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source: CoreLogic, Freddie Mac, Bankrate

## PAX PHARMACY COMES TO SIERRA MADRE



PAX Pharmacy, which has operated in Duarte for more than 10 years, will open its doors in Sierra Madre any day.

The new business, which will be known as PAX Pharmacy 2, will be operated by Dr. Isabella Daher, Owner/Pharmacist. She is a graduate of The Oregon State University College of Pharmacy and completed a PGY1 hospital residency program at Antelope Valley Medical Center.

"I am so excited to be a part of this wonderful community. I look forward to meeting patients and continuing to provide high quality care for many years to come." The Pharmacy is located in Kersting Court, 29 N. Baldwin, Sierra Madre. The telephone number is (626) 355-3456.



## FORMER SMPD CHIEF ROD ARMALIN TO LEAD LANCASTER PD'S NEW DEPARTMENT



Armalin, who joined SMPD in the beginning of the Pandemic and led the city through the crisis, left in 2022 to take on the position of Public Safety Director in Lancaster.

There he was instrumental in the development of Lancaster's new, hybrid community-led policing model in partnership with the LA County Sheriff's Department.

A committed and dedicated leader while with SMPD, his venture to Lancaster took him out of uniform, however his commitment to faci-

lating crime prevention programs lead to the development of the newly formed Lancaster Police Department and his recent swearing in as its 1st Police Chief.

"Since I started working at the City of Lancaster, I've been committed to implementing more crime prevention programs that are already producing results. I look forward to stepping up our accomplishments with new programs, including drug education and human trafficking awareness campaigns targeting young adults."

## 'LEST WE FORGET



On Monday, September 11, 2023, the Sierra Madre Police and Fire Departments, along with members of the community, gathered at 6:45 am to remember that day 22 years prior. On that day, we lost 2,977 people and thousands more were injured in a terrorist attack on the World Trade Center in New York. Among those who perished were 343 firefighters and countless others were injured. In Sierra Madre, as is done across the country, we take the time to remember that horrific day and to thank the brave men and women that serve our communities as first responders. (Cont. page 2)

Photo by Dirk Bolle

## BEARS: THE TALK OF THE TOWN



This is becoming an all too frequent sight in Sierra Madre, especially when Mama Bears are out with her cubs.

The news near and far away this week was full of stories about Bears invading homes and walking the streets in Sierra Madre. Their uninvited presence inspired a mixture of emotions among residents ranging from tolerance for the animals who seem to now regard 'the city' as their new natural feeding ground, to fear from those who have had face to face encounters with them.

At a recent Council meeting, Mayor Garcia reported 30 cases of a bear entering homes since July 1, 2023, representing an increase from the entire previous year reported numbers of 17 intrusions.

And, there appears to be no easy solution to the problem. The fact is, that regardless how you feel about bears, encounters can be dangerous.

(continued on page 3)

## Wondering which direction to take?



Do the late Days of Summer have you wondering what your next move should be? CALL US, we would love to meet with you to help simplify your path to make the move you have always dreamed of.

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SIERRA MADRE \$1,249,000  
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HONORING & REMEMBERING TOGETHER



The Sierra Madre Rotary and Kiwanis Clubs serve dinner on 9/11 to SM Fire and Police. Above, left to right, Rotary outgoing President, Julie Brady, Deputy City Manager Laura Aguilar, Kiwanis Immediate Past President Susan Henderson, Kiwanian Sue Wheeler and City Manager Jose Reynoso. Below, the on duty crew enjoy a Spaghetti Dinner prepared by Chef Mario. Dessert by Syndicate.



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- Winners announced October 28th



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# SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

## BEARS (continued from page 1)

City Manager Jose Reynoso says, "Our resident's safety remains our top priority. The City has taken many steps to ensure the safety of our citizens. We have implemented a Wildlife Management Plan, adopted a local ordinance prohibiting the feeding of wild-life, publicized hazing and preventative techniques, and met multiple times with Fish and Wildlife, have hosted workshops and have gone door to door with staff to educate our residents on removing bear attractants. We understand more work must be done, and we remain committed to finding a solution to our bear problem."

In addition, recent negotiations between Sierra Madre officials and the City's waste hauler, Athens Services, have resulted in amendments to the current waste management agreement. Sierra Madre

residents will receive bear-resistant waste bins or bar-rels as part of the negotiations. Residents will deposit organic and green waste in the new bear-resistant can. Cans are expected to be delivered by Athens Services to every Sierra Madre customer at the end of October.

City officials have asked citizens to report interactions with bears to the Sierra Madre Police Department at 355-1414 and also encourage residents to submit a Wildlife Incident Report with Fish and Wildlife at <https://apps.wildlife.ca.gov/wir/incident/create>. The City also has a dedicated email for reporting wildlife interactions. However, the email should not be used as a substitute for an emergency. Residents can upload images and report non-emergency wildlife interactions at [wildlife@cityofsierramadre.com](mailto:wildlife@cityofsierramadre.com)

## FROM THE DESK OF FORMER MAYOR GLENN LAMBDIN TRIFECTA: BEARS AND SOUND SCIENCE?

Last April, the Sierra Madre City Council unanimously adopted Resolution 23-12, Declaring the Mismanagement of Local Bear Populations a Threat To Public Safety. The Resolution even demanded that "the California Department of Fish and Wildlife (CDFW) act immediately to take any and all necessary actions to eliminate this threat to public safety." For a few weeks, it received the attention of all of the local L.A. news networks and even made it into news sources abroad in South Korea and Great Britain.

While the Resolution and demand was a bold and necessary move, the Resolution, unfortunately landed on deaf ears, resulting in a situation where Sierra Madre is now experiencing an unprecedented number of home intrusions by bears. The best we got from the CDFW was a written statement that read, "...our policies are based on sound science." .....but ask yourself, are they?

What sound science justifies allowing an "exponential" and unmanaged increase in urbanized bear populations resulting in garbage scavenging bears, incapable of surviving in their natural wilderness habitat, and then telling the families living in well established residential neighborhoods that they now need to change typical human behavior and learn how to "coexist" with wild bears? Where is that science?

According to the CDFW's literature and the three CDFW biologists that have made presentations to Sierra Madre residents, there is an identifiable evolutionary process that wild bears go through that takes them from living in the wild to a "Public Safety Bear" that will be captured and euthanized. The CDFW has identified and categorized these bears as they go through this evolutionary process where they are reduced to garbage scavengers incapable of surviving in the wilderness landscape and rely solely on human food sources. "No Harm No Foul Bear, Conflict Bear, Depredation Bear, and Public Safety Bear" are categories the CDFW has established and it should be noted that it may take several generations of bears to evolve from a wilderness bear to a Public Safety Bear.

Being concerned and wanting to know specifically what "sound science" has driven the CDFW's policies, I have personally asked two of the three local CDFW biologists what "sound science" and what research has the CDFW done that studies this evolutionary process. Additionally I have asked these biologists, "Considering CDFW claims that urbanized bears are incapable of surviving in their natural landscapes, where will they find food as residents lock their trash containers and lock their homes? Will the bears become more aggressive and start breaking into our homes or will they expand their urban territory and migrate downhill into the surrounding communities? Neither biologist could site any "sound science" or was aware of any such research. ....and in the meantime and in the absence of citable re-search, CDFW is negligently telling residents they need to learn to "coexist."

Looking for that "sound science" I decided to find scientific research studies that examines the evolutionary process and what causes black bear/human conflicts to increase.

The good news is that Canada has done extensive research to suggest events and conditions that correlate to increased human/bear conflicts. After reading through all of the academic research stylings, methods, models, and data sets, the researchers listed three major conditions that increases black bear aggression; Reduced spring hunting seasons, increased bear populations, and reduced food sources.

So what does this mean for Sierra Madre and how does this relate to the increasing home invasions? Sierra Madre, has no hunting season at all, bite #1 of the toxic apple. According to CDFW, the urban bear population is increasing "exponentially", bite #2. In October, the City of Sierra Madre will implement a citywide locking trash-container program which will drastically reduce the available food sources for urbanized bears. Bite #3. The trifecta of doing everything wrong.

Of the three, the research showed that reduced food sources are the largest contributor to increased bear aggression. Its a perfect storm for a tragic event and one facilitated by the CDFW's willful and reckless mismanagement of the bear populations in both the wilderness and residential neighborhoods.

About the same time the City rolls out the new locking trash-container program, the bears will be entering their hyperphagia season where they start increasing their calorie intake. Last year Sierra Madre realized this was also the start of the increase in home invasions. Hyperphagia coupled with the new reduced food source will predictably increase the aggressiveness of bears and the number of home invasions. As mentioned earlier, we are already seeing a substantial increase in home invasions. It will get worse!

Presently, Sierra Madre City Council are the only elected officials in L.A. County that have tried to resolve the failures of the CDFW's policies. Councilmembers have reached out to neighboring Foothill Communities to try and form a coalition of cities to put pressure on Sacramento bureaucrats, but our neighboring cities have ignored our requests. Assemblyman Chris Holden has ignored requests to discuss solutions. Katherine Barger was unwilling to help with even a letter to our State Assembly to reconsider updating wildlife policies and addressing failed wildlife policies. The California Fish and Game Commission has ignored requests to even discuss and agendize the public safety threat. CDFW continues operate outside of sound science, ignores their own mission statement and policies, and dishonestly claims that their policy is based on sound science. If and when we have an-other bear attack, that blood is on their hands!

For those that heard the hovering helicopter and witnessed the home invasion and street shutdowns this week that started at 2AM, I would like to share that a source at City Hall has informed me that, at first, when our police department called the CDFW to respond to a bear in a resident's home, CDFW refused to respond. It took the insistence of our police department with a promise to take it to a higher authority for CDFW to respond. This is just another example of CDFW's failed wildlife mismanagement and unwillingness to properly address or even admit the extent of their failures and negligent policies.

## WALKING SIERRA MADRE - The Social Side

by Deanne Davis

"You had me at pumpkin spice latte."  
"If loving pumpkin spice is wrong, I don't want to be right."  
"I'm not stressed, but blessed, because I'm pumpkin obsessed."  
"I'm just a girl, standing in front of a latte, asking for it to be pumpkin spiced."  
"If pumpkin spice lattes make me basic, then call me basic and take me to Starbucks."  
"If you see me with a mug, it's most likely filled with a pumpkin spice latte."



Starbucks released the Pumpkin Spice Latte on August 23rd, to a horde of anxious folks who have been waiting one full year for this frothy delight to reappear. We, for a number of reasons which I cannot currently remember did not get down to our local Starbucks for the first PSL (Pumpkin Spice Latte) until yesterday. Anticipation had our mouths watering, our tastebuds quivering and, as we parked the car, we hoped the line wouldn't be too long.

There was no line. There was also no PSL. The Starbucks person stood slightly back from the counter as our mouths turned down and our frowns deepened. He looked a little anxious as though we might possibly become physical about his failure to satisfy our PSL craving. As we are gentle and kind people, we managed to smile at him and say, "OK, maybe next time." He raised an apologetic hand as we turned on our collective heel and swept off.

Back in the car, daughter, Crissy, and I quickly reached the conclusion that we were not giving up. It was PSL or bust! We tried another of our favorite Starbucks outlets, housed in an enormous grocery store and it was the same thing. "We might have some later today." Seriously? This store also contains all sorts of stuff like dishes, clothes and lots of Halloween goodies, we wandered about, bought some apples, shorts and new placemats and decided we were not giving up. No, indeed!

Dunkin' Donuts has been running a huge advertising campaign on television, so we decided to give their PSL a try. Wonder of wonders, they had them! We ordered, waited anxiously, mouths again watering, and looking away from the pumpkin donuts, picked up our PSL's and went back to the car to devour our long-awaited treats unobserved. Delicious. But tepid. Sigh. We shall give our local Starbucks time to get all the ingredients for PSL's in stock and try again next week.

Starbucks, Oh Starbucks,  
Oh how you've let us down.  
Disappointed us,  
Frustrated us,  
Annoyed us,  
Brought us to the brink of unpleasantness.  
We shall forgive, but not forget!  
Your Pumpkin Spiceyness has now become  
Obsessive!  
We shall not, will not rest,  
Until we have satisfied our craving,  
Quelled our longing,  
Satisfied our burning desire.  
And consumed a hot, frothy Pumpkin Spice Latte!

Those of you out there who don't particularly care one way or the other about PSL's might think this is a bit over-the-top, but we did want to share this adventure with you in hopes that it might make you smile. You probably haven't had any trouble at all acquiring several PSL's. Enjoy them, dear friends.

I am so happy that Pumpkin Season and all the joys that accompany it is well and truly starting. Last week's Mountain Views News was filled with all the fun that is about to burst upon us! Scarecrow kits are already available at Creative Arts Group and if you plan to wow the town with your incredible creation, you must register it by October 1st so that your scarecrow will be included on the map which will be available October 6th. You can check out all the amazing scarecrows between October 6th and 24th and the winners will be announced October 28th. Put your thinking cap on and come up with something more fabulous than you've ever done before. Sierra Madre is loaded with creative folks so this will be the most fun year ever.

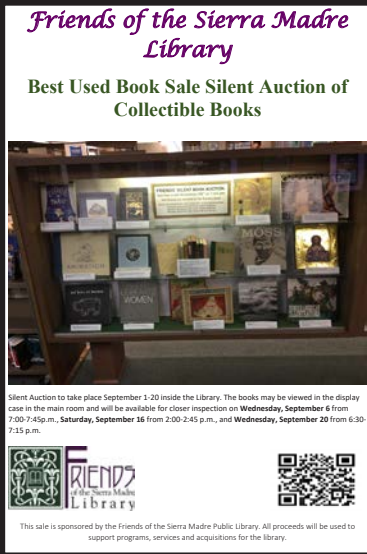
The Halloween Art Show exhibits will be on display downtown from October 20th to November 4th so check that out and register online at [sierramadrecivicclub.org](http://sierramadrecivicclub.org) before September 29th. Another outlet for your creativity and an opportunity to be your most ghoulish, Halloweenish scary best.

The picture this week is, of course, another pumpkin! Have a great week, friends and neighbors. Halloween is coming! Linus is probably already checking his pumpkins to be sure he has the most sincere pumpkin patch so the Great Pumpkin will visit him and bring him presents (Thank you, Charles Schulz and the Peanuts gang!)

Remembering 9/11: "If we learn nothing else from this tragedy, we learn that life is short and there is no time for hate." Sandy Dahl, wife of Flight 93 pilot Jason Dahl.

My book page: Amazon.com: Deanne Davis  
There are treasures there! Trust me!  
Including "Just Desserts" A Fall Fantasy of Pumpkins Gone Wrong!

## FRIENDS OF THE SIERRA MADRE LIBRARY BEST USED BOOK SALE SILENT AUCTION OF COLLECTIBLE BOOKS



The Friends of the Sierra Madre Library announce they are sponsoring a Silent Auction of unusual books and magazines held from Friday, September 1-20, 2023 inside the Sierra Madre Library. The books may be viewed in the display case in the main room and will be available for closer inspection on Wednesday, September 6 from 7:00-7:45p.m., Saturday, September 16 from 2:00-2:45 p.m., and Wednesday, September 20 from 6:30-7:15 p.m.

Featured in the Silent Auction will be Julius Shulman's iconic photographs; R. C. Gorman's stunning paintings; John Steinbeck's THE MOON IS DOWN; the cookbook CELEBRATING WITH JULIENNE; Bernhardt Wall's FOLLOWING ABRAHAM LINCOLN; INK & PAINT: The Women of Walt Disney's Animation; James Christensen's imaginative artwork; Hokusai's beautiful prints of Japan; Annie Leibovitz's life in photographs; Bill Watterson's THE COMPLETE CALVIN AND HOBBS; sold together two books featuring the animation artwork for HOW TO TRAIN YOUR DRAGON (1&2); Leo Politi's JUANITA; and Robert McClosky's MAKE WAY FOR DRAGONS.

Bidding sheets and auction rules will be available in a Friends of the Library notebook, accessible on the checkout counter. Each book or set will be numbered and has a corresponding numbered bid sheet in the notebook. Bidders are asked to write their bids on the bid sheets with a contact phone number. Thirty minutes before the end of the auction on the last day, Wednesday, September 20, 2023, the bid sheets will be removed from the notebook and placed on a table in the library for last minute bids. The bidding will close promptly at 7:15 p.m. Winning bidders will be notified the next day and will then be able to pick up their purchases at the library within the next 10 days.

## Weather Wise



6-Day Forecast Sierra Madre, Ca.

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

Forecasts courtesy of the National Weather Service

### SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

September 26, 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](mailto:PublicComment@CityofSierraMadre.com) by 3:00 p.m. on the day of the meeting.

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

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

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

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

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

Your event must:

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

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



This week at the  
Sierra Madre  
Public Library

September 18—September 23

#### Monday

Baby Rhyme Time —In-person at 9:00am

Preschool Storytime —In-person at  
10:00am

#### Wednesday

Pajama Storytime —Online at 7:00pm. Call  
to register

#### Thursday

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

#### Saturday

Nature in a Box —In-person at 11:00am

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# Pasadena Altadena



News From Your Community For Your Community

## Free COVID Antigen Tests

Tim McDonald, Director of Libraries and Information Services, announced the Pasadena Public Library is now distributing free at home COVID-19 antigen tests. The iHealth COVID-19 antigen tests are available at all open branch libraries while supplies last. Each test kit holds two tests per box, including instructions and all necessary testing elements. Tests are available on a first-come, first-served basis, one test kit per person. Supplying the community with COVID-19 antigen tests allows residents the opportunity to self-test and stay better informed. Tests kits available at Pasadena's public libraries are provided by the Los Angeles County Department of Public Health, making at home testing more convenient and accessible to all community members.

Pasadena Public Library is committed to supporting our community. For library locations and hours visit: [PasadenaPublicLibrary.net](http://PasadenaPublicLibrary.net).

## South Pas Pet Adoption Day

The South Pasadena Community Services Department, in partnership with Pasadena Humane Society, will host a Pet Adoption Day.

The Pet Adoption Day event will take place on Saturday, October 7, from 11:00 a.m. to 2:00 p.m. at Garfield Park, 1000 Park Avenue. The Wiggle Waggle Wagon is Pasadena Humane Society's 35-foot shelter on wheels that brings adoptable pets, services, and information to the community. Adoption fees apply based on breed and age: \$150 for dogs over 6 months; \$300 for dogs under 6 months; \$100 for cats over 6 months; \$150 for cats under 6 months; and \$5 for critters.

This event will provide an opportunity for our furry friends to find their forever homes. For additional information, please contact Lucy Hakobian, Deputy Community Services Director at (626) 403-7392 or visit: [southpasadenaca.gov](http://southpasadenaca.gov).

## Climate Change 101

*Implications for Southern California*

Saturday, Oct. 14 • 11 a.m. • Linda Vista Branch Library  
Our weather is changing from last winter's atmospheric rivers to hot temperatures and wildfires. What is happening and what can be done about it? Join Daniel Limonadi, Senior Flight Systems Engineer at JPL as he shares the basic theory and observations behind climate change. He will also delve into the latest predictions of what climate change may have in store for Southern California. For more information visit: [cityofpasadena.net/library](http://cityofpasadena.net/library).



## City Settles Lawsuit with Jerry's Billiards

Pasadena city officials confirmed this week that a settlement had been reached with the owner of Crown City Billiards (Jerry's Billiards), that includes the business agreeing to reduced hours of operation and additional commitments to address adjacent residential neighborhood concerns.

According to court documents, the owner of Jerry's Billiards located at 1312 N. Lake Ave., had filed a lawsuit challenging the city council's March 2023 determination that Jerry's Billiards was required to close at 10:00 p.m. every day.

Last week, in closed session, the city council agreed to a settlement in which Jerry's Billiards has agreed to implement changes including their hours.

"The city has obtained important protections for the community with this settlement," said Pasadena City Manager Miguel Márquez. "In light of the unique circumstance of the city being part-owner of the parking lot at Block 5, the city will take additional steps to enhance security at the premises to address the concerns raised by neighbors while keeping the area welcoming to businesses."

Jerry's Billiards has agreed to hours of operation of 11:00 a.m. to 12:15 a.m. (of the next day) on Sundays through Thursdays, and from 11:00 a.m. to 1:00 a.m. (of the next day) on Fridays and Saturdays. As part of the settlement, Jerry's has

agreed to give up any claimed right to operate until 1:00 a.m. on weekdays and 1:30 a.m. on weekends, or to open earlier than 11:00 a.m. on any day. In addition, in an effort to help address community concerns regarding safety and noise, Jerry's has agreed to post a policy on its back door prohibiting patrons from loitering or making loud noise in the parking lot after 10:00 p.m. on any day. Jerry's has also agreed to keep its back door to the parking lot closed after 10:00 p.m. on all days of the week and to ensure that its patrons do not congregate in the parking lot area after 10:00 p.m. on any day of the week.

During the September 6 closed session, the Council considered a motion to rescind approval of the settlement, and renegotiate settlement terms; that motion failed, with three votes in favor (Mayor Gordo, Vice Mayor Williams, and Councilmember Hampton), four votes against (Councilmembers Jones, Lyon, Madison, and Masuda), and Councilmember Rivas absent. Following the September 6 closed session meeting, the City signed the settlement agreement. This morning, lawyers for Jerry's Billiards notified the court that the case has settled.

"I was disappointed with the decision so today I met with affected neighbors and I have asked Mayor Gordo to work with us on solutions that address key safety and quality of life

measures that were not included in the settlement. We plan to bring these community-driven recommendations forward and I'm confident that working together we can improve neighborhood conditions," said Pasadena Vice Mayor Felicia Williams.

## #AgeWell Day is Sept. 30

The Pasadena Senior Center will be hopping with activities Saturday, Sept. 30, from 9 a.m. to 2 p.m. during the free, fun and informative #AgeWell Day for members and nonmembers.

There will be something for everyone 50 and older at this annual event, including latest updates on medical marijuana and CBD oil, arts and culture activities, blood pressure and glucose screenings, wellness information and resources, movement activities such as yoga, chair Pilates and low-impact line dancing, fitness center orientation, brain games to improve cognitive health, prevention of scams against older adults including fraud and identity theft, writing workshop, live entertainment, refreshments and much more.

Dr. Laura Mosqueda, professor of family medicine and geriatrics at USC's Keck School of Medicine, will present a keynote address titled "How to Age Well."

Studies by the National Institutes of Health have shown that taking it easy in retirement can be quite risky. Often, inactivity of the brain and body is more to blame than age when older adults lose the ability to perform normal activities of daily living. This can lead to diminishing independence, more doctor visits, more hospitalizations and more dependence on prescription medications.

"For older adults, this is the time of life when new doors open and new experiences beckon. Staying active as you age can work wonders for your physical and mental health and lead to a longer, more fulfilling life with greater independence," said Akila Gibbs, executive director at the Pasadena Senior Center. "If you're not as active as you'd like to be, it's never too late to begin, and if you're already active and want to add some additional variety, now is the time."

To register for #AgeWell Day or for more information, visit [www.pasadenaseniocenter.org](http://www.pasadenaseniocenter.org) and click on Activities & Events, then Special Events or call (626) 795-4331. Membership with the Pasadena Senior Center and residence in Pasadena are not required to attend.

## Dr. Parveen Kaur Named City's Interim Health Officer

Officials announced Tuesday that Dr. Parveen Kaur (pictured) has been selected to serve as backup Health Officer and Tuberculosis Physician for the City of Pasadena. In the role, she will serve as Interim Health Officer while Pasadena Public Health Director and Health Officer Dr. Ying-Ying Goh extends her participation in the Robert Wood Johnson Foundation Health Policy Fellows Program through January.



Dr. Kaur has served as the Tuberculosis Physician for the Pasadena Public Health Department Tuberculosis Chest Clinic since 2021 and is currently the backup Health Officer for the Department. In her role as Interim Health Officer, Dr. Kaur will provide clinical direction to staff working in clinical programs, develop and issue public health policy and guidance, and represent the Department in meetings with regional and statewide public health officials.

"Pasadena Public Health Department is excited to have Dr. Kaur as our Interim Health Officer," said Acting Public Health Director Manuel Carmona. "Her familiarity with Department operations

and expertise in the field of infectious disease prevention and control will be valuable as we contend with yet another COVID-19 uptick in cases and other emerging public health concerns."

Dr. Kaur is an Infectious Disease Specialist and possesses over 20 years of medical experience in infectious disease prevention and treatment with significant roles in public health, notably with the Los Angeles County Department of Public Health. In her time supporting Department operations, Dr. Kaur worked closely with Public Health Director and Health Officer Dr. Goh.

Stay connected to the City of Pasadena. Visit us online at: [cityofpasadena.net](http://cityofpasadena.net).

## Tournament of Roses Selects 2024 Float Judges



The Pasadena Tournament of Roses officials announced the selection of Heather de Kok, Judith K. Nakamura and Richard Schulhof as judges for the 2024 Float Awards sponsored by FTD.

This year's judges bring unique perspectives on parades and floral presentations they said. An inductee of the American Institute of Floral Design, Heather is a proud Canadian businesswoman and founder of the Annual Maple Leaf Cup Floral Design Competition and has worked as a technical advisor at the Interflora World Cup of Flowers in 2019 and 2023. Judith is a retired Chief Justice of the New Mexico Supreme Court and is current President of the Albuquerque International Balloon Fiesta, the world's largest hot air balloon festival. Richard comes from a 50-year career in horticulture, working as deputy director of Harvard University's Arnold Arboretum and recently retired as CEO of the Los Angeles County Arboretum.

Each year, three judges grant 24 float awards based on three categories: Float Design, Floral Presentation and Entertainment

Value. The judges are looking for creative design and outstanding presentation of the theme matched with floral artistry and artistic excellence.

The top award is the coveted Sweepstakes trophy, which is awarded for the most beautiful entry, encompassing float design, floral presentation and entertainment.

As the award-winning floats venture down the parade route, they are preceded by banners showcasing their award. The banners are carried by members of the Tournament of Roses, Eagle Scout Troops and Gold Award Girl Scout Troops.

On the morning of January 1, the award-winning floats will be announced on the front steps of Tournament House by the 2024 Tournament of Roses President Alex Aghajanian. The 135th Rose Parade presented by Honda will begin at 8:00 AM/PST and will be broadcast in the United States and around the world to kick off America's New Year Celebration".

FTD is the official floral partner of the Tournament of Roses.

For complete biographies of the Judges visit: [tournamentofroses.com/2024-float-judges](http://tournamentofroses.com/2024-float-judges).

## PWP Announces The New Assistant General Manager

Pasadena Water and Power announced Monday the appointment of Lynne Chaimowitz (pictured) as the new Assistant General Manager (AGM) of Finance and Administration. As the AGM of finance and administration, she will oversee budgeting and financial planning, rates, risk management, and utility accounting and settlements related to energy and fuel activities.



AGM Chaimowitz was most recently with the Mojave Water Agency where she served as the Chief Financial Officer (CFO). Prior to becoming CFO, Ms. Chaimowitz served as the Budget and Finance Supervisor for the City of Ann Arbor, Public Services where she managed a comprehensive rate study and provided leadership in financial modeling, financing reporting and capital planning. Additionally, she is a Certified Public Finance Officer (CPFO) and has dedicated her professional career to organizational financial excellence with extensive experience in water utilities. She earned an Environmental Program undergraduate degree from the University of Michigan, and a graduate degree in Accounting from Eastern Michigan University.

"Lynne Chaimowitz is the

experienced leader that Pasadena needs. She brings strong knowledge and valuable experience that will help carry out PWP's critically important work," said PWP General Manager Sidney Jackson. "We're excited to have her as part of our PWP leadership team."

"I look forward to joining PWP and continuing the successful history of providing reliable services to our customers at reasonable rates," said Chaimowitz.

Pasadena Water and Power (PWP) provides electricity to more than 65,000 customers within Pasadena. PWP delivers water to almost 38,000 households and businesses in Pasadena and adjacent communities. To learn more about AGM Chaimowitz and other PWP leaders, visit [PWPweb.com/Executives](http://PWPweb.com/Executives).

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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

## San Marino Upcoming Events & Programming

### Family Storytime

Tuesday, September 19 at 10:30 AM, Children's Area

Storytime features activities for children ages 5 and under that will promote early literacy and lifelong learning through songs, movement, fingerplays, and books. Storytime is also an opportunity for caregivers to learn ways they can incorporate learning activities into everyday routines. Storytime occurs weekly on Tuesday through October 3. Registration is not required. Please watch our social media for cancellations.

### Story, Stomp, & Sing

Thursday, September 21 at 10:30 AM, Children's Area

In partnership with the San Marino Music Center, we are proud to present an all new music and movement Storytime for children ages 0-5! This early literacy program will feature instrument exploration, songs, fingerplays, dances, and books. Please watch our social media for cancellations. Registration is not required.

### Movie Night

Saturday, September 30 at 6:30 PM, Lacy Park

Bring your chairs, blankets, and snacks to enjoy a movie in the Park! We'll be showing The Super Mario Bros Movie! This is a free event and registration is not required.

### California Coastal Cleanup Day

California Coastal Cleanup Day is September 23. Coastal Cleanup Day is a chance for everyone in the state, no matter where they live, to help clean up trash from the environment before the rains come and wash it out to the coast and ocean. Visit [coastalcleanupday.org](http://coastalcleanupday.org) to learn more.

### DID YOU KNOW?

Music and singing are an important component of building early literacy skills.

When we manipulate letter sounds by stretching out words, blending sounds, and clapping syllables, it sharpens the ability to separate sound units. Research shows that understanding letter sounds and combinations is a predictor of successful reading and spelling development. Adults can work on these and other preliteracy skills with their little ones at our Story, Stomp, & Sing program! See below for details.

### Photo Contest Exhibition at Crain Art Gallery

A special exhibition is on display at the Crain Art Gallery in Crowell Public Library, featuring the photos from this year's Photo Contest! Check out the entries from our local community, including the winners of each category. This exhibition is open to the public until Friday, October 20.

### Fire Department

On Tuesday, September 12, the San Marino Fire Department hosted fire personnel from throughout the San Gabriel Valley for emergency incident, command simulation training. Command simulation training provides a virtual scenario in which Fire Department personnel act out command of an emergency incident such as structure fires, hazardous materials release incidents, wildland fires, violent incidents, etc. in real time with video and live dispatch of the event. Participants are then able to review their response with training staff to critique and provide areas for improvement.

The Fire Department conducted inspections and gave final approval for the Huntington Library Gala. Inspectors apply the Fire Code associated with public assemblage events to ensure that patrons of the event were safe from any hazards. The Fire Department also conducted final inspections for both the sprinkler and fire alarm systems for the San Marino Community Center. The final approval of the systems were the concluding steps to achieving Certificate of Occupancy for the opening of the San Marino Community Center.

The San Marino Fire and Police Departments held an early morning ceremony to honor the victims of the September 11 attacks on our nation. The early morning ceremony was followed by a Public Safety Appreciation Ceremony hosted by the Chinese Club of San Marino. We are so thankful to be part of community that honors our first responders.

### Meetings

#### Public Safety Commission

Monday, September 18 at 6:00 PM; City Hall Council Chambers and Zoom (Public Access)

#### Design Review Committee

Wednesday, September 20 at 6:00 PM; Barth Room and Zoom (Public Access)

#### Library Board of Trustees

Monday, September 25 at 8:00 AM; Barth Room and Zoom (Public Access)

## Community Center Grand Opening Dedication

You are invited to celebrate the grand opening of the newly renovated Community Center! It will take place on Thursday, September 28 at 5:15 PM. There will be tours and light refreshments; everyone is welcome. Visit [www.CityofSanMarino.org/CommunityCenter](http://www.CityofSanMarino.org/CommunityCenter) for parking information and more details.



**San Marino Community Center**  
**Grand Opening**  
*Dedication and Ribbon Cutting*  
The City of San Marino invites you to celebrate the grand opening of the newly renovated Community Center!  
**Thursday, September 28 | 5:15 PM**

## Japanese Heritage Shoya House to Open on Oct. 21



The Huntington Library, Art Museum, and Botanical Gardens will offer visitors a unique opportunity to see a restored residential compound from 18th-century rural Japan. Opening Oct. 21, the Japanese Heritage Shoya House, a 3,000-square-foot residence built around 1700, served as the center of village life in Marugame, Japan. The compound has been reconstructed on a 2-acre site, which includes a newly constructed gatehouse and courtyard based on the original structures, as well as a small garden with a pond, an irrigation canal, agricultural plots, and other landscape elements that closely resemble the compound's original setting. Visitors will be able to walk through a portion of the house and see how inhabitants lived their daily lives within the thoughtfully designed and meticulously crafted 320-year-old structure.

Los Angeles residents Yohko and Akira Yokoi offered their historic family home to The Huntington in 2016. Huntington representatives made numerous visits to the structure in Marugame and participated in study sessions with architects in Japan before developing a strategy for moving the house and reconstructing it at The Huntington. Since 2019, artisans from Japan have been working alongside local architects, engineers, and construction workers to assemble the structures and recreate the traditional wood and stonework features, as well as the roof tiles and plaster work, prioritizing the traditions of Japanese carpentry, artisanship, and sensitivity to materials.

"The new Japanese Heritage Shoya House will offer a glimpse into rural Japanese life some 300 years ago and provide insights into that culture and its sustainability practices," Huntington President Karen R. Lawrence said. "We are very grateful to the Yokoi family for giving The Huntington the opportunity to tell this

important story as an immersive experience for visitors."

The historic house was the residence for successive generations of the Yokoi family, who served as the shoya, or village leaders, of a small farming community near Marugame, a city in Kagawa prefecture, Japan. Chosen by the feudal lord, a shoya acted as an intermediary between the government and the farmers. His duties included storing the village's rice yield, collecting taxes, and maintaining census records, as well as settling disputes and enforcing the law. He also ensured that the lands remained productive by preserving seeds and organizing the planting and harvesting. The residence functioned as the local town hall and village square.

Sustainability is a major theme of the interpretive scheme. "We aim to present a working model of Edo period permaculture and regenerative agriculture," said Robert Hori, the gardens cultural curator and programs director at The Huntington. "It represents real-life circumstances. An authentically constructed Japanese house using natural materials, combined with careful attention to agricultural practices, will demonstrate how a community became self-sufficient. We will show how emphasis was placed on reducing waste and repairing it items so they could be reused or repurposed. Visitors will see how this 18th-century Japanese village maintained a symbiotic relationship between humans and the surrounding landscape."

The compound occupies a recently developed area along the north end of The Huntington's historic Japanese Garden. While the garden has featured an iconic Japanese House for the last 100 years, this new structure and surrounding elements will provide visitors with a fully immersive experience, allowing them to walk through it and learn about 18th-century rural Japanese life. The Huntington Library is located 1151 Oxford Road San Marino. For more information visit: [huntington.org](http://huntington.org).

## Disney to be Theme of Masters Series

Since its beginnings in 1923, The Walt Disney Company has grown from a small animation

studio to a worldwide megamedia corporation. Audiences all over the world recognize Disney characters, and the company's products and services appeal to people of all ages.

"The Magic of Disney" will be the theme of the autumn term of The Masters Series, which embraces lifelong learning, Tuesdays, Sept. 12 to Oct. 3, from 2 to 4 p.m. via Zoom, presented by the Pasadena Senior Center.

Sept. 12 - 100 Years of Disney: Walt Disney and the company he founded; evolution of the Disney brand.

Sept. 19 - Disney as Storyteller: Disney characters and films; the classic Disney formula.

Sept. 26 - More Than Just Movies: Disney television; development of Disneyland and other company theme parks.

Oct. 3 - To Infinity and Beyond: Expansion of the Disney brand; what "Disney" means today.

The cost for the four-week series is only \$50 for members of the Pasadena Senior Center and \$60 for nonmembers 50 and older.

Dr. Andi Stein, a professor at Cal State Fullerton whose specialty is tourism and theme parks, will lead the course. A former journalist and public relations practitioner, she is the author of the books "Why We Love Disney: The Power of the Disney Brand" and "Attracting Attention: Promotion and Marketing for Tourism Attractions." She has been to all 12 Disney theme parks around the world. Her favorite Disney character is Mary Poppins.

To register or for more information, visit: [pasadenaseniorecenter.org](http://pasadenaseniorecenter.org) and click on Lectures & Classes, then Masters Series Lifelong Learning or call 626-795-4331. Everyone who registers will receive a link to each week's live Zoom presentation. Registered participants will have access to recordings of the programs for up to one month after the final session.

## JPL Built Greenhouse Gas Detector Closer to Launch

A state-of-the-art imaging spectrometer, which will measure the greenhouse gases methane and carbon dioxide from space, moved closer to launch this month after being delivered to a clean room at Planet Labs PBC (Planet) in San Francisco.

Designed and built by NASA's Jet Propulsion Laboratory in Southern California, this science instrument will be part of an effort led by the nonprofit Carbon Mapper organization to collect data on greenhouse gas point-source emissions. Built around technologies developed for NASA airborne campaigns and space missions, the Carbon Mapper imaging spectrometer will provide targeted data on "super-emitters" - the small percentage of individual sources responsible for a significant fraction of global methane and carbon dioxide emissions.

The Carbon Mapper coalition is a public-private effort led by the Carbon Mapper organization and its partners, including JPL, Planet, the California Air Resources Board, Rocky Mountain Institute, Arizona State University, and the University of Arizona.

The instrument is an advanced imaging spectrometer that measures hundreds of wavelengths of light reflected by Earth's surface and absorbed by gases in the planet's atmosphere. Different compounds - including methane and carbon dioxide - absorb different wavelengths of light, leaving a spectral "fingerprint" that the imaging spectrometer can identify. These infrared fingerprints, invisible to the human eye, can pinpoint and quantify strong greenhouse gas emissions and accelerate potential mitigation efforts.

The spectrometer arrived Sept. 12 at Planet, where it will be integrated over the next several months into a Tanager satellite designed by the company. Launch is planned for early 2024.

Before leaving JPL, the spectrometer was put through a series of critical tests to ensure that it could withstand the rigors of launch and the harsh conditions of space. Engineers subjected the spectrometer to intense vibrations similar to what it will endure atop a rocket blasting into orbit, as well as to the extreme temperatures it will experience in the vacuum of space.

There was also an opportunity to use a sample of methane to test the completed instrument while it was in a vacuum chamber at JPL. The test was successful, with the imaging spectrometer producing a clear spectral fingerprint of methane.

"We are thrilled to see the exceptional quality of the



methane spectral signature recorded. This bodes well for the space measurement soon to follow," said Robert Green, the instrument scientist at JPL.

"This delivery is a very exciting step for us as our team can now begin the final stage in satellite integration," said Jeff Guido, senior director of new missions at Planet. "This milestone is an excellent example of the innovative ways that government, philanthropy, and industry can play to each other's strengths to build exceptional capability that has the potential for global impact."

The new satellite is part of a broader effort by Carbon Mapper to survey the globe for point-source emissions of methane and carbon dioxide. That effort includes using measurements provided by an instrument already in orbit: NASA's Earth Surface Mineral Dust Source Investigation, or EMIT, an imaging spectrometer developed by JPL and installed on the International Space Station. A second imaging spectrometer is being built by Planet in collaboration with JPL. The teams will continue working side by side to deliver these new greenhouse gas measurement capabilities.

Carbon Mapper is a nonprofit organization focused on facilitating timely action to mitigate greenhouse gas emissions. Its mission is to fill gaps in the emerging global ecosystem of methane and carbon dioxide monitoring systems by delivering data at facility scale that is precise, timely, and accessible to empower science-based decision making and action. The organization is leading the development of the Carbon Mapper constellation of satellites supported by a public-private partnership composed of Planet Labs PBC, JPL, the California Air Resources Board, the University of Arizona, Arizona State University, and RMI, with funding from High Tide Foundation, Bloomberg Philanthropies, Grantham Foundation for the Protection of the Environment, and other philanthropic donors.

## Doo Dah Parade Returns to Old Town Pasadena

Pasadena's Occasional Doo Dah Parade will celebrate 44 years of irreverent frolicking with a memorable cast of performance artists, showstoppers, hoofers and crooners, disruptors, political pundits, satirists, absurdist, lone wolves, float makers, and merry-makers by returning to its original route in Old Pasadena on Sunday, November 19.

Pasadena Doo Dah Queen wannabes will have their chance to win the crown at the Doo Dah Queen Tryouts on Sunday, October 8 at the Old Towne Pub, 66 N. Fair Oaks Ave. Enter through the alley 39 E. Holly St.

The parade steps off at 11:00 a.m. at Raymond Avenue at Holly Street, heads south and turns right onto Colorado Boulevard, ending at

Pasadena Avenue. As always, the event is free-of-charge to the public.

Known as the twisted sister of the conventional Rose Parade, the Occasional Pasadena Doo Dah Parade began as a grassroots event in 1978 to gain national attention for its eccentric and, often, irreverent satire.

Street parking will be available on side streets. Multiple public parking lots and garages are available within Old Pasadena. The LA Metro's Gold Line's Memorial Park station brings you right to the parade formation area. Pasadena Transit bus lines come directly to the area.

There will also be an official after-party at the Old Towne Pub.

For more information visit: [pasadenadoodahparade.info](http://pasadenadoodahparade.info).

## 2023 Great California ShakeOut Drill

Thursday, Oct. 19 at exactly 10:19 a.m.

This year is the 15th anniversary of ShakeOut, which began in Southern California in 2008. Millions of people worldwide will practice how to Drop, Cover and Hold On during the Great ShakeOut Earthquake Drill.

Each year the City of Pasadena participates in the

drill so that we know what to do when an earthquake hits. We will be doing so again on October 19. This is an opportunity to practice your earthquake survival skills. These kinds of drills train us to act quickly - to DROP, COVER and HOLD ON immediately to minimize injury so that we will be prepared when the next earthquake happens. You never know where you will be when an earthquake hits and it's important to know what to do instinctively when the ground begins to shake.

For more information visit: [shakeout.org/california](http://shakeout.org/california).

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## MOON 中秋节 FESTIVAL 活动

Saturday, September 30, 2023  
5-8:30pm  
City Hall Lawn | 240 W. Huntington Dr.  
Parking available at City Hall Lot and Santa Anita Race Track, Gate 5

2023年9月30日, 星期六  
下午5:00 - 晚上8:30  
市政厅草坪 | 240 W. Huntington Dr.  
停车地点: 市政厅停车场和 Santa Anita Race Track 的5号入口

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### CELEBRATE DUARTE'S 66TH ANNIVERSARY WITH A CITY PICNIC!

In celebration of Duarte's 66th anniversary, the Duarte community is invited to the City Picnic on Saturday, September 23 from 11 AM to 3 PM at Encanto Park (751 Encanto Parkway). The Duarte Parks and Recreation Department will host a fun afternoon filled with live music, delicious food, a beer garden, free rides and games, inflatable attractions, boutique vendor booths, a car show, and more!

"The City Picnic is one of my favorite events of the year, bringing people from across our community together to celebrate the place we call home," said Duarte Mayor Jody Schulz. "In its 66th year, the city is more excited than ever to provide residents with a fun-packed celebration including unbeatable entertainment, activities, and fun for the whole family. I am grateful to serve our Duarte community who has made our city worth celebrating."

The picnic includes a variety of performances throughout the park. Live music featuring local artists such as Family Style Band and DJ Phil will cover favorite hits from the 70s to the 2000s. Event-goers can also dance along to live performances by folklorico dancers and our very own Duarte Dance team!

Get ready to browse a variety of food options from local restaurants, food trucks and boutique vendors. Attendees can cool off with a refreshing beverage in the beer garden hosted by Morralito's Mexican Grill and Cantina.

There will be an abundance of fun adventures in the Family Fun Zone. Children of all ages are welcome to enjoy a fun-filled day of bounce houses, bubbles, caricatures, balloon artists, and interactive games. Kids, prepare to be drenched at the Splash Zone! Be sure to bring swimsuits, towels, and water shoes to partake in all of the water activities.

Cruise by this year's bigger-than-ever Route 66 Classic Car Show featuring over 80 classic cars. From lowriders and hot rods to cars currently being built, residents are welcome to check out these iconic vehicles. A contest will be held at the show to highlight the best car from each of the following categories: 30s and older, 40s, 50s, 60s, 70s, and 80s. Interested in showcasing your classic car? Submit an application along with a \$35 Car Show entry fee. The deadline to submit an application is Monday, September 18.

Attendees are encouraged to park at Encanto Park (751 Encanto Parkway) or on side streets where parking is available and permitted.

For more information, please contact the Parks and Recreation Department at (626) 357-7931.

### ST. LUKE'S MONROVIA BLESSES PETS OF ALL DENOMINATIONS SUNDAY, OCT. 1

Stuffed animal donations sought for children treated for exposure to violence



Monrovia, CA, September 14, 2023 — On Sunday, October 1, St. Luke's Episcopal Church in Monrovia will once again celebrate one of its most beloved traditions: the Blessing of the Animals in honor of the Feast of St. Francis of Assisi. The church invites all pets (and their human companions) to the 10 a.m. service to sit, sing, (chirp, purr or howl), worship, and share in God's blessings.

Father Neil Tadken of St. Luke's Episcopal Church, Monrovia, bestows his benediction on dozens of pets during the annual Blessing of the Animals.

Attendees are also invited to bring a new stuffed animal to donate to the Martin Luther King Jr. Pediatric Hub, an LA County center that provides medical and mental health care to children exposed to domestic and sexual violence. St. Luke's parishioner Dr. Janet Arnold-Clark is the hub's Director.

About St. Luke's

With roots in Monrovia dating to the 1890s, St. Luke's Episcopal Church is an inclusive community that invites and welcomes all to join them in service and fellowship. The landmark 1924 Romanesque church is located at 122 S. California Ave. at Foothill Blvd. Services are held on Sundays at 8 a.m. and 10 a.m. and Wednesdays at 12:10 p.m. The Reverend Neil Tadken pre-sides as Rector. For more, visit [saintlukesmonrovia.org](http://saintlukesmonrovia.org).

Silent Auction  
Art Sale

with bubbly drinks, appetizers, and music

OCTOBER 8  
4:00 - 7:00

Assistance League of Arcadia  
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  - o 1848 Evergreen St. Duarte, CA 91010
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  - o 710 S. Santa Anita Ave. Arcadia, CA 91006
- Arcadia Chamber (Mon to Thurs 8am-4pm)
  - o 388 W Huntington Dr. Arcadia, CA 91007
- Sierra Madre City Hall (Mon to Thurs 8am-5pm)
  - o 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024

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## HEY SIERRA MADRE WHERE'S THE SERVICE? *Peter Dills wants to know*

Remember that catchy commercial "where's the Beef" from the Wendy's chain years ago? Sure you do! Well, my new question is where is the service? A few years back I had a service (no pun intended) that I provided to restaurants, it was basically a shopper's report, it had such things that I checked out like did you get water?, did the server suggest any appetizers? Was the manager visible? It was called table touching when the manager or heck someone came to the table to check on how your experience is.

I don't think the food is the problem at restaurants it seems to be just as good or just as bad as it was before Covid, yes we joked around that in Los Angeles your server is just a waiting star waiting for his/her big break in show biz. Is it just that the servers are burned out? Lots of questions in my article here, nearly 48% of service managers say they are overwhelmed and just plain tired of the daily grind. My years of going to various restaurants, I understood that the art of being a server was a noble profession, what has become of the profession. Even lifelong friends that are waiting on tables or bartenders that I interviewed complained about a recent restaurant experience. Just a week or so past my daughter took me to a very nice restaurant for my birthday, food was acceptable but at no time did the manager who sat us come by and ask us how meal are was. That is unacceptable. When I have brought this subject up to four or five of my friends that own restaurants, they respond yeah Pete we know. I think the passion is fleeting. I ordered a martini at an upscale So. Lake restaurant and at no time did the bartender come by and ask how's your drink? How about another? Is it the way you wanted it? I could go on and on. Do we just stop tipping? That might make it worse, we are already at the bottom of the barrel.

In summary, you order your food and it's brought out to you, you eat, and you leave, you get into your car and say our servers ability to put our order in the computer and retrieve it from the cooks was second to none. Going out used to be a special event.

Please follow me on all your social media sites. Peter Dills

## CALIFORNIA LEGISLATURE PASSES FIRST-IN-THE-NATION BAN ON DANGEROUS FOOD ADDITIVES

*Landmark Measure Would Prohibit the Use of Four Dangerous Chemicals Already Banned in the European Union and Other Nations*

SACRAMENTO, CA — Friday, the California State Legislature passed first-of-its-kind legislation to prohibit the use of four dangerous chemicals in processed foods and drinks sold in California. Authored by Assemblymember Jesse Gabriel (D-Encino), Assembly Bill (AB) 418 – the California Food Safety Act – would prohibit the manufacture, sale, or distribution in California of any food product containing Red Dye No. 3, Potassium Bromate, Brominated Vegetable Oil, or Propyl Paraben. The use of these chemicals has already been banned in the 27 nations in the Euro-pean Union (EU) as well as many other countries due to scientific research linking them to significant health harms, including cancer, reproductive issues, and behav-ioral and developmental issues in children.

"Today's bipartisan vote marks a huge step forward in our effort to protect children and families in California from dangerous and toxic chemicals in our food supply," said Assemblymember Jesse Gabriel. "It's unacceptable that the U.S. is so far behind the rest of the world when it comes to food safety. This bill will not ban any foods or products – it simply will require food companies to make minor modifica-tions to their recipes and switch to the safer alternative ingredients that they al-ready use in Europe and so many other places around the globe."

"Things like this aren't partisan. They're common sense," said former Governor and sports and fitness icon Arnold Schwarzenegger, who recently endorsed AB 418 in his daily Pump Club Newsletter. "I'm a small government guy. But I've also seen that sometimes, in a world where every big industry has an army of lobbyists, and our kids have no one fighting for them, government has to step in."

AB 418 was amended in the State Senate to remove titanium dioxide from the list of banned additives and to delay implementation of the bill until 2027, thereby giving food companies more than enough time to negotiate new contracts and phase in new recipes.

Notably, many major brands and manufacturers – including Coke, Pepsi, Gatorade, and Panera – have voluntarily stopped using the additives that would be banned under AB 418 because of concerns about their impact on human health. One of these chemicals – Red Dye No. 3 – is already banned by the FDA for use in cos-metics but is somehow still allowed in food.

Toxic chemicals that have been shown to cause cancer and other chronic health problems should not be allowed in our food," said Brian Ronholm, director of food policy at Consumer Reports. "Unfortunately, the FDA hasn't taken action to protect the public despite the well-documented risks these harmful food chemicals pose to our health. We applaud California lawmakers for voting to ban these haz-ardous chemicals in food and urge Governor Newsom to sign this landmark legis-lation into law."

If signed into law, AB 418 would not ban any products; it would instead require companies to make modifications to products sold in California and likely prompt a nationwide transition to safer alternatives.

"AB 418 is the most important food safety bill in more than a decade and its pas-sage would be a historic victory for protecting kids and families from dangerous food chemicals," said Scott Faber, Senior Vice President for Government Af-fairs at the Environmental Working Group. "For decades, chemical companies have been able to exploit a loophole that allows food additives to escape adequate review and oversight by the FDA. Since the FDA has failed to keep us safe, it has become the responsibility of states like California to step up and lead."

AB 418 now heads to Governor Newsom's desk, where it must be signed into law or vetoed by October 14th.

**ALL THINGS** By Jeff Brown

**RUPERT SPIRA'S QUOTES**

"Consciousness is not personal. It is universal and all-pervading. It is the intelli-gence within whichall experiencing occurs."

"The essential nature of experience is pure, unqualified, and unchanging aware-ness. Everything else is a temporary and changing appearance."

"The greatest discovery you will ever make is the discovery of your essential nature beyond the limita-tions of body and mind."

"The mind's job is to divide and categorize. Awareness simply allows everything to be as it is."

"You are not a person having a spiritual experience; you are pure awareness having a human experience."

"The search for happiness is the search to return to our natural state of being, which is happiness itself."

"The peace and happiness we seek in the world are reflections of the peace and happiness that already exist within us."

"Freedom is not the absence of thoughts, but the understanding that you are the space in which thoughts arise and pass away."

"Love is not an emotion; it is the very nature of awareness itself."

"In the absence of resistance, the natural state of consciousness is one of peace, love, and happiness."

These quotes reflect Rupert Spira's teachings on the nature of consciousness, self-realization, and the non-dual perspective. They encourage us to look beyond the surface of our everyday experiences and explore the deeper dimensions of our true nature.

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The Los Angeles County Department of Public Health (LACDPH) has reported a gradual and consistent rise in COVID-19 transmission in our area over the past few weeks. To reduce the spread of infection, PUSD is offering some simple reminders and precautions. These are important for everyone but especially for those who are more vulnerable to severe illness and death from COVID-19.



**Masking**

Masks are recommended but not required for students, teachers, staff, visitors, and volunteers regardless of vaccination status. PUSD continues to require masking at testing and vaccination clinics, and in school health offices for students, staff, and visitors exhibiting COVID-19 symptoms. If a PUSD employee tests positive, masks are required when returning to work after five days of isolation through Day 10.

The LACDPH recommends that everyone mask around others for:

- 10 days if you are exposed to COVID-19
- Days 6-10 after a COVID-19 infection, if leaving isolation

**Testing**

COVID-19 testing remains a valuable tool. According to the LACDPH, you should test:

- After you have been exposed to COVID-19
- If you have symptoms, such as a fever, cough, sore throat or fatigue
- Before visiting someone at high risk for severe illness

Families and staff may pick up free at-home test kits at all PUSD schools and at:

PUSD Education Center  
351 S. Hudson Ave.  
Health Programs Room 126  
Pasadena, CA 91109  
8:00 a.m. - 4:00 p.m.

Free at-home tests are also widely available through community partners and at libraries and public health clinics throughout Los Angeles County. For more information, visit <http://publichealth.lacounty.gov/covidtests>

The California Department of Public Health has issued a blanket extension indicating that rapid antigen tests (at-home and professional use) are not bound by their expiration date, and rather, they are deemed valid tests as long as the control line of the test shows up when reading the result. For more information please visit <https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests#list>.

**If you test positive:**

- Stay home and away from other people for at least 5 full days. It is recommended that students wear a mask when returning to school through day 10. PUSD employees must wear a mask when returning to work through day 10.
- Consult a health care provider to access treatment. If you don't have a provider, call the Public Health Call Center at 1-833-540-0473, seven days a week from 8 a.m. to 8:30 p.m.

**Vaccines**

Later this month, a new COVID-19 vaccine will be available for increased protection against newer COVID strains. Staying up to date on recommended vaccines protects us from getting serious illnesses. By getting vaccinated, we also protect those who can't get vaccinated, like infants and people with weakened immune systems. Vaccinations help keep schools safe and help avoid disruptions to important (and fun) activities.

If you have questions or concerns about getting the latest COVID vaccine, please talk with your health care provider, school site nurse, visit [publichealth.lacounty.gov](http://publichealth.lacounty.gov) or email [healthprograms@pusd.us](mailto:healthprograms@pusd.us)

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

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Email: [inquiry@acsliions.com](mailto:inquiry@acsliions.com)  
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website: [www.acsliions.com](http://www.acsliions.com)

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[bforsee@ausd.net](mailto:bforsee@ausd.net)

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(626) 229-0993 Head of School: Lauren O'Neill  
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**Pasadena High School**  
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(626) 396-5880 Principal: Mathew Kodama  
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**St. Rita Catholic School**  
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Principal: Adela Solis (626) 355-6114  
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**Sierra Madre Elementary School**  
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(626) 449-7390 Principal: Ruth Esseln  
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Website: [www.monroviashools.net](http://www.monroviashools.net)

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(626)599-5000  
Website: [www.duarte.k12.ca.us](http://www.duarte.k12.ca.us)



## Computer Fun!

Do you know what a **computer bug** is? It's a mistake in software code that causes trouble. Programmers try to fix these computer bugs.

I may **bug** you a lot or just a bit.

Hmph! You call **that** a mouse?

I just don't get it!

Internet  
monitor  
laptop

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12

modem  
mouse  
DVD  
keyboard  
printer  
website  
boot  
drive  
tower

It's not hard to learn about computers. Check out your library for good books about them.

Next, use letters from the word "computer" to fill in the blanks to spell the answers.

One is done for you.

t \_ we \_  
la \_ to \_  
m \_ use  
w \_ bsit \_  
m \_ nit \_ r  
d \_ ive  
b \_ o \_ k \_ yb \_ ard  
ln \_ \_ rne \_  
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**Compute This!**

I really like my desktop computer with its large screen, but this year I need to be able to carry my computer to school and the library. So, I bought a brand new...

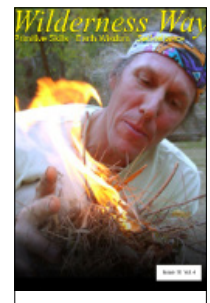
Use the letters below to spell out what Ellie bought.

O T L A P P

Read the clues to fill in the crossword puzzle:

- small computer that you can carry places
- screen that shows what the computer is doing
- computers all over the world sharing information
- a CD, \_\_\_\_\_ or Blu-ray is a plastic disk used to store the information computers use to run games, movies, music and programs
- the hard \_\_\_\_\_ or SSD holds saved information and programs
- allows you to put your computer's information on paper
- use this to type information into the computer
- you can build pages for one of these
- "\_\_\_\_\_ up" - slang for starting your computer
- a computer's "brain" is in a box that's often called a \_\_\_\_\_
- lets you move the pointer around the screen
- connects your computer to the Internet

**CHRISTOPHER Nyerges** [www.SchoolofSelf-Reliance.com]



**CONSIDERING DEATH, AND THE NATURE OF LIFE**

Sometimes I think about things too much. For example, I presume that only living people will be reading these words. Dead people do not read, at least I presume that they do not. My presumption is that they either can not read, or that they do not need to read. They exist in a different realm, where they were once living in a physical body, and now they are not, where reading newspapers is a very low priority.

I began to think about the dead partly because another friend, younger than me, recently died and thus entered what is an unknown and mysterious realm – to the living.

The living do not dwell upon or think about death very much. The living assume that they are immortal – and many believe that – except that they are clearly not. Death comes as a rude awakening to the living who fully believed they were important and would live for-ever. Something happens to the dead, but what? Most skeptical people say that it cannot be known, and some aver that nothing happens after death. Whatever it is, that's not where I'm going with this commentary.

Death can come suddenly, even if you've convinced yourself that you're a very important person with a meaningful life with a lot of things you want to accomplish.

Life is a gift. I think it was the drunken poet Bukowski who wisely said that we'd all treat others so much better if we lived our life with the realization that we will die, and will not live forever. This moment is our only treasure.

I had just "cleaned" my sink with an unceremonious wipe, killing perhaps a hundred ants. Ants! Living beings going about their business of living off my scraps. I generally think of them as a nuisance, not as the highly organized race of workaholics that they are. Did I just wipe out hundreds of life ambitions, hopes, and aspirations? Do ants possess hopes and aspirations? I don't know. I cannot know, really. But it's possible that they do.

As I stood there, sponge in hand, my mind quickly reviewed the war in Ukraine with now over 200,000 individuals killed on each side. Real people whose lives have now been snuffed out, with no more aspirations or hopes this time around. It's can be hard to feel empathy because it's so far away, yet it's so very real.

I feel that there is little I can do, though I have made donations to the Ukraine underdog, the country which Russia covets and somehow hopes to win via wanton destruction and violence. Man's inhumanity to man. Would things be different if men like Putin read the works of Bukowski, and took his words to heart?

Will our inhumanity continue forever? Will our animalistic desires to conquer ever end? Can those desires be transmuted? I wonder.

A teacher once told us students to listen up. He said to think about everyone we know and love. OK? Everyone of these people will die. Pets too. He continued with a very long and sobering lesson about death. He drove home the point that we do not live forever, and that we should quit procrastinating whatever it is that we regard as our Real Work.

We reside only in the moment of Now, and it is up to each of us to live the life that we expect of the world, and ourselves. You've heard it before: Be here now. Be the change that you wish to see in the world.

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**Katnip News! JUNO, just a doll!**



Juno is a rockstar mom to a staggering seven kittens, all of whom were scheduled for euthanasia on the day they were rescued from a kill shelter. However, in the last six weeks, with proper care, she has started to put on weight and her beautiful, shiny black coat has filled in.



Despite a rough start and obvious neglect, Juno is desperate for hu-man interaction, and always greets her foster family at the door with lots of flops, rolls, and purrs, and she is great with kids. Juno would do best in a home where someone is around for most of the day to give her the attention she craves.

Born 7/27/22. See more of her on our website's "Teen and Young Adult" page, at [www.lifelineforpets.org](http://www.lifelineforpets.org).

**Pet of the Week**

Frosty is so excited that he just can't hide it- International Rabbit Day is September 23! In honor of that landmark holiday, Frosty and all other critters at Pasadena Humane can be adopted for FREE during the "Hop Into Fall" adoption event- Saturday, 9/23 from 2:00 – 5:00 p.m. No adoption appointment is necessary.



Frosty is a sweet eight-month-old bunny who is very outgoing and adventurous. He happily greets people who visit by hopping over to get pets.

Frosty has been in a home and appears to be litter box trained. He's also a big fan of treats, so he'll likely bond very quickly with whomever is giving him something yummy. This adorable little guy is very handsome and soft and will give you lots of love!

The normal adoption fee for rabbits is only \$5. 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](http://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.

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- Winners announced October 28th

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## DOES MEDICARE COVER SECOND MEDICAL OPINIONS?

Dear Savvy Senior:

Does Medicare cover second medical opinions? The doctor I currently see thinks I need a knee replacement, but I would like to get some other treatment options before I proceed. What can you tell me?

Limping Larry



Dear Larry:

Getting a second medical opinion from another doctor is a smart idea that may offer you a fresh perspective and additional options for treating your knee so you can make a more informed decision. Or, if the second doctor agrees with your current one, it can give you some reassurance.

Yes, Medicare does pay for second opinions if your current doctor has recommended surgery, or some other major diagnostic or therapeutic procedure.

If you're enrolled in original Medicare, 80 percent of the costs for second medical opinions are covered under Part B (you or your Medicare supplemental policy are responsible for the other 20 percent), and you don't need an order or referral from your doctor to get one. Medicare will even pay 80 percent for a third opinion, if the first two differ.

Most Medicare Advantage plans cover second opinions too, but you may need to follow certain steps to get it paid for. For example, some plans will only help pay for a second opinion if you have a referral from your primary care doctor, and/or they may require that you can only use a doctor in their network. If you have a Medicare Advantage plan, you'll need to call it to find out their rules.

Finding Another Doctor

To find another doctor for a second opinion you can either ask your current doctor for a name or two, or ask another doctor you trust for a referral, or you can find one on your own.

Whatever route you choose, it's best to go with a doctor that's affiliated with a different practice or hospital than your original doctor. Hospitals and practices can be set in their ways when it comes to treatments and are likely to offer similar advice.

If you choose to find one on your own, use Medicare's Care Compare tool at [Medicare.gov/care-compare](http://Medicare.gov/care-compare). This will let you find doctors by name or medical specialty in your area that accept original Medicare. You can also get this information by calling Medicare at 800-633-4227. Or, if you're enrolled in a Medicare Advantage plan, call or visit your plan's website for a list of candidates.

After you've got a few doctors names, there are a number of free online resources to help you research them like HealthGrades.com and Vitals.com.

After you find another doctor, before you get a second opinion, you'll need to have your current doctor's office send your medical records ahead to the second doctor, or you may have to pick them up and deliver them yourself. That way, you won't have to repeat the tests you already had. But, if the second doctor wants you to have additional tests performed as a result of your visit, Medicare will help pay for these tests too.

For more information, see the Medicare publication "Getting a Second Opinion Before Surgery" at [Medicare.gov/publications](http://Medicare.gov/publications) - type in 02173 in the Keyword or Product number box.

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

## FITNESS FOR LIFE

## CONNECTIONS BETWEEN EXERCISE AND MENTAL WELL-BEING by Michele Silence

When we talk about exercise, we usually think about the physical benefits like getting in shape, preventing diseases, and feeling more agile. But did you know that exercise also has an incredible impact on our mental health? Well documented research has shown that staying active can make a big difference in how we feel emotionally.

Here are some key points that highlight the positive effects of exercise on our mental well-being:

1. Boosting Your Mood: When we exercise, our body releases chemicals like serotonin and dopamine that help regulate our emotions. These chemicals can make us feel happier and more stable. Exercise also triggers the release of endorphins, which act like natural painkillers and can improve our overall mood.

2. Stress and Anxiety Relief: Exercise isn't just a way to stay physically healthy; it's also a fantastic way to reduce stress and anxiety. When we're feeling stressed out or anxious, getting some exercise can help us feel calmer and more relaxed. If your job is demanding or your daily routine filled with pressure it's a great way to release the tension. Exercise can serve as a healthy outlet for pent-up emotions.

3. Improving Self-Confidence: If you're feeling down about yourself, engaging in physical activity can actually boost your self-esteem. When you challenge yourself and see the progress you're making, it can make you feel more confident and positive.

4. Developing Social Connections: Joining group workouts or sports teams is a great way to meet new people and make friends. Exercising together with others can also make the experience more enjoyable and help you stay motivated. If you're absent, your fitness friends will want to know what happened. Many times people start exercising for physical benefits but then soon learn that it's the social aspect that keeps them coming regularly over time.

5. Sharpening Your Mind: Exercise doesn't just benefit your body; it's good for your brain too. Regular physical activity has been linked to better cognitive abilities, which means you can think more clearly and remember things more easily. Regular exercise has been linked to a lower risk of developing neurodegenerative disorders such as Parkinson's and Alzheimer's disease. It can delay the onset of these conditions and help maintain optimal brain function.

6. Improving Sleep Quality: If you struggle with sleep, exercise might be the solution. People who exercise regularly often find it easier to fall asleep and have better sleep quality, which is crucial for both physical and mental health. Check it out with a calendar. Note the days you exercise and how well you sleep those nights. There should be a correlation be-



Michele Silence, M.A. is a 37-year certified fitness professional offering semi-private/virtual fitness classes and a weight management support group.

tween exercise and sleep. That means far fewer restless nights and no more sleeping aids.

7. Attaining Balance: Exercise has a way of connecting our physical and mental well-being. When we take care of our bodies through exercise, our minds feel more balanced and in sync. Sometimes just time alone to think while exercising can lead to productive thoughts and solutions to troublesome issues in day to day life.

8. Harnessing Brain Plasticity: Exercise has the amazing ability to make your brain more adaptable and flexible. It becomes better at learning new things and adapting to changes. If you're a creative person this means that it can help you overcome mental blocks and get better at problem solving. You can draw from your existing knowledge and experiences and combine them in novel ways. Great for creating original and inventive concepts.

9. Developing Coping Strategies: Regular exercise can teach you healthier ways to deal with stress and problems. It's like a training ground for managing life's challenges in a positive way. During exercise, your mind can also temporarily shift its focus away from stressors, the distraction allows you to recharge mentally allowing you to think about recurring issues in new ways.

Depression and anxiety in particular respond extremely well to moderate to strenuous physical activity. A new study recently published by the University of South Australia shows that physical exercise may be 1.5 times more effective for mental health than traditional therapy or drugs. That's a huge finding. But don't worry if you're taking medication or talking to a counselor. No need to toss out the anti-depressants or cancel any counseling appointments just yet. Adding exercise to your routine can still make a big difference. You might find that you need less medicine or fewer counseling sessions over time. We're learning more and more about how powerful exercise is for our mental well-being. So, if you're not already including exercise in your daily routine, it's definitely worth considering. It could be the missing piece that helps you feel your best. It's like giving your mind a dose of positivity and making yourself feel great!

## SENIOR HAPPENINGS



## HAPPY BIRTHDAY! ...September Birthdays\*

Clem Bartolai, Pat Hall, Donna Anderson, Teresa Chaure, Cathy Gunther, Esther Macias, Sheila Pierce, Nancy Sue Shollenberger, Patti O'Meara, Judie Cimino, Mary Steinberg, Geri Wright, Parvin Dabiri, Denise Reistetter and Nehama Warner, Virginia Mullaney, Gwen Robertson.

\* 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

Monday & Wednesday 10-10:45 AM

## Chair Yoga

Please join us for some gentle stretching, yoga, balance exercises and overall relaxation.  
Classes are ongoing and held in the Hart Park House Senior Center.

WELCOME TO

Beginner Every Thursday 10:00 AM-11:00 AM  
Intermediate Every Friday 10:00 AM-11:00 AM

Bring your lei, flower skirt or just your desire to dance!  
Join in on the fun in the Memorial Park Covered Pavilion on Thursday, the Hart Park House Senior Center on Friday.

## HULA & POLYNESIAN DANCE

## SENIOR CINEMA

Twice a Month - In the Hart Park House - Beginning at 1:00PM!

Wednesday, September 13 DOG PG-13 1hr 41 min

In this road-trip comedy, two hard-charging former Army Rangers paired against their will - Briggs (Channing Tatum) and a Belgian Malinois named Lulu - race down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time. Along the way, they'll drive each other completely crazy, confront the possibility that pet psychics are real, and begin to reckon with the one thing they were trained never to do: surrender.

Wednesday, September 27 MAX PG 1hr 50 min

Max, a precision-trained military dog, serves alongside his handler, U.S. Marine Kyle Wincott. But when things go wrong, Max becomes traumatized and unable to remain in service. Shipped stateside, the only human he seems willing to connect with is Kyle's teenage brother, Justin. Justin's growing trust in Max helps the four-legged veteran revert back to his self, the pair race against time to unravel the mystery behind Kyle's death, they find more excitement - and danger - than they bargained for.



## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

### OH MEMORY, HOW I MISS THEE!

Driving home from a luncheon with friends, The Gracious Mistress of the Parsonage asked me a stunning question.

She is a specialist regarding questions I can't answer. I am trying to evade her questions and have been very good up until now. "Did that story you told really happened?" She glanced at me with one of her quizzical looks.

Because I told several stories at lunchtime, I was wondering which one she was referring to. To the best of my knowledge, everything I say is true. Of course, people have different views of truth.

"Which story are you referring to, my dear?" My plan has always been to deflect the attention away from the real question. "You know. The one about the chicken attacking you."

Since I told quite a few stories, I couldn't remember that one exactly. My memory has a problem with really staying focused. I can tell one story one time and tell it again, and it is pretty different. If you heard both, you would know they were the same story. It's not that I lie. I have a creative attitude and imagination with the stories I tell. It's not the story I'm telling but rather the point I'm trying to convey.

"Well, my dear, if I told it, it must true because I do not lie except when I go to bed." But I smiled at her and nodded in a very affirmative way. She didn't think that was funny and said so.

"Well," she said very seriously, "I've heard you tell that story at least six times and each time it's different. What do you have to say about that?"

Looking at her rather soberly, I said, "The only thing I can think of is that they were six different stories."

That is one of the astounding things about memory. If it's my memory, I should be able to tell it how I want to. After all, I can't remember back that far in my life. And, to tell the truth, it may not have happened at all. Who knows?

That is why if I tell any story, it is one before I met The Gracious Mistress of the Parsonage. All during our marriage, she has been very faithful in correcting the stories I tell while I'm telling them. At least those stories that happened while we were together.

That is the challenge I have just about every day of my life. The Gracious Mistress of the Parsonage has a flawless memory. Don't let her know I said this, but I suspect she remembers things that never happened. But with my flawed memory, there's no way I could

correct that. She knows everything that has ever happened since the day we first met. If only I had half of her memory skills. [Sigh!]

I learned this long ago, so if I tell a story, it was before I met Miss Know-It-All. Then, I can tell it according to my memory, which is somewhat flawed.

One of the blessings of a flawed memory is that I can tell a story that happened way back half a dozen times, and nobody would know it. Most of the time, I don't know it.

A long time ago, I accepted that I should not try to correct a story whenever she tells it. Once, and only once, I thought I would agitate her, and as she told a story, I would correct it.

"No, my dear, it wasn't on a Tuesday, it was on a Friday."

On and on I went until I could see behind those beautiful eyes of her and growing agitation; that was a warning sign for me to SHUT UP. And UP, I SHUT.

On our way home that time, we had a long discussion. It was not a discussion; it was a monologue of what she thought about me correcting her when she was absolutely right about everything.

Common sense told me not to do that again. I think about it occasionally and can't help but chuck-le. I want to do that one more time just before my funeral.

If I had her impeccable memory, my life would be so dull. I often change the memories that I do remember because nobody would know the difference, and I'm having fun.

Long ago, I stopped telling stories after I met The Gracious Mistress of the Parsonage because one slip up there will have a lifetime consequence.

I was sitting in my easy-chair with a hot cup of Joe reflecting on these things. I thought of what Solomon said about memory. "Blessings are upon the head of the just: but violence covereth the mouth of the wicked. The memory of the just is blessed: but the name of the wicked shall rot" (Proverbs 10:6-7).

Then I was reminded of what Peter said. "For he that will love life, and see good days, let him re-frain his tongue from evil, and his lips that they speak no guile: Let him eschew evil, and do good; let him seek peace, and ensue it" (1 Peter 3:10-11).

Memory can be a tricky thing for many, especially me. I'm trying to process Peter's warning here to "refrain my tongue from evil, and my lips that they speak no guile." If I'm honest with myself I must be honest with everyone else. Also what Solomon said, "The memory of the just is blessed" is important.

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Mountain Views News has been adjudicated as a newspaper of General Circulation for the County of Los Angeles in Court Case number GS004724: for the City of Sierra Madre; in Court Case GS005940 and for the City of Monrovia in Court Case No. GS006989 and is published every Saturday at 80 W. Sierra Madre Blvd., No. 327, Sierra Madre, California, 91024. All contents are copyrighted and may not be reproduced without the express written consent of the publisher. All rights reserved. All submissions to this newspaper become the property of the Mountain Views News and may be published in part or whole.

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Letters to the editor and correspondence should be sent to:

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

## STUART TOLCHIN



### PUT THE LIGHTS ON MAYBE NOT

Really I want to write a positive article but when I look around things just don't look very good. I receive emails from my travelling retired friends telling me that in other countries they pretend they are not Americans; in order to escape criticism they masquerade as Canadians. It is tough to be an American these days but compared to what? Why are Americans addicted to guns? Why is drug and alcohol addiction such a continuing and worsening problem? Why is there so much divorce? Why do so many people report that they no longer have "best friends"?

When I eat at restaurants I see couples or even groups of people with their phones in their hands not even talking or looking at one another? Why does this all bother me so much? Really I don't want answers—I just want changes.

First, can't America get rid of people's need to have guns? It's not about the second amendment or about that time-honored American pastime of shooting and killing animals and cutting off their heads and hanging them on the wall. Really though today many Americans keep guns because they don't feel safe and keep the guns to protect themselves. Do more guns really help to make people feel safer?

Why in the mornings are the freeways jammed with passengerless individual drivers barely moving as the fight their battle of commuting to and from work. Well, at least they're working! What about retired folk like me who aren't working and cannot really afford to pay the twenty or twenty five dollars to eat breakfast? Is inflation a global problem or is it only a matter of time until we will all be eating only Chinese food and driving Asian or German cars?

Maybe it's only my perception but it seems that people are so guarded that they are reluctant to share their feelings with anyone and even hide from themselves. Are we all so afraid and does that fear lead to a nation-wide depression?

One of my pet peeves is that all the time many of us spent in College acquiring degrees which in no way prepared us for the inevitable problems so common to us now. Several men I know of my age, or even younger, are married to women almost a decade younger. Originally the women were probably pleased to be with these experienced, sophisticated seemingly successful men. As time passed, as it inevitably does, the women now feel that they are caretakers for irritatingly hard of hearing and almost enfeebled men who are of no help around the house and cannot even be considered as safe drivers. It's tough for the women and the men are powerless (I don't want to use the word "impotent" to do much about it. My point is that couldn't our lengthy and expensive educations better prepare us to deal with the generally inevitable stages of life.

Proper effective child rearing is still a mystery! My life experience has recognized that many marriages break up to the great detriment of children and afterwards the divorced couple remain close even after they move on to other relationships. The problem is that often during the marriage one of the parties, or both, carried on secret liaisons which when discovered made staying together and the children be damned. Guess what! I'm afraid that is just what humans do and it always comes as a devastating shock. I wish that somewhere along the line we all learned to be more prepared in addition to being able to being more responsible and truthful. It hasn't happened yet and subsequent generations must cope with the insecurities related to their parent's dissolution. Maybe not getting married in the first place is the answer which does not seem like much of an answer. I have no solutions but I hope to live a little while longer and get a chance to see the world become more harmonious.

Maybe we all may end up speaking Chinese and forfeiting our prized individual rights in a Constitutional Democracy. Will things be easier then? Another question I can't answer and presently am content to not ask many questions about the future. It is now Rosh Hashanah (Jewish New Years) are still privileged and happy to not be in Libya.

## RICH JOHNSON NOW THAT'S RICH



### JULIUS HENRY AND FRIENDS

A great hero of mine is Julius Henry. Julius was born the same month as I (October) but he was a bit older having been born in 1890. His birth took place above a butcher shop in Manhattan,

New York City. Julius was one of 5 brothers, the others: Leonard, Milton, Arthur, and Herbert. The brothers all worked together at first, and later only Leonard and Arthur worked with Julius.

As I'm sure you surmise by now, Julius is better known under a different nom de plume which I will divulge momentarily. So, where was I? Oh yeah, there are 206 bones in the typical human body, 22 of them in the skull. I suspect Julius has 1 more bone than most humans. The bone they call the 'funny' bone. And it's a big one.

Alright, a little drum roll. The Julius Henry I am talking about has a last name and that name is 'Marx'. And, at the front, the nickname of Groucho, a name he took from a comic strip character.

It was the silliness and cleverness of the Marx Brothers that attracted me to comedy. Not the slapstick. Their clever 'repartee': a French word repartire, which is a fencing term which means, "an answering thrust with a sword". And nobody was better at it than Groucho. Such as:

"If I held you any closer, I would be on the other side of you."  
"One morning I shot an elephant in my pajamas. How he got into my pajamas I'll never know."

"I don't care to belong to a club that accepts people like me as members."  
"I never forget a face, but in your case, I'll be glad to make an exception."  
"Who are you going to believe, me or your own eyes?"

"Either he's dead or my watch has stopped."  
"Room service? Send up a larger room."  
"I worked my way up from nothing to a state of extreme poverty."

"A black cat crossing your path signifies that the animal is going somewhere."  
"Those are my principles, and if you don't like them...well, I have others."  
"I've had a perfectly wonderful evening. But this wasn't it."

"Man does not control his own fate. The women in his life do that for him."  
"She got her looks from her father. He's a plastic surgeon."  
"I was married by a judge. I should have asked for a jury."

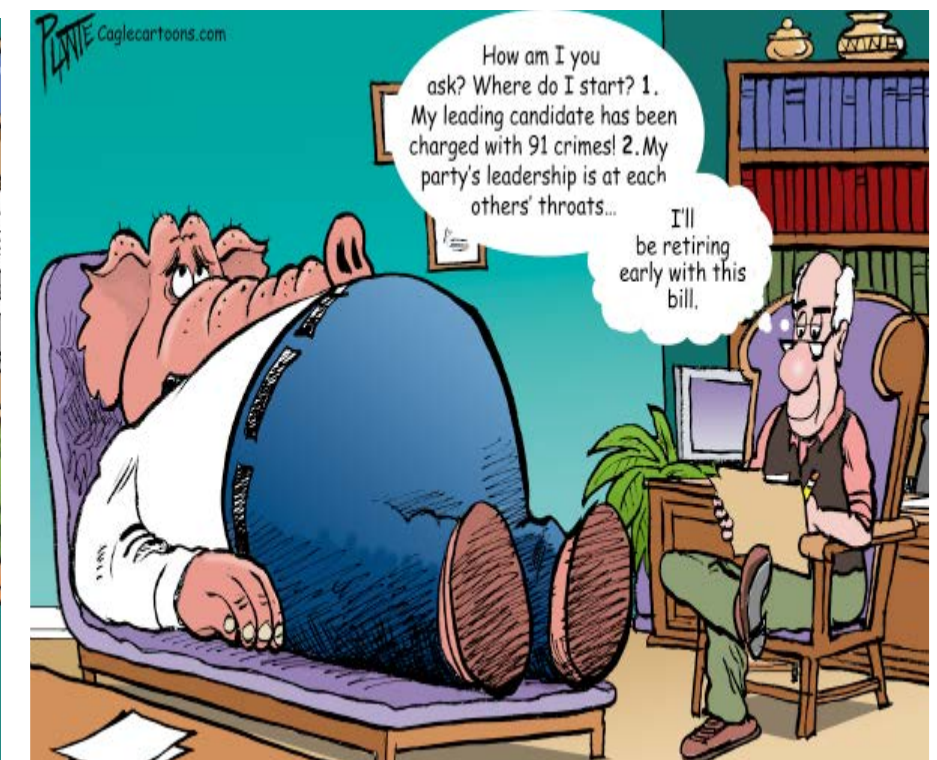
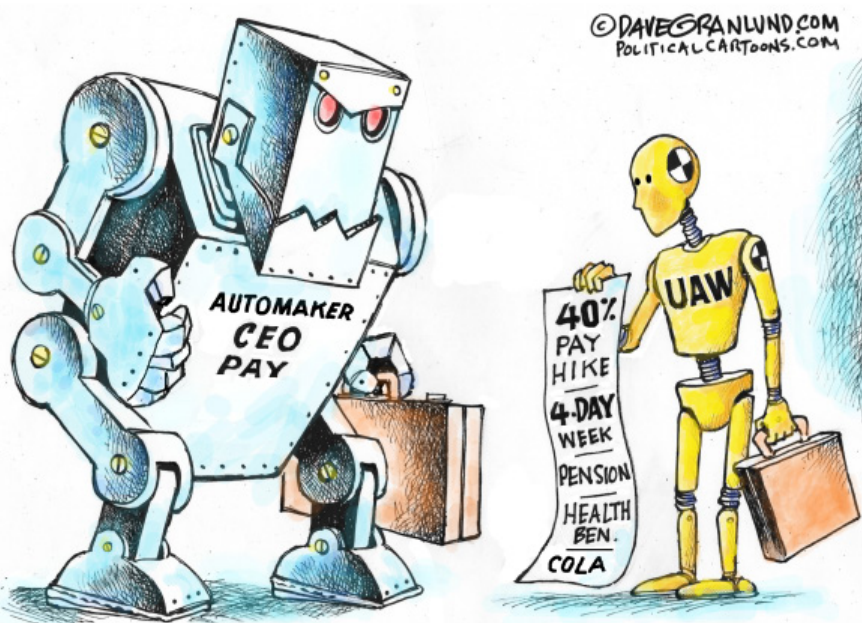
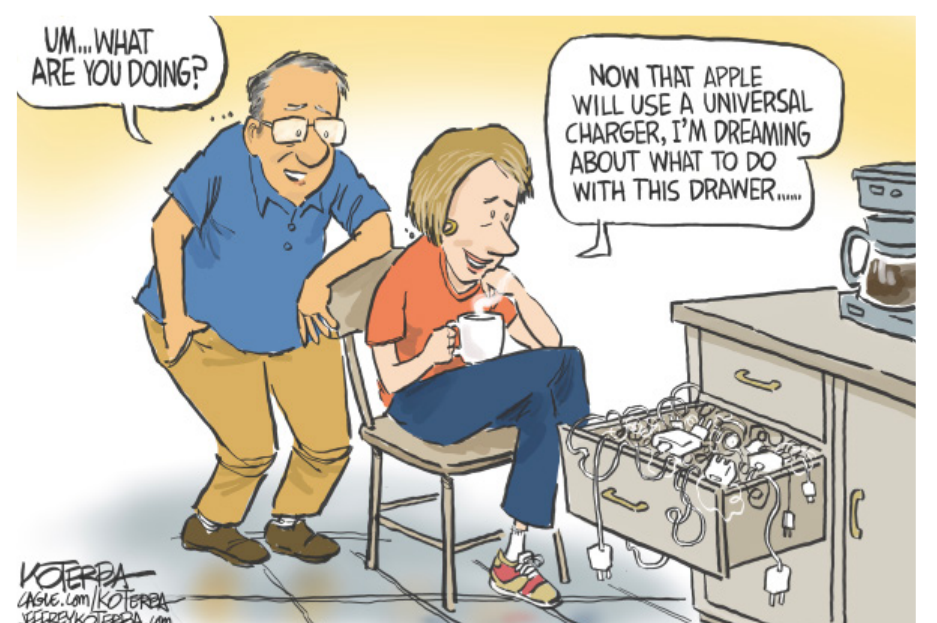
"No man goes before his time...unless the boss leaves early."  
"Before I speak, I have something important to say." (One I use regularly).

Julius (Groucho) once said something serious that I know of:  
"I, not events, have the power to make me happy or unhappy today. I can choose which it shall be...I have just one day, today, and I'm going to be happy in it!"

Have a wonderful week. We are all in this together. If you have kids love them and let them know it. Parents? Love them and let them know it. Pets? Love them and let them know it.

Brothers and sisters? You're on your own lol!

Shameless plug. My band, JJ Jukebox, indeed is performing a Halloween Concert at Nano Café, Saturday, October 28th. Many people will be wearing costumes. I would love to see new faces. Make reservations for sure (626) 325-3334. Come for dinner, drinks, dancing and...funky costumes. There may even be a few prizes.







SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF LOS ANGELES  
 STANLEY MOSK COURTHOUSE  
 111 N. HILL STREET  
 LOS ANGELES, CA.. 90012

SUMMONS – FIRST AMENDED COMPLAINT

NOTICE TO DEFENDANT: US GC INVESTMENT, L.P., a California Limited Partnership; NEW PROSPERITY, LLC, a California Limited Liability Company; FU & SONS INVESTMENT CAPITAL, LLC, a California Limited Liability Company; YOUHONG “FRANK” FU; XIAOMEI ZHAO, an individual; LINA QI, an individual; JINGMENG SALLY XIE, an individual; and DOES 1 through 100, inclusive;

YOU ARE BEING SUED BY PLAINTIFF:

OHANNES GEORGIAN, an individual; AZIZA GEORGIAN, an individual  
 CASE NUMBER: 22STCP03994

NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below:

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money and property may be taken without further warning from the court.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service, If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)), the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case.

¡AVISO! Lo han demandado. Si no responde dentro de 30 días, la corte puede decidir en su contra sin escuchar su versión. Lea la información a continuación.

Tiene 30 DÍAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al de

mandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y más información en el Centro de Ayuda de las Cortes de California ([www.sucorte.ca.gov](http://www.sucorte.ca.gov)), en la biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de presentación, pida al secretario de la corte que le dé un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sin más advertencia.

Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)), en el Centro de Ayuda de las Cortes de California, ([www.sucorte.ca.gov](http://www.sucorte.ca.gov)) o poniéndose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperación de \$10,000 ó más de valor recibida mediante un acuerdo o una concesión de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso.

CASE NUMBER:  
 (Número del Caso):  
 22STCP03994

The name and address of the court is: (El nombre y dirección de la corte es):  
 SUPERIOR COURT OF CALIFORNIA,  
 COUNTY OF LOS ANGELES,  
 STANLEY MOSK COURTHOUSE  
 111 N. HILL STREET  
 LOS ANGELES, CA. 90012

The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is:  
 (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es):

NOAH GREEN, ESQ.  
 THE GREEN FIRE, P.C.  
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Published: Mountain Views News  
 September 16, 23, 30 and October 7, 2023

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# JOHN HARABEDIAN

FOR STATE ASSEMBLY

As our Assemblymember, JOHN HARABEDIAN will fight to:



**STRENGTHEN K-12 SCHOOLS**  
by paying competitive salaries for teachers and expanding after-school programs.



**SUPPORT LOCAL BUSINESSES**  
by expanding public transit options and making our downtown areas walkable.



**KEEP NEIGHBORHOODS SAFE** by improving enforcement of our gun laws and investing in rehabilitation.



**IMPROVE SENIOR CARE** by making prescriptions more affordable and repairing the senior safety net.



**FUND MENTAL HEALTH** treatment to get people off the streets and into long-term supportive care.



**COMBAT WILDFIRES** and protect our San Gabriel Mountains by investing in firefighting capacity and our energy grid.



**BUILD AFFORDABLE HOUSING** to reduce homelessness and make homeownership possible for young families.



**INVEST IN HIGHER EDUCATION** to ensure that every Californian can learn the skills they need for the workforce.

**JOHN HARABEDIAN** was born and raised in Sierra Madre, in the heart of the 41st Assembly District. John is a California State Commission President, attorney, father, and former City Councilmember and Mayor. He was elected to the Sierra Madre City Council in 2012, re-elected in 2016, and twice served as Mayor. As Mayor, John worked to improve city services, strengthen fire protection, and support local businesses. Professionally, John has worked as a prosecutor at the Los Angeles District Attorney's Office and as an attorney at Latham & Watkins.

A proud graduate of Loyola High School, John earned his bachelor's degree from Yale University, master's degree in comparative social policy from Oxford University, and law degree from Stanford University. John and his wife Young-Gi are the proud parents of three boys.



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Paid for by John Harabedian for Assembly 2024 FPPC ID #1462230



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