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In Escrow



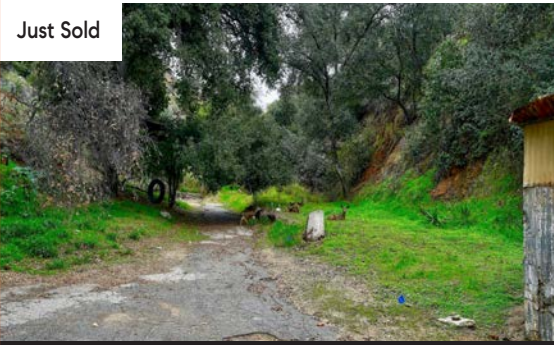
Listed at \$698,000  
2425 South Myrtle Avenue | Monrovia  
3 Beds | 1 Baths | 996 sqft | 8,827 sqft Lot

In Escrow



Listed at \$1,498,000  
646 Alta Vista Drive | Sierra Madre  
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Just Sold



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## A BIRD? A PLANE?

### NO! IT WAS THE U.S. COAST GUARD FLYOVER TO ENHANCE SIERRA MADRE'S YOUTH BASEBALL AND SOFTBALL OPENING CEREMONIES

ON SATURDAY FEB 24th around 920am – courtesy of a U.S. Coast Guard flyover, this year's Opening Day Ceremonies will leave an even more magic, joyful memory in hearts of local youth Baseball and Softball families.

Local police and fire departments are regularly invited to Opening Day ceremonies by each neighborhood league - to help provide safety, to allow families to thank them for their service, and also to make our kids feel special as their season begins. The occasional joke is made about getting a federal armed forces flyover, but league officials know that their individual leagues do not present a large enough audience to divert regional military forces away from their regular drills and duties.

This year a collaboration began between leagues across San Gabriel Valley, to synchronize many Opening Day ceremonies along one potential flight path, and in so doing present a stadium-sized crowd that might qualify for military flyover approval.

#### The Chain of Command

US Coast Guard Lieutenant Commander Matt Marler, now stationed in North Carolina, is a former Sierra Madre Little League Dad whose local presented him the idea early this month. Seeing the goodwill potential for so many families, he immediately contacted West Coast Command in San Francisco, where LT Zach Groce also loved the idea and quickly helped to gain approval for this Saturday's deployment of their iconic red rescue chopper to our region. In the final days approaching the flyover, league contacts have been coordinating directly with LT Daniel Whitaker to synchronize visits and to learn who the crew will be that morning so each crowd can cheer for them personally

#### Benefitting Leagues along the Flight Path

Flying out of the Ventura Airbase, the Coast Guard chopper will first drop in on East Altadena Little League during their ceremonies at Longfellow Elementary. Pasadena American Little League will get their exciting show next at Hamiton Park, and from there the airship will proceed to visit Sierra Madre Little League, Santa Anita Little League in Arcadia, Walnut Girls Softball, and then circle back to visit Arcadia American Little League.

#### Where it all Started

Interestingly, this idea originated within the Board at Sierra Madre Girls Softball, a league whose Opening Day on Sunday will actually miss the flyover. Brooke Gomez is now President of this league who has become a leader in the region. She shared, "We knew our unusual Opening Day would not match up with enough local leagues to be able to participate this year. What matters is we created a formula that brought many leagues together around a common goal, and we certainly could not have done it without the brave men and women protecting our country."



### Opening Day Parades this Saturday and Sunday (Come Support Both!)

Sierra Madre Little League's new President is Cory Marquez, who greatly anticipates the big day ahead; "Since both SMLL and SMGSA are seeing record participation, we unfortunately cannot fit our ceremonies together on Heasley at the same time. But our leagues are in closer collaboration and friendship than ever before, teaming up on community projects not only to make things better at Heasley Field - we have improvements underway benefitting youth all across town. This flyover is just one example of fantastic things we share both ways."

#### WEEKEND SCHEDULE

Sierra Madre Little League's Opening Day Parade will kick off Saturday Morning at 8am, while Sierra Madre Softball will have theirs on Sunday morning at the same time. According to tradition, all of the players will jump into their decorated team trucks in the lot behind Taylor's Market. From there the team trucks play music as the players wave to friends, family and neighbors as they roll down Sierra Madre Boulevard to Heasley field.

The Sierra Madre Girls Softball ceremony will be attended by Mayor Kelly Kriebs and perennial supporters of both Leagues Mountain Views News and RT Rogers Brewery.

SMLL and SMGSA are each respected leaders in the region for inspiring sportsmanship, preparation habits, skills of the sport, and a winning mindset to tackle any future goal. For more information, visit smgsa.org and

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# SIERRA MADRE COMMUNITY CALENDAR

## Sierra Madre Civic Club brings to you the Sierra Madre Events Calendar

### Sierra Madre Civic Club

March 7 – Membership Meeting, 7:30pm at Hart Park House.

April 6 – Annual Luncheon, 11am at Methodist Church.

April 12 - Educational Awards Applications due. See our website for more details.

### Sierra Madre Chamber of Commerce

March 17 – Wisteria Festival, 9a-5p. Explore local shops. Music. Food. Vendors. Auto Show. For shuttle tickets, go to Eventbrite.com

### City of Sierra Madre

March 16 – Whale Watching Community Outing, 10a-4p. Tickets \$28. Call 626-355-5278 for more info.

March 21 – Lucky Bingo, 12:30p-2:30p at Hart Park House Senior Center. Cost is \$7 which includes Bingo, light lunch & prizes.

March 23 – Bark in the Park, 10a-2p at Sierra Vista Park. Entertainment; Pet adoptions; Low-cost vaccines; Vendors; Food Trucks; Giveaways

### City of Sierra Madre & Sierra Madre Fire

March 2 & 3 – S.M.A.R.T. Chipper and Green Waste Weekend #1. Register on Eventbrite.com

To add your organization events, please send an email to smadreevents24@gmail.com



Every activity in which Civic Club participates or creates reflects our shared commitment to promote our community.

P. O. Box 413  
Sierra Madre, CA 91025  
[www.sierramadrecivicclub.org](http://www.sierramadrecivicclub.org)



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Last Shuttle Boarding at 4:00 p.m.

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Read • Discover • Connect

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  
@ Sierra Madre Public Library  
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(626) 355-7186



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# SIERRA MADRE

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## Weather Wise



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

Sun	Sunny	Hi	70s	Lows	50s
Mon	Rain (50%)	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](mailto:PublicComment@CityofSierraMadre.com) by 3:00 p.m. on the day of the meeting.

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

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

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

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

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

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

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

## WALKING SIERRA MADRE - The Social Side

by Deanne Davis



"Count your rainbows, not your thunderstorms." Alyssa Knight

"You can't have a rainbow without a little (or a lot) of rain."  
"A rainbow is a promise of sunshine after rain, of calm after storms, of joy after sadness, of peace after pain, of love after loss."

All this rain has made me think about rainbows, especially after granddaughter, Nicole, sent me this fabulous one she saw on her way to work at Sea World. "You can't see rainbows if you're looking down!" Rainbows brought to mind our friend Noah, who saw the very first rainbow. You remember Noah was the only person on the entire earth at one time who wasn't making God furious. In fact, Noah, being a pleasure to God was asked to do a little job for Him, i.e., build an ark the size of a football field, gather up two of every kind of beast, bird and bug and load them into this ark. So, he did. God then had Noah and all his family get on board. God shut the door. And it rained. And it rained. Forty days and nights it rained. You think you've felt cooped up at home with all this rain? Let's hear from Noah about just how long they were inside the ark with no TV, no books, no iTunes, just each other and all those creatures.

Go ahead, Noah...we're anxious to hear.

"Forty days! Everybody always thinks it was just forty days. We could have held our breath for forty days! But there was a lot more to it than that. Listen! God shut the door and we had forty days of non-stop rain. Then we floated for another 150 days while the water started going down and finally we landed on a mountaintop. Three months later...So that's 40 days and 150 days, 190 days already, then three months more for 280 days. Forty more days and I open a window and throw out a bird. Gone! Vanished! So I tried a smarter bird, a dove. She couldn't find anyplace to land so back she comes and we're at 320 days. I give it another week and toss her out again. So, 320 days and a couple more weeks brings us to 334 days and 29 days later we look out and the water is gone. So, 334 days and 29 days brings us to 363 days but the place is total mud. Eight weeks of waiting for dry ground, which is another 56 days, which brings us to a total of 419 days! I never wanted to see water again!"

God brought his faithful, obedient Noah out of the ark and promised he would never destroy the land like that again. He made a promise, a covenant with Noah...

"I'll send a rainbow, a sign of peace with men.  
I'll send a rainbow, to show my love again.  
When clouds fill the sky, it's a shower going by.  
When raindrops fall, sunshine's coming after all.  
Look for the rainbow, my sign of peace with men.  
I'll make the rain go...and show my love again."

Spring is definitely coming, friends and neighbors!

"Spring is nature's way of saying, 'Let's Party!'"

Robin Williams

"Spring has returned. The earth is like a child rejoicing in the sun." "In the Spring, I have counted 136 different kinds of weather inside of 24 hours." Mark Twain

If you look really closely at trees that look totally and completely dead as a doornail, you will see tiny hard buds at the end of the branches.

Dead as a doornail. What on earth does that mean? We all say it so I thought I'd check with Wikipedia and here's what they have to say: "One plausible explanation is that doors were built using only wood boards and hand-forged nails. The nails were long enough to nail the vertical wooden panels and horizontal stretcher boards securely together so they would not easily pull apart. This was accomplished by pounding the protruding point of the nail over and down into the wood. A nail that was bent in this fashion - and thus not easily pulled out - was said to be 'dead.' Hence, dead as a doornail. There now, next time somebody wants to play Trivia, you've got a nifty little fact.

Anyway, plants that were brown will be sprouting green leaves. Sierra Madre will never look more beautiful. Snow on our personal mountains, camellias blooming in many yards, daffodils starting to poke spikey green things out of the ground. Sunshine will soon abound and we will be thinking of planting some petunias. See, just reading about flowers will make you smile and smiling frequently leads to laughter. Which I'm all in favor of.

"A day without laughter is a day wasted." Charlie Chaplin.  
"Always find a reason to laugh. It may not add years to your life, but will surely add life to your years."  
"You don't stop laughing because you grow older, you grow older because you stop laughing." Maurice Chevalier

Laughter strengthens your immune system, boosts your mood, diminishes pain and protects you from the effects of stress. Humor lightens your burdens, inspires hope, connects you to others and keeps you grounded, focused and alert. Also helps you release anger and forgive sooner. That might possibly mean that when somebody cuts you off on the freeway, if you can laugh instead of shaking your fist at them, you'll feel better.

This week, look for emerging signs of spring and laugh a lot!

My book page: Amazon.com: Deanne Davis  
Lent is here, 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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ONE BOOK ONE CITY

# SIERRA MADRE 2030

Join One Book One City member Rich Procter for an inspirational one-hour program based on the ideas of this year's Sierra Madre, "One Book One City" book, *Humankind: A Hopeful History* by Rutger Bregman.

WEDNESDAY, FEBRUARY 28  
6:00 PM  
CITY COUNCIL CHAMBERS  
232 W SIERRA MADRE BLVD



## Fire Leaves Pasadena Hyatt Hotel in the Dark



The Hyatt Place Hotel in Pasadena lost power and was evacuated early Wednesday morning after a fire broke out in an underground utility vault – parts of the area around Green Street and the Paseo also saw power outages. The fire, first reported at 2:40 a.m., was quickly extinguished and contained to the vault.

On arrival at the Hotel, 399 E. Green St., firefighters said they found smoke from the parking structure, power out in the area, and an active alarm.

There were no reports of injuries according to officials. Power was restored to the area later that morning.

## Pasadena to Enforce Dog Leash Laws

With an increase of community reports of off-leash dogs at Pasadena parks, city officials are reminding the public to leash dogs at all times while visiting city parks, with the exception of Alice's Dog Park in Viña Vieja Park and Playhouse Village Dog Park which are designated off-leash areas.

Pasadena Municipal Code (PMC) 6.12.010 prohibits off-leash dogs in City parks outside of designated off-leash areas. Those who violate the code are subject to citation, which may result in a fine up to \$500.

To ensure the safety of all park visitors, the City of Pasadena will begin issuing citations to dog owners with dogs off-leash starting Thursday, Feb. 22. Pasadena Humane will enforce leash requirements and continue to provide the community with education on dog-leashing.

"Our focus is to ensure that public spaces remain safe for all park visitors," said Pasadena Public Health Department Deputy Director, Manuel Carmona. "Because ongoing efforts to educate park visitors about leash requirements have not been effective, we are transitioning to stricter enforcement to protect the public."

Leashing dogs reduces the risk for dog attacks on other dogs and humans, and lowers the risk of other accidents, such as dogs being hit by passing cars.

Pasadena park visitors who witness unleashed dogs outside of designated off-leash areas can report their concerns to Pasadena Humane at (626) 792-7151 ext. 102.

For more information, visit: [cityofpasadena.net/parks-and-rec/park-rules](http://cityofpasadena.net/parks-and-rec/park-rules).



## City to Replace Water Mains along Fair Oaks

Pasadena Water and Power (PWP) announced Thursday that they will be replacing two, 90-year-old water mains along Fair Oaks Avenue as part of a major water infrastructure upgrade beginning in March. The project will span from Washington Boulevard to Montana Street along Fair Oaks Avenue. When completed, the upgrades will enhance water service reliability for the area they said.

According to officials, to minimize impacts on area residents and businesses, construction efforts will be contained to approximately one block at a time. At least one driving lane will always remain accessible in both directions. At least one driving lane will always remain accessible in both directions.

During construction, crews will use a variety of heavy equipment, including excavators, backhoes, loaders, and construction trucks, which may cause some noise and dust in the area. Traffic signs and delineators will be used to minimize the impact of traffic flow along Fair Oaks Avenue.

"Pasadena Water and Power is committed to our goal of reliably providing high quality water," says Assistant General Manager of Water Stacie Takeguchi. "The Fair Oaks water main replacement project will benefit the community in this capacity for years to come."

During the project, businesses and residents located between Montana Street and Washington Blvd may be impacted. Construction will intermittently affect water

service. Notices of any water interruption will be given at least 48 hours in advance and special efforts will be taken to keep any other inconveniences to a minimum. The work will occur Monday through Friday, 9 a.m. to 4 p.m.

For more information, please visit PWP's website, which will be updated regularly as the project progresses, at [PWPweb.com/FairOaks](http://PWPweb.com/FairOaks) or call PWP Water Distribution at (626) 744-4456.

## Art, History & Places Community Gathering

City officials are inviting the public to attend an upcoming community gathering "Local Treasures: Art, History & Places" on Saturday, March 16 at ArtCenter College of Design. This event is a joint effort between the Historic Places Pasadena: Completing Our Story Project, the Robinson Park Recreation Center Public Art Project, and ArtCenter College of Design.

"As part of the Citywide Historic Resource Survey, this event is a great opportunity for residents to learn more about Pasadena's history, engage with the city's public art and historic preservation programs and experience some of ArtCenter's programs," said Jennifer Paige, Director of Planning and Community Development.

Attendees will be able to view displays showcasing Pasadena's history and development and speak with local researchers and artists who are looking to hear from the public in this effort to document and recognize historic resources.

In addition, ArtCenter will offer opportunities to view historic materials of its Pasadena campuses, learn tips to preserve your family photos, experience hands-on printing at ArtCenter's Archetype Press, managed by the Hoffmitz Milken Center for Typography, and learn about ArtCenter's Extension ("ACX") programs for youth including viewing student artwork and entering a raffle for one free ACX Kids or Teens class (value \$500).

The event, will take place from 10 a.m. to 1 p.m.

ArtCenter College of Design is located 950 S. Raymond Ave.

## City Manager makes Major Appointments at City Hall



Pasadena City Manager Miguel Márquez announced last week that he has appointed Assistant City Manager David Reyes (pictured left) as Pasadena Water and Power's Acting General Manager. Márquez also appointed Finance Director Matthew Hawkesworth (pictured right) to serve as Acting Assistant City Manager. Both appointments came during the city's recruitment process for a new PWP General Manager.

Reyes serves as an Assistant City Manager (ACM) whose portfolio includes oversight of PWP. In this capacity, Reyes has worked closely with General Manager Sidney Jackson on various PWP priorities and projects. His appointment to the Acting General Manager assignment will allow these important priorities and projects to move forward without interruption. Reyes joined the City of Pasadena in 2012 as the Planning and Community Development Department's Zoning Administrator. In 2013, he was promoted to Deputy Director and in 2016 served as the Department Director. In 2023, Reyes was appointed Assistant City Manager after serving in that role as Interim ACM for nine months. Reyes has more than 20 years of experience in the public sector. Prior to joining the City of Pasadena, he worked in a range of positions for the planning departments at the cities of Malibu, Santa Monica and Beverly Hills. He holds a bachelor's degree in urban studies and planning

from California State University, Northridge.

"David has worked very closely with Sidney over the course of the last year on major policy initiatives, staffing, capital improvement and infrastructure projects," Márquez said. "I am confident that his knowledge, experience, energy, and leadership skills will keep the Department of Water and Power moving forward while we initiate a recruitment process for a new General Manager."

Matthew Hawkesworth, the City's Director of Finance, will be appointed Acting Assistant City Manager during Reyes's time at the Department of Water and Power. He will maintain his position as Finance Director, which he has held since 2015, and will assume additional responsibilities within the City Manager's Office to ensure continued progress on numerous City projects. Hawkesworth previously served as the Assistant City Manager for City of Rosemead for eight years where he oversaw the Finance, Human Resources, Public Works, Technology and Risk Management departments. Previously, he was the Finance Director/Treasurer for the City of Claremont for three years and worked in a variety of positions for the City of El Monte for nine years.

"I am confident these acting appointments will keep our momentum strong and continue the great work already in progress," Márquez said.

Márquez recently announced the departure of (PWP) General Manager Sidney Jackson.

## Portantino Honors Pasadena Village with Senate Resolution

State Senator Anthony Portantino joined community leaders last week, including Pasadena Mayor Victor Gordo in honoring Pasadena Village for serving aging adults and creating a vibrant community for those wishing to live independently. The Senate Resolution was presented to Pasadena Village Board President Sue Kujawa during a ceremony at Pasadena City Hall.

"On National Village Day [Feb. 16], I wanted to take the opportunity to honor a wonderful organization whose mission is to assist and support aging adults," stated Senator Portantino. "With this recognition, we celebrate over two decades of positive impact on the aging experience right here in Pasadena. It is inspiring to see these supportive human connections firsthand and I am proud to see the Village Movement continue to thrive in the 25th District." Pasadena Village is a nonprofit organization that was launched in 2012. It is a membership organization of adults over 55 whose mission is to foster vital independent living in a spirit of mutual support, enrichment, and inclusiveness. Pasadena Village is part of Village Movement California.

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@wistaria\_thrift\_shop

## San Marino Upcoming Events & Programming

### San Marino Historical Society Lecture Series: Kathy Fiscus Tragedy

When: Monday, February 26 | 7 PM  
Location: 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.

### Tween Winter Warmer

Wednesday, February 28 at 3:30 PM, Barth Community Room

This season, kids in grades 4-6 are invited to join us for a variety of indoor winter-inspired games and activities for tweens only. Bring your friends and have a (faux) snowball fight, make a winter craft, or enjoy some hot chocolate while you play a game! Registration is recommended.

### 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.

### Happy Hour Sock Hop Dance: Shake, Rattle, & Roll!

Wednesday, March 6 from 12 - 2 PM, San Marino Community Center

Cost per person: R: \$14 / NR: \$17

Break out the poodle skirts and roll up your jeans for a fun-filled afternoon of dancing, dining, and creating memories! This event is open for active adults ages 55+. Registration is required by February 29.

### 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: starting March 4, Coffee Connections will occur from 9 - 11 AM.

### Spring Community Services Guide

Check out the latest Community Services Guide to see Spring offerings and get details on upcoming events, classes, and lectures. The Spring Guide also includes details on youth summer camps (Camp Lacy and Freewheelers), so be sure to check those out! Registration begins on February 26 for residents and March 4 for non-residents.

### ROCK LACY! Battle of the Youth Rock Bands

Auditions: Saturday, March 23 from 9 AM - 1 PM, San Marino Community Center

Showcase Competition: Saturday, April 20 at 12 PM, Lacy Park

Calling youth rock bands ages 19 and under! Sign up for our inaugural ROCK LACY! Battle of the Youth Rock Bands, a competition of local bands to win the grand prize of 2 hours of studio recording time and a main stage performance at the City's 4th of July Independence Day Celebration! Complete the online application by March 14 at 5 PM. Finalists will be invited to an audition on March 23. Six bands will be selected to compete at ROCK LACY! on Saturday, April 20 starting at 12 PM. Open to any youth band in the LA County area. For more information, visit: [CityofSanMarino.org/Events](http://CityofSanMarino.org/Events).

### Meetings

#### Library Board of Trustees - CANCELED

Monday, February 26

#### Public Safety Commission

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

#### Planning Commission Meeting

Wednesday, February 28 at 6:00 PM; City Hall Council Chambers and Zoom (Public Access)

## Caltech Professor Receives Genetics Society Award



Paul Sternberg, the Bren Professor of Biology, has received the Thomas Hunt Morgan Medal from The Genetics Society of America (GSA). The award, given for lifetime contributions to the field of genetics, is named after Nobel Laureate Thomas Hunt Morgan, who founded the Division of Biology at Caltech (now the Division of Biology and Biological Engineering) in 1928.

Throughout his career, Sternberg's research has utilized the model organism *Caenorhabditis elegans*, a nematode or roundworm, to make advances in genetics, developmental biology, evolution, neuroscience, and disease research. He has taken a leading role in developing information resources such as WormBase for *C. elegans*, the Alliance of Genome Resources, and the Gene Ontology Consortium; he co-founded *microPublication Biology*, a short-format, peer-reviewed journal that seeks to make scholarly communication effective and compatible with

knowledge bases. The GSA recognizes Sternberg for "his lifelong commitment to the open sharing of data across biomedical research."

"I am truly honored to be recognized in this way by my peer geneticists," Sternberg says. "Genetics has always been my favorite way of reverse engineering complex living systems because of its combination of the elegant and the practical."

Sternberg joined the Caltech faculty in 1987. He is an affiliated faculty member with the Tianqiao and Chrissy Chen Institute for Neuroscience at Caltech.

Several former Caltech faculty members have previously won the award, including Norman Horowitz in 1998, Ed Lewis in 1983, George Beadle in 1984, Ray Owen in 1993, and Seymour Benzer in 1986. Caltech alumni have also received the award, including Matthew Meselson (PhD '57) in 1995, former postdoctoral scholar Franklin Stahl in 1996, Ira Herskowitz (BS '67 in 2002, and David Hogness (BS '49, PhD '53) in 2003.

## Villa Parke Youth Soccer Inauguration Parade Today

The public is invited to attend the Villa Parke Youth Soccer League (VPYSL) Inauguration Parade this morning, 11 a.m.-12:30 p.m., at the Villa Parke Turf Field, 363 E. Villa St., Pasadena.

The VPYSL Inauguration Parade will introduce approximately 70 teams of athletes ages 2-18 and their volunteer coaches to the community. The festival portion of the event is now canceled due to recent weather conditions and the preservation of the newly renovated turf field.

Established in 1989, VPYSL is the City of Pasadena Parks, Recreation and Community Services (PRCS) Department's largest and most popular youth sports league, accommodating over 1,500 young athletes every year. This event marks the official start of the 35th VPYSL soccer season.

For more information regarding the event, contact the Villa Parke Community Center at (626) 744-6530. To register for upcoming programs, visit [CityOfPasadena.net/reserve](http://CityOfPasadena.net/reserve).

## 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](http://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](mailto:dmegerdichian@southpasadenaca.gov) or by calling (626) 475-1743.

## Letter: Budget Reductions and Reductions in Force

Dear Pasadena Unified Community,

Last night, the Board of Education made a very difficult decision to protect the quality of education and services that students receive while implementing a fiscal stability plan required by the Los Angeles County Office of Education (LACOE) to keep our district solvent.

The Board authorized district staff to issue preliminary layoff notices, formally known as Reduction in Force (RIF), for 224 positions by the statutory deadline of March 15, 2024. 91 - nearly half - of the positions are currently vacant.

Like many school districts in California, PUSD is facing major budget challenges over the next three years that must be addressed beginning with the 2024-2025 school year. As we have seen by California's worsening fiscal conditions, the situation for education funding continues to change. PUSD will be adjusting to ongoing State budget developments in the coming months, and we will keep you informed. Our hope is that we can save some positions before the statutory deadline for final layoff notices in mid-May.

The reductions are necessary because of the lapsing of one-time COVID-19 funding (ESSER), expected reductions in state funding, a decline in enrollment, and the need to allocate our resources responsibly.

These decisions have not been made lightly, and come only after thoughtful and careful consideration. We have done our best to keep reductions away from students and schools, including making the biggest reduction of 30% to central offices. Since the central office exists to serve schools and provides services for students and their families at schools, we will need to redesign how we continue to support our students.

It is very painful for us to experience this kind of milestone. But it gives us renewed motivation to move forward with all our energy to continue solving our budget issues. I ask that you keep our valued employees who are receiving layoff notices in your thoughts and in your hearts. I also ask for your patience and understanding during this difficult time.

Sincerely,

Elizabeth Blanco, Ed.D.

Interim Superintendent

## Pasadena Recreational Trails Program Grant Award

The City of Pasadena, in partnership with the One Arroyo Foundation announced the successful acquisition of a significant \$500,000 grant from California State Parks for the One Arroyo Trail Critical Linkages Project. This grant, part of the larger \$6.7 million recommended by California State Parks to the Federal Highway Administration's Recreation Trails grant program (RTP), marks a crucial step towards enhancing outdoor recreational opportunities and preserving the natural beauty of the Arroyo Seco.

The One Arroyo Trail Critical Linkages Project aims to enhance the Arroyo Seco experience by restoring approximately 3.5 miles of existing multi-use trails. The restoration efforts will include debris and erosion clearance, road crossings to improve access and connectivity, footbridges, wayfinding, trail restoration, planting native species, and creating natural seating and learning areas, ensuring a safe, accessible, and enjoyable environment for the community.

The California State Parks' recommendation for the Federal Highway Administration's RTP underscores the importance of the One Arroyo Trail Critical Linkages Project in promoting outdoor recreation and preserving the natural beauty of the Arroyo Seco. The \$500,000 grant will play a pivotal role in bringing this vision to fruition,

driving community engagement and promoting a healthy, active lifestyle for residents and visitors alike.

"The One Arroyo Foundation is immensely grateful for the support from California State Parks and the Federal Highway Administration's Recreation Trails grant program," said Dan Rothenberg, President and CEO of the One Arroyo Foundation. "This grant will be pivotal in advancing a sustainable and interconnected trail network that benefits residents and visitors alike."

"The City of Pasadena's Parks, Recreation, and Community Services Department was able to successfully partner with the One Arroyo Foundation to receive the Recreation Trails Grant from the State of California. It was a very competitive process but our project was selected to receive \$500,000. This grant will allow the City and One Arroyo to serve the outdoors and preserve the Arroyo Seco for the community," Garrett Crawford, Parks Superintendent.

The One Arroyo Foundation and the City of Pasadena eagerly anticipate the positive impact of this grant on the community and the environment. By creating lasting legacies, promoting health and wellness, and preserving the natural beauty of the Arroyo Seco, these funds will leave a profound impact on the lives of individuals and families in the region.

For more information visit [OneArroyo.org](http://OneArroyo.org).

## Bill introduced to Protect Calif. Youth From Human Trafficking, Sex Exploitation

Senate Bill 1128, a measure authored by Senator Anthony Portantino to combat human and sex trafficking and protect California's youth from exploitation, was introduced this week. The issue was brought forward by Los Angeles City Attorney Hydee Feldstein Soto, who will be collaborating with Senator Portantino as this bill moves through the legislative process.

"It is imperative that we do everything we can to protect vulnerable youth and hold offenders accountable," stated Senator Portantino. "Failing to require registration for engaging in unlawful activity with a minor is unacceptable and appalling. As the father of two wonderful daughters, this issue breaks my heart and I am determined to do what I can to help stem the tide of trafficking in our state and I'm hopeful that this bill will help."

California has standards requiring sex offender registration for all those convicted of a wide variety of sexual offenses. However,

current law does not require adults convicted of unlawful sexual activity with a minor in violation of Penal Code section 261.5(c) or (d) to be listed on the sex offender registry.

SB 1128 requires sex offender registration if an offender engages in unlawful sexual intercourse with a minor, other than a spouse, and the minor is more than three (3) years younger than the offender or if the offender is over 21 years of age and the minor is under 16 years of age.

"I am proud to work with the California State Legislature on this critically important bill that will help reduce the demand for sex and human trafficking of minors," said Los Angeles City Attorney, Hydee Feldstein Soto. "Combating sex and human trafficking is a priority of mine and I commend the state legislature for introducing legislation that recognizes the most vulnerable victims of human trafficking and strengthens laws to deter and hold accountable the sex offenders who target children and minors."

Catch breaking news at: [mtnviewsnews.com](http://mtnviewsnews.com)

## SAYING THANKS AND SO LONG TO A TRUE COMMUNITY TREASURE



In great sadness after serving Arcadia for 40 years The Book Rack is closing! The owner Karen is retiring & closing this chapter. Liquidation Sale now in progress, all sales Finale! Everything is 50% off till closing. February 23, 2024 the doors will be closed Permanently. Please stop in to wish her well & buy some Books! They have to go!

"The Book Rack" 204 S. 1st Ave., Arcadia, CA 91006 10-5 Mon-Sat

## MONROVIA LAUNCHES LED STREETLIGHT PILOT STUDY

From the Monrovia City Manager:

Last December, the City launched a streetlight pilot study that will last through mid-March with new streetlights located along:

- Almond Avenue from South Canyon Boulevard to California Avenue, California Avenue to East Maple Avenue, East Maple Avenue to South Shamrock Avenue
  - West Duarte Road from Encino Avenue to Alamos Avenue
- The City replaced the streetlight bulbs in the above areas with warm-white LED bulbs, which are closer in appearance to the amber glow of conventional streetlights, unlike the bright white of a common LED light. The new LED streetlights are substantially more energy-efficient than the previous lights, using only 30 to 70 percent less electricity. In general, LED streetlights are also more reliable, last longer, and are less expensive to operate.



We urge everyone to see the lights for themselves and help us select the best bulb for our city. Drive, walk, or bike along our pilot streets when the lights are on (evening and early morning) and check out the new LED lights! Go the thResponses are due by Friday, March 8, 2024.

For additional questions, please contact Public Works Management Analyst, Sophia Sousa, at [ssousa@ci.monrovia.ca.us](mailto:ssousa@ci.monrovia.ca.us), or (626) 932-5512.



## City of Arcadia CITY-WIDE HEALTH EDUCATION SERIES

Hosted by the Arcadia City Health Committee

Free and open to all  
Pre-registration is recommended

### February Seminar Heart Disease

Wednesday, February 28 at 6pm

Museum Education Center

382 W Huntington Dr

In between the Community Center & Museum

Dr. Ray Matthews M.D.

Division of Cardiovascular Medicine

Professor of Clinical Medicine

USC Keck School of Medicine



To register, scan the QR code  
or visit [ArcadiaCA.gov/HealthSeries](http://ArcadiaCA.gov/HealthSeries)

For more information, please call the Recreation & Community Services Department at 626.574.5113

很想知道这里讲的是什么吗? 我们也希望你们了解这些信息。阿凯迪亚市向公众免费提供文件翻译服务。请致电 (626) 574-5455, 向市书记官办公室了解详情。

## Arcadia Police Blotter

For the period of Sunday, February 11th, through Saturday, February 17th, the Police Department responded to 1,036 calls for service of which 96 required formal investigations. The following is a summary report of some of the incidents handled by the Department during this period.

Sunday, February 11:

1. At 4:47 p.m., officers responded to a residence in the 1300 block of San Carlos Road regarding the report of a burglary. Unknown suspect(s) gained entry to the home by forcing the rear sliding glass door off its track. The suspect(s) ransacked the home, stealing an iPad before fleeing the location.

2. At 11:33 p.m., officers responded to Motel 6, 225 West Colorado Place, regarding the report of a physical altercation in progress. An investigation revealed two couples had been watching the Super Bowl at the location when an argument between the two male subjects turned physical. The suspect, who had been drinking, punched the victim multiple times, causing him to fall to the ground and scrape his face. The 35-year-old male transient was arrested and transported to the Arcadia City Jail for booking.

Monday, February 12:

3. At 4:30 p.m., officers responded to Carl's Jr, 165 East Duarte Road, regarding the report of an attempted murder in progress. The suspect entered the location and asked for free food. When the restaurant employees refused, he left and returned carrying a gas can and a lighter. The suspect poured gasoline on the manager's vehicle and set it on fire. He then chased

the manager with the gas can and lighter, attempting to pour it on him and set him on fire. The manager and a second employee were able to tackle the suspect and hold him down till officers arrived. The 26-year-old male transient was arrested and transported to the Arcadia City Jail for booking.

Tuesday, February 13:

4. At 6:06 a.m., an officer responded to a residence in the 800 block of South Golden West Avenue regarding a burglary report. An investigation revealed the suspect entered an unlocked garage at the location before entering an unlocked vehicle and stealing a backpack containing two sets of headphones. The suspect was described as male, approximately 20 to 40-years-old, average build, wearing a light-colored hooded sweatshirt, dark-colored pants, with black and white shoes.

5. At 5:29 p.m., officers responded to a residence in the 900 block of Alta Vista Drive regarding the report of a restraining order violation. An investigation revealed the victim opened the front door when the suspect pushed the victim out of the way, entered the home, and refused to leave. The 40-year-old female transient was arrested and transported to the Arcadia City Jail for booking.

6. At 9:36 p.m., officers responded to a residence in the 200 block of West Naomi Avenue regarding the report of a burglary. Unknown suspect(s) entered the home by smashing a rear glass door before ransacking several rooms the home and stealing cash.

Wednesday, February 14:

7. At 2:30 p.m., officers responded to a residence

in the 1400 block of Oaklawn Road regarding the report of a burglary. Unknown suspect(s) entered the home by smashing a rear sliding glass door. A suspect's footprints were located inside the home. It was unknown if property had been stolen at the time of the report.

Thursday, February 15:

8. At 9:58 a.m., officers responded to the 500 block of South First Avenue regarding a male subject sleeping between business buildings. Business owners in the area said when they contacted the subject in the past and he became verbally aggressive toward them. Officers located and contacted the subject who ignored their commands, he reached for his waistband several times and resisted arrest. Officers were able to detain the subject and it was discovered that he had an outstanding warrant for his arrest. The 26-year-old male transient was arrested and transported to the Arcadia City Jail for booking.

9. At 10:27 a.m., an officer was patrolling the area of Huntington Drive near Santa Clara Avenue when he recognized a subject, he believed had an outstanding warrant for his arrest. The officer contacted the subject and discovered he was in possession of methamphetamine and drug paraphernalia. The 38-year-old transient was issued a citation and released at the scene.

10. At 7:53 p.m., officers responded to a residence in the 500 block of West Woodruff Avenue regarding the report of a burglary. The suspect forced entry into the home by smashing the rear glass door. Security footage showed the suspect crawling around the home before forcing open a closet door. The loss was

unknown at the time of the report. The suspect was described as a male wearing a white hooded shirt, black pants, black shoes, and gloves.

Friday, February 16:

11. At 8:42 p.m., an officer responded to the front counter of the Arcadia Police Department to speak to the victim of a theft. The theft occurred around 1:30 p.m. when the victim was shopping at 99 Ranch Market, located at 400 South Baldwin Avenue. An investigation revealed four suspects were responsible for the theft. Two male suspects distracted the victim by asking her questions while two female suspects rummaged through her purse that she had left in her shopping cart. The suspects stole the victim's wallet and sunglasses.

Saturday, February 17:

12. At 7:11 a.m., an officer responded to the parking lot of 24 Hour Fitness, 125 North First Avenue, regarding the report of a vehicle burglary. The unknown suspect(s) smashed the front passenger side window and stole the victim's wallet and power tools. A second vehicle burglary at the location was reported a few hours later. The suspect(s) smashed the front driver side window and stole cash.

13. At 7:53 a.m., an officer responded to a residence in the 400 block of South Baldwin Avenue, regarding the report of a vehicle burglary. The victim left his work truck parked over night in front of the location. He returned to his truck in the morning to find that unknown suspect(s) cut the lock to his toolbox and stole his tools.

## FREE LUNCH FROM IN-N-OUT AT THE MONROVIA COMMUNITY JOB & RESOURCE FAIR:

A CHANCE  
TO GROW IN  
YOUR CAREER  
OR CHANGE  
INTO A  
NEW ONE

### THURSDAY FEBRUARY 29TH

Monrovia Community Adult School  
920 S Mountain Ave.  
Monrovia, CA 91016

10A.M. - 1P.M.

For More Information contact:  
**626-471-3035**

**INDUSTRIES IN ATTENDANCE**

- ▶ Behavioral Health
- ▶ Business & Home Security
- ▶ Education / Higher Education
- ▶ Financial
- ▶ Healthcare / Pharmacy Retail / Patient Care
- ▶ Hospitality
- ▶ HVAC
- ▶ Law Enforcement
- ▶ Office Occupations / Staffing
- ▶ Technology / IT
- ▶ Transportation
- ▶ Waste Management

**COMMUNITY RESOURCES:**

- ▶ Education
- ▶ US Department of Labor
- ▶ Job Development / Career Search Assistance
- ▶ Mental Health Services
- ▶ Social and Human Services

Register Here: <https://monroviajobfairwithinandout.eventbrite.com>

# AROUND SAN GABRIEL VALLEY

## February is Black History Month: Know The Past, Shape the Future!



Floyd Shelby and Steven Fleming

Two Black aerospace professionals in LA are working on the rocket engines that will send the first Black astronaut to the moon.

Two men who work at Aerojet Rocketdyne as an engineer and a technician are blazing trails for the Black community as they work on the rocket engine that will be used on the Artemis II flight test. Adrian Arambulo reports for the NBC4 News on Feb. 23, 2024.

While the two men may work on the different intrinsic parts the rocket engines, they share one goal: getting the astronauts on the Orion spacecraft home safely back to families.

As Victor Glover, (right) a NASA astronaut from Pomona, is on the brink of making history as the first Black man to venture around the moon aboard the Artemis II mission, the achievement holds particular significance for two aerospace professionals.

Floyd Shelby and Steven Fleming (left) are key members at Aerospace Rocketdyne, a Canoga

Park-based manufacturer in aerospace technologies, responsible for the rocket engines that will propel Glover and his crewmates.

"When Victor Glover embarks on his historic journey around the moon, it will be thanks to the efforts of Floyd Shelby and Steven Fleming," remarked Shelby, the director of engineering at Aerojet Rocketdyne.

Fleming, a metal-fitting mechanic at Aerojet Rocketdyne, also echoed the commitment to supporting the Artemis II mission and understood the significance of sending the first Black astronaut to the moon.

"I met Glover years ago, and I told him, 'I'm going to put everything into this to make sure you come home,'" Fleming recalled.

In addition to being passionately focused on the Artemis II mission, Shelby and Fleming also serve as mentors to others, especially minority workers, in the aerospace industry.

"I think having people that look like you, can understand, make that connection with, it means a lot to further your career," Shelby explained. "If there's something I can do to help someone, I'm willing to jump into that."

Fleming also offered a piece of advice to those dreaming big.

"Pursue their dreams. Stick with it no matter what," Fleming said. "Put 100% into what you do because anything is possible."

STORY COURTESY OF NBC Universal, Inc./ NBCLA's Adrian Arambulo



Victor J. Glover

## ART OF THE GARDEN

SAVE THE DATE!  
Sunday  
April 14, 2024

FOR TICKETS VISIT  
[creativeartsgroup.org](http://creativeartsgroup.org)



Celebrate the renewal of spring and join the 29th annual Garden Tour!

  
CREATIVE ARTS GROUP

108 N Baldwin, Sierra Madre  
626-355-8350

## AT&T IS SEEKING APPROVAL 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](http://cpuc.ca.gov). Search "(A.23-03-002) CPUC Public Participation Hearings."

Residents can also email: [public.advisor@cpuc.ca.gov](mailto:public.advisor@cpuc.ca.gov). With any questions about the forums.




Pasadena  
Community  
Orchestra

**Free classical music concerts performed by skilled and enthusiastic local musicians!**

<p>Friday, March 15 8:00pm featuring an exciting concerto for percussion!</p>	<p><b>First Church of the Nazarene</b> 3700 East Sierra Madre Blvd, Pasadena Plenty of free parking</p>
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Future concerts: Friday, May 10 and Saturday, June 8

[www.pcomusic.org](http://www.pcomusic.org)
[info@pcomusic.org](mailto:info@pcomusic.org)



Visit Our 3 Locations!

<p><b>625 E. LIVE OAK AVE</b> ARCADIA, CA 91006 626.445.5327</p>	<p><b>655 N. LAKE AVE</b> PASADENA, CA 91101 626.795.0230</p>	<p><b>1836 E HUNTINGTON DR.</b> DUARTE, CA 91010 626.359.3814</p>
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[www.cabrerass.com](http://www.cabrerass.com)

# PRESIDENTIAL PRIMARY ELECTION - MARCH 5, 2024

## INFORMATION FROM THE CALIFORNIA SECRETARY OF STATE'S OFFICE

How are primary elections conducted in California?

All candidates for voter-nominated offices are listed on one ballot and only the top two vote-getters in the primary election – regardless of party preference - move on to the general election.

Write-in candidates for voter-nominated offices can only run in the primary election. A write-in candidate will only move on to the general election if the candidate is one of the top two vote-getters in the primary election.

Prior to the Top Two Candidates Open Primary Act, the top vote-getter from each qualified political party, as well as any write-in candidate who received a certain percentage of votes, moved on to the general election.

The Top Two Candidates Open Primary Act does not apply to candidates running for U.S. President, county central committee, or local office.

How are presidential primary elections conducted in California?

Qualified political parties in California may hold presidential primaries in one of two ways:

- Closed presidential primary - only voters indicating a preference for a party may vote for that party's presidential nominee.
- Modified-closed presidential primary - the party also allows voters who did not state a party preference to vote for that party's presidential nominee.

If a qualified political party chooses to hold a modified-closed presidential primary, the party must notify the California Secretary of State no later than the 135th day before Election Day.

<https://www.sos.ca.gov/elections/primary-elections-california?authuser=0>

<p>An Official Sample Ballot Booklet shall be mailed to each voter in the jurisdiction no later than 10 days before the election. (E. C. §§ 13300 – 13303)</p> <p><b>INFORMATION FROM THE LOS ANGELES COUNTY REGISTRAR'S OFFICE</b></p> <p><b>OFFICE VOTE CENTERS –</b> Vote Centers open beginning 10 days prior to election day.</p> <p>Saturday February 24, 2024 - March 4th 10am - 7pm</p> <p>Election Day, March 5th 7am - 8pm</p> <p>Sierra Madre City Hall 232 W Sierra Madre Blvd, Sierra Madre CA 91024-2312 Hours: 24 Hr VBM Drop Box Additional Info: Sierra Madre City Hall</p> <p>Hastings Branch Library 3325 E Orange Grove Blvd, Pasadena CA 91107-2018 Hours: 24 Hr VBM Drop Box Additional Info: Hastings Branch Library</p> <p>Arcadia City Hall 240 W Huntington Dr, Arcadia CA 91007-3401 Hours: 24 Hr VBM Drop Box Additional Info: Arcadia City Hall</p> <p>Victory Park 2575 Paloma St, Pasadena CA 91107-2641 Hours: 24 Hr VBM Drop Box Additional Info: Victory Park</p>	<p>Monrovia Public Library 321 S Myrtle Ave, Monrovia CA 91016-2848 Hours: 24 Hr VBM Drop Box Additional Info: Monrovia Public Library</p> <p>Tierra Verde Park 200 E Camino Real St, Arcadia CA 91006 Hours: 24 Hr VBM Drop Box Additional Info: Tierra Verde Park</p> <p>San Marino City Hall • 4.11 miles 2200 Huntington Dr, San Marino CA 91108-2639 Hours: 24 Hr VBM Drop Box Additional Info: San Marino City Hall</p> <p>Grant Park • 4.40 miles 232 S Michigan Ave, Pasadena CA 91106 Hours: 24 Hr VBM Drop Box Additional Info: Grant Park</p> <p>Duarte Library 1301 Buena Vista St, Duarte CA 91010-2410 Hours: 24 Hr VBM Drop Box Additional Info: Duarte Library</p> <p>Charles S Farnsworth Park - William D Davies Memorial Bldg • 0.76 miles 568 Mount Curve Ave, Altadena CA 91001-1435 Hours: 24 Hr VBM Drop Box Additional Info: Charles S Farnsworth Park - William D Davies Memorial Bldg</p> <p>Charles White Park • 1.26 miles 77 Mountain View St, Altadena CA 91001 Hours: 24 Hr VBM Drop Box Additional Info: Charles White Park</p>
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## MOUNTAIN VIEWS NEWS ENDORSEMENTS – MARCH PRIMARY

Informed decisions are so important. Although this endorsement list reflects the views of the Editorial Advisors of the Mountain Views News Elections every eligible voter is encouraged to do your own research, draw your own conclusions and vote for the person who you feel best represents your point of view. Democracy doesn't work if we don't participate, but don't rely solely on the ads and flyers. Do your homework and learn who these candidates are.

### PRESIDENT OF THE UNITED STATES:

Joseph R. Biden

### UNITED STATES SENATOR - FULL TERM

Adam Schiff

### UNITED STATES SENATOR - UNEXPIRED TERM

Adam Schiff

### UNITED STATES HOUSE OF REPRESENTATIVES

DISTRICT 28 Judy Chur  
DISTRICT 31 Gil Cisneros

### CALIFORNIA STATE SENATE

DISTRICT 25 Yvonne Yiu

### CALIFORNIA STATE ASSEMBLY

DISTRICT 41 John Harabedian  
Philante Riddle

DISTRICT 48 Blanco Rubio

DISTRICT 49 Mike Fong

### LOS ANGELES COUNTY SUPERVISOR

5TH DISTRICT Chris Holden

### LOS ANGELES COUNTY DISTRICT ATTORNEY

George Gascon

JUDGES: The Editor of this publication feels that politicizing our Judicial by subjecting them to election by the public is unconscionable since even the most astute political followers have very little information on the qualifications of the Judge. TV Ads and Commercials are limited to those who can afford it, and by the way, to run a campaign, it costs more than a Judges annual salary. Our society might be better served if we developed a process whereby Judges are selected by their peers or legal organizations who are well aware of the 'candidates' background and abilities.

To that end, MVNews will only endorse those judicial candidates who currently hold the seats and have had no public outcry regarding their performance.

Office No. 12 The Honorable Lynne Diane Olson  
Office No. 124 The Honoravle Emily Spear

# YES ON CALIFORNIA PROPOSITION 1, BEHAVIORAL HEALTH SERVICES PROGRAM AND BOND MEASURE

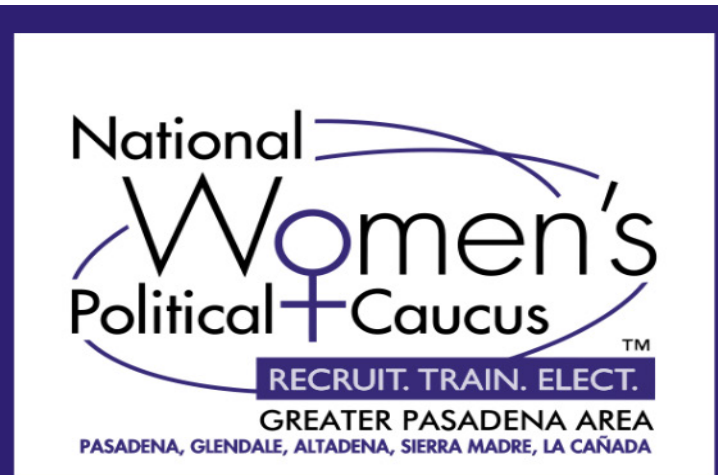
A "yes" vote supports: renaming the Mental Health Services Act (2004) to the Behavioral Health Services Act and expanding its purpose to include substance use disorders, including for persons without a mental illness;

changing how revenue from the 1% tax on income above \$1 million is spent under the law, including requiring 30% of the Behavioral Health Services Fund be allocated to housing intervention programs;

increasing the size of the oversight commission from 16 to 27 voting members; and

issuing \$6.38 billion in bonds to fund housing for homeless individuals and veterans, including up to \$4.4 billion for mental health care and drug or alcohol treatment facilities and \$2.0 billion for housing for homeless persons.

A "no" vote opposes changing the Mental Health Services Act and issuing \$6.38 billion in bonds for



NWPC Greater Pasadena Area February 29, 2024 @ 6:30pm Chapter Zoom Meeting

Join Meeting at <https://bit.ly/shirleyweber>  
Meeting ID: 882 6524 9529  
Passcode: 549288



Featured Speaker Shirley N. Weber, Ph.D. California Secretary of State

## Black History Month

### " African American Women in California Politics"

Shirley Nash Weber, Ph.D. was nominated to serve as California Secretary of State by Governor Gavin Newsom on December 22, 2020 and sworn into office on January 29, 2021. Voters elected her for a full term on November 8, 2022. Weber is California's first Black Secretary of State and only the fifth African American to serve as a state constitutional officer in California's 173-year history.



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

### THE REAL MCCOY? VERY CLOSE

I read a recent article in the NY Times that said consumers, during hard economic times, buy more generic brands at their local supermarkets, and when the economy picks up they go back to their national brands. That makes perfect sense to even this college drop out. How does that pertain to our wine aisles? More and more of the supermarkets that you and I shop at Vons and Pavilions are coming up with their own store brands. No, they don't own their own vineyards just yet - though I wouldn't put it past Costco - they have existing wineries put together their store's private label. Is this acceptable? Absolutely! Keep in mind 80% of the wine that you are purchasing has grapes sourced from other wineries, or if they don't have their own plot of soil, they use marketing companies to find wines.

What about when a winery comes out with a lower end wine? In my book that is okay, too. Look at the big French champagne houses like Moet, Taittinger, and Crystal. They all have wineries here in California producing exceptional wines at almost half the cost of their imports.

Recently I had the pleasure of a nice glass of Decoy cabernet at a friends here in Pasadena (hopefully you read my recent column about wine by the glass). I thoroughly enjoyed it with my crab cake and decided that the purchase of a bottle was in order. No, not at the restaurant - I read my own column and took my own advice for once. Decoy hails from the same winery that produces the very popular Duckhorn wines. While about half the cost of it's older brother, I could get used to this more economic wine as it hails from the exact same area of Napa Valley. And, for the life of me I cannot tell much difference in the cabernet.

The vintage is smooth, with perfect levels of fruit and tannins, and a finish that you'd expect from a higher priced cabernet. It's a classic California cabernet with a touch of toasted oak. Closure: Corked

This weeks wine term: finish: That means exactly what it sounds like - the last thought/taste as the juice goes down your throat. Many experts say that the finish is the true test of an exceptional wine.

Each week I will give you my Dills Score. Starting with a base of 50 points, I have added 8 points for color, 7 points for aroma or "nose", 9 points for taste, 8 points for finish, and 8 points for my overall impression, which includes my value rating.

Total Score 90; retails \$30 on sale; can be found for around \$17 at most area supermarkets, including Vons.

Follow me on Facebook !! Send me your favorite local restaurants, I'm compiling a list of your favorites. [thechefknows@yahoo.com](mailto:thechefknows@yahoo.com)

### 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.

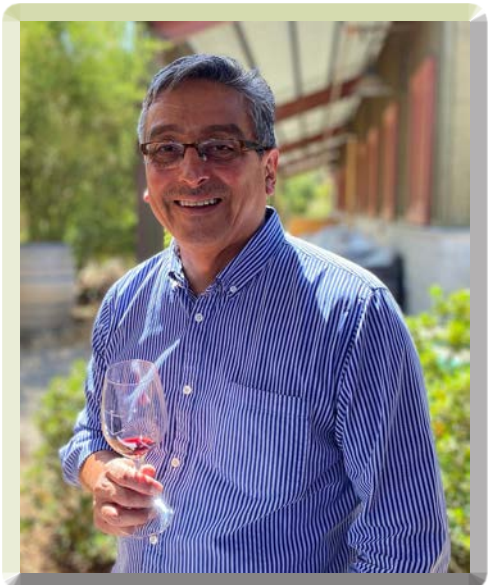
When you want a wine that has a little "frizzante" to it with a very subtle hint of sweetness, that's clean and juicy to have with pizza or a charcuterie board - and you can finish that sucker off in no time - I think of Rolfshark Lambrusco Di Sorbara 2022.

This wine checks all the boxes for me. The owner/winemaker is a woman - Antonia Munari.

She promotes organic farming like no one else in the Emilia Romagna solar powered. can finish this There's a French refers to the the happy



The reason this come from near their flowers on and more Sorbara grapes highly fragrant. acidity and



region. The winery is carbon neutral and And the most important box of all, I bottle in 5 minutes. It's that delicious. expression for this - glou glou - which sound of the wine being guzzled by consumer. This is a glou glou wine!

wine is so delicious is that the grapes the village of Sorbara. The grapes drop average by 30% resulting in less grapes concentration of flavor. Lambrusco Di produce grapes which are floral and It's delicate with finesse and balanced minerality.

This wine pairs extremely well with pizza, charcuterie, prosciutto, and mortadella. It used 100% stainless steel and is certified organic.

The Bottle Shop has the Rolfshark Lambrusco Di Sorbara 2022 at the lovely price of \$19.99. At that price you can glou glou to your heart's content. Join me this Sunday at The Bottle Shop Tasting Room at 2pm and you'll taste this gorgeous wine along with Alta Mora Etna Bianco 2021, Casavecchia alla Piazza Chianti Classico 2021, and the Renzo Castella Nebbiolo Langhe 2021.

Until next time - Salut!

Upcoming Wine Tastings - Sunday February 25 "From Italy with Love." Thursday & Friday February 29 and March 1 "Four Wines A Leaping." Coming up - Spanish Wines with Premium Tinned Fish (Conservas) also Fresh Shucked Oysters and Champagne!



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

**IN THE KITCHEN**  
*Our Favorite Recipe of the week*  
**CHICKEN AND VEGGIE STIR FRY**

#### INGREDIENTS

- 1 pound skinned and boned chicken breasts, cut into thin strips
- 1/2 teaspoon salt
- 1/4 cup cornstarch
- 4 tablespoons vegetable oil, divided
- 1/2 pound Broccolini, cut into 1-inch pieces
- 1 cup chicken broth, divided
- 1 red bell pepper, cut into thin strips
- 1 small yellow squash, thinly sliced into half moons
- 1/4 cup sliced green onions
- 2 teaspoons cornstarch
- 1 tablespoon fresh lime juice
- 1 1/2 teaspoons soy sauce
- 1 teaspoon Asian chili-garlic sauce
- Hot cooked rice

#### DIRECTIONS

1. Sprinkle chicken with salt; toss with 1/4 cup cornstarch.
2. Stir-fry chicken in 3 Tbsp. hot oil in a large skillet or wok over medium-high heat 5 to 6 minutes or until golden brown and done. Transfer to a plate, using a slotted spoon; keep warm. Add Broccolini and 1/4 cup broth; cover and cook 1 to 2 minutes or until crisp-tender. Transfer to plate with chicken, using slotted spoon.
3. Add remaining 1 Tbsp. oil to skillet. Sauté bell pepper and next 2 ingredients in hot oil 2 minutes or until crisp-tender.
4. Whisk together 2 tsp. cornstarch and remaining 3/4 cup broth until cornstarch dissolves. Add broth mixture, chicken, and Broccolini (with any accumulated juices) to bell pepper mixture in skillet. Cook, stirring often, 1 minute or until liquid thickens. Stir in lime juice and next 2 ingredients. Serve over hot cooked rice.

**READERS' THEATRE**  
THE WRITERS GROUP @ ALL SAINTS CHURCH  
PRESENTS  
**SATURDAY - FEBRUARY 24TH @ 3pm**  
AN AFTERNOON OF ORIGINAL ESSAYS, POEMS, FICTION, ONE-ACTS AND MEMOIRS TO MAKE YOU LAUGH, CRY, AND BE GLAD YOU ARE THERE.

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## CONGRATULATIONS TO OUR SIERRA MADRE MIDDLE SCHOOL SCIENCE OLYMPIAD TEAM

Our team took 1st place in last Saturday's Regional Competition at Antelope Valley College. The team will now be moving on to the State level competition.

### 2024 Science Olympiad Regional Tournament Results per Events

Air Trajectory:	6th place: Corwin Carr and Helka Volkan-Kacso
Anatomy and Physiology:	1st place: Helka Volkan-Kacso and Vinay Rao
Can't Judge a Powder:	5th place: Graciela Lopez and Corwin Carr
Codebusters:	1st place: Minuet Hong, Mila Interiano, and Terry Lim, 2nd place: Allison Leo, Maral Erdenesuren, and Shriya Prabhu
Crime Busters:	1st place: Allison Leo and Rebecca Tang, 3rd place: Ben Frey and Luke Shih
Disease Detectives:	1st place: Graciela Lopez and Vinay Rao, 3rd place: Terry Lim and Alexander Fink
Ecology:	3rd place: Jillian Jepson and Ben Frey
Experimental Design:	1st place: Brandon Budianto, Allison Leo, and Graciela Lopez, 2nd place: Mila Interiano, Terry Lim, and Aldin Cheng
Fast Facts:	6th place: Minuet Hong and Oliver DeBusk
Flight:	1st place: Vinay Rao and Nathan Sweeney, 4th place: Luke Shih and Terry Lim
Forestry:	3rd place: Sasha Yeh and Helka Volkan-Kacso, 5th place: Jillian Jepson and Max Jimenez
Fossils:	1st place: Helka Volkan-Kacso and Maral Erdenesuren, 5th place: Isaiah Peterson and Ben Frey
Meteorology:	6th place: Isaiah Peterson and Mason Wu
Microbe Mission:	6th place: Jillian Jepson and Max Jimenez
Optics:	2nd place: Brandon Budianto and Ellie Thontat
Road Scholar:	2nd place: Corwin Carr and Gavin Masilko
Rollercoaster:	1st place: Alexander Fink and Luke Shih, 6th place: Vinay Rao and Justin Chiu
Tower:	1st place: Max Jimenez and Matthew Tang, 3rd place: Sasha Yeh and Gavin Masilko
Wind Power:	1st place: Gavin Masilko and Justin Chiu, 2nd place: Matthew Tang and Alexander Fink
Wheeled Vehicle:	4th place: Isaiah Peterson and Mason Wu

# 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@acsions.com  
Principal: Cindy Harmon  
website: www.acsions.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.bcsions.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](http://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 Siy
- Monrovia High School**  
325 East Huntington Drive, Monrovia, CA 91016  
(626) 471-2800 Principal Darvin 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://pchs.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  
91024  
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**  
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(626) 471-2000  
Website: www.monroviaschools.net
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1620 Huntington Dr., Duarte, Ca. 91010  
(626) 599-5000  
Website: www.duarte.k12.ca.us

Catch breaking news at: [mtnviewsnews.com](http://mtnviewsnews.com)

We are choosing snacks that are... ...less sticky and have less sugar.

# Newspaper Fun!

www.readingclubfun.com Annimills LLC © 2024 V8 Kids: color stuff in!

## Treat Your Teeth Well!

Do you know how to take good care of your teeth? Regular visits to your dentist and daily care will help your teeth last a lifetime! Sometimes you might get tired of brushing or want to "take a vacation" from flossing. But, keeping your teeth clean, healthy and shining brightly is an everyday responsibility.

**Remember to:**

- brush before breakfast and before bed
- floss daily
- go to your dentist for regular cleanings
- try not to eat too many sugary or sticky foods

By the way, those guys down there are the **plaque pests**, STICKY and DULL. They will be all over your teeth if you do not brush!

Read the clues to fill in the crossword:

- to take pictures of the inside of your teeth to see if they are healthy
- material dentist uses to replace decayed part of tooth
- dentist with special training to straighten crooked teeth
- when a tooth is eaten away by chemical action
- thin thread used daily for cleaning between your teeth
- person trained to clean teeth is a dental \_\_\_\_\_
- four top and four bottom front teeth used for biting
- number of first or "baby" teeth
- thin, sticky layer of bacteria that forms on teeth
- chemical in teeth and bones
- hole in tooth from decay
- hard substance left on teeth if plaque is not removed

Remember to brush your teeth at least **twice** a day to keep those plaque pests away!

Remember to floss too!

What Is This?  
You use this product when you brush your teeth. It usually has fluoride in it. Fluoride strengthens tooth enamel. It helps stop bacteria in plaque from causing cavities.

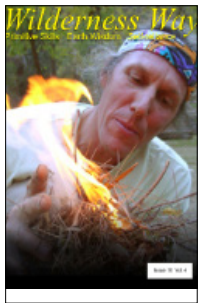
To answer the **What Is This?** and **Words of Wisdom** puzzles, look at each letter given, then write the letter that comes before it in the alphabet.

U P P U I Q B T U F

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**OFTEN IT'S THE OWNER, NOT THE DOG, WHO NEEDS A LEASH**



The famous outdoor explorer and outfitter George Herter devoted a section in most of his books explaining why the dog is man's best friend. (We assume he was using the term "man" generically to include men and women).

The family dog can often be an essential part of the outdoor experience. We want our close friend and pet to be with us when we venture into the outdoors. The conflicts arise when the owners fail to realize that the written and unwritten rules of dog conduct are generally not the same for wilderness and city.

I know a man who believes that dogs are not meant to be leashed, and who refuses to ever leash his dog. Part of his defense is that he claims his dog is always under his direct control. Furthermore, when it comes to his dog's wanderings, he doesn't regard private property rights of home or business owners as worthy of acknowledgement, let alone respect.

The problem with his chosen way of dealing with his various dogs is that he does so at the obvious, and demonstrable, expense of others.

Once this man came to my house because I was going to hire him to do some drywall work in my home. For reasons unknown, he brought his dog along, who wandered into my neighbor's yard. I told him to keep his dog out of my neighbor's yard. He responded that his dog was not doing any harm. I told him that wasn't the point, and that any number of things could occur that would be harmful. In fact, his dog had wandered so far that Dave could not see the dog. It was clearly not under his control. He suggested, "Well, perhaps I should have a talk with your neighbor if they have a problem."

I could barely believe what he was saying. I insisted that he take no such action. I explained that it was me who had a "problem," because I respect my neighbors, and I was not interested in having Dave attempt to foist his viewpoints upon my next-door neighbor. So I instructed him to depart, and I found another way to get my drywall work done. On another occasion, I was selling merchandise at a flea market and Dave was there with his unleashed dog. Dave's dog urinated on a man's \$200 painting, and he managed to avoid all responsibility for his dog's actions. Dave first said the urine would dry, and when the outraged merchant yelling told Dave that it was a \$200 painting, Dave said that he had a \$200 dog, a nonsensical response. Dave managed to quickly depart in the crowd. Dave is one of the many dog owners who believe that it is cruel, unkind, or inhumane to keep one's dog clearly within the owner's control. Leash laws are intended to serve that end. Dave lacked a certain social responsibility because the "freedom" he wanted for his dogs was at the expense of others.

I mostly had pit bulls during my life, which I dearly loved, and found them to be very lovable to people, but not to other dogs. For that reason, my pit was never off a leash when in any sort of public place. In fact, He always had both a leash and a harness. When I hiked in the local hills, lots of other dog owners let their dogs run free, because they feel that is "natural." Not my dog, whose name was Cassius Clay (I got him from pet rescue, where he had been used for fighting). I would not let Cassius run free for many reasons besides getting into fights with other dogs. He might run through poison oak, he might chase a squirrel, and he might be in the way of a bicyclist that suddenly turns the corner. But not all dog owners had my level of concern for others.

Once, while hiking in the hills, I saw a woman's dog racing towards Cassius. "Stop your dog," I yelled. "My dog is friendly," she yelled back. "Yeah, but what about mine?" Everything then happened fast. I knew Cassius would rip the "friendly" dog apart, so I lifted him into my arms, and harshly kicked the offending dog away, repeatedly. The dog owner was now screaming bloody-murder at me for hurting poor fido, not under her control. "Get your dog," I continued to yell, as each kick flew the dog back 6 or 7 feet. She was livid, finally getting her dog, and telling me how she would call "authorities" on me for hurting her dog. "Bring those authorities here now," I responded. "Your dog is lucky to be alive." But she disappeared and I never saw any authorities of any sort. She was the type of person who went home knowing that I was wrong, and I was the bad guy, despite the fact that my dog was leashed and her "friendly" dog was not.

I find it instructive to see how Small Claims Court cases turn out which involve loose dogs. The general principle is that the owner is 100% responsible for the actions of its dog. There are some exceptions, of course, such as when someone, or another dog, enters private property.

A friend of mine was walking her large dog, leashed, on a public street when a small dog, unleashed, ran out and attempted to attack the large dog. The large dog responded, and after the small dog was extricated from the big dog's mouth, the small dog was taken to the vet. The vet bill was about \$5000. The owner of the small dog wanted my friend to pay the bill because the incident happened in front of their house, though on a public street. This case never went to court, but the owner of the large dog chose to contribute a small portion to the vet bill for the sake of neighborliness.

Dogs are a wonderful part of our human experience. I have even had funerals for my dogs when they died! But it is always the owner who needs to practice the diligence to control the dog. In fact, most dog trainers will readily point out that they are not training the dogs as much as they are training the owners. The owner who learns simple commands, and who is consistent with their dog, ends up with a happier dog who knows what to expect.

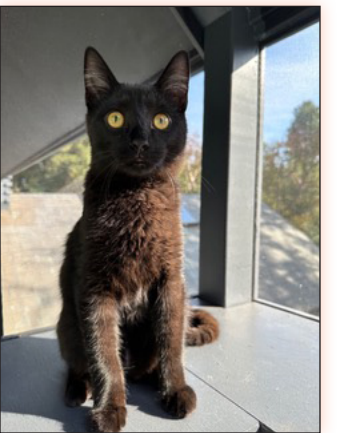
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**Katnip News!**



**JUPITER!**

Need a little god in your life? Meet Jupiter, aka "Petey," age only 7 months. This miniature panther is seriously the most lovable kitten we have ever known. When he isn't showing off his stunningly good looks in the sunshine of his foster's catio, he is trying to melt into the



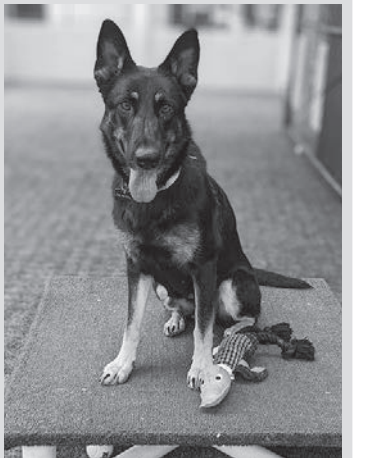
body of the nearest human. Petey enjoys batting around a faux fur mouse and chasing a laser pen, but what he loves most of all is being with you. If you are looking for a cat who will mostly keep to himself, look elsewhere. However, if you are interested in a dog-cat (he even plays fetch!) who will follow you around and burrow into your body at night, Petey is your man. We recommend that he is adopted with either one of his sibling sisters, or a young cat you may already have.



See more pictures of Petey at [www.lifelineforpets.org/jupiter.html](http://www.lifelineforpets.org/jupiter.html), or use the qr code.

**Pet of the Week**

We're over the moon for two-year-old Luna! This beautiful Shepherd has been described as "Super Sweet" "a velcro dog" and "amaaaaazzing!". With rave reviews like that, she must be special!



Luna first arrived at Pasadena Humane with four newborn puppies. They spent some time in a foster home until the puppies were old enough to be adopted- they have all found homes, so now it's Mama Luna's turn! Luna is housetrained and has learned a number of training cues. She's super smart and will automatically sit for a treat and give you her best puppy dog eyes- no one can resist her!

Her foster family shared this about Luna: She'll make the perfect companion! She loves attention, belly rubs, and treats. She also loves to glance up to make eye contact while on walks as well & accepts hugs from us!

Luna probably wants to be the only dog in your life, but that just means all her attention will be on you!

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

All dog adoptions include spay or neuter, microchip, and age-appropriate vaccines.

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

View photos of adoptable pets and schedule an adoption appointment at [pasadenahumane.org](http://pasadenahumane.org). Daily adoption appointments can be scheduled online. New adoption appointments are available every Sunday and Wednesday at 10:00 a.m. Walk-in appointments are available every day from 2:00 – 5:00.

Pets may not be available for adoption and cannot be held for potential adopters by phone calls or email.

**ALL THINGS** By Jeff Brown

**Mount Wilson & Bailey Trail:** This strenuous trail begins in Sierra Madre and ascends to the summit of Mount Wilson, offering panoramic views of the surrounding mountains and the Los Angeles area. Along the way, you'll pass through diverse ecosystems, including chaparral and oak woodlands.

**Eaton Canyon Falls:** Located near Pasadena, this popular hike leads to a 40-foot waterfall. The trail is relatively short and suitable for hikers of all skill levels, though it can get crowded on weekends.

**Devil's Punchbowl Natural Area:** While not technically in the San Gabriel Valley, Devil's Punchbowl is worth mentioning for its unique geological formations and scenic desert landscapes. Trails in this area offer opportunities for exploring interesting rock formations and experiencing the high desert environment.

**Strawberry Peak:** Located near La Cañada Flintridge, the hike to Strawberry Peak offers stunning views of the San Gabriel Valley and surrounding mountains. The trail includes sections of rock scrambling and offers a rewarding summit experience.

**Monrovia Canyon Falls:** Located in Monrovia Canyon Park, this short hike leads to a picturesque waterfall surrounded by lush vegetation. The trail is family-friendly and provides a peaceful escape from the surrounding urban areas.

**Henninger Flats:** Beginning in Altadena, this moderate hike leads to Henninger Flats, where hikers can enjoy panoramic views of the San Gabriel Valley. The trail passes through shady forests and offers opportunities for birdwatching and wildlife spotting.

**Millard Canyon,** located in the San Gabriel Mountains within the Angeles National Forest, offers several hiking opportunities and a tranquil natural setting.

**Fish Canyon Falls Trail:** This trail, located near Azusa, leads to a stunning 80-foot waterfall surrounded by lush vegetation. The hike is moderately challenging and features creek crossings and scenic canyon views.

**Mindfulness and Relaxation:** Hiking offers an opportunity to disconnect from the stresses of daily life and be present in the moment. The rhythmic motion of walking, combined with the tranquil surroundings, can promote mindfulness and relaxation.

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**FILE OF LIFE**  
**PACKET**

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

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

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

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

Sierra Madre based non-profit

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

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

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## SENIOR HAPPENINGS



### HAPPY BIRTHDAY! ...FEBRUARY BIRTHDAYS\*

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

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

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

### ICE CREAM SOLVES A LOT OF MY PROBLEMS



Like everybody else, I face problems almost every day. Or maybe I should say, my problem faces me.

Every Monday, when I get up, I say to myself, "How many problems will I have this week? How many will I solve?" Unfortunately, myself never replies back.

Problems are part of life, but it's tough for me to get used to problems. Every time I almost solve one problem, two or three new ones pop up. There are times when I hesitate to get up on a Monday morning.

Recently, I discovered something related to my problems. No matter my problems or where they come from, I have discovered that a bowl of ice cream solves most of them.

This is a recent discovery for me. I only wish I would've known it 50 years ago. Since I know it now, I will use it for my benefit. The more problems I have, the more ice cream I need.

Discovering that ice cream is my comfort food has really made a lot of difference in my life. And it has taken me quite a while to get The Gracious Mistress of the Parsonage to understand this about me.

She knows much about me, even more than I know about myself. But this one thing about ice cream is relatively new, and she hesitates to acknowledge it.

Whenever a problem pops up, I usually get frustrated and bent out of shape trying to figure out how to deal with it. Sometimes I do figure it out, but more often, I do not. Then I discovered something that has changed my attitude for all time.

That discovery is that ice cream is a way of helping me deal with a problem that I might have. Oh boy, this has been a learning curve for me.

I discovered this not too long ago when I faced a problem I just didn't know how to take. I was driving down the street when I noticed a relatively new ice cream store on my right side. Looking at it, I thought to myself, "What will it hurt if I stop and have some ice cream?"

I pulled into the parking lot, walked over, entered the store, and ordered some ice cream. I looked at the menu for a while to order the right ice cream. I saw some mint chocolate chip ice cream on the menu. I haven't had mint chocolate chip ice cream, for I can't remember how long ago. So I ordered it, took it to the table, sat down, and began working on it.

I was only three bites in when it finally occurred to me that I wasn't even thinking about my problem at that time. All I was thinking about was how delicious this ice cream was. This mint chocolate chip ice cream was so delicious I couldn't think of anything else.

When I finished my mint chocolate chip

ice cream dish, I couldn't remember my problem. Unfortunately, when I got in my car and started driving away, the problem finally came back to me. But when it did, it didn't seem as serious as it did before the ice cream. Something had happened.

It's not every day that I learn something new about myself, but this was one of those days.

I don't know how many kinds of ice cream there are, but I have worked it out so that every problem I face is associated with some flavor of ice cream.

The harder the problem, the darker the ice cream. If I have vanilla ice cream, that means I have a very easy problem to solve. But if I have a really difficult problem, I must have chocolate fudge ice cream.

When I got home that evening, I updated The Gracious Mistress of the Parsonage on my discovery.

"Guess what I learned about myself today," I said with a big smile.

Looking at me, she said, "I give up; what did you learn about yourself today that I don't already know?"

Clearing my throat, I said, "I have learned that I need ice cream to deal with any problem that comes my way."

"Well," she said sarcastically, "that's one good excuse to get your ice cream." "Oh, no," I said enthusiastically, "I really mean that ice cream helps me solve my problems."

I tried to explain to her that every flavor of ice cream helps me solve a particular problem. I'm not sure she believed me, but I was going to prove that that was true.

Later that evening, after supper, we watched TV in the living room, and then she went out into the kitchen. When she returned, she had a bowl of chocolate fudge ice cream, and looking at me, she said, "I'm not sure if this is chocolatey enough to fix your problem tonight."

Munching on my ice cream I thought of a Bible verse. Philippians 4:6-7, "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

Nobody can live without problems. That's just life. But, as a Christian, I have a special resource called prayer. My prayer connects me with God's peace "which passeth all understanding."

There is no problem that in anyway compromises God's peace that He has for me.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone e-mail [jamesnyder51@gmail.com](mailto:jamesnyder51@gmail.com), website [www.jamesnyderministries.com](http://www.jamesnyderministries.com).

**Senior Lunch is BACK!**

Lunch service is returning to the Hart Park House Senior Center!!!

The City of Sierra Madre and the YWCA Intervale congregate lunch program are now serving healthy meals to our senior community!

Meals are served Monday – Thursday  
Friday will be frozen meals.

Service begins at 12 PM so please arrive by 11:30 AM.  
Meals will be served on a **first come first serve basis** with a \$3.00 suggested donation.

CALL 626-355-5278 for MORE INFORMATION

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CITY OF SIERRA MADRE

## HOW TO DIVIDE YOUR PERSONAL POSSESSIONS WITHOUT DIVIDING THE FAMILY



### Dear Savvy Senior:

Do you have any suggestions on divvying up my personal possessions to my kids after I'm gone without causing hard feelings or conflict? I have a lot of jewelry, art, family heirlooms and antique furniture, and four grown kids that don't always see eye-to-eye on things.  
Conflicted Parent

### Dear Conflicted:

Divvying up personal possessions among adult children or other loved ones can often be a tricky task. Deciding who should get what without showing favoritism, hurting someone's feelings or causing a feud can be difficult, even for close-knit families who enter the process with the best of intentions. Here are a few tips to consider that can help you divide your stuff with minimal conflict.

### Sweating the Small Stuff

For starters, you need to be aware that it's usually the small, simple items of little monetary value that aren't mentioned in your will that cause the most conflicts. This is because the value we attach to the small personal possessions is usually sentimental or emotional, and because the simple items are the things that most families fail to talk about.

Family battles can also escalate over whether things are being divided fairly by monetary value. So, for items of higher value like your jewelry, antiques and art, consider getting an appraisal to assure fair distribution. To locate an appraiser in your area, try [ISA-appraisers.org](http://ISA-appraisers.org), [Appraisers.org](http://Appraisers.org) or [AppraisersAssociation.org](http://AppraisersAssociation.org).

### Dividing Fairly

The best solution for passing along your personal possessions is for you to go through your house with your kids or other heirs either separately or all at once to find out which items they would like to inherit and why. They may have some emotional attachment to something you're not aware of. If more than one child wants the same thing, you'll have to make the ultimate decision.

Then you need to sit down and make a list of who gets what on paper, signed, dated and referenced in your will. You can revise it anytime you want. You may also want to consider writing an additional letter or create an audio or video recording that further explains your intentions.

You can also specify a strategy for divvying up the rest of your property. Here are some popular methods that are fair and reasonable:

**Take turns choosing:** Use a round-robin process where your kids take turns choosing the items they would like to have. If who goes first becomes an issue, they can always flip a coin or draw straws. Also, to help simplify things, break down the dividing process room-by-room, versus tackling the entire house. To keep track of who gets what, either make a list or use adhesive dots with a color assigned to each person to tag the item.

**Have a family auction:** Give each person involved the same amount of play money or use virtual points or poker chips to bid on the items they want.

**Use online resources:** For families who want help or live far apart, there are web-based resources like [FairSplit.com](http://FairSplit.com) that can assist with the dividing process.

For more tips, see "Who Gets Grandma's Yellow Pie Plate?" at [YellowPiePlate.umn.edu](http://YellowPiePlate.umn.edu). This is a resource created by the University of Minnesota Extension Service that offers a free video and detailed workbook for \$12.50 that gives pointers to help families discuss property distribution issues and lists important factors to keep in mind that can help you avoid or manage conflict.

It's also very important that you discuss your plans in advance with your kids so they can know ahead what to expect. Or you may even want to start distributing some of your items now, while you are still alive.

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

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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 FREEDOM TO QUESTION



To my own surprise I am still around. It was touch and go for a while; perhaps only in my own head; but finally, the doctors ordered some tests and now most of the results are back and it turns out I am pretty much okay. Given this happy result what do I want to do now?

This coming Saturday I have been asked to participate in a discussion about African farmers and their stories centering around the book *WE ARE EACH OTHER'S HARVEST* authored by Natalie Bazsile.

I have been volunteering at the nearby Los Angeles County Arboretum in Arcadia and happily found myself assigned to work with the woman who runs the library. Recently, I brought my four-year-old granddaughter to meet this woman, with a kind of unique background. (I explained to my granddaughter that this was the "boss" of the library but the four-year-old explained that she was really the "boss" of the library which seems consistent with my heritage). Up until meeting the Librarian I had believed that, like my father and his family, all the Jews of Russia had been required to live within the "Pale of Settlement" which was a western region of the Russian Empire that existed from 1791 to 1917--by the way "Pale" derives from the Latin and means something like a fence.

I know that my father and his family started out in Ukraine and that the city of Tulchyn, from which my name derives was a small town near the Ukrainian capital of Kiev. In conjunction with this article I have done a little research and learned that persecution of the Jewish Community in Tulchyn is first mentioned in 1648 when the Cossacks massacred the Jews of the town. Subsequent attacks occurred and by 1765 there were only 452 Jews remaining in Tulchyn; however, by the end of the 19th century the number of Jews increased to 10,055 forming 62% of the population. Sadly, at the end of World War I the Jews were repeatedly massacred and attacked and about this time, what was left of my family got out of there and eventually ended up in Chicago where the next generation, including me, was born twenty years later.

I doubt that much of this information is of any particular interest to you although Ukraine and its Jewish President, Volodymyr Zelensky; a former comedian, no less, is currently in the news as the "conflict" with Russia continues with half a million deaths reported. I mention the fact that Zelensky is a former comedian, not because it is funny; but rather because it is somehow fitting.

The pending discussion at the Arboretum relating to the legacy of Black Farmers and the Russian speaking librarian has resulted in my consideration of my own character and heritage. Especially now that it seems like I am going to be around for a while; who am I and what do I want to do? Well, I know what I want to do—I want to ask questions. At the discussion on Saturday, I want to ask people what is important to them in relation to their connection with the land and their own heritage. All my life I have wanted to ask people about themselves and increasingly frequently these questions are inappropriate. I have been reading, once more in association with this article, the book entitled *THE CODDLING OF THE AMERICAN MIND* and have been introduced to the concept of "safetyism" discussed in relation to the declining mental health of the overall population. Today we are warned that it is more important for people to feel "comfortable" than "challenged."

Freedom of Inquiry history relating to Blacks, Jews, and everyone else requires a lot of things besides comfort which may in fact be a hindrance. I want, need, to be free to ask questions of myself and those around me to maintain a sense of belonging and of actual "safety." Our minds are our best weapon against autocracy and tyranny, and it is of the greatest importance that we all be free to use these faculties.

## TOM PURCELL



### READING MORE BOOKS IS GOOD FOR AMERICA

When I read about the "silent book club" trend, it filled me with instant calm and hope.

As it goes, in 2012, two friends in San Francisco came up with the idea for a non-formal social event in which book lovers can gather at a coffee house or pub, then read together in silence for an hour or so, after which they may discuss any thoughts about what they are reading and socialize.

There is something very special about being immersed in a great work of fiction or nonfiction that brings about a peacefulness and enrichment that few other activities can bring.

A deep dive into someone's life story, economics, history, the cosmos or so many other curiosities in our incredibly rich world not only makes us calmer, but it improves our ability to think and concentrate and become wiser and more open to the thoughts of others.

Goodness knows we need more free-thinking in these highly-agitated and partisan times.

Book reading has been in decline for a long time because it must compete with other forms of entertainment.

I remember seeing author Kurt Vonnegut, whose colorful writings are still enjoyable, talking about this challenge to book reading with other now-deceased authors on a talk-show clip on YouTube that must be 40 years old.

He said that until radio came along, books were the only form of entertainment for most people, particularly in the winters when there was nothing else to do in the evening but read.

Radio and TV offered alternatives to reading. And now social media, streaming TV, podcasts and so much more have really put a dent into our book reading.

According to a 2022 Gallup survey, the average American reads about 12 books a year, two

or three books fewer than 20 years prior.

However, the steepest decline, according to Gallup, is among people who had been the most avid readers — college graduates but also women and older Americans.

"College graduates," Gallup found, "read an average of about six fewer books in 2021 than they did between 2002 and 2016, 14.6 versus 21.1."

To me this is concerning because book reading improves your ability to concentrate and focus — skills that especially need to be nurtured at a time when attention spans are also in steep decline, as millions jump from one short TikTok or Instagram video to another.

Why is this concerning?

Because concentration and intelligence go hand-in-hand.

The ability to evaluate ideas and delineate between ideas that are silly and false and ideas that are effective and true is important in any democracy.

If we lose the ability to see through bunk, we are at risk of electing officials who put their personal gain before the good of the republic.

Concentration and clear thinking are also important to engaging in thoughtful conversation with others who hold different ideas than our own — and books can nurture our ability to get back to more thoughtful discussions.

Gathering together to read, talk and socialize is as good an idea as I've heard in a long time. I am hungry for such camaraderie.

Besides, I've got a stack of classic books I've been meaning to get to that include Mark Twain, O'Henry, James Michener and Mary Shelley.

Did you know Shelley wrote her famous Frankenstein work when she was only 18?

Now there's an anecdote to share at a silent book club gathering.

## RICH JOHNSON NOW THAT'S RICH



### CAMPAIGN SLOGANS: FACT, FICTION OR FANTASY

Well, Fellow Americans, we are steeped in the stages of yet another U.S. Election Cycle. Business as usual as we are bombarded at every turn. Let's peruse presidential campaign slogans over the last few centuries and see if they offer any guidance. The first election I could find with a "clever" campaign slogan was in 1840. Shall we...peruse and pursue?

"Tippecanoe and Tyler Too!" (1840) This snappy attempt at alliteration, was a song originally published as "Tip and Ty". The tune highlighted presidential candidate William Henry Harrison's victory in a battle against Shawnee leader Tecumseh somewhere in Indiana, oops my bad, near Tippecanoe, Indiana. John Tyler was Harrison's running mate. Candidate Harrison won and then died one month after taking office. John Tyler became president for essentially 3.8 years.

"Hurray, Hurray! The Country's Risin' for Henry Clay...and Frelinghuysen!" (1844) I think I can guess why we had no President Henry Clay. Don't get me wrong, Henry Clay succeeded at almost every political endeavor he undertook. His opponent James K. Polk was the first candidate ever referred to as a "dark horse" nominee. Polk was considered a "fourth rate" politician. And, oh yeah, became our 11th President. I think Clay lost because his running mate's name wouldn't fit on a bumper sticker: "Theodore Frelinghuysen" Really Henry?

"Vote yourself a farm and horses!" (1860) That slogan won Abraham Lincoln a 4-year rental at the White House. Okay you historians, Abe had another slogan: "The Union must and shall be preserved!" Lincoln's running mate? No, not my namesake Andrew Johnson. Abe hired a guy named Hannibal Hamlin. What about my namesake? Read on.

"Don't change horses midstream!" (1864) One of the most memorable presidential slogans won Abraham Lincoln a second 4-year rental at the White House. Speaking of changing horses in midstream, it obviously didn't apply to Vice Presidents. Andrew Johnson replaced Hannibal Hamlin as VP candidate and ultimately Lincoln's VP. Johnson came on board in the re-election due to his positive ties to the south.

"Vote as You Shoot!" (1868) No surprise the candidate who owns this slogan was not only a Republican, but also a general. General Ulysses S. Grant. By the way, Grant supported the 14th Amendment being supported by the "Radical Republicans" in Congress. The amendment, designed to enforce civil rights fell woefully short. But it opened the door to 20th Century breakthroughs such as the "Civil Rights Act of 1964" and the "Voting Rights Act of 1966".

"Our Choice: Cleve and Steve" (1892) Grover "Cleve" Cleveland and Adlai (Steve) Stevenson...snappy huh? Could have been "Steve and Steve!" as Grover Cleveland's first name was Stephen. Oh, and by the way, this was not the Adlai Stevenson who ran for President in the 1950's against Dwight Eisenhower...it was his dad.

"Four More Years of the Full Dinner Pail" (1900) Gotta love this one. Kept William McKinley in the White House. Sadly, President McKinley was assassinated in 1901 and an interesting chap took over the Presidential reins and reigns. The chap's name...Teddy Roosevelt.

"Who But Hoover?" (1928) Unfortunately Herbert Hoover became president in 1929 when widespread economic instability was demonstrated by the Stock Market Crash in the fall of 1929. On a positive note, Herbert Hoover lived for 31 years after his presidency. That's longer than any other president has survived post presidency.

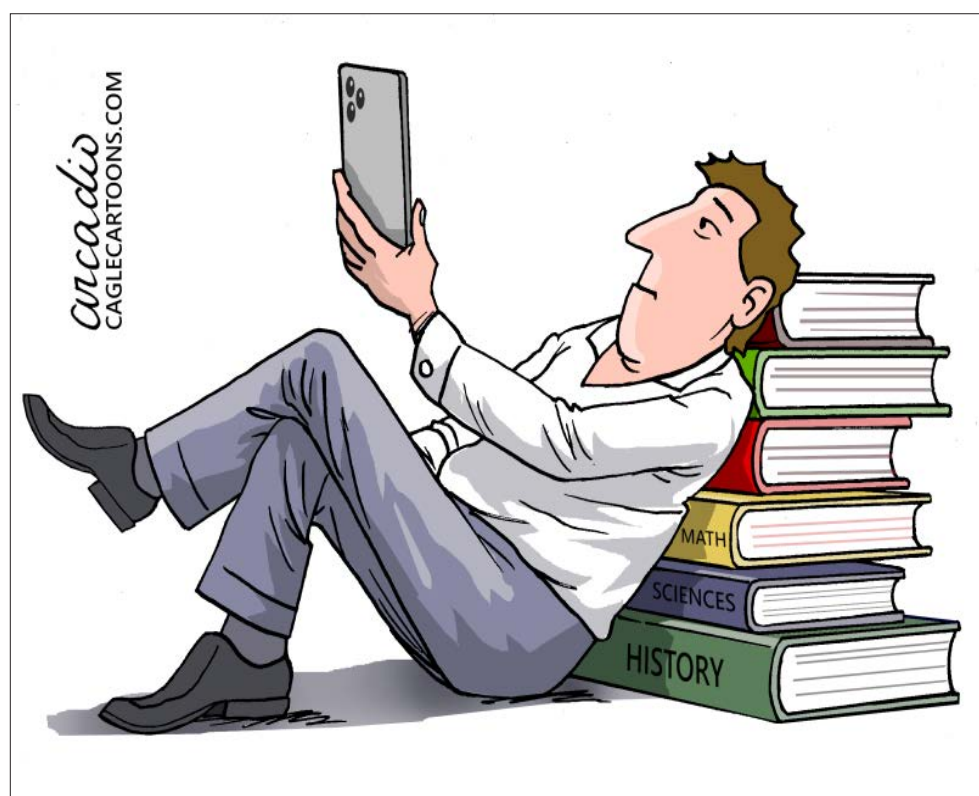
"Washington Wouldn't, Grant Couldn't, Roosevelt Shouldn't" (1940) Wouldn't, couldn't and shouldn't what? Well, run for re-election. Roosevelt decided he could, should and would run and won 4 elections. His campaign ran another slogan in 1940. It went like this: "Better a Third Termer Than a Third Rater!" Roosevelt even ran and won a fourth term in 1944. His slogan: "Don't Swap Horses in Midstream!" Why not? It worked for that Republican.

"The Buck Stops Here" (1948) That slogan is, of course, on a 2.5" x 13" piece of wood on a desk used by President Harry Truman during his time as the most powerful man in the world. By the way, there are words on both sides of that sign. The visitor sees the words above. I'm guessing, but the words on the other side of the sign might just be a reminder to President Truman to remember his humble origins. The sign says "I'm From Missouri!".

(1964) The slogans by the two candidates in the 1964 election were markedly different. Democrat Lyndon Johnson, who inherited the Presidency due to the tragic death of John F. Kennedy was running for re-election. His opponent was Republican Barry Goldwater. The slogans are striking to me in the difference of tone between the two candidates. Differences that live to this day. Barry Goldwater's slogan was "In your heart, you know he's right." President Johnson's slogan was "In your guts, you know he's nuts."

(1960) I'll sign off with the two slogans that won the White House for President Kennedy. "A Time For Greatness." and "We Can Do Better."

I am unsure as to whether my endorsement would work toward the success of a candidate running for office. I certainly hope so as I'm thrilled to support the candidacy of John Harabedian. I personally know what a terrific person John is, and that he would prove to be a powerful advocate for those of us who live in District 41.









# HUDDLE UP

With **HARVEY HYDE**

## UCLA FOOTBALL GOING AHEAD



Answers?: I have opinions.

It's called "leadership." Who is the boss and what is expected from the football program.

It's called "excuses." We weren't winning. Why not?

It's called "organization" of lack thereof. Who selects the coaches and sets the expectation. Who makes the schedule so that fans are excited to attend games.

It's called "tradition." Which events that keep fans coming have been discontinued by a new Administration.

Then there is the concept of public relations: with fans, media, clubs, organizations – head coaches attending and representing your football program. Not sending a substitute and deciding "I don't do those things." As example, the Pasadena Quarterback Club has been established for more than 70 years. When I coached at Pasadena City College, I considered it an honor to speak there along with high school coaches, coaches from visiting teams playing our two main Universities. I represented my football teams PCC, UNLV, when I could. It was traditional to have both the USC and UCLA head coaches every season. On so many Fridays at 11:30 AM Terry Donahue, Dick Vermeil, Bob Toledo, Karl Dorrell spoke to a packed house. From USC, Pete Carroll, John Robinson, Clay Helton, John McKay, Ted Tollner all attended. Neither Chip Kelly nor Lincoln Riley have accepted our invitation to speak there. (Even though Pasadena's Rose Bowl is the home field for UCLA.)

Members of the Club are sportsmen, members of the Tournament of Roses, media and local supporters of athletics -- many alumni from our two major schools. So many celebrities accepted the invitation to speak: Keith Jackson, Larry King, Chick Hearn, Craig Fertig, Bill Walsh and more were guest speakers. This is how you gain support and interest in your program and your teams and you.

There are other valuable traditions that help sustain enthusiasm for your school. For UCLA, the Bruin Walk before games, when the team walks through the Tailgate section before the games. This was in the Rose Bowl era. This has disappeared. It is possible that when DeShawn Foster takes over, some of these PR traditions and new enthusiasm will return. All Bruins will hope.

Here's another question. Why is Foster back at UCLA as Head Football Coach, after leaving for the Las Vegas Raiders? Answer: He is a Bruin! He has a five year contract not a 2 year contract with Raiders. Who wouldn't want the UCLA job? It's a beautiful campus, they play in the Rose Bowl, the academics are great.

What will be the challenge? Perhaps Athletic budget (poor management?). Chip Kelly should have known he needed to fund raise for a budget for NIL monies. Getting players today is high level competition. He did not. You have to love to recruit. Chip did not. Perhaps the AD lost some control of the last Head Football Coach.

Some things have to be done whether one likes it or not. Foster should go out and speak. Recruit the community. Reinstate some UCLA traditions. Look at and respect the coaching greats at UCLA. As Foster has not been a Head Football Coach, he will need to be smart and look to others for support and inspiration and talent. He needs to recognize his own strengths and shortcomings and fill his staff accordingly. Be the CEO and have assistants he can count on for field organization, recruiting, strategies, etc. He'll need to develop a philosophy of how to win, and what it will take. Knowing yourself is a strength if you take advantage of that knowledge. Wishing the Bruins great seasons ahead.

Next time I want to discuss Lincoln Riley and his off-season hires of coaches on the defensive side of the ball. Has he accomplished his goal? Another good question.

Follow me @coachharveyhyde, and harveyhyde.com.

## FITNESS FOR LIFE

### OVERCOMING FITNESS SABOTAGE FROM LOVED ONES



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

Over the years I've seen a lot of reactions when one person in a couple starts a brand new fitness program. One thing has persisted. How often partners sabotage the fitness goals of their loved ones. It's not easy starting to work out and eat better. Especially if these habits have not been part of daily living for many years. So when a partner (knowingly or unknowingly) does things that hinder the other's progress or motivation it can derail their entire plan. If you are the one trying to get fit, be aware of the following ways that you could be getting set up for failure. If you're the spouse, do you recognize yourself doing any of these behaviors? It's difficult enough for your partner to start something new, stick to it and be dedicated enough to see change. You can help by knowing that these things are all detrimental to them in reaching their goals.

- **Unhealthy Eating Habits** - Encouraging or participating in unhealthy eating habits, such as bringing home tempting snacks or insisting on frequent high-calorie meals, can undermine your partner's efforts to maintain a healthy diet. Excessive drinking or late-night snacking can hinder your partner's fitness goals too.
- **Sabotaging The Schedule** - Intentionally disrupting your partner's workout schedule by creating conflicts or not allowing them the time and space needed for exercise can hinder their progress. For example, if you know your spouse regularly works out at 5 pm M-W-Th, be aware to not ask them to do other things at those times or distract them at that hour until it's too late for them to exercise. Constantly interrupting or belittling your partner's workout routine can disrupt their progress. Respect their commitment to exercise and help create a conducive environment.
- **No Emotional Support** - Everyone needs an encouraging word now and then. Ignoring or downplaying your partner's achievements and efforts to get fit can make them feel unappreciated. Emotional support is crucial for maintaining motivation and a positive mindset.
- **Using Guilt Or Pressure** - On the other side, forcing your partner to adhere to unrealistic fitness goals or using guilt as a motivator can create stress and resentment, making it harder for them to stay committed. Avoid setting up standards for your partner that are tough to reach or contribute to making them feel inadequate.
- **Not Participating** - If one partner is actively trying to get fit, and the other refuses to participate or engage in any physical activities, it can create a sense of isolation and lack of support. Find time to do something active together, no matter how little, to show you're both on the same page.
- **Focusing On Appearance** - Focusing solely on physical appearance rather than overall health and well-being may lead to unhealthy attitudes towards body image. Encourage mental and emotional well-being too.
- **Negative Comments** - Criticizing or making negative remarks about your partner's body or fitness routine can be demotivating and damaging. Constantly comparing your partner to others or making unrealistic expectations based on external influences can lead to feelings of inadequacy and frustration too.

So why do some people do these things? It could stem from a number of issues or a combination of many. For example, when one person changes the other could feel insecure and reflect upon their own accomplishments and shortcomings. Perhaps they perceive the possibility of being abandoned or that the spouse will find someone "better." Sabotage here could be a way to protect from potential emotional pain, especially if the person has experienced past traumas involving betrayal or abandonment. Joining a new group, making new friends and having a new source of fun can be threatening to a spouse and even produce feelings of jealousy. Control issues could arise where manipulation comes in to play to exert power. Then there are always those who might think it's fun to tempt the other with treats, drinks, snacks and other unhealthy items that they know are hard to resist. After all, who knows your weaknesses better than your significant other? But there's always the chance that the person doing any of these destructive things doesn't realize it, in which case it should be brought to their attention.

Whenever one individual in a couple embarks upon a fitness journey alone, the other needs to really be aware of how their behavior can impact results for the one they love. It's important for each to communicate how they feel and what they need from the other for success. Getting and staying fit can be a fun, motivating and exciting experience especially when improvements are noticed. Remember, we're all on the same team. Working to be healthier, look better, feel great and be the best we can be!

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

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



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