Walking Tour**

Explore the northern section of Old Pasadena, including hidden courtyards and storied alleyways. 6:30 pm – 8 pm

### Ongoing Events

August 1, 15, 29, September 12

**Summer Nights Concert Series at the Arboretum**

Enjoy the sounds of local artists, food trucks, vendors, crafts, and specialty drinks at the Peacock Cafe. 5 pm – 8 pm

August 2, 3

**Cat Con at The Pasadena Convention Center**

Join this annual event celebrating cats and pop culture with giveaways, workshops, over 150 exhibitors, an adoption village and more. 10 am – 5 pm



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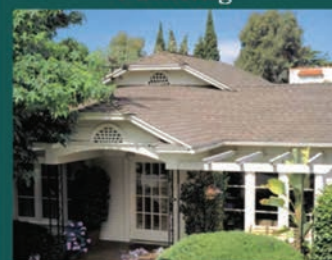
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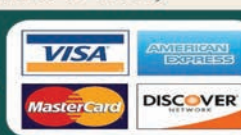
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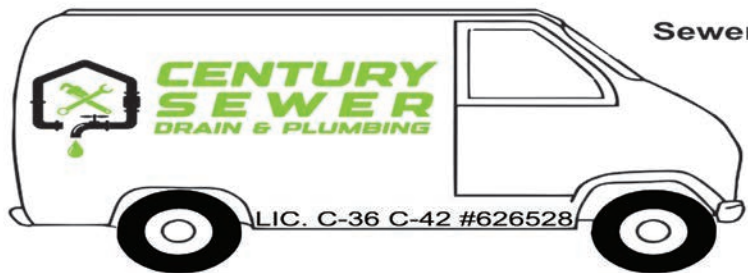
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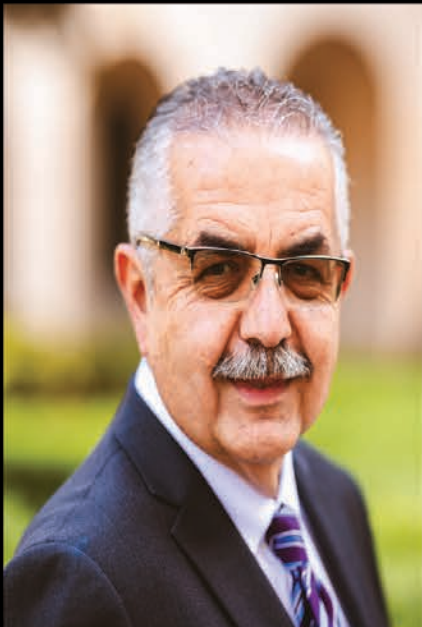
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