

# Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, JANUARY 27, 2024

VOLUME 18 NO. 04



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## SIERRA MADRE HONORS



Pictured above: 2023 Honorees along with Sierra Madre Chamber Vice President Carol Canterbury, left and Chamber incoming President Chris Cimino far right. Dinner was prepared by Corfu Restaurant, Dessert by Poppy Cakes and Floral Arrangements by Leonora Moss. Music and AV Presentations by Fred Thomas. Photos by Dirk Bolle.

On Wednesday evening nearly 150 residents and guests filled the Sierra Madre Room to honor and thank those who made outstanding contributions to the city of Sierra Madre either through volunteerism, employment or both during 2023.

Former Mayor Rachelle Arizmendi served as Mistress of Ceremonies for the evening which began with St. Rita's Scout Troop 110 presentation. Outgoing Chamber President Luther Tsinoglou welcomed everyone and Father Michael Bamberger of the Episcopal Church of the Ascension gave the Invocation. Honored were:  
Public Safety Award  
Armen Khouradjian  
Public Service Award  
Saman Rait  
Exemplary Service Award  
Chelsea Lee and Jen Peterson  
Community Youth Service Award  
Max Romero & Jemma Todorov

Wistaria Award for providing community wide program and services: *Sierra Madre Chamber of Commerce*

Mayor's Special Award for Outstanding Commitment and Service: *Dick and Kay Sappington*, retiring after more than two decades as SM Rose Float Volunteers.

George Maurer Lifetime Achievement Award: *Diane Sands*

Business of the Year: *Mountain Views News*

Citizen of the Year: *Dr. Barry and Leslie Ziff*.  
The event is sponsored by The Chamber and the City of Sierra Madre. Honorees were also acknowledged by Supervisor Kathryn Barger, Assemblymember Chris Holden, State Senator Anthony Portantino, and Congresswoman Judy Chu.

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## SATURDAY FEBRUARY 3RD

12:00 PM **COMEDY SHORTS (FREE)**

Charlie Chaplin & Buster Keaton  
with live piano

4:00 PM **SAFETY LAST! (1923)**

with Harold Lloyd  
directed by Fred C. Newmeyer & Sam Taylor

6:15 PM **THE BEES' KNEES GALA**

Our Centennial Celebration  
1920's speakeasy and champagne dinner

8:00 PM **HOT WATER (1924)**

with Harold Lloyd  
directed by Fred C. Newmeyer & Sam Taylor

## SUNDAY FEBRUARY 4TH

12:00 PM **GIRL SHY (1924)**

with Harold Lloyd  
directed by Fred C. Newmeyer & Sam Taylor

4:00 PM **HELEN'S BABIES (1924)**

with Baby Peggy & Clara Bow  
directed by William Seiter

8:00 PM **SHERLOCK JR. (1924)**

starring and directed by Buster Keaton

## TICKETS

FOR INDIVIDUAL SHOWS  
OR THE FULL WEEKEND



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# SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

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MONROVIA



## SENIOR COMMUNITY COMMISSION ARE SEEKING YOUR COLLABORATION TO FIND THE 2024 OLDER 'SIERRA MADRE' AMERICAN OF THE YEAR.

Nominations are now being accepted for this renowned honor. Note that although worthy, Senior Community Commissioners are not eligible. Additionally, nominations will only be accepted for new candidates who have not been honored in years prior.

The nomination form is available on the city's website at: <https://www.cityofsierramadre.com/cms/one.aspx?portalId=212393&pageId=241945> and return it to the Hart Park House Senior Center, or mail/walk in to City Hall, Community Services Department, 232 W. Sierra Madre Blvd., Sierra Madre, CA 91024 prior to, or no later than, Wednesday, March 13th, 2024.

The Commission will review nominations and select an honoree at their regularly scheduled meeting on Thursday, April 4th, 2024 at 3:00 p.m. in the City Hall Council Chambers.

The individual selected by you or your organization must live in Sierra Madre, while demonstrating outstanding community service and be at least the age of, or older than 60. The honoree will be recognized at a reception held in their honor on Wednesday, May 8th., 2024.

Previous Honorees: Dick Johnson, Joan Crow, Jerry & Nan Carlton, Pat Alcorn, Fran Garbaccio, Ken Anhalt, Eph Konigsberg, Russ Anderson, George Throop, Loyal Camacho, John Grijalva, Joylouse Harte-Smith, James Heasley, Midge Morash, James Tyler, Isabella Paegal, Bonnie Garner, Rose Fafach, Ed Wellman, Celeste McCleary, Dorothy Tillquist, Doris Webster, Elsie Dammeyer, George Mauer, Karl Teigler, Laurie Cooper, Lucille Flanders, Ann Tyler, Jay Whitcraft, Darlene Crook, Paul Hagen and Clem and Nina Bartolai.

Thank You in advance for your support and assistance with this spirited community event. Should you have any additional questions, feel free to contact Lawren Heinz, Administrative Analyst at (626) 355-5278 x704.

## WALKING SIERRA MADRE - The Social Side

by Deanne Davis

### JANUARY IS INTERNATIONAL CREATIVITY MONTH!

"You can't use up creativity. The more you use, the more you have" Maya Angelou

"Imagination is everything. It is the preview of life's coming attractions." Albert Einstein

"Creativity takes courage." Henri Matisse



I came across this statement by Jim Jarmusch, (An American independent filmmaker and screenwriter. His filmography includes 13 feature films, 2 documentaries, 6 music videos and 4 short films. In addition to working on several other films and appearing on screen on multiple occasions as an actor and as himself.) I loved everything about this and wanted to share it with you, dear friends and neighbors:

"Nothing is original. Steal from anywhere that resonates with inspiration or fuels your imagination. Devour old films, new films, music, books, paintings photographs, poems, dreams, random conversations, architecture, street signs, trees, clouds, bodies of water, light

and shadows. Select only things to steal from that speak directly to your soul. If you do this, your work (and theft) will be authentic. Authenticity is invaluable; originality is non-existent. And don't bother concealing your thievery – celebrate it! In any case, always remember what Jean-Luc Godard said: "It's not where you take things from – it's where you take them to."

In other words, Mr. Jarmusch is paraphrasing Solomon, who said in Ecclesiastes 1:9: "What has been will be again, what has been done will be done again; there is nothing new under the sun."

The things that speak directly to my soul will pretty much be found outside. There is an oleander tree outside my office window. Every year a hummingbird builds a nest there, hidden among the bright pink blossoms. Cacti (or cactuses) of every shape and size burst forth in astonishing flowers of amazing colors. Last year a quail family built a nest under one of the plants in my backyard and one day the nervous mom and dad herded a dozen babies from under that plant to under the lemon tree where they spent the day in cool shade. Then they were gone.

Sunsets and sunrises capture my soul. Today's picture is an exquisite sunset picture taken by the lake by granddaughter, Emily. I think what Mr. Jarmusch means is to steal the joy from everything you see. To intentionally look everywhere with eyes that really see. I left the little quail eggshells under the plant and every now and then when I'm there I can see them. I even caught part of a rainbow after the storm Saturday.

Mr. Jaarmusch spoke of poetry and I was so delighted to find this charming poem by Henry Wadsworth Longfellow (1807-1882) on Facebook, of all places. It reminded me of my Catholic School education years when we were required to learn poems and be able to stand in front of our class and recite them from memory. This practice has gone the way of the corset and the horse and buggy but believe it or not, I can still remember a bit of "The Village Smithy," also by Longfellow:

"Under a spreading chestnut tree  
The village smithy stands;  
The smith, a mighty man is he,  
With large and sinewy hands..."

It goes on quite a ways but that's all I have left. Actually, I don't think it was a bad thing to do to fourth graders. It kept us out of the bars and pool halls. The Arrow and the Song, about the impact of our actions is totally worth borrowing and to avoid plagiarism, I'll credit Mr. Longfellow.

#### The Arrow and the Song

I shot an arrow into the air,  
It fell to earth, I knew not where;  
For, so swiftly it flew, the sight  
Could not follow it in its flight.

I breathed a song into the air,  
It fell to earth, I knew not where;  
For who has sight so keen and strong,  
That it can follow the flight of song?

Long, long afterward, in an oak  
I found the arrow, still unbroke;  
And the song, from beginning to end,  
I found again in the heart of a friend.

My book page: Amazon.com: Deanne Davis  
Take a look! There are interesting goodies galore for You Kindle readers and even an actual book or two for you "I need to hold it in my hands" readers.



## THE FRIENDS OF THE SIERRA MADRE LIBRARY ANNOUNCE THAT THEIR BEST USED BOOK SALE

The Sale will be held on Friday, February 2, 2024 (3:00 - 7:00 p.m.) and Saturday, February 3, 2024 (10:00 a.m. - 2:00 p.m.).

The February book sale will take place in the parking lot at the TEMPORARY library location, 350 West Sierra Madre Blvd.

Featured this time will be a selection of vintage books, including a complete 11-volume set of The Story of Civilization by Will and Ariel Durant, several signed first editions, and other antique collectibles. Also included will be newer best sellers, thrillers, and non-fiction titles. We will also have our usual Bargain Books at only \$1.00 each and small paperbacks 5/\$1.00. Children's titles are \$.50 to \$5.00 with many Young Adult books available this time.

Our \$5.00 BAG SALE will take place on Saturday. Buy a large grocery bag for \$5.00 and fill it with any of our Bargain books. All proceeds from this February sale will be used for programs, acquisitions and services of the Sierra Madre Public Library.

This sale is sponsored by the Friends of the Sierra Madre Public Library. All proceeds will be used to support programs, services and acquisitions for the library.

Come early for the best selection and to talk books with knowledgeable cashiers and other book-lovers and to welcome the holiday season while contributing to our wonderful community library. For more information, please visit us at our web site [www.sierramadrelibraryfriends.org](http://www.sierramadrelibraryfriends.org), our Facebook page; our Instagram page or call 626-355-7186.



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## Weather Wise



### 6-Day Forecast Sierra Madre, Ca.

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Mon	Sunny	Hi	70s	Lows 50s
Tues	Sunny	Hi	70s	Lows 50s
Wed	Ptly Cldy	Hi	70s	Lows 50s
Thur	Rain (80%)	Hi	60s	Lows 50s
Fri	Ptly Cldy	Hi	60s	Lows 50s

Forecasts courtesy of the National Weather Service

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

FEBRUARY 6, 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](mailto:PublicComment@CityofSierraMadre.com) by 3:00 p.m. on the day of the meeting.

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

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

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

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

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

Your event must:

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

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

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Public Library

January 29—February 3

#### Monday

Baby Rhyme Time — In-person at 9:00am

Preschool Storytime — In-person at 10:00am

#### Saturday

OBOC Card Making at Hawkes Hall —  
In-person from 1:00pm - 4:00pm

Best Used Book Sale — Friday, February 2  
from 3:00pm—7:00pm & Saturday,  
February 3 from 10:00am—2:00pm. Held in  
the parking lot of the temporary Library  
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# Pasadena Altadena

News From Your Community For Your Community

## Pasadena Black History Parade on February 17

Michael & Gillian White to Serve as Grand Marshals

The City of Pasadena and the Black History Planning Committee announced Tuesday the 42nd annual Black History Parade and Festival set for Saturday, Feb. 17, 10 a.m. - 4 p.m. with the theme "Past, Present, Future: Celebrating the Life and Legacy of Jackie Robinson." The parade begins at Fair Oaks Avenue and Mountain View Street and ends at Robinson Park, 1081 N. Fair Oaks Ave. A festival after takes place from noon to 4 p.m. Pasadena's Black History parade is one of the largest and longest-running in Southern California.

Throughout the day's activities, Jackie Robinson's many contributions to the Civil Rights Movement and the Pasadena community will be recognized and honored. Danny Bakewell, Jr., will serve as the parade grand marshal of this special and historic event. This year's celebrity grand marshals will be Michael Jai White and Gillian White, both award-winning actors who have broken barriers and earned accolades both on and off screen. Pastor William Turner Jr. will serve as the community grand marshal, with the Tournament of Roses princesses (Rose Court) as the youth grand marshals.

Attendees are encouraged to arrive early at the parade to navigate street closures, find parking, and claim their favorite viewing spots along the parade route. Free parking is provided on a first-come, first-served basis at Calvary Christian Methodist Episcopal Church, 135 Glorieta St.

The following streets will be closed for the parade and festival during the times listed below. Motorists are advised to use caution while driving through the area.

- Hammond Street between Fair Oaks Avenue and Morton Avenue, 7 a.m.-5 p.m.
- Morton Avenue between Hammond Street and Mountain Street, 7 a.m.-5 p.m.
- Fair Oaks Avenue between Woodbury Road and Harriet Street, 7 a.m.-noon
- Fair Oaks Avenue between Mountain Street and Woodbury Road, 9 a.m.-1:30 p.m.
- Mountain Street between Raymond Avenue and Sunset Street, 9 a.m.-1:30 p.m.

The parade will be recorded and will air live on both KPAS, Pasadena's government TV station, and Arroyo, the city's community access channel.

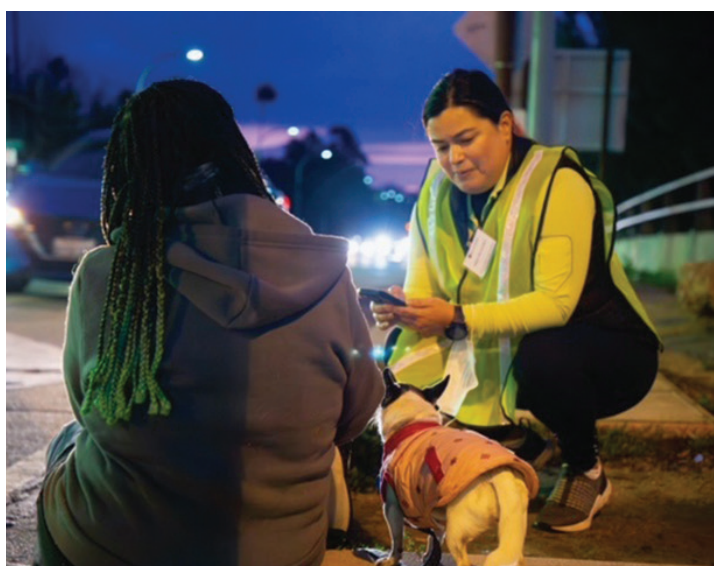
Visit PasadenaMedia.org for more information about the parade and festival or call (626) 744-7300.

## City Fulfills Point-In-Time Homeless Count

The City of Pasadena Department of Housing announced that they conducted the 2024 Point-In-Time Homeless Count on Tuesday night from 8 p.m. to 10 p.m. and the following morning from 6 a.m. to 8 a.m.

"We are grateful to our nearly 200 volunteers who came together to form 41 teams that canvassed the city's entire geography, including every library and park," said Dan Davidson, Homeless Count Coordinator. "Only with their help can we compile this critical information that guides the City's strategic planning for homeless services."

According to Davidson, volunteer teams counted and surveyed people experiencing homelessness across the city's entire geography. The Pasadena Police and Fire Departments provided critical support surveying the city's parks, freeway embankments and other hard-to-access locations. Additionally, the Pasadena Public Health Department, in partnership with Huntington Hospital, deployed two vaccine strike teams throughout the count to administer COVID-19 and flu vaccines, as well as distribute Narcan overdose reversal kits. The teams received more requests for vaccines this year as compared to last year. The count relies on dynamic survey tools and dashboards embedded with GIS mapping technology which are developed by the city's Department of Information Technology they said.



The count also includes those in shelters and transitional housing and will conclude this evening with a supplementary youth-specific count, which runs from 3 p.m. to 5 p.m. The results of the Homeless Count will be available by June 2024.

The Homeless Count provides a "snapshot" of what the homeless population looks like on any given night.

Homeless Count data is used year-round to inform the strategic planning of homeless services in the city. For example, in recent years, count data has shown seniors to be one of the fastest-growing groups among our homeless population. In response, the city has supported the development of Heritage Square South, a new supportive

housing building for seniors exiting homelessness, which will provide homes to 69 seniors this spring according to city officials.

Pasadena was the first city in the State of California, and one of the first three cities in the nation, to conduct a dedicated Homeless Count in 1992.

For more information visit: cityofpasadena.net.

## Senior Center Virtual Discussion & Museum Tour

A Zoom discussion presented by the Pasadena Senior Center on Thursday, Feb. 15, at 2 p.m. will explore new dimensions of abstract art featuring the works of seven contemporary artists.

This Cultural Thursday event with the title "Shaping Gravity: Abstract Art Beyond the Picture Plane" will feature an interactive exhibition at Forest Lawn Museum that challenges notions of what abstraction can be. The artists are all connected by their ties to Southern California and bring unique aesthetic and philosophic approaches to abstraction.

The virtual tour will be conducted by James Fishburne, director of the museum. Fishburne earned his Ph.D. in Italian Renaissance Art History in 2014 at UCLA and has taught courses at UCLA, Cal State Long Beach, Pierce College and Valley College. He became director of the Forest Lawn Museum in 2018 and has curated several popular exhibits there. He has conducted virtual museum tours for Pasadena Senior Center audiences since 2021.

Registration is free for members of the Pasadena Senior Center and only \$5 for nonmembers 50 and older. To register or for more information visit: pasadenaseniorecenter.org and click on Activities & Events, then Special Events or call 626-795-4331. Residency in Pasadena is not required. Everyone who registers will receive an email link to the Zoom presentation.

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

## Fire Chief Selected Into the Fire Service Executive Development Institute

The International Association of Fire Chiefs (IAFC) announced Monday that Deputy Fire Chief Tim Sell of the Pasadena Fire Department has been accepted into the Fire Service Executive Development Institute (FSEDI). Tim competed with new fire chiefs and chief officers from across the country and Canada to become a member of the 2024 cohort program. Each year, only 20 students are accepted out of the hundreds that apply.

Tim is a 17 year veteran of the fire service. He started his career as a firefighter in Pasadena in 2007 and promoted to Fire Captain in 2014, Battalion Chief in 2020 then Deputy Chief in 2021. Tim has a BS in Organizational Leadership from Biola University. He is married to Jenelle and has two boys, Logan and Wyatt.

This is the twelfth year that the Motorola Solutions Foundation has provided the IAFC with a grant to fund the program.

The Fire Service Executive Development Institute is a year-long leadership-development program. It was created and implemented by the IAFC to provide new and aspiring chiefs with the tools they need to have successful and productive tenures. The members of the cohort will meet four times in the coming year. One of the meetings will take place at the Fire Rescue International conference in Dallas, Texas. Between onsite sessions the cohort group will communicate using an online community. They will meet for their first session at the National Conference Center, Leesburg, VA. during the week February 3-9, 2024.

The IAFC's Fire Service Executive Development Program has become the premier career and leadership-development program in the fire and rescue services thanks to the generous support of the Motorola Solutions Foundation. Numerous chief officers from the previous cohort programs have been successful in achieving fire chief positions and serving as officers in several fire service organizations.



The IAFC represents the leadership of firefighters and emergency responders worldwide. IAFC members are the world's leading experts in firefighting, emergency medical services, terrorism response, hazardous materials spills, natural disasters, and public safety legislation. Since 1973, the IAFC has provided a forum for its members to exchange ideas, develop professionally and uncover the latest products and services available to first responders.

The Motorola Solutions Foundation is the charitable and philanthropic arm of Motorola Solutions. With employees located around the globe, Motorola Solutions seeks to give back to the communities where it operates. The company achieves this by making strategic grants, forging strong community partnerships, and fostering innovation. The Motorola Solutions Foundation focuses its funding on public safety, disaster relief, employee giving and education, especially science, technology, engineering, and math programming. For more information on Motorola Solutions corporate and foundation giving, visit: responsibility.motorolasolutions.com/

FSEDI is a program developed by the IAFC and funded by a grant from Motorola Solutions Foundation to provide new and aspiring chiefs with the tools they need to have a successful and productive tenure. After individuals complete their yearlong program, they remain active members of FSEDI as part of an alumni.

## Pasadena Comic Convention and Toy Show Set for Sunday

Pasadena Comic Convention and Toy Show "Comic Con" is set to feature all things related to comic books, toys, and collectibles this Sunday at the Pasadena Convention Center - including a Cosplay Contest at 4 p.m.

Guests are encouraged to dress up as superheroes, anime characters, figures from movies, and TV or anything that can you can dream up.

Organizers said events goers can expect a day full of panels discussions and autograph signings featuring artists, writers and voice actors such as cast members from "The Cuphead Show," Butch Patrick of "The Munsters," and Van Partible, the creator of the cartoon "Johnny Bravo" among others.

General Admission starts at \$15.00 in advance or \$20.00 at the door.

The show runs from 10 a.m. to 5 p.m. The Pasadena Convention Center is located 300 E Green St. For more information visit: pasadenacomiconandtoyshow.com.

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# Pets in need

Some pet parents cannot afford the cost of vet care right now. You can help those pets! Visit us:

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## San Marino Upcoming Events & Programming

### 2024 State of the City - Available in English and Mandarin

Didn't catch Mayor Steven Huang, DDS's State of the City address? No worries! Tune in now to hear the Mayor reflect on the past year's achievements and challenges, while exploring the exciting opportunities ahead. The recording is available in both English and Mandarin at [www.CityofSanMarino.org/SOC2024](http://www.CityofSanMarino.org/SOC2024).

### Coffee Connections

Weekly on Monday and Wednesday from 8 - 9 AM, San Marino Community Center, Fireside Room

Come spend your mornings with neighbors, friends, and a hot cup of coffee at the newly renovated Community Center! Free coffee will be provided. Stay for a variety of organized activities like bingo, chair volleyball, and lectures beginning at 9 AM. This program is for active adults ages 55+. Registration is required.

### Joyful Living Happy Life

Sunday, January 28 from 2:00 - 4:30 PM, Barth Community Room  
This workshop gives you tools to face challenges in the workplace, social life, and family life. Join the Unified Charity Foundation as they talk about the customs and traditions in a new land and how to remove cultural obstacles to prosperity. Registration is not required.

### Valentine's Day Grams

Calling all kids in grades K-8! Help us share some neighborly love with a local senior citizen. All it takes is a little creativity! Register for a kit online, pick up your kit at the Community Center (1800 Huntington Drive) now to February 2, decorate the gigantic Valentine's Day Gram, and return your Gram by February 5. We'll deliver it to a local senior citizen to brighten their day. In exchange, participants will receive a free and cool activity kit for their random act of kindness. Know a senior citizen in town who'd love to receive a Valentine's Day Gram? Let us know by calling (626) 403-2200 or emailing [recreation@cityofsanmarino.org](mailto:recreation@cityofsanmarino.org).

### Lunar New Year Festival at Lacy Park

Celebrate Lunar New Year with the Chinese Club of San Marino and the community at Lacy Park on Sunday, February 4, 2024, from 10 AM to 3 PM! Enjoy a day of fun in the park with performances, entertainment, games, and delicious food. Admission is free, so mark your calendar and join us for a fantastic time!

### Senior Trip to Paramount Studios Tour

Monday, February 26 from 10:15 AM - 5:30 PM

Cost per person: R \$88 / NR \$106

Start your day at Eataly to experience the wonders of Italian biodiversity at the many restaurants, counters, and cafes providing a taste of foods prepared with the very best ingredients. Shop the market and browse a fine selection of Italian wines and bring home everything you need to make your own feast. From there, you'll be whisked to historic Paramount Studios. You'll have the opportunity to explore 100 years of movie and television history and get an intimate behind-the-scenes look at Hollywood's first studio. Registration is required by January 26.

### All City Track and Field Meet

Friday, March 15 at 4 PM, San Marino High School Stadium

Registration is open now through February 16. Grab your sneakers and participate in this year's All City Track and Field Meet, sponsored by San Marino Community Athletics Association (SMCAA). All students born between 2009-2017 who are San Marino residents or attend a San Marino school are eligible to participate. Participants can sign-up for a maximum of 2 events and 1 relay. The cost per activity is \$10; fees are non-refundable.

### Parks & Public Works

#### Dead Tree Removal in Public Right-of-way

Mariposa Landscaping, the City's tree maintenance contractor, is currently completing the removal of 10 dead trees in the public right-of-way that were recently approved for removal by the City Council. This work is part of the City's Multi-Year Tree Maintenance and Planting contract. The City seeks to balance public safety with preservation of the City's urban forest, and only removes trees when the tree is no longer viable and there is no other option except removal.

### Fire Department

Registration is now open for the California Residential Mitigation Program's Earthquake Brace + Bolt (EBB) program. EBB helps homeowners lessen the potential for damage during an earthquake by offering grants up to \$3,000 toward a seismic retrofit for qualifying homes. Registration will remain open until February 21, 2024. For more information visit [www.earthquakebracebolt.com](http://www.earthquakebracebolt.com).

Fire Captain and Fire Investigator Jason Sutliff recently conducted an arson training course at the Los Angeles Fire Department's Frank Hotchkin Memorial Training Center. The two-day course was sponsored by the Bureau of Alcohol, Tobacco, Firearms and Explosives and provided instruction to arson investigators on how cigarettes start fires.

### Meetings

#### Design Review Committee

Wednesday, February 7 at 6:00 PM; Barth Room and Zoom

#### Recreation Commission Meeting

Wednesday, February 12 at 6:00 PM; Barth Room and Zoom

## Meditative March to Commemorate Climate Emergency Resolution



PASADENA 100 has organized a non-violent Meditative March to commemorate the 1-year anniversary of the passage of the Climate Emergency Declaration that set the goal of 100 percent carbon free electric power by December 2030.

Clergy will lead the procession that will focus on the moral imperative to stop burning coal and gas to generate our electricity.

The march begins on the sidewalk outside of the business office of Pasadena Water & Power (PWP) at 150 S. Los Robles Avenue and ends at Pasadena City Hall Plaza on Garfield Avenue. Marchers will chant, wear green armbands and display posters.

At City Hall, City Council members have agreed to come down to the marchers to receive letters, flowers and other tokens of appreciation for their unanimous vote on January 30, 2023 to set 100% carbon free electric power as the City's goal.

Co-Chair of PASADENA 100, Cynthia Cannady, stated: "We are so proud of our City taking leadership among cities by setting this goal. It's true that after one year, we are still formulating a plan, not acting with urgency, but good planning is part of the work. We are confident that we will achieve our goal and with that goal, also bring new technology opportunities to enrich our businesses, research institutions and residents."

In January 2023, the Pasadena City Council DECLARED A CLIMATE EMERGENCY AND passed a resolution setting a "policy goal" for the publicly owned utility company, PWP, to source 100% of its electricity from carbon-free sources by the end of 2030. PWP is now developing an implementation plan, however, concerns have been expressed that the plan that PWP will recommend to the City Council may fall short of the policy goal.

PASADENA 100 is a coalition of hundreds of individuals and 22 non-profit and non-partisan organizations that advocate for Pasadena to transition to 100% carbon free electric power by 2030.

## City to Celebrate Jackie Robinson's 105th Birthday

The City of Pasadena Parks, Recreation and Community Services Department is set to celebrate the 105th birthday of famed baseball player and civil

rights activist Jackie Robinson on Jan. 31 from 2 p.m. to 4 p.m., at the Jackie Robinson Community Center. According to officials, the birthday party will include self-guided tours of Jackie Robinson memorabilia. This exhibit is on loan from the Pasadena Baseball Reliquary which features a Grays jersey, Negro League baseball items, historical pictures, and a model of Ebbets Field. Members of Jackie Robinson's family will be in attendance. Light refreshments will be served.

At 4:30 p.m. the public is invited to gather at the Jackie Robinson statue at the Rose Bowl Stadium for birthday cupcakes and free guided tours of the stadium and field departing every 30 minutes.

"As we recognize our Pasadena native son, please join city employees in wearing a Jackie Robinson baseball jersey or shirt, or simply the number 42, which was his jersey number," officials said.

Jackie Robinson lived in Pasadena from 1922-47 where he learned to play sports. While living in Pasadena, he attended John Muir High School where he first excelled in baseball, football, track, and basketball. Robinson went on to attend UCLA before joining the Dodgers in 1947. Throughout his life, he contributed to the Civil Rights Movement and was the first African American to play Major League Baseball and become Vice President of a major American corporation.

The Jackie Robinson Community Center, 1020 N. Fair Oaks Ave., was named after this trailblazer and is located in the neighborhood where he grew up. It was dedicated in his name on June 2, 1974.

For more information about this event or to request a disability-related accommodation, call (626) 744-7300.

## NASA Ingenuity Helicopter Mission Ends After 3 Years

NASA's history-making Ingenuity Mars Helicopter has ended its mission at the Red Planet after surpassing expectations and making dozens more flights than planned. While the helicopter remains upright and in communication with ground controllers, imagery of its Jan. 18 flight sent to Earth this week indicates one or more of its rotor blades sustained damage during landing and it is no longer capable of flight.

Originally designed as a technology demonstration to perform up to five experimental test flights over 30 days, the first aircraft on another world operated from the Martian surface for almost three years, performed 72 flights, and flew more than 14 times farther than planned while logging more than two hours of total flight time.

"The historic journey of Ingenuity, the first aircraft on another planet, has come to end," said NASA Administrator Bill Nelson. "That remarkable helicopter flew higher and farther than we ever imagined and helped NASA do what we do best - make the impossible, possible. Through missions like Ingenuity, NASA is paving the way for future flight in our solar system and smarter, safer human exploration to Mars and beyond."

NASA to Discuss Ingenuity Mission in Media Call Today  
In addition to video comments shared from Nelson about the mission's conclusion, NASA will host a media teleconference at 5 p.m. EST today, Thursday, Jan. 25, to provide an update on Ingenuity Mars Helicopter. Audio of the call will stream live on the agency's website.

Participants in the call are expected to include:

Lori Glaze, director, Planetary Science Division, NASA's Science Mission Directorate at the agency's headquarters in Washington  
Laurie Leshin, director, NASA's Jet Propulsion Laboratory in Southern California

Teddy Tzanetos, Ingenuity project manager, NASA JPL  
Media who wish to participate by phone can request dial-in information by emailing [hq-media@mail.nasa.gov](mailto:hq-media@mail.nasa.gov).

Ingenuity landed on Mars Feb. 18, 2021, attached to the belly of NASA's Perseverance rover and first lifted off the Martian surface on April 19, proving that powered, controlled flight on Mars was possible. After notching another four flights, it embarked on a new mission as an operations demonstration, serving as an aerial scout for Perseverance scientists and rover drivers. In 2023, the helicopter executed two successful flight tests that further expanded the team's knowledge of its aerodynamic limits.

"At NASA JPL, innovation is at the heart of what we do," said Leshin. "Ingenuity is an exemplar of the way we push the

boundaries of what's possible every day. I'm incredibly proud of our team behind this historic technological achievement and eager to see what they'll invent next."

Ingenuity's team planned for the helicopter to make a short vertical flight on Jan. 18 to determine its location after executing an emergency landing on its previous flight. Data shows that, as planned, the helicopter achieved a maximum altitude of 40 feet (12 meters) and hovered for 4.5 seconds before starting its descent at a velocity of 3.3 feet per second (1 meter per second).

However, about 3 feet (1 meter) above the surface, Ingenuity lost contact with the rover, which serves as a communications relay for the rotorcraft. The following day, communications were reestablished and more information about the flight was relayed to ground controllers at NASA JPL. Imagery revealing damage to the rotorblade arrived several days later. The cause of the communications dropout and the helicopter's orientation at time of touchdown are still being investigated.

Triumphs, Challenges  
Over an extended mission that lasted for almost 1,000 Martian days, more than 33 times longer than originally planned, Ingenuity was upgraded with the ability to autonomously choose landing sites in treacherous terrain, dealt with a dead sensor, cleared itself after dust storms, operated from 48 different airfields, performed three emergency landings, and survived a frigid Martian winter.

Designed to operate in spring, Ingenuity was unable to power its heaters throughout the night during the coldest parts of winter, resulting in the flight computer periodically freezing and resetting. These power "brownouts" required the team to redesign Ingenuity's winter operations in order to keep flying.

With flight operations now concluded, the Ingenuity team will perform final tests on helicopter systems and download the remaining imagery and data in Ingenuity's onboard memory. The Perseverance rover is currently too far away to attempt to image the helicopter at its final airfield.

"It's humbling Ingenuity not only carries onboard a swatch from the original Wright Flyer, but also this helicopter followed in its footsteps and proved flight is possible on another world," said Ingenuity's project manager, Teddy Tzanetos of NASA JPL. "The Mars helicopter would have never flown once, much less 72 times, if it were not for the passion and dedication of the Ingenuity and Perseverance teams. History's first Mars helicopter will leave behind an indelible mark on the future of space exploration and will inspire fleets of aircraft on Mars - and other worlds - for decades to come."

## Police Department gets New False Alarm Billing Company

The City of Pasadena will begin Tuesday using a third-party partner, Central Square Corporation, for the management of its alarm permitting and billing.

The partnership includes a website using Central Square Corporation's proprietary software, CryWolf, to facilitate alarm permitting, billing and appeals. Central Square Corporation will administer all false alarm notifications, billing and collections for the City. The program will help to encourage alarm users and alarm companies to maintain the proper working order of alarm systems. The new software service will improve the reliability of alarms, and the readiness of public safety resources to better serve the community.

In calendar years 2022 and 2023, the Pasadena Police Department responded to approximately 4,800 and 4,300 respectively, incidents relating to false alarms, unintentional alarm system activation, system malfunctions, and other types of false alarms. Effectively processing false alarm fees helps to reduce responses to false alarms and allows police department resources to respond to actual emergencies.

Pasadena Municipal Code requires that City residents and businesses with an installed alarm system purchase an alarm permit from the City of Pasadena. The alarm permit


covers a one-year period and expires on a one-year cycle on February 1st. The fee for the permit is prorated based on the application date and is adjusted annually on July 1st.

PMC establishes a fee for police response to two or more false burglar alarms in a twelve-month period. A false alarm is defined by PMC as "an alarm signal that is activated by causes other than the commission or attempted commission of an unlawful act which the alarm system is designed to detect, necessitating a response by the Police Department where an emergency situation does not exist." An alarm signal activated by violent conditions of nature or other extraordinary circumstances not subject to the control of the alarm subscriber, shall not constitute a false alarm.

PMC Section 5.24.070 (a) requires that an alarm company is responsible for ensuring that an alarm system is registered prior to installation whether the registration is completed by the alarm user or the alarm company. Failure to ensure an alarm system is properly registered will result in the assessment of civil penalties to the alarm business that maintains the contract with the alarm user.

Central Square Corporation will begin working with the City of Pasadena Tuesday.

For more information, visit [CityOfPasadena.net/Finance/Licenses/Alarm-Permits](http://CityOfPasadena.net/Finance/Licenses/Alarm-Permits).



Starts  
February, 14th  
at 9:00 AM!

## SOUTH PASADENA PUBLIC LIBRARY



# WALKING BOOK CLUB

**Join us on the second Wednesday of every month for a walk around town and a book discussion!**

**At our first meeting, we will be discussing our current reads and picking books for the upcoming months.**

**All meetings will start promptly at 9:00 AM in front of the Library entrance at 1100 Oxley St.**

**Registration and a signed waiver is required! Register at [www.southpasadenaca.gov/register](http://www.southpasadenaca.gov/register).**

## ARCADIA ASSISTEENS AUXILIARY ACCEPTING APPLICATIONS FEBRUARY 1-28



Assisteens is a co-ed auxiliary that provides community service opportunities for high school students. Assisteens staff the Book Buddies Program, in partnership with the Arcadia Public Library to read books to children, as well as volunteer at our Bargain Box Thrift Shop on Saturdays. Through-out the year, Assisteens provide various programs for children, seniors, and families of the San Gabriel Valley area and support other Assistance League of Arcadia programs.

Membership is open to incoming 9th-11th grade students with affiliation of a current adult member of Assistance League of Arcadia or Las Alas Auxiliary.

Applications are accepted starting February 1st for the 2024-2025 school year. Accepted members are required to complete a minimum of 35 hours of community service and membership activities, as well as attend the evening meetings, hosted on the first Monday of the month.

For more information, please con-tact [assisteens@alarcadia.org](mailto:assisteens@alarcadia.org). To learn more about membership so your child can participate please complete our Interest Form or contact [vpmembership@alarcadia.org](mailto:vpmembership@alarcadia.org).

## MONROVIA'S BLAIR HOUSE TO BECOME AN HISTORIC INN



The former homes of our late revered City Historian and Treasurer, Steve Baker, are currently under construction to become a historic inn to share Steve's love of Monrovia's deep and rich history with guests from both in and out of town. Located at 508 and 512 S. Ivy Avenue, these structures represent aspects of the mid-1880s railroad boomtowns that sprang up across the San Gabriel Valley and we're excited that local firm, Saxony Design Build, is working to keep the historic features we love to see, but bringing mod-ern conveniences that will make these properties a joy to stay in.

Earlier this month, the City submitted a letter of support for these homes to be included on the National Register of Historic Places! This list includes buildings, structures, objects, sites, and districts considered worthy of preservation due to their significance. The State Historic Preservation office is responsible for administering federally and state mandated historic preservation programs to further identify, evaluation, register and ultimately protect California's irreplaceable and historic sites.

Affectionately named Luther and Adah Blair House and the John F. and Julia Brossart House, these homes' namesakes have significant impact to Monrovia's history. John Brossart was the president of First National Bank and after selling the house in 1888 to Bradford Arthur, the home remained in the family until the death of Arthur's descendant, Steve Baker in 2022. On the other hand, Luther Blair was a prominent local architect, who designed many of Monrovia's early homes including "Mills View," a wedding gift from Mon-rovia founder William Monroe to his son Milton. And if you enjoy learning more about these historic homes, there are over 2,500 historic homes in Monro- via and over 160 are designated as local historic landmarks. You can find lots more information and even find the locations of some of these landmarks by checking out this map on the City's website.

Certainly there are also ways you can become more involved with preserving our City's history. Volunteer organizations like the Monrovia Historic Preservation Group, Monrovia Historical Society and Monrovia Historic Museum Foundation have been leading the way for decades to preserve Monrovia's history!

## MWD PIPELINE TO SHUTDOWN

Pasadena city officials announced Thursday that the Metropolitan Water District of Southern California ("MWD") is planning a 10-day disruption of imported water deliveries from February 5 to 14.

According to a statement, MWD's pipeline that typically delivers MWD supplies to Pasadena Water and Power ("PWP") will be shut down for valve maintenance and for MWD facility inspection.

Sidney Jackson, General Manager of Water and Power, reported the department estimates minimal impacts to water deliveries given the disruption is planned for February, which typically exhibits a cooler and wetter environment. PWP will implement precautionary measures, such as holding greater volumes of water in its reservoir tanks, utilizing local groundwater supplies, and partial flow of MWD supplies, when available, during the shutdown period.

PWP coordinated with MWD in preparation of the reduced supplies and to ensure continued deliveries to PWP customers. PWP is performing outreach to key account customers, and other large commercial customers, for their assistance in curbing outdoor water use during MWD's shutdown.

PWP will continue to monitor water demands. Should dry weather occur during the rest of January, outreach efforts may be expanded to include customers throughout the service area regarding voluntary reduction of outdoor watering. Currently, the city is under a Level 2 Water Supply Shortage Plan that restricts outdoor watering to one day per week through March 31. PWP asks the community's support and dedication to adhering to the Level 2 Water Supply Shortage Plan guidelines.

For more information, visit [PWPweb.com/SaveWater](http://PWPweb.com/SaveWater).

## ARCADIA POLICE BLOTTER

For the period of Sunday, January 14th, through Saturday, January 20th, the Police Department responded to 1,064 calls for service of which 99 required formal investigations. The following is a summary report of some of the incidents handled by the Department during this period.

Sunday, January 14:

1. At 5:23 a.m., officers responded to The Masonic Lodge, 50 West Duarte Road, regarding the report of a burglary. The onsite security guard saw two unknown suspects wearing all dark clothing, inside the location stealing a glass display case filled with collectable coins and baseball cards. An investigation revealed the suspects forced entry into the location by removing a screen from the bathroom window.

2. At 1:08 p.m., an officer responded to the parking lot of 24 Hour Fitness, 125 North First Avenue, regarding a vehicle burglary. An unknown suspect smashed the rear driver's side window of the victim's vehicle and stole a handbag with cash.

3. At 6:14 p.m., officers responded to a residence in the 300 block of West Las Flores regarding a burglary that had just occurred. The victim saw several subjects inside his home on his surveillance cameras. The unknown suspects made entry through an unlocked back door and stole a handgun.

Monday, January 15:

4. At 5:02 a.m., officers responded to Arcadia Park Pharmacy, 301 West Huntington Drive, regarding an audible alarm. An unknown suspect wearing all dark clothing gained entry by smashing a front window. The suspect ripped a cabinet door off its hinges and ransacked the location.

5. At 8:47 a.m., officers responded to USC Arcadia Hospital, 300 West Huntington Drive, regarding the report of a bomb threat. A nurse received a call from the unknown suspect who stated bombs were planted throughout the facility. Hospital directors and officers conducted a search, and no explosives were found.

Tuesday, January 16:

6. At 3:43 a.m., officers responded to Fidelis Specialty Pharmacy, 1002 South Baldwin Avenue, regarding an audible alarm. Four male suspects wearing hooded sweatshirts arrived at the location in a white four-door sedan. One suspect used a hammer to smash a front window. The four suspects ransacked the business and stole multiple medications.

7. At 6:09 p.m., officers responded to the parking lot of The Shops at Santa Anita, 400 South Baldwin Avenue, regarding the report of two separate vehicle burglaries. The first victim returned to his car and discovered the front passenger side window had been smashed, his backpack had been stolen, and his stolen credit card had been used to make a fraudulent purchase. The second victim discovered the rear passenger side window of her car had been smashed and her purse had been stolen.

Wednesday, January 17:

8. At 11:12 a.m., officers responded to a residence in the 700 block of East Winnie Way regarding a burglary report. Unknown suspect(s) entered the home by smashing a rear window. The suspect(s) ransacked the home stealing electronics and jewelry before fleeing the scene.

9. At 4:01 p.m., officers responded to Vons, 745 West Naomi Avenue, regarding the report of a battery that had just occurred. The female suspect had illegally parked across two handicapped parking spaces and two separate victims honked at her to move so they could park in the stalls. The suspect approached the first victim who was seated in his car and began hitting him. She then approached the second victim who was seated inside her vehicle and slapped her several times. The victim drove away, and the suspect followed her and intentionally rear-ended her car.

10. At 6:54 p.m., officers responded to a residence in the 900 block of West Duarte Road regarding the report of a missing autistic male adult. The missing person's sister was concerned for his safety because he left without his phone, and she could not contact him. Officer Morrill and K-9 Kopper responded and were able to track him to a local grocery store where he was found safe and in good health.

Friday, January 19:

12. At 1:28 p.m., officers responded to a residence in the 2000 block of South Third Avenue regarding a burglary report. The victim had been out of the country for several months. When she returned, she discovered the attached garage had been broken into and two cars had been stolen.

### BEAR-RESISTANT BARRELS

As part of the new program, the City of Sierra Madre has arranged for a 96-gallon bear-resistant barrel to be provided to all single-family residential customers. These barrels will be delivered to your home this fall. As part of this barrel deployment, Athens will collect your old container.

**Be on the look out for additional information related to the upcoming bear barrel deployment timeline and your new organics program.**

**BEAR-RESISTANT BARREL FEATURES INCLUDE:**

- Easy-lock lid
- Large capacity, 96-gallon barrel
- Durable and portable

**4 BENEFITS of Bear-Resistant Barrels:**

- Protects you and your property from damage caused by wildlife
- Locking lid deters bear activity
- Limits litter on the streets
- Keeps bears wild and out of human trash

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## SPOON OR FORK !!!

Must admit with all the Presidential weeks and Valentine's Day fast approaching, plus my food notes and trivial trivia, I almost missed National Bubble Gum Day & Carrot Cake Day, and what type of foodie would I be, but fear not friends, I will partake in a Carrot Cake, (Fleming's has a good one) and a piece of Bazooka Joe. I have to take my Andy Rooney Card out again and give you my fellow diners the rules of Etiquette 101. I love my daughter, and some of my friends' kids. But here goes.

I am asked frequently asked about etiquette and table manners, so I compiled this simple list based on the most common questions.

Your napkin goes in your lap, folded in half, as soon as you sit down. Many people wait until the food arrives, but the proper form is to be prepared.

If you leave the table, place the napkin to the left of your plate, loosely draped.

A napkin is never for blowing your nose or wiping your mouth. Use it to dab at the corners of your mouth or your fingertips. If you need to cleanse further, leave the table and use the appropriate products in the restroom.

In formal dining, a charger will be under the place setting. It remains there during the starter course and is removed at the main course.

Your eating utensils go in the order of use, starting from the outside (furthest from the plate) and working their way in. Forks go on the left; knives and spoons on the right, as you face the plate. Dessert utensils are placed at the top of the plate, sideways.

The bread and butter plate goes to the left, above the forks.

The water glass goes above the knives (behind the wine goblet, if there is one).

Food should be passed counter-clockwise.

It is considered impolite to start eating before everyone is seated and served, including your host.

Only the meal settings and food belong on the table. Do not place your elbows, eyeglasses, notebook, pen or other objects on the table.

Cut no more than two bites of any item at a time. When it comes to bread, tear off one bite at a time and butter it, rather than buttering a whole roll.

Do not season your food until you have tasted it.

It is permissible to use a piece of bread to wipe up excess gravy, as long as you use your fork and not your fingers.

If you need to leave the table, place your utensils on the edge of your plate so that the tips point to the plate's center, in a V-shape. To signal when you are finished, lay your utensils side by side diagonally on the plate.

Listen to my podcast !! Updated every week, just subscribe to Peter Dills

## ASSEMBLYMAN CHRIS HOLDEN WELCOMES ARMENIAN DELEGATION



Assemblymember Chris Holden welcomed the delegation of Armenian leaders from California and the province of Syunik, Armenia in commemoration of Assembly Concurrent Resolution 105 of 2022 and Assembly Joint Resolution 1 of 2023. There are nearly three million Armenians living in Armenia, which consists of a portion of the Armenians' historic homelands. The United States has the second largest diaspora of Armenians. California has the largest population of Armenians in the country.

"The establishment of a sister state relationship between California and Syunik, Armenia will foster educational, cultural and economic opportunities for both California and the Syunik province, a critical area for Armenia's sovereignty as a democratic nation. We look forward to the establishment of a committee, which will accelerate this important relationship between the two states. We also salute Assemblymember Holden for his continuous and unwavering support for significant issues concerning the Armenian American community in California," said Aida Dimejian, Armenian National Committee of America National Board Member.

ACR 105, chaptered on February 22, 2022 was a result of a two-year effort to establish a sister state relationship between California and the Province of Syunik - the southernmost province in Armenia. Syunik is home to the Armenian Stonehenge, Karahounj, which dates back to the Bronze Age, the Ughtasar Mountain petroglyphs that are 7,000 years old, as well as the 9th Century Tatev Monastery that served as a center of scholastic and spiritual activity.

The most populated town in the province is its capital, Kapan with 43,000 residents. The resolution declares California's unity with Syunik to encourage and facilitate mutually beneficial educational, economic, and cultural exchanges.

"We salute Assemblymember Holden's leadership and commitment to the Armenian American community, and his steadfast support of the Republic of Armenia's Syunik Province. We look forward to bold and fruitful collaborations between California and Syunik, Armenia," said Alice Chalian Manoukian, Chair of Armenian National Committee of America, Crescenta Valley Chapter.

Last year, Holden also authored Assembly Joint Resolution 1, which passed the Legislature with unanimous support and was chaptered on July 17, 2023. The resolution called on President Biden and the State Department for the enforcement of Section 907 restrictions on military assistance to Azerbaijan, the imposition of sanctions on Azerbaijani officials complicit in the enforcement of the blockade and commissioning of war crimes. AJR 1 urged the Administration to provide emergency humanitarian assistance to the Armenians of Artsakh.

"Both resolutions reaffirm California's solidarity with Armenia and our 1-million-strong community of California-Armenians," Holden said. "There is power in our solidarity and there is even more when we acknowledge the wrongs committed and urge for justice. We set precedent for the future with our action or inaction and today, we are creating long-lasting ties to thread forward a better tomorrow."

## ALL THINGS By Jeff Brown

### NEWS STORIES CAN BE DEADLY TO OUR HEALTH

News is to the mind what sugar is to the body: appetizing, easily digestible and extremely damaging!

Consuming the news can activate the sympathetic nervous system, which causes your body to release stress hormones like cortisol and adrenaline. A constant stream of sensational or "disaster" and death news, can elevate stress levels and trigger symptoms like depression, helplessness, despair, anxiety and trouble sleeping.

Effectively managing your media consumption can help you stay up to date while also reducing your stress. And while staying up to date on local and national news, especially as it relates to mandates and health updates, is critical during this time, experts say over-consumption of the news can take a toll on your physical, emotional, and mental health.

With that in mind, the goal is to find the balance between feeling informed and educated on the situation at hand while not becoming totally overwhelmed by it. When good news is available, or the situation changes for the better, it will come to you; you won't need to seek it out. Because sensational headlines get more attention, many media outlets often end up focusing on disaster reporting—and rarely any positive news.

"It can be damaging to constantly be reading the news because constant exposure to negative information can impact our brain," says Annie Miller, MSW, LCSW-C.

This emotional toll and negative effect on the psyche was demonstrated in a study that found people who watched negative material, as compared to those who watched positive or neutral material, showed an increase in both anxious and sad moods after only 14 minutes of viewing television news bulletins and programs.

In addition to an increase in anxious and sad moods, the researchers also found bad news as a causal factor in facilitating many worrisome thoughts.

Choose a time that is far enough away from your bedtime so that your brain has time to settle before you go to bed. The idea, says Miller, is to minimize worry and news intake by scheduling it into your day. After your worry time is over, Miller says to put the news aside and remind yourself that it's not time to worry right now and move onto other things.

For most of us, consuming some form of news each day is essential. To help combat feelings of fear, anxiety, and worry that often accompany negative news, Edelstein suggests choosing to do something positive or healthy immediately after, like taking a walk, calling a friend, or working on a hobby.

News often focuses on death and the terrible things people do to each other!!! "A media diet of hostility, blame, confrontation and violence corrodes your civic outlook." Mark Gerzon

"Don't let the bearers of bad news become the pallbearers of your happiness." Stewart Stafford



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## RETIRED TEACHERS TO HEAR PANEL SPEAK ON LOOKING TO THE FUTURE

At their February meeting, members of the California Retired Teachers' Association Div. 71 (CalRTA) will

hear a panel of their peers discuss the topic of independent living options for seniors. Consisting of fellow Retired Teachers, the panel of Shirley Burkhardt, Barbara Buchanan, and Suzette Johnston will discuss the process we should go through in considering future living conditions.

The Retired Teachers luncheon meeting will take place on Friday, February 9, at Our Savior Lutheran Church in Fellowship Hall, 512 W. Duarte Rd., Arcadia 91007. The hall is located behind the church sanctuary, and ample parking is available. At 11:00 am, doors open and guests arrive, with the business meeting at 11:30, lunch to follow at 12:00 pm, and at 12:45 the panel discussion to take place. An opportunity drawing of gift baskets is also on the program. Remember—Valentine's Day is coming soon!

A box lunch will be provided by Panera with a choice of sandwiches. Choose one: Deli Turkey, Tuna Salad, or Mediterranean Veggie. Each sandwich is accompanied by potato chips and a chocolate chip cookie. Coffee and water will be provided. Guests are welcome. The cost of the luncheon for members and guests is \$17. Please mail your check payable to CalRTA Div.71 by Friday, February 2, to John Gera, P.O. Box 1133, Temple City, CA 91780. For information regarding reservations, you may call John Gera at (626) 286-0714.

Membership in the California Retired Teachers' Association is open to all retired educators, as well as to current classroom teachers and to any others interested in joining this active group. The motto of CalRTA is "Your Partner in Pension Protection."



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**LONGTIME EDUCATOR TO SERVE AS PRESIDENT OF CITRUS COLLEGE GOVERNING BOARD**

Glendora, Calif. (Jan. 23, 2024) - Anthony Contreras, Ed.D., a local school administrator and lifelong resident of Azusa, was installed as the new president of the Citrus Community College District Board of Trustees during the board's annual organization meeting in December 2023.

Appointed to the board in 2020 and elected in 2022, Dr. Contreras represents trustee area 1, which includes Azusa and portions of Duarte. In addition to his role on the Citrus College governing board, Dr. Contreras is serving as the principal of the Azusa Adult Education Center in Azusa. His 34-year career with the Azusa Unified School District also includes time spent as an elementary school assistant and a middle school mathematics teacher, as well as holding additional administrative positions.

"As a graduate of Citrus College and an engaged member of this community, I am honored that my colleagues have selected me to serve as president of the board for this upcoming year," Dr. Contreras said. "It is inspiring and invigorating to help students fulfill their dreams, and I am eager to continue this great work alongside my fellow trustees. Together, we will do all we can to assist Citrus College students in reaching their academic and professional goals."

Citrus Community College District Board of Trustee members also installed during the meeting were Cheryl Alexander as vice president and Mary Ann Lutz as clerk/secretary. Patricia A. Rasmussen, Ed.D., and Laura J. Bolinger will continue to serve as board members, while Sabrina Soriano will remain in her position as student trustee.

"The campus community is fortunate to be led by a body of dedicated and accomplished professionals who represent the communities we serve and understand the challenges and opportunities that exist in higher education," said Dr. Greg Schulz, superintendent/president of Citrus College. "Their collaborative leadership and guidance, combined with the hard work



of our faculty and staff, will continue to enable Citrus College to offer innovative academic programs and student services that prepare the students in our community for the future."

**ABOUT CITRUS COLLEGE**

Proudly serving the San Gabriel Valley since 1915, Citrus College educates approximately 20,000 students annually. The college offers associate degrees, associate degrees for transfer (ADTs), career/technical certificates and skill awards in more than 125 programs of study; prepares students for transfer to four-year colleges and universities; and provides workforce training. Located approximately 25 miles east of Los Angeles in Glendora, California, Citrus College is the oldest community college in Los Angeles County and fifth oldest in California. Recognized as a top community college for Hispanic students for more than a decade, Citrus College has also received numerous accolades for its commitment to the arts, student veterans, study abroad opportunities and sustainability. Its 104-acre campus serves nearly 200,000 people in Azusa, Claremont, Duarte, Glendora and Monrovia. In partnership with neighboring K-12 school districts, Citrus College's Early College program provides students from nine local high schools the opportunity to enroll in college-level courses taught on their respective campuses. For more information, visit [www.citruscollege.edu](http://www.citruscollege.edu) and follow the college on Facebook, Twitter and Instagram.

**SCHOOL DIRECTORY**

- Alverno Heights Academy**  
200 N. Michillinda Sierra Madre, Ca. 91024  
(626) 355-3463  
Head of School: Joanne Harabedian  
E-mail address: [jharabedian@alvernoheights.org](mailto:jharabedian@alvernoheights.org)
- Arcadia Christian School**  
1900 S. Santa Anita Avenue Arcadia, CA 91006  
Preschool - TK - 8th Grade  
626-574-8229/626-574-0805  
Email: [inquiry@acsliions.com](mailto:inquiry@acsliions.com)  
Principal: Cindy Harmon  
website: [www.acsliions.com](http://www.acsliions.com)
- Arcadia High School**  
180 Campus Drive Arcadia, CA 91007  
Phone: (626) 821-8370, Principal: Brent Forsee  
[bforsee@ausd.net](mailto:bforsee@ausd.net)
- Arroyo Pacific Academy**  
41 W. Santa Clara St. Arcadia, Ca,  
(626) 294-0661 Principal: Phil Clarke  
E-mail address: [pclarke@arroyopacific.org](mailto:pclarke@arroyopacific.org)
- Assumption of the Blessed Virgin Mary School**  
Ms. Rose Navarro, Principal  
2660 East Orange Grove Blvd.  
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626-793-2089  
<https://school.abvmpasadena.org/>
- Barnhart School**  
240 W. Colorado Blvd Arcadia, Ca. 91007  
(626) 446-5588  
Head of School: Tonya Beilstein  
Kindergarten - 8th grade  
website: [www.barnhartschool.org](http://www.barnhartschool.org)
- Bethany Christian School**  
93 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-3527  
Preschool-TK-8th Grade  
Principal: Jonathon Hawes  
website: [www.bcsliions.org](http://www.bcsliions.org)
- Clairbourn School**  
8400 Huntington Drive  
San Gabriel, CA 91775  
Phone: 626-286-3108 ext. 172  
FAX: 626-286-1528  
E-mail: [jhawes@clairbourn.org](mailto:jhawes@clairbourn.org)
- Foothill Oaks Academy**  
822 E. Bradbourne Ave., Duarte, CA 91010  
(626) 301-9809  
Principal: Nancy Lopez  
[www.foothilloaksacademy.org](http://www.foothilloaksacademy.org)  
[office@foothilloaksacademy.org](mailto:office@foothilloaksacademy.org)
- Frostig School**  
971 N. Altadena Drive Pasadena, CA 91107  
(626) 791-1255  
Head of School: Jenny Janetzke  
Email: [jenny@frostig.org](mailto:jenny@frostig.org)
- The Gooden School**  
192 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-2410  
Head of School, Jo-Anne Woolner  
website: [www.goodenschool.org](http://www.goodenschool.org)
- High Point Academy**  
1720 Kinneloa Canyon Road  
Pasadena, Ca. 91107  
Head of School: Gary Stern 626-798-8989  
website: [www.highpointacademy.org](http://www.highpointacademy.org)
- La Salle College Preparatory**  
3880 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 351-8951 website: [www.lasallehs.org](http://www.lasallehs.org)  
Interim Principal Ernest Siy
- Monrovia High School**  
325 East Huntington Drive, Monrovia, CA 91016  
(626) 471-2800 Principal Darwin Jackson  
Email: [schools@monrovia.k12.ca.us](mailto:schools@monrovia.k12.ca.us)
- Odyssey Charter School**  
725 W. Altadena Dr. Altadena, Ca. 91001  
(626) 229-0993 Head of School: Lauren O'Neill  
website: [www.odysseycharterschool.org](http://www.odysseycharterschool.org)
- Pasadena High School**  
2925 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 396-5880 Principal: Mathew Kodama  
website: <http://phs.pusd.us>
- St. Rita Catholic School**  
322 N. Baldwin Ave. Sierra Madre, Ca. 91024  
Principal: Adela Solis (626) 355-6114  
[solis@st-ritaschool.org](mailto:solis@st-ritaschool.org)  
Website: [www.st-ritaschool.org](http://www.st-ritaschool.org)
- Sierra Madre Elementary School**  
141 W. Highland Ave, Sierra Madre, Ca. 91024  
(626) 355-1428  
Principal: Dr. Jodi Marchesso  
E-mail address: [marchesso.jodi@pusd.us](mailto:marchesso.jodi@pusd.us)
- Sierra Madre Middle School**  
160 N. Canon Sierra Madre, Ca. 91024  
(626) 836-2947 Principal: Garrett Newsom  
E-mail address: [newsom.garrett@pusd.us](mailto:newsom.garrett@pusd.us)
- Walden School**  
74 S San Gabriel Blvd  
Pasadena, CA 91107 (626) 792-6166  
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- Weizmann Day School**  
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(626) 797-0204  
Lisa Feldman: Head of School
- Wilson Middle School**  
300 S. Madre St. Pasadena, Ca. 91107  
(626) 449-7390 Principal: Ruth Esseln  
E-mail address: [resseln@pusd.us](mailto:resseln@pusd.us)
- Pasadena Unified School District**  
351 S. Hudson Ave., Pasadena, Ca. 91109  
(626) 396-3600 Website: [www.pusd@pusd.us](http://www.pusd@pusd.us)
- Arcadia Unified School District**  
234 Campus Dr., Arcadia, Ca. 91007  
(626) 821-8300 Website: [www.ausd.net](http://www.ausd.net)
- Monrovia Unified School District**  
325 E. Huntington Dr., Monrovia, Ca. 91016  
(626) 471-2000  
Website: [www.monroviashools.net](http://www.monroviashools.net)
- Duarte Unified School District**  
1620 Huntington Dr., Duarte, Ca. 91010  
(626) 599-5000  
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We're making lanterns to hang... ...and trying some Chinese dishes too.

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Kids: color stuff in!

# 2024 The Year of the Dragon Chinese New Year Celebration

The Chinese New Year celebration starts this year on Saturday, February 10th and will last 15 days, ending with the Lantern Festival on Saturday, February 24th. The Chinese Calendar has a 12-year cycle with each year represented by an animal. This year is the Year of the Dragon, the most powerful animal. It is said that the people born in each animal's year have some of the characteristics of that animal.

The New Year is a time of family. In many large cities there are lots of fun family events: dinners, parades, concerts, races, zoo visits and fireworks. Vendors sell flowers, fruits, candies and pastries. The U.S. Postal Service has even had a stamp with the design of a dragon on it to celebrate this holiday. Everyone can join in the fun!

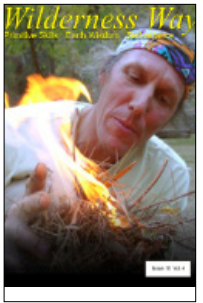
**Read the clues to fill in the puzzle about the Chinese New Year:**

- This year, 2024, is the Year of the \_\_\_\_\_.
- It is to be full of \_\_\_\_\_ - following the quiet Year of the Rabbit.
- The dragon is one of the best known symbols in \_\_\_\_\_.
- It is mostly a symbol of good \_\_\_\_\_.
- The dragon is said to come from the sky - a heavenly, \_\_\_\_\_ creature.
- Dragons are wise and said to visit the Emperor to \_\_\_\_\_ him.
- Chinese dragons have long \_\_\_\_\_, short legs, five toes, sharp teeth and claws.
- Some are pictured with \_\_\_\_\_ and some are not, but they all can fly.
- A dragon dance is part of the \_\_\_\_\_ Festival held on the last day of celebration.
- A team of \_\_\_\_\_ makes up the dragon and controls the head and body.
- The \_\_\_\_\_ the dragon the more luck it will bring.
- \_\_\_\_\_ born in the dragon's year are said to be smart, leaders and risk takers.

Later, during the year, many areas have a Dragon Boat Festival. The boats are long, brightly painted, and shaped like dragons. The crews paddle to a drumbeat to win the race. See if there's a race near you!

**Crossword Puzzle:**

- Dragon
- China
- powerful
- wings
- luck
- excitement
- guide
- dancers
- longer
- People
- bodies
- Lantern



**POETRY AT 4 A.M.**

[This is an excerpt from Nyerges' "Watermelon Dreams" book, available from Amazon. Information about Nyerges' classes and writings available at [www.SchoolofSelf-Reliance.com](http://www.SchoolofSelf-Reliance.com)]

Around age 11, following in the footsteps of all of my older brothers, I began delivering newspapers for the Pasa-dena Star News. By the time I was in 8th grade, I took a job assisting a manager of a local newspaper route. His job was to deliver a bundle of papers to various boys throughout the Pasadena area, and then make sure those boys got up before school, folded the papers, and delivered them to each house on their bicycles. I had to awaken at 4 a.m., usually 6 days a week, and sometimes 7. I folded and tied hundreds of papers every morning for the men who delivered papers by car, and then I had to get home in time to get to school.

After tying papers and getting them to the men's cars, and the early fury of activity, there was sometimes nothing to do but wait for my boss to come back from the field and get me home or to school.

It was in these early morning quiet times, while most of the world was sleeping, that I began to think about the meaning of life, and the motivations that move people to do what they do life-long. Sitting at a table where there was lots of paper, and plenty of pens, I began to write poetry.

Poetry seemed a lot better than regular prose because it was artistic, and was open to many interpretations. Since I was exploring so many ideas in my mind, though I tried to make the poetry rhyme, it didn't always.

I had a lot on my mind when I had the time to think. I sought spiritual insight, and meaning to a world that seemed mostly meaningless, and haphazard. Poetry was not about writing flowing words on paper. Poetry was the end result of finding expression of the ideas that were deep in my psyche, as well as my fears, and ideals, and projections into the future. And to be honest, this was a very difficult time in my life. Getting up very early eve-ry day actually meant that I sometimes slept only four hours, and was tired a lot. The poetry flowed from me not as beautiful flowers from the garden, but more like the blood flowing from a tortured man. It was my attempt to find meaning, and to capture value, in the only way I knew during a time of personal insecurity and inner instabil-ity. I realized, looking back, that I had grown internally very isolated, and often depressed.

In time, I had a collection of 40 or more of these poems that I really liked, and that I felt were meaningful. Some were very short and others were long. Some I discarded when I felt that it did not capture any meaningful idea.

I mostly wrote for myself, for my own pleasure of seeking and finding a rhythm to words, a music to words that also had meaning. It was work but I enjoyed the process and the result. I was too shy to do public readings.

But on a few rare occasions, someone knew that I did these obscure writings, and asked to see some, or have me read them. On one such rare occasion, George and his cousin Nancy were in my attic bedroom. We were all talk-ing about all the things that teens talk about. We knew the solutions to all the world's problems though we seemed emotional messes most of the time. George knew about my poetry, and asked me to read some. I don't know if he really wanted to hear it, but he was at least enthusiastic. It's possible he only wanted Nancy to hear the poetry. Nancy and I liked one another, but were too shy to actually talk to one another, and perhaps George was trying to break the ice.

I remember reading one short piece, and then trying to explain what it meant in the context of when I wrote it. To my surprise and amazement, they expressed great interest and seemed to delight in these short poetic stories that seemed to convey some sort of alternate or narrow reality. I began to notice that Nancy seemed ever more visi-bly excited at the stories, and this was expressed as an excitement towards me. I had heard of the power of words, and now I was seeing the words take on a power of their own. If the result was that a girl that I liked then liked me even more, well, that was OK with me! I did not really care if she liked the poetry or me, since the net result was the same.

Eventually, it was late, and George and Nancy departed for the night.

In the days that followed, George said to me, "Nancy really digs you." That really made me feel good, and made me happy, uplifted. Someone likes me, and I like her. Yet, she was only in town periodically, and I still didn't know how to talk to girls, and I was still just 14 or so. I recall writing her a letter to her home in Fresno. And Fresno might as well have been Mars, but I still thought about Nancy a lot, even though our paths in life rarely crossed.

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**Katnip News!**

GRINGO is GREAT!



Gringo, age 6, is just about purr-fect: he sports a gorgeous flame point fur coat, exotic green eyes, and is cuddly and friendly with everyone—even other cats. Besides that, he's healthy and totally vetted and microchipped.

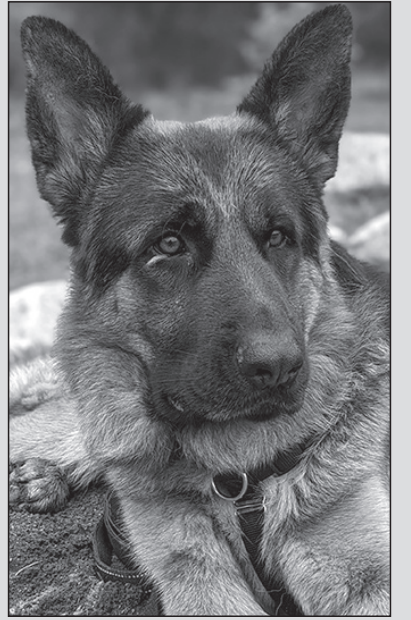


He would do best with someone who works from home to give him lots of cuddles and attention. A couple or single person would be ideal. A friendly resident cat would be nice, too. He's been waiting soooo long for someone to adopt him—such a good boy.

See more pictures and cute video of Gringo at [www.lifelineforpets.org/gringo.html](http://www.lifelineforpets.org/gringo.html) or use the QR code.

**Pet of the Week**

Captain is a regal German Shepherd who is as nice as he is handsome! Captain is about 4 years old, and ready to be someone's best buddy!



Captain has been out on a number of field trips and he's become a favorite of the Pasadena Humane Volunteers. He is very friendly around all the people he's met, even a curious toddler - he's been an ideal ambassador!

He walks right by your side and is completely relaxed while you take a leisurely walk in the neighborhood. When you stop for a break, he sits right by your side and takes it all in.

Captain appears to have done some training and responds very well to training cues. He's one smart cookie! Captain is ready to go home with you- he's available for a 10-day adoption trial as well to make sure he's a good fit for your home!

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

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

View photos of adoptable pets and schedule an adoption appointment at [pasadenahumane.org](http://pasadenahumane.org). Adoptions are by appointment only, and new adoption appointments are available every Sunday and Wednesday at 10:00 a.m. Limited same-day appointments are available during weekend Visiting Hours. Check website for times.



**WILDLIFE REPORTING**

**CALL 911 IF: -**

- THERE IS HUMAN/WILDLIFE CONTACT
- IF A BEAR, MOUNTAIN LION, OR COYOTE ARE IN A STRUCTURE -
- ANY TIME ONE FEELS ENDANGERED

**CALL 626-355-1414 (SMPD NON-EMERGENCY LINE) IF:**

- BEAR, MOUNTAIN LION, OR COYOTE WAS IN STRUCTURE (ANIMAL IS NO LONGER PRESENT)
- WILDLIFE IS PERSISTENTLY ON PROPERTY
- REPORT ILLEGAL FEEDING OF WILDLIFE

[Wildlife.ca.gov](http://Wildlife.ca.gov) - REPORT ALL INCIDENTS TO CALIFORNIA DEPARTMENT OF FISH & WILDLIFE FOR DATA COLLECTION

[Wildlife@cityofsierramadre.com](mailto:Wildlife@cityofsierramadre.com) - REPORT ALL INCIDENTS TO CITY OF SIERRA MADRE FOR DATA COLLECTION

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**KEEPING OLDER DRIVERS SAFE ON THE ROAD**

Dear Savvy Senior:

What safety tips can you recommend for older drivers? My 86-year-old mother, who still drives herself, had a fender bender last month and I worry about her safety. Back Seat Daughter

and



Dear Back Seat:

With more and more older Americans driving well into their 70s, 80s and beyond, there are a variety of things your mom can do to help maintain and even improve her driving skills. Here are some recommendations by driving rehabilitation specialists that work with older drivers.

behind the wheel longer. Some simple adjustments include not driving after dark or during rush hour traffic, avoiding major highways or other busy roads, and not driving in poor weather conditions.

Get an eye exam: Because about 90 percent of the information necessary to drive is received through our eyes, this is a good first step in ensuring your mom's driving safety. So, get your mom's eyes checked every year to be sure her vision and eyewear is up to par.

Evaluate her driving: To stay on top of your mom's driving abilities you should take a ride with her from time-to-time watching for problem areas. For example: Does she drive at inappropriate speeds, tailgate or drift between lanes? Does she have difficulty seeing, backing up or changing lanes? Does she react slowly, get confused easily or make poor driving decisions?

Get a physical or wellness exam: As people age, it's also very important to monitor changes in overall health as it relates to driving. Medical conditions like arthritis, dementia, diabetes, Parkinson's disease, sleep apnea and stroke can all affect driving.

For more evaluation tips, AAA offers a senior driver self-rating assessment exercise (Drivers 65 Plus) that you or she can access at [Exchange.AAA.com/safety/senior-driver-safety-mobility](http://Exchange.AAA.com/safety/senior-driver-safety-mobility).

In addition, many seniors also take multiple medications or combinations of medications that can make them drowsy or lightheaded, which can impair judgment or affect reflexes or alertness necessary for safe driving. So, an annual physical or wellness examination and medication review is also a smart way to verify your mom's driving safety.

If your mom needs a more thorough evaluation, you can turn to a driver rehabilitation specialist who's trained to evaluate older drivers and offer suggestions and adaptations to help keep her safe. But be aware that this type of assessment can run anywhere between \$100 and \$500 or more. To locate a professional in your area, visit [ADED.net](http://ADED.net) or [AOTA.org](http://AOTA.org) - search "driving practitioner directory."

Take a refresher course: AARP and the American Automobile Association (AAA) both have older driver improvement courses that can help your mom brush up her driving skills and understand how to adjust for slower reflexes, weaker vision and other age-related physical changes that can affect driving. Taking a class may also earn her a discount on her auto insurance. To locate a class, contact your local AAA ([AAA.com](http://AAA.com)) or AARP ([AARPdriversafety.org](http://AARPdriversafety.org), 888-227-7669). Most courses cost around \$20 to \$30 and can be taken online.

When it gets to the point that your mom's driving isn't safe anymore and she needs to quit, you may need to help her create a list of names and phone numbers of family, friends and local transportation services that she can call on for a ride.

Make some adjustments: Adjusting when and where your mom drives are another way to help keep her safe

To find out what transportation services are available in your mom's area contact the Eldercare Locator (800-677-1116), which will direct you to her area agency on aging for assistance.

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

**FITNESS FOR LIFE**

**SWIMMING VS. WATER AEROBICS**

Swimming and water aerobics are both excellent forms of exercise that offer unique advantages. Knowing how they differ and compare can help you choose the one best for you.



Michele Silence, M.A. is a 37-year certified fitness professional who offers semi-private/virtual fitness classes. Contact Michele at [michele@kid-fit.com](mailto:michele@kid-fit.com). Visit her Facebook page at: [michelesfitness](https://www.facebook.com/michelesfitness) Visit her Facebook page at: [michelesfitness](https://www.facebook.com/michelesfitness).

Swimming and water aerobics have a lot in common because they obviously both take place in the water. They use the resistance of the water to help your muscles work, get stronger, and make your body more toned. Since water makes you float, these exercises are easy on your joints, which is great for those who have joint issues. Exercising in water also helps keep your body temperature in check, so you won't get too hot during your workout (actually the sweat mechanism is diminished when exercising in water so be sure the water temperature isn't too hot or you could overheat). Both trainings boost your heart rate, giving your heart a good workout, and they can be adjusted to suit different fitness levels, so everyone can join in. In both activities, you do various movements that work different muscles, providing a full-body workout.

Swimming stands out as a solitary yet highly versatile exercise that involves propelling oneself through the water using different strokes like freestyle, breaststroke, and backstroke. It is a full-body workout that places a strong emphasis on skill development, cardiovascular endurance, and overall strength. Swimmers engage various muscle groups, refining techniques to move efficiently through the water. Whether leisurely swimming or engaging in competitive races, this activity promotes individual progression and mastery of different strokes. With its focus on personal achievement and endurance, swimming is an ideal choice for those seeking a dynamic and self-paced aquatic workout experience. But it is repetitive so for someone who likes the variety of numerous movements it may get boring. Finding challenging ways to learn more strokes, mix them together and vary routines will help you stay in the water for an extended period of time while keeping it fresh and motivating.

In addition, swimming will teach you lifesaving physical skills and is truly a full-body exercise. You can go at your own pace, set your own personal goals and progress at a level right for you. Swimming takes breath control and coordination which can help your respiratory function and lung capacity. It also will burn more overall calories.

In contrast, water aerobics is a group-oriented fitness activity conducted in shallower water, combining aerobic exercises with resistance movements. Unlike the solitary nature of swimming, water aerobics is designed for social interaction, typically occurring in group classes. Participants perform movements such as jumping jacks, kicks, and arm exercises to enhance cardiovascular fitness, flexibility, and muscle tone. Props are often a part of the class adding variety and challenge. Things like pool noodles, water dumbbells, kickboards, aqua gloves, resistance bands and aqua jogging belts. The group dynamic in water aerobics fosters a sense of community and mutual support, making it an appealing choice for those who enjoy exercising in a social setting. With an emphasis on varied movements and the incorporation of resistance, water aerobics provides a joint-friendly alternative that targets different aspects of physical fitness while encouraging a supportive group atmosphere.

Water aerobics is also great for someone who doesn't like to swim or may be fearful of the water. It is conducted in shallow water, typically ranging from waist to chest depth. This allows participants to maintain contact with the pool floor while still benefiting from the resistance and buoyancy of the water. It's great for all fitness levels, incorporates a variety of movements and is available all year long through Y's and other facilities with indoor pools. Great for fostering a social environment that promotes interaction, camaraderie, and mutual support among participants. For most, it's a lot of fun.

In general, performing a specific exercise in the water will provide 12-14 times the resistance the same exercise would offer on land. Muscles can be worked through a full range of motion in the water which is great for strength and endurance. Moving in the water increases circulation and reduces swelling. For those who have any kind of chronic inflammation, working out in the water can help.

There's no reason why you need to choose one over the other though, both are terrific for fitness and health. Try each one. You may even be able to find a class that includes both. One thing is for sure, exercising in the water is joint-friendly and comfortable. For anyone with joint pain it may make the difference between being able to exercise or not. You can start off easy and make it as strenuous as you like over time. You may even find some new friends along the way!

**SENIOR HAPPENINGS**



**HAPPY BIRTHDAY! ...JANUARY BIRTHDAYS\***

Maureen Daniels, Gerald Day, Mary Tassop, Judy Webb-Martin, John Johnson, Mary Bickel, Marlene Enmark, Shirley Wolf, Ross Kellogg, Ruth Wolter, Sandy Thistlewaite, Bobbi Rahmanian, Fran Syverson, Judy Zaretska and Becky Evans. \* To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required

Sierra Madre residents have the opportunity to participate in the FILE of LIFE program for FREE. This program allows residents to compile all their important medical information into a single packet, which can be quickly accessed by local paramedics in case of a medical emergency. Packets are available at the Fire Department and City Hall.

For additional information, please contact the Fire Dept. at 626-355-3611, email [fire@cityofsierramadre.com](mailto:fire@cityofsierramadre.com) or visit City Hall during regular business hours.

Monday & Wednesday 10-1045 AM

**Chair Yoga**

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

WELCOME TO

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

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

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

**HULA & POLYNESIAN DANCE**

City of Sierra Madre Senior Community Commission Presents

**Valentine's Day Social**

Wednesday, February 14, 2024 3:00pm-5:00pm

Hart park House Senior Center

Champagne and desserts will be served. Reservations are not required.

Please call the Community Services Department at 626-355-5278 for more information.

**OUT TO PASTOR**  
A Weekly Religion Column by Rev. James Snyder

**THE KEY TO LIFE IS FORGETTING THE RIGHT THINGS**

The thing that has concerned me as I have aged was about forgetting things. How could I remember everything when I was crowding my brain with all kinds

of new things?

In this regard, there is no comparison between The Gracious Mistress of the Parsonage and myself. I have a problem remembering, and her problem is forgetting. She can't for-get anything. She remembers things that I don't think ever happened. How she does that is above my pay scale.

My concern has always been that I would forget things I needed to remember and it would cause a lot of difficulty in my relationships. My biggest concern is forgetting the names of people, especially relatives. I can never figure out why some people have such weird names, hard to remember.

Thinking about this, something came to mind. When I was younger, I forgot a lot of things but all that forgetting did not keep me from growing older. In fact, I forgot some stuff on purpose just to get out of some jam. My aging had nothing to do with my for-getting.

I began to think that forgetting may result from something other than getting old. May-be forgetting is a way of dealing with some of the issues of life.

In thinking about this, I have concluded that the key to a good life is knowing what to forget and what to remember. If I can master this, I will not have any problems.

I've been trying to develop the art of forgetting in my life. If I know what to forget, my life will be better.

Number one on my list of not forgetting is The Gracious Mistress of the Parsonage. That is the hard one. I must remember all of the right things regarding her and forget all the other things.

When we started our matrimonial journey, I had no idea about this. My idea was to get along, just go along. That works with some people, but it doesn't seem to work with me.

I have to make a list of things to forget and then a list of things to remember.

The list of things to remember is pretty long, including her birthday, our anniversary, our children's birthdays and their anniversaries, and our grandchildren's birthdays. Along with that list are the names of all of those people.

If I had charge of things, which I don't, I would tattoo the names of our children, grand-children, and great-grandchildren on their foreheads along with their birthday. That sure would help me a lot.

Another thing on the list to remember was

everything she said to me. I can't tell you how many times she has asked, "Don't you remember what I said yesterday?"

Now, the problem with that question is that she said so much yesterday it is tough for me to remember anything she said yesterday.

My list of things to remember gets longer every year.

But the things to forget could be even longer. I sometimes get the two lists confused, and boy, do I get into trouble.

It boils down to this. I must always remember every time she is right. But then I also must forget every time she is wrong.

I must keep alert when we are with some friends because somewhere along the con-versation, The Gracious Mistress of the Parsonage will say, "My dear, do you remem-ber...?" When that happens, I know that my sanity is on the line.

Or, another question would be, "My dear, remember our vacation last year?" Some-times, I do have a little bit of a memory, but not often. With a great smile, I will respond by saying, "Oh yes I do. It was the best planned vacation we ever had."

I'm all right for the rest of the evening if I can get away with that. Because she really doesn't want me to tell about the vacation just to go along with her idea of that vaca-tion. If I could remember something about our vacation last year, it would be an unusual episode of whose clock is ticking.

The biggest challenge I have is to forget every time she is wrong. I don't know what it is about me, but these things I can never forget. She's not wrong often, but when she is, I take great delight in that. I can't reveal my delight to her in any fashion, but it's there.

Maybe I cannot forget them, but I am developing the discipline not to bring them up in any conversation. Sometimes, I want to bring one up just to take advantage of a situa-tion, but thinking of that, I really do love living.

Knowing what to forget and what to remember has been an important key in my life. The big problem here is that I have a hard time choosing what to remember and what to forget.

I couldn't help but think of what the Apostle Paul said in Philippians 3:13-15, "Brethren, I count not myself to have apprehended; but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus."

Forgetting the right things makes room for me to remember the right things. If I'm going to press forward in my life I must forget some things in the past.

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 Garlett, Keely Totten, Dan Golden, Rebecca Wright, Hail Hamilton, Joan Schmidt, LaQuetta ShambleE

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

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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: mtnviewsnews@aol.com



Mountain Views News Mission Statement

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

STUART TOLCHIN PUT THE LIGHTS ON WORDS



This article is quite a bit different from any previous article I have written. First of all it is being written a day earlier than usual as I have surgery scheduled tomorrow. The surgical procedures are an endoscopy and a colonoscopy and it is ordered that I have only clear liquids today.

I underwent my first colonoscopy probably 15 years ago and didn't think very much about it. A few days later I got a call on my cell while I was driving from the Chatsworth Court to the San Fernando Court. Often I don't take calls while I'm driving but I took this call which was from Kaiser Permanente. A voice said I had to go to Kaiser Hospital right away to which I condescendingly explained that I was an attorney with scheduled appearances that day. I finally asked why it was so important that I come in right now. There was some hesitation and the voice said: "You have to come in right now because you have cancer." I debated whether to call my wife but didn't want to scare her and just headed for the hospital in Baldwin Park which was off of the 10 Freeway. I felt very calm until I noticed that I was on the 91 Freeway and was near Long Beach way too far south.

Eventually I turned around and reached the hospital and frankly I forgot many of the details but I had surgery a few days later during which time a part of my colon was cut off and then the colon was reattached. All that I remember is that some medical person told me that I was very fortunate in that I would not have to wear a colonoscopy bag. I remember when I awoke from the sedation that my wife and son were not there.

I learned that they had been waiting for quite a long time and just took a break to get some coffee. This I remember clearly in a way that I have forgotten everything else. I guess because this memory is less scary. After the cancer operation I had to have a colonoscopy every five years and explained to the doctors that I wanted the procedure done without the sedation. My reasoning was that I did not want to wake up from sedation and find myself alone. So all the following colonoscopies I have undergone have been done without sedation. Certainly there is some pain but not nearly as much as gout or kidney stones which really hurt.

What I really remember is feeling like a hero because I did not allow myself to be sedated. I know now that my fear of abandonment is much more intense than the discomfort I felt from the surgery. Perhaps bravery is just a fear of cowardice, something to think about.

Anyway, let's get to the present. A previous colonoscopy together with an endoscopy were performed last December and they found 7 polyps which now may have to be removed tomorrow. I don't mean to bore you with all this medical information which you probably would be happy to ignore. Also involved tomorrow is another colonoscopy because last time I hadn't prepared properly. I thought I did everything I was supposed to last time but you can be sure I am following the instructions to the letter this time.

Okay, that's enough talking about tomorrow. What I want to talk about is my actual experience of last night and this morning. I've been worried. My son is having dental problems, my car is on its last legs (or wheel I suppose). The climate crisis is ongoing, and the re-election of Donald Trump seems like more than a possibility. Last night, like many nights, I could not sleep worrying about tomorrow. I guess I occupied myself by doing the New York Times Word games. At some point I allowed myself to be distracted by focusing on the inadequacy of words - you know, words like anxiety and fear and frustration and disappointment.

If I manage to get this article out and see it published in the paper on Saturday I know that seeing those words, these words, my words, will allow me to feel I have faced my fear and have attempted to share something important. That is a "noble" attempt, whatever that means and I feel pretty good about it. Maybe next week will not be quite so frightening.

DAN TYREE SHOULD STUDENTS BE BRIBED INTO ATTENDING CLASSES?



Are truancy officers about to get help in fighting absenteeism?

According to the New York Post, the Ohio legislature is considering a bipartisan pilot program that would make cash transfers to select kindergarten and ninth-grade students if they show up a whopping 90 percent of the time.

(One of my friends remarked that the \$1.5 million project is called a pilot program because it makes as much sense as a beagle flying a WW I Sopwith Camel. But I digress.)

Schools have exhausted other methods of motivating students (year-round dunking machines showed promise, but principals balked when hydrochloric acid kept mysteriously disappearing from the chemistry lab), so the payment experiment is part of throwing things against the wall and seeing what sticks.

("No, Bobby, we're not going to pay you not to throw things against the wall.")

I admire the good intentions of the legislators (and like-minded lawmakers in other states), but there are limitless ways for this to implode.

For starters, you realize, of course, that getting a reluctant student to darken the doorway of home room is just the first tentative step of having them participate, learn and truly earn a diploma.

Some cagey young entrepreneur will inevitably game the system with budget-busting add-ons. ("Now that I'm here, teacher, perhaps you would like to see our price list. I recommend our savory 'walk single file/show your work' combo platter.")

These same entrepreneurs may draw inspiration from the existence of substitute teachers and delegate some responsibilities. ("No, you haven't seen me before. I'm a substitute Caitlyn. We do a 70-30 split while she's playing hooky.")

Granted, pay-for-attendance may curtail some social justice controversies. ("Who cares what

my pronoun is? Here's my Cayman Islands routing number. That's all I care about.")

And at least disenchanted students will no longer have the old "When will I ever use the stuff they teach in school in real life?" lament. ("Can't wait until I'm a surgeon and start negotiating about hanging around AFTER I open up the thoracic cavity! KA-CHING!")

A sizable percentage of potential dropouts will inevitably decide that the payments are either irresistible or insultingly low. For the former, that could mean dragging themselves to school even when their medical condition makes it unwise. ("I was determined to deliver my big essay today, no matter what. Where is it, you ask? My plague-infested pet rat ate it.")

As for students who become immune to the initial financial rewards, states and school districts may have to take drastic steps, involving property tax, pension funds and other resources. ("The wheels on the bus go 'round and 'round - even without fancy-schmancy new tires.")

And let's be realistic. Boredom, laziness and social awkwardness are not the only reasons students avoid school. Some come from a bad home environment and would not necessarily retain control of their attendance bonus. ("Mrs. Johnson, could the school board possibly swing letting me earn attendance points on weekends, too? Dad's teen-age girlfriend really needs that boob job.")

I wish school systems well going forward, but there will be animosity from generations of scholars who maintained near-perfect attendance with no reward other than a passing remark in the graduation line.

("Okay, the young punks get half the money after displaying good attendance - and the other half after they walk five miles to and from school in snow, uphill both ways.")

Danny Tyree welcomes email responses at tyreetyrades@aol.com and visits to his Facebook fan page "Tyree's Tyrades."

RICH JOHNSON NOW THAT'S RICH LOVE....AND OH YEAH, MARRIAGE



First, congratulations again to Ms. Susan Henderson for catapulting the Mountain Views News to Business of the year...despite permitting me to write for the paper.

Well, friends, we are almost in the month of amour...love. Yes, February is just days away.

I don't know your personal experience with love and marriage. I suspect it's similar to mine. And I barely know mine. Mine is described as a mélange, a mixture of yin and yang at best.

Comedian Alan King pondering about romance once said, "If you want to read about love and marriage, you've got to buy two books".

While we're at it, Mr. King also said: "Marriage is nature's way of keeping us from fighting with strangers."

Someone might have said this about me: "My marriage is childish, except for my husband." Cindy Garner

Before I share more insightful quotes on love and marriage I submit this profound bit of truth tendered by some-one named "Unknown".

"If it weren't for marriage, men would spend their lives thinking they had no faults at all."

"Marriage is not a word, but a sentence." Unknown

Lady Astor chimed in, "I married beneath me. All women do."

"Love is an agreement on the part of two people to overestimate each other." E. M. Cioran

Dr. Joyce Brothers: "No matter how lovesick a woman is, she shouldn't take the first pill who comes along."

"My wife and I took out insurance policies on each other. So now it's just a waiting game." Bill Dwyer

Even the Bard of Avon chimed in: "Many a good hanging prevents a bad marriage." William Shakespeare

A comedian (Louis Johnson...no relation) pondered over those in bad marriages. He said: "I watch the videotape of my wedding backwards for the happy ending where I'm backing out of the Church."

Katharine Hepburn tendered a profound suggestion: "Perhaps men and women should live next door to each other and just visit now and then." (Kate married once, very briefly to Ludlow Ogden Smith. The love of her life was, of course, Spencer Tracy.)

Comedienne Rita Rudner admitted: "When I finally met Mr. Right, I didn't know his first name was 'Always'."

I'll begin to wind this to column down starting with a quote from that brilliant mind we know as "unknown". "If a man speaks and there is no woman to hear him, is he still wrong?" (Yes is the answer 9 times out of 8)

I am humbled by the discovery of a phenomenal thinker/writer...Jacob Braude.

S stopped in my tracks stumbling on a quote from Mr. Braude on relationships: Here it is:

"Most of these love triangles are wrecktangles."

I'll end with a few more choice quotes from my new hero:

"Bigamy is two rites that make a wrong."

"There is no way to catch a snake that is as safe as not catching him."

"You know you're getting older when you don't care where your wife goes, just so you don't have to go along."

"Thanksgiving, to be truly Thanksgiving, is first thanks, then giving."

"A vacation should be just long enough that your boss misses you, and not long enough for him to discover how well he can get along without you."

"Only uncomfortable chairs become antiques - the comfortable ones are worn out by hard use." (There is a mar-riage application in there somewhere)

And the piece de resistance: "If a thing goes without saying...let it." (I've never learned this one lol)

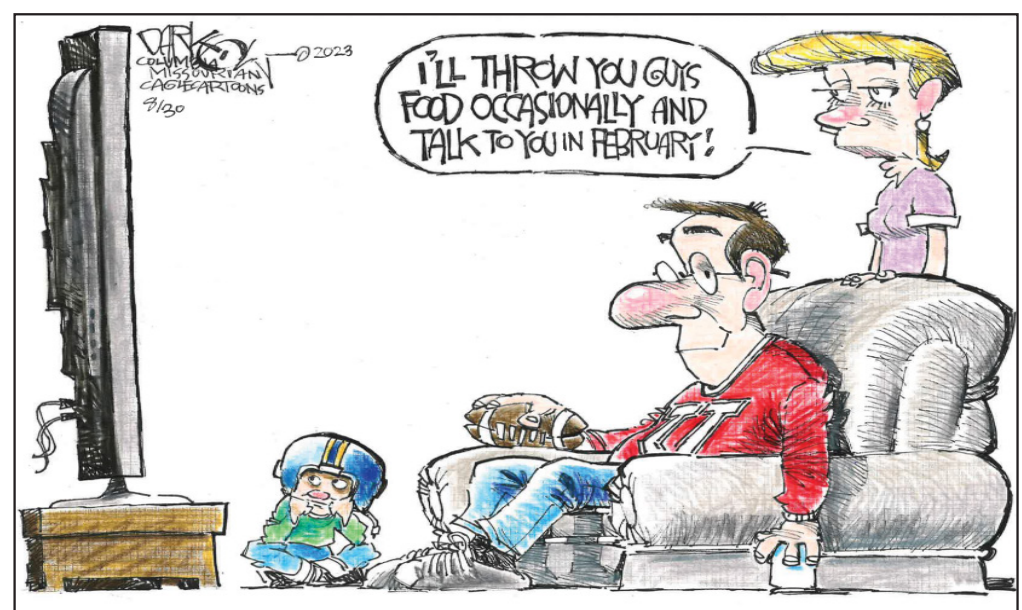
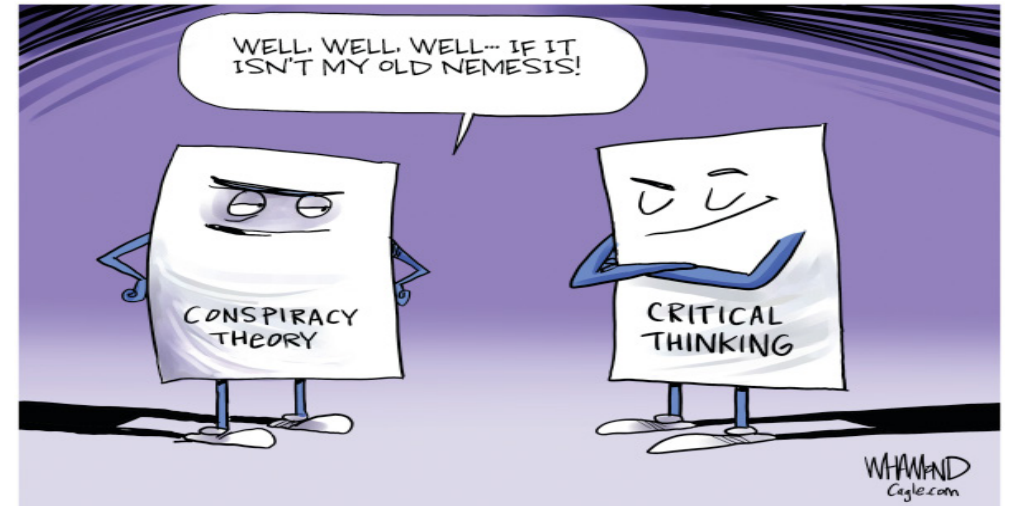
JJ Jukebox is performing our February dinner concert at Nano Café here in Sierra Madre. Saturday, February 10th, 6:30 - 9:30. Fun rock and roll from the 50's, 60's, 70's and 80's. Everly Brothers to Steppenwolf to the Doobie Brothers to Queen and just maybe a couple of new 80's rock tunes.

Reservations: Call (626) 325-3334 Wednesdays-Saturdays after 3:00pm) Come for dinner, drinks dancing and Tom Foolery! Rich

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## CONSEQUENCES -- RETIREMENTS

(Or, should this be titled: "I don't want to do this anymore. It's time!") College football has been changing so much and so fast now, that it is altering the tradition of the long-lived school/coach connections we have so loved in the past. Bear Bryant, Bo Schembechler, Ara Parseghian, John McKay—Nick Saban

Coaching has become much more complicated than it used to be. The slogans used to be: "Win and graduate student athletes." "No individual is more important than the program." "All students are entitled to the same advantages and rewards." Those were hard enough. The tee shirts I created one year for my team was: [There is no "I" in TEAM!] Those were the ideas we were supposed to live by.

Now, those ideas are reversed. Now, the extra benefits are standard. Let's look at the "portal" and the NIL. "I'll outbid you for your player." (at any position) Everybody wants to be special. The Super rich schools steal from the rich. The Rich steal from the Mid group. The mid group steals from the smaller or traditional program. Everyone is looking for a better deal. Players, parents, coaches, schools, alumni? (Conference, League, University)

You really can't blame a student athlete who has a full scholarship and a few extra bucks who is offered an additional \$250,000 to transfer to another school with those dollars where he will get to play on a bigger stage. The idea is, get to the "big time" through the portal and with an NIL. Thinking (or being told) they will be more noticed at a bigger school, a more known conference. If you really look at the NFL rosters, and check the schools where some of those players are from, you will realize that if you are good enough, those teams will find you. The "portal" and NIL are just more complications toward that goal. With players transferring in and out and on and off of a team, coaches now often have no firm idea what their team will be.

You ask the question, "Is it all worth it?" Ask Nick Saban, who doesn't have to prove anything to anybody. He has coached and taught many players and coaches into greatness. Ask, is it not fun any more? Is it time to say goodbye to the game as a coach? I think he just got tired of being asked, "Is this your last year?" "How many more years?" asked by everyone: media, parents, players, University of Alabama, other coaches. With the portal, Saban is not faced with the dilemma of other coaches, because kids are usually transferring toward Alabama, not leaving it. But for other coaches, each season/ each team has the possibility of being a different team with different guys at positions. Pretty tough for planning.

Coaching change anywhere is a big deal. Alabama had to be getting ready for Saban's departure. They had to be ready for the day when coach said, enough is enough. Two days or so after his retirement, a new coach was named. They were ready for the moment. Didn't have to get a search committee. Alabama knew what their choices were. "We must get the best and get it quick!" And even at power-house Alabama, with a new coach, new staff, new everything, Confusion. Who is in and who is out. Coaches, secretaries, trainers, conditioning, academics, medical staff, equipment, office furniture. Everyone has a new boss in the football department! Will I stay or will I go?

At Washington, their people are saying the same thing. Am I in or out. Will coach Kalen DeBoer take me with him to Alabama or will coach Jedd Fisch keep me on at Washington? Who knows. How many families are faced with these changes? We have coaching changes in lots of sports. Every year. But the changes in the college game, the "portal" the NIL, have made it a difficult situation for most in college football. With coaching changes at just these two schools, there are over 20 players from each school who've entered that portal, waiting to see what happens.

An athletic scholarship used to mean so much to family and athletes. "A full ride!" Today, for some, it's not enough, I think it will take time to get in and straighten this out. Just like the PAC 12 demise, who's to blame? Same people. Follow me at coachhyde and Harveyhyde.com

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## Here's What's Going On Around Town in February!



Brought to you by Sue Cook

**February 3**  
**Old Pasadena Walking Tour South**  
Explore the rich history of Old Pasadena.  
10 am – 11am

**February 4**  
**Lunar New Year at One Colorado**  
Celebrate the Year of the Dragon - live music and performances. 1pm – 4pm

**February 10**  
**Lunar New Year @ PAM**  
JUSC Pacific Asia Museum celebrates the Year of the Dragon - performances, crafts, and food trucks. 11am – 5 pm

**February 10**  
**Haiku Walk and Workshop at Descanso Gardens**  
Led by haiku poet Debbie Kolodji, workshop and a walk in the Camellia Garden. 10:30 am – 12 pm

**February 10**  
**Dragon Egg Workshop at the Arboretum**  
Create fantastic dragon eggs! 1 pm – 2:30 pm

**February 10**  
**Mardi Gras at Santa Anita Park**  
Enjoy the music of a live blues band, Louisiana-style food, and live racing.

**February 11**  
**Love Language Wreath Workshop at the Arboretum**  
Craft a wreath with a secret message using symbolic flowers. 4 pm – 5:30 pm

**February 17**  
**Black History Parade and Festival**  
The parade begins at 10 am at Fair Oaks and Mountain View and ends at Robinson Park with a festival featuring bands, dance, food and more.

**February 17**  
**Pasadena Symphony and Pops at Ambassador Auditorium**  
Enjoy romantic works by Tchaikovsky, Sibelius, and contemporary composer Jessie Montgomery. 2 pm and 8 pm

**February 25**  
**Lunar New Year Festival in Downtown Arcadia**  
Dragon and Lion Performance, culinary delights, and live music. Enter to win two Big Red Envelopes. 11am – 5:00 pm

**Ongoing Events**  
**January 21 – February 17**  
**Camellia Celebration at Descanso Gardens**  
Camellia-making craft for kids on February 2, 3, and a flower arranging demo on February 17. Show and Tour February 17 – 18.

**February 3 – March 3**  
**Grumpy Monkey, The Musical at Pasadena Playhouse**  
Jim Panzee and his friends learn the importance of processing emotions while on a hilarious adventure.

**February 10, 11**  
**Chinese New Year Festival at The Huntington**  
Lunar New Year Festival featuring lion dancers, music and more. 10 am – 5 pm

**February 11 – March 17**  
**A Noise Within's Sweeney Todd: The Demon Barber of Fleet Street**  
Classic Sondheim masterpiece features macabre madness and soaring song.

**February 17, 18**  
**Pokémon Go Tour at the Rose Bowl**  
Pokémon trainers from around the world will catch, trade and battle with their favorite Pokémon. 9 am – 5 pm

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# JOHN HARABEDIAN

FOR STATE ASSEMBLY



As our Assemblymember, JOHN HARABEDIAN will fight to:



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



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



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



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



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



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



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



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

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

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



📞 (626) 509-9425 ✉️ [hello@johnharabedian.com](mailto:hello@johnharabedian.com)  
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Paid for by John Harabedian for Assembly 2024 FPPC ID #1462230



**Luther Tsinoglou**

626.695.8650  
[luther@tsinoglou.com](mailto:luther@tsinoglou.com)  
[tsinoglou.com](http://tsinoglou.com)  
DRE #01135433

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