

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, FEBRUARY 21, 2026

VOLUME 20 NO. 8

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ASM. HARABEDIAN'S BILL TO ELIMINATE "FAIL-FIRST" BARRIERS FOR MENTAL ILLNESS AND SUBSTANCE USE DISORDER TREATMENT

(SACRAMENTO, CA) – Assemblymember John Harabedian (D-Pasadena) introduced AB 1970: Ending Fail-First for Behavioral Health Medication, legislation designed to prohibit health insurers from mandating step therapy—commonly known as “fail-first”—for medication that harms those with serious mental illness or substance abuse disorder.

AB 1970 prevents health care insurance companies from requiring step therapy for prescription drugs used to treat those suffering from serious mental illness or substance use disorder. Step therapy requires patients try lower cost medications that insurers prefer and to fail treatment on it before covering the originally prescribed medication.

“AB 1970 removes unnecessary administrative barriers and puts patient care first,” said Assemblymember John Harabedian (D-Pasadena). “If we are serious about addressing mental health and homelessness, we must ensure people receive the treatment their providers prescribe without delay. We need to focus on the root causes – and that starts with making sure individuals have the proper care when they need it. Ending step therapy for those suffering from substance abuse disorders and serious mental illnesses is a critical step in that effort.”

“The California Behavioral Health Association strongly supports Assemblymember Harabedian’s bill to ban step therapy for behavioral health conditions. This legislation is a critical step towards protecting patients and ensuring timely access to medically appropriate mental health and substance use disorder treatment,” said Dr. Le Ondra Clark Harvey, CEO of the California Behavioral Health Association. “In behavioral health, those delays can be dangerous, often leading to relapse, hospitalization, homelessness, or worse.”

This bill establishes clear prohibitions, ensuring treatment can be administered as prescribed by doctors. Ensuring those with serious mental health illness and substance abuse disorder can receive proper care to avoid becoming unhoused.

“This bill restores decision making where it belongs: between patients and their providers. Mental health care is health care, and people should not have to get sicker before they can get better,” further commented Dr Le Ondra Clark Harvey.

The bill will be heard in Assembly policy committees during the spring.

Assemblymember John Harabedian represents the 41st District composed of the cities of La Cañada Flintridge, Pasadena, Altadena, Sierra Madre, Monrovia, Bradbury, San Dimas, La Verne, Claremont, Upland, Rancho Cucamonga, Oak Hills, Piñon Hills and Phelan.

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SUPPORT YOUR LOCAL BUSINESSES!

WORLD-FAMOUS SIERRA MADRE WISTARIA FESTIVAL RETURNS SPRING 2026



A Free Community Celebration Honoring One of the World's Largest Flowering Plants

Sierra Madre, CA — The beloved Sierra Madre Wistaria Festival will return on Saturday, March 28, 2026, inviting visitors from across Southern California and beyond to celebrate the breathtaking bloom of the historic Sierra Madre Wistaria Vine. The festival will take place from 9:00 a.m. to 5:00 p.m. throughout downtown Sierra Madre, including Baldwin Avenue, Sierra Madre Boulevard, and the Montecito Arts Shopping area. This free, family-friendly event celebrates small-town charm, local businesses, art, music, food, and a natural wonder that has captivated visitors for more than a century.

A Living Piece of History

Planted in 1894, the Sierra Madre Wistaria Vine spans more than one acre and is recognized by the Guinness Book of World Records as one of the largest flowering plants in the world. Each spring, its cascading lavender blooms transform the surrounding neighborhood into a stunning floral showcase and serve as the heart of this cherished annual festival.

Festival Highlights

- Attendees can enjoy a full day of activities, including:
- Guided Wistaria Vine Viewings (ticketed, via shuttle)
 - Arts & crafts marketplace featuring local artisans and nonprofits
 - Food vendors and local eateries
 - Live music and entertainment
 - Family-friendly activities

Wistaria Vine Shuttle Tickets

While festival admission is free, access to the historic vine—located on private property—is limited to protect this treasured site.

- Shuttle tickets are required to visit the vine
- Advance purchase is strongly recommended
- Walk-up tickets may be limited or unavailable
- Last shuttle departs downtown at 4:00 p.m.

Tickets are available through Eventbrite:

<https://www.eventbrite.com/e/2026-wistaria-festival-shuttle-tickets-tickets-1981866619409?aff=oddtcreator>

Group & Tour Bus Arrivals

Group travel is welcomed with advance coordination. Due to limited capacity, only buses with pre-reserved arrival times will be permitted to transport guests to the vine. Unscheduled bus arrivals cannot be accommodated.

Vendors & Exhibitors - The festival marketplace will feature a vibrant mix of artisans, specialty retailers, and community organizations. Arts, Crafts & Commercial Vendors - Vendor registration: <https://forms.gle/kwppowQBthCzXwaN4A>

Classic Car Show - A longtime crowd favorite, the Classic Car Show will return in 2026. Car show registration: <https://forms.gle/egBEEAAPX4yhaQRA>

The Sierra Madre Wistaria Festival is a celebration of history, community, and natural beauty—an unforgettable spring tradition rooted in more than 130 years of wonder. Visitors are encouraged to plan ahead and join the community for this truly unique “Wonder of the World” experience. More information can be found at www.sierramadrechamber.com

LAST WEEK!

The Temporary Library Will Accept:

- Book Donations for the Friends of the Library. Drop off donations on the white bench in front of the Temporary Library.
- Returns to the Outside Book Drop. Finished early? Return any items checked out from the Library to the outside book drop in front of the Temporary Library.

Last Day to Drop Off: Saturday, February 28

350 W SIERRA MADRE BLVD.

Book Donations Still Accepted

Through February, 2026

Drop off at 350 W Sierra Madre Blvd.

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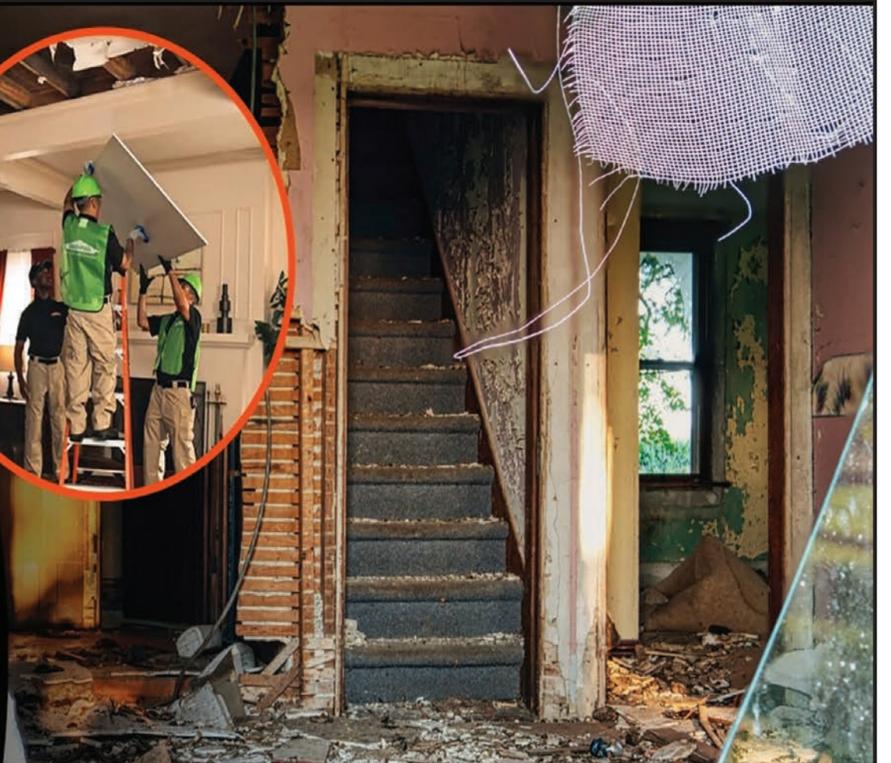


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Weather Wise

6-Day Forecast Sierra Madre, Ca.

Sun	Ptly Cldy	Hi	60s	Lows	50s
Mon	Rain	Hi	50s	Lows	40s
Tues	Rain	Hi	50s	Lows	40s
Wed	Ptly Cldy	Hi	60s	Lows	50s
Thur	Ptly Cldy	Hi	70s	Lows	50s
Fri	Sunny	Hi	70s	Lows	50s

Forecasts courtesy of the National Weather Service



WALKING SIERRA MADRE: The Social Side

by Deanne Davis

"Time is a circus, always packing up and moving away." Ben Hecht

"Time flies faster every year. Time flies whether you're having fun or not, whether you're living your life big or small, whether you're surrounding yourself with fear or laughter." Claire Cook

"Gee, ain't it funny how time slips away." Willie Nelson

Seriously!! More than halfway through February! One more week and it's outta here. Then it's March and we have to start thinking about taxes. My sister was going to spend President's Day assembling all her stuff to do her taxes. So far, I've got a folder that I'm putting 1099s into and that's as far as I want to go with it now.

In case you wanted to know what exciting things happened today, February 21st, here are a couple for you:

Dedication of the Washington Monument (1885): The 555-foot-high marble obelisk was officially dedicated in Washington, D.C., honoring George Washington.

First Telephone Directory (1878): The world's first telephone book—a single piece of cardboard containing 50 names—was issued in New Haven, Connecticut. Does anyone still have one?

I was so sorry to see that Mr. Vasquez of Rafael's Interiors has left us for heaven. He upholstered so many pieces of furniture for us. John's mother's antique loveseat, her rocking chair, our red velour chair. And all so beautifully done. Daughter, Leah, has the red chair and the loveseat and the rocking chair is here in my office. It needs upholstering again, but it's just going to have to stay looking a little shabby as I don't know anyone who will come pick it up and make it beautiful again.

Have you, by any chance, fallen across "The Burbs" on Peacock? Out of desperation, this was on and, giving it a closer look in Episode 2, I realized a lot of it was filmed in Kersting Court. There was our bell tower and the shops across from the central Kerst-

ing Court area. We don't seem to be listed as one of the locations, but I know Kersting Court when I see it. This is a sort of remake of the 1989 movie with Tom Hanks, Bruce Dern, and a bunch of other folks. Creepy neighbor plot. I'll keep watching to see if any more of beautiful Sierra Madre shows up.

More great news: The Rose Angel Tea House is coming to replace our Four Seasons Tea Room, the place where so many of us had lovely afternoons in the gardens, sipping tea and devouring goodies of all sorts. Not sure when it's coming, but keep an eye out for it.

This paragraph about love was so good, I needed to pass it along to you, friends and neighbors:

"Love is both a feeling and a practice. Biology sparks it, but commitment sustains it. The honeymoon phase eventually ends for everyone. What replaces it, if you're fortunate and intentional, is something deeper. Something built through thousands of small choices to show up, stay present, and keep choosing each other. Sustaining love needs the ability to say, "I'm sorry" and "I was wrong," and actually mean it. Couples who make it aren't necessarily the ones with the most chemistry, they're the ones who learned to listen without defensiveness, express appreciation regularly, and resolve conflicts without keeping score." We found through our 50 years together that early morning walks were some of our best times together.

As I still have a few lemons on my tree, as seen in today's picture, I'm going to pick a couple and make Lemon Bars. If you happen to have some, here's how:

- 1/3 cup butter
- 1/4 cup sugar
- 1 cup flour



Using your electric mixer, beat the butter on medium to high speed for 30 seconds.

Add the sugar, beat till combined, add the flour and beat till mixture is crumbly. Press mixture into the bottom of a lightly greased 8-inch square baking pan. Bake at 350 degrees for 15-18 minutes until just golden.

While that's baking, make your filling:

- 2 eggs,
- 3/4 cup sugar
- 2 TB flour
- 2 TB finely shredded lemon zest (more is good. Lots more is better)
- 3 TB lemon juice
- 1/4 tsp baking powder

Whip eggs in same bowl you used for the crust, add other ingredients. Beat 2 minutes. Pour over baked layer. Bake 20 minutes or until lightly browned around the edges and center is set. Dust with powdered sugar after it has cooled.

These are so good that you'll have to speak firmly to yourself, "No, self! You cannot eat them all!"

My book page: Amazon.com: Deanne Davis Lent is starting, which means Easter is on its way and "The Crown" a story about what could have happened to The Crown of Thorns that pierced Jesus' brow, is now an actual book, in addition to a Kindle book. It's on my Amazon page. "The Crown" will enrich your Easter experience.



SIERRA MADRE CITY COUNCIL MEETING

February 24, 2026 5:30 pm

THIS MEETING WILL BE HELD IN THE COUNCIL CHAMBERS!

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

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

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

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

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

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

Your event must:

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

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



Sierra Madre Public LIBRARY
Read • Discover • Connect

Sierra Madre Public Library

Saturday, February 28

Last day to return books via outdoor bookdrop

February 2—May 31, 2026

Library is closed for relocation

June 6, 2026

Grand Re-opening at 440 W Sierra Madre Blvd

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Sierra Madre CERT

COMMUNITY EMERGENCY RESPONSE TEAM

- Back to Basics - Medical Triage

We will continue our medical refresher this month with hands-on trainings. The Sierra Madre Fire Department will be leading this important exercise. In addition to continuing the head-to-toe assessment we will be practicing bandaging and splinting.

The public is welcome to attend!

Sierra Madre CERT General Meeting
Thursday, February 26th 7:00 PM
Hart Park House - Memorial Park
222 W. Sierra Madre Blvd.

VOLUNTEERS NEEDED FOR WISTARIA VINE

The Sierra Madre Civic Club is looking for docents to greet our neighbors and visitors in viewing our amazing Wistaria Vine.

The Wistaria Festival is Saturday, March 28, 2026, 9 AM to 5 PM.

Volunteers would spend two hours hosting visitors and providing interesting information about the vine. All informational materials will be provided.

If you, a family member or friend would be interested in volunteering please contact Barbara Rounkle at 262-224-7594 or brounkle@gmail.com

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SUNDAY 11am - 4pm
FEBRUARY 22, 2026
FIRST AVENUE BETWEEN HUNTINGTON AND CALIFORNIA



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Saturday | March 28, 2026
9:00 am - 5:00 pm

Free Festival Admission / Arts & Crafts Marketplace
Live Music & Car Show / Food Trucks & Local Eats

Wistaria Vine Viewing on Private Property - Advanced Tickets Strongly Recommended

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Pasadena Altadena

News From Your Community For Your Community

Black History Festival 2026 Lineup Announced



The City of Pasadena and the Black History Planning Committee members announced the live entertainment lineup for the Black History Festival, taking place today from 10 a.m. to 3 p.m. at Robinson Park. This year's theme, "Unifying the Culture & Protecting Our Freedom, Passing the Baton to the Next Generation," will be reflected through a dynamic program of musical performances celebrating culture, creativity, and community.

Festival attendees can enjoy live performances from local artists, including Grammy-nominated singer Angie Fisher (pictured), who first captivated audiences with her 2014 hit song "I.R.S." and has performed alongside world-renowned artists such as Michael Jackson and Mariah Carey, as well as special performances by Candace Lacy and Tanya DeCuir. Additional entertainment will include performances by Judah Lacy, Aretha Scruggs, and Courtney Lindsey (SunWhoa), showcasing a variety of musical styles that honor Pasadena's vibrant cultural landscape.

As Pasadena continues its recovery efforts following the Eaton Fire, this year's festival aims to provide opportunities for healing and celebration through the power of music and shared community experiences.

In addition to the entertainment lineup, attendees can enjoy youth performances by local middle and high school students, food trucks offering a wide range of cuisine, the return of the classic car show. Robinson Park is located 1081 N. Fair Oaks Ave.

Transit for Pokemon GO Tour

Pasadena Transit will provide additional service to encourage Trainers and their friends to take public transit for the Pokémon GO Tour: Kalos - Los Angeles event at the Rose Bowl today and Sunday.

Director of Transportation, Joaquin Siques, explained Route 51 will have added morning and evening service from the Metro Memorial Park A Line Station to the Rose Bowl, and extended hours until 9 p.m., on all three nights. This added Route 51 service will run on its shortened weekend route between Old Pasadena and the Metro Memorial Park A Line Station along Fair Oaks Avenue to the Rose Bowl.

For information regarding the Pokémon GO Tour event, please visit RoseBowlStadium.com



Altadena Main Library set to Break Ground

Altadena Library District leaders along with local elected officials and community partners are set to hold an official groundbreaking ceremony February 28 for the start of an 18-month overhaul of the Main Library.

The ceremony will be held at 10 p.m. at the Main Library. Speakers will include U.S. Congresswoman Judy Chu, L.A. County Supervisor Kathryn Barger, California Senator Sasha Renée Pérez, Assemblymember John Harabedian and others including Altadena Library District Director Nikki Winslow.

According to the final Environmental Impact Report the planned improvements include an "expansion of the building footprint by approximately 700 square feet, interior space reconfigurations, access improvements, seismic

retrofit, and replacement of aged building infrastructure to address mechanical (elevator and heating, ventilation, and air conditioning (HVAC)), plumbing (including additional and accessible restrooms), and electrical and structural elements of the facility. Infrastructure improvements are expected to include some modernized Audio Visual (AV) spaces with newer technology, updated communications infrastructure, and structured cabling."

The existing Main Library is approximately 22,000 square feet.

Designed by renowned architect and Altadenan Boyd Georgi, the Altadena Main Library is a mid-century modern building that has served the community since 1967. This will be the first major overhaul of the library since it was built.

Renderings of the building project will be on display. Officials said maintaining the building's historic status eligibility is a priority.

The Friends of the Altadena Library sale on used books, furniture, craft supplies, and more continues from 10 a.m. to 3p.m. today. The Main Library is located 600 E. Mariposa St.

For more information visit: altadenalibrary.org.

Senior Center Lunar New Year Celebration

Each year in the Chinese calendar is associated with an animal and an element. 2026 ushers in the Year of the Fire Horse, an energetic sign associated with strength, swiftness, and freedom.

The Pasadena Senior Center will celebrate with the traditional Lion Dance and stunning martial arts demonstrations overseen by master Ken Hui of the Northern Shaolin Kung Fu Association. Come together and celebrate the Lunar New Year with what promises to be a vibrant event.

The special Cultural Thursday event is free for members, and only costs \$5 for nonmembers. Bring your friends and family to this celebration on Mar. 5 at 2 pm. Reservations are highly suggested. Please make your reservations online at www.PasadenaSeniorCenter.org or at the Welcome Desk by Thursday, February 26.

The Pasadena Senior Center's mission is to improve the lives of older adults through caring service with opportunities for social interaction, fitness programs, basic support and needs services, education, volunteerism and community activism. With 10,000 Americans per day becoming older adults, the center is a leader in addressing the issues of aging and provides innovative, cutting-edge, nationally recognized programs for this population group.

As a donor-supported nonprofit, the center operates without any local, state or federal funding and provides more services to older adults in the San Gabriel Valley than any other organization. Hours of operation are Monday through Friday from 8:30 a.m. to 4:30 p.m. and Saturday from 8 a.m. to noon. To learn more, visit www.pasadenaseniocenter.org or call 626-795-4331. The Center is located at 85 E. Holly Street in Pasadena.

Local Pasadena Businesses Opportunities for Major Upcoming Sporting Events



Pasadena Economic Development Division staff announced Thursday that they are inviting local businesses to explore procurement and supplier opportunities connected to several upcoming major sporting events across the Los Angeles region, including the Super Bowl LXI, FIFA World Cup 2026 and the LA28 Olympic and Paralympic Games.

According to officials, these internationally recognized events offer businesses the chance to grow their operations, establish valuable partnerships, and help deliver world-class experiences. While the City of Pasadena is not directly procuring these events, various partner agencies and organizing bodies are leading the procurement processes. The City of Pasadena encourages eligible businesses to review available programs and register for potential contracting opportunities below:

Super Bowl LXI - The National Football League (NFL), in partnership with the Los Angeles Rams and the Los Angeles Super Bowl Host Committee, is seeking Los Angeles-based businesses to support Super Bowl LXI, scheduled for February 14, 2027. Applications are now open for the Super Bowl LXI Source Program, which connects qualified businesses with subcontracting and procurement opportunities. Businesses may apply at com.FIFAWorldCup2026.com. Applications close Saturday, February 28, 2026.

FIFA World Cup 2026 - The Los Angeles World Cup 2026 Host Committee, in partnership with FIFA's Local Supplier Program, is selecting LA-based businesses to provide goods and services, including catering, audiovisual, and event production. Visit the opportunities for local businesses webpage for eligibility and to apply. The deadline to apply is Sunday, March 1, 2026 at: com/ProcurementOpportunities/.

LA28 Supplier Registration - LA28 has committed to investing in a resilient regional economy, with a goal of directing 75% of spending to local businesses and 25% to small businesses through its Community Business Supplier Program. Suppliers interested in potential opportunities must

register at SupplierOne.co/. Registration does not guarantee a contract.

RAMP - Procurement opportunities for the LA28 Olympic and Paralympic Games will be posted on the City of Los Angeles' Regional Alliance Marketplace for Procurement (RAMP). This centralized online platform serves as a "one-stop hub" for public and private contracting opportunities, announcements, and related resources. Businesses are encouraged to register and sign up for notifications at org/s/TechnicalAssistanceandSupportPrograms.

To help local businesses compete for upcoming opportunities, a range of technical assistance programs offers procurement education, funding, and advising at no- or low cost.

Small Business Development Center (SBDC), and **Women's Business Center - Pasadena** businesses seeking additional technical assistance may contact the SBDC, hosted by Pasadena City College, which offers no-cost consulting and workshops. For more information, email sbdc@pasadena.edu or call (626) 585-3105. Women entrepreneurs in the San Gabriel Valley may also receive free advising through the Women's Business Center. Appointments can be scheduled at org.

Business Connect - The Los Angeles Sports & Entertainment Commission (LASEC) Business Connect program identifies certified minority-, woman-, LGBTQ+, person with disabilities-, and veteran-owned businesses capable of providing goods and services for major events. The program offers professional development, mentorship, and growth resources. Business Connect supports procurement related to NBA All-Star 2026, the 2026 U.S. Women's Open, FIFA World Cup 2026, Super Bowl LXI, and the 2028 Olympic & Paralympic Games. Learn more at net/Business-Connect.

ProcureLA - Operated by the Pacific Asian Consortium in Employment (PACE), ProcureLA provides free procurement education and connects small businesses with public and private industry stakeholders. The program supports businesses new to contracting as well as those looking to expand opportunities. Businesses may apply by completing the ProcureLA Intake Form.

The City of Pasadena encourages local businesses to act early and position themselves to participate in these historic events that will shape the region's economic future. Stay connected to the City of Pasadena! Visit us online at CityOfPasadena.net

ArtNight Pasadena, 'Best Annual Event,' to Return

Winner of the Pasadena Weekly's 2024 "Best Annual Event" award, ArtNight Pasadena is a signature cultural tourism event produced by the City's Cultural Affairs Division in collaboration with the ArtNight partner organizations. Spring ArtNight will include 19 in-person venues with visual art, dance, music and other performances to enliven the city and engage audiences from 6:00 to 10:00 p.m. on Friday, March 13.

This spring, celebrate the "Year of the Horse" with several Asian-themed exhibitions. Explore contemporary Japanese basketry at the Gamble House's exhibition "From Strand to Sculpture," where you can create your own woven work of art. Experience a casual Japanese tea ceremony to the sounds of Makoto Taiko drumming with the Shumei Arts Council, and venture into the USC Pacific Asia Museum's immersive exhibition, "Mythical Creatures: The Stories We Carry," inspired by pan-Asian stories.

Japanese mythological spirits are the subject of "P2-Yokai, Andy Fedak and Bruce Yonemoto's," animated surrealist vignettes at ArtCenter's Mullin Gallery, which also presents the landmark 1987 film "Kappa" with drawings by artist Mike Kelley. The exhibition "A Case for Curvise" continues at ArtCenter's HMCT Gallery, while the Williamson Gallery presents the cultural landscape of artist Dave Muller, featuring a functioning record store installation.

Other visual art exhibitions include the interactive "GLOW: Art that Shines," at Jackie Robinson Community Center and a solo exhibition by Altadena artist Mark Steven Greenfield at Pasadena City College, which also presents student work. Explore the newly renovated sculpture garden at the Norton Simon Museum along with

artworks by Rembrandt, Monet, Van Gogh and Picasso as well as captivating Southeast Asian pieces. Pasadena Unified School District ("PUSD") proudly presents No Boundaries 21, their annual TK-12 student art exhibition at the Paseo.

Enjoy classical, multi-cultural and interactive performances at the Pasadena Conservatory of Music, while Parson's Nose Theatre hosts the Amapola Players for an evening of monologues, poetry and music. Kinetic music and dance will vibrate with A Room to Create's Pennington Dance Group. The Armory Center for the Arts invites you to "dance it out" with DJ Trankis as you view the exhibition "Material Prophecies: Craft as Divination." Drop in on Theatre Americana's "Doo Drops" at City Hall and make seasonal family crafts, learn pattern making with Shagho at Pasadena Heritage, and Bebop to jazz by Clazzical Notes and live painting with artist Riea Owens at Alkebu-lan Cultural Center. Live screen-printing demonstrations will be the focus of ArtWorks Teen Center while kids and neighbors of all ages can contribute to a mural at Kidspace Children's Museum celebrating community resiliency.

The City's Arts and Culture Commission funds Mini-grants to allow small arts groups and individual artists to participate. Each venue has a Braille version of the ArtNight brochure and many venues, including City Hall, will have food trucks on site. For more information about all ArtNight programming, please visit: www.ArtnightPasadena.Org (also in Spanish).

Contact Rochelle Branch, Cultural Affairs Division Manager, Planning & Community Development Department: (626) 744-7062 for more information about Cultural Affairs Division programs.

Leonora Moss

Share the love!
Send a beautiful bouquet of flowers.

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Need to get out of the house?
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Wistaria Thrift Shop's
550 W. Sierra Madre Blvd, Sierra Madre

Spring Fling

Thursday - Saturday
March 12, 13, 14 9 am - 2 pm

Regular Hours Mon, Thurs, Fri - 10 a - 3 p
Sat, 10 a - 1 p

Closed 3/3 - 3/11 to prep for Spring Fling

626-355-7739

Proceeds help Support
SMWC's Charities & Scholarships

The Sierra Madre Woman's Club is offering six \$1,500 academic scholarships to local Pasadena area high school seniors who apply and qualify based on application criteria, to help pay for college or university studies. The Club's Wisteria Thrift Shop and other fundraisers have been instrumental in allowing the Club to continue awarding scholarships.

Past awards have been given to students who attended high school at LaSalle, Pasadena, Marshall Fundamental and Maranatha High Schools, among the many high schools in Pasadena and nearby areas.

Hardcopy Applications may be picked up at the club's Wisteria Thrift Shop during open hours Mondays, Thursdays, Fridays between 10 am- 3 pm, Saturdays 10 am-1 pm at 550 W. Sierra Madre Blvd., Sierra Madre. (The Shop will be closed March 3-March 11 in preparation for the annual Spring Fling, March 12-14. The digital application is available on the Club website: <http://www.sierramadrewomansclub.org>.

Completed **hardcopy** print application packets must be received at the Clubhouse no later than 5:00 pm, Monday, March 23, 2026. Questions? Beth Copti, Chair: bcopti@yahoo.com.

Founded in 1907, the 501(c)3 Sierra Madre Woman's Club is a member of the International General Federation of Women's (established in Washington, D.C., in 1890 to be a "Voice for Women in the Halls of Power"), the California Federation of Women's Clubs, and CFWC's San Gabriel Valley District.



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For information about the Student Commissioner Program and each Commission go to <https://www.sierramadreca.gov/cityhall/commissions>

Scan the QR Code for the Student Commissioner Application

For questions email: cityclerk@sierramadreca.gov



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SCHOOL DIRECTORY

Alverno Heights Academy
200 N. Michillinda Sierra Madre, Ca. 91024
(626) 355-3463
Head of School: Joanne Harabedian
E-mail address: jharabedian@alvernoheights.org

Arcadia Christian School
1900 S. Santa Anita Avenue
Arcadia, CA 91006
Preschool - TK - 8th Grade
626-574-8229/626-574-0805
Email: inquiry@acsliions.com
Principal: Cindy Harmon
website: www.acsliions.com

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

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

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

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

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

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

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

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

The Gooden School
192 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-2410
Head of School, Jo-Anne Woolner
website: www.goodenschool.org

Holy Angels School
PK-8th Grade
360 Campus Drive
Arcadia, CA 91007
626-447-6312
office@holyangelsarcadia.org

Principal: Aimee Dyrek
holyangelsarcadia.net

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

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

Monrovia High School
325 East Huntington Drive, Monrovia, CA 91016
(626) 471-2800 Principal Darvin Jackson
Email: schools@monrovia.k12.ca.us

Odyssey Charter School
725 W. Altadena Dr. Altadena, Ca. 91001
(626) 229-0993 Head of School: Lauren O'Neill
website: www.odysseycharterschool.org

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

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

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

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

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

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

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

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

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

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

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

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African and American Folktales

In America, we are lucky to have folktales from around the world. As people come here to live, they bring stories they have heard and shared before. These stories tell about life and nature. African Americans have a wealth of folklore from Africa to share with their families and others. Some also share stories from their history as free or enslaved people in America. Most people living in slavery were not taught to read or write, so they **told** tales of Africa as well as stories of life here. Many of these stories have been collected and written down. The tales in children's story books are beautifully illustrated for all to enjoy. Ask a librarian for help in finding some of these folktales. You will be glad you did!

Many parents and grandparents tell folktales to the children in their family. Storytellers spin them for listeners of all ages. **A folktale may have:**

- _____ solved
- _____ of things that are hard to understand
- _____ for an unkind person
- _____ learned
- a _____ for a good person
- _____ who can overcome anything
- _____ spells
- _____ animals

Folktales often use animals to make a point. The animals are used to show what people are like or how they behave.

A cat may be sneaky.
A dog may be too trusting and get tricked.

Which animals may be used to stand for these traits?

- stubborn, fearful
- misleading, gets others to do what he wants
- timid, loyal
- playful, clever
- wise, brave
- tricky, greedy, lazy
- proud, cruel
- sneaky, clever
- honorable, swift
- patient, plotting

CROSSWORD

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THE OSCARS

ACROSS

- Traction aid
- Freddy's street
- Reach a high
- Italian bowling
- Entrepreneur Gary Vaynerchuk's alias, Gary
- Jolly good one
- Parallel grooves
- Many, many moons
- "Take it back!"
- "Song Sung Blue" Best Actress nominee
- *Movie with most 2026 Oscar nominations
- Make a seam
- Vampire's tooth
- Tai's partner
- South American monkey
- Naphthenic acid + palmitic acid
- Pilot's stunt
- Forbidden, to a baby
- Vampire of Greek mythology
- Italian wine region
- Not Astroturf
- Alpine lift
- Sports figures, e.g.
- Cantina pot
- Email folder
- Not vivid and bright
- Nessie's abode
- *Jamie Foxx won for his role in this 2004 biopic
- Eagle's nest
- Unreliable newspaper
- *2026 nominated film with Stone and Plemons
- *Chloé Zhao's nominee
- Newton or Stern
- Romanian money
- Star-crossed one
- To the point
- a.k.a sodium hydroxide
- Novelist Zola
- Formerly, formerly
- Aye-aye
- "He ___ it like it is"

DOWN

- Not NBC or ABC
- Reluctant
- Pantyhose hue
- DNA and RNA, e.g.
- Cups and saucers
- 20-20, e.g.
- *"One Battle After Another" Best Actor nominee
- High IQ society
- *#7's nominated co-star
- "Anything ___?"
- Wing-shaped
- K to Romans, pl.
- Like athlete's foot
- Behind on rent, e.g.
- Night spot
- At last
- Necklace fastener
- Popular garden perennial
- I to Greeks, pl.
- *2026 nominated Benicio del ___
- Benatar and Morita
- Fly in ___, or a reminder of the past
- Tarzan's swing rope
- *Fictional table tennis champ
- *Nominated "F1" star
- Nobel Peace Prize capital
- Sacrum, pl.
- Communicating with spirits event
- Hawaiian flower garland
- *Inspiration for #61

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LAST WEEK'S SOLUTIONS

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— CELEBRATE —
BLACK HISTORY MONTH

Recognizing Black History, Leadership & Civic Responsibility

National Women's Political Caucus
RECRUIT, TRAIN, ELECT
GREATER PASADENA AREA
PASADENA, GLENDALE, ALTADENA, SIERRA MADRE, LA CAÑADA

Featured Speakers

Ingrid Gunnell
President, Glendale Unified School District Board of Trustees

Tasha Jenkins
Co-Founder of Black in Glendale

Reflections on Leadership in Our Schools and Community

For additional information contact chair@nwpcgpa.org

Stay Connected: [Facebook](https://www.facebook.com/nwpcgpa) /nwpcgpa @nwpcgpa

MEETING DETAILS
Wednesday, February 25, 2026 @ 6:30pm
Virtual Meeting via Zoom
Join Meeting at bit.ly/nwpc-feb25-mtg
Meeting ID: 853 0694 2377
Passcode: 453110

Sierra Madre Woman's Club
For those who empower one another

2026 Academic Scholarship Applications

(At Clubhouse, Wistaria Shop & Online)

Due March 23, 2026, 5 pm

Complete Hardcopy Applications Only - (no digital)

550 W. Sierra Madre Blvd., Sierra Madre, CA 91024
(In Front Porch Mailbox)

Beth Copti - bcopti@yahoo.com

@sierra_madre_womans_club
sierramadrewomansclub.org (Since 1907)

Wistaria Thrift Shop: M, Th, F 10 a-3 p; Sat 10 a-1 p 626-355-7739

Sierra Madre Woman's Club
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SierraMadreWomansClub.org

SierraMadreWomansClub
Wistaria Shop Closes 6/1 - Thurs 9/4

LEE'S HOAGIE HOUSE PASADENA



Peter A. Dills
<https://podlink/1116885432>

For someone who has watched every restaurant trend known to man come through Pasadena — the ones that worked, the ones that sort of worked, and the ones that disappeared faster than a New Year's resolution — I have to admit something: I should have written about Lee's Hoagie House years ago.

When I walked through the door recently, Shahan Derian looked up from behind the counter, smiled, and said, "It's about time."

He wasn't wrong.

Remember when we all thought oversized menus were the answer? Remember the era of valet parking at lunch? Remember Jerry's Deli — pages of menu items, lines out the door? Some places expand, rebrand, chase trends and fade. Others quietly keep doing what they've always done.

Lee's is the latter.

A few weeks ago, I called Shahan about Burger Week. His answer was immediate. "No. It's the Chicken Hoagie." No marketing pivot. No gimmick. Just certainty. After sitting down and taking a bite, I understood why.

The Chicken Hoagie is simple in theory and excellent in execution. The chicken is tender and seasoned properly, stacked onto bread that actually holds together — and if you've eaten as many sandwiches as I have, you know that's no small accomplishment. A hoagie is architecture; if the structure collapses halfway through, the experience is over. This one holds its form from first bite to last. It's balanced — not drowning in sauce and not dry — just steady, satisfying, and repeatable.

Step behind the counter and you see why the place works. Orders are called clearly, ingredients are prepped with care, the grill is managed properly, and the sandwiches are wrapped like someone expects you to enjoy them. Walk in for breakfast or lunch and you'll be treated like you've been coming in for twenty years — even if it's your first visit. Need catering? Shahan will handle your wedding... or your divorce. He's that steady.

And then there's the pickle bar. Not pickleball. Pickles. Crunchy, briny, help-yourself hospitality. In an era where every extra seems to cost extra, that small gesture feels generous — almost rebellious.

Shahan sharpened his skills at the legendary Burger Continental on Lake Avenue, back when it was easily a top-five restaurant in town. Big crowds. High standards. No shortcuts. He brought that discipline and charm with him to Colorado Boulevard.

Here's what decades of covering restaurants have taught me: places don't survive in Pasadena on hype. They survive on consistency. On familiarity. On being the spot you think of without having to think too hard.

Lee's Hoagie House isn't chasing trends. And maybe that's exactly why it's still here.
2269 E. Colorado Blvd. Pasadena



THE TASTING ROOM

A GREAT BARGAIN FROM ITALY

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

Have you been watching the Winter Olympics? If so, then you should be drinking this red wine from Piedmont — not too far from where some of the Olympic events are taking place. This wine is better than a Gold Medal!

Agricola Tintero was founded in 1900 by Pierre "Pietrin" and Rosina Tintero. Currently, Pietrin's great-grandson Marco is the owner and winemaker and runs the estate with his wife Cinzia. The estate is sustainably farmed. They are a small producer with annual total production of around 41,000 cases. One of the wines they produce is the 2024 Tintero Rosso which is a delightful blend of 50% Barbera, 40% Dolcetto, 5% Nebbiolo, and 5% Cabernet Sauvignon. Fermentation takes place in stainless steel, and the wine is aged for eight months also in stainless steel to keep the freshness of the grapes. The wine is bottled unfiltered, so it is a vegan wine.

The wine is savory with wonderful juicy, mouthwatering acidity. Black plum, red berries, very subtle notes of tobacco and soft tannins. This is a very likable and easy drinking wine that over delivers for the price. Serve it slightly chilled, but in this weather, you may not have to chill it at all. I can finish this wine in no time at all. It's that good. Get some while you're Olympic watching, you will love it!

Get it at The Bottle Shop for \$12.99. Say you saw it in the Mountain Views News and get the special price of \$11.79 when you purchase two bottles. Special pricing good through February 27th.

Until next time — Salud!



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ADULT CHILD'S GUILT TAKING A LOVED ONE TO ASSISTED LIVING

For many families, few decisions are as emotionally heavy as moving a loved one into assisted living. The word itself can trigger guilt — as if choosing additional care somehow means giving up. But in reality, this decision is often rooted in love, safety, and responsibility.

Adult children frequently promise their parents they will “never put them in a home.” Years later, when falls become more common, medications are missed, meals are skipped, or loneliness sets in, that promise can feel like a weight. Guilt creeps in quietly. Questions follow: Am I doing this for them, or for me? Could I try harder? What will others think?

The truth is, assisted living communities today are very different from the outdated images many people carry. Modern communities offer private apartments, social activities, chef-prepared meals, medication management, and 24-hour support. For many seniors, the move actually improves quality of life — replacing isolation with engagement and worry with safety.

Guilt often stems from love and a desire to protect. But caregiving at home can become overwhelming, especially when medical needs increase. Exhausted caregivers may struggle physically and emotionally, sometimes putting both themselves and their loved one at risk. Choosing assisted living can be an act of courage — recognizing that professional support may provide better overall care.

It is also important to remember that moving a loved one does not mean abandoning them. Families remain deeply involved — visiting, advocating, celebrating holidays, and staying connected. The relationship often shifts from full-time caregiver back to son, daughter, or spouse.

Ultimately, the goal is dignity, safety, and quality of life. Letting go of guilt does not happen overnight. But reframing the decision as one made out of compassion — not convenience — can help families move forward with confidence and peace.



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Steve@SafePathForSeniors.com
SafePathForSeniors.com

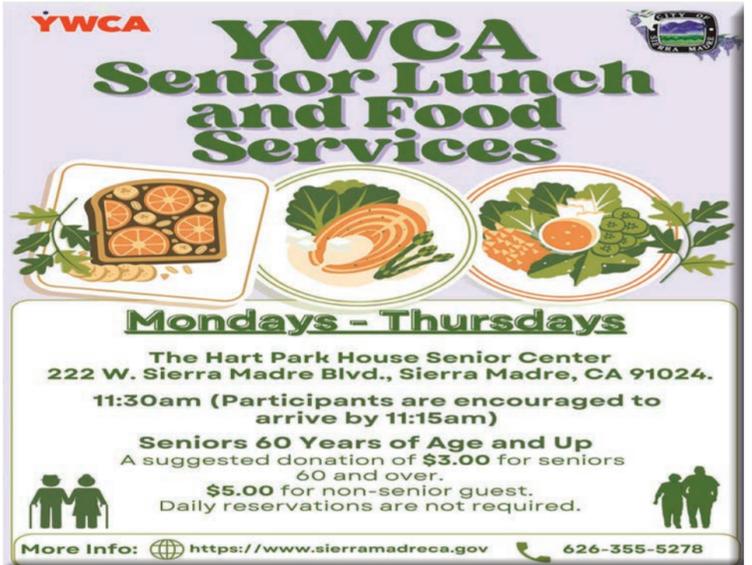
SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...FEBRUARY BIRTHDAYS*



Tracy Verhoeven, Beatrice DaRe, Catherine Adde, Hilda Pittman, Anne-Marie Stockdale, Susan Henderson, Allie Attay, Ursula El-Tawansy, Gladys Moser, Sylvia Lorhan, Ana Ptanski, Winifred Swanson, Janet Gillespie, Marian DeMars, Vickie Vernon, Mary Beth Knox, Sharon Lefler.

* To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required



YWCA
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Mondays - Thursdays

The Hart Park House Senior Center
222 W. Sierra Madre Blvd., Sierra Madre, CA 91024.
11:30am (Participants are encouraged to arrive by 11:15am)

Seniors 60 Years of Age and Up
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\$5.00 for non-senior guest.
Daily reservations are not required.

More Info: <https://www.sierramadreca.gov> 626-355-5278

IS YOUR AGING PARENT SAFE AT HOME?

Dear Savvy Senior,

After watching the coverage of the Nancy Guthrie kidnapping case, I'm worried about my own elderly mother who lives alone in another state. I want to make sure she's safe without being intrusive. Are there simple, affordable ways to check in on her from afar?
--Concerned Son



Dear Concerned,

You're not alone. High-profile cases like this often heighten fears, especially for adult children whose parents live alone and may be vulnerable. The good news is there are several free or low-cost ways to stay connected and gain peace of mind without infringing on your mother's independence. Here are some nice options to consider.

Check-In App

If your mother uses a smartphone, a simple solution is Snug (snugsafe.com), a free app that checks in daily to confirm she's OK. It's used by tens of thousands of older adults who live alone and want their loved ones alerted quickly if something goes wrong.

Here's how it works: After downloading the app, your mother selects a daily check-in time. Snug sends several reminders leading up to that time, prompting her to confirm she's OK by tapping a large green button on her screen. If she doesn't check in within 10 minutes after her scheduled time, the app automatically notifies her emergency contacts and shares her last known location so help can be sent promptly.

For added peace of mind, Snug also offers a Dispatch Plan (\$20 per month or \$200 per year) that includes multiple daily check-ins. If she misses one, Snug will call her directly to see if she's OK. If there's still no response, they can request an in-person wellness check by local authorities, who will visit her home to make sure she's safe. The app works with both iPhone and Android devices.

Check-In Calls

If your mother doesn't use a smartphone, a daily check-in call program can provide similar reassurance. Many police or sheriff's departments nationwide offer telephone reassurance programs, often free of charge.

Typically, an automated system calls at a set time each day. If she answers, all is well. If she doesn't pick up after repeated attempts, or the call goes to voicemail, her emergency contact is notified. If that contact can't be reached, backup contacts are called. As a last resort, local police or emergency services may be dispatched to her home.

To see if this service is available in your mother's community, call her local police department's non-emergency number or the Area Agency on Aging at 800-677-1116. If no local program exists, private companies like CareCall or ConfirmOK offer similar services for a monthly fee.

Technology Aids

You might also consider simple home technology to enhance her safety. Monitored medical alert systems are among the most common — wearable “help buttons,” some with fall detection, that allow her to call for help 24/7 while immediately notifying you. These typically cost around \$1 per day.

Other options include motion or contact sensors placed around the home to track daily routines and alert you to unusual activity, or a small security camera with night vision, motion detection and two-way audio that allows you to check in visually and even speak directly with her. Basic sensors and cameras can cost under \$35, though they require Wi-Fi and do raise privacy considerations, so it's important to discuss them with your mother beforehand.

While no solution can eliminate every risk, these tools can provide meaningful peace of mind, for both you and your mother, while preserving her independence.

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



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

NOBODY IS PERFECT - AT LEAST THAT'S WHAT I AM TOLD

People often say nobody is perfect. I've said that at least 100 times, but there are times when I am not quite sure that it applies to me.

There are some situations when I think I am perfect. I do not say it aloud because I do not want to step on anybody's toes. But I believe I am perfect, I keep believing it, and then reality hits like a pie in my face.

When I think I am perfect, I reach a stage so imperfect that I am ashamed. I work hard at trying to be perfect. My goal I have in life is to do things perfectly. Up until now, I have not reached my goal, but I've come close.

I like to be around people who think they are perfect. It is easy to trip them up in what they believe about themselves.

To be truthful, the only person I know who is perfect is The Gracious Mistress of the Parsonage. I have known her for over 55 years, and if she is not perfect, she has put up a good face for all those years. She knows how to fix anything and everything.

I will never forget when the front bumper of my truck broke. I was going to take it to the garage to have them fix it, but as I was looking at the bumper, The Gracious Mistress of the Parsonage came out of the house and said, "What's the problem with your truck?"

Really, I didn't want to tell her, but what's a husband to do? I looked at her and said, "The front bumper of my truck is broken and I'm going to have to take it into the garage to get fixed."

"No," she said, "let me look at it before you take it to the garage. Maybe it's something I can fix."

I chuckled because that was a big job to fix.

She looked at it for a moment and then said, "Okay, I see what's wrong and I think I can fix this. Let me go to my craft room and get something I think might work."

She went into the house and, within a few moments, came out with several of those large paperclips. She went over to the bumper and began working on it, and within a few moments, she said, "Okay, I think I fixed the bumper, you don't have to spend any of your money taking it to the garage."

Looking at me with one of her smiles, she said, "You're welcome." Then she walked back into the house.

I didn't quite get what she said, but I looked, and there were a bunch of those large paperclips holding the bumper to the truck.

To this day, I do not know how she came up with that idea.

That was about five years ago, and those paperclips are still holding my bumper to the truck. Who would have guessed?

She does have a flair for fixing anything and everything. If you could see in her craft room, you would see what I'm talking about. If it is broken, she can fix it. If she can't fix it, it's not broken.

With that in mind, I have concluded, after all these years, that she is as close to being perfect as anyone I know.

The only difference is that she likes broccoli and I hate broccoli, and I like Apple Fritters, and she hates Apple Fritters. All those years, this has been the only problem we have.

Occasionally, she will cook broccoli for supper, but makes sure it does not come anywhere near my plate. I know when she's cooking broccoli because I can smell it, and I do not like that smell.

The other night at suppertime, she brought me my supper plate, then went out and got one for herself, and came back. We sat in the room and enjoyed our supper together while watching TV.

I saw something on my plate that puzzled me. It was something green. I did not pay too much attention because the rest of the plate was very delicious. However, I could not help but look at that little green thing. It looked like a leaf of some sort, but it was so small.

As I looked at it, sighed very deeply and said to myself, "Oh, no, it is not that!"

I looked at it, picked it up with my fork, and it was exactly what I thought it was. I called the attention of The Gracious Mistress of the Parsonage, showed it to her, and said, "Can you explain this for me?"

She gasped for a moment, looked at the little green thing on my fork, and sighed very deeply, "Oh, no, it isn't." She looked at it a little more and said, "I'm so sorry, it is a piece of broccoli."

I could not believe it, but as I looked at it, I had to agree with her. This is the one time that I can remember when she was not perfect.

Thinking along this line, I remembered a Bible verse about this. "Be ye therefore perfect, even as your Father which is in heaven is perfect" (Matthew 5:48).

I cannot be perfect from the human standpoint, but I can achieve perfection in the spiritual realm. The pattern of my perfection is not anything in this world, but according to God's aspiration for me.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail jamesnyder51@gmail.com, website www.jamesnynderministries.com.



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February Events Around Town!

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One Time Events

February 8
Historic Old Pasadena Walking Tour – Dayton Street
Explore the rich history of Dayton Street and Pasadena's earliest Black-owned businesses. 10am – 11:30am

February 14
A Vintage Valentine at the Queen Anne Cottage
Enjoy an elegant afternoon sipping champagne and discovering Victorian secrets of courtship. 2 – 4pm

February 14
Romance Along the Arroyo – A Valentine's Day Event
The Gamble House and Pasadena Museum of History celebrate Valentine's Day in vintage style with romantic music, treats and more. 4pm – 7pm

February 18
Little Songbirds at Descanso Gardens
Join the Pasadena Conservatory of Music for a nature-themed musical story time. 10am – 11am

February 21
Floriography Wreath Family Workshop at the Arboretum
Hands-on family workshop on Victorian art of sending messages through flowers. 2pm – 3:30pm

February 21
Black History Festival in Robinson Park, Pasadena
This festival offers live performances, community booths and more. 10am – 3pm

February 22
Lunar New Year Festival in Downtown Arcadia
Lunar New Year Festival with a day of tradition, food and community spirit. 11am – 4pm

February 26
Caltech History and Architectural Tour
Explore Caltech's historic original campus and its architectural footprint on the community. 10:30am

February 28 - 9am – 2pm
Lunar New Year at the Arboretum
Family crafts, cabbage planting, live performances, red envelope seed giveaway and food trucks.

Ongoing Events

January 23 – February 6
Dine LA Restaurant Week
Enjoy special Dine LA lunch and dinner menus at hundreds of participating local restaurants.

February 5 – 16
Circus Vargas Presents "Masquerade" at Santa Anita Park
The circus comes to Arcadia with a spellbinding journey of pure artistry and family fun.

February 8 – March 8
Richard III at A Noise Within
A thrilling drama - one of Shakespeare's most iconic explorations of corruption, control, and power.

February 11 – March 8
Amadeus at Pasadena Playhouse
Unforgettable musical show about the riveting rivalry between composers Salieri and Mozart.

February 13, 14
Adult Night Hike: Bawdy Botany at the Arboretum
Learn about the history, folklore and botany that influence the way we celebrate love. 7:30pm – 9:pm

February 13 – 16
Great Backyard Bird Count at Descanso Gardens
Join in a world-wide bird count to help scientists better understand and help birds.

February 21, 22
Lunar New Year Festival at The Huntington
Enjoy a family-friendly event filled with crafts, live performances, floral arts and more. 10am – 5pm

February 21, 22
Lunar New Year at Santa Anita Park
Authentic Chinese cultural shows, family activities, delicious food, shopping and more. 10:30am



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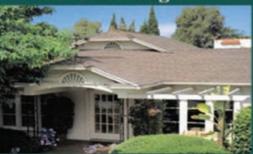
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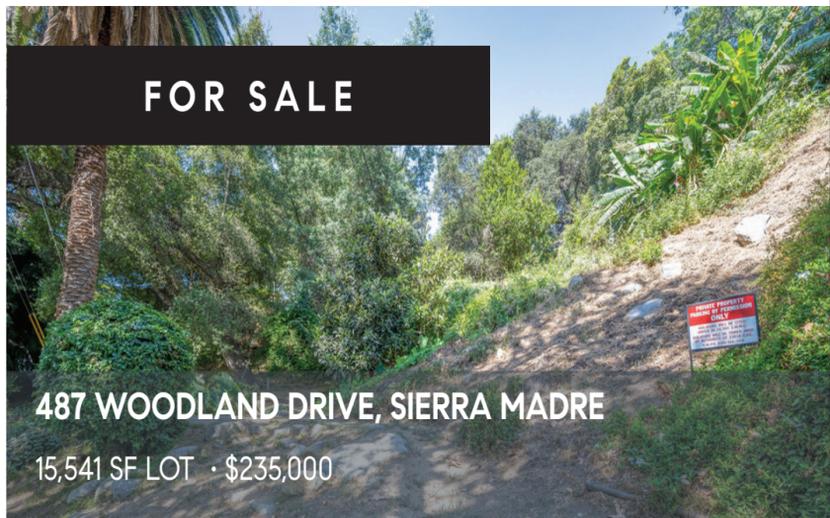
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AROUND SAN GABRIEL VALLEY

Mountain View News Saturday, February 21, 2026



MARILYN MAZONE IS ARCADIA'S 2025 SENIOR OF THE YEAR

Each year, the City of Arcadia's Recreation and Community Services Department seeks nominations for Senior of the Year, recognizing an outstanding individual age 50 or older who resides in Arcadia and has made meaningful contributions to the community. Nominations are carefully reviewed and selected by the Arcadia Senior Citizens' Commission. This year, the Department received an exceptional 60 nominations.

The City of Arcadia is proud to announce Marilyn Mazone as 2025 Senior of the Year. Marilyn has been a steadfast and beloved presence in the Arcadia community for many years, generously volunteering her time and energy to enrich the lives of others. For the past 15 years, she has been a dedicated volunteer

with the Arcadia Travelers Club at the Arcadia Community Center.

Marilyn spends much of her time contributing to the Arcadia Travelers Club, working at the travel desk and as a tour escort. Marilyn ensures that trips run smoothly, participants feel supported, and everyone feels welcome. Marilyn has demonstrated strong leadership and commitment as a Senior Citizens' Commissioner representative for the Arcadia Travelers Club. She served in this role from 2019 to 2022 and has since returned to serve on the Commission.

Beyond the Community Center, Marilyn has also volunteered for two years at the Breeders' Cup International Horse Racing Championships at Santa Anita Park, contributing her time to a major international event that brings visibility and pride to the community.

Marilyn remains highly active, dependable, and eager to take on multiple roles within the Arcadia Travelers Club. Her dedication, warmth, and lifelong commitment make her truly deserving of the recognition as Senior of the Year. Marilyn will be honored at the Older American Recognition Lunch, hosted by the Los Angeles County Commission for Older Adults and the Department of Aging and Disabilities in May 2026. Additionally, she will be honored at the Arcadia City Council Meeting on Tuesday, March 3, 2026.



HE WAS SOMEBODY - REMEMBERING JESSE JACKSON

Last week, The Rev. Jesse Jackson, the famed civil rights leader who marched alongside Martin Luther King Jr. and later ran for president, passed away at age 84. Long known for his activism and political influence, Jackson spent his life dedicated to pursuing civil rights for disenfranchised groups both in the United States and abroad.

His unwavering belief in justice, equality, and love uplifted millions, inspired his family to ask the public "to honor his memory by continuing the fight for the values he lived by."

As a young man, he took a position with the Southern Christian Leadership Conference, a group of religious leaders led by King that focused on nonviolent protests and demonstrations, according

to the Rainbow PUSH Coalition.

In a now-famous photograph (right) Jackson stands to the right of King and fellow leaders Hosea Williams and Ralph Abernathy on the balcony of Memphis' Lorraine Motel. The next day, at almost the exact same spot, King was assassinated by a gunman.

Yet even without holding office, Jackson continued to stand as a major political figure, championing the release of foreign nationals held in Kuwait in the lead-up to the Gulf War, becoming a "shadow senator" to lobby for statehood for Washington, D.C., and working as a special envoy under President Bill Clinton.



He inspired thousands after his recitation of the statement, "I Am - Somebody" on Sesame Street, often associated with Rev. Jackson, became a rallying cry for self-respect and dignity. The poem emphasizes that regardless of circumstances, individuals are worthy of respect and recognition. This phrase has inspired many and continues to be a symbol of empowerment and self-affirmation.

I am Somebody! I am Somebody!
I may be poor, But I am Somebody.
I may be young, But I am Somebody.
I may be on welfare, But I am Somebody.
I may be small, But I am Somebody.
I may have made mistakes, But I am Somebody.
My clothes are different, My face is different,
My hair is different, But I am Somebody.
I am black, brown, or white. I speak a different language
But I must be respected, Protected, Never rejected.
I am God's child! I am Somebody!

Rev. Jesse Jackson was awarded the Presidential Medal of Freedom, the nation's highest civilian honor by President Bill Clinton.

In 2017 he was diagnosed with a degenerative condition called progressive supranuclear palsy which affects the nervous system and slowly restricts movement and daily activities. Jackson called it a "physical challenge," but he refused to let it prevent him from continuing his civil rights advocacy.

Rev. Jackson passed away with his family at his side. At press time, no information on his funeral services were available, although several public tributes to him are scheduled in Chicago and Washington D.C. over the next few weeks.

S. Henderson/Mountain Views News

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OFL DUARTE CONTINUES TO SERVE



The Duarte Kiwanis Club recently had a "field trip" to visit Opportunities for Learning (OFL). OFL-Duarte is part of a network of FREE non-profit public charter high schools in California offering students a flexible, personalized approach to education. OFL provides personalized support for their students including opportunities for sports, community service, leadership, career technical education as well as college preparation programs. Current pupil registration runs at approximately 200 students - both in-person and remote learning.

Pictured above from left, Mercedes Ruiz, Duarte Kiwanis President, Bianca Quezada and Melissa Martinez from OFL. If you are interested in joining the Duarte Kiwanis or presenting at a future meeting, please contact Tina Carey at tinac51@aol.com.

METRO TRAIN MISHAP?

ARCADIA (CNS) - A person made contact with a train near a Metro station in Arcadia today, prompting a disruption on the A Line, but no victim was found.

The incident occurred around 10:40 a.m., when an A Line train operator reported the train contacted a person north of the Arcadia Station, which is located at North First Avenue and East Santa Clara Street, according to Metro.

Deputies from the Los Angeles County Sheriff's Department responded along with the Arcadia police and fire departments, but the "trespasser" was not located, Metro reported.

Bus shuttles transported passengers between the Arcadia and Monrovia stations during the disruption.

Metro announced about 11:50 a.m. that train service had resumed normal operations.
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Nyerges is the author of "Foraging California," and "Testing Your Outdoor Survival Skills" (both of which have sections on mushrooms). For info on his many books and classes, he can be reached at Box 41834, Eagle Rock, CA, or www.SchoolofSelf-Reliance.com

PASADENAN CHIOKE NAYO IS THE "SHAKING SPEAR" Author-Educator promotes a Healthy Lifestyle

Pasadena author and herbalist "Shaking Spear" tells his creation story.

When he was born in the small African town of Tondibi, his father paced back and forth in front of the hut where his mother was giving birth. Because new life was something to celebrate, dancers moved by the spirits to welcome a new child, so they jumped, yelled, and wildly shook their spears. Someone from inside the hut gave the final signal that the child was arriving, and his father, overwhelmed by the moment, yelled at the dancers, "Stop shaking those spears!" The Griot who was sitting nearby the hut, now old and with failing hearing, heard only "Shaking Spear." Thus, once the Griot's ink dried, the name was recorded, and the baby boy was named Shaking Spear.

That's the personal mythology behind how Chioke Nayo acquired his pen name. Chioke Nayo actually grew up in Watts, California, and has been living in Pasadena for the last 30 years as a teacher, herbalist, and Child Abuse Investigator.

He talks about how wonderful it was growing up in Watts in the 60's and 70's. Unfortunately, when the 80's arrived, so did crack cocaine. After graduating from Locke High School in 1981, he went to the University of California, Riverside (UCR), where he earned bachelor's degrees in Psychology and Business. After UCR, he earned a master's degree in counseling. He is currently working toward a Doctorate in Psychology, specializing in health, at National University.

While working as a County child abuse investigator for the past 30 years, Nayo pursued his studies in African herbalism and the true history of Africans in America.

He was introduced to herbalism by former LA Rams football player and Master Herbalist Russell Harrison and began taking Russell's herbal supplements. Russell is also a practicing herbalist in Pasadena. "I've always been interested in health and nutrition," said Nayo, "and Russell's products really helped me find the path to herbal health care."

Nayo began his business, Black God Science, in 2010. "It was my educational effort, trying to get people to eat better, to exercise, and to understand that their bodies could heal on their own with the proper lifestyle. I slowly introduced the herbal products I was developing from my studies," he says. Nayo helped one person at a time, informally, and spread the word by word of mouth. He is a member of Men Educating Men About Health (MEMAH) and also attends various health functions, making his products available.

"One of my biggest influences was the great Dr. Sebi, who led me toward African herbs. He often said that every culture has its own healing system that serves and speaks to them, and so too must the African People," explains Nayo. Dr. Sebi developed the African Bio-Mineral Healing System. "I hope to continue Dr. Sebi's initiation of a healing system for African People and others, but specifically African People, since our health status seems to lead the world in mortality, morbidity, and disability. Lifestyle changes in diet, exercise, sleep, and de-stressing could dramatically improve our health status," says Nayo.

Nayo points out that Dr. Sebi was one of the most influential black herbalists over the past 30+ years, but he did not know everything about health and healing, and no one does. There are hundreds of books written about him and his healing method, as well as the herbs he recommended, but "Sebi didn't believe in books," said Nayo with a smile.

Note: You can find many interviews with Dr. Sebi on YouTube. Sebi was a strong proponent of natural living and of following the regimen set down by the African Ancestors thousands of years ago. Using Dr. Sebi's research as a foundation, Nayo conducted experiments on his own family and friends and conducted his own research. He has developed several herbal blends as well as a natural tooth powder and deodorant.

Nayo is a proponent of letting your food be your medicine and of vigorous exercise. At age 63, he continues to run about 5 marathons a year. He started running full marathons in 2011 and has run every L.A. Marathon for the past 15 years.

His 10 books, written under his pen name Shaking Spear, are unique lessons for black readers, though he points out that people from all walks of life buy his books. He often does pop-ups and attends health fairs or special events, selling his herbal products as well as his books.

In fact, he observes that among his books, the one titled "A Conversation with the Ancestors and Others about Solving the Problem: Racism/ White Supremacy" is the most popular among customers from various ethnic groups.

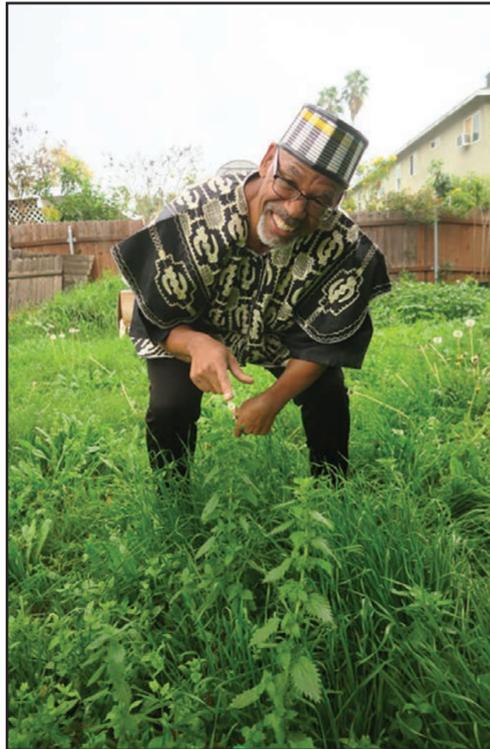
Nayo is an educator and wellness coach with a passion for helping others live a better life. "In my sojourn in life and as a lifelong learner," he says, "there is a wide diversity of African people throughout the planet. We have a long history of taking care of ourselves to be optimal people, and we must do it again!" he adds.

For a number of years, Nayo and his wife operated a private school in their home, Sankofa SBA ACADEMY, with up to 50 students at its peak. "Our mission statement was to put whatever subject we were exploring in the middle and examine it from your perspective. Regardless of ethnicity, students were allowed to have their own perspective," he explains, pointing to an ancient method of learning that calls for "bringing out the greatness that the gods and goddesses put in you" in the student.

BlackGodScienceHerbs.com includes not only the human beings on this planet but also how human beings connect to the land, ocean, sky, sun, moon, plants, animals, etc., all one big system.

Nayo's work is driven by these three principles, as stated on his website, BlackGodScienceHerbs.com

1. "Let The Herbs Heal The Nation" was a rallying cry from the Revolutionary Dr. Sebi and his African Bio-Mineral Method for healing.
2. "Helping Those Who Need The Most Help [And Want The Help] And Not [Intentionally] Mistreating Anyone" is the idea that Mr. Neely Fuller, Jr. put forth to the world to produce balance among people and to bring Justice to the world.
3. "[The God and Goddess] created man and woman in their own image." African People gave thanks to the Gods and Goddesses who not only produced us in their image but also provided everything on the earth to help us become optimal people and maintain the original human genome for humanity.



Nayo encourage a healthy lifestyle, which includes using wild herbs such as nettle.

Photo by Christopher Nyerges

Katnip News! FRIENDLY LITTLE FELINE



A funny, petite little girl, smart and playful. Sure to make you laugh with her antics. Frannie is a healthy kitty, eats well and is neat in her litter box. Likes to be around people and is a good companion.

Will come when you whistle. Does not go outside. Fran needs to be the "boss kitty" and would be best as a single cat.



Her elderly owners simple cannot take good care of her now, and want to find her a loving home where she will be cherished. Born 2018.

To apply to meet her, just go directly to Frannie's website page at <https://www.lifelineforpets.org/frannie.html> or use the qr code.

Pet of the Week

At 13 years young, Brodie (A526614) is proof that age is just a number. This easygoing Lab mix is an absolute sweetheart who's mastered the art of companionship. He's low-key and calm, happiest when he's lounging nearby, enjoying gentle pets, or heading out for a comfortable stroll around the block. Brodie walks nicely on leash, has excellent mobility for his age, and still gets a spark of joy from sniffing adventures and the occasional squirrel chase. He's fully house-trained, adjusts easily to new routines, and rarely barks—making him a wonderfully peaceful housemate.



Brodie is extremely food motivated and absolutely lights up for treats, snuffle mats, and puzzle toys. He may pass on traditional toys, but give him a brain game with snacks involved, and he's all in! He bonds quickly to people and loves snuggles, often content to simply rest by your side. He may have some hearing loss, but he responds well to hand signals and doesn't let it slow him down one bit.

Brodie isn't a fan of car rides and has been known to counter surf if tasty treasures are left within reach, but those are small quirks in an otherwise near-perfect gentleman. If you're looking for a calm, affectionate, devoted companion to share your couch and your heart, Brodie is ready to meet you.

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 9:30 a.m.-5:30 p.m. View photos of adoptable pets at pasadenahumane.org.

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

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SLEEP ON IT

Most people think fitness results come from what you do during a workout. How many reps. How much weight. How hard you sweat. But there's something just as important that happens after your workout—and most people don't know about it. It happens when you're asleep. Not resting on the couch. Not scrolling on your phone. Sleeping.

Sleep doesn't just help your muscles recover. It helps your brain learn movement. That learning is called muscle memory, and it's one of the biggest reasons people get better—or stay stuck.

Muscle memory doesn't actually live in your muscles. It lives in your brain and nervous system.

When you learn a movement (like a squat, a golf swing, swimming strokes, or balance exercises) your brain creates a pathway. The more you repeat the movement correctly, the stronger that pathway becomes. That's why beginners feel awkward at first. The pathway is new.

That's also why experienced exercisers move smoothly and with confidence. Their brain already knows the pattern. Here's the part most people don't realize: Sleep is when those movement pathways get locked in.

During sleep, especially in the deeper stages and during REM sleep, your brain does something remarkable. It replays what you practiced during the day. It's almost like hitting the save button on a computer. If you shut down without saving, your work can disappear. Sleep is how your brain saves movement. Studies show that people who sleep after practicing a skill perform it better the next day. They move more accurately, learn faster, and remember the skill longer. In simple terms, sleep is what turns practice into real progress.

This matters more than most people realize. Many think sleep is only for physical recovery, to reduce soreness or boost energy. But it plays an even bigger role in balance, coordination, technique, and injury prevention. If you've ever felt like you were practicing but not improving, or that you felt awkward even though you were strong, poor sleep may be part of the reason. Your brain may not be getting the chance to store and refine the movement patterns you worked on.

Learning does not stop in childhood. Adults continue building new movement pathways throughout life. Whether you are picking up pickleball, returning to swimming, or working on balance after an injury, your brain is still adapting. As we age, that process becomes even more dependent on quality sleep. Without enough rest, reaction time slows, balance declines, and movements become less precise. That increases the risk of falls and injuries, especially for older adults or anyone restarting an exercise routine.

This is especially important for people who feel discouraged by slow progress. Many assume they are uncoordinated, too old, or simply "bad at exercise." In reality, their body may be capable, but their brain has not been given enough recovery time to learn. When sleep is short or broken, improvement feels random or nonexistent. With better sleep, the same workouts often start to feel easier and more controlled.

Many people make the mistake of cutting sleep while increasing workouts. They believe pushing harder will bring faster results. In reality, the opposite can happen. When you are short on sleep, your brain struggles to store new skills. You may repeat mistakes instead of correcting them. Your form can break down, and your body may compensate in ways that lead to strain or injury. You might feel tired and accomplished after a workout, but improvement may stall because your brain never had the chance to finish the job overnight.

The good news is that small changes can make a difference. Training earlier in the day can help protect your sleep. Focusing on quality movement instead of just more repetitions gives your brain clearer patterns to store. Limiting screen time before bed allows your mind to settle so it can cycle through the deeper stages of sleep that support learning. Keeping a consistent sleep schedule also helps your brain move through the sleep phases needed for memory and skill development. When you think of practice followed by sleep as a team, you start to see that the workout is only part of the process.

This helps explain why some days movements suddenly feel smoother or easier. You may think it was the extra effort in the gym, but often it was the sleep that followed. Overnight, your brain organized the information, strengthened the pathways, and cleared away some of the confusion. Improvement does not always happen while you are exercising. Often, it happens quietly while you are asleep. So remember, sleep is not optional in fitness. It is a necessary part of making exercise actually work.

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ALL THINGS by Jeff Brown

BOY'S LIFE by Robert McCammon

Boy's Life is an award-winning masterpiece, a richly imagined coming-of-age novel that blends mystery, nostalgia, and touches of magical realism into a deeply moving portrait of childhood. Set in 1964 in the fictional town of Zephyr, Alabama, the story begins with eleven-year-old Cory Mackenson witnessing a scary event: a man drives a car into Saxon Lake, apparently the victim of murder. This shocking moment forms the novel's central mystery, but the book ultimately becomes something much broader and more profound.

At its heart, Boy's Life is about growing up—the slow, sometimes painful shift from innocence to awareness. Cory narrates the story with a voice that captures both youthful wonder and adult reflection. His world is filled with comic books, baseball games, bike rides, and colorful townspeople, yet beneath the surface lies racism, economic hardship, cruelty, and fear. McCammon skillfully balances the warmth of nostalgia with a realistic portrayal of the darker truths that shape a community.

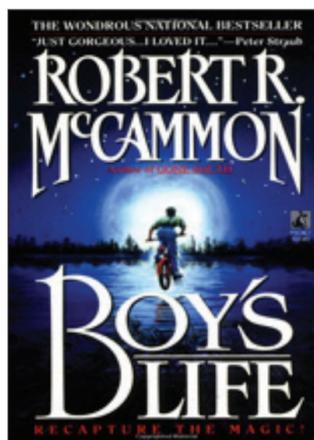
Zephyr itself feels alive, populated by memorable characters who add texture and depth to the narrative. Cory's father, Tom Mackenson, stands out as the moral center of the novel. His quiet strength, integrity, and compassion provide a powerful model for Cory as he struggles to understand what true courage means. Their relationship grounds the novel emotionally, offering moments of tenderness that contrast with the tension of the murder investigation.

McCammon's prose is lyrical and evocative, often drawing comparisons to Ray Bradbury. Like Bradbury, he captures the magic and myth of small-town life, where ordinary places can hold extraordinary secrets. Subtle elements of fantasy—such as eerie legends and dreamlike encounters—blend seamlessly with reality, reflecting the way children perceive the world as both wondrous and frightening.

What makes Boy's Life enduring is its emotional honesty. The novel acknowledges loss and disillusionment but also celebrates imagination, friendship, and resilience. Cory's journey is not just about solving a mystery; it is about learning empathy, confronting prejudice, and accepting that adulthood carries both beauty and sorrow.

Ultimately, Boy's Life is a powerful meditation on memory and identity. McCammon crafts a timeless story that reminds readers how formative—and fragile—the years of childhood truly are.

This wonderful book can be ordered at Fables & Fancies Bookstore in Sierra Madre 626-665 8856



UNLOCK YOUR LIFE

NOTHING IS MORE IMPORTANT THAN YOUR WELL-BEING

"Nothing is more important than my well-being."

Sam Bennett wrote that affirmation in Start Right Where You Are. I want you to sit with it for a moment before we go any further.

Nothing is more important than my well-being. Say it again. Nothing is more important than my well-being. Now let me ask you something: Does that statement feel true, or does it feel selfish?



Lori A. Harris

Because for a lot of us, especially high-achieving women who have spent decades showing up for everyone else, that sentence lands like a foreign language. We say we believe it. Our choices tell a different story.

What are you treating as more important than your well-being right now? Your partner? Your children? Your job? Your inbox? Being liked? Being needed? Being indispensable? Let yourself know, what your body has always known.

Here's what I know from the courtroom and from coaching sessions: we are remarkably skilled at building a case against ourselves. We call it dedication. We call it loyalty. We call it love. But somewhere underneath all that noble language is a woman who hasn't been to the doctor, who sleeps on pain instead of addressing it, who keeps a warm body at the table long after she should have gone home.

I know because I was her. I broke my foot at work and stayed at the office. I suffered multiple mis-carriages and kept my calendar full. And then one day, a doctor held up an X-ray of my shoulder and told me the pain I had been managing, medicating, minimizing, and muscling through was a broken bone. Untreated. Fused. I stood there, and I cried. Not from the pain. I cried for the woman in that X-ray. The woman who had decided, somewhere along the way, that her position at work mattered more than her body. That the case on her desk was more urgent than the case her body was making for help.

I had loaded up on OTC medication, whimpered through the nights, and showed up anyway. Because that's what we do. And nobody stopped me. Not my supervisor. Not my colleagues. Not the institution I had given years of my life to. As long as there was a warm body at counsel table, that was one less problem for management. The office was never going to tell me to go home and rest. That was never their job. It was mine.

Here's what the research confirms and what our bodies already know: mindset is not separate from health. It is healthy. Psychologist Barbara Fredrickson's research demonstrates that positive emotions don't just feel good; they literally expand our capacity to think, heal, and make better decisions. When we practice affirmations real ones, repeated with intention, we are not doing feel-good exercises. We are intervening at the neurological level, quieting the stress response, and signaling to our nervous system that we are safe enough to heal.

Studies on positive self-talk consistently show lower rates of cardiovascular disease, stronger immune function, and faster physical recovery. The mind and body are not separate systems sending each other memos. They are in one conversation. And what you say to yourself is part of your treatment plan.

I reversed the effects of that injury. No frozen shoulder. No chronic limitation. Because I finally started telling my body the truth: you matter. You come first. Nothing is more important than your well-being.

But here's what I need you to understand, and this is the part that took me the longest to learn: awareness is not enough. Knowing you've been neglecting yourself doesn't heal you. Feeling guilty about it doesn't heal you. You have to take action. That's the work.

Within our circle, we build awareness, and then we move. We learn to shift our state quickly, to bring calm to a nervous system that has been running on fumes. We learn to recognize "fight or flight" for what it is: a signal, not a sentence. We learn to recognize "fight or flight" for what it is, a signal, not a prison sentence. We care for ourselves. We care for our bodies at home and at work.

Because no supervisor, no institution, no deadline, no client, no relationship is coming to do it for us. So let's go back to where we started. Say it with me, and this time, mean it like your life depends on it. Because it does.

Nothing is more important than my well-being.

Nothing is more important than my well-being.

Now live like you believe it. I would love to hear from you. If you really believed that nothing's more important than your well-being, what is one small change you would make? Please write to me at lori@loriaharris.com and let me know.

Lori A. Harris is an award-winning coach and podcast host. Learn more at her website loriaharris.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 I WANT TO BE PART OF A MOVEMENT WITHOUT MOVING VERY MUCH



You may have heard the witticism the now 65 years of age is like the old fifty and 75 is like the old 65 but 90 is still 80. I heard the joke somewhere, but like many other things, I can't remember when or where, but I do remember why! Being 80 is tough. I do my best. I walk around my hilly canyon circle twice a day, I play golf a couple of times a week, at least when it's not raining like it is now. I even take one strength class once a week and of course I write this one article for the paper once a week. You can't say I'm not trying, but trying or not, I need to and want to do more. Of course, there are problems.

First, my wife won't allow me to drive anymore; sadly, I agree with her. To be honest, I want to be a part of something, but I don't seem to be able to find a way. I have tried volunteering at the Arboretum, but it just didn't work out. I tried joining a softball game composed of many older folks. Unfortunately, I could not hit the ball and if I did hit the ball I knew I would be unable to run to first base. I participated in a one-hour meeting at the new bookstore in town and signing up for the meeting gave me an assignment to read two long books which I managed to do. The book to be discussed next month is entitled MY ONE YEAR OF REST AND RELAXATION authored by Ottessa Moshfegh (quite a name). The book is fictional about the desire of a twenty five-year old woman to withdraw for a year and get some time to relax. I can't say I enjoyed the book very much which had many contemporary references I didn't care to understand and it was too much trouble to look up. I guess I didn't care enough.

But I did absorb one idea from the book. My days now involve me watching the repetitive news which is all Trump and Epstein and secret sexual innuendo involving prominent people. Is the whole world being run by billionaires competing to just earn more billions with no overall concern for the overall welfare of the population or the planet itself? Each day it seems clearer that the rest of the human population is at war with the super-wealthy and generally don't even recognize what is going on. In a way, like the fictional girl in the book, I would like to be able to withdraw and hibernate for a while and then check back in. Perhaps after the midterm elections this year there might be some positive change. I hope so.

But what about now? What can you and I and anyone else who recognizes what is going on right now? While the billionaires play their games, climate change threatens the whole planet. The air we all breathe is polluted; the water is unsafe. Perhaps RFK Jr. is correct in warning about the consequences of fluoridation, but beyond that he seems out of his mind. Perhaps that is an inevitable consequence of snorting cocaine off of toilet seats. Did you read about that? It is one more bit of information contrary to any attempt at the maintenance of sanity combined with his recommendations for the discontinuation of measles vaccine.

Okay, now I have defined our ongoing war with billionaires. How can we fight them without doing much that is beyond our capabilities? Last night I had an idea of how to hurt them if I could be a part of a whole movement. It is necessary to hit them where it hurts—right in their pocketbooks. In other articles I have suggested boycotts, strikes, and work stoppages but doubt if that would be enough.

I have an idea. What if everyone else and I stopped watching television? I remember a time before my family had television. What did we do? We played cards together and always ate dinner together. My sister played with paper dolls, and I collected baseball cars and read the encyclopedia. It was not a bad time even when the weather in Chicago made leaving the house not much fun.

Okay, I will start now and not watch television all day and see if anything changes. I wonder how I will know if a movement is starting as my phone also should be avoided. Maybe things will just feel different? Time will tell.



HOWARD Hays As I See It

"When it gets to Election Day, we've been proactive to make sure we have the right people voting, electing the right leaders to lead this country."

DHS Secretary Kristi Noem, on the goals of the SAVE Act and her department leading to the midterms

Secretary Noem regards "right leaders" as those putting fealty to Donald Trump over service to our country. To ensure they're elected, it's not just having the "right people voting," but limiting votes that might not go the "right" way. Republicans' Safe-guard American Voter Eligibility Act is intended to do just that. Our Constitution grants states authority over the "manner" in which elections are held, but the Trump administration is determined to do what it can to effect outcomes, anyway. Already passed by the House, the SAVE Act is now in the Senate.

The stated purpose is to prevent non-citizen voting. But that's not a problem. As of last August, of suspect votes sent through federal verification, 0.04% came back as "non-citizen" (0.53% were "deceased"). Utah conducted its own review last year. After nine months checking 2 million voter registrations, they found one confirmed non-citizen registration and no non-citizen votes. Louisiana found 79 possible non-citizen votes over the past 40 years - out of 74 million votes cast.

The Act requires specified documents proving citizenship for registering or re-registering to vote. Of accepted docs, 10% of Americans don't have ready access to a birth certificate and half don't have a valid passport. For those who'd changed their name through marriage (69 million Americans) or other reason, they'd need a marriage certificate or whatever to confirm that change. Drivers' licenses and Real ID could establish identity, but not citizenship. The Brennan Center estimates 21 million Americans lack required docs.

There was a test run of similar requirements in Kansas. Before, the state showed 0.002% of registered voters as non-citizens. After these proof-of-citizenship requirements were enacted, 31,000 eligible citizens - 12% of all applicants - were rejected. This SAVE Act would prevent large numbers of eligible citizens from voting, with negligible if any impact on non-citizens.

No more mail or online registrations; docs would have to be presented in person. There'd be criminal penalties for anyone, whether a DMV clerk or field volunteer, who didn't fully comply with the law - no matter if they were registering an eligible citizen. Private parties could bring suit, too - all intended to scare off those wanting to register new voters. An approved photo ID would be required to vote, and a copy of that ID required to be sent with any mail-in ballot or request for one. Blacks, Hispanics, low income, disabled and younger voters are all disproportionately less likely to have that ID.

These changes would have to be made by states immediately, with purges of voter rolls conducted every 30 days, with no support or additional funding provided. Voter rolls would be turned over to the federal government. Depending on the state, this could include name, age, address, phone, email and party affiliation - a centralized database maintained by the Department of Homeland Security.

This Act might help close the gap in anticipated MAGA losses come November - but they know it's not enough. There was that red state gerrymandering push, though with blue state countermeasures it turned out a wash. So now they're laying the groundwork to question and ultimately reject upcoming results.

Fulton County, Georgia, is suing the Trump administration over its raid on their election offices last month - seizing ballots and other records from the 2020 election. A warrant was issued based on probable cause, but with no evidence of what that probable cause was. The statute of limitations has expired for whatever might have happened in 2020, and three audits under Georgia's Republican leadership confirmed that nothing did. But come November, Trump will use the raid itself as reason to question results that don't go his way.

Trump has long complained of a "Russia hoax" from the 2016 election - while the Mueller investigation found Russia had indeed interfered in that election "in sweeping and systematic fashion", Trump campaign manager Paul Manafort shared confidential polling with a Russian spy and, before taking office, his national security advisor Michael Flynn had conversations with the Russian ambassador (not a crime) and lied about it to the FBI (absolutely a crime).

Now, Trump himself is raising alarms over foreign interference in our elections. Not the one in 2016 (with reams of evidence of it), but in 2020 (where there isn't) - which he blames for his loss to Joe Biden. He's resurrecting charges of Venezuelan involvement and how votes were somehow switched through Dominion voting machines - this coming just three years after Fox News paid an \$800 million settlement to Dominion for spreading similar charges. It's laying the groundwork for rejecting whatever outcome of this coming November's midterms.

Historian Robert Kagan told CNN, "I am worried . . . about whether we will even have free and fair elections in 2026, let alone in 2028. I think Trump has a plan to disrupt those elections, and I don't think he's willing to allow Democrats to take control of one or both houses as could happen in a free election."

Rep. Rashida Tlaib (D-MI) said, "We need to pass legislation to stop billionaires from buying our elections, not legislation making it harder for people to vote." And not limiting those votes to only the "right people".

RICH JOHNSON THE NAME GAME



How did you get your name? I'm betting your parents had something to do with it. You probably were named after someone. Me? I was named after my father and my Uncle. Both named Richard. My name, in the original German means "brave ruler". A medieval diminutive of "Richard" is "Dick". Enuff said about that.

Pine cones were originally called pine apples. And the fruit we know as Mr. Pineapple got its name because it looked like a pine cone. Go figure. If you think the Canary Islands were named after birds, your thinking is off. The name is "Islas Canaria" from the Latin "Canariae Insulae" which means in English, "Islands of the Dogs". Dogs were considered sacred animals to the island's original inhabitants.

(Take notes) The Hawaiian pizza was invented in Canada by a Greek immigrant. It was inspired by Chinese cuisine and featured a South American ingredient on an Italian dish. The South American ingredient? (See pine cones above).

No, Australian airline Qantas is not named after a fuzzy little creature unless you think an acronym is a little beast. Qantas comes from "Queensland and Northern Territory Aerial Services". Speaking of Australia, the native Aboriginal musical instrument was called a didgeridoo. The word "didgeridoo" is considered to be an onomatopoeic word. Huh? An onomatopoeic word is a word that when spoken sounds like its name. Think of oink, meow, chirp, beep, simmer or hiccup. You get the idea? By the way, the aboriginal people call the didgeridoo a yidaki. "Nachos" were called "nachos" because the inventor's name was Ignacio "Nacho" Anaya.

Enough of this frivolity. Let's look at how some rock bands stumbled onto their names. "ABBA" is a palindromic acronym from the initials of the bands first names: Agnetha, Bjorn, Benny and Anni-Frid. If they went boy-girl, boy-girl we would have called them BABA.

AC/DC was named after the founder's sister's sewing machine symbol. How did the group "Blondie" get their name. Look at a picture of Debbie Harry and get back to me.

The "Doors" swiped their name from Aldous Huxley's book "The Doors of Perception". (At least that's my perception).

"Fleetwood Mac" I dunno. Ask founding members Mick Fleetwood and John McVie how they came up with their name lol.

Lady Gaga got her name from an autocorrect phone text error. Describing on a text Lady Ga Ga's musical style as close to the Queen song "Radio Ga Ga", the phone auto corrected "Radio Ga Ga" to say "Lady Go Ga". The rest is history or maybe "herstory".

Lynyrd Skynyrd is named after a gym teacher, Leonard Skinner, notorious for strictly enforcing the school's policy against boys having long hair.

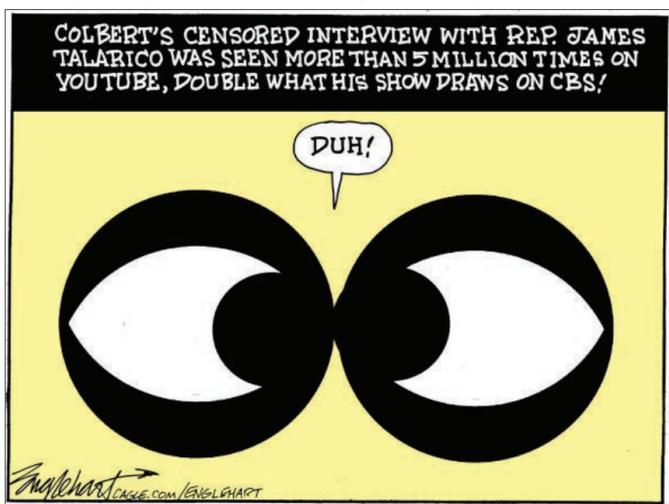
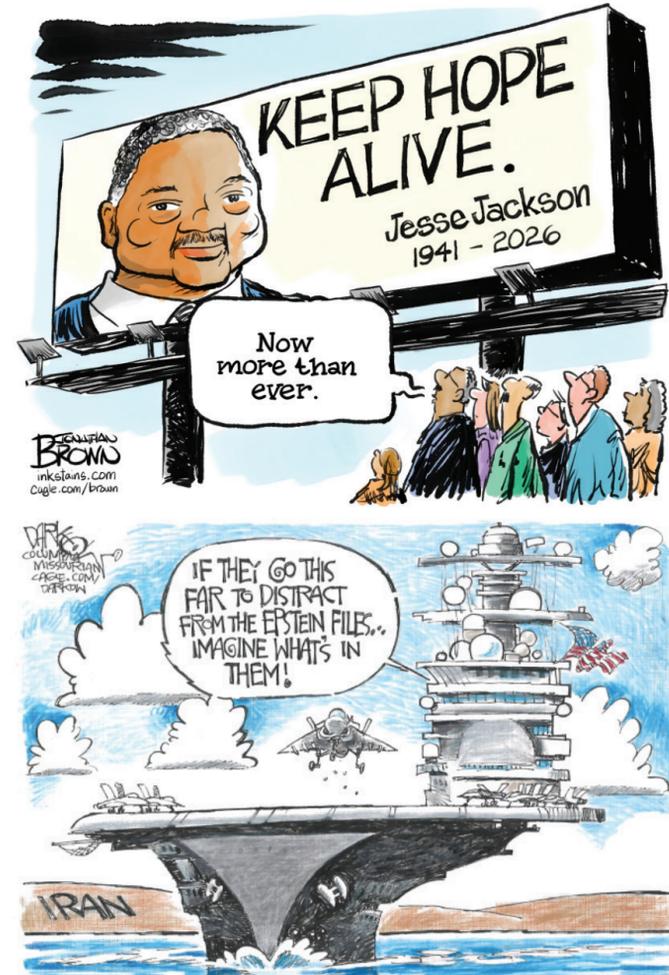
Now my four favorite bands. First, the original names for the Moody Blues were "El Riot & the Rebels". Then the "Krew Kats". Then the "M&B Five" named after a British brewery Mitchells & Butlers Brewery. Finally they settled on the Moody Blues and again, the rest was history.

The combining of Stephen, Neil, Richie, Dewey and Bruce all coincidentally coming together in the mid 1960s turned into the "Buffalo Springfield." A clever and classy name taken from a brand of steamroller made coincidentally by the Buffalo-Springfield Roller Company.

My second favorite band was originally known as "Johnny and the Moondogs". Later John, Paul and George replaced the name "Johnny and the Moondogs". They picked the name "Beatles" intentionally misspelling beetles as "Beatles" as a play on words meaning beat as in "keeping a beat". Get it? The Beatles also paid homage to Buddy Holly and his "Crickets". They were discovered at the famous Cavern Club.

Now, possibly the greatest of all rock and roll bands is a group known internationally, or at least in Sierra Madre as JJ Jukebox. We play regularly at the equally famous Nano Café in Sierra Madre. We play songs our audience wants to hear including "Born to Be Wild", "Sweet Caroline", "Day Tripper" and songs by Creedence Clearwater, the Doobie Brothers, Beatles, Santana, Neil Diamond and now the Moody Blues.

We are playing next on Saturday night, March 28th at Nanos in Sierra Madre. Come for dinner, drinks and dancing. Call the restaurant after 5:00 Wednesday through Saturday to make reservations. (626) 325-3334.



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FICTITIOUS BUSINESS NAME STATEMENT File No. 2026013749 The following person(s) is (are) doing business as: THE SOAP TREE NORTHRIDGE 9301 TAMPA AVE NORTHRIDGE, CA. 91324. Full name of registrant(s) is (are) NAIM CONSULTING LLC 7420 FULTON AVE NORTH HOLLYWOOD, CA. 91606. This Business is conducted by: AN LLC. Signed: NAIM CONSULTING LLC, SHON NAIM, CEO. This statement was filed with the County Clerk of Los Angeles County on 01/20/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/20/2026. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: ES Mountain Views News Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026013737 The following person(s) is (are) doing business as: BEE & CO TOPANGA 6600 TOPANGA CANYON BOULEVARD CANOGA PARK, CA. 91303; BEE & CO. ARCADIA 6600 TOPANGA CANYON BOULEVARD CANOGA PARK, CA. 91303. Full name of registrant(s) is (are) S CONSULT SERVICES LLC 7420 FULTON AVE NORTH HOLLYWOOD, CA. 91606. This Business is conducted by: AN LLC. Signed: S CONSULT SERVICES LLC, SHON NAIM, CEO. This statement was filed with the County Clerk of Los Angeles County on 01/20/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/20/2026. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: ES Mountain Views News Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026013578 The following person(s) is (are) doing business as: BRAND SMOG CHECK CENTER 1717 S. BRAND BLVD UNIT D GLENDALE, CA. 91204. Full name of registrant(s) is (are) PEDRAM NAHAVANDI-AZAD 1506 SOUTH BENTLEY AVENUE #205 LOS ANGELES, CA. 90025. This Business is conducted by: AN INDIVIDUAL. Signed: PEDRAM NAHAVANDI-AZAD/OWNER. This statement was filed with the County Clerk of Los Angeles County on 01/20/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: ES Mountain Views News Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026013466 The following person(s) is (are) doing business as: L A F PLUMBING 12611 KESWICK ST NORTH HOLLYWOOD, CA. 91605. Full name of registrant(s) is (are) LUIS ALONSO FLORES ALVAREZ 12611 KESWICK ST NORTH HOLLYWOOD, CA. 91605. This Business is conducted by: AN INDIVIDUAL. Signed: LUIS ALONSO FLORES ALVAREZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 01/20/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: ES Mountain Views News Dates Pub: FEB 14, 21, 28, MAR 07, 2026

itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: ES Mountain Views News Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026014725 The following person(s) is (are) doing business as: MAGIC TOUCH CLEANING SERVICES M.T.C.S. 5419 HOLLYWOOD BLVD STE C371 LOS ANGELES, CA. 90027. Full name of registrant(s) is (are) CE & JI POWER OF 4 ENTERPRISE INC. 5419 HOLLYWOOD BLVD STE C371 LOS ANGELES, CA. 90027. This Business is conducted by: A CORPORATION. Signed: CE & JI POWER OF 4 ENTERPRISE INC., JONATHAN I. HERNANDEZ BADILLO, PRESIDENT. This statement was filed with the County Clerk of Los Angeles County on 01/21/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/20/2026. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: ES Mountain Views News Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026014848 The following person(s) is (are) doing business as: LOANVERSE CAPITAL 21800 OXNARD ST. STE. 720 WOODLAND HILLS, CA. 91367. Full name of registrant(s) is (are) LOANVERSE CAPITAL, LLC. 21800 OXNARD ST. STE. 720 WOODLAND HILLS, CA. 91367. This Business is conducted by: AN LLC. Signed: LOANVERSE CAPITAL, LLC., ALI R. NADER, CEO. This statement was filed with the County Clerk of Los Angeles County on 01/21/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: ES Mountain Views News Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026-030102 The following person(s) is (are) doing business as: DR.CHARLES ORGANICS, 1112 19TH STREET, SANTA MONICA, CA. 90403. Full name of registrant(s) is (are) CHARLES BALL, 1112 19TH STREET, SANTA MONICA, CA. 90403. This Business is conducted by: AN INDIVIDUAL. Signed: CHARLES BALL/OWNER. This statement was filed with the County Clerk of Los Angeles County on 02/09/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026-029659 The following person(s) is (are) doing business as: EAST LA TIRES, 4677 E OLYMPIC BLVD, LOS ANGELES, CA. 90022. Full name of registrant(s) is (are) LEONEL BENJAMIN MEZA, 4677 E OLYMPIC BLVD, LOS ANGELES, CA. 90022. BENJAMIN MEZA MUNOZ, 4677 E OLYMPIC BLVD, LOS ANGELES, CA. 90022. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: LEONEL BENJAMIN MEZA/GENERAL PARTNER. This statement was filed with the County Clerk of Los Angeles County on 02/09/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026-024091 The following person(s) is (are) doing business as: GROOMING BY GERRY, 510 PINE AVE #413, LONG BEACH, CA. 90802. Full name of registrant(s) is (are) GERARDO A ACEVEDO RODRIGUEZ, 510 PINE AVE #413, LONG BEACH, CA. 90802. This Business is conducted by: AN INDIVIDUAL. Signed: GERARDO A ACEVEDO RODRIGUEZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 02/02/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name

Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026-030429 The following person(s) is (are) doing business as: GUARDIA DELIVERY, 12849 MORNING AVE, DOWNEY, CA. 90242. Full name of registrant(s) is (are) JAIME I MORALES, 12849 MORNING AVE, DOWNEY, CA. 90242. This Business is conducted by: AN INDIVIDUAL. Signed: JAIME I MORALES/OWNER. This statement was filed with the County Clerk of Los Angeles County on 02/09/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026-026410 The following person(s) is (are) doing business as: IMPERIAL CLIPPERS BARBER SHOP, 3354 IMPERIAL HWY, LYNNWOOD, CA. 90262. Full name of registrant(s) is (are) KATALEA A&A INC., 3354 IMPERIAL HWY, LYNNWOOD, CA. 90262. This Business is conducted by: A CORPORATION. Signed: BRENDA ACEVES/CEO. This statement was filed with the County Clerk of Los Angeles County on 02/04/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026-027516 The following person(s) is (are) doing business as: INFINITE CREDIT SOLUTIONS, 835 WILSHIRE BLVD SUITE 500, LOS ANGELES, CA. 90017. Full name of registrant(s) is (are) APEX COMMUNITY PARTNERS, LLC, 835 WILSHIRE BLVD SUITE 500, LOS ANGELES, CA. 90017. This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed: RODNEY HARRELL/PRESIDENT. This statement was filed with the County Clerk of Los Angeles County on 02/05/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026-025462 The following person(s) is (are) doing business as: J&M FURNITURE 4965 SOUTH CENTRAL AVE, LOS ANGELES, CA. 90011. Full name of registrant(s) is (are) LUIS ALBERTO ARENAS AMEZAGA, 4965 SOUTH CENTRAL AVE, LOS ANGELES, CA. 90011. This Business is conducted by: AN INDIVIDUAL. Signed: LUIS ALBERTO ARENAS AMEZAGA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 01/03/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026-030739 The following person(s) is (are) doing business as: J.P.RESTORATION, 18652 E. DUELL ST, AZUSA, CA. 91702. Full name of registrant(s) is (are) JOAQUIN PEREZ MUNOZ, 18652 E. DUELL ST, AZUSA, CA. 91702. This Business is conducted by: AN INDIVIDUAL. Signed: JOAQUIN PEREZ MUNOZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 02/10/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/2018. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026-031145 The following person(s) is (are) doing business as: LET'Z CONNECT NOW, 112 PLAZA DR UNIT 198, WEST COVINA, CA. 91790. Full name of registrant(s) is (are) RAMON JAIME ESQUIVEL, 5013 WILLOW ST, MONTCLAIR, CA. 91763, MONICA FARIAS, 5018 ARROW HWY, MONTCLAIR, CA. 91763. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: RAMON JAIME ESQUIVEL/GENERAL PARTNER. This statement was filed with the County Clerk of Los Angeles County on 02/10/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq.

Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026-033551 The following person(s) is (are) doing business as: ORBIT APPAREL, 8164 SAN CARLOS AVE, SOUTH GATE, CA. 90280. Full name of registrant(s) is (are) ADRIANA CASTELO PALAFOX, 8164 SAN CARLOS AVE, SOUTH GATE, CA. 90280. This Business is conducted by: AN INDIVIDUAL. Signed: ADRIANA CASTELO PALAFOX/OWNER. This statement was filed with the County Clerk of Los Angeles County on 02/12/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 02/2026. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026-020854 The following person(s) is (are) doing business as: ROMOS FARMER'S PRODUCTS, 16452 CANARIAS DR, HACIENDA HEIGHTS, CA. 91745. Full name of registrant(s) is (are) GOMEZ PRODUCE AND DAIRY CORP, 16452 CANARIAS DR, HACIENDA HEIGHTS, CA. 91745. This Business is conducted by: A CORPORATION. Signed: EDGAR ALONSO/CEO. ARTICLE # 4568552 This statement was filed with the County Clerk of Los Angeles County on 01/28/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/2026. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026-030731 The following person(s) is (are) doing business as: SUSHITO, 13002 PHILADELPHIA ST, WHITTIER, CA. 90601. Full name of registrant(s) is (are) WEI TO GO LLC, 2108 N ST STE N, SACRAMENTO, CA. 95816. This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed: WEI TO GO LLC/MANAGING MEMBER. ARTICLE # B20250395127 This statement was filed with the County Clerk of Los Angeles County on 02/10/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026-026413 The following person(s) is (are) doing business as: UNA MEXICANA QUE FRUTA VENDIA, 3354 IMPERIAL HWY, LYNNWOOD, CA. 90262. Full name of registrant(s) is (are) KATALEA A&A INC., 3354 IMPERIAL HWY, LYNNWOOD, CA. 90262. This Business is conducted by: A CORPORATION. Signed: BRENDA ACEVES/CEO. This statement was filed with the County Clerk of Los Angeles County on 02/04/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FILE NO. 2026-029655 STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME The following person(s) NOE B URIAS, 4677 E OLYMPIC BLVD, LOS ANGELES, CA. 90022. has/have abandoned the use of the fictitious business name: EAST LA TIRES, 4677 E OLYMPIC BLVD, LOS ANGELES, CA.90022 The fictitious business name referred to above was filed on 03/30/2022, in the county of Los Angeles. The original file number of 2022068473. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 02/09/2025. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) NOE B URIAS/OWNER Publish: Mountain Views News Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FILE NO. 2026-034021 STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME The following person(s) ARACELI PEREZ ESPARZA, 13331 LAKEWOOD BLVD. SPC B13, DOWNEY, CA. 90242. has/have abandoned the use of the fictitious business name: LA CASA DEL ROPON, 13331 LAKEWOOD BLVD. SPC B13, DOWNEY, CA. 90242. The fictitious business name referred to above was filed on 08/01/2024, in the county of Los Angeles. The original file number of 2024162545. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 02/12/2025. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) ARACELI PEREZ ESPARZA/OWNER Publish: Mountain Views News Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FILE NO. 2026-025590 STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME The following person(s) JUAN MANUEL SANCHEZ TEJADA, 125 E 75TH ST, LOS ANGELES, CA. 90003. has/have abandoned the use of the fictitious business name: SANCHEZ INSTALLATION, 125 E 75TH ST, LOS ANGELES, CA. 90003. The fictitious business name referred to above was filed on 11/04/2022, in the county of Los Angeles. The original file number of 2022241593. The business was conducted by: AN INDIVIDUAL.

This statement was filed with the County Clerk of Los Angeles on 02/03/2025. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) JUAN MANUEL SANCHEZ TEJADA/OWNER Publish: Mountain Views News Dates Pub: FEB 14, 21, 28, MAR 07, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026-023472 The following person(s) is (are) doing business as: ALL THINGS CHECKRRD, 6154 IBBETSON AVE, LAKEWOOD, CA. 90713. Full name of registrant(s) is (are) LARISSA ANN NANCE, 6154 IBBETSON AVE, LAKEWOOD, CA. 90713. This Business is conducted by: AN INDIVIDUAL. Signed: LARISSA ANN NANCE/OWNER. This statement was filed with the County Clerk of Los Angeles County on 01/30/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: FEB 07, 14, 21, 28, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026-022202 The following person(s) is (are) doing business as: AROYCA HOME IMPROVEMENT, 461 S WILMINGTON AVE, COMPTON, CA. 90220. Full name of registrant(s) is (are) ROGELIO ROSAS, 461 S WILMINGTON AVE, COMPTON, CA. 90220. This Business is conducted by: AN INDIVIDUAL. Signed: ROGELIO ROSAS/OWNER. This statement was filed with the County Clerk of Los Angeles County on 01/29/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: FEB 07, 14, 21, 28, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026-023474 The following person(s) is (are) doing business as: FANTASTIC CAFÉ, 410 MAIN ST, EL SEGUNDO, CA. 90245. Full name of registrant(s) is (are) SUEA LEE, 410 MAIN ST, EL SEGUNDO, CA. 90245, FRANK LEE, 410 MAIN ST, EL SEGUNDO, CA. 90245. This Business is conducted by: A MARRIED COUPLE. Signed: SUEA LEE/WIFE. This statement was filed with the County Clerk of Los Angeles County on 01/30/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/2004. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: FEB 07, 14, 21, 28, 2026

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026-023465 The following person(s) is (are) doing business as: HUCKLEBERRY FARMS, 26516 CRENSHAW BLVD., PALOS VERDES PENINSULA, CA. 90275. Full name of registrant(s) is (are) JOHN ADAMS, 4000 MARION WAY, LONG BEACH, CA. 90807. This Business is conducted by: AN INDIVIDUAL. Signed: JOHN ADAMS/OWNER. This statement was filed with the County Clerk of Los Angeles County on 01/30/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/2026. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: FEB 07, 14, 21, 28, 2026

FICTITIOUS BUSINESS NAME

Notice to Creditors of [Probate Code § 9050-9054] Case Number 26STPB01446

Superior Court of the State of California For the County of Los Angeles In Re: Estate of Barbara Zink "Survivor's Trust of the Zink Trust Dated October 1, 1986"

Notice is hereby given to the creditors and contingent creditors of the above-named Decedent, that all persons having claims against the Decedent are required to file them with the Superior Court, at 111 North Hill Street, Los Angeles, CA 90012, and mail or deliver a copy to Michael S. Morris, as Attorney of the Survivor's Trust of the Zink Trust Dated October 1, 1986, wherein the Decedent was a Settlor, in care of Hart. Mieras & Morris, Inc. at 255 E. Santa Clara Street, Suite 300. Arcadia CA 91006, within the later of four (4) months after 2/14/2026 (date of the first publication of Notice to Creditors) or, if notice is mailed or personally delivered to you, 60 days after the date this Notice is mailed or personally delivered to you, or you must petition to file a late claim as provided in Section 19103 of the Probate Code. A claim form may be obtained from the court clerk. For your protection, you are encouraged to file your claim by certified mail, with return receipt requested. Date: 1/13/26

s/ Michael S. Morris, Esq. Hart, Mieras & Morris, Inc. 255 E. Santa Clara St., Suite 300 Arcadia CA 91006 2/14, 2/21, 2/28/26 CNS-4013025#

SUMMONS (CITACIÓN JUDICIAL)

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES

NOTICE TO DEFENDANTS: (AVISO AL DEMANDADO):

CASE NO. 26STCV00821
Complaint filed: January 9, 2026

ALTADENA WILDFIRE RECOVERY INFRASTRUCTURE FINANCING DISTRICT,

Plaintiff,

v.

ALL PERSONS INTERESTED IN THE MATTER OF THE VALIDITY OF THE FORMATION OF THE ALTADENA WILDFIRE RECOVERY INFRASTRUCTURE FINANCING DISTRICT, THE ADOPTION OF THE INFRASTRUCTURE FINANCING PLAN, THE ALLOCATION OF TAXES TO THE DISTRICT, THE AUTHORITY OF THE DISTRICT TO ISSUE BONDS SECURED BY THE ALLOCATION OF TAXES TO THE DISTRICT PURSUANT TO THE INFRASTRUCTURE FINANCING PLAN, AND ALL OTHER MATTERS AND PROCEEDINGS RELATING THERE-TO

Defendant.

NOTICE! You have been sued. The court may decide against you without your being heard unless you respond by March 5, 2026. Read the information below.
¡AVISO! Lo han demandado. Si no responde para el 5 de marzo, 2026 la corte puede decidir en su contra sin escuchar su versión. Lea la información a continuación.

ALL PERSONS INTERESTED IN THE VALIDATION OF: all proceedings conducted by each of the Altadena Wildfire Recovery Infrastructure Financing District Public Financing Authority, which serves as the governing body of the District (the "District Board"), and the Board of Supervisors of the County of Los Angeles relating to: (i) the formation of the Altadena Wildfire Recovery Infrastructure Financing District ("District"); (ii) the Adoption of the Infrastructure Financing Plan ("IFP") for the District; and (iii) the Allocation of Taxes to the District; (iv) the authority of the District to issue bonds secured by the taxes allocated to the District pursuant to the IFP; and (v) all other matters and proceedings related thereto have until March 5, 2026 to appear and file a written answer to the complaint at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (<https://selfhelp.courts.ca.gov/>), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose your rights, default will be entered against you upon application by the plaintiff, and the plaintiff may apply to the court for the relief demanded in the complaint. Contesting the legality or validity of this matter will not subject you to punitive action, such as wage garnishment or seizure of your real or personal property.

You may seek the advice of an attorney in any matter connected with the complaint or this summons. Such an attorney should be consulted promptly so that your pleading may be filed or entered within the time required by this summons. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpca.org), the California Courts Online Self-Help Center (<https://selfhelp.courts.ca.gov/>), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. The District has brought this action to determine the validity of the formation of the Altadena Wildfire Recovery Infrastructure Financing District ("District"); (ii) the Adoption of the Infrastructure Financing Plan ("IFP") for the District; and (iii) the Allocation of Taxes to the District; (iv) the authority of the District to issue bonds secured by the taxes allocated to District pursuant to the IFP; and (v) all other matters and proceedings related thereto.

(EN ESPAÑOL)

TODAS LAS PERSONAS INTERESADAS EN LA VALIDACIÓN DE: todos los procedimientos llevados a cabo por cada una de las Autoridades de Financiación Pública del Distrito de Financiación de Infraestructuras para la Recuperación tras el Incendio Forestal de Altadena, que actúa como mesa directiva del Distrito (la "Mesa Directiva del Distrito"), y el Consejo de Supervisores del Condado de Los Angeles en relación con: (i) la constitución del Distrito de Financiación de Infraestructuras para la Recuperación tras el Incendio Forestal de Altadena ("Distrito"); (ii) la adopción del Plan de Financiación de Infraestructuras ("IFP", por sus siglas en inglés) para el Distrito; y (iii) la asignación e impuestos al Distrito; (iv) la autoridad del Distrito para expedir bonos garantizados por los impuestos asignados al Distrito de conformidad con el IFP; y (v) todos los demás asuntos y procedimientos relacionados con los mismos tienen hasta el 5 de marzo, 2026 para comparecer y presentar una respuesta a la demanda por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y más información en el Centro de AutoAyuda de las Cortes de California (<https://selfhelp.courts.ca.gov/>), en la biblioteca de leyes de su condado o en la corte más cercana a usted. Si no puede pagar la cuota de presentación, pida al secretario de la corte que le dé un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder sus derechos y el demandante podrá solicitar al tribunal el remedio solicitado en la demanda. Impugnar la legalidad o validez de este caso no le expondrá a medidas punitivas, como la confiscación de su salario o de sus bienes o su propiedad personal.

Puede buscar el consejo de un abogado en cualquier asunto relacionado con la queja o esta citación judicial. Debería consultar a dicho abogado puntualmente de modo que su alegato pueda presentarse o registrarse dentro del tiempo requerido por esta citación judicial. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programade servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpca.org), en el Centro de Ayuda de las Cortes de California, (www.courtinfo.ca.gov/selfhelp) o poniéndose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperación de \$10,000 o más de valor recibida mediante un acuerdo o una concesión de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso. El Distrito ha presentado esta demanda para determinar la validez de la constitución del Distrito de Financiación de Infraestructuras para la Recuperación tras el Incendio Forestal de Altadena ("Distrito"); (ii) la adopción del Plan de Financiación de Infraestructuras ("IFP", por sus siglas en inglés) para el Distrito; y (iii) la asignación de impuestos al Distrito; (iv) la autoridad del Distrito para expedir bonos garantizados por los impuestos asignados al Distrito de conformidad con el IFP; y (v) todos los demás asuntos y procedimientos relacionados con ello.

CASE INFORMATION (INFORMACIÓN DEL CASO)

- The name and address of the court is: (El nombre y dirección de la corte es):
Superior Court of the State of California
County of Los Angeles – Central District (Stanley Mosk Courthouse)
111 N. Hill Street
Los Angeles, CA 90012-3014
- The Court department is (El departamento la Corte es): Department 71,
the Honorable Daniel M. Crowley presiding
- The case number is (el número de caso es): 26STCV00821
- The name, address and telephone number of plaintiff's attorney is: (El nombre, la dirección y el número de teléfono del abogado del demandante, es):

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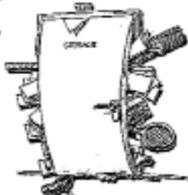
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