

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, FEBRUARY 10, 2024

VOLUME 18 NO. 06



the webb-martin group

New Listing



Open Sat & Sun 12-3pm

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2425 South Myrtle Avenue | Monrovia
3 Beds | 1 Baths | 996 sqft | 8,827 sqft Lot

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CYCLIST HITS PEDESTRIAN IN CROSSWALK AND FLEES Do you know this person?

On February 3, 2024, at about 10:03 hours, the subject on the right was involved in a traffic collision of a bicycle versus a pedestrian and the pedestrian sustained significant injuries.

The suspect fled the scene on the bicycle and was last seen westbound on Montecito Ave from Baldwin Ave.

At press time, the victim remained hospitalized. Sierra Madre Police Department is looking for the cyclist under CA Vehicle Code Section 20001(a) for leaving the scene of an accident.

If you have any information regarding this matter, please contact to Detective Ascano at 626-355-1414 or email: NAscano@cityofsierramadre.com

ATTEMPT TO ID 20001(a) VC



Suspect:

M/W 5'10/160, BLU/GRY Long Sleeve Shirt, BLK Pants, RED/BLK Racing Bicycle

RAIN TOTALS FROM 9 TO 12+ INCHES IN SIERRA MADRE

It rained a lot during the earlier part of this week and depending on where the collection points were, the amount of rain varied from 9.52" early Thursday according to the National Weather Service to 12.325 inches from resident Dave Felt who has been monitoring rainfall in Sierra Madre for decades.

Another source is the Sierra Madre Public Works crews at the City Yard have recorded 9.99 inches of rainfall (between February 4th through the 7th)!

Regardless, any of the above amounts equals more than a month's worth of rain in four days.

Because of this extreme ground saturation, SM Public Works recommends you eliminate your watering for the next two weeks.

Brookside Foot Path Closure

Sierra Madre Public Works crews have closed the entirety of the Brookside Foot Path until they are able to safely assess the damage due to heavy ground saturation from this week's winter storm.

It is anticipated that the closure will be in place until at least next week.

Do not enter the footpath at any location.

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There are lots of things to Wine about....
Buying or Selling your home is not one of them.

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FOR SALE



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SIERRA MADRE PLAYHOUSE'S SOLD-OUT "THE BEE'S KNEES" ROARING 20S-THEMED GALA CENTENNIAL CELEBRATION WAS THE CAT'S PAJAMAS! *Continued from page 1*

"The Bee's Knees," the Sierra Madre Playhouse's Roaring 20s-inspired gala centennial celebration drew a sold-out crowd on February 3, 2024. Guests enjoyed a Harold Lloyd silent film double bill at the historic theater as well as a champagne dinner and speakeasy at Roe Fusion honoring Suzanne Lloyd, Harold Lloyd's granddaughter and trustee of his extensive film library. It was a special tribute to the beloved landmark venue, which opened as a silent movie theater in 1924 and today offers a range of stellar live performances from jazz and classical music to theater, comedy and family programming.

Guests, many dressed in 20s attire, enjoyed two of Harold Lloyd's most memorable comedies – both directed by Frank Newmeyer and Sam Taylor – Safety Last! and Hot Water. Live piano accompaniment heightened the action.

Film historian Lara Gabrielle, who curated the film program, interviewed Suzanne Lloyd, who offered some interesting background on the films and her life growing up with her grandfather and grandmother – actress Mildred Davis, who was Lloyd's leading lady in 15 films. They raised Suzanne from birth at Greenacres, their fabled Beverly Hills Estate because her mother suffered from depression and was unable to care for her.

Suzanne shared that Harold had "natural athleticism, a great asset for his physical comedy and demanding stunt work." She noted, "Mildred was terrified of heights, which made filming the final roof-top scene with her and Harold in Safety Last! so challenging for her, it had to be done in a single take."

Suzanne also described joining the "family business" at age 15, when she was given the job of helping to protect her grandfather's films, which were shot on nitrate film, notorious for its unstable and flammable properties, by rewinding and spooling them in paper. "It was dirty and smelly work," Suzanne explained. "The chemicals on the film stained my hands and made them as mess. But I knew it was very important because my grandfather told me he would buy me as many manicures as I wanted." It was all the motivation she needed.

Harold, she also noted, intended for Mildred, who was nearly a decade younger than him, to be the trustee of his films. But

those plans were upended when she died two years before Harold, leaving Suzanne, age 20 at the time, the sole trustee of his film and photo library when he passed away in 1971. It has since been her life's passion to preserve her grandfather's films and "keep Harold's legacy alive."

Between the feature films, guests enjoyed a buffet dinner at Roe Fusion, a restaurant located across the street from the landmark theater. Chef Phillip Ozaki designed a 20s-inspired menu, an era when refrigeration and canned and basic processed foods were novelties, including deviled eggs, Jell-O salad, spinach artichoke dip, chicken a la king, cucumber tea sandwiches, creamed corn, icebox cake, and Velveeta. The event also featured a signature cocktail, "The Safety Last!," a gimlet with lime, vodka, and cardamum.

Sierra Madre Playhouse Artistic and Executive Director Matthew Cook welcomed guests and recognized the importance of ensuring that the Playhouse continue to flourish for the next 100 years.

Sierra Madre City Council member Kristine Lowe, who mentioned that her grandparents enjoyed frequenting the Sierra Madre Playhouse in the days of yore, presented a proclamation honoring the Sierra Madre Playhouse for its unique history and vital role in the community over the past 100 years. (Pictured on Page 1 L-R Matt Cook - Sierra Madre Playhouse Artistic & Executive Director, Sierra Madre Councilwoman Kris Lowe, and Berrie Tsang.)

Sierra Madre-based company E. Waldo Ward, established in 1891 and famed for its marmalade and preserves, also honored Sierra Madre Playhouse by producing a special limited-edition Champagne Marmalade featuring the Playhouse's name and centennial dates on its label.

Sierra Madre Playhouse Board Chair David Gordon concluded the brief presentations with a series of toasts honoring Suzanne Lloyd and the Playhouse.

Other Sierra Madre Playhouse Board members attending "The Bee's Knees" included Ward Calaway, Frank Costello, Judith Farrar, Grace Shen, and David Zeidberg. The gala celebration was part of a two-day silent film festival at Sierra Madre Playhouse featuring a free community event and five iconic silent films.

Photos by Robert Velasco

ABOUT SIERRA MADRE PLAYHOUSE

Sierra Madre Playhouse, a vibrant Southern California cultural hub with a rich history spanning nearly a century, energizes audiences and the community with distinctive theatrical productions and captivating live performances.

As one of San Gabriel Valley's only performing arts center presenting a broad spectrum of performance genres, including theater, music, dance, film, comedy, and family-friendly productions featuring eminent local and national professional artists, the treasured artistic beacon draws audiences from across the Southland. The intimate 99-seat Sierra Madre Playhouse offers an up-close and personal connection to performances that resonate deeply, earning multiple Ovation Awards, NAACP Awards, and LA Times Critics' Choice honors. It is nestled into a historic building on the inviting Main Street of Sierra Madre, a charming village in the foothills of the San Gabriel Mountains. Retaining its distinctive movie theater façade and instantly recognizable marquee, the structure has undergone numerous transformations since opening in 1910, from furniture emporium to silent movie theatre to the artistic institution that now stands as a vibrant embodiment of the region's rich cultural legacy, celebrating the rich tapestry of the American experience and the enduring pursuit of shared understanding.



(L-R) Film historian Lara Gabrielle, who curated Sierra Madre Playhouse's silent film festival; Sierra Madre Playhouse President David Gordon; and The Bee's Knees' honoree Suzanne Lloyd, granddaughter of silent film star Harold Lloyd



BLACK HISTORY MONTH IS A SHARED AMERICAN STORY *By F. Willis Johnson*

Amid the backdrop of an imminent presidential election, geopolitical discord and tensions within our democratic republic, I take a moment to reflect upon Black History Month's enduring significance in our modern era. A period of remembrance and reflection, Black History Month is not a mere historical footnote but a living, breathing testament to the Black American story — a narrative as vital now as it was when Carter G. Woodson first inaugurated Negro History Week nearly a century ago. Black History Month is a journey through the annals of time where the brambles of profound injustice trapped the existence of African Diasporic people to the luminous trails forged through unyielding resilience, intellect and indomitable spirit. The inheritance left by our ancestors is not merely a record of bygone adversities and victories; it serves as a cornerstone for comprehending our present and constructing a future radiant with promise and anchored in equity.

To me, Black History Month is a sort of palms of lament, an appointed time of tribute to those forebears who laid down pathways of opportunity while shouldering the burdens of systemic inequity. It was an anointed time to venerate figures such as Frederick Douglass and Harriet Tubman, whose relentless quest for freedom shone a guiding light for others to follow. We celebrate visionaries like Dr. Martin Luther King Jr., whose dream remains a beacon of hope we continue to pursue, and the myriad unsung heroes whose contributions are inscribed in the heart of our nation, if not upon its monuments.

In an era where information flows like an unceasing deluge, there is a stark absence within the mainstream narrative — a chasm where the history of African Americans is either fragmented or altogether absent. This neglect becomes starkly apparent when one considers the enduring disparities in education, health care, economic opportunity and representation that systematically marginalized Black communities.

Black History Month addresses these inequalities by bringing African American stories to the forefront, acknowledging the pain, sacrifices and remarkable accomplishments that have molded our society. From the intelligent sociological insights of W.E.B. Du Bois to the pioneering political endeavors of Shirley Chisholm, from Katherine Johnson's mathematical prowess that propelled space exploration to Barack Obama's historic ascent to the presidency. To understand this history is to engage not just in remembrance but in active exploration. All Americans should immerse themselves in such narratives — not as a perfunctory acknowledgment, but in recognition that our collective past, welfare, and destinies are intertwined.

Resistance to ethnocultural education and diversity, equity, and inclusive instruction derives from the discomfort of confronting the painful truths of our past. However, sidestepping these critical topics and realities frays the fabric of the nation's story. Through the lens of our shared history, we can gain a deeper understanding of the systemic barriers that continue to influence the present. By embracing these educational efforts, we cultivate a more informed citizenry equipped with the empathy and knowledge necessary to foster a more just and inclusive future. It's not merely about learning dates and names; it's about instilling a consciousness that compels action and cultivates a society where equality and understanding are paramount.

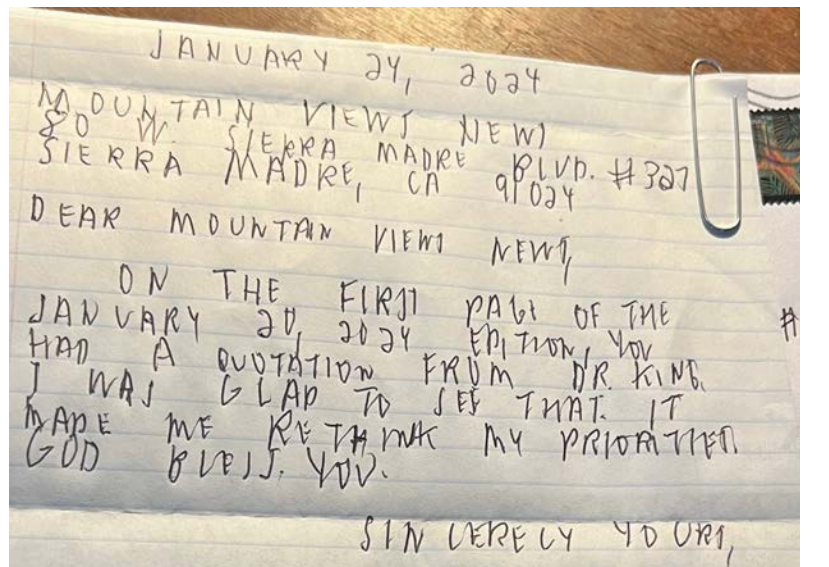
February is a powerful reminder that the quest for justice and equality remains unfulfilled. As the director of programs for Bridge Alliance and as a host fostering dialogues on race within our communities through the Collage podcast, I often stress that awareness is the precursor to action. The insights gleaned from Black History Month observances can cultivate solidarity among all people, promoting a more equitable and representative world.

By honoring the existential existence of African Americans and African Diaspora — their global connections — we pay homage to their enduring living legacy.

This February, join us in the ongoing work of elevating and amplifying all the beautiful, diverse stories and people, for they are the threads of a colorfully woven fabric, our shared American experience.

F. Willis Johnson is a United Methodist pastor in Columbus, Ohio, and the author of "Holding Up Your Corner: Talking About Race in Your Community" (Abingdon Press, 2017) His is program director for the Bridge Alliance, which houses The Fulcrum, a nonprofit, nonpartisan news platform covering efforts to fix our governing systems.

LETTER TO THE EDITOR



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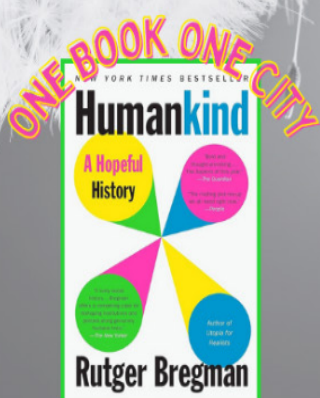


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WALKING SIERRA MADRE - The Social Side

by Deanne Davis

*"Oh valentine, sweet valentine,
How I've wished that you were mine.
I've sent you flowers, wine and steaks,
Chocolates in a heart-shaped box,
I bought you a star up in the sky...
And you went and named it after some other guy.
I've sent you letters and some really
sweet rhymes,
But I'm beginning to think I'm wasting my time.
I'm gonna look in another direction,
To find sweet love and a little affection.
I want a valentine whose heart is true,
Who will never ever make me blue."*



The last thing to be said about Valentine's Day this year. I promise...now on to more February stuff:

- February 12 is Abraham Lincoln's Birthday. He was the 16th president of the United States.
- February 13 is Fat Tuesday or Mardi Gras Day, the culmination of the Carnival season, a weeks-long party of excessive over-the-top celebrations. Think New Orleans! Masks, beads, costumes, music, food. Laissez le bon temps rouler!! Let the good times roll.
- February 14 is Ash Wednesday, in addition to being Valentine's Day. This marks the start of Lent.
- February 19 is Presidents' Day, a federal holiday...no mail, no school. We also call this Washington's birthday which is totally wrong. His actual birthday is February 22nd! A great little piece of trivia.
- February 29 is Leap Day! Which only happens every four years.

I could go on for pages about the true meaning of Leap Year and the various calendars: Gregorian, Julian and the fact that the astronomical year lasts slightly less than 365-1/4 days. But you'd quit reading Walking Sierra Madre and throw the paper on the floor. Instead, let's talk about the fun Leap Year stuff...

In Ireland and Britain, it is a tradition that women may propose marriage only in leap years. Supposedly, a 1288 law by Queen Margaret of Scotland required that fines levied if a marriage proposal was refused by the man (talk about humiliation!) compensation was deemed to be a pair of leather gloves, a single rose, a pound (\$\$) and a kiss.

A play from the turn of the 17th century, "The Maydes (Maid's) Metamorphosis" has it that "this is leape year/women wear breeches." A few hundred years later, the breeches were thrown out and ladies who were looking to propose to some guy needed to wear a scarlet petticoat. In Finland, the tradition is if a man refuses a woman's proposal on leap day, he should buy her the fabrics for a skirt.

In Greece, marriage in a leap year is considered unlucky. One in five engaged couples in Greece will plan to avoid getting married in a leap year.

In February 1988, the town of Anthony in Texas declared itself "leap year capital of the world" and an international leaping (a person born in a leap year) birthday club was started.

Probably not many of you remember the comic strip, "Li'l Abner" by Al Capp. Li'l Abner, a handsome and muscular fellow, was loved and pursued by Sadie Hawkins, 'the homeliest gal in all them hills.' She was 35 and still a spinster until her father, the mayor of Dogpatch, instituted Sadie Hawkins Day where Sadie could pursue bachelors till she caught one and he would be obliged to marry her.

What, you are now asking, does this have to do with leap year? There is, indeed, a tenuous link: The date for Sadie Hawkins Day most commonly reported is November 13, two days before its first appearance in the comic strip. This date has on occasion been confused for February 29, the date for Bachelor's Day according to the original Irish tradition of women being allowed to propose marriage. Sadie Hawkins day inspired a fad on college campuses. Life Magazine reported that 201 colleges in 188 cities held a Sadie Hawkins Day event. By then marriage was off the table and it was more like girls inviting guys to be their escort to a dance.

Why, you might ask, am I devoting so much space to Leap Year? My adorable daughter, Patti, is a leap year baby! A true leaping! We celebrate her birthday on March 1st. I think she should get two birthday parties, one on Leap Day and another on March 1st. To all you leaping out there, Happy February 29th Birthday!

The picture this week celebrates leap year with...what else...A really cute frog!

One last thing I'm sure you already know: February is Black History Month, an annual celebration of achievements by African Americans. The 2024 Black History Month theme, "African Americans and the Arts," explores the influence African Americans have had in the fields of visual and performing arts, literature, fashion, language, film, music, culinary and other forms of cultural expression. Since 1976, every U.S. president has officially designated the month of February as Black History Month.

My book page: Amazon.com: Deanne Davis
Lent is starting, which means Easter is on its way.
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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.

Mountain View News Saturday, February 10, 2024

Weather Wise



6-Day Forecast Sierra Madre, Ca.

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

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

FEBRUARY 13, 2024 5:30pm

THIS MEETING WILL BE HELD IN THE COUNCIL CHAMBERS!

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

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

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



This week at the
Sierra Madre
Public Library

February 12—February 17

Monday

Baby Rhyme Time —In-person at 9:00am

Preschool Storytime —In-person at 10:00am

OBOC "Off the Page" at the Sierra Madre
Playhouse —In-person at 7:00pm

Wednesday

Board Library Teens at the Memorial Park
Pavilion—In-person at 4:00pm

OBOC Blood Drive —In-person from 12:00pm-
6:00pm

Thursday

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

Saturday

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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

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News From Your Community For Your Community

Closures & Reminders for Lincoln's, Washington's Birthdays

In observance of Lincoln's and Washington's Birthdays, City Hall and many City services will be closed Monday and Tuesday, Feb. 12 and 13. The City Service Center (CSC) will be open between the hours of 8 a.m. and noon on Monday, Feb. 12. The CSC will be closed Monday, Feb. 13, and will reopen Tuesday, Feb. 14, at 8 a.m. Trash, recycling and yard waste collection will occur as scheduled on both holidays. There will be no delay in pickup for residents.

Pasadena residents and businesses experiencing any power emergencies should call Pasadena Water and Power (PWP) at (626) 744-4673. For water-related emergencies, call (626) 744-4138. PWP's Customer Service Call Center will be closed Monday, Feb. 12, and Tuesday, Feb. 13; however, customers can access their accounts and make payments through the automated phone system at (626) 744-4005 or online at PWPWeb.com.

The City's Municipal Services Payment Center and Parking Office will also be closed on Lincoln's and Washington's Birthdays. All parking meters will be free and parking time limits will not be enforced. Violations for overnight parking restrictions, red curb parking and blocking fire hydrants will be issued. Parking meter enforcement resumes after each holiday on Tuesday, Feb. 13, and Tuesday, Feb. 20. Pasadena Transit and Dial-A-Ride buses will operate on their regular schedules.

The Permit Center will be closed on Lincoln's and Washington's Birthdays; however, many services will be available via Permit Center Online, where you can obtain subtrade permits and submit plans for new construction, tenant improvements, accessory dwelling units and additions. In-person operations will resume after each holiday on Tuesday, Feb. 13, and Tuesday, Feb. 20.

All Pasadena Public Library branch sites will be closed Sunday and Monday, Feb. 11 and 12, and will reopen Tuesday, Feb. 13. Library branches will also be closed Sunday and Monday, Feb. 18 and 19, and will reopen Tuesday, Feb. 20.

All parks will be open for picnics, fun and play; however, no site reservations are being accepted for the holidays. Community and recreation centers will also be closed to the public on Monday, Feb. 12, and Monday, Feb. 19.

The Pasadena Public Health Department (PPHD) will also be closed Monday, Feb. 12 and Monday, Feb. 19. Upcoming vaccine clinics are scheduled for Wednesday, Feb. 14; Wednesday, Feb. 21; and Monday, Feb. 26.

City Council will not meet on Monday, Feb. 12, and Monday, Feb. 19. The next council meeting is scheduled to take place Monday, Feb. 26.

Pasadena Fire and Police Departments will continue to provide patrol, jail, fire, paramedic and other emergency services during the holidays. For life-threatening emergencies, call 9-1-1. For non-emergencies, call Pasadena Police Department at (626) 744-4241.



JPL Lays Off More than 530 Employees

Jet Propulsion Laboratory employees saw an estimated eight percent cut in jobs across the facility Wednesday after NASA cut the lab's budget according to a memo sent to all employees Tuesday from Director Laurie Leshin.

The workforce reduction will affect approximately 530 JPL workers and around 40 additional members of the NASA contractor workforce she said.

"The impacts will occur across both technical and support areas of the Lab," Leshin said. "These are painful but necessary adjustments that will enable us to adhere to our budget allocation while continuing our important work for NASA and our nation."

At issue, as of Tuesday, was the laboratory not having a final word from U.S. Congress on the Mars Sample Return (MSR) budget. Leshin also said they had no word on an approved

federal budget but NASA officials previously directed JPL to plan for an MSR budget of \$300 million.

"This is consistent with the low end of congressional markups of NASA's budget and a 63 percent decrease over the FY23 level," she outlined in the memo. "In response to this direction, and in an effort to protect our workforce, we implemented a hiring freeze, reduced MSR contracts, and implemented cuts to burden budgets across the Lab. Earlier this month, we further reduced spending by releasing some of our valued on-site contractors."

On Wednesday employees were instructed to work from home, "so everyone can be in a safe, comfortable environment on a stressful day. Most individuals will not be able to enter the Lab during this mandatory remote work day," she said.

All employees impacted by the layoffs were notified by email.

"NASA requires that [employee] access to JPL systems be shut off very shortly following the notification" Leshin said.

All impacted employees will continue to receive their base pay and benefits 60 days according to the memo.

For more information and the full text of the memo visit: jpl.nasa.gov/news/jpl-workforce-update.

Symphony's Ode to Romance

The Pasadena Symphony presents Tchaikovsky Piano Concerto No. 1 on Saturday, February 17 with performances at 2:00 p.m. and 8:00 p.m. at Ambassador Auditorium. The Pasadena Symphony's ode to romance arrives just in time for Valentine's weekend, with Tchaikovsky's most popular piano concerto performed by award-winning Chinese pianist Wynona Wang, who continues to dazzle on the international stage since winning First Prize at the Concert Artists Guild International Competition.

Accomplished conductor Kyle Dickson will take the podium to lead the orchestra for this romantic and revelatory program. Winner of the Concert Artists Guild's Richard S. Weinert Award, Dickson was a recent Salonen Conducting Fellow with the San Francisco Symphony and is Assistant Conductor of both the Memphis Symphony and Chicago Sinfonietta. Dickson will open the program with Jessie Montgomery's Strum, hot off her GRAMMY win for Best Contemporary Classical Composition, and will conclude the program with Sibelius' sumptuous Second Symphony.

The Pasadena Symphony provides a vibrant experience specially designed for the music lover, the social butterfly or a date night out. Arrive early for the pre-concert discussion Insights, or enjoy a bite or a glass in the Symphony Lounge, a posh setting along Ambassador Auditorium's beautiful outdoor plaza with a full service beverage center serving coffee, spirits, and fine wines from The Michero Family, plus sandwiches, soup, appetizers and dessert by Cynthia Brooks Catering before the concert and during intermission.

All concerts are held at Ambassador Auditorium, 131 South St. John Ave, Pasadena. Subscription packages start at as low as \$99, with single tickets starting at \$42. Both may be purchased online at pasadenasympphony-pops.org or by calling (626) 793-7172.

Black History Month Talk at The Pasadena Senior Center

A visit with Miss Etta Mae Mumphries, Aka Actor Karen Bankhead



Nobody tells stories like Miss Etta Mae Mumphries, the alter ego of African American writer/actor/comedian Karen Bankhead.

Miss Etta Mae will share some of her stories Thursday, Feb. 22, at 2 p.m. at the Pasadena Senior Center, 85 E. Holly St., during a special Black History Month performance.

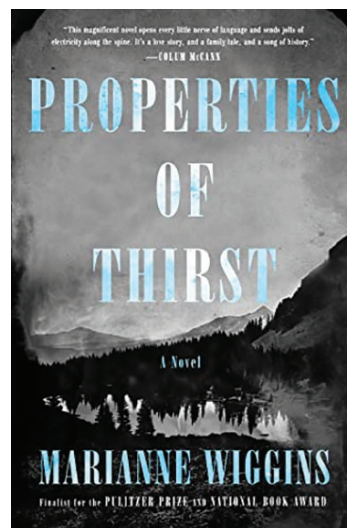
A fount of wisdom, Miss Etta Mae has met and influenced exceptional people throughout her extraordinarily long life, including Josephine Baker, Billie Holiday, Dr. Martin Luther King Jr. and Sammy Davis Jr.

Bankhead, a veteran actress and screenwriter, studied at Second City, was a member of The Groundlings Sunday Company and was cofounder, producer and performer with groundbreaking improv groups such as Hold the Cream and Foxy, Fine and Funny. She has been a cast member in plays from California to New York and received the NAACP Theatre Award for Best Supporting Actress in 2020 for her role as the flower child Wanda in the play "Three Times a Lady," which made its national debut in Los Angeles. She has performed stand-up at such renowned clubs as The Comedy Store, The Ice House

and The Improv. Bankhead has played a variety of roles on television shows, including "Will & Grace," "Curb Your Enthusiasm," "Gilmore Girls," "Grey's Anatomy" and many more. The program is free for members of the Pasadena Senior Center and only \$5 for nonmembers 50 and older. Residence in Pasadena is not required. To register or for more information, visit www.pasadenaseniocenter.org and click on Activities & Events, then Special Events or call 626-795-4331.

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

One City, One Story Event Author Marianne Wiggins



Pasadena One City, One Story community programs centered around Properties of Thirst by author Marianne Wiggins, will be held throughout the month of March, culminating in a conversation with Wiggins on Saturday, March 23 at 2 p.m., at Pasadena Presbyterian Church, 585 E. Colorado Blvd.

Now in its 22nd year, One City, One Story is designed to broaden and deepen an appreciation of reading and literature and to promote tolerance and understanding of differing points of view by recommending a compelling book that engages the community in conversation.

Properties of Thirst is a novel that is both universal and intimate. It is the story of a changing American landscape and an examination of one of the darkest periods in this country's past, told through the stories of the individual loves and losses that weave together to form the fabric of our shared history. Ultimately, it is an unflinching distillation of our nation's essence—and a celebration of the bonds of love and family that persist against all odds.

Rockwell "Rocky" Rhodes has spent years fiercely protecting his California ranch from the LA Water Corporation. It is here where he and his beloved wife, Lou, raised their twins, and where Rocky has mourned Lou

in the years since her death.

As twins Sunny and Stryker reach adulthood, the country teeters on the brink of war. Stryker decides to join the fight, deploying to Pearl Harbor not long before the bombs strike. Soon, Rocky and his family find themselves facing yet another incomprehensible tragedy.

And when the government decides to build a Japanese American internment camp next to the ranch, Rocky realizes that the land faces even bigger threats than the LA watermen he's battled for years.

Marianne Wiggins is the author of eight novels, including John Dollar and Evidence of Things Unseen, which was a finalist for the Pulitzer Prize for Fiction and the National Book Award. She has won a Whiting Award, a National Endowment for the Arts fellowship and the Heidinger Kafka Prize and was shortlisted for the Women's Prize for Fiction. She lives in Venice, Calif.

Following the presentation will be a conversation and Q&A with Library Director Tim McDonald.

Books will be sold by The Friends of the Pasadena Public Library and Marianne Wiggins will sign books following the event.

For more information on One City, One Story, visit: cityofpasadena.libguides.com/onecityonestory.

Pasadena Recreational Trails Program Grant Award

Director of Parks, Recreation, and Community Services, Koko Panossian, and the department announced Thursday a grant award in the amount of \$500,000 for the Arroyo Trails Critical Linkages Project through the state of California Parks and Recreation Department's Recreational Trails Program ("RTP").

Grant programs such as the RTP help advance outdoor access by providing funds to local, state, federal, and nonprofit organizations to develop non-motorized recreation trails (paved, non

paved, and backcountry) and trail-related facilities projects as well as acquire trail corridors.

Parks, Recreation, and Community Services submitted the RTP grant application in June in partnership with the One Arroyo Foundation to construct two new multi use trails and restore approximately 3.5 miles of multi use trails in the lower and central Arroyo.

A total of 56 applications were submitted and only nine were selected. The City of Pasadena was one of two grantees selected for the Los Angeles County area.

For more information visit: cityofpasadena.net.

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



Brought to you by Sue Cook

February 3

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

February 4

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

February 10

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

February 10

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

February 10

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

February 10

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

February 11

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

February 17

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

February 17

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

February 25

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

Ongoing Events**January 21 – February 17**

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

February 3 – March 3

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

February 10, 11

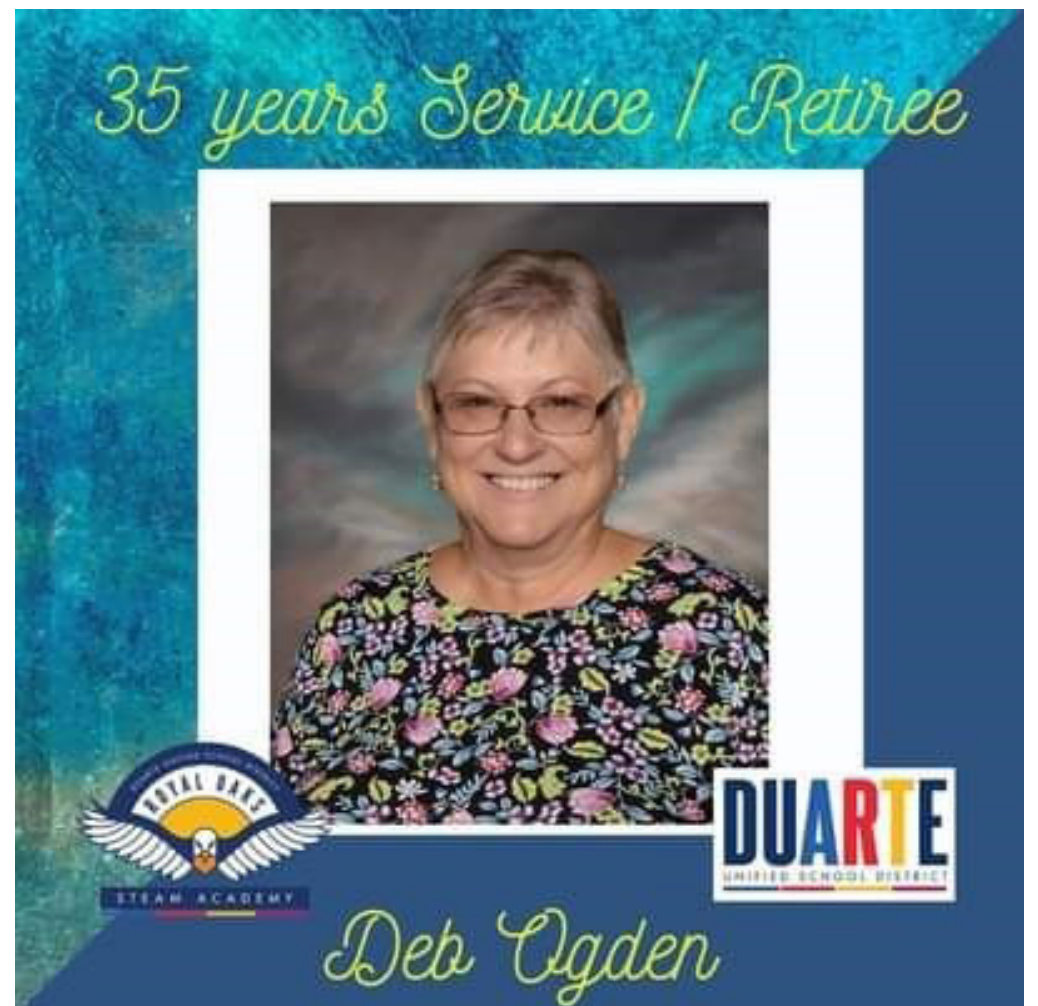
Chinese New Year Festival at The Huntington
Lunar New Year Festival featuring lion dancers, music and more. 10 am – 5 pm

February 11 – March 17

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

February 17, 18

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

**TONGVA INDIAN PRESENTATION**

The Monrovia Historic Preservation Group will be presenting a talk on the local indigenous Tongva Indians this Sunday, February 11, at 1:30 pm at the Monrovia Historical Museum, 742 E. Lemon Avenue. Admission is free.

Join Deb Ogden, who taught for 35 years in the Duarte Unified School District, who will provide answers to many questions, such as: How did this group arrive in the area? What does this tribe prefer to be called? Why aren't they recognized as an American Indian Tribe by the US Government? Why do you see other tribal crafts and artifacts, like Chumash and Navajo, but not crafts and artifacts identified from the Gabrielino Tongva at Native American gatherings? And probably the biggest question, how does a group of people face so much hardship and continue to exhibit such resilience?

While this event occurs on Super Bowl Sunday, it will be over long before the game begins, so be sure and join the fun. Refreshments will be on the house!

**LOW LILY TRIO TO PUT ITS TWIST ON ROOTS MUSIC, AT CALTECH MARCH 2**

PASADENA – The Vermont-based trio Low Lily will perform roots-steeped music with a distinctive pop sparkle on Saturday evening, March 2, in Pasadena.

Low Lily's concerts and recordings since 2015 have stoked a reputation for tight arrangements, fine songwriting, string-instrument mastery and enthralling three-part harmonies. The trio blends the drive of bluegrass traditions with the thoughtfulness of contemporary folk. Co-founders Liz Simmons and Flynn Cohen are joined by prize-winning fiddler Natalie Portman.

Their newest album includes songs written by each of them. A reviewer said the songs "sound as if they are ancient traditionals, but they are all new compositions. It is the modern arrangements that have made Angels in the Wreckage a very beautiful contemporary folk record."

The concert will begin at 8 p.m. in Caltech's Beckman Institute Auditorium, 400 South Wilson Ave., in the Beckman Institute building just west of the larger, round Beckman Auditorium. Free parking is available in lots on both sides of Michigan Avenue just south of Del Mar Boulevard and in two parking structures along Wilson Avenue just south of Del Mar Boulevard.

The event is presented by the Pasadena Folk Music Society. Tickets are available from the Caltech Ticket Office (626-395-4652) for \$25, with \$10 tickets available for Caltech students and anyone age 16 or younger. For more information, see <https://pasadenafolkmusicsociety.org>.

Publicity Contact: Guy Webster, 626-798-8457 or guy.weyman@webster@gmail.com

ASSEMBLYMEMBER CHRIS HOLDEN ACCEPTING NOMINATIONS FOR ANNUAL WOMAN OF THE YEAR & WOMEN OF DISTINCTION

Pasadena, CA—Assemblymember Chris Holden is seeking nominations for his annual 41st Assembly District's Woman of the Year and Women of Distinction celebration.

"For over 30 years, in recognition of Women's History Month, the Legislature has honored the achievements of women throughout California during the annual Woman of the Year celebration," said Assemblymember Chris Holden. "It is your chance to acknowledge the superwoman in your life and in our community."

Nominees must live, volunteer, or work in the 41st Assembly District, which stretches from La Cañada Flintridge and Pasadena in the West to Upland in the East and includes the communities of Altadena, Bradbury, Claremont, La Verne, Monrovia, Rancho Cucamonga, San Dimas, Sierra Madre, and Wrightwood.

The deadline to submit nominations is Thursday, February 15 at 5:00 pm and can be submitted here: <https://a41.asmdc.org/2024-woman-year-and-women-distinction>

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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 and follow me on Twitter @KINGOFCUISINE

IN THE KITCHEN
Our Favorite Recipe of the week

FOR VALENTINE'S DAY:

Get Your Valentine Chicken & Baked Mac & Cheese Bites

From The Neeley's On The Food Network



Get Your Valentine Chicken

Level: Easy
Total: 1 hr 3 min
Prep: 8 min
Cook: 55 min
Yield: 4 to 6 servings

INGREDIENTS:

2 tablespoons olive oil
6 chicken thighs, skinless
1 teaspoon salt
1/2 teaspoon pepper
1 medium onion, sliced
1 cup chicken stock
1/2 cup white wine
One 14.5-ounce can crushed tomatoes in thick puree
1 teaspoon dried thyme
1/2 teaspoon dried rosemary
1 tablespoon lemon-pepper
Hot buttered rice
2 tablespoons chopped fresh parsley leaves

DIRECTIONS:

- Heat the oil in a 12-inch skillet over medium high heat.
- Pat chicken dry with a paper towel and season with salt and pepper. Brown the chicken, meat-side down first, and turning once, about 4 minutes on each side. Transfer to a plate to reserve.
- Pour off all but 1 tablespoon of oil from the pan.
- Add onion to the pan and saute until tender, roughly 3 minutes. Add the stock and wine and stir, scraping any brown bits off the bottom of the pan. Turn heat to high and reduce by half, about 3 minutes. Pour in the crushed tomatoes and add the dried herbs and lemon pepper. Add the chicken thighs back into the pan. Cover and cook on medium-low heat for 40 minutes.
- Remove chicken from liquid and serve on hot buttered rice. Ladle the sauce on top and garnish with fresh chopped parsley.

Baked Mac and Cheese Bites

Level: Easy
Total: 1 hr
Prep: 10 min
Cook: 10 min
Yield: 48 Bites

INGREDIENTS:

1 pound small elbow pasta
3 tablespoons unsalted butter
1 small onion, minced
2 garlic cloves, minced
1/4 cup all-purpose flour
2 1/2 cups whole milk
1/4 teaspoon cayenne pepper (optional)
Salt and freshly ground black pepper
2 cups grated white cheddar cheese
2 cups grated yellow cheddar cheese, divided

DIRECTIONS:

- Preheat the oven to 375°F. Grease two mini-muffin pans with nonstick cooking spray.
- Bring a large pot of salted water to a boil. Add the elbow pasta and cook according to the package instructions, about 7 to 9 minutes. Drain.
- In a large pot, melt the butter over medium heat. Add the onion and sauté until translucent, 4 to 5 minutes. Add the garlic and cook until fragrant, 1 minute more.
- Sprinkle the flour into the pot and stir to combine. Cook for 2 minutes, stirring constantly.
- Add the milk and whisk well to combine. Bring the mixture to a simmer over medium-low heat, stirring occasionally.
- Season the sauce with the cayenne pepper (if using), salt and pepper. Remove the pot from the heat and stir in the white cheddar and 1 1/2 cups of the yellow cheddar. Stir until the mixture is melted.
- Stir in the cooked pasta and mix until it is evenly coated with the sauce. Scoop 1 1/2 to 2 tablespoons of the mac-and-cheese mixture into each cavity of the prepared pans.
- Sprinkle a few pieces of yellow cheddar on top of each mac-and-cheese bite and then transfer the pans to the oven. Bake until the cheese is melted and the bites become golden, 17 to 20 minutes.
- Let the bites cool for 15 minutes before unmolding and serving. Serve hot or at room temperature.

Store leftovers in an airtight container in the refrigerator for up to two days.

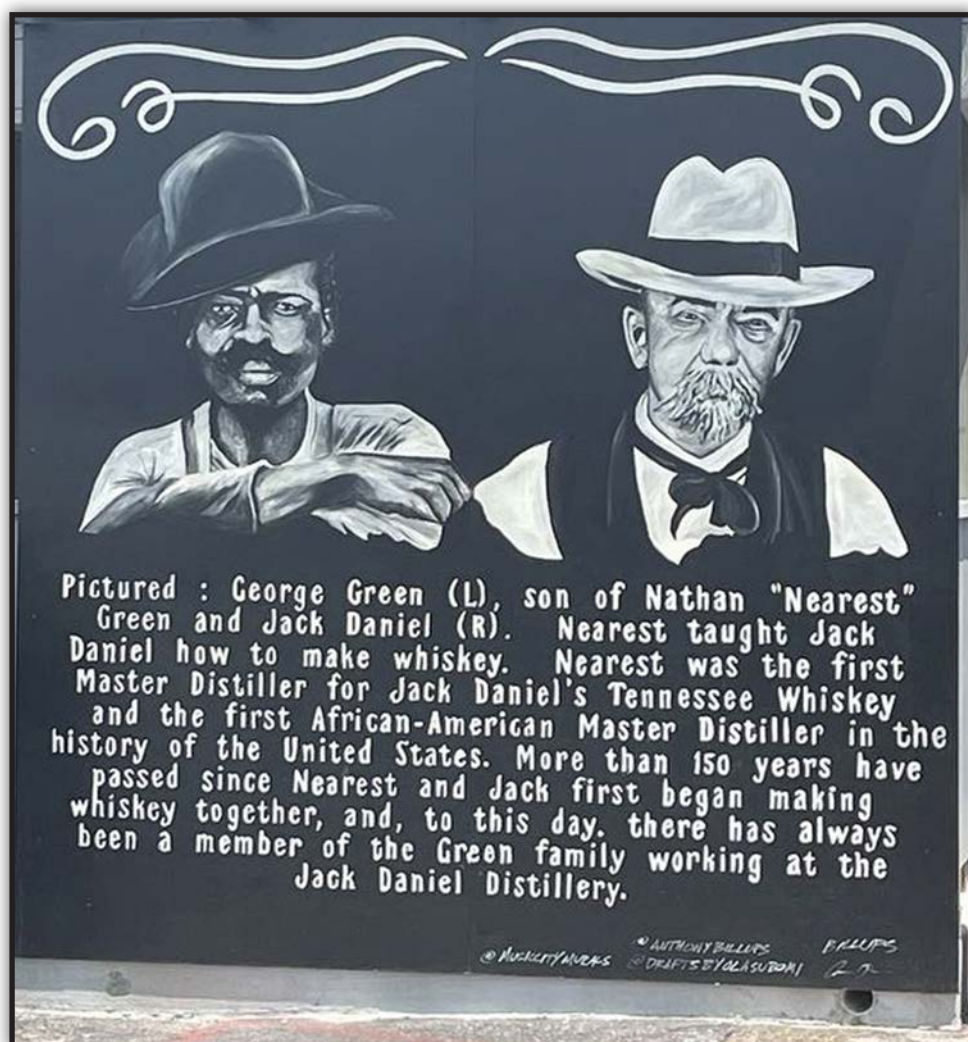
THE TASTING ROOM

I'm Gustavo Lira, Tasting Room Manager and Wine Buyer at The Bottle Shop in Sierra Madre with another wine and spirits selection. (*And a bit of Black History you may not have known!*)

There's a fascinating story behind the Uncle Nearest Premium Whiskey – this country's best-selling Black-owned spirit brand, the fastest-growing American whiskey brand in U.S. history, and most awarded bourbon and American whiskey of 2019, 2020, and 2021.

Fawn Weaver founded Uncle Nearest in 2016 after reading a New York Times article about a former slave named Nathan Green aka "Uncle Nearest." Her subsequent research with the help of about 20 others concluded that Green was the first master distiller for Jasper "Jack" Daniel's distillery.

However, it was the accompanying photo that really grabbed her attention. The photo showed Jack Daniel and his entire all white team – except for a single black man, George Green, son of Nathan Green – who was in the center of the photo. Further research uncovered that Nathan Green taught Jack Daniel how to make whiskey, and when Jack purchased his own distillery, he hired Nathan to be his first master distiller.



Nathan utilized and perfected the Lincoln County Process – a means of charcoal filtering whiskey through sugar maple timbers – which gives whiskey its smooth profile along with a maple-sweet flavor. All of this occurred in the 19th century shortly after slavery ended in this country – Jack Daniel and Nathan Green worked together with Nathan acting as Jack's mentor and master distiller – which makes this story even more remarkable.

Today, Uncle Nearest Whiskey's master blender is Victoria Eady Butler – the first Black female master blender in American Whiskey – and the great-great-granddaughter of Nathan Green. To further promote diversity in the American whiskey industry, Uncle Nearest and Jack Daniel's created the Nearest and Jack Advancement Initiative which created programs for apprenticeships and other programs that boost Black entrepreneurship in the industry. Fawn Weaver also founded the Nearest Green Foundation, a nonprofit organization offering college scholarships to Nearest Green's descendants.

This is one of the most remarkable stories behind a brand that I've come across in a while – a brand that deserves your attention and support.

The Bottle Shop has the following Uncle Nearest Whiskey available: Uncle Nearest 1856 Premium Whiskey \$59.99, Uncle Nearest Rye Straight Rye Whiskey \$64.99, and Uncle Nearest 1884 Small Batch Whiskey \$44.99. Until next time – Salud!



UPCOMING WINE TASTINGS –

Saturday February 10th Spotlight on Stolpman Vineyards;

Thursday & Friday February 15 & 16 Husband & Wife Winemakers.

Subscribe to The Bottle Shop newsletter and stay informed on our weekly wine tasting, beer tasting, and special winemaker events.



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E-mail address: jharabedian@alvernoheights.org

Arcadia Christian School
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626-574-8229/626-574-0805
Email: inquiry@acslions.com
Principal: Cindy Harmon
website: www.acslions.com

Arcadia High School
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Phone: (626) 821-8370, Principal: Brent Forsee
bforsee@ausd.net

Arroyo Pacific Academy
41 W. Santa Clara St. Arcadia, Ca,
(626) 294-0661 Principal: Phil Clarke
E-mail address: pclarke@arroyopacific.org

Assumption of the Blessed Virgin Mary School
Ms. Rose Navarro, Principal
2660 East Orange Grove Blvd.
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626-793-2089
https://school.abvmpasadena.org/

Barnhart School
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(626) 446-5588
Head of School: Tonya Beilstein
Kindergarten - 8th grade
website: www.barnhartschool.org

Bethany Christian School
93 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-3527
Preschool-TK-8th Grade
Principal: Jonathon Hawes
website: www.bcsliions.org

Clairbourn School
8400 Huntington Drive
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Phone: 626-286-3108 ext. 172
FAX: 626-286-1528
E-mail: jhawes@clairbourn.org

Foothill Oaks Academy
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www.foothilloaksacademy.org
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Frostig School
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Head of School: Jenny Janetzke
Email: jenny@frostig.org

The Gooden School
192 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-2410
Head of School, Jo-Anne Woolner
website: www.goodenschool.org

High Point Academy
1720 Kinneloa Canyon Road
Pasadena, Ca. 91107
Head of School: Gary Stern 626-798-8989
website: www.highpointacademy.org

La Salle College Preparatory
3880 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 351-8951 website: www.lasallehs.org
Interim Principal Ernest Siy

Monrovia High School
325 East Huntington Drive, Monrovia, CA 91016
(626) 471-2800 Principal Darwin Jackson
Email: schools@monrovia.k12.ca.us

Odyssey Charter School
725 W. Altadena Dr. Altadena, Ca. 91001
(626) 229-0993 Head of School: Lauren O'Neill
website: www.odysseycharterschool.org

Pasadena High School
2925 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 396-5880 Principal: Mathew Kodama
website: http://phs.pusd.us

St. Rita Catholic School
322 N. Baldwin Ave. Sierra Madre, Ca. 91024
Principal: Adela Solis (626) 355-6114
solis@st-ritaschool.org
Website: www.st-ritaschool.org

Sierra Madre Elementary School
141 W. Highland Ave, Sierra Madre, Ca. 91024
(626) 355-1428
Principal: Dr. Jodi Marchesso
E-mail address: marchesso.jodi@pusd.us

Sierra Madre Middle School
160 N. Canon Sierra Madre, Ca. 91024
(626) 836-2947 Principal: Garrett Newsom
E-mail address: newsom.garrett@pusd.us

Walden School
74 S San Gabriel Blvd
Pasadena, CA 91107 (626) 792-6166
www.waldenschool.net

Weizmann Day School
1434 N. Altadena Dr. Pasadena, Ca. 91107
(626) 797-0204
Lisa Feldman: Head of School

Wilson Middle School
300 S. Madre St. Pasadena, Ca. 91107
(626) 449-7390 Principal: Ruth Esseln
E-mail address: resseln@pusd.us

Pasadena Unified School District
351 S. Hudson Ave., Pasadena, Ca. 91109
(626) 396-3600 Website: www.pusd@pusd.us

Arcadia Unified School District
234 Campus Dr., Arcadia, Ca. 91007
(626) 821-8300 Website: www.ausd.net

Monrovia Unified School District
325 E. Huntington Dr., Monrovia, Ca. 91016
(626) 471-2000
Website: www.monroviaschools.net

Duarte Unified School District
1620 Huntington Dr., Duarte, Ca. 91010
(626) 599-5000
Website: www.duarte.k12.ca.us



THE ROTARY YOUTH LEADERSHIP AWARDS
CAMP DATES: MARCH 22-24, 2024

RYLA is an International Rotary Club youth leadership program. High school juniors, chosen for their leadership potential, are sponsored by Rotary to attend an event each year, with all costs covered by Rotary. Core topics covered by the program include: Fundamentals of Leadership, Ethics of Positive Leadership, Importance of Communication, Building Self-Confidence and Self-Esteem and Community Involvement.

APPLICATIONS DUE MARCH 1, 2024

Interested High School Juniors, and Seniors under 18,
contact the Sierra Madre Rotary Club at
SierraMadreRotaryClub@gmail.com

THE SIERRA MADRE WOMAN'S CLUB IS OFFERING \$1500 SCHOLARSHIPS TO LOCAL HIGH SCHOOL SENIORS THAT APPLY AND QUALIFY BASED ON THE APPLICATION CRITERIA

The Sierra Madre Woman's Club encourages local high school seniors to apply for a financial scholarship to pay for college or university studies. The Club has been active for over 100 years and its Wisteria Shop Thrift Store and other fundraisers have been instrumental in allowing the Club to continue awarding scholarships. The Club will offer six scholarship awards to deserving students. Past awards have been given to students from Sierra Madre, as well as students who attended high school at LaSalle, Pasadena High School, Marshall Fundamental and Maranatha.

Applications are available at the Sierra Madre Library, the Wisteria Shop or <http://www.sierramadrewomansclub.org>

Completed application packets must be received no later than 3pm on Saturday, March 23, 2024.

We are reading about and studying... ... the lives of the U.S. presidents. Kids: color stuff in!

Newspaper Fun!
www.readingclubfun.com
Annimills LLC © 2024 V6

Honoring The Presidents

February 12th is the anniversary of President Abraham Lincoln's birth. Many people think he was the greatest U.S. President! He kept the union of the states together. He freed slaves. He is still remembered today for his powerful and heartfelt speeches. **Read the clues to help you fill in this puzzle about Lincoln:**

- he was _____ on February 12, 1809 in Kentucky
- his family lived in a one-room log _____
- there were no _____; Abraham spent his days playing or working
- he loved to _____; would walk for miles to borrow a book
- in 1836, he received his license to be a _____
- in 1842, he married _____ Todd Lincoln; they had four sons
- he was elected to the U.S. House of Representatives for one term (Whig Party); opposed the spread of _____ into new areas
- in 1858, he ran for the U.S. Senate, but was not _____
- the Republican party, which opposed slavery, chose Lincoln to run for President (1860); he won, becoming the _____ President
- right away some southern states split from the _____; they wanted to start their own government
- Lincoln did not want the country to _____; the Civil War began with the Confederate Army, led by Gen. Robert E. Lee, having the upper hand
- during the war, in 1862, Lincoln signed the "Emancipation Proclamation" giving _____ to all slaves (in the south)
- after a _____ (1863) at Gettysburg, PA, the war's tide turned - the Union Army led by Gen. Ulysses S. Grant began to win
- Lincoln traveled to Gettysburg to give a _____ - it has become famous: *The Gettysburg Address*
- in 1864, Lincoln was elected _____ again
- the Confederate Army _____ in April 1865; Lincoln urged all Americans to make peace and get along
- five days later, Lincoln went to the _____ with his wife, where John Wilkes Booth shot Lincoln and killed him

Lincoln was famous for wearing a stovepipe hat!

A bust or a statue of a President is one way we can honor him.

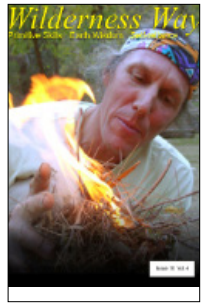
A Good Book!

I'm worth a long walk!

freedom theater surrendered lawyer

CHRISTOPHER Nyerges

[www.SchoolofSelf-Reliance.com]



WHEN VEGETARIANS EAT CHICKEN
A Lesson in Not Being Too Rigid

Christopher Nyerges [Nyerges is an educator and author of "Urban Survival Guide," "Extreme Simplicity," "Foraging California," and other books. For information on his classes and books, go to www.SchoolofSelf-Reliance.com]

Several years ago, after an outdoor Sunday morning gathering, many of the participants gathered to plant a tree as a remuneration to the facilitator. Most of us were helping the two main individuals who had planned the tree-planting.

As we gathered to plant the tree, the two planners began to argue. One had already taken the time to dig a hole of the appropriate depth, and watered it, and gotten the tree ready to place into the hole. The other individual, however, argued that it wasn't exactly the right spot, and insisted that a new hole be dug about three feet away. Most of us observers didn't say much, but we thought that a mere three feet wouldn't make much difference.

The person who had dug the hole was rather upset at this turn of events, for she felt that all her work was now for naught. As it turned out, the man who wanted to move the hole got his way. He argued that he had a degree in landscaping (or some related field), and that therefore his argument had greater weight.

To all us observers, it was a sad sight -- something the two of them should have worked out ahead of time rather than force us all to witness their dispute (not to mention the time waste).

After it was over, Dr. Elan Neev told a little story to the few of us who remained. (Dr. Elan Neev, who was one of the tree-planting participants, is the author of Wholistic Healing, and the founder of the Self Improvement Institute in Los Angeles.)

He told us that people in Israeli villages adopt Army units, and would take care of the soldiers and feed them. In one case, a group of ladies had spent the entire day preparing a special meal for an Army unit, unaware that they were orthodox Jews and strict vegetarians. The meal that the ladies prepared included chicken.

The troops came to the dining room, and when they saw that the meal included chicken, they quickly and quietly spoke to their rabbi.

The rabbi told them that the value of honoring their hostesses was more important than their principle of being vegetarians. He said they needed to compare these two competing values. The rabbi said that the value of not hurting another -- in this case, the ladies who worked all day to provide a special meal -- was much more important than their dietary choice. He emphasized the word "choice." He encouraged the soldiers to eat the meal and to say nothing of the chicken, which is what they did.

When Dr. Neev was finished telling us this story, I paused, and said, "So they should have just planted the tree in the first hole, right?"

"Of course!" Dr. Neev exclaimed. "The fact that the landscaper was 'right' about the location was less important than the way he hurt the woman's feelings who had gone to all the work to plan the hole and to dig it. Of course they should have just planted the tree in that first hole. Now she will always have a bad feeling about that tree. It doesn't matter that the landscaper was 'right' since the end result is a minus, not a plus." [NOTE: The apple tree that we all planted in the "right" hole died within a few months.]

This story reminds me of people with strict self-imposed dietary guidelines who go out to eat at restaurants or other people's homes, and who are endlessly picky about everything that may be in the food. "Oh, we can't have sugar," they say. "Oh, we can't eat anything with pasteurized dairy products in it," "What type of oil did you use in this dressing," etc., ad nauseam. The result is that the hosts feel disgusted, insulted, and everyone ends up with indigestion, regardless how "correct" the food happens to be.

You must wonder why such people don't make such dietary arrangements ahead of time. Of course, it's important for some to have the answers to these food questions, but folks with these very strict dietary demands, and then impose their systems and nuances upon everyone else, don't realize that they spoil the atmosphere so much that it counteracts any of the positive effects of the "good food."

Dr. Neev then told me another story. Some years ago, he participated in a religious retreat in the Palm Springs area. The people leading the event were all strict vegetarians. On the last day of the retreat, the teacher served Hindu-style chicken. This shocked everyone, including his own students. The teacher encouraged everyone to enjoy the meal. He said, "One of my teachings is: No matter what you teach, you don't want to be too attached to it."

CLASSES AND BOOKS
BY CHRISTOPHER NYERGES
Self-reliance – survival – sustainability
www.SchoolofSelf-Reliance.com
Box 41834, Eagle Rock, CA 90041



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

CONTACT ATHENS SERVICES

AthensServices.com
(888) 336-6100

Katnip News!

Valentine Sweets: VELVET & KIT



Can anyone help us out? These 2 beautiful senior girls had a loving owner. Now their owner is gone and their home is gone. They don't understand where their house and their person is. What they each need is a quiet home where they can feel loved, have warmth, and just live out their lives with no stress and com-fort.



They are fairly shy, although Velvet is not as shy as Kit. They can be adopted or fostered separately, and we have a sen-ior-to-senior discount for adoption. They are healthy and current on their health exams. Won't you please consider taking in one of these sweet girls? They deserve to live out their golden years in a happy and loving situation. Please have a heart and adopt or foster one or both!



Kit: Domestic Long Hair, age 15;
Velvet: Domestic Short Hair, age 14.

See more at www.lifelineforpets.org/awesome-seniors.html or use the qr code.

Pet of the Week

Beautiful Delilah is a two-year-old Shepherd mix who is ready to provide all the cuddles you can handle! She may weigh sixty pounds, but she thinks she's still a lap dog!



Delilah was quite nervous when she arrived to the shelter, but she has absolutely thrived in her foster home. Her foster family reports that she is so much fun! She's an amazing snuggler- that seems to be her favorite thing to do. She's also an avid hiker- she loves getting out and exploring the world.

Delilah is also very smart- she has learned many training cues and really seems to enjoy learning new ones- she's a people-pleaser who will be a star in a training class.

Delilah has even gotten to know a few cats and seems to enjoy their company. With a gradual introduction, she can get along with most anyone!

Delilah is ready to find her forever snuggle-buddy- maybe that's you? 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!

The adoption fee for dogs is \$150. All dog adoptions include spay or neuter, microchip, and age-appropriate vaccines. New adopters will receive a complimentary health-and-wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information about how to care for your pet. View photos of adoptable pets at 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 daily from 2:00 - 5:00 p.m. Check website for details. Pets may not be available for adoption and cannot be held for potential adopters by phone calls or email.

ALL THINGS LOVE EXPRESSIONS TO USE YEAR ROUND!

Showing love can take many forms, and the best ways to do so often depend on the individual preferences of the person you love and the dynamics of your relationship. However, here are some universally appreciated ways to express love:



Verbal Affirmation: Tell your partner directly that you love them and appreciate them. Simple phrases like "I love you" or "You mean the world to me" can go a long way in expressing your feelings.

Quality Time: Spend meaningful time together without distractions. Engage in activities you both enjoy, have deep conversations, or simply enjoy each other's company.
Acts of Service: Show your love by helping out with chores, running errands, or doing tasks that alleviate stress for your partner. Small acts of kindness can demonstrate your thoughtfulness and care.

Physical Touch: Physical affection, such as hugs, kisses, holding hands, or cuddling, can convey love and strengthen emotional bonds. Back rubs at bedtime are nice also.

Gift Giving: Thoughtful gifts, whether big or small, can demonstrate your love and appreciation. Consider giving gifts that hold sentimental value or reflect your partner's interests and preferences.

Words of Affirmation: Offer compliments, praise, and encouragement regularly. Acknowledge your partner's strengths and express gratitude for their presence in your life.

Surprises: Plan surprises to keep the spark alive in your relationship. It could be as simple as preparing a romantic dinner, arranging a weekend getaway, or writing a heartfelt letter.

Active Listening: Show genuine interest in your partner's thoughts, feelings, and experiences. Practice active listening by being attentive, empathetic, and non-judgmental.

Respect and Support: Respect your partner's opinions, choices, and boundaries. Offer unwavering support during both good times and challenging moments.

Understanding and Forgiveness: Foster an environment of understanding and forgiveness in your relationship. Accept each other's flaws and mistakes with compassion and empathy.

Remember, the best way to express love is through consistent, genuine, and heartfelt gestures that resonate with your partner's emotional needs and preferences. Communication and understanding are key to nurturing a healthy and loving relationship.

CABRERA'S MEXICAN CUISINE SINCE 1984

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655 N. LAKE AVE PASADENA, CA 91101 626.795.0230
1836 E HUNTINGTON DR. DUARTE, CA 91010 626.359.3814

www.cabrerass.com

Pets in need

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

www.FreeAnimalDoctor.org

Sierra Madre based non-profit

Free Animal Doctor

DISCOVER YOUR IDEAL ASSISTED LIVING COMMUNITY WITH SAFE PATH FOR SENIORS

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



Why Safe Path for Seniors?

*Personalized Support: We understand unique requirements. * Extensive Network: Find communities that suit your preferences. *Budget-Friendly: Discover cost-effective solutions. * Streamlined Process: Save time with our seamless placement. *Compassion and Care: Your well-being is our priority. Let us be your trusted partner. Call (626) 999-6913 or visit www.safepathforseniors.com for a FREE consultation. Begin a comfortable, fulfilling senior living journey with Safe Path for Seniors.

DO I NEED TO FILE A TAX RETURN THIS YEAR?

Dear Savvy Senior:

What are the IRS income tax filing requirements for retirees this tax season? I didn't file a tax return the past two years because my income was below the filing threshold, but I got a part-time job late last year, so I'm wondering if I'm required to file this year.



Retired Worker

Dear Retired:

Whether or not you are required to file a federal income tax return this year will depend on how much you earned last year (in 2023), as well as the source of the income, your age and filing status.

Here's a rundown of this tax season's IRS tax filing requirement thresholds.

For most people, this is pretty straightforward. If your 2023 gross income – which includes all taxable income, not counting your Social Security benefits, unless you are married and filing separately – was below the threshold for your filing status and age, you probably won't have to file. But if it's over, you will.

- Single: \$13,850 (\$15,700 if you're 65 or older by Jan. 1, 2023).
- Married filing jointly: \$27,700 (\$29,200 if you or your spouse is 65 or older; or \$30,700 if you're both over 65).
- Married filing separately: \$5 at any age.
- Head of household: \$20,800 (\$22,650 if 65 or older).
- Qualifying surviving spouse: \$27,700 (\$29,200 if 65 or older).

To get a detailed breakdown on federal filing requirements, along with information on taxable and nontaxable income, call the IRS at 800-829-3676 and ask them to mail you a free copy of the "1040 and 1040-SR Instructions for Tax Year 2023," or you can see it online at [IRS.gov/pub/irs-pdf/i1040gi.pdf](https://www.irs.gov/pub/irs-pdf/i1040gi.pdf).

Check Here Too

Be aware that there are other financial situations that can require you to file a tax return, even if your gross income falls below the IRS filing requirements. For example, if you earned more than \$400 from self-employment in 2023, owe any taxes on an IRA, Health Savings Account or an alternative minimum tax, or get premium tax credits because you, your spouse or a dependent is enrolled in a Health Insurance Marketplace plan, you'll need to file.

You'll also need to file if you're receiving Social Security benefits, and one-half of your benefits plus your other gross income and any tax-exempt interest exceeds \$25,000, or \$32,000 if you're married and filing jointly.

To figure all this out, the IRS offers an online tax tool that asks a series of questions that will help you determine if you're required to file, or if you should file because you're due a refund. It takes less than 15 minutes to complete.

You can access this tool at [IRS.gov/Help/ITA](https://www.irs.gov/Help/ITA) – click on "Do I Need to File a Tax Return?" Or you can get assistance over the phone by calling the IRS helpline at 800-829-1040.

Check Your State

Even if you're not required to file a federal tax return this year, don't assume that you're also excused from filing state income taxes. The rules for your state might be very different. Check with your state tax agency before concluding that you're entirely in the clear. For links to state tax agencies see [Taxadmin.org/fta-members](https://www.taxadmin.org/fta-members).

Tax Preparation Help

If you find that you do need to file a tax return this year, you can free file through the IRS at [IRS.gov/FreeFile](https://www.irs.gov/FreeFile) if your 2023 adjusted gross income was below \$79,000.

Or, if you need some help, contact the Tax Counseling for the Elderly (or TCE) program. Sponsored by the IRS, TCE provides free tax preparation and counseling to middle and low-income taxpayers, age 60 and older. Call 800-906-9887 or visit [IRS.treasury.gov/freetaxprep](https://www.irs.treasury.gov/freetaxprep) to locate services near you.

You can also get tax preparation assistance through the AARP Foundation Tax-Aide service. Call 888-227-7669 or visit [AARP.org/findtaxhelp](https://www.aarp.org/findtaxhelp) for more information. You don't have to be an AARP member to use this service.

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

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

CITY OF SIERRA MADRE
SENIOR COMMUNITY COMMISSION
PRESENTS
Valentine's Day Social
WEDNESDAY, FEBRUARY 14, 2024
3:00 PM - 5:00 PM
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

VALENTINE BINGO – Thursday, February 15 12:30pm-2:30pm, \$7 per person and fee includes light lunch and prizes. Registration opens on 2/1 and closes on 2/12. Payment is due at the time of registration.

PAPER QUILL HEART CRAFT – Monday, February 26th beginning at 1:00pm. All materials will be provided and space is limited, please call to reserve your spot.

REAL ESTATE PLANNING – Come listen to a panel of expert professionals who support seniors and their families with their housing and real estate needs. Tuesday, February 13th from 1:30pm-2:30pm. Light snacks and beverages will be served. Reserve your spot today!

SENIOR CINEMA – Wednesday, February 21st, La La Land.

HULA & POLYNESIAN DANCE – Thursday 10:00am-11:00am in the Memorial Park pavilion and Friday 10:00am-11:00am in the Hart Park House.

CHAIR YOGA – Every Monday and Wednesday 10:00am-10:45am in the Hart Park House.

BOOK CLUB – Wednesday, February 14 & 28 9:00am-9:45am in the Hart Park House.

OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

IDIOTS MAKE ME LOOK GOOD, SO SAYS THE BOSS!



Often, I get agitated by people I call "idiots." I don't have an inclusive definition for what an idiot really is; I just use the word carelessly.

Especially is this true when I'm out in the neighborhood driving around. Sometimes, I'm in such a nervous frenzy when I get home, I have to sit down and drink some coffee. Often it takes 3 cups of coffee just to get my nerves to where they need to be.

Normally, I am a relatively cool, collected kind of person. Not much upsets me, and I don't get mad very easily. But driving a vehicle out in the world today is sometimes more than I can handle.

I'm not sure if it's just my age, but I don't remember so many idiots driving when I was younger. Thinking about this for a moment, I wonder if somebody thought I was an idiot when driving?

Often, on some of these trips, The Gracious Mistress of the Parsonage will be along. Some driver will do something rather stupid, cut in front of me, and I will utter, "What's wrong with that idiot?"

I can't remember how often we drove past an accident, which probably resulted from some idiot driving as idiots drive.

When it comes to idiots out on the highway, there is no gender, racial, or age difference. It seems that idiots come in all flavors.

Occasionally, while driving down the highway, along comes a motorcycle weaving in and out and passing us. Sitting in the seat of that motorcycle is some old geezer laughing and giggling. I wonder if he forgot his meds that morning or maybe there was something more than coffee in his coffee that morning?

One thing is sure: they drive like idiots. I wonder if there is a training school for idiots?

One time while driving, we had a conversation that went along the line of me asking The Gracious Mistress of the Parsonage, "How do these idiots get a driver's license?"

Looking at me once, she said something to the effect, "Those idiots get a driver's license the same way you get yours."

I don't know what she meant by that, and I never asked her to explain.

Another place idiots are sure to show up is in places like Wal-Mart. My warning is, you better watch where you walk in Wal-Mart. How those cashiers deal with all those idiots is above my pay scale.

Recently, The Gracious Mistress of the Parsonage and I spent the day traveling for some errands we had to do, and boy, the idiots were out in full force. Several times, we came close to having an accident. The fact that we got home safe was a real miracle.

During that drive, I was a little more agitated

by these idiots than ever before. I just complained from one end to the other end about all these idiots and why they did so many stupid things.

At the height of my ranting, The Gracious Mistress of the Parsonage said, "Instead of ranting about these idiots, you should be thankful for them."

"What? Why would I ever be thankful for some idiot?" That was a strange remark even for her.

I saw the smile on her face, and I think I heard her chuckle, but I'm not quite sure about that. Then she said something even stranger. "Just think about it. All of these idiots on the road make you look good."

I had to stop and think about that one. I never thought of it like that, and it took me quite a while to process it.

As the silence lengthened, she then said, "If it wasn't for all of these idiots driving like they do, nobody would recognize what a wonderful driver you are. For that you should be thankful."

At this point, I wondered if she was complimenting me or setting me up for something else. I have learned through the years that she knows how to control a situation.

"After all," she said, "you've only had one accident in your life and that was when some idiot ran into you."

I had to think about that for a moment, and then I recalled that accident about ten years ago. I was driving down the main street, and somebody pulled out from the side street without stopping and collided with me. That person at the time was on her cell phone and didn't see me.

"And think about this," she continued. "If it wasn't for idiots driving on the road what in the world would lawyers do to make money?"

Believe me that thought never crossed my mind, and I had to admit that she had something there.

Sometimes, I think all of these idiots out there are a hazard to real life. But then, The Gracious Mistress of the Parsonage had a point. These idiots make the rest of us look normal. Nobody would recognize how good we are in our driving skills if it wasn't for them.

Let me just say, "Thank you idiots."

Recently I ran across a Bible verse that troubled me. It was Proverbs 26:4, "Answer not a fool according to his folly, lest thou also be like unto him."

To answer an idiot I have to come down to his level, which makes me an idiot. I have a higher standard to live by; it is the Word of God.

Senior Lunch is BACK!
Lunch service is returning to the Hart Park House Senior Center!!!
The City of Sierra Madre and the YWCA Intervale congregate lunch program are now serving healthy meals to our senior community!
Meals are served Monday - Thursday
Friday will be frozen meals.
Service begins at 12 PM so please arrive by 11:30 AM.
Meals will be served on a **first come first serve basis** with a **\$3.00 suggested donation**.
CALL 626-355-5278 for MORE INFORMATION
eliminating racism empowering women
ywca
san gabriel valley
CITY OF SIERRA MADRE

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Mountain Views News Mission Statement

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

STUART TOLCHIN PUT THE LIGHTS ON MY FAMILY



I thought I did not sleep at all but in the morning, I recalled a dream wherein I was being interviewed and was asked what was the most painful sound I ever heard?

I thought about this question all day while I was suffering still feeling the basketball stuck in my chest. This has been a difficult day, but I am feeling better now and doing my best to formulate an article that will be of some interest to someone. I felt so bad that during the day I cancelled my regular Wednesday night dinner with my son, daughter, and granddaughter. My wife, who these days refuses to drive with me, provides the transportation and we pick up my son who lives about twenty minutes away and then we drive for another 10 minutes and meet at our regular Wednesday night restaurant. We have been going there for years and have even celebrated birthdays there. My granddaughter is only four and a few months old, so we really have not been going there that long. Watching my granddaughter just moving around and dancing in front of the television is about the most exciting and wonderful thing in my life. I am certain that many other grandparents experience a similar feeling.

For several reasons I was a single parent, custodian of my two children from the time they were about six years old. Their birthday is the same date and I had custody of my son, who is two years older, for about two years before my daughter also came to live with me. They both are wonderful people but sad to say I did not appreciate them in the same way that I appreciate my granddaughter, my wife, who is not their birth mother, but is a wonderful influence on them both. Still my wife is responsible for obtaining the cushion presently lying on our couch that says, "Be smart have the grandchildren first."

There is a sad truth to that statement. For me being a parent, a single parent, was more than a full-time job. Getting the kids dressed and fed and off to school is a responsibility many of us share that barely leaves time to earn a living. I was a practicing lawyer for over fifty years and when I think back on it, I remember the incidents with my kids much more than any of the hundreds of cases I handled. That is a description of what kind of lawyer I was. I did my job, represented my clients, and then raced off to pick up my kids on time, or almost on time.

My point is that parenting and grandparenting are quite different experiences. I admit that prior to this time in my life I never appreciated the absolute beauty of little children. Really today every kid I see almost brings me to tears with their individual beauty. The way they jump and run and dance each kid seems to be invested in doing the best they can do at whatever they are doing. I need not compare one kid with another. They are all wonderful. Of course, within a few years everything changes. We all know that teenagers are hard to talk to and have the tendency to feel judged and competitive and when talking to adults seem indifferent. In the future wonderful technological progress will take place which will allow the beauty of children to always remain a part of the beauty of adults. Well, I just looked in the mirror and it seems doubtful.

Anyhow, my stomach hurts less now, and I want to thank you, my imaginary readers for taking the time to ponder along with me. That connection is also very important to me; not as important as my wife, kids, and granddaughter but important, nevertheless. Thank you.

40S 50S 60S

Don't know if anyone has seen this before, but If you were born in the 40s 50s 60s you should read this, It's very long but God how it hits home.

First, we survived being born to mothers who smoked and/or drank sherry while they carried us and lived in houses made of Asbestos. They took aspirin, ate blue cheese, bread and dripping, raw egg products, loads of bacon and processed meat and didn't get tested for diabetes or cervical cancer.

Then, after that trauma, our cots were covered with lead-based paints. We had no childproof lids on medicine bottles or locks on doors or cabinets and when we rode bikes we had no helmets or shoes, not to mention the risks we took hitchhiking. We would ride in cars with no seatbelts or airbags.

We drank water from the garden hose, not a bottle. Takeaway food was limited to fish and chips, there were no pizza shops, or McDonald's, KFC, Subway or Nando's.

Even though all the shops closed at 6pm and didn't open on a Sunday, somehow we didn't starve to death!

We shared one soft drink with four friends, from one bottle, and no one died from this. We could collect old drink bottles and cash them in at the corner store and buy toffees, gobstoppers and bubble gum.

We ate white bread and real butter, drank cow's milk and soft drinks with sugar, but we weren't overweight because we were always outside playing!

We would leave home in the morning and play all day, as long as we were back when the streetlights came on.

No one was able to reach us all day but we were OK. We would spend hours building go-karts out of old prams then ride down the hill, only to find out we forgot the brakes.

We built tree houses and dens and played in riverbeds with Matchbox cars. We did not have PlayStation, Nintendo Wii and Xbox or video games, DVDs or colour TV. There were no mobiles, computers, internet or chat rooms.

We had friends and we went outside and found them! We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents.

We ate worms and mud pies, too. You could buy Easter eggs and hot-cross buns only at Easter time. We were given airguns and catapults for our tenth birthdays, we rode bikes or walked to a friend's house and knocked on the door or just yelled for them.

Not everyone made the school rugby, football, cricket or netball teams. Those who didn't had to learn to deal with disappointment. Imagine that. Getting into the team was based on merit.

Our teachers hit us with canes and gym shoes and threw the blackboard rubber at us if they thought we weren't concentrating. We can string sentences together, spell and have proper conversations now because of a solid three Rs education.

Our parents would tell us to ask a stranger to help us cross the road.

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law!

We had freedom, failure, success and responsibility and learned to deal with it all.

And while you are at it, forward it to your children, so they know how brave their parents were.

...And we're still here to talk about it!

(Excerpts from a social media post)



RICH JOHNSON NOW THAT'S RICH



CATS AND, OH YEAH, DOGS

Since it's been raining cats and dogs, I thought I would devote this column to cats and dogs. I do have a secret motive. Problem is the motive is so secret I can't remember it. I'm hoping it comes back to me. So...in the meantime...

"Meow" means "woof" in cat" George Carlin

"I wish that my writing was as mysterious as a cat" Edgar Allan Poe

"If called by a panther...don't anther" Ogden Nash

"Nature abhors a vacuum, but not as much as a cat does" Nelson A. Crawford

"Cats are smarter than dogs. Try getting eight cats to pull a sled through snow" Jeff Valdez

"Dogs believe they are human. Cats believe they are God" Anonymous

"If cats could talk, they wouldn't" Nan Porter

Cats can work out mathematically the exact place to sit that will cause the most inconvenience" Pam Brown

"My dear, I'm a cat. Everything I see is mine" Richard Riordan

"Dogs... known for loyalty, and the importance of turning around three times before lying down" Robert Benchley

"As every cat owner knows, nobody owns a cat" Ellen Perry Berkeley

"A cat is far more inclined to watch TV over a dog. If televisions put out a smell, dogs would be more interested"

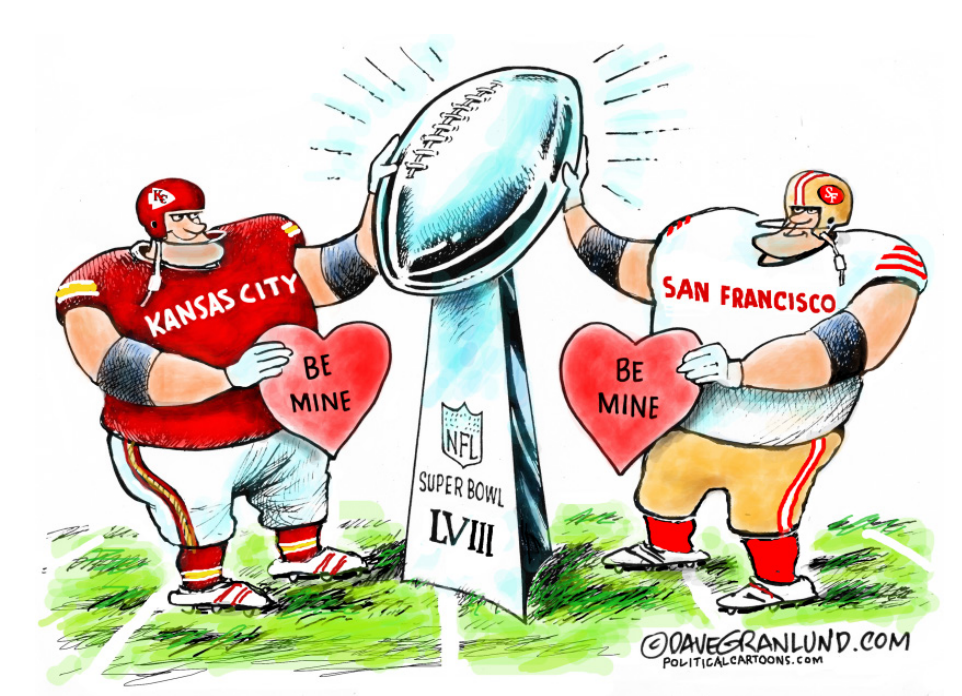
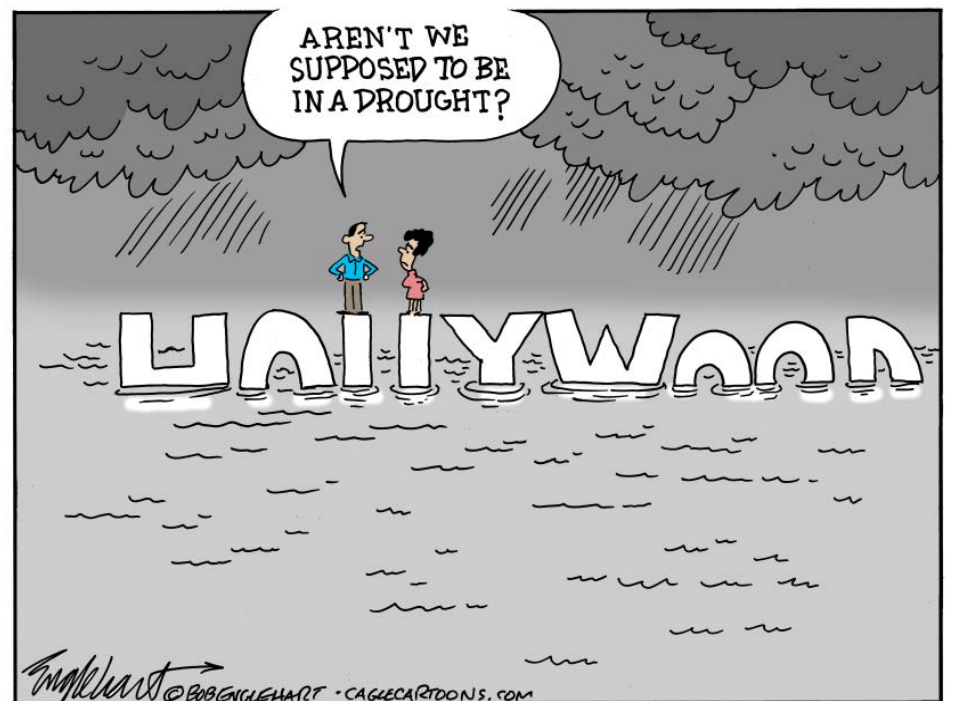
"Cats are intended to teach us that not everything in nature has a function" Garrison Keillor

I chose to devote this column to cats and dogs as both my daughter and I love "critters" having had the privilege of living with several four-legged family "members" over the years. Recently I discovered a section on Facebook highlighting wonderful videos of regular folk rescuing animals in peril. These short 2-3 minute videos are so heartwarming and hit home as my daughter and I rescued a young female cat recently and now have two wonderful young cats named Mabel and Gizmo.

I also recently had the privilege of attending the Awards Banquet where my fearless leader, Editor/Publisher Susan Henderson was awarded the "2023 Best Business of the Year Award" by the city of Sierra Madre. As fate would have it, at the dinner I was seated next to a local hooligan named Sam Bernardo who is, among other things, an attorney.

He and I share the same passion for four legged critters. In fact, Sam, got bit by the compassionate bug so significantly, he helped create a nonprofit called www.freeanimaldoctor.org. Sam told me nearly 30% of all pet owners cannot afford to pay for their pet's emergency medical care. So, the pets either continue to suffer or worse.

Sam raises money to help pay for necessary medical care and the organization has paid out over \$1.6 million to date providing essential medical care to over 1,100 pets. They also sponsor a low/no cost spay & neuter clinic in Arcadia. Because I know my money will improve the lives of our four-legged friends, I am personally choosing to support this wonderful, wonderful philanthropic nonprofit. Visit their website freeanimaldoctor.org and you can see how you can donate to very specific medical needs. To me, it is nice to know my donations are going right to where the need is.





SPORTS & FITNESS

HUDDLE UP



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**THE SCENE IS CHANGING...
 SOCIAL FOOTBALL**

Well, "next year" is here! What should we all look for in this coming college football season I don't like changes myself, but let's face it.. change is here, and we'd better adapt and get ready.

It's sad about the PAC 12 (gone) but time to get excited about UCLA, USC, Washington, Oregon in the Big10. (Big deal) Our PAC12 has been competitive with the

Big10. Look at the Rose Bowl records with the classic PAC10 and 12 vs BIG10 with Penn State, Ohio State, Michigan, Wisconsin, etc. We've held our own. They've been great contests.

If I'm Coach Lincoln Riley I'd say "Let's get it on." If I'm UCLA, I would decide what the heck is going on with my football program! Is the head coach looking for an NFL job? Are Assistants leaving to go the cross town rival, and are others bailing out as well? USC is loading up with a new defensive staff. (Maybe too many officers and not enough soldiers?) We'll find out shortly.

Reminders: You can't just coach without good players. Those players need to know what you want and how to do it. Outcoaching doesn't happen that often. Local recruiting will be a MUST for USC and UCLA. Put a fence around Southern California. We have three of the top high school programs in the country with Mater Dei, St. John Bosco and Corona Centennial along with so many other schools with absolutely great talent. (If they haven't transferred to those three.) Why have we seen so many of their players on other teams?

Coach Lincoln Riley and Coach Kelly cannot allow payers to leave the state as they have before!
 They have to give love California high school football. Show these coaches and players you believe in them. Let's protect and respect our high schools.

How to do this?

1. Open the gates of practice to coaches and players during Spring Practice. (You can throw out me and the other media. We can't see much anyway.) These guys need to know they are special to your program. You need to make players want to go to your school.
2. Be seen on high school campus. Guest speak at football banquets.
3. Win the recruiting battle in California first.

Pete Carroll used to say, "I go out of state for only a first round draft choice." Portal players? How many do you really need, and how good are they? You're likely not going to get great players from great programs. (they can match your NIL \$ offer.)

The old Pac 12 should be ready to play in BIG10 country. I would be excited if I was coaching at one of these schools. Why should the BIG10 be so challenging for new members?? Ohio State, Michigan, Penn State, Wisconsin. They have strong alumni and some great college game traditions. But they all have football programs you should be able to beat.

Get up for the big ones. This past year I would matchup Washington, Oregon, Oregon State, Arizona, Washington State and USC on any given day (and possibly UCLA) with those schools. And don't ever count out Utah. They are physical and want to hurt you, I would not want to play them.

Coaches, fans and players! Let's get ready to prove the move is good for us and that we can compete.. and in fact win! We can't look back. Let's set the tone now. Here we come, ready or not. Let's love the challenge.

Huddle up and buckle up.
 Follow me at harveyhyde.com or @coachhyde.

FITNESS FOR LIFE
SCIATICA PAIN HELP

Sciatica causes pain, numbness, or tingling along the sciatic nerve. This nerve starts in the lower back, runs down through the rear, and extends into each leg. Sciatica occurs when the nerve is irritated or compressed, leading to discomfort and other sensations along its route.

Several factors can contribute to sciatica. One common cause is a herniated disc in the spine, where the soft inner part of a disc presses against the sciatic nerve. Other causes include spinal stenosis (narrowing of the spinal canal), a bone spur on the spine, or even muscle inflammation. In some cases, lifestyle factors such as obesity and sedentary habits may increase the risk.

If you're not into taking drugs for ailments like this, there are a number of non-drug treatments that can help. Once you find what works for you it's easier to control and live without sciatica pain.

Physical therapy for sciatica typically involves a combination of targeted exercises and stretches designed to address the underlying causes of nerve irritation and improve overall musculoskeletal health. Try exercises such as pelvic tilts, knees to chest stretch while lying down, lie down on back and cross one leg over the other then pull legs up towards chest and quad stretches by lying face down and pulling one foot at a time to the rear with same side hand.

Applying heat or cold to the affected area is a commonly employed strategy in managing sciatica symptoms. The choice between heat and cold therapy often depends on the nature and stage of the sciatic pain. In the early stage with noticeable inflammation, cold therapy may be more suitable. Apply cold or ice packs and ice massage (massage affected area with an ice pack). As the condition progresses or becomes more chronic, heat therapy can provide soothing relief. Try hot packs, warm compresses, and warm baths or showers.

Try Low-impact exercise. It promotes healing for sciatica without straining the spine excessively. Activities such as swimming and walking are particularly beneficial for individuals experiencing sciatic nerve pain. Low-Impact exercise helps to increase blood flow which promotes health and reduces inflammation. It also engages various muscle groups to build strength without hurting the spine. Low-Impact exercise increases joint flexibility and mobility to prevent stiffness which makes sciatica symptoms worse.

Chiropractic care alleviates sciatica symptoms non-invasively by focusing on adjustments to improve spinal alignment and function. Chiropractors use manual adjustment techniques to manipulate the spine gently. These adjustments aim to address misalignments, also known as subluxations, in the vertebrae. By realigning the spine, pressure on the sciatic nerve is relieved, reducing pain and promoting improved nerve function. Chiropractors may also incorporate soft tissue therapies such as massage, stretching, or trigger point therapy to address tightness and



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muscle imbalances that contribute to sciatic nerve compression. And they can offer suggestions for ergonomic modifications at home or work to create a spine-friendly environment, reducing the risk of aggravating sciatic nerve pain.

Lifestyle changes can help too. Excess weight places added stress on the spine and worsens sciatic nerve compression. Maintaining a healthy weight through a balanced diet and regular exercise helps reduce this strain, alleviating pressure on the lower back and promoting overall spinal health. A healthy diet also assures that the body gets the proper nutrients needed for health and repair. Prolonged sitting can exacerbate sciatica symptoms. Taking regular breaks to stand, stretch, and move around helps prevent stiffness and promotes blood circulation. Choose supportive chairs with proper lumbar support and maintaining good sitting posture to minimize stress on the lower back during extended periods of sitting.

Alternative techniques such as acupuncture or yoga may offer relief for some individuals too. Acupuncture involves the insertion of thin needles into specific points on the body, aiming to stimulate energy flow and restore balance. It influences the nervous system, triggering the release of endorphins (natural painkillers) and promotes a sense of relaxation. Acupuncture can target areas associated with nerve pathways and pain regulation. Specific yoga poses can target muscles associated with sciatica, providing relief by reducing tension and enhancing flexibility. This emphasizes the mind-body connection, promoting relaxation and stress reduction. Stress can contribute to muscle tension and exacerbate sciatic symptoms, making yoga a holistic approach that addresses both physical and mental aspects of well-being.

For severe pain that doesn't go away or for a specific treatment plan, it's best to consult your physician. But if you have sciatica pain now and then, there's no reason to give up on exercise or convince yourself that it is a permanent condition. Treatment for sciatica often involves a combination of approaches, and it's possible to manage it without relying solely on medication.

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

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



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