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SOLD



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## PUBLIC SAFETY REWARD PROGRAM APPROVED

**Brave citizens could receive up to \$5,000 for information leading to criminal convictions.**

By Kevin McGuire

A Public Safety Reward may be granted to Sierra Madre residents who provide pertinent information leading to the identification or the arrest of violent offenders who cause bodily injury or death to person(s) as a result of a criminal act.

The reward, which could be up to \$5,000 or possibly more, is modeled after a similar Los Angeles ordinance and was recommended for approval by City Manager Jose Reynoso and Chief of Police Gustavo Barrientos. Resolution No. 24-22, establishing a public safety award, was presented before the City Council for approval on Tuesday, March 26. Chief Barrientos gave a brief presentation on the proposal.

The city is authorized to offer and pay a reward for the following:

A. For information leading to the determination of the identity of, and the apprehension of, any person whose willful misconduct results in injury or death to any person or who willfully damages or destroys any property or;

B. To any person who comes to the aid of any peace officer of the local agency or who furnishes information leading to the arrest and conviction of any person or persons killing or assaulting with a deadly weapon or inflicting serious bodily harm upon a peace officer of the local agency while such officer is acting in the line of duty, according to the staff report.

Chief Barrientos cited a recent incident in Sierra Madre where there was a "hit and run" where a resident was hurt as a result of a collision with a bicyclist who fled the scene of the accident. This rewards program will encourage persons to come forward if they have information leading to the identity and conviction of this person.

The Resolution also establishes a procedure to offer and pay rewards to avoid the potential risk of fraud or misappropriation of funds.

Certain persons are ineligible for the rewards, including a city officer, employee, agent, or dependent or spouse of such officer, employee, or agent.

If a person is involved in the misconduct that prompted the offer of the reward or an agent of the person involved in the misconduct that prompted the offer of the reward, no reward will be given.

Furthermore, if a person has already been compensated by their employer or in some other manner for the actions that are the basis for claiming the reward. In that case, no additional reward will be given.

There was no hesitation in passing Resolution No. 24-22. "I love it," stated Councilmember Gene Goss. Councilmember Kristine Lowe also backed it, saying it was similar to what other cities do to support citizens who come forward. Merely seconds later, Mayor Pro Tem Robert Parkhurst immediately jumped in with a motion to pass, followed by Council Member Edward Garcia seconding the motion.

The Resolution passes unanimously and will be retroactive to March 1, 2024.

The City Council will decide who is eligible for the reward and from where the funds will be allocated, as this is not a currently budgeted item.

## "BEST DAY EVER"- THE WINNER!



The Sierra Madre Rose Float Association (SMRFA) has unveiled the concept for their 2025 float. A vibrant celebration that kicks off with the festive allure of piñatas! Accompanied by the lively melodies of a mariachi band and the dynamic energy of traditional ballet folklórico dancers, this year's entry promises to be nothing short of extraordinary – a true embodiment of "Best Day Ever!" Congratulations to Steve and Belle Gagne who submitted this exciting concept! Illustration by Jesse Ellico.

### INSIDE THIS WEEK

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**Spring!**

Spring is the perfect time of year to host a brunch party in your garden...

Spring is also the Best time of the year to List your Property for Sale with Barbara and Eileen...

Spring weather is ideal for Open Houses as it is not too cold or too hot...

Spring forecast predicts the Perfect amount of Sunshine to Showcase your house at its Absolute Best.

39 Years of Combined Experience Representing Buyers and Sellers  
**CALL US-We would love to SELL your house this Spring!**

**Barbara Rogers**  
626.484.8135  
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# SIERRA MADRE COMMUNITY CALENDAR

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

### Sierra Madre Civic Club

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

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

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

### Sierra Madre Chamber of Commerce

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

### City of Sierra Madre

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

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

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

### City of Sierra Madre & Sierra Madre Fire

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

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



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

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

## 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.

## The Kensington Sierra Madre Cordially Invites You

### Sierra Madre Chamber of Commerce Spring Mixer

Thursday, April 11th, 5pm - 7pm PDT at The Kensington Sierra Madre

*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.

**The Kensington Sierra Madre**  
245 West Sierra Madre Blvd,  
Sierra Madre, CA 91024

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

245 West Sierra Madre Boulevard • Sierra Madre, CA 91024  
626-225-2723 • [TheKensingtonSierraMadre.com](http://TheKensingtonSierraMadre.com)  
Follow Us on Instagram! @KensingtonSeniorLiving RCFE# 198601953

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**

Must be 21 Years Or Older.

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# SIERRA MADRE

SIERRA MADRE

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PASADENA

ALTADENA

MONROVIA

## Weather Wise



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

<b>Sun</b>	Rain	Hi	60s	Lows	50s
<b>Mon:</b>	Ptly Cldy	Hi	60s	Lows	50s
<b>Tues:</b>	Sunny	Hi	60s	Lows	50s
<b>Wed:</b>	Sunny	Hi	60s	Lows	50s
<b>Thur:</b>	Sunny	Hi	60s	Lows	50s
<b>Fri:</b>	Rain	Hi	60s	Lows	50s

Forecasts courtesy of the National Weather Service

### SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

APRIL 9, 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).



Sierra Madre Public  
**LIBRARY**  
Read • Discover • Connect

This week at the  
Sierra Madre  
Public Library

April 1—April 6

#### Monday

Baby Rhyme Time — In-person at 9:00am

Preschool Storytime — In-person at  
10:00am

#### Tuesday

Writer's Workshop at Hart Park House—  
In-person at 6:00pm

Best Used Book Sale — Friday, April 5 from  
3:00pm—7:00pm & Saturday, April 6 from  
10:00am—2:00pm. Held in the parking lot  
of the temporary Library at 350 W Sierra  
Madre Blvd.

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

## WALKING SIERRA MADRE - The Social Side

by Deanne Davis



*"Do not abandon yourself to despair. We are the Easter people and Hallelujah is our song."  
Pope John Paul II*

*"The great gift of Easter is Hope – Hope that makes us have that confidence in God, in His ultimate triumph, and in His goodness and love, which nothing can shake."  
Basil Hume*

Tomorrow is Easter, friends and neighbors, a time of celebration and joy. What Easter is really about is the fact that the stone was rolled away and there was an empty tomb. As the angel said, "He is not here. He is risen!" This is the amazing concept upon which many of us base our lives. A lot of us, including me, will still be live-streaming our Easter service, but, as always, it will be the most meaningful day ever.

Yes, we might have brunch reservations and be thinking thoughts of eggs benedict and a mimosa. But we might also still be remembering the Good Friday service that made us think long and hard about what actually happened the three days before Easter.

I've been remembering a wonderful, peaceful, reflective time walking through the stations of the cross with John up at Mater Dolorosa on a foggy morning and seeing deer wandering through the trees, sitting down for a few minutes on one of the benches and just 'being still and knowing that He is God.'

The week after Easter is kind of a hard one. April 1st would have been our 57th wedding anniversary. John is celebrating in heaven and I have been blessed with flowers blooming everywhere I look. Glorious orange, white, yellow. The oleanders are covered with pink blossoms, buds are bursting with new flowers and the world is beautiful after all the rain. It will also be my birthday and my grandson, Brady's, birthday later this week. We share the same day. I'm ignoring mine and hoping everyone else I know will, too, while celebrating Brady to the max! He's 9 and, this year, instead of the

usual Roblox gift card, he wanted a camera. I love taking pictures, granddaughter, Emily, who is 13, is quite an accomplished photographer and now Brady is joining the photography fan club!

The stores are filled with Easter lilies, Peeps abound, enormous chocolate bunnies fill the shelves of the candy aisle at our supermarket; I've been given several chocolate caramel eggs – my Easter guilty pleasure. There are Easter egg hunts all over the San Gabriel Valley and, as always, the Sierra Madre Professional Firefighter's Association is hosting the annual Easter Egg Hunt today in Memorial Park. It starts at 10 and be prepared to hunt for golden eggs and egg-stra special prizes The Easter Bunny will be there, too, so bring your camera.

Let me say it again, tomorrow is Easter! He is risen! He is risen, indeed! I hope this poem will help you see that first Easter through the eyes of Jesus' friends. Their world had just been completely upended, but joy was on the way!

Before dawn...Easter Sunday...The sky was gray...The world was hushed...  
The women walked toward a tomb,  
Jars of spices in their hands,  
To tend the One, the One Who died, crucified that Friday.

The women walked, Mary Magdalene and another.  
They walked and wondered, who would roll away the stone.  
They stopped to rest, await the day, sad eyes filled with tears.  
Sorrow for the One Who died, crucified that Friday.

Another dawn, another day, what did it matter anyway?  
The one who loved her as she was, who changed her life, was gone.  
They raised their eyes to see the sky, streaks of pink and gold.  
And then they saw the guards were gone.  
The stone was rolled away!

The grief they'd felt since Friday, like the stone, was rolled away.  
They grabbed those jars of spices and running like a child,  
Climbed that hill to tend their Lord.  
Before dawn on Sunday.

They looked inside that borrowed tomb, petrified with fright.  
An angel sat there on the stone, clothed in brilliant white.  
"I know the One you seek," he said, "Jesus, crucified.  
He is not here, he's risen! He's risen, as he said.  
Now go! And tell the others, He's risen as he said.

Look not for the living, here among the dead!  
He is not here, He's risen, risen as He said."  
Joy broke free and hope broke free,  
Before dawn that first Easter Sunday.

May this Easter bring you closer to the Risen Lord than ever before and may joy and hope break free within you, too, as you celebrate the One Who is risen.

My book page: Amazon.com: Deanne Davis  
Easter is here and "The Crown."  
My story about what happened to that crown of thorns  
Is now a real book in addition to a Kindle!



## SIERRA MADRE POLICE BLOTTER

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.

Sunday, March 17

#### Suspicious Circumstances/Warrant Arrest

At approximately 3:00 PM, officers responded to a call regarding a suspect going through residential mailboxes at the intersection of Michillinda Ave and Ramona. Officers located and detained the suspect pending further investigation. Investigation revealed the suspect was in possession of a stolen debit card and had an outstanding warrant for his arrest. Subject arrested.

Monday, March 18

#### Felony Battery

At approximately 5:20 PM, a victim entered the police lobby and reported that a co-worker had assaulted him resulting in serious injuries. Officers conducted a follow-up to the crime location, but were unable to locate the suspect. Later,

Detectives conducted a follow-up and arrested the suspect.

Wednesday, March 20

#### Theft of Mail

At approximately 5:30 PM, officers responded to the 200 block of North Mountain Trail Ave for theft of US mail. Investigation revealed that unknown suspect(s) removed US mail from the victim's unlocked mailbox and fled the scene. The US Postal Inspector will investigate.

Friday, March 22

#### Possession of Narcotics/Stolen Trailer

At approximately 5:00 PM, officers responded to a call of an abandoned trailer parked on the street for two-days in the 200 block of Grove St. Officers investigation revealed the trailer had been reported stolen in San Bernardino County. While at scene, two unknown subjects approached officers, one of them claiming to own the stolen trailer. Officers detained both subjects pending further investigation. Both were cited and released in the field, one subject was arrested for the stolen trailer and second subject for being in possession of a controlled substance.

## HAVE A PASSION ABOUT POLICE WORK?

Join the Sierra Madre Police Department Reserve Unit and volunteer just 16 hours a month. We are looking for qualified applicants who have graduated a CA POST Police Academy as a level two or one. How much time would you volunteer? The Sierra Madre Police Department Reserve Unit are a vital and integral link in the operational structure of the Department. Reserve Officers enable the City to afford necessary support services that would otherwise not be economically feasible. Reserves supplement normal manpower in the performance of law enforcement duties and provide a personnel resource in a time of disaster or major emergency.

Sierra Madre Reserve Officers proudly wear the Sierra Madre Police Department uniform, working with regular officers in a variety of capacities:

- Solo Patrol duty (Level 1 only)
- Second officer in a car
- Assist in arrests
- Take reports
- Traffic control
- Plain clothes assignments
- Narcotics task force
- Special events/assignments

#### SELECTION PROCEDURE

- Oral interview examination
- Extensive background check
- Polygraph examination
- Medical examination
- Psychological examination

For Information about joining the Sierra Madre Police Department Reserves contact the Reserve Coordinator, Detective Sergeant Charles Kamchamnan (626) 355-1414 or [ckamchamnan@cityofsierramadre.com](mailto:ckamchamnan@cityofsierramadre.com) Applications are accepted on a continuous basis. Please check out [www.cityofsierramadre.com](http://www.cityofsierramadre.com)

# Pasadena Altadena

News From Your Community For Your Community

## Fast Food Minimum Wage Bill to Take Effect

City officials are reminding the community that beginning Monday, all fast food restaurant employees in California who are covered by the new law must be paid at least \$20.00 per hour. A restaurant must meet all of the below criteria to be considered a "fast food restaurant":

- Be a "limited-service restaurant" that offers limited or no table service, where the customer's order food or beverage items and pay for those items before the items are consumed.
- The restaurant is part of a restaurant chain of at least 60 establishments nationwide.
- The restaurant is primarily engaged in selling food and beverages for immediate consumption.

California's fast food restaurant employee's minimum wage supersedes Pasadena's local minimum wage for those covered by the new law; however, all other persons who are not considered "fast food restaurant employees" must not be paid less than the Pasadena minimum wage of \$16.93 per hour. Beginning July 1, 2024, the Pasadena minimum wage will increase to \$17.50 per hour for all other occupations regardless of size. This new wage rate will remain in effect until June 30, 2025, when it will again be adjusted.

On September 28, 2023, California Governor Gavin Newsom signed Assembly Bill 1228, raising the minimum wage.

The hourly minimum wage for fast food restaurant employees may be increased by a state-appointed Fast Food Council beginning on January 1, 2025. Questions about enforcement of this new State law should be directed to the California Labor Commissioner's Office.

For more information visit: [dir.ca.gov](http://dir.ca.gov).

## Egg Bowl and Bunny Brunch Cancelled

Due to a forecast of heavy rain, the City of Pasadena and the Rose Bowl Stadium unfortunately announce the cancellation of the Egg Bowl and Bunny Brunch events scheduled for today.

"While we understand the disappointment this may cause, we must prioritize the safety and well-being of all the event attendees, participants, and staff involved," event organizers said. "We apologize for any inconvenience this cancellation may cause. We appreciate your understanding."

Guests who purchased tickets to the Bunny Brunch and VIP Egg Hunt will be issued a refund from Eventbrite within the next 72 hours via the original payment method used to purchase the tickets.

In lieu of Saturday's planned events, the City of Pasadena and the Rose Bowl Stadium invite all guests of this weekend's events to "Hop into Spring" at the Rose Bowl Stadium Tuesday from 3:00 p.m. to 6:00 p.m.. Join city officials for an Open House, mini egg hunt on the field and photo opportunity with the bunny. All guests must register in advance at [Bit.ly/HopIntoSpring2024](http://Bit.ly/HopIntoSpring2024).



## City Unveils New Water Treatment Facility

By Dean Lee

Although a new state-of-the-art groundwater treatment facility in East Pasadena went online in January, local dignitaries and city officials held a ribbon cutting ceremony Thursday to mark the completion of the project. The Wadsworth Treatment Facility is expected to treat 20 percent of the city's water supply.

"We have lots to be proud about in Pasadena having our own utility and that includes water services and being leaders in the region in the area of water," said Mayor Victor Gordo.

He also said. "It's all about water... to reclaim... that comes down from the sky and that (is something) we are all concerned about this weekend. We have a big storm (expected)."

Councilmember Felicia Williams said, "I want to thank all of you that work at Water and Power, you are the critical element of how our city survives and... how our constituents live

and have a great quality of live." Pasadena City Manager Miguel Márquez along with Department of Water and Power Interim Manager David Reyes and elected officials' representatives were all part of the ribbon cutting ceremony (pictured above).

According to Department of Water and Power Customer Relations Manager Kellee O'Rourke, the facility includes six 22-foot-tall vessels filled with granular activated carbon that removes volatile organic compound. The facility can treat 3,000 gallons of water per minute enough to supply about 15,000 families per year. The water is collected from three groundwater wells as part of the Raymond Basin.

City officials said that before the new treatment plant city groundwater was not treated but used a method of dilution.

The Department of Water and Power also over sees the Monk Hill Water Facility near JPL

as part of an ongoing effort to remove perchlorate and volatile organic compounds from the groundwater polluted by Army rocket testing decades ago. The Monk Hill Water Facility opened in 2011.

## Heritage Square Project to be Completed

Director of Housing, William Huang, announced Thursday that the construction of the Heritage Square South permanent supportive housing project is scheduled to be completed by the end of this month.

The project developer is nonprofit BRIDGE Housing Corporation. Consisting of 69 one-bedroom units with amenities, Heritage Square South will provide affordable rental housing for seniors (55+ years) experiencing homelessness. Residents will be provided on-site supportive services and case management by Union Station Homeless Services. Leasing activities commenced in February.

Prospective applicants are referred through the Los Angeles County Coordinated Entry System ("CES"), a network that aligns homeless services in the County to ensure that resources are efficiently and equitably distributed to support people experiencing homelessness. The CES referral process will apply the City's local preference policy. This policy has resulted in successful outcomes for affordable housing projects in Pasadena. Local preference information for other recent projects is provided below.

The Diane and John Mullin Hope Center, 1000 E. Walnut Street

The 65-unit permanent supportive housing project for persons experiencing homelessness was placed in service in October 2023. At initial occupancy, 49 units (75 percent) were made available to persons who qualified under the Pasadena local preference.

Lincoln Orange Grove, 735 N. Orange Grove Boulevard

This 48-unit for-sale housing development, completed in March 2023, provided first-time homeownership opportunities for 35 low- and moderate-income families. Of these buyers, 31 (88.6 percent) qualified under one or more Pasadena local preference categories.

## Leslie Livesay Named Deputy Director of JPL

*The first woman to serve as JPL's deputy director, Livesay serves under Laurie Leshin, the first woman to lead the lab.*



Officials announced that newly appointed Leslie Livesay began her tenure last week as deputy director of NASA's Jet Propulsion Laboratory. She succeeds Larry D. James, who served as deputy director since September 2013.

During a career spanning more than 37 years at JPL, Livesay has managed teams in the development of technologies and flight systems for planetary, Earth science, and astrophysics missions. She served as the project manager of the Kepler space telescope mission, led the lab's Engineering and Science Directorate, was director for Astronomy and Physics, and most recently served as associate director for Flight Projects and Mission Success, overseeing the implementation and operations of all JPL flight missions.

"Having served a variety of roles at JPL, I've been fortunate to be able to work up close with the many remarkable organizations that make this lab such a special place. I'm looking forward to my new role as we dare mighty things together, boldly driving transformative science and technology," said Livesay.

Born in Chicago, Livesay holds a bachelor's degree in applied mathematics from California Polytechnic State University, San Luis Obispo and a master's degree in electrical engineering from the University of Southern California. She is the recipient of the American Astronautical Society Carl Sagan Memorial Award, Aviation Week Network's Laureate Award, NASA's Exceptional Achievement Medal, and the NASA Outstanding Leadership Medal.

As the first woman to be named JPL's deputy director, Livesay serves under Laurie Leshin, who in May 2022 became the first woman to lead JPL. Functioning as the laboratory's chief operating officer, the deputy director is responsible for the day-to-day management of its resources and activities. Managed by Caltech for NASA, JPL employs about

6,000 scientists, engineers, technicians, and business support personnel, and manages over three dozen flight missions and science instruments, with more in development.

"Leslie has blazed a path in numerous senior leadership positions across JPL. She brings remarkable experience and capabilities to the role as we look toward the enormous and exciting opportunities that lay ahead," said Leshin. "I also want to express my deep gratitude to Larry James, whose tenure is marked with multiple successful missions, significant improvement in JPL's operations, and exemplary institutional stewardship."

Lt. Gen. James was the Air Force deputy chief of staff for intelligence, surveillance, and reconnaissance in Washington before retiring from active duty and coming to JPL. Earlier in his career, he trained as an Air Force payload specialist for the Space Shuttle Program. James also served as vice commander of the Air Force Space and Missile Systems Center in Los Angeles and as commander of the 14th Air Force at Vandenberg Air Force Base in California, where he was responsible for all Department of Defense satellite and launch systems.

"I've been a space enthusiast from an early age, so it's been a privilege to have been part of JPL," said James. "Although my time here is done, I'm eager to see the full manifest of missions and projects that we've been working on come to fruition, and I know Leslie will thrive in her new role. As for me, I'll be taking a new position in Australia to help build their space capabilities and continue to strengthen the U.S.-Australia partnership."

A division of Caltech, JPL began in 1936, going on to build and help launch America's first satellite, Explorer 1, in 1958.

## The Next Masters Series at Pasadena Senior Center

*Behind the Scenes: the Films and Filmmakers that Changed Hollywood*

Officials announced Thursday that Producer, director and author Steven C. Smith is set to host a six-week Masters Series event, titled Behind the Scenes: The Films and Filmmakers That Changed Hollywood hosted by the Pasadena Senior Center consecutive Tuesdays, April 16 to May 21, from 2 to 4 p.m. via Zoom.

The series will explore a plethora of film topics, touching on genres, classic films and famous directors, revealing the compelling human stories behind classic movies and their makers. Participants will discover how these storytellers changed Hollywood and why their films remain vital today. Each of the six-week presentations will have a different topic:

- April 16: Casablanca: The Making Of Movies' Greatest Love Story
- April 23: They're Here! Hollywood Sci-Fi and Soviet Scars in the 1950s
- April 30: Hollywood Rebels: Orson Welles and Otto Preminger
- May 7: Mel Brooks and the Art of Movie Parody
- May 14: Screwball: It Happened One Night and His Girl Friday
- May 21: West Side Story, The Sound of Music and The Era of Musical Blockbusters

The cost for this course of The Masters Series, which embraces lifelong learning, is only \$75 for members of the Pasadena Senior Center and \$90 for nonmembers.

To register or for more information visit: [PasadenaSeniorCenter.org](http://PasadenaSeniorCenter.org), then click on Activities & Events or call (626) 795-4331. Registration is required to receive the Zoom link. Recordings of sessions are available to registered participants.

Smith is a four-time Emmy nominee and 16-time Telly Award winner. He has created over 200 long-form documentaries for various media, including AMC, TCM, History Channel, A&E, National Geographic and Bravo. A former supervising producer of the TV series A&E Biography and AMC Backstory, he has worked with such filmmakers as George Lucas, Steven Spielberg, Martin Scorsese, Clint Eastwood, Robert Redford, James Cameron and Kathryn Bigelow.

Smith, featured as a film expert in documentaries and audio commentaries for 20th Century Fox, Universal, Sony and The Criterion Collection, is the author of the biography, A Heart at Fire's Center: The Life and Music of Bernard Herrmann, which won the ASCAP-Deems Taylor Award.

As a donor-supported nonprofit, the center operates without any local, state or federal funding and provides more services to older adults in the San Gabriel Valley than any other organization. Hours of operation are Monday through Friday from 8:30 a.m. to 4:30 p.m. and Saturday from 8 a.m. to noon. To learn more, visit [www.pasadenaseniocenter.org](http://www.pasadenaseniocenter.org) or call 626-795-4331. The Center is located at 85 E. Holly Street in Pasadena.

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

### The Great San Marino Egg Hunt - UPDATES

Due to inclement weather, we've had to make a few adjustments to our plans for The Great San Marino Egg Hunt and Pancake Breakfast. But don't worry, we've got an egg-celent alternative that will keep the fun going strong!

#### UPDATE #1: The Great San Marino Egg Hunt

Introducing our DIY Egg Hunt Kit Pick-Up event! If you purchased wristbands to participate in the Egg Hunt, this means you can still enjoy the egg-citement from the comfort of your own home! Swing by the Community Center between 9 AM and 11 AM on Saturday, March 30 to grab your DIY Egg Hunt Kit. Be sure to bring your wristbands with you, as they are needed to receive a kit (one kit per wristband). Each kit is packed with all the essentials for a cracking good time!

Want a kit, but haven't purchased a wristband yet? It's not too late! We will be selling wristbands at the Community Center until Friday at 11 AM (see full operating hours below).

Can't make it to the Pick-Up event? No worries! You can pick up your DIY Egg Hunt Kit from the Community Center this week (starting Thursday, March 28) or next week (April 1-5) during operating hours (Monday - Thursday: 7 AM - 5 PM, Friday: 7 AM - 11 AM). For questions regarding the Pick-Up event, call the Recreation Division at (626) 403-2200.

#### UPDATE #2: San Marino Firefighters Association Pancake Breakfast

The Pancake Breakfast has been postponed to April 20 from 9 AM to 12 PM at Lacy Park. Tickets for this event can be purchased for \$5 at the Community Center through April 19 at 11 AM. For questions, call the Fire Department at (626) 300-0735.

#### Total Eclipse Solar-bration

Thursday, April 4 at 3:30 PM, Barth Community Room

Q: Why did the librarian bring solar eclipse glasses to the Library? A: They had bright patrons! The next total eclipse is coming up, so get ready! Kids ages 3+ are invited to join us a few days before the main event for an afternoon of solar eclipse-inspired crafts and activities. Looking for eclipse glasses? We've got you covered! Be sure to register to receive your own pair at the event. Registration is recommended.

#### 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.

#### 2024 Advisory Body Recruitment

The 2024 Advisory Body Recruitment is now open! The City is seeking volunteers for the Planning Commission, Design Review Committee, Recreation Commission, Public Safety Commission, and the Library Board of Trustees. For the Planning Commission, there are three (3) full member terms ending this year, and one (1) alternate member term ending this year. For the Design Review Committee, there are three (3) full member terms ending this year, and one (1) alternate member term ending this year. For the Recreation Commission, there are two (2) full member terms ending this year. For the Public Safety Commission, there are two (2) full member terms ending this year. For the Library Board of Trustees, there are two (2) full member terms ending this year. Applications (see below) are due to the City Clerk by 12:00 PM, April 22, 2024, for all positions.

Please contact City Clerk Walker at CityClerk@SanMarinoCA.gov or at (626) 300-0705 with questions or for further information.

#### Donuts with Dispatch

Join us for 'Donuts with Dispatch' on May 4th from 9 AM to 12 PM at the San Marino Police Department! Enjoy coffee, donuts, games, and crafts with your children for an educational and fun-filled morning!

#### Meetings

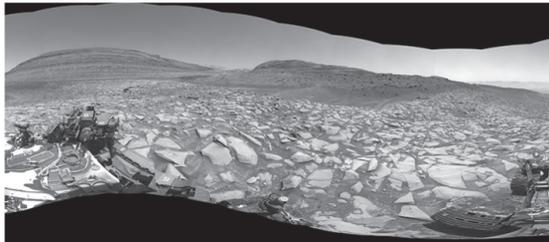
##### Special Planning Commission Meeting

Monday, April 1 at 6:00 PM; Barth Room and Zoom

##### Design Review Committee Meeting

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

## Rover Searches for Clues About Mars' Ancient Water



NASA's Curiosity rover has begun exploring a new region of Mars, one that could reveal more about when liquid water disappeared once and for all from the Red Planet's surface. Billions of years ago, Mars was much wetter and probably warmer than it is today. Curiosity is getting a new look into that more Earth-like past as it drives along and eventually crosses the Gediz Vallis channel, a winding, snake-like feature that - from space, at least - appears to have been carved by an ancient river.

That possibility has scientists intrigued. The rover team is searching for evidence that would confirm how the channel was carved into the underlying bedrock. The formation's sides are steep enough that the team doesn't think the channel was made by wind. However, debris flows (rapid, wet landslides) or a river carrying rocks and sediment could have had enough energy to chisel into the bedrock. After the channel formed, it was filled with boulders and other debris. Scientists are also eager to learn whether this material was transported by debris flows or dry avalanches.

Since 2014, Curiosity has been ascending the foothills of Mount Sharp, which stands 3 miles (5 kilometers) above the floor of Gale Crater. The layers in this lower part of the mountain formed over millions of years amid a changing Martian climate, providing scientists with a way to study how the presence of both water and the chemical ingredients required for life changed over time.

For example, a lower part of those foothills included a layer rich in clay minerals where a lot of water once interacted with rock. Now the rover is exploring a layer enriched with sulfates - salty minerals that often form as water evaporates.

#### Revising Mount Sharp's Timeline

It will take months to fully

explore the channel, and what scientists learn could revise the timeline for the mountain's formation.

Once the sedimentary layers of lower Mount Sharp had been deposited by wind and water, erosion whittled them down to expose the layers visible today. Only after these lengthy processes - as well as intensely dry periods during which the surface of Mount Sharp was a sandy desert - could the Gediz Vallis channel have been carved. Scientists think the boulders and other debris that subsequently filled the channel came from high up on the mountain, where Curiosity will never go, giving the team a glimpse of what kinds of material may be up there.

"If the channel or the debris pile were formed by liquid water, that's really interesting. It would mean that fairly late in the story of Mount Sharp - after a long dry period - water came back, and in a big way," said Curiosity's project scientist, Ashwin Vasavada of NASA's Jet Propulsion Laboratory in Southern California.

That explanation would be consistent with one of the most surprising discoveries Curiosity has made while driving up Mount Sharp: Water seems to have come and gone in phases, rather than gradually disappearing as the planet grew drier. These cycles can be seen in evidence of mud cracks; shallow, salty lakes; and, directly below the channel, cataclysmic debris flows that piled up to create the sprawling Gediz Vallis ridge.

Last year, Curiosity made a challenging ascent to study the ridge, which drapes across the slopes of Mount Sharp and seems to grow out of the end of the channel, suggesting both are part of one geologic system.

#### Viewing the Channel Up Close

Curiosity documented the channel with a 360-degree black-and-white panorama from the rover's left navigation camera. Taken on Feb. 3 (the 4,086th Martian day, or sol, of the mission), the image shows the dark sand that fills one side of the channel and a debris pile rising just behind the sand. In the opposite direction is the steep slope that Curiosity climbed to reach this area.

The rover takes these kinds of panoramas with its navigation cameras at the end of each drive. Now the science team is relying on the navcams even more while engineers try to resolve an issue that is limiting the use of one imager belonging to the color Mast Camera, or Mastcam.

Curiosity was built by JPL, which is managed by Caltech in Pasadena, California. JPL leads the mission on behalf of NASA's Science Mission Directorate in Washington.

## ROSE 2024 Internship Program Accepting Applications

The City of Pasadena will begin accepting applications for the ROSE Internship Program on Monday. The Realizing Opportunities through Skillful Employment (ROSE) Program is open to Pasadena residents ages 14-24 residing in low to moderate-income households.

ROSE interns may earn up to \$2,000 working up to 110 hours. Internship assignments are on a first-come, first-served basis and include, but are not limited to, the fields of recreation, day camps, police, clerical, technology, and more. Participants receive training to develop skills, mentorship, and network opportunities with professionals in their field of interest.

The online application opens Monday through Tuesday, April 30, 2024. To apply visit CityOfPasadena.net/Parks-And-Rec/ROSE. The Computer Lab at Jackie Robinson Community Center is available from 10 a.m. - 6 p.m. and may be used to complete applications.

For more information or application assistance, call (626) 744-7300 or email Rose@CityOfPasadena.net.

## Pasadena Citywide Week of the Young Child Celebration

The Office of the Young Child, in partnership with the Human Services Commission's Early Childhood Ad Hoc Committee, invites the community to join us for a free, fun-filled lineup of child-centered programs celebrating the 53rd anniversary of the Week of the Young Child, April 6 through April 12.

The celebration highlights the importance of our community's quality early childhood programs and recognizes that a child's earliest years lay the foundation for later success in school and in life. The Week of the Young Child follows six themed days to guide community engagement. Community members can explore the Pasadena twist on the week's festivities, with sites across the city hosting different activities for young children and their caregivers that encourage a love of reading, music, and art.

Established in 1971 by the National Association for the Education of Young Children (NAEYC), the Week of the Young Child is an annual celebration where educators and parents across the country come together to uplift the importance of early childhood education. The purpose of the Week of the Young Child is to focus public attention on the needs of young children and their families and to identify the early childhood programs and services that meet those needs. The City of Pasadena recognizes and values the importance of quality early childhood education programs in our community and offers a wide range of resources to enrich early childhood development.

#### WEEK OF EVENTS

##### Kick-Off Saturday!

Saturday, April 6 • 10 a.m. • Jefferson Branch Library, 1500 E. Villa St.

Celebrate the Week of the Young Child with sensory art, planting in our children's garden and learning about community resources and kindergarten readiness. Write letters of appreciation to early learning teachers and pick up a free Born to Read kit while supplies last. For ages 0-5 and their caregivers.

##### Music Monday

Monday, April 8 • 10:30 a.m. • Hastings Branch Library, 3325 E. Orange Grove Blvd.

Have fun singing and playing with kid-friendly instruments. Move and groove! Get those wiggles out with action songs and silly dances as we stomp like elephants, twirl like ballerinas and slither like snakes! For ages 0-5 and their caregivers.

##### Tasty Tuesday with Miss Cherie

Tuesday, April 9 • 10:30 a.m. • Lamanda Park Branch Library, 140 N. Altadena Dr.

Storytime is a fun way to introduce your little one to language and learning. Join us for books, songs, rhymes and fun! For ages 0-2 and their caregivers.

##### Work Together Wednesday

Wednesday, April 10 • 10:30 a.m. • Santa Catalina Branch Library, 999 E. Washington Blvd.

Join us for stories, rhymes and songs all about the fun of working together, then help create a beautiful spring display for the library. For ages 0-5 and their caregivers.

##### Artsy Thursday

Thursday, April 11 • 4 p.m. • La Pintoresca Branch Library, 1355 N. Raymond Ave.

It's a Jump Little Frog Jump! Book Party with froggy books, fun games and an art craft inspired by Monet's waterlilies pond artwork. For ages 3-5 and their caregivers.

##### Family Friday

##### Play & Learn

Friday, April 12 • 10:30 a.m. • Villa Parke Branch Library, 363 E. Villa St.

Bring your child for a morning of fun learning through educational games, music, coloring, interacting with other children and making new friends. For ages 3-5 and their caregivers.

##### Spring Craft Festival

Saturday, April 13 • 3 p.m. • Hill Avenue Branch Library, 55 S. Hill Ave.

Enjoy an afternoon of family-friendly craft projects inspired by the spring season. Visit our DIY stations to make and take home your homemade crafts. Take photos and play games in the courtyard. For families.

## 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: pasadenaseniorentr.com 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. For more information call 626-795-4331.

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# AROUND SAN GABRIEL VALLEY



## Here's What's Going On Around Town in April!



**One Time Events**

- April 6**  
**Spring Break Camp for Adults: Party Plants at the Arboretum**  
Enjoy an amusing adult-themed tour of the garden. Includes a nostalgic meal and "adult juice box" of wine. 2:00 p.m. - 6:00 p.m.
- April 6**  
**Santa Anita Derby Day 5k Walk/Run**  
Enjoy races for the whole family, then experience the post parade expo.
- April 7**  
**Masters of Taste at the Rose Bowl Stadium Field**  
Stroll & taste your way through this luxury food and beverage festival. VIP Power Hour 3pm - 4pm. General Admission 4pm - 7pm
- April 14**  
**Art of the Garden Tour**  
Tour five beautiful Sierra Madre gardens. Proceeds support Sierra Madre Creative Arts. 10:30 am - 4:00 pm
- April 20**  
**Flower Arranging: Tea for Two at The Huntington**  
Make floral arrangements with flowers from the Huntington's gardens. 10am - 12pm  
Additional class for two people 1pm - 3pm
- April 20**  
**Peacock Day at the Arboretum**  
Enjoy family crafts, photo op, peacock talks, and more. The Peacock Cafe and Bar will be open as well as food trucks. 9 am - 2pm
- April 20**  
**Rose Bowl Rosé Festival**  
This lively event features 40+ rosés, gourmet food and live music. Wear Pink! 3pm - 7pm
- April 21**  
**Spring Floral Crown Workshop at the Arboretum**  
Celebrate spring at the Arboretum as you make a magical floral crown 3pm - 5pm
- April 21**  
**Wiggle Waggle Walk & Run at the Rose Bowl**  
Support the Pasadena Humane Society and walk/run around the Rose Bowl, enjoy a doggy costume contest, vendor village, goodies, and giveaways. 8am - 11am

- April 27**  
**The Pasadena Walking Film Tour**  
Stroll through Old Pasadena and Pasadena Civic Center highlighting popular movies and TV shows filmed here. 10am - 12pm
- April 27**  
**Family Night Hike: Super Plants at the Arboretum**  
Discover the super world of plants with extraordinary powers. 5:30pm - 7pm  
**Adult Night Hike: Super Plants at the Arboretum**  
7:30pm - 9pm
- Ongoing Events**
- Now - May 19**  
**Butterfly Season at Kidspace**  
Delight in butterfly season with bug safaris, crafts, caterpillar adoptions and more.
- April 4 - 11**  
**Pasadena International Film Festival, Great Gatsby Gala and Award Ceremony**  
The film-making community comes together in a 4-day event featuring screenings, panels, parties, workshops and Gatsby Gala.
- April 6, 7**  
**Spring Carnival at Santa Anita**  
Enjoy carnival games, thrilling rides, arts and crafts, racing, and much more.
- April 13, May 11, June 8**  
**Ikebana Flower Arrangement Workshop at the Pacific Asia Museum**  
Create and take home an elegant, fresh, seasonal arrangement. 12pm - 2pm
- April 21 - May 19**  
**The 59th Pasadena Showcase House of Design**  
Tour the Potter Daniels Manor, a 1902 English Tudor Revival Style mansion.
- April 22 - 28**  
**Earth Day Native Blooms Display at Descanso Gardens**  
Celebrate our native plants, including Descanso's majestic oak trees.
- April 27 - 28**  
**Jackalope Art Festival at Central Park in Pasadena**  
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### ALL THINGS By Jeff Brown

#### 11 IMPORTANT WOMEN OF SCIENCE

- Marie Curie (1867-1934):** A pioneering physicist and chemist, Curie conducted new research on radioactivity, discovered polonium and radium, and the only person to win Nobel Prizes in two different scientific fields (Physics and Chemistry).
- Rosalind Franklin (1920-1958):** An English chemist and X-ray crystallographer, Franklin made critical contributions to the understanding of the molecular structures of DNA, RNA, viruses, coal, and graphite.
- Barbara McClintock (1902-1992):** An American cytogeneticist, McClintock won the Nobel Prize in Physiology or Medicine in 1983 for her discovery of genetic transposition.
- Ada Lovelace (1815-1852):** Regarded as the world's first computer programmer, Lovelace wrote algorithms for Charles Babbage's early mechanical general-purpose computer, the Analytical Engine, and her notes on the engine's operation contained the first algorithm intended to be processed by a machine.
- Jane Goodall (1934- ):** A British primatologist and anthropologist, Goodall is renowned for her groundbreaking studies of chimpanzee behavior in Tanzania's Gombe Stream National Park, which transformed understanding of primate behavior.
- Sally Ride (1951-2012):** An American astronaut and physicist, Ride was the first American woman in space aboard the Space Shuttle Challenger in 1983. She later became a prominent advocate for science education, particularly for girls.
- Mae Jemison (1956- ):** An American engineer, physician, and astronaut, Jemison became the first African American woman to travel in space aboard the Space Shuttle Endeavour in 1992.
- Chien-Shiung Wu (1912-1997):** A Chinese-American experimental physicist, Wu made significant contributions to the Manhattan Project during World War II and later conducted groundbreaking experiments which earned her the nickname "the First Lady of Physics."
- Rachel Carson** An American biologist who wrote about environmental pollution and the natural history of the sea. Her 1962 book *Silent Spring* is considered one of the most influential books in the modern environmental movement.
- Emmanuelle Charpentier (1968- ) and Jennifer Doudna (1964- ):** These two scientists jointly developed the CRISPR-Cas9 gene-editing technology, which has revolutionized the field of genetics and molecular biology, offering new possibilities for treating genetic diseases.
- Mary-Claire King (1946- ):** An American geneticist, King made contributions to the field of genetics, including the discovery of the BRCA1 gene, which is associated with increased risk of breast and ovarian cancer, and her work on human genome mapping and forensic genetics.



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**CHRISTOPHER Nyerges**



*[Nyerges is an educator, and author of such books as "Extreme Simplicity," and "Self-Sufficient Home." His book "Squatter in Los Angeles" is available on Kindle. You can learn*

**EASTER AND THE MAN BEHIND IT**

Jesus! You say just that name and everyone knows who you mean. What a man he was! What a life he must have lived! He is known and literally worshipped by at least a third of all humanity, and around whom our current world system of reckoning time revolves. Amazing! And perhaps the even more amazing is that there is still so much debate about who he was, what he did, how he lived, and what he believed. Hundreds of differing Christian sects are stark testament to the fact that though Jesus might have had "one message," that message has been widely interpreted and debated over the centuries.

Let's work through some of the most basic facts. As an historical person, he can be placed in a specific time and location. All historians concede that they do not know the birthday of Jesus, but it is widely acknowledged that the birth date is not December 25. Most scholars suggest that Jesus was born in either April or September, in 4 B.C. or 6 B.C. of our current reckoning. Herod died in 4 B.C., so that was the most recent date he could have been born. Some place his birth as early as 10 B.C. in our current reckoning of time.

"Jesus" was not his name! Really? Then why do we call him that? "Jesus" is the English rendering of Yeshu, or Iesu. Did he have a full name? Yes, of course, and it was not "Jesus Christ," either, which is a title, meaning Jesus the Christ, or Jesus the Anointed. Historians say that the actual name was Yeshua ben Josephus, that is, Jesus son of Joseph. Another version says it is Yeshua ben Pandirah, Jesus son of the Panther. In Indian literature, he is referred to as Yuz Asaf. When mentioned in the Koran, he is Isa (or Issa). Dilletante "historians" have suggested that "Jesus" didn't actually exist because they were unable to find "Jesus Christ" in other contemporary historical records.

**WAS JESUS BLACK?**

Ethnically, culturally, and religiously, he was Jewish. But occasionally, a writer will suggest that Jesus was actually black, with such evidence as the preponderance of the "Black Madonnas" found throughout Europe. The only Biblical evidence on this are the two lineages of Jesus provided, which, unlike any other person whose lineage is recorded in the Bible, include women. Look them up yourself.

The key genealogies of Jesus listed are Luke 3: 23-31, and Matthew 1:1-17. In these lineages, we are told of at least four of the women in Jesus' genealogical line. These are Rehab, Ruth, Tamar, and Bathsheba. Rehab (also spelled Rahab) was a Canaanite. Tamar was probably a Canaanite. Bathsheba, often referred to as a Hittite, was more likely Japhethic, that is, not a descendant of Ham. (However, this is not clear). Ruth was in the line of Ham. Now, who was Ham? Who were the Canaanites and Hittites?

According to Genesis 9:19, all mankind descended from Noah's three sons: Shem, Ham, and Japheth. Ham's descendants became the black people who settled in Africa, and parts of the Arabian peninsula. His sons were Cush, whose descendants settled in Ethiopia, Mizraim, whose descendants settled in Egypt, Put, whose descendants settled in Libya, and Canaan, whose descendants settled in Palestine. The descendants of Cush were the main populace of the Cushite Empire, which extended from western Libya to Ethiopia and Nubia, all of present day Egypt, and the Arabian peninsula into the mountains of Turkey. They spoke several languages and had skin pigmentation ranging from dark black to medium brown.

It takes a bit of study to ascertain who these people were - and there were other possible African women in Jesus' lineage as well - but, in general, when we are speaking of Cushites, Canaanites, descendants of Ham, etc., we are speaking of Africans. It is entirely possible that this wasn't a big deal when the scriptures were written since Jesus' racial background was common knowledge.

So, although Jesus had some African ancestry, his physical appearance was such that he fit right in with the Jews of that era, based on several passages that indicate that Jesus not only looked like every one else in a crowd, but was also a very average and normal looking Middle-Easterner, not sticking out at all. Remember how the Roman guards had to ask for others to identify Jesus. He was of an average appearance for that day and location, and blended into the crowd.

Though politely referred to as "rabbi," his ideas about life, family, death, and relationships did not always mesh well with the religious elite, who viewed Jesus as well-intended, but nevertheless a trouble-maker to the establishment.

**THE EARLY YEARS**

It is worth noting that the Persian Kings (the so-called 3 kings) who sought out the infant Jesus were engaged in very much the same search that the Tibetan priests employed when seeking the embodiment of the next Dali Lama. The Bible speak of the young Jesus talking to the Rabbis in the Temple, sharing his youthful wisdom with the elders to the surprise of his parents. Then there is no Biblical record of what he did as a teenager, and during his 20s. We don't hear from him again in the Bible until his appearance on the scene at about age 30 or so, where he reportedly transformed water into wine at a wedding feast, and was depicted as a healer, prophet, and fisher of men.

His religious observations would have been the regular observations for Jews of the day, and entirely different from the observations of most Christian sects today. (The reasons for this are well-known and found in any encyclopedia on the history of the Church.)

Growing up as a Catholic, I studied Jesus, and often wondered, what did it really mean to "be like Jesus"? There was so much about this person that was beyond my ability to research. For example, what Holy Days would Jesus have observed? Was he an Essene? Was he a Nazarene? What did these groups believe and practice? Did he really have any Buddhist influence? Who were his closest followers, the apostles? What did he actually teach his close followers, beyond what is known from his various public talks? Were his miracles and public healings actual events, or were they symbolic stories? These and other questions have always swirled around this man called Jesus.

As a student of the real and historical Jesus, here are just a few of the many books I have found to be useful.

Garner Ted Armstrong of the Worldwide Church of God in Pasadena, wrote a book about the "Real Jesus," and Jesus was described as a hard-working, athletic, health-food eating powerful man, a sort of health advocate Gypsy Boots of the past who also spoke about the Kingdom within.

Holger Kersten in his "Jesus Lived in India" book presents a very different Jesus, the very one who is depicted on the Shroud of Turin, and one who was actually recorded as traveling to India, and who studied from the Buddhists.

According to Harold Percival in his "Thinking and Destiny" book, Jesus succeeded in reuniting his Doer and Thinker and Knower, his internal trinity, which put him in touch with his divinity, which made him, effectively, a God. Though Percival's terminology is unfamiliar to most Christians, he is less concerned about the historical details of Jesus and more concerned about what Jesus did, and became, that made him a focal point of most societies on earth over the last 2000 years.

Regardless of your religious background or belief, you are likely to be richly rewarded by delving deeply into the nuances of the details of who this Jesus was. When everyone's mind is upon Jesus and the Mysteries during the Easter season, I have found great value in viewing the "Jesus of Nazareth" series, and I even in such depictions as "Jesus Christ Superstar." Unlike so many who purport to follow in his path, I find a real Jesus emerging who was not dogmatic, but one who knew that only when we recognize each other's humanity do we rise up into our own divinities.

According to Holger Kersten, "Jesus did not supply theories to be ground in the mills of academia, about his path and message - he just lived his teachings! Tolerance, unprejudiced acceptance of others, giving and sharing, the capacity to take upon oneself the burdens of others, in other words, unlimited love in action and service for one's fellow human beings - this is the path which Jesus showed to salvation."

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**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, cur-rent 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**

Happy-go-lucky Coffee is an adorable six-month-old pit bull mix puppy sure to make every day start with a smile!

This smart guy is ready to move to the head of a training class- he is an expert on numerous training cues, and he learns new things very quickly. He is eager to please and loves a treat- great motivators for additional training!

Coffee has spent some time in a foster home and got along well with the other dog in the home. He is very sociable with people of all ages, too. In fact, he seems to thrive on attention!

He recently got to have an adventure with the Pasadena Humane mobile outreach team at an adoption event. He loves going on walks, splashing in puddles and being a lovable goofball.

We're buzzing about Coffee- we're sure you will be, too!

Coffee and all other dogs over 6 months old can be adopted for only \$25 during Pasadena Humane's Love is Blooming promotion from April 4 - 14!

The normal 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 every Sunday and Wednesday at 10:00 a.m. Walk-in adoptions are available every day from 2:00 - 5:00.

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

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## THEME: EUROPEAN CAPITALS

### ACROSS

1. Parting words
6. Broadcasting acronym
9. Taj Mahal city
13. Ernest, to mommy
14. "Fat chance!"
15. Fits of shivering
16. Rundown
17. Historical period
18. "\_\_\_\_ its weight in gold"
19. \*Namesake of famous pact signed in 1955
21. \*"The City of a Hundred Spires"
23. Financial assistance
24. Bird's groomer
25. Pod nugget
28. Fountain order
30. Duck dish a certain way
35. Picture on a coat
37. Feline vibration
39. Stocking fiber
40. Stink to high heaven
41. Cocoyam, pl.
43. Pelvic bones
44. Frost over (2 words)
46. Stew bean
47. Sleeveless garment
48. Predicament
50. Snakelike fish
52. Hi-\_\_\_\_ monitor
53. Toothy wheel
55. \*Street, in capital city in #38 Down
57. \*On the Danube
60. \*On the Thames
63. Virtue, in Italian
64. \*Street, in capital city in #25 Down
66. Dashboard instruments
68. Beside, archaic
69. Geological Society of America
70. Type of heron
71. Parks or Luxemburg
72. Pecking mother
73. Like oboe's sound

### DOWN

1. "\_\_\_\_ the land of the free ..."
2. Cold one
3. Peruvian Empire
4. Miss America topper
5. Blood infection
6. Prepare to swallow
7. \*Dublin's cultural quarter neighborhood, "Temple \_\_\_\_"
8. Parallelogram, e.g.
9. All excited
10. Spiritual leader
11. Network of nerves
12. Certain something in a tray
15. Rouse
20. Take puppy from a pound
22. "Hamilton: An American Musical" singing style
24. Great \_\_\_\_ Reef
25. \*On the Seine
26. Not slouching
27. Arabian chieftain
29. Like Roman god Janus
31. \*Also the most populous city in Ukraine
32. More ill
33. Neil Diamond's "Beautiful \_\_\_\_"
34. Annoying tiny biters
36. Arctic jaeger
38. \*Located in boot-shaped country
42. Sound of artillery
45. Kind of hickory nut
49. Jack's inferior
51. Like a Grammy nominee
54. Frustration, in print
56. "A bird in hand is worth two in the bush," e.g.
57. Source of veritas
58. Wraths
59. Volcano in Sicily
60. Ground beef description
61. Fairytale giant
62. "All You \_\_\_\_ Is Love"
63. Variable, abbr.
65. Put to work
67. Hog heaven

## 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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	57	58	59					60			61	62	
63						64	65			66			67
68							69			70			
71							72			73			



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Solutions will appear next week!

### Last next weeks Solutions

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UVEA	SAID	LHASA
SONG	ERNIE	ANTI
ILIAC	SIVA	TOOT
CONRAD	OAST	IPA
NOUN	EEK	
DREAMS	PLAYERS	
CHIMP	USA	ROYAL
ROGUE	RES	UTERI
TWAS	PET	POSED

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

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					3	1		

© StatePoint Media  
**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 eat fresh foods every day...

...and keep active for 60 minutes, too!

# Newspaper Fun!

www.readingclubfun.com Annimills LLC © 2024 V12 Kids: color stuff in!

## March Into Good Nutrition!



**Read the clues to fill in the crossword:**

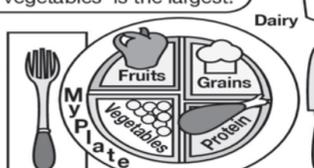
- the food \_\_\_\_\_ help us to choose different kinds of foods every day: vegetable and fruit, grain, meat and bean, dairy
- "My \_\_\_\_\_" is a tool to help you see at a glance what and how much you are eating of each food group at a meal
- \_\_\_\_\_ and vegetables are loaded with vitamins A and C for good skin, eyes and healing
- the largest area of "MyPlate" is for \_\_\_\_\_: carrots, lettuce, squash, asparagus, tomatoes, green beans, broccoli, peas, cauliflower, celery...
- fruits have lots of vitamins, but may have a lot of \_\_\_\_\_
- it's better to eat fruits than to drink their juice: when you eat an apple instead of drinking its juice, you get \_\_\_\_\_ too
- foods in the grains group have carbohydrates that give you \_\_\_\_\_
- whole \_\_\_\_\_ have more fiber, so try whole wheat noodles or pizza crust
- \_\_\_\_\_ to build muscles comes from meat, fish, beans and nuts
- foods in the milk or \_\_\_\_\_ group have calcium to build strong bones and teeth
- some fat is needed for your body and brain to run well; choose \_\_\_\_\_ over fats that are solid
- eat foods of all colors from all the different food groups and you will get lots of \_\_\_\_\_ for good health

**Fun Dinner Idea Yum!**  
Whole wheat spaghetti or spaghetti squash with turkey meatballs and chunky tomato sauce.

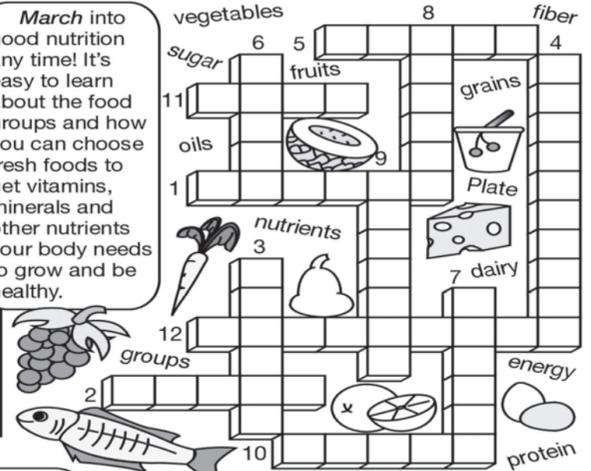
Give peas a chance... then find and circle at least 10 words that have a long "e" sound as in the word 'peas.'

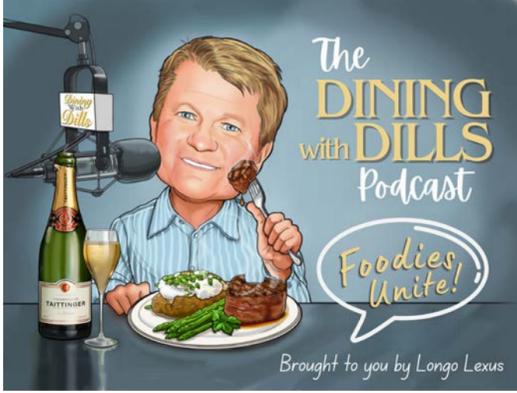
I'm baaaaack...and I'm showing people that the area for 'vegetables' is the largest!

• Plate based on USDA source.



**March into good nutrition any time!** It's easy to learn about the food groups and how you can choose fresh foods to get vitamins, minerals and other nutrients your body needs to grow and be healthy.





## WET WEEKEND HAPPY EASTER

The pride of Sierra Madre, Mr. Nial Dalton got to me just in time, asking for suggestions for wine to pair with his annual Easter baked ham. Nial tells me that he is a traditionalist and that family has been coming to his home for almost ten years. While everyone one loves his cooking skills, he needed suggestions for wine.

A baked ham that has been glazed with brown sugar is a tricky matter, but I have a couple of suggestions. First, stay clear of bold cabernets; the sugars will collide and make the cab too citric. I suggest one of my all-time favorite sparklers, Domaine Careneros. Not only will this Napa gem go great with the ham, it also

will go well with your sides of yams, rice pudding, and string beans. Sounds like a great menu. What time is the party? This wine has a real feel of champagne to it and almost half the price. The first taste is mellow, and if you have been following my columns, you know I don't swirl -- I go for a complete taste. There's no need to let this sit; it's ready to enjoy with your Easter brunch right after opening. This is an absolute favorite of mine, and one of the best sparklers that I have tasted at any price. It's available at VONS and wine departments; sale priced around \$28.

For less money and still a phenomenal value is the San Simeon Petite Sirah. As this Petite Sirah is an ideal partner for your entrée. This Paso Robles award winner is a 90+ rated wine and is perfect for your guests who want something full bodied. Guests who might be the "occasional" social drinker will think you spent double the amount.

Last but not least, La Fin Du Monde "End of the world" is a Belgium style beer that I first encountered at Vons in Pasadena. It is now one of my favorites.

Email Peter at thechefknows@yahoo.com and follow me on nextdoor!

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## THE TASTING ROOM

### NOT YOUR GRANDMA'S RIESLING.

I'm Gustavo Lira, Tasting Room Manager and Wine Buyer at The Bottle Shop in Sierra Madre with another wine and spirits selection.

Lots of people come into the Tasting Room and frown when I mention German Riesling. They have the old perception that all Riesling is sweet -- to the point of being saccharine sweet. Yes, Riesling can be sweet, but it can also be made off-dry and bone-dry. Over 30 years ago, dry Riesling accounted for about 15% of the wine produced in Germany. Now, it's closer to 50%. Germany knows Riesling. They know how to make Riesling, and some of the greatest wines in the world are German Rieslings. Today, I'll introduce you to a German Riesling that is off the charts.



Weingut H. Ludes was started in the 1950's by Hermann Ludes. His grandson, Julian, now runs the winery along with his uncle -- also named Hermann. They make Riesling in the Mosel wine region, and they make it the old school way -- low alcohol and racy acidity. This isn't the Riesling that became popular in the 1990's -- riper, fruitier, richer -- this is a bracing but balanced Riesling. It's crisp, clean, refreshing, and delicious to the 10th degree.

The 2022 Hermann Riesling contains 9.5 g/l (grams per liter) of residual sugar. This is considered a dry wine. For comparison, Veuve Clicquot contains 10-12 g/l, and Meiomi Pinot Noir contains 20 g/l -- and those wines don't even come close to the quality of wine that you get with Ludes. You barely pick up on the residual sugar in the Ludes. This is a wine that's zesty and tart. Notes of pear, flowers, spice, and herbs are present throughout. I would highly recommend this wine for your Easter table, and for any other time you want to drink an exceptional wine. Additionally, Julian and Hermann practice organic farming, they hand harvest the grapes, and they use native yeast in fermentation. All of this leads to incredible wine in your glass.

If you've shied away from Riesling because of the misassumption that Riesling wasn't very good, then try this one. If you've left Riesling because you remember it being too sweet, you're in for a very pleasant surprise. This ain't your Grandma's Riesling -- and thank God for that!

The H. Ludes "Hermann" Riesling Mosel 2022 is available at The Bottle Shop for \$27.99. Until next time -- Salud

Upcoming Wine Tastings --  
 In April -- Fresh Shucked Oysters and Champagne;  
 Total Solar Eclipse Blind Tasting; Premium Tinned Fish & Wine.

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



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

**Lemon Chiffon Pie**

### INGREDIENTS

- 1 frozen Pie crust (Marie Calendar's is my recommendation)
- 1 (1/4-oz.) pkg. powdered gelatin
- 2/3 cup + 3 Tbsp. water, divided
- 2 Tbsp. lemon zest, divided, plus 1/3 cup lemon juice (from 3 medium lemons)
- 3/4 cup granulated sugar, divided
- 4 eggs, separated and divided
- 3/4 cup heavy whipping cream
- 3 Tbsp. powdered sugar

### DIRECTIONS

1. **PIE SHELL**  
 Prick the bottom of the pie shell in several places with a fork. This will keep the crust from making 'bubbles' as it bakes. Bake pie shell per directions on the packaging. When done, Remove it from the oven, The crust should be lightly tan on the edges and the bottom of the crust should have some color as well.

### 2. PREPARE FILLING:

Place gelatin in 3 Tbsp. water and stir to combine; set aside. Over a double boiler, combine 1/2 cup sugar, 2/3 cup water, egg yolks, and lemon juice. Cook, stirring occasionally, until thickened, about 25-30 minutes.

Whisk in gelatin mixture until completely dissolved. Add 1 tablespoon lemon zest and refrigerate for 30 minutes, whisking every 5 minutes, until consistency has slightly thickened and mixture has cooled completely.

### 3. FOLD IN EGG WHITES AND CHILL:

Beat egg whites on medium-high until soft peaks form. Slowly stream in remaining 1/4 cup sugar and beat until stiff peaks form.

Fold egg white mixture into chilled lemon mixture in 3 additions, waiting until each addition is incorporated before adding the next.

Pour filling into pie crust and refrigerate until set, about 2 hours or overnight.

### 4. TOP WITH WHIPPED CREAM AND SERVE:

Whip cream with powdered sugar until stiff peaks form. Add 1 1/2 teaspoons of remaining lemon zest and mix to combine.

Scoop whipped cream onto the center of the pie and spread it slightly around, leaving much of the lemon chiffon surface exposed. Sprinkle the entire pie with remaining 1 1/2 teaspoons lemon zest and serve.

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### FREE SPECIALIZED PHONES MAKE IT EASIER TO HEAR, DIAL, AND CALL.

If you're like many seniors, you could use a new telephone that increases the volume of calls so you can hear them better, or one with big buttons so dialing is easier. More than 90 specialized phones and devices for people with diminished hearing, vision, mobility, and other common age-related conditions are available at no cost from the state's California Telephone Access Program (CTAP), a Program of the California Public Utilities Commission.

This free Program is a vital and wonderful service for California seniors because it keeps people connected with family, friends, caregivers, business associates, and others. Unfortunately, despite the easy process of applying for one of the many specialized California Connect phones, many people put off getting onboard the Program.

There are California Connect phones that light up when calls come in, amplify sound, allow you to dial by pressing a picture, and use a speakerphone for hands-free operation. These phones and others are from top manufacturers and have all been tested by CTAP's advisory board.

You can learn more about the Program and obtain an application by calling 1-800-806-1191 or visiting [www.CAconnect.org](http://www.CAconnect.org).

If you need help getting certified just ask a customer service specialist. There is no cost, age, or income requirement for this state Program, so there is no reason not to stay connected.

*This article is brought to you courtesy of Safe Path For Seniors*

## Wednesday, April 10 & 24, 2024

9:00am-9:45am in the Hart Park House

Tea and Talk meets twice a month to discuss the fun, suspense, intrigue, love and so much more that each selection has in store!

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### BOOK CLUB

## RECOMMENDED VACCINES FOR MEDICARE RECIPIENTS

Dear Savvy Senior:  
My husband and I recently turned 65 and would like to find out which vaccines are recommended and covered by Medicare? New Beneficiaries



Dear New:  
All recommended vaccines for adults, age 65 and older, should be covered by either Medicare Part B or Part D, but there are some coverage challenges you should be aware of. Here's a rundown of which vaccines are recommended by the Centers for Disease Control and Prevention (CDC) and how Medicare covers them.

**Covid-19:** Even though Covid-19 is no longer a public health emergency, it can still cause severe illness, particularly in older adults. Because the Covid virus continues to mutate, new vaccines are being developed to keep pace, so the CDC recommends that all seniors stay up to date with the latest Covid vaccines, including booster shots.

All Covid-19 shots are covered 100 percent by Medicare Part B.

**Flu:** Considered an annual vaccination, most people of all ages receive flu shots in the fall when flu season begins. The CDC recommends seniors, 65 and older get a high-dose flu shot for extra protection beyond what a standard flu shot offers. The Fluzone High Dose Quadrivalent, FLUAD Quadrivalent and FluBlok Quadrivalent are your three options.

Annual flu shots are covered under Medicare Part B.

**Pneumonia:** These vaccines help protect against pneumococcal disease, which can cause pneumonia, meningitis and other infections. The CDC recommends everyone 65 and older get a pneumococcal vaccine. There are several different vaccine options available, so talk to your doctor or pharmacists to find out which is best for you or visit the CDC's Pneumococcal Vaccination webpage at [CDC.gov/vaccines/vpd/pneumo/public/index.html](http://CDC.gov/vaccines/vpd/pneumo/public/index.html).

Medicare Part B covers both single dose and two-dose pneumococcal shots once in your lifetime.

**Shingles:** Caused by the same virus that causes chicken pox, shingles is a painful, blistering skin rash that affects more than 1 million Americans every year. All people over age 50 are recommended to get the two-dose Shingrix vaccine, which is given two to six months apart, even if you previously received Zostavax. In 2020, Shingrix replaced Zostavax, which is no longer available in the U.S.

All Medicare Part D prescription drug plans cover shingles vaccinations, but coverage amounts, and reimbursement rules vary depending on where the shot is given. Check your plan.

**Tdap:** Tetanus, diphtheria, and pertussis (whooping cough) are diseases caused by bacteria that can lead to serious illness and death. Therefore, a one-time dose of the Tdap vaccine is recommended to all adults. If you've already had a Tdap shot, you should get a tetanus-diphtheria (Td) booster shot every 10 years.

All Medicare Part D plans cover these vaccinations.

**RSV:** Respiratory syncytial virus (RSV) can lead to pneumonia or bronchiolitis and can worsen other chronic conditions common among older adults, such as asthma and chronic obstructive pulmonary disease (COPD). The CDC recommends all adults, age 60 and older, talk to their doctor about getting one of the RSV vaccines (either Arexvy or Abrysvo), usually in the fall and winter months when the virus is most prevalent.

Most Medicare Part D plans cover the RSV vaccine, but not all. If your plan doesn't cover it, you can ask for a coverage exception. You can also pay for the shot out of pocket and then follow-up with your plan to get reimbursed. If you pay for the shot upfront, your plan must pay you back.

#### Other Vaccinations

There are other vaccines you may need depending on your health, lifestyle or travel plans. To help you get a handle on which ones are appropriate for you, take the CDC's What Vaccines Do You Need? quiz at [www2.cdc.gov/nip/adultimmsched](http://www2.cdc.gov/nip/adultimmsched). Also, talk to your doctor during your next visit about what vaccinations you should get.

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.

# 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

## Hula and Polynesian Dance

### Beginner

Every Tuesday  
10:00am-11:00am

### Intermediate

Every Friday  
10:00am-11:00am

Bring your lei, flower skirt and your desire to dance! Join in on the fun in the Memorial Park Covered Pavilion on Thursday and the Hart Park House on Friday.

Call 626-355-5278 for more information.

## Chair Yoga

Every Monday and Wednesday  
Hart Park House 10-10:45 am



Please join us for some gentle stretching, yoga, balance exercise and overall relaxation with Paul. Classes are ongoing and held in the Hart Park House Senior Center.

Call 626-355-5278 for more information

## Senior Cinema

Movies begin at 1:00pm



April 10

Mamma Mia PG-13

The story of a bride-to-be trying to find her real father told using hit songs by the popular 1970s group ABBA.

April 24

Twins PG

A physically perfect but innocent man goes in search of his long-lost twin brother, who is short, a womanizer, and small-time crook.



## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

### SECOND THOUGHTS CAN BE DANGEROUS TO MY HEALTH

Many things in life can be rather dangerous. For me, the most dangerous things in my life are thoughts.

I thought about this one day, and by the end of the day, I was in deep trouble. Thoughts have a way of doing that with me.

My New Year's resolution one year was to have one thought per day. After the first week, I ran out of thoughts.

This year, The Gracious Mistress of the Parsonage and I will be married 53 years. During that time, I discovered how vital just one thought can be.

If anybody thinks a lot, it is The Gracious Mistress of the Parsonage. She has everything thought through before I have a chance to even know what it is. Like most women, she is an expert in multitasking. That means it takes a lot of thought to do all those things simultaneously. She does it quite well.

She often says how many headaches she has during the day, and if I could put several thoughts together, I might tell her that those headaches are a result of all that thinking she does during the day. But, on second thought, I better just leave that one alone.

Over the years, I have tried to focus on thinking, but I haven't gotten very far. This may be why I don't have any headaches during the week. From my point of view, that's one benefit that I relish every day.

I was once relaxing in my easy chair and staring at the ceiling. Looking at me, The Gracious Mistress of the Parsonage said, "Me thinkst thou ponderous too much."

Once, while we were driving along the highway, she was driving, and I was staring out the window. She took one quick look at me, and said, "What are you thinking about?"

Looking back at her, I responded, "You're not really thinking that I'm doing any thinking, are you? That's way above my pay scale."

Of course, she laughed, and I laughed along with her, but sometimes the truth is the truth.

One of her favorite phrases along this line is, "Do you have any second thoughts on that?"

Recently we were remodeling our house and adding a room that would be my office upon retiring. I had some really great ideas, at least I thought so, and I shared them with her. When I was done with my presentation, she looked at me and said, "Do you want to give that a second thought?" It was enough for me to give her the first thought,

let alone come up with a second thought. But by that time, I was all thought-out.

Then she gave me a whole list of her thoughts about the project and she did it so fast I couldn't keep up with it and I had no idea what she was talking about. I was almost ready to say, "Do you want to give them a second thought?" I knew if I did that, her second thought may not be what I want it to be; if you know what I mean.

Over the years, we have become a wonderful team. I call it the T&N team. What that means is that she Thinks, and I cannot Nod my head in agreement. I'm sure I didn't think that through, but I must confess it sure does work. It has produced almost 53 years of marital bliss.

After 53 years of being "thought-free," my life is quite remarkable. I've had very few headaches because there is nothing up there to ache.

Sometimes, The Gracious Mistress of the Parsonage will ask me about a particular problem and ask, "What do you think about that problem?"

After 53 years of the T&N team experience, I simply shoot back, "I'm not sure. What do you think about it, and what should we do?"

And when I say that, I can sit back and listen to all the good advice and nod my head at the appropriate places, and at the end, we both are smiling. No thought on my part involved.

The best thought I have ever had, and where I harbor no second thoughts, is when I asked The Gracious Mistress of the Parsonage to marry me. I'm not sure what her thought process was then, but I can assure you there were no second thoughts on my side of the aisle.

I can sit back and remember a lot of the things I did in the past. Of course, at my age, my memory is not up to par, but at least there's a little bit left. There were a few times when I thought about something and then had second thoughts, and it was the second thought that got me into trouble.

I have learned that I need to gather all the information before exercising my first thought. If I have everything before me, then I can proceed to the next step in making a decision based on my thought process.

I remembered a special verse of scripture that encouraged me in this regard.

"For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart" (Hebrews 4:12).

This is where I need to surrender all my thoughts to God and obey His Word.

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### Mountain Views News Mission Statement

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

## STUART TOLCHIN PUT THE LIGHTS ON YOU'RE NOT ALONE



I really don't want to see what's going on around me. Everything seems so confusing and depressing. Maybe it's just this getting old stuff that's difficult? I send my articles out to about thirty people as soon as I complete them and contemporaneous with sending them off for publication and I treasure the replies I receive.

Most often the criticism I receive is that I am only writing about myself. What about the rest of the world? My responding thought is something like I barely understand myself; how can I pretend to understand anything else? Now many of my old friends have stopped even replying. Their excuse being death or illness or just disinterest or not wanting to take the trouble to write. When I finally receive a belated response, it is frequently a detailed description of illnesses, surgeries, and concerns.

Yesterday, after nine holes of golf during which my partner, who is in his seventies, walked and I rode in an electric cart, which is embarrassing, we went out to lunch. Sadly, I could not hear much of which my partner said as we waited to be served. The problem might have been that my hearing aids had been placed in the wrong ears -anyways it left me confused and annoyed. Finally, the manager, or somebody, came to our table and asked how we were doing, I complained that we had been waiting forever to be served and no server had even come to our table. Unbelievably, the manager seemed to understand. "Yes, we are understaffed but there's nothing that can be done about it right now." My golfing partner is a Republican and explained to me that because of the increased wages required by Democrats, commercial establishments could not afford to hire sufficient staff without raising prices and losing business. I really didn't care, I just wanted to eat.

Yesterday, I received a long-awaited telephone call from a doctor who called to review the CT contrast test of my liver. This phone consultation was necessary because no in-person appointments with a doctor were available for over a month. Okay, now get this, the first thing the Doctor said to me was "you have to stop drinking." This was absolutely crazy to me, and I told the doctor that I never drink. He went through this whole, "You mean you never had a drink in your life" stuff which really offended me. I am diabetic, my father was diabetic, and alcohol has absolutely never been a part of my life. The doctor tried to explain to me that tests indicated that I had cirrhosis of the liver which was associated with alcohol abuse. I told him I didn't care what the tests showed; I had never had ten drinks in my whole life. The doctor began to look at the whole test result, probably for the first time, and finally said that there was such a thing as non-alcoholic cirrhosis of the liver and that he would place a referral to a gastroenterologist. Of course, I have not yet received such a referral and his last piece of advice to me was to be sure not to drink alcohol. Great.

Yes, I shouldn't complain. After all I am a privileged 80-year-old American White Man in no actual discomfort. Somewhere along the way I picked up a copy of THE WAY OF NAGOMI, The Japanese PHILOSOPHY OF FINDING PEACE. The book begins by explaining that the Japanese are famous for keeping a low profile. This is contrasted with the Western way of being assertive, controversial, and occasionally disruptive. (I wonder who they're talking about!)

Still I'm trying to understand the book and to bring some peace and balance to my life. Part of that process is to keep writing these weekly articles and if you've gotten this far, I congratulate you for continuing to struggle along with me. I hope we survive the storm and all the other terrifying news, and of course, I promise not to drink; although that's getting more difficult.

By the way, in case you missed it. There is a subtle overall point to this little essay. The economy and the resultant understaffing may well be one of the causes of the entire society's reported confusion and depression. Maybe, I am not just writing about myself.

## TOM PURCELL MESSAGE FOR MY DIGITAL GODDAUGHTER



My 13-year-old goddaughter still can't understand how telephone busy signals used to work. She can't help it. At 13, she's a member of the Gen Alpha generation, kids born between 2010 and 2024, which is the first generation to NOT know what life was like before social media and artificial intelligence were everywhere.

I tried to explain that before call waiting was commonplace in the mid-1980s, a caller would get a busy signal if a phone line was being used.

When I was in high school, I told her, we only had one telephone line. My father, a Bell Telephone man, installed five heavy-duty phones in our house, but all of them were connected to a single landline.

When someone called us, the ringing brass bells created such a hullabaloo, it sounded like someone was breaking into the Fort Knox Bullion Depository. But the bells didn't ring often, because, between my mother and five sisters, somebody was always tying up the line.

When I needed a ride home after football practice, I placed a dime into the pay phone, turned the rotary dial with my finger and was then greeted by an annoyingly loud buzzer that suggested: Loser! Try again!

This silly story illustrates the stark contrast between the innocent childhood I experienced as a tail-end Baby Boomer and the all-digitized childhood she is experiencing as a Gen Alpha.

Modern childhood is fraught with digital landmines.

According to The American Academy of Child and Adolescent Psychiatry, children between 8 and 12 spend 4 to 6 hours a day using digital devices, such as smartphones, while teens spend up to 9 hours.

AACAP says unmonitored children are likely to be exposed and influenced by risk-taking behaviors, sexual content, substance use, negative stereotypes, misinformation and advertising aimed at motivating a child to buy or act.

It's no wonder, according to AACAP, that children exposed to too much screen time suffer things like sleep problems, lower self-esteem, too little face-to-face social interaction with family and friends and less time outdoors enjoying physical activity.

Research psychologist Dr. Jean Twenge says that a surge in Gen Z mental health issues is the direct result of the rise of smartphones and social media, which began in earnest in 2012.

"Happiness started to decline, life satisfaction declined, expectations went down," Dr. Twenge told the New York Post. "Depression went up, and this pessimism really took root among young people."

She says the hyper-connectivity of social media proved to be an unmitigated experiment for Gen Z — and also an unmitigated disaster for nurturing our most anxious and unhappy generation yet.

Twenge and others argue that all parents need to unite and make sure their kids are not exposed to social media too early.

Parents also need better tools to monitor and regulate their kids' social media usage and she says the government must play a bigger role, giving them more robust tools to monitor and restrict the content children are able to access.

The debate around regulating social media and, now, AI, is going to be robust, as it should be — especially since we already know that unfettered social media has damaged one generation.

I called my goddaughter to warn her about the perils of social media, but she never answers.

Apparently, talking on the phone is something only a "pre-millennial" dork would attempt to do.

## RICH JOHNSON NOW THAT'S RICH



### STILL ONE SOLITARY LIFE

This week is known in our western culture as Easter Week. The week we annually remember the arrest, trial, execution, and, for many of us, the resurrection of Jesus Christ.

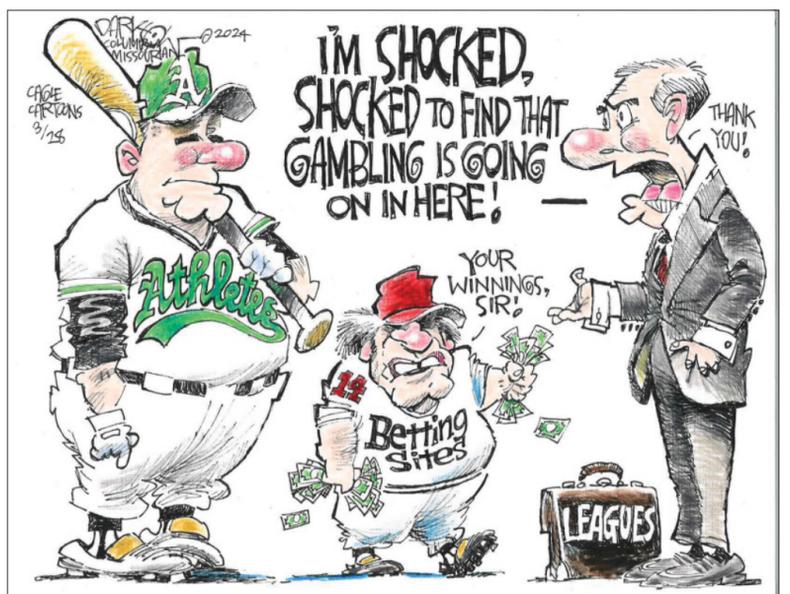
Think about Jesus Christ's impact for a moment. Even those countries with zero ties to Christianity still use the BC and AD distinction to separate all of time. Many now call it B.C.E. (before common era) and C.E. (common era). We still live to this day centered around the same time frame. "B.C." stands for "before Christ". And "A.D." stands for, no, not "after death", but "anno domini" (Latin for "in the year of the Lord") referring to the birth of Jesus Christ.

And though many Asian and most Muslim countries use a different system internally with different years, they also stick with the common system for what should be obvious reasons. So, methinks me will come out of the closet. Yes, I am a Christian. As you know, it doesn't stop me from trying to be funny, trying to make you laugh (or at least chuckle now and then) and enjoy life. I also, (as my grandmother would say, "for land's sakes") perform rock and roll at Nano Café, Corfu Restaurant and wherever they will give me an opportunity...even in church. Do I think I'm better than anyone else? LOL! Quite the contrary. But I do believe Jesus is who He said He is. And he has a keen interest in all of humanity. God considers us the "apple of His eye" (though I think dolphins could overtake us someday soon, lol). What's more He has an eternal purpose and destiny for us if we want it.

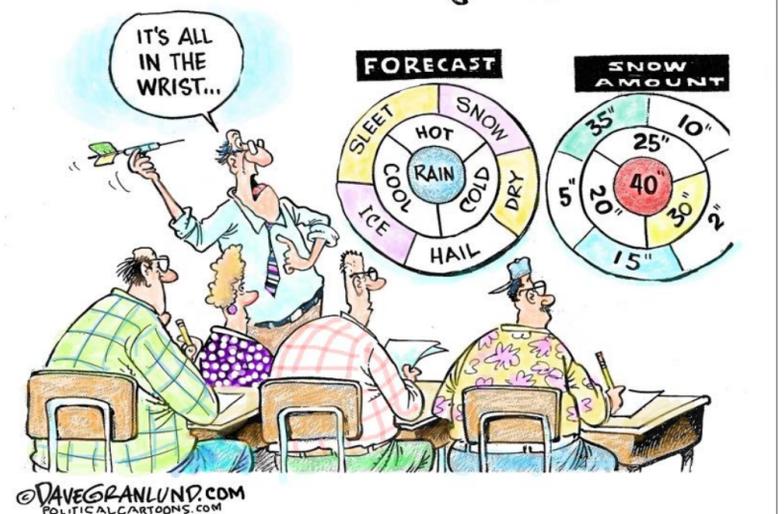
I leave you this week with a poem, written 98 years ago about Jesus. The poem written by James Allan Francis is entitled "One Solitary Life".

*"He was born in an obscure village. The child of a peasant woman.  
He grew up in another obscure village where he worked in a carpenter shop until he was thirty.  
He never wrote a book. He never held an office. He never went to college.  
He never visited a big city. He never traveled more than two hundred miles from the place where he was born.  
He did none of the things usually associated with greatness. He had no credentials but himself.  
He was only thirty-three. His friends ran away. One of them denied him. He was turned over to his enemies.  
And went through the mockery of a trial. He was nailed to a cross between two thieves.  
While dying, his executioners gambled for his clothing, the only property he had on earth.  
When he was dead, He was laid in a borrowed grave through the pity of a friend.  
Nineteen centuries have come and gone. And today Jesus is the central figure of the human race.  
And the leader of mankind's progress. All the armies that have ever marched. All the navies that have ever sailed. All the parliaments that have ever sat.  
All the kings that ever reigned put together have not affected the life of mankind on earth as powerfully as that... one solitary life!*

P.S. If you haven't ever checked this show out, look for the series "The Chosen". It marvelously portrays Jesus very much like I think He was and still is. Go to Angel.com for more info.



### Refresher course for meteorologists...









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**FUNCTIONAL FITNESS?**

You may have heard the term Functional Fitness recently and wondered what exactly it means. Who is it for? What does it entail?

Functional fitness refers to a type of exercise aimed at making daily activities easier and safer. Unlike regular strength training, which focuses on specific muscles, functional fitness exercises work multiple muscles and mirror real-life movements like lifting and bending.

The main idea of functional fitness is to train the body for everyday tasks, not just lifting heavy weights. This helps improve strength, flexibility, balance, coordination, and endurance, which are important for staying independent and avoiding injuries.

Functional fitness exercises can include using your body weight, dumbbells, kettlebells, resistance bands, and stability balls. They involve movements like squats, lunges, and deadlifts, along with cardiovascular and flexibility exercises.

The goal is to help you do daily activities more easily, reduce the risk of injury, and improve your quality of life. It's beneficial for people of all ages, especially athletes and older adults, looking to enhance their fitness and mobility.

If you're an athlete, Functional fitness can offer you the following benefits:

**Improved Performance:** Functional fitness exercises often mimic the movements required in specific sports, helping

to develop strength, agility, and coordination relevant to your activities. For example, a soccer player might incorporate exercises that simulate kicking, sprinting, and changing directions quickly.

**Injury Prevention:** By targeting multiple muscle groups and focusing on functional movements, athletes can strengthen muscles and joints in a way that better prepares them for the demands of their sport. This can help reduce the risk of common sports-related injuries, such as strains, sprains, and overuse injuries.

**Enhanced Movement Efficiency:** Functional fitness workouts emphasize movement patterns that are similar to those used during sports activities. By training these movements, athletes can improve their biomechanics and movement efficiency. That means better performance overall.

**Core Strength and Stability:** Many functional fitness exercises engage the core muscles, which are essential for providing stability and transferring power during athletic movements. Strengthening the core can improve balance, coordination, and overall athletic performance.

**Balance and Coordination:** Functional fitness exercises often require athletes to maintain balance and coordination while performing dynamic movements. This helps improve proprioception (awareness of body position) and neuromuscular control, which are crucial for sports performance, especially in activities that involve rapid changes in direction or unpredictable movements.

**Versatility and Adaptability:** Functional fitness workouts can be tailored to target specific areas of weakness or address individual goals. Athletes can easily modify exercises to challenge different muscle groups or adjust intensity to match their fitness level and training objectives.

Functional fitness can also offer the average person many benefits as well. Especially as a way for older adults to maintain fitness over time. Some of these benefits include:

**Enhanced Mobility and Independence:** As people age, maintaining mobility and independence in daily activities becomes increasingly important. Functional fitness exercises focus on movements relevant to everyday life, such as bending, reaching, and lifting, helping older adults maintain their ability to perform these tasks with ease and confidence.

**Improved Strength and Balance:** Functional fitness workouts target multiple muscle groups and emphasize movements that challenge balance and stability. This can help you build strength in key areas like the legs, core, and upper body, reducing the risk of falls and improving overall balance and stability.

**Fall Prevention:** Falls are a significant concern as we age and can lead to serious injuries and loss of independence. Functional fitness exercises that improve strength, balance, and coordination can help reduce the risk of falls by enhancing stability and agility.

**Joint Health and Flexibility:** Regular participation in functional fitness activities can help maintain joint health and flexibility, which tend to decline with age. By promoting proper movement patterns and incorporating exercises that target flexibility and range of motion, you can reduce stiffness and discomfort in the joints, improving overall mobility and comfort.

**Independence:** Functional fitness focuses on improving the ability to perform activities of daily living, such as getting up from a chair, climbing stairs, or carrying groceries. By enhancing functional strength and mobility, you can maintain independence and continue to engage in the activities you enjoy throughout life.

**Mental Well-being:** Engaging in regular physical activity, including functional fitness exercises, has been shown to have positive effects on mental wellness, including reducing symptoms of depression and anxiety. That helps in staying active, providing a sense of purpose and boosting overall quality of life.

Look into incorporating functional fitness exercises into your routine. It can enhance your fitness abilities, reduce the risk of injury and increase life satisfaction. Those are things we all can benefit

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# He Is Risen



He is not here for  
**He Is Risen**  
as he said come  
see the place  
where the lord lay.

*Matthew 28:6*



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Building Leaders

# Sierra Madre Kiwaniis

*Creating life changing experiences for our Community Youth*

**SAVE THE DATE: MAY 11, 2024** *Boot Skootin' Chili Cook Off*  
<https://sierramadrekiwanis.com/>