



Where Your Community News Come First

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, OCTOBER 28, 2023

VOLUME 17 NO. 43

TRUCK FILLED WITH DRUGS CRASHES IN SIERRA MADRE Driver With Gunshot Wound Transported to Hospital

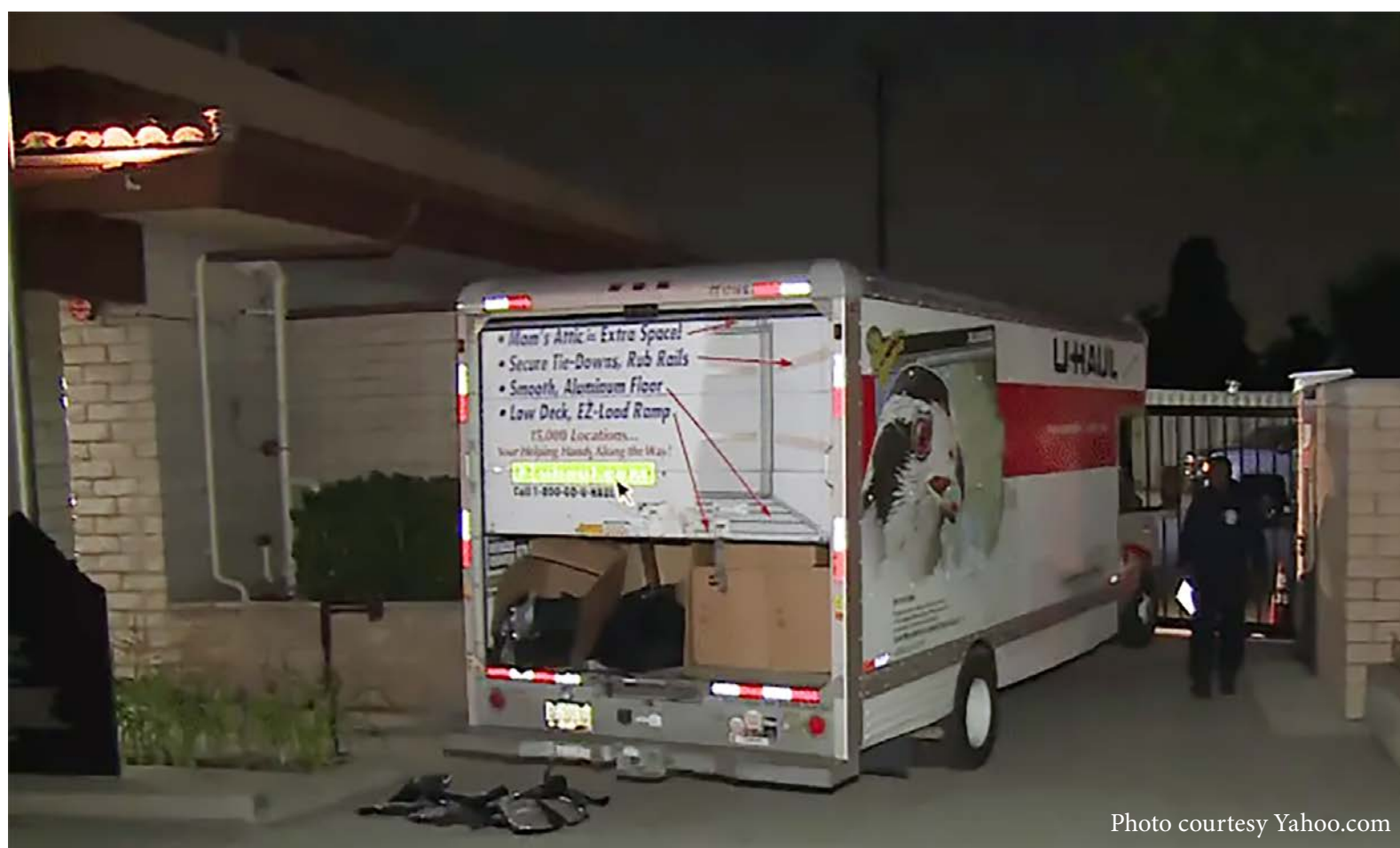


Photo courtesy Yahoo.com

Two men, one suffering from a gunshot wound in the arm made a really wrong turn and ended up crashing a rented U Haul truck into the gate at the Sierra Madre Fire Department on Thursday evening. The contents of the truck revealed approximately 2,000 pounds of marijuana according to the Sierra Madre Police Department and the LA County Sheriff's Department.

According to SMPD Sgt. Charles Kamchamnan, exactly how and why the vehicle ended up in Sierra Madre is still unclear. The driver, who was suffering from a gunshot wound in his left arm, was transported to USC Arcadia Hospital and later arrested along with a passenger in the vehicle.

The men, both 37 years of age and of Asian descent, did not speak English enough to explain anything to SMPD.

Another vehicle, a BMW that followed the U Haul into Sierra Madre and was

questioned by SMPD told police that the driver was following the UHaul had hit his vehicle and did not stop. The owner of the vehicle stated he thought it was a simple hit and run of his vehicle and had no idea what the contents of the truck were nor was he aware that the driver had been shot. SMPD determined that the BMW was indeed a hit and run victim and did not detain him.

Once the local police were able to determine that both the hit and run and shooting occurred outside of the city limits, the Sheriff's Department was contacted.

LA County Sheriff PIO David Kearney confirmed that both men were under arrest and are facing an array of charges. The case is now being handled by the Sheriff's Narcotics Division who were not available at press time.

According to Kearney it appears that there was a car to car shooting on North

San Gabriel and the truck driver ended up in Sierra Madre in an effort to escape the person who shot him. The U Haul side swiped the BMW and eventually lost control of the truck, running into the gate at the Fire Department and asking for Medical Assistance.

According to Kearney, that while marijuana use is legal, the transportation of that quantity is in violation of the law.

The case will be filed by the LA County Sheriff's Department and the specific charges will be made public during the arraignment.

The gunshot wound did not deter the driver from being arrested.

Law enforcement is still looking for the other vehicle involved and encourages the public to contact them if you have any information regarding this matter.



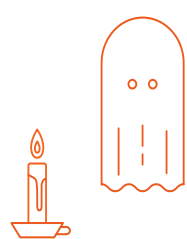
the webb-martin group

Scared of Selling? You have nothing to fear



Your home will likely sell quickly

According to NAR's REALTORS® August 2023 Confidence Index, homes are typically selling in just 20 days. This indicates strong demand, which is great news for sellers.



Buyers will compete for your home

The same NAR survey shows sellers receiving more than 3 offers on average. In certain markets, this number can average even higher. Multiple offers allow sellers to accept the best scenario for their financial well-being.



Buyers are qualified to move fast

Despite higher interest rates, first-time home buyers continue to enter the market, accounting for 29% of all sales. Additionally, all-cash offers account for 27% of sales, allowing for a diverse range of purchasing options, according to the same survey.



Jan Greteman 626.975.4033
lic #01943630

Judy Webb-Martin 626.688.2273
lic #00541631

Katie Orth 626.688.0418
lic #00942500

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HOW DO I CONTACT CRIME STOPPERS?

Telephone the free hotline (1-800-222-TIPS (8477)). Call the Anonymous Hot Line When you call the hotline to report a crime, a person—not a machine—will answer the phone 24/7. No need to identify yourself. The person will give you a code number for identification. Use this number to identify yourself whenever you call the hotline. Have a pen and paper ready to write down your code number. Never share your secret code number with anyone.

Send in a mobile tip through the "P3 Tips app" or on your mobile phone via browser to P3tips.com

Web Tips To send an online tip, go to www.p3tips.com/365 and follow the directions.

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How to Submit a Tip" within P3: https://vimeo.com/241760646

No matter how you report a tip, you are always protected. You remain anonymous. If it is an emergency, please call 911.

INSIDE THIS WEEK

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We Are Bringing Out The Big Dogs To Help Make Your 2023 Real Estate Dreams Come True.

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Welcome to the 12th Annual SCARECROW FESTIVAL

THE CREATIVE ARTS GROUP ANNOUNCES THE WINNERS FOR THE 12TH ANNUAL SCARECROW FESTIVAL

The Creative Arts Group 2023 Scarecrow Festival is pleased to announce the winners for Most Popular Business and Most Popular Residential entries.

In the Residential Category, the awards are as follows: 1st Place - "Dennis Nedry- Jurassic Park," (#057); 2nd Place - "ET- The Sierrastrial," (#068); 3rd Place - "Tiny Dancer (#023); and Honorable Mention - "The Marching Bearcrow of Sierra Madre" (#040).

In the Business Category, the awards are as follows: 1st Place - Merry Maids "Catrina" (#076); 2nd Place - The Only Place in Town "Goldie Lox and the 3 Bears," (#014); 3rd Place - Century 21 Village Realty "Shining Twins," (#074); and Honorable Mention - Barbers at 38 West "Beetlejuice at 38 West" (#008).

"Each year, we are dazzled by the imagination and artistry of our community," remarked Creative Arts Group Executive Director Gwen Robertson. "The fall has become one of our favorite times of the year because we get to interact with so many people having fun with their scarecrow creations." This year, the Scarecrow Festival reached nearly 15,000 on



Social Media, which is an all-time high.

The Scarecrow Festival was coordinated by Chair Jennifer Shamlian and Heidi Hartman. All winners were selected by the community through votes entered on Facebook and submitted paper ballots. Each winner will receive a commemorative award from Creative Arts Group.

The Creative Arts Group Scarecrow Festival is made possible through the support of its sponsors: Arnold's Frontier Hardware and the Mountain Views News.



SIERRA MADRE SENIOR COMMISSION HONORS ONE OF IT'S OWN

Submitted by Pat Krok, Chairman

On Tuesday, October 24, the Sierra Madre Senior Commission held a memorial reception for the late Former Mayor, and Sierra Madre Senior Commissioner, Nancy Walsh.

Looking back, in 2008 the City of Sierra Madre entered into an agreement with L.A. County to participate in the County Surplus Disposal Program. Funds from this program would go to fund the city's Senior Commission.

Nancy Walsh was instrumental in following through on this agreement. Nancy, and her assistant Frank Huezo, helped acquire funds on a yearly basis. Those funds make it possible for the Senior Commission to never have to ask, or depend, on funding from the City of Sierra Madre.

Through these monies, the senior Commission was able to provide over 11,000 meals to city senior citizens during the pandemic, when the Senior Lunch Program was cancelled. The cost of this project was \$88,000. All programs and services, up to now, have been maintained and expanded upon because of Nancy Walsh.

A plaque was presented to City Council honoring her achievements and her love of the city and it's citizens.



On Tuesday evening the Sierra Madre City Council also honored the former Mayor. Her daughters Jennifer and Melissa were present for the presentation.

THERE ARE MORE THAN 90 SCARECROWS ON DISPLAY THROUGHOUT SIERRA MADRE!

GET THE MAP AND TAKE A DRIVE AROUND TOWN. THEY ARE ALL AMAZING!

GO TO:

<https://www.creativeartsgroup.org/scarecrowmap>

Check Out All of the Fun Things To Do Around Town in November!

One Time Events in November

November 5
Rose Villa-Oakdale Walking Tour and Mills Act Workshop
 Tour the beautiful Rose Villa-Oakdale Neighborhood just east of the Caltech campus and admire a variety of architectural gems. 1:30 p.m. – 3:00 p.m.
 Following the walking tour, Pasadena Heritage will host a workshop explaining the Mills Act, a significant incentive for historic homeowners. 4:00 p.m. – 5:00 p.m.

November 11
Veterans Day Ceremony in Library Park
 The City of Monrovia will celebrate Veterans Day with a ceremony to honor those who have served or are currently serving the country. 11:00 a.m. – 12:00 p.m.

November 11
Family Workshop: Chinese Brush Painting at The Huntington
 Learn about the Winter Solstice Festival and the principles of balance and harmony as you create a masterpiece of beautiful winter foliage. 10:00 a.m. – 12:00 p.m.

November 11
Family Workshop: Holiday Napkin Dyeing at The Huntington
 Learn to make beautiful fabric napkins using natural dyes. Make a set of four napkins with resist-dye patterns in fall colors. 10:00 a.m. – 12:00 p.m.

November 12
Autumn Leaf Crowns at The Arboretum
 In this workshop, children can build enchanting leaf crowns using colorful fall foliage and learn about seasonal changes. 2:00 p.m. – 3:30 p.m.

November 16
Thankful and Grateful Holiday Gathering
 Celebrate all who make Monrovia special. Family fun includes performances, arts and crafts, hayrides, and holiday tree lighting. 5:00 p.m. – 9:00 p.m.

November 18
Flower Arranging: Fall Centerpieces at The Huntington
 Join Flower Duet for a hands-on flower arranging class inspired by The Huntington's large orchid collection. Create an autumn-themed Thanksgiving centerpiece using fresh orchids. 1:00 p.m. – 3:00 p.m.

November 19
Autumn Centerpieces at The Arboretum

Create a beautiful fall centerpiece using natural materials collected from The Arboretum gardens. 1:00 p.m. – 2:30 p.m.

November 19
The Occasional Doo Dah Parade
 The "Twisted Sister of The Rose Parade" returns to Old Pasadena. Enjoy all the funky, whacky, and silly fun. 11:00 a.m.

November 23
Rose Bowl Turkey Trot
 Run, walk, or skip around the 5K recreational loop at America's Stadium. 9:00 a.m. – 11:00 a.m.

Ongoing Events in November

November 1 – 27
Inherit the Wind at The Pasadena Playhouse
 This powerful courtroom drama brings a battle of wit, wisdom, and will to The Pasadena Playhouse stage. Stars Alfred Molina, John Douglas Thompson, and Chris Peretti.

November 3 – 4
Breeder's Cup 2023 World Championships
 The rich heritage of the Breeder's Cup is woven into horse racing's history. Celebrate the 40th running of the World Championships at Santa Anita Racetrack at this two-day, 14-race event.

November 3 – 5
2023 Fall Plant Sale at The Huntington
 Find everything you need to update your garden and prepare for peak planting season. 10:00 a.m. – 5:00 p.m.

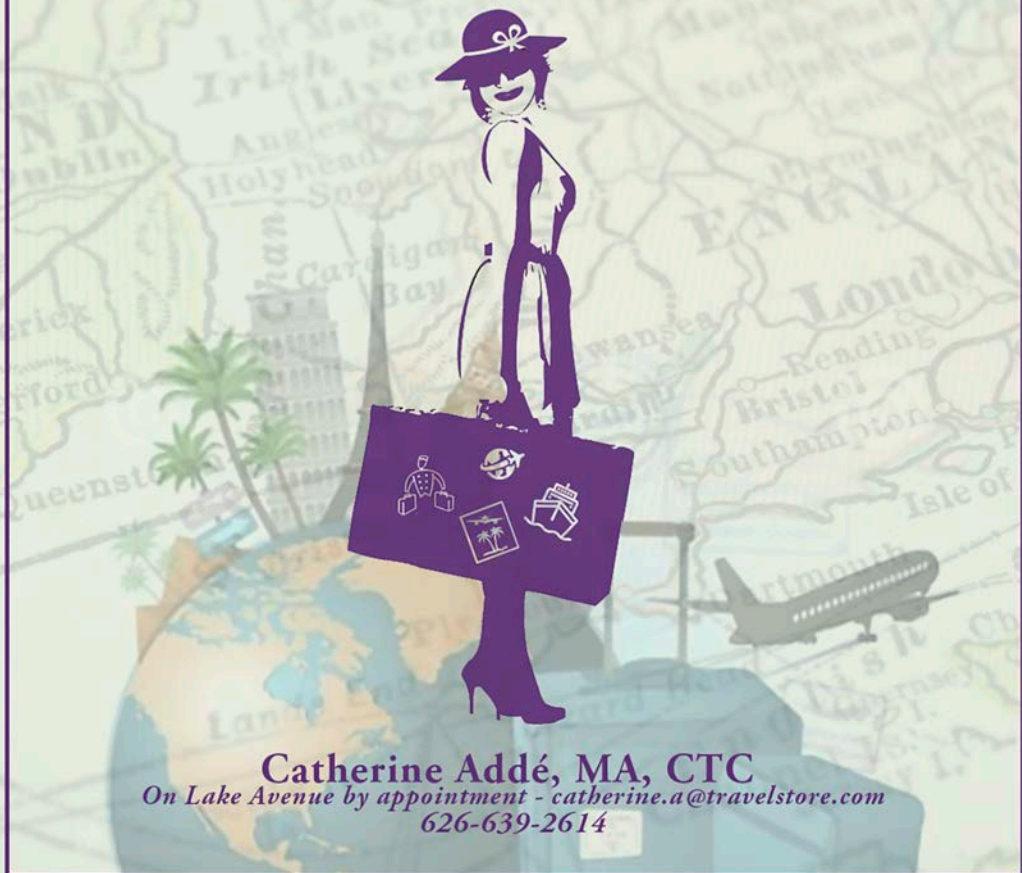
November 17 – January 2
Lightscape at the LA Arboretum
 Experience a winter walk on the dark side of the garden. The reimagined Lightscape merges nature and art in mesmerizing installations. Guests can enjoy festive food and drinks.

November 19 – January 7
Enchanted Forest of Light at Descanso Gardens
 Experience wonders as you enjoy a one mile walk through a shimmering nocturnal wonderland featuring returning favorites and fresh delights.



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SIERRA MADRE DANCE CENTER PRESENTS

THE Nutcracker



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 December 2nd 6:00 PM & December 3rd 2:00 PM
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 Saturday | Harvest Festival | 12pm - 9:30pm | West Campus
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SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

Mountain View News Saturday, October 28, 2023



The Sierra Madre Community Foundation recently awarded the following two grants to local organizations:

- The City of Sierra Madre received a grant to support its Halloween Happenings program. Funds will be used for decorations of the band shell in Memorial Park and to offset operational costs associated with Halloween Happenings.

- Sierra Madre Elementary School received a grant to significantly expand its Farm to Table program. The grant will be used to purchase an additional 10 raised garden beds, allowing more students to plant, grow and harvest their own food.

- The Sierra Madre Rose Float Association received a grant to upgrade the lighting fixtures and hardware in the float barn, improving the safety for volunteers and reducing electrical costs.

- The Cancer Support Center received a grant to relaunch its in-person "Wednesday Family Night" program for cancer patients, their caregivers, and their kids. The funds will be used to purchase dinners for these three groups impacted by cancer in Sierra Madre and the greater San Gabriel Valley.

"So far this year, we have provided grants totaling more than \$20,000," said Vicky Ryan, co-chair of the Sierra Madre Community Foundation. "Thanks to the generosity of our residents, we are providing a deeper level of support to local community organizations, events and programs."

In addition to soliciting donations to support and enhance the community, the Sierra Madre Community Foundation assists other local community groups in the collection and distribution of their funds that enable ongoing program support and continued operations.

Learn more at sierramadrefoundation.org.

WALKING SIERRA MADRE - The Social Side

by Deanne Davis



"Shadows of a thousand years rise again unseen, voices whisper in the trees. 'Tonight is Halloween!'"

"When witches go riding and black cats are seen, the moon laughs and whispers, 'tis near Halloween."

"Silent phantoms of the night in their robes of ghostly white, they are always to be seen on the night of Halloween."

ALL HALLOWS EVE...BE AFRAID...BE VERY AFRAID!

All Hallows Eve.... is coming,
A deadly.... dreadly night...
When ghouls and ghosts and creepies,
And other awful blights,
Are free to roam and wander,
Anywhere they might.
Creating scary terror everywhere they can,

And scream-inducing, faint-producing,
hair-raising, bone-melting,
What's that right there behind me...
Quivery, shivery...Fright!!

They creep out of their crypts and graves,
These creatures of the night.
They haunt the roads and byways,
Run rampant through the park.
They hide between the bushes,
And everywhere it's dark.

All Hallows Eve.... is coming,
A deadly.... dreadly night...
When ghouls and ghosts and creepies,
And other awful blights,
Are free to roam and wander,
Anywhere they might.

Up and down the streets of town,
They race in search of plunder,
These ghouls and ghosts and monsters,
About three feet tall or under!
They shriek for treats and threaten tricks,
But are satisfied with candy.
These creatures rule the darkness,
As long as Mom and Dad are handy.

All Hallows Eve.... is coming,
A deadly...dreadly night....
With ghouls and ghosts and monsters,
And other awful sights,
Dancing through the shadows,
Into circles of street lights.

This Prince of Jack o' Lanterns,
Is waiting just for you.
Standing at the corner, Mountain Trail and Grandview.
He's planning to haunt Alegria,
Capture a treat or trickster or two.
But if you watch around and behind you,
The Prince of Jack o' Lanterns won't capture you!

Beware...take care,
Who knows what's waiting,
Just around the bend.
Could be Jack the Ripper, come to call again,
Or Dracula or Frankenstein, the undead walk tonight.
Maybe just stay safe inside...and turn off that porch light.

A fun Halloween fact for you as you're stocking up on candy: In 2023, consumers in the United States are expected to spend an all-time high of 12.2 billion dollars for the Halloween season. Compared to 2021, this is an increase of about two billion dollars.

One or two things more before we leave Halloween behind and start thinking about Thanksgiving... Our great-granddaughter, Brooklyn Davis, will be four on Halloween. Dear friend, Rich Johnson, of JJ Jukebox fame will be somewhat more than four on Halloween and beloved friend, Roger Larocque joined the angel band on Halloween three years ago.

Have a great week and if you haven't bought your little ghouls a costume, don't wait too long! Happy Halloween my friends, and, in case you didn't know, Tootsie Rolls go great with Chardonnay.

The Prince of Jack o' Lanterns graciously consented to a photo op with Leah Davis.

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



Veterans DAY

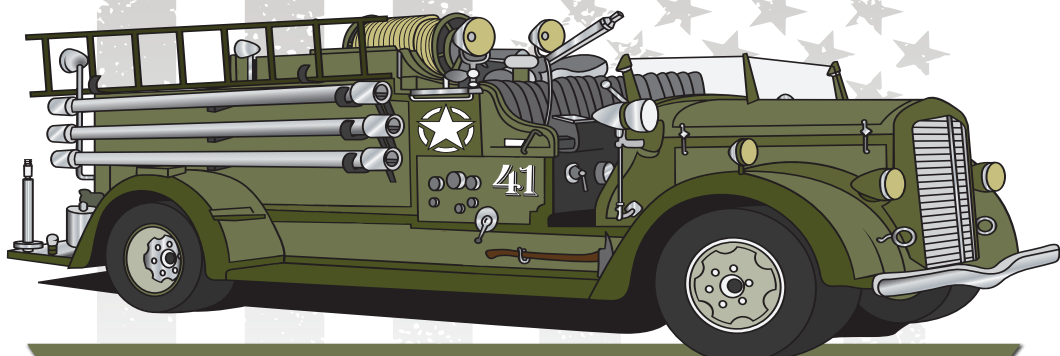
Saturday, November 11, 2023

Take a walk through history and join
Sierra Madre Kiwanis and Sierra Madre Rotary Clubs
as we honor Sierra Madre Veterans.

This is a 'Walk and Learn Exhibit from 9am - 5pm
In Memorial Park

Veterans - don't be left out! If you live in Sierra Madre and served in our armed forces send us a picture and your Name and Branch of service for inclusion in this special exhibit. Send to: editor@mtnviewsnews.com

SIERRA MADRE CAR SHOW



NOVEMBER 11, 2023

8:00 AM - 12:00 PM

DOWNTOWN SIERRA MADRE

KERSTING COURT



For registration, questions, and additional information, please email jacobknapp72@gmail.com



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Weather Wise



6-Day Forecast Sierra Madre, Ca.

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Mon	Sunny	Hi	80s	Lows	50s
Tues	Sunny	Hi	80s	Lows	50s
Wed	Sunny	Hi	80s	Lows	50s
Thur	Sunny	Hi	80s	Lows	50s
Fri	Sunny	Hi	70s	Lows	50s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

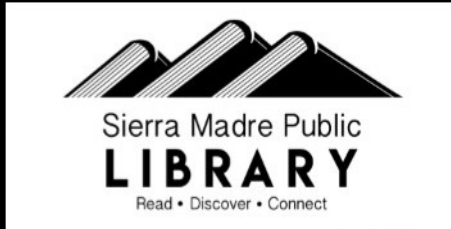
November 14, 2023 5:30pm

THIS MEETING WILL BE HELD IN THE COUNCIL CHAMBERS!

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

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

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



OCTOBER – Library will be closed while we move to our temporary location.

DECEMBER – Library re-opens at our temporary location: 350 W Sierra Madre Blvd.

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“So what’s the verdict?”

“I am an Autumn.”

Gilmore Girls, S1 E6

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

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

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

Your event must:

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

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

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June 1, 2024
9am - 1pm.
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All Proceeds are to support our charities.

SIERRA MADRE WOMAN'S CLUB
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**Sierra Madre
Woman's Club**

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Member: California & General Federation of Women's Clubs - cfwc.org & gfwc.org

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Leave a Book,
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Keep a Book!

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Learn More @ SierraMadreWomansClub.org
Explore [SierraMadreWomansClub](https://www.facebook.com/SierraMadreWomansClub)

ArroyoFest to Shut Down 110 Freeway



The 20-year anniversary of ArroyoFest is set for Sunday shutting down several miles of the 110 freeway (Arroyo Seco Parkway) from 7 a.m. to 11 a.m. for people to walk, jog, skate, bike and more

The original "ArroyoFest" was held in 2003 and this will be only the second time the public can experience this national historic byway car free.

ArroyoFest will feature three distinct Activity Hubs with a diverse array of Arroyo-active community groups, performing and visual artists, and family-friendly games and activities. Each hub will offer extended hours, too, offering you time to relax and recovery after exploring the parkway.

Opening Ceremony will be held in South Pasadena at 6:40 a.m. at the corner of Mission Street and Orange Grove Ave.

A 10K Run will Start: 7:00 a.m.

There will be games and activities until 2 p.m.

For more information and a list of all events visit: 62goldenstreets.com.

Man Killed as ShotSpotter Alerts Police

Pasadena police are asking for the public's help finding a suspect responsible for the shooting death of a Pasadena man Monday night near the Robinson Park Recreation Center.

According to police, at around 7:45 p.m. officers responded to the 00 block of West Hammond Street regarding a ShotSpotter gunshot detection alert. In addition, police dispatch received several "Shots Fired" calls from residents. Upon arrival, officers located an adult male down, identified as 26-year-old Cecilio Hernandez Ramirez Jr, a Pasadena resident, in the parking lot of a multi-unit apartment complex. Ramirez had sustained multiple gunshot wounds and was unresponsive. The male was transported to a local hospital in grave condition by the Pasadena Fire Department. The victim was pronounced deceased a short time later by hospital personnel.

As officers were establishing a crime scene, a second victim from the shooting arrived at the same local hospital via private transportation. The second victim, a juvenile male, had sustained a non-life-threatening gunshot wound.

Detectives from the Pasadena Police Department's Robbery / Homicide Unit (RHU) responded to the crime scene to commence an immediate follow-up investigation.

No description of a possible suspect was given and the motive was unknown at the time.

Anyone with information about this case is encouraged to call the Pasadena Police at (626)-744-4241 or report information anonymously by contacting "Crime Stoppers" at (800) 222-TIPS (8477).



Tournament Announces 2024 Rose Queen

The Pasadena Tournament of Roses named Arcadia High School student Naomi Stillitano as the 105th Rose Queen Friday at an Announcement and Coronation ceremony on the front steps of the Tournament house. Tournament President Alex Aghajanian made the announcement

The Rose Queen and Court highlight the mosaic of backgrounds and cultures that define the Pasadena community and exemplify character, service and leadership modeled through their commitment to

family, school and community Aghajanian said.

Aghajanian presented Stillitano (pictured) with a Mikimoto crown featuring more than 600 cultured pearls and six carats of diamonds.

Stillitano is a senior at Arcadia High School, and lives in Arcadia. She is currently co-president of the Italian Culture Club, a dancer and actress with the Arcadia Stage Theater Born and raised in Italy for seven years, Naomi speaks fluent Italian, and understands Spanish. With the goal to create her own fashion

brand, Naomi is interested in studying fashion design.

The 2024 Rose Queen Naomi Stillitano and the 2024 Rose Court will attend numerous community and media functions, serving as ambassadors of the Tournament of Roses, the Pasadena community, and the greater Los Angeles area. Each Royal Court member will receive a \$7,500 educational scholarship from the Tournament.

For more information visit: tournamentofroses.com

The Pasadena Chorale Is Looking For New Students



The Pasadena Chorale is proud to announce that it is looking for new students to enroll in its student-mentor composition program - Listening to the Future, now in its eighth year. The Chorale is looking to accept Pasadena area high school students from ninth through 12th grade to enroll into its Listening to the Future program that will begin in November 2023 and run through June 2024. The free composition program culminates with the Pasadena Chorale performing the student composers' new work at the Chorale's Listening to the Future concert on June 15, 2024. The online application is available on the Pasadena Chorale's website at pasadenachorale.org/listening-to-the-future. A teacher recommendation is required to apply and applications are due by Nov. 6, 2023.

"Listening to the Future is an arts education program that is very special to me. Created and supported by Pasadena Chorale, Listening to the Future began in 2016 to give young composers a chance to hear their music performed in concert. There wasn't a program like it in Pasadena," said Pasadena Chorale Founding Artistic & Executive Director Jeffrey Bernstein. "This year we're thrilled to announce that Jen Wang will be our composer mentor for 2024. Jen is not only an extraordinary composer, but she also sings with the Chorale and understands our organization."

The high school students chosen to participate in the Pasadena Chorale's Listening

to the Future program will be selected based on their music experience, level of readiness, and teacher recommendation. Students will meet with professional composer Jen Wang two evenings per month in Altadena. Ms. Wang will provide instruction in writing for choir, feedback on student work, and help with revisions. Students will compose two pieces for the Chorale: an arrangement of an existing melody, and an original work.

In March 2024, the student composers will attend a Chorale rehearsal and hear their music for the first time. The students' compositions will be premiered at the Chorale's June 15 concert. Students will receive video and audio recordings of their finished work that they can include in their portfolios and college applications.

Space in the Listening to the Future program is limited; we're looking for students with musical ability and commitment and for whom this would be a unique or significant new opportunity.

In the eight years since the free educational program began, Listening to the Future has seen 6 composer mentors guide 24 student composers in the creation of 62 original compositions. Alumni of the program have gone on to study at Stanford, Columbia, Yale, Chapman University, University of Michigan and more.

For information on the Pasadena Chorale's Listening to the Future program, please visit pasadenachorale.org/listening-to-the-future.

Giggles & Screams Halloween Event today

City of Pasadena Parks, Recreation and Community Services Department (PRCS) is set for a howling good time during their annual event, Giggles & Screams today from 3-6 p.m. at Jackie Robinson Community Center, 1020 N. Fair Oaks Ave. This event is free and open to the public.

Roam through the haunted house, and prow through the trunk-or-treat area! Enjoy games, performances by local youth group, Outspoken Dance Company, and FANG-tastic song hits played by the DJ. Whether you're looking for giggles or screams, there's something for the whole family to enjoy.

Enjoy trunk-or-treat goodies, "little goblins" play zone, and lights-on tours through the haunted house from 4-5 p.m. and costume contest hosted by the Pasadena Tournament of Roses Queen and Court at 4:30 p.m.

Attendees will also enjoy arts and crafts with Armory Center for the Arts, a photo area, and more! Food will be available for purchase.

Pasadena Public Health Department staff will be on site from 3-6 p.m. offering flu vaccines to everyone age 6 months and older. Minors attending the vaccine clinic must be accompanied by a parent or legal guardian. Community partners include Councilmember Justin Jones, District 3, Armory Center for the Arts, Day One, Foothill Family, Pasadena Federal Credit Union, Pasadena Tournament of Roses, City of Pasadena Departments: Police, Public Health, Transportation, and Fire.

For more information about this event, call (626) 744-7500 or visit the PRCS website.

Barger Gives \$200K to Friends In Deed for Homeless Women



Los Angeles County Supervisor Kathryn Barger presented leaders from Friends In Deed a \$200,000 check Wednesday to support their work that provides supportive services to unhoused and at-risk individuals in the greater Pasadena area.

"I am a proud supporter of Friends In Deed," stated Supervisor Kathryn Barger. "They have the expertise and determination it takes to reach and serve some of the most vulnerable individuals in the community, particularly women. Helping our homeless is no easy task. But the team at Friends In Deed is passionate about their work and it shows. I'm gladly contributing \$200,000 to their cause today. Our County can accelerate efforts that lift individuals off our streets through partnerships with effective and committed non-profits. Friends In Deed is a clear example of that."

Friends In Deed, a non-profit interfaith social services agency founded in Pasadena in 1894, focuses on reducing and preventing homelessness and alleviating the effects of poverty for the community's

most vulnerable citizens. "Our team has been working harder than ever to provide for those experiencing homelessness in the Pasadena area, as well as working to prevent more people from finding themselves unhoused," said Rabbi Joshua Levine Grater, Friends In Deed's Executive Director. "This generous funding from Supervisor Barger is especially useful now, as we are seeing the need across every program at all-time highs. This support enables us to stay flexible to support those who need our help most."

Friends In Deed operates five core programs, including Food Pantry, The Women's Room (a day shelter for homeless and at-risk women), Street Outreach and Housing, Bad Weather Shelter/Supplies, and Eviction Prevention and Rental Assistance. Friends In Deed is committed to providing compassion, connection, and dignity for all clients experiencing times in their lives when they need assistance most.

More information about Friends In Deed is available at friendsindeedpas.org

South Pasadena to hold two Transit Assessment Community Meetings

Mobility Advancement Group, Evan Brooks Associates and the City of South Pasadena will be hosting two community meetings on Tuesday, November 14 at 10:00 a.m. and a second meeting at 6:00 p.m. at the Senior Center (1102 Oxley Street).

The Transit Division is undergoing a division assessment to evaluate the current Dial-A-Ride program, staffing and operations, as well as assessing the possibility of additional transit services for the community.

The City of South Pasadena



would like to hear from residents about its transit program, Dial-A-Ride, and future transit needs.

To make a Dial-A-Ride reservation, please call the Transit Division at (626) 403- 7368. For additional information, please contact Lucy Hakobian, Deputy Community Services Director at (626) 403-7392 or visit: southpasadenaca.gov.

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www.FreeAnimalDoctor.org

Sierra Madre based non-profit

San Marino Upcoming Events & Programming

SMPD Needs Your Assistance

The San Marino Police Department is requesting the community's assistance for any witnesses or individuals who may have information related to an incident on Friday, October 13, at approximately 8:54 AM, on the roadway of Winston Avenue and Robles Avenue. More information about the incident can be found here. If anyone has any information, they should contact Detective Burgos at (626)300-0719, refer to DR#23-0780. Information may also be provided as an anonymous tip by calling LA Crime Stoppers at (800) 222-8477.

Family Storytime

Tuesday, October 31 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 December 19. Registration is not required. Please watch our social media for cancellations.

Smarter Living Series: How to Function with Hearing Loss in Everyday Life

Wednesday, November 1 at 1 PM, Barth Community Room
In this free workshop, Doctor Norma Camacho will help participants learn strategies to communicate with assistive listening devices, visual cues, and auditory training. Individuals who use these strategies to communicate will improve their ability to understand speech even if they have severe hearing loss. Registration is not required.

San Marino Fire Department 100th Anniversary Open House

The San Marino Fire Department is celebrating our 100th anniversary! Join our San Marino firefighters in celebrating this historic occasion on Saturday, November 4, from 9:30 - 11:30 AM. The Fire Department will be hosting an open house tour featuring historical exhibits (including San Marino's very first fire engine "Old #1", firefighter demonstrations, and a fire safety workshop. For any questions, please call (626) 300-0735.

Unhoused and Mental Health Discussion on November 6

Join us for an 'Unhoused and Mental Health Discussion' on Monday, November 6 at 6:00 PM. It will take place at Barth Room in Crowell Public Library or via Zoom (Mandarin translation available via Zoom).

Guest Speakers include:

Caitlin Sims (San Gabriel Valley Council of Governments)
Erica Nam (Office of Senator Anthony J. Portantino)
Onnie Williams from the Homelessness Initiative (County CEO's Office).

More information, including the Zoom link, is available at: CityofSanMarino.org/Calendar.

Shop 'till You Drop Holiday Shopping Shuttle to 'The Americana at Brand, Glendale

Tuesday, November 7 from 10 AM - 5 PM

Cost: R: \$8 / NR: \$10

Time to get all your holiday shopping out of the way! Active adults ages 55 and up are invited to join us for a daytime shopping trip. Transportation is provided. Reserve your spot online!

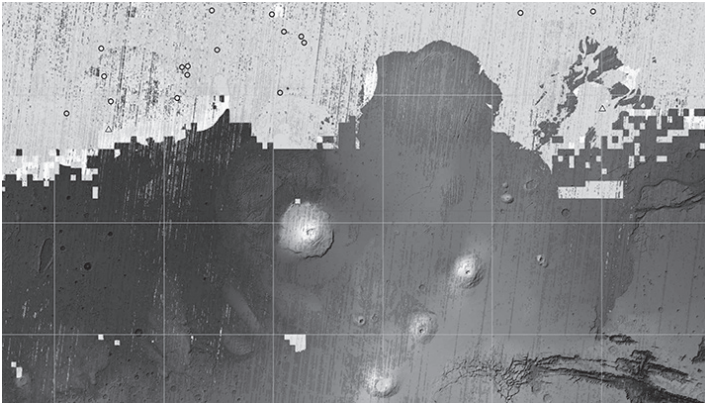
Free Compost Event on Saturday, November 11

On Saturday, November 11, the City and Athens Services will hold a free compost giveaway for San Marino residents in the west (St. Albans) parking lot of Lacy Park. The event will be from 9 AM to 12 PM, and is first-come first-serve for interested residents. As the event is self-service, residents are advised to bring shovels and sturdy containers to assist in loading the material, as well as eye protection and gloves. Athens' compost is licensed by the California Department of Food and Agriculture, and will improve the quality and health of soil, reducing the need for pesticides and fertilizer. For more event details, visit: CityofSanMarino.org/Calendar.

Sandbags Available

With the rainy season approaching, the Parks and Public Works Department is providing a sandbag self-fill location in the Stoneman parking lot that is available to residents. Sand and bags are available at the location, and residents are welcome to fill up to six bags to help protect their homes from potential flooding. For more information call 626-300-0765 or email publicworks@cityofsanmarino.org.

NASA Is Locating Ice on Mars With New Map



Buried ice will be a vital resource for the first people to set foot on Mars, serving as drinking water and a key ingredient for rocket fuel. But it would also be a major scientific target: Astronauts or robots could one day drill ice cores much as scientists do on Earth, uncovering the climate history of Mars and exploring potential habitats (past or present) for microbial life.

The need to look for subsurface ice arises because liquid water isn't stable on the Martian surface: The atmosphere is so thin that water immediately vaporizes. There's plenty of ice at the Martian poles - mostly made of water, although carbon dioxide, or dry ice, can be found as well - but those regions are too cold for astronauts (or robots) to survive for long.

That's where the NASA-funded Subsurface Water Ice Mapping project comes in. SWIM, as it's known, recently released its fourth set of maps - the most detailed since the project began in 2017.

Led by the Planetary Science Institute in Tucson, Arizona, and managed by NASA's Jet Propulsion Laboratory in Southern California, SWIM pulls together data from several NASA missions, including the Mars Reconnaissance Orbiter (MRO), 2001 Mars Odyssey, and the now-inactive Mars Global Surveyor. Using a mix of data sets, scientists have identified the likeliest places to find Martian ice that could be accessed from the surface by future missions.

Instruments on these spacecraft have detected what look like masses of subsurface frozen water along Mars' mid-latitudes. The northern mid-latitudes are especially attractive because they have a thicker atmosphere than most other regions on the planet, making it easier to slow a descending spacecraft. The ideal astronaut landing sites would be a sweet spot at the southernmost edge of this region - far enough north for ice to be present but close enough to the equator to ensure the warmest possible temperatures for astronauts in an icy region.

"If you send humans to Mars, you want to get them as close to the equator as you can," said Sydney Do, JPL's SWIM project manager. "The less energy you have to expend on keeping

astronauts and their supporting equipment warm, the more you have for other things they'll need."

Building a Better Map

Previous iterations of the map relied on lower-resolution imagers, radar, thermal mappers, and spectrometers, all of which can hint at buried ice but can't outright confirm its presence or quantity. For this latest SWIM map, scientists relied on two higher-resolution cameras aboard MRO. Context Camera data was used to further refine the northern hemisphere maps and, for the first time, HiRISE (High-Resolution Imaging Science Experiment) data was incorporated to provide the most detailed perspective of the ice's boundary line as close to the equator as possible.

Scientists routinely use HiRISE to study fresh impact craters caused by meteoroids that may have excavated chunks of ice. Most of these craters are no more than 33 feet (10 meters) in diameter, although in 2022 HiRISE captured a 492-foot-wide (150-meter-wide) impact crater that revealed a motherlode of ice that had been hiding beneath the surface.

"These ice-revealing impacts provide a valuable form of ground truth in that they show us locations where the presence of ground ice is unequivocal," said Gareth Morgan, SWIM's co-lead at the Planetary Science Institute. "We can then use these locations to test that our mapping methods are sound."

In addition to ice-exposing impacts, the new map includes sightings by HiRISE of so-called "polygon terrain," where the seasonal expansion and contraction of subsurface ice causes the ground to form polygonal cracks. Seeing these polygons extending around fresh, ice-filled impact craters is yet another indication that there's more ice hidden beneath the surface at these locations.

There are other mysteries that scientists can use the map to study, as well.

"The amount of water ice found in locations across the Martian mid-latitudes isn't uniform; some regions seem to have more than others, and no one really knows why," said Nathaniel Putzig, SWIM's other co-lead at the Planetary Science Institute. "The newest SWIM map could lead to new hypotheses for why these variations happen." He added that it could also help scientists tweak models of how the ancient Martian climate evolved over time, leaving larger amounts of ice deposited in some regions and lesser amounts in others.

SWIM's scientists hope the project will serve as a foundation for a proposed Mars Ice Mapper mission - an orbiter that would be equipped with a powerful radar custom-designed to search for near-surface ice beyond where HiRISE has confirmed its presence.

South Pasadena Breakfast with Santa

The South Pasadena Community Services Department will host their annual Breakfast with Santa on December 9, 2023 at War Memorial Building, located at 435 Fair Oaks Ave., from 9:00 a.m. to 11:00 a.m. Attendees will enjoy a pancake breakfast, entertainment, crafts, and an opportunity to take their own photo with Santa. Advanced registration is required and all sales are final. Tickets are \$24.00 per person, children ages 2 and under are free. Register online at: southpasadenaca.gov/events.

For more information, please contact the Community Services Department at (626) 403-7380 or by email at specialevents@southpasadenaca.gov.

Newsom Signs Holden's Landmark Legislative Bills

This month, Assemblymember Chris Holden's landmark legislation was signed into law by Governor Newsom. The bills include: AB 43 - Greenhouse gas emissions: building materials: credit trading platform and compliance system, AB 323 - Planning and land use: parcels: changes in use, AB 1244 - Private Security Services and Private Investigators: qualified managers, and AB 368 - College and Career Access Pathways partnerships.

"With these policies put into action, we are one step closer to a safer, more equitable, and more lucrative California. This rollout of legislation was aimed at creating a better future for our state and I am pleased to know that my colleagues and Governor Newsom saw these bills as a vital part of the plan to get us there," said Assemblymember Chris Holden.

AB 43 would express the intent of the Legislature to enact an Embodied Carbon Trading System within the program created by AB 2446, or the Low Carbon Product Standard (LCPS), to facilitate a credit-trading platform for building materials.

AB 323 would protect homeownership pathways for low-income families.

AB 1244 would require a



qualified manager under the Private Investigator Act and the Private Security Services Act to hold a current and valid qualified manager's certificate issued by the director, and would require the director to issue a qualified manager's certificate to a person who meets the requirements of the act, as applicable.

AB 368 would provide a pathway for more high school graduates to attend college.

"I am grateful for my team and all of the supporters on the ground who missed days of work striking or flew to Sacramento to spend days lobbying the halls of the Capitol to making sure that we are continuously moving forward. There is more to be done and we are getting ready now to go at it again next year," said Assemblymember Chris Holden.

Tournament Announces 2023 Inductees into the Rose Bowl Hall of Fame

The Tournament of Roses announced today that ESPN broadcaster Kirk Herbstreit, former Washington offensive lineman Lincoln Kennedy and legendary Columbia quarterback Cliff Montgomery will be inducted into the Rose Bowl Hall of Fame as the Class of 2023.

This year Rose Bowl Hall of Fame inductees will be honored in the 135th Rose Parade® presented by Honda and on the field during the College Football Playoff Semifinal at the Rose Bowl Game® presented by Prudential on January 1, 2024.

This year's game will mark the fourth time the Rose Bowl Game has hosted a Playoff Semifinal. It will feature a matchup between two of the top four teams in the country.

The Rose Bowl Hall of Fame was established in 1989 to pay tribute to individuals who have contributed to the history and excitement of the Rose Bowl Game, and those who embody the highest level of passion, strength, tradition, and honor associated with The Granddaddy of Them All®.

Kirk Herbstreit has become synonymous with the Rose Bowl Game as he is set to call his 16th edition of The Granddaddy of Them All® on New Years Day, surpassing Keith Jackson with the most broadcasts in the history of the game. Herbstreit served as the analyst on ABC from 2007 to 2010 and more recently as the analyst on 11 of the last 13 ESPN telecasts. He joined ESPN as an analyst for College GameDay in 1996 and has been ESPN/ABC lead analyst since 2006. Herbstreit played football at Ohio State and was a senior captain in 1992, when he was named team MVP.

Lincoln Kennedy started at offensive tackle in three Rose Bowl Games, including wins over Iowa in 1991 and Michigan in 1992, the latter of which earned Washington the national championship. A two-time winner of the Morris Trophy, given to the top lineman in the Pac-10, Kennedy was a unanimous



All-American in 1992 and led the Huskies back to their third straight trip to Pasadena for the 1993 Rose Bowl Game. Kennedy went on to be drafted ninth overall in the 1993 NFL Draft and played in the NFL for 11 seasons, including three Pro Bowl selections. He was inducted into the University of Washington Husky Hall of Fame in 2004 and the National Football Foundation Hall of Fame in 2015.

Cliff Montgomery led Columbia to one of the biggest upsets in Rose Bowl Game history as the Lions upset Stanford, 7-0, in the 1934 edition of The Granddaddy of Them All. Montgomery, an All-American in 1933, was named Player of the Game and went on to play in the first College Football All-Star Game. Following graduation, Montgomery played one season of professional football for the Brooklyn Dodgers. He would serve in the military during World War II as a lieutenant commander in the United States Navy. In 1963, he was inducted into the College Football Hall of Fame. Montgomery became a football official and officiated college football for more than 25 years. He passed away in 2005 at the age of 94.

With the addition of this year's class, the Rose Bowl Hall of Fame includes 143 inductees over its 34-year history. Inductees are honored with a permanent plaque that includes their name and year of induction at The Court of Champions at the Rose Bowl Stadium, they are featured during the Rose Parade presented by Honda and are recognized on the field during the Rose Bowl Game.



SOUTH PASADENA SENIOR CENTER

HALLOWEEN LUNCHEON

Date: Tuesday, October 31, 2023

Time: 11:30 a.m. | Cost: \$3.00

Location: South Pasadena Senior Center
1102 Oxley Street, South Pasadena

ADVANCED RESERVATIONS ARE REQUIRED
Resident & Members Reservations open on:
Monday, September 11, 2023 at 8:00 a.m.
General Reservations open on:
Wednesday, September 13, 2023 at 8:00 a.m.
To make a reservation, please contact the Senior Center at (626) 403-7360.

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DUARTE RECEIVES A PUBLIC SAFETY GRANT FOR TOBACCO ENFORCEMENT

The City of Duarte received \$295,178 from the California Department of Justice's Fiscal Year 2023-2024 Proposition 56 Tobacco Grant Program to aid Duarte's tobacco cessation efforts. This grant will be utilized for tobacco retailer enforcement efforts such as inspections, minor decoy operations, flavored tobacco initiatives, retailer education, diversion programs, and more.

"This grant will enhance our capacity to educate our youth about the perils of smoking and strengthen the enforcement of vital regulations aimed at safeguarding minors and the wider public from the appeal of flavored tobacco products," said Public Safety Director Larry Breceda.

Tobacco use is the number one preventable killer in the United States. Smoking-related illness accounts for approximately 40,000 deaths annually in California. Nicotine, a key component of cigarettes and most e-cigarettes, has been found to be highly addictive and harmful to the developing brains of children and young adults.

Duarte is committed to the protection of its youth. The City continues to invest in programs and seek grant opportunities to keep Duarte tobacco free. Duarte's DART program works to address vaping and other important issues among youth in the community.

Duarte is among 37 local government agencies that have received this grant. This year's funding prioritized retail enforcement and education as part of Attorney General Bonta's commitment to fighting the illegal sales and marketing of tobacco products to minors and youth.

For more information about Duarte's tobacco cessation efforts, visit: <https://www.accessduarte.com/community/residents/city-of-hope>

CANDIDATE INFORMATION MEETING

CITY OF MONROVIA

**MARCH 5
2024
ELECTION**

**6 P.M., THURSDAY,
NOVEMBER 2, 2023**

**MONROVIA COMMUNITY CENTER
MONROE ROOM
119 W. PALM AVENUE
MONROVIA, CALIFORNIA**

**Have you considered
running for Mayor,
City Council, or City
Treasurer?**

**Would you like to know
more about the process of
a municipal election?**

Join us for a pre-nomination period informational meeting on Thursday, November 2, 2023, in the Monrovia Community Center (119 W Palm Ave). This meeting will cover essential topics, such as the various roles of Monrovia's elected officials, the nomination and filing process, campaign reporting requirements, financial disclosures, and other election specifics.

The nomination period begins November 13 and runs through December 8. Please get in touch with the City Clerk's Office at (626) 932-5599 or email cityclerk@ci.monrovia.ca.us to let us know if you'll attend. You don't have to be a potential candidate to attend - all are welcome!

ARCADIA VETERANS DAY RECOGNITION

Calling all Veterans! The City of Arcadia would like to honor and recognize our Arcadia Veterans. We are compiling an Arcadia Veteran comprehensive list, please call Arcadia Community Center at 626.574.5130 to make sure your name is on the list. If you have a neighbor, friend or family member who lives in Arcadia and is a Veteran of the Armed Forces, you can add them as well! If you are an Arcadia Veteran and your name is on the list, a lawn sign will be available for pick up in November. For more information call 626.574.5130

ARCADIA POLICE BLOTTER

For the period of Sunday, October 15th through Saturday, October 21st, the Police Department responded to 973 calls for service, of which 115 required formal investigations. The following is a summary report of some of the incidents handled by the Department during this period.

Sunday, October 15:

1. At 12:59 a.m., an officer observed a vehicle stopped in lanes of traffic near the area of Santa Clara Avenue and Santa Anita Avenue. The officer approached the driver's side window and found the driver asleep at the wheel. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from the driver. Through a series of tests, the officer determined the 43-year-old male from Pasadena was driving under the influence of an alcoholic beverage. He was arrested and transported to the Arcadia City Jail for booking.

Monday, October 16:

2. At 3:42 a.m., officers responded to a residence in the 500 block of Huntington Drive regarding a burglary that had just occurred. The victims heard the suspect opening their sliding glass door. One of the victims yelled out at the suspect who stated, "oh, wrong door", and fled the scene. Officers located the suspect, a 31-year-old female transient. She was arrested and transported to the Arcadia City Jail for booking.

Tuesday, October 17:

3. At 12:17 p.m., officers responded to a residence in the 2100 block of Holly Avenue regarding suspicious circumstances. The victim returned home to find a vehicle she didn't recognize parked in her driveway and property missing from her home. An investigation revealed the suspect burglarized the home and the vehicle in the driveway was stolen from Alhambra. Officers located the suspect, a 41-year-old female from Bermuda Dunes, CA. She was arrested and transported to the Arcadia City Jail for booking.

4. At 11:55 a.m., officers responded to 99 Ranch Market, 1300 South Golden West Avenue, regarding a robbery that had just occurred. The victim was returning to her vehicle when the suspect pulled her purse away from her. The suspect entered an awaiting vehicle and fled the scene northbound on Naomi Avenue. The suspect was described as a male wearing a gray sweatshirt and gray pants. The suspect vehicle was gray in color.

Wednesday, October 18:

5. At 9:24 a.m., officers responded to a residence in the 100 block of West Live Oak Avenue, regarding an assault with a deadly weapon. The victim stated he had been stabbed in the arm and was bleeding. An investigation revealed his girlfriend had stabbed him with a wooden fork. The 20-year-old female from Chicago, IL was arrested and transported to the Arcadia City Jail for booking.

6. At 10:29 p.m., an officer responded to the 900 block of Arcadia Avenue regarding a single vehicle traffic collision that had just occurred. The driver collided with a parked car. The officer contacted the driver and detected a strong odor of alcohol emitting from the driver. Through a series of tests, the officer determined the 34-year-old male from Arcadia was driving under the influence of an alcoholic beverage. He was arrested and transported to the Arcadia City Jail for booking.

Thursday October 19:

7. At 4:56 p.m., an officer responded to Nordstrom, 400 South Baldwin Avenue, regarding a theft report. A loss prevention officer witnessed the suspect select two hooded sweatshirts before exiting the store, failing to make payment. The 21-year-old male from Compton was issued a citation and released.

8. At 6:38 p.m., officers responded to a residence in the 1000 block of Hampton Road regarding a burglary report. Two suspects were seen running from the residence to an awaiting light-colored sedan. An investigation revealed the suspects had smashed the rear sliding glass door and ransacked the residence.

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OCTOBER IS PIZZA MONTH

I Love Pizza! A few weeks ago I reviewed Casa Bianca in Eagle Rock and I love Domenico's too, here are some real deal pizza facts.

As America celebrated National Pizza Month this October, I am writing to suggest a story about a survey conducted by TOP Data of America's love for Pizza. This hot, cheesy dish comes in all sizes, and flavors, and has become America's second favorite food after burgers. But Americans have very strong opinions about their favorite Pizza.

So far this year, Pizza Hut is winning amongst popular pizza chains followed by Papa John's and Domino's.

Here is a full ranking of America's Favorite Pizza Brands: 2022-2023

- #1: Pizza Hut (31%)
- #2: Papa John's (22%)
- #3: Domino's (17%)
- #4: Papa Murphy's (10%)
- #5: Little Caesar's (8%)
- #6: Sbarro (3%)
- #7: Cici's Pizza (2.8%)
- #8: California Pizza Kitchen (2.8%)
- #9: Round Table (2.6%)
- #10: Chuck E. Cheese's (1%)

Also, consider these interesting facts about Pizza:

- Pizza ranks the #2 most popular fast food in America behind burgers. (43% of Americans rank pizza as their favorite.)
- 3% of Americans would rather eat pizza than have a boyfriend or girlfriend.
- 18% of Americans claim that Pizza is their favorite dish.
- 2% don't like eating Pizza

Let me know if you have any questions and or your favorites. Email me at thechefknows@yahoo.com

THE JAPANESE 320-YEAR-OLD HERITAGE SHOYA HOUSE OPENS



Opening today, the Huntington Library Art Museum and Botanical Gardens offers visitors a unique opportunity to see a restored residential compound from 18th-century rural Japan. 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 re-create 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.

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 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 Shoya House will be open from noon to 4 p.m. The Huntington Library is located at 1151 Oxford Road, San Marino. For more information visit: huntington.org.

"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

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ALL THINGS

By Jeff Brown

"James Low is known for his teachings on non-duality and Buddhism. These quotes reflect his teachings, emphasizing the direct experience of the natural state and the interconnectedness of all things.

"Non-duality is not about a doctrine or a philosophy, but about the direct experience of the natural state."

"Awareness is not something we have to achieve. It is the ground of our being."

"When we understand the nature of mind, we understand the nature of the universe."

"The nature of mind is empty, clear, and radiant, like the sky."

"Non-duality is recognizing that subject and object are not separate entities; they are interdependent."

"Our concepts and beliefs are like clouds in the vast expanse of the sky of awareness."

"Freedom is not about gaining something new but recognizing the natural state that has always been present."

"In non-duality, we let go of the illusion of a separate self and realize our interconnectedness with all of existence."

"The mind is like a mirror, reflecting everything without attachment or aversion."

"Non-duality is not something to be acquired; it is the recognition of what is already here."

"The difficulties or pains or resentments that get built up when people live or work together, the assumptions you make about other people and how things should be done are like old food in the pot. Each morning, when you meet each other, let it be like new fresh food! So don't put new arisings into your dirty pot of yesterday's food."



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THE PASADENA CHORALE IS LOOKING FOR STUDENT COMPOSERS FROM PASADENA AREA HIGH SCHOOLS FOR THE EIGHTH YEAR OF ITS LISTENING TO THE FUTURE PROGRAM



Student composers of Pasadena Chorale's 2023 Listening to the Future program along with Listening to the Future composer mentor Amy Gordon and Pasadena Chorale Founding Artistic & Executive Director Jeffrey Bernstein | Photo courtesy of Pasadena Chorale

The Pasadena Chorale is proud to announce that it is looking for new students to enroll in its student-mentor composition program – Listening to the Future, now in its eighth year. The Chorale is looking to accept Pasadena area high school students from ninth through 12th grade to enroll into its Listening to the Future program that will begin in November 2023 and run through June 2024. The free composition program culminates with the Pasadena Chorale performing the student composers' new work at the Chorale's Listening to the Future concert on June 15, 2024. The online application is available on the Pasadena Chorale's website at pasadenachorale.org/listening-to-the-future. A teacher recommendation is required to apply and applications are due by Nov. 6, 2023.

"Listening to the Future is an arts education program that is very special to me. Created and supported by Pasadena Chorale, Listening to the Future began in 2016 to give young composers a chance to hear their music performed in concert. There wasn't a program like it in Pasadena," said Pasadena Chorale Founding Artistic & Executive Director Jeffrey Bernstein. "This year we're thrilled to announce that Jen Wang will be our composer mentor for 2024. Jen is not only an extraordinary composer, but she also sings with the Chorale and understands our organization."

The high school students chosen to participate in the Pasadena Chorale's Listening to the Future program will be selected based on their music experience, level of readiness, and teacher recommendation. Students will meet with professional composer Jen Wang two evenings per month in Altadena. Ms. Wang will provide instruction in writing for choir, feedback on student work, and help with revisions. Students will compose two pieces for the Chorale: an arrangement of an existing melody, and an original work.

In March 2024, the student composers will attend a Chorale rehearsal and hear their music for the first time. The students' compositions will be premiered at the Chorale's June 15 concert. Students will receive video and audio recordings of their finished work that they can include in their portfolios and college applications.

Space in the Listening to the Future program is limited; we're looking for students with musical ability and commitment and for whom this would be a unique or significant new opportunity.

In the eight years since the free educational program began, Listening to the Future has seen 6 composer mentors guide 24 student composers in the creation of 62 original compositions. Alumni of the program have gone on to study at Stanford, Columbia, Yale, Chapman University, University of Michigan and more.

For information on the Pasadena Chorale's Listening to the Future program, please visit pasadenachorale.org/listening-to-the-future.

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We're going Trick-or-Treating... ...with a great, big bunch of friends.

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Spooky, Creepy Halloween!

I'm batty about Halloween!
This tradition may have begun in Ireland, England and France.
At the end of **summer** it was **harvest** time. The sunlight hours were waning and people were getting ready for a long, cold winter. Some people felt that the line between the living and the dead was very thin at that time of year.
People built **bonfires** for their harvest celebration. Some wore **costumes** and **masks** so **spirits** wouldn't recognize

them, damage their crops or cause illness. Some people would go door to door asking for money, cheese, apples or bread for the festival night. This is thought to be the beginning of kids **Trick-or-Treating** for **candy** in neighborhoods.
Today, on **October 31st**, many people carve **pumpkins** into Jack-O'-Lanterns and light them to greet children. They have costume parties and may bob for **apples**.

Whoooooo put this sticky web in my way?

Have Fun! and Keep Safe!

Find and circle all the words that begin with the letter "S" as in "spider."

Mmm... I want fish for my Halloween treat.

Mix in some healthful treats: pumpkin seeds, peanuts, popcorn, apples, raisins and fruit rolls.

What are you doing for Halloween?

Just hanging around.

Spinner Spider's Safety Tips!

Here are Spinner's spider web tips for a fun, safe Halloween!

1. Make-up will let you see better than wearing a mask.
2. Use light-colored clothing or bright, glowing paints!
3. Have a flashlight so you can see and be seen.
4. Walk with friends and have an adult you know nearby.
5. Only visit well-lit houses of known neighbors.
6. Have Mom or Dad check all goodies before eating.

There are 12 words in bold print in the bat's speech balloon above. Can you find them and fit them into this puzzle?

C A N D Y

Crispy

Strawberry

S

S

S

S

CHRISTOPHER Nyergeres [www.SchoolofSelf-Reliance.com]



TERUMASA'S QUESTIONS

[Christopher Nyergeres is the author of "Til Death Do Us Part?", available from Amazon. He is the author of many other books, and he leads self-reliance classes. For more information, contact him at School of Self-reliance, Box 41834, Eagle Rock, CA 90041, or www.SchoolofSelf-Reliance.com.]

Hallowe'en has traditionally been a time to reflect upon the nature of Death, and those who have passed. It's timely to share an excerpt from my book, "Til Death Do Us Part?"

Terumasa – Nami's friend from Japan – had arranged to visit in December of 2008. But unbeknownst to Terumasa, Dolores had died a few days earlier

In the evenings of late December and early January, I would often sit with Terumasa and Nami and have dinner together, often watching television, and always trying to converse with Terumasa. Terumasa was a noble man who exuded greatness. I loved to be around him, and wished that our language barrier was reduced.

One late afternoon, after we had the backyard memorial for Dolores, a few people lingered in the backyard and living room to talk. Terumasa sat there next to me, with my friend Mel sitting there listening. Terumasa looked at me while we talked about Dolores. He said, "Christopher," to gain my attention.

"Christopher," he repeated with great concern in his voice.

"Why are we born? Why are here? Why do we live this life? Why must we experience all this pain?" He paused. He was about to cry. He added, "Why do we die?"

We were all silent for a few moments. Mel commented, "Those are the questions, al-right."

I nodded to Terumasa. What could I say? Should I offer my opinion as to the meaning of life and death in a few simple words with the attempt to cross the chasm of our English-Japanese divide?

"Yes, what is this all about?" I asked rhetorically. I felt that I was certainly able to intellectually approach those questions, but I did not feel emotionally up to it in that moment. "Let's talk about that some more soon," was all I offered.

Eventually, after everyone left, Mel said to me, "We should get together and talk about Terumasa's questions. I'd really like that."

"OK," I told him. "We will, but you have to promise to come." Mel said OK.

About a month later near the end of January, we planned Boy Voyage party for Terumasa, who would be actually departing the following morning. We invited many people, and planned to have Japanese tea and Japanese food.

We filled our tea cups and touched them together for our toast, and then all held hands and recited the words of the classic work "Friendship Bridge."

Then, after a little small talk, we made the effort to answer his questions. Prudence and I prepared with different parts of the book "Thinking and Destiny" by Harold Percival, along with our own insights.

We didn't want our bon voyage to Terumasa to become a strict metaphysical study, but rather we wanted to provide some preliminary answers to his serious query. It was as much for us as it was for Terumasa.

We decided that we were born upon this world in order to continue our spiritual evolution. Each of us added some comments to this, but everyone seemed to concur that this is why we are here, and which is why we are here to live this life. We agreed that the purpose of life is not to make money, to have fun, or to pursue good surfing. Everyone laughed, because that's what most people do with their lives, but we all seemed to be in consensus that life is about evolution and something called "whole-ness."

The subject of pain was much more complex. Yet, we quickly denounced the notion that our pain is something given to us, or done to us, by "god," as is so often averred by religious zealots. In fact, in all the cases of individual and large scale pain that we could list, we felt that we are our own worst enemy. We men and women are the sources of pain on the earth, which usually come about by some violation of natural law, some breaking of the Ten Commandments, not abiding by the Golden Rule, and by happily partaking in any of the Seven Capital Sins.

This was a big topic, but again everyone was in agreement that we bring our own pain upon ourselves, and that pain is largely unavoidable unless we make other choices.

Then we talked about death. Prudence read from "Thinking and Destiny" and pointed out that death can be a friend to our Spiritual Self, that our bodies are simply not destined to live forever, and that – like it or not – we will all die as part of our long progress towards spiritual perfection.

This was not wholly agreeable to all, but the topic of death is so full of emotion and opinion and religious dogma that we did not attempt to have agreement all around, and that was OK.

By now we were feasting on some delicious Japanese fish and soup, and we gave Terumasa some gifts to take back to Japan. We all hugged, and Terumasa flew away to Japan on the following Saturday morning.

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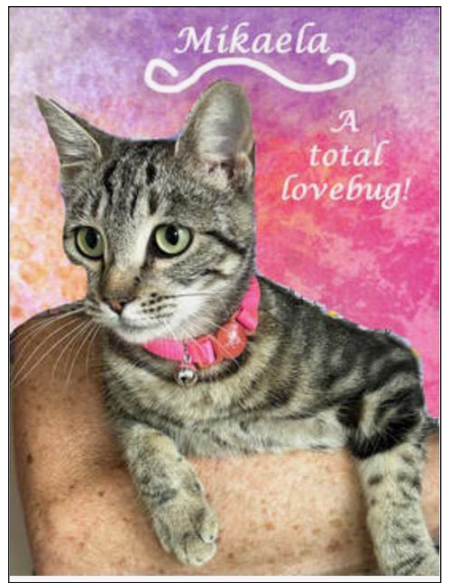
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Pet of the Week



Chester is a gentle senior Labrador mix who is looking for a comfortable bed in a loving home. Chester is nine years young, and just hitting his stride. He enjoys going for walks in the park so he can smell all the smells and plod happily along.

This handsome guy is also fun- he likes playing in the yard, exploring and having a laugh, even if that means wearing a cow Halloween costume.

Like most dogs his age, Chester loves having a place to nap in the sun. He has spent some time in a foster home and the foster family reported that he is housetrained, likes to sleep on the couch and enjoys a nice belly rub. What a good boy!

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

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

View photos of adoptable pets and schedule an adoption appointment at pasadenahumane.org. Adoptions are by appointment only, and new adoption appointments are available every Sunday and Wednesday at 10:00 a.m.

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



Bears are attracted to anything that is edible or smelly. Use the checklist below to help bear-proof your home:

- Garbage problems can be solved with the purchase and correct use of a bear-proof garbage container. Save money by sharing one with a neighbor! For bear-proof containers and where to buy them visit www.dfg.ca.gov/keepmewild/products.html.
- Don't leave any scented products outside, even non-food items such as suntan lotion, insect repellent, soap or candles.
- Wait to put trash out until the morning of collection day.
- Keep barbecue grills clean.
- Don't leave trash, groceries or animal feed in your car.
- Keep pet food and pets inside.
- Keep garbage cans clean and deodorize them with bleach or ammonia.
- Securely block access to potential hibernation sites such as crawl spaces under decks and buildings.
- Harvest fruit off trees as soon as it is ripe, and promptly collect fruit that falls.
- Keep doors and windows closed and locked. Scents can lure bears inside.
- Avoid using bird feeders. They are a powerful attractant.
- Consider installing motion-detector alarms, electric fencing or motion-activated sprinklers.
- Remove all food from homes and cabins that will be unoccupied for an extended period of time.

**Catch breaking news at:
mtnviewsnews.com**

SIERRA MADRE POLICE DEPARTMENT BEAR PROTOCOL

SMPD responds appropriately to bear calls when:

- Bear(s) is a continuous nuisance (rummaging through trash bins, living at or returning to the same location or there is property damage).
- Bear(s) displays aggressive behavior toward humans or domestic animals.
- Bear(s) is walking towards a school or heavily populated area.
- Bear(s) attempts or enters a residence or structure.
- Bear(s) is in the backyard of a residence and possess a public safety threat.

Help protect others by reporting all bear incidents, including sightings. The options of reporting bear incidents is based on public safety concerns. You can report bear incidents directly to CA Fish and Wildlife at www.wildlife.ca.gov, to the City of Sierra Madre at wildlife@cityofsierramadre.com, and to the Sierra Madre Police Department.



DISCOVER YOUR IDEAL ASSISTED LIVING COMMUNITY WITH SAFE PATH FOR SENIORS

Are you or a loved one considering senior living? Safe Path for Seniors offers a FREE service to simplify your search. Our expert advisor will provide personalized guidance, connecting you with the perfect assisted living community tailored to your needs and budget. With an extensive network and cost-effective options, we ensure peace of mind during this transition.



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 Let us be your trusted partner. Call (626) 999-6913 or visit www.safepathforseniors.com for a FREE consultation. Begin a comfortable, fulfilling senior living journey with Safe Path for Seniors.

TOP TV REMOTES FOR ELDERLY SENIORS

Dear Savvy Senior:
 Can you recommend some simplified universal television remotes for seniors? My 88-year-old dad, who lives in a retirement community, has some dementia and gets confused with all the buttons on his remote. As a result, he keeps accidentally reprogramming his TV set. Searching Son

Dear Searching:
 Most modern TV remotes – that come with dozens of unnecessary buttons – can be confusing for anyone to operate but can be especially challenging for elderly seniors. Fortunately, there are several universal TV remotes available that are specifically designed for older adults with vision, memory, or confusion issues, as well as those that are technologically challenged. These remotes have bigger buttons and paired down options that make them much easier to see and use. Here are three top choices to consider.

Senior-Friendly Remotes

The two most popular simplified TV remotes on the market today are the “Flipper” and the “EasyMote.” Both of these are infrared (IR) only remotes intended for those who use traditional cable/satellite boxes or their TV’s internal tuner. They are not designed for people who use streaming media devices and will not work with devices that are controlled via Bluetooth or radio frequency (RF).

If you’re not sure how your dad’s TV is controlled, point his remote at the ground in the opposite direction from the device, and then press a button. If the remote still executes the command, then it’s using Bluetooth or Radio Frequency (RF) signals.

The Flipper, which is a top-rated remote, works with all major TVs including cable, satellite and digital TV receiver boxes. Available for \$40 at FlipperRemote.com, this lightweight, remote has a tapered design that makes it easy to hold, and for simplicity it has only six large color-coded tactile buttons that are exposed to control the power, mute, volume up/down, and channel up/down.

Flipper also offers an optional “favorite channel” feature that will let you program up to 30 of your



dad’s favorite channels and eliminate the useless channels he never watches. And it has a built-in keypad hidden behind a slide-down panel. This will give your dad the ability to directly punch in a desired channel, while keeping the remote simple and uncluttered. The Flipper remote can also be locked to prevent accidental reprogramming.

The other popular senior-friendly remote that’s worth a look is the EasyMote (see EasyMote.us), which is available on Amazon.com for \$18. This lightweight remote, which controls most TV and cable boxes, also comes with six large easy-to-see buttons (on/off, mute, channel up and down, and volume up and down buttons) that light up when pressed, which is nice feature if your dad watches TV in the dark. It also comes with a handy wrist strap to prevent misplacing the remote but can be removed anytime.

Multi-Device Remote

If the Flipper or EasyMote is too basic for your dad’s entertainment system, another simplified remote that offers the ability to control multiple devices is the “GE Big Button 2-Device Universal Remote” – also available at Amazon.com for \$9.

This IR remote has an ergonomic design with large buttons that will let him control up to 2 audio/video components such as TV, cable/satellite receiver, Blu-ray/DVD player, Roku box, Apple TV and other streaming media players and sound bars.

In addition to power, volume, channel, mute buttons and number pad, this remote also offers a previous channel, sleep timer and input buttons for convenience.

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

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...October Birthdays*



Janda Ferris, Darlene Traxler, Margit Johnson, Sole Krieg, Dick Anderson, Eva Poet, Mary Jane Baker, Dixie Coutant, Jill Franks, Cathleen Cremins, Adie Marshall, Darlene Crook, Susan Gallagher, Maggie Ellis, Gloria Giersbach, Ellen O’Leary, Jenny Piangenti, Anita Thompson, Linda Boehm and Angela Stella * 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 10-1045 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, October 11 Jules PG-13 1hr 27 min

Milton’s quiet life of routine is upended when a UFO crashes in his backyard. He develops a friendship with the extra-terrestrial it carries, but complications arise when two neighbors discover the alien, ‘Jules,’ and the government quickly closes in. JULES is a funny, wildly imaginative ride following three neighbors who find meaning and connection late in life, thanks to this unlikely stranger.

Wednesday, October 25 Death on the Nile PG-13 2hr 7 min

Belgian sleuth Hercule Poirot’s (Kenneth Branagh) spectacular Egyptian vacation aboard a river boat becomes a terrifying search for a murderer after a picture-perfect couple’s honeymoon is cut tragically short. Based on Agatha Christie’s novel, this tale of passion and jealousy is filled with wicked twists and turns until its shocking finale.

TEA AND TALK BOOK CLUB

Wednesday, October 11 & 25 9am Hart Park House

Meets twice a month to discuss the fun, suspense, intrigue, love and so much more that each selection has in store. Call Lauren with any questions that you may have. New participants are welcome any time!

September-October selection: *The Covenant of Water* by Abraham Verghese

OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

DO I NEED A MASK FOR HALLOWEEN?

The older I get, the less patience I have for holidays. I certainly am not a holiday guru in any sense of the word. When I was younger, my favorite holiday was Christmas because of all the presents I got. I could never get enough gifts for Christmas.

When I got older, got married and had children, I realized that somebody had to pay for those Christmas presents, and I was elected for the job. Holidays really cost a lot, and usually, it’s the father that pays the bill.

I suppose my least favorite holiday is Halloween. I’m unsure who came up with this idea, and I don’t have the time to research it and find out. If I knew its roots, I might like it less than I do today. People dress up in scary costumes and go door-to-door collecting candy on Halloween. But what does candy have to do with it? Today, a holiday is celebrated every month and sometimes every week. Who has the time to invent all of these holidays, and who has the time to celebrate them all?

Don’t get me wrong, no holiday in the year upsets me, and I don’t care how many holidays somebody else celebrates. I’m only concerned about celebrating my holiday. Some people think their birthday is the best holiday of the year. That was true for me for several years until I realized I was getting one year older every time I celebrated a birthday. I wonder if I missed celebrating my birthday a year would I get any older? It’s worth a try.

A year ago, I tried that and it worked out pretty well until, on my birthday, The Gracious Mistress of the Parsonage brought me a birthday card she made in her craft room and then wished me a happy birthday. If she wishes me a happy birthday, it must be my birthday.

One of the things about birthdays is that the Gracious Mistress of the Parsonage’s birthday is two days after mine. Now I know why she makes me a birthday card: to remind me that her birthday is coming up.

I’ve been tempted to make her a birthday card, that just might end the matter because my craftsmanship crashed the day I was born.

Not only is her birthday two days after mine, but it is also two years before mine. I used to remind her of that, but I have grown accustomed to living healthy.

We celebrate Valentine’s Day because that was the day I proposed marriage to her, even though I had no idea what I was doing. I like some holidays, for instance, Easter Sunday, which I prefer to call Resurrection Sunday. That’s a holiday I like to celebrate. I used to like Christmas until I started to pay the bill for all the gifts under the tree. When the children were young, I could buy them something they would like, not caring about the price.

As they got older, they got more sophisticated in the gifts they wanted. I use the word “sophisticated” because that has everything to do with money. The more a gift cost, the better it was received.

Because I grew up in Pennsylvania, I like to remember Groundhog Day with Punxsutawney Phil. I’m not sure who came up with this holiday, but it’s probably the stupidest of the year. And yet, it is celebrated across the country. The Halloween holiday is quite exciting now that the kids have grown up and moved into their own homes and families. We do have kids in the neighborhood who come by dressed in Halloween costumes, looking for candy. They don’t have to beg when they come to my house; they just stand there, and I can’t give it out fast enough. How much do the parents understand that candy is not healthy for their children?

The Gracious Mistress of the Parsonage is not too excited about Halloween, but I always buy bags of candy I hide so she can’t see them. And my goal is to give them all away to kids that come to the door. What she doesn’t know does not hurt me. Usually, I dress up in some scary costume to give the candy to the kids to come to the door. I like to stay current, so the other day, I asked The Gracious Mistress of the Parsonage a very serious question that I don’t think she took seriously. I looked at her and said, “Do you think I need a new mask for Halloween this year?” Now, that was a very serious, straightforward question.

Looking at me as usual, she said, “Oh, no, you silly boy. The mask you’re wearing now is good enough for this Halloween.” She walked away before I could tell her I was not wearing a mask.

I was thinking about this matter of celebration when I remember a verse of scripture I read recently. Psalm 95:2, “Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms.”

The thing I need to celebrate each day is my relationship with God. Nothing is more important to me daily than to recognize all that God has done for me throughout my life. I have so much to be thankful for in my life and not a day should pass in my life that I should not be thankful to God for something.

FITNESS FOR LIFE

IT’S TIME by Michele Silence

It’s time. Literally. For daylight saving time (DST) to end, something many of us don’t look forward to. But, in addition to the darkness that takes over the early evening, DST can limit the time available for outdoor activities, especially for those who prefer exercising outdoors after work. If you like to run, bike or hike you may find yourself in total darkness which can not only be frightening but downright dangerous. As a result, you may need to adjust your fitness schedule or switch to early morning workouts.

There are other definite factors introduced once the light does go down earlier. Things that can have an effect on your workout routine. The shift in time can affect people’s mood and motivation. The decrease in natural light during the fall and winter months can lead to feelings of fatigue and lower motivation to exercise. Some individuals may find it more challenging to stay motivated and may experience seasonal affective disorder (SAD). SAD is very real and can create depression at this time of year.

Fall and winter bring in cooler temperatures too. For outdoor exercisers, this may require adjusting to colder weather, which can be uncomfortable and require extra layers of clothing. It can also impact the types of workouts you choose and your willingness to exercise outdoors.

When going to the club you may find it a lot more crowded there as more people may flock to gyms for indoor workouts. Expect longer wait times for equipment, potentially affecting your workout routine.

The time change can also mess with meal timing. As daylight hours change, meal schedules may need to be adjusted, which can impact energy levels and performance during workouts. When it’s darker earlier it’s easy to want to sit home and eat more. The less time out and about means more inactivity and inactivity is usually paired with more eating. Baking, celebrating holidays and getting together with friends at this time of year can all lead to increased caloric intake. Be careful so you don’t let this allow pounds to gradually pile on.

Some people experience increased stress during the time change, which can negatively impact workout performance. The shift in time can disrupt daily routines too, making it more challenging to maintain consistency in exercise. High stress levels may lead to decreased motivation and even overtraining.

To reduce the potential negative effects the time change may have on you and your exercise routine, you may want to gradually adjust your workout schedule by shifting it by small increments over several days to allow your body to adapt.



Michele Silence, M.A. is a 37-year certified fitness professional who offers semi-private/virtual fitness classes and a weight management support group. If you have questions or ideas for this column contact Michele at michele@kid-fit.com. Visit her Facebook page at: michelesfitness.

You can also experiment and test out indoor activities. Indoor cycling, fitness classes, or home workouts may all feel more invigorating at this time of year. Set specific goals, work out with a buddy, or explore new fitness activities.

Let’s not forget about sleep. The time change can disrupt sleep patterns, especially when transitioning to or from daylight saving time. Sleep is essential for recovery and energy levels, so disruptions can affect workout performance and overall fitness goals. Make sure you get a good night’s sleep along with sound nutrition. Especially at a time of year when we are eating very differently in terms of types of food and quantity.

Find other activities or hobbies that fit this time of year to keep you from sinking into couch potato mode. Whatever it is, from indoor gardening to jigsaw puzzles, if your mind is busy and you keep to a consistent schedule the impact of the time change won’t be as severe.

Light therapy, which involves exposure to bright light, can be helpful for those affected by SAD and can potentially improve mood and energy levels. All that’s needed is a light box. The box delivers a dose of bright light which brings about changes in brain chemicals to improve mood. Light therapy is usually used in the morning for 20-30 minutes. If you’re interested in checking it out consult with your doctor or health care provider for any recommendations or cautions. Those with eye problems should get advice from their eye specialist first.

The impact of the time change on workouts varies from person to person. By being mindful of these potential effects and implementing strategies to adapt, you can continue to maintain a consistent and effective exercise routine throughout the year. There’s no need for gloom. Make this period of year a time to try new things, focus more on goals and include other people in your workouts to help you stay motivated and on track.

For more help or to try out something new contact me on my Facebook page.

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PUBLISHER/ EDITOR
Susan Henderson

PASADENA CITY EDITOR
Dean Lee

PRODUCTION

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

WEBMASTER
John Avery

DISTRIBUTION
Peter Lamendola

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

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Letters to the editor and correspondence should be sent to:

Mountain Views News
80 W. Sierra Madre Bl.
#327
Sierra Madre, Ca.
91024

Phone: 626-355-2737
Fax: 626-609-3285
email:
mtnews@aol.com



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STUART TOLCHIN PUT THE LIGHTS ON NOBODY'S GENIUS



Last week I was pretty optimistic and I titled my column THINGS WILL CHANGE--THEY ALWAYS DO. Well, to put it mildly, this has been a pretty tough week. To me it felt like I was viewing the death of rationality and I really did not want to see it. I have always been an advocate of free speech and championed the need for transparency and the People's right to watch whatever they wanted to watch on television. I never talk about Social Media largely because I don't participate in it and have no idea what is out there. But I do watch television.

What I saw, could not help but seeing, was I thought, the end of rationality. Hour after hour I viewed babies, completely innocent babies, being dismembered. I saw babies dying in incubators because the energy necessary to keep the incubators functioning in order to keep the babies alive, had been purposely turned off. In addition to this these was the constant description of the seemingly senseless and irrational murder of thousands of civilians who happened to be living in the wrong place with no other place to go.

Meanwhile, here at home there was continual chaos as the members of the House of Representatives were embroiled in continual bickering and could not agree among themselves on the selection of a person to become Speaker of the House. Of course, without a Speaker no work could be done and the entire shut down of the Government seemed likely. In conjunction with all this I was beginning to read a book called The Maniac--I still haven't read much beyond the first chapter.

The book, published this year written by Benjamin Labatut has graphically pictured on its front cover a huge picture of a mushroom shaped cloud. I, who has paid and watched the movie Oppenheimer three times and do wonder if scientists are participating in destroying the world, opened the book and read the first chapter entitled "The Discovery of the Irrational". The book begins "On the morning of the 25th of September 1933 the Austrian physicist Paul Ehrenfest walked into Professor Jan Waterink's Pedagogical Institute for Afflicted Children in Amsterdam, shot his own fifteen-year-old son, Vasily, in the head, then turned the gun on himself."

Quite a beginning, don't you think? Who was Paul Ehrenfest and what were the surrounding circumstances that contributed to his suicide and the murder of his son? Well, as a physicist Ehrenfest enjoyed the full respect of such tow-

ering figures as Neils Bohr, Paul Dirac and Wolfgang Pauli. Albert Einstein wrote that, "no more than a few hours after having met Paul, he felt as though our dreams and aspirations were meant for each other". Paul was unquestionably a genius among geniuses; but in the early 1930s he experienced a vast sprawling world, infected by nonsense, and lacking any meaningful intelligence behind it. He could perceive the rise of the irrational in the mindless chants of the Hitler Youth spewing over the radio waves, in the rants of warmongering politicians, and in the proponents of endless progress.

This 1930 awareness reminds me of the increasing progression of Artificial Intelligence combined with the rantings of the American Political Parties. I see the murderous conflicts occurring in Israel and Palestine as senseless religious wars stemming from myths originally foisted upon populations to maintain power and control. (Sorry if I offend you but to me it is clear that religious wars are responsible for more deaths than anything else you could name.) The genius, Paul Ehrenfest, saw what was coming and during the last year of his life he used his contacts and influence to help Jewish scientists find work outside Germany. (Ironic, isn't it that probably some of these same German Jewish Scientists were instrumental in the final Allied (that is the United States, Europe, and Russia) defeating the Axis Powers.) Yes, as I said last week "life goes on" and there is always change. Additionally, I am nobody's genius and certainly do not see the future as clearly as Paul Ehrenfest thought he did. He coped as best as he could but decried to Einstein that he saw a world in which rationality had become somehow confused with its very opposite.

Today we can all probably understand what Ehrenfest experienced almost one hundred years ago. Nevertheless, with all its problems our human world has continued. Today, in fact, I learned that a Speaker of the House of Representatives has been elected, or selected, or whatever. There are delays in the planned Israeli bombings in Gaza ("Israeli bombings" the phrase actually makes me sick and maybe negotiations can temporarily stop the carnage. I am no genius but I want to hang around as long as I can and do the best I can. After all, tomorrow is my Wedding Anniversary and all in all right now I feel pretty good. I think it will be a while before I go back to reading the Maniac Book.

Have a Happy Halloween and if you feel like it contact me at stuarttolchin@gmail.com

RICH JOHNSON NOW THAT'S RICH MUSIC, MIRTH AND NIETZSCHE



Ok, I was in the hospital for a few days last week. You know that crazy place where a medical professional comes into your room several times a night and wakes you up to ask if you are sleeping okay.

And the "gowns" they make you wear don't quite come together in the back. Hospital humor tells us that's where the term, "ICU" comes from... looking at you from the rear. Yay! I pity the person who was forced to walk behind me. Years of therapy await them!

Being in a hospital does tend to make you view your own mortality through an existential lens. Of course, when the term "existential" enters one's consciousness, who else comes to mind other than my favorite existentialist, Friedrich Nietzsche.

But Rich, you're a Christian. How can you think of Nietzsche? Well, truth can come from almost anywhere (with the possible exception of my columns). Why exclude looking outside your comfort zone? Fred Nietzsche was quite clever. Here, let me share a couple of his rather profound quotes:

Want to improve the quality of your marriage? Read on...
"It is not a lack of love, but a lack of friendship that makes unhappy marriages."
Friedrich's next quote demonstrates, metaphorically, how first impressions of others can be incomplete without all the facts:

"And those who were seen dancing were thought to be insane by those who could not hear the music."

Of particular importance to this aging rock and roller is Herr Nietzsche's profound utterance:

"Without music, life would be a mistake."

And a few more gems of truth:

"If we possess our 'why' of life we can put up with almost any 'how'."

"Truth tends to reveal its highest wisdom in the guise of simplicity."

"What does not kill me makes me stronger."

Good advice can come from almost anywhere and anyone. And often from those mini people aged in one digit:

- "Fog is just clouds that have fell down" Dylan, age 6
- "Mama, thanks for picking out the best sister for me" Michael, age 3
- "It was fun being famous on my birthday" Ashlyn, age 6
- "Are we taking the stairs or the alligator?" Royal, age 4
- "Mommy, I love you. When monsters come, I will save you" Solomon
- "Mommy, stop dancing. Your body looks like it's falling down!" Henry, age 4
- (Talking to the new stuffed dog) "You don't like potatoes? I don't like potatoes too!" Stella
- "I will miss you while I'm sleeping" Bryce, age 4
- "A B C D E F G H I J K wiggle wiggle P." Holly, age 2
- "My daddy works so much because he loves me" Brandon, age 3
- "Darth Vader is a really crabby guy. I think he lives in Australia." Henry, age 3

(Thank you boredpanda.com for these terrific quotes!)
Have a great week good friends...and, of course, you too enemies!



TOM PURCELL THE DYING ART OF HALLOWEEN COSTUME HUMOR



Halloween is upon us, which means you'd better be cautious about the costume you choose.

Halloween has long been a staple of childhood, but in the past few decades it has been increasingly celebrated by adults — and for good reason.

Until recently, it was the one day where adults could dress up in funny, outrageous costumes that satirized popular culture and the complexity of modern life.

Dressing up as a rock star, Albert Einstein, a famous sports figure or some other pop icon could be fun and funny.

There should be some limits to our costumes, of course.

Any costume displaying blackface is certainly out, which is obvious to everyone, with the exception of some fools who one day aspire to run for political office.

Any costumes that appropriate or mock different cul-

tures — dressing up as a Native American, such as Pocahontas — are no longer considered fun.

But, according to Good Housekeeping, Bustle, The Independent and others, any attempt to satirize or mock covid-19, one of the biggest events in the past 100 years, is also off limits.

The Independent explains why: "The coronavirus pandemic killed millions of people, and continues to seriously affect those who are unvaccinated. Any costume that resembles the SARS-CoV-2 virus, anti-vaxxers, or someone with covid-19 are to be avoided."

I get the point, but I don't fully agree.

Look, satire is a powerful way to ridicule, in a humorous manner, who and what are wrong and ugly or hateful in our society.

A biting, satirical joke — or a wacky Halloween costume — can cut to the heart of the matter better than a direct criticism of a government policy.

Satire is the centerpiece of a healthy and truly free society, but it is now considered unfashionable by entities that are more worried about offending someone than they are about encouraging our freedom to think, question, speak and express ourselves honestly and openly.

In other words, it's now in bad taste in America to not do exactly what the government tells you to do or to question overzealous government health policies,

such as lockdowns and mandates.

Sorry, but where covid is concerned, I think some "bad taste" — or gallows humor — is warranted.

Merriam-Webster defines gallows humor as "humor that makes fun of a life-threatening, disastrous or terrifying situation."

That is, it diffuses our tension and fear in our very worst moments and mocks death, evil and suffering — giving us the strength to fight on.

Comedian Joan Rivers once said about tragedies she suffered, "If you can laugh at it, you can deal with it."

But in today's bi-polarized society, regrettably, half of us believe in freedom of thought, speech and expression — and the benefit of satirical Halloween costumes that may sometimes offend.

The other half are so terrified that something we say or do may slight someone, we are fearful of poking fun or even chuckling at anything amusing.

I can understand the desire to avoid a Halloween costume that might offend your boss and cost you your job.

But I'm afraid our once raucous and robust American sense of humor is slowly dying.

To me, there are few things scarier than that this Halloween.



The following person(s) is (are) doing business as: LIS-BETH BARRETO TRANSPORTATION, 15019 LEMO-LAVI AVE APT # 6, GARDENA, CA 90249. This Business Name Statement was filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: OCT 14, 21, 28, NOV 04, 2023

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The following person(s) is (are) doing business as: MARTA'S HOME DAYCARE, 321 HEATHER WAY, LA HABRA, CA 90631. Full name of registrant(s) is (are) MARTA CERVANTES HUEZO, 321 HEATHER WAY, LA HABRA, CA 90631. This Business Name Statement was filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: OCT 14, 21, 28, NOV 04, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-21225
The following person(s) is (are) doing business as: MENA INDUSTRIES, NORTON ELECTRIC, 1375 N BROADWAY, LOS ANGELES, CA 90012. Full name of registrant(s) is (are) ROMANARUI LOUIS MENEZES, 1375 N BROADWAY, LOS ANGELES, CA 90012. This Business is conducted by: AN INDIVIDUAL. Signed: ROMANARUI LOUIS MENEZES. This statement was filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: OCT 14, 21, 28, NOV 04, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-21784
The following person(s) is (are) doing business as: MP VENDING, 1334 BALLISTA AVE, LA PUENTE, CA 91744. Full name of registrant(s) is (are) MANDMO MORENO, 1334 BALLISTA AVE, LA PUENTE, CA 91744. CELIA BETANCOURT, 1334 BALLISTA AVE, LA PUENTE, CA 91744. This Business is conducted by: A MARIED COUPLE. Signed: MANDMO MORENO/HUSBAND. This statement was filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: OCT 14, 21, 28, NOV 04, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-219177
The following person(s) is (are) doing business as: PREMIER ACOUSTIC PANELS, 9306 PARMELEE AVE, LOS ANGELES, CA 90002. Full name of registrant(s) is (are) JUAN ANTONIO RAMIREZ JR, 9306 PARMELEE AVE, LOS ANGELES, CA 90002. This Business is conducted by: AN INDIVIDUAL. Signed: JUAN ANTONIO RAMIREZ JR/OWNER. This statement was filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: OCT 14, 21, 28, NOV 04, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-222627
The following person(s) is (are) doing business as: RUFF PUFF, 22005 AVALON BLVD SUITE A, CARSON, CA 90745. Full name of registrant(s) is (are) MOUSTAFA GAMMALMOUSTAFA, 22005 AVALON BLVD SUITE A, CARSON, CA 90745. This Business is conducted by: AN INDIVIDUAL. Signed: MOUSTAFA GAMMALMOUSTAFA/ABDELSALAM/OWNER. This statement was filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: OCT 14, 21, 28, NOV 04, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-220209
The following person(s) is (are) doing business as: SAM TRUCKING, 5164 TEMPLETON ST, LOS ANGELES, CA 90027. Full name of registrant(s) is (are) SAMUEL ASCENCIO RIVERA MONTOYA/OWNER. This statement was filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: OCT 14, 21, 28, NOV 04, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-217296
The following person(s) is (are) doing business as: SATVIC ENERGY, 9854 NATIONAL BLVD UNIT #472, LOS ANGELES, CA 90034. Full name of registrant(s) is (are) ASHWIN MAHADEO, 9854 NATIONAL BLVD UNIT #472, LOS ANGELES, CA 90034. This Business is conducted by: AN INDIVIDUAL. Signed: ASHWIN MAHADEO/OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/04/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/2019. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: OCT 14, 21, 28, NOV 04, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-214888
The following person(s) is (are) doing business as: SOUTH SIDE TRANSPORT SERVICE LLC. Full name of registrant(s) is (are) SOUTH SIDE TRANSPORT SERVICE LLC, 5028 HEINTZ ST, BALDWIN PARK, CA 91706. This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed: EFIGELO T LOPEZ/CEO. This statement was filed with the County Clerk of Los Angeles County on 10/02/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: OCT 14, 21, 28, NOV 04, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-213007
The following person(s) is (are) doing business as: SUNSHINE BILINGUAL CHILD CARE, 12222 SHERIDAN ST, NORWALK, CA 90650. Full name of registrant(s) is (are) MARIA ESTHER FERNANDEZ SILVA, 12222 SHERIDAN ST, NORWALK, CA 90650. This Business is conducted by: AN INDIVIDUAL. Signed: MARIA ESTHER FERNANDEZ SILVA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/28/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: OCT 14, 21, 28, NOV 04, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-217346
The following person(s) is (are) doing business as: VICTOR VEGA TRANSPORTATION, 14857 CARPENTIERI CT, PANORAMA CITY, CA 91402. Full name of registrant(s) is (are) VICTOR VEGA, 14857 CARPENTIERI CT, PANORAMA CITY, CA 91402. This Business is conducted by: AN INDIVIDUAL. Signed: AGUIHUZU RAMIREZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/04/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 12/2019. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: OCT 14, 21, 28, NOV 04, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-212679
The following person(s) is (are) doing business as: VIDES AUTO SERVICES, 778 NOGALES AVE STE A, WALNUT, CA 91789. Full name of registrant(s) is (are) JOSE ANGEL VIDES-HERNANDEZ, 778 NOGALES AVE STE J WALNUT, CA 91789. This Business is conducted by: AN INDIVIDUAL. Signed: JOSE ANGEL VIDES-HERNANDEZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on

09/28/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: OCT 14, 21, 28, NOV 04, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-215062
The following person(s) is (are) doing business as: WIC-ORP, 15268 PROCTOR AVE, CITY OF INDUSTRY, CA 91745. Full name of registrant(s) is (are) GONZALO YA-LENZUELA, 15268 PROCTOR AVE, CITY OF INDUSTRY, CA 91745. This Business is conducted by: AN INDIVIDUAL. Signed: GONZALO YALENZUELA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/02/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/2023. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: OCT 14, 21, 28, NOV 04, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023116639
The following person(s) is (are) doing business as: NEIGHBORHOOD DEVELOPERS 1105 S. LA BREA AVE, INGLEWOOD, CA, 90301. LOS ANGELES COUNTY. Full name of registrant(s) is (are) CHENO WARDEN 6424 YUCCA ST APT 101 HOLLYWOOD, CA, 90028. This Business is conducted by: AN INDIVIDUAL. Signed: CHENO WARDEN. This statement was filed with the County Clerk of Los Angeles County on 05/25/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/2023. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 14, 21, 28, Nov. 4, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023215797
The following person(s) is (are) doing business as: SAN-TA CRUZ, TRUCK & AUTO REPAIR, 3137 W IMPERIAL HWY UNIT A INGLEWOOD, CA 90303. LOS ANGELES COUNTY. Full name of registrant(s) is (are) PABLO E. PINEDA, OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/27/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/2023. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 14, 21, 28, Nov. 4, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023222292
The following person(s) is (are) doing business as: VR STYLE 30158 CAMBRIDGE AVE CASTAIC, CA, 91384. LOS ANGELES COUNTY. Full name of registrant(s) is (are) VIOLETTA RAJOOVA, 30158 CAMBRIDGE AVE CASTAIC, CA, 91384. This Business is conducted by: A JOINT VENTURE/AN INDIVIDUAL. Signed: VIOLETTA RAJOOVA. This statement was filed with the County Clerk of Los Angeles County on 10/13/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/2023. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 14, 21, 28, Nov. 4, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023223080
The following person(s) is (are) doing business as: Z CONSULTING 11669 VARILO ST UNIT 172 NORTH HOLLYWOOD, CA. 91605. LOS ANGELES COUNTY. Full name of registrant(s) is (are) ZAFAR NEYMATOV, 11669 VALERIO ST UNIT 172 NORTH HOLLYWOOD, CA, 91605. This Business is conducted by: AN INDIVIDUAL. Signed: ZAFAR NEYMATOV, OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/13/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 09/2017. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 14, 21, 28, Nov. 4, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023222246
The following person(s) is (are) doing business as: CAR-OL THE TAROT READER 51 W MARIPOSA ST ALTADENA, CA 91001. LOS ANGELES COUNTY. Full name of registrant(s) is (are) CAROLINE MARIPOSA ST ALTADENA, CA 91001. This Business is conducted by: AN INDIVIDUAL. Signed: CAROLINE MARIPOSA ST ALTADENA, CA 91001. This statement was filed with the County Clerk of Los Angeles County on 12/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/2019. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 14, 21, 28, Nov. 4, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023222246
The following person(s) is (are) doing business as: M & E ONE STOP SHOP 14500 VAN NUYS BLVD UNIT #9 ARLETA, CA, 91402. LOS ANGELES COUNTY. Full name of registrant(s) is (are) DAISY ANDREA SILVA 14500 VAN NUYS BLVD APT #9 ARLETA, CA 91402. This Business is conducted by: A JOINT VENTURE. Signed: DAISY ANDREA SILVA. This statement was filed with the County Clerk of Los Angeles County on 10/12/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 10/2023. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 14, 21, 28, Nov. 4, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023221564
The following person(s) is (are) doing business as: NOVA IMAGING SUPPLIES 2118 WILSHIRE BLVD SANTA MONICA, CA. 90403. AON #4685633 LOS ANGELES COUNTY. Full name of registrant(s) is (are) STANDARD DIRECT IMAGING INC, 2118 WILSHIRE BLVD #262 SANTA MONICA, CA. 90403 This Business is conducted by: A CORPORATION. Signed: STANDARD DIRECT IMAGING, INC, RUSSELL KALTER. This statement was filed with the County Clerk of Los Angeles County on 10/11/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 14, 21, 28, Nov. 4, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 202322193
The following person(s) is (are) doing business as: TRENDY NAILS 20056 VENTURA BLVD WOODLAND HILLS, CA. 91364. LOS ANGELES COUNTY. Full name of registrant(s) is (are) THUY THITHU TRAN, 20056 VENTURA BLVD WOODLAND HILLS, CA. 91364. This Business is conducted by: AN INDIVIDUAL. Signed: THUY THITHU TRAN, OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/11/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 14, 21, 28, Nov. 4, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023220112
The following person(s) is (are) doing business as: DEZIRU KRAFT 4312 COLFAEX AVE UNIT 14 STUDIO CITY, CA, 91604. LOS ANGELES COUNTY. Full name of registrant(s) is (are) GERVITO TOTH 4312 COLFAEX AVE UNIT 14 STUDIO CITY, CA, 91604. This Business is conducted by: AN INDIVIDUAL. Signed: GERVITO TOTH. This statement was filed with the County Clerk of Los Angeles County on 10/02/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 14, 21, 28, Nov. 4, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023219996
The following person(s) is (are) doing business as: ADYANED CONSTRUCTION, 307 SHERMAN OAKS, CA 91403. LOS ANGELES COUNTY. Full name of registrant(s) is (are) KAREN GALUST GEMILYAN 4606 WILLIS AVE APT 307 SHERMAN OAKS, CA 91403. This Business is conducted by: AN INDIVIDUAL. Signed: KAREN GALUST GEMILYAN, OWNER. This statement was

filed with the County Clerk of Los Angeles County on 10/10/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 10/2001. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 14, 21, 28, Nov. 4, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023215288
The following person(s) is (are) doing business as: ASIDESIBDE 21051 GRESHAM ST 313, CANOGA PARK, CA, 91304. LOS ANGELES COUNTY. Full name of registrant(s) is (are) GONZALO YALENZUELA, 21051 GRESHAM ST 313, CANOGA PARK, CA, 91304. BRITANY MOORE 21051 GRESHAM ST 313, CANOGA PARK, CA, 91304. This Business is conducted by: AN INDIVIDUAL. Signed: GONZALO YALENZUELA, GENERAL PARTNER. This statement was filed with the County Clerk of Los Angeles County on 10/02/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/2017. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 7, 14, 21, 28, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023214711
The following person(s) is (are) doing business as: MONO PALLETES 1725 OSBORNE ST ARLETA, CA, 91311. AON: 201722610124 LOS ANGELES COUNTY. Full name of registrant(s) is (are) MONO PALLETES 13725 OSBORNE STREET ARLETA, CA, 91311. This Business is conducted by: AN LLC. Signed: MARCO ANTONIO SOLORIO EGUIAS, MANAGING MEMBER. This statement was filed with the County Clerk of Los Angeles County on 09/27/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/2017. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 7, 14, 21, 28, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023212159
The following person(s) is (are) doing business as: GETTING FADED BARBER SHOP 3123 WALTON AVE INGLEWOOD, CA, 90307. LOS ANGELES COUNTY. Full name of registrant(s) is (are) JOSE LUIS CANAS LIZAMA 3720 S GRAMERCY PLACE LOS ANGELES, CA, 90018. This Business is conducted by: AN INDIVIDUAL. Signed: JOSE LUIS CANAS LIZAMA, OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/27/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/2017. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 7, 14, 21, 28, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023215317
The following person(s) is (are) doing business as: RO-MAYNS CLEANING SERV, 20426 SATICOY ST APT 7, WINNETKA, CA 91306. LOS ANGELES COUNTY. Full name of registrant(s) is (are) ABNER ASORRUIVAL ROMAN GOMEZ, 20426 SATICOY ST APT 7, WINNETKA, CA, 91306. This Business is conducted by: AN INDIVIDUAL. Signed: ABNER ASORRUIVAL ROMAN GOMEZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/20/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 10/2023. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 7, 14, 21, 28, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023215859
The following person(s) is (are) doing business as: G&M JEWELRY, 2430 CLEAR CREEK PL WEST HILLS, CA, 91304. LOS ANGELES COUNTY. Full name of registrant(s) is (are) LEVON ABDZHIYAN 2432 W CLEAR CREEK PL WEST HILLS, CA, 91304. This Business is conducted by: AN INDIVIDUAL. Signed: LEVON ABDZHIYAN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/03/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 09/2023. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 7, 14, 21, 28, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023212381
The following person(s) is (are) doing business as: INNOVATIONS MANAGEMENT 1495 S SUNRISE DR MONTEREY PARK, CA, 91754. LOS ANGELES COUNTY. Full name of registrant(s) is (are) DENILSON M VAZOZ, 1495 S SUNRISE DR MONTEREY PARK, CA, 91754. This Business is conducted by: AN INDIVIDUAL. Signed: DENILSON M VAZOZ. This statement was filed with the County Clerk of Los Angeles County on 09/27/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 10/2023. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 7, 14, 21, 28, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023217235
The following person(s) is (are) doing business as: AR-Signors AUTO SERVICE, 12659 AVE MINTA ST NORTH HOLLYWOOD, CA. 91605. LOS ANGELES COUNTY. Full name of registrant(s) is (are) ARTUR HAKUTYUNYAN, 12659 AVE MINTA ST NORTH HOLLYWOOD, CA. 91605. This Business is conducted by: INDIVIDUAL. Signed: ARTUR HAKUTYUNYAN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/04/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 10/2023. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 7, 14, 21, 28, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023214774
The following person(s) is (are) doing business as: ART SABAT 2436 HARTLAND ST WEST HILLS, CA, 91307. LOS ANGELES COUNTY. Full name of registrant(s) is (are) MOHAMMADHADI AKHOND, 2436 HARTLAND ST WEST HILLS, CA, 91307. This Business is conducted by: AN INDIVIDUAL. Signed: MOHAMMADHADI AKHOND, OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/2/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 10/2023. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 7, 14, 21, 28, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023219056
The following person(s) is (are) doing business as: EL AJI PICANTE FINE PURVIAN CUISINE 20905 LASSEN ST APT 8, GLENDALE, CA, 91205. LOS ANGELES COUNTY. Full name of registrant(s) is (are) ZANIK BAGUMYAN, 20905 LASSEN ST APT 8, GLENDALE, CA, 91205. This Business is conducted by: AN INDIVIDUAL. Signed: ZANIK BAGUMYAN, OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/6/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 10/2016. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 7, 14, 21, 28, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023218910
The following person(s) is (are) doing business as: B MORGENTHAU, 9125 SHERMAN OAKS, CA, 91205. LOS ANGELES COUNTY. Full name of registrant(s) is (are) DZANIK BAGUMYAN 126 S EDGAR ST APT 8, GLENDALE, CA, 91205. This Business is conducted by: AN INDIVIDUAL. Signed: DZANIK BAGUMYAN, OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/6/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 10/2016. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: Oct. 7, 14, 21, 28, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023219996
The following person(s) is (are) doing business as: ADYANED CONSTRUCTION, 307 SHERMAN OAKS, CA 91403. LOS ANGELES COUNTY. Full name of registrant(s) is (are) KAREN GALUST GEMILYAN 4606 WILLIS AVE APT 307 SHERMAN OAKS, CA 91403. This Business is conducted by: AN INDIVIDUAL. Signed: KAREN GALUST GEMILYAN, OWNER. This statement was

LEGAL NOTICES

SUPERIOR COURT OF CALIFORNIA
COUNTY OF LOS ANGELES
SANTA MONICA COURTHOUSE
1725 MAIN STREET
SANTA MONICA, CA. 90401

SUMMONS

NOTICE TO DEFENDANT:
MAGED YOUSEF, an individual; and DOES 1 through 50 ;

YOU ARE BEING SUED BY PLAINTIFF:

SHAHD BAHGAT, an individual; HALA FATTAH, an individual; OMAR BAHGAT, and individual

CASE NUMBER: 23SMCV01799

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 CALENDARIO 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), 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), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp



DUARTE'S RHONDA LUNA INDUCTED INTO THE INTERNATIONAL WOMEN'S BOXING HALL OF FAME

Duarte Boxing Club's very own former Junior Lightweight World Champion, Rhonda Luna, was inducted into the International Women's Boxing Hall of Fame in Las Vegas, Nevada on Saturday, October 7, 2023.

For Luna, the induction marked a full-circle moment in her boxing career. She made her pro debut in 2003, and retired from the sport in 2013. Throughout the duration of her boxing career, she earned her Master's degree, carried a full-time job working in education, and trained with Duarte Boxing Coach, Victor Valenzuela, at the Duarte Boxing Gym (1400 Buena Vista). The ceremony made Luna realize that alongside all of the women inducted this year, she was now one of the women paving the way for future female fighters, just like many women had done for her when she was just starting out.

"My career would have been complete regardless of the induction," said Luna. "I made some incredible memories and this was just the cherry on top."

Before her boxing career, Luna was an accomplished softball player at University of California, Santa Barbara. Boxing eventually became her way to continue fulfilling her competitive nature post-graduation. A family connection led her to Victor Valenzuela at Duarte Boxing Gym, where she became the first female fighter Valenzuela coached in 2006.

"Coach Valenzuela saw something special in me," said Luna. "His training was invaluable; he honed in on my specific talents as a boxer. No one would have trained me as well as he did."

Luna's time spent at the Duarte Boxing Gym also allowed her to develop a strong bond with Marilyn Mays, the Teen Center coordinator. This connection led to Luna's role as a recreation leader at the Teen Center, further deepening her ties with the Duarte community. Over the course of her six-year tenure in this role, she became an integral part of Duarte.

"I love Duarte, I love our tight knit community, and I love being a part of the gym. My career would have been very different if I was in a different City surrounded by different people," said Luna. "Here in Duarte we're a family, and it's just an incredible community to be a part of. Before every fight, I would ask the announcer to mention I was training at the Duarte Boxing Gym."



One of the most memorable moments of Luna's career was winning a world title practically in her own backyard. The culmination of her hard work and dedication resulted in a victorious six-round fight at the San Manuel Casino in Highland. Luna had an incredible amount of support from the Duarte community; a number of Duarte coaches and boxers were in her corner to cheer her on and watch her win the world title.

"It was an incredible fight and it felt like a win for not only Rhonda and myself, but for the entire community," said Valenzuela. "I was truly honored to be Rhonda's coach and it was very rewarding to be there to see her win the world title and get inducted into the International Women's Boxing Hall of Fame."

Luna's legacy lives on at the Duarte Boxing Gym with her son now training there.

"Being able to watch my kid train and share this part of my life with him has felt so natural," said Luna. "He's surrounded by good people in the Duarte Boxing Gym and the Teen Center gives him so many opportunities too. I appreciate them for everything they did and continue to do for me and my family."



Above: **MJS Volleyball - League Tournament Champions:** Back Row (L to R): Isabella Gavia, Sadie Dansinger, Allie Charvat, Arabella Schlaerth, Miya Akasaki Front Row (L to R): Alexandra Mason, Sophie Mills, Ali Trujillo, Francesca Bonsignore-Arabolaza, Avery Windass, Isabel Wang, Kaila Casalino

Below: **MJS Flag Football - League Tournament Champions** Back Row (L to R): Jude Suguitan, Jack Michelson, Del Rock, Zach Ito Wilson, Oliver Jones, Ryden Yamada, Head Coach Scott Salsman. Middle Row (L to R): James Klarin, Eleanor Gordon Smith, Louis Tanaka, James Francis, David Villagra, Zach Attanasio. Front Row (L to R): Bobby Clougherty

Photos courtesy Mayfield Junior School



phy of developing the Whole Child as an intellectual, spiritual, creative, and athletic person. Mayfield's educational program best prepares students for high school and beyond. Learn more at www.mayfieldjs.org.

MAYFIELD JUNIOR SCHOOL EARNS INDEPENDENT LEAGUE TOURNAMENT CHAMPIONSHIPS IN GIRLS' VOLLEYBALL, "A" FLAG FOOTBALL

(PASADENA, CA) – The Fall Sports season concluded on a high note for Mayfield Junior School as the girls' volleyball and "A" flag football teams won Independent League tournament championships.

Girls' volleyball entered the postseason tournament as the No. 3 seed. In the opening round, Mayfield topped Chandler 25-22 and 25-17 to earn a spot in the championship match against Rio Hondo. After taking the first set, 25-13, MJS secured the league tournament title in come-from-behind fashion with a 24-21 vic-tory in Set No. 2.

After a commanding 28-0 win over High Point Academy, Mayfield's "A" flag football team jumped out to a two-touchdown lead over Chandler in the tournament championship finale. The Mustangs would tack on 24 more points in the second half for a 38-30 win, cementing their status as both Independent League Champions and League Tournament Champions.

About Mayfield Junior School Founded in 1931 by the Society of the Holy Child Jesus and located adjacent to historic Old Pasadena, Mayfield Junior School is a leading Catholic Independent coeducational school serving Kindergarten to Eighth-Grade students. Mayfield is distinguished by the Holy Child educational philoso-

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50 HALLOWEEN SAFETY TIPS (2023): FOR ADULTS, FOR PETS, FOR KIDS, STATISTICS & MORE

By Sadie Cornelius

8 WAYS TO STAY SAFE ON HALLOWEEN

We'll get into more specifics, but here are eight essential tips for everyone to follow:

Don't keep candles burning in Jack-o'-lanterns or luminaries. Consider using battery-operated flames.

You might also opt for a safer pumpkin "carving" by painting them or decorating them with stickers.

Look for flame-resistant costumes, wigs, and accessories, and make sure your dress or outfit is the proper length and fit, so you don't trip or catch fire.

If applying face paint, be careful around the eyes and test for any skin allergies before using it. Avoid using contact lenses that alter the look or color of your eyes as they can be hazardous to your eye health.

Use a flashlight, LED light, or apply reflective tape to your costume to see and be seen by others, including cars.

If you wear a mask, test for full visibility out of the eye holes and proper breathability.

If your costume requires a sword or weapon, do not swing it around, and keep the pointed part away from yourself and others.

TOP 4 HALLOWEEN SAFETY TIPS FOR KIDS

Clear glass bowl filled with halloween candy.

Follow our candy safety tips to ensure your kids are able to enjoy this bowl of candy this year! Little ones should always be our top priority, but they are especially vulnerable during this time of year. Here are some Halloween safety tips for children.

4 HALLOWEEN CANDY SAFETY TIPS FOR KIDS

Never let them go inside a home to accept candy and keep all little ones supervised at all times (never let minors go out trick o' treating solo).

Inspect all candy before eating. Check the contents of their bags and buckets for choking hazards and make sure candy is all properly sealed (throw away anything that's been opened or is not packaged). It's best to wait until you get home to indulge so you have better light to properly inspect each item.

Have an allergy-safe Halloween. Review each label for any potentially harmful ingredients like peanuts, tree nuts, dairy, or gluten.

Brush your teeth before bed. No one wants to suffer from a toothache from too much sugar or chocolate!

12 HALLOWEEN SAFETY TIPS FOR ADULTS

Adults should be equally prepared to ensure they don't get into any Halloween hazards.

When Trick Or Treating
Arm your home alarm system and lock the doors, so your valuables are safe while you're out. You can also use the app to check your security camera for any suspicious activity.

Stay in neighborhoods that are familiar to you.

Use the buddy system and avoid letting anyone go out alone.

Start early, and don't stay out late.

Walk, don't run, between houses.

Only cross the street at corners or crosswalks and look both ways before crossing the street.

Use only sidewalks and clearly lit areas, avoiding yards and streets where possible (as to not trip or ruin any costumes or yard decor).

Plan your route ahead of time to stay on the same side of the street (versus zigzagging back and forth).

Don't split up and plan to have a meeting spot in case you get lost.

Only approach homes that have a porch light on (or are obviously accepting trick or treaters).

Double-check your shoelaces are tied and wear shoes that are easy to walk in (e.g., sneakers instead of boots with heels).

If inclement weather is in the forecast, consider staying home for a virtual party with neighbors or friends.

5 HALLOWEEN HOME SECURITY TIPS

Whether you plan to hit the streets or stay in, here are some things to keep in mind.

Get a smart doorbell or outdoor security camera with night vision to see who's at the door before you open it.

Be careful using sharp knives to carve pumpkins. Keep a firm grip on the blade with your forefinger and thumb and consider using pumpkin-carving tools.

Check the batteries in your smoke detectors and test them before you light any candles.

Turn on lights, so they know you're home and accepting guests (or turn them off if you aren't or when you run out of candy).

Keep the entrance well-illuminated, so people can see the pathway to your door.

7 WAYS TO SAFELY TRICK OR TREAT

Even though COVID is somewhat under control now, it's important to prevent the spread of germs as we head into the winter months and cold and flu season.

Ensure everyone has a face covering (such as this nifty one with pumpkins!)

Go out only with your immediate family members.

If you or a child is not feeling well, stay home and don't go out and about.

Leave candy on the doorstep in a bowl and put a sign up that encourages them to take a piece.

Get creative with making a sign that says, "Don't be a witch - take only one bag of candy per child."

Put out a bottle of hand sanitizer next to the bowl of candy (but don't expect that all kids will use it).

Hand out individually wrapped candy to prevent the spread of germs. Better yet, put candy in mini party favor bags and place one bag out at a time. Watch through the window or on your doorbell camera and, when it's gone, replenish it.

TOP 5 HALLOWEEN SAFETY STATISTICS

These stats aren't meant to scare you from having a ghastly time this Halloween, but being cognizant of them can help you enjoy the night without mishaps.

Children are more than twice as likely to be hit by vehicles on Halloween night. Follow our street safety tips below to reduce the chance of an accident.

Most child pedestrian accidents happen between 6 and 7 pm.

The largest spike in tree and nut allergy admissions to the emergency room (ER) is on Halloween night. Double-check the ingredients in all your treats before allowing your kids to enjoy them.

70% of parents don't go trick or treating with their children. Take the night off and stay with your kids at all times, especially if they are age 12 or under.

85% of adults bring alcohol to a Halloween party. We know parties can be more fun with alcohol, but since this night is about your kids, consider a non-alcoholic alternative instead.

5 WAYS TO STAY STREET SAFE

Wear light or reflective colors (you can also use reflective tape or stickers on costumes and bags), and carry glow sticks or flashlights so drivers can more easily see you.

Test your costume and make sure it fits and isn't too long so as to cause trips and falls. Keep pets in rooms that are secure and away from windows at the front of the house where they can bark and scare away trick-or-treaters (and spook your pup).

If you're driving, make sure your headlights are on so you can spot kids, drive slowly, and stay alert.

If you are wearing masks, make sure they fit properly and don't restrict your eyesight.

VIDEO: BRING THE HORROR HOME

Who needs to visit haunted houses when you can experience one from the comfort of your home? Turn off the lights and turn up the volume to have a spooky watching party.

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HALLOWEEN HAPPENINGS
 Tuesday, October 31st 3pm-7pm
 Trick or Treating in Downtown Sierra Madre & Memorial Park

3pm-5pm
Costume Parade
 5pm-5:15pm
Sierra Madre Dance Center Performance
 5:15pm-5:45pm
Costume Contest
 5:45pm-7pm

FREE EVENT

COSTUME CONTEST
 Prizes will be given to the top 3 group & age category winners. Costume Contest registration in Kersting Ct. & Memorial Park 3pm-5pm NO LATE ENTRIES ACCEPTED

CATEGORIES
 INFANT - 2 YEARS
 3 - 4 YEARS
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 8 - 12 YEARS
 13 - 17 YEARS
 GROUP - ALL AGES
 PETS 🐾

LOOK FOR THE SIGN IN THE WINDOW

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EVENTS/ACTIVITIES IN LIBRARY PARK

3:00 P.M.	REGISTRATION FOR COSTUME CONTEST
3:15 P.M.	DOG PARADE OF CHARACTERS
3:30 P.M.	WINNERS ANNOUNCED
3:35 P.M.	0-2 PARADE OF CHARACTERS
3:50 P.M.	WINNERS ANNOUNCED
3:55 P.M.	3-4 PARADE OF CHARACTERS
4:10 P.M.	WINNERS ANNOUNCED
4:15 P.M.	5-7 PARADE OF CHARACTERS
4:30 P.M.	WINNERS ANNOUNCED
4:35 P.M.	8-10 PARADE OF CHARACTERS
4:50 P.M.	WINNERS ANNOUNCED
4:55 P.M.	11-14 PARADE OF CHARACTERS
5:10 P.M.	WINNERS ANNOUNCED
5:15 P.M.	FAMILY CATEGORY PARADE OF CHARACTERS
5:30 P.M.	WINNERS ANNOUNCED
6:00 P.M.	EVENT ENDS

STREET CLOSURES IN OLD TOWN 2:00-7:00 PM
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HALLOWEEN HOWL

Have A Happy & Safe Happy Halloween



JOHN HARABEDIAN

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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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