

SATURDAY, MARCH 23, 2024

VOLUME 18 NO. 12



the webb-martin group

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## SIERRA MADRE FIRE AND POLICE RELEASE 2023 PUBLIC SAFETY REPORTs

By Kevin McGuire

The Sierra Madre Fire and Police Departments presented their annual reports before the City Council, highlighting public safety in 2023. Fire Chief Brent Bartlett gave a presentation on Tuesday, March 12, 2024.

“Our resolve is to uphold our core values of honor, respect, integrity, and compassion and will continue to forge ahead with determination, knowing that the safety and well-being of our community are entrusted to our capable hands,” Bartlett said.

Calls for FD service in Sierra Madre were at an all-time high in 2023, up five percent over 2022. There were 1454 calls for service in 2023 compared to 1382 in 2022. Calls are up 37% since becoming a full-time career fire department in 2019. Eight-two percent of calls received were for medical-related issues (EMT), with only 12% related to fires. Six percent of calls were miscellaneous, which included persons locked out of vehicles, down powerlines, and other non-emergency issues.

Because the Fire Department is part of a mutual aid system (unified response), 31% of service calls were for surrounding cities outside Sierra Madre. This totaled 445 calls, up 50% over 2022. Thirteen percent of calls required outside agencies (Arcadia, Pasadena) to assist the Sierra Madre Fire Department (SMFD).

In 2023, the SMFD completed 4,733 training hours, including 4,127 for fire suppression training. An additional 306 hours were spent on Emergency Medical Services (EMS) training, and 300 hours were put aside for professional development. This can include company officer courses, fire investigation, and arson investigation training.

The SMFD is mandated to inspect multi-family residential areas, such as apartments and condos, as well as area schools and churches. In 2023, the SMFD conducted 1,879 inspections, including 1,432 brush abatements, 133 multi-residential, 15 schools and churches, 234 plan reviews, and 65 field inspections, most of which were for sprinklers, according to Chief Bartlett.

The SMFD received \$78,000 in a Fire Hazard and Fuel Reduction grant for the S.M.A.R.T. program (Sierra Madre Achieving Resiliency Together). This is the second year of this grant, which helped the SMFD hold nine Chipper and Green Waste events and eight community educational forums discussing disaster preparedness, wildfire home resiliency, fire resilient landscaping, and fire prevention.

The SMFD's cost of business has

increased to its highest, with a budget of \$3.6 million, the bulk of which will go to salaries, according to Bartlett. The department recovered 18% of its budget (\$666,373) due to EMS billing, which recovered 90% of the costs incurred. Another 10% recovery was split between the paramedic subscription program and the instructional service agreement with Rio Honda College.

After a three-year vacancy, SMFD was able to fill an arson investigation position. They relied on other agencies' mutual aid before filling the post. Since July 2023, SMFD has conducted 11 arson investigations, including three within the city.

The SMFD continued its Community Outreach programs in 2023, including free Sidewalk CPR and Stop the Bleed, in partnership with the local business Code 3. There was also the Mayor's Car Show, a collaboration with the library for their annual Pumpkin Smash, and driving Santa around town during the holidays. The SMFD also visited local schools and scout organizations.

Police Department Police Chief Gustavo Barrientos presented his annual summary of police-related statistics and events in 2023 and his goals for 2024 to a moderate group of community members and the City Council on Tuesday.

According to Barrientos, the Sierra Madre Police Department (SMPD) is the only city in the San Gabriel Valley with a fully staffed patrol unit. Crimes are divided into two categories: Group A and Group B. Group A represents serious crimes that appear in the crime index, such as murder, rape, robbery, and aggravated assault. Group B consists of lesser crimes, such as burglaries, grand theft, and vandalism.

There were three reported robberies in Sierra Madre in 2023. There were zero reported in 2022. A robbery occurs when someone steals property while inducing fear in someone or causing a physical struggle to obtain property. A single report of rape happened last year, compared to no reports in 2022. Chief Barrientos did not speak on this matter. Residential burglaries decreased in 2023, with 11 reports over 14 reported in 2022.

In Group 2, simple assault crimes jumped from 12 in 2022 to 20 in 2023. Sex offenses, such as lewd acts and indecent exposure, were also up, with



Councilman Edward Garcia and Mayor Kelli Kriebs at the SMFD Booth during the Wistaria Festival last week. Photo by Dirk Bolle.

seven reported last year compared to 10 this year. But auto burglaries were down to only nine this year compared to a whopping 22 last year. Grand and petty theft crimes increased in 2023, but significant arrests were made. Theft from vehicle statistics were down overall in 2023.

Over the previous year, financial crimes dropped over 67% in 2023, and vandalism declined. But, liquor laws such as public drunkenness doubled in 2023 compared to 2022 with 12 reported offenses.

Total crimes from Group A increased by two over 2022, and Group B crimes decreased in 2023 with 46 fewer incidents than last year.

“We are definitely trending in the right direction. I don't think this is just by chance; it's the high visibility, [and] the quality effort patrol officers are putting out there,” Chief Barrientos stated.

One detective handled 561 criminal cases last year. In 2023, 25 search warrants were issued, a steep increase of 400% over 2022. Barrientos credits Detective Nelson Ascano's “aggressiveness”

to the rise in search warrants for phone records, surveillance camera footage, and residence searches. “He has a vast amount of experience,” Barrientos said.

There were 13 felony arrests, a drop of 79% over 2022 when there were 62 felony arrests. Misdemeanor arrests were also down 39 percent. Barrientos stated that there were “very significant quality arrests” last year. Crime mapping shows that surrounding cities like Arcadia and Monrovia have higher overall crime rates than Sierra Madre.

In the Community For each of the last two years, SMPD received between 60 and 80 calls for service for persons who have mental illness. Approximately 30 persons over two years were put on a 5150 hold, which involves involuntary detaining a mentally ill person for a 72-hour psychiatric watch. In the 5150 cases, these individuals did not possess guns. But, 13 firearms were seized by individuals in the community. Nine of the guns were sent for destruction, and three resulted in arrests.

Homelessness has not been a significant problem in Sierra Madre, (continued on page 3)

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4 Unit Apartment Bldg

FOR SALE

PASADENA \$5,320,000

16 Unit Apartment Bldg

# SIERRA MADRE COMMUNITY CALENDAR

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

### Sierra Madre Civic Club

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

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

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

### Sierra Madre Chamber of Commerce

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

### City of Sierra Madre

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

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

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

### City of Sierra Madre & Sierra Madre Fire

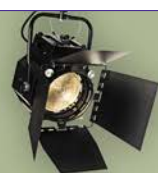
March 2 & 3 – S.M.A.R.T. Chipper and Green Waste Weekend #1. Register on Eventbrite.com

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




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


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



Caltech | The Watson Lectures




## Voices of the Ice: A Seismic Odyssey of the South Pole



### Zhongwen Zhan

Professor of Geophysics




Scan to RSVP and learn more

**Free and open to the public**

**Event details**  
**Date:** Wednesday, April 24, 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 experts over preshow 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.





# CAMP RAIDER



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Mrs. Gonzalez

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- WATER DAYS
- FIELD TRIPS
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- SCAVENGER HUNTS
- ARTS & CRAFTS





**JUNE 17-AUGUST 2**

FOR MORE INFORMATION, CONTACT:  
626-355-6114

355 N. BALDWIN AVE. SIERRA MADRE, 91024



SIERRA MADRE COMMUNITY FOUNDATION

# WHISKEY & WINE

APRIL 13, 2024

6:30 P.M. TO 9:30 P.M.

## MIA ITALIA

457 N. LIMA ST. SIERRA MADRE



\$125 - GENERAL ADMIN  
\$175 - VIP PASS

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# SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

## Weather Wise



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

Day	Condition	Hi	70s	Lows	50s
Sun	Sunny	Hi	70s	Lows	50s
Mon	Sunny	Hi	70s	Lows	50s
Tues	Sunny	Hi	70s	Lows	50s
Wed	Sunny	Hi	70s	Lows	50s
Thur	Sunny	Hi	70s	Lows	50s
Fri	Sunny	Hi	70s	Lows	50s

Forecasts courtesy of the National Weather Service

## SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

**MARCH 26, 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@Cityof-SierraMadre.com](mailto:PublicComment@Cityof-SierraMadre.com) by 3:00 p.m. on the day of the meeting.

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

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

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

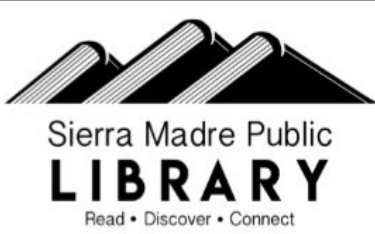
Sierra Madre's EMERGENCY radio station is now accepting scripts for Public Service Announcements (PSAs) about community events. PSAs will be broadcast on the air at no charge. The station operates 24/7 and can be heard at 1630 on the AM dial.

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

#### Your event must:

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

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



This week at the  
Sierra Madre  
Public Library

**March 11—March 16**

### Monday

**Baby Rhyme Time** —In-person at 9:00am

**Preschool Storytime** —In-person at 10:00am

### Wednesday

**1-2-3D Printing**—In-person at 12:00pm. Call to register

**Board Library Teens**—In-person at 4:00pm

### Thursday

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

### Saturday

**Digital Services**—In-person from 12:00pm-2:00pm

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

## WALKING SIERRA MADRE - The Social Side

by Deanne Davis

St. Patrick's Day is behind us, friends and neighbors, but the fragrance of cabbage will linger in your house for weeks. Here's a suggestion to combat cabbage: Take a shallow dish, sprinkle a good spoonful of cinnamon in it, cover it with water and stick it in the microwave for a few seconds. Watch it as you want it to bubble up, but not bubble over. The cinnamon smell will be delicious and if you do it a couple of times, your house will smell exactly like Cinnabon, which is much better than cabbage. My friend, Dianne, who happens to be my daughter, Crissy's, mother-in-law, cooked her corned beef in her crock pot, which she had never done before. Here's how that turned out:

"Not very good. We followed the recipe but the meat was kind of tough and some of the veggies were overcooked. And it was too much work. I don't think we'll try that again."

So it's back to the old-fashioned, tried and true boiling method. My grandmother cooked corned beef and she did it that way. She had a big black dutch oven and she stuck the meat in that, covered it with water, stuck in onions, a carrot or two and a variety of spices. And there it simmered for hours. It was tender but I wasn't wild about it then and I'm still not.

The best corned beef I ever had in my life was at the Clubhouse at Santa Anita Racetrack. They served this hot, tender, thinly sliced meat heaped on fresh rye bread and with Dijon mustard, it was absolutely fabulous. I can see it in my mind's eye even now. The way I got to sample those incredible corned beef sandwiches back in the late 50's is interesting. My mother got invited to the Track by somebody or other and had a great time, what with cocktails and other people placing bets for her and actually winning a buck or two, so she decided she wanted to go again. She was working at some car dealership or other then and was the person who signed car buyers up with insurance so she should have been working but instead, looked around and realized there was nobody to go to with and certainly didn't want to go alone so she drove up to South Pasadena High School and told the office I had a dental appointment and to send me up.

So, instead of going to History and Bookkeeping, we went to the track and had these amazing sandwiches. As she knew absolutely nothing about horse-racing, which is an inexact science at best, she didn't win much/any. However, hope springs eternal so she came and pulled me out again the next Wednesday and the next for several weeks before she realized she really needed to quit losing on the ponies. The corned beef sandwiches at Santa Anita will linger in my memory forever.

Another friend of mine is on a very strict cleansing regime which does include meat and most vegetables so I told her she could have all the corned beef and cabbage she wanted. She said that was great except she didn't like it. Her husband, Roger, liked it a lot and would go over to a friend's house and dine with them. Nobody I know has indulged in green beer.

March Madness is upon us and the newspaper is filled with pages of brackets where you can keep up with all the teams. The headings are adorable: First Round, Second Round, Sweet 16, Elite 8, Final Four and Championship Game on April 8th. Be prepared to see basketball everywhere you look for the next few weeks.

There's more going on than basketball the next couple of weeks. Tomorrow is Palm Sunday, leading us into Holy Week.

### POLICE & FIRE (continued from page 1)

but there were 69 calls for service regarding homeless people in 2023. No hate crimes were reported in Sierra Madre. The Internet Crimes Against Children (ICAC) received six incident calls but no arrests in 2023.

#### Traffic & Safety

In 2023, there were 138 traffic collision calls, an increase of 64% over 2022, but collision reports were down 34%. Part of the reason for that is the decrease of 29% in traffic citations over the previous year. Chief Barrientos cited staffing shortages as the reason for decreased written citations. There were no traffic fatalities, and injuries were down 38%. There were zero DUI collisions reported.

#### Fish & Wildlife

There were 144 calls for wildlife incidents in 2022. That jumped to a whopping 410 calls last year. Barrientos says 373 calls were for bears, but the community was prompted on social media to report bear sightings, which increased calls. There were 54 calls for bears entering homes in 2023, compared to only 19 in 2022.

#### Calls For Service

Overall, calls for service dropped by 2,898 in 2023, but there were close to 35,000 calls last year. There was one use-of-force incident and one pursuit, but no Internal Affairs cases against SMPD.

The City Council praised the great efforts by the SMFD and SMPD to keep our community safe.



March 10th to March 16th 2024

The following represents a summary report of some of the major incidents handled by the Sierra Madre Police Department during this period. This list is not intended to be considered exclusive or all-inclusive.

Monday, March 11th Drunk in Public  
At approximately 12:00 PM, officers responded to the intersection of Sierra Madre Blvd and Baldwin Ave. regarding an intoxicated male stumbling down the street. Upon further investigation, officers discovered that the subject was intoxicated, and he was arrested for being drunk in public.

Vehicle Burglary At approximately 5:00 PM, officers responded to 451 W. Carter Ave (Bailey Canyon Park). regarding a vehicle burglary. Upon arrival, officers spoke with the reported party who stated their vehicle was broken into by an unknown suspect and by an unknown object. The Detectives Bureau is following up on this incident.

Traffic Collision At approximately 9:06 PM, officers responded to the intersection of Grandview Ave and Sunnyside Ave regarding a traffic collision. Upon arrival, officers discovered that a hit and run occurred on a public roadway causing damage to multiple vehicles. There were no injuries, and a report was taken.

Tuesday, March 12th Theft from Motor Vehicle  
At approximately 3:00 AM, officers responded to the 100 block of N. Lima St. for a report of theft from motor vehicle. Unknown suspects entered victims unsecured vehicles parked at their residence. Suspects stole property from inside the vehicles. As part of this investigation, it was learned that Officers from South Pasadena Police Department had several suspects in custody for possessing the stolen property belonging to the victims. The Detectives Bureau is following up on this incident.

Wednesday, March 13th Theft from Motor Vehicle  
At approximately 08:00 AM, officers responded to the 400 block of

Next Thursday, the 28th is Maundy Thursday and then Good Friday, Holy Saturday and Easter on the 31st. The picture today, appropriately, is a palm tree.

"Palm Sunday teaches us the importance of humility and servanthood, as we follow Christ's example of riding on a donkey, choosing the path of meekness over worldly glory."  
Charles Stanley



Palm Sunday is the beginning of the end of Jesus' ministry here on earth. As you will recall, he was heading into Jerusalem and as he approached the Mount of Olives, he sent two of his friends/disciples ahead saying, "Go to the village ahead of you and as you enter it, you will find a colt tied there, which no one has ever ridden. Untie it and bring it back here. If anyone asks you why, just say, 'The Lord needs it.'" So off they went and, sure enough, there was the colt and, just as Jesus had said, the owner accosted them...Hey! Why are you untying that donkey?" They said, "The Lord needs it," and the owner said, "Oh, OK." They led this donkey colt back to Jesus, threw their cloaks across it and Jesus sat down on it. As He and his friends went down the road, joy overtook them as they remembered all the miracles they had seen; the blind given sight, the dead raised, the lame walking, demons banished, multitudes fed with a few loaves of bread and little fishes. They couldn't help but begin to praise God in loud voices. Their excitement was contagious. Great crowds gathered, laid their cloaks and palm branches in the road before Him, shouted and sang, "Hosanna to the Son of David! Blessed is he who comes in the name of the Lord!"

Can you imagine what a sight that must have been? People dancing in the streets, shouting, singing and rejoicing to be close to this miracle worker. Hence, Palm Sunday.

At church, we will see all the little Sunday School kids waving palm branches being led down the aisle to place them at the foot of the cross. They have sort of a sketchy idea of what they're doing and it's such a fun moment to see them waving branches, looking for their parents and pushing each other. I expect there were a lot of little kids running around in the crowd that first Palm Sunday, too, waving branches and having an excellent time being outside on a beautiful day where everyone was happy.

Wherever you are tomorrow, online, outside, inside in your pajamas, rejoice in the day. Yes, the coming week is filled with sadness...but, oh, my friends...Easter is coming!

Easter is only a week away.

"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. Available on Amazon.com Deanne Davis

## Learn All About the History of Water in Sierra Madre

Former Sierra Madre Director of Public Works  
**Chris Cimino**

shares Sierra Madre's vibrant water history!



Wednesday, March 27

5:30 p.m.

Hart Park House in Memorial Park

**FREE ADMISSION • OPEN TO EVERYONE**

Our newly-retired Director of Public Works, Chris Cimino, will present an engaging narrative of where our water comes from – past and present – and the battles over our liquid gold.

presented by the  
**Sierra Madre Historical Preservation Society**



## SIERRA MADRE POLICE BLOTTER

N. Baldwin Ave. for a report of theft from motor vehicle. Unknown suspects entered the victim's unlocked vehicle and stole various items.

Theft from Motor Vehicle  
At approximately 6:00 PM, officers responded to the 200 block of Auburn Ave. for a report of theft from motor vehicle. Upon arrival, officers spoke with the reported party who stated their vehicle was ransacked overnight and unknown if any property was taken.

Friday, March 15th Burglary

At approximately 6:00 AM, officers responded to the 00 block of E. Sierra Madre Blvd regarding a burglary. Upon arrival, officers spoke with the reported party who stated that someone had entered the business through a door on the south side of the location and stolen a safe. The Detectives Bureau is following up on this incident.



**SIERRA MADRE  
UNITED  
METHODIST  
CHURCH**

**Sunday worship 9:30 a.m.**

**COME JOIN US IN  
WORSHIP! ALL ARE  
WELCOMED!**

695 W. Sierra Madre Blvd.  
Sierra Madre, CA 91024  
(626) 355-0629

[smumc.net](http://smumc.net)



# Pasadena Altadena



News From Your Community For Your Community

## Pasadena Egg Bowl is Back



The City of Pasadena Parks, Recreation and Community Services Department and the Rose Bowl Stadium jointly announced Pasadena's popular Egg Bowl, the egg hunt and spring festival set for Saturday, March 30, from 11 a.m. to 3 p.m.

Egg hunts for kids up to 12 years old will begin at 11 a.m., with two additional egg hunts scheduled at 12:30 p.m. and 2 p.m. Limited tickets for the FREE egg hunts will be available at [CityOfPasadena.net/Reserve](http://CityOfPasadena.net/Reserve). Online registration is open for Pasadena residents and for non-residents. Every-BUNNY counts, so please be sure to register all members in your group.

If you are interested in attending a VIP experience, you can purchase tickets to the Bunny Brunch through Eventbrite. Space is limited, so hop on and reserve your seats.

After the egg hunt, head over to the spring festival in Area H featuring FREE family-friendly activities, games, youth performances, arts and crafts, inflatable games, food for purchase, and more!

Free rides to and from the Egg Bowl will be offered on Pasadena Transit Route 51 buses all day. Route 51 will run every 22 minutes between 7:30 a.m.-8:00 p.m. and will be increased to every 11 minutes between 10:30 a.m.-2:20 p.m. The route travels between Old Pasadena & Memorial Park Gold Line Station along Fair Oaks Ave. to the Rose Bowl. The Rose Bowl Stadium is a 5-minute walk from the nearest Pasadena Transit bus stop. View the route map and schedule at [PasadenaTransit.net](http://PasadenaTransit.net). Riders will also be entered in a raffle to win great prizes! Free parking is available in Lot F. The Egg Bowl is sponsored by the City of Pasadena, Parks, Recreation and Community Services Department and the Rose Bowl Stadium. Additional event sponsors include Pasadena Transit, Pasadena Media, Pasadena Management Association and Sri Lanka Foundation.

## San Marino Mission Business District Project Meeting

Join the City of San Marino for the Mission Beautification Project Community Meeting on Tuesday, April 2, from 6:00 p.m. to 7:30 p.m. at the San Marino Community Center.

The City of San Marino seeks your input to enhance the visual charm of the Mission Business District. Contribute to meaningful beautification efforts, collaborate with fellow community members, and help shape the district's future. Your expertise is crucial in this pivotal session where insights will shape the cityscape.

## Sierra Madre Median to get Enhancements



Pasadena residents got a first look Thursday night at a city plan to re-imagine the medians that bisect Sierra Madre Boulevard in East Pasadena that included enhance water quality and urban greening.

According to the city's Stormwater Program Administrator Dawn Petschauer the project has two distinct components. The first phase, the "Sierra Madre Median Enhancements" focuses on the medians that run Sierra Madre Boulevard, extending west from Michillinda Avenue on the city's border to East Washington Boulevard, east of Hastings Ranch and below Kinneloa Mesa. The enhancements aim to intercept dry weather flows from the Sierra Madre, New York and Michillinda Avenue storm drains and surface runoff to improve water quality through urban enhancement and green infrastructure.

"Some of the things we are thinking about are large planters, maybe with some fake plants, something that is beautiful

but that we don't need to think about watering," Petschauer said. "that's also where the dry rock beds come in. It can seem boring but it gives the vision of a river bed and keeps the dust down."

She said the dry rock beds can hold water.

Petschauer said that they are at the very beginning of the projects and construction would not start until next year, "as early as January 2025."

She also said construction would be the smallest part, construction will be, maybe, six months and would stay in the medians out of traffic.

Funding is not yet known and would depend on what ideas and priorities come out of Thursday's meeting. The final designs could go before the city council for discussion in fall.

She also said they are talking with the Tournament of Roses. The first phase of the project is the staging area each year, after the Rose Parade, for the float viewing.

The second phase, the "Sierra Madre Master Plan" focuses on

additional medians along Sierra Madre Boulevard, which is the Rose Parade route, extending to the 210 Freeway.

"The Tournament of Roses is elevated and will be part of the design process and one of the first to review it," she said.

Petschauer said they are also looking at replacing the rotating public art at New York Dr. with something that honors the origins of the Red Car system that dates back to 1895. The medians are the original route and tracks until the early 1960s.

East Pasadena District 4 Councilmember Gene Masuda said he had the Sierra Madre median a priority and was always concerned with its upkeep.

Petschauer said the city would hold another community outreach event in summer and again in fall.

For more information visit: [cityofpasadena.net/public-works](http://cityofpasadena.net/public-works).

## Sample Senior Center Spring Free Courses

Nobody is too old to learn something new. Enjoyment and fulfillment should extend throughout every person's life to ensure healthy aging. The Pasadena Senior Center, 85 E. Holly St., offers dozens of classes for members ranging from dance, exercise/fitness, hobbies/special interests and technology.

As the April 5 registration deadline approaches, members and nonmembers of the Pasadena Senior Center can sample the most popular offerings for free by attending 30-minute mini-class sessions, meeting the instructors and learning more about the courses.

Known as Class Tasting, samplings of 13 of the 37 courses will take place Monday, April 1, from 9:30 a.m. to 2:30 p.m., and Tuesday, April 2, from 9 a.m. to 2 p.m. Most samplings will be onsite at the Pasadena Senior Center and one will be online via Zoom. Everyone who registers for the sample class via Zoom will receive an email link to the Class Tasting.

- Monday, April 1
  - 9:30 a.m. - Strength Training via Zoom
  - 10 a.m. - Strength Training in the Fitness Center
  - 12 p.m. - The Art and Joy of Sewing in the East Conference Room
  - 12:30 p.m. - Beginning Computer Class in the Computer Lab
  - 1 p.m. - Ballroom Dancing in
- the Dance Studio
  - 1:30 p.m. - Ballroom Line Dancing in the Dance Studio
  - 2:30 p.m. - "Let Us Play" Improv in the East Conference Room
- Tuesday, April 2
  - 9 a.m. - Yoga in the Pavilion
  - 9:30 a.m. - Beginner French in the Community Room
  - 11 a.m. - Qigong and Tai Chi in the East Pavilion
  - 1 p.m. - Step to the Beat Aerobics in the Dance Studio
  - 1:30 p.m. - Spanish Reading for Beginners in the Community Room
  - 2 p.m. - Strength Training in the Fitness Center

To register for Class Tastings, visit: [pasadenaseniocenter.org](http://pasadenaseniocenter.org) and click on Lectures & Classes, then Class Tasting or call 626-795-4331.

The regular spring course schedule will be offered beginning April 8 and will continue through mid-June. Most classes are once a week and some are twice a week. After sampling classes for free April 1 and 2, register for courses at the center's Welcome Desk no later than April 5.

While Class Tastings/Sample Classes are available to nonmembers of the Pasadena Senior Center, April 8 to mid-June courses are available to members only. For membership information, visit the website and click on Membership.

Most courses range from \$45 to \$75. Scholarships for low-income members are available on a limited basis. Ask for scholarship information and applications at the Welcome Desk or call 626-795-4331.

## Barger Honors R-lene Mijares de Lang as Woman of the Year



Los Angeles County Supervisor Kathryn Barger Tuesday honored R-lene Mijares de Lang, co-owner and executive officer of Pasadena's iconic Mijares Mexican Restaurant, as Fifth District Woman of the Year at the Los Angeles County Board of Supervisors meeting.

"Each year in March, we celebrate and honor women's achievements and leadership," said Supervisor Kathryn Barger. "R-lene is an outstanding role model who deserves to be recognized. She is a Latina business woman, community leader, and philanthropist. R-lene has dedicated her professional life to working and serving people in the Pasadena area. She continues to spearhead a restaurant that was opened more than 100 years ago by her grandmother Jesucita Mijares. R-Lene is someone who will continue to make a difference in Pasadena and the surrounding community for years to come."

Supervisor Barger presented Ms. Mijares de Lang with a scroll during the recognition ceremony in the Board Hearing Room at the Hahn Hall of Administration.

"I appreciate this wonderful honor," said R-lene Mijares de Lang. "I stand on the shoulders of powerful women who started our family restaurant, including my grandmother who is now in heaven, and my mother who is 92 years old and can still be found in our restaurant on Sundays. It takes family and a strong community to make way for strong women leaders. Leaders, in turn, have a responsibility to give back to their communities. I look forward to continuing to contribute to my community and helping the next generation of women leaders rise."

Mijares Mexican Restaurant has the distinction of being the oldest Mexican restaurant in Los Angeles County, turning 104 years old this year. It is also the oldest Mexican restaurant in the City of Pasadena and is the oldest operating Mexican restaurant in the State of California. The restaurant was started in 1920 by Jesucita Mijares, R-lene's grandmother.

For more background information about Mijares de Lang visit: [kathrynbarger.lacounty.gov](mailto:kathrynbarger.lacounty.gov).

## Physical Assault Victim Dies

Pasadena police are asking for the public's help find a suspect after a local area man died earlier this month from what detectives are saying may have been due to a physical assault. No suspect description or other information, including a motive was given.

According to police, on March 8 at 10:57 p.m., officers from the Pasadena Police Department responded to a multi-unit residential building located in the 100 block of North Catalina Avenue regarding a medical call involving a male not breathing.

Pasadena Fire Department paramedics were first to arrive at the scene and immediately initiated lifesaving measures. The victim was identified as 35-year-old Desmond Terence Murrell, an Azusa resident, was pronounced deceased at the scene.

During the preliminary investigation, it was discovered the adult male was physically assaulted prior to experiencing his medical emergency.

Detectives from the Pasadena Police Department's Robbery / Homicide Unit (RHU) responded to the crime scene to commence immediate follow-up investigation. RHU is actively conducting follow-up investigation on the homicide. The motive is still unknown. Anyone with information about this case is encouraged to call the Pasadena Police at (626) 744-4241 or report information anonymously by contacting "Crime Stoppers" at (800) 222TIPS (8477), or by using the website: [lacrimestoppers.org](http://lacrimestoppers.org).

## Oil Filter Exchange Event

Pasadena city officials are reminding residents to bring your used oil filter to North Lake Auto Zone March 30 from 9 a.m. to 1 p.m. and get a free new oil filter, limited to two (2) per person per household. Free oil recycling kits will also be provided to attendees. Residents are encouraged to bring their used oil to the events as well. Oil filter exchange events help protect the environment by promoting proper recycling of used oil and oil filters and are made possible by a grant from the

California Department of Resources Recycling and Recovery (CalRecycle). Auto Zone is located 550 N Lake Ave.

If you would like your used oil picked up directly from your home, please schedule an appointment by contacting the Pasadena City Service Center at (626) 744-7311.

View a list of certified oil and oil filter collection centers located in Pasadena for more information visit: [cityofpasadena.net/public-works](http://cityofpasadena.net/public-works).

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## San Marino Upcoming Events & Programming

### Coffee, Tea, and Chat

Friday, March 29 from 9:30 – 11:30 AM, Thornton Conference Room

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

### The Great San Marino Egg Hunt and Firefighters Association Pancake Breakfast

Saturday, March 30 from 9 AM – 12 PM, Lacy Park  
Egg Hunt Pre-sale wristbands: R: \$5 / NR: \$10  
Egg Hunt Gate Price wristbands: R / NR: \$15  
Pancake Breakfast: \$5

Bring your baskets, bunny ears, and appetite! This fun filled event includes crafts, games, pictures with the bunny, and giant egg hunts. Children will be grouped in age appropriate divisions and the first Egg Hunt will begin at 10 AM. The San Marino Firefighters Association who will also be serving their famous pancake breakfast beginning at 9 AM. This is a ticketed event; purchase Egg Hunt wristbands and Pancake Breakfast tickets online now through March 28!

### Earth Day Kite Making

Friday, April 5 from 4 – 6 PM, Lacy Park  
Cost per kit: R: \$12 / NR: \$14

At this event, families will learn how to make kites from recyclable materials, decorate their kites as they see fit, and then immediately launch them in the Lacy Park field. Materials for one kite will be provided. Supplies are limited; registration is required. No refunds.

### Spring Break Camp

Monday-Friday, April 8-12 from 9 AM – 4 PM, Stoneman Building

Looking for an exciting and fun week-long camp for your child age 5-10? Look no further! This camp provides an array of activities such as outdoor games, arts & crafts, sports, and much more! Participants will need to bring snacks, lunch, and water. Registration is required.

### Senior Trip: Dodger Game

Wednesday, April 17 from 10:30 AM – 4:30 PM  
Cost: R: \$71 / NR: \$85

Get your popcorn ready and your cheering voice warmed up! Experience the thrill of a Dodger game at Dodger Stadium. Active adults ages 55+ are invited to join us to show some love to our home team as they play against the Washington Nationals. This is an opportunity to create unforgettable memories and have a great time! Food will be on your own at the concession stands. Please be aware that all purchases at Dodger Stadium are now cashless. Registration is required.

### Local Hazard Mitigation Plan Survey

Help shape a safer tomorrow for San Marino! As we update the 2019 Local Hazard Mitigation Plan (LHMP), community involvement is vital. San Marino, like any city, faces the threat of natural disasters. Your input will be crucial in identifying hazards, assessing current measures, and devising strategies to reduce risks. Participate in our survey to share your insights for the LHMP update. Your cooperation is essential in protecting our community. Access the survey in English or Chinese and learn more about the LHMP at SanMarinoCA.gov/HazardMitigationUpdate. Surveys are due by 11 p.m. on April 24.

### You can find free tax forms and booklets at the Crowell Public Library!

We have a limited supply of printed federal and state tax forms and instruction books, available in our photocopy room. If we don't have the form you need, we can help you print out a copy from the IRS website.

### Planning Commission Meeting

Wednesday, March 27 at 6:00 PM; City Hall Council Chambers and Zoom

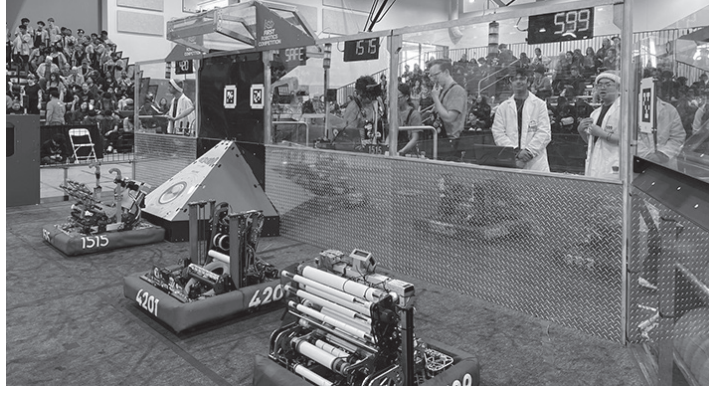
### City Council Meeting

Friday, March 29 at 8:30 AM; Council Chambers and Zoom

### Design Review Committee Meeting

Wednesday, April 3 at 6:00 PM; Barth Room and Zoom

## Student-Built Robots Clash at NASA-JPL Competition



Student-made contraptions of a metal and a little magic battled each other in front of cheering and dancing high schoolers at the annual Los Angeles regional FIRST Robotics Competition over the weekend, an event supported by NASA's Jet Propulsion Laboratory. Of the 44 participating teams, five triumphed, earning the chance to compete this April at the FIRST international championship tournament in Houston.

The raucous event at the Da Vinci Schools campus in El Segundo saw six 125-pound robots racing around the playing field during each 2 ½-minute match as pounding music filled the room and a live announcer narrated the action. Working in alliances of three teams on each side, the robots jockeyed for position and banged into each other, using a variety of mechanical devices to retrieve large, foam rings from the floor and launch them into two target chutes. In the final seconds of each round, the bots could earn extra points by hoisting themselves off the ground to dangle from a metal chain.

"The energy in the room was amazing this year," said Kim Lievense, the manager of JPL's Public Services Office, who coordinates some 100 volunteers for the event every year. "These teams and their bots really left it all on the field, and it was so great to be there to see it yet again."

The 24th year for this L.A.-area competition, the event is one of many under the umbrella of the nonprofit FIRST (For Inspiration and Recognition of Science and Technology), which pairs students with STEM professionals. The competitions give students hands-on experience with engineering and problem-solving, team-

building, fundraising, and other business skills.

Teams receive the rules of the game – titled "Crescendo" this year and themed around arts and entertainment – in January. Using FIRST's technical specifications, students have just weeks to design, build, and test their robots, devoting hours after school and on weekends to the project.

"There were a lot of really impressive robots, and students, this year. The engineering, the manufacturing, the programming in the software these kids are writing – it's quite complex," said Julie Townsend, one of three event judges from JPL. She has been volunteering with FIRST for nearly 20 years as a judge and coach and is JPL's point of contact for the NASA Robotics Alliance Project, which supports NASA "house" youth robotics teams across the country.

"Without these programs like FIRST, high school students don't have the opportunity to do this kind of engineering," Townsend added. "It's hard, but they eventually get to experience the joy of a functioning system that you designed. You failed 16 times and then you get to see it work flawlessly."

In the end, the winning alliance joined together a team from Hawaii with two Southern California teams: Team 368 ("Team Kika Mana") of McKinley High School in Honolulu, Team 9408 ("Warbots") of Warren High in Downey, and Team 980 ("ThunderBots") of Burbank and Burroughs high schools in Burbank, which is a NASA house team supported by JPL.

For more information about the FIRST Los Angeles regional, visit: [cafirst.org/frc/losangeles](http://cafirst.org/frc/losangeles).

## Women's History Month at Pasadena Senior Center

Ada Gates, the first woman in the United States to be licensed as a certified journeyman farrier, will present her fascinating history at the Pasadena Senior Center Cultural Thursdays, to celebrate Women's History Month Thursday, March 28, at 2 p.m.

With a family tree that features Fricks and Vanderbilts, Gates' grew up riding horses at her family's estate in New York and attending prestigious boarding schools. During her teenaged and young adult years she was a debutante, model and actress who enjoyed the finest things in life. By the 1980s, she was recognized as one of the top racehorse farriers – a craftsmen who trims and shoes horses' hooves – in the U.S. and Canada, shoeing every legendary horse that ever entered the paddock at Santa Anita.

She has also been a long-time farrier to the Pasadena Tournament of Roses parade, responsible for ensuring that all horses are shod correctly – with traction on their shoes – to prevent slippage on the pavement. In addition, she served as the farrier liaison for the 1984 Los Angeles Olympic Games.

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.

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 [pasadenaseniorecenter.org](http://pasadenaseniorecenter.org) or call 626-795-4331. The Center is located at 85 E. Holly Street in Pasadena.

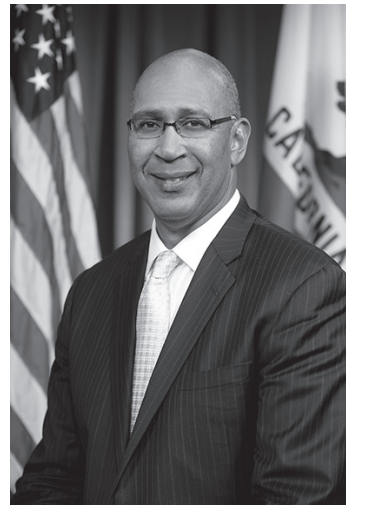
The presentation, a Cultural Thursday event, is free for PSC members and \$5 for nonmembers. To register visit: [pasadenaseniorecenter.org](http://pasadenaseniorecenter.org) then click on Activities & Events or call 626-795-4331.

## Assemblymember Holden's Bill AB 2273 Career Technical Education Passes Assembly

This week, Assemblymember Chris Holden's bill, AB 2273, Paid Career Technical Education Internships, which would authorize the California Department of Education to allocate grant funds to local educational agencies for the purpose of supporting paid career technical education internship opportunities, passed the Assembly Education Committee.

Career and Technical Education (CTE) is a program of study that involves a multiyear sequence of courses, integrating core academic knowledge with technical and occupational expertise. It allows students to personalize their education based on their career interests and unique learning needs. CTE significantly increases not only high school graduation rates but also results in a higher percentage of students going to college and persisting through graduation. In the academic year 2021-2022, California had 647,608 CTE participants.

"CTE is not only beneficial for preparing our students to enter the workforce with confidence, it also provides an avenue to success for marginalized students who otherwise may not have considered specific careers due to financial hardship, disability, and other barriers that stand in the way of their ability to excel," said Assemblymember Chris



Holden.

California's robust economy is widening the gap between the skills and educational resources residents need to thrive in this diverse state. Creating pathways between high school Career Technical Education (CTE) courses and community college programs, as well as between short and long-term college programs, is crucial for meeting workforce needs in high-demand fields and improving career outcomes.

"With our unhoused community growing, we have to start thinking of how to support the next generation and make sure that they feel secure in starting their lives, securing housing, growing their careers, and supporting their families. The children are our future and the way we invest in them now will determine the condition of our incredible state going forward," said Holden.

## Barger Issues Statement on FCC's Proposed 9-8-8 Plan

Los Angeles County Supervisor Kathryn Barger issued the following statement Tuesday in response to an announcement by FCC Chairwoman Jessica Rosenworcel of a proposal to change how calls to the 9-8-8 Suicide and Crisis Lifeline are routed:

"Expanding our crisis response network has been one of my top priorities for Los Angeles County. 9-8-8 has certainly been one of the critical tools that helps ensure we have a care first response to individuals experiencing mental health crises.

In my role as Chair of the NACo Commission on Mental Health and Well-Being, I prioritized 9-8-8 support, and led advocacy for this at the White House and on Capitol Hill.

However, local government leaders truly needed federal intervention to ensure those



calling 9-8-8 are able to connect with a responsive crisis system that is anchored where they live.

I appreciate Congressman Cardenas Senator Padilla, Secretary Becerra and Federal Communications Commission (FCC) Chairwoman Jessica Rosenworcel for their leadership and dedication to continue evolving 9-8-8. As a result, lives are being saved."

## Pasadena Small Businesses Grant & Support Information

### Backing Small Businesses Grant

Main Street America, in collaboration with American Express, has launched the Backing Small Businesses grant program. This initiative offers \$10,000 grants to support economically vulnerable and under-resourced small business owners. These grants are intended for projects that enhance business growth or improvement, fostering community building, economic viability, or significant change. Applications open from March 14 to April 7, or after 5,000 applications are received. Apply today.

### Route 66 Micro Grants

The Route 66 Extraordinary Women Micro Grant Program is giving \$2,000 micro-grants to support woman-owned businesses who operate along Route 66. To qualify, businesses must be majority women-owned or operated (at least 51%), be physically located on Route 66, and have fewer than 20 full-time employees. Applications open February 5 and are due March 25.

### Small Business Micro Loans

LISC LA's Asset Building for Communities of Color (ABC) program was created to help small businesses owned by people of color in Los Angeles County grow their companies, build wealth, and create or maintain jobs. In partnership with LISC LA, Inclusive Action for the City is offering eligible business owners loan capital from \$5,000 to \$30,000 to support with the acquisition of machinery, equipment, and/or inventory.

### Free Small Business Support

The Pasadena City College Small Business Development Center (SBDC) provides high quality, no-cost business assistance to small businesses & entrepreneurs. Small businesses of all stages and industries are welcome. Learn more and register for free webinars and workshops.

Need a Permit? Need to Check Status of a Permit? Register in the Pasadena Citizen Self Service Portal to check the status of a permit, search public records, and request building, fire and public works inspections.

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

# AROUND SAN GABRIEL VALLEY

## HAPPY 100TH BIRTHDAY MARNA!



Birthday wishes to Sierra Madre resident Marna Korell who celebrated her 100th Birthday earlier this week!

## ALL THINGS By Jeff Brown

Meaning of Life According to Non-Duality Philosophy

Non-duality philosophy, also known as Advaita Vedanta in Hinduism, emphasizes the fundamental oneness or unity of existence. The concept of the "meaning of life" is approached from a perspective that transcends dualistic thinking. Here's a brief overview.

1. Oneness: Non-duality philosophy asserts that at the deepest level, all apparent distinctions and dualities dissolve into a singular, undivided reality. From this perspective, the meaning of life is to realize and embody this fundamental oneness. This realization involves recognizing that the separation we perceive between ourselves and the world is illusory.
  2. Self-Realization: The primary goal in non-duality philosophy is often described as self-realization or self-awareness. This involves understanding one's true nature beyond the ego or individual identity. The meaning of life, then, becomes the journey of awakening to this deeper reality and experiencing the inherent unity of existence.
  3. Freedom from Suffering: Non-duality philosophy teaches that suffering arises from attachment to the illusory sense of self and the belief in separateness. Therefore, the meaning of life can also be understood as the liberation from suffering through the realization of one's true nature as the unchanging, limitless essence of existence.
  4. Living in Harmony: Understanding the oneness of existence naturally leads to a sense of interconnectedness and compassion for all beings. Thus, the meaning of life includes living in harmony with others and the universe, recognizing that everything is part of the same underlying reality.
  5. Transcending Dualities: Non-duality philosophy invites individuals to transcend dualistic thinking, including concepts of good and bad, right and wrong, and self and other. Instead, the meaning of life lies in embracing the paradoxes and complexities of existence without being bound by them.
- In summary, the meaning of life according to non-duality philosophy revolves around realizing the fundamental oneness of existence, liberating oneself from the illusion of separateness, and



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## AS WE CELEBRATE WOMEN'S HISTORY MONTH.....

National Women's Political Caucus Greater Pasadena Area is excited to announce that our March 28, 2024 chapter meeting will feature an open mic session where members can share their own personal women's history stories.

We believe that each of our members has a unique and inspiring story to tell, and we would love to hear from you.

Whether it's a story about a woman who has inspired you, a personal achievement you are proud of, or a moment that has shaped your journey as a woman, we encourage you to share it with us at the open mic session.

This is a wonderful opportunity to celebrate the diverse experiences and contributions of women who are members of our National Women's Political Caucus Greater Pasadena Area chapter.

If you are interested in participating in the open mic session, please email [chair@nwpcgpa.org](mailto:chair@nwpcgpa.org) and let us know in advance so we can allocate time for 2 minutes to share your women's history story. We also encourage you to invite friends and family members to join us for this special event. visit: [nwpcgpa.org](http://nwpcgpa.org).



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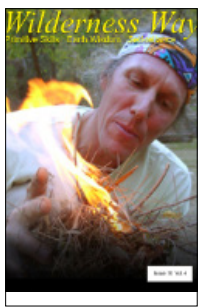
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[Nyerges is an educator and the author of over two dozen books including "Urban Survival Guide," "Extreme Simplicity," "Foraging Californai," and other books. More information at [www.SchoolofSelf-Reliance.com](http://www.SchoolofSelf-Reliance.com)]

**NATIVE PLANTS FROM "HARDY CALIFORNIANS" BACK IN SIERRA MADRE**

"Hardy Californians" is back! This unique native plant nursery, located just east of Arnold's Hardware on Sierra Madre Blvd, is now back in Sierra Madre.

Hardy Californians is a Native Plant Nursery and Landscape Design Studio run by local residents Parker Davis and Portia Besocke. Within their outdoor pop-up format, they make available a wide selection of locally grown plants native to California which are uniquely adapted to our relatively low levels of precipitation (or rainfall) and extremely hot summers.

Both of these talented naturalists have been growing, propagating, selling, and consulting about native plants for several years. The current venture at 283 W. Sierra Madre Blvd. will run at least through the end of May.

According to Davis, "We will be here until the end of May and we hope to stay longer, pending an agreement with the City of Sierra Madre."

Davis says, "We're super excited to be back after our first year since we had such a great reception from the community. There is an increase in interest in the community with native plants, and other activities such as harvesting rainwater. We're very pleased and encouraged to be here."

They will also be offering a series of classes and lectures on-site, including an art series by Carly Lake, where participants will learn to make paper collage, use natural dyes, etc. You can register at the site.

Davis and Besocke both believe that our futures should include native plants which use less water, and are evolved to thrive in our region. With concerns over drought and climate change, native plants offer a viable alternative to the otherwise ecologically-sterile imported bushes and trees, and the outdated colonial lawn.

According to Davis, we have a lot of hummingbird sage in stock right now, which is great for dry gardens, and it also makes a good tea." He adds, "We specialize in locally grown native plants that are uniquely adapted to our climate, requiring little to no supplemental irrigation, while contributing the most ecological benefit in supporting our



Parker Davis and Portia Besocke in front of the company van

local birds, bees, and butterflies."

For several years, Davis led volunteers in restorative efforts at the Audubon Society center at Deb's Park in Highland Park, and he also guided visitors on interpretive walks. Subsequently, both Davis and Besocke developed the Hahamongna Native Plant Nursery in the Arroyo Seco on Pasadena's west side.

According to Davis, "Hardy Californians is one of the very few native plant nurseries which grows plants native to our community, and thrive in foothills of the San Gabriel Mountains with little to no maintenance or irrigation." Davis pointed out that some of the beautiful natives currently available include the aromatic and ornamental "Woolly Blue Curls, and Encelia californica, a native sunflower. Other popular plants for sale include White Sage, Black Sage, Mugwort, and Yerba Santa, all of which are drought-tolerant, sustainable and boast great ecological and sociological benefits.

Hardy Californians also offers a landscape design services for those residents ready to ditch their lawns for a habitat friendly garden that is uniquely Californian, and are currently offering free estimates to interested customers.

The popup business has a selection of terra cotta pots, wildflower seeds and related books available, as well as gift items, such as t-shirts, and their popular "LA Plants" Dad Hats! But don't wait.

Hardy Californians, 238 W. Sierra Madre Blvd., in Sierra Madre, is open Tuesdays through Sundays, 9 to 5, and closed Mondays. Their website is [www.hardycalifornians.com](http://www.hardycalifornians.com). You can also call or text at 626-674-4504.

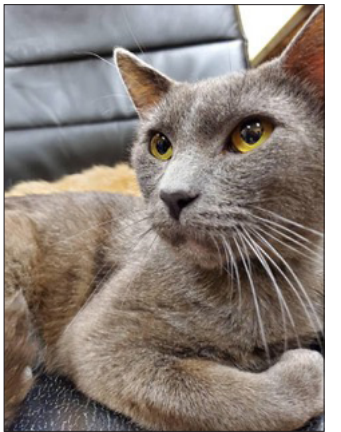
**Katnip News!**



**REMINGTON STEELE (AKA "REMY") STEEL GRAY MALE SHORTHAIR BORN 2022-2023**

This steel gray, handsome young lad came into a crowded LA shelter with a life-threatening urinary blockage. We stepped in and got him the emergency care he needed, and now he is doing great. He will need to be on a prescription diet for life to prevent future blockages. He's neutered, current on vaccines, and will be chipped. In other words, he's ready-to-go!

According to his foster dad, Remy is cool with other cats and is an all-around good boy. Want a sweet lap cat? Remy's your guy!



NOTE: If you think it's a strange name, and don't remember the 1980's TV show with Pierce Brosnan, just Google it.

Remy's pictures and adoption application are at <https://www.lifelineforpets.org/remington-steel.html>.

**Pet of the Week**

Kelce is a shy and sensitive husky who is in search of a quiet home that will allow him to blossom into the wonderful dog that we know he can be. While initially he can be unsure of new people and places, Kelce quickly warms up and becomes a wiggly puppy!

Kelce is a little over one year old and likely close to full grown at fifty pounds. He has made a lot of close friends with volunteers and staff at Pasadena Humane, so his forever family will get an instant BFF!

He recently got to go out on a field trip with some volunteers. They reported that he had a great day out- playing fetch in the yard, going for walks and getting tons of attention. He loves chasing toys but hasn't quite grasped the "bring it back" idea. He does well in the car, enjoys getting pets and appears to be housetrained.

Handsome and adorable Kelce is a diamond in the rough. Once you get past his shy exterior, you'll find the gentle heart and loving personality that we get to see all the time!

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



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

View photos of adoptable pets and schedule an adoption appointment at [pasadenahumane.org](http://pasadenahumane.org). Daily adoption appointments can be scheduled online. New adoption appointments are released

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**Pets in need**

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

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

Sierra Madre based non-profit

Free Animal Doctor

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## LONELINESS KILLS, SOCIAL CONNECTIONS HEALS

By Ed Mervine and Dick Myers (Pasadena Village)

“The mortality impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day... (Surgeon General’s Advisory <https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf>)

U.S. Surgeon General Dr. Vivek Murthy released an advisory on May 3, 2023, that addresses the epidemic of loneliness and isolation negatively impacting the health of our nation, its people, and its institutions. A Surgeon General Advisory is a call to action. Past Advisories rallied national resources to combat tobacco use, obesity, and addiction.

In the May Advisory, the Surgeon General concluded that loneliness “is far more than just a bad feeling—it harms both individual and societal health. It is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death.”

The Village Movement founded in Boston in 2002 predates the Surgeon General’s Advisory and anticipated many of its findings, recommendations, and goals.

Challenged by a system that isolates and infantilizes older people, a healthcare industry that efficiently warehouses but is largely devoid of social connection, meaning or purpose, and a society focused elsewhere, seniors decided to do it themselves and thus the Village was born. Since that day in Boston in 2002, the lives of those who became Villagers changed. Many found a reason to get out of bed in the morning. Life became more fun, more meaningful, more fulfilling, and more purposeful.

Ten years later, when area seniors adopted the Boston example, the Village Movement reached Pasadena.

Pasadena Villagers know that the Village model of self governance and mutual support delivered through the talents of its members works for them. It shows up at every gathering and on every page of [www.pasadenavillage.org](http://www.pasadenavillage.org). Not only are Villagers living longer, healthier, richer, more rewarding lives but by building a model and opening it to others, they are helping establish healthy communities, mend loneliness and end isolation. Villagers are actively constructing a world they would like to inhabit. To learn more about how this nonprofit organization impacts the lives of local older adults, visit [www.pasadenavillage.org](http://www.pasadenavillage.org) or call 626-765-6037.

## THE BEST CELL PHONES FOR SENIORS

Dear Savvy Senior:

Can you recommend some good cell phones for seniors? My 79-year-old mother needs to get a new mobile phone and has asked me to help her find one that she would like. Searching Daughter



Dear Searching:

For older adults, choosing a cell phone is not a one-size-fits-all proposition. Some seniors love the latest high-tech smartphones with high-megapixel cameras, while others prioritize simple phones with basic functions. So, the best cell phone for your mom will depend on her comfort with technology, priorities and budget.

Best Cell Phones

To help identify the best cell phones for older adults, I consulted Wirecutter, a product testing and recommendation service from The New York Times who recently tested 18 cell phone models.

Their testing focus was on three different areas, including best phones for older adults who are comfortable with technology and want to upgrade to a full-featured smartphone with robust accessibility settings; best cell phones for seniors who are not tech-inclined or who prefer a smartphone with fewer features, as well as those who are experiencing vision, hearing, or dexterity issues; and best cell phones for elderly seniors who need specific accessibility features due to physical or cognitive issues. Here are their top choices based on their tests.

**Apple iPhone 15 Plus:** This is a great choice if your mom is comfortable with technology and willing to spend more for a top-tier smartphone with a range of accessibility, health, and safety features. The 15 Plus has an easy-to-read, large (6.7-inch) screen and the most robust health and safety features, including an off-grid SOS, a personal-safety check, and plenty of customizable accessibility options that help seniors with vision and hearing loss, as well as with speaking and/or dexterity problems. (\$899, [apple.com](http://apple.com)).

**Google Pixel 8:** If your mom has been using an Android device and is more comfortable with this operating system, the Pixel 8 is a high-end, reasonably priced smartphone that tops their list for older adults. It too has a sharp, large (6.7-inch) screen with an excellent camera and many health, safety, and accessibility features that can help seniors with vision impairment, hearing loss, hand tremors and more. And it costs significantly less than the new Samsung Galaxy and iPhone models. (\$699, [store.google.com](http://store.google.com)).

**Lively Jitterbug Smart4:** If your mom wants a simplified smartphone that’s very affordable, she might prefer this model. Like the Apple 15 Plus and Google Pixel 8, the Jitterbug Smart4 also has a 6.7-inch screen, but this phone comes with a list-based menu (no icons) that provides easy navigation. It also offers voice commands capabilities, and a number of health and safety services including a 24/7 emergency monitoring service. This phone would also work well for people with memory or vision issues. (\$150, [lively.com](http://lively.com)).

**RAZ Mobility Memory Cell Phone:** This phone is specifically designed for seniors with memory issues or more-advanced cognitive decline. Its uncluttered, simple functionality allows users to stay in touch with family and friends while also reducing common problems such as unnecessary calls to emergency services, spam, and fraud. It also has a dedicated SOS link on the screen that can alert up to three contacts; has GPS tracking capabilities; provides caregiver controls and more. (\$349, [razmobility.com](http://razmobility.com)).

**Snapfon ez4G:** This is a non-smartphone if your mom doesn’t want or need all the functionality of a full-featured smartphone. This simple cell phone provides large buttons, big screen type and an SOS emergency button on the back of the phone that will alert up to five preselected contacts by call and text. (\$100, [snapfon.com](http://snapfon.com)).

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

## ART OF THE GARDEN

SAVE THE DATE!

Sunday  
April 14, 2024

FOR TICKETS VISIT  
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## 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..



## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

## DON'T KNOCK ON THE DOOR IF YOU LIKE BREATHING

I’m unsure if this is a new phenomenon or I’m just starting to catch up on the culture. I know I have a lot to catch up on, and I’m slowly doing it.

Lately, there’s been a lot of activity at our front door.

That’s not to diminish the activity at the back porch door. That activity has to do with a variety of critters in the neighborhood. The food dish is out there, and the critters come throughout the day at their own discretion. It is an open invitation.

Two cats live on the porch, about three cats visit us to have something to eat, two possums show up regularly, and, last but not least, three raccoons show up nightly.

These critters come for the food I put out daily. I welcome them to the porch and to the food, unlike The Gracious Mistress of the Parsonage, who makes sure they never get inside the house.

But the front door is a different situation altogether. I’ve noticed lately that the activity and visitors to our front door has increased and that just frustrates me to no end.

When I answer the door, there will be somebody who has something for me that I just can’t turn away. If only he knew.

When anybody tells me they can do something for free and that it will lower some bills in the house, I know what they are saying is not true at all. If it was free, how in the world do they get paid?

Several of them talked about the idea of climate control. If we switch over to solar panel power, we will solve the climate control problems.

Once, when they were telling me how much money I could save, I interrupted them and said, “If you’re really interested in helping me save money, how about paying my electric bill for the year. That I would be interested in.”

He looked at me as though I was an idiot. I think he was seeing his reflection in my eyes.

Another group of people that come to our front door has to do with our security system. They want to come in and examine our security system, and then they have a proposition for a brand-new security system that won’t cost me anything.

I may be a country boy, but I have two brain cells that are still working. I know why they want to come in and examine my security system. The purpose is to be able to understand what my security is, and then they can override that security system and rob me.

They want to go through my house to see all of the treasures I have that they can steal for their profit. I would pay them a finder’s fee if they found any money in our house. I’ve been looking for years and have come up empty.

If I let them in, and that’ll never happen, I will only let them see my library, where I have approximately 8,500 books. If they plan to steal some of my books, they are dumber than the dead possum up the street. I have nothing worth anything that a smart-minded person would want to steal.

I was sitting in my office doing work when I heard somebody at the front door. Before I could get up and go to the door, The Gracious Mistress of the Parsonage beat me and opened the door.

“Yes,” she asked, “can I help you?” I didn’t hear everything, but I listened to the guy at the door go into his spiel about the solar panel system he wanted to give her.

“I guarantee,” he said to her with the biggest smile I’ve seen in a long time, “that it will cut your electric bill in half or even more.”

At times like this, I wish we had a security camera to record this activity at the front door.

The guy hardly finished his spiel before The Gracious Mistress of the Parsonage jumped in.

“Do you have a permit for this?” She said with a great deal of authority in her voice. “You’re not allowed to come in our neighborhood and knock on our doors without a permit. Let me see your permit.”

He stammered and said, “No, ma’am. I don’t need a permit to do this.”

Looking at him as he had not been looked at for a long time, she said, “If I say you need a permit to do this, you better believe you need a permit to do this. Now show me your permit or I’m gonna call the cops.”

Can life get any better than this? If only I had the sense to turn a tape recorder on, I could at least get the audio of this interaction.

She talked to him very briefly, and as I looked at his face, I could see the blood draining out of his face; he didn’t say a word but turned and walked away as fast as he possibly could.

As he walked away, The Gracious Mistress of the Parsonage said, “And don’t you dare come back here ever again if you love breathing.”

I couldn’t help but think of Psalm 118, “It is better to trust in the Lord than to put confidence in man.”

Man will fail me, but God will never fail me. I’m going to put my trust in God, not man.



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Mountain Views News has been adjudicated as a newspaper of General Circulation for the County of Los Angeles in Court Case number GS004724; for the City of Sierra Madre; in Court Case GS005940 and for the City of Monrovia in Court Case No. GS006989 and is published every Saturday at 80 W. Sierra Madre Blvd., No. 327, Sierra Madre, California, 91024. All contents are copyrighted and may not be reproduced without the express written consent of the publisher. All rights reserved. All submissions to this newspaper become the property of the Mountain Views News and may be published in part or whole. Opinions and views expressed by the writers printed in this paper do not necessarily express the views and opinions of the publisher or staff of the Mountain Views News.

Mountain Views News is wholly owned by Grace Lorraine Publications, and reserves the right to refuse publication of advertisements and other materials submitted for publication.

Letters to the editor and correspondence should be sent to:

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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



### IS LIFE A GAME?

If life is a game who's winning and who's losing? What are the rules and how did they get created or discovered? (More about this creation versus discovery later) For now are winners the ones who live the longest, or have the most fun, or have the greatest impact upon society, or check most of the boxes on their personal bucket lists, or is it those who live most in accord with their own ideals and beliefs? What are ideals anyway and where do they come from?

Let's talk about creation versus discovery. Sometime during my early Grammar School years, a teacher went on about how Columbus "discovered" America in 1492. Some kid, not me but I wish it were, blurted out, "What about the Indians?" I do not remember much about the teacher's response other than that she was flustered. I think at that moment there began my realization that what we were being taught was not truth but just somebody's view of what was convenient or acceptable.

Last week I got a surprise call from a friend I had met on the golf course, I had been trying to call him, but my calls were not being accepted. He explained to me in a kind of light-hearted way that he had just been told by his oncologist that he had less than a month to live. I asked if I could come over and visit and he said, "Sure, come over tomorrow". As perhaps you can imagine this was a vastly different kind of visit for me.

First off, my friend did not seem ill at all. He was standing in the doorway and greeted me with his usual "Hello, young man." It's funny because we are both due to turn 80 in the next couple of months (I would say God willing but that is one of the subjects I want to discuss.) In a large room there stood a huge standing structure of the number 80 prepared for a party which, I guess, will never take place. My friend is devout (does that just mean following the rules?) Mormon who is proud of his living 61 children, grandchildren, and great grandchildren. He explained to me that he has already spoken to all his family members that it is God's will that this life of his will soon end but there is nothing to grieve about. He expects to see his deceased parents in Heaven and expects to see his still living family members in Heaven when they eventually pass from this life. Somehow the subject of coffee came up and I mentioned that I rarely drank it because of the caffeine it contains. One of the grandchildren corrected me by saying "we don't drink coffee because IT'S A RULE not because of the caffeine."

The entire experience seemed to be like entering into another world wherein people were certain that they were living within the rules brought down from their Creator through his messengers on Earth. To put it mildly, this all had a very unsettling effect on me. I have absolutely no connection with religion and don't want one but I was still moved by the experience of being with these people while I am so stressed about my own condition.

The next morning, I got an email from an old friend who was concerned about the stress I mentioned in last week's article. He suggested I read the book authored by Noah Feldman, TO BE A JEW TODAY which somehow connected with my experience with the Mormon family of the day before. I bought the book and began reading. So far it has not provided many answers, but it has left me with many questions such as the questions I mention in the first paragraph of this article. What I have gathered so far is that the most important quality one identifies with being Jewish is the quality of respect.

Respect for what? Respect for other people no matter what their beliefs or opinions. Respect for God's will even if there is no God. A fair understanding of the satisfaction one has in his or her own life and the ability to notice the living life all around you and how we, humans, animals, vegetables, the environment, and the cosmos are all connected. The point I think is to not get stuck in one's own beliefs but to freely observe all that you can. I don't know all the answers, I don't even know all the questions, but that realization for now makes life more interesting, tolerable, and actually satisfying.

See you next week, God willing or even unwilling, I guess.

Piano Instructor

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## RICH JOHNSON NOW THAT'S RICH DIGEST READER'S DIGEST



Remember "Reader's Digest"? 102 years ago newlyweds Dewitt and Lila Bell Wallace launched the magazine. Calling it a general-interest family magazine, the couple hoped they could make income of about \$5,000 a year. How did they fare?

Six years later in 1929, Reader's Digest had 290,000 subscribers and a gross income of \$900,000 a year. By 1962 they were publishing 40 international editions in 13 languages and Braille. The "Digest's" format consisted of 30 articles per issue (one per day). The publication also contained several regular special interest pages such as "Humor in Uniform", "Life in these United States".

"Reader's Digest" greatest contribution in my world? I can draw nuggets of useful factoids equipping us with fascinating talking points useable at dinner parties and other social events. As I have stated for years ad nauseum, my desire is to entertain you, and to also equip you with "conversation starters" shareable at the various functions that populate a week in your life. So, here we go...again!

How big is the Empire State Building? Well, it has its own ZIP code. The number is 10118 in case you need to know.

Slots can hold their breath longer than dolphins can. Up to 40 minutes. Dolphins need to come up for air every 10 minutes!

Know what an anagram is? A word or phrase made by transposing the letters of another word or phrase. Believe it or not, someone with too much time on their hands figured out that "Albert Einstein" is an anagram for "Ten elite brains".

Roller coasters were invented in the 1880s to distract Americans from sin. Businessman LaMarcus Thompson hated that Americans were tempted by saloons and brothels. So, he built America's first roller coaster in the most immoral place he could think of: Coney Island in New York.

Lobsters taste with their...feet! Those spiny critters have their taste buds in their pincers. Oh, and lobsters' teeth are in one of their 3 stomachs.

Blue whale tongues can weigh as much as an elephant. In fact, their hearts weigh almost a ton and beat just once every 10 seconds.

The Eiffel Tower was originally intended for Barcelona Spain. Barcelona city fathers thought the design was just too ugly. So, Gustave Eiffel pitched it to Paris...as a temporary landmark. By the way, the French didn't like it much either.

A woman was elected to Congress 4 years before women were given the right to vote. In 1916, Jeannette Pickering Rankin was elected to the U.S. House of Representatives representing Montana. She introduced legislation that eventually became the 19th Amendment granting unrestricted voting rights to women commencing in 1920. Ms. Ranking, in addition to being a suffragist, was also a Republican.

What did people use before toilet paper was invented? Americans used to use corn cobs. How? Don't ask me. In the absence of corn cobs, our rural society used pages from periodicals like the "Farmers Almanac". Which is why the publication came with a hole through it. So it could hang in outhouses.

The next time you take a picture of a group of people don't tell them to say "cheese". Tell them to say the word people were encouraged to say in 1840. Okay, everybody, say "prunes". "Prunes" will keep their mouths taut.

What's the smallest country in the world? Vatican City. This tiny country measures 0.02 square miles.

And finally, what was the last letter added to the alphabet? No, it's not "Z". It's the letter "J" as in "Johnson" or "JJ Jukebox". "J" began as an "i" with a "swash"; a typographical embellishment of the letter "i". Italian scholar Gian Giorgio Tissino gave the letter "J" its official status. Mr. Trissino, in the early 1500's, defended the addition pointing to Jesus. It was improper to translate the Hebrew word "Yeshua" as the Greek word "iesus". We needed the hard "J" sound.

Have a good week. And remember this truism: "Wherever you go, there you are!"





AN INDIVIDUAL. Signed: LEONARD FLEETWOOD JONES JR/OWNER. This statement was filed with the County Clerk of Los Angeles County on 02/23/2024.

FICTIONTIOUS BUSINESS NAME STATEMENT File No. 2024-031605 The following person(s) is (are) doing business as: LA VENEDORA AMBULANTE, MARES FOUNDATION, 1038 VENICE BLVD, LOS ANGELES, CA 90015.

FICTIONTIOUS BUSINESS NAME STATEMENT File No. 2024-041917 The following person(s) is (are) doing business as: MAHELIA PMU ACADEMY, 14824 WHITTIER BLVD, WHITTIER, CA 90605.

FICTIONTIOUS BUSINESS NAME STATEMENT File No. 2024-038816 The following person(s) is (are) doing business as: MARISCAL PLASTERING, 25480 VALLEY VIEW LANE, MORENO VALLEY, CA 92557.

FICTIONTIOUS BUSINESS NAME STATEMENT File No. 2024-038112 The following person(s) is (are) doing business as: MIGUEL'S POOL SERVICES, 23701 S WESTERN AVE SP 184, TORRANCE, CA 90501.

Five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date.

FICTIONTIOUS BUSINESS NAME STATEMENT File No. 2024-045439 The following person(s) is (are) doing business as: PACIFIC INDUSTRIAL HARDWARE, 1135 SOUTH PACIFIC AVE, SAN PEDRO, CA 90731.

FICTIONTIOUS BUSINESS NAME STATEMENT File No. 2024-040439 The following person(s) is (are) doing business as: PCW INDUSTRIAL MANAGEMENT, 17810 NORWALK BLVD, ARTESIA, CA 90701.

FICTIONTIOUS BUSINESS NAME STATEMENT File No. 2024-045739 The following person(s) is (are) doing business as: RIVERA PREMIER LENDING, 17832 PIONEER BLVD, ARTESIA, CA 90701.

FICTIONTIOUS BUSINESS NAME STATEMENT File No. 2024-045739 The following person(s) is (are) doing business as: SONG TRANSPORT, 17047 SHADYMEADOW DR, HACIENDA HEIGHTS, CA 91745.

FICTIONTIOUS BUSINESS NAME STATEMENT File No. 2024-041494 The following person(s) is (are) doing business as: SUPER TIENDA LATINA MEAT MARKET,

10423 SOUTH NORMANDIE AVE., LOS ANGELES, CA 90044. Full name of registrant(s) is (are) NRP GLOBAL INC., 10423 SOUTH NORMANDIE AVE, LOS ANGELES, CA 90075.

FICTIONTIOUS BUSINESS NAME STATEMENT File No. 2024-045729 The following person(s) is (are) doing business as: TCT TRUCKING, 8286 TELEGRAPH RD # O, DOWNEY, CA 90240.

FICTIONTIOUS BUSINESS NAME STATEMENT File No. 2024-044689 The following person(s) is (are) doing business as: VARIEDADES LIZZETH, 328 1/2 E 12TH ST, LOS ANGELES, CA 90015.

FILE NO. 2024-041145 STATEMENT OF ABANDONMENT OF USE OF FICTIONTIOUS BUSINESS NAME The following person(s) JOEL ANTONIO CEDEÑO, 62 S. ALLEN AVE., PASADENA, CA 91106.

FICTIONTIOUS BUSINESS NAME STATEMENT File No. 2024042189 The following person(s) is (are) doing business as: TERRABELLA PROPERTY MANAGEMENT, 13903 LEEDY AVE, SYLMAR, CA 91342.

FICTIONTIOUS BUSINESS NAME STATEMENT File No. 2024044047 The following person(s) is (are) doing business as: PAX PHARMACY, 29 N BALDWIN AVE SIERRA MADRE, CA 91024.

FICTIONTIOUS BUSINESS NAME STATEMENT File No. 2024045199 The following person(s) is (are) doing business as: SNEAKER FIX, 133 S PRINCETON AVE FULLERTON, CA 92831.

FICTIONTIOUS BUSINESS NAME STATEMENT File No. 2024045196 The following person(s) is (are) doing business as: HAPPY PRINT PALOOZA, 6163 YARMOUTH AVE ENCINO, CA 91316.

FICTIONTIOUS BUSINESS NAME STATEMENT File No. 2024041973 The following person(s) is (are) doing business as: JRP LANDSCAPE, 14021 FOOTHILL BLVD APT 5, SYLMAR, CA 91342.

FICTIONTIOUS BUSINESS NAME STATEMENT File No. 2024041973 The following person(s) is (are) doing business as: JRP LANDSCAPE, 14021 FOOTHILL BLVD APT 5, SYLMAR, CA 91342.

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO. 24LBCP00001

TO ALL INTERESTED PERSONS:

PETITIONER TIA RENEE TAYLOR HAS FILED A PETITION WITH THE LOS ANGELES SUPERIOR COURT – SOUTH JUDICIAL DISTRICT -GOVERNOR GEORGE DEUKMEJIAN COURTHOUSE FOR A DECREE CHANGING NAMES AS FOLLOWS:

Present Name: TIA RENEE TAYLOR Proposed Name: TRISHAHNA APPOLONIA ANDROMEDA

A HEARING on the petition will be held on 03/29/2024 at 8:30 A.M. in Dept. S27 at GOVERNOR GEORGE DEUKMEJIAN COURTHOUSE 275 MAGNOLIA AVE. LONG BEACH, CA. 90802.

THE COURT ORDERS that all interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted.

TIA RENEE TAYLOR Petitioners Appearing Pro Per 2808 ATLANTIC AVE. #235 LONG BEACH, CA. 90810 Mountain Views News /JDC March 2, 9, 16, and 23, 2024

NOTICE OF PETITION TO ADMINISTER ESTATE OF: FRANCISCA STEINMAN CASE NO. 23STPB09518

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of FRANCISCA STEINMAN.

A PETITION FOR PROBATE has been filed by MONIQUE LUGO in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that MONIQUE LUGO be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. The WILL and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval.

A HEARING on the petition will be held in this court as follows: 05/07/24 at 8:30AM in Dept. 62 located at 111 N. HILL ST., LOS ANGELES, CA 90012

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250.

Attorney for Petitioner PETA-GAY GORDON, ESQ. - SBN 238995, CHRISTINA GABAR, ESQ. - SBN 299952, OLDMAN, SALLUS & GOLD, L.L.P. 16133 VENTURA BLVD., PENTHOUSE ENCINO CA 91436 Telephone (818) 986-8080 3/23, 3/30, 4/6/24 CNS-3795208#

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# Mountain Views News

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SATURDAY, MARCH 23, 2024

SECTION B

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*Sierra Madre*  
Chamber of Commerce


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*Sierra Madre Chamber of Commerce*

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**Luther Tsinoglou, Immediate Past President**  
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*The Kensington is Honored to Host the Chamber's Spring Mixer at Our Community!*

Join us for a fantastic evening of networking, laughter, and celebration as we welcome the vibrant spirit of spring! **We can't wait to welcome the Sierra Madre Chamber of Commerce, local business professionals, community leaders and partners.** You won't want to miss this chance to foster connections and forge new opportunities!

**Highlights Include:**

- Blooming Networking:** Engage in lively conversations with fellow entrepreneurs, professionals, and influencers. Exchange ideas, share experiences, and cultivate meaningful connections.
- Seasonal Light Bites & Beverages:** Indulge in spring-inspired treats and beverages made by Chef Dusko, Director of Dining Services.
- Live Entertainment:** Groove to the rhythm of live music as talented performers share upbeat tunes.

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For questions regarding this event, please email Jodie Kendall, [jkendall@kensingtonsl.com](mailto:jkendall@kensingtonsl.com)

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**THEME: SHAKESPEARE**

**ACROSS**

1. Type of help center
6. Fake tooth
9. What geysers do
13. Lagoon wall
14. Acronym, in brief
15. Syrup producer
16. Papal court
17. It often comes with Aloha!
18. External
19. \*Richard III: "A horse! A horse! My \_\_\_ for a horse!"
21. \*Romeo and Juliet: "Parting is such sweet \_\_\_"
23. Animal's nose
24. Fail to mention
25. Capone's family
28. \*Hamlet: "O, this is the poison of \_\_\_ grief"
30. Soap froth
35. Iris holder
37. "He \_\_\_\_, She Said"
39. \_\_\_ Apso
40. Cheap form of payment?
41. Bert's roommate
43. Not in favor
44. Hipbone-related
46. The Destroyer, in Hinduism
47. Thomas the Engine's warning
48. "Heart of Darkness" author
50. Brewer's kiln
52. Beer choice
53. Not a verb
55. Comic cry
57. \*The Tempest: "We are such stuff as \_\_\_ are made on"
60. \*As You Like It: "All the world's a stage and all the men and women merely \_\_\_"
64. Primatologist's concern, for short
65. "This land is your land"?
67. \*Macbeth: "Our \_\_\_ master's murder'd!"
68. Scoundrel
69. Hi \_\_\_ monitor
70. Wombs
71. "A Visit from St. Nicholas" beginning
72. Teacher's favorite
73. Got ready for a close up

**DOWN**

1. Nordstrom's outlet
2. Purse for the red carpet
3. Cape on Tierra del Fuego
4. Set straight
5. Like a knife
6. Comes before a storm?
7. The "place with the helpful hardware folks"
8. Spectrum maker
9. Wild ox of India
10. Plotting (2 words)
11. Multitude
12. Having Everything Revealed, singer and songwriter
15. \*Hamlet: "When we have shuffled off this \_\_\_ coil"
20. Corpulent
22. Tin Woodman's "medicine"
24. "Two cents"?
25. \*Twelfth Night: "If \_\_\_ be the food of love, play on"
26. Convex molding
27. Nigeria's western neighbor
29. Listening devices
31. \*Hamlet: "To be, or not to be: \_\_\_ is the question"
32. Capital of Vietnam
33. Bar by estoppel
34. Indian restaurant condiment
36. Petri dish filler
38. Prima donna
42. Artist's tripod
45. High tea sandwich
49. P rignon's honorific
51. Destroy a document (2 words)
54. Seize a throne
56. City in Japan
57. Type of sailing vessel
58. Capital of Latvia
59. Outback birds
60. "Blast from the \_\_\_"
61. "The \_\_\_ of Tammy Faye," movie
62. Uncommon
63. Went down slippery slope
64. Cathode-ray tube
66. \*Merchant of Venice: "But love is blind, and lovers cannot \_\_\_"

**CROSSWORD**

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
19						20			21	22				
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25	26	27		28		29			30		31	32	33	34
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	57	58	59					60				61	62	63
64						65	66			67				
68						69				70				
71						72				73				

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8	9	3	6	2	4	1	7	5											
6	4	2	5	1	7	9	8	3											

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9						3	4												
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		4		5	9			3											6
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6					4														
			7	1															5

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

We are decorating our Easter... *...eggs using sparkles and mini stickers.*

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www.readingclubfun.com Annimills LLC © 2024 V10 Kids: color stuff in!

**Happy Easter!**

I am a baby rabbit. I am a kit or kitten. Later, I can be called a bunny or a rabbit.

I helped to dye all the eggs.

Whew! One gazillion and one... almost done!

When we "ducks are out of water" we never have to "duck and cover" when it rains because spring showers just "roll off our backs!"

We helped, too!

Easter is an important Christian holiday. It is a joyous and fun day. Families spend a lot of time cleaning, shopping and cooking to get ready. On Easter morning children wake up to find Easter baskets filled with treats and toys. There may be hot-cross buns, fruit and eggs for breakfast. Next, the family may go to a church service, often dressed in new spring clothing. When they get home they share a large meal, often with ham or lamb. Later, everyone watches the children hunt for Easter eggs!

**1** This puzzle has 2 parts to it. First, read the clues below to fill in the puzzle about Easter customs.

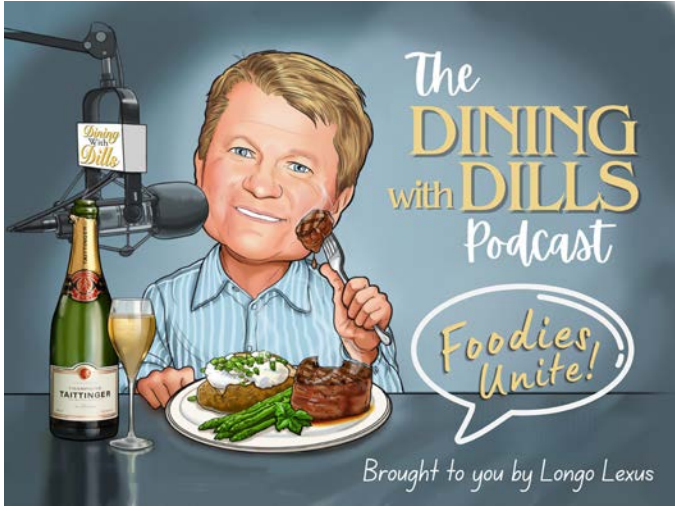
1. the Easter Bunny leaves \_\_\_\_\_
2. go to church \_\_\_\_\_
3. color, dye and decorate \_\_\_\_\_
4. wear new \_\_\_\_\_
5. clean the \_\_\_\_\_
6. share large \_\_\_\_\_ with family
7. send Easter \_\_\_\_\_ and greetings
8. church \_\_\_\_\_ ring
9. bake hot-cross \_\_\_\_\_
10. visit \_\_\_\_\_

In "two shakes of a lamb's tail" the weather turned as "gentle as a lamb."

**2** When you are finished with the clues, notice that there are 10 unused words left around the puzzle.

**The second step is for you to fill in the rest of the puzzle with the words that are left.**

words: baskets, clothes, lilies, lamb, meals, buns, bonnets, hunts, services, rabbit, cards, family, chick, candles, parades, sunrise, beginnings



**A BETTER BURGER?**

“Build a better mousetrap, and the world will beat a path to your door.” Ralph Waldo Emerson said, his meaning very clear. To invent the next great thing, you have to have a better idea. That’s easy enough to say but does it apply to the world of hamburgers?

Maybe I’m late to this dance - daughter dearest and I went to the Five Guys Restaurant on South Lake in Pasadena. I will say right off the bat it’s a welcome addition to Pasadena. You know outside of San Francisco we have more restaurants per capita than any other city in the good ol’ US of A. Five Guys was started in the Washington DC area some 25 years ago. Founder Jerry Murrell’s mother said if you can

give a good haircut or make a good burger you can always make money in America.

The word here is fresh - fresh baked buns, fresh meat and, my favorite, freshly cut French fries made in peanut oil. If you go to my TIK Tok page you can see my in-store review. When you walk in you’ll be greeted by bags of potatoes and signs on the wall of founders’ pictures and many copies of reviews by various national publications. My favorite part is you can see the fresh cut French fries. As I have stated many times here K.I.S.S. (keep it simple stupid). Ordering your burger is pretty much like at a fast food restaurant - done your way - you tell them what you want on your burger and the cashier types it in, not much room for error here.

The menu is simple - burgers, hot dogs, shakes, fries, and toppings. Two Burgers and large fries were almost \$30 - I felt that was pretty steep, considering you can get two burgers and fries at In N Out for half that (if you don’t count the long lines there).

My takeaway: I like Five Guys, especially the fries, though on my next visit I’ll ask them to take it easy on the seasoning. When there were just a few Five Guys Restaurants in the area, the chatter was “have you been to Five Guys yet?” Now, I think the specialness and novelty have worn off - “who hasn’t been to Five Guys?” They are pretty much everywhere. Go ahead and google Five Guys and I’m sure there will be one near you. Should In N Out be worried? No, I don’t think so. While we try to build a better mousetrap there are plenty of great burgers out there. Heck, I make a pretty good one in my backyard!

SAVE THE DATE I’ll be judging the Kiwanis Chili Cook Off again on May 11th at the Sierra Madre YMCA. Stay tuned for more details.

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

**Spring Vegetable Fettuccine Alfredo**

Level: Easy  
 Total: 30 min  
 Active: 30 min  
 Yield: 4 servings

**INGREDIENTS**

- Kosher salt
- One 9-ounce package fresh fettuccine
- Extra-virgin olive oil, for tossing
- 2 cups shiitake mushrooms (about 4 ounces), stems removed and discarded
- 1 bunch thin asparagus, about 1 pound
- 1 stick (8 tablespoons) unsalted butter
- 1/2 cup frozen peas
- Freshly ground black pepper
- 2 cups heavy cream
- 1 1/2 cups freshly grated Parmigiano-Reggiano cheese
- 1 tablespoon chopped chives
- Finely grated zest of 1/2 lemon

**DIRECTIONS:**

Bring a large pot of generously salted water to a boil. Add the pasta and cook according to package directions until al dente, tender but slightly firm. Reserve 1/2 cup of the pasta water, then strain the pasta and toss with a splash of oil in the colander.

Meanwhile, slice the mushroom caps into 1/4-inch-thick strips. Snap the woody ends off the asparagus and cut into 2-inch lengths. Heat a large skillet over medium heat, and add 2 tablespoons of the butter. When the butter melts, raise the heat to medium-high and add the mushrooms in 1 layer. Cook, without moving, until the undersides have browned, 1 to 2 minutes, then stir and cook until golden about 2 minutes more.

Add the asparagus, another tablespoon of butter, and 1/2 teaspoon salt and continue to cook, stirring occasionally until the asparagus is tender and the mushrooms are browned, 2 to 4 minutes. Transfer the vegetables to the colander with the pasta.

Reduce the heat to medium and add the remaining 5 tablespoons butter. When the butter has mostly melted, whisk in the cream and bring to a simmer, then add the peas and cook for 2 minutes. Turn off the heat.

Whisk the Parmigiano-Reggiano into the sauce. Add the vegetables, cooked pasta, chives and lemon zest and toss well. Season with salt and pepper. The pasta will thicken as it cools. To thin it, add reserved pasta water 1 tablespoon at a time and toss to reach the desired consistency. Serve hot in heated bowls.

**Cook’s Note**

Heavy whipping contains stabilizers to help it whip up and stay at the desired consistency. It will thicken your Alfredo sauce more than regular heavy cream will. You may adjust the consistency of your sauce by adding up to 1/2 cup reserved pasta cooking water.

**THE TASTING ROOM**

**AFTER A HARD DAY - GAMAY!**

I’m Gustavo Lira, Tasting Room Manager and Wine Buyer at The Bottle Shop in Sierra Madre with another wine and spirits selection. Have you ever had a hard day and just wanted to relax with a delicious, easy to drink wine - not just an easy drinking wine - but a wine that you’ll remember? I had such an experience not too long ago and found this gem. A few months ago, I had flown up to San Francisco to attend the Kermit Lynch 50th anniversary party and things started going south when the plane had mechanical issues. I arrived at the event 2 hours later than planned which resulted in a long line to get in. On top of that, on the train from SFO to downtown, I witnessed an attempted mugging. If ever there was a time I wanted a great glass of wine, this was it. I went to the first table without a line and into my glass was poured a wine that reminded me how lucky I am to be able to taste and discover amazing wines. I stood there for a few seconds, mesmerized by the wine in my glass.



I thought to myself that we ought to have this wine at The Bottle Shop. The wine in my glass was the Domaine Dupeuble Beaujolais Rouge 2022. It’s 100% Gamay from 50-100-year-old sustainably farmed vines. No chemicals or synthetic fertilizers are used. No sulfites are added in the production of the wines. Only natural yeasts are used. The wine is unfiltered making it a vegan wine. Now this is a natural wine that is well made. The wines are made by brother and sister Stéphane and Ghislaine Dupeuble. Their family has been making wine continuously for over 500 years, so they damn well know what they’re doing.

It’s bright, juicy, and mouthwatering. Swirl your glass and take in the wonderful rose floral notes. On the palate you get subtle spice and gorgeous fruit. It’s balanced with minerality. This is a dry wine, not sweet at all. It’s a fun and serious wine all at once. A few sips and you will love this wine. Chill it a bit and have it with all types of food - pizza, charcuterie, roasted chicken, hell... even corned beef and cabbage! Don’t wait for a bad day to drink this wine. Enjoy it anytime, on any day.

This wine is available at The Bottle Shop for \$19.99. It’s a great wine at a fantastic price. Until next time - Salud!

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## NFL DRAFT - Combine and Scouting

On top of everything else that is going on in sports, it's soon coming up to the NFL Draft days. I've been through lots of these in my time, but it seems more crazy every year. Why? Draft choices can mean the difference between winning and losing for teams. AND for those scouts and evaluators it can mean the difference between keeping and losing your job! Evaluations of players before the draft is so important. You can't make a mistake. Draftees must make your permanent roster, and your number one picks better be great ones!

Real evaluation begins when a player enters college, and goes on the entire season. NFL divides areas into regions and each team has scouts for each region. No school is too small to have players evaluated. A scout better not miss a player, no matter what the level of competition. If someone else finds this player in your region.. Questions are asked. A scout will spend all day on the campus, watching teams... practicing, drilling, working out, playing in a game situation. When they see a potential player, they watch films, talk to coaches, equipment men, trainers, academic people. They want to see situations and skills and personalities. They go back to the hotel in whatever city they are in, and write up a report on their observations. Reports are recorded and filed and reviewed.

The "Combine" is held every year in Indianapolis. The top 300 college players in the country are invited to attend. Head coaches, position coaches and staffs attend the event. Players are tested in all areas size, speed, agility, attitude, height, weight. You mention it, it is graded. A lot of eyeballing going on during these days. The combine days are televised, players are interviewed, commentators are discussing and predicting where certain players are going. So not only professionals and the media can judge, so can the general public watching TV. Some players do not participate in the Combine...why? Afraid of injury... of not performing well?

Then comes, "pro day" on school campuses when NFL team representatives are invited to the campus for more observing and discussion and personal interviews. This is when teams are looking at certain positions once again, and can see those who may not have participated in the Combine. Before all of these are a few "all star" games. Top prospects are asked to play in the Shrine bowl, the Senior Bowl etc and NFL staff are there to coach these games and to watch what happens. Now prospects are seen in full uniform, playing and doing individual drills and going against an opponent.

Teams and drafts and prospects become more important as money becomes a real issue and players are looked at as valued items. I've been through this process with several of my players, Randall Cunningham, Ickey Woods, Terrell Davis. Up until the last moment of the drafting process teams are calling college coaches to ask "just one more question?" Scouting reports are very critical to teams. What if you missed a great player that another team recognized and drafted. What if you strongly recommended a player who was drafted and he did not pan out at the position and skill the team wanted or needed. Evaluating and predicting outcomes is key. Some examples:

I got a call from the Eagles about Randall Cunningham. He was the first quarterback taken in the second round of the draft. Several teams passed on him. I told the Eagles he was MVP of our conference, East /West Shrine team MVP, player of the game in the Japan Bowl. I told them if you pass on him you will be fired cuz another team will win with him. His rookie year, Buddy Ryan used him as the 3rd down QB with the question: "will he run, pass or punt." He is now in the College Football Hall of Fame.

Ickey Woods didn't play in high school his senior year in Fresno because of a knee injury. We offered him a scholarship based on his junior year performance. We were the only school to offer him a scholarship. The Bengals drafted him and he played in the Super Bowl against San Francisco .... And he did introduce us to the "Ickey Shuffle" celebration in the end zone.

Terrell Davis out of San Diego is in the NFL Hall of Fame. I insisted that Long Beach State give him a scholarship. We were the only school to recruit him out of high school. He was the 191st player drafted in the NFL draft. I tried to tell them take him higher but they did not listen. His team with John Elway's Broncos won the Super Bowl.

College football is a great game! I hope it isn't ruined with all the money and greed issues with teams and players. And I say to football players, "Don't worry, wherever you go. Your time will come if you are good enough." They will find you!

Follow me at [harveyhyde.com/](http://harveyhyde.com/) or [@coachhyde](https://twitter.com/coachhyde) on X

## BOXING FOR KIDS

Let's just start off by saying the following isn't my "opinion." We're talking about something important here: kids' brains. There are legitimate concerns regarding head injuries and long-term brain damage from boxing expressed by the American Medical Association, Centers for Disease Control, the American Academy of Neurology and the Brain Injury Association of America. The American Academy of Pediatrics vigorously opposes boxing as a sport for children and adolescents due to the risk of head injuries and other potential health consequences. These organizations have the facts. They have researched the risks. Still parents love to enroll their kids in boxing programs. Why?

Many argue that boxing can instill discipline, focus, and physical fitness in children. It requires dedication, hard work, and self-control, which can translate into valuable life skills. And yes, jumping rope, shadow boxing, hitting the pads and the bags are good forms of physical activity that can increase fitness abilities and health. But there are physical and mental health risks. Boxing is also a combat sport that involves physical contact and can lead to injuries, including concussions and long-term brain damage. Children's bodies and brains are still developing, making them more susceptible to harm from repetitive blows.

Consider the emotional and psychological impact boxing can have on children too. While some kids may thrive in a competitive environment, others may find it stressful or damaging to their self-esteem. Coaches and parents should be attentive to children's mental well-being and know if this type of aggressive combative sport is suited for each child.

Then there's money. Scholarships, sponsorships, prize money; funding for training/travel, athletic endorsements are all powerful incentives. For underprivileged kids it offers opportunities for success, recognition, and escape from poverty and adversity.

The decision to involve children in boxing should involve informed consent from parents or guardians. To fully understand the risks and benefits associated with the sport and carefully consider whether it aligns with their child's interests, abilities, and well-being. If you're considering boxing for your child do some thorough investigating. Read the studies, listen to the experts and keep your child's temperament, physical abilities and interests foremost.

If children are involved in boxing, strict safety measures must be in place. Get specifics about appropriate protective gear such as headgear and mouthguards, proper coaching to emphasize technique and safety, and supervised sparring sessions to minimize the risk of injury. This includes information on age-appropriate training programs, limits on the duration and intensity of sparring sessions, and regular medical evaluations.

While boxing can offer certain benefits, there are also numerous alternative activities that can promote fitness, discipline, and character development without the inherent risks of combat sports. These include martial arts such as judo or taekwondo, team sports like soccer or basketball, or individual activities like swimming or gymnastics. Fencing is also gaining popularity, particularly among youth.

Combative sports are going to be in the news more in the near future, especially here in CA where there's a push to ban tackle football for kids under age 12. Same reasons. To protect kids from the risk of brain damage. Studies on football players show that the longer a person plays the more likely they will suffer serious brain injuries. Specifically concussions and CTE (Chronic Traumatic Encephalopathy). Kids need all their brain cells and optimal brain function. There are many other sports and activities that can provide the same benefits without the same level of risk.

My own personal opinion? I don't think any activity that encourages participants to hit each other in the head is a good one. Especially when it comes to kids. Participating in such activities from a young age may desensitize children to violence and reinforce aggressive behaviors as a means of conflict resolution. Children's brains are still growing, not fully developed until they reach their mid-twenties. I wouldn't risk having my child play ANY kind of sport based on intentional repeated blows to the head. Having a master's in psychology, I'm biased into thinking that kids need their full cognitive function for academics, memory and learning. Head injuries can produce emotional and behavioral changes too like irritability, mood swings and aggression which can have a negative effect on their long-term relationships. Plus, we're not sure how many neurological diseases are caused by repeated brain injuries

Why not consult the pros about these risks? Who better to ask about brain injuries than boxing legends like Muhammad Ali and Sugar Ray Robinson? Or football stars like Junior Seau, Mike Webster, Dave Duerson, or Aaron Hernandez? Oh that's right we can't ask them. They've all died. All gone before hitting 67. All except Muhammad Ali, who battled Parkinson's Disease for a whopping 32 years, managing to stick around until 74.



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

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