



the webb-martin group

JUST SOLD!



646 Alta Vista Drive | Sierra Madre

We Let Our Clients Do The Talking.

Jan Greteman and Katie Orth recently sold a home for me. It was a difficult, stunning, unique home with big challenges, requiring a very special buyer. They went beyond what any agent I have dealt with in the past has ever done. Both patient, professional, communicating as much as needed so I always I knew the sales plan. I would recommend their services to anyone. They will get your home sold!

- Laura W, Seller of 646 Alta Vista



Experts in Representing Buyers & Sellers

Jan Greteman 626.975.4033

lic #01943630

Judy Webb-Martin 626.688.2273

lic #00541631

Katie Orth 626.688.0418

lic #00942500

COMPASS

webbmartingroup.com

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HOW PUBLIC SAFETY HAS IMPACTED MY FAMILY AND WHY I SUPPORT A PUBLIC SAFETY TAX

Halloween is a very special time in Sierra Madre. I live on Grand View Avenue, close to the extremely well decorated and exciting activities that happen on Alegria. Families from all over the San Gabriel Valley park on my street and walk up to the festivities from there. On that day you'll find me sitting on my front porch or in the yard handing out candy, drinking wine, and watching all the incredible costumes walk by. There is excitement in the kids and their parents.

Halloween is particularly special for me because at my last residence I had three trick or treaters come by my house in seven years. It is also special for my family and my parents often come down from the Sacramento area to enjoy the day.

In 2022, I had a particularly memorable Halloween. At about noon that day, my father was walking to the car to head downtown for Halloween Happenings and tripped in the driveway. He fell on his hip and was in significant pain. Having been trained as a wilderness EMT, I knew it was serious - it was more than a bruise. "So I called 911 and in less than 5 minutes had 5 members from our very own (police and) fire department in my driveway helping my father." They were able to give him pain medications and take an EKG, things way above my training.

In 15 minutes, he was at the hospital getting care. He needed to have hip surgery and that happened the next day. Today, he has had his hip replaced and is back on his feet and walking. Without the quick intervention by the Sierra Madre Fire Department, his situation could have been much worse. Through my training, I have learned that seconds matter.

This is why I am so supportive of our Fire Department. It is also why I am working with the Police Department, Fire Department, and a host of other Sierra Madrans to put a measure on the ballot this November that will provide long term support for our public safety officers. For us to maintain and support the incredible team of public safety professionals, we need to invest in them.



In my travels as a member of the City Council, I have visited with many cities and learned about their priorities and challenges. Every city our size is amazed that we have a full-service police and fire department. Most of them contract their police and fire out to neighboring cities or the county.

As a small city, our strength is our residents. We make this city the most desirable place to live in the region. We have incredible events and fantastic services. We need to maintain those services and the most efficient way to do that is with a modest public safety tax. This tax will provide more than \$2 million a year for our police and fire departments. It ends up being about \$1.32 per household every day. This is a worthwhile investment for the lifesaving services our police and fire departments provide us. Please sign the petition to put a public safety measure on the ballot this November. You can learn more at www.smsafety.org.

INSIDE THIS WEEK

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CITY OF SIERRA MADRE NOTICE OF PUBLIC MEETING TO SOLICIT COMMUNITY INPUT FOR PUBLIC PARK LOCATED AT THE MEADOWS AT BAILEY CANYON

From: The City of Sierra Madre, Community Services Commission
Subject: SPECIAL MEETING TO DISCUSS DESIGN FOR FUTURE 3-ACRE PARK AT THE MEADOWS AT BAILEY CANYON

Notice is hereby given that on April 25, 2024, at 6:00 PM, or soon thereafter, the Sierra Madre Community Services Commission will conduct a special public meeting, to receive feedback and comments from the public on amenities and design of a new 3-acre public park at 700 N. Sunnyside Avenue to be constructed and funded by the developer.

The Community Services Commission will discuss design options and alternatives for this passive public park.

On September 27, 2022, the Sierra Madre City Council unanimously approved an application to develop approximately 17 acres of vacant land at 700 N. Sunnyside Avenue, including a new 3-acre public park to be constructed and funded by the developer of the project. As part of the approval, the City Council guaranteed that the public will be provided with an opportunity to submit comments and feedback on the amenities within future park space

The Meadows project includes the construction of 42 single family residences, a 3-acre public park, permanent preservation of 35 acres of hillside open space, water conservation, and other vital City services.

LOCATION, DATE, AND TIME OF HEARING

City of Sierra Madre Community Commission meeting; Thursday, April 25, 2024 (begins at 6:00 p.m.) will take place at the City of Sierra Madre City Council Chambers located at City Hall 232 W. Sierra Madre Blvd, Sierra Madre

All interested persons may attend this meeting and the Community Services Commission will hear them with respect thereto.

The Brown Act provides the public with an opportunity to make public comments at any public meeting. As an alternative, public comment may also be made by e-mail to: PublicComment@CityofSierraMadre.com by 3:00PM on the day of the meeting. Emails will be acknowledged at the meeting and filed into public record.

Time to sell... and go?



Considering Selling Your Property in 2024?

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R
Barbara Rogers

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Barbara.Rogers@camoves.com
www.Barbara.Rogers.com
CRE#01169115



B
Eileen Benson

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FOR LEASE

SIERRA MADRE \$2,850 / MO
2 Beds, 1 Bath, 700sf, Back House



FOR SALE

SIERRA MADRE \$1,199,000
2 Homes on a lot! 4 bed, 2 bath total



FOR SALE

PASADENA \$5,320,000
16 Unit Apartment Bldg

SIERRA MADRE HAPPENINGS

OPENING FOR THE CLIPPERS!



Recognize these young ladies? They've performed at numerous Sierra Madre community events. They are from the Sierra Madre Dance Center and their team name is: HIP HOP TRIBE AND CREW!

On April 14th they performed in the Crypto Arena in downtown Los Angeles at the LA Clippers vs Houston Rockets game. Congratulations go out to the team and their dance Coaches: Cherylyne Krayer and Luis Montenegro

These performers are definitely going places! They will be performing next at California Disney Adventure on Saturday 6/1!!

Photo courtesy Sierra Madre Dance Center

BOOT SKOOTIN' CHILI COOK OFF

“MR. FRED” D.J.
BRING YOUR APPETITE & DANCING BOOTS!

SIERRA MADRE ROOM
611 E. SIERRA MADRE BLVD.
6 TO 9 PM

\$40

PETER DILLS
CELEBRITY JUDGE

For more information:
sierramadrekiwanis.com

Let's Dance The Night Away!

MEMBER FOR A DAY \$40 INCLUDES ADMISSION TO THE DANCE AND ALL THE CHILI YOU CAN EAT!

BUY YOUR TICKETS ONLINE: <https://sierramadrekiwanis.com>

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

Sierra Madre Civic Club
April 6 – Annual Luncheon. 11am at Methodist Church.

April 11 – Membership Meeting. 7:30pm at Hart Park House.

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

Friends of the Library
April 5 & 6 – Best Used Book Sale at 350 W Sierra Madre Blvd. 4/5: 3pm to 7pm. 4/6: 10a-2p.

Chamber of Commerce
April 11 – Spring Mixer at The Kensington. 5p-7p

Rose Float Assoc
April 13 - Legendary Bingo. 6:30pm at Recreation Center. \$20 Donation at the door. Pizza, wine, beer & soda will be available.

Community Foundation
April 13 – Whiskey & Wine Event. 6:30pm to 9:30pm at Mia Italia (457 N Lima St). Tickets are \$125-\$175 and available at auctria.events/whiskeywine2024

Creative Arts Group
April 14 – Art of the Garden Tour. 10:30am to 4pm. Tickets available at creativeartsgroup.org

City of Sierra Madre
April 13 – Community Bike Ride and Wellness Fair. 10a-1p. Free Registration. Call 626-355-5278 for more info.

April 18 – Bunny Bingo. 12:30p-2:30p at Hart Park House Senior Center. Cost is \$7 which includes Bingo, light lunch & prizes.

April 20 – Compost Giveaway. 8a to 12p at Sierra Vista Park.

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

Sierra Madre CERT
COMMUNITY EMERGENCY RESPONSE TEAM

MEDICAL TRIAGE!

This month we will be continuing on last month's scenario and doing some medical triage.

Join us to refresh your skill on how to help out after a natural disaster.

The public is always welcome to join us!

Sierra Madre CERT General Meeting
Thursday, April 25th, 7:00 PM
Hart Park House - Memorial Park
222 W. Sierra Madre Blvd.
Sierra Madre, CA

FRIENDS of the Sierra Madre Library

59TH ANNUAL SIERRA MADRE ART FAIR
SAT, MAY 4 – SUN, MAY 5
9:30 AM – 5:00 PM
SIERRA MADRE MEMORIAL PARK
222 West Sierra Madre Boulevard

“Tree of Fire” by Featured Artist ROBIN M. COHEN

OVER 85 ARTISTS • SILENT AUCTION • CHILDREN'S ACTIVITIES
LIVE ENTERTAINMENT • FREE ADMISSION

NEW THIS YEAR
EMERGING-ARTISTS AREA AND ART CENTER COLLEGE OF DESIGN STUDENTS TABLES

For event information:
626.355.7186 or www.sierramadreartfair.org
Benefits the Sierra Madre Public Library

SIERRA MADRE UNITED METHODIST CHURCH
Sunday worship 9:30 a.m.

COME JOIN US IN WORSHIP! ALL ARE WELCOMED!

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

YOUR AD COULD BE HERE!
CALL PATRICIA
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TODAY!

SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

Weather Wise



6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi	80s	Lows	50s
Mon	Sunny	Hi	70s	Lows	50s
Tues	Sunny	Hi	70s	Lows	50s
Wed	Cloudy	Hi	70s	Lows	50s
Thur	Cloudy	Hi	70s	Lows	50s
Fri	Sunny	Hi	70s	Lows	50s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

APRIL 23, 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 by 3:00 p.m. on the day of the meeting.

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

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

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.



Sierra Madre Public
LIBRARY
Read • Discover • Connect

This week at the
Sierra Madre
Public Library

April 22—April 27

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

Wednesday

BLT— In-person at 4:00pm

Thursday

Sensory Play— In-person at 9:00am. Call to register

Saturday

3D Printing Basics— In-person at 12:00pm

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

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

"We do not inherit the earth from our ancestors, we borrow it from our children." Native American Proverb

*"He that plants trees loves others beside himself."
Thomas Fuller*

*"The earth does not belong to us; we belong to the earth."
Chief Seattle*

*"Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts."
Rachel Carson*

Monday is Earth Day. First held on April 22, 1970, Earth Day now includes a wide range of events coordinated globally by Earthday.org, including a billion people in more than 193 countries. The official theme for 2024 is "Planet vs. Plastics." Here's a really alarming fact you probably already know: "Plastic accumulating in our oceans and on our beaches has become a global crisis. Billions of pounds of plastic can be found in swirling convergences that make up about 40 percent of the world's ocean surfaces. At current rates, plastic is expected to outweigh all the fish in the sea by 2050." (Center for Biological Diversity)

We can celebrate our own personal Earth Day every day as we take a walk 'round the neighborhood. If we look, we can see bees and hummingbirds everywhere feasting on the flowers which are all over the place now. There is such delight to be enjoyed in my own backyard. Golden Bells are starting to bloom, lemon and orange trees have blossomed and the bees do love their citrus. Cactus blossoms have been coming and going. They are so beautiful but they only last a day. This week's picture is cactus blossoms. If you look closely, you'll see bees.

Joel Sartore, founder of the National Geographic Photo Ark Project, who has taken portraits of over 15,000 species of creatures, says, "You can't go wrong by planting native plants. Plant milkweed to help save the Monarch butterfly and nectar-bearing plants to bring back bees. Here are a few fun facts about those amazing little guys:

- A bee produces a teaspoon of honey in its lifetime.
- To produce a kilogram of honey, bees fly the equivalent of three times around the world in air miles.
- Bees really don't want to sting you because that means the end of their life.
- There are more than 20,000 different species of bees, found on every continent except Antarctica.
- The greatest contribution of bees and other pollinators, like those butterflies we just mentioned, is the pollination of nearly three quarters of the plants that produce 90% of the world's food. A third of the world's food production depends on bees. Think of it this way: every third spoonful of food depends on pollination!

Bees lead to thinking about Noah, God's protector of the creatures, putting the finishing touches on the Ark, this enormous boat the likes of which no one has ever seen or imagined before. Noah is sweating in the sun, hammering in the last few nails, bringing aboard bales of hay and everything it's going to take to provide gourmet feasts for two of every kind of bird, beast and bug. His neighbors are sitting in the shade on their porches with pitchers of margaritas and bowls of chips and guacamole laughing at him. "Look at that guy! Rain? He keeps talking about rain and floods and doom and gloom." "Bummer, dude!" Tiny clouds are forming in the sky but Noah's neighbors don't notice at all. What they do notice is there seem to be more bees buzzing around than usual. The bees look at the people, smell the margaritas and move on quickly. Nothing there to eat.



Noah notices them, too, and has a brief consultation with The Lord as to how to bring them onboard. He sees a tree branch hanging heavy with something that is attracting the bees. Slipping his hammer back into his tool belt, Noah follows the bees, who seem to be inviting him to come see what they are doing. Taking a moment to stretch his aching back and sip a little water, Noah steps off the Ark and follows the bees, noticing as he goes that they are flying in and out of the fragrant flowers along the pathway to the tree. The air is fragrant and Noah appreciates a moment away from his labor.

One bee larger than all the others flies to Noah and perches on his hand. She seems to nestle there, knowing she is safe. God opens Noah's ears and he can hear what she is asking, entreating. "Please, Noah, bring us all. Bring our family." She lifts her heavy body off his hand and leads him forward. As Noah walks toward her home, more bees begin to cluster around the queen and link to each other's bodies, hanging onto their legs and arms to create a form that keeps the family together.

"Yes!" God says. "Bring them all! They will give you honey to make your bread and comfort at the end of the day to sweeten your tea." Noah sees that the branch can easily be broken off and he gently does exactly that. With bees dancing happily around him, he takes the hive back to the Ark. Nailing a crosspiece across two beams, he secures the hive and goes back to work. "We will need these when we reach land," he says, and thanks God for providing bees which will bring new life in a new land.

If you're looking at seed packets at Home Depot, why not bring home some sunflowers, dahlias, rosemary, zinnias. They look fabulous, smell wonderful and bees like them.

Check out my book page: Deanne Davis: Amazon.com Great stories there about my granddad searching for gold, "The Fever Never Ends"



THE CITY OF
SIERRA MADRE



EARTH DAY FAIR

APRIL 27
9 A.M. TO 1 P.M.
MEMORIAL PARK

FEATURING:

Athens Services • Bear Lovers of Sierra Madre
Canyon Bear Society • Clean Power Alliance • Cleo's
Critter Care • Sierra Madre Elementary • Sierra Madre
Public Library • Sierra Madre Mountain Conservancy
Sierra Madre Transportation Subcommittee • West
Coast Arborist and more!

Pasadena Altadena



News From Your Community For Your Community

Police Seek Suspect in Attempted Sexual Assault



Pasadena police released a photo Tuesday of a man wanted in connection with an attempted sexual assault and kidnaping in East Pasadena. Police are asking for the public's help to catch the suspect.

According to police, last Saturday, at approximately 8:40 p.m., Pasadena Police received a call of a sexual assault, outside a business on Sierra Madre Villa Avenue, north of Foothill Boulevard. The victim was sitting in her vehicle when a male suspect entered her car. The suspect threatened the victim with a knife and forced her to drive to another location where he sexually assaulted her. The victim managed to fend off the suspect and called 911. The suspect immediately fled the area. The suspect in the photo above is described as a Black male, approximately 30 to 40 years old, 6 feet tall, heavy set, wearing a black face-covering, a gray hooded rain jacket, light blue jeans, black shoes, and armed with a folding knife. The suspect also has a distinctive raspy voice and is possibly a transient.

Anyone with information asked to call (626) 744-4241 or anonymously by contacting "Crime Stoppers" at (800) 222-TIPS (8477).

Pasadena Police Shoot Man in OIS

Pasadena police shot and killed a man last week after a short police chase that ended with the suspect forcibly entering two occupied residences in the Madison Heights neighborhood.

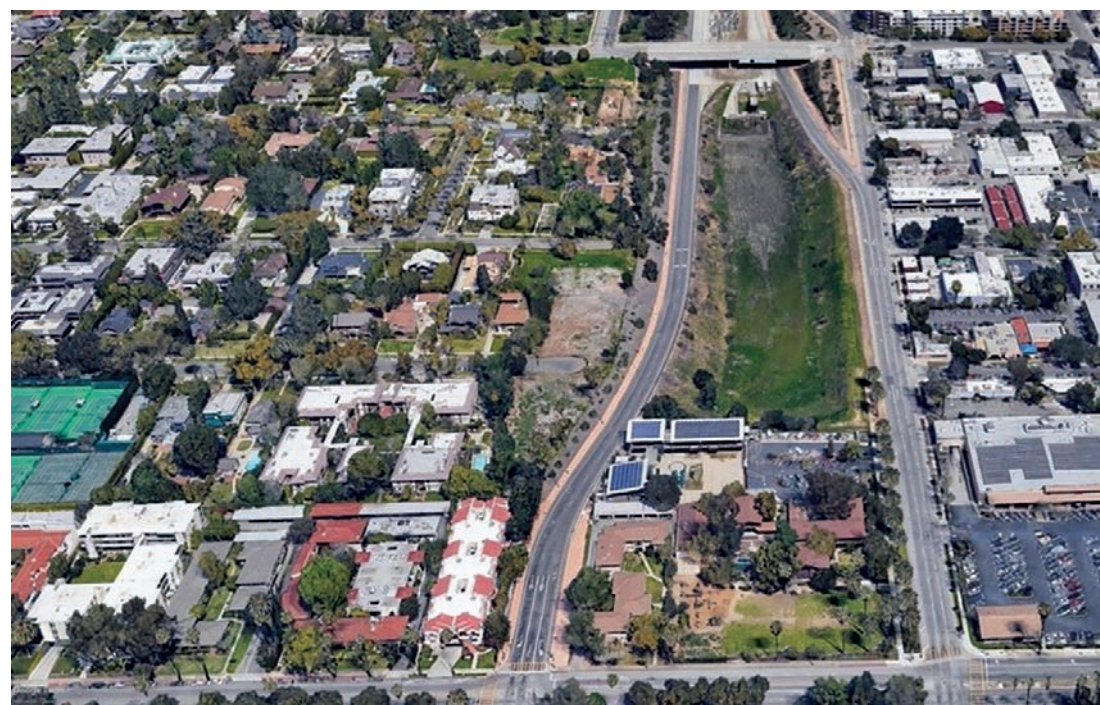
According to police, last Saturday at 8:39 p.m., officers spotted an occupied suspicious vehicle parked facing the wrong way on a one way street on Hudson Avenue near Del Mar Boulevard.

The vehicle, a white pick-up truck, was. As officers were conducting their investigation and conversing with the driver, identified as 36-year-old Ricardo Guade Andradeas, suddenly sped off. The suspect narrowly missed striking an officer with his truck.

A short vehicle pursuit ended when Andradeas crashed into the front yard of a home located in the 800 block of Arden Road. The Andradeas fled from his vehicle and ran into the residential neighborhood.

Officers established a containment and organized a search team to conduct yard-to-yard searches.

While fleeing, Andradeas forcibly entered two occupied residences in the 700 block of Oak Knoll Circle. As a K9 pursued Andradeas, he produced a handgun. After refused to comply with orders to drop it, an officer-involved shooting occurred police said. Andradeas sustained gunshot wounds and was transported to a local hospital. He was later pronounced dead.



City Begins 710 Stub Oral History Project

An Initiative Capturing Stories Shaped by The State Route 710 (SR 710) Freeway Construction

According to officials, as of Monday, the city of Pasadena has begun the oral history component of the Historic Project for the 710 Stub Master Plan. The oral history portion, one of three parts, aims to capture and acknowledge the diverse stories of community members displaced by the SR 710 Freeway construction project they said.

According to people involved, in order for Caltrans to create the path for the planned 710 in the 1960s and the 1970s, thousands of residents, local businesses, and community institutions were displaced through the eminent domain process.

City officials are inviting former

residents and family members of those personally impacted by the 710 construction to share their experience via an online oral history survey, which includes a Community Input Tool. The tool and survey are designed to capture data, stories, and lived experiences in an engaging manner. These stories and perspectives are important to compiling a comprehensive narrative of experiences from residents who were impacted by the construction of the 710. "The city is committed to the inclusivity of its diverse community and understands that every story will contribute to the rich tapestry of the Historic Project's oral history," they said.

The online survey will open for submissions on Monday, April 29, and will close on Sunday, June 30. The survey will be available in a variety of languages including English, Japanese, and

Spanish. It will cover a wide range of topics including, but not limited to:

- Family and personal experiences with the SR 710 Freeway Construction
- Historical significance of the freeway construction on the Pasadena community
- Environmental, social, and economic impacts of the construction project

The information collected in the survey will be analyzed and used to select candidates for preliminary interviews conducted by an experienced historian. For more information or to get started visit Bit.ly/OralHistoryInput.

Portantino Given Award from Arts Advocates

California Arts Advocates and California for the Arts, last week, honored Senator Anthony Portantino with the 2024 Legislative Art Star Award. The award was presented to the Senator in Sacramento in recognition of his leadership on SB 1116, the Equitable Payroll Fund and for being a long time champion of the arts community.

"Senator Portantino has been a consistent and passionate advocate for arts and culture throughout his tenure in the California State Legislature," said Julie Baker, CEO Californians for the Arts and California Arts Advocates. "When he saw a problem in the performing arts and the need for investment, he stepped up and authored a bill to support the sector. And not only did he ensure its passage, he also ensured funding for it. We applaud his dedication to arts and culture."

SB 116 was signed into law by Governor Newsom in 2022. It established the Equitable Payroll Fund (EPF), a grant program designed to support live performances – and workers – by providing substantial reimbursements of payroll expenses. The program includes both production and non-production employees and administrative staff. Last year's budget negotiated by Senator Portantino included \$11.5 million to fund this program.

California Arts Advocates (CAA) provides advocacy services for California's arts community. CAA is a sister organization to Californians for the Arts, is a nonprofit that helps promote awareness of the arts and provides programs and services.

Ken Burns' Pianist Schwab to Perform at Senior Center

Enjoy an afternoon filled with the enchanting music of renowned pianist Jacqueline Schwab, in "Making Music with Ken Burns," at the Pasadena Senior Center on Saturday, May 11, from 1:30 to 3:00 p.m.



Famously known, Schwab appeared on the oft-aired soundtracks of Ken Burns' films, including his Grammy-winning Civil War, Baseball, Lewis and Clark, Mark Twain, The War and The National Parks, as well as the PBS documentary 'The Irish in America and others.

Schwab will present her unique interpretation of composer Jay Ungar's timeless Ashokan Farewell, along with beloved vintage American classics like Be Thou My Vision and Take Me Out to the Ballgame, alongside some hidden gems from the era.

Sharing insights into Ken Burns' distinctive approach to incorporating music into his documentaries to evoke emotions, enhance his narrative, and shed light on historical events that resonate with us today; Schwab will also highlight a selection

of her own compositions inspired by immigrant music reflecting the rich tapestry of cultural diversity in America.

The performance is \$10 for PSC members and \$12 for non-members. To register, please go to PasadenaSeniorCenter.org, then click on Activities & Events. Advance reservations are suggested.

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

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

City Public Hearing for Water Rates Adjustments

The Pasadena City Council is set to hold a public hearing on June 3 at 5:30 p.m. to consider the adoption of adjustments to the existing water rates and rate structure. The public is encouraged to participate. Pasadena Water and Power (PWP) mailed a public hearing notice to water customers. The notice includes a recommended rate structure redesign and adjustment information as well as details regarding the public hearing.

"PWP is committed to providing reliable and high-quality water to the community and is proposing the water rate adjustments to help cover rising operating costs and provide funding for critical improvements to water infrastructure."

Individual customer bill impacts will vary based on customer type, water meter size, and amount of water used. To help customers estimate potential impacts the proposed adjustments may have on their water bill, PWP developed an online "bill estimator," which is

a simplified version of all billing inputs (actual bills may vary). The intent is to provide customers with a general sense of how their household budgets might be impacted based on individual projections of their water use. The bill estimator also shows the changes proposed to be effective for sewer and refuse services from the City of Pasadena Public Works Department.

Community meetings regarding the PWP water rate adjustments will be held: Wednesday, April 24 at 6 p.m. Virtual, RSVP: PWPweb.com/Events

Wednesday, May 1 at 6:30 p.m. Victory Park Recreation Center, 2572 Paloma Street

Thursday, May 23 at 2 p.m. Robinson Park Recreation Center, 1081 N. Fair Oaks Avenue

Public Hearing: Monday, June 3 at 5:30 p.m. City Council Chambers, 100 North Garfield Avenue, Room S249

For more information visit: PWPweb.com/WaterRateDesign.

Celebrating 140 Years of Library Service

To celebrate 140 years of service, the Pasadena Public Library system is planning a year-long celebration highlighting the past, present and future through the contributions of trailblazers, innovators, and future thinkers with events at each of its 10 library branches.

Celebrate an innovative artist and 140 Years of Growth this morning starting at 10 a.m., at Hastings Branch Library, 3325 E. Orange Grove Blvd. Community members of all ages are invited to learn about native pollinators from Pasadena Water and Power and receive a native plant, while supplies last. Create butterfly-themed crafts then attend the ribbon cutting of "Calm a Little Soul" by artist Karen Reitzel, moderated by the Pasadena Cultural Affairs Division.

The artwork "Calm a Little Soul" by artist Karen Reitzel was first exhibited in 2018 as part of the third iteration of the City's Rotating Public Art Program. Following her untimely passing in 2021, the artist's husband has generously donated the sculpture to the Hastings Branch Library, where it will pay homage to the nearby butterfly garden and inspire visitors for years to come. About Rotating Public Art Program

Established in 2011, the Rotating Public Art Program

is intended to complement the permanency of both the Private Development and Capital Public Art Programs by placing artworks throughout the City that activate unusual locations, transforming small, often unnoticed areas into exciting destinations for visitors and residents to discover. By presenting original artworks at established locations, the program encourages residents and visitors to circulate throughout the City and experience the entirety of each exhibition.

Since first opening its doors in 1884, The Pasadena Public Library has served the community with free and open places to commune, connect, learn, read and belong. Pasadena Public Library has spent 140 years shaping the past, sculpting the present, and building toward a brighter future.

Throughout 2024, Pasadena Public Library will host a feature program at each branch location, from January through October, release limited edition merchandise, hold a 14-book reading challenge celebrating 14 decades of library service, collect and feature community stories of what the library means to you, and broadcast videos of interviews with library staff. These monthly vignettes will offer a glimpse into how the people of Pasadena have shaped our library from the beginning and continue to guide our growth into the future. For more visit: cityofpasadena.net/library.

Leonora Moss

9 Kersting Court, Sierra Madre, CA 91024
626-355-1180 www.leonoramoss.com

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San Marino Upcoming Events & Programming

2024 Advisory Body Recruitment- Applications due Monday
 The 2024 Advisory Body Recruitment applications are due this Monday, April 22 by 12 PM. 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 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.

Local Hazard Mitigation Plan Survey
 Help shape a safer tomorrow for San Marino! As we update the 2019 Local Hazard Mitigation Plan (LHMP), community involvement is vital. San Marino, like any city, faces the threat of natural disasters. Your input will be crucial in identifying hazards, assessing current measures, and devising strategies to reduce risks. Participate in our survey to share your insights for the LHMP update.

Your cooperation is essential in protecting our community. Access the survey in English or Chinese and learn more about the LHMP at: SanMarinoCA.gov/HazardMitigationUpdate. Surveys are due by 11 PM on April 24.

Lil' Learners Open House
 Wednesday, April 24 from 6 - 7 PM, Stoneman Building
 Open House is for families who are currently enrolled or who are looking to enroll in the Lil' Learners program (for ages 2-4). This is your chance to tour the classrooms, meet the teachers, and ask any questions that you may have. Registration is not required.

Coffee, Tea, and Chat
 Friday, April 26 from 9:30 - 11:30 AM, Thornton Conference Room

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

Get Lit Tween Poetry Workshop
 Saturday, April 27 from 2 - 4 PM, Barth Community Room
 In honor of National Poetry Month, the Library is proud to host a poetry workshop for tweens in grades 4-6 led by a Get Lit teaching artist. Registrants will enjoy a performance as well as guided group discussion with an opportunity to create their own poetry. Space is limited and registration is required.

Taste of San Marino: Asian Stars
 Monday, April 29 at 11 AM
 Cost: R: \$11 / NR: \$13

Calling all active adults ages 55+! Join us as we discover what San Marino restaurants have to offer, starting with Asian Stars located at 2148 Huntington Drive. Lunch will include your choice of an item off the lunch menu and tea. Participants are required to meet at the restaurant; transportation is not provided. Registration is required by April 19.

First Aid and Emergency Preparedness Spring Workshop
 Join us for the First Aid and Emergency Preparedness Spring Workshop on Thursday, April 25, 2024, from 6 PM - 7:30 PM at the San Marino Fire Department (2200 Huntington Drive). This workshop is open to all members of the community! Highlights include:

CPR and AED Training*: Learn cardiopulmonary resuscitation techniques and how to use an automated external defibrillator (AED) to save lives.

First Aid Basics: Understand how to assess and respond to injuries, burns, fractures, and other common emergencies through interactive, hands-on activities.

Fire Prevention: Learn fire safety measures, including fire extinguisher usage, to prevent and respond to fire incidents effectively.

Utility Management: Safely handle gas leaks, power outages, and power disruptions by knowing where and how to operate utility shutoffs and electrical panels.

*The Fire Department is not able to provide First Aid/CPR/AED certification. Visit: redcross.org to find local certification courses. To enroll, contact the Fire Department at (626) 300-0735 or email Fire@SanMarinoCA.gov.

Meetings
Library Board of Trustees - CANCELED

Monday, April 22 at 8:00 AM

Planning Commission Meeting

Wednesday, April 24 at 6:00 PM; City Hall Council Chambers and Zoom (Public Access)

Benefit for Playhouse Raises Over \$675,000



The PLAYHOUSE PARTY, the 2nd annual benefit for Pasadena Playhouse, the official State Theater of California and recipient of the 2023 Regional Theatre Tony Award, created by Pasadena Playhouse Producing Artistic Director Danny Feldman and the PLAYHOUSE PARTY Committee, was held on Saturday, April 13. Co-chaired by Elizabeth Hall, Y-Vonne Hutchinson, Anita Lawler and Leigh Oliver, the event was created to strengthen the community through connection and celebration. The event was an enormous success, raising over \$675,000 for Pasadena Playhouse.

With El Molino Avenue cordoned off for the occasion, the festivities in Pasadena Playhouse's courtyard spilled into the street. More than 300 guests adorned in shimmering cocktail attire attended the one-of-a-kind evening, which featured surprise pop up performances from Rio Navaro, an accordionist from Pasadena Playhouse Conservatory of Music who appeared in the Pasadena Playhouse Holiday Spectacular and community partner McKinley Middle School Drum Core.

The evening was presented in three acts, starting with cocktails and a silent auction, followed by dinner and a special performance by Jasmine Amy Rogers and the new Playhouse Players, and culminating with a "Late Nite at the House Party" hosted by comedian Kate Berlant, who also served as DJ for this one-of-a-kind event, with Bar Chelou supplying cocktails, mocktails, wine, food, and dessert.

Speakers and performers at the event included Board of Trustee President Erin Baker, Event co-chair and Board Member

Y-Vonne Hutchinson, Playhouse staff members Omar Avedanke (Director, Creative & Content) and Bonne McHefey (Company Manager), Jenny Slattery (Associate Producer), Danny Feldman (Producing Artistic Director), Rich Caparella of KUSC, and Jelly's Last Jam cast member Jasmine Amy Rogers, who offered a sneak peek from the upcoming Playhouse production of Jelly's Last Jam with a dazzling rendition of "Play the Music for Me."

There was also a silent auction featuring curated experiences and artisanal items donated by the community. Dinner was provided by Heirloom LA, with additional food and beverages provided by Heirloom LA and Bar Chelou. Additional donations were provided from over 40 other businesses and individuals.

Pasadena to Replace 110-year-old Water Main

Pasadena Water and Power (PWP) announced Thursday that they are replacing a 110-year-old water main along Bellefontaine Street as part of a major water infrastructure upgrade. The project will span from Pasadena Avenue to Fair Oaks Avenue along Bellefontaine Street.

According to PWP Acting General Manager David Reyes, Construction has already begun and is expected to continue through June. The work will occur Monday through Friday, 9 a.m. to 4 p.m. he said.

To minimize impacts on area residents and businesses, construction efforts will be contained to approximately one block at a time. Temporary lane closures will happen during work hours, and traffic control signage and flagmen will assist motorists in navigating the area. When possible, at least one driving lane will remain accessible in both directions.

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

"PWP asks residents to observe and adhere to posted no parking zones, construction signs, and watch for flagmen," Reyes said.

During the project, businesses and residents located on Bellefontaine St. between Pasadena Ave. and Fair Oaks Ave. may be impacted. Construction will intermittently affect water service. Notices of any water interruption will be given at least 48 hours in advance and special efforts will be taken to keep inconveniences to a minimum. After the new water main has been installed and placed into service, pavement and turf restoration will take place.

For more information, visit PWPweb.com/BellefontaineWaterMain.

Pasadena Humane set to Wiggle Waggle Sunday

Set to mark its 26th anniversary next week as the city's largest canine event, Pasadena Humane's annual Wiggle Waggle Walk and Run will take place at Brookside Park at the Rose Bowl on April 21. Since its inception in 1998, the Walk has raised more than \$5 million to help animals.

According to event organizers, the community fundraiser will have options for a 1-mile or 5k walk or run around the Rose Bowl, along with a vendor expo with goodies and giveaways for pets and people, a doggy costume contest, an agility course, food trucks, and more.

"The Wiggle Waggle Walk & Run is one of our favorite events," said Dia DuVernet, President and CEO of Pasadena Humane. "Getting together with thousands of friends, supporters and of course dogs, for a life-saving day at beautiful Brookside Park- you can't beat it."

Attendees do not need a dog to join the fun —just a desire to help animals.

Schedule:
 8:00 a.m. Registration begins, Vendor Fair and Agility Course open
 9:00 a.m. Walk & Run begins
 10:00 a.m. Deadline to register your dog for the costume contest
 11:00 a.m. Event concludes, Vendor Fair and Agility Course close

This year, Pasadena Humane set a goal to raise \$250,000 for programs like the animal ICU, spay/neuter, foster care, a pet food bank, the Helping Paws pet owner assistance program more.

Animal lovers are encouraged to fundraise for the animals by registering as an individual or as part of a team on the Wiggle Waggle website and asking family, friends, and coworkers for donations. Participants can win paw-some prizes and compete to take home the title of Top Fundraiser, Top Donor, or Top Fundraising Team.

At press time Friday, Martha and Bill Denzel were the top individual fundraisers with \$5,440. The top team, Let's Wag More Bark Less had \$13,044 raised. Bronwyn and Capt. Hastings had the most donors with 56, raising \$3,900, "It has been our honor to gather the Most Donors title for the last few years."

Registrants can choose to attend the in-person event or participate virtually. General and virtual registrations are \$50 through noon on Friday. Onsite registration will be \$65. All registered participants will receive a limited-edition Wiggle Waggle Walk & Run t-shirt, bib, dog bandana, and medal.

For more information visit: pasadenahumane.org.

LitFest Honors Books That Made the Neighborhood

LitFest in the Dena 2024 continues its focus on writers and book lovers on Saturday, May 4th and Sunday, May 5th at the Mountain View Mausoleum in Altadena. Last year, approximately 200 diverse authors and several thousand attendees gathered to discuss books that changed the world, their communities and their lives. This year's festival theme Books that made the Neighborhood will look at how neighborhoods, real or fictitious, bestow identity and give us a way of seeing things-of seeing the world. The literary event is free-of-charge to the public.

As always, our guest authors represent a wide variety of community sectors, backgrounds, and genres. They will engage their audiences in panel discussions, workshops, readings and many other literary activities over the weekend. Given the theme, libraries and bookstores that serve as local gathering places will participate for the first time on their own panels. Food trucks will also be available throughout the weekend.

A special opening night reception will be held on Friday, May 3rd featuring A Conversation with Nikki High, founder and owner of Octavia's Bookshelf, which is dedicated to science fiction writer Octavia Butler and based in her hometown of Pasadena.

2024 program highlights include writers Daniel Olivas, Naomi Hirahara, Gary Phillips and Jervey Tervalon discussing Another Southland: BIPOC writers and their L.A. Stories.

Wendy Van Camp, Denise Dumars, Neil Citrin and Kathleen Ingino will be featured in City of Phantoms: Poetry of Unseen Boroughs.

Mary Camarillo, Carribean Fragoza, Dana Johnson, Lou Matthews, Victoria Patterson and Mike Sonksen look Beyond the Beach - Searching for Community in SoCal Neighborhoods.

The International Black Writers & Artists Association will host Beyond Borders: Readings & Conversations with African American, LGBTQ and other marginalized Writers. In a workshop and performance, Russell Mark and Mika Larson of The Nextdoors and Brad Colerick, David Tokaji, Brandon Jay and Gwendolyn Sanford will look at The Influence of Literature on Songwriting.

Authors Tananrive Due and Jervey Tervalon will be in conversation in For the Love of Horror.

Cruising the Gayborhood will include Jobi Arriola-Headley, Kelsey Bryan-Zwick, Gustavo Hernandez and Angela Penaredondo.

Featured bookstores that "make the Neighborhood" include Skylight Books, North Figueroa Books, Re Arte Centro Librario, Mija Books and Octavia's Bookshelf.

Libros Schimbros of Boyle Heights will participate with the Whittier, Monterey Park, and Pasadena Libraries.

Punks from Music to Literature includes author Patrick O'Neill with Keith Morris, Jim Roland, moderator Todd Taylor and Iris Berry.

Led by Cecil Castelucci, Writing Heroes for all Ages will include comic book authors Jody Houser, Sherri L. Smith, Amanda Delbert and Sam Maggs.

Monica Fernandez heads up a Red Hen Publishing Panel with Jessica Wilson Cardenas of the L.A. Poets Society. High school students from the Pasadena School District will share their writing on a youth-driven panel entitled Stories from Kids on the Block.

Embodied Landscapes will take a look at water, wildlife and the geographies that shape us, featuring Sehba Sarwar, Erica Ayon, Olga Garcia Echeverria, Jaime Asaye FitzGerald and Alicia Vogl Saenz.

Pairing Tea and Readers will be presented by Biblio Sinensis with Eugene Cordell and Stafanie Warner.

Sunday's closing panel will reflect back on the weekend's discussions and insights, moderated by Thomas E. Backer, Ph.D., an author, psychologist, author and Senior Fellow at California State University at Northridge. He will be joined by LitFest authors Daniel Olivas and Lisa Teasley along with poet Mike Sonksen.

Plenty of free parking is available at the Mountain View Mausoleum all weekend!

For more information: litfestinthedena.org.

SOUTH PASADENA PUBLIC LIBRARY

Next meeting is May 8th!

WALKING BOOK CLUB

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

Our May book discussion will feature Klara and the Sun by Kazuo Ishiguro.

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

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

May Pick

KLARA AND THE SUN
A NOVEL
KAZUO ISHIGURO

CALIFORNIA STATE LIBRARY
 SOUTH PASADENA PUBLIC LIBRARY

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mtnviewsnews.com



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
 Unique, curated shopping experience featuring 100+ local artisans. 10am - 5pm

DRE# 02015404

COMPASS

ARBOR DAY FOUNDATION NAMES MONROVIA TREE CITY USA ®

Monrovia is honored to be named a 2023 Tree City USA by the Arbor Day Foundation in honor of its commitment to effective urban forest management. This is the 30th year Monrovia has earned the national designation.

The benefits trees bring to urban environments are endless. Here are a few:

- Trees help absorb the sounds of traffic in urban areas by 40%.
- Neighborhoods with trees are seven to nine degrees cooler than those without. Trees reduce energy costs up to 25% by shading buildings and protecting them from winter winds.
- Homes with trees have higher property value.
- Green space plays a major role in improving mental and physical health.
- Planting and maintaining trees absorbs carbon dioxide in the atmosphere, mitigating the effects of climate change.

Every year the City invests in its tree canopy. Currently, the City is planting in the southern region of Monrovia.

Are you a Monrovia resident that lives below the 210 freeway and would like to have a city tree planted in the public right-of-way in front of your property? If so, please contact Brittany Jasso at bjasso@ci.monrovia.ca.us or (626) 932-5562.

Monrovia Area Partnership Presents:
14th Annual Neighborhood Conference
"Have an Idea? Make It Happen"
 Saturday, April 27, 2024
 9:00am - 3:00pm
 925 S. Shamrock Ave., Monrovia CA
 Register for Free: www.MonroviaAreaPartnership.com/conference

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LONGTIME ARCADIA CITY CLERK GENE GLASCO RETIRES

ARCADIA, CA - After 12 years of service to Arcadia as its elected City Clerk, Gene Glasco has retired. The April 16 City Council Meeting marked Gene's last day officially holding the position. At this meeting, elected officials, colleagues and family members gathered to celebrate Gene's accomplishments.



Glasco with Arcadia City Council

"It has been a distinct pleasure serving in my capacity as elected City Clerk for the City of Arcadia, and I encourage anyone to volunteer their time," said Gene Glasco. "If they can volunteer to serve the City, I promise it will be an enriching experience like the one I have experienced."

Gene's connection to the Arcadia community spans nearly 70 years. In addition to being the City Clerk, Gene also served as the Commissioner and Chairman of the Arcadia Senior Citizens' Commission, President of the Arcadia Historical Society, Vice President of the Arcadia Highlands Homeowners Association and Volunteer in Patrol with the Arcadia Police Department. Most notably, Gene was the driving force behind the creation of the Arcadia Vietnam War Monument. Unveiled in May 2016 at Arcadia County Park, this monument stands as a tribute to those who made the ultimate sacrifice for our country.

"Gene's efforts over the years will always remain an integral part of his legacy," said Mayor Verlato. "We've been so fortunate to have a dedicated public servant for so long and the City Council extends its deepest gratitude for Gene's unwavering service to Arcadia."

Gene's dedication has earned him prestigious accolades. He was recognized as "Community Activist of the Year" by Congresswoman Judy Chu, and recipient of the "Make A Difference" award from California State Assemblymember Ed Chau, "Citizen of the Year" by the Arcadia Chamber of Commerce and bestowed with the "Military Service & Stewardship" award from the Monrovia Chamber of Commerce.

Those interested in learning more about Gene and his accomplishments can visit a special Veterans Exhibit at the Gilb Museum of Arcadia Heritage. The exhibit features his uniform from his time serving in the United States Navy, along with some of his medals and military memorabilia.

Due to the evolving nature of this role, the elected City Clerk position has become largely ceremonial over time. As a result of this change, in 2022, Arcadia voters approved an update to the City's Charter that eliminated the position of the elected City Clerk. With Gene's retirement, the City Manager will appoint a City Clerk to perform the powers and duties outlined in the Charter. Most of the traditional City Clerk duties are currently performed by professional staff in the City Manager's Office, ensuring uninterrupted service to the public.

Although the role of City Clerk is no longer an elected position, Arcadia residents are still encouraged to serve their community in other capacities.

For the November 2024 General Election, there are two council member seats available for those interested in serving Arcadia. These seats represent District 1 and District 4 and entail a four-year term. Arcadia utilizes a district-based election system in which the City is divided into five geographic areas, each with one City Council Member who resides in the district and is chosen by the electors residing in that district. The Nomination Period for City Council candidacy begins on July 15 and runs through August 9, 2024. Nomination papers for City Council candidacy can be obtained from the City Clerk's Office and must be returned on or before August 9, 2024.

For those interested in serving in an advisory capacity, the City Clerk's Office is currently accepting applications from residents who wish to serve on a City Board or Commission. Positions are available on every Board and Commission, and details can be viewed at ArcadiaCA.gov/Service. Citizen Service Resumes are being accepted in the City Clerk's Office through Thursday, May 16, 2024.



You're Invited!

Red Cross Open House

for the San Gabriel Pomona Valley Communities



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CONGRESSWOMAN JUDY CHU RECOGNIZES WOMEN OF THE YEAR OF THE SAN GABRIEL VALLEY



Honored last week by Congresswoman Chu (and pictured above) are:

- Alhambra – Dr. Denise Jaramillo
- Altadena – Katy Townsend
- Arcadia – Hon. Eileen Wang
- Claremont/Upland – Dr. Susan Warren
- Monterey Park – Nina Loc
- Pasadena – Mo Hyman
- Pasadena – Arpi Krikorian
- San Gabriel – Michelle Freridge
- San Marino – Chun-Yen Chen
- South Pasadena – Hon. Evelyn Zneimer

"The annual Women of the Year Awards Ceremony is among the highlights of my year," said Rep. Chu. "The honorees have stood out in our communities because of their commitment to give back to the San Gabriel Valley. Every single honoree has been selected through an exhaustive process that begins with a nomination from their neighbors, friends, or family—the people in their communities who know them best and see their service up close. We received a flood of nominations from cities across the 28th congressional district of California, and the winners stood out not only because of their passion and drive, but because of the admiration from their neighbors and fellow citizens. I'm so proud of these role models and am honored to be recognizing them."

REMEMBRANCE:

RICHARD NICHOLS

Richard Nichols, 95, passed away peacefully in San Gabriel, CA. on April 4, 2024.

Richard leaves behind his 4 children, Craig, Teresa, Kathleen & Keith as well as grandchildren, great grandchildren, step daughters & step sons.



A graveside memorial service will be held Friday, May 10th, at Resurrection Cemetery in Rosemead, CA. at 11:00 AM. Richard's family welcomes his friends to join us.

ALL THINGS By Jeff Brown

ARTIFICIAL INTELLIGENCE

Not long ago, the great fear about AI was that it would grow so much smarter than mere humans that it would seize control of the world. Maybe it still will, someday. But now that AI is out of the box and generating a tsunami of "content," we're confronting a more immediate danger; It is polluting the internet and dumbing down our culture with synthetic, soulless, error-filled, imitative junk.

A backlash has begun. In the right context, AI can be an invaluable tool for sorting through vast archives of data, connecting the dots, and helping scientists, doctors, engineers, and financial institutions do their work.

But when harnessed to cheaply and quickly crank out articles, images, music, and art, AI replaces human creativity and self-expression with sterile imitation. "Great art, or even not great art springs out of an individual's personality/history," the author Joyce Carol Oates recently posted on X. "AI is a machine that can mimic, but has no emotional history."

None of that matters to corporations seeking cheap content—that execrable word-to fill the vast maw of the internet and popular culture. With nothing unique or personal to express, AI turns out uncanny mashups of writing and images in its data set often laced with "hallucinations," or falsehoods. AI-generated writing and art are two real writing and art what Hot-Pockets and McDonalds are to food.

It is Tang in the place of orange juice. Every creative occupation—including screenwriters, photographers, illustrators, artists, and authors—fear replacement and intellectual theft by AI. Google is already paying newspapers to publish AI-generated "journalism" and AI summaries of real books are polluting Amazon. Before long, movie studios will feed successful scripts into AI and ask it to write a blockbuster.

Instead of killing humanity off with Terminators AI is numbing us with swarms of countless chatbots. It may diminish its creators by simply making us dumber.
William Falk Editor-at Large "The Week"

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Sierra Madre Kiwanis

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SAVE THE DATE: MAY 11, 2024

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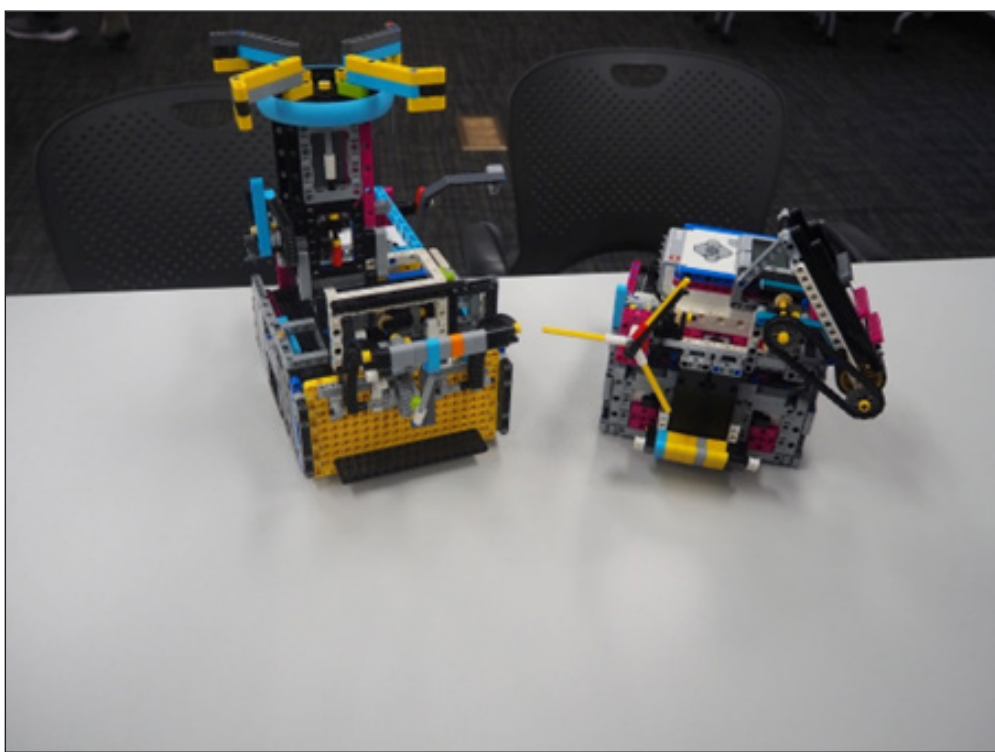
<https://sierramadrekiwanis.com/>

ARCADIA UNIFIED MIDDLE SCHOOLERS ADVANCE TO PRESTIGIOUS INTERNATIONAL ROBOTICS CHAMPIONSHIP

by AUSD Digital Communications Interns Chloe Wong and Alysia Shang



The Code Breakers and their Champion Finalist trophy. From left to right: Brandon Liu, Ethan Chen, Aidan Tan, Jiaxuan (Ocean) Xu.



The Code Breakers' two robots, EV3 and Spike Prime.

ARCADIA-- Four middle school students from the Arcadia Unified School District—collectively known as the Code Breakers—have been recognized as Co-Champions of the California Southern FIRST LEGO League (FLL) Championship. Dana Middle School 7th-grader Brandon Liu and Foothills Middle School 8th-graders Ethan Chen, Aidan Tan, and Jiaxuan (Ocean) Xu will soon travel to Houston to compete in the 2024 FLL World Championship on April 16 through 20 and will next head to Australia for the FLL Asian Pacific Open in July. Team Code Breakers is one of only two Southern California FLL teams that qualified to advance to the World Championship in Houston and will face off against top teams from across the country and around the globe.

To advance this far, the team had previously received the Champion Award at the FLL Qualifying Tournament and Regional Tournament. Organized by For Inspiration and Recognition of Science and Technology (FIRST), FLL challenges elementary and middle school students to solve real-world and scientific challenges.

“[FLL] at first glance is a robotics competition,” said Chen, who serves as the team’s primary coder. “We build LEGO robots, and then we compete with them and score as many points as possible. But FLL has a little more meaning to it besides robotics.”

Each year, the competition features a central theme. According to FIRST, for the 2023-2024 season, the theme of “MASTERPIECE” challenges students to “imagine and innovate new ways to create and communicate art.” One critical component is the Innovation Project, where teams identify a real-life issue and present a concrete solution. In this sense, FLL doesn’t just encourage scientific pursuit—it creates the next generation of changemakers.

“Our Innovation Project helps the autistic community,” said Liu, who specializes in consulting and outreach for the team. “We created Smart Sounds—noise-canceling headphones with an adaptive feature that adjusts volume based on heart rate.”

The idea for the Innovation Project was inspired by Tan’s childhood and growing up “with two of [his] closest friends being autistic.”

The team previously paired up with autistic individuals in peer one-on-one groups, and partnered with the organization WOW! That’s STEM to engage in various STEM activities, like making simple wooden catapults.

Liu recounted being paired with a third grader in one of the activities. “He was so excited when we launched the catapult and it lit me up.”

The Code Breakers want to continue with these activities; after all, the main goal of their Innovation Project is to promote inclusivity.

The prototype, created by Tan, is currently in its second iteration. The Smart Sounds headphones feature an amplifier, two microphone and speaker jacks, and a heart rate detector. The “two microphones capture sounds” and “[play] it through the speakers on the inside,” explained Tan.

If the outside volume exceeds a set threshold, then noise-canceling automatically takes effect. The prototype costs approximately \$116; however, if a future pilot study demonstrated the headphones’ positive impact on the autistic community, insurance would potentially make the product more cost-effective.

Xu, responsible for research and statistics, stated that they don’t plan to limit the project to the competition alone, intending for the headphones to be “implant[ed] in the real world.” For members of the autistic community who are sensitive to everyday noise, Smart Sounds could be revolutionary.

At FLL, the Innovation Project accounted for 25% of the team’s overall score. But the Code Breakers had to excel in other technical areas, as well, such as Robot Game Performance and Robot Design. Game Performance assesses a robot’s performance when asked to complete certain missions. Robot Design evaluates the team’s overall engineering and coding skills. The Code Breakers have designed two robots: EV3 and Spike Prime.

Although Spike Prime doesn’t have the ease of operation and powerful motors of EV3, the team prefers Spike Prime for its consistency in competition. The robot is split into various attachments to prepare for the 16 various missions in the competition, which test a wide range of functions. The team has named each attachment, affectionately titling one as Sir Lancelot.

“Our robot completes all the missions,” said Chen. “All the attachments are modular. They slide on and off really easily. We keep the [robotic] frames from last season, but we update all the function parts.” This will likely be the Code Breakers’ last FLL season, as the members are close to aging out of the competition. The team looks forward to progressing to higher-level robotics by joining FIRST Tech Challenge and FIRST Robotics Competition teams, which use more advanced coding programs and materials. The students are also eager to continue improving the Smart Sounds prototype, exploring AI options to help discern wanted and unwanted sounds along with “adding a sound ceiling to minimize outside noises,” according to Xu.

With a large span of future ambitions, ranging from becoming a transplant surgeon to engineering robots for space travel to working in finance, these students are enthusiastic to embrace their futures. No matter what they choose to do, their experience as Code Breakers has equipped them with many life lessons, including resilience and gracious professionalism. Chen explained the latter as being “professional at losing and gracious at winning.”

The Code Breakers are enthusiastic about sharing their journey in FLL with their community. They

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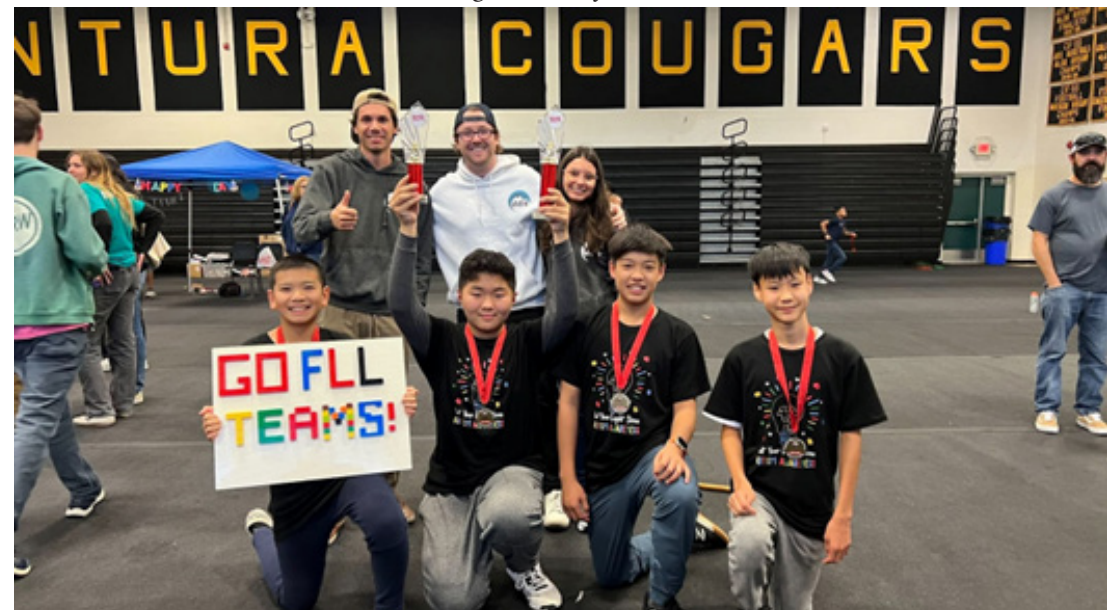
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The Code Breakers observe their robot during Game Performance.



The Code Breakers proudly display their trophies at an FLL competition.

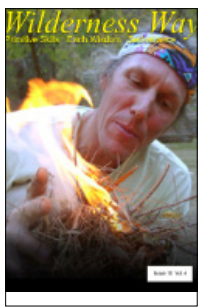
showcased their robot and innovative project at Holly Avenue and Highland Oaks Elementary Schools’ STEM nights in Arcadia. Recently, they volunteered as referees and shared their FLL experiences with rookie FLL teams at off-season FIRST events, including the FLL Cup and Rookie Invitational at Compton Unified School District.

As the Code Breakers prepare for upcoming competitions, they are fine-tuning their robot and continuing progress on the third iteration of the Smart Sounds prototype. Reflecting on their experience, the Code Breakers—and their parents—are undeniably proud of how far they have advanced. Already, the team’s exceptional performance has exceeded their parents’ expectations.

“It’s all a part of the journey, and I’m super proud,” exclaimed one parent.

“In FLL, it’s all about persevering [...] even through all your troubles,” concluded Liu. “Always take it one step at a time and never give up.”

CHRISTOPHER Nyerges



[Nyerges is an educator and author. He authored "Extreme Simplicity" which tells his story about attempting to live self-reliantly in the city. More information about his books and classes at www.SchoolofSelf-Reliance.com]

**IN HONOR OF EARTH DAY
PRECEPTS OF MARSHALL GREENWOOD**

I first heard of Marshall Greenwood through an article in the Los Angeles Times that was written about him. He self-described himself as "America's Greatest Poor Man," by choice. I purchased several of his self-published books, and began a long correspondence with him through the U.S. mails in the late 1970s. (He didn't use a telephone so I could not call him, and this was before the days of the internet.)

With his permission, I printed and sold copies of his "Poor Marshall's Manual: The Individual Economics of Living on \$99 per Month." It's an interesting and insightful book by someone who chose minimalism as a more meaningful lifestyle than being a "consumer."

His book consists of four major parts: First, his monthly expenditures; Second, his overview and explanation of individual economics; Third, how he beats the high price of food; Fourth, his laws (173 Precepts) of individual economics; and then an Appendix of his fitness regimen. From his Preface, he states:

"I seek to glorify the wise, voluntary poverty, which makes the most of the least, shuns folly, conserves the earth's resources, spares the environment, sees (with Aristotle) thinking and reasoning as man's highest function, and pursues learning for its own sake and for the betterment of the world.

"Our consumption-geared economy seeks to:

- Create need where no need exists.
- Invent a gadget for every function.
- Make automatic that which is better manual.
- Represent costly trivia as necessities.
- Promote literature, drama, music, and art of dubious merit.
- Push travel tours that waste earth's dwindling resources, pollute the air, invite crime, spread disease, expose tourists to needless risks, and inflict anguish many times daily on victims who live near airport and approaches, thus shortening their lives...
- Accelerate consumption of all, leading to misuse, abuse, and premature discard.

"Remember, to save the most is to spend nothing!"

"Pursuit of wealth is the folly, the mirage of unenlightened minds. The few who attain great riches in dollars often lament that they did not instead seek learning and wisdom..."

Part IV, the bulk of his book, is titled "Laws of Individual Economics." These are his 173 Precepts, the first group of which are quotes from famous people.

"The cost of a thing is the amount of what I will call 'life' which is required to be exchanged for it immediately or in the long run." Thoreau.

"To avoid pain, renounce the pursuit of pleasure." Buddha.

APPLIANCES CATEGORY

- 105. The more automatic is an appliance or machine, the more repair it requires....
- 107. Refrigerators, deemed essential, I don't need. My eggs keep OK in north window. None has spoiled in 6 years; I only use non-fat dry milk and mix only what I use right then. I have no leftovers...
- 108. TV is the most notorious waster of time ever invented. Some persons spend half their waking lives viewing TV's violence, crime, inane sex, stupid commercials, and overdone news.
- 109. Rent near your work, or get work near where you live. This pays big in dollars and hours ... [do the math!].
- 125. A lawn is slavery. Use ice plant or such, or small trees to save much water and work.
- 132. Before rushing to turn on (or up) the room heat, think of Hunza Valley people high in Himalayas who don't heat homes in cold, cold winters and who bathe in cold glacial waters, or, closer to home, think of me who got along just fine in winters with no room heat at all...
- 139. Many drive to a park in order to jog or cycle. Far better is to jog or cycle direct from home and leave car out of it.

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brings into any room.

Blue's journey started in a construction office, where her beautiful, blue-eyed Siamese mama gave birth to Blue and her siblings. Thanks to the kind office people, Blue has blossomed into a friendly and affectionate young lady, eager to find her forever family.

This charming feline is the last of her litter to find a home, but she's not letting that dampen her spirits. With her captivating blue eyes and gentle demeanor, Blue is sure to capture your heart from the moment you meet her. One of Blue's most endearing qualities is her loud purr. When she's held close, her purr reverberates with contentment, a sure sign that she's found comfort and happiness in your company.

Rest assured, Blue is in excellent health and is receiving all her necessary vaccinations. She's spayed and is scheduled for her 2nd vaccines soon, ensuring she'll be ready to join your family with a clean bill of health.

If you're ready to open your heart and home to a loving companion, don't hesitate to submit an application to adopt Blue. It would be especially nice if she can have a young friend around her age, too. She's eagerly awaiting the chance to shower you with affection and become your loyal feline friend. Apply now and start the journey to welcoming Miss Blue into your life! <https://www.lifelineforpets.org/miss-blue.html>.

Pet of the Week

Sir Henry is an adorable and cuddly guy who is looking for a nice lap or comfy bed to call his own. At 10 years young, he is still very much full of energy and fun.



He was found at the Rose Bowl, and while we have no idea how he managed to arrive there, he has quickly charmed everyone at Pasadena Humane with his good nature and constantly wagging tail. He immediately loves everyone he meets, and the feeling is definitely mutual!

Henry has been out on a few field trips with volunteers—they report that he is exceptionally cuddly and can usually narrow down the coziest blanket in the house with ease. He has also been exposed to other dogs and he seems to like them almost as much as he likes people! Like any senior dog, Henry has some minor issues that will need to be managed. One thing that is still working perfectly is his exuberant love of people!

Sir Henry is eligible for the Seniors for Seniors program. This means his adoption is free to anyone over 60!

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

Walk-in adoptions are available every day from 2:00 – 5:00. For those who prefer, adoption appointments are available daily from 10:30 – 1:30, and can be scheduled online. View photos of adoptable pets at pasadenahumane.org.

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

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ACROSS

1. Bars
6. Escape or flee
9. Green gemstone or Heather Graham in "The Hangover"
13. Turning point
14. 34th U.S. Pres
15. Actress Sophia _____
16. Each and all
17. Lake, in France
18. Roof overhangs
19. *Lovable mother of seven in "Harry Potter" Mrs. _____
21. *Mother in "The Terminator," Sarah _____
23. Not safe, in baseball
24. "Hold on!"
25. Uno _____, in Mexico
28. Iranian monarch
30. Be a go-between
35. Kind of cuckoos
37. Passing mention
39. Dwelled
40. TV show "_____ 911!"
41. *"Beloved" mother
43. Like a tennis skirt
44. Scottish kinship groups
46. Spare in car
47. Email folder
48. Vertical dimension
50. Turf alternative
52. Morse Code dash
53. Hippocratic _____
55. Three, to Caesar
57. *Margaret White's telekinetic daughter
60. *Elizabeth Zott of "_____ in Chemistry"
64. Vernacular
65. R&R hot spot
67. Capital of Vietnam
68. Yours is as good as mine?
69. Tennis retry
70. Cause anxiety (2 words)
71. Bookie's quote
72. Well-kept secret, for some
73. Teatime treat

DOWN

1. Do like volcano
2. Honey home
3. Iris holder
4. Human trunk
5. iPad "pen"
6. *Matriarch, _____ Munster of "The Munsters"
7. *Nadezhda of "The Americans," Elizabeth Jennings, acr.
8. Muhammad's birthplace
9. Melissa Rivers' mom
10. Australian slang for afternoon
11. Widely hunted ruminant
12. Follow ems
15. A particular legume
20. Not pathos
22. Second O in EVOO
24. Kinda white
25. *Mrs. _____, a.k.a. Marmee
26. Anoint
27. Red Sea peninsula
29. Drive a getaway car, e.g.
31. Goals
32. Like a Harvard building?
33. Plant-based laxative
34. *_____ Bunker, mom to Gloria in "All in the Family"
36. Dance partner
38. Drive-_____, for short
42. Like a haunted house
45. Daisy dukes, e.g.
49. _____ chi
51. Casts a line
54. Popular electric car
56. Newton's first name
57. Foul substance
58. Matured
59. Bob of "The Joy of Painting" fame
60. Better than never?
61. On top of
62. "High" time
63. Cosine's counterpart
64. In the past
66. *"Married... with Children" mom

CROSSWORD

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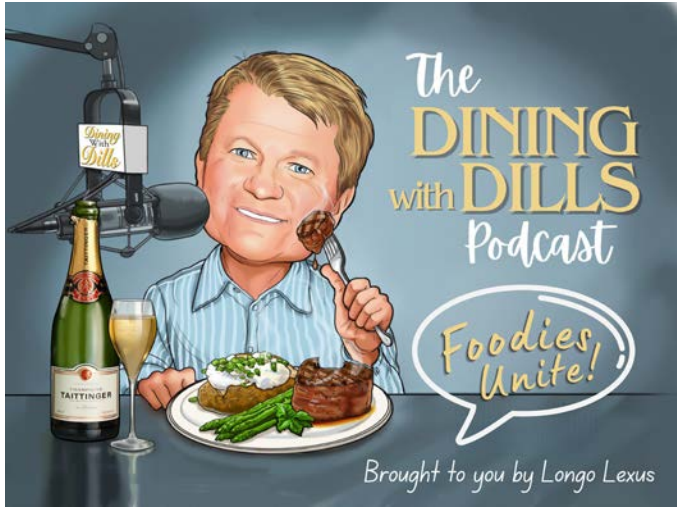
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PIZZA DAY

We are fast approaching on National Pizza Party Day, hey I thought everyday was a party!

If you have been around the area long enough you might remember a sporty little convertible with the license plate that read PizaZar, well, that was me I do love me some pizza.

My Italian friend Joe from Monrovia and I trying to figure out who has the best and what type of pizza is the best after a few minutes of conversation we would not agree on deep dish, thin, thick, Chicago, New York or even deep dish. I know you have your favorites so

dont hesitate to email me with the long list of contenders I forgot.

Peter Dills' official favorites: Top Five and next in line... no official order

- Little Toni's North Hollywood
- Domenico's on Washington
- Zelo's on Foothill border of Monrovia
- Casa Bianca Eagle Rock
- Masa Pizza of Echo Park
- Next Five no order of preference
- U Street Pizza Pasadena
- Prince St. Pizza Pasadena by the slice
- Café Bambinos off the 210 (real Value)
- Village Pizzeria Sierra Madre by the slice
- Last but not least.. Drum Roll
- Tomato Pie Pizza So Pasadena

Americans also have very strong opinions about their favorite Pizza. So far this year, Pizza Hut is winning amongst popular pizza chains followed by Papa John's and Domino's.

2023-2024

- #1: Pizza Hut (31%)
- #2: Papa John's (22%)
- #3: Domino's (17%)

Also, consider these interesting facts about Pizza:

- Pizza ranks the #2 most popular fast food in America behind burgers. (43% of Americans rank pizza as their favorite.)
- 3% of Americans would rather eat pizza than have a boyfriend or girlfriend.
- 18% of Americans claim that Pizza is their favorite dish.
- 2% don't like eating Pizza
Just a note I've been to every spot on the list !! email me with your comments thechefknows@yahoo.com



INGREDIENTS

- Kosher salt
- 1/2 pound medium shell pasta
- 1 cup chopped cooked steak
- 1 cup diced green bell pepper
- 1 cup chopped blanched green beans
- 1/2 cup crumbled cooked bacon
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 1 tablespoon lemon juice
- 1/4 teaspoon finely grated garlic
- 3/4 cup grated parmesan cheese
- Freshly ground pepper

DIRECTIONS

Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs; drain and rinse under cold water. Transfer to a large bowl.

Add the steak, bell pepper, green beans and bacon to the bowl with the pasta.

Make the dressing: Mix the mayonnaise, sour cream, lemon juice, garlic, parmesan, and salt and pepper to taste in a bowl. Pour over the pasta salad and toss to coat. Season with salt and pepper. Chill for up to 3 hours.



THE TASTING ROOM

THE WHOLE SHEBANG!

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



When you see a bottle of wine that has a screwcap on it, what do you initially think? Are you thinking it's a cheap wine that probably tastes terrible? Unfortunately, there's a lot of people that think that way. I'm here to tell you that wine bottles with screwcaps can bring you great pleasure and they're frigg'n' easy to open too.

One of our best sellers throughout the years for inexpensive wine has been The Whole Shebang! Red Wine. It's from Morgan Twain-Peterson and his team at Bedrock Wine Company. It's an absolutely delicious blend of Zinfandel, Carignan, Syrah, Petite Sirah, Mataro, Mourvèdre, Alicante Bouschet and a bunch of other grape varieties – everything but the kitchen sink. These grapes are sourced from very old vineyards. They're declassified grapes – which means they are grapes from premium vineyards intended for much higher priced wines – but used in this wine. Some of the vines are over 90 years old which adds concentrated flavor to the wine. The grapes are hand-picked, native yeast is used, and the aging is done in French oak barrels and stainless steel. There's no oak chips or mega purple in this wine at all like other inexpensive wines tend to use in the production of their wines.

You get ripe red fruit notes – but it's not jammy or over ripe – with just enough acidity to keep the wine fresh and bright. Herbs, spice, and licorice come to mind. It's got a nice lifting finish. It's a versatile, easy drinking wine that will go well with bbq, pizza, grilled chicken, and burgers.

Leave your doubts at the door. Embrace screwcaps. Embrace The Whole Shebang! You'll be glad you did.

This wine is available at The Bottle Shop for \$14.99. Mention you saw the wine in the Mountain Views News and get it for \$13.99

Until next time – Salud!

Upcoming Wine Tastings – Sunday April 21st – Great Wines Under \$15. Thursday & Friday April 25 & 26 – Emerging Lodi Wines.

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



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THE IMPORTANCE OF PAPER ORGANIZATION FOR SENIORS: SIMPLIFYING LIFE'S JOURNEY

In today's digital age, where everything is moving towards technology, many seniors still rely on having good old-fashioned paper. Whether it's important documents, cherished memories, or simply the comfort of a tangible record, paper holds a significant place in the lives of seniors. However, years and years of accumulation of paperwork can lead to disorganization and stress. Therefore, having paper organization becomes not only a convenience but a vital aspect of maintaining a sense of order and clarity and less stress in the lives of seniors.



Paper organization promotes efficiency and accessibility for seniors. With organized and sorted documents, bills, and records, seniors can quickly locate what they need when needed, minimizing the frustration of rummaging through piles of paper, and ensuring that important information is readily available.

In addition, organized paper systems provide security and peace of mind. Seniors can rest assured that their important documents are easily retrievable. This alleviates anxiety about misplaced or lost paperwork, allowing them to focus on enjoying life without the constant worry of seeing overwhelming paper chaos looming overhead.

Furthermore, paper organization gives the senior a sense of empowerment and independence. By taking control of their paperwork and creating organizational systems, seniors regain a sense of clarity over their lives.

Additionally, organized paper systems facilitate communication and collaboration with family members and professionals involved in their care. Clear and coherent documentation ensures everyone is on the same page regarding important matters and coordination in decision-making processes.

Basically, paper organization is not merely about tidiness; it's about enhancing the quality of life for seniors. By embracing effective paper management strategies, seniors can streamline their daily routines, reduce stress, and maintain a greater sense of control as they navigate life's journey.

Pamela Mims
Paper Organization & Management Consultant

WHAT TO DO ABOUT MEDICARE AND SOCIAL SECURITY WHEN YOU MOVE



Dear Savvy Senior:

Next month I am moving to a different state so I can be near my daughter and grandkids. Do I need to notify Social Security and Medicare about the move?
Relocating Grandma

Dear Relocating,

Yes, if you're a Social Security and Medicare recipient you definitely need to let these Federal agencies know when and where you move so there are no hiccups in your benefits or coverage. Here's what you should know.

How to Update Your Info.

If you're receiving Social Security retirement, survivors or disability benefits, it's required that you notify the Social Security Administration when you move to ensure your deposits continue and you avoid disruptions.

You'll need to provide them your new mailing address so they can deliver important documents to you like your annual SSA-1099 tax form. And if you're switching banks or credit unions, you'll need to update your direct deposit information by providing your new financial institution's routing number and account number.

If you're a Medicare beneficiary, they too need your new mailing address so bills, correspondence, your Medicare Summary Notice and other statements can go to the right address.

You can update both your Social Security and Medicare contact information online by simply using the "My Profile" tab in your personal "my Social Security" account at SSA.gov/myaccount. If you don't have an account, you can create one online for free in just a few minutes.

Or, if you need some help or don't have internet access, you can call Social Security at 800-772-1213, or visit your local Social Security office and they will make the changes for you.

Medicare Private Plans

You also need to know that if you're enrolled in original Medicare, you can move anywhere within the United States without losing coverage. But if you have Part D prescription drug coverage or a Medicare Advantage plan from a private health insurance company, and you move out of the plan's service area, you'll have to switch plans or you'll face losing coverage.

Part D service areas typically are statewide or can extend to parts of neighboring states, while Medicare Advantage plans' service areas vary by county.

Moving out of a plan's service area qualifies you for a special enrollment period (SEP) of at least two months to get a new plan. You may also qualify if you move within your plan's service area and it offers options different from what you had. The enrollment timing depends on when you notify the plan.

If you tell your plan before you move, your chance to switch plans begins the month before the month you move and continues for two full months after you move. If you tell your plan after you move, your chance to switch plans begins the month you tell your plan, plus two more full months.

To shop for new Part D and Medicare Advantage plans in your new area, use the Medicare Plan Finder tool at Medicare.gov/plan-compare.

You can also switch Part D or Medicare Advantage plans during open enrollment, which runs each year from Oct. 15 to Dec. 7 for coverage starting Jan. 1.

Medigap Plans

If you're enrolled in original Medicare and have a Medigap supplemental policy you usually don't have to switch plans if you move, but you do need to notify your provider. Some insurers let you keep the rate based on the state where you originally applied for Medigap. Others may change your premiums to coincide with their coverage in a different zip code.

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

Catch breaking news at:
mtnviewsnews.com

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...APRIL BIRTHDAYS*



Stuart Tolchin, Howard Rubin, Anita Hardy, Hattie Harris, Marilyn Diaz, Virginia Elliott, Elma Flores, Betty Jo Gregg, Barbara Lampman, Betty Mackie, Elizabeth Rassmusen, Maria Reyes, Marian DeMars, Anne Schryver, Christine Bachwansky, Colleen McKernan, Sandy Swanson, Hank Landsberg, Ken Anhalt, Shannon Vandeveld, Barbara Rounkle *To add your name to this distinguished list, please call the paper at 626.355.2737.

YEAR of birth not required

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.

Hula and Polynesian Dance

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 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
AND THEN AN ANGEL FLOATED BY

Some weeks can be tough. I've had a few in my life that came unexpectedly and challenged my determination. Last week was one of those weeks.

We had a serious "Bug Squatting" situation in our home. I really can't determine what the bug was; all I can say is that it was. The situation affected everyone in our family, including many of our friends.

I was the only one who did not suffer from it. Unfortunately for me, I chuckled within and was proud that I did not get hit by it. But everyone, including The Gracious Mistress of the Parsonage, had very serious accouterments, which I will not explain for various reasons.

The Gracious Mistress of the Parsonage was in bed for one full day, which is rather unusual for her. She's always up and doing something, but this time, she was down, and I won't mention what she was doing. It seemed to pass, and at that time, I was not affected. I very smugly thought that I was the only one who survived all of that "Bug Squatting" scenario.

Then, the unmentionable happened. It was a Friday night, and I had my first episode of diarrhea. It came and went rather quickly, and I had no other health problems. I didn't have any sick stomach or even a headache. I thought I had escaped that problem.

Then Saturday morning started. All day long, I had diarrhea and spent most of my time in the bathroom. I didn't know what I was going to do, but I didn't have any other symptoms, at least at that time. I was afraid we would have to cancel the Sunday morning service, and I hate doing that with a passion.

By early afternoon on Saturday, I was fine. I didn't feel sick anywhere and had no further problems—at least, that's what I thought. The plans were to go through Sunday just as planned. At about 5 a.m. Sunday, before I woke up, I had an episode that made me race to the bathroom and caused some alarm. However, it was over in a moment, and there were no residues left in my body. The best thing to do was to keep this a secret, especially from The Gracious Mistress of the Parsonage.

We got up Sunday morning as usual and got ready, and at the right time, we left for our church service at the assisted living facility that we minister to. Everything was going fine. As we drove, I took various sips of my coffee and felt great.

The service began as usual at 10 o'clock. We sang some hymns, and then it came time for me to preach the sermon.

For a variety of reasons, I sit in a chair behind

a table as I preach. There is just a small group of people around me, so that makes a better situation. It's good I was sitting down because if I had not been, I would have been in serious trouble.

I introduced the sermon, read the Scripture, and then gave the opening prayer. As I began the sermon, I began to feel a little funny. And I don't mean laughing funny. It was a weird kind of funny like I've never had before. It wasn't long before everything became rather hazy for me. I became somewhat dizzy and couldn't speak as I usually do.

Then it happened. Right before me, an Angel floated by, waving her hand. After that, I'm not quite sure what happened. I do know that one of the nurses came to take my blood pressure and found that it had dropped.

The recourse was to take me by ambulance to the hospital. At the time, I wasn't quite sure what was happening.

Before I knew it, I was ushered into the hospital to the intensive care unit surrounded by medical professionals. Pretty soon, I became a little more conscious of my surroundings and began to realize that I was in the hospital and everybody's attention was focused on me. At the time I didn't know if I should start preaching or start telling a joke.

The nurses left, and another nurse came in, and I knew exactly what she was there for. I greeted her by saying, "Hello, Nurse Dracula." She then stuck my arm with needles and began to suck my blood out as fast as she could. It took her several times to find the right vein to get the blood she needed. I was suspicious about that. I just assumed she was getting even at me calling her Nurse Dracula. I spent the rest of the day in the hospital. They put me in the third-floor room where my daughter is the head nurse.

They went through all their medical processes, even a CAT scan, and found nothing wrong with me. I did have the bug, whatever that bug is, and I did have a light infection that caused me to cough and sneeze quite a bit.

I learned one valuable lesson from this adventure. When somebody gets the bug, never assume that I won't. Don't laugh at the ones who do because those "Bug Squatters" heard me laughing and got their revenge on me.

A verse of scripture came to mind. "And as ye would that men should do to you, do ye also to them likewise" (Luke 6:31).

This is the goal of my life.

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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



SINGLES CAN BE ENOUGH

I had great trouble sleeping and travelled from bed to chair to yet another chair searching for a position where the pain would let me sleep. Perhaps the pain is connected with other problems I am experiencing. I worry that I have forgotten much of my own past and I want to do what I have to do in the present. Next week there is an appointment with a doctor who I hope will advise me about what to expect.

Yesterday morning, despite our worries, my wife and I went to the Dodger game where my wife's cousin had been selected to sing the National Anthem preceding the game. Very exciting- but she noticed that I was in pain and suggested that maybe we shouldn't go. I was adamant and said it would not be a problem, even though I worried. Upon arriving at the Stadium, despite having a handicap sticker displayed on our windshield we were directed to a parking area at what seemed like a great distance from the entry to the stadium. My wife asked if I was sure I could make the walk and, although, I was not sure, I said, "no problem"

She reminded me to put on my Dodger long-sleeved shirt with the number 17 and the OHTANI name on the back. I put the Ohtani shirt on and made the endless walk to the stadium and trudged all the way to our seats. My wife had purchased aisle seats believing that an aisle seat would be easier for me, but I dreaded the arrival of the incoming fans to our row which would continually require me to get up and get down to allow them to pass.

I worried. Why had I chosen to endure this unnecessary and avoidable discomfort? Gradually, however, I noticed where we were. From our seats the grass playing- field was beautiful. The temperature was in the 70s but, in the distance, I viewed the beautiful snow-capped mountains. As fans arrived often carrying Dodger Dogs I complained to my wife that I would love to have a Dodger dog which should be a part of the whole experience. She looked at my gut inflamed knee and said that I did not need to be eating hot dogs.

Prior to the singing of the National Anthem the stadium filled up. My wife started talking to the couple seated next to her who, as it turned out, had specifically come to the game to witness the singing of the national anthem since they knew my wife's cousin from church. The man had heard me complaining that I very much wanted a hot dog, he went and bought me one! There are always surprises in life!

The name Daphne Puccinelli was announced, and I had a chill hearing her as she beautifully sang the anthem. As my wife stopped crying, the game began with the visiting Nationals being first up. The first batter hit a home run. After that there was no more scoring by either team. In fact, the Dodgers had only five hits and three of them were singles by Ohtani.

Overall, despite my continuing pain, the day seemed pretty perfect. As we were leaving the game I saw another man with an OHTANI shirt on. "Three hits" I said. "Yeah, but they were only singles" he said. I guess that's my point. No matter what, one can always find something to complain about and something to be pleased about and that is the choice we all must make daily. I feel I am ready for whatever the doctor has to tell me; but it helps that my knee does not hurt as much today.

DINAH CHONG WATKINS



CLOSE ENCOUNTERS OF THE WRONG KIND LOST IN TRANSLATION

My mother scraped the dank inside belly of the earthenware pot, the musky scent of fermented tilled soil with whispers of wet shiitake mushrooms wafted up. The pot yielded nothing. Dinner must be served, but the nearest Chinese market was a three hour drive, I shirked, looking for an escape but I knew what her determined eyes

meant.

"Auntie, can you give me some gou-see?"

Auntie Lim, our only Chinese neighbor who lived five blocks away, burst out laughing, my Elton John saucer-sized eyeglasses shielded me from her barrage of spit.

Annoyed with her response, I repeated my request - only louder. She doubled up cackling, tears spilled down her cheeks. She waved me to stay on her front porch, gagging for air as she made her way into her kitchen.

Minutes of rapid fire conversation followed, bookended with guffaws and hilarious shrieks. Auntie Lim returned to the front door with a small rice bowl. She passed it to me with one hand while pointing to it with the other,

"Dou-see. DOU-see."

When I got home, I learned that dou-see means fermented black bean. Gou-see is dog poop. My mispronunciation has become a long-standing family reunion staple, continuing to the fourth generation.

Over three decades, I have wrangled in a sub-par manner, four languages and dialects. My tone deafness in Mandarin and Cantonese, both tonal not phonetic, contributed daily to misunderstandings, and buying services and goods I did not want at prices I could not afford.

But that was to be expected in a foreign country. Ending up with multiple bottles of hair conditioner and no shampoo because you can't read the indecipherable script, or being served braised offal and intestines instead of what you thought you ordered - beef and broccoli.

It was a relief to come back to where I didn't need to rely on picture menus, sub-titles, charades and Google Translate. Here was a place I could confidently speak my mind, "A double latte, half-caff, single pump butterscotch, extra creamy oat milk, no foam, with a sprinkle of cinnamon dust."

It turned out to be a hard landing. Unschooled and sheltered by decades lived out in one-party government propaganda; whilst my gray matter could still comprehend English verses from 400 years past,

"But soft! What light does yonder window breaks? It is the east, and Juliet is the sun." William Shakespeare

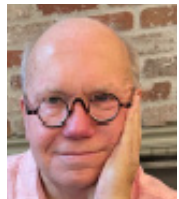
now, plonked down in the 21st century amongst an army of opposable thumbs and 5G networks, the currency of language is frankly, quite lost on me. Reprimanded to text before calling, ready to take on the mantle of the Anti-RIZZ GOAT, resigned to the unbreakable code of emojis with their viral backstories and in-house jokes - I surrender and by way of recompense, will switch to a Jitterbug phone, stick with unlimited calling/no text, and upgrade my @earthlink.com email account to 25G.

As for the fermented bean and dog poop mixup, I've spent hours honing my articulation, the beans to be spoken in a sharp downward tone and dog as neutral or was it the other way? Maybe I'll just stick to sweet and sour.

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

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

RICH JOHNSON



NOW THAT'S RICH

DOUBLESPEAK

Ever engage in "doublespeak"? Not sure what it is? Well, let's look behind the curtain and "take a peek at doublespeak". (Hey that rhymes)

"Doublespeak" is language that deliberately obscures, disguises, distorts, misleads and sometimes reverses the meaning of words (Sounds kinda like the definition of advertising).

I'll give you a yummy example... Hostess Twinkies. You won't find the word "healthy", on any product produced by Hostess. Hostess describes Twinkies as "wholesome". Wholesome? What does wholesome mean? "Does it mean good for you?" Lol! There is no official United States Department of Agriculture (USDA) definition of the word "wholesome". I guess if the truth be told, Hostess Twinkies and similar foods should come with a skull and crossbones printed on the packaging. That would be truth in advertising.

Let's press on. Euphemisms are a type of doublespeak more evasive but not typically malicious. A good friend serves you their new homemade dessert and you respond with "what an interesting flavor" instead of "yuck, that's horrible".

"Puffery" uses doublespeak designed to make something seem better than it really is. The product size is described as "snackable" instead of "smaller"; "Shabby chic" replaces "old and worn out". and Realtors will call a house "quaint" rather than "small".

"Jargon" is doublespeak used by a particular occupation or group. Often designed to soften the actual reality of a word. For example: a "tree hugger" is actually a "environmental activist". If you are a spy you would say you are engaging in "enhanced interrogation" instead of "torture".

"Gobbledygook" is doublespeak used to be so confusing as to be incomprehensible.

Examples:
"I will sell you this painting for \$10 bucks."
Or in Gobbledygook: "When the party in the first part provides the aforementioned goods to the party in the second part, such party shall acknowledge receipt of said item once the party of the first part hereby warrants its condition as suitable for transfer and in light of exchange of consideration." (Got that?)

"Upon documentation of said patient's symptoms and conducting an examination of her otolaryngological region, the ultimate diagnosis is a case of viral rhinitis.
Or in plain English: "The patient has a cold."

Wordsmith and politician Daniel Webster defined politics as "The art or science concerned with winning and holding control over a government." So, what is it, art or science? "Art" is defined as "Skill acquired by experience, study, or observation."

"Science" is defined as, "The observation, identification, description, experimental investigation, and theoretical explanation of phenomena."

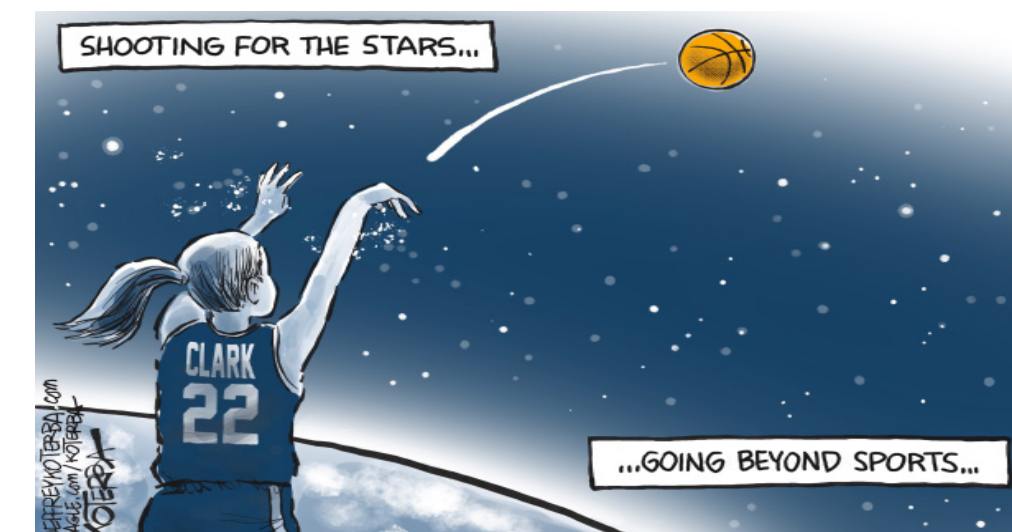
So, I leave you (and me) hanging over this rhetorical cliff with quotes from possibly the best two sources in history:

Will Rogers once said, "The more you read and observe about this politics thing, you got to admit that each party is worse than the other."

And regarding Julius Irving Marx, aka "Groucho": French filmmaker Jean-Luc Godard either created or quoted this oft used phrase in France's students pseudo-revolutionary unrest in 1968: "Je suis Marxiste, tendance Groucho," which translates: "I'm a Marxist of the Groucho variety."

P.S. If you happen to run into a bedraggled person living on the street, think about going up and slipping him or her \$5. I didn't do that for a long time thinking it might be used for harmful addictions. I have softened over the years and tell the struggling soul this contribution to their quality of life is coming from me and the Lord. And be blessed.

And who knows, someday you or I might be working for one of those struggling fellow travelers.





Mountain Views-News Saturday, April 20, 2024

HUDDLE UP

With **HARVEY HYDE**



MY BEST WEEKEND IN LAS VEGAS

Often, looking back is not a good thing. But for me, when two weeks ago, my family and I drove to Las Vegas to share in the salute of our 1984 REBEL football team, it was a very great thing. It was Spring Game weekend for the present UNLV Team, and the '84 team was honored in a reunion in recognition of our accomplishments of forty years ago. Our 1984 team had an 11-2 record and were PCAA football champs and beat Toledo in the California Bowl. We had been inducted into the UNLV

Hall of Fame in 2018 which was another honor. We had winning seasons at the University of Nevada Las Vegas.

Our teams during those times at UNLV had to overcome adversity and challenges on all sides: uncertain administrative support, a new level of play (it was the University's first year of Division I football) new rules and regulations. Jerry Tarkanian's basketball teams were the big game in town, and basketball ball was king. We came in to try to gain the same spirit of support.

Recruiting was something I enjoyed, and understood that great players and good coaches could be a real winning combination. The team we developed was the best in UNLV history and was recognized as such on our Saturday in April. The UNLV staff and boosters really went all out for our reunion.

The reunion was important to forty players along with their families and coaching staff and wives who were entertained as a group. Off that great team we had NFL players (49ers, Eagles, Vikings, Cowboys, Falcons, Colts, Seahawks, Bengals, Broncos), and coaches for the Saints, Chargers, Dolphins, and Patriots. Fans of this tough and capable team from so many different backgrounds would be surprised to learn that after football and college they became football coaches, school principals, building contractors, hotel executives, law enforcement officers, teachers, insurance brokers, real estate developers, athletic directors, and people in service organizations. For the weekend they came from Nevada, California, Arizona parts East and up North. Our starting center came from his work in Dubai, and travelled 27 hours to join us.

On Friday night in a private club we were able to share as a team... forty years later, what our commitment to each other had meant then, and continues to mean now. Lessons learned and problems and situations shared. In the pressure of the game time and prep, we don't appreciate the impact our words and actions can have even years later. Players talked about a "brotherhood" of teammates on both sides of the ball, and I knew I would walk down an alley or share a foxhole with that group any time. The staff had created a poster with names and pictures of those who were lost over the past forty years. 21 players and staff from that team have gone and we remembered their contributions as well. But we knew that "once a Rebel, always a Rebel" was true. And in those days, this was mostly the case. No one left voluntarily to points beyond.

I shared how it was then and now, and how our experiences tied us together forever. This team overcame big odds to be who they are. The players shared that this had made them who they are today and were grateful for the experience. It is heartwarming now, to realize how much this could mean for individual lives. Our team motto, "TEAM-me" really was believed. It was not difficult to be voted "Coach of the Year" with these guys as our troops. I love every one of them, and am proud of their accomplishments on the field and beyond in life, practicing what we learned as a team and proved: "It's not where you start, it's where you finish that counts" These guys were ready to play physical football with one heart beat.

On that Saturday we gathered in Allegiant Stadium (home of the Raiders and last year's Super Bowl) to join the current team for their Spring Game. We couldn't help but notice how times had changed, from a sandy stadium in the middle of the desert, to this luxurious building, with tv screens, club level gourmet food, and loge seats.

Before the Spring game, we huddled up for photos and video on the field and Barry Odom, the current Head Football Coach entered the huddle. I handed him the game ball and told him to break our record. He spoke to our team that day as well as on Friday night before, and expressed respect for all of us and his hope to follow that example to break our record for the most wins in the school history. We wish them the best. Go Rebels!

It was a special weekend with family and special people in my life. I was ready to call a play myself and break the huddle. Just one more play! We support Rebel football and wish for them a great season. Meanwhile our '84 team will sit back and remember our own glory days, and keep on telling our stories. 1... 2... 3... ready Break!

Follow me @ coachharveyhyde or harveyhyde.com

1984 UNLV FOOTBALL
UNLV ATHLETICS HALL OF FAME CLASS OF 2012

CONFERENCE CHAMPIONS
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WEIGHT LOSS DRUGS

Everyone is talking about them. Most currently the diabetes drugs that are now being prescribed for dropping weight quick. But with all the info out there, it's hard to know if they're right for you, if they're safe and do they really work. Let's start by looking at the names of the most popular ones.

- **Ozempic and Rybelsus:** These meds contain something called semaglutide. They're in a group of medicines called GLP-1 receptor agonists. They work by telling your body to release more insulin, slowing down how fast you digest food, and making you feel less hungry. When you're less hungry, you might eat less and lose weight.
- **Victoza and Trulicity:** These are also GLP-1 receptor agonists, just like Ozempic and Rybelsus. They do similar things: boost insulin and lower your appetite.
- **Mounjaro:** This one is newer. It combines GLP-1 and GIP receptor agonists. It helps your body release more insulin, slows down how fast your stomach empties, and makes you want to eat less. All of this can help you lose weight.
- **Canagliflozin, Empagliflozin, and Dapagliflozin:** These are part of a group called SGLT2 inhibitors. They work differently from the others. Instead of messing with insulin, they stop your kidneys from soaking up too much glucose, so your body ends up peeing out the extra sugar. This can also help you lose weight.
- **Phentermine, Lorcaserin, and Phentermine/Topiramate:** These drugs target chemicals in your brain that control how hungry or full you feel. By tweaking these chemicals, they can help you eat less and lose weight over time.

Weight loss drugs do different things to help you lose weight. Let's break it down:

Blocking fat absorption: Some drugs prevent your body from absorbing fat from food. This means you take in fewer calories, which can help you lose weight.

Increasing metabolism: Other drugs speed up your metabolism. This means your body burns more calories, even when you're not active. This helps create a calorie deficit, which can lead to weight loss. Some drugs do this by stimulating your nervous system or affecting hormones. However, some, like DNP, can be dangerous, so it's best to avoid them. It's typically stimulants that can help with weight loss.

Changing hormone levels: Some drugs alter the hormones in your body. These hormones control things like hunger and energy use. By changing them, these drugs can help you lose weight.

Reducing fat storage: A few drugs target how your body stores fat. They might stop certain enzymes from making fat or change how your body uses fat for energy. This helps reduce the amount of fat in your body and aids weight loss.

Taking any of the above medications should be taken very seriously. Common side effects of the diabetes drugs listed above include Nausea, Vomiting, Diarrhea, Constipation, Stomach-area pain, Headache, Tiredness, Heartburn, Dizziness,

FITNESS FOR LIFE



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

Feeling bloated, Belching, Low blood sugar in patients with type 2 diabetes, Gas, Stomach infection (gastroenteritis), Acid reflux disease, and common cold symptoms.

Also to consider is how important it is that you drop weight right away. Is it a life or death issue? If so it might be just what you need. But know that at some point you will go off of the medication. How will you sustain any weight loss then? If you've made some good dietary changes and exercise more that could be enough. Be aware of how long it could realistically take to lose the weight you want to along with the money it will cost depending on whether insurance will cover it or not. And don't forget that just because you may not be hungry, doesn't mean you won't eat. Research studies have shown that more than 25% of people eat for emotional reasons. If that includes you, it will take a different approach, addressing the psychological issues attached to food to create a lasting change in eating habits.

While weight loss drugs can be effective for some individuals, they are typically recommended as part of a comprehensive weight loss plan that includes dietary changes, increased physical activity, and behavioral strategies. Always look at the fine print. Just about all gadgets, pills, potions, or remedies for weight loss offer the standard clause: "For optimal results, use in conjunction with a balanced diet and regular exercise routine." When you see that, be prepared to do those things to make the outcome most successful. In fact, if you do those things, you may not even need the drug or anything else. Lifestyle habits really are that powerful.

If you decide to move ahead with a pharmacological approach, consult with a healthcare professional before starting any weight loss medication. Be absolutely sure. Weight loss drugs come and go. Aids. Fen-Phen. Ephedra. Eating healthy and being more active never go out.

JOIN THE KID-FIT FAMILY FUN RUN FOR A DAY OF FITNESS AND FUN!

Get ready to put on your athletic shoes and hit the scenic trail at Legg Lake in Whittier Narrows Recreation Area. The KID-FIT Family Fun Run is back in South El Monte, on Saturday, May 18th.

This event, organized by The KID-FIT Preschool Health and Fitness Organization from Duarte, CA, aims to promote healthy lifestyle habits in young children and their families. With cash prizes for youth top place age group finishers and a \$500 cash scholarship for a deserving area preschool to enhance fitness activities, there's plenty of motivation to participate.

Thanks to generous sponsors like B.J.'s Restaurant, Longo Toyota/Lexus, SCE Credit Union, Arcadia Chinese Association, Run With Us, Susan Rubio, Craig's Crew, SGV Water, SoCal Gas and Blanca Rubio, this event promises to be a blast for the entire family.

Also supporting the event are various running groups, including the Foothill Flyers, who will be providing HAM radio operations to ensure everyone's safety throughout the event. There will also be stuffed raffle baskets with prizes such as overnight stays in Las Vegas, Angels Baseball tickets, Dinner Gift Certificates, Museum tickets and more.

Whether you're 3 or 93, there's something for everyone. Children aged 3 to 8 can take part in the 1K event and will receive a medal and a t-shirt. Meanwhile, 5K participants will be of all ages, walking or running proving that fitness knows no age limits.

Last year's event attracted hundreds of participants, and this year promises to be even bigger. With eight different school teams already registered, the competition is heating up. The KID-FIT Family Fun Run provides an opportunity to promote fitness and fun in your community. If you're interested in volunteering or getting discounts on school team registrations, contact Michele at michele@kid-fit.com or call 626-848-2950. Register now at the RunSignUp.com website under KID-FIT Family Fun Run.



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SOUR GRAPES

by Tim Jones





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