

DON'T FORGET TO VOTE! - TUESDAY, MARCH 5, 2024

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, MARCH 2, 2024

VOLUME 18 NO. 09



the webb-martin group

In Escrow



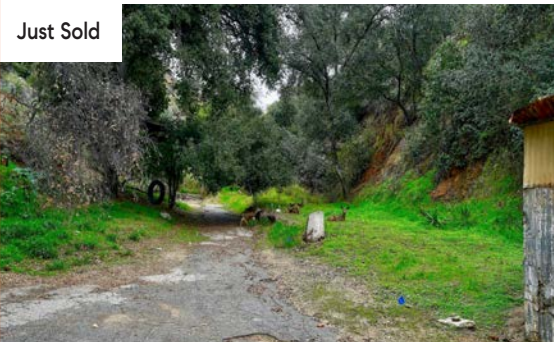
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In Escrow



Listed at \$1,498,000
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READY, SET, GO...ONLINE REGISTRATION FOR THE 2024 MOUNT WILSON TRAIL RACE BEGINS

The Mt. Wilson Trail Race is one of the oldest races in California. The first Mt. Wilson Trail Race was held in 1908. Runners raced to Mount Wilson, rested for a half hour, and then raced back down.

In the fall of 1965 the race was revived and is now an annual Sierra Madre event. The current race course is 8.6 miles in length starting at Kersting Court to Orchard Camp and back.

The 2024 Race will be held on May 25, 2024.

HOW TO REGISTER FOR THE 2024 RACE

Registration for this year's Mt. Wilson Trail Race (MWTR) opens on Monday, March 4, 2024, beginning at 8:00 am, and can be done online only by going to the Mt. Wilson Trail Race website at <https://www.mountwilsontrailrace.com> and using the MWTR registration link. MWTR registration costs are \$75 for adults and \$42 for youth ages 14 - 17. Participants must be at least 14 years of age by race day. All registered runners receive a goodie bag and t-shirt. The Mount Wilson Trail Race will be held on Saturday, May 25, 2024, starting at 7:30 a.m. in Kersting Court, with packet pickup beginning at 6:00 a.m. that day.

MWTR registration is limited to 350 people. Those interested in participating in this year's Mount Wilson Trail Race are encouraged to register as soon as possible, as registration is expected to sell out. There is no in person MWTR registration.

High school students can form teams of five or more to be eligible to participate in the MWTR



2023 Event - Photo by Dirk Bolle

High School Challenge by signing up with their school coach or adult representative. The cost is \$25 per student. To register for the High School Challenge or for more information, coaches should contact David Pejsa at david.pejsa@yahoo.com. Each 5 member team can be Boys only, Girls only, and Mixed (2 girls minimum) and schools can have multiple 5 member teams. Medals will be awarded to the top five members of Boys, Girls, and Mixed Teams. Schools represented in last year's High School Challenge were Flintridge Prep HS, LaSalle HS, Monrovia

HS, Pasadena HS, and Temple City HS.

Registration for the Kids' Fun Run (ages 3 - 13) is FREE and will take place on the morning of the MWTR. The total distances are 1.0 mile for ages 8 - 13 and .6 miles for ages 3 - 7. Parents may accompany their younger children during the Kids' Fun Run. All children participating receive a T-shirt and finisher's ribbon.

For questions regarding the 2024 Mt. Wilson Trail Race, please call the City of Sierra Madre Community Services Department at (626) 355-5278.

City of Sierra Madre

PUBLIC HEARING NOTICE

From: The City of Sierra Madre
Subject: Public Hearing: Mid-year Fiscal Year 2023-2024 Budget Review

Notice is hereby given that on March 12, 2024, at 5:30 PM, or soon thereafter, the Sierra Madre City Council will conduct a Public Hearing, to hear testimony on the mid-year Fiscal Year 2023-2024 budget review.

DATE AND TIME OF HEARING
City of Sierra Madre City Council meeting: Tuesday, March 12, 2024 - Hearing begins at 5:30 p.m., or soon thereafter.

All interested persons may attend this meeting and the City Council will hear them with respect thereto.

PLACE OF HEARING
This meeting will be conducted at City Council Chambers at 232 W. Sierra Madre Blvd. in the City of Sierra Madre, California, and will be recorded.

You may also watch the meeting on Spectrum Channel 3 (Government Access Channel) or live on the City's website at www.cityofsierramadre.com

Public Comment and testimony will be accepted at this Public Hearing. If you are not able to attend the meeting, but would still like to provide testimony, please e-mail public comments to: publiccomment@cityofsierramadre.com by 3:00 PM on the day of the meeting.

WELCOME TO OUR NEW SMSR VOLUNTEERS



Thanks to the newest members of The Sierra Madre Search and Rescue Team! Deputy City Manager Laura Aguilar administered the Oath of Office designating them as official Disaster Service Workers. These brave men and women are committed to helping save lives by joining our SMSR team which has been in existence since 1951.

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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



Shuttle Tickets On Sale Now!



WISTARIA FESTIVAL 2024
SUNDAY, MARCH 17, 2024 - 9:00 AM TO 5 PM
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Caltech

The Watson Lectures



**Lunar Trailblazer:
The Pioneering
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Set to Investigate
Water on the Moon**

Bethany Ehlmann

Professor of Planetary Science
Allen V. C. Davis and Lenabelle Davis Leadership Chair
and Director, Keck Institute for Space Studies



Scan to RSVP
and learn more

Free and open to the public

Event details

Date: Wednesday, January 31, 2024

Time: 7:30 p.m. PT

Where: In person only • Caltech's Beckman Auditorium

Join us at 6 p.m. to mingle with other guests and neighbors over pre-show activities, concessions, and live music.

The Watson Lecture Series offers a unique and accessible opportunity to learn more about cutting-edge science and engineering directly from Caltech's premier researchers.



Walter Cailleateau, DVM

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6-Day Forecast Sierra Madre, Ca.

Sun	Cloudy	Hi	50s	Lows	40s
Mon	Sunny	Hi	60s	Lows	40s
Tues	Sunny	Hi	60s	Lows	40s
Wed	Rain (40%)	Hi	50s	Lows	40s
Thur	Sunny	Hi	60s	Lows	40s
Fri	Sunny	Hi	60s	Lows	40s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

MARCH 12, 2024 5:30pm

THIS MEETING WILL BE HELD IN THE COUNCIL CHAMBERS!

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

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

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

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

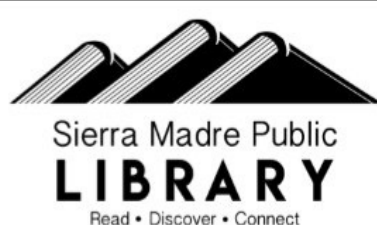
Sierra Madre's EMERGENCY radio station is now accepting scripts for Public Service Announcements (PSAs) about community events. PSAs will be broadcast on the air at no charge. The station operates 24/7 and can be heard at 1630 on the AM dial.

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.



This week at the
Sierra Madre
Public Library

March 4—March 9

Monday

Baby Rhyme Time —In-person at 9:00am

Preschool Storytime —In-person at

10:00am

Tuesday

Cricut Workshop—In-person at 12:00pm

Bookmark Contest—March 4 to April 11

Kids in grade K-8th can participate by drawing or writing about this year's theme, "Sierra Madre Stories". Showcase people, places, or things that depict the discovery and enjoyment of reading.

Read, Discover, Connect
@ Sierra Madre Public Library
350 W Sierra Madre Blvd
(626) 355-7186

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

"I always prefer to believe the best of everybody; it saves so much trouble."
Rudyard Kipling

"Isn't it nice to think that tomorrow is a new day with no mistakes in it yet?"
Lucy Maud Montgomery

No more discussion about rain. It's going to be Spring. It's going to be beautiful. The Wistaria is going to bloom like never before. All Sierra Madre's gardens will be absolutely awesome. Wildflowers will bloom on every hill and there will be peace in our little corner of the world. Trust me!

That quote by Rudyard Kipling up there at the top is a wonderful thought. I totally agree with it and live my life that way. However, there is currently a person or entity of some sort that is continually hacking into my computer, attempting to either rob me blind or drive me around the bend. I am not thinking the best of that person. The tech guy is coming tomorrow to see if he can find my menace and banish him forever to someplace unpleasant.

Friday, March 1st, was our daughter, Patti's, birthday. You will remember Patti is our Leap Year birthday girl. The 1st was also our granddaughter, Nicole's, birthday. Patti gave herself the gift of a lifetime some years ago on her birthday. Her daughter, Nicole. Happy birthday, Patti and Nicole, a few days late. I know the day was filled with joy, laughter and delight. These women are awesome.

And, speaking of awesome, I don't know if you've heard of this book: The Book of Awesome, by Neil Pasricha, which I bought for myself from Amazon for \$11.08. Neil listed so many absolutely awesome things in his book... small simple things. It got me thinking about all the awesome things around me. The picture today is of flowers... awesome!

Awesome is an adjective meaning extremely impressive or daunting, inspiring great admiration. You'll be able to whip up your own list of awesome things in about ten seconds because we are surrounded by awesomeness. Here are a few of mine:

- Being inside and watching rain pouring down outside.
- Watching the sun come up every day.
- The first cup of coffee in the morning. And a lemon muffin to go with it.
- Seeing a friend you haven't seen in a while.
- Reading a really good book.
- Finding a \$5 bill in your pocket.
- Getting a letter in the mail.
- Turning the seat warmer on in your car.
- Having a good hair day.
- Finding the sheets or towels you've been dying to have unexpectedly on sale.
- Flowers. Any kind of flower, any color, any shape.
- Weighing yourself and finding you've actually lost a pound or two.
- Unexpectedly seeing the full moon early in the morning.
- Watching a hummingbird build a nest in the tree outside your window.
- Knowing God loves us no matter what.
- Crawling into bed with clean sheets on it.
- Seeing pictures of your grandchildren doing adorable things.
- Going out to eat and finding you have rewards and your bill is \$10 less.
- Turning on your car and one of your favorite Jimmy Buffet songs is playing.

In a world where you can be anything you want to be...Be KIND!
"Until further notice, celebrate everything!" David Wolfe

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.



SIERRA MADRE WHALE WATCHING EXCURSION



Join the Community Services Department for its annual Whale Watching excursion in Newport Beach on Saturday, March 16, 2024 from 10:00am-4:00pm. Enjoy a two hour narrated tour by Davey's Locker staff, charter boat with a two level viewing deck, and charter bus transportation to and from Newport Beach. Snacks are available for purchase on the boat, or lunches can be brought aboard. Transportation leaves from the

Hart Park House Senior Center, 222 W. Sierra Madre Blvd., Sierra Madre, CA 91024.

Date: Saturday, March 16, 2024

Time: 10:00am - 4:00pm

Cost: \$28.00 per person

Registration Deadline: Thursday, March 14, 2024

Registration can be done in person at the Hart Park House Senior Center, or online at www.cityofsierramadre.com/online-registration. For more information call the Community Services Department at 626-355-5278.



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Pasadena Altadena

News From Your Community For Your Community

Pasadena 'Herstory' 2024 Women at Work

The City of Pasadena's Commission on the Status of Women is set to host "Herstory 2024: Women at Work Overcoming Barriers and Bias", on Thursday from 6 p.m. to 8 p.m. at All Saints Church.

This free event will feature a thought-provoking panel discussion centered around the challenges and opportunities for women in professions historically dominated by men. Our diverse panel of local women, comprised of accomplished professionals and advocates, will share their invaluable insights, experiences, and strategies for navigating and breaking barriers in these fields.

Welcome remarks will be provided by Los Angeles County Supervisor Kathryn Barger. Panelists include Green Splendor Landscaping founder Lupe Perez, Pasadena Fire Department Captain Jodi Slicker, and Dean of Pasadena Community College's Career and Technical Education Division Dr. Arminé Derdarian. The panel will be moderated by Laura Farber, a partner at Hahn & Hahn LLP.

Discussion Highlights:

- Identifying systemic challenges hindering women's progress in male-dominated industries.
- Sharing success stories and strategies for career advancement.
- Discussing initiatives and measures to foster inclusivity and gender equality in these sectors.
- Exploring the role of mentorship and support networks in empowering women professionals.

Before the panel discussion, there will be time for networking with community partners, providing an opportunity for attendees to engage in meaningful conversations, establish connections.

All Saints Church is located 132 N. Euclid Ave.

Einstein in Pasadena

In an upcoming Caltech event learn about Albert Einstein's time at Caltech and celebrate his birthday (one day early) at the next Watson Lecture "Einstein in Pasadena: Between Two Worlds" Wednesday, March 13, at 7:30 p.m. This event will be in person only at the Beckman Auditorium

Learn about Einstein's scientific work and private life during the late 1920s and the early 1930s, when the physicist visited Caltech for three winters in the California sunshine.

Join the preshow festivities to celebrate Albert Einstein's birthday.

The Beckman Auditorium is located 200 East California Blvd.



Bob Lucas Library to Close for Renovations

Altadena Library officials announced Thursday that The Bob Lucas Library will close for at least one year for a complete renovation – the last day the library will be open is April 10.

Library officials expect to break ground on April 18.

According to officials, through the passage of Measure Z in November 2020, the Altadena Library District is embarking on an ambitious multi-year project to repair, modernize, and improve both the Main Library and the Bob Lucas Memorial Library.

Goals for the libraries include: Expand the The Bob Lucas Library with an indoor-outdoor reading court and suite of rooms for literacy programs; Reconfigure the interior and exterior areas to maximize space; Uplift and invest in the visual appeal of the building to make the library the landmark it should be.

The Main Library is expected to see the library easier to

use and fully accessible for everyone; Make essential structural, seismic, and safety repairs while maintaining the unique and historic mid-century architecture; Make the most of indoor and outdoor areas, developing fun, flexible and future-proof spaces.

Measure Z, passed by 72.35 percent of registered District voters, authorized the Altadena Library District (ALD) and the Community Facilities District (CFD) to issue bonds to be secured by the levy of special taxes on taxable property within the District. The ALD, CFD issued the bonds for the capital improvements in February 2022. Measure Z authorized for up to \$24 million to be issued.

The Board of Trustees appointed the (CFD) as a Standing Committee to provide oversight of the bond issuance and proceeds. They serve as an advisory committee to the full Board of Trustees on any decision being made and voted on.

Construction on both libraries is expected through 2025.

In preparation for the expansion the Friends of the Altadena Library will host a special book sale at the Bob Lucas Library on Friday, April 12 and Saturday, April 13.

For more information visit: altadenalibrary.org/next-chapter.

St. Patrick's Swing Band Concert

At the Pasadena Senior Center Featuring the Great American Swing Band

Get ready to dance with the leprechauns at the annual Pasadena Senior Center St. Patrick's Day concert and dance, set for Saturday, March 16, at 1:30 p.m. All community members are invited to attend the event, which will feature the Great American Swing Band.

Bandleader and trumpet player Jodi Gladstone and vocalist Linda Vogel will be featured as the Great American Swing Band performs a variety of musical favorites from the Big Band era and beyond that will keep parties dancing and tapping their toes. Light snacks will be available, and guests are encouraged to wear green to show their Irish spirit!

The cost is only \$8 for members of the Pasadena Senior Center and \$12 for non-members of all ages. Pre-registration for this popular event is suggested; only cash payments will be accepted at the door.

To register or for more information, visit: pasadenaseniorecenter.org and click on Activities & Events, then Special Events or call 626-795-4331.

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

The Center is located at 85 E. Holly Street in Pasadena.

Hours of operation are Monday through Friday from 8:30 a.m. to 4:30 p.m. and Saturday from 8 a.m. to noon.

To learn more, visit www.pasadenaseniorecenter.org or call 626-795-4331.

Abolitionist Gravesite in Altadena Gets Historical Landmark Nomination



The Los Angeles County Board of Supervisors unanimously approved a motion Tuesday, introduced by Supervisor Kathryn Barger, that nominates renowned abolitionist Owen Brown's gravesite to be designated as a Los Angeles County Historical Landmark.

A commemorative rustic stone and additional stones placed to mark the presumed outline of Mr. Brown's body currently identify his final resting place in Altadena, on a hilltop at the northern end of El Prieto Road.

"It is a great honor to nominate Owen Brown's gravesite as a historical landmark," said Supervisor Kathryn Barger. "His fight against slavery and unwavering commitment to treating all human beings with dignity, respect, and equality reflects his courage and vision. Preserving his gravesite will help future generations pay homage to his memory."

Supervisor Barger also thanked members of the Altadena

community who have formed the Owen Brown Committee and have served as advocates for the historic landmark designation.

Committee member and local Altadena resident Michele Zack provided public testimony during the Board of Supervisors' meeting. "It's a long time coming," Zack stated. "Altadena Heritage first nominated the site in 1989, but it was turned down. We have kept alive efforts to honor this sacred site – a memorial to those who fought to end slavery in America – for over 35 years."

Owen Brown was born on November 4, 1824 in Hudson, Ohio – one of twenty children from his father's (abolitionist John Brown) first family. At the time of his death, he was the last survivor of John's Brown's historic raid on Harpers Ferry. He died in Altadena on January 8, 1889. When his funeral was held, two days later in Pasadena, a local newspaper at the time reported, "It was a historic day in Pasadena."

Pasadena Senior Games Registration Opens March 21

Pull out your running shoes, swimsuit or pickleball racket as registration opens on Thursday, March 21 for the Pasadena Senior Games – the Olympics-style competition for older adults age 50 to 100 years old.

All members of the community are welcome to register to compete in 16 different athletic events, which last year included 1,100 participants with a 50 to 100 year age span. This year's games are scheduled for Saturday, May 11 to Sunday, July 21 at a variety of venues across Southern California. Previous competition experience is not required and athletes of all skills levels are welcome.

Seven of the athletic events are State Qualifiers for 2025 National Senior Games, which will take place in Des Moines, Iowa, Thursday, July 24 through Monday, August 4, 2025.

To register, visit: pasadenaseniorecenter.org and click on Activities & Events, then Senior Games. Registration for the Pasadena Senior Games is fee-based.

For the first time in 2024, competitors in a Fitness Challenge will visit seven fitness zones in sequence to complete

the challenge. Zones include Farmer's Hold, Jump Rope, Dumbbell Arm Press, Medicine Ball Sit-ups, Push-ups, Standing Long Jump, and Bike Ride (Stationary). A cumulative point total of each competitor's final score will be used to award medals to the top three, by age group in five-year increments, for men and women.

"Every year the Pasadena Senior Games promotes healthy lifestyles for older adults through education, fitness and the spirited competition of sports," said Akila Gibbs, executive director of the Pasadena Senior Center. "These remarkable athletes are shining examples of the benefits of an active lifestyle that embraces health and vitality."

According to research conducted at a Centers for Disease Control and Prevention (CDC) Research Center, older adults can reap an array of rewards from physical activity, ranging from improved physical, emotional and social health scores to a decreased risk of hospitalization.

For more information, email sports@pasadenaseniorecenter.org or call 626-685-6755.

City Expands Clean Energy Goals with Solar Power Deal



As part of Pasadena's commitment to clean energy, city officials announced Tuesday that they are expanding the city's energy portfolio with more solar power. The City Council had approved 105 megawatts (MW) of solar power and 55 MW of battery storage from Bonanza Solar, LLC, a 300 MW solar photovoltaic generating and Battery Energy Storage System (BESS), developed by EDF Renewables, located in Clark County, Nevada.

The 20-year contract, scheduled to begin delivering energy in 2028, was negotiated by Pasadena Water and Power (PWP) and procured through the Southern California Public Power Authority (SCPPA), a joint powers authority helping its participating members (including PWP) reduce their overall costs.

"This solar agreement is an important step forward in meeting our goal to source 100% of Pasadena's electricity from carbon-free sources by the end of 2030," said

Mayor Victor Gordo. "This contract is especially timely considering Pasadena's exit from the Intermountain Power Project. The City, Pasadena Water and Power, and the residents of Pasadena are committed to a clean energy future."

In 2023, PWP expanded its energy portfolio to include contracts for 25 MW geothermal energy, and one third share of a 117 MW solar energy project. Both acquisitions, which are expected to begin delivering energy in early 2028, were also negotiated through SCPPA and are key to reaching Pasadena's sustainability goals.

Pasadena Water and Power (PWP) provides electricity to more than 65,000 customers within Pasadena. PWP delivers water to nearly 38,000 households and businesses in Pasadena and adjacent communities in the San Gabriel Valley. As a community-owned utility, PWP is a not-for-profit public service owned and operated by the City of Pasadena.

Leonora Moss

9 Kersting Court, Sierra Madre, CA 91024
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San Marino Upcoming Events & Programming

Complete the Budget Priority Initiatives Survey by Sunday

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

Lunar New Year Festival Postponed to March 10

The Lunar New Year Festival, previously scheduled for Sunday, March 3, has been postponed to Sunday, March 10, due to anticipated rainy weather over the weekend. Please update your calendars and come celebrate Lunar New Year with the Chinese Club of San Marino and the community at Lacy Park on the rescheduled date. The event will take place from 10 AM to 3 PM and promises a day filled with fun park activities, performances, entertainment, games, and delightful food. Admission is free, so make sure to mark your calendar and join us for an amazing time.

Coffee Connections

Weekly on Monday and Wednesday from 9 - 11 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 10 AM. This program is for active adults ages 55+. Registration is required.

Slime Therapy

Thursday, March 7 at 3 PM, Barth Community Room

School got you stressed out? Teens in grades 6-12 are invited to join us in creating slime, a mindfulness activity which can help calm the nervous system. All materials will be provided. Registration is not required.

Native American Tribal Dance and Culture

Saturday, March 9 at 2 PM, Children's Area

Spring is an important time to many Native American cultures as it signifies rebirth, renewal, and the return of animals and flowers. Join Ben Hale, a member of the Navajo tribe, as we welcome the spring equinox. In brilliant, authentic regalia, Ben will introduce a variety of dances and stories from tribes across North America. Registration is not required.

East Meets West Parent Education Club

Sunday, March 10 from 2 - 4 PM, Barth Community Room

This multicultural parent club presents professionals who share their knowledge and pass on skills to the local parents on how to raise their children in an international and competitive world. Although the program is presented in English, Mandarin speakers will be on hand to translate. Registration is not required.

Maker Mondays

Monday, March 11 at 3:30 PM, Barth Community Room

Is your child a budding engineer or LEGO fanatic? Then join us for this new monthly STEM program where kids ages 4-11 will build unique and open-ended creations with a surprise material each time. Will it be LEGOs or KEVA planks? Straw builders or a marble run? Only one way to find out! Registration is not required.

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.

Spring Stroll & Sidewalk Sale

Join the community for a delightful 'Spring Stroll & Sidewalk Sale' on Saturday, March 23rd, from 11 AM to 4 PM at The Shops at Mission Village in San Marino! Embrace the local charm as we encourage our community to shop, dine, and live local. Bring your friends, family, and neighbors for a shared shopping experience and a fantastic opportunity to support local businesses! See you on March 23rd

Meetings

Design Review Committee

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

Recreation Commission Meeting

Monday, March 11 at 6:00 PM; Barth Room and Zoom (Public Access)

City Council Meeting

Wednesday, March 13 at 6:00 PM; City Hall Council Chambers and Zoom (Public Access)

Unveiling the Healing Powers of Native Flora and Fauna with Matthew Teutimez



On Tuesday, April 16, at 7:00 p.m. in the Library Community Room (1115 El Centro), special guest speaker Matthew Teutimez, Elder of the Gabrieleño Band of Mission Indians - Kizh Nation, and Biologist and Director of Resources for the Tribe, will present Greening South Pasadena: Unveiling the Healing Powers of Native Flora and Fauna for Earth and Body. Matthew specializes in ethnobotanical and cultural uses of native flora and fauna - including food and medicine - and will discuss sustainability for the present and future generations residing in the Los Angeles Basin.

Matthew Teutimez is an enrolled member of the Gabrieleño Band of Mission Indians - Kizh Nation, and has been designated by his Tribe to possess and share Kizh-Gabrieleño cultural knowledge and practices taught to him by Chief Ernie P. Teutimez-Salas along with multiple Elders of the Kizh-Gabrieleño Tribe.

Matthew received both his Bachelor and Master of Science degrees in Biology from California State University, Long Beach and is a visiting scholar at the University of Southern California, working on an interdisciplinary and multi-university project

to map and describe the landscape history of the Los Angeles Basin. He is a member of several committees and workgroups including the California Environmental Protection Agency's (CalEPA) Tribal Advisory Committee; CALEPA's Community Science Model Workgroup; the City of Los Angeles' Tree Ambassador Program; and Los Angeles Sanitation & Environment's Biodiversity Workgroup.

Matthew is also the founder and executive director of an indigenous non-profit known as Xârvo - Laboratory for Indigenous Knowledge Systems, which was created to integrate and apply indigenous methods and knowledge into environmental stewardship, food, medicine, and land management projects.

This program is part of the Library's Sowing South Pasadena initiative, which will present a series of programs and activities from January through May 2024 that celebrate sustainability and promote community engagement. Sowing South Pasadena is supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.

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 Hoffmiz 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.

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.

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 can report their concerns to Pasadena Humane at (626) 792-7151 ext. 102.

For more information, visit: cityofpasadena.net/parks-and-rec/park-rules.

Pasadena to Hold Online Property Management and Landlord Workshop

The City of Pasadena Rental Stabilization Department will be hosting an educational workshop designed for landlords and property managers. The "Beyond the Basics" workshop is scheduled to take place via Zoom on Tuesday, March 19, from 6:30 p.m. to 8 p.m., and registration is highly encouraged.

Facilitated by Stephanie Chandler, Esq. of the Housing Rights Center, the workshop provides valuable insights from her extensive legal experience guiding landlords and tenants to comply with Pasadena's rent control regulations.

This marks the second comprehensive workshop, and in line with any new law, the Rent Stabilization Department aims to provide clarification and education to landlords, property managers, and tenants. Attendees of the Beyond the Basics workshop can expect interesting discussions covering topics including the recently established petition process, rent rollback, legal rent increases, just cause for evictions, clarification on Section 8 and its application to Pasadena Rent Control Laws, and relocation. While these workshops do not substitute professional legal counsel for specific situations, they offer valuable free insights from an attorney about compliance with the measure and general experiences. Spanish language interpretation will be available for this online workshop. In addition to the topics covered, Rent Stabilization Department Interim Executive Director Phillip Leclair will introduce landlords and property managers to the new City department and provide an overview of efforts underway to launch new services.

Workshop information:

Beyond the Basics: Landlord and Property Management Workshop will be via Zoom on Tuesday, March 19, 6:30 pm-8 p.m.; registration: Bit.ly/March19thWorkshop. Space is limited, and registration is recommended.

Learn more about the Pasadena Rent Stabilization Department by visiting CityOfPasadena.net/Rent-Stabilization

The Pasadena Rental Housing Board meets at 6 p.m. on the 2nd and 4th Wednesdays at the Jackie Robinson Recreation Center, 1081 North Fair Oaks Avenue

City of Pasadena to Replace Water Mains along Fair Oaks

Pasadena Water and Power (PWP) announced last week 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.

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, visit PWP's website, at PWPweb.com/FairOaks or call PWP Water Distribution at (626) 744-4456.

Pasadena Election Charter Amendments R, S, and T

City officials released a rundown last week of Measures R, S, and T to be on Tuesday's Election ballot so residents can decide whether to approve amendments to the Pasadena City Charter - the City Council voted unanimously in December to move forward with the Measures.

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

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

The Measure S amendment will require the City Council to set limits by ordinance for contracts, purchases, and claim approvals. It will maintain oversight, improve city response, and enhance efficiency in executing contracts. Measure S streamlines the procurement process and eliminates a burdensome process for a contractor/business owner and the city, allowing for more efficient handling of contracts to save time and money. The amendments will help identify

inefficiencies, unnecessary expenses, and potential waste, ensuring that public funds are used wisely and projects are executed within budget.

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

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

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

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

SOUTH PASADENA PUBLIC LIBRARY

Next meeting is March 13th!

WALKING BOOK CLUB

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

Our March book discussion will feature Yellowface by R.F. Kuang.

Our April book discussion will feature Collapse by Jared Diamond.

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

Registration and a signed waiver is required! Register at www.southpasadenaca.gov/register.

Catch breaking news at:
mtnviewsnews.com

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

Brought to you by Sue Cook

March 8**ArtNight Pasadena**

Join in this citywide art and culture celebration as the city's museums and cultural institutions open their doors for Free. 6:00 p.m. – 10:00 p.m.

March 9**Jurassic World at The Arboretum**

Enjoy a blockbuster film and meet Blue, the Raptor from Jurassic World. Indulge in delicious food and engage in activities for all ages. 5:00 p.m. – 8:00 p.m.

March 10**Barks and Brews at The Arboretum**

Meet adoptable pets from Pasadena Humane, bring your canine friend for a tour of the garden, and enjoy craft beer and delicious bites. 11:00 a.m. - 4:00 p.m.

March 17**St. Patrick's Day Luncheon**

Join The Irish Center of Southern California in celebrating St. Patrick's Day with buffet lunch, live Irish music, and dance. 11:30 a.m. – 2:00 p.m.

March 17**Sierra Madre Wistaria Festival**

Tour the world's largest Wistaria vine and enjoy the festival including 100 crafters and food vendors. 9:00 a.m. - 5:00 p.m.

March 22**Cultivate: A Living Plant Museum at Descanso Gardens**

Enjoy fascinating tours, live demonstrations, workshops and a DJ in the gardens. 4:30 p.m. - 7:00 p.m.

March 23**Adult Night Hike: Wizarding Worlds of Plants at The Arboretum**

Explore the magic of plants that have inspired legends, folklore, and wizardry for centuries. 7:30 p.m. – 9:00 p.m.

March 24**Women's History Event: Exclusive Mansion Tour**

Tour the historic Victorian Pasadena home of businesswoman Eva Scott Fényes on Millionaire's Row. Includes entrance into the Pasadena Museum of History galleries.

March 30**Spring Florals Workshop at The Langham**

Learn the art of creating captivating floral arrangements, including selecting and arranging a variety of seasonal blooms. Includes champagne and small bites. 1:30 p.m. – 3:00 p.m.

March 30**Spring Egg Hunt and Healthy Kids Day in Monrovia**

Enjoy an afternoon of fun activities including carnival games, crafts, bunny photos, and egg hunts.

March 30**Spring Eggstravaganza at Arcadia County Park**

Enjoy games, face-painting, crafts, and an egg hunt. 10:00 a.m. – 11:30 a.m.

Ongoing Events**March 14, 15, 16****Legally Blond: The Musical at The Arcadia Performing Arts Center**

The award-winning high school theatre students of Arcadia Stage present this spectacular musical.

March 23, 24**Pasadena Spring Home Show at The Pasadena Convention Center**

This inspiring home show features a wide selection of home improvement professionals in a fun, interactive setting.



SUE COOK

COMPASS

DRE# 02015404

DR. SEMEEN ISSA TO ILLUMINATE FIRST AVENUE MIDDLE SCHOOL'S OFFERINGS AND COLLABORATIVE EFFORTS WITH ARCADIA COMMUNITY COORDINATING COUNCIL

Dr. Semeen Issa, an esteemed educator with 39 years of dedicated service to the field of education, is set to share insights into the enriching educational environment offered at First Avenue Middle School. As the Principal of First Avenue Middle School in the Arcadia Unified School District, Dr. Issa brings a wealth of experience and a steadfast commitment to fostering academic excellence and holistic development among students.

Dr. Issa embarked on her illustrious career in 1985, serving as an educator at Hobart Blvd. Elementary School in the Los Angeles Unified School District. After 15 years of shaping young minds at the elementary level, she transitioned to First Avenue Middle School, where she continued to inspire and empower students as a middle school teacher. Recognizing her dedication and leadership abilities, Dr. Issa assumed the role of Assistant Principal at First Avenue Middle School, subsequently ascending to the position of Principal six years later.

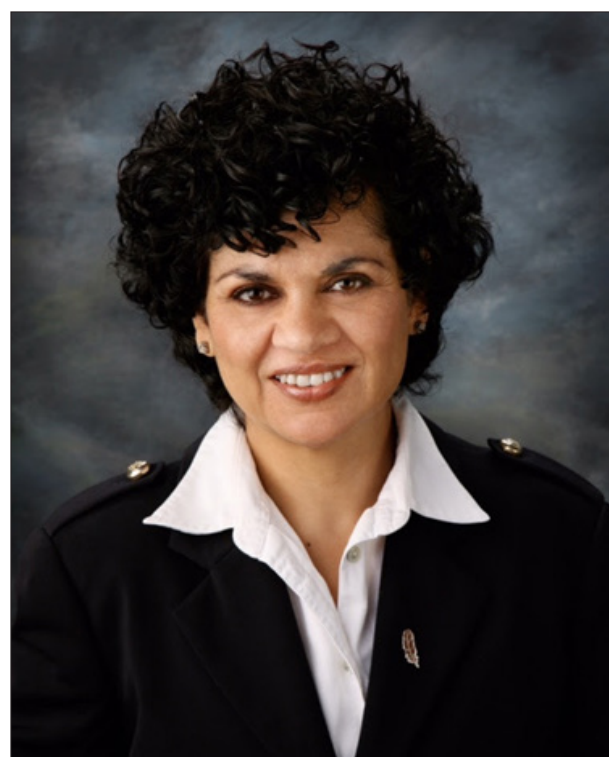
Throughout her tenure at First Avenue Middle School, Dr. Issa has remained a steadfast advocate for all students, spearheading initiatives and programs designed to cultivate leadership skills and enhance the middle school learning experience. Her educational philosophy centers on ensuring that students from diverse cultural backgrounds feel valued and empowered to become leaders. Dr. Issa firmly believes in the potential of adolescents and has worked tirelessly to create innovative spaces where students can unleash their creativity and excel in various disciplines, including technology, performance arts, computers, and coding.

"I am deeply passionate about creating a supportive and inclusive learning environment where every student can thrive," remarked Dr. Semeen Issa. "At First Avenue Middle School, we are committed to nurturing the talents and potential of each student, equipping them with the skills and confidence they need to succeed in an ever-changing world."

In addition to her professional endeavors, Dr. Issa is a proud parent to three adult children and a doting grandmother to her grandson, all of whom reside in Southern California.

During her upcoming presentation, Dr. Issa will not only showcase the exceptional offerings of First Avenue Middle School but also shed light on the collaborative opportunities with the Arcadia Community Coordinating Council. This partnership aims to facilitate student participation in the school's yearly camp activities, ensuring that all students have access to enriching and transformative educational experiences outside the classroom.

Members of the press and community are invited to attend Dr. Issa's presentation to learn more about First Avenue Middle School's offerings and its collaborative initiatives with the Arcadia Community Coordinating Council.



Dr. Semeen Issa,

Event Details:

- Date: Monday, March 4, 2024
- Time: 11:30 am
- Location: Villa Catrina, 251 N. Santa Anita Blvd., Arcadia

About First Avenue Middle School:

First Avenue Middle School is a leading educational institution committed to fostering academic excellence, personal growth, and community engagement among its students. With a rich tradition of educational innovation and a dedication to nurturing the whole child, First Avenue Middle School prepares students for success in high school, college, and beyond.

About Arcadia Community Coordinating Council:

The Arcadia Community Coordinating Council is dedicated to promoting collaboration and resource-sharing among community organizations, schools, and residents to enhance the quality of life for all members of the Arcadia community. Through its various initiatives and programs, the Arcadia Community Coordinating Council strives to build a stronger, more vibrant community where every individual can thrive.

Catch breaking news at:
mtnviewsnews.com

MONROVIA CALL FOR ARTISTS

Artists are encouraged to submit qualifications for the Route 66 Pedestrian Bridge Art Installation.

The City of Monrovia is seeking an artist to create an art installation on the pedestrian bridge located between 602 and 605 Huntington Drive. The installation can be comprised of various art mediums including a mural, metal panels, etc. The theme of the art is Celebrating Route 66. Qualifications will be accepted through March 29.

Established in 2004, Art in Public Places is an integral part of Monrovia's diverse and prosperous community. It brings people together and encourages meaningful connections. Monrovia has a robust art collection comprised of various pieces that humanizes the built environment and is freely accessible.

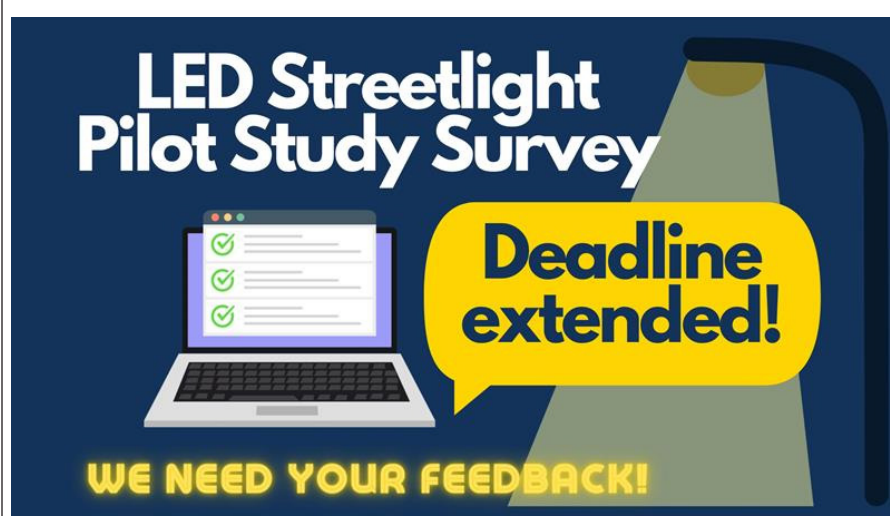
For questions regarding Art on the Box or Art in Public Places, please contact Kerri Zessau at 626.932.5564 or kzessau@ci.monrovia.ca.us.

About City of Monrovia

All the warmth of Southern California and the advantages of a gorgeous natural environment unite to create a place that is beautiful, historic, cultural, economically diverse and inviting. The City of Monrovia is home to nearly 40,000 active and engaged residents. This growing city distinguishes itself from other communities with its dynamic small-town charm and collection of high-tech industry. A world of amenities is available here: everything from world-class cultural facilities to glorious recreational outlets to top-rated education. The City's vibrant economy fosters enhanced job creation while a commitment to revitalization and development ensures that Monrovia maintains its attractive neighborhoods.

For more information about the City of Monrovia, visit cityofmonrovia.org, "Like" City of Monrovia on Facebook and follow the City on Instagram @cityofmonrovia.

MONROVIA LAUNCHES LED STREETLIGHT PILOT STUDY



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 Alhambra 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! Then, take the survey linked below.

Responses are due by Friday, March 8, 2024.

NEW! BARKS & BREWS AT THE ARBORETUM



You and your canine friend are invited to our first-ever dog event in the garden!

Sunday, March 10; 11am-4pm

Imagine you and your canine buddy taking a leisurely Sunday walk in a 127-acre garden. Oh my, what a nature adventure! That's what our first-ever Barks & Brews experience is all about: A day of happy dogs and relaxed owners enjoying craft beers and delicious bites.

Barks & Brews, presented by Fera Pets, is about dogs, their well-being and companionship. The Arboretum is partnering with Pasadena Humane, which will have its mobile adoption truck onsite and offer helpful pet information. Enjoy food trucks and craft beers from Mt. Lowe Brewing Company.

The Barks & Brews event is included in garden admission. The fee for a dog is \$10, which benefits Pasadena Humane and L.A. Arboretum Foundation. Reserve tickets now. Our garden etiquette requires that dogs always remain leashed.

What: Barks & Brews at the LA County Arboretum
When: Sunday, March 10, 2024
Time: 11am-4pm
Where: Los Angeles County Arboretum and Botanic Garden
301 North Baldwin Avenue
Arcadia, CA 91007 www.arboretum.org

Tickets: Regular admission+\$10 fee per dog; members free+\$10 dog fee.



AROUND SAN GABRIEL VALLEY

L.A. COUNTY SUPERVISORS SEEK INVESTIGATION OF HOME INSURANCE COMPANIES' POLICIES

Last week, the Los Angeles County Board of Supervisors unanimously passed a motion introduced by Supervisor Kathryn Barger and co-authored by Supervisor Lindsey P. Horvath that mobilizes the County's advocacy on behalf of homeowners who are struggling to get or keep their insurance coverage due to wildfire threat.

The County will ask California Insurance Commissioner Ricardo Lara to investigate the compliance measures that insurance companies require from homeowners to keep their coverage.

"It's no secret that insurance providers have become more conservative due to increased wildfire threats statewide," noted Supervisor Kathryn Barger. "As a result, homeowners are increasingly being put in a very tough position: pay higher premiums and comply with varied, costly, and inconsistent mitigation requirements or lose your insurance. I've heard from many of my constituents district wide who are facing steep cost increases or being dropped altogether by their insurance carriers and

left to fend for themselves. That's simply unacceptable."

"As our climate warms, our hillside and mountain communities face increasing fire danger and limited options for fire insurance," said Board Chair Lindsey P. Horvath. "This dichotomy results in mounting financial challenges putting Angelenos even more at risk. Los Angeles County is standing up for impacted communities to make sure they are able to access life-saving insurance coverage."

The motion also mobilizes Los Angeles County's legislative advocacy team, directing them to seek opportunities for the County to support proposed laws that would stabilize California's fire insurance market and enhance protections for homeowners.

A recent constituent call to Supervisor Barger's office reported a 600 percent increase in the annual premium for insurance for homeowners in the City of Pasadena.



ART OF THE GARDEN

SAVE THE DATE!
Sunday
April 14, 2024



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

creativeartsgroup.org



108 N Baldwin, Sierra Madre
626-355-8350



*Pasadena
Community
Orchestra*

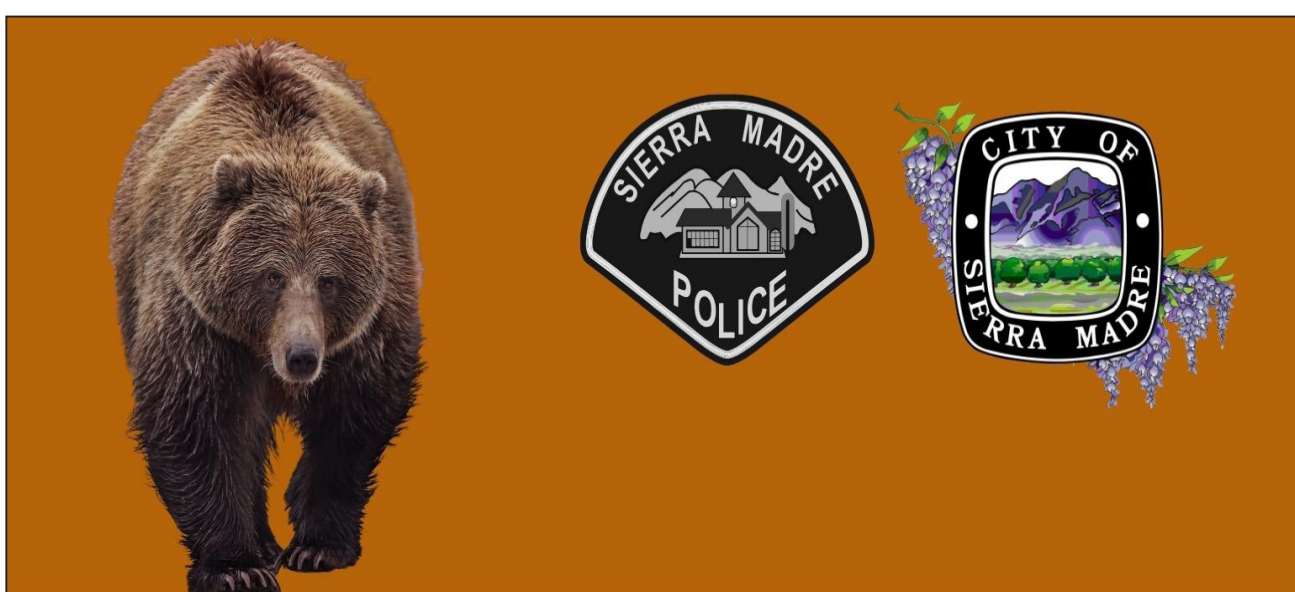
Free classical music concerts performed by skilled and enthusiastic local musicians!

Friday, March 15 8:00pm
featuring an exciting concerto for percussion!

First Church of the Nazarene
3700 East Sierra Madre Blvd, Pasadena
Plenty of free parking

Future concerts: Friday, May 10 and Saturday, June 8

www.pcomusic.org info@pcomusic.org



WILDLIFE REPORTING

CALL 911 IF: -

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

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

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

Wildlife.ca.gov - REPORT ALL INCIDENTS TO CALIFORNIA DEPARTMENT OF FISH & WILDLIFE FOR DATA COLLECTION

Wildlife@cityofsierramadre.com - REPORT ALL INCIDENTS TO CITY OF SIERRA MADRE FOR DATA COLLECTION

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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>INFORMATION FROM THE LOS ANGELES COUNTY REGISTRAR'S OFFICE</p> <p>OFFICE VOTE CENTERS – 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

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PET FRIENDLY RESTAURANTS UPDATED

First of all, the term “pet friendly” might be considered an oxymoron. The rule of the thumb is that the restaurants have some sort of outdoor (al fresco) patio dining. Each city has its own regulations on laws about bringing Fido to restaurants. Here are a few guidelines that I have come up with.

To keep obliging restaurants happy with their decisions to include pets, here are some etiquette rules you and your pet should follow when dining out:

- Keep your animal leashed at all times.
- No barking
- No begging
- No jumping
- No eating off the table
- No sitting on chairs, tables or benches
- Do not enter the inside of the restaurant.
- Current vaccination tags should be on pet's collar
- Bring your own food dish and water bowl. Health codes prohibit pets from eating and drinking from restaurant dishes and glasses.
- Get your pet to sit under or as close to the table base as possible to reduce the chances of your waiter tripping over your pet

Now that we got that out of the way here is a list of local favorites, did I miss a spot? Please email me!!

The wonderful Raymond Restaurant 1886 is a great place for happy hour and, depending on the weather, a great place for your pooch. I have it on good authority that all three Lucky Baldwin's allow pets and that the Old Pasadena location even has some treats on the menu (beer?). Sierra Madre's Casa Del Rey is very dog friendly and has water bowls for Lil Milo and you can enjoy the tacos, right across the street is the Wisteria, yes just visited there last night!!! One of my favorite Italian restaurants is Mi Piacce - space is limited but they will welcome your puppy with open arms. Looking for some Tex with your Mex? El Portal on Colorado Blvd. has a great patio and is perfect for a meeting of you and your pooch. Porta Via Italian Foods on California tells me that they are dog friendly. Well, the Dog Haus better be dog friendly, right? Check out both locations, but I would suggest the one on Green St. The new True Foods is a great place for a Sunday Mimosa on their patio, and Bella will feel like a champ. If you like Susan Henderson and golfing is your thing take your pug to Brookside Golf Course! Well, I know I missed a few but that's a great list to start with.

Tune in this Sunday afternoon at 5 PM AM 830 Angels Radio diningwithdills@gmail.com



Level: Easy
 Total: 13 hr
 Prep: 15 min
 Inactive: 12 hr
 Cook: 45 min
 Yield: 12 servings

INGREDIENTS

- Butter, for greasing
- 1 loaf crusty sourdough or French bread
- 8 whole eggs
- 2 cups whole milk
- 1/2 cup whipping (heavy) cream
- 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 2 tablespoons vanilla extract
- 1/2 cup all-purpose flour
- 1/2 cup firmly packed brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- Freshly grated nutmeg
- 1 stick cold butter, cut into pieces, plus more for serving
- Warm pancake syrup, for serving
- 1 cup fresh blueberries, for serving

DIRECTIONS:

Special equipment: 9-by-13-inch baking pan

For the French toast:

Grease the baking pan with butter. Tear the bread into chunks, or cut into cubes, and evenly distribute in the pan. Crack the eggs in a big bowl. Whisk together the eggs, milk, cream, granulated sugar, brown sugar and vanilla. Pour evenly over the bread. Cover the pan tightly and store in the fridge until needed (overnight preferably).

For the topping:

Mix the flour, brown sugar, cinnamon, salt and some nutmeg in a separate bowl. Stir together using a fork. Add the butter and with a pastry cutter, and mix it all together until the mixture resembles fine pebbles. Store in a re-sealable plastic bag in the fridge.

When you're ready to bake the casserole, preheat the oven to 350 degrees F. Remove the casserole from the fridge and sprinkle the topping over the top. Bake for 45 minutes for a softer, more bread pudding texture or for 1 hour or more for a firmer, crisper texture.

Scoop out individual portions. Top with butter and drizzle with warm pancake syrup and sprinkle with blueberries.

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.

March is Women's History Month which is a great time to showcase one of the most amazing women I have ever met. Bibiana Gonzalez Rave-Pisoni is her name, and she has quite a fascinating story. She's a mother of two young boys. She's one of the best winemakers in America. She sources, ferments, and roasts coffee from her native Colombia. And... she's a Badass Woman!



Bibiana is the owner and winemaker of Cattleya Wines, Alma de Cattleya Wines, and makes wine with her husband Jeff under the Shared Notes label. Bibiana and Jeff also own and operate Shared Notes Coffee Roasters. I've known Bibiana for several years now and immediately loved the wines she was producing. They all share elegance, finesse, and character. I also was drawn to her determination and will to follow her dream of becoming a winemaker.

Growing up in Medellin, Colombia doesn't exactly provide you an easy road to being a winemaker. She understood this and made her mind up to move to France when she was 18 years old to enroll in Viticulture & Oenology school. She sat in the Dean's office until she convinced them to accept her into the school. She did this on her own without a penny to her name and without speaking a word of French. Within a month of starting school, she was pretty much fluent in French.



Bibiana Gonzalez Rave-Pisoni

After obtaining her Viticulture & Oenology Degree and a Diploma of Oenology with Honors from the University of Bordeaux, Bibiana eventually made her way to California. She worked at several wineries before starting her own winery. Grit, determination, and fortitude – this is what this woman is all about.

She's also about making the best wine she can. The Cattleya "The Initiation" Syrah 2021 is flat out brilliant. Refined and elegant with lovely spice and floral notes. It's gorgeously layered and above all, it's balanced and delicious. The Alma de Cattleya Pinot Noir 2022 is a delightful wine with brightness, rose floral notes, and berry notes, followed by a smooth and lengthy finish. These are only two

examples of the wines she makes. Once you taste them, you will fall in love with her wines just as I did years ago.

The Bottle Shop has the Cattleya "The Initiation" Syrah 2021 for \$69.99 and the Alma de Cattleya Pinot Noir 2022 for \$28.99. We also have Shared Notes Whole Bean Coffee for \$22.99.

Start off Women's History Month the right way by enjoying these incredible wines (and coffee) made by one Badass Woman!

Until next time – Salud!

Upcoming Wine Tastings – 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.







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STATE SUPERINTENDENT TONY THURMOND ANNOUNCES 2024 CALIFORNIA DISTINGUISHED SCHOOLS

Sierra Madre Middle School, South Pasadena Middle School, Duarte High School, Arcadia 1st Ave. Middle School and Monrovia Clifton Middle School Are Among the 293 schools selected statewide.

SACRAMENTO—State Superintendent of Public Instruction Tony Thurmond today announced that 293 middle schools and high schools have been selected for the prestigious 2024 California Distinguished Schools Program, California’s school recognition program that recognizes two categories of exceptional schools: those closing the achievement gap and those demonstrating exceptional student performance.

Since its inception in 1985, the California Distinguished Schools Award remains one of the state’s most important ways to celebrate exceptional schools, districts, teachers, and classified employees for their innovation, talent, and success in supporting students.

The exceptional middle and high schools recognized this year are illustrative of the persistence and promise of California’s students, educators, and schools. To select California Distinguished Schools, the California Department of Education (CDE) uses multiple measures to identify eligible schools based on their performance on the state indicators as specified on the California School Dashboard (Dashboard).

Specifically, schools were selected by analyzing data reported through the 2023 Dashboard, with a focus on demonstrating excellence and growth in academic achievement and ensuring a positive school climate.

Schools are recognized for exceptional student performance based on achieving exemplary performance in English Language Arts (ELA) and math, reducing suspensions, and demonstrating high graduation rates (high schools only).

Schools recognized for closing the achievement gap enroll at least 40 percent of their students from socioeconomically disadvantaged backgrounds and, in addition to demonstrating exemplary overall performance in ELA and math, achieve accelerated academic growth for one or more historically underserved student groups.

Information regarding the 2023 Dashboard is provided on the CDE California School Dashboard and System of Support web page.

“It is my pleasure to honor and recognize these 293 secondary schools for their efforts to provide exemplary public education to all students. Excellent middle schools and high schools play a critical role in the life outcomes of our young people,” Thurmond said. “This year’s California Distinguished Schools celebration provides us with an opportunity to recognize the hard work of our secondary educators and school staff who help our young adults discover passions and access college- and career-ready experiences that will propel them through life.”

The 2024 California Distinguished Schools, along with the 2023 National Blue Ribbon Schools, 2023 Civic Learning Award Schools, and 2023 and 2024 California Exemplary Dual Enrollment Award Schools, will be recognized at the Disneyland Hotel in Anaheim on May 3, 2024.

The California Distinguished Schools is an annual school recognition program of the California Department of Education. The list of 293 schools for 2024 is below. Elementary schools and middle and high schools are recognized in alternate years; therefore, awardees hold the title for two years. For more information, please visit the CDE California Distinguished Schools Program web page.

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.acslions.com

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

Arcadia High School
180 Campus Drive Arcadia, CA 91007
Phone: (626) 821-8370, Principal: Brent Forsee
bforsee@ausd.net

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

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

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

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

Barnhart School
240 W. Colorado Blvd Arcadia, Ca. 91007
(626) 446-5588
Head of School: Tonya Beilstein
Kindergarten - 8th grade
website: www.barnhartschool.org

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

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

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

Clairbourn School
8400 Huntington Drive
San Gabriel, CA 91775
Phone: 626-286-3108 ext. 172
FAX: 626-286-1528
E-mail: jhawes@clairbourn.org

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

Foothill Oaks Academy
822 E. Bradbourne Ave., Duarte, CA 91010
(626) 301-9809
Principal: Nancy Lopez
www.foothilloaksacademy.org
office@foothilloaksacademy.org

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

Frostig School
971 N. Altadena Drive Pasadena, CA 91107
(626) 791-1255
Head of School: Jenny Janetzke
Email: jenny@frostig.org

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

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

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

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

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

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

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

Catch breaking news at: mtnviewsnews.com



YOUTH BOOKMARK CONTEST SPONSORED BY THE SIERRA MADRE PUBLIC LIBRARY

Local students are invited to enter the popular annual Bookmark Contest in March 2024. This year’s theme is: “Sierra Madre Stories”.

Artwork may be designed with any tools but must be completely original work. Entries should showcase people, places, or things that depict stories related to reading or literacy in Sierra Madre.

Winning entries will be displayed in the Library and winners will receive a certificate and cash prize at a ceremony in their honor.

The contest is open to children in Kindergarten through 8th grade (including Transitional Kindergarten), who go to school in Sierra Madre, or live in Sierra Madre, or who have a Sierra Madre Public Library card.

Pick up your bookmark application at the Sierra Madre Public Library, on the Library website, and at schools in Sierra Madre starting March 4, 2024. Entries are due by April 11, 2024 at the Library.

For more information, contact Librarian Doreen Thomas dthomas@cityofsierramadre.com

Read, Discover, Connect @ Sierra Madre Public Library, 350 W. Sierra Madre Blvd., Sierra Madre, CA 91024, (626) 355-7186, www.cityofsierramadre.com/services/library

More women are leading the way... *Newspaper Fun!* ...in politics, business, sciences and arts. Kids: color stuff in!

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Women Leading the Way!

We visited the library to learn about women’s achievements throughout history. It was easy to find books about *men’s* leadership in the worlds of politics, arts and sciences. But, finding details about *women’s* leadership was much harder! We learned that, until recently, women had few opportunities to lead, and many job, career and education choices were not open to them. A few women, such as Eleanor Roosevelt and Marie Curie, were credited with helping their husbands. Today, women are better educated than ever before, and may work inside or outside the home. Those who decide to build a career may get challenging and higher-paying jobs, working alongside men in many fields. Through the years a lot of women have worked very hard – and taken big risks – to help create new things, start new organizations and gain rights and freedoms that might have seemed impossible in the past. They have made the world a better place!

Read the clues below to learn about women known all over the world for their contributions to leadership and politics. **Can you fill in the puzzle with the word that completes each sentence?**

World Leaders

1. **Nimarata “Nikki” Haley** was Governor of South Carolina and U.S. _____ to the United Nations; presidential candidate.

2. **Condoleezza Rice** was the first female African American Secretary of _____, a job in which she traveled the world to work with leaders.

3. **Ruth Bader Ginsburg** was a Justice on the U.S. Supreme _____. She helped to decide what the U.S. Constitution means!

4. **Nancy Pelosi** was the first female _____ of the House of Representatives, one of the most powerful positions in the U.S. government.

5. **Kamala Harris** is the first female Vice - _____ of the U.S.

6. **Michelle Obama**, a writer, lawyer and former U.S. First Lady. She encourages people to work on a _____ lifestyle.

7. **Angela Merkel** was Chancellor (leader) of Germany from 2005 to 2021. She was one of the most _____ women in the world.

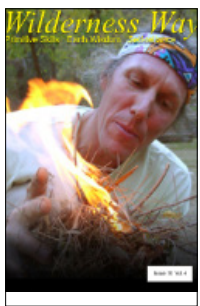
8. **Kim Campbell** was the first (and only) female Prime _____ of Canada. She served in her position for about 4 months!

9. **Rachel Notley** was the _____ of Alberta, Canada (2015 - 2019). (A job similar to a state Governor in the U.S.); party leader.

10. **Hillary Clinton** was First Lady, Senator, Secretary of State and the first female _____ for U.S. president for a major political party.

Women Around the World

CHRISTOPHER Nyerges



[Nyerges is an educator and the author of over two dozen books including "Urban Survival Guide," "Extreme Simplicity," "Foraging Californai," and other books. More information at www.SchoolofSelf-Reliance.com]

SO HOW MUCH SHOULD YOU TIP?

Some time ago at a restaurant, my family experienced an unpleasant interaction when it came time to pay the bill. My father picked up the check, and wrote a certain amount for the tip onto the receipt. My brother, who has worked in restaurants, asked if he could see the bill. My brother looked at it and told my father that the tip was too small. This led to a semi-heated discussion about what is the appropriate amount to give as a tip.

My brother pointed out that too many restaurant workers get low pay with the assumption that they make it up in tips, and that my father should give a higher percentage as the tip. By the way, this restaurant was not following the practice of putting an actual suggested dollar amount for the tip on the check, which my father always found offensive. Anyway, my brother said the tip was too small and that my father should pay more.

My father then explained how he didn't find it fair that any business should underpay employees with the expectation of tip money making up the difference. He asked my brother, "Do you even know what a tip is?"

"Sure," said Thomas, "it's a way to thank the restaurant worker for good service."

"Yes," said my father, "the word TIPS originally meant To Insure Prompt Service." We all scratched our heads over that one. Maybe he was right, maybe he wasn't.

But my father felt that he was paying the bill for the family, and no one should tell him what to pay for a tip. That was a typical type of response for my father. My brother was disappointed, but we left what had been an otherwise pleasant meal with perhaps a bit of unresolved indigestion.

So, what should you give for a tip? Is it all about the correct percentage? Ten percent? Fifteen percent? More? Are tips simply optional fees that we give if we felt the service was great?

I talked with many people about tipping, including some who told me that they never, or rarely tip, because they believe that the cost they are quoted for a job or meal should be an accurate and fair cost.

Dolores Miller of Temple City, California, told me "In my seasoned career as a waitress, I experienced and learned many things which are relevant to your question about tipping. Between 1970 and 1975, I received wages as low as 35 cents an hour, and as "high" as \$1.65 an hour. Minimum wage laws were different for tipped employees. [Miller had been working in Colorado]. People who received good services but who tipped less than 20 percent 'on principle,' hurt only people like me. Remember, the management received full pay from the check, plus they siphoned a bit more from me via 'tip splitting,' where every working in the restaurant gets a bit of the tip."

Miller continues, "The IRS once audited me for two previous years, taking an arbitrary percentage of my gross sales. Because the management of one hotel where I worked (and was audited) had been so inept, and because I worked in the coffee shop area, the tips that I actually received did not cover what the IRS said I must have made.

"If one is moved to correct an abominable situation that a waiter and waitress must contend with, then 'stiffing' the waiter or waitress is a poor way to protest. Talk to the restaurant owners, or even boycott or picket the greedy restaurateurs instead. Demand changes in the minimum wage laws. Insist that the IRS change their policies."

Miller added that one should write to their lawmakers to seek some change in this situation, which has slowly been occurring in some states. She felt that a blanket policy of "low tipping on principle" is both ineffective and ignorant.

Most of the people I spoke to practiced tipping, but there was a wide range of confusion over how much to tip. Most did not like the growing trend of "mandatory gratuity" on the check, since the tip is regarded as voluntary. However, some say that tipping is actually not voluntary in today's world.

I often had uncertainties about tipping, not knowing if I should tip high or low, or at all when I got poor service.

Once I was eating at a downtown Los Angeles restaurant with a teacher of mine and a few other students. When we were done, the teacher paid the exact amount of the bill. No tip? I wondered. Then, he called the waitress over to the table, and he put cash into her hand and thanked her for the service. I was dumbfounded but found that to be freshly uplifting. I was used to leaving a tip on the table or writing it into the receipt, very anonymously.

My teacher said that such an action allowed him a greater degree of interaction with the server, and allowed him to express appreciation in a way that mattered. When asked if that tip would be diluted because of the rules of the establishment, my teacher only shrugged.

When I checked IRS policy, they do require tips to be recorded as part of your income, and because so much of it can be cash, the amount one reports is largely based on the honor system, and subject to auditing, such as Dolores Miller described.

The current situation is that the patrons to restaurants can be made out to be the bad-guys if their tips are below someone's idea of the "correct percentage." But the real culprits are the laws, and restaurant management which can get away with paying low wages to its workers.

For myself personally, I accepted that I am not going to change the world. But I began to follow my teacher's example, and I have learned to enjoy the tipping process with restaurant, taxis, and the guy who the auto club sends to give my battery a charge. I have found that a growing sense of appreciation has developed within me towards all the service workers who make my life flow smoothly and pleasantly, and I experience the joy in seeing their smiles when I over-tip and tell them why.

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 Box 41834, Eagle Rock, CA 90041

Katnip News! ANGEL: A BEAUTIFUL SWEETHEART



This dear girl was found as a stray kitten by the foster's neighbor. She was soooo sweet that they thought she must have belonged to someone, but no one ever came to claim her. It's beyond us how someone could have neglected such a good natured kitten. She loves human attention, and will be your lap cat, purrfectly content and loving to snuggle next to you in bed or while you're watching the telly or texting. She also gets along fine with other cats--unless they try to take her spot next to you, lol. How sweet is that? Will someone please give her a heavenly home, where she can be pam-purred and loved always? Born about 2020.



See more pictures of Angel and apply to adopt at www.lifelineforpets.org/angel.html, or use the qr code.

Pet of the Week



Sadie is just over a year old, so she's likely about full grown at 60 pounds. Despite her young age, she has a very calm energy and demeanor.

Sadie is very smart and seems to truly enjoy learning new things. She is a master at "sit", "down", "touch", and is even working on "play dead". New things come very easily to her, and she is a people-pleaser, which will make it very easy for her adopters to get her used to her forever home and continue her training.

One of the cutest things she does is to collect all her toys on her blanket. She happily chases any toy that's available, then prances back to her blanket to lay down and give it a chew.

Sadie will probably prefer a quieter home with not a whole lot of activity. She bonds very quickly with people, so she is likely to get attached to her new family and be the most loyal companion!

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. 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.

BEAR-RESISTANT BARRELS

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

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

BEAR-RESISTANT BARREL FEATURES INCLUDE:	4 BENEFITS of Bear-Resistant Barrels:
<ul style="list-style-type: none"> Easy-lock lid To open, press tabs together while lifting lid Large capacity, 96-gallon barrel Durable and portable 	<ul style="list-style-type: none"> Protects you and your property from damage caused by wildlife Locking lid deters bear activity Limits litter on the streets Keeps bears wild and out of human trash

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FILE OF LIFE PACKET

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

For additional information, please contact the Fire Dept. at 626-355-3611, email fire@cityofsierramadre.com 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

Sierra Madre based non-profit

FREE ASSISTED LIVING PLACEMENT SERVICE

Discover the perfect assisted living community with Safe Path for Seniors. Our compassionate advisors specialize in assisting individuals with unique needs. Benefit from our extensive network and affordable options. Plus, we offer personalized tours to help you explore each community firsthand. Call (626) 999-6913 or visit www.safepathforseniors.com for free assistance.



RECOGNIZING THE CRUCIAL ROLE OF CAREGIVERS BY

(By Steven Galindo Courtesy of Safe Path For Seniors)



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The invaluable contributions of caregivers often go unnoticed or unappreciated.

As we resume our daily routines post-pandemic, it's vital to acknowledge that some of our loved ones still rely on caregivers for unwavering support and hope. While many are returning to normalcy, these individuals face unique challenges and uncertainties, highlighting their ongoing need for support and encouragement.

Primary recipients of care often suffer from Non-Communicable Diseases (NCDs) and other serious illnesses, significantly limiting their ability to self-care and necessitating caregiver assistance. Examples include cardiovascular diseases, cancer, diabetes, chronic kidney diseases, and Alzheimer's disease.

Caregivers provide not only physical aid but also crucial emotional support, laying a foundation of love and hope for their families. Post-pandemic life serves as a reminder of the continued importance of caregivers, showcasing the resilience of both caregivers and their

charges in the face of life's challenges.

While immediate family members may serve as caregivers in fortunate cases, others rely on hired aides or external helpers. The sacrifices made by caregivers, regardless of their relationship to the recipient, often entail immense dedication and selflessness, involving physical, emotional, and financial challenges.

Acknowledging the vital role of caregivers is essential, as it underscores their contribution to enhancing the well-being of those in need. In some cases, dedicated siblings step up as primary caregivers, driven by familial duty and love, highlighting the delicate balance between professional obligations and family responsibilities.

It's imperative for all siblings to actively participate in caregiving responsibilities to support the primary caregiver. Implementing a rotational approach ensures shared duties, allowing necessary breaks for the primary caregiver to focus on personal and professional aspects.

In a heartfelt example, my cousin diligently cares for our elderly mother, despite her own demanding career and family responsibilities. This illustrates the resilience and commitment required in caregiving, emphasizing the importance of a robust support network.

In conclusion, maintaining strong relationships between caregivers and recipients, as well as within the family, is paramount. Prioritizing self-care doesn't diminish strength; rather, it ensures caregivers can effectively support their loved ones while maintaining their own well-being.

HOW TO GET EXTRA HELP
PAYING FOR PRESCRIPTIONS

Dear Savvy Senior:

Does Medicare offer any financial assistance programs to help seniors with their medication costs? I recently enrolled in a Medicare drug plan, but I take some expensive medications that have high out-of-pocket costs and need some help.
Living on a Shoestring

Dear Living:

Yes, there's a low-income subsidy program called 'Extra Help' that assists Medicare beneficiaries on a tight budget by paying for their monthly premiums, annual deductibles, and co-payments related to their Medicare (Part D) prescription drug coverage.

And, thanks to the Inflation Reduction Act that was passed by Congress and signed into law in late 2022, this program has expanded and gotten easier to qualify for in 2024. Even if you've applied and didn't qualify before, you may be eligible now.

The Extra Help benefit is estimated to be worth about \$5,300 per year. Currently over 13 million people are receiving this subsidy, but there's around 3 million more who may qualify for it but don't realize it.

The amount of financial assistance you would receive depends on your income and assets. If you qualify, you'll pay no premium or deductible (unless receiving a partial subsidy), and no more than \$4.50 for each generic drug or \$11.20 for each brand-name drug your plan covers in 2024.

To get the subsidy, your resources must be limited to \$17,220 or \$34,360 for married couples living together. Bank accounts, stocks, bonds, mutual funds and IRAs count as assets, but your home, vehicle, personal belongings, life insurance and burial plots do not.

Also, your annual income must be limited to \$22,590 for an individual or \$30,660 for married couples. If you support a family member who lives with you, or you live in Alaska or Hawaii, your income can be higher. In addition, the government won't count any money if you receive help for household expenses like food, rent, mortgage payments, utilities and property taxes.

How to Apply

There are three ways to see if you qualify and apply for Extra Help: online at SSA.gov/medicare/part-d-extra-help; by calling Social Security at 800-772-1213; or by visiting your local Social Security office.

The application form is easy to complete, but you will need your Social Security number and information about your bank balances, pensions and investments. Social Security will review your application and send you a letter within a few weeks letting you know whether you qualify.

If you don't qualify for Extra Help, you may still be able to get help from a state pharmacy assistance program or a patient assistance program. Visit NeedyMeds.org to search for these programs.

Other Medicare Assistance

If you're eligible for Extra Help, you may also qualify for help with your other Medicare expenses through your state's Medicare Savings Program.

State Medicaid programs partner with the federal government, so income and asset qualifications vary depending on where you live. Medicare Savings Programs will pay your entire Medicare Part B premium each month. And in some cases, they may also pay your Medicare deductibles, coinsurance and copayments, depending on your income level. To find out if you qualify, contact your state Medicaid office.

You can also get help through your State Health Insurance Assistance Program (SHIP), which provides free Medicare counseling in person or over the phone. Visit ShipHelp.org or call 877-839-2675 to locate a counselor in your area.

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

SENIOR HAPPENINGS



HAPPY BIRTHDAY! ...MARCH BIRTHDAYS*

Cathy Flammer, Clare Marquardt, Karen Blachly, Carla Duplex, Ella Guttman, Viky Tchatlian, Mary Cooper, Sun Liu, Helen Wallis, Nancy Fox, Martha Cassara, Rita Johnson, Sharon Murphy, Heather Sheets, Mercedes Campos, Dorothy Webster, Terri Elder, Carol Cerrina, Amy Putnam, Sally Contreras

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

Begins at 1:00pm **Senior Cinema**

Wednesday, 3/6/24 **The Vow**
A car accident puts Paige in a coma, and when she wakes up with severe memory loss, her husband Leo works to win her heart back.

Wednesday 3/27/24 **Meet the Parents**
Male nurse Greg Focker meets his girlfriend's parents before proposing, but her suspicious father is every date's worst nightmare.

HART PARK HOUSE SENIOR CENTER

ST. PATRICK'S DAY SOCIAL

March 13th from 3pm-5pm
Join us for light appetizers, treats and GREEN BEER!
Reservations are not required.

LEPRECHAUN BINGO

March 21st from 12:30pm-2:30pm
BINGO and lunch included in the cost.
\$7 per person.
Registration opens on March 1st please call 626-355-5278 to register.
Payment is due upon registration and closed on March 18th at 8am.

OUT TO PASTOR
DANCING THE CRITTER/BUG SHUFFLE

I must confess that I do have a liking for critters of all kinds. I enjoy feeding them out on the back porch, and boy, do they come hungry for their treats.

Two cats born in our garage are still hanging around. They come morning, noon, and night for their treats. In the morning, they like to come and have me scratch their head. I'm not sure what that has to do with anything, but I'm willing to scratch their head if that's what they want.

Unlike me, The Gracious Mistress of the Parsonage is not very fond of critters of any nature. The only critter she likes is Yours Truly. I guess I'm enough of a critter to satisfy any longings like that. I hope she doesn't try to scratch my head.

When she goes to the door and opens it, the cats run in like they are crazy. As soon as they see that it's her, they turn around and race outside as fast as possible.

For me, it's fun to watch all these critters gather around as though they were friends. We have about five cats, four raccoons, two possums, and lately, our newest critters are chickens from our neighbor next door.

For some reason, these chickens have found the kitty food on our porch and like coming over and enjoy a snack. I enjoy watching them dance around on the porch, eating the snacks. Also, the cats are sitting on the rocking chairs on the porch and over these chickens as they come for their daily treats. If The Gracious Mistress of the Parsonage sees these chickens, she immediately opens the door and chases them away. She will often throw water at them to keep them from returning.

Obviously, they're not that frightened of her and return on a regular schedule. To them it's Treats over Fear. Out on the porch, we also have a bunch of birds, and at times hummingbirds. We have a lot of wasps and bees flying around. Then we have ants galore. Somehow, they found the bowl of kitty food and try to come as often as they can. The biggest obstacle, of course, is The Gracious Mistress of the Parsonage.

A few years ago, we had foxes that came in the evening, but I haven't seen them for a while.

And then we have lizards. For some reason, they came to our back porch and moved in. They act like they own the place and do all kinds of lizardly things, much to the chagrin of The Gracious Mistress of the Parsonage. I've heard a rumor about some black bear in our neighborhood. It would be a delight some night to see a black bear coming on our back porch eating some kitty treats. Of course, The Gracious Mistress of the Parsonage would have an absolute meltdown

if that ever happened.

I'm not sure who would be worse off, the black bear or The Gracious Mistress of the Parsonage.

One morning, I was in the bathroom getting ready for the day when I noticed in the shower a little lizard. He climbed halfway up the wall and just stared at me. I think he thought I was the intruder. I stared back, talked to him a little bit, and told him to be careful of the other person in the house. He just stared at me and blinked his eyes.

I had forgotten that incident, and later in the day, as we were drinking coffee together, I happened to remember it. I looked at my wife and said, "I had a special visitor in the bathroom this morning." She stared at me and said, "Who was that special visitor?" I laughed very heartily and said, "That visitor was Henry." Looking rather strange and confused, she said, "Who is Henry?" "Ah, my dear, it was a lizard. I just call him Henry because we're friends." "In your bathroom?" She gasped.

With that, she jumped up and ran to the bathroom looking for Henry. I could hear her frantically calling his name for well over an hour. Finally, it grew silent, and she came out from the bathroom and sat down. "Well," I said with a smile, "did you meet my friend Henry?" Scowling at me, she said, "I flushed your friend down the toilet."

I didn't know if I should have a memorial service for Henry or not. I'm pretty sure The Gracious Mistress of the Parsonage would not show up at that service.

I'm patiently waiting for the next Henry to show up in my bathroom. Maybe the next time, I won't tell The Gracious Mistress of the Parsonage. Or, perhaps I should catch one of those lizards, put it in her bathroom, and see what happens.

It might be a memorial service for me. With that in mind, I thought of an important Bible verse. "And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth" (Genesis 1:26).

From God's perspective, we who have been created in His image and likeness, have a responsibility to care for the animals God has created. He has authorized us to care for them in obedience to His Word.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail jamesnyder51@gmail.com, website www.jamesnyderministries.com.

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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 ONLY YESTERDAY



It was a day filled with surprises. I had awakened already angry because I had been unable to enter the zoom meeting to chat with my Mountain Views News colleagues. I am concerned about the huge number of large delivery trucks in the area, and had wanted to bring that up.

Anyway, I found a message from my regular Wednesday morning golfing partner cancelling our game. This left me with a frustrating amount of time to fill as I had a scheduled medical exam for which I was required to check in an hour early after not being allowed to eat or drink for four hours prior to the appointment.

What to do after breakfast? I found myself studying, or at least reading over the Department of Motor Vehicle Handbook. A few days earlier I had attempted to renew my license which is due to expire in a couple of months and learned as a person 70 years or more (I will soon be 80) I was required to pass both an eye test and a written test. The requirement of the eye test frightened me as my eyesight is not what it once was. On Saturday I was prepared to flunk the eye test, but I passed easily which made me wonder about the reliability of the test.

After the eyetest I was directed to another window to have my picture taken and was prepared to take an actual behind the wheel driving test. Instead, I was informed that actual driving tests were never required no matter how old the applicant for renewal happened to be. This seemed crazy to me but what I was told that a demonstration of knowledge of traffic laws was required. I was asked if I had prepared for such a test, and I laughingly said that I doubted that much preparation would be necessary, confident that my over fifty years of lawyering handling drunk driving cases would be ample preparation.

Well, of course, I failed the test; twice, in fact. I was told that I could not take the test again that day but could come back another day and take it for a third time. Upon inquiry I was handed a DMV Manual and told that I might want to study it. Well, frankly, I resented the obligation, an actual assignment to do something. I just could not make myself do it—telling myself that perhaps it was safer for everybody if I just stopped driving after my birthday when my present license expires. Nevertheless, on Wednesday morning with my golf game cancelled I found myself actually reading the manual.

I drove to DMV and now every intersection, every pedestrian, every other vehicle felt like a test question. I took the test and passed easily. I was elated and to celebrate I decided to drive a few blocks to the golf course and walk a few holes with a pull cart rather than use the electric cart. I walked just four holes and was exhausted and had to ask for help from strangers to get the cart back to the office and get myself back to the car. I called my wife from the car and told her that I would drive home and asked if she would then drive me to the hospital in time for my test. Remember now I had not eaten for six hours or so and just felt like I needed my wife's support.

She drove me to the hospital where I was required to wait an hour before I was called in to take the CT scan of my liver. This was a very weird experience of having a dye inserted into my arm and then asked to lie uncomfortably with my hands stretched above my head as this machine rolled me into what looked like a giant windmill.

The test took only about fifteen minutes, and I called my wife who got me and took me home to get my pills to be taken after dinner. I think because I had not eaten all day, I fell asleep as my wife drove home. At home I fell into bed after finding a basketball game on tv and slept during the whole first half but was able to watch the second half and appreciated the efforts of the oldest guy in the League. I fell asleep wondering when I would learn the results of my test. I wonder what today will be like.



DINAH CHONG WATKINS



CLOSE ENCOUNTERS OF THE WRONG KIND WHERE YOU GO, I GO - MY COSTCO

COVID March 2020. It started with the lipstick. Why bother when I had to cover it with a medical grade surgical mask? Then came the eyebrows. What with the face shield, the gloves, the anonymous haz mat suit, here was the perfect opportunity to let my unibrow flourish, au revoir Tweezerman.

Let's choose to say, it all went downhill from there.

Present Day. I find myself make-up free and maskless at Costco flipping through the Kirkland EZY Wear Daytime Joggers. I eyeball the waistband for the size. I scoop up a half dozen in differing shades of black, my bi-annual clothes acquisition now complete. Good-bye Fashion Week in Milan, during the pandemic years I had evolved into an exclusive Gold Star Costco shopper.

I appreciate the freedom of not having to trek into a crowded fitting room, squeezing into or sliding out of a wrong size, scrutinizing how it looks through an unmerciful mirror. With the impulsive giddiness of buying a Scratch-Off lottery ticket, I take the chance that I will look fabulous with a five piece ensemble including underwear and socks for under \$100.

Beijing Pre-COVID. Budding pink cherry blossoms and the cessation of winter dust storms herald the oncoming of Spring and with it, my gung ho anticipation of summer vacations back in America. Strategically I planned my precious days, shoehorning visits with family and sightseeing around Costco's opening hours. Was the Grand Canyon or Statue of Liberty as exhilarating as Costco? Close!

At first I packed my treasures in an extra carry-on, then expanded to a battered surplus suitcase - sturdy enough to hold the platoon serving size of HoneyNut Cheerios, Heinz ketchup and Pepto-Bismol. But under the spell of the Warehouse Specials, my airline baggage allowance exploded to 40 gallon polycarbonate tote bins, filled with USDA Prime porterhouse steaks, flash frozen and kept on dry ice for the 25 hour door-to-door flight home.

One year, in the prolonged smoggy stretch of midwinter, when the last of the Cheerios had long said their goodbyes, a whisper of hope, and rumors swirled in the expatriate community of a Kirkland sighting.

Following a trail of half truths and local lore, our desperate group finally stumbled upon a scruffy storefront, not much bigger than a gas station Circle K. Inside was the usual fare of maize, rice, dried squid and traveling underpants (a story unto itself), seeing our deflated faces, like kids who pulled a lump of coal from their Christmas stockings, the shop clerk motioned for us to follow her into the back room.

There, in an oversized closet were pallets of Kirkland Signature products - nut bars, coffee, diapers, dish soap, dog food, cat food, baby formula, everything edible and in-between. We packed up as much as our car could hold and handed over grocery bags stuffed with cash (when the highest Chinese currency bill is equivalent to USD 14, a Cash Sale for a house involves a fleet of Brink's trucks).

Elated with our find and pinky-swearing never to reveal our new-found Kirkland source, there was still something amiss, something not quite right. After a few minutes it dawned on us - the everyday plus twice on Sundays Costco \$4.99 rotisserie chicken. We agreed, Peking Duck will just have to do.

Dinah Chong Watkins column appears every 1st and 3rd Saturday of the month.

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

RICH JOHNSON NOW THAT'S RICH FAMOUS FAILURES



Well, let's see, looking at my timepiece, the year is 2024, It's March already and here we all are. So...how's your life going so far? Are you where you want to be? Yes? No? Not yet? Not quite? Don't ask? Beat it Rich!? I suspect most of us desire to achieve something...noteworthy and positive. And most of us aren't exactly where we want to be.

Years ago, a motivational speaker confessed he wanted to be what they call a "scratch" golfer. Someone who plays the game of golf near perfectly. Seeking advice, he was told to practice more because "practice makes perfect". Right? Wrong! Practice doesn't make perfect. The motivational speaker confessed he had perfected the world's worst golf swing. So, what's the answer: "Perfect practice makes perfect." Matt Groening once said through his alter ego, Homer Simpson: "Trying is the first step toward failure! Truer words have never been spoken Homer, errr Matt. It's also the first step toward success!

The real truth is most homo sapiens dream of achieving success, stick their metaphorical big toe into the waters of risk once or twice, meet resistance, pull back and spend the rest of their lives dreaming of what might have been. Well, I hope and pray this column motivates you (and me) to "reach (and stumble) for the stars". The best way to achieve our mutual success is to give us all a glimpse of the true realities associated with real people.

What you and I will see is wildly successful people who faced failure and chose not to stop. I'll start with the "biggest" failure.

Mystery Failure #1: Did you know this painter sold only ONE of his paintings his entire life...and at a deep discount. How much to buy one of his paintings today...well in 2022 someone paid \$117 million for one of his paintings. Mystery Guest Vincent Van Gogh.

Mystery Guest #2 Our young comedian's first time performing didn't go so well. When he saw the audience he froze and was booed off the stage. Mystery Guest Jerry Seinfeld.

Mystery Guest #3 Divorced, broke, depressed single mother on welfare saw her first book rejected by 12 publishers. And the literary agent who signed her agreed to publish only 500 copies...of Harry Potter! Mystery Guest J.K. Rowling.

Mystery Guest #4 Being rejected by publishers, and on his way home, in frustration, to burn his first manuscript, our author ran into a Dartmouth classmate who encouraged him and helped him find a publisher. Mystery Guest Theodor Seuss Geisel (Dr. Seuss)

Mystery Guest #5 As a child, this person didn't start speaking until he was four, didn't start reading until he was seven. He was treated as though he was mentally handicapped. Imagine if he gave up. Mystery Guest Albert Einstein

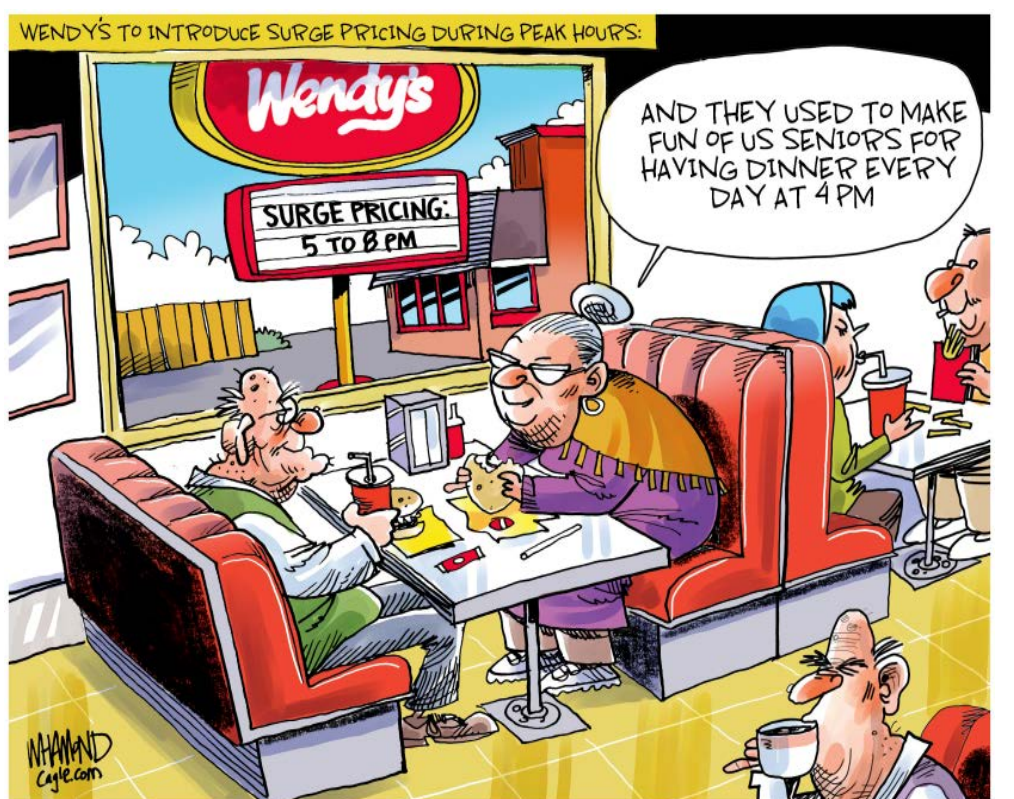
Mystery Guest #6 Teachers told this "failure" that he was "too stupid to learn anything". Mystery Guest Thomas Edison

Mystery Guest #7 Our young filmmaker was rejected twice by the University of Southern California's School of Cinematic Arts. He also suffered from dyslexia. Mystery Guest Steven Spielberg To date the failure Steven has won 12 Emmys, 3 Oscars and 7 Golden Globe Awards. Oh yeah, and the school that rejected him twice (USC) has their "USC School of Cinematic Arts" housed in the Steven Spielberg Building! and (Finally)

Mystery Guest #8 This writer was told he "Lacked imagination and had no good ideas". Mystery Guest Walt Disney Walt encourages us with these words: "I think it's important to have a good hard failure when you're young...Because it makes you kind of aware of what can happen to you. Because of it, I've never had any fear in my whole life when we've been near collapse and all of that. I've never been afraid".

So, I leave you with this. Unearth and unpack that manuscript you've been working, err sitting on; or take a brush up acting class at the Sierra Madre Theater, dig out the old paintings, maybe dust off the guitar, get your friends together, form a band, practice and get a gig...maybe at Nano Café right here in town.

When God created us humans, He infused us with His creative gene technology. You were meant for greatness. Make it happen!





Mountain Views-News Saturday, March 2, 2024



SIERRA MADRE SPOTLIGHT:

By Meghan Malooly

STRIKE, SWING, AND SOAR TO HOLIDAY HARMONY

Is it just me, or is time flying by faster than ever? I swear it was Christmas just yesterday but, now, somehow, we're at the end of February! This week I am shining the Sierra Madre spotlight on the very generous and very kind Sierra Madre Pony (SMP) Baseball League. This amazing group of people were originally brought to my attention last year (Christmas 2022). I was contacted by one of their organizers because they were going to "adopt" a few families in need at Christmas through a church run program for the first time. They had seen that my effort, *Sierra Madre Gives Back*, has been doing something similar for the last few years and wanted to talk about possibly helping us do something for the community in the future. So this year (Christmas 2023), they joined us by "adopting" multiple families at Christmas, and asked if they could help at Thanksgiving as well!

I was absolutely thrilled to find out that not only could they help, but that they were wanting to do fundraisers specifically to raise money for The Gives Back families to ensure they had a beautiful holiday season. "We've held fundraisers at *The Only Place in Town* and *Monsieur Crepe* to support our efforts during the holidays. The families of our players have been critically important - they've made contributions and have been active participants in all our service

work. We are grateful for their help in raising funds and donations for our community." -Nick Forillo
It was because of their generosity that this year we were able to help over 10 families in need by providing them with Thanksgiving meals, not including, donating dinner and desserts to the people that give back to us every single day, The Sierra Madre Police Department and The Sierra Madre Fire Department. Some of the Pony Leaguers were able to get together and deliver the goodies to the Fire Department and as a special treat they were given a red carpet tour of the station! The kids had a blast and the dinner went on to feed some very deserving heroes and their families on Thanksgiving day!

With Thanksgiving being such a success, it's no wonder that Christmas went just as well! With the help of the The Sierra Madre Pony League, who adopted 3 of the families, on their own, in total, Sierra Madre Gives Back was able to help over 20 families this year, which came out to over 75 individuals that we were able to spread some joyful holiday cheer to! This is the fourth year that Gives Back has done this Christmas program, and every year it gets bigger and better and this year one of the huge reasons we were able to that was because of the selflessness and community service dedication demonstrated by the kids, their families, and the staff of The Sierra Madre Pony League.

I tip my hat to anyone who donated last year at both Thanksgiving and Christmas, as always, you, my beloved Sierra Madreans, came together and truly made Christmas Miracles and dreams come true! Bask in the glow of the corniness of that sentence because you all deserve it! Thank you Sierra Madre Pony League for reminding us all that, no matter what your passion, job, or hobbies are, we as people, especially Sierra Madreans ;), will come together and help those that could use a little boost, however we can. Please come out to their opening ceremonies on March 9th at Dapper Field and follow them on Instagram @madre_baseball for updates throughout the season.



MARCH MADNESS AT ARCADIA PARK

Who's going to make it to the Final Four at the Santa Anita Lawn Bowling Club? Who will make it all the way through the bracket and emerge as the Club champion?

Throughout the month of March the Sam Larsen Singles Tournament will play out at Arcadia Park, at the corner of Santa Anita Avenue and Huntington Drive. Members of the Santa Anita Lawn Bowling Club will compete for the first prize - and for bragging rights as the 2024 Club champion.

The tournament honors Sam Larsen, a beloved Club member who passed away unexpectedly in September of last year at just 64 years of age.

The tournament bracket has four rounds, one round each week during the month of March. Matches will be played on Tuesday evenings, beginning at 6:00 pm. The public is invited to the bowling greens at Arcadia Park to watch the matches and to learn about lawn bowling.

Attendance at the tournament is free. The Club also offers free lessons; tournament attendees will be able to make arrangements for a lesson. More information about the Club is available at www.SantaAnitaLawnBowling.com.

According to the Club's president, Mark Walker, the Club has been bowling on the greens in Arcadia Park since 1937 when the park was built. "The park is a San Gabriel Valley treasure," says Walker; "It's a beautiful oasis for recreation, including venues for all kinds of sports,



FITNESS FOR LIFE



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

HYDRATE FOR HEALTH

Everyday your body loses water through your breath, perspiration and other bodily functions. Staying well-hydrated is crucial for overall health. We've all heard consuming 8 glasses of water a day is optimal. But, some people may need more, and others less. The importance of proper hydration cannot be overstated. Beyond simply quenching your thirst, staying adequately hydrated plays an important role in enhancing exercise performance, promoting weight loss, and supporting joint health.

Exercise Performance. Fitness enthusiasts and athletes are familiar with the importance of hydration during workouts. Proper fluid balance is crucial for regulating body temperature, maintaining electrolyte balance, and ensuring optimal muscle function. Dehydration can lead to fatigue, cramps, and diminished endurance. Experts recommend drinking water before, during, and after exercise to support peak performance.

Weight Loss. Drinking water can assist in weight loss efforts in a number of ways. Drinking water before meals can help control appetite. Feelings of thirst are mistaken for hunger, leading to unnecessary snacking or overeating. Consuming water before meals can help you feel fuller, potentially reducing calorie intake. As a calorie free drink, it's an excellent alternative to sugary drinks. Some studies suggest that drinking water can temporarily boost metabolism, helping the body burn more calories. While the effect is modest, every bit can contribute to overall weight management. Water is also essential for the breakdown of fat. This process, called lipolysis, requires water to break down fat into usable energy. Inadequate water intake can hinder lipolysis, potentially slowing down the rate at which the body burns fat. Water helps break down food and move it through the digestive tract too. Adequate hydration can prevent constipation and promote a healthy digestive system, supporting overall well-being.

Healthy Joints. In terms of joint health, water is a key component of the cartilage that covers the ends of bones in a joint. Cartilage acts as a shock absorber, cushioning the impact on the joints during movement. Inadequate water intake may compromise the integrity of cartilage, potentially leading to joint pain and discomfort. The joints in our body are surrounded by synovial fluid, which acts as a lubricant. This fluid reduces friction between the bones and allows for smooth movement. Dehydration can lead to a decrease in synovial fluid, resulting in increased friction and potential discomfort or stiffness in the joints. Adequate hydration helps transport nutrients to the joints. Nutrients like oxygen and various minerals are essential for the health and repair of joint tissues. Proper hydration ensures these nutrients are delivered efficiently to maintain healthy joints. Plus, chronic dehydration can contribute to inflammation in the body. Inflammatory processes can affect the joints, leading to conditions like arthritis. Staying hydrated helps to control inflammation and may reduce the risk of joint-related issues. Add to that, water is essential for regulating body temperature. Joints are sensitive to temperature changes. Proper hydration helps maintain the ideal heat for joint function, preventing discomfort associated with extreme temperatures.

Water needs vary, and people should adjust intake based on their unique circumstances. Pregnant or breastfeeding women, athletes, and those with certain health conditions may require more water. If the environment is hot you may also need more even if not thirsty. Monitoring the color of urine can help too. Pale yellow or straw-colored urine often suggests adequate hydration, while dark yellow or amber-colored urine may indicate dehydration. Some other signs of dehydration include headaches, nausea, feeling dizzy, dry mouth and fatigue.

To up water intake there are healthful flavored water options available. Infusing water with fruits like citrus, berries, or cucumber adds natural flavors without added sugars and artificial ingredients found in many commercial beverages. Herbal teas, coconut water, and electrolyte-enhanced water are also excellent choices. Think about carrying a water bottle with you at all times. Having easy access to water makes it more likely that you'll take regular sips.

Drinking too much water can be dangerous too, producing water intoxication or hyponatremia. That means sodium in the blood becomes diluted along with other electrolytes in the body, disrupting their balance. Kidneys are strained and water enters cells causing them to swell. Brain cells are particularly vulnerable, leading to increased intracranial pressure and potential neurological complications. Not common but hyponatremia can occur when a person drinks a large volume of water over a very short period of time.

Still concerned? Check out various smartphone apps designed to help you track and increase your water intake. Some apps send reminders, track your daily water consumption, and provide personalized hydration goals. A few highly rated examples include Waterllama, WaterMinder, Hydro Coach and Daily Water Tracker Reminder. All are free with in-app purchases and offer advanced features with paid versions.

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JOHN HARABEDIAN

FOR STATE ASSEMBLY



As our Assemblymember, JOHN HARABEDIAN will fight to:



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



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



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



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



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



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



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



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

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

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



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