

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, DECEMBER 23, 2023

VOLUME 17 NO. 51

Imagine Snow In Sierra Madre For Christmas!



Artist Sonny Salsbury created this painting depicting snow in Sierra Madre at Christmas. His caption, "Wouldn't It Be Nice?" reflects the sentiments of many a child and adult alike. Salsbury is also a Grammy nominated musician who was born in Pasadena. He is the brother of local businesswoman Judith Brandley, owner of Leonora Moss in Sierra Madre.

‘The Spirit of The Season

THE CHRISTMAS GIFT by Craig Hakola

Mr. Green stepped out from the office elevator and walked to the door where he encountered the ominous sign, "Shuttle - Out of Order for the Evening." "It figures. On the coldest night of the year the shuttle isn't running," he angrily mumbled. "I work in the only office of the city with no parking, and now I am forced to enter a battlefield of urban ugliness to gain access to my own vehicle."

Mr. Green was not the sort of man who thought much about the surrounding neighborhood of his workplace. All it had ever been to him was a contemptible stretch of the world where the deplorable transients encamped. "The homeless of this area has destroyed themselves and brought the city to its knees," he indignantly thought as he imagined the march ahead to his car. "Every one of them has harmed themselves by a lifetime of poor decisions, and if an ignorant man strolls through life without a canteen, and then discovers himself trapped in the desert, why should I offer this fool a drink of my precious resources?"

It might be said that Mr. Green existed in the world of an utterly rational man. These intuitions of thought made his mind susceptible to one set of arguments, but cravenly ignorant to the greater importance of another. As he started to step from the building, he was met by the penetrating sting of the wind. This caused Mr. Green to button his jacket all the way up to his neck. Maybe the only object of the city colder than the temperature of this winter's night, was the heart beneath the man's jacket.

He halted at the street corner with an ever-increasing anger, as the light ignored any sense of time. "Why do they force people such as myself to stand here for a minute or more in these deplorable temperatures?" He mulled this injustice in his mind, as a more forceful issuance of wind announced its existence. The light finally changed to green, and at the next block, the dirty and broken sidewalk beneath his feet seemed to mirror the city around him. In a vacant lot adjacent to where Mr. Green was now walking, the weeds of the world forced their way upward. He paused in the manner a vehicle does at an accident, to inspect this mysterious world of torment.

Then, seemingly out of the nowhere, a glint of a fire caught his eye. In the empty lot beside where he stood, a group had encircled a discarded trashcan where the flames weaved and danced over the rim of the can. His sight lingered upon the flames as it painted the people in a wonderful shade of gold and red. But the power of this spell was quickly broken, as he angrily exclaimed, "Even these bums of the night are warmer than I am."

"Mr. Green," came the unexpected voice of a man. Mr. Green refused to answer, as the first commandment of his beliefs was never to look upon a person of the street, but temptation being what it is, he was compelled to half-peek from the corner of his eye. This limited glimpse was enough to discard the value of the voice, and deem it best to continue past this wandering drifter of the world.

(continued on page 13)

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HAPPY HOLIDAYS

We Wish you all a Magical Holiday Season with your Family and Friends

Our Homes are only as important as the people inside them. May yours be filled with Love, Laughter, Shared Memories, Favorite Recipes, Lots of Treats and Good Health.

We look forward to meeting you all in the New Year and Helping to Make Your Real Estate Dreams Come True !!!

Warmly, *Barbara and Sileen*

Barbara Rogers
626.484.8135
CalRE# 01169115

Eileen Benson
626.278.0187
CalRE# 01880650

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2 Sierra Madre's 2023 Best Decorated Houses

Mountain View News Saturday, December 23, 2023

1st Place



2nd Place



3rd Place



PEOPLE'S CHOICE



Congratulations!

The Mountain Views News Photo Santa has selected:

- 1st place: 235 S. Baldwin (Gingerbread house)
- 2nd place: 49 E. Alegria
- 3rd place: 209 & 217 w. Highland (neighbors working together.)

Honorable Mention (Not Shown)

- #1: 214 W. Carter
- #2: 523 W. Grandview

AND THE PEOPLE'S CHOICE WINNER IS:

618 W. Highland

To view all contestants go to:

<https://www.dirkbolle.com/Scenic-Sierra-Madre/Sierra-Madre-Holiday-Decorations-2023/>

2023 Sierra Madre Candlelight Walk



SIERRA MADRE
A Community United
 Photos by Dirk Bolle



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WALKING SIERRA MADRE - The Social Side

by Deanne Davis

“One of the most glorious messes in the world is the mess created in the living room on Christmas Day. Don’t clean it up too quickly, it is memories and hopes fulfilled.”
 Andy Rooney

“What is Christmas? It is the tenderness of the past, courage for the present, and hope for the future.”
 Agnes M. Pahro



“Love came down at Christmas; love all lovely, love divine.
 Love was born at Christmas, stars and angels gave the sign.” Christina Rossetti

The picture this week is my last Christmas Tree of the year. The happy, laughing little boy being held up to the top of the tree is our eleventh great-grandchild, Mr. Brannan Ryan Johnson, who entered the world, much to the delight of our entire enormous family, on May 21st. His expression and happiness reflect to me the expression of the baby in my Nativity scene. I expect baby Jesus smiled and showed delight at all that was happening around him, too. His parents, granddaughter, Ashley, and her husband, Trevor, send us pictures of him on almost a daily basis and I don’t think that baby has ever cried. Smiles are all we see.

“Angels sang, shepherds came,
 And joy was born on Christmas,
 Hope was born on Christmas!”

I’m having trouble believing Christmas is Monday. It seems to have snuck quietly up on us. Yes, we’ve shopped, decorated, baked, wrapped, spent (Oy! Have we spent!). We have ham and all sorts of stuff to nibble on after the presents have been joyfully (we hope) demolished and we’re all ready for a nap. Now we can sit down, take a breath and give ourselves a minute to recuperate before we start planning for the New Year. 2023 passed with what felt like the speed of light and now 2024 is lurking just around the corner. I’m planning to leave Christmas up just a little longer; let my head nodding lighted reindeer stay out in front just a little longer, and not be too quick to de-Christmas-ify.

This beautiful piece, “Directions For Planting,” lives at the bottom of the Christmas card basket. I’ve passed it on to you before but this might be the perfect way to end a year which has had its ups and downs for all of us, and help us look forward to a New Year bright with promise and hope.

“Directions For Planting,” was taken from the writings of Margaret Hooper Ineson, a precious saint of God and beloved member of our family. Born November 22, 1904, she entered the gates of heaven November 11, 2000, just a few days short of her 96th birthday. She lived according to her “Directions For Planting. We hope these seeds take root in your mind and heart.

Directions For Planting

Plant 5 Rows of Peas: Preparedness, Promptness, Perseverance, Politeness, Prayer

Plant 3 Rows of Squash: Squash Gossip, Squash Criticism, Squash Indifference

Plant 4 Rows of Lettuce: Let Us Be Faithful, Let Us Be Unselfish, Let Us be Truthful,
 Let Us Love One Another

Plant 4 Rows of Turnips: Turn Up for Where We’re Needed, Turn Up with a Smile,
 Turn Up with New Ideas, Turn Up with Determination

“What a wonderful story it is, The Christmas Story.
 Only God could have thought of it!” Norman Vincent Peale

“And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, “Do not be afraid. I bring you good news of great joy that will be for all the people. Today in the town of David a Savior has been born to you; he is Christ, the Lord...Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, “Glory to God in the highest, and on earth peace to men on whom his favor rests.” Luke 2:8-13

Are we ready for Christmas? I think we are! Merry Christmas my dear friends. May God bless you and keep you and make His face to shine upon you and give you peace...and joy...and hope!

My book page: Amazon.com: Deanne Davis
 Christmas is here, and my book:

“Sunrises and Sunflowers Speak Hope”

Would be a really nice gift for all the people you forgot to give something to.
 It’s on Amazon.com

“Star of Wonder” a delightful Christmas Kindle story, where four lonely people find love following a strange new star on Christmas Eve, is there, too.
 If you’d like a little preview, take a look at: <https://youtu.be/Ka1KYrONrd0>

Whatever your vision is this Christmas, may it include joy and peace, and maybe a little sparkle

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December 20-23 10:00-2:00

Closed 12/24-1/3



Winter classes begin January 16.

CREATIVE ARTS GROUP
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 (626) 355-8350 CreativeArtsGroup.org

HAPPY HOLIDAYS!

To make parking easier for you and Santa during the holiday season, Sierra Madre PD will begin parking exemptions on 12-22-23 at 2:00 AM, which will extend until 1-3-24 at 2:00 AM.

Mountain View News Saturday, December 23, 2023

Weather Wise

6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi	70s	Lows	50s
Mon:	Rain	Hi	60s	Lows	50s
Tues:	Rain	Hi	70s	Lows	50s
Wed:	Rain	Hi	60s	Lows	50s
Thur:	Rain	Hi	60s	Lows	50s
Fri:	Rain	Hi	60s	Lows	50s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

JANUARY 9, 2024 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 foothillsmidia.org/sierramadre and broadcast on Government Access Channel 3 (Spectrum)..

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

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

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

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

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



This week at the
Sierra Madre
Public Library

December 25 — December 30

DECEMBER – Library will remain closed during the holidays. We hope to open in early January. Happy Holidays!

In the Meantime, Check Out:

MasterFILE Complete

Look up magazines and articles from home. Search for popular full-text magazines, journals, and other highly regarded sources from the world's leading publishers covering virtually every subject area of general interest. Go to our catalog's electronic resources to get started.

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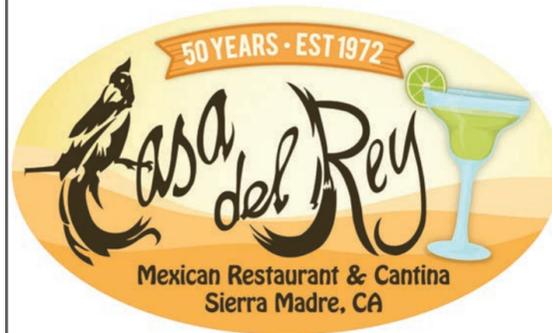
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Sierra Madre Woman's Club

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Explore [SierraMadreWomansClub](https://www.facebook.com/SierraMadreWomansClub)

Pasadena Altadena



News From Your Community For Your Community

Holiday Closures & Reminders

Pasadena residents and businesses are reminded that City Hall and most City services will be closed for the Christmas and New Year's holidays, Monday and Monday, Jan. 1. Specific closures, exceptions and reminders are noted below.

Pasadena residents and businesses with any power emergencies on Dec. 25 and Jan. 1 should call Pasadena's Water and Power (PWP) Department at (626) 744-4673. For water-related emergencies, call (626) 744-4138. Customers can access their accounts and make payments through the automated phone system at (626) 744-4005 or online at PWPweb.com.

The City's Citizen Service Center (CSC) will also be closed Monday and Monday, Jan. 1. You can contact the CSC via the web or mobile app, or by calling (626) 744-7311. Requests submitted over the weekends will be monitored. City trash collection will have a one-day delay of trash collection during both Christmas and New Year's week.

Residents can drop off their Christmas trees Tuesday through Tuesday, Jan. 2, for recycling at Eaton Blanche Park (3100 E. Del Mar Blvd.) or Robinson Park (1081 N. Fair Oaks Ave.) between the hours of 7 a.m. and 2 p.m. Please remove all stands, ornaments and lights prior to drop-off. Curbside Christmas tree pickup will take place Jan. 2 through Jan. 16 on residents' regular pickup day.

Pasadena Transit and Pasadena Dial-A-Ride will not operate on Christmas Day or New Year's Day.

All parking meters are free and parking time limits will not be enforced on Christmas Day and New Year's Day. Also, overnight parking restrictions will not be enforced from today through Jan. 3, and will resume at 2 a.m. on Jan. 4. Violations for red curb/no parking zones, driveway blocks and blocking fire hydrants will continue to be issued at all times.

All Pasadena Public Library branch sites will close today at 5 p.m. and will reopen on Tuesday. Library branches will again close on Saturday, Dec. 30, at 5 p.m., and will reopen on Tuesday, Jan. 2.

The City's Permit Center will be closed Monday and Monday, Jan. 1.

All parks will be open for picnics, fun and play; however, no site reservations are being accepted for the holidays.

You can help reduce the spread of common respiratory illnesses by wearing a well-fitted mask, covering your coughs and sneezes, staying home and testing for COVID-19 when sick, and staying up to date on flu and COVID-19 vaccines. For vaccine information, contact your health care provider.

Pasadena Fire and Police Departments will continue to be staffed for all patrol, jail, fire, paramedic and other emergency services. Always call 9-1-1 for life-threatening emergencies. For non-emergencies, call (626) 744-4241. If you "See Something, Say Something," Report suspicious activity to Pasadena Police Department at (626) 744-4241.

Stay connected to the City of Pasadena online at: CityOfPasadena.net

Jordin Sparks To Close Out Rose Parade



The Pasadena Tournament of Roses joined The Mansion Entertainment Group in announcing Tuesday the Grand Finale of the 135th Rose Parade, the vibrant, unstoppable force that is Jordin Sparks (pictured), winner of American Idol's sixth season.

As the presenting sponsor of the Grand Finale, their historic family entertainment venue, The Mansion Theatre For The Performing Arts in Branson, Missouri, will be showcased on an unforgettable floral float. From the soaring circular ceiling and magnificent regal staircase in the grand lobby to the three iconic horses welcoming you to the venue.

According to officials, Jordin Sparks is a GRAMMY nominated, multi-platinum singer/songwriter and actress. Cumulatively, Sparks' popular

singles have sold over 10 million digital tracks in the U.S. Sparks is also a gifted songwriter. Arianna Grande's smash single, "The Way," was co-written by Sparks and earned her a B.M.I. songwriting award. She has toured with superstars Britney Spears, Alicia Keys, The Jonas Brothers, New Kids on The Block, and the Backstreet Boys and headlined her own tour.

Sparks has garnered two B.E.T. Awards, one American Music Award, and one People's Choice Award, and has been nominated for two MTV Awards and a Grammy. She made her Broadway debut starring in Lin-Manuel Miranda's Broadway smash, In the Heights, and made her film debut playing the lead role in the Sony Pictures film Sparkle, opposite the legendary Whitney Houston. Jordin's positive body image, message, and success have impacted people worldwide. She considers philanthropy an integral part of her life and was recently profiled by CNN Heroes and Dress for Success for her charity work.

Sparks released two previous albums in 2020. "Sounds Like Me," and her first-ever Christmas album, "Cider & Hennessy." She received a Dove, Billboard and Grammy nomination in 2023 for her #1 single with For King & Country, LOVE ME LIKE I AM, and released the single, CALL

MY NAME along with her latest single, Candy Cane Lane.

With its theme, "Celebrating a World of Music," the 2024 Rose Parade is set to bring us together through music. In a world of different cultures, beliefs, hopes, and dreams, one language unites us all — music. The sound, texture, rhythm, form, harmony, and expression meld together to move, soothe, excite and delight the world.

Join them on January 1 to experience the floats, bands and equestrians as they parade down Colorado Blvd. To ring in the new year.

For more information visit: tournamentofroses.com.

PWP Town Hall Virtual Meeting

The community is invited to join Pasadena Water and Power (PWP) for a Water Town Hall virtual community meeting on Thursday, January 18 from 6-8 p.m. on Zoom.

Learn about your water: where it comes from, what it takes to deliver it, how costs are recovered, and how we ensure sustainable and reliable delivery of safe, high-quality water services into the future. Assistant General Managers Lynne Chaimowitz, Finance and Administration, and Stacie Takeguchi, Water, will lead a presentation followed by questions and answers.

Residential and commercial customers are invited to attend the meeting, ask questions, and join the discussion. For accessibility information, or to request an accommodation, please contact (626) 744-7311 or CSC@cityofpasadena.net. Providing at least 72 hours advance notice will help ensure availability.

For Virtual Meeting Credentials visit: cityofpasadena.net/city-manager/news.

To join by telephone, dial (669) 444-9171, and use the code 886 6696 1478 when prompted.

Pasadena Water and Power (PWP) provides electricity to more than 65,000 customers within Pasadena. PWP delivers water to almost 38,000 households and businesses in Pasadena and adjacent communities in the San Gabriel Valley. As a community-owned utility, PWP is a not-for-profit public service owned and operated by the City of Pasadena for the benefit of its customers and the community. Its priorities are reliability, responsiveness to customers, reasonable rates and environmental stewardship.

City Creates New Rent Stabilization Department



The City of Pasadena announced Tuesday the creation of the new Rent Stabilization Department and the appointment of an interim Executive Director. In collaboration with the Pasadena Rental Housing Board, the City has appointed Phillip Leclair as the Interim Executive Director of the newly established department. Leclair will be responsible for laying the foundation for the department's success, overseeing key tasks such as supporting the Pasadena Rental Housing Board in executing adopted policies, implementing and managing the rental registry, hiring and managing support staff, establishing operational procedures and policies, developing office space and infrastructure, enhancing community engagement and communication efforts, and contributing to the recruitment of a permanent Executive Director.

Leclair brings extensive experience to this role,

including twelve years of proven leadership and management skills at the City of Pasadena Department of Information Technology. He has a successful track record and has established internal relationships within the City, facilitating a smooth integration of the new department, including an esteemed track record of working in coordination with the City Council. He recently demonstrated his ability to navigate complex situations and managing diverse teams as the Acting Assistant City Manager in 2022.

"I am confident that Phillip's leadership and expertise will be instrumental in establishing a successful Rent Stabilization Department," said City Manager Miguel Márquez. "His interim assignment will be crucial in laying the groundwork for the department's continued success."

Phillip's leadership experience will be invaluable in ensuring the Rent Stabilization Department functions effectively and fairly," said Ryan Bell, Chair of the Pasadena Rental Housing Board. "His clear communication and collaborative approach will be key to building trust and understanding for everyone involved."

The Rent Stabilization Department was created in collaboration with the Pasadena Rental Housing Board to implement and administer a voter-initiated Charter Amendment (Measure H) rent stabilization program. The program aims to provide stability and predictability for both tenants and landlords in the City's rental housing market.

Tournament of Roses to Livestream Rose Parade

As the 135th Rose Parade "Celebrates a World of Music," the Tournament of Roses announced that they are inviting people from around the world to join the celebration via their first-ever livestream, which will be carried, in its entirety, by four streaming services, including Fubo TV, Christmas Plus, Pluto TV and LocalNow.

The two-hour extravaganza, which will feature stunning floral floats, high-stepping equestrian units and spirited marching bands, will be hosted by Jericka Duncan of CBS Weekend News, actress Gabrielle Elyse and TikTok sensation Pressley Hosbach.

While the Parade will continue to be broadcast live nationwide on linear television via ABC, The Cowboy Channel, The Cowgirl Channel, Great American Family, KTLA,

NBC, RFD-TV and Univision, the new livestream will not only allow more people to access the show, but also will feature each of the 85 Parade units that will journey down the 5.5 mile Parade route.

Since its inception in 1890, the Rose Parade has been a dazzling showcase of creativity, symbolism and spectacular storytelling that is sure to be embraced by millions of streetside, broadcast and streaming viewers from across the country and around the world.

Join them on January 1, 2024, beginning at 8 a.m. PST, to experience the awe and wonder of the floats, marching bands and equestrian units of the 135th Rose Parade presented by Honda. The stream will be available through January 14.

South Pasadena Library to Launch a Seed Library

Kickoff Party set for January 20

The South Pasadena Public Library announced Thursday a date for their grand opening of an innovative Seed Library, made possible by the Sustainable California grant from the California State Library. This initiative is part of the Library's ongoing commitment to community engagement, sustainable living, and a love for gardening, as part of the 2024 Sowing South Pasadena programs. This project is supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.

To celebrate this exciting launch, the Library invites the public to join the Kickoff Party on January 20 from noon to 2:00 p.m. at the South Pasadena Public Library Community Room located at 1115 El Centro St.

The Seed Library is a unique community resource that allows individuals to borrow various fruit, vegetable, herb, and flower seeds. This project promotes

biodiversity and encourages residents to connect with their local environment. The Library provides an opportunity for seasoned gardeners and novices alike to share their love for plants and contribute to the growth of a green and vibrant community.

The Kickoff Party will feature a Seed Swap, hosted by the South Pasadena Community Garden, where attendees can bring their favorite seeds to exchange with fellow gardeners, promoting diversity and expanding the variety of plants in the community. An all-ages craft activity will engage participants in a fun and educational experience, emphasizing the importance of sustainability and environmental awareness. Additionally, a plant swap hosted by South Pasadena Beautiful will allow attendees to bring their own plants or plant cuttings to exchange with others.

The South Pasadena Public Library is located at 1100 Oxley Street. Visit the Library website at: southpasadenaca.gov/library for information about services and programs. The Library is open Monday, Friday, Saturday 10:00 am-6:00 pm, Tuesday, Wednesday, Thursday 10:00 am-8:00 pm and Sunday 1:00 pm-5:00 pm.

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Free Animal Doctor

San Marino Upcoming Events & Programming

Upcoming Facility Closures

December 24-25, 2023: All Facilities

December 26, 2023: All Facilities except Crowell Public Library

December 31, 2023: All Facilities

January 1, 2024: All Facilities

January 2, 2024: All Facilities except Crowell Public Library

SMFD Holiday Drive with Santa Claus

Ho, ho, ho! At 9 AM December 25th, Monday, the San Marino Fire Department will be assisting the North Pole Fire Department in transporting their most influential resident, Santa Claus, around town.

Don your most festive jammies, warm up the cocoa, and prepare to give Santa a hearty San Marino welcome! Listen for sleigh bells and sirens as Santa makes his rounds. Check out the map for details about Santa's route!

Holiday Tree Collection Schedule

Athens Services will be providing their annual Holiday tree curbside collection, beginning on Tuesday, December 26, 2023 through Friday, January 12. Follow these steps to properly recycle your holiday tree:

1. Remove all ornaments, tinsel, lights, and the tree stand
2. Cut tree in half if over six feet tall
3. Place curbside on your regularly scheduled trash day

If your tree is flocked or artificial, it is considered trash and will need to be disposed of by requesting a bulky-item pick-up. Residents can report any issues to Athens by visiting their website or calling (888) 336-6100.

Holiday Parking Information

Overnight parking passes will not be required for vehicles starting the evening of Saturday, December 16, through the morning of Friday, January 5th. For more information on overnight parking, please contact the Police Department at (626) 300-0720.

Sandbag Self-Fill Location

Rain is here! The Parks and Public Works Department is providing a sandbag self-fill location in the Stoneman parking lot (1560 Pasqualito Drive) 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. A limited supply of additional bags is also available in the Public Works yard at City Hall and can be picked up by appointment if necessary. PLEASE do not take the shovels from the fill station.

For any questions, please get in touch with the Parks and Public Works Department at 626-300-0765 or publicworks@cityofsanmarino.org.

Holiday Fire Safety Tips

Home and fire safety is a year round project; however, for many Fire Departments the holiday season is the busiest time of year. Cooking with family and decorating homes and businesses are long-standing traditions; unfortunately, these same activities may increase your chances of a serious fire. Following these few simple fire safety tips can keep kitchen equipment, electric lights, candles, and the ever-popular Christmas tree from creating a tragedy. Have a fire safe holiday season.

Check to make sure your smoke alarms are working

Do not overload electrical outlets

Use battery-operated candles, avoid any open flames

Check decorations for a certification label

Keep combustibles at least three feet away from heat sources

Never leave a source of fire or heat on unattended

Never use charcoal or gasoline-fueled devices indoors

Water your tree daily

Turn off, unplug and extinguish all decorations when leaving the house or going to sleep

Stay in the kitchen when cooking

Close your doors when sleeping

Make sure that the flue and chimney is clean before lighting a fire in your fireplace. Use a fire screen to prevent embers from escaping. Make sure all embers are fully extinguished before going to bed.

Drink responsibly and never drink and drive

Find more Holiday Fire Safety tips on the City's website. Home fire inspections are available upon request by contacting the San Marino Fire Department at (626) 300-0735.

Winter Community Services Guide

Check out the latest Community Services Guide to see Winter offerings Registration has begun for residents and will open on December 27 for non-residents.

Copper Wire Theft Suspects Arrested in East Pasadena



The City of Pasadena has experienced a high number of copper wire thefts from underground electrical boxes recently, with ten in November and an additional four thus far in December.

On Monday, December 11, Pasadena Police officers responded to a citizen report of two male subjects tampering with a city-owned underground electrical box in the 1800 block of E. Corson St. Officers located the two males, as well as a female accomplice, next to an underground electrical box. The subjects had removed the box cover and cut wires inside the box. A search of their vehicle revealed additional copper wire, tools, and other evidence related to the crime. The two male suspects admitted they intended to steal the copper wire.

Pasadena Police detectives

responded and took over the investigation.

The three arrested suspects are: Candido Benitez, Jr. (Male Hispanic, 27 years old, Los Angeles resident) Javier Soto (Male Hispanic, 43 years old, homeless) Lizbet Echeverria (Female Hispanic, 31 years old, North Hollywood resident)

On Wednesday, December 13, detectives presented the case to the Los Angeles County District Attorney's office, who declined to file charges. The case on all three suspects will instead be presented to the Pasadena City Prosecutor's office for misdemeanor filing consideration.

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

Poetry Writing Workshop

The South Pasadena Public Library invites adults to join a series of poetry writing workshops led by award-winning author and South Pasadena Poet Laureate Ron Koertge on January 24, April 24, August 14, and October

16 from 6:00 pm - 7:30 pm in the South Pasadena Public Library Community Room at 1115 El Centro Street, South Pasadena, California. Registration is required; visit: southpasadenaca.gov/register to make a reservation.

Fire Spark of Love Toy Drive Ends Today

The Pasadena Fire Department has partnered with the ABC-7/Spark of Love Toy Drive since its inception 31 years ago. It is one of the highlights of serving the Pasadena community each year. We are thankful for the commitment to partnership that our Pasadena businesses and individuals have shown over the many years! Because of your consistency, literally hundreds of children in Pasadena are able to receive

lots of holiday cheer through your donations! We are confident that this year will be no different.

They accept New, Unused, Unwrapped Toys and Sporting Equipment

They accept gift cards!

They do NOT accept clothing or shoes

They accept toys for boys and girls ages 0 - 17

Toys can be dropped off at any of our Pasadena Fire Stations or, if you're a local Pasadena business that wants to support by having a Spark of Love toy drive, let us know how many boxes you need. We will also come to pick up the toys.

This year's Toy drive ends today.

For more information visit: cityofpasadena.net/fire/spark-of-love

South Pasadena Restoration Concert

The Friends of the South Pasadena Public Library are set January 28 to present a Restoration Concert featuring Susan Greenberg (flute), Michele Zukovsky (clarinet), and Pierre Tang (piano). The concert will be held at 4 p.m. in the historic Library Community Room at 1115 El Centro St. in South Pasadena. Tickets are available at the door for \$25.

The Restoration Concerts Committee, a committee of the non-profit organization, The Friends of the South Pasadena Public Library, has a goal to bring world-class music at an affordable price to the concertgoers in South Pasadena and surrounding communities. As the name suggests, net proceeds from the concerts provide for restorations, enhancements and other benefits to the South Pasadena Library and Community Room.

For more information go to:

friendsofsopaslibrary.org/restoration-concerts.

Winners of Congressional Annual App Challenge



Judy Chu announced Tuesday the winners of the 2023 Congressional App Challenge for middle and high school students in the West San Gabriel Valley. This annual computer science competition, hosted by the U.S. House of Representatives, encourages students to learn how to code and inspires them to pursue careers in STEM (Science, Technology, Engineering and Math) fields.

A record 46 apps were submitted to this year's competition. The winner, Qinzhi (Louis) Li of Arcadia High School, submitted an app "QuickQuill" designed to edit STEM-related documents so that users can write and edit mathematical equations quickly and efficiently. The app will greatly help with taking notes, creating tests, or writing scientific papers. Chu issued the following statement:

"I was thrilled to host my 5th Annual Congressional App Challenge Competition and highlight the increasing importance of STEM education in our country. STEM grows more valuable for our nation's youth, and the powerful skills gained from coding and programming will ensure that our nation remains at the forefront of technological progress and advancements.

All our submissions came from talented young coders who worked collaboratively to fix problems facing the world. I'm proud of all our winners and everyone who participated in the competition. Congratulations to each one of them!"

List of Winners:

First Place: QuickQuill by Qinzhi (Louis) Li

Second Place: (pictured) Factorial! by Daniel Miao and Junyu Liu

Third Place: Allergy Alert by Daniel Hacobian

Fourth Place: speechHub_ by Christine Xu, Gwendolyn Culbert, and Amishi Mahadev

Honorable Mention: EasyReader by Alex Zhou and Darren Ma

Honorable Mention: News Map by Daniel Kahdian

Honorable Mention: Fruitful by Alexa Chang and Brett Chang

Honorable Mention: Red-11 by Drexel Ngo and Alina Ramos

The winners were chosen by a panel of expert judges from the Jet Propulsion Laboratory and Caltech, who made their decisions based on the app's purpose, concept, technicality, creativity, and design. The winning app, QuickQuill, will be displayed on the Congressional App Challenge Website and on a digital display in the Capitol Building.

Shoppers Lane Electric Vehicle Charging Depot

PWP rebates for new plug-in EVs will end December 31.

New electric vehicle ("EV") charging stations are now available at Shoppers Lane near the corner of San Pasqual St. and South Mentor Ave. Following the success of the Marengo Charging Plaza, one of the nation's largest fast-charging locations, and the Arroyo Electric Vehicle Charging Depot, Pasadena Water and Power (PWP) built the new Shopper's Lane Charging Depot through a successful public-private partnership. It features 12 Tesla V3 Superchargers, and eight PWP-branded Tritium 150-kW DC Fast-Chargers. The depot provides destination charging for consumers, and additional options for residents and visitors seeking to extend electric range.

PWP continues to expand transportation electrification infrastructure, and currently offers over 100 publicly accessible EV charging stations throughout the City. Robinson Park is under construction to add five DC Fast Chargers, and 20 Level 2 chargers. Victory Park is also under construction to add four DC Fast Chargers, and 21 Level 2 chargers. Both projects are expected to be complete and operational in early 2024. Four new Level 2 chargers are currently operational at Playhouse Village Park with an expansion project of 20 additional Level 2 chargers currently in the design process. A 37-charger expansion project at the Del Mar Station Garage is also operational.

PWP EV Rebate Changes Starting January

PWP reminds customers that PWP rebates for

new plug-in EVs will end December 31. This change is part of a planned program update consistent with regional utilities and state programs. Please note that the \$250 rebate for qualifying used EVs will continue. Customers can receive an additional \$250 bonus rebate if they purchase a used EV from a Pasadena auto dealer. An additional \$1,000 is available for customers currently participating in PWP's income-qualifying programs.

Eligible customers can also take advantage of upcoming changes to the Federal Tax Credit. Starting January 2024, buyers can transfer the tax credit to the car dealer at the point of sale, which will reduce the vehicle's up-front purchase price.

Residential electric customers are also eligible for a \$600 rebate when they install a qualifying "Wi-Fi enabled" or "Internet Connected" EV charger at their home. Residential electric customers are eligible for a \$200 rebate when they install a standard (Non-Wi-Fi/Non-Internet Connected) EV charger. Charger incentives are also available to commercial customers. If an electric panel upgrade is needed to add an EV charger in your home, PWP can help. A \$1,000 rebate is available for a permitted panel upgrade if it coincides with an EV charger install with associated wiring circuit.

Phasing out new EV rebates helps PWP expand opportunities to address barriers to EVs for low-income residents, as well as additional benefits for city-wide charging infrastructure. For more information about available incentives, EV charger types, and where to find charging stations, visit PWPweb.com/EV.

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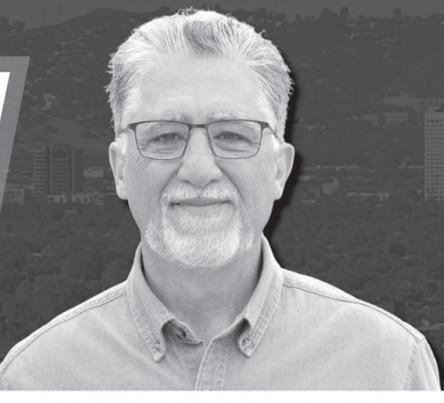


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IT'S TIME FOR DESSERT

Dessert before dinner? Why not? I have said many times in our teachings here that if you like it, buy it. Over the holidays I hosted a wine seminar at the Whole Foods in East Pasadena. Our list of wines included champagne, sangria, chardonnay, and a petite sirah, with price points ranging from \$10 to \$50 (yes, that was the Taittinger Champagne). To my pleasant surprise the hit of the tastings was a Petite Sirah from San Simeon Winery.

If you recall a previous article on "fruit forward" and "jammy", a petite sirah is often a perfect starter wine for those just learning about wines, or those who might want an alternative to cabernet. Prices can range from \$8 to \$30 for a bottle. At \$18 for the San Simeon Sirah, this Orange County Fair gold medal winner is a great value in my book. It is indeed a bit jammy, but that is perfectly acceptable with grapes that are aged well. Petite sirah grapes were first introduced in France in the 1800's, but really never caught on partly due to the high humidity in Rhone. Here in California we have a drier climate so, much like the chardonnay grape, the petite sirah has thrived.

Originally, petite sirah was paired with zinfandel grapes to tone down that "jammy" effect. Winemaker Anthony Riboli explains that they were able to capitalize on the small grapes' high skin-to-juice ratio and make an exceptional wine on it's own merit without needing to be blended. This critic agrees - I think that this San Simeon treasure is especially appreciated during the winter and will go great with a beef stew or a spicy bowl of chili with or without beans.

This weeks wine term: Tannins. Think of tannins as how the wine lies on or grips your tongue. Smooth? Rough? Neutral? Bitter? In layman's terms, it's "pucker power". Let's hope it's not the last one, bitter, that wouldn't be good.

San Simeon Petite Sirah - Available at Vons stores throughout the San Gabriel Valley and beyond.

Dills Score: 90
 Closure: Corked

ALL THINGS By Jeff Brown

A Few Words for Christmas From The Man From Nazarene & Meister Eckhart(a Christian Mystic)

The Man From Nazarene

Luke 17:21
 Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you.

John 17
 I have given them thy word: and the world hath hated them, because they are not of the world, even as I am not of the world.

That they may be one; as thou, Father, art in me and I in thee that they also may be one in us: that the world may believe that thou has sent me

Neither pray I for these alone, but for them also which shall believe on me through their word

And the glory which thou gavest me, I have given them; that they may be one ,even as we are one.

I in them, and thou in me, that they may be made perfect in one; and the world may know that thou hast sent me, and hast loved them as thou hast loved me,

And I have declared unto them they name, and will declare it: that the love where with thou hast loved me may be in them and I in them.

Meister Eckhart(a Christian Mystic)

The eye I see God is the same eye through which God sees me: my eye and God's eye are one eye, in seeing, one knowing, one love

The knower and the known are one. Simple people imagine that they should see God as if he stood there and they here. This is not so. God and I, we are one in knowledge.

Every creature is a word of God.

There exists only the present instant... a Now which always and without end is itself new. There is no yesterday nor any tomorrow, but only Now, as it was a thousand years ago and as it will be a thousand years hence.

To be full of things is to be empty of God. To be empty of things is to be full of God.

For the person who has let go and let be, nothing can ever get in the way again.

Nobody at any time is cut off from God

The very best and highest attainment in this life is to remain still and let God act and speak in you.

Athens Services

HAPPY HOLIDAYS:
 Happy Holidays from Athens Services 🌲 Athens will be closed on Monday, December 25 for the Christmas Day holiday. Service for this week will be delayed one day due to the holiday.
 ☑ Monday pickups will occur on Tuesday
 ☑ Tuesday on Wednesday
 ☑ Wednesday on Thursday
 ☑ Thursday services will occur on Friday
 ☑ Friday services will occur on Saturday
 #AthensServices #TheAthensWay #Christmas #HappyHolidays

HOLIDAY TREE DISPOSAL:
 Follow these steps to properly recycle your holiday tree 🌲
 1. Remove all ornaments, tinsel, lights, and the stand
 2. Place curbside on your trash day
 3. Trees will be recycled into mulch!
 View the tree pickup schedule for your city by visiting AthensServices.com/Tree 🌲
 *Flocked and artificial trees are considered trash. Please schedule a bulky pick-up for these items by visiting AthensServices.com/Bulky.
 #AthensServices #TheAthensWay #HolidayTree

NEW YEARS DAY SERVICE REMINDER:
 Athens Services will be closed on Monday, January 1 for New Year's Day 🌲 There will be a one-day delay in services this week.
 ☑ Monday pickups will occur on Tuesday
 ☑ Tuesday on Wednesday
 ☑ Wednesday on Thursday
 ☑ Thursday services will occur on Friday
 ☑ Friday services will occur on Saturday
 #AthensServices #TheAthensWay #NewYearsDay

NEW YEAR'S DAY:
 Happy New Year from Athens Services 🌲 Athens will be closed on Monday, January 1 for the New Year's Day. Service for this week will be delayed one day due to the holiday.
 ☑ Monday pickups will occur on Tuesday
 ☑ Tuesday on Wednesday
 ☑ Wednesday on Thursday
 ☑ Thursday services will occur on Friday
 ☑ Friday services will occur on Saturday
 #AthensServices #TheAthensWay #NewYearsDay

PAX PHARMACY

STAYING HEALTHY DURING THE HOLIDAYS:

Hello City of Sierra Madre! This is your local pharmacist with some reminders on how to stay healthy this holiday season if you have diabetes:

- 1. Exercise.** The CDC recommends 150 minutes of moderate to vigorous exercise per week. Take advantage of this time with your family and friends and head outside.
- 2. Distribute your carb intake** throughout the day. Try to avoid eating all your carbs in one meal, as this can heavily impact your blood glucose levels and lead to hyperglycemia (high blood sugar).
- 3. Get your flu shot.** Protect your family and friends by getting vaccinated before hosting holiday parties or traveling.
- 4. Travel smart.** Pack healthy snacks for road trips to avoid eating fast food. If flying, always carry your diabetes medications with you on the flight.
- 5. Stay on track** while monitoring your blood sugar and lookout for signs of hypoglycemia (low blood sugar) and hyperglycemia. If you experience things like dizziness, hunger, extreme thirst, or a rapid heart rate, check your blood glucose and treat accordingly.

Come into the store today for advice on how to manage hypoglycemia, consult a pharmacist on over-the-counter medications, or pick up any other prescriptions you may need. We are here to serve you!

Happy Holidays!
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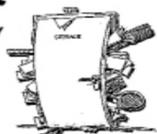
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[Nyerges is the author of "Urban Survival Guide," and other books. More information at www.SchoolofSelf-Reliance.com]

A CHRISTMAS MEMORY

Yes, we all want happy memories, but life isn't always "happy." This is one of those holiday memories that I wish I didn't have, but I do.

It was early December after Dolores died, and I was withdrawn and depressed. The weather turned wet and cold, and I was asked to help tarp the roof the tall building next door which housed the non-profit I worked with. I thought it would be good to get out of the house and do something useful, so I said yes.

I climbed up the steep ladders onto the highest part of the roof. I actually enjoyed being up so high, though I was not there for the view.

My job was to open up at least two very large plastic tarps, position them where they would stop the leaks, and then secure the tarps in place, somehow. It was not easy task putting large tarps on a steep roof as rain began. I had to constantly work to keep my balance.

The roof had been under re-construction so there were many problem areas where water leaked inside. The idea was to cover the whole roof and then to fix the many leaks sometime after the rainy season. I had to secure the tarp in place, no easy task.

Once the tarp was spread, and more or less secured, I had to get down, and this was also challenging to walk on top of wet plastic. I slipped on the wet tarp as I was trying to get down, and in an effort to secure myself, my right hand slapped hard to support myself, but my hand hit onto some piece of exposed metal that was part of the roof construction. It was a bad cut to the palm of my hand, and I was able to quickly get off the roof, wrap my hand, and asked a friend - Prudence - if she would drive me to the nearby hospital for stitches.

Oddly, I began to feel better once the stitching was done. I was soon dry and I realized that I had friends I could call up on at a moment's notice for assistance. But I was still depressed, withdrawn, and now my hand needed ginger care during the healing process, which was at least two or more weeks. I was not upset that others could do the emergency roofing work since I now had an excellent excuse with my damaged hand.

A few weeks later, I went back to the non-profit building to help two other members fix another problem on of the roof. I was not a happy camper.

We set up some tall ladders along the east side so we could reach the problem area - as I recall, we were attempting to adjust the very tall TV antennae and its complicated wiring.

It wasn't raining at the time, and we figured it would be an easy fix. The long ladders were close to the east overhang, and I was up on one ladder, sweeping abundant leaves off the low overhang.

Prudence set up her ladder and started up to the top of the ladder. Julie was there working too, and I think she was on the ground when Prudence went up her ladder. Prudence neared the top and then everything seemed like a dream.

We heard a yell and what appeared to be a scene from a comic book played out: The ladder was slowly falling backward and Prudence was being propelled off the top of the ladder, as if she were a cannonball that had been catapulted outward. She later told us that she instinctively rolled her body into a ball for protection when she realized she was falling.

It only lasted a few seconds, but I'll never forget the sight of Prudence flying outward in space. Julie reported that those few seconds were the most distressing - seeing Prudence flying through the air like a cannonball and not knowing what would happen.

Prudence fell onto the ground as the tumbling ladder noisily fell to the side. The ground was a patchwork of bricks, plants, trees, lumber for projects, river rock, cement planters - lots of stuff. Julie and I rushed to Prudence who seemed to have miraculously landed in the only relatively safe spot, though she had a cut on her forehead. One of the cement planters was very near her head, but she only hit the rocks with her shoulder.

Prudence lay there for the longest time and we talked to her. She never passed out. She said that nothing was broken, just damaged. Needless to say, we quit work for that day. We tended to Prudence's wound, and talked about how we'd do it different the next time, presumably by not having a ladder so steep, or by securing it with rope.

Though the sight of a human body being propelled through the air was startling, almost funny, I realized that Prudence could have died that day if she hit some object the wrong way. I'm sure that experience made me a bit more weary of heights, and made me even more keenly aware to avoid dangerous situations. It also made me feel more acutely aware of the preciousness of life, both mine and everyone around me. Slowly, because of this and other experiences, I found myself become more and more concerned about the health and safety of those around me, which is a good thing.

I recall Prudence's natural hesitation to ever go up on that roof again, and the roof gradually, bit by bit, got repaired, though it took much longer than it should have.

Katnip News!



MOLLY, MADISON, SWEETIE, & MIDNIGHT

3 shades of torties and one tabby! Make your Christmas merrier! They are 4 of the sweetest, most cuddly and loving little girls ever! Molly is a gray tortie, very quiet and loves to just settle in on a lap. Madison the gray tabby loves to park herself on my neck or chest and rest. Sweetie is the tortie with the yellow triangle on her forehead. She too is very calm and just wants attention. Midnight has a very active personality and wants to be the center of attention at all times.' We recommend that they be adopt-ed in pairs, as Molly & Madison sleep together, and Sweetie & Midnight sleep together. Foster mom, Janet, will advise. From Lifeline for Pets. Contact 626 351-8442 to learn more. Born 7/2023.



Pet of the Week

This pint-sized pup is adorable Alesana, a one-year-old Staffordshire terrier mix.

Alesana is incredibly affectionate. She loves sitting by your side to get pets and give you gentle kisses. Her tail wags non-stop, especially when she gets some scratches or pets.

She has lived with other dogs and would probably do best with dogs her own size or larger. She's very playful, but she doesn't know her own size!

Alesana has working on her training cues and is very good at "sit". Her fetching game needs a little work- she likes the idea of chasing a ball, but immediately returns to the person trying to play because getting pets is much easier, and more fun!

She is the perfect size to go for a hike with you on a trip to the beach. She won't take up a lot of room in the car or on the couch for a cuddle when you're back home!

Alesana and all other dogs can be adopted at no cost during the Roses and Wet Noses promotion going on at Pasadena Humane from 12/15 - 12/31. The promotion is sponsored by Pet Care Foundation, and hopes to highlight some of the amazing large dogs who are in need of adoption. Alesana would love to cuddle up with you on the couch and watch the Rose Parade in a couple weeks!

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.



WHAT'S HAPPENING AT THE SIERRA MADRE PLAYHOUSE



Our holiday show begins this Friday! Cori Cable Kidder's Holiday Spectacular: A 1940s Christmas Revue will play on our stage from Nov 24 (the day after Thanksgiving) through Dec 23.

These original WWII-era military-themed holiday concerts star Sierra Madre Playhouse's Patsy Cline, Cori Cable Kidder, who received an Ovation nomination for her 2015 Sierra Madre Playhouse performance following a four-month run of sold-out performances of Always...Patsy Cline. You won't want to miss Cori performing military and holiday classics of the 1940s, with live musical accompaniment by Sean Paxton on piano and a 3-piece band.

MJ THE MUSICAL
The perfect last minute Christmas Gift!



The smash-hit musical, MJ will play the Hollywood Pantages Theatre for a limited six-week engagement this holiday season from December 20, 2023 - January 28, 2024.

Ticket prices start at \$39. Additional ticket information at www.BroadwayInHollywood.com.

Jackson is one of the greatest entertainers of all time. Now, Michael Jackson's unique and unparalleled artistry comes to Los Angeles as MJ, the multi Tony Award®-winning new musical centered around the making of the 1992 Dangerous World Tour, begins a tour of its own.

Created by Tony Award®-winning Director/Choreographer Christopher Wheeldon and two-time Pulitzer Prize winner Lynn Nottage, MJ goes beyond the singular moves and signature sound of the star, offering a rare look at the creative mind and collaborative spirit that catapulted Michael Jackson into legendary status.

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HOW TO CLOSE SOCIAL MEDIA ACCOUNTS OF A DECEASED

Dear Savvy Senior:

How do I go about canceling a person's social media accounts when they die? My wife passed away a few months ago and her social media accounts are still active. Sad Spouse

Dear Sad:

I'm very sorry for your loss, but this is a smart move on your behalf and one that often gets overlooked. Social media is part of many people's daily lives, but when a person passes away their dormant accounts can become vulnerable to scammers who can hack into them and even steal your deceased loved one's identity.

Here's a run-down of how you can cancel or change many different social media accounts after a loved one dies.

Facebook: If your wife used Facebook, you can either "memorialize" or "delete" her account.

A memorialized account serves as a place where family and friends can share memories to celebrate the deceased person's life, with the word "Remembering" shown next to the deceased person's name. Once an account is memorialized, content the person shared is still visible on Facebook to the audience it was originally shared with, however, the user's profile will not show up in public spaces such as people you may know, ads or birthday reminders.

To memorialize your wife's profile simply go to [Facebook.com/help/contact/234739086860192](https://www.facebook.com/help/contact/234739086860192). Or, if you'd rather have her account removed, go to [Facebook.com/help/contact/228813257197480](https://www.facebook.com/help/contact/228813257197480).

To memorialize her account requires proof of death (via death certificate, obituary or memorial card), but if you wish to delete the account, you'll also need to verify that you're an immediate family member, legal representative or executor, unless you're the legacy contact on her account.

Instagram: The policy on a deceased users' Instagram account is the similar to Facebook's, which owns Instagram. You can either memorialize or remove the account at [Help.Instagram.com/264154560391256](https://www.instagram.com/264154560391256). But just like with Facebook, you'll need to provide



proof of death and relationship to the deceased.

X (formerly Twitter): To deactivate an X account, go to [Help.Twitter.com](https://help.twitter.com) and type in "How to contact X about a deceased family member's account" in the search bar and follow the prompts. After you submit your request, X will email you with instructions for providing more details, including information about the deceased, a copy of your ID, and a copy of the deceased's death certificate.

YouTube and/or Google: To close these accounts, simply go to [Support.Google.com/accounts/troubleshooter/6357590](https://support.google.com/accounts/troubleshooter/6357590) and fill out their form and upload scans of the death certificate and your ID.

Pinterest: To remove a Pinterest account, email Care@pinterest.com with the deceased user's account username, proof of death and proof of relationship to the deceased.

LinkedIn: To remove a deceased person's LinkedIn profile, submit a request at [LinkedIn.com/help/linkedin/ask/ts-rdmlp](https://www.linkedin.com/help/linkedin/ask/ts-rdmlp). You'll need to provide the name and URL to the profile; the relationship you have to the deceased; the email address; date of passing; and link to an obituary.

Snapchat: To delete this account, simply login to the account and click "Delete My Account" and follow the prompts.

Tumblr: Send an email to Support@tumblr.com requesting to remove the account of the deceased person with their Tumblr username, proof of their death, and proof of your relationship to the deceased.

If your wife had social media through a company not listed here, go to that company's website for information on how to delete the account.

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.

FITNESS FOR LIFE

THE POWER OF STRENGTH TRAINING

We're not talking about bulking up. Strength training is the key to building a strong and functional body. The goal isn't necessarily about getting bigger muscles but instead about having a body that supports you in all the activities that you do.

Consider strength training as tuning and maintaining a car. You're not trying to turn it into a massive, flashy vehicle; you're ensuring it runs smoothly, efficiently, and reliably. Strengthening exercises act like regular maintenance, keeping your body's "engine" in top shape. Just like a well-tuned car performs better and handles daily drives effortlessly, strengthening exercises help your body function optimally, making everyday movements easier and reducing the chances of "breakdowns" or injuries. It's about keeping your body finely tuned, running smoothly, and ready for any road ahead. There's a vast number of ways that strength training benefits your body especially as we age. It can improve bone density through a process called bone remodeling. When muscles pull on bones during resistance exercises, it creates a stress signal to the bone. In response, the body activates osteoblasts, cells responsible for bone formation, to strengthen the bone in the areas experiencing stress. This process increases bone density and makes bones stronger and more resistant to fractures.

The repetitive stress placed on bones during weight-bearing exercises like strength training prompts the body to adapt by increasing bone mineral density, especially in the areas that are stressed the most. Over time, this adaptation leads to improved bone density, which is particularly crucial in preventing conditions like osteoporosis, where bones become weak and brittle.

It's important to note that the benefits of strength training on bone density are most effective when exercises involve a variety of movements and use resistance that challenges the bones. This could include exercises like weightlifting, bodyweight exercises, or resistance band workouts targeting different muscle groups and bones throughout the body.

Strength training also offers valuable contributions to managing and preventing various chronic conditions. For individuals with diabetes, it aids in improving insulin sensitivity and glucose metabolism, effectively helping to regulate blood sugar levels. When it comes to heart health, engaging in strength training not only reduces blood pressure but also positively impacts cholesterol levels and diminishes visceral fat, reducing the risk of heart disease. For those grappling with arthritis, strengthening exercises provide support to the joints, relieving stress and enhancing mobility while preserving joint flexibility. Additionally, for managing chronic pain, targeted strengthening routines can alleviate discomfort by reinforcing muscles surrounding affected areas, aiding in better posture and spinal support. Integrating regular strength training into a holistic health plan, under



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](https://www.facebook.com/michelesfitness).

proper medical guidance, significantly contributes to managing and preventing these chronic conditions, thereby improving overall health and well-being.

Just like other forms of exercise, strength training releases endorphins thereby reducing stress, anxiety and symptoms of depression. Find relief the natural way, without relying on expensive, habit-forming medications.

One of the best ways to maintain independence throughout life is to be able to perform daily tasks easily. For example, can you bend down to pick up items from the floor without discomfort or difficulty? Can you reach high shelves when needed? What about being able to get up from the couch and sit back down – do you need to rock back and forth to get up and then plop back down when you want to sit again? Is it not so easy to get into and out of the car? These are all indicators that you not only need but would value from regular strength training.

Other benefits include improved sleep quality, reduced body fat by replacing it with muscle, and a higher metabolism. Muscle burns more calories, even at rest, that fat does so that helps your body become a better calorie burning machine. Improvements in physical strength often translate into increased confidence and mental resilience, contributing positively to overall well-being and self-esteem. There are even studies that suggest that maintaining muscle mass as we age through strength training may contribute to a longer, healthier life.

Getting started is as simple as some wall push-ups, squats and crunches. Start with that and work your way into more strenuous and varied exercise selections. You'll know your efforts are working when you notice yourself becoming stronger in small ways. Like being able to walk up and down stairs easier, stand up and sit down with less effort, able to carry groceries without getting as tired and walking around on excursions with family without having to sit down.

So, what are you waiting for? If you still feel like you need help getting started contact me via my email or facebook page.

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...DECEMBER BIRTHDAYS*



Maria Decker, Nancy Dorn, Prudence Levine Pat Karamitros, Joan Hufnagel, Mary Alice Cervera, Carol Horejsi, Shirley Anhalt, Helen Reese, Levon Yapoujian, Toni Buckner, Lottie Bugl, Sheila Wohler, Nan Murphy, Eleanor Hensel, Sylvia Curl, Elizabeth Levie, Gayle Licher, Cindy Barran, and Melissa Stute, Sheila Woehler.

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

OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

ANOTHER JINGLE BELL CHRISTMAS IN THE TREE



It doesn't seem possible another Christmas has come and gone. They come and go so fast that I'm not sure I can keep up with all of this. Every year, our family has more people, which is never bad.

One thing we do is gather as a family around the Christmas tree and enjoy a wonderful time of fellowship. We will open our Christmas gifts together and just laugh at all of those gifts.

After the gifts are opened, we play a game called "Jingle Bells on the Tree." What it is, The Gracious Mistress of the Parsonage will get together a bunch of Jingle Bells. They will be different colors: blue, yellow, red and green.

This game is new to me, but with The Gracious Mistress of the Parsonage, nothing seems to be new. Along with the colored Jingle Bells, there is a little box filled with tickets: each ticket has one of the four colors associated with the Jingle Bells.

The idea of the game is that the box with the little tickets is passed around, and everyone would have to pick a ticket. Now, the color of that ticket matches the color of one of the Jingle Bells.

If, for example, you pick a blue ticket, you would have to get up and go to the blue Jingle Bell and jingle it for at least one minute. While that was happening, everybody was clapping and singing, "Jingle Bells." I'm not sure where she came up with that idea, but I never know where she comes up with any of her ideas. But everybody enjoys the little game.

As I was sitting there participating in the game, the kitchen table was behind me. On the kitchen table, I had my coffee. I occasionally took a sip and then put it back on the table. But, also on that table were several plates of Christmas cookies. These were the cookies that The Gracious Mistress of the Parsonage had baked in anticipation of our Christmas gathering.

I never thought too much about it, but this year, just before everybody came for the Christmas dinner and celebration, The Gracious Mistress of the Parsonage told me I could only have one cookie. As she said that, she handed me one cookie and then said, "This is your one cookie. Do you understand?"

Of course, I understood. I smiled and shook my head as I munched that delicious little cookie.

A thought began dancing in my head as we played the game. I love it when I have a thought, which, by the way, is very rare. That thought had to do with the cookies on

the table behind me. All the cookie plates were within reach because God gave me long arms. Now I know why I have such long arms.

How am I going to take advantage of this family game time? Nobody was paying attention to me; everybody was watching the person going up to ring the Jingle Bell on the tree.

I casually reached back, got my coffee, took a sip and returned the cup. When I did that, my thoughts began to crystallize.

It boils down to this: whenever someone picked a ticket and went up to the tree to ring the appropriate Jingle Bell, I could reach behind me and pick a cookie. Everybody was so focused on the game that nobody realized what I was doing.

I must confess I was smiling quite a bit because I was getting away with something, and I did not believe I would get caught.

I cheered the next person going up to ring the Jingle Bell as loud as I could get away with. Everybody was focused on that. While that was happening, my right arm reached behind me to collect the next cookie. I munched on that cookie while everybody laughed, clapped and sang Jingle Bells.

I have never enjoyed a family game as much as this one. I don't remember how many cookies I ate then, but I enjoyed every one.

Of course, there was that time when I had to pull my ticket, then go up, and ring the Jingle Bell, which cost me my next cookie. But I needed to keep the ruse moving to collect some more cookies.

Nobody makes better cookies than The Gracious Mistress of the Parsonage. I tell her that all the time, and once in a while, she will give me a cookie when I say it. But only one.

Finally, the family time was over, and everybody had gone home. The Gracious Mistress of the Parsonage and I sat in the living room smiling about our wonderful time. I looked at her and said, "We have a wonderful family and it was a great time tonight."

Looking at me, The Gracious Mistress of the Parsonage said, "You did not eat any of the Christmas cookies tonight, did you?" I was unsure what she knew, so I said, "I don't think I did."

Still looking at me, she said, "Then why do you have cookie crumbs in your mustache?" When you're caught, you're caught.

Later, I thought of a Bible verse in Numbers 32:23, "...be sure your sin will find you out."

You will eventually be found out, no matter how careful you think you are. God knows everything, and we will be held accountable. The best advice is to be honest.

MOUNTAIN VIEWS NEWS

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 Garrett
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:
mtvnews@aol.com



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STUART TOLCHIN PUT THE LIGHTS ON A DIFFERENT DAY



Last night I learned that I will have to undergo some medical procedures and surgeries which although not life threatening, are definitely frightening. I worried myself to sleep but when I awoke was very appreciative of the warmth of my blankets, the comfort of my mattress and the calming presence of my dog Dreamy next to me. Finally, with great reluctance, I pushed off the covers entered the bathroom and confronted myself in the mirror. It was raining outside so golf was out, similarly the rain made it clear that Dreamy would not allow himself to accompany me on our customary morning walk around the canyon circle.

For a moment I was lost. I did not want to be left alone with my thoughts and fears. Of course there it was right next to me, the tub and shower. I was very much aware of how much I enjoyed the shower and thought of my father's time growing up in the Ukraine when a hot bath was the greatest pleasure for he and his brothers.

Next with this enjoyment I recollected how my father always wanted me to accompany him to a "shevitz bod" (roughly hot bath in Yiddish) which was located somewhere outside of the San Fernando Valley where we lived. I can recall my mother "Why would you want to take him to such a dirty place?" I have been reading three books, the book Determined A Science of Life Without Free Will by Robert M. Sapolsky together with the Untethered Soul by Michael A. Singer and A Confederacy of Dunces by John Kennedy Toole.

As I stood in the shower enjoying its warming comfort I also thought of these three books. (It's true I must have stayed in the shower for quite a long time). The Sapolsky book emphasized that there is no time for praise or regrets. There is no Free Will and whatever happens must happen as the next step, the consequence of all the other influences within the cosmos that have happened before. My mother had no choice to say what she did as she was not an immigrant like my father and his brothers. She did not know the joys of the shevitz bod to kids growing up in the deprived circumstances of the Ukraine where they lived in fear every day. She grew up living with her family in Chicago and driving to some unknown place for a hot bath seemed ridiculous and unnecessary to her.

Next Untethered Soul entered my mind. The author there cautions the reader not to be ruled by the continuing inner voice that is forever making judgments. One is told simply to hear that voice and observe it but is mandated to realize that this annoying voice is just one part of a larger self, whatever that is, and to experience the freedom of not being tethered to that voice. One is asked to realize that there are a lot of things going on at the same time and the freedom of living come from the ability to observe and be aware of all of these possibilities and not be stuck in any one place.

As I thought of not being stuck I thought of A Confederacy Of Dunces by John Kennedy Toole. This hysterical Pulitzer Prize winning book was written by a very troubled young man who committed suicide at the age of thirty three. He was stuck in a very troubled place and made the most of it composing a remarkable novel and must have felt pretty good about that accomplishment. Not good enough to stay alive but as Sapolsky helps to explain he really had no choice but to do as he did and that is the truth for all of us.

The point of all this is that none of us can do anything but observe what is going on inside and outside of us. Please keep that in mind as we enjoy our Christmas holiday.



TOM PURCELL



RESTORING CHRISTMAS JOY

The best Christmas gift I ever gave anyone was the one I gave my father about 20 years ago: a Lionel train set. Every year, we got him the same gifts, you see. And every year he'd tell me to tell us, "For God's sakes, please, no more sweaters."

As he unwrapped my gift — expecting another sweater — he went speechless when he realized what I got him.

For a few moments, he was restored to the 10-year-old whose mother could never afford to give him such a magnificent gift.

Throughout the first 70 years of his life, he never could afford to splurge on a Lionel train set, which, as every boy knows, is the Cadillac of train sets.

I never got a Lionel set, either, but, like most former 10-year-old boys I'd always longed for one.

So I got a train set for my father and for the next 20 years of his life I watched it bring a child-like joy to him every Christmas, as he set it up under the tree.

I don't recall exactly when it happened, but somewhere along the way I became very poor at receiving gifts.

I feel joy when I give gifts that bring joy to others — which is selfish, since I rob others of the joy they wish to experience as they see their gifts bringing joy to me.

To that end, the Christmas holiday offers a wonderful opportunity to remember how to experience and share joy — an opportunity to restore what came so naturally to us as children.

That's because Christmas offers an opportunity to become more childlike — more open-minded, imaginative, silly and playful.

And curious!

"Why?" is the question children ask over and again.

Their minds are wide open trying to understand the world — not closed and judgmental or certain their positions are correct while their opponents are evil fools.

Children are naturally filled with love but much of the evil in our world is caused by hatred.

Hatred is a learned behavior that some adults pass down to their children. Love is innate. Adults must remember how to embrace and spread love.

Children know how to laugh. Laughter is a cure to multiple ills, in particular stress.

Laughter helps us escape the narrowness of our limited points of view — helps us escape our self-importance.

So how do we restore our childlike nature this Christmas?

I wrote a few years ago that the best gifts aren't generally material gifts. The best gifts are to give our friends and loved ones more of our time.

Enjoying experiences and laughter together is a great way to become more childlike.

Here's another: my sister, Lisa, makes the adults do a white elephant grab bag every year, which results in some very silly gifts, such as this oldie but goody: a "breaking-wind" machine.

Truth be told, the past year was not one of the easiest for me or my family.

I lost many of my childlike qualities and must restore them, so that I may treat my friends and family members the way they deserve to be treated.

My dad is no longer here, but my vivid memory of him playing with his train set every Christmas inspires me to embrace his incredible childlike joy.

RICH JOHNSON NOW THAT'S RICH



LAST MINUTE CHRISTMAS GIFT SUGGESTIONS

I found some "scientists" who analyzed the whole Christmas gift giving processes and results. For example, did you know 75% of people polled receive 7 Xmas gifts each year they will never use. Handkerchiefs and aftershave led the list. 57% of people polled do not welcome clothing of any kind when selected by others.

When reacting to an unwanted present 27% graciously accepted it while 17% pretended to be delighted. 21% experience a falling out with a loved one over a terrible present. 26% donate the "unwanted gift" to charity. 14% hide the gift where they cannot find it. 18% rewrap and regift...of all the nerve.

I tender the following gift suggestions. They are a bit out of the norm and many are for those who have been careful with their money over the years. Let's say you wanted to rent out Disneyland for a private party. You really can't rent out the park during regular business hours.

You can get married at Disneyland, after hours. Before 8:00am or after 10:00pm Monday through Thursday. If you have 18 or less guests the charges start at \$6,500. This is called the Escape Collection. That buys you a two-tier cake, a wedding officiant and a 3-course meal selection for the guests. Everything else will require extra charges. Like, say for example, you wanted Goofy to perform the ceremony.

More than 18 guests. You need to bump up to the Wishes Collection. Starts at \$15,000 and you should have at least 18 guests. The ceremony at the Disneyland Hotel starts at \$4,000. You can get married in front of Sleeping Beauty's Castle followed by a reception after hours starting at \$180,000.

For those of you on a more limited budget, why not give the gift of a El Toro mechanical bull rental? \$700 will get you one, along with an operator for the afternoon. Or purchase your own mechanical bull for as low as \$6,999.

A back yard roller coaster can be yours for as little as \$3,000 going up, up and up to \$80,000. (Some assembly required!)

Purchase an 8-week course of acting lessons for your dog. Including room and board. The fee? A mere \$4,150 bucks. Fido has to have completed the \$2,800 Advanced Obedience Course before the acting lessons.

Wanna own the road? A garbage truck can be yours for approximately \$99,000. Cement truck...set you back about \$96k. Greyhound bus, you're looking at \$26,000. A 3-passenger submarine can be yours for \$39,750 (The 48 passenger unit can be yours for \$3.5 million).

An elevator for your house can be yours anywhere from \$15,000-\$50,000. No, IKEA does not sell elevators. You can also have an escalator installed at home. You'll need more horizontal space. Note on the escalator. They need to run all the time. Elevators only run when being used. Elevator is the smart purchase.

If your budget is a bit more limited you may consider the twosie. The Onesie pajama craze is being replaced by the Twosie pajama craze. A onesie is a soft fleece pair of pajamas ideal for head to toe warmth. A twosie pajama is pajamas for 2. 11 yards of fabric, four arms, four legs, and two hoods. Why they are called a Twosie is the pajamas are attached at the hips. Around \$60 for a pair pair.

Possibly the perfect gift for your loved one, if they are into arts and music, are bagpipes. Bagpipes have come down over the years. Amazon has them for as low as \$120 up to \$399.99. Bagpipes, I predict, would soon make your loved one stand out in a crowd... certainly in your neighborhood. Someone has suggested the best place to rehearse with the bagpipes is at a local cemetery.

Not to leave you on a bad note (bagpipes notwithstanding), the cost of space flights is coming down thanks in large part to Elon Musk and Space X. Today a SpaceX rocket launch can be 97% cheaper than a Russian Soyuz ride cost in the 1960s. One reason, SpaceX rocket boosters can be retrieved and used again and again. Might still be a bit too much, but Mr. Musk is an innovative entrepreneur.

I hope and pray you are in the middle of a terrific Christmas celebration. I happen to talk regularly to the individual whose birth we celebrate every Christmas. His encouragement is also mine. Peace on Earth, goodwill toward men...and women. Merry Christmas!!



GIFT - Continued from page 1

“Mr. Thomas Green, do not be afraid of me,” the voice insisted. At the completion of these words, he turned toward the man to confront the features of a round face and well-worn display of clothing. “How is it that you know my name? I demand an answer from you.”

“I know everyone’s name, Thomas, but the misfortune is that you have forgotten so many names of importance. I have been given the opportunity to bless you with a reminder of their value. We are given, on Christmas night, a certain power to persuade, and ability to restore lost memories. It has been decided that you shall meet with God before the morning’s light.”

“Look, I do not know who you are or how you know my name, buddy, but you are definitely missing a few numbers on the calculator upstairs. I am not meeting with anyone tonight. And I just saw the doctor last week. He says that I am in perfect health. If you are planning on poisoning me, kidnapping me, or some other nefarious act, I am going to call the police with the phone in my hand before you have a chance to lay a single finger upon me.”

“My dear Thomas, you are not going die tonight, for Christmas is the celebration of birth. I might hope that you should live a long life. You do not comprehend the gift which I desire to bring. For you have already been poisoned by the indifference of your heart, a heart that does not weigh the importance of your own deeds. When your canteen is amply supplied, why do you not spare a single cup of kindness to that fool in the desert? Have you masterminded a philosophy where the world is made a better place, when people are encouraged to perish? The mistake you commit at this moment is far more inhumane and grievous than the ones you condemn. It is easy for us to argue the right and the wrongs of the world, but what about the plight of these people, and the suffer you see, and that of the world you willfully fail to look upon? Is their injury equal to their crime? Is their sentence of neglect, loneliness and want a sufficient punishment in your eyes? How should we judge the person who possesses the ability to grant mercy, but withholds the power of such a gift? Does a small drink from your canteen alter your situation?

“How do you know what I was thinking tonight?” The voice replied: “I am given certain items of assistance to help you understand, Thomas. Heaven has entrusted you with an immense responsibility. Your ignorance to this gift has summoned my presence. Will the wealth you so tightly clutch onto have any value beyond this world? There is still time, there is still hope for you, Thomas, to honor the greatest gift of all. The awesome power to build this hope or ignore this gift of mercy that rests within your power. I offer myself on behalf of those broken-hearted people. Know this well, Thomas, it is a ponderous road you walk, and how you preside over these decisions will make you welcome or wise in the world that is to come.”

A frightening bang emanated out from the solid steel pipe that was struck against the chain link fence beside Mr. Green. “You get out of my neighborhood,” a delirious woman screamed in rebellion against the whole of the world, oblivious to the fact that she had frightened the people around the fire, or the man standing on the sidewalk next to her. The wheels of her home groaned with movement, as she nudged the shopping cart forward with all of her belongs.

“And you want me to help these people?” Mr. Green defiantly questioned as he whirled back in the direction of the man, only to discover an empty area of street. “It is impossible,” Mr. Green mused. “He could not have gone anywhere. There is no place to run or hide. Is it reasonable to believe that I could have imagined this man? No, it can’t be, I saw him, I spoke with him and heard his voice.” He announced these words of self-assurance and confusion into a night that uttered no answer. “Maybe this winter’s cold has frozen my mind and caused me some sort of delusion or dream. Yes, that must be what has happened here. For the cold and the wind must have conjured some craziness in me.”

A half an hour later, the world in which he worked seemed as far as distance of the moon on this night. He typically enjoyed a great sense of security within his home, but on this evening, an odd uneasiness occurred, unlike any he had ever felt before. So disturbing did it become that he dragged a chair from the kitchen table and firmly wedged it under the knob of the front-door. “There,” he triumphantly claimed, “the phantoms of the night will need to smash a five-inch oak door if they attempt to torment me.”

Laughing as dismissed the earlier events of the night, he was now well into a restful slumber when a loud knock came from the door. “What in the goblins of the night is going on here at this hour?” Leaving his bed, he went toward the door as the knocks became ever more urgent. “What in the blasted world are you doing? It is twelve o’clock in the morning!” He shouted through his side of the door.

“It is the police. I need you open the door, immediately.” A clever trick, Mr. Green thought, but when he glanced out the window, the red lights of the police car were plainly seen. He threw the chair aside and opened the door in haste, instantly asking, “What do you need, officer?” “There is no time to explain. Just get into my car,” replied the officer. “But I must grab a change of clothes, and my wallet is in the other room, officer,” said Mr. Green.

“Look, Mister, there’s a ruptured gas line on the next block, and this place will be engulfed by dangerous gas any second now. We have no time for wallets or clothes.” The officer grabbed his arm and rushed him out to the car before entering the other side of the vehicle and sped away. “You don’t know how lucky you are, Mister. There are a bunch of very sick people a few houses down from here.” “I am sorry for them, do believe that, but when will I be able to return to my home?” said Mr. Green. “That’s way above my pay grade, Mister, but by the looks of this problem, it might be tomorrow afternoon before they will let you return.”

“What? I don’t even have my wallet, not a sandwich to eat, and these skimpy clothes I am wearing are all that I have in my possession! Wait one second, hold on, why are you turning here? Where are you taking me officer?” “The church -- it has offered to shelter and feed everyone.” “Absolutely not! exclaimed Mr. Green. “I have no desire to visit a church. I am a law-abiding taxpayer in this city. Do you know that I pay your salary?” “Sure, Mister, you and everyone else.”

“Well, officer, my paying your salary would sort of make you my employee. And being your boss, I want your badge number, for starters, and then I want to be dropped off at a shelter in Beverly Hills.” “Go ahead and memorize the badge number if it makes you feel better, Mister,” said the policeman, “and Beverly Hills isn’t even close to us. I know this is all very sudden, but try and make the best of it. There isn’t anything I can do about this situation, honest. All I was told on the radio was to gather every person I could, drop them off at the church, and head back for others. You don’t have to stay here, that’s your

choice, but I am required to leave you here.”

As the vehicle arrived at the front of the church, the officer turned toward the back seat with these words, “I hope you have a great Christmas, in spite of all of this, Mister, and please exit the vehicle as quickly as you can.” The door of the police car closed as the church door opened. A healthy-looking man of gentle features went forth to greet his guest. “You poor thing, come in and make yourself warm.”

Mr. Green entered the church and upon the placement of few steps, stopped and studied the rows of benches that stacked high against the wall. “I am sorry, we cannot provide five-star hotel accommodations, nor is it an easy sight on the eyes, but I believe you will find some human comforts of a different sort. Forgive me for not introducing myself. I am Pastor Carlson.” “My name is Thomas Green.” “Why do you have all of these benches stacked to the ceiling?” “They are well secured, Mr. Green,” replied the pastor. “So there is nothing to worry about, but it is sort of a designer’s nightmare that must be endured.”

“Why must it be endured?” “Because every night we open our church to the homeless of the city. During the day the benches come down for our volunteers to provide lunch, and at night, the cots take their place. Opening our church in this way makes it easier for everyone, as we are not forced to search the streets for these people in need.” “That is very interesting, but where are they now, the people?” “After we heard about the accident, we moved them to our sister church. We are equipped with a full kitchen at this location, so it will be easier for us to feed those who are displaced when they arrive.”

“That is nice to hear, but I have no plans of staying the night, Pastor Carlson. Do you have a phone I may use?” “Of course, but they are all down at the moment, Mr. Green. There is something going on in the city tonight - all the cell phones and landlines are down. But the moment the phone is operational, I am certain that you will hear it ringing in my front office. You can be assured of that. Have a seat and make yourself comfortable. The time will go rather quickly, and then you will be able to return to your home.”

In the industry of ants, the helpers of the church marched into the room. One team carried blankets to the cots, and the second group placed their pillows. Upon the ceremonial lowering of each pillow, a colorful piece of red paper was placed atop. Mr. Green curiously walked over and read the sheet. And the Angel said unto them, “Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Savior, which is Christ the Lord.”

Mr. Green returned to his seat and watched as the room began to fill with many others taking refuge in the church. A few hours later, most of the people were already asleep when the pastor returned to the room. “I need to know if there is a doctor in room?” His questioned returned a void of silence. “Well then, does anyone have any sort of medical experience?” “My father was a veterinarian, Pastor Carlson, but he rarely spoke about his work, and I only watched him practice a handful of times.” “We must take what God grants, Mr. Green. Please follow me.”

The door was opened, and a scared young girl lay across a bed with her husband at her side. “Pastor Carlson! I can’t do this. I have no experience in delivering a baby. Where are the paramedics for this emergency?” “We have no phone reception since the accident, and the paramedics are overloaded assisting the sick of the city. We cannot anticipate their help, the baby is coming, and it must be delivered. I am a practitioner of prayer and teacher of God, Mr. Greene, but you are a professional of a different sort. I know that you are capable of delivering this baby.”

The brown eyes of the girl looked up at Mr. Green when Pastor Carlson announced these words. “I will need some clean towels and some freshly boiled water, pastor.” The items were quickly brought in as Mr. Green patiently waited for the head of the child to appear. “She is in excruciating pain, but there is no sign of the baby yet.” “Feel her stomach, Mr. Green. Make a determination of where the child is positioned.” “Oh my Heavens, it’s a breech, Pastor Carlson, the baby is completely sideways.”

“Relax and think, we will need all of your senses at this moment. Now that the problem is clear, take your hands and run them over the outside of her stomach, and offer some gentle encouragements to turn the child.” Mr. Green began to move his hands over the girl’s outer stomach. He repeated the same steps several times before excitedly exclaiming. “Look, pastor, the body of the baby has turned, and the baby is beginning to come out.” Five minutes later a loud scream was heard, and precisely at that moment, the ambulance arrived and rushed into the room where the newly delivered child was quietly feeding. Another man entered the church, as the ambulance started off toward the hospital.

“Hello, I am Reverend Anderson. Are you the man who delivered the baby?” “Yes, I am,” said Mr. Green. “You are a hero. The paramedic told me that the mother was very weak, and it is likely you saved both the mother’s and the child’s life with your idea about turning the baby. The father of the baby said that he would like to name his son after you.” “I can’t believe that I would be given such an amazing honor. You may tell him my name is Thomas.”

“Thomas, that is an interesting name from the Bible. He was the one who said that he would not believe until he touched Jesus after his resurrection. I will call the hospital and let the proud father know what the child is to be called.” “It is a miracle that you were brought here on Christmas, Thomas. “I must know how you felt the moment you saw the baby.” “It was a wonderful feeling, Reverend Anderson. It is something indescribable.” stopping for a moment to collect his words.... “As such a miracle as I have ever seen.

“Do you know their names? The parents of the child, Reverend Anderson?” “Indeed I do, their names are Mary and Joseph.” Reverend Anderson looked at Thomas who had changed expression. “Is there something wrong with you, Thomas? You appear as if you have seen a ghost.” “I definitely spoke to one earlier this evening. There was a man in the street, and he said that I would see God on this night. You do don’t believe that baby was God, do you Reverend Anderson?”

“What you saw tonight was the image of God, and what you did tonight honored His image.” “I should like to speak with Pastor Carlson for a moment, if that is alright with you?” “Pastor Carlson? That is a curious request, Thomas, for that great man went to Heaven many years ago.” “But it cannot be, for I saw him with my own eyes, Reverend Anderson. I heard his voice with these two ears, and I spoke to him with these lips. He even instructed me about how I should deliver Mary’s baby.” As those words left Mr. Green’s lips, he remembered the man in the street, and the resemblance of the face he had just seen.

NOTICE OF PETITION TO ADMINISTER ESTATE OF: JASON LAVERT DeWITT CASE NO. 23STPB12011

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of JASON LAVERT DeWITT

A PETITION FOR PROBATE has been filed by BRENDA DeWITT in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that BRENDA DeWITT be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act with full authority. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held in this court as follows: 01/10/2024 at 8:30AM in Dept. 67 STANLEY MOSK COURTHOUSE located at 111 N. HILL ST., LOS ANGELES, CA 90012

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner
MARLENE S. COOPER, SBN 082793
LAW OFFICE OF MARLENE S. COOPER
1605 Meadowbrook Road
Altadena, CA 91001-3228
Telephone
(626) 791-7530
12/9, 16, 23, 30, 2023
MOUNTAIN VIEWS NEWS

NOTICE OF PETITION TO ADMINISTER ESTATE OF: DANA GELBERT CASE NO. 23STPB13549

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the lost WILL or estate, or both of DANA GELBERT.

A PETITION FOR PROBATE has been filed by GEORGE P. MILTON in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that GEORGE P. MILTON be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's lost WILL and codicils, if any, be admitted to probate. The lost WILL and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held in this court as follows: 01/12/24 at 8:30AM in Dept. 2D located at 111 N. HILL ST., LOS ANGELES, CA 90012

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner
HOWARD BRIEF - SBN 37820
222 MAIN STREET
SEAL BEACH CA 90740,
Telephone
(562) 431-3559
12/16, 12/23, 12/30/23
CNS-3765705#

NOTICE OF PETITION TO ADMINISTER ESTATE OF FRANCIS JOSEPH SPEERS aka FRANCIS J. SPEERS aka FRANCIS SPEERS Case No. 23STPB13156

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of FRANCIS JOSEPH SPEERS aka FRANCIS J. SPEERS aka FRANCIS SPEERS

A PETITION FOR PROBATE has been filed by Michael Speers in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PRO-BATE requests that Michael Speers be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests au-thority to administer the estate under the Independent Admin-istration of Estates Act. (This authority will allow the personal representative to take many ac-tions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on January 10, 2024 at 8:30 AM in Dept. No. 67 located at 111 N. Hill St., Los Angeles, CA 90012.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file writ-ten objections with the court before the hearing. Your ap-pearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the de-cedent, you must file your claim with the court and mail a copy to the personal representative ap-pointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an in-ventory and appraisal of estate assets or of any petition or ac-count as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner:
JANICE LEE SHEN ESQ
SBN 290049
CUNNINGHAM LEGAL
2700 FOOTHILL BLVD
STE 306
PASADENA, CA 91107
CN102265 SPEERS Dec 16,23,30, 2023

“Why do you act surprised, Thomas? There is great power in this world, especially on Christmas night, when the angels came down to proclaim the perfect gift of God, who humbled Himself in the form of a baby. Miracles are all around you if you only wish to believe. Tell me this, how does a newborn baby know that it must wait until it is outside the womb to take its first breath? How many miracles in life do you take for granted? Examine a simple seed and weigh the wonder, for its wisdom instructs that it must wait until spring before it begins to grow. There is a hand of intelligence and a mind of imagination in these mysteries that is vastly superior to ours.

Your presence was needed here on this night. But it will be needed again, for something else, in some other place. I wonder Thomas, what will happen to the next baby, or person in need, when no Thomas is there?”

I am certain you are telling the truth about Pastor Carlson. He was here, but he didn’t come just to help save that precious child and his mother tonight, he came to give a blind man sight. A good friend of Pastor Carlson’s was a military man who encouraged us by saying that we should continue to fight for the

Army of God until we have poured every last drop of kindness from our canteen. I am glad that I did not arrive here earlier on the night, because I could have done very little to help you. But it is perfectly reasonable that Pastor Carlson was here to guide you, for he was not only a pastor in life, but a doctor as well.”

The magic of miracles taking place this Christmas season is at the Union Rescue Mission (URM). Their needs are enormous, and when you supply a monetary gift, you are answering a prayer that seeks to transform the darkness of this world into a life changing light.

If you have been blessed, then consider sharing that blessing: <https://urm.org/>

A Most Merry Christmas!
Craig Hakola



CONGRATS SMGSA PHILLIES FOR A GREAT YEAR!



Congrats to SMGSA's 12u silver Select team, the Phillies, on wrapping up their season at the Slugging for Santa Tournament this weekend! This special shout out comes from the Mountain Views News Editor who hails from.....where else, Philadelphia!

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HOLIDAY GIFT IDEAS TO PROMOTE HEALTHY, HAPPY FEET

(StatePoint) Want to show your loved ones you truly care? Treat their feet this holiday season.

"Feet work hard. They carry our weight and get us where we need to go. They deserve some extra care and attention," says Gretchen Lawrence DPM, AACFAS, a foot and ankle surgeon and Associate Member of the American College of Foot and Ankle Surgeons (ACFAS).

To help inspire you, here are six holiday gift ideas that promote healthy, happy feet from the foot and ankle surgeons of ACFAS:

1. Winter footwear. Outfit your loved one with the footwear they need for the season. Just keep in mind, safety doesn't have to come at the expense of fashion. While boots featuring tall, spiked heels and narrow, pointed toes can lead to slips, falls and sprains on ice-covered surfaces, there are plenty of practical options that are also stylish.

"A low-heeled winter boot is always going to be more fashionable than a cast and crutches," says Dr. Lawrence. "Include some soft merino wool socks for toasty toes and to wick away moisture that can cause issues like athlete's foot."

2. Healthy food subscription services. Did you know that certain foods support healthy feet? Foods rich in calcium and vitamin D, like leafy greens and dairy products, promote strong bones (there are 26 of them in each foot!) and healing in the event of a fracture. Look into food box subscriptions that will send fresh produce, cheese or nuts to your gift recipient, so they can enjoy delicious foods that can help build strong bones.

3. Indoor footwear. Slippers provide cozy comfort, support and traction while indoors, making them a great gift for any pair of feet. However, if you're shopping for someone living with diabetes, this is an especially thoughtful option as they must take extra care to avoid scratches and cuts on their feet. Because the condition sometimes reduces blood flow to that area, it's harder to heal from an injury or resist infection.

"People with diabetes should never go barefoot, not even at home. A great pair of slippers is a perfect holiday gift to protect their feet," says Dr. Lawrence.

4. Ice packs. Ice packs make great stocking stuffers for those who suffer from plantar fasciitis, a common condition that can cause stabbing heel pain. One of the first-line strategies foot and ankle surgeons recommend is icing the heel for 20 minutes several times a day to reduce inflammation and pain. Get creative by looking for ice packs in fun shapes and colors.

5. Be a workout buddy. Weight-bearing exercise, like walking, can decrease your risk for diabetes and cardiovascular disease and promotes good overall health, especially for your feet. Make a plan to go for regular walks with your loved one. They'll appreciate your special time together while you both benefit from the gift of good health.

6. Foot massage. A foot massage can alleviate muscle pain, improve circulation and soothe tired feet. Manual massage is the safest approach, so ask your foot and ankle surgeon for referrals to a qualified massage therapist and purchase a gift card for a professional therapeutic foot massage.

With holiday gifts that promote healthy feet, you can help your loved feel comfortable, pampered and safe at home and on winter streets.

For more healthy feet inspiration, visit FootHealthFacts.org, the patient education website of the American College of Foot and Ankle Surgeons.

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TODAY!



JOHN HARABEDIAN

FOR STATE ASSEMBLY

As our Assemblymember, JOHN HARABEDIAN will fight to:



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



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



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



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



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



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



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



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

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

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



(626) 509-9425 hello@johnharabedian.com
JohnHarabedian.com /John4AD41 /JohnHarabedian

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Happy Holidays From Luther Tsinoglou!



Luther Tsinoglou
626.695.8650
luther@tsinoglou.com
tsinoglou.com
agent lic #01135433

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