

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, FEBRUARY 17, 2024

VOLUME 18 NO. 07



the webb-martin group

New Listing



Listed at \$698,000
2425 South Myrtle Avenue | Monrovia
3 Beds | 1 Baths | 996 sqft | 8,827 sqft Lot

For Sale



Listed at \$1,498,000
646 Alta Vista Drive | Sierra Madre
2 Beds | 3 Baths | 2,612 sqft | 6,678 sqft Lot

Just Sold



Sold at \$730,000
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15 Acre Lot



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Sierra Madre News Briefs

GAS LEAK CLOSES STREETS - 3 HOMES EVACUATED

On Friday, the Sierra Madre Police Department and Fire Departments responded to calls of a gas leak on North Lima. Three homes were evacuated as a precaution and the Gas Company and Edison were dispatched to the scene.

Lima was closed between Sierra Madre Blvd. and Highland until the leak was repaired. The Gas Company cut off the gas lines and repaired the leak.

The leak was confined to a specific area and did not pose a threat to the rest of the city. Electronic alerts were sent to residents via Nixle.

At press time, there were no reported injuries. The streets were closed from approximately 12:40 pm until 3:47 pm when they were reopened, evacuation orders were lifted and the gas leak was no longer a threat.

CITY COUNCIL HOLDS ANNUAL MEETING WITH LA COUNTY SUPERVISOR BARGER



On Thursday, February 15th, LA County Supervisor Kathryn Barger held the annual County Supervisor/City Council meeting at The Only Place In Town.

Topics of discussion included:

Presenting Barger with an update on City and Regional efforts regarding Wildlife;

An update on the Carter Avenue Expansion and discussion on the progress of Los Angeles County Flood Control Districts' assistance on this project; and

Metro Services in Sierra Madre - Council and staff provided an update to the Supervisor on the community's concerns regarding the regional transportation programs.

Photo courtesy City of Sierra Madre

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TRASH RATES HAVE GONE UP, AND SO HAS THE CONFUSION

Athens compacts it all down - from new rates to new ways to sort your trash

By Kevin McGuire

Residents of Sierra Madre have certainly noticed a hike in their trash pick-up rates over the last few years. The most recent one occurred on January 1, 2024, with a shocking 56% increase in the disposal rate. In addition to the hike, there are new rules for sorting food waste, which now goes in with green waste. But why is there such a big jump in my Athens' bill? And what about the bears? What is Senate Bill 1383, and why does it concern me?

Christian Warner, Senior Vice President of Compliance at Athens Services, presented before the City Council on February 13 to help answer these questions and more.

Why are my rates so high?

According to Warner's slide presentation, the rate adjustment is broken down into three components: Service, Disposal, and Extraordinary.

The Service Component of the trash rates is based on the trash Consumer Price Index (CPI). Between 2010 and 2021, the average rate increase for Athens' services was a consistent 2.15%, but in the last three years, that number jumped to 6.45% due to high inflation rates. Remember those gas prices last year?

The Disposal Component refers to the rate for disposing of the trash in the Scholl Canyon Landfill. The Gate Rate, or price per ton, averaged a low 0.09% increase from 2010 to 2021. This rate jumped 5% in 2022, 8% in 2023, and a whopping 56% in the last three years. The previous big hike is said to have brought the Scholl Canyon Landfill disposal rates up to the market rate comparable to surrounding cities. Warner noted that he was unsure why Scholl Canyon kept their rates low for so long.

Unfortunately, because the new gate rates aren't posted until the end of the year, this gave little to no time to properly inform Athens' customers of this price hike. "It was very last minute that any of us knew what was going on," Warner said.

City Council members expressed concern at the poorly communicated whopper increase, which also caught them by surprise. "We could have all done a better job of communicating that this was going to happen," said Councilmember Kristine Lowe, noting that residents had just been hit with a rate increase in January.

In 2010, the rate formula was based on Sierra Madre waste going down to Scholl Canyon Landfill. But, due to changes in industry standards over the last decade, that's no longer the case. Now, the waste goes to the Material Recovery Facility (MRF), organics facility, and Construction and Demolition Debris Recycling Facility (C & D) in Los Angeles.

Warner stated that he approached the City Manager and Public Works Director around five years ago because the Scholl Canyon Landfill is a county sanitation facility, and Sierra Madre had no control over their disposal rates. According to Warner, a proposal was made to change to an MRF gate rate, or SBC Waste Management gate rate, or have the entire rate adjusted by the CPI. But, the decision at the time was for Sierra Madre to stay with the current gate rate because it remained low, which was advantageous to the city. However, this was not advantageous to Athens, (continued on page 3)

There are lots of things to Wine about....
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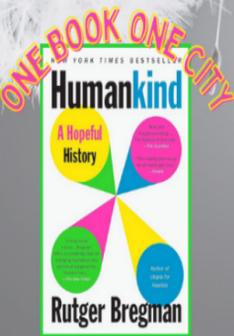


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FEBRUARY 20 TO FEBRUARY 24



FOOD DRIVE
FEBRUARY 26 TO MARCH 2



CANCER SUPPORT COMMUNITY STARTS THE YEAR OFF RIGHT!



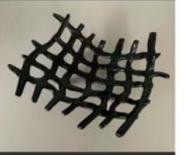
Cancer Support Community Greater San Gabriel Valley (formerly CSC Pasadena - now located in Sierra Madre) kicked off 2024 by holding their first Board of Directors meeting at the historic Blacker House in Pasadena, owned by CSC Director Dr. Ellen Knell and her husband Mr. Harvey Knell. CSC served a record number of people impacted by cancer in 2023 and intends to serve even more in 2024. All CSC programs are offered free of charge to families facing cancer.

2024 Board of Directors: (pictured above)

Mark Meahl, Ellen Knell, Ph.D., Stephen Ralph, Secretary Vicki Laidig, David Jones, Ph.D., George Mack, Vice President Serge Melkizian, Ruben Marquez, Jr., Randall A. Miller, Treasurer Sandi Mejia-Ramirez, President Brad Talt, Susan Reynolds, Melissa Alcorn, Dana Naples, Charlotte Streng. Not pictured: Natalie Smalley

On view all month...

FACULTY SHOW



Come out and see the work of our talented faculty in this wonderful group show. Open Monday-Friday 10-5, Saturday 10-2

Save the date for our annual Art of the Garden Tour!
Sunday, April 14th



108 N Baldwin, Sierra Madre
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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.



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TRASH (continued from page 1)

which was incurring the costs of shipping the waste to different facilities.

The Extraordinary Component refers to Senate Bill 1383, the new California State Law, which “aims to keep food and other compostable materials known as organic waste out of landfills to reduce greenhouse gas emissions that contribute to climate change.” This is an unfunded state mandate requiring all cities to comply. Several “costly” programs had to be implemented by Athens to meet these new requirements, and they are the following:

- Source-separated organics collection and transport to organics facility
- Conduct Annual site visits to all commercial accounts
- Perform route audits or lid flipping
- Perform quarterly waste characterizations
- Send out education and outreach materials
- Procure 18,000 gallons of renewable natural gas, or 500 tons of compost, or 850 tons of mulch
- Edible food waste recovery program
- New reporting requirements

According to Warner, these costs have started to “trickle down” to Sierra Madre residents, with about a 9% rate adjustment in 2023 and the remaining 9% hitting customers on January 1, 2024.

Organics Services

What are organics? Organic waste includes grass clippings, leaves (green waste), and all your food waste. Organics are sent to a facility and turned into compost. With this change comes the risk of bears invading green waste bins. Athens has provided new bear-resistant organics barrels to all single-family homes and multi-family complexes with four or fewer units as part of the Athens Advantage at no cost to the residents or the city. According to Councilmember Edward Garcia, some misinformation floating around social media connected to high rate increases in these new bear-resistant containers, but that’s not the case. However, some residents were mistakenly charged and refunded by Athens.

Commercial accounts and apartments with five or more units must also source separate their organics. Organic barrels have also been provided, and services have been performed according to the report. There is no barrel charge for these locations. Residents and business owners can ask Athens about using these organic barrels. After an inquiry from Councilmember Garcia about landlords being responsible for what renters put in their bins, Warner clarified that the apartment bins would go to an MRF facility where they sort the waste in-house.

Warner also said that Athens won’t automatically fine commercial businesses for getting it wrong a few times and stated that Athens will work with them to help them get used to the process and improve over time.

The Canyon Residential Area

The Canyon Residential Areas have always been challenging service areas for Athens to get to. There are narrow and curvy roads, limited parking, low trees, and wires to be concerned with. As a result, Athens received an exemption from Cal Recycle to provide service with 1-pass (one truck) instead of 3-pass (three separate trucks), as long as the collected materials go to an MFR plant for processing. This will result in less truck traffic and a carbon footprint in that area.

Athens will provide extra blue and green barrels to the Canyon or pick up unused barrels at no extra cost.

Special Services

Athens does provide additional special services to be aware of. These services include:

- Household Hazardous Waste and E-Waste Drop-Off Event once a year. This year, it will take place on Saturday, March 16th, from 8 a.m. to noon in the rear lot at City Hall.
- Compost Giveaway Event – 2 per year
- Bulky item pick-up. Four free per year for each single-family residential unit, two free per year for each unit at a multi-family complex with six or fewer units, and bulky item charges for commercial and multi-family over six units
- Sharps Collection Program. Athens provides a “sharps and needles” mail-in disposal kit for a fee. Senate Bill 212 offers free in-person or mail-in disposal kits.
- Medical Waste Disposal. Athens Website (athensservices.com) provides information on preparation and disposal. SB212 provides free in-person or mail-in disposal kits.
- There are also guides for various types of waste on the website, such as athensservices.com/recycling-guide.

Warner stated that he was willing to work on some of the concerns addressed by the City Council, including better communication, more accessible website navigation to topics such as recycling and medicine and pill disposal, and paying more attention to low-income resident concerns.

Mayor Kelly Kriebes thanked Warner for his time and noted they are on the same team. “We really are partners in this, and I do appreciate all that you do and all the transparency you are providing,” Kriebes said.

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

“Lent is the perfect time to pull up weeds and plant good seeds.”

Lent = Love...for God so loved the world that He gave...

Lent...Lemons! If you’ve been fortunate to have lemons at your disposal, don’t make lemonade, make lemon bars!

Last Wednesday was Ash Wednesday and, just like that, we’re in Lent with Easter arriving on March 31st. Talk about time flying, we’ve barely gotten all the Christmas decorations put away!

Lent is a 40-day period when a lot of people think of self-denial, i.e., giving up something; like coffee. Giving up coffee is a very bad idea as here’s what happens: headache, fatigue, low energy, irritability, anxiety, poor concentration, depressed mood and tremors which can last anywhere from two to nine days. Enough time to make everybody in your life wish you’d given up almost anything else, including being anywhere near them.

“Lent is about becoming, doing and changing whatever it is that is blocking the fullness of life in us right now.” Sister Joan Chittister

Instead of thinking about Lent as a time to suffer, to give up our favorite things, maybe we could concentrate on doing something positive in our world. Instead of giving up something, think about adding something. No, not candy, unless it’s those Cadbury caramel filled chocolate eggs. Think about adding new practices to our day like saying something nice to everyone you encounter; like “that color blue looks really great on you.” We can consider adding more “thank you’s” into our day. They fit practically anywhere.

Back to giving up stuff, we could go through our closets and take out all the stuff we haven’t worn for a year. The Goodwill and Salvation Army folks will welcome you with open arms and give you a tax receipt when you give them those shoes that never did fit very well, the ugly sweater your Aunt Clementine gave you for Christmas five years ago that’s a size too small and covered with elves. Yes, this represents a lot of work, but if you do just one drawer or shelf a day you’ll be amazed to see how much progress you’ll make and you’ll feel so proud of yourself. How about all the books you’ve read and really won’t read again. The library is always glad to get those for their next big sale.

And the food banks, places like Our Saviour Center in El Monte or Union Rescue Mission come to mind. They always need help. As Jesus said, “The poor are with us always...”

Maybe instead of fasting from cookie dough ice cream or a caramel macchiato latte, we could concentrate on the fact that God loves us and will never stop loving us. That no matter what we do, we can’t make Him love us more or less. I think He would go ahead and have the ice cream with us...just saying.

This Lenten season maybe we could:

- Give up complaining... focus on Gratitude
- Give up pessimism... become an Optimist
- Give up worry... trust Divine Providence
- Give up bitterness... turn to Forgiveness
- Give up hatred... return Good for evil
- Give up negativism... be Positive
- Give up anger... be more Patient
- Give up pettiness... again, be more Patient
- Give up gloom... enjoy the Beauty all around
- Give up jealousy... pray for Trust
- Give up gossiping... think before you Speak
- Give up giving up... Hang in There!

Bottom line for me this Lent: I’m still going to have coffee. I’m still going to have a little ice cream once in a while. I’m going to look forward to Easter with joy and anticipation! And I’m going to take some of those lemons and make LEMON BARS. You can too. They’re great with coffee. The picture, of course, is my lemon tree!

- 1/3 cup butter
- ¼ cup sugar
- 1 cup flour

Using your electric mixer, beat the butter on medium to high speed for 30 seconds. Add the sugar, beat till combined, add the flour and beat till mixture is crumbly. Press mixture into the bottom of a lightly greased 8-inch square baking pan. Bake at 350 degrees for 15-18 minutes until just golden. While that’s baking, make your filling:

- 2 eggs,
- ¾ cup sugar
- 2 TB flour
- 2 TB finely shredded lemon zest (more is good. Lots more is better)
- 3 TB lemon juice
- 1/4 tsp baking powder

Whip eggs in same bowl you used for the crust, add other ingredients. Beat 2 minutes. Pour over baked layer. Bake 20 minutes or until lightly browned around the edges and center is set. Dust with powdered sugar after it has cooled.

Maybe this Lenten Season I could be more patient, forgiving, and just plain kind. In a world where you can be anything you want to be...Be KIND!

My book page: Amazon.com: Deanne Davis
Lent is starting, which means Easter is on its way.
“The Crown” a story about what could have happened to
The Crown of Thorns that pierced Jesus’ brow,
is now an actual book, in addition to a Kindle book.
“The Crown” will enrich your Easter experience.

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RESIDENTIAL FOOD SCRAP COLLECTION

Athens Services is partnering with your city to implement food scrap collection for single-family home residents and multifamily complexes. Per Senate Bill 1383, single-family home residents and multifamily complexes across California will be required to place into their green waste container ALL of their landscaping waste, food scraps, and food-soiled paper (100% fiber-based).

WHAT'S CHANGING? You will be able to use your green organics container for the collection of landscaping waste, food scraps, and 100% fiber-based, food-soiled paper.

DID YOU SAY FOOD SCRAPS? Yes, Athens will accept all types of food scraps. Our American Organics compost facility converts organics waste into nutrient-rich soil amendment. The resulting compost is used by commercial farmers, city projects, garden shops, landscapers, and residents.

HOW DO I PARTICIPATE? To collect your kitchen food scraps, you can choose to use a portable, reusable pail-like container with a tight fitting lid. It could be plastic, metal, or ceramic. Pail options can be purchased or consider reusing a coffee canister, large yogurt or margarine tub, or juice pitcher. Storage ideas can include the kitchen counter, under the sink, in the freezer, or wherever you feel is best.

WHY ORGANICS RECYCLING? Landfills are the third largest source of methane in California. Organics waste emits 20% of the state’s methane. By diverting organics from the landfill, you are part of the solution in helping to protect the environment and future generations.

ARE BAGS ACCEPTED? Liners are optional. Plastic and bioplastic “compostable” bags are accepted in the organics container, but must be CLEAR or translucent-green, and bag contents must be visible. Acceptable organics will be processed, but the bags will not be recycled or composted.

WHERE CAN I GET MORE INFORMATION? Athens is here to support the community with this new program and will provide resources and training to help you get started. If you have any questions about the new organics collection program, please contact the Athens Customer Care Center at (888) 336-6100 or visit AthensServices.com/Food.



Scan for more resources

PARTICIPATING IS EASY AS 1-2-3



1. FILL
Fill your pail with food scraps and acceptable items. (Liners are optional. Consider newspaper or a paper bag. Plastic bags must be clear.)

2. EMPTY
Empty pail contents into your green organics container.



3. RINSE & REPEAT
Rinse out pail with soap and water. Fill again. Sprinkle lightly with baking soda to absorb odors.

Athens Tip: Store meat and dairy scraps in a container in your freezer and place in the green organics container on collection day.

ACCEPTABLE ORGANICS WASTE			DO NOT INCLUDE	
GREEN WASTE	FOOD SCRAPS	FOOD-SOILED PAPER*	• All plastics	• Palm fronds
• Flower & hedge trimmings	• Bread, rice, & pasta	• Food-stained paper	• Cacti, succulents, & yucca	• Paper napkins & towels with cleaning chemicals
• Grass clippings	• Cheese & dairy	• Paper egg cartons	• Compostable plastics (bioplastics)	• Parchment & wax paper
• Leaves & branches	• Coffee grounds & filters	• Paper napkins & kitchen towels	• Coffee cups & pods	• Pet waste
• Lumber, scrap wood, & plywood (not painted or treated)	• Fruits & vegetables	• Pizza boxes	• Fats, oils, & grease	• Rocks & soil
• Weeds	• Flowers & herbs	• Plates	• Food stickers (please remove)	• Rubber bands & twist ties
	• Meat, bones, & poultry	• To-go boxes (no coating)	• Gloves	• Tea bags
	• Seafood & soft shells	• Wooden & fiber-based utensils	• Hard shells (clams, mussels, oysters)	• Textiles
	• Pet food (non-medicated)		• Medication	• Tissues & wet wipes

*Must be 100% fiber-based. NO materials with bio-plastic, wax, or petroleum-based plastic coating, liner, or laminate.



AthensServices.com

Mountain View News Saturday, February 17, 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 27, 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 19—February 24

Monday

Library Closed for Holiday — No Services

Wednesday

Pajama Storytime — Online at 7:00pm. Call to register.

Saturday

OBOC Dinner with the Human Library at the Hart Park House — In-person from 5:00pm-7:00pm. Registration required.

One Book One City — Clothing Drive— Donate clean new or used clothing for Foothill Unity Center. Accepting at 350 W Sierra Madre Blvd until Saturday, February 24.

Read, Discover, Connect
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1630 AM EMERGENCY RADIO & Free on-air publicity for local events

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

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

Your event must:

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

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

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News From Your Community For Your Community

City Officials Encourages Residents to Prepare for Storms

The City of Pasadena is advising caution as approaching storms are expected this week and asking to take proactive steps to ensure the safety and well-being of all residents. As the storms continue to advance, city officials are working diligently to prepare for potential impacts and to provide essential resources to the public.

The city encourages the public to stay informed and have essential supplies ready in case of an emergency:

- **Emergency Plan:** Have an emergency plan for your family, friends and neighborhood so that you can stay safe and connected during an emergency. This includes making a list of emergency contacts, identifying meeting points if you are separated, and having two-ways to get in and out of your home and neighborhood.

- **Emergency supplies:** The City encourages residents to assemble emergency supply kits that include essential items such as non-perishable food, water, medications, flashlights, batteries, solar-powered USB chargers, personal hygiene items, and important documents in a waterproof container. If you have a pet, make sure you've got enough food, water and necessary medicine for them too, along with a pet carrier and items like a leash or litter box. Preparedness kits will help individuals and families sustain themselves during and after the storm. Visit Ready.gov/Kit to view more detailed information about what to pack in your emergency kit.

- **Sandbags:** Sand and sandbags are available for pickup at Fire Stations 37, 3430 E. Foothill Blvd. and Fire Station 38, 1150 Linda Vista Ave. The limit is 10 bags per resident and self-serve. Fire personnel are available to assist with loading if they're not responding to a call.

- **Outdoor items:** Store outdoor items inside such as outdoor furniture, umbrellas, gardening tools, and all other items that can damage property with high winds.

- **Flooding:** In case of flooding, do not walk, swim or drive through flood waters. Turn Around. Don't Drown! Avoid driving except in emergencies.

- **Weather Updates:** Stay informed about the storm's progress through the National Weather Service website and Twitter (X) account. Regular updates will provide the latest information on the storm's trajectory and potential impacts.

Pasadena residents and businesses with any power emergencies should call Pasadena Water and Power at (626) 744-4673. For water-related emergencies, call (626) 744-4138. For more information, visit PWPweb.com.

Pasadena Police and Fire Departments will be staffed for all patrol, jail, fire, paramedic and other emergency services. For life-threatening emergencies, always dial 9-1-1.

Pasadena officials also urge all residents to be prepared and sign up today for emergency alerts and other information at: PLEAS.CityOfPasadena.net/Fire/PLEAS/ to register.



AT&T Looks to Cut Landline Services

By Dean Lee

In what could severely impact Pasadena, AT&T is seeking approval from the California Public Utilities Commission to no longer be obligated to provide landline telephone service, including essential services like Lifeline rates and 9-1-1 access in many parts of State.

According to a memo from the Office of the City Manager, AT&T is asking to withdraw as a Relief from Carrier of Last Resort (COLR).

"The city is listed in a service region that may be impacted by AT&T's request to withdraw as a COLR," said Acting Chief Information Officer, Serjik Arzumianians. "Alternative scenarios may unfold, such as another carrier assuming the role as a new COLR or the CPUC rejecting AT&T's request."

A COLR is a telecommunications service provider obligation to offer basic telephone service, typically landline, to any customer within a specific area who requests it. This obligation ensures universal access to safe, reliable, and affordable telephone

service the memo states.

AT&T is also seeking removal of its designation as an Eligible Telecommunications Carrier ("ETC"). ETC status allows companies to receive federal assistance from the Universal Service Fund for providing affordable telephone services in designated areas according to AT&T's application. Arzumianians also said, "While currently there is nothing conclusive regarding the impact AT&T's proposals may have on AT&T customers in Pasadena, the Department of Information Technology ("DoIT") staff is engaged with representatives from both the CPUC and AT&T to monitor developments and will provide future updates as this process unfolds.

Continuing in March, the CPUC will hold several in-person and virtual public forums throughout the State for AT&T customers to provide input. The next virtual public forum is set for March 19 and will be by remote access via webcast or phone only.

More information and a list of

all public forums can be found at: cpuc.ca.gov. Search "(A.23-03-002) CPUC Public Participation Hearings."

Residents can also email: public.advisor@cpuc.ca.gov. With any questions about the forums.

Library Committee Members Wanted

The City of South Pasadena seeks at-large community members to serve on the Library and Community Center Site Plan Ad Hoc Committee. This committee is tasked with exploring the development of a new library and community center that will serve the community for generations to come.

The Library and Community Center Site Plan Ad Hoc Committee will consist of members from the City Council, City staff, the Friends of the Library, the South Pasadena Senior Center, Library Board of Trustees and Community Services Commissioners and at-large community members. The City is seeking five dedicated individuals to participate in this exciting endeavor as at-large members of the Committee. These individuals will play a vital role from inception to completion, contributing their insights and expertise to the project. In the initial phase, the Committee will work collaboratively in selecting a site planning consultant and in the crafting of a visionary site plan.

This comprehensive engagement is anticipated to span multiple years and will require active participation, including attendance at meetings and involvement in site visits to recently developed libraries and community centers.

Individuals who are interested in this transformative community project are welcome to submit an application for consideration by Thursday, February 28 by 6:00 p.m. To apply and for more information, visit: southpasadenaca.gov. There will also be flyers distributed around City counters with QR codes to the application.

For any questions on the Committee or about the project, please contact the Project Manager and Deputy City Manager, Domenica Megerdichian by emailing dmegerdichian@southpasadenaca.gov or by calling (626) 475-1743.

Ruff Endz and Ellis Hall to Perform at Today's Black History Festival



The City of Pasadena and Black History Planning Committee announced Ruff Endz and Ellis Hall as main entertainers at today's the Black History Parade and Festival will be held today from 10 a.m.- 4 p.m., at Robinson Park, 1081 N. Fair Oaks Ave.

The Black History Parade and Festival are an annual celebration of African American culture and heritage, and these performances promise to be the highlight of the festival, which takes place immediately following the parade from noon to 4 p.m.

Ruff Endz is a critically acclaimed Hip-Hop Soul duo with several Billboard-charting singles including "No More" and "Someone to Love You". They have been featured on major networks including CNN and MTV and have shared a stage with music industry icons such as Mary J. Blige and Christina Aguilera.

Ellis Hall, known as "The Ambassador of Soul", is a singer, songwriter, and a multitalented musician with a 5-octave vocal range. He has performed with legendary artists including Ray Charles and Stevie Wonder and has recorded songs for major live action and animated films. He performs with internationally renowned symphony orchestras and is the lead vocalist and

keyboardist for the soul-funk band Tower of Power.

Additional performing artists include: Christine Marie, a multitalented rapper, singer, actress, and dancer; R&B band LUV FROM ABOVE; Christian Williams "Traxx", a Christian Hip-Hop performer and producer; the MEN OF PRAYZ Gospel Choir; Altadena Arts Choir; the Jasper Boyz; Soul Sister Line Dance; and Outspoken Dance Group.

"Every year, the Black History Parade and Festival boasts an acclaimed lineup of entertainment, and 2024 is no exception," said PRCS Director Koko Panossian. "We are honored to welcome these talented artists who embody the message of love and unity that this event represents in our community."

The Black History Parade and Festival is a family-friendly event that features live music, food for purchase, a children's zone, Historically Black Colleges and Universities (HBCU) fair, and educational activities. The festival is free and open to the public, and all are welcome to attend.

For more information, please visit CityOfPasadena.net or call the Parks, Recreation and Community Services Department at (626) 744-7300. In case of moderate-to-heavy rain, the event will be canceled.

Chamber Votes to Endorse the Passage of Proposition 1

At its most recent meeting, the Board of Directors of the Pasadena Chamber of Commerce and Civic Association voted to endorse passage of Proposition 1 on the March ballot. Proposition 1 would authorize a \$6.8 billion bond to build mental health treatment centers and build housing for the homeless. It also changes how existing Mental Health Services Act monies can be spent.

Currently, the Mental Health Services Act (MHSA), passed by voter initiative in 2004, utilizes funds from a "millionaires' tax" to support services for mentally ill and addicted persons. Passage of Prop 1 would redirect more of those funds to the state for mental health programs.

Proposition 1 also requires that counties spend more of their MHSA money on housing and personalized support services like employment assistance and education.

Proposition 1 would give up to \$4.4 billion to the state program that builds mental health care and drug or alcohol treatment facilities. The types of places that would be built with bond funds would depend on future decisions by the state. Proposition 1 would

require at least \$1.5 billion of the \$4.4 billion to go to local governments and tribes.

Proposition 1 would also give \$2 billion to the state program that funds local government efforts to turn hotels, motels, and other buildings into housing and construct new housing. The housing added would be for people who are homeless, have mental health or addiction issues. Slightly more than half of the \$2 billion would be set aside for veterans.

In deliberating, the Board saw a need to be more aggressive in addressing homelessness in our communities, as well as mental health and addiction issues.

"The Chamber Board can see the effects of homelessness on our community members, our businesses and our economy," said Chamber CEO Paul Little. "The fact that Prop 1 repurposes existing funds and adds no new taxes was a heavy factor in the Board's deliberations, as well as the real need in all our communities for mental health and drug and alcohol treatment. We all see a need for housing for the homeless and Prop 1 addresses some of that need."

Voters will consider Proposition 1 on the ballot for March 5.

Musical Grumpy Monkey Extended now to March 10

Pasadena Playhouse, the State Theater of California and recipient of the 2023 Regional Theatre Tony Award, extends its world premiere of Grumpy Monkey, The Musical through Sunday, March 10. The production, commissioned by the Playhouse and based on the book Grumpy Monkey by Suzanne and Max Lang, has completely sold out its initial engagement and marks the first full production of the Playhouse's newly announced youth and family programming initiative.

Grumpy Monkey, The Musical is adapted and directed by Nina Meehan, with music and lyrics by Daniel Mertzlufft and Jacob Ryan Smith. This professionally produced production is being presented at Porticos Art Space, located at 2033 E. Washington Blvd.

Meet Jim Panzee and all his friends as they enjoy a wonderful day of exciting adventures. There's just one problem; Jim is in no mood for any fun OR games and no one knows why! The hilarious #1 New York Times bestselling picture book comes to life on stage in a world premiere musical.

Tickets are available at pasadenaplayhouse.org, by phone at 626-356-7529, and at the box office at 39 South El Molino Avenue, Pasadena.

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San Marino Upcoming Events & Programming

Complete the Budget Priority Initiatives Survey

Your voice matters! Join us in shaping the future of San Marino. Public participation is crucial in the budget process. Take a moment to complete the 2024 Budget Priority Initiatives Survey - your insights will directly influence the Mayor and Council in their FY24-25 Budget Discussions. Let's work together for a better community! Submit your feedback by March 3.

All City Facilities Closed on Presidents' Day

In observance of Presidents' Day, all City facilities, excluding emergency services, will be closed on Monday, February 19. Regular hours will resume on Tuesday, February 20.

Coffee Connections

Weekly on Monday and Wednesday from 8 - 10 AM, San Marino Community Center, Fireside Room

Come spend your mornings with neighbors, friends, and a hot cup of coffee at the newly renovated Community Center! Free coffee will be provided. Stay for a variety of organized activities like bingo, chair volleyball, and lectures beginning at 9 AM. This program is for active adults ages 55+. Registration is required. Note: there is no Coffee Connections on Monday, February 19 due to the holiday.

Coffee, Tea, and Chat

Friday, February 23 from 9:30 - 11:30 AM, Thornton Conference Room

Connect with your neighbors to learn more about the community and its traditions. This program is presented in Mandarin by the United Charity Foundation for ages 18+. Registration is not required.

San Marino Historical Society Speaker Series: Kathy Fiscus Tragedy

Monday, February 26 at 7 PM, Barth Community Room

In its Speakers Series, the San Marino Historical Society presents quarterly history talks focusing on topics specially selected for our town. This quarter, William Deverell will be speaking about the Kathy Fiscus tragedy. Mr. Deverell is the Divisional Dean for the Social Sciences at USC's Dornsife College of Letters, Arts & Sciences. He is the founder and co-Director of the Huntington-USC Institute on California and the West. A graduate of Stanford University, he received his M.A. and Ph.D. degrees in History from Princeton. His work addresses the history and culture of the 19th and 20th century American West. Registration is not required.

Lunar New Year Festival on Sunday, March 3

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

Sandbags Available at Stoneman Lot

With the rainy season in full swing, the Parks and Public Works Department is providing a sandbag self-fill location in the Stoneman parking lot (1560 Pasqualito Drive) that is available to residents. Sand and bags are available at the location, and residents are welcome to fill up to six bags to help protect their home from potential flooding.

As the sandbag stations is self-fill, here are some tips when filling sandbags:

Always wear gloves during operation to avoid hand injuries and protect from contaminants in sand and floodwater. Use a short-handled, shovel, scoop, or funnel to fill sandbags. Fill sandbags 1/2 to 2/3 full and tie bags at the top. The sandbag should weight roughly 35-40 lbs.

Please do NOT remove shovels from the sand loading area. Please contact the Parks and Public Works Department at 626-300-0765 or publicworks@cityofsanmarino.org with any questions or if you would like additional information.

DID YOU KNOW?

Dancing can burn 300-800 calories per hour!

Come get your afternoon workout in and hang out with your friends at Happy Hour Sock Hop Dance - Shake, Rattle, & Roll! You don't want to miss out on the fun, food, and memories at this active adult event. Plan to join us on Wednesday, March 6 from 12 - 2 PM at the Community Center. The cost to attend is \$14 for residents and \$17 for non-residents. Registration is required by February 29.

Meetings

Design Review Committee

Wednesday, February 21 at 6:00 PM; Barth Room and Zoom (Public Access)

City Council Meeting

Friday, February 23 at 8:30 AM; Barth Room and Zoom (Public Access)

Library Board of Trustees

Monday, February 26 at 8:00 AM; Barth Room and Zoom (Public Access)

Public Safety Commission - Rescheduled

Monday, February 26 at 6:00 PM; City Hall Council Chambers and Zoom (Public Access)

City of Pasadena Closures & Reminders for Presidents' Day



In observance of Presidents' Day City Hall and many City services will be closed Monday. Specific closures, exceptions and reminders are noted below. Trash, recycling and yard waste collection will occur as scheduled. 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; 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. 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 the holiday. Pasadena Transit and Dial-A-Ride buses will operate on their regular schedules.

The Permit Center will be closed; 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 the holiday Tuesday.

All Pasadena Public Library branch sites will be closed Sunday and Monday and will reopen Tuesday.

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.

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

City Council will not meet on Monday. 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.

Pasadena Election Charter Amendments R, S, and T

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

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

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

services such as 911 response, fire, paramedic, public health, street repairs, and senior and homeless services.

The Measure S amendment will require the City Council to set limits by ordinance for contracts, purchases, and claim approvals. It will maintain oversight, improve city response, and enhance efficiency in executing contracts. Measure S streamlines the procurement process and eliminates a burdensome process for a contractor/business owner and the city, allowing for more efficient handling of contracts to save time and money. The amendments will help identify inefficiencies, unnecessary expenses, and potential waste, ensuring that public funds are used wisely and projects are executed within budget.

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

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

Measures R, S, and T maintain accountability provisions, such as public disclosure of all spending and annual financial audits, while updating outdated language and codes.

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

Visit CityofPasadena.net/Charter-Amendments for more information.

Assemblymember Holden's 2023-24 Legislative Package

Assemblymember Chris Holden finalizes his 2023-24 legislative package Friday and enters his last term in the California State Assembly with measures to address health care, education, public safety and the environment.

"My goal is always to serve my community above all else," said Assemblymember Chris Holden.

The 41st Assembly District stretches from Pasadena in the West to Upland in the East and includes the communities of Altadena, Monrovia, Claremont, San Dimas, La Verne, La Cañada Flintridge, Sierra Madre, San Pasqual, Bradbury, Rancho Cucamonga, Phelan, Oak Hills, Piñon Hills, Wrightwood, San Antonio Heights, Hesperia, and Lytle Creek.

Holden was first elected to the California State Assembly in 2012, and was overwhelmingly re-elected in 2014, 2016, 2018, 2020 and 2022. With more than 150 pieces of legislation signed into law, Holden brings to the Legislature a lifetime of experience in public service and business garnered during his many years on the Pasadena City Council and in the State Legislature. Holden served as Assembly Majority Floor Leader from 2014 to 2016, Chair of the California Legislative Black Caucus from 2016 to 2018, Chair of the Assembly Committee on Utilities and Energy from 2018 to 2022 and Chair of the Assembly Appropriations Committee from 2022 to 2024.

"After being in the State Assembly for almost twelve years, I believe these bills exemplify my due diligence in achieving that goal, by creating solutions to solve key issues, developing roadmaps for new innovations and improved functionality, and generating a pathway for equal opportunity," said Holden.

2023-2024 Legislative Package:
AB 236 would require health care service plans to annually verify and delete inaccurate listings from its provider directories, known as "ghost directories."

AB 252 would establish the College Athlete Protection (CAP) Act for purposes of providing various rights, benefits, and protections to college athletes.

AB 280 would prohibit holding an individual in segregated confinement for more than 15 consecutive days.

AB 359 would amend existing law around College and Career Access Pathway Program (CCAP) partnerships to align with best practices from other dual enrollment programs and would streamline access to dual enrollment for K-12 students throughout the state.

AB 610 would exempt additional restaurants from the definition of "fast food restaurant," including such restaurants in airports, hotels, event centers, theme parks, museums, and certain other locations, as prescribed.

AB 1017 would create the Striking Worker Emergency Homelessness Prevention (SWEHP) program to prevent workers suffering strike-related hardship by making zero-interest loans available to eligible striking workers to assist them in paying their housing costs.

AB 1826 would revise the Digital Infrastructure and Video Competition Act of 2006 to authorize the commission to exercise the authority, jurisdiction, and powers authorized by a franchise authority.

AB 1851 would require the Superintendent of Public Instruction to contract with a nonprofit technical assistance organization to sample all potable water system outlets for high-need schools.

AB 2089 would require a city or county, when collecting demographic data as to the ancestry or ethnic origin of persons, to include the additional collection categories and tabulations for specified Black or African American groups. AB 2193 would create a civil liability for a public or private institution of higher education by a person harmed by hazing. AB 2330 would help expedite permits for fuel management activities to ensure public safety is in alignment with environmental law.

To access additional information and background on each bill, please type in bill number and visit: leginfo.ca.gov/faces/home.xhtml.

For more about Holden's District visit: a41.asmdc.org.

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.pasadenaseniorcenter.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.

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Fridays 4-6 p.m.

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www.southpasadenaca.gov/library

This material was not prepared by the South Pasadena Unified School District (SPUSD). Any programs and/or events described herein are not necessarily endorsed and will not be supervised by SPUSD.

Upon request made no later than four (4) business days before the event, the City will provide a reasonable accommodation for a qualified person with a disability to have equal access to the event. Please contact Human Resources at (626) 403-7312 or fill out the City's request form available at www.southpasadenaca.gov and email the form to Human Resources at HR@southpasadenaca.gov.

Catch breaking news at:
mtnviewsnews.com

There may be smoke!

LA County Fire will be performing pile burning in the Bradbury-Duarte area on **February 19th & 20th 2024** (8:00 a.m. - 2:00 p.m.)

SPINKS CANYON PILE BURN FEBRUARY 19 AND 20

On February 19 and 20 from 8:00 a.m. to 2:00 p.m., the Los Angeles County Fire Department (LACoFD) Forestry Division will be performing a pile burn in Spinks Canyon. A pile burn is a type of prescribed fire where firefighters pile and burn forest debris to reduce an area's wildfire risk. Spinks Canyon is located in the Bradbury foothills, east of Monrovia. As such, smoke may be visible this Monday and Tuesday, but at no harm to you.

Did you know:

- Prescribed fires are an efficient, safe, and cost-effective way to reduce fuels (e.g. dry, fallen leaves that further "fuel" a wildfire) contributing to wildfire risk.
- Piles are only ignited on "burn days" established by the local air pollution control district and under specific conditions.
- Proper fire tools, water, and personnel are always on site during a prescribed fire.
- Bare mineral soil is cleared with a 10-foot minimum radius from each pile before burning.

If you have any questions regarding the burn, please contact fire-forestrypublicinfo@fire.lacounty.gov.

STORM-RELATED TAX RELIEF AVAILABLE FOR PROPERTY OWNERS FILING A MISFORTUNE & CALAMITY CLAIM JUMPSTARTS THE PROCESS

LOS ANGELES, CA - Los Angeles County Assessor Jeff Prang is reminding property owners that property tax relief is available for those suffering damage from the recent torrent of storms.

For property owners who have experienced damage or destruction from these storms, they can apply to have the assessed value of their property – the value upon which their property taxes are based – reduced to reflect the damage. This property tax relief program is called the Misfortune & Calamity (M&C) program.

"It's understandable that those affected by these storms would not be thinking about their property taxes at this difficult time," Assessor Prang said. "However, I did want to remind them there is property tax relief available in the event of damage to their property resulting from these types of natural disasters."

By filing a claim for M&C relief within one year of the incident, properties that have sustained a minimum of \$10,000 in damage of current market value may be eligible for a refund of taxes already paid as well as lower annual tax bills until the property is repaired or rebuilt. Assessor Prang's office is working proactively to identify the properties affected and move the process forward.

This property tax relief is available to owners of homes, business equipment and fixtures, orchards or other agricultural groves, and to owners of aircraft, boats, and certain manufactured homes. It is not available to property that is not assessable, such as state licensed manufactured homes or household furnishings.

If granted, the assessed value of the property will be reduced, effective the date the damage occurred, until the damaged structures are rebuilt or repaired, the property undergoes a change in ownership, or a base year value transfer is recorded.

"My dedicated team is ready to offer assistance at a moment's notice," Assessor Prang said. "We will be available to guide property owners through the claim process."

These types of reassessments have led to millions of dollars in property tax relief during significant events including the massive Woolsey Fire a few years back as well as victims of the Rolling Hills Estates landslides where homes were red-tagged as uninhabitable when the ground collapsed underneath their foundations, reducing homes to rubble.

The M&C claim forms - known as the Application for Reassessment: Property Damaged or Destroyed by Misfortune or Calamity - can be obtained online at <https://assessor.lacounty.gov/tax-relief/disaster-relief> or by phone at (213) 974-8658.

Pasadena Folk Music Society

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



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EARTHQUAKE!

There was just a 7.4 magnitude earthquake on the San Andreas fault! What do you do now?

At this month's meeting we will have a fun and informative tabletop exercise where we will consider different scenarios in the city and what you can do to help... and what others could do to help you.

The public is always welcome to join us!

Sierra Madre CERT General Meeting
Thursday, February 22nd, 7:00 PM
Hart Park House - Memorial Park
222 W. Sierra Madre Blvd.
Sierra Madre, CA

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

Mountain View News Saturday, February 17, 2024

Dining with Dills
EVERY SUNDAY AT 5:00 PM ON
**ANGELS RADIO
AM 830**
CLICK HERE FOR MORE INFO



HAPPY CHINESE NEW YEAR OR AS I LIKE TO SAY

"Xin nian kuai Le"

During the Lunar New Year, many food items are a representation of the culture that is looking for luck and prosperity. What type of dishes can you enjoy if you are in the mood to celebrate? Fish is number 1 (one) in fact it is a requirement at the Lunar New Year dinner table, the reason is that the word fish (yu) goes with the word for surplus.

Oranges are also a holiday tradition, the word tangerine (gam) means gold, please don't ask how I got oranges and tangerines mixed up, just treat this as a brief history lesson.

Rice... ? You bet sticky rice represents togetherness. People of the Philippines, a predominate Catholic country with a lot of Chinese people share a dish called (Tikoy) sticky rice fried in an egg batter, (try ordering that at your local Panda Express) the stickiness again represents close relations with friends and family.

Dairy is also used in many dishes, the "white" symbolizes to purify what's dark, as the moon does in the night.

No matter if it's Panda Inn, PF Chang's or Egg Roll Express here a few of my favorite Chinese musts!!

- Lettuce Wraps
- Peking Duck
- Dumplings
- Spring Rolls
- Hot and Sour Shrimp
- Chicken

Fun Fact

The Fortune Cookie isn't Chinese at all, well at least it wasn't invented in China, the cookie hails from San Francisco, also home of the white go container with the handle, now you know!

Peter Dills wishing you prosperity
Gung hay fat choy

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. Do you like red wine blends? You're not alone.

The 2023 Silicon Valley Bank State of the U.S. Wine Industry report stated that Red blends are the second most popular red wine type consumed in the U.S. after Cabernet Sauvignon. What's the difference between a Red Blend and a single varietal wine such as Cabernet Sauvignon? To be labelled a single varietal wine in the United States, the wine must contain at least 75% of a specific varietal. If a winemaker decides to have 75% Cabernet Sauvignon and 25% Merlot in the wine, the wine can be labelled as Cabernet Sauvignon. Anything less than 75% of a single varietal, and the wine is considered a blend.

Some of the world's most classic wines are red blends – Bordeaux and Rhone Valley are prime examples. Here in the U.S., The Prisoner Red Wine is one of the most popular Red Blends sold. In 2000 when it first started production it was a very good wine. Now, with production at 250,000 cases, it's too sweet for my taste and seems to follow a formulaic recipe with the other wines they produce. For \$50 a bottle I expect more from wine. Here's a much better Red Blend alternative – Maldonado Proprietary Red Wine Napa Valley 2018.

Hugo Maldonado is the winemaker and owner. Hugo holds a degree in Enology & Viticulture from U.C. Davis. His father Lupe came to the U.S. in 1962 and became an exceptional vineyard manager. Hugo and his father founded the winery in 2007. Total production for Maldonado is 6,000 cases – making this a wine that is family run and small production – attributes that tend to lead to excellent wines.

The wine is a blend of 70% Cabernet Sauvignon, 20% Merlot and 10% Syrah and was aged for 20 months in French oak barrels. It is bold with gorgeous fruit that is balanced and not over ripe. There are layers of spice, chocolate, leather, and dark fruit. The tannins are well integrated and there's enough acidity to lift the wine to a lengthy and savory finish.

The Bottle Shop has the Maldonado Red Blend Napa Valley 2018 at an extraordinary price of \$29.99. Don't pay \$20 more for a mediocre wine, get this one instead. I know you'll love it!

Until next time – Salud!

Upcoming Wine Tastings – Thursday & Friday February 22 & 23 Blissful Blends. Sunday February 25 From Italy With Love.

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



46TH ANNUAL L.A. CHINATOWN FIRECRACKER YEAR OF THE DRAGON

One of the Largest and Oldest Lunar New Year 5K/10K/Kiddie/PAW'er Dog Run/Walk & 19/50-Mile Bike Ride Events in the United States

FEBRUARY 24-25, 2024; LOS ANGELES CHINATOWN PLAZA

WHAT: L.A. Chinatown Firecracker 5K/10K Run/1K Kiddie & PAW'er Dog Run/Walk & 19/50-Mile Bike Ride — Celebrating 46 years, the L.A. Chinatown Firecracker is one of the largest and oldest running races in the U.S. with its upcoming Lunar New Year run, walk, cycling and dog walk events held over the weekend of February 24-25, 2024, at the historic Los Angeles Chinatown Plaza.

Registration is now open for the Year of the Dragon 46th Annual L.A. Chinatown Firecracker with a choice to participate in-person or virtually. Each registered participant receives a commemorative 2024 Firecracker race bib, exclusive collectible finisher's medal, limited edition t-shirt (Paw'er Dogs receive their own commemorative Firecracker t-shirt), goody bag, and much more. All registered participants 21+ years of age are also eligible for one complimentary beer at the Beer Garden. In addition, participants and their guests will enjoy the Lunar New Year Celebration in the heart of historic Chinatown with an opening ceremony filled with lion dancers and the traditional lighting of 100,000 firecrackers. The Firecracker festival includes vendors and booths. The 46th Annual Firecracker has been approved as a 2024 USATF Sanctioned Event.

The annual L.A. Chinatown Firecracker is produced by the nonprofit L.A. Chinatown Firecracker Run Committee (LACFRC), a group of volunteers who donate their time and energy to organize and stage events and programs promoting healthy lifestyles, fitness, cultural awareness to the greater Los Angeles community. All proceeds are reinvested in the community and surrounding areas in support of elementary schools and other non-profit organizations, providing service and programs.

The 46th Annual L.A. Chinatown Firecracker sponsors include McCourt Partners, San Antonio Winery, American Bio-Clinical Laboratories, Winston & Joanne Young, Cathay Bank, Empire International, Longo Toyota/Lexus, Rose Burton, and Central City Optimist.

WHEN:

February 24-25, 2024

- Sat, Feb 24: 50-mile Bike Ride; 8:00 a.m. (new route goes through Pasadena & Altadena)
- Sat, Feb 24: 19-mile Bike Ride; 8:20 a.m.
- Sat, Feb 24: 2K PAW'er Dog Walk; 9:00 a.m.
- Sun, Feb 25: 5K Run/Walk; 8:00 a.m. Run / 8:20 a.m. Walk
- Sun, Feb 25: 10K Run/Walk; 8:20 a.m. Run / 8:40 a.m. Walk
- Sun, Feb 25: 1K Kiddie Run; 9:00 a.m.

WHERE:

Los Angeles Chinatown Plaza
943 N Broadway, Downtown Los Angeles

REGISTRATION: \$38 - \$75 with discounts for participating in multiple events

HOW TO REGISTER AND MORE INFORMATION:

- Firecracker L.A. Website: <https://firecracker10k.org/>
- Registration: <https://runsignup.com/Race/CA/LosAngeles/LAChinatownFirecracker>
- Facebook: <https://www.facebook.com/thefirecracker10k>
- Instagram: <https://www.instagram.com/firecracker10k/>
- Twitter: <https://twitter.com/firecracker10k>
- Email: info@firecracker10k.org
- #firecrackerLA; #46years

- L.A. Chinatown Firecracker Trailer/B-roll: <https://www.youtube.com/watch?v=jw5h2HgDdCo&authuser=1>

IN THE KITCHEN
Our Favorite Recipe of the week

ITALIAN PASTA CASSEROLE RECIPE



INGREDIENTS

- 2 cups uncooked spiral pasta
- 1/2 pound lean ground beef (90% lean)
- 1/2 pound Italian turkey sausage links, casings removed
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 2 cans (14-1/2 ounces each) diced tomatoes, undrained
- 1/3 cup tomato paste
- 3/4 teaspoon Italian seasoning
- 1/2 teaspoon chili powder
- 1/4 teaspoon dried oregano
- 1/8 teaspoon salt
- 1/8 teaspoon garlic powder
- 1/8 teaspoon dried thyme
- 1/8 teaspoon pepper
- 2 ounces sliced turkey pepperoni
- 1 cup (4 ounces) shredded part-skim mozzarella cheese

DIRECTIONS

• Cook pasta according to package directions. Meanwhile, crumble beef and sausage into a large skillet; add onion. Cook and stir over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain. Stir in the tomatoes, tomato paste and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes.

• Drain pasta; stir in meat mixture and pepperoni. Transfer half of the pasta mixture to a 2-qt. baking dish coated with cooking spray. Sprinkle with half of the cheese; repeat layers.

• Cover and bake at 350° for 20-25 minutes or until bubbly.

Yield: 6 servings.

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High School JUNIORS

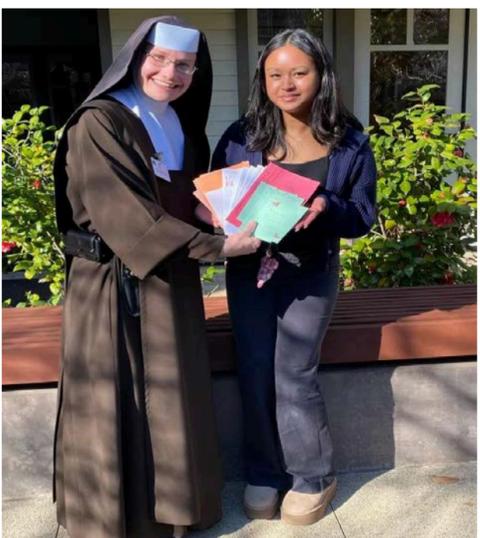
THE ROTARY YOUTH LEADERSHIP AWARDS
CAMP DATES: MARCH 22-24, 2024

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

SCHOOL DIRECTORY

- Alverno Heights Academy**
200 N. Michillinda Sierra Madre, Ca. 91024
(626) 355-3463
Head of School: Joanne Harabedian
E-mail address: jharabedian@alvernoheights.org
- Arcadia Christian School**
1900 S. Santa Anita Avenue Arcadia, CA 91006
Preschool - TK - 8th Grade
626-574-8229/626-574-0805
Email: inquiry@acsliions.com
Principal: Cindy Harmon
website: www.acsliions.com
- Arcadia High School**
180 Campus Drive Arcadia, CA 91007
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.
Pasadena, Ca 91107
626-793-2089
<https://school.abvmpasadena.org/>
- Barnhart School**
240 W. Colorado Blvd Arcadia, Ca. 91007
(626) 446-5588
Head of School: Tonya Beilstein
Kindergarten - 8th grade
website: www.barnhartschool.org
- 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
San Gabriel, CA 91775
Phone: 626-286-3108 ext. 172
FAX: 626-286-1528
E-mail: jhawes@clairbourn.org
- Foothill Oaks Academy**
822 E. Bradbourne Ave., Duarte, CA 91010
(626) 301-9809
Principal: Nancy Lopez
www.foothilloaksacademy.org
office@foothilloaksacademy.org
- Frostig School**
971 N. Altadena Drive Pasadena, CA 91107
(626) 791-1255
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 Sij
- 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.monroviashools.net
- Duarte Unified School District**
1620 Huntington Dr., Duarte, Ca. 91010
(626) 599-5000
Website: www.duarte.k12.ca.us



KEY CLUB CELEBRATES VALENTINE'S DAY

Duarte High School Key Club president Nashita delivered handwritten Valentine cards, written by the club members, to Sister Karolyn Rose for all the residents in the Santa Teresita assisted living cottages

If you are interested in joining the Duarte Kiwanis or presenting at a future meeting, please contact Tina Carey at tinac51@aol.com.

Catch breaking news at: mtnviewsnews.com

Why are there 29 days in February? Because 2024 is a Leap Year!

Newspaper Fun!

www.readingclubfun.com Animills LLC © 2024 V7 Kids: color stuff in!

It's About Time!

It's time to get the grandfather clock checked and oiled. It's a beautiful way to tell time, but most of the day I use a wristwatch or cell phone.

Sunrises and sunsets are natural ways to mark time.

When we speak about time we talk about the past, present or the future.

Read the clues to fill in the puzzle:

- one hundred years
- common way to tell time
- shows events in order of when they happened
- tool to keep track of activities, days and months
- fun way to capture a moment in time (item is dug up later)
- Baby _____ Year is full of energy to start the year
- there are 24 time _____ throughout the world
- _____ clock shows what time it is anywhere on the planet - often shown by a series of clocks on a panel
- something that isn't affected by the passage of time
- _____ Father Time is tired after working all year; he is often shown with a long beard, sundial and sickle
- the start of each morning, dawn
- time that has yet to pass
- period of time marked by important events
- parts of the year that mark temperature and weather
- twenty-four hours

What is Leap Year?

Every year our calendar ends the year a bit ahead of Earth's trip around the sun. To keep it lined up with the actual timing of Earth's orbit we add one extra day to the calendar in February every four years.

Our calendar is based on the time it takes our planet, Earth, to orbit or travel around the sun. But, our calendar is not perfect.

Read the clues below to fill in the puzzle:

Many kinds of clocks and watches have been invented through the years. A watch was even made for engineers to help them run the trains on time.

- _____ clock, tall standing clock with swinging pendulum
- _____ watch, timepiece you can wear to school
- _____ watch, great for measuring races
- _____ watch, can be underwater without being damaged
- _____ clock, hangs on the wall and sings a song every hour
- _____ watch, often on a chain and kept in a small pouch on vest

Clocks and Watches

1. pocket
2. diving
3. grandfather
4. wrist
5. cuckoo
6. stop

1. New
2. calendar
3. Old
4. day
5. capsules
6. future
7. world
8. era
9. sunrise
10. clock
11. timeline
12. century
13. zones
14. seasons
15. stop

CHRISTOPHER Nyerges

[www.SchoolofSelf-Reliance.com]

ENCOURAGING YOU TO VOTE



[Nyerges is the author of "Urban Survival Guide," "Extreme Simplicity," and other books. Information about his books and classes is available at www.SchoolofSelf-Reliance.com]

Years ago, I was very active in the neighborhood during election times, encouraging people to vote. My wife and I, and members of the non-profit we worked with, organized a few "voter discussion" meetings. We began by making a flier for such an event, and then we walked to every house in our immediate neighborhood to give them the flier. This also gave us the opportunity to talk with neighbors as well. Our neighborhood already had some sense of organization because we conducted periodic Neighborhood Watch meetings, and several of the neighbors had expressed an interest in a voter discussion.

We told everyone to read the voter information booklet that they received in the mail before the meeting. As some of you might know, those booklets have the pros and cons for each proposition, and a little about each candidate for the various offices.

When the evening came, we all gathered in the living room of one of the neighbors with about a dozen neighbors who showed up. I first asked if everyone had read the voter information booklet, and most had not. I guess I was not surprised. They came to the meeting because they didn't want to take the time to read all the details of that booklet. I had actually read most of the booklet, and, as the conductor of the meeting, I made it clear that we were in no way going to try to influence anyone's vote. We began with the president, and we didn't spend much time there because most people had already made up their mind regarding that office. I only shared a few obvious points and then we moved onto other offices.

My goal was just to help our neighbors be informed, and the propositions and the local judges and local offices generally has a far greater effect on each of our lives than does the president. Yet, everyone focuses on the president and not the more down-to-earth issues and people.

When I had read the booklet before our meeting, I took the time to mark key points on each of the propositions, things that I felt were the essence of each proposition. What actually results would occur if that proposition passed? How much would it cost? Who would pay for it? Were there other laws or agencies that were already in existence that could be doing the same work? These are the ways we tried to pick apart each proposition. It wasn't easy and we didn't all agree. But each of us had a better idea of what the proposition was all about than when we started.

And then there is the issue about the cost of administration of some of the propositions, and whether or not it would have any chance of fixing the problem if it passed.

Our voting meetings were always very civil, and we had many of them. A few were conducted by our non-profit in the local library, where members of the community joined in. We always emphasized that we were not there to argue, but to try and shed light on all the diverse issues that we had to vote upon.

Voting is a sacred right to be taken seriously, and I really hope that each of you can find the time to do something similar with your friends, family, and neighbors.

One year, after the election, a neighbor (who did not attend the meetings), said to me, "Well, are you happy with who you elected into office?" He then went on to tell me the bad things about a few new elected officials. I told him that I did not vote for those people, but I did vote. This neighbor told me that he rarely votes because "nothing changes." I was about to read him the riot act, but I was tired that night, and merely explained that you don't always get what you want, but if you don't even take the time to vote, you have forfeited your right to complain. I told him that many Americans were like him, and that I felt the average turnout in the U.S. for elections is pathetic. Those who chose not to vote could have completely altered the outcome. I also mentioned how many countries do not have the right to vote. In some cases, when they finally got that right, nearly 90% of the eligible voters took the time to vote for their leaders. I told my neighbor that he should not take his right to vote for granted.

To read a little more about the sacred aspect of the vote, read "Democracy is Self-Government" by H.W. Percival. Then, if you want to be shocked into voting, read "On Tyranny" by Timothy Snyder.

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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:

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- Locking lid deters bear activity
- Limits litter on the streets
- Keeps bears wild and out of human trash

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Katnip News!



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Do you "Have a Heart to Save a Heart"?



treatable health conditions.



We recently rescued several cats and kittens from a horrendous LA County "shelter," where they were on the KILL LIST for untreatable health conditions. We couldn't let that happen! We created a Valentine Giving Grid, a fundraiser, to help with the huge vet costs they incurred, like lit-tle Farrah Pawcett here. This cutie pie with the large bandage has a very serious injury to her right front paw. She then developed a URI which resulted in a \$5200 4-night ER stay. She is now facing amputa-tion. Our Valentine fundraiser at www.givinggrid.com/feelthelove, is to help us with those medical expenses. Won't you please help by donat-ing any amount? It's very safe and easy. You can see more of the cats we've saved when you click to donate, or just use the qr code. Thank you sooooo much!

Pet of the Week

One-year-old Vin is a happy-go-lucky lab/husky mix who has never met a person who is not his new BFF.

Vin is sure to steal your heart with his silly nature and A+ personality. He is very cuddly and playful, and he seems to get along well with other similar-sized dogs.



He recently spent the day out with the Pasadena Humane mobile team and had a wonderful time. He met dozens of people, played with every toy he could find, and got to practice all his training cues. He made fast friends with one of the other dogs- they even traded toys back and forth.

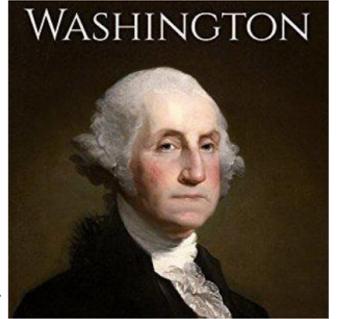
Vin is an active dog, so he would be an ideal hiking or walking companion. He walks very nicely next to his person like the well-behaved boy he is!

Vin and all other animals over 6 months old can be adopted for only \$14 from February 8 - 18, during Pasadena Humane's Make Your Heart Happy-Adopt A Pet promotion! All dog adoptions include spay or neuter, microchip, and age-appropriate vaccines. New adopters will receive a complimentary health-and-wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information about how to care for your pet.

View photos of adoptable pets and schedule an adoption appointment at pasadenahumane.org. Daily adoption appointments can be scheduled online. New adoption appointments are available every Sunday and Wednesday at 10:00 a.m. Walk-in appointments are available every day from 2:00 - 5:00. Pets may not be available for adoption and cannot be held for potential adopters by phone calls or email.

ALL THINGS By Jeff Brown

GEORGE WASHINGTON:



Here are some of his most notable quotes:

"What is most important of this grand experiment, the United States? Not the election of the first president but the election of its second president. The peaceful transition of power is what will separate this country from every other country in the world".

Let your heart feel for the afflictions and distress of everyone, and let your hand give in proportion to your purse.

"Where are our Men of abilities? Why do they not come forth to save their Country?"

"No punishment, in my opinion, is to great, for the man who can build his greatness upon his country's ruin."

My first wish is to see this plague of mankind, war, banished from the earth.

"Observe good faith and justice towards all nations; cultivate peace and harmony with all."

"If freedom of speech is taken away, then dumb and silent we may be led, like sheep to the slaughter."

"The Constitution is the guide which I never will abandon."

"Guard against the impostures of pretended patriotism."

Let your heart feel for the afflictions and distress of everyone, and let your hand give in proportion to your purse.

The alternate domination of one faction over another, sharpened by the spirit of revenge natural to party dissension, which in different ages and countries has perpetrated the most horrid enormities, is itself a frightful despotism. But this leads at length to a more formal and permanent despotism.

Be Americans. Let there be no sectionalism, no North, South, East or West. You are all dependent on one another and should be one in union. In one word, be a nation. Be Americans, and be true to yourselves.

"But if the Laws are to be so trampled upon—with impunity—and a minority (a small one too) is to dictate to the majority there is an end put, at one stroke, to republican government; and nothing but anarchy and confusion is to be expected thereafter

"However [political parties] may now and then answer popular ends, they are likely in the course of time and things, to become potent engines, by which cunning, ambitious, and unprincipled men will be enabled to subvert the power of the people and to usurp for themselves the reins of government, destroying afterwards the very engines which have lifted them to unjust dominion."

"I hold the maxim no less applicable to public than to private affairs, that honesty is the best policy."

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

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DISCOVER YOUR IDEAL ASSISTED LIVING COMMUNITY WITH SAFE PATH FOR SENIORS

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HOME IMPROVEMENT SCAM TARGETS ELDERLY RESIDENTS - (Courtesy of Safe Path For Seniors):

The police department alerts residents to a recent surge in home improvement scams, particularly targeting seniors. These scams involve contractors who take cash payments upfront but fail to complete the promised work, leaving homeowners with unfinished projects and financial losses.

Common Tactics Used by Scammers: Scammers typically approach homeowners offering assistance with repair and construction projects, such as foundations, masonry, chimneys, and roofing. After receiving payment, they perform minimal work or none at all, leaving the homeowners stranded.

Safety Tips to Avoid Scams:

Consider only licensed and insured and bonded contractors, ensuring accountability and protection against fraud

Request proof of insurance from contractors to verify legitimacy and safeguard against potential liabilities.

Seek recommendations from trusted sources, such as friends and family, to ensure reliability and quality of service.

Research the contractor online using keywords like "scam," "review," or "complaint" to uncover any red flags or past grievances.

Read customer reviews and utilize reputable online rating platforms to gauge the contractor's reputation and performance.

Obtain multiple estimates with detailed breakdowns of the work, materials, completion timeline, and pricing to make informed decisions. Avoid paying the full project amount upfront to mitigate the risk of financial loss in case of incomplete or unsatisfactory work.

Stay vigilant and report any suspicious activities to local authorities to protect the community from fraudulent practices

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EASY TO USE DENTAL CARE PRODUCTS FOR ELDERLY SENIORS



Dear Savvy Senior:

I have arthritis and hand tremors that affects my grip strength and makes brushing my teeth difficult. I've read that electric toothbrushes can help make the job easier. Can you make any recommendations for seniors? Arthritic Alice

Dear Alice:

For seniors who suffer from arthritis or have other hand weaknesses or tremors, an electric toothbrush is an often turned to solution for keeping your teeth clean. At the push of a button, an electric toothbrush will do everything but shake, rattle and roll to do the cleaning for you, and most come with a wide, slightly weighted handle and rubberized grip that make them easier and more comfortable to hold on to.

How to Choose

With dozens of different electric toothbrushes on the market today, here are several points to consider to help you choose:

Cost: The cost of electric toothbrushes will range from \$10 for a model with replaceable AA batteries to more than \$200 for some models with rechargeable lithium-ion batteries, multiple brushing modes, smartphone integrations, and other features. How much are you willing to spend?

Brushing action: Brush heads tend to be either "spinning" (they rotate very fast in one direction, then the other, and bristles may pulsate in and out) or "sonic" (they vibrate side to side). Both methods are effective and a matter of personal preference.

Electric versus battery: Choose a brush with a built-in rechargeable battery and an electric charging station. They're much more convenient and cost effective than toothbrushes that use replaceable batteries.

Brushing timer: Since most dentists recommend brushing for two minutes (most adults average about 45 seconds), get an electric toothbrush with a built-in brushing timer – most have them. Some brushes will even split the two minutes onto four 30-second intervals and will notify you when it's time to switch to a different quadrant of your mouth.

Extra features: Most higher-priced electric brushes come with extra features like cleaning modes, pressure sensors, a charge-level display and more. There are even "smart" toothbrushes that connect to a smartphone or tablet via Bluetooth to track brushing habits. What extra features do you want?

Best Electric Toothbrushes

According to Consumer Reports – an independent, nonprofit product testing and research organization – the top electric toothbrushes for 2024 are the Oral-B iO 7 Series (\$150); Oral B Genius X 10000 (\$200); Bruush Electric Toothbrushes (\$95); and the Philips Sonicare ProtectiveClean 6100 (\$120). And the top rated low-cost electric toothbrush is the Brightline 86700 (\$30).

The New York Times Wirecutter, another popular product reviewing service, rates the Oral-B Pro 1000 (\$40) as the best electric toothbrush followed by the Philips Sonicare 4100 (\$40).

Easier Flossing Tools

If flossing has become challenging too, a good alternative to traditional string floss are floss picks. These are disposable plastic-handle tools that have floss threaded onto them, which makes them easier to hold and use. DenTek, Oral-B and others sell packages for a few dollars or check out the Listerine UltraClean Access Flosser, which comes with a toothbrush-like handle for a better reach.

Some other flossing products to consider that are easy on the hands are the WaterPik Power Flosser (\$15), which gently vibrates to dislodge embedded food particles between your teeth. Or consider a water flosser, which use high-pressured pulsating water to remove food particles and plaque and will stimulate your gums in the process. WaterPik offers a variety of water flossing products at prices ranging between \$40 and \$140, as does Oral Breeze, which offers the Shower Breeze and Quick Breeze water flossers (around \$40) that connects directly to your faucet or shower head.

All of these dental care products can also be found at your local pharmacy or retailer that sells personal care items or online.

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

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...JFEBRUARY BIRTHDAYS*



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

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

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.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder
WHO DOESN'T LIKE BALONEY?



When I was young, my favorite sandwich was the baloney sandwich. Sometimes, with cheese and other things, but most importantly, baloney. I can't imagine what my childhood would have been like without those bologna sandwiches. Until I went to school, I thought my mother had invented the baloney sandwich.

My mother even prepared bologna sandwiches for my school lunch. Just about every boy in my class had baloney sandwiches for their lunch. I remember we would trade around and eat each other's baloney sandwiches. If there was a sandwich contest, nobody really won because the baloney sandwich is a reward in itself. It's hard to find a better lunch.

It's been a long time since I've had a simple baloney sandwich for lunch. The Gracious Mistress of the Parsonage is a culinary expert specializing in making delicious meals. The simple baloney sandwich would not necessarily be on her menu. Sometimes, the simple things in life are the best things.

We were talking about something the other night. I'm not sure if it was politics or sports, but I expressed my opinion as clearly as possible. When I was through, The Gracious Mistress of the Parsonage just looked at me momentarily and said, "You do know that you're full of baloney?"

At that point, I didn't know if she was complimenting or criticizing me. From my point of view, baloney would be a high compliment. I did not pursue that then, but just let it go. An important lesson I have learned is that there are times just to let things go. This was one of those times.

Last week, I thought about pulling a little prank on her. I don't know what I was thinking but I waited until she was in her craft room. I walked in and began looking around. Believe me, there is a lot to look at, and I'm not sure what I was looking at.

"What are you doing in here? Are you looking for something?" Looking at her with a serious glare, I said, "I was just thinking that maybe I could come and help you organize your craft room. I have a lot of ideas of how you can make this a better organized craft room."

The fact that I was in the craft room was a project in itself. If I ever went in there alone, I probably would get lost and never be found until she came into the craft room herself. If there ever is a time when I seem to disappear, just look in her craft room.

I then began to tell her some of the things I would do to help reorganize her

craft room. She just sat there staring at me with one of "her stares," and just let me go on talking.

When I finished, I looked at her, smiled, and said, "So, what do you think?" "What do I think?" responded The Gracious Mistress of the Parsonage. "Let me tell you what I think. I think you are full of baloney. I do not need any help organizing my craft room, especially from you."

I graciously left the craft room smiling and headed for my easy chair to enjoy my prank.

For me to reorganize her craft room would've been so far over the moon that I was starting to think I really was full of baloney.

A few days later, I was working in my office, and she stepped in for a moment and began looking all around at my bookshelves. For a few moments, all she did was look around at my books. Then she said, "I think I can help you reorganize your office here."

At that point, I didn't really know what to say because I did not need any help reorganizing my books. I looked at her and said, "Do you think I'm full of baloney?"

She laughed at me and said, "Yes, I do think you're full of baloney." And then she left the office laughing and went back into the kitchen.

It's amazing that we both live in our own worlds. Her craft room is at one end of the house, and my office and library are at the other end of the house, and the twain never shall meet.

I had to think about that for some time because, after 53 years of marital bliss, we have never had a major conflict. Oh yes, there is the Apple Fritter and broccoli issue that still continues. But that's about as bad as it ever got.

I wouldn't say this to her, but I'm kind of thinking that might it might be that my baloney is one of the secrets of our good marriage. After all, what else is there?

The best celebration we could ever have, in my opinion, is a bologna sandwich lunch. That would make my day, but I'm not sure she could handle all that baloney. Then, of course, she's handled me for 53 years. If she can handle that much baloney, she can handle anything. I then thought of a verse of scripture on this subject. "Can two walk together, except they be agreed?" (Amos 3:3).

Thinking of this, it occurred to me how important agreeing really is in all relationships. Yes, there are certain things to disagree about. But, the key is what do we really agree about. Those things we agree on will establish a relationship of unity.

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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 THE ONLY PLACE TO GO IS NOWHERE



When I was in Junior High School, I remember writing something like "It is terrible that most Americans take so little interest in politics. Thankfully, our loyal American Political Parties make sure that whoever the final candidates are they will both be qualified, experienced, competent, and honest. Both candidates will be fully capable of doing the job and the final selection makes little difference. If the political parties failed in their responsibility, then Heaven help the American People."

I don't remember what grade I received on the essay. In Junior High School I don't think grades mattered much. But what has changed is my belief in institutions and the underlying belief that there was a Heaven around that can and would help us if we needed it.

In 1974, I had been flown to Washington by the Democratic Party and was prepared to speak before Congress. Unfortunately, for me and for America all such plans evaporated and were consumed by the Watergate Scandal. At the time I was the Director of Greater Bakersfield Legal Assistance and had devised an idea to create a Statewide Legal Assistance Program that would meet the needs of the rural poor in the same way that the urban poor received help. I'm a little bit hazy about the details now but anyway I never got to testify before Congress and soon left my job in Bakersfield as I was recruited to be a clinical Professor at UCLA Law School.

Now I bring all this up to emphasize how different things were back then. First for me, I thought I had something special to contribute back then. But let's talk about the country though. Eisenhower was considered old at the time of his re-election - he was only 65 and had just suffered a heart attack. The point was that as Americans we could trust the political parties to only nominate individuals who could handle the job and would be surrounded by a staff of able people.

We could trust then; we believed the news that was broadcast to us. We weren't afraid of being lied to by all the networks and by everyone else. Yesterday, if the news can be believed, the Republican party refused to support the compromise proposal that would have met the need for immigration reform at the Southern Border together with supplying needed funds for military support to Ukraine and Israel.

Of course, now everything seems ridiculous. The whole Republican party seems like a very bad joke. The Republican platform is to get that 77-year-old man re-elected because he represents a return to the good old days of racism, anti-gay, anti-abortion, anti-books, anti-history, anti-women, and the return of white skin privilege. It makes me sick just to talk about it. What about the Democrats? I just can't trust them. I believe the major reason for the support of Biden's re-election is the belief, perhaps correct, that he is the only candidate who could defeat Trump. If there was no Trump, then there would be no Biden. All right maybe so. But I would like to believe that at least American voters are being accurately informed about the state of Biden's health. I know that it was decided in 1944 by the Democrats to keep secret the state of FDR's health as that was important to win the election.

Politics is about winning and maybe that's all it's about. Quoting the recently resigned Homeland Security Committee Chair, Republican, Mark Green "This is so broken, and making a difference here just feels like a lot of something for nothing." I'm afraid that's where we are today.



DINAH CHONG WATKINS



CLOSE ENCOUNTERS OF THE WRONG KIND

SURVIVAL OF THE FITTEST

This year marks the 45th season of Survivor, the reality television series, as it celebrates its 24th year. The fight for Food, Fire, Shelter and most importantly \$1,000,000 has put 697 not-ready-for-prime-time cast-aways through the dense jungles of Borneo, the deadly underbrush of the Australian Outback, the wild rain forests of the Amazon, the mountainous hillsides of Cambodia and the predator heavy savannas of Kenya.

Survivor has challenged geolocations in almost all primitive terrains with the exception of Arctic climates - viewers want to see those lean buff bodies covered only by strips of PG-13 rated loincloths. As for the token "older" cast-aways, they're allowed a mumu or board shorts to retain what little dignity they can muster; with the exception of Season One winner Richard Hatch who to his tribe's chagrin, went au naturel - a strategic move or itchy underwear?

But while we'll never have to dig a hole for our daily constitution, shimmy up 30 feet to hack off a coconut, or build a flea infested lean-to out of palm fronds, arduous obstacles abound in the mean streets that we perilously navigate on a daily basis.

Food: The most deadly craving of all - 8" hot dogs glisten with beads of juicy meat stuffing as they hypnotically revolve on the heated metal carousel. The bun, a crisp but pillow duvet with just a hint of sweetness. Squeeze bottles of mustard, ketchup, mayonnaise and sriracha wait to adorn the sausage for a cheap thrill. Like the Greek mythological Sirens that seduced desperate sailors to shipwreck, the lure of the Quikie-Mart hot dog is almost impossible to resist. An involuntary glug of saliva pools in your mouth while at the same time your gut is all hands on deck for the coming bout of acid reflux. Should you accept this challenge, remember to purchase a gas-busting roll of Tums conveniently located by the cash register.

RICH JOHNSON NOW THAT'S RICH



MEN HAVE FEELINGS TOO

Okay, Valentine's Day is behind us for at least, another 360+ days.

Those of us who make up the male of the species now have a very short window of time to vent our frustrations toward the fairer of the species, regarding the fairer of the species, and hopefully recover love and affection by the fairer of the species before next Valentine's Day. (World's longest sentence.)

You see, it seems men are generally perceived as the only gender in need of correction. (I can hear the snickering ladies!) If we dare suggest differently, we are ostracized, blackballed, blacklisted, shunned, spurned, and given the cold shoulder by the fairer of the species. I am only speaking out as I have been forced at something slightly less than gunpoint to come up with words of wisdom for women in how to interact with men. (Like it's really important?)

By the way it's no typo that all the rules are numbered one. They are numbered that way on purpose. So here they are ladies:

Learn to work the toilet seat. If it's up put it down. We need it up, you need it down. Do we complain about you leaving it down?

Sometimes we are actually not thinking about you. Live with it.

Sunday equals sports. It's like the full moon so let it be.

Ask clearly for what you want. Subtle hints do not work. Strong hints do not work. "Obvious" hints do not work. Just say it.

We don't remember dates. Mark special events on a calendar and remind us frequently beforehand.

Yes' and 'No' are perfectly acceptable answers to almost every question.

A headache lasting 17 months IS a problem. See a doctor.

Anything we may have said 6 months ago is inadmissible in an argument. All comments become null and void after 7 days.

If you think you are fat, you probably are. Don't ask us. We refuse to answer.

Ask us to do something or tell us how you want it done. Not both. If you already know best how to do it, do it yourself.

Please strive to say whatever you have to say during commercials.

Christopher Columbus and Marco Polo did not ask for directions. Neither will we.

Men see in only 16 colors. Peach, for example, is a fruit, not a color. Pumpkin is also just a fruit. And who knows what mauve is?

If IT itches, IT will be scratched.

If we ask what is wrong and you say "nothing" we will act like nothing's wrong.

When we go somewhere, absolutely anything you wear is fine. Don't ask.

Foreign films are best left to foreigners. Unless it is a Bruce Lee or war movie.

I'm in shape. ROUND is a shape.

Men, if you put this column up on the refrigerator and end up sleeping on the couch simply say the following: "I don't really mind, cause it's just like camping."

Please keep www.freeanimaldoctor.org in your hearts and in your thoughts. If you can, donate what you can.



Fire: Hot tip #1 - buy Municipal Utility Stocks as gas and electricity rates soar into the hemisphere. In Southern California, sheepskin lined UGG boots come out when the temperature plunges to a teeth-chattering 64°F. Swaddled in Dodgers (Sho-hei Hi!) and Angels (Sho-hei Bye!), Chargers and Rams, Lakers and Clippers sweatpants and hoodies, we gather with our little mittens round the electric space heaters and crank up the furnace to 80°F - Jimmy Carter, forgive us! We'll do a dance of outrage on Nextdoor followed by weepy resignation when we receive the XXL utility bill at the end of the month.

Shelter: When a parking space costs more than a 2024 fully loaded Chevrolet Suburban, that childhood dream of buying a house with a white picket fence is well, maybe we can still afford the fence. The upside to rising home prices is the kids are staying home. The downside to rising home prices is the kids are staying home. And the gramps are in the mix too. That is a lot of toilet paper.

And there we have it, living out our own Survivor, a real real-life reality series. We navigate complex relationships between inter-generational cultural mores and for the hundredth time, fix Nana's iPad by turning the power button off and back on. We forge alliances and balance privacy issues at great personal risk ("When I was your age...") and reward ("You can have the car tonight, the tank's full").

At the end of the day, who will be the one that will outwit, outplay and outlast? Dinah Chong Watkins column appears every 1st and 3rd Saturday of the month.

For more Close Encounters Of The Wrong Kind go to www.ceotwk.com

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FITNESS FOR LIFE

FRUITS AND VEGGIES: ARE YOU GETTING ENOUGH?

Sure we all know that fruits and vegetables are good for health but just how many of us actually consume an amount known to offer health benefits? The answer is....about 10%. That's right only 1 in 10 people actually eat enough fruits and vegetables to benefit from them.

If you're part of the 90% who don't eat enough, there are simple ways to improve. You don't have to go from zero to maximum consumption either. Try to increase your intake gradually in ways that are hardly noticeable. Research has found that with as little as 2 1/2 servings of each a day, the risk of heart disease, stroke and cardiovascular disease still goes down.

Here are some ways to increase your intake of fruits and vegetables:

- Add spinach, Swiss chard or baby kale to soups, pastas and pizzas
- Create your own favorite sandwiches and eat more salads. Salads can be very low calorie if you watch the type of dressing used and they're packed with many nutrients, fiber and antioxidants.
- Swap something high calorie that you usually eat everyday for a smoothie. Make your own smoothie with whatever fruits and vegetables you like or have on hand. Even a protein powder drink can have a few fruits blended in to boost nutrient content.
- Enhance your breakfasts. Cereal and oatmeal can easily be topped with fresh berries, banana or other fruits. Sautéed vegetables can be mixed into hashbrowns/potatoes or scrambles. Who doesn't like avocado toast?
- Switch up snacks. Keep fruit out where you can see it, you're more likely to grab and able or banana if it's in plain sight. Cut up some of your favorite vegetables like carrots, red peppers, cucumbers, etc. and have them ready for a quick dip into hummus, salsa or other low calorie dip.
- Dried fruit counts. Instead of snacking on nuts and chips, replace some of them with a handful of dried fruit, whichever kind you like.
- Don't forget soup. Soup can fill you up quick. A pot of fresh vegetable or minestrone is jam packed with nutrients. Whatever your favorite soup is, toss in another vegetable or two.
- Dessert counts too. A baked apple or pear with cinnamon can become a healthy dessert when you're craving something sweet.
- Grill or roast vegetables. A tasty side to any meal is the addition of roasted vegetables. All it takes is a tiny bit of olive oil, a hot oven/grill and 20 minutes to bring out the flavor of a variety of tastes. If you have leftovers, toss them into plain pasta with a small amount of olive oil or in a salad if you prefer your vegetables cooked.
- Herbs and spices add a nice twist. Experiment with your favorite seasonings and see how much you can really enjoy a variety of different vegetables, especially when they're fresh.
- Keep a few canned or frozen selections on hand for when you're running low on food or short on time. Frozen vegetables are just as nutritious as fresh. Frozen fruit allow you to enjoy your favorite fruit even when it isn't in season.

Save money, reduce food waste and save time by always having canned/frozen backups. And why should you try? Plenty of reasons. First, these foods lower the risk of chronic diseases like heart disease, stroke, cancers and eye issues like macular degeneration. They also contain fiber which helps control blood sugar levels. Plus fiber aids in weight management because it contributes to a feeling of fullness and satiety. Fiber is great for the heart by helping lower blood pressure, reduce cholesterol and improve the heart's overall function. It also helps with digestive issues.

The antioxidants in fruits and vegetables neutralize the harmful free radicals in the body and slow down aging. High water content helps keep you hydrated. Being well hydrated is instrumental in regulating your temperature and transporting nutrients. Fruits and vegetables are rich in various vitamins, minerals and antioxidants. Specifically vitamin C and zinc help keep the immune system strong and ready to defend against infections. The same vitamins and antioxidants also promote skin health, protect against sun damage and help you look as young as possible.

One easy way to tell if you're getting enough is to look at your plate at each meal. Is it filled with colorful foods? It should look more like a rainbow of colors instead of pale beige, brown and golden fried foods. If you're looking at the amount of food, aim for 50 percent of your plate containing fruits and vegetables. Variety is key here so be adventurous and try new foods or revisit old favorites.



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

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



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

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

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



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