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SMPD TO RECEIVE PUBLIC SAFETY GRANT FOR AN AWARENESS & EDUCATION CAMPAIGN RE: IMPAIRED DRIVING

Sierra Madre Police Department is expanding its efforts to discourage impaired driving in town.

They have been awarded a state grant of approximately \$122,000 via the Cannabis Tax Fund Grant Opportunity (CTFG) administered by the California Highway Patrol for the 2023-2024 fiscal year.

As a result of the passage of Proposition 64, the Control, Regulate, and Tax Adult Use of Marijuana Act (AUMA), California voters mandated that the state set aside CHP funding to award grants to local governments and qualified non-profit organizations.

Last year The California Highway Patrol granted more than \$12 million in grant funds for 45 California law enforcement agencies, crime laboratories, and nonprofit groups to help address the dangers of driving under the influence of alcohol and/or drugs.

The Sierra Madre Police Department applied for a grant for 2023-2024 to help SMPD reduce and mitigate the impacts of impaired driving in the city.

The grant will help the department increase the knowledge of law enforcement personnel in detecting and removing impaired drivers from the roadway as well as general prevention education and community outreach designed to educate the public about the dangers of impaired driving including presentations to middle and/or high school students, with a direct focus on Drive High = DUI, Designate a Sober Driver, or another campaign message against impaired driving).

The council will review will the grant award and if satisfactory by a majority of the council, will adopt a resolution approving acceptance of the grant. The matter is on the Agenda for the council meeting scheduled for Tuesday, June 27, 2023.

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CITY OF SIERRA MADRE COMMUNITY SERVICES
4TH OF JULY COMMITTEE

4th of July

2023 Festivities

SUNDAY, JULY 2ND
MOVIE IN THE PARK- GUARDIANS OF THE GALAXY
BEGINS AT DUSK

MONDAY, JULY 3RD
PRE-PARADE PARTY & PICNIC
5:30PM - 10:00PM

TUESDAY, JULY 4TH
FIRE CRACKER FUN RUN 5K
7:00AM
WOMEN'S CLUB OPEN HOUSE & BREAKFAST
8:00AM
PARADE
10:00AM - 12:00PM

—NO—
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Memorial Day is the unofficial start of the Summer Real Estate Market. This is a great time to sell your house!

We experienced Renewed Buyer Confidence in our Spring 2023 Real Estate Market fueled by low inventory, high demand for properties and stabilizing interest rates. The scarcity of properties for sale has created a very competitive environment where Buyers are willing to pay top dollar to secure their dream home.

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CITY OF SIERRA MADRE COMMUNITY SERVICES
4TH OF JULY COMMITTEE

4th of July Firecracker Fun Run

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REMEMBRANCE:

ADOLPH TORRES

My wonderful father-in-law, Adolph Torres, passed away peacefully on June 11, 2023

Adolph brought joy to many in our lives, especially Ruth, his wife of over 65 years, his children, and his grandchildren.

We meet many people in our lifetimes. Some are acquaintances, a few become friends, and there are some we wish we had never met at all. But, of the people we meet, how many have inspired you or profoundly impacted your life? Maybe a few. Maybe none.

I consider myself one of the lucky ones because Adolph Torres had a profound impact on my life. His positive attitude and love for life every day inspired me. And I mean every day. The so-called "little things in life" weren't little to him...they were important. Adolph enjoyed them equally, whether it was a parade, a beautiful flower, or a fresh cup of coffee.

And believe me, Adolph loved his coffee. He would judge a restaurant by how the coffee was and how quickly it was poured into his cup, and he wouldn't hesitate to send back lukewarm coffee. So, when I was looking for his blessing to marry his daughter, Vanessa, I did the most logical thing. I took him to Starbucks.

My wife Vanessa is a teacher. She spent a good portion of her career with 4th and 5th graders. Adolph and Ruth volunteered in her classes for many years, and Adolph was up for anything. He wouldn't hesitate to draw, paint, make crafts, or wear a silly hat for the kids. It came easy to him because he was a kid at heart.

He loved Disneyland, fireworks on the 4th of July, dressing up for Halloween, and opening gifts on Christmas. And in a heartbeat, he would dress up as a pirate to join in the imaginations of his grandchildren and often would have no problem keeping up with their energy.

Adolph enjoyed painting. His prime focus was nature. He often painted scenes that included flowers, birds, and beautiful landscapes. He loved Hawaii, especially Maui, where he would spend hours staring at the ocean, enjoying his coffee. I found myself watching him watching the sea. I often wondered if he was deep in thought or if he just let go of everything and became one with nature. Sunsets were his favorite.

But it wasn't just Hawaii. Anywhere Adolph was, was the place to be, and he often expressed his feelings about the moment. "This is great. This is wonderful. This is fantastic."

UCLA was his place of employment for many years, and he was an avid fan of UCLA sports.



But he wasn't just a cheerleader for his team, but at parades, for his grandchildren's accomplishments, and just about anything. He would cheer and sing to our pets; he would cheer at a restaurant when his coffee cup was filled; just this past month, while staying in the hospital for the first time in his 92 years, Adolph cheered for General Patton while watching his favorite movie on his iPad.

But, most of all, Adolph Torres loved his wife, Ruth Ann. That's what he called her, or Ruthy Lee. They spent 65 beautiful years together, and he loved her with all his heart. And I know Ruth loved him with all her heart. He was a devoted, kind, caring husband who made her smile and laugh often, as he did to all of us.

This is where the inspiration comes from. Being a human being is hard. We all have personal challenges daily, and the world has been tossing a lot at us lately. It's hard to stay focused on the things that truly matter. Taking time out of our busy schedules is hard to take a deep breath and admire the things around us. The flowers, the birds, the landscapes. Sometimes it's hard to smile or find something to laugh at. But Adolph Torres managed to do this every day.

I admit I was jealous of Adolph because I wanted to have that excellent attitude every day too. Wouldn't we all? And, I truly know in my heart that if more people were like Adolph Torres, the world would be a better place.

— Kevin McGuire

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

"Dads are most ordinary men turned by love into heroes, adventurers, storytellers and singers of songs." Pam Brown

Yes, Father's Day was last week, but I wanted to visit it just a little more before we turn the page and start thinking about what we're going to do July 4th. Well, we know what we're going to do here in Sierra Madre; we're going to go to the parade!

But first, just a little bit about my dad: He was an amazing and acclaimed artist and his work is on all the walls of my house. He was a storyteller with an endless supply of true and astonishing tales. He sent me many letters describing his childhood and his dad and the early wild days of California and Mexico, which I turned into a very successful Kindle book: A Treasure Map, A Drunken Owl and 47 Rattlers in a Bag! He was a covert member of the CIA, an officer in the Chinese Army, an engineer and in his 80's took a trip around the world on a container ship and ended up being the second mate. He was a gardener, a compassionate man who fed all the immigrants from below the border who came to his lime ranch in Valley Center looking for work. He would engage them in Spanish and hear some truly excruciating stories of deprivation, terror and hope for a better future. My sister, Heidi, and I miss him so much.



If you didn't read the Father's Day columns in last week's Mountain Views News by Christopher Nyerges, Peter Dills and Harvey Hyde, you can still go online: www.mtnviewsnews.com and read them now.

So great to have Harvey Hyde back in the paper. His comments on sports are interesting but, even better, he has great life experience and is willing to share it. One of his thoughts from last week: "Learning the hard way is not what we want our kids to do, but we want them to know things don't come easy. You're not a champion by just saying it. Treat people like you want to be treated. Life first. Sports later. That kept me on the right side of the tracks."

"The difference between successful people and really successful people is that really successful people say no to almost everything." Warren Buffett

Warren is absolutely right. That applies to fathers, too. John had no trouble saying "NO!" to our children when they wanted to do something that was a really bad idea.

The picture this week is one I really wanted you all to see, my grandson-in-law, Trevor Johnson, who is married to our granddaughter, Ashley. She is the labor and delivery nurse when she's not having another adorable child, like this brand-new baby, Brannan Austin Johnson, born May 21st. Trevor is such a good dad and this picture of him with the new baby and big sisters, Addie and Charlotte is something I know you'll enjoy seeing.

The weather is still doing odd things, a little sun, a little gloom, but, friends and neighbors, enjoy these last shreds of gloom...the heat is coming! Think watermelon, popsicles, barbecues and swimming.

One last observation: My yard is overrun with lizards. Fat ones, skinny ones, and they're all doing that cute little pushup thing they do. Live Science tells us that "Lizards work out for the same reason a guy at the gym might: as a display of strength. And with lizards, as can be the case with men, the push-ups also mean "get out of my territory." A new study finds some lizards make a morning and evening routine out of the displays." It feels sort of Jurassic Park to me.

A positive thought to end the week...

Everything seems much easier with a smile. Smiling makes you happier. Smiling can drastically reduce stress. Smiling helps you live longer. Smiling decreases blood pressure. Smiling can boost morale. A smile costs nothing but gives a lot. A smile takes only a moment but the memory of it can last forever. No one is so rich or so mighty that they can get along without a smile. A smile brings rest to the weary, cheer to the discouraged, sunshine to the sad and is nature's best cure for trouble. So start smiling!

If you'd like to take a look at my dad's stories, here's where to find them: Amazon.com where everything in the world is now available!

My book page: Amazon.com: Deanne Davis
Where you'll find the Emma Gainsworth Kindle novelettes,
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Sun	Sunny	Hi	80s	Lows 60s
Mon	Sunny	Hi	80s	Lows 60s
Tues	Sunny	Hi	80s	Lows 60s
Wed	Sunny	Hi	80s	Lows 60s
Thur	Sunny	Hi	80s	Lows 60s
Fri	Sunny	Hi	80s	Lows 60s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

June 27, 2023 5:30pm

THIS MEETING WILL BE HELD IN THE COUNCIL CHAMBERS!

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

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

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

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

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

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

Your event must:

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

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

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June 26—July 1

Monday

Baby Rhyme Time —In-person at 9:00am

Preschool Storytime —In-person at 10:00am

Sewing Machine Basics —In-person at 11am. Call to register

Reading Buddies —In-person from 3:30pm-5:30pm

Pixelated Art —In-person at 3:30pm

Tuesday

Teen Unofficial Book Club —In-person at 4:00pm

Anime Afternoon —In-person at 5:00pm

Wednesday

Stitch Together-Teens —In-person at 2:00pm. Call to register

Dungeons & Dragons —In-person at 3:00pm. Call to register

Thursday

Sewing Machine Basics —In person at 2:00pm. Call to register

Reading Buddies —In-person from 3:30pm-5:30pm

Saturday

Craft It! —In-person at 11:00am.

Juggler Michael Rayner —In-person at 2:00pm

Kids Chess Club —In-person at 3:00pm

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Community Services Commission has one (1) expected
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Library Board of Trustees has two (2) anticipated vacancies.

Natural Resources Commission has one current vacancy
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Pasadena Altadena

News From Your Community For Your Community

Local Area News Briefs

City Deems Vacant Medical Center a Nuisance



After years of neglect, with broken windows, graffiti and overrun with homeless squatters, Pasadena city officials, this week declared the vacant St. Luke's Medical Center in East Pasadena a public nuisance.

The historic 11 acre property and building on Washington Boulevard, owned by Denley Investment and Management Company had recently been warned and cited multiple times in just the last week for its condition. City officials said the property is an attractive nuisance and a potential danger to health and public safety.

Since the beginning of this year, Pasadena police said they have responded to last least 80 calls from nearby residents about illegal activity on the property.

Although city officials are asking that owner, Mehdi Boulour of Denley Investments, to clean up the site and maintain the property, they have not said what the next steps are but have not ruled out legal action. According to reports The city has not gotten any response from Boulour.

Built in 1933 the center has been used as a filming location for movies such as "La La Land," and "Kill Bill" among others.

Police Arrest Arson Suspect

Pasadena police announced Wednesday the arrest of a suspect believed to have set fire behind the back of a DaVita Dialysis center. The building on South Fair Oaks Avenue was occupied at the time.

Police said they arrested Johanna Romo of Pasadena in connection to the fire first reported June 13 around 5:30 a.m.

"The fire was exterior only with no extension into the building although the fire did cause a gas leak," fire officials said.

At the time of the fire there were approximately 22 people inside of the center, many in the middle of dialysis treatment. All patients were evacuated by Pasadena Police and there were no injuries reported. Dialysis staff and fire personnel continued to assess the patients during the short time they were outdoors according to Public Information Officer Lisa Derderian.

Police said they later found Romo at Memorial Park. She was seen in surveillance video setting fire to a locked area in the back of the center.

The Los Angeles County District Attorney's office is filing arson of an inhabited structure Derderian said.



Chalk Festival Turns 30 with New Location

By Dean Lee

Hundreds of chalk artists came out to the Pasadena Convention Center over Father's Day weekend to create murals with a wide range of subjects, topics, and tones. This was the 30th year for the Pasadena Chalk Festival but the first to be held entirely at the Convention Center.

"Most important to us is how the artist feel," said Tom Coston, chair of the board of the Light Bringer Project. "The artist were totally happy and they felt everyone was treating them with respect, there was no issues... everyone was happy and that's how it could be with an art event."

Coston said that although it looked smaller by size there were the same number of murals as past years. "Yea, it was congested but we had almost 500 artists and upwards of 192 murals."

He added that everyone showed up, they had no empty spaces, "Usually there is some attrition but this year it was full on participation."

"The floor quality is really good over hear, smoother, so I didn't mind the switch, I am really happy the Convention Center was able to do it because we all would have been very sad if it got canceled," said Gustavo Alonso.

He has been participating for the last 6 years.

The Paseo, host for the festival for more than fifteen years, has a new owner this year, real estate developer Onni Group and said that they would not host the Chalk Festival.

Just days after announcing the festival would be canceled Coston said the city and Pasadena Convention Center stepped in.

They [the city of Pasadena] came in and took the lion's share and replaced the Paso, as the financial sponsor, Coston said.

As tradition since The Pasadena Chalk Festival began in 1993 awards were given out.

Best overall in Festival (pictured) went to a rendering of Sasha Colby this year's "RuPaul's Drag Race" winner. The mural was done by Gustavo Alonso.

"I did it just because its Pride Month with all the drama going on, It's a tie-dye look taken from a photograph," Alonso said.

Best in Festival 2nd Place Jesse & Matthew Silva

Best in Festival 3rd Place "McCartney" by Shuji Nishimura People's Choice Award "The Elder" by Jesse & Matthew Silva Highest Bid in the Silent Auction "The Shining" by Leo Aguirre Best Use of Color "Wally Jenkins"

Pasadena Water & Power to hold Native Night Series



Join Pasadena Water and Power, in partnership with the Arroyo Seco Foundation (ASF), for the first event of the ASF "Native Night Series" Tuesday at the Hahamongna Native Plant Nursery from 7 p.m. to 8 p.m. Notable landscape architect Shawn Maestretti and groundbreaking educator and eco-sensitive designer Leigh Adams will lead the discussion. Both have been presenting across California and the U.S. on regenerative practices, nurturing biodiversity, protecting water, and bringing people together to reconnect with the natural world.

Shawn Maestretti: Landscape architect, contractor, arborist and educator. Shawn has been co-creating exceptionally designed and artfully reimagined gardens in California and Nevada since 2006. His personal mission is

to reconnect with the natural world, nurture biodiversity, protect water, and bring people together.

Leigh Adams: Eco-sensitive designer and educator. Leigh has conducted hundreds of hands-on, organically based workshops with local schools, private citizens, and professional groups. Leigh has received a Global Citizen Award from the United Nations, an Angel Award from the City of Los Angeles, an Outstanding Citizen Award from the County of Los Angeles, and was the 2020 National Gardening Teacher of the Year.

The Hahamongna Native Plant Nursery is located Hahamongna Watershed Park 4550 Oak Grove Dr.

For more information, please visit PWPweb.com/Events or email water@CityOfPasadena.net.

by Allie Shehorn Best in Animation "The Lorax" by Chris & Carmen Moran Best 3-D Effect "Aztec Laptop" by Julio Jimenez On the Way to MOCA Emily Cannon Best Rendition of a Masterpiece "Mary Magdalene in a Cave" by Bianca Ornelas Most Inspirational "What Would You Bring into the Art Therapy Space?" by Jessica Edelstein Most Humorous Sadie Samet bbFor more information about the Chalk Festival and Light Bringer Project visit: lightbringerproject.org.

Celebrate Fourth of July at the Senior Center



Enjoy life, liberty and the pursuit of patriotic fun Tuesday, July 4, from noon to 2 p.m. at the Pasadena Senior Center, 85 E. Holly St.

Bring friends and family of all ages to this concert and dance that will feature music from the Big Band era and beyond.

The cost is only \$7 for members (\$13 with box lunch) and \$10 for nonmembers of all ages (\$16 with box lunch). Optional box lunch reservations must be made no later than Saturday, July 1.

To register or for more information, visit www.pasadenaseniocenter.org and click on Activities & Events, then Special Events or call 626-795-4331.

In addition to online classes, onsite events and other activities, members and nonmembers of the Pasadena Senior Center are encouraged to visit the website regularly for a quarterly online magazine, free food delivery for older adults in need, COVID updates specifically for older adults and more.

Safety Tips for Keeping Pets Safe on the Fourth of July

Pasadena Humane is reminding pet owners that although the Fourth of July is a time of festivities for some, for our pets, it can be a huge source of stress. Many frightened pets go missing during the Fourth of July holiday, making it one of the busiest times of year for animal shelters. It's important to take extra precautions to keep your pets safe and calm on the Fourth of July.

Never bring your pet to a fireworks display

If your dog usually enjoys going to the park, you might be tempted to bring them to the local fireworks display with you, but please leave them at home. Dogs have extremely sensitive ears and can quickly become terrified and disoriented around fireworks.

Plan ahead

Since fireworks tend to happen after dark, walk your dog while it's still light out. Even a dog who's usually relaxed on walks can become extremely fearful around loud noises and potentially pull the leash out of your hand.

Create a secure sanctuary space

Keeping your pet in one room of the house may make them feel more secure. If fireworks noises are worse towards the front of your house, choose a room towards the back. Provide them with their favorite toys and blankets to comfort them. Make sure doors and windows in their sanctuary room are securely latched so there's no chance of them escaping.

Provide distractions

Puzzle toys or other treat dispensers can distract your pet from the noise and give them something positive to focus on. Additionally, soft music (such as classical music) or the sound of a soothing television show may help drown out the noise of fireworks.

Calming aids

There are many calming treats, diffusers, collars, and more



available over-the-counter at our Shelter Shop. Your pet may also benefit from a Thundershirt, which is a vest that can reduce anxiety in dogs and cats.

Ask your vet

If you've tried these tips in the past and your pet is still anxious, you may want to ask your vet for assistance. Only give your pet medication at the advice and direction of your veterinarian.

ID tag and microchip

Make sure your pet is wearing a collar with a visible ID tag. Most pets are found very close to where they live, and your pet's ID tag will help your neighbor reunite you with your pet more quickly. It's also important that your pet is microchipped as a second form of identification. Double check that your pet's ID tag and microchip are up-to-date with your current contact information.

If you find a lost pet, try reuniting them with their owner. If your pet goes missing or you find a lost animal, post on your local Nextdoor or neighborhood Facebook group, and register your pet on Petco Love Lost and create a Pawboost alert. We also recommend you check the lost pets listing on your local shelter's website.

If you need help with a lost or found pet, please call 626.792.7151 ext. 997 or email hello@pasadenahumane.org. For after-hours assistance, call 626.792.7151 ext. 970.

Philippe Eskandar Named San Marino's Next City Manager

The San Marino City Council unanimously approved last week an employment agreement with Philippe Eskandar to start July 1 as the city's next city manager.

Eskandar is an accomplished city leader with a career dedicated to public service. He is excited to be joining the City of San Marino as a partner in accomplishing the visions and goals of the City Council and community, and carrying forward the successes achieved in recent years.

"Philippe has the experience and mindset to serve our unique and treasured community. He has demonstrated to the City Council that he will be an adept and enthusiastic manager of our operations and use his strengths

to benefit San Marino in the years to come," said Mayor Steve Talt.

Eskandar has extensive experience in city leadership across all facets of municipal operations in full-service and contract cities. He currently serves as the Deputy City Manager for the City of Westlake Village and has held a variety of roles in different departments with the cities of Glendale, Burbank, and Newport Beach.

"I am humbled by the trust the City Council has placed in me by inviting me to be a member of the City of San Marino family. I am excited to join a high-performance team of staff and City Council in serving this special community," said Eskandar.

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Free Animal Doctor

San Marino Upcoming Events & Programming

Feel the Splash of Summer!

Community Services Recreation staff are pleased to bring back the summer aquatics program at the San Marino High School pool! This year's program includes Group and Private Swim Lessons, Open Swim, Adult Lap Swim & Water Walking, and Water Warrior Aqua-cise. View details and the pool schedule here!

Joyful Living Happy Life

Sunday, June 25 from 2:00 – 4:30 PM, Barth Community Room
This workshop gives you tools to face challenges in the workplace, social life, and family life. Join the Unified Charity Foundation as they talk about the customs and traditions in a new land and how to remove cultural obstacles to prosperity. Registration is not required.

Melody of China

Tuesday, June 27 at 1 PM, Children's Area
Through a partnership with the Music Center, the Library is thrilled to welcome musicians from some of the most prestigious music conservatories in China. Melody of China offers selections that feature a blending of ancient cultural traditions of China and the youthful, multicolored American culture. Registration is not required.

Tween After-Hours Nerf Lock-In

Friday, June 30 from 4 – 7 PM, Barth Community Room
When the Library lights go out, the Nerf battle begins! This tween-exclusive (ages 8-11) event will include food, unplugged games, Nerf target practice, and a once-in-a-lifetime opportunity to run amok in the Library! Space is limited and registration is required.

4th of July Celebration – Friends, Family, Fireworks!

Tuesday, July 4 at Lacy Park
Pre-sale cost: R: \$5 / NR: \$15
You're invited to attend this beloved patriotic event, featuring food trucks, a fun zone, parade, entertainment, and an exciting fireworks display! This is a ticketed event and wristbands are required for adults and youth over 2 years old. Pre-sale wristbands can be purchased now through July 3. For detailed information on wristbands, visit CityofSanMarino.org/Fireworks. For general information, call (626) 943-2627.

Senior Trip: Ronald Reagan Presidential Library and Museum: Auschwitz Exhibition

Monday, August 7 from 8 AM – 6 PM
Cost per person: R: \$96 / NR: \$111
This trip includes a 2-hour guided tour of the Ronald Reagan Library with a docent and a 2-hour audio tour of the Auschwitz Exhibit. The Library integrates hundreds of artifacts and dozens of interactive displays for visitors of all ages to explore. The Auschwitz Exhibit brings together more than 700 original objects of great historic and human value. Lunch at the Air Force One Pavilion is included. Registration is required; reserve your spot by July 17.

Summer Sunset Concerts

Friday, July 21, August 4, 18, Lacy Park
Grab your chairs and blankets to carve out your spot in the middle of Lacy Park and enjoy 3 free concerts this summer! Attendees are welcome to bring their own food and drink, or purchase concessions from a variety of food trucks. Join us on July 21 at 6 PM for The Remotes, August 4 at 6 PM for Kelly Boyz Band, and August 18 for a multicultural concert! Registration is not required.

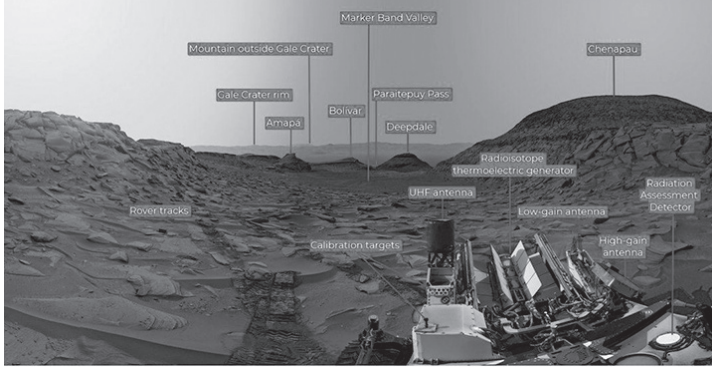
Water Schedule - California American Water

California American Water recently notified the City that, effective June 1st, all customers are encouraged to begin following the below watering schedule:
THREE-DAYS-A-WEEK
Odd Addresses (Addresses ending in 1, 3, 5, 7, 9): Tuesday, Friday, and Sunday
Even Addresses (Addresses ending in 2, 4, 6, 8, 0): Monday, Thursday, and Saturday
No watering on Wednesday
To avoid evaporation, it is recommended that customers water outdoors before 9:00 a.m. or after sunset.
Watering should be limited to a total of 10-minutes per station per allowed days.
Hand watering with a garden hose/nozzle and low-flow irrigation systems (including drip irrigation and micro spray) that emit less than two gallons per hour are exempt from days of week and time limitations.
Please note that these measures are recommended for residents, not required. California American Water has indicated that all customers will receive billing inserts and other communications notifying them of the changes. Residents can visit California American Water's website or call 888-237-1333 for more information.

Meetings

Planning Commission Meeting
Wednesday, June 28 at 6:00 PM; City Hall Council Chambers and Zoom (Public Access)
Joint City Council & Design Review Committee Meeting
Friday, June 30 at 8:30 AM; Barth Room and Zoom (Public Access)

Curiosity Martian Morning, Afternoon in New 'Postcard'



After completing a major software update in April, NASA's Curiosity Mars rover took a last look at "Marker Band Valley" before leaving it behind, capturing a "postcard" of the scene.

The postcard is an artistic interpretation of the landscape, with color added over two black-and-white panoramas captured by Curiosity's navigation cameras. The views were taken on April 8 at 9:20 a.m. and 3:40 p.m. local Mars time, providing dramatically different lighting that, when combined, makes details in the scene stand out. Blue was added to parts of the postcard captured in the morning and yellow to parts taken in the afternoon, just as with a similar postcard taken by Curiosity in November 2021.

The resulting image is in the foothills of Mount Sharp, which stands 3 miles (5 kilometers) high within Gale Crater, where the rover has been exploring since landing in 2012. In the distance beyond its tracks is Marker Band Valley, a winding area in the "sulfate-bearing region" within which the rover discovered unexpected signs of an ancient lake. Farther below (at center and just to the right) are two hills – "Bolivar" and "Deepdale" – that Curiosity drove between while exploring "Paratepuy Pass."

"Anyone who's been to a national park knows the scene looks different in the morning than it does in the afternoon," said Curiosity engineer Doug Ellison of NASA's Jet Propulsion Laboratory in Southern California, who planned and processed the images. "Capturing two times of day provides dark shadows because the lighting is coming in from the left and the right, like you might have on a stage – but instead of stage lights, we're relying on the Sun."

Adding to the depth of the shadows is the fact that it was winter – a period of lower airborne dust – at Curiosity's location when the images were taken. "Mars' shadows get sharper and deeper when there's low dust and softer when there's lots of dust," Ellison added.

The image peers past the rear of the rover, providing a glimpse of its three antennas and nuclear power source. The Radiation Assessment Detector, or RAD, instrument, which appears as a white circle in the lower right of the image, has been helping scientists learn how to protect the first astronauts sent to Mars from radiation on the planet's surface.

Curiosity was built by NASA's Jet Propulsion Laboratory, which is managed by Caltech. For more about Curiosity, visit: mars.nasa.gov/msl.

South Pasadena Fourth of July Festival of Balloons

The City of South Pasadena announced Wednesday the return of the 4th of July Festival of Balloons. This year's theme is Red, White, and Blue - Bold Stripes, Bright Stars, and Brave Hearts Too.

The activities for the July 4th Festival of Balloons will include the Kiwanis' Pancake Breakfast at the South Pasadena Fire Station at 7:00 a.m., located at 817 Mound Ave., South Pasadena. The Opening Ceremony for the parade will start at 10:30 a.m. at the South Pasadena Public Library Community Room, located at 1115 El Centro St., South Pasadena. The parade

will then begin at 11:00 a.m. and travel from Diamond Avenue to Garfield Park where games and food will be available until 3:00 p.m. Garfield Park will also host a live concert from 12:00 p.m. to 2:00 p.m. featuring U.S. 99.

Parade participants historically has, and continues to include, the scouts, officials, representatives of service clubs, and members of such sports organizations as Little League and AYSO, the South Pasadena Tournament of Roses Committee, City Council members, and participants of the Library's Summer Reading Program.

Civic leaders Ted and Joan Shaw and David Margrave started the tradition in 1982, according to the Jane Apostol's history of South Pasadena. This year's theme is "Red, White, and Blue - Bold Stripes, Bright Stars, and Brave Hearts Too."

The day will conclude with fireworks at 9:00 p.m. at the South Pasadena High School Stadium, located at 1401 Fremont Ave., South Pasadena. Firework Show presale tickets will be available for purchase beginning Wednesday, June 14 for \$11.00 per person online at southpasadenaca.gov/events. Tickets purchased for the Firework Show on July 4 will be available for purchase online from 7:00 a.m. to 7:00 p.m. for \$13.00. Gates open at 7:00 p.m. Please bring a copy of your receipt and tickets to enter the stadium. Due to the field construction at the high school, seating for the fireworks will be on the bleachers only.

Community members and groups have the opportunity to participate in the event, and all are welcome to join in viewing the event, which is open to the public and free of charge. Interested parties are encouraged to incorporate the theme into their entry's decorations and to include music. Registered participants may walk or ride along the route in a vehicle along the parade route of about 0.6 miles.

For those interested in participating in the parade, applications can be found online at southpasadenaca.gov/events. Deadline to submit an application is June 23. For more information contact the Community Services Department at (626) 403-7380 or by email at specialevents@southpasadenaca.gov.

PCC Board names Jose Gomez Interim President

In a unanimous vote, the Pasadena City College Board of Trustees has chosen educator and administrator Jose A. Gomez, Ph.D., to serve as Interim Superintendent/President of the college.

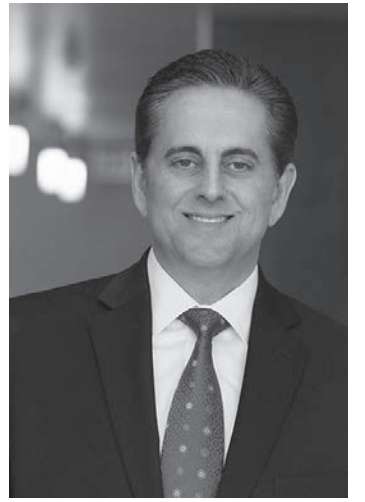
Upon approval of his contract, Dr. Gomez is expected to assume the role in mid-July. He will serve during the college's forthcoming search for a permanent chief executive.

"Dr. Gomez embodies the excellence and opportunities of community colleges, where he began his education journey as a community college student," said Sandra Chen Lau, president of the PCC Board of Trustees. "His breadth and depth of experience in higher education and in public policy provide the knowledge to lead PCC in this time of transition."

"His impeccable academic credentials and track record as an innovative, accomplished educator and administrator will serve the college well. As a Pasadena resident and a San Gabriel Valley native, he is a member of our community."

Dr. Jose Gomez is currently executive vice president, provost, and chief operating officer at California State University, Los Angeles. In his 13 years at Cal State LA, he has led major initiatives to expand opportunities for students, including the university's downtown campus, the Prison B.A. Graduation Initiative, and the regional collaboration incubator Cal State LA BioSpace.

During Dr. Gomez's time as provost, Cal State LA's enrollment and graduation rates have climbed, and the university was named a Champion of Higher Education for Excellence in Transfer by the Campaign for College Opportunity. He also established the public-private partnership between the Los Angeles Football Club and Cal State LA to renovate the university's stadium field and construct a new state-of-the-art professional soccer training and operations



facility on campus.

Prior to arriving at Cal State, Dr. Gomez served as higher education adviser to the president pro tem of the California Senate and was also executive director of the California Educational Facilities Authority, where he assisted colleges with more than \$1 billion in financing for campus development projects.

As an educator, Dr. Gomez has taught courses at Cal State LA, USC, Chaffey College, and Mt. San Antonio College, where he received the Educator of Distinction Award. His board service includes terms with the Western Association of Schools and Colleges Senior College and University Commission, the Los Angeles County Economic Development Corporation, the Western Justice Center Foundation, the YMCA of Metropolitan Los Angeles, The Broad Center, and the advisory board to Teach for America Los Angeles.

Dr. Gomez was raised in the San Gabriel Valley, and as a first-generation college student he attended Mt. San Antonio College and Citrus College before transferring to Cal Poly Pomona. His master's and doctoral degrees are from the University of Southern California, where he was a Steven B. Sample Presidential Fellow. He received Cal Poly Pomona's Distinguished Alumnus Award in 2019.

Dr. Gomez lives in Pasadena with his wife, Catherine, their three children, and two dogs.

Portantino's Statement on Last Week's Budget Vote

Senator Anthony Portantino last week released the following statement regarding the action taken by the Legislature on the 2023-24 State Budget:

"Today, the Senate voted on a budget that reflects our goals of passing a responsible budget while protecting the progress we have made in recent years. The budget we voted on today includes \$30.7B in solutions to close the budget shortfall, maintains General Fund reserves of \$37.2B, and continues to make key investments. There are also no ongoing cuts to core programs and no middle class tax increases."

As a proud champion of California's public education system, I am pleased that we were able to approve a budget that provides schools and community colleges with a \$2.1B increase in funding and maintains the Middle Class Scholarship. The budget also includes much needed investments in naloxone and opioid overdose prevention. The opioid crisis is tragic and we must do more to combat its impact on our children – and this includes making naloxone readily available for high-risk age groups. SB 234, which I authored this year, will do just that.

I am particularly excited and encouraged that we approved \$15 million for the commercial dishwasher grant program for schools to address single-use waste. Last year, I authored Senate



Bill 1255, a bill that was sponsored by the Glendale Environmental Coalition and would have created this grant program for schools. This funding will help schools with the upfront costs associated with the purchase and installation of equipment that has acted as a barrier to addressing this issue.

I am grateful that we voted to extend the Film and Television Tax Credit Program for five years beginning in 2025-26. This has long been an important program for my constituents because of the economic benefits the program provides to the Los Angeles region and California as a whole. Last year, I authored SB 485 to extend the Film and Television Tax Credit Program until 2030 and based on negotiations with the Governor and his team, I held the bill so that details could be included in this year's budget. I appreciate the Governor's commitment to this issue and thank him for collaborating with me, labor and studios on the extension.

I look forward to working with the Governor and my colleagues on a final agreement for a responsible and sound budget."

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7:00 p.m.



Hamlet
Friday, July 28, 2023
7:00 p.m.

Location:
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GOING FOR GOLD IN THEIR 80'S & 90'S

*It's never too late to be a champion
5 keys to be a winner at any age*



Sneiders Family Fitness in Arcadia celebrated their 30th year hosting the Senior Games Powerlifting Championship. Powerlifters in their 50's, 60's, 70's, 80's, and even 90's competed for gold.

91 year old George Barry, who once trained with legendary bodybuilder and actor Steve Reeves, drove to Arcadia from Ventura to capture another gold medal. As he said, "You don't stop lifting weights when you're old. You get old when you stop lifting weights." Recent studies show strength training is just as important as cardio for seniors.

Michael McAleenan from Glendale at age 86 put up an impressive 140 lbs and Arthur Altkhiller at age 81 from West Hills pressed up 125 lbs. Both gold medal winners.

30 years ago Harry and Sarah Sneider held the very first Powerlifting event for those 50 and older as part of the Pasadena Senior Olympics. Sarah Sneider at 79 and her son, Rob Sneider, who turns 50 this year both won gold medals, competing as mother and son for the first time since her beloved husband, Harry Sneider, a world champion powerlifter passed. She and son Rob continue to host the event each year.

78 year old Pete Antione from Beaumont received Best Lifter for Men by pressing up 275 lbs at a bodyweight of 190 lbs. Best Lifter for Women was Carolyn Greywood from Riverside at age 77 putting up 90 lbs.

Kingston Lee age 62 from Pasadena weighing 168 lbs bench pressed an impressive 275 lbs. Arline and Robin Connelly from Pasadena, loyal lifters through the years, now 76 and 77 both received gold medals.

Among the lifters were Mike McCann age 78 from Redondo Beach; Sandra Payne from Studio City age 60 pressing up 105 lbs; Jeanne Roy, 62, from Arcadia lifting 85 lbs; Loren McClurg from Pasadena, 68, putting up 245 lbs; and Greg Messick, age 75, from Beaumont bench pressing 165 lbs. All receiving gold medals for their age and weight classes.

Tyrone Ferdinand from Altadena at age 59, pressed up a big 425 lbs for gold cheered on by his beautiful family, his favorite fans. Official USPA referee Kevin Meskew age 67 from Arleta pressed 190 lbs at a bodyweight of 148 lbs for a gold medal. Pasadena Senior Games director Annie Laskey and spotter Carolyn Zorn were present and extremely helpful to make it a successful meet!

One need not be a great athlete to participate in the Games. Every year there are first time lifters. Many then go on to compete in AAU or USPA events.

Here are 5 Keys to Winning a Medal in the Senior Games

1. Select a Senior Games sport you enjoy.
2. Set a goal to compete in next year's Games.
3. Train regularly, consistency is the key to success.
4. Eat healthy foods and get 7-8 hours of sleep each night
5. Think positive and believe you can!

The Senior Games are in every state in the USA with multiple sports that you can participate in including pickleball, golf, tennis, swimming, track and field, cycling, softball, bowling and more. The Games are a great motivation to train and stay healthy and strong. Go for it! You can do it! Sarah Sneider can be reached at 626-355-8964 or email harrysneider@earthlink.net

MONROVIA: AN ALL AMERICAN CITY



This year, the City of Monrovia was one of 20 cities named an All-America City Fi-nalist by the National Civic League. A delegation of 25 community members, City Council and staff made the trip out to Denver, CO to showcase three projects: Monrovia Renewal, Lucinda Garcia Park, and the YES Intern Program. Photo courtesy City of Monrovia

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Fri 7/14 @ 7pm (Pink Cast)
Sat 7/15 @ 2pm (Purple Cast)
Sat 7/15 @ 7pm (Pink Cast)

HIGH SCHOOL MUSICAL, JR.
Thu 7/27 @ 1pm (Red Cast)
Thu 7/27 @ 6pm (White Cast)
Fri 7/28 @ 1pm (White Cast)
Fri 7/28 @ 6pm (Red Cast)
Sat 7/29 @ 1pm (Red Cast)
Sat 7/29 @ 6pm (White Cast)



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From the story by Henry James
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AROUND SAN GABRIEL VALLEY

Peter Dills Knows

JUNE FOOD MONTH

Recently I picked up some cherries at Vons, and, boy, were they ready to eat! You see, I have a secret love affair with the cherry -- it is my all time favorite fruit. When they are good they are oh soooo good; when they aren't they just well... aren't worth it. I got to thinking there must be a food day for most every day, and... I was right.

June is National Fruit and Vegetable Month. Yes, I know, there are a million of these designated titles for the month of June (and every other month, too!) Half of them hold about as much weight as your doctor telling you that you should go to bed at the same time every night (like that's possible...). There's "National Rocky Road Day", "I drink too much day" and of course "I'll have another day".

Instead of letting the label slip your mind like all those other futile holiday labels, use this one as an excuse to mindfully "healthify" your diet. The upcoming months are filled with fresh, seasonal produce, which makes the process of eating your fruits and veggies a whole lot cheaper, easier, and tastier.

Fruits and Veggies in June

- Arugula * Broccoli * Blueberries *Cabbage *Cauliflower * Cherries * Dandelion Greens *Kale *Leaf Lettuce * Okra * Peas * Rhubarb * Raspberries * Spinach * Spring Onions * Strawberries * Swiss Chard.

- What does July hold for us? Listen to my show on Sunday afternoon at 5PM on AM 830 AKA Angels Baseball Station
Fun cherry facts: Its name comes originally from the Greek, and in Latin means of or for the birds, due to the birds' obvious love of the fruit. The English word cherry originates from the Assyrian kar-su and Greek keros. The tree was beloved by the Egyptians, Greeks and Romans both for its beautiful flowers and its versatile fruit.

- Although a different species of cherry was already strongly established in America by the time the first colonists arrived, the new settlers brought along their favorite European variety and eventually cross-bred the two. Today, 90 percent of the commercial cherry crop is grown in the U.S., mostly in Michigan, California, Oregon and Washington.



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COACHES CORNER By Clint Moore



FROM IMBALANCE TO EQUILIBRIUM: A TALE OF PERSONAL TRIUMPH

In the bustling commotion of the 21st century, the seesaw of life, work, and stud-ies often teeter. We often find ourselves dragged towards one end, losing sight of the central harmony. Balancing these elements is crucial for physical and mental well-being; achieving equilibrium is no mean feat.

Life in the modern age can be likened to a three-legged race. Continued learning represents the quest for knowledge and personal growth; work

stands for liveli-hood; and life offers a kaleidoscope of experiences to improve our existence.

Often, one exerts an excessive pull, tipping the scale and causing other aspects to suffer. Such a pull could ignite burnout, feelings of emptiness, or even the haunt-ing presence of unfulfilled dreams.

Consider the tale of a friend, whom we'll call Alex, who excelled professionally since high school. However, his love for work and unparalleled dedication com-promised his personal life and, eventually, his health. The imbalance manifested in sleepless nights and insatiable restlessness.

A revelation struck Alex; his relentless drive for professional success was rendering him one-dimensional. This realization prompted a radical redesign of his life. He carved out time for loved ones, reintroduced self-care, and pursued a part-time position after selling his company. He instilled discipline, carved out scheduled time, and compartmentalized commitments to keep one area from bleeding into another.

The transformation was remarkable. Alex reported improved concentration, deeper family relationships, and an enhanced mind-body connection. His professional performance improved as well; he was happier and more fulfilled. His example illustrates the power of balance in our lives.

The benefits are plentiful when we balance work, life, and studies. Productivity soars, mental health improves, and personal relationships blossom. Like a well-oiled machine, each component works arm in arm, enriching our existence. In our fast-paced, high-pressure society, balance is not merely desirable but imperative.

Here are steps to attain balance:

1. Prioritize: Understand what's essential; direct energy accordingly.
2. Time Management: Organize schedules ensuring each aspect gets its due.
3. Set Boundaries: Prevent one area from invading another; keep them separate. Respect the limits.

Life is a juggling act; maintaining a healthy balance between work, life, and stud-ies prevents dropping any balls. As we navigate the maze of modern existence, re-mem-ber our goal goes beyond survival. We must aim to prosper. Balance, dear reader, is the secret to that recipe. May Alex's story inspire and guide you to a bal-anced life. Achieving equilibrium leads to personal fulfillment and resonates with everyone around you, creating a well-coordinated dance of existence.

Feel free to put my email address at the bottom again, "Clint@habitus.care", and if there is a way to add "Mindset Coach" as a title at the bottom, that would be great-ly appreciated.

Piano Technician
Tuning & Repairs

Matt Hill
626-487-6685
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PUBLIC HEALTH AGENCY AWARDS VECTOR INSPECTORS OF THE YEAR

Middle school students complete mosquito surveillance, citizen science program



The San Gabriel Valley Mosquito & Vector Control District (SGVMVCD/District) proudly awarded 44 Vector Inspectors of the Year (VIY) from the cities of Sierra Madre, West Covina, and Monrovia for their participation in a mosquito surveillance program. Through Operation Mosquito G.R.I.D., students use the same tools as vector ecologists to determine the presence or absence of invasive Aedes mosquitoes.

communities if mosquitoes remain unchecked. The students' actions on their properties, during, and beyond the conclusion of the surveillance project, protect their entire neighborhood.

SGVMVCD Education Specialist Kriz-tian Luna Corona stated, "Operation Mosquito G.R.I.D. exposes students to real-life public health work. Their investigative efforts at home and exposure to data analysis build 21st century S.T.E.A.M. skills and prepare students to be public health heroes of tomorrow.

VIY recipients committed to the program for the length of the school year. Operation Mosquito G.R.I.D. requires them to sign up for the program, prepare their property for mosquito surveillance, and submit two types of surveillance data within the first six weeks. Additionally, students submitted stagnant water samples to look for evidence of aquatic stages of mosquitoes and lure papers for evidence of egg-laying Aedes mosquitoes. The VIY award recipients didn't stop there, they continued to report findings through their 1-, 3-, and 6-months

check-in surveys. The program is designed to make positive contributions to reducing public health risk in their communities.

"My students benefited greatly from Operation Mosquito G.R.I.D.!" said Danny Woo, a teacher from San Jose Charter Academy. "We are always looking for ways to increase their scientific agency and the fact that they were able to apply the scientific process to a task that was helpful to their community was extremely meaningful."

Above: Sierra Madre Middle School students with awards

Teachers interested in bringing Operation Mosquito G.R.I.D. sample analysis into their classrooms can visit www.vectoreducation.org/professional-development. Registration is now open for fall 2023 Operation Mosquito G.R.I.D. at www.vectoreducation.org.

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

LOCAL STUDENTS PERFORM AT CARNEGIE HALL!



CEMALA (Classical European Music Academy Los Angeles) under the direction of Magdolna Berezvai gave a sensational performance at Carnegie Hall in New York.

Carnegie Hall witnessed some talent from CEMALA with high discipline measures achieved where they gave an outstanding performance including the talented San Gabriel Valley violin prodigies Aaron Lu (14 years old), Alexa Behravesh (10 years old), Allen Chen (8 years old), Evan Girard-Sun (14 years old), Sunny Xu (15 years old), Ngai Zou (12 years old),

The renowned Stern Auditorium / Perelman Stage where countless historic concerts Tchaikovsky, Dvořák, Mahler, and Bartók to George Gershwin, Billie Holiday, Benny Goodman, Judy Garland, and The Beatles, an honor roll of music-making artists representing the finest of every genre has filled Carnegie Hall throughout the years since its first opening night in 1891.

Especially after Covid, the spirit is still present within CEMALA and amazing to see the sacrifice parents make for their children's success. CEMALA gave a gloriously rich, focused sound; that nimble, immaculate technique; that sense of meaning and purpose CEMALA injects into every single note; and, above all, that effortless charisma. It was a perfect stage for not only CEMALA but for New York City.

San Gabriel Valley students Aaron Lu (14 years old), Alexa Behravesh (10 years old), Allen Chen (8 years old), Evan Girard-Sun (14 years old), Sunny Xu (15 years old), Ngai Zou (12 years old) were extremely brave and heroic for taking part in this fulfilling journey.

Aaron Lu, left, age 14 said "Both New York City and Carnegie are very beautiful and I will like to go again there sometime very soon."

Alexa Behravesh, (r) age 10 said: "To me Carnegie Hall is one of the biggest places to perform and it was fun and I got to experience how every note in music matters"

Allen Chen, age 8 said: "I had lots of fun and the stage was very big"

Evan Girard-Sun age 14 (l) said: "Coming from Los Angeles and having the opportunity to play at the legendary Carnegie Hall in New York, especially as a 14-year-old violinist, has been a dream come true. I am incredibly grateful to my mentor, Ms. Magdolna, for opening the door to this remarkable experience. Ms. Magdolna is the warmest teacher I've ever met. She takes us on trips, lets us play in all sorts of stages and gives us tons of chances to get our feet wet with performances. And the encouragement she gives me... it just lights a fire in me. She's given me the confidence to play, and helped me see beauty in classical music. Thanks to her trust, I'm fired up and ready to work my hardest to become the best violinist I can be."

Allen Chen - above the

Sunny Xu age 15 (r) said: "The performance was quite remarkable. The ability to see that all the hard work has paid off is truly stellar, but it was only possible under our conductor's, Ms. Magdolna's leadership."

Ngai Zou age 12 said: "Under the guidance of the teacher, the ability of teamwork has been improved and the ability of stage performance has been enhanced." CEMALA (Classical European Music Academy Los Angeles)

a comprehensive violin school, is committed to nurturing young extraordinary musical talents. The opportunity to travel and perform at Carnegie Hall was an eye opener.

The Academy is under the leadership of the Hungarian born violinist Magdolna Berezvai, who has brought to Los Angeles her expertise she learned in her musical studies in Hungary, proving again that music truly is a refuge!

Magdolna said "I am so proud. The children simply played the challenging pieces in a very professional manner." This also was the first debut premiere of CEMALA's arrangement of the Butterfly. CEMALA currently is preparing for their next concert tour which will take place in Spain, 2024 next year.

CEMALA practices hard and gathers new experiences from numerous performances. That's a lot of work but it's also a lot of fun, as CEMALA takes various opportunities to combine practices with other fun activities like performances in Disneyland, Universal studios, Seaworld and community venues including other performances such as the White House, LA Lakers, Italy Concert Tour, Eastern European Concert Tour 2019, Iceland Concert Tour 2018, and China Concert Tour which was cancelled due to COVID.

For more information: Contact Magdolna Berezvai, CEMALA's Artistic Director at 323-678-3239 or visit www.cemala.com



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(626) 355-3463
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Arcadia Christian School
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https://school.abvmpasadena.org/

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website: www.barnhartschool.org

Bethany Christian School
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Principal: Jonathon Hawes
website: www.bcsliions.org

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Head of School, Jo-Anne Woolner
website: www.goodenschool.org

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

La Salle College Preparatory
3880 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 351-8951 website: www.lasallehs.org
Principal Dr. Jamal Adams
Monrovia High School
325 East Huntington Drive, Monrovia, CA 91016
(626) 471-2800 Principal Darwin Jackson
Email: schools@monrovia.k12.ca.us

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

Pasadena High School
2925 E. Sierra Madre Blvd. Pasadena, Ca.
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Sierra Madre Middle School
160 N. Canon Sierra Madre, Ca. 91024
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E-mail address: newsom.garrett@pusd.us

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www.waldenschool.net

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Lisa Feldman: Head of School

Wilson Middle School
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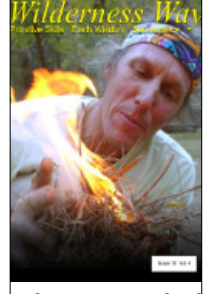
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Website: www.duarte.k12.ca.us

CHRISTOPHER Nyerges [www.SchoolofSelf-Reliance.com]



SETTING SURVIVAL PRIORITIES

[Nyerges is the author of "Urban Survival Guide," "Extreme Simplicity: Homesteading in the City," "How to Survive Anywhere," and other books on survival and self-reliance. For more information on his classes and books, go to www.SchoolofSelf-Reliance.com, or Box 41834, Eagle Rock, CA 90041.]

We're always talking about "being prepared" but what does that actually mean, in practice? In general, "being prepared" means being ready for some calamity that might happen, but we hope it doesn't.

Does everyone prepare the same way? Of course not. Everyone's situation is always just a little bit different, depending on many factors. Your planning and prepping should reflect your unique life situation. And even if this may seem obvious to some of you, let's look at the factors that go into emergency planning.

YOUR HOUSEHOLD

The size and makeup of your household has a lot to do with your planning. Do you live alone? Are you strong and fit? Does your household include elderly, children, or those with special medical needs? Is everyone you live with all on the same page when it comes to how to be prepared for an emergency? (This is rarely the case).

I suggest you make a list of all the "must-have" needs for YOUR family, and make sure you always have extra of those items.

YOUR LOCATION

Do you live in an urban area, or in a rural area? Or do you live somewhere in-between, in suburbia? Do you know your neighbors? Are you involved with community groups? Do you have a sense of the people who live around you? Does your location experience regular deep cold or very hot conditions? Is your area prone to flooding? Do you live in an isolated area?

So, although we can agree that there are certain basics that can apply to everyone everywhere, the WHO and the WHERE of your situations are going to be the key factors for how you go about your specific planning.

I suggest you keep a map on the wall of YOUR area, and list all the likely emergencies that you should do what you can to be ready for. This includes the supplies you need, the possibility of evacuation, and the need to stay in touch with your neighbors.

SPECIFICS

Since we are not defining a specific "survival situation" here, you can use your imagination to see what sorts of situations have happened in your area in the past, and attempt to be prepared for that. For example, natural disasters include flooding, high winds, tornadoes, wild fires, earthquakes, drought, etc. Man-made disasters include economic downturns, riots for various causes, civil war, war by invasion, deadly fumes from factories, spilled chemicals, etc.

There are a lot of threats to our health and safety, and it's nearly impossible to prepare for everything. But knowing your local area makes a big difference, since part of your planning will be to evacuate, or figure out how to stay safe in place.

WHAT THE EXPERTS SAY

I posed this question about how to set survival priorities to a variety of individuals. I wanted to learn how others approached the topic. Some that I spoke to are experts in their fields, and some simply live with their families and want to be safe. I told them that I'd like to hear whatever they felt was important both in terms of the "big picture" and in terms of not letting "little things" turn into major disasters. Here are some of their varied responses:

BARTON BOEHM

Barton Boehm is a martial arts master who did his training in Japan under harsh conditions. He authored the book, "Lessons from a 21st Century Samurai: The Seiken Way." He is currently retired but still does some limited martial arts training.

He tells me, "In order to answer the question, how to prioritize survival, one needs to answer the question what does one mean by survival? Everyone will have a slightly different answer. And then, no matter how much you prioritize or prepare, things will never happen how you imagined! I speak from experience.

"With this thought in mind I offer the following suggestions:

First, survival is not a matter of preparation or priority. It is a way of living your life deliberately and in full awareness of what is most important to you.

Second, we survive collectively and not as individuals. It's imperative we think 'prepare to share, not to prepare to survive.'

Third, the more we think of how to help, the better our we can prioritize and what to prepare for. The actual preparations that each person does is academic and will automatically unfold before you."

I found myself agreeing with Boehm in the larger sense that you should find a way to live your life deliberately will full awareness in order to be the most prepared for anything.

JULIA HAN, a professional living and working in Los Angeles:

Since Han is the only person I spoke to who lives in the heart of Los Angeles, I found her comments most useful and insightful.

She says "Because I live in a dense urban area of Los Angeles, there are advantages with the close proximity to people and supplies. But the disadvantages are that I don't have a lot of space to store things and that I rely heavily on municipal infrastructure and stores for basic needs. I drive on the roads of LA on a daily basis and I work in a high rise, and both environments have their own set of risks. I rent a small studio ADU which limits my ability to store/grow food and store/collect water. I live in the middle of the city, so I don't have immediate access to natural sources for water, plants, and other materials.

"Therefore, my survival priorities are as follows:

- 1) People: In the urban environment, I think the top priority is recognizing the importance of working with people in any emergency situation. I try to build and maintain good relations with my neighbors, and take advantage of opportunities to engage with my community, such as through my community garden.
- 2) Being alert, cautious, and observant: This is true on a daily basis in the city, but even more so during major events. I try to be constantly aware of who is around me, who might need help, and take common sense precautions.
- 3) Skill-building: One advantage of living where I live is the abundant opportunity for hands-on learning. I go to local survival classes, foraging/ethnobotany classes, and I took the CERT training, all of which have been so helpful. I also plan to take Angelo Cerveras' highly recommended self-defense classes.
- 4) Planning for infrastructure failure: I do what I can with the following, but in my situation, I know that "prepping" itself may be useless without the priorities mentioned above.
 - water: storing what I can, knowing my nearest water sources, having methods of purification
 - power: storing non-electrical sources for warmth, cooking, and light, as well as so-lar-charged battery for small devices
 - travel: bicycle as alternative to vehicle, city/regional map (street and topographic)
 - safety/medical: first aid supplies, protective equipment, basic training in bleeding control, CPR, and administering first aid
 - information: hand-crank radio"

Katnip News!



Comical "COSMO!"

Cosmo is the cutest tuxedo kitten with an adorable little "milk mus-tache." He is a high-energy boy with a can-do spirit! He plays with anything and everything, and is currently learning how to play fetch! During rest breaks, he

loves to cuddle up on the neck of whoever is around and purr nonstop.



Submit adoption application on our website.

Pet of the Week

Three-year-old Doberman Pinscher Eli is always up for an adventure! He's a SoCal dog for sure- one minute he's hiking in the mountains, the next he's frolicking in the ocean! Eli recently took a field trip with some of his friends at Pasadena Humane. He went to the beach and had a blast! He loved the surf, the smell of the ocean air and chasing crabs! He met lots of new friends, human and canine, and was a perfect gentleman to everyone. Eli is ready to be your copilot on your next outing! The adoption fee for dogs is \$150.



All dog adoptions include spay or neuter, microchip, and age-appropriate vaccines. 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.

View photos of adoptable pets and schedule an adoption appointment at pasadenahumane.org.

Adoptions are by appointment only, and new adoption appointments are available every Sunday and Wednesday at 10:00 a.m.

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

CLASSES AND BOOKS

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www.SchoolofSelf-Reliance.com

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Pets in need
Some pet parents cannot afford the cost of vet care right now. You can help those pets! Visit us:
www.FreeAnimalDoctor.org

Sierra Madre based non-profit
Free Animal Doctor

SAFE PATH FOR SENIORS

Steve Sciorba, Senior Placement Specialist

There are many reasons in working with Safe Path for Seniors, we will assess your loved ones and make recommendations depending on care needs and budget.

With our many years of experience, we will make an informed recommendation.

We work with large communities to the small 6-bed, board & care residential homes.

You will tour with an experienced consultant who will work with you through the entire process, from selecting the right living environment to all of the necessary paperwork involved.



The good news is that there is no cost for this service.

If you have any questions about placing a loved one, visit our web site:

www.safepathforseniors.com
or call Steve at 626-999-6913

BEST MEAL DELIVERY SERVICES FOR SENIORS WHO DON'T COOK

Dear Savvy Senior:

Can you recommend some good healthy meal delivery options for seniors who don't cook or get out much? My 80-year-old father, who lives alone, has a terrible diet and I worry about his health. Concerned Daughter

Dear Concerned:

There are actually a wide variety healthy meal delivery options that can help non-cooking seniors who live at home. Here are several top options to check into.

Community-Based Programs

A good place to start, is to find out if there's a senior home delivery meal program in your dad's area. Meals on Wheels is the largest program that most people are familiar with, but many communities offer senior meal delivery programs sponsored by other organizations that go by different names.

To find services available in your dad's area, visit MealsOnWheelsAmerica.org, which offers a comprehensive directory on their website, or call the area aging agency near your dad. Call the Eldercare Locator at 800-677-1116 to get the local number.

Most home delivered meal programs across the U.S. deliver hot meals daily or several times a week, usually around the lunch hour, to seniors over age 60 who have problems preparing meals for themselves, as well as those with disabilities. Weekend meals, usually frozen, may also be available, along with special diets (diabetic, low-sodium, kosher, etc.).

Most of these programs typically charge a small fee (usually between \$2 and \$9 per meal) or request a donation, while some may be free to low-income seniors who qualify for Medicaid. There are also some Medicare Advantage plans that cover limited meal service benefits.

Meal Delivery Service Companies

Another great option for your dad is to order him some pre-made meals online from a meal delivery service company. These companies provide a wide variety of tasty meal choices and will usually post the nutrition information for their meals right on their website.

Most companies will also cater to a host of dietary and medical needs, such as low-sodium and low-carb meals, diabetic meals, gluten-free, dairy-free, and vegetarian options. Plus, the ordering process is very easy.



Depending on the company you choose, the food arrives either fresh or frozen and most deliver all across the U.S. Prices generally start at around \$8 to \$13 per meal, plus shipping, however many companies provide discounts or free shipping when you order meals in bulk. And most companies work with Medicaid and some Medicare Advantage plans to help reduce costs. Some of the best meal delivery companies for older adults, as rated by Verywell Health for 2023 include:

Best Variety: Magic Kitchen (magickitchen.com)

Best Value: Mom's Meals (momsm meals.com)

Best for Nutrition Consultation: BistroMD (bistromd.com)

Best Plant-Based Meals: Mosaic (mosaicfoods.com)

Best Gluten-Free: ModifyHealth (modifyhealth.com)

Best Chef-Prepared: CookUnity (cookunity.com)

Best for Customization: Snap Kitchen (snapkitchen.com)

For more information on this list and their testing methodology, visit VerywellHealth.com and search "Best Meal Delivery Services for Seniors."

Grocery Stores and Restaurants

Depending on where your dad lives, he may also be able to get home delivered meals from local grocery stores or restaurants. Some grocery stores offer a selection of pre-cooked meals and foods, including roasted chicken, mashed potatoes, and fresh soups and salads. Contact the grocery stores in your dad's area to inquire about this option. Or check with some of his favorite restaurants to see if they offer home delivery, or he could use a restaurant delivery service like UberEats.com, DoorDash.com or GrubHub.com.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

SENIOR HAPPENINGS**HAPPY BIRTHDAY! ...JUNE Birthdays***

Joanne Thrane, Nellie Haynes, Dorothy McKay, Diane Hatfield, Georgette Dunlay, Elizabeth Shula Donna Doss, Mary Carney, Carol Handley, Marilyn McKernan, Pat Fujiwara, John Shier, Beth Smith-Kellock, Ann Disbrow, Joan Ellison, Anne Montgomery, Trini Ornelas, Martha Spriggs, Pat Starkey, Kathleen Coyne, Suzanne Decker, Jacque Persing, Jeanne Peterson, Roxana Dominguez, Carolyn Lanyi, Claire McLean and Grace Sanders . * To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required

SENIOR CLUB Every Saturday at Noon Hart Park House
Open to all seniors 50+ Fun - Games - And More! Call Mark at 626-355-3951

SENIOR GAME TIME
1st & 3rd Wednesdays 11:00 am— 12:30 pm Hart Park House
Choose from a variety of games to play! Cards, Bridge, Dominos, Chess, Checkers, Board Games \$ More.

TEA AND TALK BOOK CLUB
Wednesday, 6/14 and 6/18 9:00 am Hart Park House

Tea and Talk, meets twice a month to discuss the fun, suspense, intrigue, love and so much more that each selection will have in store!

HULA AND POLYNESIAN DANCE
BEGINNERS - Every Thursday 10-11:00 am
INTERMEDIATE Every Friday 10-11:00 am

Bring a lei, your flower skirt or just your desire to dance! Hula in the Park is back and waiting for you to join in on all the fun! Memorial Park Covered Pavilion.

CHAIR YOGA
Every Monday and Wednesday 10-10:45 am
Please join us for some gentle stretching, yoga, balance exercise and overall relaxation with Paul. Classes are ongoing and held in the Memorial Park Covered Pavilion or the Hart Park House.

Senior Cinema

1:pm in the Hart Park House Senior Center

Wednesday 6/14 Where the Crawdads Sing
A woman who raised herself in the marshes of the Deep South becomes a suspect in the murder of a man with whom she was once involved.

Wednesday 6/28 Murder Mystery
A New York cop and his wife go on a European vacation to reinvigorate the spark in their marriage, but end up getting framed and on the run for the death of an elderly billionaire.

OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

I'M TOO SMART TO BE STUPID

After being married for over 50 years, my wife, The Gracious Mistress of the Parsonage, knows more about me than I know about myself. At least, that's the perception I get from her actions.

It must be true when she says something about me, and I won't challenge her with anything she says. I have a Ph.D. (Pretty Hard Dude) in the husbandology field. I can take anything she throws at me.

Recently we were watching TV, and the news had an outlandish story. Looking at my wife, I said, "I sure hope I'm not that stupid." Of all the times to be stupid, I chose the right time. Looking at me, she said, "Well, my dear, my opinion is that you are too smart to be that stupid." I did not think I heard what I heard, so I asked her to repeat it. "You heard me. You just want to hear it again," she said laughingly.

It was just the beginning of a new chapter, and I wasn't sure where it was going. One day this past week, we drove across town, and the traffic was rather crazy. Cars were weaving in and out and racing down the street. Then a motorcycle passed, weaving in and out of the traffic.

Looking at me, my wife smiled and said, "At least you're too smart to be that stupid." With a nod of agreement, I smiled as we continued our journey. I'm not sure what's happening, but that phrase is ringing in my head like no other phrase I've heard before. The fact that my wife of 50 years thinks I'm too smart to be stupid has to have some credibility. I've been thinking of ways to use this to my advantage. I've never had such an advantage, so I need to be very careful about how to use it. For example, I need to be able to use it in such a way that The Gracious Mistress of the Parsonage doesn't recognize my advantage. I was smiling as I thought about this because I would have a great victory if I could pull this one over on my wife. The problem is, if I do have this victory, how can I celebrate it without giving myself away? After all, she said I was too smart to be stupid.

To process my plan, I needed to have her repeat what she said, so as we were driving, I pointed to one driver and said, "I hope I'm not that stupid."

"Remember what I said," she chuckled, "you're too smart to be that stupid." Smilingly I thanked her, and we continued driving while I looked for something stupid to call her attention. By the time we got to our destination, I had found about three incidences of stupidity, and for all three, I got her to tell me that she thought I was too smart to be that stupid.

I can't relay how wonderful it was to hear that phrase. I need to be able to develop more ways in which to hear her say that without showing my hand. I don't often get compliments like this, so I will try to plan it out carefully.

Just before we got home, we saw someone doing something more crazy than I had ever seen. Not thinking too much, I said, "I hope I'm not that crazy."

Smiling at me, she said, "My dear, I said you were too smart to be stupid but not crazy." At the time, I didn't quite understand what she was saying, but as I thought about it, I was concerned about what she thought I was doing that was crazy. Now if I was in my right mind, and believe me, I have no mind left, I would ask her what she meant by being crazy. If I asked that, I was sure she would tell me, and when she told me, I was sure I would not be a happy camper. It's very obvious through time that her idea of crazy and my idea of crazy are certainly not twins.

I think crazy is something people do that makes them look foolish. That's what I would think, but then if that's what she thinks, then she doesn't think I'm not smart enough to be crazy. As I was thinking about that, my brain went into an ultra-crazy mode. I had to be careful in case some of that crazy seeped out, and my wife saw it.

I thought maybe I could trick her into describing it to me, so I asked, "When have you seen me acting crazy?"

She laughed like I'd never heard her laugh in a long time. At the time, I didn't understand what she was laughing about, and then she told it.

"Oh my dear," she said, taking a deep breath, "when you are acting crazy, believe me, you are not acting."

I had to think about that for a long time. So if I had to choose between "crazy" and "stupid," my best choice would be crazy.

Later as I reflected on this I remembered what Solomon said. "The way of a fool is right in his own eyes; but he that hearkeneth unto counsel is wise. A fool's wrath is presently known: but a prudent man covereth shame" (Proverbs 12:15-16).

I'm going to commit myself to hearken unto some wise thinking to cover my shame.

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FAMILY MATTERS**3 REASONS WHY SINGLE FOLKS WITH NO CHILDREN NEED AN ESTATE PLAN**

The fact is that many people who are single without children will eventually marry or form other relationships. In addition, many parents are single yet have children. Yet, for other young adults, staying single and childless is a matter of choice. And if trends hold, the number of single, childless households is likely to increase in the coming years.

While most adults don't take estate planning as seriously as they should, if you are single with no children, you might think there's really no need for you to worry about creating an estate plan. But this is a huge mistake. In fact, it can be even MORE important to have an estate plan if you are single and childless.

If you are single without kids, you face several potential estate planning complications that aren't an issue for those who are married with children. And this is true whether you're wealthy or have very limited assets. Indeed, without proper estate planning, you're not only jeopardizing what wealth and assets you do have, but you're putting your life at risk, too. And that's not even mentioning the potential conflict, mess, and expense you're leaving for your surviving family and friends to deal with if something unexpected happens to you.

If you're single and childless, consider these three inconvenient truths before you decide to forego estate planning.

1. Someone Will Have to Handle Your Stuff

Whether you're rich, poor, or somewhere in between, in the event of your death, everything you own will need to be located, managed, and passed on to someone, which can be a massive undertaking in itself—one that few families are properly prepared for.

In fact, following a loved one's death, American families spend an average of 500 hours and \$12,700 over an average of 13 months (20 month if probate is required) to finalize their deceased loved one's affairs and settle their estate, according to the first annual Cost Of Dying report released this March by tech startup Empathy in partnership with Goldman Sachs.

On top of the logistical complications involved with finalizing your affairs, without a clear and comprehensive estate plan, including at least a will – and often a trust – your assets may have to go through the court process of probate, where a judge and state law control who gets everything you own. And in the event no family steps forward, your assets can become property of the state.

Why give the state everything you worked to build? And even if you have little financial wealth, you undoubtedly own a few sentimental items, maybe even including pets, that you'd like to pass to a close friend or favorite charity.

It's rare for someone to die without any family members stepping for-

ward. It's far more likely, however, that some relative you haven't spoken with in years will come out of the woodwork to stake a claim. Without a will or trust, state intestacy laws establish which family member has the priority inheritance. If you're unmarried with no children, this hierarchy typically puts parents first, then siblings, then more distant relatives like nieces, nephews, uncles, aunts, and cousins.

Depending on your family, this could have a potentially troubling—and even deadly—outcome. For instance, what if your closest living relative is your estranged brother with serious addiction issues? Or what if your assets are passed on to a niece with poor money-management skills, who is likely to squander her inheritance?

And if your estate does contain significant wealth and assets, this could lead to a costly and contentious court battle, with many of your relatives hiring expensive lawyers to fight over your estate. In the end, this could tear your family apart, while making their lawyers rich—all because you didn't think you needed an estate plan.

I'm sure that's not what you want. But unfortunately, I see it happen all the time.

2. Someone Will Have Power Over Your Healthcare

Estate planning isn't just about passing on your assets when you die. In fact, some of the most critical aspects of estate planning have nothing to do with your money at all, but are aimed at protecting you while you're still very much alive.

Proactive planning allows you to name the person you want to make healthcare decisions for you in the event you are incapacitated and unable to make such decisions yourself. This is done using an estate planning tool known as a medical power of attorney.

For example, without a medical power of attorney in place, if you're incapacitated due to a serious accident or illness and unable to give doctors permission to perform a potentially risky medical treatment, it would be left up to a judge to decide who gets to make that decision on your behalf.

If you have a romantic partner but haven't granted him or her medical power of attorney, the court will likely have a family member, not your partner, make those decisions. And that person may make decisions contrary to what you or your partner would want.

And if you don't want your estranged brother to inherit your assets, you probably don't want him to have the power to make life-and-death decisions about your medical care, either. But that's exactly what could happen if you don't put a plan in place.

Furthermore, your family members who have priority to make decisions for you could keep your dearest friends away from your bedside in the event of your hospitalization. Or family members who don't share your values about the type of food you eat, or the types of medical care you receive, could be the one's making decisions about how you'll be cared for.

To address these issues, you need to implement an estate planning tool that provides specific guidelines detailing exactly how you want your medical care to be managed during your incapacity, including critical end-of-life

decisions. This is done using an estate planning vehicle known as a living will.

Bottom line: If you are single with no kids, you need to create an estate plan to name healthcare decisions-makers for yourself and provide instructions on how you want those decisions made should you ever become incapacitated and unable to make those decisions yourself.

3. Someone Will Get Power Over Your Finances

As with healthcare decisions, if you become incapacitated and haven't legally named someone to handle your finances while you're unable to do so, the court will pick someone for you. The way to avoid this is by granting someone you trust durable power of attorney.

A durable power of attorney is an estate planning vehicle that gives the person you choose the immediate authority to manage your financial, legal, and business affairs if you're incapacitated. This agent will have a broad range of powers to handle things like paying your bills and taxes, running your business, collecting your Social Security benefits, selling your home, as well as managing your banking and investment accounts.

Without a signed durable power of attorney, your family and friends will have to go to court to get access to your finances, which not only takes time and money, but it could lead to the mismanagement—and even the loss—of your assets should the court grant this authority to the wrong person.

What's more, the person you name doesn't have to be a lawyer or financial professional; it can be anybody you choose, including both family and friends. The most important aspect of your choice is selecting someone who's imminently trustworthy since they will have nearly complete control over your finances while you remain incapacitated.

Don't Leave So Much At Risk Given these potential risks and costs for yourself and those you care about, it would be foolhardy to ignore or put off these basic estate planning strategies just because you if you are single and without kids. Identifying the right estate planning tools is easy to do, and it begins with a consultation with a qualified estate planning attorney who will consider everything you own and everyone you love, and guide you to make informed, educated, and empowered choices for yourself and your loved ones.

In the end, it will likely take just a few hours of your time to make certain that your assets, healthcare, and finances will be managed in the most effective and affordable manner possible in the event of your death or incapacity. Don't leave your life and assets at risk or leave a mess for the people you love; get your estate planning handled today.

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STUART TOLCHIN PUT THE LIGHTS ON AFFLUENZA



“Affluenza” I discovered the word this morning as I searched around looking for material for the article which was already bouncing around in my head. Originally I was going to title this article “The Curse of Wealth” but “affluenza” caught my attention. It is described as a psychological malaise symptoms of which include a lack of motivation, feelings of guilt, and a sense of isolation. In 2007 British psychologist Oliver James related the stimulation of artificial needs to an increase in material inequality.

James theorized that the more unequal a society the greater the unhappiness of its citizens. He later wrote that “placing a high value on money possessions, appearances (physical and social) and fame” was the actual rationale behind mental illness. Other authors assert that overconsumption, “luxury fever”, consumer debt, overwork, waste, and harm to the environment have consequences. These consequences lead to “psychological disorders, alienation and distress” causing people to self-medicate with mood altering drugs and excessive alcohol consumption. This is a description that, at least for me, seems to describe most everyone I know.

What is going on? Why does everyone seem to be so unhappy? A couple of months ago I saw an episode of the TV Series “The Reluctant Traveler” in which the creator of the series, Eugene Levy, speaks to a young Navajo man. Levy, like me is a Jewish man in his seventies. Unlike me he is pretty rich and famous but is uncomfortable and dissatisfied. He speaks to an indigenous young Navajo man and we get the feeling that this young man's life is very satisfying. That satisfying life is a by-product of the way he lives. He always knows where he is just by looking up at the North Star. He lives in the very same area as his parents, children, grandparents and previous generations have lived. His major concern is to keep his traditions and ancestral language alive. Very few of us have lived that way.

Why have people moved around so much? I think it is because this culture is so involved in pursuing false goals. Even if we get rich or famous it is never enough. Today I think of the billionaires trapped beneath the sea in their lost Titanic submersible. What were they really looking for? I speculate that the billionaires and the rest of us are desperately searching for a kind of inner peace and freedom and all of us are looking in the wrong places. Maybe the fault lies with the capitalistic system in which wealth accumulates but is never enough? How can we be satisfied, pleased, happy, with our own lives.

As the world around us seems to be destroying itself how can we feel safe? Maybe we can create a semblance of control of our emotions by realizing that we have choices. I have been reading Viktor Frankl's “Man's Search for Meaning” which begins with a first-person account of surviving within the death camp of Auschwitz. I think what I have gained so far is that it is not necessary to be run by the negative voice inside. There are always choices to be made at every moment and a feeling of connectedness and satisfaction is a by-product of a direct experience of oneself at every moment. Shakespeare has said, “This above all: to thine own self be true.” But what self is he talking about? The one constantly comparing itself to others pursuing goals of more money or more fame or more weapons, or even more youth. For me the answer right now is to look within myself and notice who I am and what I want to do. My whole life I have wanted to be a writer and I know that writer's write. Right now I have a choice and I am writing. For the moment, that's pretty satisfying and after all life is but a series of moments and this moment I have stayed within my word limit. Maybe I'll feel different after I read my piece but, after all, that just will be another moment and I will have another choice to make then. Another point Frankl emphasized was the importance of not giving up.



RICH JOHNSON



NOW THAT'S RICH THINGS AND STUFF

So, how's things? Which things exactly are you asking about? A sure thing? The real thing? The thing in your pocket? The right thing? Are you talking about any of those things?

Queen sang to us about that “Crazy Little Thing Called Love”. George Harrison told us “All Things Must Pass”. Julie Andrews sang to us “These are a few of my favorite things?”

Want to be really confused? The word for thing in French is pronounced “chose”. In Italian the word is “cosa”. In Chinese “Shiwu”. “Who-wu”? Shiwu lol!

As of here and now, I'm calling for a worldwide boycott (at least in the San Gabriel Valley) of the rank overuse of the word thing. You may be asking yourself, why should we stop using words like things and stuff? Why? Frankly, in my case, I'm not very smart. (I peaked at age 12). I'm not even sure how I could get smarter However, I'm convinced with a little effort, I could look and sound smarter...someday! I can live with that! You good with that?

So, those of us in the San Gabriel Valley should lead the way to look smarter. By reducing the use of the word “thing” at least we will sound smarter.

If per chance this weekend, you see me carrying around a “thing” don't walk up and ask me, “Hey Rich, what's that thing you're carrying around?” Come up and say, “Hey, what's that apparatus you're carrying around?”

Instead of me asking my editor what things I should write about, I should ask, Susan, what range of topics should I address...my good woman!

Not what new things does your iPhone offer, go ahead and ask me what new features does my iPhone offer?

What things will I need to bring on our Arctic Expedition? I should ask what gear should I bring?

Don't say...one thing was certain: Rich was a moron. Instead, say...one truth was inescapable: Rich was a moron.

By the way, what was Rich doing on this Arctic Expedition? Things!

If I don't stop now my column may turn into a palaver. None of us would want that.

TOM PURCELL



AMERICANS REDISCOVER THE SUMMER PICNIC

It's a positive trend that I hope continues: the resurgence of summer picnics.

According to Mental Floss, the Covid pandemic caused a picnic boom beginning in 2020 that is showing no signs of letting up.

In 2020, with restaurants shuttered and experts telling us the bug didn't spread so easily in outdoor air, many people, in particular younger people, began picnicking.

I was lucky to grow up only a few miles from a county park that offers 3,000 acres of rolling green hills, walking and biking trails and 63 picnic groves — groves packed with picnickers every summer weekend.

There were lots of reasons to picnic then. Family reunions, church gatherings or neighbors getting together. Schools, companies, unions and other organizations often staged annual picnic events.

The park was so popular that people routinely waited in line for hours one year prior to their event to secure their favorite grove.

On weekends the park was jammed and jumping:

Kids running around, footballs, Frisbees and water balloons flying through the air. While the kids played, the adults talked and laughed and sipped ice-cold beer.

We ate hot dogs and juicy hamburgers and my mom's sweet potato salad — I can still taste these incredible picnic delicacies and crave them still.

The picnics were tremendous social events that connected people to each other in a million different ways. We laughed and talked all day long and when dusk arrived, nobody was ready to go home.

In a modern world that has separated and isolated us, we need to experience picnic connectedness now more than ever before.

Robert Putnam, author of the acclaimed 1995 book “Bowling Alone,” identified several trends that have been causing a breakdown in social-connect-

edness over many years.

The rise of the dual-income family, for example, resulted in both parents being exhausted after long days of work, making them less prone to join and support civic groups.

Television and the Internet are also breaking down our connectedness. Putnam said that “time-budget studies in the 1960s showed that the growth in time spent watching television dwarfed all other changes in the way Americans passed their days and nights.”

Social media has made this challenge considerably worse with many people, in particular younger people, spending hours online or chatting with their “friends” while in a room in their home alone.

Before there were 300 TV channels — before smartphones turned us into zombies and air conditioning caused us to shut our windows and doors — people sat out on their porches at night, sipping lemonade and talking with each other.

I enjoyed countless summer nights enjoying the company of my neighborhood friends that way.

Now we spend far too many hours sitting in our cooled homes isolated from our fellow human beings — which is why we are in desperate need of more summer picnics.

But there is hope for us.

Smithsonian reports that interest in picnics has exploded on social media. On Pinterest alone, searches for picnic date ideas have grown by 385 percent since last year.

I just Googled “summer picnic” and was delighted to see picnic activities taking place all over the nation — and lots of ideas to make your picnic fun and your picnic food delicious.

Hey, Covid, you caused us a lot of grief, but I thank you for the summer picnic resurgence. It couldn't have come at a better time!

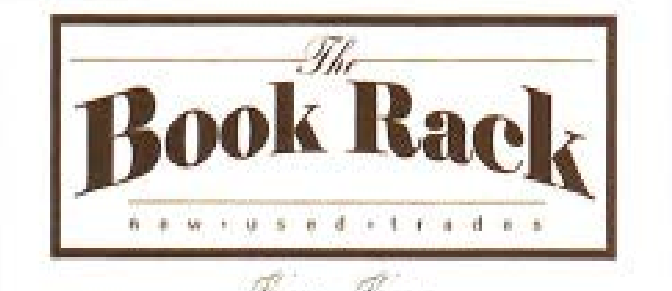
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