

# Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, FEBRUARY 3, 2024

VOLUME 18 NO. 05



the webb-martin group

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## MOUNT WILSON TRAIL RACE 2024 FREE TRAINING PROGRAM BEGINS TODAY



The 2024 Mt. Wilson Trail Race Training Program begins today, Saturday, February 3, at 7:00 am in Kersting Court and continues on Saturdays through May 18th. The MWTR Training Program is offered at no charge and no pre-registration is required. Participants

are welcome to attend any of the Saturday sessions.

Anyone over 14 years of age is welcome to join the program, become a better runner, and get stronger, even if they do not plan to run the MWTR.

Led by Coach Simon Cooper, this is a race specific 17-week training program consisting of leg and lung busting fun! There is also lots of group bonding and encouragement along the way.

For more information and the specific 17-week training program schedule, go to the Mt. Wilson Trail Race website: <https://www.mountwilsontrailrace.com/>.

This year, the Mt. Wilson Trail Race will be held Saturday, May 25, 2024, beginning at 7:30 a.m. in Kersting Court. Online registration only opens on Monday, March 4, 2024 by going to the Mt. Wilson Trail Race website and using the MWTR registration link. MWTR registration costs \$75 for adults and \$42 for youth ages 14 - 17.

Registration is open until the 350 runner limit is reached and there is no in person MWTR registration.

## FORECAST: RAIN, RAIN, AND MORE RAIN

The National Weather Service is forecasting a second storm will be hitting our region beginning this Sunday, February 4 that may last through next Wednesday, February 7.

Take time to prepare your home and ensure that you are safe. Clear rain gutters, remove any debris around your home or in drainage areas, check your emergency supplies to make sure you have sufficient batteries and that your flashlights are in working order.

Try to stay off the roads, but if you must travel, ensure that your vehicles are well-maintained and that tires are properly inflated.

Stay Informed - make sure you're signed up for emergency alerts specific to LA County

Just In Case of Flooding or Wind/Rain Damage: Have a Plan - Create a plan specific to your household and gather essential supplies. Having a disaster supply kit ready and on-hand is an important step towards being ready to take care of yourself and your loved ones

Keep Supplies - Make sure you always have food and water for up to 7-10 days for yourself and your pets. Keep supplies that are personal to your needs like medicine and prescriptions, a first aid kit, important documents, cash, flashlights, generators, portable chargers, etc.

Check with the City regarding the availability of sand bags and gravel.

Additional information is available at the LA County sites listed below.

## MARCH PRIMARY ELECTION BALLOTS ARE ON THEIR WAY!

The 2024 Primary Election will be held on March 5, 2024. In California, every active registered voter will automatically receive a ballot in the mail. LA County will begin mailing them on Monday, February 5, 2024.

Check your voter registration status to ensure you receive your ballot.

Vote by mail: Return your ballot by mail as soon as you receive it.

Use a drop box: Return your ballot to a secure drop off location in any county up to 28 days before the election.

Vote center: • Vote in person anywhere in the county up to 10 days before the election.

• Register to vote and vote same day. • Drop off your ballot. Visit RegisterToVote.ca.gov or call (800) 345-VOTE (8683) to learn more.

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There are lots of things to  
Wine about....  
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home is not one of them.

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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



[SIERRAMADREPLAYHOUSE.ORG/SILENT-FILM-FESTIVAL](http://SIERRAMADREPLAYHOUSE.ORG/SILENT-FILM-FESTIVAL)

# SIERRA MADRE

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**FOR SHUTTLE TICKETS GO TO:**

<https://www.eventbrite.com/e/2024-wistaria-festival-shuttle-tickets-817627585117?aff=oddtcreator>

## WALKING SIERRA MADRE - The Social Side

by Deanne Davis

It's February! The shortest month and the bridge between chilly winter and the hopeful signs we're looking for that announce the coming of Spring!

This month is stuffed with so much good stuff that we're going to need a professional organizer follow us around so we don't miss anything! But they would probably make us get off the couch, put down that doughnut and go to the gym.



February 1: Change Your Password Day, Decorating with Candy Day and National Dark Chocolate Day

February 2: Bubblegum Day, Groundhog Day, National Tater Tot Day, National Ukulele Day

February 3: National Carrot Cake Day, National Golden Retriever Day, National Ice Cream for Breakfast Day

February 4: National Homemade Soup Day, National Thank a Mail Carrier Day, World Cancer Day

Here's a really good one: February 10th is Chinese New Year! 2024 is the year of the dragon. In case you didn't know, the dragon in China is a well-known mascot representing good luck, justice, prosperity and strength. People born in the year of the dragon are seen as charismatic, intelligent, confident, powerful, naturally lucky and gifted.

February 11: Super Bowl Sunday!! The 49ers and the Kansas City Chiefs will be battling it out in Allegiant Stadium in Las Vegas. Of course, the main attraction of the Super Bowl is, of course, the commercials. The "Bet MGM "Tom Has Won Enough" with Vince Vaughn is priceless. Last year, Fox was charging \$6.5 million for a 30 second spot. It will be higher this year, folks (duh!)

The most important part of the day (after the commercials) is what will we be eating? Lots!

Guacamole and Doritos, chili, pizza, veggies and ranch dip, buffalo chicken wings. Just about anything that's fairly portable. Things overheard at various Super Bowl parties...

- Fantasy football is you thinking your team will win.
- Is it time for the halftime show yet?
- There's way too much football between these commercials.
- We tried to find a wine that pairs well with pretending to know what's going on.

We'll all have a good time and then revisit our New Year's Suggestion about HOPE. We're going to HOPE we didn't gain ten pounds at the party.

Lots more to February, friends and neighbors. Valentine's Day is February 14th, which is on a Wednesday. Valentine's Day is less than two weeks away.

Holy Moley, you're saying to yourself! I didn't realize it was so soon. If you want to go out to dinner, make that reservation today. If you want to order flowers and I heartily recommend flowers, call Lisa at Ixora right here in town - (626) 355-0040 - and order something for your sweetie. Everything Lisa creates is awesome and you'll be glad you planned ahead. You can stop in and see her, too. Ixora is at 35 E. Montecito. Yes, ladies, you can order flowers for your guy.

Now then, when was the last time you read Elizabeth Barrett Browning's famous love poem? Probably not since you were in high school. Well, here it and it's pretty nice...

"How do I love thee? Let me count the ways.  
 I love thee to the depth and breadth and height  
 My soul can reach, when feeling out of sight  
 For the ends of being and ideal grace.  
 I love thee to the level of every day's  
 Most quiet need, by sun and candle-light.  
 I love thee freely, as men strive for right.  
 I love thee purely, as they turn from praise.  
 I love thee with the passion put to use  
 In my old griefs, and with my childhood's faith.  
 I love thee with a love I seemed to lose  
 With my lost saints. I love thee with the breath,  
 Smiles, tears, of all my life; and, if God choose,  
 I shall but love thee better after death."

"One is loved because one is loved. No reason is needed for loving." Paulo Coelho

"Love grows more tremendously full, swift, poignant, as the years multiply." Zane Grey

I never actually said anything like that to my Valentine, the adorable, ever-patient, John, who is now residing in heaven where every day is Valentine's Day, and love abounds all over the place.

No, I never quoted Elizabeth Barrett Browning to him, but I wrote about love...

"You are ever in my mind. You are the other half of my heart.  
 You are, very simply, the one person selected by God to be  
 my lover, my friend, my husband.  
 We have shared all there is in life:  
 Joy, sorrow, laughter, tears, death, birth, pleasure, misery, poverty, not quite so poverty.  
 Walks along beautiful beaches all around the world  
 where we held hands, ate wonderful things,  
 Drank champagne...laughed...we laughed so much more than we cried.  
 And always, always we have had each other to hold on to."

It's a little early for it, but Happy Valentine's Day. Celebrate!

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.

## CREATIVE ARTS GROUP

# FACULTY SHOW



Opening Event  
 Friday, February 2, 7:30-9:30

108 N. Baldwin Ave. Sierra Madre  
 (626) 355-8350 CreativeArtsGroup.org



## 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.



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## Weather Wise



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

Sun	RAIN	Hi	70s	Lows 50s
Mon	RAIN	Hi	70s	Lows 50s
Tues	RAIN	Hi	70s	Lows 50s
Wed	Ptly Cldy	Hi	70s	Lows 50s
Thur	Ptly Cldy	Hi	60s	Lows 50s
Fri	RAIN	Hi	60s	Lows 50s

Forecasts courtesy of the National Weather Service

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

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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This week at the  
Sierra Madre  
Public Library

February 5—February 10

#### Monday

Baby Rhyme Time — In-person at 9:00am

Preschool Storytime — In-person at 10:00am

#### Thursday

Tails & Tales — In-person from 3:30pm - 4:30pm

One Book One City — Towel Donation Drive—Donate clean new and used towels for Free Animal Doctor. Accepting at 350 W Sierra Madre Blvd until Saturday, February 10.

Read, Discover, Connect  
@ Sierra Madre Public Library  
350 W Sierra Madre Blvd  
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# Pasadena Altadena

News From Your Community For Your Community

## Pasadena Heritage Looks for New ED

Application process has now officially opened.



The Pasadena Heritage Board of Directors announced this week that they have been working over many months to plan for finding a new Executive Director after Sue Mossman announced she would retire this spring.

A dedicated Search Committee, led by Board Chair Suzanne Marks and former Board Chair Steve Preston, and eight other current and former Board members are bringing diverse experience and points of view to the selection process. The Search Committee, with the assistance of professional expertise, is taking steps to find the best possible person to take over this critical leadership position officials said.

Sue Mossman after deciding to retire this spring, joins in expressing her excitement about the future of the organization and all the opportunities that lie ahead. With the acquisition and move to the historic Blinn House, their education programs regaining momentum after the worst of the pandemic, a talented and capable staff in place, and our advocacy work continuing to be effective and far-reaching, Pasadena Heritage is poised to move forward to achieve its mission on a broader and more inclusive scale.

The Pasadena Heritage Search Committee has contracted with Maura Harrington to assist with the search, for which the application process has now officially opened. For more information or to apply visit: [pasadenaheritage.org/careers](http://pasadenaheritage.org/careers).

## Tech Help at the Library

The South Pasadena Public Library announced the launch of a basic tech help sessions for adults on Fridays from 4:00 p.m. to 6 p.m. Adults who need assistance using their phones, tablets, or laptops are encouraged to drop by the library during the sessions and confer with a teen volunteer who will help them to use their devices. Attendees should bring their charged devices and other pertinent information, such as user names and passwords, that they will need to access their accounts. No pre-registration is required to participate.

The South Pasadena Public Library is located at 1100 Oxley Street in South Pasadena. Visit the Library website: [southpasadenaca.gov/library](http://southpasadenaca.gov/library) for information.



## Election Charter Amendments R, S, and T

City officials released a rundown Monday of Measures R, S, and T to be on the March 5 Election ballot so residents can decide whether to approve amendments to the Pasadena City Charter –the City Council voted unanimously in December to move forward with the Measures.

The charter amendments, if approved by the majority of voters, will enable the city to update outdated codes and language, adapt to changes, eliminate burdensome processes, set limits, and ensure that resources are used effectively, ultimately saving money and benefitting the community.

According to city officials, these measures are not a new tax and do not increase taxes. The measures also do not increase utility rates; in fact, Measure R maintains a 4 percent reduction in the utility transfer approved by voters in 2020 they said. For financial transparency and public accountability, it will require updating the Pasadena accounting method to align with Generally Accepted Accounting Principles (GAAP). The proposed update to the accounting method will lead to improved financial management and the ability to allocate resources to essential services such as 911 response, fire, paramedic, public health, street repairs, and senior and homeless services.

The Measure S amendment will require the City Council to set limits by ordinance for contracts, purchases, and claim approvals. It will maintain oversight, improve city response, and enhance efficiency in executing

contracts. Measure S streamlines the procurement process and eliminates a burdensome process for a contractor/business owner and the city, allowing for more efficient handling of contracts to save time and money. The amendments will help identify inefficiencies, unnecessary expenses, and potential waste, ensuring that public funds are used wisely and projects are executed within budget.

Measure T is an amendment to the Charter that will allow the city to create alternative contract selection methods that can be more efficient, transparent, and accountable for bidding and delivering public improvements. The amendment will attract a broader range of vendors and contractors, fostering increased competition, leading to better-quality services and innovative solutions, and ensuring the best value for its investments.

Under Measure T, the alternative project delivery method is designed to expedite the project, resulting in significant time savings. It allows the city to adapt to industry best practices that lead to practical and modern approaches to project management and contract selection while complying with rules and regulations. Additionally, allowing for additional contract selection methods, particularly those that improve the chances of hiring local businesses, contributing to the community's economic development, creating job opportunities, and stimulating our local economy.

Measures R, S, and T maintain accountability provisions, such as public disclosure of all spending and annual financial

audits, while updating outdated language and codes.

In 1886, Pasadena was officially incorporated. By 1901, Pasadena had evolved into a Charter City with an elected Mayor through a vote of the people. In the following years, the City saw significant improvements with the installation of amenities such as sewers, paved streets, and electric street lighting. Over the decades, amendments to the Charter helped modernize and improve city governance as times changed and advancements were made.

Visit [CityofPasadena.net/Charter-Amendments](http://CityofPasadena.net/Charter-Amendments) for more information about Measures R, S, and T. For additional information about the 2024 Primary Municipal Elections, please visit [CityofPasadena.net/City-Clerk](http://CityofPasadena.net/City-Clerk).

## Free Rides for Transit Equity Day



Acting Director of Transportation, Joaquin Siques announced Thursday that Pasadena Transit and Dial-A-Ride will be offering free rides systemwide on Sunday, in honor of Transit Equity Day. Transit Equity Day is a National Day of Action to commemorate the birthday of Rosa Parks by declaring that public transit is a civil right. Parks, an iconic civil rights leader, refused to give up her seat on a bus in Montgomery, Alabama in protest and to demand an end to segregation on transit systems.

Everyday Pasadena Transit and the Pasadena Department of Transportation ("DOT") aim to honor the tenets of this day by offering accessible and affordable transit. DOT is committed to achieving the safe, efficient, and convenient movement of people and goods within Pasadena, while concurrently ensuring a balance between land use and transportation to maintain a livable community in which cars Metro link and LA Metro are also offering free rides system wide in honor of Transit Equity Day.

For more information visit: [cityofpasadena.net/transportation](http://cityofpasadena.net/transportation).

## Robinson Park Recreation Center Public Art Project



Director of Pasadena Planning and Community Development, Jennifer Paige, announced an invite to the community to participate in the Robinson Park Recreation Center Public Art Project at the upcoming 42nd Annual Black History Festival on Saturday, February 17, from noon to 4 p.m. at Robinson Park, 1081 N. Fair Oaks Ave. This event is a great opportunity for residents to meet the selected artists and learn more about their artistic approach to the project and engagement with the Northwest community.

Attendees are encouraged to stop by the Cultural Affairs Division booth to learn more about the project and share their own personal stories of living and working in Northwest Pasadena. Artists Deborah Aschheim and Carla Jay Harris will share the progress of their artistic research and engagement with the Northwest community as they develop their public art concepts for the Recreation Center.

As part of the first phase of the Project, both artists are currently conducting extensive research and community engagement through collaboration with Northwest Pasadena residents and stakeholders to develop specific content and artistic themes which will serve as the basis for

the public art concept at the Center.

The public art project for the Robinson Park Recreation Center was developed through guidance from the Robinson Park Stakeholder Group and community members and is intended to prioritize community input and collaboration during the first phase of the artwork development process. This project serves as an exciting opportunity for the Northwest community to contribute their unique stories and perspectives into the formation of a permanent public artwork at the Center.

The renovation of the Robinson Park Recreation Center was the second and final phase of the Robinson Park Master Plan adopted by City Council in 2002 and designated as an eligible Capital Improvement Public Art project in 2015. Per the unique requirements of this project, the artists selected for the project will be responsible for initiating numerous opportunities to engage with the Northwest Pasadena community, ranging from large public events to small intimate conversations. This community-based research will then be incorporated into the artist's Concept Art Plan, which will be presented to the City's Arts & Culture Commission for review and approval.

## South Pas All Abilities Club



Join the South Pasadena Public Library Friday from 10 a.m. to 11 a.m. for their monthly program geared toward adults with developmental disabilities. During All Abilities Club meetings, they watch movies, make crafts, and encourage a welcoming and safe environment for participants. Adult family members, aides, caretakers, and teachers are also invited to attend. Registration is not required.

The Library Community Room is located at 1115 El Centro Street.

For more information email: [library@southpasadenaca.gov](mailto:library@southpasadenaca.gov) or call (626) 403-7350.

## South Pasadena Library New Walking Book Club

The South Pasadena Public Library announces the launch of the "Walking Book Club," beginning February 14, at 9:00 a.m. in front of the Library. This monthly event aims to combine the joy of reading with the benefits of outdoor activity, fostering a healthy and social approach to literature. This project is supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.

On the second Wednesday of every month, adults are invited to gather at the South Pasadena Public Library for a stroll through the community. The Walking Book Club will provide an opportunity for participants to discuss the chosen book, share insights, and enjoy the camaraderie of fellow readers

in a relaxed, outdoor setting. Each month, a book will be selected as the focal point for discussion during the walk. Participants are encouraged to come prepared with their thoughts, questions, and reflections on the chosen book. The library staff will facilitate the discussion, ensuring a lively exchange of ideas and opinions. For this first meeting, discussion will focus on what participants are currently reading.

To ensure a smooth and enjoyable experience, interested participants are required to register in advance and sign a waiver. Registration can be completed at: [southpasadenaca.gov/register](http://southpasadenaca.gov/register).

The South Pasadena Public Library is located at 1100 Oxley Street in South Pasadena. Visit the Library website at [www.southpasadenaca.gov/library](http://www.southpasadenaca.gov/library) for information

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### TO BE FRANK, IT'S REALLY GREAT WINE

The pride of Pasadena, John Mathues got to me just in time, asking for suggestions for wine to pair with Valentine's Day. John tells me that he is a big Chardonnay fan. He's looking for something reasonable in the \$30 range. I've got the answer, Frank Family Chardonnay

Not only will this Napa gem be a perfect Valentine's Day gift, it's a wine that drinks so well with any entrees that you might have planned to cook that day, heck even the desserts.

John asked me to describe the wine that I picked for him. This wine is truly the gem of the Carneros region, brimming with Meyer lemon, yellow apple and note of butterscotch. The first taste is a delight, and if you have been following my columns, you know I don't swirl -- I go for a complete taste. There's no need to let this chardonnay sit; it's ready to enjoy with your Valentine's Day sweetie right after opening. This is an absolute favorite of mine, and one of the best chardonnays that I have tasted at any price. It's available at VONS Pasadena for \$28, there is catch this price is part of their one-day sale on this Thursday the 8th of February.

I give it a score of 95 out of 100, I haven't been let down once no matter the vintage. I would call this chardonnay crisp, opposed to buttery or oaky.

A bit more  
Frank Family has consistently recognized as a premier wineries in Napa and though I haven't been there, Sunset magazine gave it "Best tasting experience for 2023"!!

Email Peter at [thechefknows@yahoo.com](mailto:thechefknows@yahoo.com) and follow me on Twitter @KINGOFUCUISINE

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FRANK FAMILY WINERY

**IN THE KITCHEN**  
*Our Favorite Recipe of the week*

**Susie's seafood gumbo\***

*Tomorrow is my birthday, so I thought I would share one of my favorite dishes. Don't worry, it's not as difficult as you might think! This recipe feeds about 12 and is great for a SuperBowl gathering!*



#### INGREDIENTS

1 Whole Chicken  
1 1/2 pound medium shrimp in shell, peeled and deveined  
2 dozen shucked oysters with their liquor, oysters picked over for shell fragments  
1 Whole Dungeness Crab - cleaned and broken into fragments (in the shell)  
2-4 Louisiana Hot Links  
About 1/2 cup vegetable oil  
3/4 cup all-purpose flour  
2 celery ribs, chopped  
1 Stalk of Celery - whole  
1 whole onion  
1 medium green bell pepper, chopped  
1 medium onion, chopped  
5 garlic cloves, finely chopped  
2 1/2 quarts fish or chicken stock (or a combination)\*  
1 (14-ounce) can chopped tomatoes  
1 can tomato paste  
1 pound frozen cut okra (not thawed)  
Gumbo File Powder  
1/2 cup chopped flat-leaf parsley  
2 Bay Leaves

#### DIRECTIONS

In a pot large enough to cover the chicken with water. Fill with water, add bay leaves, whole onion, and celery stalk, chopped celery. Put Bay Boil Chicken until well done. Remove chicken and let it cool. Keep the chicken stock for use later in the recipe. Remove all bones and fat, from the chicken. Cut into bite sized pieces, leaving the wings intact. Set aside.

While the chicken is boiling, Slice hot links in a 10-inch heavy skillet (preferably cast-iron) over medium heat until browned. (Add oil as needed). Remove links from the pan, and pour the drippings into a heat-proof liquid measure, then add enough oil to bring total liquid to 3/4 cup.

Stir together fat and flour in skillet with a wooden spoon, then cook roux over medium-low heat, stirring constantly, until well browned (a shade darker than peanut butter), about 20 minutes.

Add chopped celery, bell pepper, onion, and garlic and cook, stirring occasionally, until vegetables are tender, about 15 minutes. Transfer to a 6- to 7-quart pot.

Stir in stock from chicken, tomatoes, okra, and 2 teaspoons salt and 1 tablespoon of gumbo file and briskly simmer, uncovered, stirring occasionally, until vegetables are very tender, about 20 minutes.

Add the cooked chicken and hot links to the mixture and cook another 20 minutes, then add shrimp, and oysters with their liquor and cook, stirring, until seafood is just cooked through, about 5 minutes.

Stir in crabmeat and simmer until heated through, about 2 minutes. Season with salt and additional gumbo file to taste. Mixture should be the consistency of chowder and full of seafood, links and chicken! Serve over white rice.

\*It improves the flavor if you add a bottle of clam juice to the chicken broth.

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### THE TASTING ROOM

I'm Gustavo Lira, Tasting Room Manager and Wine Buyer at The Bottle Shop in Sierra Madre. I'll be writing a column on wine and spirits for The Mountain Views News.

I have been a resident of Sierra Madre for the past 14 years. My son attended Sierra Madre Elementary School, Sierra Madre Middle School, and Pasadena High School. Now that he's attending The Ohio State University, I have time to share my thoughts and opinions on the over 100 wines that I taste each week.

I prefer the small production, family run wineries over the mass-produced wines you see at the grocery/big box stores. The smaller wineries have wonderful stories to tell. They tend to be farmed sustainably, organically, or biodynamically. Most importantly, they are higher quality wines and aren't mass-produced. The bottom line is you get wines that taste much better because the winemaker pays attention to the small details that make all the difference in the world.

The first wine up is the 2021 Stephen Ross "Bee Sweet Vineyard" Chardonnay from Edna Valley in the San Luis Obispo area. The winemaker/owner is Stephen Ross Dooley who is a living legend in Edna Valley. I told Stephen that he's the Nick Saban of the Edna Valley wine region because many of the people who have worked for him in the past have gone on to make their own wines to great acclaim. Stephen's wife Paula - a graduate of the University of Texas (Hook em Horns!) - runs the winery with Stephen. They are salt of the earth people and consider themselves one of the luckiest married work teams ever. Stephen grew up in Minnesota where he learned to make rhubarb and apple wines in the family basement. He attended UC Davis where he earned his degree in Enology. He then worked 19 harvests in California and the Southern Hemisphere before he started Stephen Ross Wine Cellars in 1994.

The 2021 "Bee Sweet Vineyard" Chardonnay is an exceptional wine. It's bright, zesty, and laced with minerality. Stephen sources grapes from the sustainably farmed Bee Sweet Vineyard which is only 5 miles from the Pacific Ocean and contains alluvial and rocky soil. On the palate, green apple and lemon zest are balanced with subtle spice. The finish is superb. This is not the overly oaked, high-octane Chardonnay that was prominent back in the day. It is an elegant and focused Chardonnay that will pleasantly surprise people who normally don't care for Chardonnay.

This wine is available at The Bottle Shop for \$34.99. It is part of the wine tasting coming up on February 8th and 9th at The Bottle Shop Tasting Room featuring Chardonnay and Pinot Noir from Oregon and California. Until next time - Salud!

Use the QRCode to subscribe to The Bottle Shop newsletter and stay informed on our weekly wine tasting, beer tasting, and special winemaker events.

See you next week!



### SIERRA MADRE PLAYHOUSE'S 100TH YEAR BEGINS WITH HILARIOUS 'CONFESSIONS OF A PRAIRIE B\*TCH'



By Anita W. Harris

Alison Arngrim's one-woman show "Confessions of a Prairie B\*tch"—which completed its run at the Sierra Madre Playhouse last weekend—was surprisingly fitting for the venue celebrating its centennial.

Arngrim's show, and her book of the same title, is based on her seven years playing Nellie Oleson on the 1970s hit television show, "Little House on the Prairie."

Nellie was the notoriously mean and snobbish golden-haired daughter of the rich Olesons, who owned the mercantile of Walnut Grove, the pioneer town described in Laura Ingalls Wilder's 1930s book series.

Arngrim hilariously recounts in her show how she's been called a "b\*tch" ever since, beginning when she was only 11. Rather than take offense, Arngrim owned the moniker, noting at the end of the show that she'd rather be that than someone who never speaks up for herself.

But rather than making a shrill personal statement, Arngrim's 90-minute performance is enjoyable stand-up comedy, which she's been doing since she was a teenager, with video clips from "Little House" and other shows sprinkled in, including another iconic 1970s series, "Fantasy Island."

Arngrim makes fun of the fact that she played a prostitute on that show, being sold at auction to a bunch of businessmen while her mother, played by Eve Plumb (who performed as Jan on "The Brady Bunch" and who Arngrim says was the same age as her) tries to save her.

Arngrim's show is thus a nostalgic flashback of her life in showbusiness, beginning with her parents. Her mother was the voice of Gumby and Casper, the Friendly Ghost, among others, and her father was an agent for singer Liberace.

She also answers audience questions about "Little House," including whether something was wrong with the Ingalls' youngest daughter Carrie (no) and whether Michael Landon deliberately took his shirt off to appeal to fans (yes).

But it's her deftness as a stand-up comedian that makes Arngrim's performance not just funny but warm and upbeat.

That inviting tone—and how Arngrim looks back at the past 50 years to a show based on a nearly 100-year-old book series—is a fitting way for the Sierra Madre Playhouse to begin its own centennial year. Centennial celebration

Founded in 1924—even before Laura Ingalls Wilder published her books, and nestled in a village not unlike Walnut Grove—the nonprofit Sierra Madre Playhouse offers a variety of entertainment, including music, drama, comedy and family-friendly shows like Japanese taiko drumming, magic and storytelling.

This season's lineup continues with a silent-film series on Feb. 3 and 4 featuring live piano; jazz, baroque and international music performances; stand-up comedy; and Bob Baker Marionette Theater for families on Saturday mornings.

The upcoming silent-film festival includes a free hour of Charlie Chaplin shorts on Saturday, Feb. 3, followed by films that include three Harold Lloyd comedies and a Centennial Celebration Gala, featuring a 1920s speakeasy and champagne dinner.

Pianist Frederick Hodges is set to play music to accompany the silent films and film historian Lara Gabrielle, who curated the series, plans to guide audiences through the two-day festival.

"We are thrilled to honor the deep and lasting roots, colorful history and important cultural role of this magnificent venue that has evolved into the award-winning Sierra Madre Playhouse," Board Chair David Gordon said of the celebration.

Also beginning in February, the playhouse is offering its 23rd year of after-school youth acting and musical theater workshops for ages 9 to 16, culminating in student showcases in May.

Matthew Cook, the venue's newly appointed artistic and executive director, said he plans to expand the playhouse into a full performing arts center as it heads into its 100th year as a "Southern California gem and one of the region's oldest cultural venues."

Cook reflected on the playhouse's founding in 1924, having taken over the building from a furniture emporium originally constructed in 1910.

"This spring," Cook said, "we are honored and excited commemorate the milestone 100th anniversary of its evolution from a silent movie house to a leading performing arts venue with an array of diverse programming that reflects the playhouse's unique trajectory and the community it serves."

Sierra Madre Playhouse is located at 87 West Sierra Madre Blvd., Sierra Madre. For tickets and information about upcoming events and educational programs, call the box office at (626) 355-4318 or visit [SierraMadrePlayhouse.org](http://SierraMadrePlayhouse.org).

**ASSEMBLYMEMBER HOLDEN'S DUAL ENROLLMENT BILL PASSES THE ASSEMBLY FLOOR**

Sacramento, CA – This week, Assemblymember Chris Holden's bill, Assembly Bill 359 passed the Assembly Floor with bipartisan support. This bill would remove existing barriers for Local Education Agencies and Community Colleges to make College Career Access Pathways Program (CCAP) available to every student while prioritizing outreach to pupils who are underrepresented and not college bound.

"I am thrilled to see this legislation moving forward with a unanimous vote from the Assembly. Dual enrollment programs are among the most important tools that California's community colleges have to help drive success for the next generation of college students, workers, and families. Assemblymember Holden has been a longtime champion of these programs at Pasadena City College and across the state. We salute his efforts to bring the benefits of a college education to greater numbers of Californians," said Alton Wang, Pasadena City College and Board Vice President.

Dual and concurrent enrollment provides high school students access to college-level coursework. In some cases, students earn both high school and college credit for the same course depending on approval from local school and community college governing boards. Assemblymember Holden first established the CCAP program in 2015 (AB 288) and has since passed numerous bills to increase and expand dual enrollment opportunities through these partnerships.

"I have spent the last nine years championing these efforts by providing aspiring students across the state, irrespective of socioeconomic status, the opportunity to excel without the heavy burden of college debt," said Assemblymember Holden.

As the quality of dual enrollment programs throughout the state widely varies, many students express that they feel disengaged from school, or that they are constantly repeating material that they have already covered. Increasing educational opportunities, such as dual enrollment, provides a turning point for students that can lead to academic success and future employment.

"AB 359 represents the kind of creative thinking that is the hallmark of California's national leadership. Dual enrollment joins the strengths of our K-12 schools and our California Community Colleges to provide outstanding opportunities for our students. Dual enrollment breaks barriers. With college courses offered at their high school, students can easily experience college coursework and come away with the confidence they can do college level work and that college is for them. In addition, dual enrollment courses give students a huge advantage over AP courses as a dual enrollment course is an actual college course that transfers to the UC and many other colleges, unlike AP courses. I am grateful to Assemblymember Holden for his tireless work to provide greater opportunities and improved outcomes for all California students," said Tammy Silver, Pasadena City College Board of Trustee, Area 4.

In 2022, Holden authored AB 102, which was signed into law, and increased access to dual enrollment opportunities for students in juvenile court schools as well as eliminated the 2027 sunset date for the CCAP partnerships, indefinitely.

"Two years ago, we were able to ensure that education has no sunset, and with this new bill, we hope to focus on the long-term success and sustainability of dual enrollment by providing necessary reform that benefits all key stakeholders," said Holden.

**SCHOOL DIRECTORY**

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Website: www.duarte.k12.ca.us



**JOIN US!**

You all are cordially invited to a civic engagement gathering with Chris Holden at the: **Sierra Madre Women's Club on Sunday Feb. 4th. 1-3 pm**

There will be an abundance of refreshments and an art exhibit by photographer Alfred Hamonds.  
RSVP: [smwomansclub@gmail.com](mailto:smwomansclub@gmail.com)  
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We have been creating fun...  ...Valentine cards for our classmates!

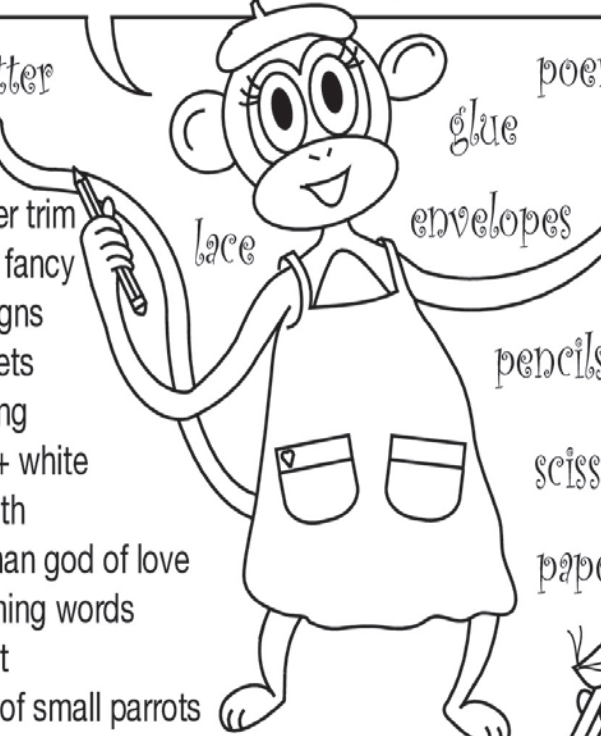
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Kids: color stuff in!

We've taken out all of our colored pencils, markers and crayons to design our Valentine's Day cards. We are using art supplies we have around the house to make cards and adding little items like buttons, lace or stickers to make them interesting. You can, too!



- paper trim with fancy designs
- sweets
- feeling
- red + white
- month
- Roman god of love
- rhyming words
- Saint
- pair of small parrots
- when people care about each other
- roses, daisies
- symbol of love; pumps blood
- paper messages
- a gathering of friends
- ruby-colored

glitter, lace, glue, poems, envelopes, pencils, scissors, paper

E-Mail or Snail Mail, get that Valentine note off to grandparents or other family and friends!

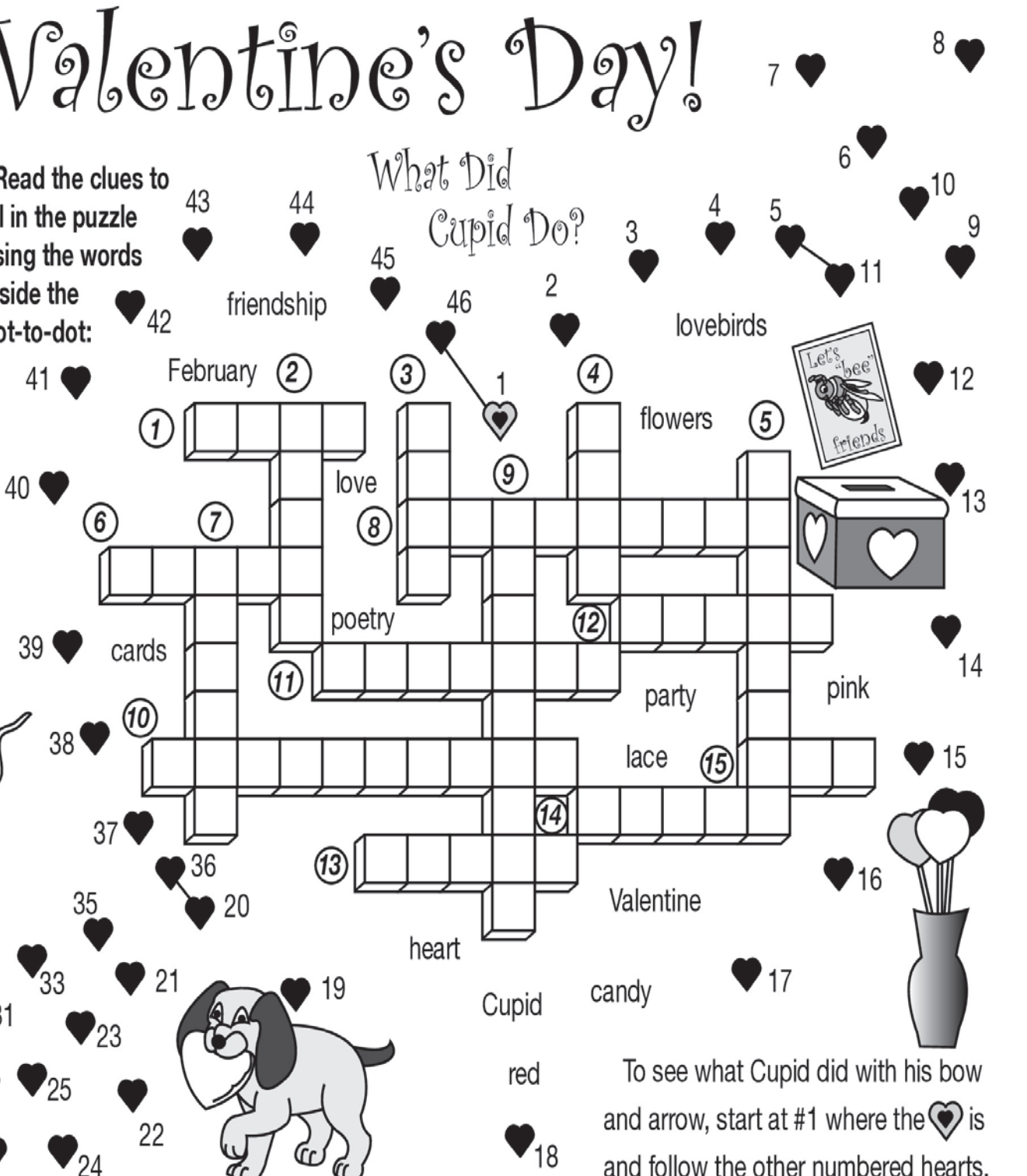
**Valentine's Day!**

Read the clues to fill in the puzzle using the words inside the dot-to-dot:

What Did Cupid Do?

friendship, February, love, poetry, party, lace, Valentine, heart, cupid, candy, red

To see what Cupid did with his bow and arrow, start at #1 where the heart is and follow the other numbered hearts.



**CHRISTOPHER Nyerges**

[www.SchoolofSelf-Reliance.com]

**WASHING CLOTHES**

[This is an excerpt from Nyerges' book, "Squatter in L.A.," which is available from Amazon as an e-book or as a hard copy.]



When I was a squatter, there was a large bathtub in the old cinder block house. It was larger than a standard bathtub, almost big enough for a party. I learned that the lady who previously lived there was a very large woman, so she or her husband must have had a large bathtub installed to meet their needs. For me, it was great to take a bath and actually be able to stretch out your feet!

I spent a lot of time in that tub after the lesson I received about "ablutions" and as a part of that process, I often washed one article of clothing. Maybe a t-shirt. I began to do this so often that it became second-nature to wash clothes by hand, something I never thought of when I was growing up.

Which leads me to washing machines. They are another of those devices that modern man seems to believe that life could not go on without. Yet for the vast stretch of human life, there were no washing machines. People just washed with hot water and soap and worked the garments by hand. Sometimes smooth rocks were used, sometimes not. In fact, sometimes it was just cold running water in the stream and no soap at all.

When I lived in Cuernavaca, Mexico, I had to walk through the canyon on the west edge of town to get to the school I attended. The poor people lived in little square adobe houses in this section. A stream flowed through this canyon and everyday I'd see how all the people who lived there washed their clothes in the stream, usually with rocks. Then they laid the clothes out on the stones to dry in the sun. So, clearly, a washing machine is not vital to life. But it was obviously invented because people wanted and needed more time to do all the other things in life that they deemed far more important than washing clothes by hand, whatever those other things may be.

I began to enjoy washing clothes by hand, and soon, I never took trips on my motorcycle anymore with a full load of laundry to a laundromat. I learned how to efficiently wash my clothes by hand, and hang them out on the "solar clothes drier" to get refreshed. On rainy days, I hung my clothes indoors or in a covered area where they'd dry by the wind.

I found that I had a more intimate connection to my clothes after doing this awhile. I learned what it takes to remove a stain, and the different textures of fabrics. I began to buy for sensibility, always buying for wearability and practicality, rarely because something was in style.

After I was no longer a squatter, I still continued to wash some of my clothes by hand. In fact, I have continued this practice life-long, and have rarely used the laundromats around town. Wash some of your own clothes, hang it up to dry, let the sun refresh it. And it takes no more or extra water to wash those garments than it took for me to bathe. It's a perfect formula, one small part of what it takes to live ecologically in the city, and to feel that you are not accruing more karmaic debt.

In 2010, I met Yee Fun from Singapore when we shared a room in Merida, Mexico during a tour of the Maya lands. Yee Fun was a man who traveled light, carrying only an average size travel bag for his week of travel. He traveled light because he expected to wash some of his clothes, somehow, somewhere.

He would wash in the sink or shower, and then find creative ways to dry his clothes in the window, or balcony when there was one. We would trade ideas on how and where to dry clothes the most efficient-ly, and because of this interaction, I earned the title of "Yee Fun's Clothes Drying Instructor."

These days I keep several of the backpackers' solar showers, which are heavy-duty plastic bags you fill with water and lay in the sun to get hot. You then hang it from a tree, and open a spout to let the hot water out. These are awesome and every home should have at least one to enjoy solar-heated water, and just in case, for emergencies.

**CLASSES AND BOOKS**  
**BY CHRISTOPHER NYERGES**  
 Self-reliance – survival – sustainability  
[www.SchoolofSelf-Reliance.com](http://www.SchoolofSelf-Reliance.com)  
 Box 41834, Eagle Rock, CA 90041

**Katnip News!**

Little Miss Honey!



This little girl is soooo affectionate! She's age 1, supersweet, just like honey! She will come right up to you and ask for pets and cuddles! She's playful, too, and will especially love jumping for the feather wand or chasing that laser light! She was found in a feral colony in Pasadena. The TNR person who was feeding the colony saw that she was too friendly to stay there and scooped her right up. How could such a sweet little thing have been in that predicament but staying so friendly? She must have had some human love, but then had been abandoned or wandered off and got lost. Maybe she was just so grateful to have been rescued. Never again will she have to be in such danger. She will make someone's loving home so very happy! See more at [www.lifelineforpets.org/honey.html](http://www.lifelineforpets.org/honey.html) or use the qr code.



**Pet of the Week**

Jasmine is a beautiful bull terrier mix. She's two years old, and full of fun! This beautiful girl is loving, cuddly and can't wait to meet you!



Jasmine has been hanging out in a foster home, and her foster family says she's doing well. They report that she's an excellent dog. She gets along with everyone in the family and is good with every dog she's met so far. Jasmine appears to be crate-trained and responds to other training as well. She likes her toys but will happily give them to you if you want. What a good girl! She's only 35 pounds, so she's the perfect size for snuggling on the couch next to you.

Jasmine and all other animals over 6 months old can be adopted for only \$14 from February 8 – 18, during Pasadena Humane's Make Your Heart Happy-Adopt A Pet promotion!

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). Daily adoption appointments can be scheduled online. New adoption appointments are available every Sunday and Wednesday at 10:00 a.m. Walk-in appointments are available every day from 2:00 – 5:00 beginning Monday, 2/5. Pets may not be available for adoption and cannot be held for potential adopters by phone calls or email.

**ALL THINGS** By Jeff Brown

**EARTH OUR TINY BEAUTIFUL PLANET**

Earth You live here...

1,300,000 EARTHS WILL FIT INSIDE THE SUN

NEPTUNE



**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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**Pets in need**

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

[www.FreeAnimalDoctor.org](http://www.FreeAnimalDoctor.org)

Sierra Madre based non-profit

Free Animal Doctor



**DISCOVER YOUR IDEAL ASSISTED LIVING COMMUNITY WITH SAFE PATH FOR SENIORS**

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

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**DOES MEDICARE COVER WEIGHT LOSS TREATMENT?****Dear Savvy Senior:**

Does Medicare cover any weight-loss treatments for overweight retirees? I just turned 65 and need to lose about 100 pounds and would like to know if Medicare can help. Overweight Owen

**Dear Owen:**

Yes, traditional Medicare does indeed cover some weight-loss treatments like counseling and certain types of surgery for overweight beneficiaries, but unfortunately it doesn't cover weight-loss programs or medications. Here's what you should know.

**Who's Eligible**

For beneficiaries to receive available Medicare-covered weight-loss treatments your body mass index (BMI), which is an estimate of your body fat based on your height and weight, must be 30 or higher.

A BMI of 30 or above is considered obese and increases your risk for many health conditions, such as some cancers, coronary heart disease, type 2 diabetes, stroke and sleep apnea. To find out your BMI, the National Institutes of Health has a free calculator that you can access online at [nlhbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](http://nlhbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm).

**What's Covered**

If you find that your BMI is 30 or higher, Medicare Part B will cover up to 12 months of weight-loss counseling conducted by a medical professional in a primary care setting (like a doctor's office).

Most counseling sessions entail an initial obesity screening, a dietary assessment and behavioral therapy designed to help you lose weight by focusing on diet and exercise.

Medicare also covers certain types of bariatric and metabolic surgery for morbidly obese beneficiaries who have a BMI of 35 or above and have at least one underlying obesity-related health condition, such as diabetes or heart disease. You must also show that you've tried to lose weight in the past through dieting or exercise and have been unsuccessful.

These procedures make changes to your digestive system to help you lose weight and improve the health of your metabolism.

Some common bariatric surgical procedures covered include Roux-en-Y gastric bypass surgery, which reduces the stomach to a small pouch that makes you feel full even following small meals. And laparoscopic adjustable gastric banding, which inserts an inflatable band that creates a gastric pouch encircling the top of the stomach.

**What's Not Covered**

Unfortunately, original Medicare does not cover weight-loss programs such as fitness or gym memberships, meal delivery services, or popular weight-loss programs such as Jenny Craig, Noom and WW (formerly Weight Watchers).

Medicare also does not cover any weight-loss drugs, but it does cover FDA approved diabetes drugs that have unintentionally become very popular for weight loss.

Medicare Part D plans cover Ozempic and Mounjaro for diabetes only, not for weight loss! So, your doctor will need to prescribe these medications for diabetes in order to get them covered.

Medicare also does not cover Wegovy or Zepbound because they're approved only for weight loss.

The reason behind the weight-loss drug omission is the Medicare Modernization Act, which specifically excluded them back when the law was written 20 years ago. They also excluded drugs used for cosmetic purposes, fertility, hair growth and erectile dysfunction.

Without insurance, weight-loss medications are expensive, often costing \$1,000 to \$1,300 a month. To help curb costs, try websites like GoodRX.com or SingleCare.com to find the best retail prices in your area. Or, if your income is limited, try patient assistance programs through Eli Lilly (LillyCares.com) which makes Mounjaro and Zepbound, or Novo Nordisk (NovoCare.com) the maker of Ozempic and Wegovy.

**Medicare Advantage**

If you happen to be enrolled in a private Medicare Advantage plan, you may have coverage for gym memberships and some weight loss and healthy food delivery programs. These are considered expanded supplemental benefits and have gradually been added to some plans to provide coverage for nutrition, health and wellness. Contact your plan to see what it provides.

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**  
**REAL FAT LOSS**

Rapid and visible weight loss. Who wouldn't love that? Unfortunately, many popular weight loss strategies lead to water loss rather than genuine fat reduction. Regardless of the method, immediate reductions on the scale are primarily a consequence of loss of bodily fluids. While the allure of fast results may be appealing, it is important to differentiate between water weight loss and sustainable fat loss. Understanding the mechanisms behind these strategies and their potential risks is helpful in finding better approaches to long-term weight management. Here are a few common weight loss efforts that really don't help reduce body fat and can be dangerous to overall health.

**Low-Carb Diets.** Low-carbohydrate diets, such as the ketogenic and Atkins diets, have gained popularity for their potential to induce rapid weight loss, particularly in the form of water weight. These diets restrict carbohydrate intake, prompting the body to use stored glycogen for energy. Glycogen, stored in the liver and muscles, binds with water, and when it is utilized, the associated water is released, leading to a noticeable reduction in body weight. While individuals on low-carb diets may experience quick initial weight loss, in reality this effect is due to the depletion of glycogen and water loss rather than a sustained loss of body fat. As a result, the weight lost during the initial phase of these diets is often quickly regained when carbohydrate intake is increased. Additionally, low-carbohydrate diets may alter the body's fluid balance and electrolyte levels, leading to a diuretic effect. This can contribute to further water weight loss but does not equate to fat loss. While these diets may offer short-term benefits, they raise concerns about potential nutrient deficiencies, particularly if not followed with careful attention to nutritional balance.

**Saunas And Steam Rooms.** Both are often used to induce sweating and, consequently, rapid water weight loss. Spending time in these high temperature environments can lead to increased perspiration, giving the illusion of weight loss on the scale. However, the weight lost during sauna or steam room sessions is primarily due to the release of fluids through sweating and does not reflect actual fat reduction. While these sessions can offer a sense of relaxation and may contribute to a brief reduction in water weight, the effects are temporary. Once individuals consume fluids, the lost water weight is promptly regained. They also pose potential risks. Dehydration is a significant concern, as the body loses essential fluids through sweating. This can lead to electrolyte imbalances, dizziness, and an increased heart rate. Saunas and steam rooms should be used cautiously, ensuring adequate hydration and avoiding prolonged exposure.

**Diuretics.** Using diuretics is a weight loss method that involves the elimination of fluids from



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).

the body, and while it may lead to a temporary reduction on the scale, the lost weight comes from water rather than fat. Diuretics function by promoting the excretion of sodium and water through urine, aiming to aid conditions such as edema or high blood pressure. Using diuretics for weight loss purposes raises serious health concerns. Prolonged or improper use of diuretics can lead to dehydration, electrolyte imbalances, and disturbances in the body's fluid and mineral equilibrium. Dehydration, in particular, can result in adverse effects such as dizziness, fatigue, and increased heart rate. Additionally, the lost water weight is quickly regained once normal fluid intake resumes. While diuretics may provide a temporary solution for conditions under medical supervision, using them as a strategy for sustained weight loss is not only ineffective but potentially harmful.

**Cleanses And Detox Diets.** Cleanses and detox diets, often marketed as methods to "detoxify" the body, frequently tout initial weight loss as one of their claimed benefits. This weight loss, however, is largely a consequence of the elimination of water and waste rather than a sustainable reduction in body fat. These diets often involve severe caloric restrictions, the consumption of specific foods, or the use of cleansing beverages, purportedly designed to flush toxins from the body. While individuals may notice a rapid decrease on the scale during the early stages of these regimens, it's essential to recognize that the lost weight is primarily attributable to the expulsion of bodily fluids and waste products.

Keep in mind the body naturally retains water as part of its normal functions, and when any of the above strategies increase urination or bowel movements, the associated water loss can be mistaken for true fat loss. Once individuals resume their regular eating patterns, rehydration occurs, and the lost water weight is quickly regained. Weight management is best achieved through a balanced diet, regular physical activity, and healthy lifestyle habits. Reasonable behavioral changes are more effective over the long run, safer and more sustainable.

**SENIOR HAPPENINGS**

HAPPY BIRTHDAY! ...FEBRUARY BIRTHDAYS\*



Tracy Verhoeven, Beatrice DaRe, Catherine Adde, Hilda Pittman, Anne-Marie Stockdale, Susan Henderson, Allie Attay, Ursula El-Tawansy, lady's Moser, Sylvia Lorhan, Ana Ptanski, Winifred Swanson, Janet Gillespie, Marian DeMars, Vickie Vernon, Mary Beth Knox, Sharon Lefler.

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

**FILE OF LIFE PACKET**

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 10-10:45 AM

**Chair Yoga**

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



**WELCOME TO**

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

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

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

**HULA & POLYNESIAN DANCE**

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

**MAKING DECISIONS IS THE HARDEST PART OF MY LIFE**

If it were not for decisions, my life would be perfect. After all these years, I still wrestle with decision-making. I admit that I often don't make good

decision.

I'm not sure, so don't repeat this, but I think The Gracious Mistress of the Parsonage knows this and uses it to her advantage. How? I don't know. She is the primary source behind my decision-making. I hate choosing one thing over another when both things are good. That's a bad part of life if you ask me. Why can't everything be easy? Driving across town, I must decide whether to turn right or left. That's not much of a decision-making process because I know where I'm going. If I make the right decisions while driving, I will get to where I need to be.

So, making decisions can be a real challenge for me.

For example, The Gracious Mistress of the Parsonage in the morning will ask me what I want for supper. I have not even had lunch yet, and now I am backed into a corner and have to make a decision about supper.

Usually, I respond by saying, "Whatever you would like to make for supper will be okay with me." Then I smile because I don't know what I am getting into. She has been making supper for me for over 53 years, and I have no complaints as of today. Her decision about supper is always okay with me.

Of course, there are those times when she asks me that question, and sometimes I will respond by saying, "Anything but broccoli." I need to be careful in this area because she is a vegetable aficionado in the strictest sense of the word. If it's a vegetable, it's on her menu, and it's not even open for a decision. I always wrestle with decisions, and by now, I should have perfected my decision-making skills. Just when I think I have, some decision comes before me that I have difficulty dealing with.

The other day, for example, The Gracious Mistress of the Parsonage was baking pies for some family get-together. I could smell them all the way back to my office.

She came to my office, looked in, and asked, "Would you like a piece of pie?"

That's not even in the decision category. So I answered, "Of course I do."

"Okay," she said, "which pie would you like? You can only have one piece."

I asked her about the pies she was baking, and she said, "I have Apple pie, lemon meringue pie, peach pie, coconut cream pie, and chocolate pie. You can only have one

piece, so which one?" That is not a decision-making venue. There is no way I can decide on one pie over five pieces of pie. No matter which pie I pick, I'm gonna love it, but I'm also going to wonder about the other pies that she has.

After all these years, I can't deal with that kind of decision-making process. Pondering on that decision-making process, I looked at her and said, "I'm not sure which one I want; what would you recommend?"

Looking at me with a sly little grin, she said, "I'm not sure which one I would pick. They're all very delicious and so it doesn't matter which one you pick."

That's the problem with making a decision. When you make a decision, you eliminate everything else. If I decide on the pie that I'm going to eat at the time, it eliminates all the other pies that are on the table. How can anybody handle that kind of decision-making process?

As she was ready to leave my office, I stopped her and said, "I'll take any pie you choose for me and bring it here." Then I smiled.

I waited. And waited. And waited. She never came back with any pie for me. I had no idea what was wrong.

Finally, my nerves got the best of me, and I walked into the kitchen to find out what was happening.

There she was, sitting down at the table, eating a nice piece of pie. I looked at her. She looked back and smiled. Then I asked her, "So, where's my pie?"

She looked at me, laughed, and said, "Since you could not make up your mind when I asked you, I just thought you didn't want any pie." Then she laughed some more.

I did not think that was funny, I walked over to the pies and carefully looked at them. Each one had its own aroma and I loved each one. Looking at them, I was trying to figure out which pie I would choose to eat.

Making decisions is very hard to do, at least for me especially when it comes to choosing my pie. No matter which pie I choose, I would love it, but then I would wonder about the pies I did not choose.

Life has its ups and downs.

When I have to make a decision about anything, a Bible verse comes to mind.

Proverbs 3:5-6, "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."

When I trust my understanding, I always fail in some degree. When I accept the fact that I don't know everything, I then turn my trust to the Lord.

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## STUART TOLCHIN PUT THE LIGHTS ON NOT MY FAULT AND NOT YOURS



I survived! Honestly I was so afraid of my surgery I thought it was the end of the line. I may have over dramatized the seriousness of the surgery but each day before the scheduled procedure was special. As I took my last walk around the canyon I marveled at the beauty of the sky. I appreciated the individual character of the trees and the leaves fluttering in the wind and the shadows created by these fluttering leaves which seemed like independent entities in them-selves - separate from the trees.

After I came home from the hospital I was still woozy from the sedation. I heard my wife speaking to the neighbor next door. He was in the process of moving but he took the effort to drop off a book for me, Free Will by Sam Harris. We had talked about the book before and he made a point of handing the book to me. Over the last few days I have looked at the book and thought about it in relation to the trees that had captured my attention a few days before.

Sam Harris takes the position that Human Beings have no free will. Although each individual believes he makes a conscious choice before he acts, Harris asserts that this choice has been made. The choice is the result of all the previous experiences including the individual DNA and the conditions surrounding birth that have already taken place. Every experience, every trauma has left their mark and no separate decision is ever made. It has all been predetermined.

This view of individual action is of course completely contrary to our individual experience where we believe that we are the decision maker consciously choosing among options. Really there is no choice. I understood this position as something similar to the existence of the trees, and the leaves and their shadows that I thought about a couple of days earlier. An individual tree makes no decision as to how it will appear at any given moment. That appearance will completely depend on the individual character of its DNA.

Of course the DNA alone is not determinative of the appearance of the tree at any given moment. Also involved is the time of the season, the weather, the condition of the soil, the angle of the sunlight and a whole host of other things. The individual tree is the result of a series of cause and effect and is in no way responsible - it is not a decision - it is a result.

Following Harris' thinking this same analysis applies to human beings and everything else. It is not about good or bad - if one had all the information everything could be predicted. The understanding is completely opposed to the moral character of our culture. We commonly judge people as good or bad. We believe in punishment and retribution for bad acts. The present Israeli position justifying the continuing military action against Hamas is acceptable no matter how uncivilized it appears; it is proper as a punishment for the aggression of Hamas. The thinking goes that such wrongful action cannot go unpunished.

There is a strong voice inside of me that demands punishment for the sinners. Harris and writers like Michael Singer, who I have written about recently, remind individuals that there are many voices competing to be heard in our own minds. It is only healthy and productive to be aware of all parts of ourselves before we exercise choices. Of course Harris says there is no choice but that by reading Singer and exposing ourselves to different perspectives our actions that are determined, still not chosen, will be ultimately more satisfying and reflective of who we are. Maybe we will be "healthier trees".

A final explanation. Pictured on the cover of the book, above the words, FREE WILL there are marionette strings descending from pieces of wood. Sure we are controlled but an aware person does their best to understand what is controlling his actions while for Singer it is best to evaluate the different possible choices unlocked by previous decisions.

In conclusion, life is confusing but I am very glad that I am still around to experience the confusion and feel satisfied that I am doing my best to continue writing whether or not I have any control of how trees grow. The more I notice, the more I can enjoy the experience.



## DINAH CHONG WATKINS

### CLOSE ENCOUNTERS OF THE WRONG KIND MY FUNNY VALENTINE



On the way to work that morning my stomach growled, the culprit, fishy mackerel for breakfast - again, but joy of joys! It was Valentines Day, I couldn't wait to pig-out on the chocolates and sweets my colleagues would bring. Platoons of chocolate coated Hello Kittys danced in my head. Note to self - check the drool.

And just like that, Valentines Day crushed my expectations. In Japan, Valentines Day was the occasion for women to give chocolates and gifts to men, and not just to their beloved, but also the "giri-choco", a courtesy chocolate for males in their social circle, including the boring assistant to the assistant, three cubicles down the aisle. That I arrived empty-handed was a social faux pas, par for the course, but as a foreigner, forgiven along with the angle of my bow (not low enough), blowing my nose during lunch (banished to dining hall Siberia), and facing the wrong way in the squat toilet (not pretty).

It's apt that Valentines Day is represented by winged cherubs, their sharp arrows aimed squarely at the heart, as more often than not, it leaves a wound. Unmet, unfulfilled and unrealistic promises play havoc with emotions, relationships and the wallet.

Unlike Japan where Valentines Day is for the male, here the female partner is celebrated with flowers, sweets, a night out, declarations of undying love - at least that's what Amazon tells me.

But men, fear not for women know you can't read their minds even though we expect you will interpret all our body signals, and inferences to what will make us happy in ways that are as clear as mud, because as logical as it sounds, we just can't tell you what we want - that's as romantic as a money order from Western Union.

A short and unscientific survey reported when asked,

"What are the top three things to give to your sweetheart on Valentines Day?", a majority of men replied,

"There's three?"

Yes, in a non-Japanese world, men would celebrate Valentines Day not by receiving chocolates, but with a day to retreat guilt-free to the man-cave and binge on TV shows like Reacher, Yellowstone and Lawmen: Bass Reeves; where the hero never worries about his next meal, conversations with more than two sentences, or whether tomorrow is trash day, 'cause his fists do all the talking.

A month after Valentines Day, I checked into work, assuring my colleagues that I now knew not to overboil the water, keeping the temperature at a steamy but brisk 150°F for their delicate Shizuoka green tea. I was rewarded with an armful of chocolates and candy. It was "White Day" when men in Japan reciprocated Valentines Day to women with one small difference, they had to "sanbei geshi" - triple the return.

Hmm, Western Union is looking very romantic after all.

Dinah Chong Watkins column appears every 1st and 3rd Saturday of the month. For more Close Encounters Of The Wrong Kind go to [www.ceotwk.com](http://www.ceotwk.com)

## RICH JOHNSON NOW THAT'S RICH



### VALENTINE'S DAY IS REALLY LUPERCALIA

"Lupercalia", if you study the terminology, comes from the Latin word "lupus" which means wolf...no kidding. Valentine's Day and wolves. Yep! Maybe that's why "Lupercalia" is also the name of the ancient Roman "fertility" festival that ultimately morphed into the Valentine's Day celebration. And since Valentine's Day is right around the corner let's

review:

"Lupercalia" was celebrated on February 15th for 500 years before the church stepped in. Pope Gelasius I (or is it Gelatinous?), in 494 AD, put an end to the "Wolf" festival with more of a focus on love! How did wolves come to be associated with the Roman Empire you ask? "Lupa" is the name of the wolf that saved the infants Romulus and Remus, who became the first Kings of Rome.

How did it end up being called "Valentine's Day"? History tells us of two unfortunate sad sacks named "Valentine". They both separately infuriated Roman Emperor Claudius II to the point where he exercised his power over life and death. The two men were executed in different years coincidentally both on February 14th. So, February 14th became a day where it was dan-gerous to be a man. Just like today lol!

Approximately 900 years later, enter English poet Geoffrey Chaucer who wrote about Valentine's Day in "Parliament of Fowls". Geoff's contribution to the holiday is considered the earliest known Valentine Poem.

Let's not forget, Bill Shakespeare (another gifted writer of some repute), mentions Saint Valentine's Day twice: Once in "A Midsummer Night's Dream" and also in "Hamlet" or is it "Omelet"

I bet you never thought you would see the likes of Shakespeare and Chaucer quoted in one of my columns. Hey, I got class! Just ask me!

Wanting to help all my readers thrive in their love lives this upcoming Valentine's Day, I've spent literally minutes researching perfect cuddly messages in a Valentine's Day card. Here are some of the best ones:

"I love you even more than you annoy me."  
"We go together like socks and sandals."  
"Another year as my girlfriend, you lucky, lucky woman!"  
"Turns out I like you more than I originally planned!"  
"I love you just the way I am!"  
"Our love is as magical as a unicorn farting rainbows."  
"You're hotter than the bottom of my laptop."  
"I want to grow old and disgusting with you."

Did you know, on average, 9 million people buy Valentines cards for their pets

By the way, Richard Cadbury (name ring a chocolatey bell) invented the first Valentine's Day candy box in the 1860s. He was a Quaker, very religious. He believed if he created a desire for chocolate for the common folk in Victorian England, he could reduce the consumption of the evil alcohol. Currently 35 million heart-shaped boxes of chocolates are sold each Valentine's Day! And Americans spend \$1 billion dollars on chocolate every Valentine's Day.

On average there are approximately 220,000 marriage proposals every Valentine's Day. Guys, I have a suggestion if you want to get married. Lower the odds of failure and rejection: Propose to five women this Valentine's Day. See, if you only ask one, you have a 50% chance of being rejected.

By the way, did you know "YouTube" debuted on Valentine's Day 2005? Yep! (I wonder if they originally named it "MeTube"? ) And the telephone was patented on Valentine's Day. "Gotta love it lol!"

Now, if you really want to send a message to your secret lover aka paramour, make reservations for at least two for dinner next Saturday, February 10th at the Nano Café in beautiful Sierra Madre. The fantastic "oldies" rock band, "JJ Jukebox" will be performing ancient rock and roll from the 60's, 70's and 80's. "If you're Born to Be Wild, or into a Crazy Little Thing called Love, tell Beethoven to Roll Over and join you for dinner and dancing. (626) 325-3334 is the number to call to make reservations.



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File No. 2024021016
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File No. 2024017863
The following person(s) is (are) doing business as: N & E GLOW CANDLES 13179 J D BROMONT AVE SYLMAR, CA. 91342...

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File No. 2024018976
The following person(s) is (are) doing business as: N & G Candles 13179 J D BROMONT AVE SYLMAR, CA. 91342...

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2023268300
The following persons(s) is (are) doing business as: M&R HANDYMAN 4015 WEST ADAMS BLVD SUITE 11 LOS ANGELES, CA. 90028...

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File No. 2024014081
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The following person(s) is (are) doing business as: P M AUTO REPAIR 12024 VANOWEN ST N ANDO RD SAN FERNANDO, CA. 91340...

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File No. 2024022063
The following person(s) is (are) doing business as: PASADENA AUTO BODY 850 S ARROYO PARKWAY PASADENA, CA. 91105...

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2024018251
The following person(s) is (are) doing business as: LAS ISLITAS MARISCOS 14867 VANOWEN ST VAN NUYS, CA. 91405...

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2024019284
The following person(s) is (are) doing business as: GT TRANSPORTATION 5892 QUINN ST, BELL GARDENS, CA. 90201...

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File No. 2024020697
The following person(s) is (are) doing business as: SOFIA ST 21050 VANOWEN STREET UNIT 154, CA. 91024...

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2024019899
The following person(s) is (are) doing business as: VICTORY PARK 11621 VICTORY BLVD APT 6 NORTH HOLLYWOOD, CA. 91606...

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File No. 2024019899
The following person(s) is (are) doing business as: STATIONERY MARY 11071 REMINGTON COURT ADELANTO, CA. 92301...

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File No. 2024020700
The following person(s) is (are) doing business as: VIKTORIA ST 21050 VANOWEN STREET UNIT 154 CANOGA PARK, CA. 91304...

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File No. 2024017266
The following person(s) is (are) doing business as: COMPTON LANDSCAPING SERVICES 1853 WARDELL AVE DUARTE, CA. 91010...

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File No. 2024016228
The following person(s) is (are) doing business as: BRUX PIZZA 708 W FLORENCE AVE, LOS ANGELES, CA. 90044...

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File No. 2024014742
The following person(s) is (are) doing business as: D.L.O., 1337 J LAGOON AVE, WILMINGTON, CA. 90794...

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File No. 2024014728
The following person(s) is (are) doing business as: RAINBOW CARE 5020 N STATE MALO AVE, COVINA, CA. 91722...

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File No. 2024017215
The following person(s) is (are) doing business as: CG FORKLIFT SERVICES 13443 WIEMER AVE, PARAMOUNT, CA. 91765...

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File No. 2024019284
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File No. 2024019284
The following person(s) is (are) doing business as: ISMAEL DIAZ LOPEZ/OOWNER 1000 N SLOAN AVE, DIAMOND, CA. 90221...

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File No. 2024-012660
The following person(s) is (are) doing business as: LARA'S SERVICES LLC, 1339 E 33RD ST, LOS ANGELES, CA. 90011...

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File No. 2024-016863
The following person(s) is (are) doing business as: MGN LANDSCAPING SERVICES, 1440 LAUREL AVE, POMONA, CA. 91768...

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File No. 2024-015473
The following person(s) is (are) doing business as: SASS AND SAG, 10248 LA REINA AVE APT 3, WEST HAVEN, CA. 91791...

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File No. 2024-016089
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File No. 2024-018484
The following person(s) is (are) doing business as: PETER POLITS PRESIDENT, 752 FLORENCE AVE, LOS ANGELES, CA. 90014...

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File No. 2024-016219
The following person(s) is (are) doing business as: TOM JR BURGERS, 7852 FLORENCE AVE, DOWNY, CA. 90241...

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File No. 2024-009691
The following person(s) is (are) doing business as: NEW TIMES CLEANING SERVICES, 16044 FELLOWSHIP ST, LA PUENTE, CA. 91764...

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File No. 2024-009691
The following person(s) is (are) doing business as: ORTIS ACOSTA KITCHEN, 1809 E ORCHARD ST, COMPTON, CA. 90221...

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File No. 2024-014557
The following person(s) is (are) doing business as: SAIDY'S UNIFORMS, 10427 HUNT AVE, SOUTH GATE, CA. 90280...

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File No. 2024-009641
The following person(s) is (are) doing business as: SAIDY JOHANNA NOYA, 10427 HUNT AVE, SOUTH GATE, CA. 90280...

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File No. 2024-009646
The following person(s) is (are) doing business as: EL DON PRODUCTIONS, 16420 BRIGHTON AVE, GARDENA, CA. 90247...

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File No. 2024-009646
The following person(s) is (are) doing business as: WESTERN AXIS INVESTIGATIONS & CONSULTING, 3636 ATLANTIC AVE SUITE 136, LONG BEACH, CA. 90807...

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File No. 2024-010692
The following person(s) is (are) doing business as: AUTO PART 939 GOODRICH BLVD, COMMERCE, CA. 90022...

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2024-014552
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME...

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2024-005348
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME...

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2024012792
The following person(s) is (are) doing business as: TANHARAH J TANHARAH CHRISTIAN MINISTRIES, 5807 TOPANGA CANYON BLVD UNIT J, SIMI VALLEY, CA. 91367...

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2024006605
The following person(s) is (are) doing business as: MY ELDERS HOME 7502 BECK AVE NORTH HOLLYWOOD, CA. 91605...

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2024012523
The following person(s) is (are) doing business as: MURALLES HANDYMAN PAINTING 14610 PLUMMER AVE, PASADENA, CA. 91107...

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2024-002689
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME...

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2024-015237
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME...

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2024-009699
The following person(s) is (are) doing business as: C AND H MACHINERY SERVICE, 6754 GAGE AVE APT A, BELL GARDENS, CA. 90201...

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2024-003650
The following person(s) is (are) doing business as: DARVALLE STREET, CERRITOS, CA. 90703...

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2024-004559
The following person(s) is (are) doing business as: PICO RIVERA C/PAR, 5145 LINDSEY AVE, PICO RIVERA, CA. 90660...

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File No. 2024-010339
The following person(s) is (are) doing business as: QUALITY AUTO PARTZ, 8022 EASTERN AVE, BELL GARDENS, CA. 90201...

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



Brought to you by Sue Cook

- |   |  |
|---|--|
| <p><b>February 3</b><br/><b>Old Pasadena Walking Tour South</b><br/>Explore the rich history of Old Pasadena. 10 am - 11am</p> <p><b>February 4</b><br/><b>Lunar New Year at One Colorado</b><br/>Celebrate the Year of the Dragon - live music and performances. 1pm - 4pm</p> <p><b>February 10</b><br/><b>Lunar New Year @ PAM</b><br/>JUSC Pacific Asia Museum celebrates the Year of the Dragon - performances, crafts, and food trucks. 11am - 5 pm</p> <p><b>February 10</b><br/><b>Haiku Walk and Workshop at Descanso Gardens</b><br/>Led by haiku poet Debbie Kolodji, workshop and a walk in the Camellia Garden. 10:30 am - 12 pm</p> <p><b>February 10</b><br/><b>Dragon Egg Workshop at the Arboretum</b><br/>Create fantastic dragon eggs! 1 pm - 2:30 pm</p> <p><b>February 10</b><br/><b>Mardi Gras at Santa Anita Park</b><br/>Enjoy the music of a live blues band, Louisiana-style food, and live racing.</p> <p><b>February 11</b><br/><b>Love Language Wreath Workshop at the Arboretum</b><br/>Craft a wreath with a secret message using symbolic flowers. 4 pm - 5:30 pm</p> <p><b>February 17</b><br/><b>Black History Parade and Festival</b><br/>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.</p> | <p><b>February 17</b><br/><b>Pasadena Symphony and Pops at Ambassador Auditorium</b><br/>Enjoy romantic works by Tchaikovsky, Sibelius, and contemporary composer Jessie Montgomery. 2 pm and 8 pm</p> <p><b>February 25</b><br/><b>Lunar New Year Festival in Downtown Arcadia</b><br/>Dragon and Lion Performance, culinary delights, and live music. Enter to win two Big Red Envelopes. 11am - 5:00 pm</p> <p><b>Ongoing Events</b></p> <p><b>January 21 - February 17</b><br/><b>Camellia Celebration at Descanso Gardens</b><br/>Camellia-making craft for kids on February 2, 3, and a flower arranging demo on February 17. Show and Tour February 17 - 18.</p> <p><b>February 3 - March 3</b><br/><b>Grumpy Monkey, The Musical at Pasadena Playhouse</b><br/>Jim Panzee and his friends learn the importance of processing emotions while on a hilarious adventure.</p> <p><b>February 10, 11</b><br/><b>Chinese New Year Festival at The Huntington</b><br/>Lunar New Year Festival featuring lion dancers, music and more. 10 am - 5 pm</p> <p><b>February 11 - March 17</b><br/><b>A Noise Within's Sweeney Todd: The Demon Barber of Fleet Street</b><br/>Classic Sondheim masterpiece features macabre madness and soaring song.</p> <p><b>February 17, 18</b><br/><b>Pokémon Go Tour at the Rose Bowl</b><br/>Pokémon trainers from around the world will catch, trade and battle with their favorite Pokémon. 9 am - 5 pm</p> |
|---|--|

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



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



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



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



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



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



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

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

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



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