



MOUNTAIN VIEWS NEWS TO HONOR 2024 GRADUATES

The June 1st edition of this paper will be dedicated to the Class of 2024! In order to be included, please send your graduates picture, full name, age and school. The Class of 2024 - tomorrow's leaders - deserve to be honored! Send to: editor@mtviewsnews.com Subject: Class of 2024

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, APRIL 27, 2024

VOLUME 18 NO. 17

Sierra Madre News Briefs MISSING HIKER FOUND



On Sunday at 10:49 pm, the Sierra Madre Police Department sent out an alert that Julia Li, 21, was missing. She was listed as a 'critical missing' due to her existing medical challenges. She was reportedly last seen near Bailey Canyon Park at 4 p.m.

According to various reports, her mother reported her missing after they were separated during a hike and Li didn't meet her at their car at the agreed-upon time

Early Monday morning, the Los Angeles County Sheriff's Search and Rescue personnel found her body.

The L.A. County coroner's office listed Li's cause of death as blunt trauma. The Sheriff's Department said foul play is not suspected at this time. An investigation into this matter is ongoing.

INVESTIGATION LAUNCHED INTO ALLEGED "INAPPROPRIATE, NON-SEXUAL PHYSICAL AND VERBAL CONTACT WITH A STUDENT."

Last week, Sierra Madre Police Department was called to St. Rita School due to a reported confrontation involving the parents of a student and one of the administrators/teachers at the school.

At issue were allegations of inappropriate contact with a student. Upon arriving on the scene and an assessment of the immediate situation was made, no arrest resulted at that time. However, SMPD along with other local agencies, are investigating the allegations.

On April 19th, Father Tom Baker, Pastor of St. Rita and Mrs. Adela Solis, Principal, sent a letter to all school parents apprising them of the situation. The administrator/teacher involved was, "placed on administrative leave pending the outcome of" the investigation.

SIERRA MADRE POLICE BLOTTER

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

Sunday, April 14 Theft from Motor Vehicle
At approximately 1:30 PM, officer responded to the police station for a report of a theft from vehicle. The victim advised her credit cards were stolen from her vehicle on April 12 in the 200 block of W. Sierra Madre Blvd. Additionally, unauthorized credit card transactions were observed. The Detectives Bureau is following up on this incident.

Thursday, April 18 Suspicious Circumstances
At approximately 9:00 PM, officers responded to the 800 block of Auburn Ave. for a report of a male subject burning material in a small trash can on the roadside. Upon officers arrival, the subject had left the area, but burnt property was retrieved by the responding officer. The Detectives Bureau is following up on this incident.

Friday, April 19 Drunk in Public
At approximately 10:00 AM, officers responded to the 0 block of North Baldwin Ave. regarding a female who appeared disoriented. Upon further investigation, officers discovered that the female was intoxicated, and she was arrested for being drunk in public.

Smoothies with a Dispatcher
Wednesday, May 8, 2024
My Friends Cafe, 1 Kersting Ct
3:00PM - 5:00PM

PROJECTIONS SHOW BUDGET DEFICIT LOOMING

Could job cuts be in the future?

By Kevin McGuire

Sierra Madre Finance Director Hillary Guirola-Leon presented the City's long-term budget projections for the General Fund before the City Council and a moderate group of attendees during the regular meeting on Tuesday, April 23, 2024.

The projections cover five-year budget projections and an overview of city funds. The city can receive revenues through both restricted and unrestricted funds. Unrestricted funds come from the General Fund, while restricted sources may include utility funds such as water and sewer revenues or special revenue funds from sources such as donations and grants.

The General Fund helps keep the city operating by paying the Police and Fire Department personnel and library services, for example. Approximately 69 percent of General Fund revenue comes from property and utility taxes, while the remainder comes from license and permit fees and other service fees. For the fiscal year ending 23/24, property taxes alone are expected to generate \$8,686,300 into the General Fund.

Most unrestricted revenue is expected to be spent on public safety services, including the Fire and Police Departments, accounting for 51 percent of General Fund spending. Administrative Services (IT, Finance, Human Resources) will take around 25 percent of the pie, with 10 percent going to Planning and Community Preservation and five percent to library

renovations. The remainder of the budget covers Community Services and elected and appointed positions (City Clerk, Legal, etc.).

It's estimated that approximately \$4,936,400 of the General Fund will cover Police services, while around \$3,424,900 will cover the Fire Department. Roughly \$727,800 is budgeted for the library.

Long-Term Projections

According to Director Guirola-Leon, creating a five-year projection includes preparing figures at mid-year using the available data and making updated adjustments during the next budget year.

For example, hired consultants estimate property and sales taxes, and utility tax estimates follow historical trends. Utility taxes have historically increased by about three percent annually. Payroll expenditures have seen a seven percent increase, which includes merit increases and a 2.5 percent increase in COLA (standard cost of living).

The five-year projections do not include funding for capital projects, salary matrix adjustments to bring pay closer to market trends, or Public Safety Master Plan results. According to Fire Chief Brent Bartlett, the Public Safety Master Plan is a strategic road map for guiding budgetary decisions, optimizing resource allocations, managing risks, engaging the community, and measuring performance. Guirola-Leon expects public safety costs to increase significantly over the next five years.

(continued on page 3)

INSIDE THIS WEEK

CREATIVE HOUSING OPTIONS IN ARCADIA.....Page 7

ADVICE FOR PROM GOERS.....Page 8

SPORTS & FITNESS: MICHELE KIDD.....Page 14

Time to sell... and go?

Smoothies with a Dispatcher
Wednesday, May 8, 2024
My Friends Cafe, 1 Kersting Ct
3:00PM - 5:00PM

Considering Selling Your Property in 2024?

Your next chapter awaits. **Call us!** We can help.

Barbara Rogers



626.484.8135
Barbara.Rogers@camoves.com
www.Barbara.Rogers.com
CRE#01169115



Eileen Benson

626.278.0187
Eileen.Benson@camoves.com
www.EileenBenson.com
CRE#01880650



COLDWELL BANKER REALTY

©2024 Coldwell Banker Real Estate LLC. Coldwell Banker® is a registered trademark licensed to Coldwell Banker Real Estate LLC. An Equal Opportunity Company. Equal Housing Opportunity. Owned by a subsidiary of NRT LLC. Broker does not guarantee the accuracy of square footage, lot size, or other information concerning the condition or features of property provided by seller or obtained from public records or other sources, and the buyer is advised to independently verify the accuracy of that information through personal inspection and with appropriate professionals. If your property is currently listed for sale, this is not intended as a solicitation.

the webb-martin group



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

Compass is a real estate broker licensed by the State of California and abides by Equal Housing Opportunity laws. Lic. #01991628. All material presented herein is intended for informational purposes only and is compiled from sources deemed reliable but has not been verified. Changes in price, condition, sale or withdrawal may be made without notice. No statement is made as to accuracy of any description. All measurements and square footage are approximate. If your property is currently listed for sale this is not a solicitation.

CENTURY 21
Village Realty
626.355.1451
c21village.com
Serving the Community since 1980
LIC# 02119245



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



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



For event information:
626.355.7186 or
www.sierramadreartfair.org

Benefits the Sierra Madre Public Library

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



59TH SIERRA MADRE PUBLIC LIBRARY ANNUAL ART FAIR

Art, music, food, and for all ages!

The 59th Annual Sierra Madre Art Fair, sponsored by the Friends of the Sierra Madre Library, will be held in Memorial Park, 222 West Sierra Madre Blvd., on Saturday, May 4, from 9:30 a.m. to 5:00 p.m., and on Sunday, May 5, from 9:30 a.m. to 5:00 p.m. Admission is free!

The Featured Artist this year is Robin M. Cohen and her featured sculpture is entitled, 'Tree of Fire' and will be featured prominently in all promotional materials for the Art Fair.

Sixty (60) artists, including 25 newly juried, will display and sell their works of art. Mediums include oil paintings, jewelry, watercolors, glass, wood, metal, wearable art, photography, pottery, ceramics, mixed media, sculpture and weaving.

Live Music will be featured throughout the weekend in the band shell. In the Band Shell on Saturday from 11:00 a.m. to 1:00 p.m. – Steve Trovato and Tim Kobza; and from 2:00 to 4:00 p.m. – Evan Marshall and Jean Sudbury. On Sunday from 11:00 a.m. to 1:00 p.m. – Mayde in Ireland; and from 2:00 to 4:00 p.m. – Evan Marshall, Jean Sudbury and some special guests.

The Friends of the Sierra Madre Library will have a booth selling special treats. Friends of the Library Members and Partners please stop by for a free coffee and a pastry.

For the children, instructors from the Creative Arts Group have planned a special craft activity making Butterflies; the Sierra Madre Library will host a Washi Tape Bookmark making craft on Saturday from 11:00 to 12:30 p.m.; and be sure to visit our very creative Face Painter Diane Sands.

Again, this year we will feature a Silent Auction. To date, 32 artists have donated lovely, one-of-a-kind pieces for the auction, which means you'll have an opportunity to bid on some really beautiful artwork and also support the Library.

New this year is our Emerging Artists area and Art Center College of Design graduate student tables located in the Southwest section of the park.

All Proceeds from the Art Fair benefit the Sierra Madre Public Library. For more information visit our website www.sierramadreartfair.org or call 626-355-7186. We are also on Facebook and Instagram. Please Like/Follow us!



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.

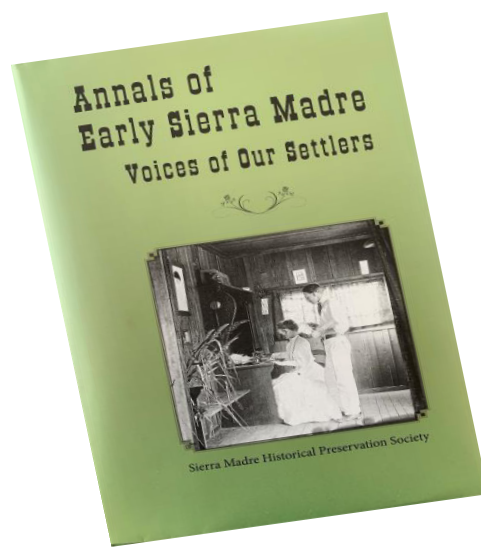
April 20 – Compost Giveaway. 8a to 12p at Sierra Vista Park.

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



New!

A really fun read

Our original settlers tell in their own words what a grand adventure it was to create a new town—our town!

Lots of old photographs

This limited-edition re-print of the 1950 **Annals of Early Sierra Madre** is a perfect gift for all who love Sierra Madre

Available at:

- Arnold's Hardware
- Our Library
- Collective Co-op (next to Monsieur Crêpe)
- Pax Pharmacy
- E. Waldo Ward
- Savor the Flavor
- Lizzie's Trail Inn Museum

\$20

Tax included





BOOT SKOOTIN' CHILI COOK OFF

SATURDAY May 11, 2024

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 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
626-818-2698
TODAY!**

SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

Weather Wise



6-Day Forecast Sierra Madre, Ca.

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

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

MAY 14, 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 29—May 4

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

Saturday

May the 4th Mini Lightsaber Craft— In-person All Day, while supplies last.

FOL Art Fair at Memorial Park— In-person from 9:30am—5:00pm

Washi Tape Bookmark Making Craft at the Art Fair in Memorial Park— In-person at 11:00am, while supplies last.

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

WALKING SIERRA MADRE - The Social Side

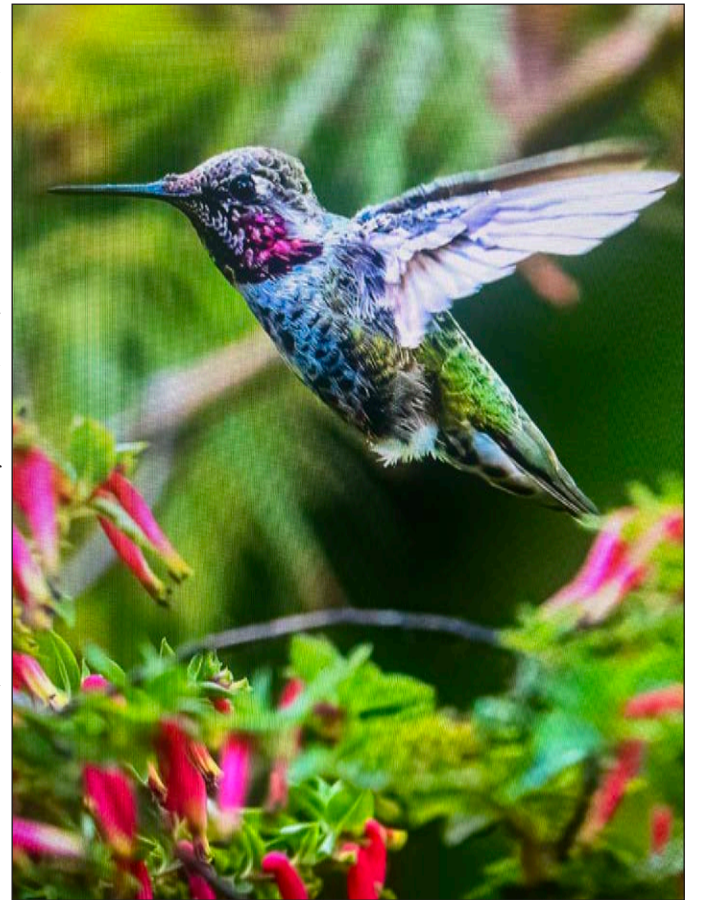
by Deanne Davis

"Like the hummingbird sipping nectar from every flower, I fly joyfully through my days seeing beauty in everything." Amethyst Wyldfyre

"Neither the hummingbird nor the flower wonders how beautiful it is."

"There is a difference between our wisdom and nature's simplicity that reflects the burden of a complex intelligence. A complex intelligence like ours is impotent compared to the intelligence of a monarch butterfly migrating from Canada to Mexico, or the intelligence of hummingbirds that have co-evolved with the flowers all along their migration route. That seems so simple, it just happens, it just unfolds." Alison Hawthorne Deming

Have you been noticing more hummingbirds lately. If you've spent any time at all sitting out in your garden with a cup of coffee or a glass of wine, and you've got flowers blooming, you'll see them. Of course, you need to be watching closely as these guys are fast!! Most birds, the ordinary ones, like those blasted pigeons who leave their mark behind them everywhere they go, flap their wings up and down. Hummingbird wings move in an eight-figure pattern., which pushes the surrounding air around them so they can fly, not only forward, but also backward, sideways and straight up. Sort of like Superman!! When they hover, their wings beat an average of 53 times per second, which causes that humming sound. If they're feeling frisky, you might even see them perform an aerobatics show and somersault into a flower. Think Cirque du Soleil.



I happened to be sitting outside a few mornings ago with a cup of coffee and a hummingbird flew straight into the sliding glass door right next to me. He hit so hard he ended up on the floor. I was scared that he had broken his neck and was going to die right there on my patio. Not wanting to add to his fear if he was still alive, I made a wide circle around him and went back in the house. His beautiful wings were stretched out and the colors were so beautiful - that exquisite blue-green. I checked on him every few minutes for quite a while, hoping he had just knocked all the wind out of himself and would be fine. Eventually, I looked out and he was gone, much to my relief.

The best photographs of hummingbirds any of us have ever seen are the work of Sierra Madre Artist/Photographer, Ken Fong. The picture today is one of Ken's, which I took from Facebook. I hope you don't mind, Ken. It's just so perfect.

Now that I've mentioned Ken Fong and shamelessly used one of his exquisite hummingbird photos, I'm urging you to look at his page on Facebook: Ken Fong Photography. He characterizes his work saying: "I specialize in capturing the energy of special events, concerts, campaigns, and parties. I also take flattering professional head shots." But what you really have to look at are his animal studies. He has a series shot just this last week on a bald eagle family that is up close and personal on this family and their nest. Thank you, Ken, for all your photos.

The Kentucky Derby is coming up May 4th and you'll all remember Sierra Madre's own Victor Espinosa, Triple Crown winner in 2015 riding American Pharoah. If you can't make it to Churchill Downs for the Derby, why not take a walk down to Memorial Park for the 59th Annual Sierra Madre Art Fair, which benefits the Sierra Madre Public Library. Strolling the Art Fair is an annual tradition. So many beautiful things to see and, yes, take on home with you. You'll be glad you went. It's May 4 and 5 from 9:30 to 5:00. Still kicking myself for not buying that handblown glass pumpkin.

So sorry to see Four Seasons Tea Room gone but not forgotten. So many pleasant times there sitting with friends for a quiet time of tea and talk.

The article on the front page of last week's Mountain Views News about supporting a Public Safety tax had special meaning to me as our EMT's have, at various times during our lives in Sierra Madre, saved my daughter, Crissy's life (thank you George Maurer) by rushing her to the hospital; picked me off the floor of my bedroom with a shattered kneecap and carted me off to Huntington Hospital and several times came and helped my dear John by taking him to ER when he was nearing the end of his time in Sierra Madre. These people are awesome, caring and I'm behind whatever it takes to maintain and support our public safety officers. Stepping off my soapbox now.

Take a minute to look for bees, hummingbirds and butterflies this weekend. They're out there, friends and neighbors!

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!

BUDGET Continued from page 1

There has been an increase of 20 authorized positions year-ending 23/24 compared to the totals in year-ending 17/18. These figures include an added 13 staffing positions in the Fire Department. There are currently 90 authorized positions compared to 70 in the year-ending 17/18.

Deficits are Looming as Fire Danger Increases

Looking ahead over the next five years, Sierra Madre can expect expenditures to increase steadily over revenues, with a deficit expected starting year-ending 25/26 of approximately \$406,080. This could jump to a deficit of \$2,239,945 by year-end 28/29. Guirola-Leon hinted that the city must find new funding opportunities for the future or make difficult decisions to bridge this gap. This could mean that city staff cuts are inevitable.

This concerning news will undoubtedly cause city staff to seek additional ways to increase revenue to avoid cutting public safety personnel. For example, city staff worked hard to bring the Fire Department to full staffing over the last five years. If cuts are in the forecast, it couldn't come at a worse time, with high-fire risk areas increasing in the San Gabriel Valley. Councilmember Kristine Lowe, a retired Fire Captain in Sierra Madre, posted on the Sierra Madre Facebook page

that CalFire's new Severity Map, up for approval, intends to extend the high fire severity zone to Orange Grove Blvd. by 2025. Right now, it extends only to Grandview Ave.

In addition, Assistant City Manager Miguel Hernandez states that despite being fully staffed, the Fire Department is underpaid by 15 to 50 percent below market compared to 11 surrounding cities. The percentage varies according to position. Hernandez further said that because there have been no cost-of-living increases for Fire Management positions in the last seven years, fire personnel may earn more than management positions. "In the future, it will be a major concern," Hernandez stated. According to Hernandez, it would take an increase in the budget of \$300,000 to ensure managers maintain a higher salary than their employees. This figure is not part of the budget projections presented at this meeting.

Sierra Madre has had some benefits in helping the retention rate of public safety personnel. The quality of life is strong, and it may be worth a pay cut for some individuals who want to live in this quaint little town compared to a surrounding city, which has higher crime statistics.

In the end, though, it's all a numbers game. The City Council will undoubtedly consider creative options to balance the budget without handing out pink slips to essential public safety personnel.

Pasadena Altadena



News From Your Community For Your Community

Pasadena Mayor's Prayer Breakfast



Pasadena's Friends In Deed is set to host the annual Mayor's Prayer Breakfast that coincides with the National Day of Prayer Thursday May 2. Join community members, Pasadena residents, local leaders, and the interfaith community with Mayor Victor Gordo from 7:30 a.m. to 9 a.m. for a morning of peace, prayer, and reflection under the theme "Together We Thrive, Pasadena."

This inspirational community event is open to people of multiple faiths, to business people, nonprofits and community residents.

Featuring the Urban Voices Project, A Skid Row Community Choir whose presentation will demonstrate the healing power of the arts. Led by Artistic Director Leav Sofer and Pasadena Artist, Lorinda Hawkins Smith.

For more information visit: friendsindeedpas.org.

Spring Into Wellness Community Health Festival

Pasadena city officials remind residents that the public is invited to Spring Into Wellness, a free community health festival, on Saturday, May 4, from 11 a.m. to 1:30 p.m. at Villa Parke Community Center and Multipurpose Field, 363 E. Villa St. Sponsored by Pasadena Public Health Department (PPHD) and local community partners, the second annual Spring Into Wellness will feature free food, family-fun activities, health screenings, and information on resources and services to support well-being.

Spring Into Wellness will spotlight the many dimensions of health and wellness: social, physical, emotional, intellectual, spiritual, occupational, financial, and environmental. Spring Into Wellness will offer resources to make healthy choices, reduce stress, foster positive social interactions, and achieve optimal wellness.

"Spring Into Wellness will be a festive opportunity for community members to learn about programs and services PPHD and community partners have to offer," said Public Health Director and Health Officer Dr. Ying-Ying Goh, M.D.

In addition to fun activities, PPHD plans to offer health screenings, children's activities, and free food provided by a local taco truck.

For more information about PPHD visit: CityOfPasadena.net.



Bricks & Minifigs Store Snaps into Pasadena

By Dean Lee

For both LEGO and Star Wars fans, Saturday (May 4) is set to be an enthralling day in Pasadena as the first Bricks & Minifigs store is set to open at The Shops on Lake Avenue. Planned to coincide with "Star Wars Day," the store opening will feature a guest appearance by science fiction and Star Wars actor Ahmed Best.

"He [Ahmed Best] is the actor that portrayed Jar Jar Binks in the prequels and Kellran Beq in series 'The Mandalorian,' Bricks & Minifigs store owner Rob Poquez said. "He has a long history with Star Wars."

Poquez added, "The big reason he is coming in is he has a LEGO set coming out from his scene in the Mandalorian. He saves baby Grogu from order 66 with all the Stormtroopers and they're releasing a set, The BARC Speeder Escape, to celebrate that. He will be here to promote it."

The first one hundred guests will be given a special custom LEGO minifig with a Pasadena rose on them Poquez said, "they will get to choose between a 'light side' or 'dark side torso. The light side will be the standard design with a red rose with green leaves and the dark side will be a 'May the 4th be with you' design with a Death Star rose pattern."

Poquez also said they were planning to have a Meet & Greet with the Co-Winner of Season 4 of LEGO Masters, Christopher Lee as a guest, "he will be here from 10 a.m. to 1 p.m. and Best will be here from 12 p.m. to 5 p.m."

"They will also have raffle giveaways and special Pasadena Lego t-shirts for sale throughout the day Poquez said.

Poquez and his wife Betty have been planning the new Bricks & Minifigs store for over a year.

"We're not sure how it's going to do but with all the community support, I'm feeling much more confident about that," Betty Poquez said. "We did a lot of research... there is a lot of significant investment up front from us to start sourcing things and loans, we had to make sure we were fully committed."

The store will have an official trade counter open to buy used LEGO, Monday through Thursday from 11 a.m. to 3 p.m., leading up to our Grand Opening.

Bricks & Minifigs is a one-stop shop for buying, selling and trading LEGO. The store stocks new, used, retired sets, minifigs and bulk LEGO -with large pick brick bins in the store.

Bricks & Minifigs Pasadena is located 350 S. Lake Ave Suite

110. For more information visit: bricksandminifigs.com/pasadena-ca or call (626) 228-2971.

Pasadena Chorale Announces Next Concert

The Pasadena Chorale, a distinguished auditioned chorus announced its next concert, The Golden Shore: Rachmaninoff and the Music of Displacement, on Saturday, May 11 at 7:30 p.m. at the First United Methodist Church in Pasadena. This free concert performed by the Pasadena Chorale will be an unforgettable journey, exploring themes of displacement and exile through music.

Reflecting on the significance of the concert, Founding Artistic & Executive Director of the Pasadena Chorale Jeffrey Bernstein remarked, "At the heart of the concert lies a performance of highlights from Rachmaninoff's All-Night Vigil, a monumental a cappella choral work renowned for its transcendent beauty. This masterpiece, composed just two years before the composer's forced departure from Russia in 1917, serves as a poignant reminder of the enduring power of music in times of upheaval."

In a symbolic parallel to Sergei Rachmaninoff's own journey, The Golden Shore will showcase the transformative power of music in navigating the complexities of human experience. As Rachmaninoff found solace and inspiration in Beverly Hills, far from his homeland, so too does this concert celebrate the resilience of the human spirit in the face of adversity.

The Golden Shore will also feature new music by contemporary composers Caroline Mallonee and Marques L.A. Garrett, providing fresh perspectives on the themes of courage and hope, alongside two eagerly anticipated world premieres by LA-based composers, Pasadena Chorale's own Jeffrey Bernstein and Moscow Conservatory alum Vera Ivanova. The new pieces will be accompanied by organist Edward Murray.

Secure your seats and contribute to the Pasadena Chorale's The Golden Shore concert by reserving tickets and making donations at PasadenaChorale.org. Kindly note that a ticket reservation is necessary to attend.

Free Tournament of Roses House Tours Begin May 2



Beginning May 2 the Pasadena Tournament of Roses Association will once again open its doors to the public for guided tours at no cost. Get ready to discover hidden treasures and enjoy fascinating facts about the Pasadena Tournament of Roses and Tournament House. You will learn about the house's history, hear more about the traditions of the Rose Parade and Rose Bowl Game and experience this iconic landmark's vibrant history firsthand.

Booking for Tournament House tours will begin a month prior to the scheduled dates, with 80 slots available for each tour. Led by volunteer docents, the one-and-a-half to two-hour tours are offered every Thursday at

2 p.m. through August 29. Tournament House was previously owned by William Wrigley Jr., the visionary behind Wrigley chewing gum, and his wife Ada. When Ada passed away in 1958, the Wrigley family generously gave their home to Pasadena on the condition that it become the permanent location for the Tournament of Roses. Since then, this iconic house has been the heart of the Rose Parade and Rose Bowl Game.

Reservations are required for the complimentary tours. Reservation link and answers to frequently asked questions available at: tournamentofroses.com/house-tours/.

Guests are asked to arrive ten minutes prior to the start time.

Rotary of Pasadena Seeks Nominations for the 2024 Paul Harris Fellow Award

The Rotary Club of Pasadena recently announced open nominations for this year's Paul Harris Fellow Award. Community members are encouraged to nominate individuals who are involved with humanitarian service programs and who demonstrate active participation to help others.

The Paul Harris Fellowship Award is one of the highest honors that Rotary can give to an individual. It recognizes a recipient who exemplifies the highest ideals of the Rotary. The award also includes a donation of \$1,000 in the recipient's name to The Rotary Foundation of Rotary International, which supports Rotary's worldwide programs. The award will be given to a member of the Pasadena community who is not currently a Rotarian. The Rotary Club of Pasadena will announce the recipient's name at an award ceremony luncheon on June 12.

Nominees should exemplify the qualities and ideals of

Rotary and have contributed to their community and world in a way that demonstrates that they share our motto "Service Above Self," be active in community affairs, and be known in the business community as one who follows the "Four-Way Test." Download the nomination form here. The deadline for nominations is May 3, 2024. For more information about the selection and nominee criteria, visit <https://www.PasadenaRotary.com/Home/Paul-Harris-Fellow-Award/>. Established in 1905, Rotary is an organization of business and professional leaders united worldwide to provide humanitarian service and help to build goodwill and peace in the world.

The Rotary Club of Pasadena is the oldest and largest Rotary Club in Rotary District 5300 under the leadership of District Governor Michael Soden. It has over 190 members that meet weekly.

For more information visit: PasadenaRotary.com

Octavia E. Butler Magnet Receives National Awards

Pasadena Unified School District officials announced Tuesday that Octavia E. Butler (OEB) Magnet has been named a Nationally Certified Demonstration School by Magnet Schools of America (MSA), one of only 33 in the country and the only California school selected this year. OEB also received the Merit School of Excellence Award at the MSA conference in New York last week.

The Pasadena Unified School District (PUSD) is now home to two of only three nationally certified demonstration magnet schools in California. Altadena Arts Magnet received the prestigious certification in 2021 they said.

"This national recognition of excellence is a major achievement for the students, staff, and families of Octavia E. Butler Magnet," said PUSD Interim Superintendent Elizabeth Blanco, Ed.D. "It is also a testament to the level of excellence that PUSD schools are achieving. With two of three nationally-certified demonstration magnet schools in California, PUSD is serving as a model for school districts in the state and across the country."

Schools that attain Certified Demonstration meet and exceed magnet schools' standards of excellence and serve as learning models for magnets across the

country to replicate. The national certification process recognizes the school's work to promote diversity; innovative curriculum and professional development; academic excellence; leadership; and, family and community partnerships.

Magnet School of Excellence Awards are given to only a select group of magnet schools that have demonstrated the highest level of excellence in all facets, and demonstrate an exemplary commitment to academic standards, curriculum innovation, desegregation/diversity efforts, specialized teaching staff, and parent and community involvement.

OEB is part of PUSD's second federal magnet grant, awarded in 2017. PUSD was also awarded federal magnet grants in 2022 and 2013. The 2022 grant totals nearly \$15 million over the five years for Longfellow Elementary, Washington Elementary STEM Magnet, and Eliot Arts Magnet.

PUSD is home to seven MSA-established magnet schools: Altadena Arts Magnet Elementary; Eliot Arts Magnet Middle; Longfellow Elementary; Washington Elementary STEM Magnet; Mary W. Jackson STEAM Multilingual Magnet Elementary; Octavia E. Butler Magnet; and John Muir High School Early College Magnet.

For more information visit: pusd.us.



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

Spring
IS IN THE
air

(626) 794-3383
Fax (626) 794-3395

Nuccio's Nurseries

INCORPORATED
www.nucciosnurseries.com

Growers of Rare
Camellias and Azaleas
Since 1935

3555 CHANEY TRAIL
ALTADENA, CALIFORNIA 91001

HOURS: 8:00 A.M. - 4:30 P.M.
(Closed Early on Rainy Days)

CLOSED WEDNESDAY & THURSDAY (ALL YEAR)
CLOSED SUNDAYS - JUNE THROUGH DECEMBER

Need to get out of the house?
Come and see us. We're Still Open!



Eminence Skin Care Boutique featuring:
Organic Facials, Oxygen and Microderm Facials, Lash Lifts and Extensions,
Massage Therapy, Brow Lamination, Waxing.

626.355.5507

Butterfly Effect Day Spa -Where Self Care Begins.

www.butterflyeffectdayspa.com
Eminence Organic Skin Care Orders

VISIT THE

WISTARIA THRIFT SHOP

New & Gently Used Items,
including Vintage & Antique Finds!

Open Monday, Thursday, Friday & Saturday
Now - Early June, 10am - 3pm

Shop proceeds help support local charities.
550 W. Sierra Madre Blvd. • (626) 355-7739.

@wistaria_thrift_shop



San Marino Upcoming Events & Programming

Coffee Connections

Weekly on Monday and Wednesday from 9 – 11 AM, San Marino Community Center, Fireside Room
Come spend your mornings with neighbors, friends, and a hot cup of coffee at the newly renovated Community Center! Free coffee will be provided. Stay for a variety of organized activities like bingo, chair volleyball, and lectures beginning at 10 AM. This program is for active adults ages 55+. Registration is required.

Get Lit Tween Poetry Workshop

Today 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.

Keep Your Head in the Clouds

Saturday, May 4 at 11 AM, Barth Community Room

Come meet a real meteorologist from the official National Weather Service! Celebrate National Weather Observers Day the best way you can by getting to see some of the actual instruments used to forecast the weather. This program is open to all ages, but is recommended for 3rd grade and up. Registration is not required.

DIY Zen Zone

Monday, May 6 from 3 – 4 PM, Barth Community Room

May is Mental Health Awareness Month! Teens in grades 6-12 are invited to drop by the Library to create a mini Zen garden to take and help promote tranquility in the comfort of their home. All materials including additional mental health tools and resources will be provided. Registration is not required.

Design Review Committee

Wednesday, May 1 at 6:00 PM; Barth Room and Zoom

City Council Meeting

Wednesday, May 8 at 6:00 PM; City Hall Council Chambers and Zoom

Parks & Public Works

Re-striping Work Completed

Earlier this week, Public Works maintenance staff completed re-striping work at various locations throughout the City, including Granada Avenue, Winston Avenue, and Lombardy Road. This included the refreshment of existing stop bars, stop legends, and turn arrows located in traffic lanes. The updated striping will improve the visibility of the traffic markings, helping improve the safety of drivers, pedestrians, and cyclists.

Fire Department Recent Happenings

At approximately 2:30 PM on Sunday, April 21, 2024, the San Marino Fire Department responded to a vegetation fire at the Huntington Library. Huntington Library security discovered the fire in a remote area of the property on Sunday afternoon and immediately alerted authorities. Engine 91 and Battalion 9 responded and found a quarter-acre vegetation fire on the Avondale side of the property. The fire was promptly contained by the diligent efforts of the firefighters and extinguished within 15 minutes. The cause of the fire is currently under investigation. There were no reported injuries to staff or guests, and no damage to any buildings or the Library's historic collections.

The City of San Marino's 111th Birthday: A Century of Heritage

Thursday marked a significant milestone as the City of San Marino observed its founding anniversary. Established on April 25, 1913, the city's inception is rooted in a series of historical events that shaped its identity. Beginning with the Mexican Land Grant of 1830 to Senora Victoria Reid, the region underwent notable transitions before its eventual incorporation. The acquisition of the Shorb Estate by Henry E. Huntington in 1903 marked a pivotal moment in the area's development trajectory. Renamed in honor of the Republic of San Marino, the city's incorporation in 1913 brought together various Ranchos under formal governance, with George S. Patton II serving as its



first mayor. More about San Marino's history can be found at: sanmarinoca.gov.

"Today, as we commemorate our city's heritage, we acknowledge the enduring legacy of its founders and the collective efforts that have propelled San Marino forward. Happy Anniversary, San Marino."

Voyager 1 Resumes Sending Engineering Updates to Earth



After some inventive sleuthing, the mission team can — for the first time in five months — check the health and status of the most distant human-made object in existence.

For the first time since November, NASA's Voyager 1 spacecraft is returning usable data about the health and status of its onboard engineering systems. The next step is to enable the spacecraft to begin returning science data again. The probe and its twin, Voyager 2, are the only spacecraft to ever fly in interstellar space (the space between stars).

Voyager 1 stopped sending readable science and engineering data back to Earth on Nov. 14, 2023, even though mission controllers could tell the spacecraft was still receiving their commands and otherwise operating normally. In March, the Voyager engineering team at NASA's Jet Propulsion Laboratory confirmed that the issue was tied to one of the spacecraft's three onboard computers, called the flight data subsystem (FDS). The FDS is responsible for packaging the science and engineering data before it's sent to Earth.

The team discovered that a single chip responsible for storing a portion of the FDS memory — including some of the FDS computer's software code — isn't working. The loss of that code rendered the science and engineering data unusable. Unable to repair the chip, the team decided to place the affected code elsewhere in the FDS memory. But no single location is large enough to hold the section of code in its entirety.

So they devised a plan to divide affected the code into sections and store those sections in different places

in the FDS. To make this plan work, they also needed to adjust those code sections to ensure, for example, that they all still function as a whole. Any references to the location of that code in other parts of the FDS memory needed to be updated as well.

The team started by singling out the code responsible for packaging the spacecraft's engineering data. They sent it to its new location in the FDS memory on April 18. A radio signal takes about 22 ½ hours to reach Voyager 1, which is over 15 billion miles (24 billion kilometers) from Earth, and another 22 ½ hours for a signal to come back to Earth. When the mission flight team heard back from the spacecraft on April 20, they saw that the modification worked: For the first time in five months, they have been able to check the health and status of the spacecraft.

During the coming weeks, the team will relocate and adjust the other affected portions of the FDS software. These include the portions that will start returning science data.

Voyager 2 continues to operate normally. Launched over 46 years ago, the twin Voyager spacecraft are the longest-running and most distant spacecraft in history. Before the start of their interstellar exploration, both probes flew by Saturn and Jupiter, and Voyager 2 flew by Uranus and Neptune.

Caltech in Pasadena, California, manages JPL for NASA.

Police Seek Suspect in Attempted Sexual Assault



Pasadena police released a photo last week 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).

Bill Expanding Wildlife Prevention Efforts Passes The Assembly Water, Parks, & Wildlife Committee

This week, Assemblymember Chris Holden's bill, AB 2330, which would allow local agencies to submit a wildfire preparedness plan to the Department of Fish and Wildlife for an initial review if an incidental take permit is needed, passed the Assembly Water, Parks, & Wildlife Committee and is headed to Appropriations. T



his bill will help local agencies have greater certainty in a timely manner to move wildfire preparedness projects, while avoiding, minimizing, and mitigating the take of endangered, threatened, and candidate species incidental to activities conducted by local agencies on lands that are within fire hazard severity zones adjacent to urban areas.

"Local agencies often take it upon themselves to volunteer with wildfire aftermath and clean-up. Why not give them the opportunity to get involved in the prevention and have a hand in their own security and the safety of their community?" said Assemblymember Holden. "This bill allows the people who know and understand their community to have a hand in protecting it and gives us a greater advantage in tackling our wildfire disasters."

"The constant threat of wildfires in California jeopardizes public safety and well-being. While progress has been made, proactive measures prove most effective. Fire departments enforce defensible space rules to protect life and property. To manage fuel loads efficiently and protect the environmental and residential areas, we need

streamlined processes, transparency, and greater clarification from state environmental agencies. This legislation aims to achieve these mutual goals." - Chris Nigg, Fire Chief, City of La Verne

AB 2330 provides a clear process to accelerate wildfire preparedness activities in local responsibility areas (LRAs) to ensure environmental protections are met and public safety is upheld by:

- Requiring CDFW, consult with the State Fire Marshall, to overlay existing critical habitat maps with lands that are within the fire hazard severity zones (very high, high or moderate). Maps should be updated no less than every five years.
- Allowing local agencies to submit a wildfire preparedness plan to CDFW for review within 90 days to inquire if an incidental take permit or other permits are needed; once a completed ITP application is submitted, CDFW must process them within 45 days.
- Where approved applications receive a 5-year permit for wildfire preparedness activities to occur within the fire hazard severity zones.
- Require CDFW to post a summary of these efforts on their webpage on an annual basis.

Join The Ripple Effect and Celebrate Water Awareness

During the month of May, Pasadena Water and Power (PWP) joins utilities across the nation in celebrating Water Awareness Month, an annual outreach campaign to raise awareness about the value of one of Southern California's most precious natural resources: water. Throughout the month, PWP is highlighting water sustainability and resilience in the community with educational events, tours, and workshops.

Water Awareness Month is also part of PWP's The Ripple Effect campaign, which includes inviting the community to become local water stewards for Pasadena and the region. All events are free and open to the public.

Garden Show and Tell

Now - Friday, May 31

Members of the community are encouraged to share photos and information on their garden's transformations from thirsty turf to drought-tolerant beauty. Every week, a garden will be selected and featured on PWP's website and social media channels as the Garden of the Week. Must be a PWP customer to enter. Participants will receive a free native plant while supplies last. To participate, please visit PWPweb.com/TheRippleEffect and click on the Garden Show and Tell tile.

Water Conservation Event, Pop In for a Chance to Win

Friday, May 10, 10 a.m. - 1 p.m.

Victory Park Community Center, 2575 Paloma Street

Join PWP staff for an opportunity to learn about available water conservation tools, tips, and resources. Plus, free giveaways, the latest news on turf removal incentives, and more!

Arroyo Seco Tour

Saturday, May 11, 9-11 a.m.

JPL Bridge, Explorer Road

Join PWP staff for a guided tour of the Arroyo Seco watershed, including water resource enhancements in the upper Arroyo. Participants should wear closed-toe shoes, and plan for an approximately two mile walk on a dirt trail. Visit PWPweb.com/Events for more details.

Landscape Transformation Workshop

Saturday, May 11, 2-5 p.m.

Jackie Robinson Community Center, 1020 N. Fair Oaks Ave.

Landscape Transformation Workshop (Virtual)

Wednesday, May 22, 6-8 p.m.

PWP will be hosting workshops, both virtual and in person, throughout the month of May. Topics covered will include turf replacement, native plants, and efficient irrigation. For workshop dates and information, please visit PWPweb.com/TheRippleEffect.

"Water is Life" Art Contest

Submissions due Friday, May 31

All K-12 students attending school in Pasadena are encouraged to submit artwork for the annual "Water is Life" contest, sponsored by PWP and the Metropolitan Water District of Southern California. Each year, participating students submit artwork portraying a water-wise theme, along with a short message about water conservation. All entries must be submitted by May 31, 2024, via email or mail. Visit PWPweb.com/ArtContest to learn more.

Self-Guided Walking Tour of PWP-Sponsored Community Demonstration Gardens

Follow a self-guided tour map of unique gardens that demonstrate the beauty and diversity of drought-tolerant, native plant landscapes. Learn about water efficient landscaping and water capture features like hügel, berms and swales, dry streams, and rain barrels. A digital map is available online at PWPweb.com/TheRippleEffect.

For more information about these events, Pasadena's water supply, infrastructure, conservation resources and programs, visit: PWPweb.com/TheRippleEffect.

Catch breaking news at: mtnviewsnews.com

VOLUNTEER

Here's What's Going On Around Town!

Brought to you by Sue Cook



May 3
Cinco De Mayo Mercado at the San Gabriel Mission Playhouse
Shop artwork from local artisans and enjoy music, food, a beer garden and more. 5:30 pm – 9:30 pm

May 4
Cinco De Mayo at the Rose Bowl
This family-friendly event celebrates Pasadena's rich Latino culture and traditions.

May 5
Museums of the Arroyo Day
Join this free celebration at five area museums for a day of family explorations, and discoveries. 12pm – 4pm

May 5
Old Pasadena Walking Tour North
The tour begins at Memorial Park, proceeds through historic alley ways. 10 am

May 5
Poppies on Meadowbrook Lane - Altadena Guild
The tour features beautiful homes and gardens, vendors, music, classic cars, a café, and more. 10 - 4

May 5
Monrovia Historic Home Tour
Explore Monrovia's rich architectural heritage. Tour homes in Monrovia's first historic district. 10 am – 4 pm

May 11
Cruel World Music Festival at Brookside at the Rose Bowl
Headliner Duran Duran, and performances by Blondie, Simple Minds, Adam Ant and many more.

May 11
Family Night Hike: The Birds & Bees at the Arboretum
Learn about botanic biology and the love affair between plants and their pollinators. 5:30 pm – 7 pm

May 16
Sip of History: Tiki 101 at The Huntington
Explore the history of libations and fantasies of faraway lands in this hands-on mixology class. 4 pm – 7:30 pm

Ongoing Events

Now – May 19
The 59th Pasadena Showcase House of Design
Tour the Potter Daniels Manor. Event includes shopping, culinary offerings, and garden tours.

May 2 – July 4
Tournament House and Wrigley Gardens Tours
Free summer tours of the historic Wrigley Mansion and Gardens. Reservations are required. 2 pm – 4 pm

May 4 – 5
57th Annual Sierra Madre Art Fair
Held in Memorial Park, the art fair features over 80 fine artists and children's crafts, live music and food vendors.

May 4, 5, 11, 12, 18, 19,
Renaissance Pleasure Faire 2024
Embark on a rollicking romp through Elizabethan England. Enjoy games, demonstrations, food and more.

May 6, 13, 20, 27
Music in the Rose Garden at The Huntington
Immerse yourself in the serene beauty of the rose garden and enjoy enchanting classical music. 1 pm – 3 pm

May 11, 12
Adult Night Hike: The Language of Flowers.
Explore the historical gardens of the Arboretum. Discover the secret meanings of the foliage. 7:30 pm – 9 pm

May 12 – June 9
"Misalliance" at A Noise Within
Set in Edwardian England, George Bernard Shaw's comedy offers a clash of class, gender, and generation.

May 16 – 19
Monrovia Days Community Festival
The city's birthday celebration includes a parade, youth performances, beer garden, carnival, food, and games.

May 24, 25
Mount Wilson Trail Race
Weekend activities include a pre-race pasta. Race begins at Kersting Court at 7:30 am. Kids Fun Run at 7:45 am. Enjoy pizza, a marketplace, and a beer garden.

May 25 – 27
Fiesta Days in La Canada Flintridge
Enjoy a variety of activities including car shows, live music, family films and fireworks.

May 28 – June 23
Jelly's Last Jam at The Pasadena Playhouse
Follows the "inventor of jazz" Jelly Roll Morton as his journey takes him from New Orleans to New York.

DRE#02015404

COMPASS



All Nations SDA Church Women's Ministry Presents
WOMEN'S HEALTH & WELLBEING

across the continuum



Join a special health seminar with guest speakers for women of all ages.

Special Guest Speaker:
Dr. Tamika C. Henry, MD, MBA
Functional Medicine

SUNDAY
APRIL 28
2-5PM

- Diabetes
- Heart Health
- Maternal & Child Health
- Childhood Development
- Breast Care
- Menopause
- Q & A

Light refreshments will be served.

Hybrid event, zoom details below:

[https://zoom.us/j/99067179405?](https://zoom.us/j/99067179405?pwd=a2p0NTAwR0duaDdCb1BZdUdyS0tCZz09)
[pwd=a2p0NTAwR0duaDdCb1BZdUdyS0tCZz09](https://zoom.us/j/99067179405?pwd=a2p0NTAwR0duaDdCb1BZdUdyS0tCZz09)
Meeting ID: 990 6717 9405
Passcode: ANCWOMEN

(626) 695-3983 (text only)
WMFAITH.TRUSTING@YAHOO.COM

REGISTER



ANCWOMEN.
eventbrite.com



1948 Peck Rd, Monrovia, CA 91016



You're Invited!

Red Cross Open House

for the San Gabriel Pomona Valley Communities



Saturday, May 4, 2024 | 11:00am – 2:00pm
376 W. Huntington Dr. Arcadia, CA 91007



CASA DEL REY – SIERRA MADRE

31 N BALDWIN AVE
SIERRA MADRE, CA 91024
(626)355-6060

WWW.CASADELREYRESTASURANT.COM



CABRERA'S
MEXICAN • CUISINE
SINCE 1987

Visit Our 3 Locations!

625 E. LIVE OAK AVE ARCADIA, CA 91006 626.445.5327
655 N. LAKE AVE PASADENA, CA 91101 626.795.0230
1836 E HUNTINGTON DR. DUARTE, CA 91010 626.339.3614

www.cabrerass.com

Catch breaking news at:
mtnviewsnews.com



Sierra Madre
Kiwanis

Creating life changing experiences for our Community Youth



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

CREATIVE HOUSING OPTIONS IN ARCADIA (CHOA)

Local Efforts to Address the Lack of Affordable Housing and Homelessness

by LaQuetta M. Shamblee

On Saturday, April 20th, 2024 a group of approximately 30 community members convened at The Hills Church in Arcadia, CA for a two-hour "Sharing Session" to learn about what is being done in the city to address the issue of homelessness and the lack of affordable housing. The event was hosted by CHOA (Creative Housing Options in Arcadia), a faith-based, volunteer group working on housing with a two-fold goal: 1) Increase affordable housing in Arcadia, and 2) Reduce homelessness in Arcadia in a loving manner. Staff from Monrovia's Foothill Unity Center came to share information about the first known Safe Parking program in San Gabriel Valley, which they established in partnership with Trinity Lutheran Church in Pasadena more than two years ago.

Safe Parking programs provide parking sites where people experiencing homelessness can legally park and stay in their cars overnight. Some safe parking programs provide support services and hire private security guards. Variations of this program are spreading across the country, providing designated locations for people living in their vehicles to stay overnight. Each location has guidelines, including a strict limit on the number of vehicles allowed to park. The Foothill Unity-Trinity Lutheran Safe Parking program requires participants to enroll with Foothill Unity Center for case management services. The goal is to help them find permanent housing and access to other resources to re-establish stability. CHOA is working hard to find churches in Arcadia with an interest in becoming a Safe Parking site. Information and details about the success of the Foothill Unity-Trinity Lutheran Safe Parking collaboration will be covered in next week's MVN issue.



Melody McNulty FUCI Social Services Manager



17 year old Kai - Arcadia HS Student

The city known as "Community of Homes" was well-represented by an intergenerational mix of its residents. Long time Arcadia residents and CHOA members Mike Veerman and Sharon Chun Wetterau provided an overview of their involvement in CHOA and other community projects related to helping homeless individuals.

After Mike Veerman started the sign-in table stepped into roles as presenters. Both are proud Arcadia High School Apaches; Kai, a 17-year old the homeless issue. He was masterful in his delivery of details. It was refreshing to hear from a young person who has already established a track record of "hands-on" civic engagement in service to his

A number of concerned residents from neighboring cities attended, well aware that the housing shortage in the region has an adverse impact on everyone in the region. Clearly everyone at this gathering had enough interest to invest time to see how they can be involved in some way. In quick to point out problems that someone else needs to fix,

meeting, the two young men who had greeted guests at the presenters. Both are proud Arcadia High School Apaches; spoke briefly before turning the mic over to Kai, a 17-year old the homeless issue. He was masterful in his delivery of details. It was refreshing to hear from a young person who has already established a track record of "hands-on" civic engagement in service to his

meeting, the two young men who had greeted guests at the presenters. Both are proud Arcadia High School Apaches; spoke briefly before turning the mic over to Kai, a 17-year old the homeless issue. He was masterful in his delivery of details. It was refreshing to hear from a young person who has already established a track record of "hands-on" civic engagement in service to his

neighboring cities attended, well aware that the housing shortage in the region has an adverse impact on everyone in the region. Clearly everyone at this gathering had enough interest to invest time to see how they can be involved in some way. In quick to point out problems that someone else needs to fix,

it was encouraging to see people come together to learn about and discuss solutions.



CHOA

To learn more about CHOA and how to get involved or support their efforts, visit <https://choaarcadia.org/>.



Wendy McGrail - CHOA member and Joe Veerman - Safe Parking

Unchecked, and unaddressed it will continue to get worse. CHOA, The Hill Church, Foothill others actively working to identify and implement solutions, the community that extends beyond a social media "like" or e-reply of accolades.

Arcadia Council Member Eileen L. Wang was in attendance, and during the latter part of the event Mayor April Verlatto spoke about her efforts to increase the stock of affordable housing in Arcadia. She shared details and examples that highlight the impact of seemingly routine decisions made in city halls across America about zoning and real estate development projects. Primarily fueled by a lack of affordable housing, the issue of homelessness continues to grow.

Primarily fueled by a lack of affordable housing, the issue of homelessness continues to grow. CHOA, The Hill Church, Foothill others actively working to identify and implement solutions, the community that extends beyond a social media "like" or e-reply of accolades.

The Bottle Shop
Wine & Spirits
Sierra Madre - California - since 1993

THE BOTTLE SHOP
58 W. Sierra Madre Blvd, Sierra Madre
626-355-1262
WINE TASTING - Wednesday-Friday 5pm to 10pm

CENTURY 21
Village Realty
Sales - Leasing - Management
626.355.1451
c21village.com
@c21village
38 W Sierra Madre Blvd, Sierra Madre
Serving the Community since 1981

DOG WASH AMERICA
GROOMING FOR DOGS AND CATS
SPA PACKAGES
626-836-0701
187 West Sierra Madre Blvd.
Sierra Madre, CA 91024
BY APPOINTMENT ONLY
Tuesday-Saturday
8:00 AM - 6:00 PM

sierra FITNESS GYM (626)836-1236
PILATES (626)836-2000
PRO PILATES
PERSONAL TRAINING
FULL FITNESS FACILITY
www.SierraFit.com

RUIZ SHOE REPAIR EST. 1954
53 NORTH BALDWIN AVE SIERRA MADRE CA 91024
(626) 355 - 8111
COMPLETE LEATHER
REPAIR & RESTORATION
ORTHOPEDIC ADJUSTMENT
Monday-Friday.....9am-6pm
Saturday.....9am-5pm
Sunday.....Closed

Catch breaking news at:
mtnviewsnews.com

ADVICE FOR 2024 PROMGOERS

Social media is driving up the cost of proms, as promgoers are under intense pressure to post glamorous prom photos on their feeds, reports the Wall Street Journal.

Some girls are spending \$2,000 or more on their custom prom dresses. A typical cost for boys is \$700 or more.

I offer some advice to 2024 promgoers, based on my own prom experience in 1980.

I didn't know my date very well. She was in my photography class, pretty and, more importantly, available.

We arranged a pre-prom date to get to know each other. We played tennis on a blistering-hot day, then headed back to her house for something cold to drink. After she berated her sister for drinking all the Tang, she turned her turret on me.

"I heard about you, a regular class clown," she said. "You better not show up in a limo, wear a top hat or cane or do anything else to embarrass me."

I knew right away things were going to work out fine.

Still, I wanted to impress her. I was running a stone-masonry business in those years and was making a lot of money for a teen. I figured I'd use some of that hard-earned dough to win her praise.

I bought her the finest corsage in our high school. I bought a box of expensive steaks, snacks and other refreshments for the after-prom party. But my investments turned out to be bad ones.

On the afternoon of the prom, my friend Gigs and I — we double dated — took a drive to the prom hall to make sure we wouldn't get lost later.

Later that evening, we picked up our girls for photos and false enthusiasm. We were late for dinner (we got lost) and the awful night was under way.

I'm certain my date didn't spend hundreds of dollars on her dress as girls do now, though I remember she looked great.

The truth is, I can't remember what she was wearing because I hardly saw her all night long. She and the girl Gigs came with spent most of the night in the ladies' room, while Gigs and I counted how many times the low-budget rock band played "Cocaine" (nine).

Finally, around 11:30 p.m., the dance was over. Unlike teens these days, we didn't use our credit cards to retire to the honeymoon suite. We took the girls home. But our suffering was just beginning.

We picked up our dates early the next morning and drove to a country cabin where my friend Cook was having an after-prom party. The cabin was a two-hour drive, but it took us five (we got lost).

My date didn't utter a word until about 2 p.m., when she challenged Gigs and me to a tennis match. I took it as a good sign. It wasn't.

Gigs is an outstanding athlete and I'm no slouch myself. Once the game got under way, our testosterone got inflamed. Every time we scored, Gigs and I high-fived each other, laughing loudly. We creamed the girls, and after the match they refused to talk to us.

Gigs and I spent the rest of the day tossing a football and eating steaks. Around dusk, the girls found us and told us it was time to leave. We got home five hours later (we got lost) and the torturous affair was finally over.

So, I have some advice for 2024 promgoers: Spend as little money as possible on fancy duds to impress your social-media followers.

Be content that you're about to have one of the most miserable experiences of your life!

SCHOOL DIRECTORY

Alverno Heights Academy
200 N. Michillinda Sierra Madre, Ca. 91024
(626) 355-3463
Head of School: Joanne Harabedian
E-mail address: jharabedian@alvernoheights.org

Arcadia Christian School
1900 S. Santa Anita Avenue Arcadia, CA 91006
Preschool - TK - 8th Grade
626-574-8229/626-574-0805
Email: inquiry@acsliions.com
Principal: Cindy Harmon
website: www.acsliions.com

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

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

Assumption of the Blessed Virgin Mary School
Ms. Rose Navarro, Principal
2660 East Orange Grove Blvd.
Pasadena, Ca 91107
626-793-2089
https://school.abvmpasadena.org/

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

Bethany Christian School
93 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-3527
Preschool-TK-8th Grade
Principal: Jonathon Hawes
website: www.bcsliions.org

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

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

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

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

High Point Academy
1720 Kinneloa Canyon Road
Pasadena, Ca. 91107
Head of School: Gary Stern 626-798-8989
website: www.highpointacademy.org

La Salle College Preparatory
3880 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 351-8951 website: www.lasallehs.org
Interim Principal Ernest Siy

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

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

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

St. Rita Catholic School
322 N. Baldwin Ave. Sierra Madre, Ca. 91024
Principal: Adela Solis (626) 355-6114
solis@st-ritaschool.org
Website: www.st-ritaschool.org

Sierra Madre Elementary School
141 W. Highland Ave, Sierra Madre, Ca. 91024
(626) 797-0204
Principal: Dr. Jodi Marchesso
E-mail address: marchesso.jodi@pusd.us

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

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

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

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

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

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

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

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

Introducing
GREEN TEENS
A NEW PROJECT FOR BOARD LIBRARY TEENS!
Second and Fourth Wednesday
of Every Month
@ 4:00 Pm

We are going to the fisherman's...
Newspaper Fun!
www.readingclubfun.com
Animills LLC © 2024 V16
...breakfast and the fishing derby!
Kids: color stuff in!

Fishing & Fish Fun!

The last one I caught was at least this long... really!

Do you want to get in on the fishing fun? Ask a grownup to be your fishing buddy. Dig some worms. Grab your poles. Pack a lunch, dash to a lake or river and start fishing!

Some people stand on the bank of a river to fish. Some will row their boat out to the middle of a lake. Fishing from a pier into the ocean is cool too. Some people only wish to "catch" fish from the supermarket for a favorite dish. Have fun and...*shhh*...the fish are biting!

One fun fishing event is a **fishing derby**. It's a competition with fun and prizes. A pole, some fishing line, a hook and some bait - that's all you need to fish!

Can you find and circle 4 words that end in 'sh' as in the word 'fish'?

Read the clues to fill in this puzzle about going fishing:

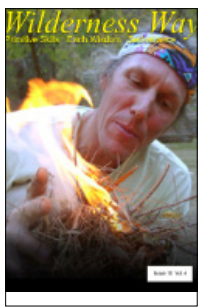
1. weights you attach to your line
2. used to wind the fishing line
3. holds all the small equipment needed
4. person who fishes for fun, food or a living
5. things to attract fish; sometimes flashy or feathery
6. has fins; swims and lives in fresh or salt water
7. curved piece of metal used to catch a fish
8. these keep bait near water's surface, signal "bite"
9. round, open container with a handle used to carry fish
10. long, narrow pole with hoops that hold your line
11. piece of food or a worm; used to attract a fish
12. people sit in this and row to their "fishing holes"

1. tackle
2. catch
3. cast
4. waders
5. test

A. hooks, lures and other things used to fish
B. rush; knock someone down
A. game in which the ball is thrown and caught
B. a bucket of fresh fish going home with you
A. what the doctor puts on a broken bone
B. throwing your fishing line and bait into the water
A. people who wet their feet at the edge of the water
B. waterproof boots that cover waaaaay up
A. the amount of strength in your fishing line
B. what the math teacher gives you

1 fish
2 rod
3 boat
4 fisherman
5 hook
6 bobbers
7 bucket
8 lures
9 sinkers
10 bait
11 reel
12 tackle box

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]

ON LIVING WITH VERY LITTLE "YOU AMERICANS ARE ALL MILLIONAIRES."

While traveling in Mexico with a small group of fellow Americans, one of the Mexican we were visiting and having lunch with said, "All you Americans are millionaires." That caused a bit of surprise among the Americans. Everyone laughed, and then one American woman said, "We're not millionaires!"

The Mexican woman smiled and continued, "I grew up in a small town where the mud and adobe houses were built up along a stream that flowed through the area. All the houses were like squares, with open spaces for the door and windows. We hung cloths over the openings." All the Americans listened with great interest.

"We had no electricity. We used simple oil lamps, and a simple wood stove in the corner for cook. We had no indoor plumbing. We washed our clothes in the lower part of the stream below our homes. We had a special little house that was our latrine," she said.

"Really?" said one of the Americans, trying to take it all in.

"Yes, we just took all that for granted, and it's how we lived our life. So, to many Mexicans, you Americans are all millionaires. Even in the poorest U.S. neighborhoods, you expect electricity for lights and TV. You expect indoor plumbing as naturally as you expect oxygen. You know, a toilet, a washing machine, a kitchen sink in every house. You'd think that life wasn't possible without all that."

The Americans were a bit dumbfounded by the story. Most of them did, in fact, expect all those amenities in their homes and apartments. None were actual millionaires but they naturally expected a level of home services and appliances that much of the world only dreams about.

Our small group then asked the woman a few questions, such as more details of how she lived growing up, and whether or not she felt deprived. It was a very spirited discussion.

I realized that she was right: all of us in the U.S. take a lot for granted, especially water into the home, electricity, and a toilet.

DESERT SURVIVAL

This reminded me of a "survival outing" where I spent a few days in California's high desert. Our small group was there to learn basic survival skills. We brought minimal food, and we collected wild plants and even roadkill for our meals. We made a fire for cooking, hauled water from the aqueduct, and we slept in dug-out holes without sleeping bags. We used a camouflaged hole for our toilet. While we learned some skills, it was more an exercise in learning to deal with the cold, hunger, inability to sleep soundly, and constant wind.

Yes, no normal amenities, which was difficult and eye-opening. One woman later said that the experience "changed my life." In my case, though I had camped and backpacked before, this was one of the first times of going into the wilderness with so little.

When I returned to my lower middle class home, sparsely furnished, I really felt a deep gratitude that I could take a safe bath or shower with hot water! A miracle. I had plenty of canned and refrigerated food at my fingertips, and I began to realize what the woman in Mexico meant.

Not everyone in this world has access to clean water in their homes. Not everyone can wash their body and their clothes in their own domicile. Not everyone has the benefit of electricity where they can keep food in storage, or light up the home at night.

Living for just a short while in the desert with no modern conveniences made me feel a deep appreciation for these basic things that most Americans automatically expect and take for granted.

As I sat that night in my humble bathtub, relaxing in the hot soapy water, I felt fortunate to be born into a place where my health and safety is more or less assured, assuming I do what's needed to pay for it. In some countries, there is simply not the infrastructure and economic foundation for these basic amenities to be present.

I am a strong supporter of learning survival skills and periodically choosing to deprive myself of some of the "comforts" that we deem essential. Doing so reminds me that my life will continue without plumbing and electricity, and might even be better in some respects.

A further bonus of learning survival skills is that we become less traumatized if there is an emergency such as a flood or fire or civil unrest which temporarily disrupts our utilities.

Shouldn't everyone know how to cook over a fire in the backyard, if need be? Shouldn't everyone know how to use, and empty, a porta potty? Shouldn't we all regularly keep some food that won't go bad if the power goes out? And it's not unreasonable that we should all be able to take a shower with a simple solar shower bag in the back yard if the water heater goes out.

Yes, we should all be thankful that we live in a place and time where so much is available. Simultaneously, we should never get so complacent in our expectation of "public services" that we cannot miss a meal or cook in our own backyards.

CLASSES AND BOOKS
BY CHRISTOPHER NYERGES
 Self-reliance – survival – sustainability
www.SchoolofSelf-Reliance.com
 Box 41834, Eagle Rock, CA 90041

Katnip News!



KITTEN "CLOVER" FEMALE TUXEDO BORN 2/24/24

Looking to add a touch of sweetness and charm to your life? Look no further than Clover, the adorable tuxedo kitten with a heart of gold and a personality as vibrant as her namesake.

Clover may not sport the traditional Siamese look of her mother, but don't let her appearance fool you—she's got all the affectionate traits of her Siamese heritage packed into her petite frame.

But there's more to Clover than just her striking appearance. This little lady is as adventurous as they come, always eager to explore every nook and cranny of her surroundings. Whether she's scaling the highest shelves or pouncing on her favorite toys, Clover approaches life with boundless curiosity and enthusiasm.

In her spare time, Clover indulges in her passion for glamour and beauty as an aspiring kitty makeup artist. With her very own vanity table as her canvas, she delights in playing dress-up and primping to her heart's content. Who knows? Maybe she'll even lend you some fashion tips if you're lucky!

Although Clover won't be ready to leave for her forever home until after April 24th, she's already accepting applications for her adoption. So, why wait? Don't miss your chance to welcome this precious gem into your family.

Clover would thrive in a loving home where she can shower her humans with affection and share her adventures with a feline friend by her side. Whether you're a seasoned cat parent or a first-time adopter, Clover promises to bring joy, laughter, and endless love into your life.

Ready to make Clover a part of your family? Submit your adoption application today and get ready to experience the magic of having this delightful kitten by your side. Your new best friend awaits!

Presented by Lifeline for Pets

Call or text foster mom Gabbi at (626) 808-8557 for more info! .



Sweet Kitten

Clover

Pet of the Week

Look at that smile! Dewdrop might be the happiest dog at Pasadena Humane, and she is bound to bring a world of smiles to the family who brings her home.

This sweetheart is a three-year-old Rottweiler mix. She only weighs about 65 pounds, so she's like a pint-sized Rottie.

All the volunteers at Pasadena Humane have fallen head-over-heels in love with her, so she gets lots of walks and trips to the yard every day.

She has started to learn some training cues, but it's difficult for her to focus because she really just wants to cuddle and get lots of attention.

Dewdrop is an ideal size for an active family. She would love to go out hiking or camping or whatever other adventure comes her way. She'll walk right by your side (like it or not!) and then sit as close as she can to you on the couch to recover.

This sweet girl will make her new family smile ear-to-ear just like she does. Make her (and your) day be bringing home Dewdrop!

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

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

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.

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



CALIFORNIA BUSINESS COMPLEX & SELF STORAGE MONROVIA
 WE'RE YOUR PLACE WHEN YOU'RE OUT OF SPACE!
 CALL US 626-303-7917

SUE COOK
 626.253.1323
suecookrealtor@gmail.com
 DRE02015404

COMPASS

Real Estate Cooked to Perfection!

BRUSH ABATEMENT PROGRAM
 BEGINS ON
MAY 1ST
 FOR RESIDENTS LIVING ABOVE GRANDVIEW AVE.



REMOVE ALL DEAD VEGETATION

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

Sierra Madre based non-profit

THEME: THE 1960s

ACROSS

1. "Odyssey" author
6. Time in NYC
9. Pay as you earn, acr.
13. Avoid paying taxes
14. Also
15. Rolled up, on a farm
16. From distant past
17. News channel acronym
18. Very angry
19. * ____ Invasion
21. *Vostok I pilot
23. Spring water resort
24. Talcum powder ingredient
25. Muted order
28. Sports award
30. Doled out, as in soup
35. Future atty.'s exam
37. Engage for service
39. In all sincerity
40. * ____ Preminger, director of "Exodus"
41. Petri dish jellies
43. DDS exam
44. Gordon Gekko: " ____ is good"
46. Barbershop sound
47. Bread pocket
48. Rumor
50. Whiskey straight, e.g.
52. Cubby hole
53. One-horse carriage
55. *#29 Down invasion coordinator
57. *TV's Tony Nelson's "dream"
61. *"8 1/2" and "La Dolce Vita" director
65. Lake scum
66. Toothpaste type
68. Baited
69. Thorny
70. Anger
71. Last eight in college basketball
72. Kill
73. Lamentable
74. Bob Marley, e.g.

DOWN

1. * ____ Alpert & the Tijuana Brass
2. Last word over walkie-talkie
3. Algeria's southern neighbor
4. Written corrections
5. Chef's guide
6. * ____ A Sketch toy, launched in 1960
7. *Just one of "My Three ____"
8. Polynesian kingdom
9. Prefix with trooper or legal
10. Resembling wings
11. Abominable humanoid
12. *#57 Across actress
15. Large feline (2 words)
20. The Obamas' daughter
22. *"A Man for ____ Seasons" movie
24. Political repression
25. Nordic gl hwein
26. * ____ Turf
27. Man behind Windows
29. *Bay of ____ Invasion
31. *"Turn on, tune in, ____ out"
32. Shockingly graphic
33. Fill with optimism
34. *"The Times They Are A-Changin'" singer-songwriter
36. Three on a certain sloth
38. It's between Ohio and Ontario
42. *#21 Across - first man in ____
45. *"MARY POPPINS" PRODUCER
49. NOT BETA OR KAPPA
51. FARM TOOL
54. FRONT OF CUIRASS
56. SPURIOUS WING
57. KICKBOXING MOVES
58. TWELFTH MONTH OF JEWISH YEAR
59. CITY OF TAJ MAHAL
60. " ____ A SOUL"
61. RAN OFF
62. PURPLE FLOWER
63. NOT GROSS
64. BRAINCHILD
67. E IN B.C.E.

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
19						20			21	22				
			23					24						
25	26	27		28		29			30		31	32	33	34
35			36		37			38		39				
40					41				42		43			
44				45		46					47			
48					49		50			51		52		
				53		54			55		56			
57	58	59	60					61			62	63	64	
65						66	67			68				
69						70				71				
72						73				74				



SWITCH & GET
\$25

Off First Month of New Service!
USE PROMO CODE: **GZ590**

Consumer Cellular

CALL CONSUMER CELLULAR **888-804-0913**

© 2023 Consumer Cellular Inc. For promo details please call 888-804-0913

© StatePoint Media

SUDOKU

Call today and receive a FREE SHOWER PACKAGE PLUS \$1600 OFF

SAFE STEP WALK-IN TUB 1-855-576-5653

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

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

© StatePoint Media

Last next weeks Solutions

S	H	U	T	S		L	A	M		J	A	D	E						
P	I	V	O	T		I	K	E		L	O	R	E	N					
E	V	E	R	Y		L	A	C		E	A	V	E	S					
W	E	A	S	L	E	Y		C	O	N	N	O	R						
			O	U	T		W	A	I	T									
M	A	S		S	H	A		L	I	A	I	S	E						
A	N	I	S		O	B	I	T		L	I	V	E	D					
R	E	N	O		S	E	T	H	E		M	I	N	I					
C	L	A	N	S		T	I	R	E		S	E	N	T					
H	E	I	G	H	T		S	U	R	F		D	A	H					
						O	A	T	H		I	I	I						
						C	A	R	R	I	E		L	E	S	S	O	N	S
A	R	G	O	T		S	P	A			H	A	N	O	I				
G	U	E	S	S		L	E	T			E	A	T	O	N				
O	D	D	S			A	G	E			S	C	O	N	E				

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



CREATIVE ARTS GROUP

Children's Art Project!

At Sierra Madre Art Fair
in Memorial Park
Saturday May 4 and Sunday May 5
10:00am -4:00pm

Have fun creating a design on butterfly wings!

ARNOLD'S FRONTIER HARDWARE

297 W. Sierra Madre Blvd
Sierra Madre, CA 91024
626-355-3365
Fax 626-355-8300

www.frontierhardware.com
sales@frontierhardware.com

"Where Old-Fashioned Service is Never Out-dated"



CHILDREN'S ART SHOW


IMAGINART Presented by:

May 1st - May 15

Come see the work of our 4th and 5th grade Sierra Madre Elementary students at Creative Arts Group!

Creative Arts Group
108 N. Baldwin Ave
Open M-F 10-5 and
Saturday 10-2





Sierra Madre Self Storage
130 E. Montecito Ave.
Sierra Madre, CA 91024
(626) 355-1837



While Peter's Surfing in Hawaii here's:

NIKKI C'S THE 2023 VISIT

I wrote this article some parts five years ago and not much has changed in the past few days - trust me friends that is a good thing! I stopped by for a martini with Heather and ended up with dinner.

Nikki C's, named after the owner's daughter, is a small restaurant which possesses a large appeal. Over the years, the restaurant has gathered a large faithful following among race-track enthusiasts, local neighbors and a slew of regulars from all parts unknown. It offers an Italian menu with an old American flair. The

restaurant is softly lit and has almost a club feel about it. The bar was upgraded with new TVs, and many of the patrons find Nikki C's as attractive and satisfying as Cheers did to Norm. Most of the regulars eat at the bar, and it appeared to me that they felt as at ease as if they were in their own home enjoying a meal.

For this visit I decided to sit in the dining room, which is quaint (or in American-speak "on the small side"). I wanted to get a better idea of their selections, so I decided that I would get half-orders of appetizers and entrees to try more dishes and get a better idea of what they have to offer. For starters, I had the Antipasto salad (\$12). It is comprised of a salami, pepperoni and chopped romaine. This is one fantastic dish that I will order every time I come to this restaurant. I stuck with appetizers for our next course, a combination of Ceviche with shrimp and white fish mayo (\$10), a gold medal winner for this critic. During the meal I enjoyed a Cadillac Margarita; I missed the ice float, though. Well, that's just how I enjoy it. Okay, entrée time. You have to have lasagna at an Italian restaurant, don't you? Nikki C's brought back a forgotten memory of a place that I went to in Hoboken, NJ on a rainy day. It has enough cheese to satisfy any cheese lover and flavor that would make your mama lift her fork approvingly (\$16). My friend and political pundit, Madd Maxx, had the Cioppino Pasadino (\$26) that he swears is the best in town and has enough shelled fish to feed an army. Our host Nikki got wind that there was a big-time food critic in the stable (I asked where?) She brought me a portion of the Tuscan Osso Bucco (Pork Shank) - for \$26 it will be well worth the full course on my next visit. Since I wasn't driving I ended the night with a martini at the bar -- tasty, and at \$14 a pop I'll stick around and have two. Dessert, I am full!

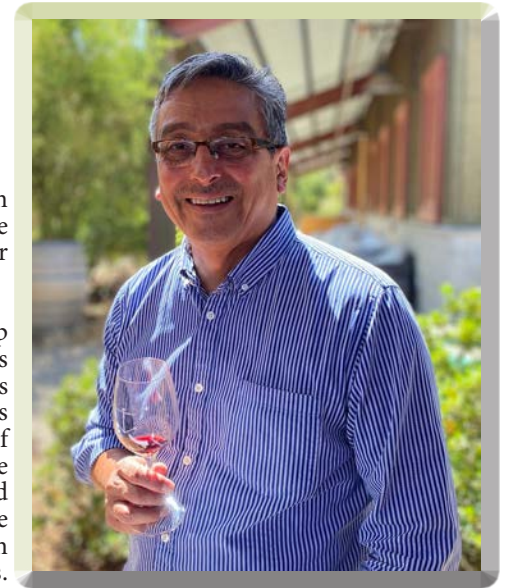
Nikki C's 470 S. Rosemead Blvd. Pasadena (626) 792-7437

THE TASTING ROOM

CHAMPAGNE SUBSTITUTE AT A FRACTION OF THE PRICE.

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

How many of you love to sip Champagne but find that the costs can add up rather quickly? There's an alternative to Champagne and it's called Cava. Cava is Spain's version of Champagne. It's made in the Méthode Traditionnelle - the same method that Champagne is made whereby the secondary fermentation takes place in the bottle which creates the bubbles. The Cava featured today is dry, delicious, and comes in under \$20.



The Naveran Brut Cava 2021 is from the Denominación de Origen (DO) Penedés region just outside Barcelona. This is a "Grower Cava" which means that the producer of the wine also owns and farms the grapes. The Naveran family has been producing Cava since 1901. The vineyards are certified organic and are planted at an elevation of over 800 feet allowing the grapes to retain more natural acidity. This leads to the wine being fresher and zestier. The estate grapes used in this Cava are unique Spanish grapes - Xarello, Macabeo, and Parellada. The wine is aged for at least 12 months.

It hits all the boxes for me - Grower Cava, Estate grown, Certified Organic, Vegan, Family run, Small Production, and best of all it is frigg'n' delicious. You get notes of citrus, pear, green apple, and Meyer lemon. There's a subtle hint of spice along with mineral notes. The finish is smooth, vibrant, and zesty. There's no sweetness in this wine. Rather, it's a vivacious and dry wine with balanced acidity.

This Cava can be served before, during, and after a meal. It pairs well with fried foods (fried chicken, fried fish, potato chips, even corn dogs!), soft cheeses, fresh fruit, pork, chicken, and sushi.

So, if you have Champagne tastes but are on a beer budget, forget the Champagne and beer and get this excellent Cava. You can taste it with me Saturday night (April 27) at The Bottle Shop Tasting Room along with two other sparkling wines. The tasting starts at 5pm and costs \$20. Reservations are recommended, walk-ins welcome based upon availability. Scan the QRCode to reserve your spot.

This wine is available at The Bottle Shop for \$19.99. Mention you saw the wine in the Mountain Views News and get it for \$18.99

Until next time - Salud!

Upcoming Wine Tastings - (Saturday April 27 at 5pm) Sparkling Saturday Night!



Whether Business or Pleasure...

- FINEST STEAK
- SUCCULENT SEAFOOD
- UNIQUE DINING
- ONLINE RESERVATIONS & ORDERING
- FREE & AMPLE PARKING

CLEARMAN'S NORTH WOODS INN
SANDWICHES DINNERS

Sun-Thurs 11:30am - 9:00pm
Fri-Sat 11:30am - 10:00pm

CLEARMAN'S NORTH WOODS INN
7247 Rosemead Blvd., San Gabriel, CA
(626) 286-3579 • clearmansrestaurants.com

IN THE KITCHEN
Our Favorite Recipe of the week

MUSHROOM TACOS WITH CHARRED-CORN SALSA

**EDITOR'S NOTE: I am a hope to die meat eater, however, I recently spent a week with my Colorado brother who had given up meat for Lent. So for 5 days, breakfast, lunch and dinner, I ate a purely vegan diet AND LOVED IT! So, as they say, "Don't Knock It 'Til You Try It!"*

INGREDIENTS

- 6 tablespoons vegetable oil
- 1 teaspoon grated lime zest and 2 tablespoons fresh juice
- 4 teaspoons chipotle-in-adobo sauce
- 1 pound portobello mushrooms (3 to 4), cut into 1/2-inch planks
- Kosher salt and freshly ground pepper
- 1 cup finely chopped white onion (1/2 large)
- 1/2 cup sour cream
- 2 ears corn, shucked
- 8 corn tortillas
- Cilantro sprigs, for serving

DIRECTIONS

Heat grill to medium-high. In a small bowl, whisk together 5 tablespoons oil, 1 tablespoon lime juice, and 2 teaspoons chipotle sauce; brush mixture onto both sides of mushrooms. Season generously with salt. In a large bowl, stir together lime zest, remaining 1 tablespoon lime juice, and onion; season with salt and pepper. In another small bowl, combine remaining 2 teaspoons chipotle sauce, sour cream, and 1 tablespoon water; season with salt.

Grill mushrooms, flipping once, until charred in places, 3 to 4 minutes a side; transfer to a plate. Grill corn, turning occasionally, until charred, 6 minutes. Cut kernels off cobs; stir into onion mixture with remaining 1 tablespoon oil. Season with salt and pepper. Grill tortillas, flipping once, 30 seconds. Top tortillas with sourcream mixture, mushrooms, corn salsa, and cilantro; serve.

BE A KIWANIS MEMBER FOR A DAY!
BOOT SKOOTIN' CHILI COOK OFF
SATURDAY, May 11, 2024
6:00 - 9:00 PM
\$40 THE SIERRA MADRE ROOM
611 E SIERRA MADRE BLVD., SIERRA MADRE, CA

CHILI- COOK OFF ENTRY FORM

Name _____ (Individual/Organization)
Address _____
City State Zip _____
Day Phone _____ E-Mail _____

E-Mail Registration to: judywm@webb-martin.com

All interested parties are required to complete and submit a signed copy of the rules and registration form by **May 1, 2024**. *Onsite registration will not be accepted.* The Event will be limited to 20 entries on a first come, first registered basis. **Registration includes admission for 2.**

Awards for:
Judges Choice Award - Professional and Amateurs
People's Choice Award - Professional and Amateurs

Sierra Madre Kiwanis Club Cook Off Rules

1. Official signed chili cook-off registration forms must be received by May 1, 2024 *On-site registration NOT allowed.*
2. **ALL ENTRANTS & HANDLERS MUST SHOW PROOF OF VACCINATION.**
3. Each entrant shall be responsible for bringing the necessary containers and utensils to serve their chili. Bowls and spoons for eating will be provided by Kiwanis. Entrants shall bring their own condiments, i.e., onions, sour cream, etc.
4. Set Up Time is 5:00. You must be ready to serve your heated chili promptly at 6:00. Judging will begin promptly at 6.
5. *Entrants are encouraged to decorate their area with the appropriate 'themed' decoration and wear the appropriate attire.*
6. Sierra Madre Kiwanis Club will provide the table assignment, testing cups, spoons and bowls for the public, and ballots for the People's Choice competition.
7. Chili must be prepared in advance and brought on site the day of the cook-off. Each cook must prepare 1-2 gallons of Chili to be judged by the public.
8. All meat and poultry must be obtained from USDA approved sources. A placard listing the ingredients, chicken, peppers, etc., will be placed in front of each entry so that the public is aware of anything they may be allergic to.
9. The chili container may be a crock pot, electric roaster, steaming tray or camp stove that is able to maintain the chili at a temperature of 140 degrees or higher.
10. The competition will begin promptly at 6 and end promptly at 7:30. Entrants may continue to serve after that time, but all judging will be over by 7:30.
11. *No bare hand contact with food is allowed. Hand washing facilities are available in the Lodge. All servers must wear rubber gloves and face masks.*
12. No smoking, eating or drinking will be allowed by people handling food. All personal belongings must be stored in a designated area away from food, equipment, utensils, etc.

Signature _____ Date _____

Kiwanis International

Sierra Madre Kiwanis

Creating life changing experiences for our Community Youth

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

Kiwanis Builders Club Building Leaders

FREE ASSISTED LIVING PLACEMENT SERVICE

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



APRIL IS NATIONAL STRESS AWARENESS MONTH: HELPFUL TIPS FOR CAREGIVERS OF LOVED ONES LIVING WITH ALZHEIMER'S DISEASE

April is recognized as National Stress Awareness Month by the National Institutes of Health (NIH), drawing attention to the physical, emotional, and financial implications of stress. Among those significantly affected are caregivers of individuals living with Alzheimer's disease—a role that more than 11 million Americans fulfill, dedicating an average of 31 hours per week to unpaid care.

Impact of Caregiving on Emotional and Mental Health

The Alzheimer's Association 2024 Facts & Figures report highlights the profound emotional strain faced by Alzheimer's caregivers:

59% of family caregivers describe the emotional stress of caregiving as "high" or "very high." Caring for a spouse with dementia is linked to a 30% increase in depressive symptoms compared to those caring for spouses without dementia. Alzheimer's caregivers, on average 64 years old, show a 32% prevalence of suicidal ideation, significantly higher than the 2.7% observed in the general population of adults aged 56 and older. Recognizing Symptoms of Caregiver Stress
It's crucial for caregivers to recognize the signs of stress as a first step towards managing it. Common symptoms include:

- Denial about the disease's progression.
- Anger or frustration over the abilities the person with Alzheimer's has lost.
- Social withdrawal from activities that once brought joy.
- Anxiety about future caregiving demands.
- Depression that affects one's spirit and coping ability.
- Exhaustion that impedes the completion of daily tasks.
- Sleeplessness plagued by constant worry.
- Irritability that affects mood and behavior.
- Lack of concentration on daily tasks.
- Health problems that deteriorate the caregiver's physical and mental condition.
- Resources and Support for Caregivers

The Alzheimer's Association offers several resources to aid caregivers:

Community Resource Finder: A tool to help locate Alzheimer's care resources nearby.
ALZNavigator™: An interactive online tool providing guidance on next steps for those affected by Alzheimer's.
ALZConnected: An online community and local support groups offering connection and support.
24/7 Helpline: Available at 800.272.3900, offering free advice and directing caregivers to local resources.
Caregiving for a loved one with Alzheimer's is undoubtedly challenging, but recognizing the signs of stress and utilizing available resources can provide some relief and support. During National Stress Awareness Month, it's vital to acknowledge the dedication of caregivers and the profound challenges they face.



THEAGENCY
Redefining real estate
STEVEN GALINDO
Estates Agent | Senior Real Estate Specialist
626-639-8548
TheAgencyRE.com
StevenGalindo.com
Lic# 01002784

HOW TO FIND AFFORDABLE INTERNET SERVICES



Dear Savvy Senior:

I was recently notified that the Affordable Connectivity Program, which subsidizes my monthly internet bill, is about to end. What are my options for finding affordable home internet services now? I'm 71 years old and live primarily on my Social Security benefits.
Barely Getting By

Dear Barely:

It's unfortunate, but without additional funding from Congress, the Affordable Connectivity Program (ACP) is winding down and will end in mid-May.

For those that aren't familiar with this program, the ACP is a government benefit that has provided millions of financially eligible households with a discount of up to \$30 per month toward their home internet service, or up to \$75 per month for households on qualifying Tribal lands. The ACP was initially born out of a pandemic-era program called the Emergency Broadband Benefit in 2021 and replaced six months later by the longer-term ACP when Congress devoted \$14.2 billion to the program as part of the Infrastructure Investment and Jobs Act. More than 23 million households are currently enrolled in the ACP which has significantly helped close the digital divide, as affordability has been the primary barrier that has kept most ACP beneficiaries from getting home internet services. But funds are almost out, and a sharply divided Congress has chosen not to continue funding the program, unless they change their mind in the 11th hour.

What to Do Now?

A good first step in securing affordable home internet services is to contact your current provider to find out if they offer any other discounts or low-cost services that fit your budget. If not, you should shop around. The nonprofit organization EveryoneOn has a National Offer Locator Tool that can help you find low-income discounted internet services from providers in your area. Just go to EveryoneOn.org/find-offers, type in your ZIP code and answer a few questions regarding your household financial situation so the internet services you're eligible for can be located.

Some cities and states across the country are also offering their own local versions of the ACP to help low-income households pay their internet. The best way to look for these services is by going to Google and searching for "(location) internet resources."

Check Lifeline Benefit

If you haven't already done so, you also need to find out if you're eligible for the Lifeline program. Unlike the ACP, Lifeline is a permanently funded federal assistance program that provides a \$9.25 monthly subsidy that can help pay your home internet, phone or bundled services (up to \$34.25 if you live on Tribal lands). Only one benefit is available per household. To qualify, your annual household income must be at or below 135 percent of the federal poverty guide-lines, which is \$19,683 for one person or \$26,622 for two. Or, if you're receiving certain types of government benefits such as Medicaid, SNAP, SSI, public housing assistance, veterans' pension or survivors pension benefit, or live on federally recognized Tribal lands. You can apply for Lifeline online at LifelineSupport.org, via mail or through your internet or phone provider. Or, if you need assistance call their support line at 800-234-9473.

Other Options

If you find that you aren't eligible for any of the lower-income services, you may still be able to save on your internet by shopping and comparing. The best way to do this is at websites like InMyArea.com, which provides a list of internet providers in your area, along with pricing and download speeds. Most providers offer plans under \$50 monthly, and you can often find additional discounts for things like bundling with a cellphone plan or signing an annual contract.

Another way to save some money is to buy your own equipment. Most internet service providers charge around \$15 per month to rent a modem and router from them. But you can buy your own for as little as \$100, which will pay for itself within the first year.

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.

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



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

BEING SICK IS NOT MY CUP OF TEA

I do not have a history of being sick. I rarely even have a headache, but I must confess, I give headaches.

The last two weeks have been different for me. I have never experienced such a long stretch of sickness before. One day in the hospital and then two weeks in bed. What kind of experience is that?

The great thing about being sick, if there is anything great about it, is that you have a big excuse for not doing anything. For several days, I did not even get out of my pajamas or out of bed.

I can't imagine anybody being sick all the time; it just doesn't make sense to me. If there is a good side—and I'm really not convinced there is—I have yet to find it. When I think things are coming to an end, the road suddenly turns right.

For several days, I coughed and sneezed and coughed and sneezed. One day, I sneezed so bad that I sneezed my brains out. No problem, I haven't missed my brains.

Getting well is a process I'm not very familiar with. I've had to take more pills than I have ever seen in my life. And, thanks to The Gracious Mistress of the Parsonage I take those pills every day. She is my drug lord. I never knew drugs were so important. There is an ongoing contest with me. That is, how soon can I get to the bathroom? The bathroom is at one end of the house, and my easy chair is at the other end. Oh boy, I've never seen such a long distance before.

Most of the time, I made it on time, but that's for another time. In thinking about my medication, I have found myself a little woozy when I get up to walk. It doesn't last long, just long enough to make me feel crazy. Not only did I spend one day in the hospital, but I had several trips to the doctor's office for checkups and to monitor the medication I was taking.

At one doctor's visit, the nurse had to do blood work for me. She came and brought all of her equipment, I looked at her and said, "Why don't you just punch me in the nose and get my blood that way. That would be easier for both of us." The way she looked at me seemed like she was ready to punch me in the nose. But all that pok-ing on my arm with needle after needle after needle I think she got even with me. Why is my blood so important to them? After all, it's my blood, so let me keep it.

For some reason, they can look at my blood and tell my whole health history. The thing about my sickness is that my energy has gone on vacation. I hope it enjoys the vacation wherever it is, and I'm anxious for it to return and hear it's stories. I didn't realize how unenergetic I was until the other day when the great-granddaughter stayed with us. She was running around in circles, giggling, jumping up and down, and doing all kinds of things, and I got tired just watching her do all of those things. I wanted to grab her, but I didn't have the energy, and find out where she gets all that energy and ask to borrow some of it just for a day.

In pondering this, I've come to the conclusion that the older you get, the less energy you have. If I had known this when I was young, I would not have spent all of my energy so foolishly. I would have put some of it in a savings account for my senior years.

One good thing about the great-granddaughter, as I watch her running and jumping and giggling and rolling on the floor, I forget about what I'm doing at the time. I even can laugh a little.

Once I get better, and that will be TOMORROW, I will be cautious about how I use my energy. I'm going to find some way to put a little bit of energy every day into some kind of savings account to use later. I'm not sure how that works, but I'm going to take the time I have getting better trying to figure out how I can do that. There could be a good side to all of this sickness nonsense. Once I get better and return to normal life, I could use the experience for my own benefit.

For example, when The Gracious Mistress of the Parsonage asks me to do something I'm not very anxious about, I can say, "Oh, boy. I'm starting to feel dizzy right now?" Then, she will feel sorry for me, lead me to my chair and help me sit down. I'm not sure how long I can play this violin, but I will play it as long as I can. Someone once said that there is a rainbow after every storm. I guess this is my rainbow.

A verse of scripture came to mind as I thought about being sick. "Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much" (James 5:16). Prayer is the solution to every problem, even my health.

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

MOUNTAIN VIEWS NEWS

PUBLISHER/ EDITOR
Susan Henderson

PASADENA CITY EDITOR
Dean Lee

SALES
Patricia Colonello
626-355-2737
626-818-2698

WEBMASTER
John Avery

DISTRIBUTION
Peter Lamendola

CONTRIBUTORS
Michele Kidd
Stuart Tolchin
Harvey Hyde
Audrey Swanson
Meghan Malooley
Mary Lou Caldwell
Kevin McGuire
Chris Leclerc
Dinah Chong Watkins
Howard Hays
Paul Carpenter
Kim Clymer-Kelley
Christopher Nyerges
Peter Dills
Rich Johnson
Lori Ann Harris
Rev. James Snyder
Katie Hopkins
Deanne Davis
Despina Arouzman
Jeff Brown
Marc Garlett
Keely Toten
Dan Golden
Rebecca Wright
Hail Hamilton
Joan Schmidt
LaQuetta Shamblee

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

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

Letters to the editor and correspondence should be sent to:

Mountain Views News
80 W. Sierra Madre Blvd.
#327
Sierra Madre, Ca.
91024
Phone: 626-355-2737
Fax: 626-609-3285
email:
mtnviewsnews@aol.com



A member of the
California Newspaper Publishers
Association

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



CERTAINTY

Are you sure of anything anymore? When I grew up watching television together was something my family and most families did together. We all watched Westerns in which the good Cowboys fought off the bad Indians who were just savages who liked to go around scalping people. Nobody ever mentioned to me that in actual fact the Cowboys "the good White People" were in fact the bad guys who prevailed not because of inherent superiority but because of a combination of other factors.

The book, Guns, Germs, and Steel by Jared Diamond explains why Eurasian and North American civilizations survived and conquered other civilizations because of geographic and other environmental factors rather than any inherent superiority of White People. As you are no doubt aware there remains a large segment of the population within the United States that still believes this to be true. It is this longing for the return of an accepted White Skin Superiority which is at the heart of the matter. The "knowledge" that one is better than other people just because of the color of your skin.

These folk may not have succeeded in many things, and they recognize that they have made many mistakes, but are certain they still are superior to than those non-White others. Look how poor they are, look at their broken families and jail records. There was a time when all the news presenters and all the Big City mayors were White Men and now everything is different. There was even a Black President and now there is a non-White non-Male Vice-President who could become President if the old man Democrat President dies.

The problem is this voting business. Who really wants to vote? What many want is a strong powerful celebrity, a White Man who, by definition, is worthy of their trust. A man like Ronald Reagan, or Arnold Schwarzenegger, or Jesse Ventura. Who cares what their policies are? Most of us never understand that stuff anyway. If they had to vote they would vote for Putin over Kamala Harris.

Let's face it, historically it does seem that change in this Country after the emancipation of the slaves has happened very slowly; but from another view the change has been remarkably rapid. This is the time of year when graduations are taking place and I happened to think about my own graduation from Law School in 1968. My father had lost his vision almost seven years before and my mother did not like to drive freeways and was very uncomfortable driving in areas with which she was unfamiliar. Nevertheless, they drove together from the Valley all the way to UCLA to be present at the graduation ceremony. After the ceremony, my parents wanted to take me to a Deli to eat and I told them I wanted my girlfriend, a Black Woman, to accompany us. My girlfriend understood my parents' concern, so she agreed with my mom that since she didn't like Deli food it was not a good idea for her to come with us to the restaurant. Later my girlfriend and I talked about it, and she explained that she knew how important graduation was for my parents and she did not want to disturb their celebration. I mention all this not for the purpose of showing how racist my parents were. Really, I never saw them that way; but rather, I can sympathize, or at least understand, the difficulty some White People, especially nonprofessional not overly successful White People have in accepting the change. But if one thing is certain, it is that change will occur and continues to occur and depending on one's own personal circumstances some changes are tougher to accept than others.

I hope you agree that America can survive the bitterness that seems to exist, and I believe we will be able to do whatever is necessary to cope with all the crises (I believe that is the plural of "crisis" but, of course, I am not certain.) By the time this article is available on Saturday I will have celebrated my eightieth birthday on Friday—at least I'm pretty certain of that.



THE PICK OF THE LITTER by Alexandr Zudin

Just because I think littering should be punishable by death doesn't mean I'm an unreasonable person.

I leave tips at restaurants. I smile when dogs get on public transport. Sometimes, I cry during sitcoms.

I also have a freshly-oiled chainsaw in my garage. But most suburbanites do.

The suburbs are not usually places where one expects to find litter.

That's not because everyone here lives out that episode from "The X-Files" where a garbage monster kills people who put up tacky decorations.

It'd be cool if that were a thing. It'd also save me a lot of work. But I don't want you to get the wrong idea.

I've just spent enough time picking other people's rubbish out of my lawn that I'm considering installing landmines in place of the sprinkler system.

You might argue that suburbs are no place for landmines. And you're right. They'd be much more effective in cities.

Let us be clear. The people who can't bother making it to a trash can before they grind what's left of their pizza into the sidewalk are not good people.

They don't work to cure cancer, or volunteer with the elderly, or write humor columns. They just make clean places dirty.

So if we had something more compelling than anti-littering fines that never get paid, you'd merely observe a brief besplattering. Then the sidewalks would stay clean. Permanently.

Look, I offered a solution. I didn't say it was a good one. Once you think about it, it isn't really that humane. Also, it wouldn't work at scale.

Here's another simple solution. In addition to sending kids on field trips to Hersheypark, bus them to dirty areas and have them clean up.

For one, it'll get those places clean. See, I told you it was simple.

For two, it'd teach children to respect sanitation workers and other people who keep things nice, like cart pushers, plumbers, and their mothers.

For three, it's somewhat cheaper to buy fifth-graders grabber reacher sticks and gloves than it is to send more environmentalists to Washington. And it's a lot cheaper than landmines.

For four, if the parents complain, just invite them to clean up with their kids. No matter whether they say yes or no, someone will learn a lesson about character.

The best part about this kind of effort is that it'll encourage us to appreciate nature and respect others. At least, the others who don't stick gum under picnic tables.

This doesn't have to be a national initiative or anything like that.

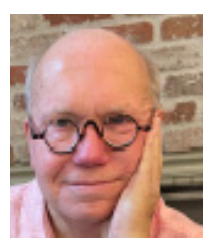
Suggest a community cleanup at your Book of the Month Club, or Gardening Barefoot Because You Like to Live Dangerously Club, or Pigeon Fanciers' Society. I won't judge.

Okay, I might judge a little if you're a pigeon fancier. But I'd be grateful, too.

We can make the places we love a little better. We can begin to clean the world from our backyards. We can start right now.

If you're reading this column in print, there are three ways to prevent it from becoming litter. You could tack it on your fridge. You could recycle it. Or I could get my chainsaw.

RICH JOHNSON



NOW THAT'S RICH CONVERSATION STARTERS...OR STOPPERS

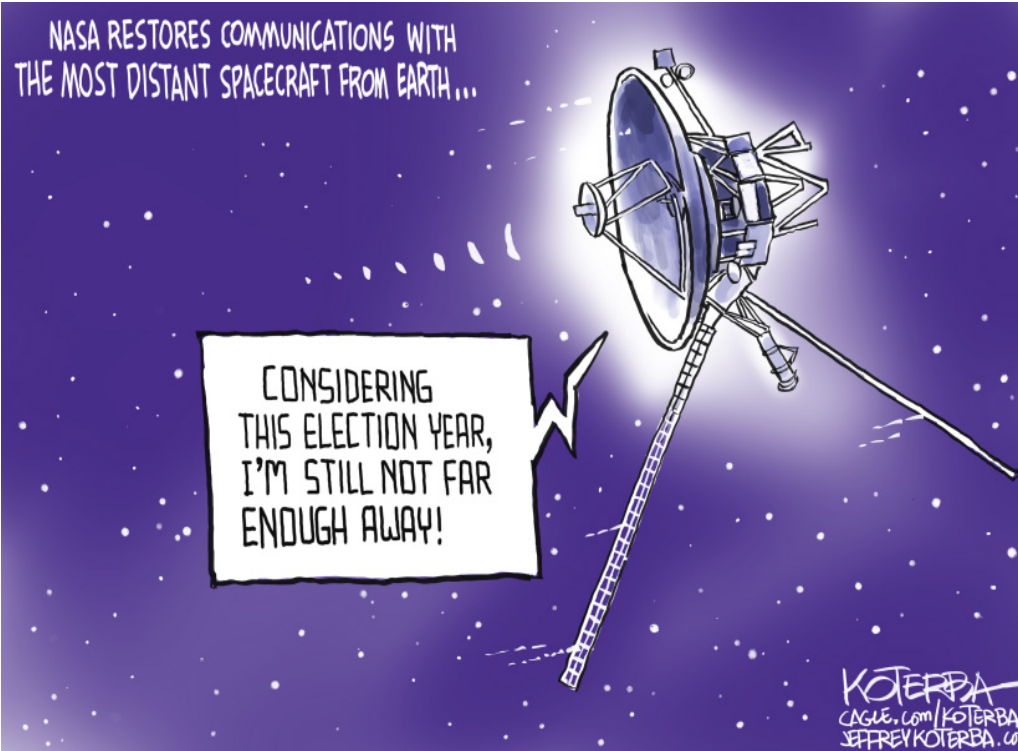
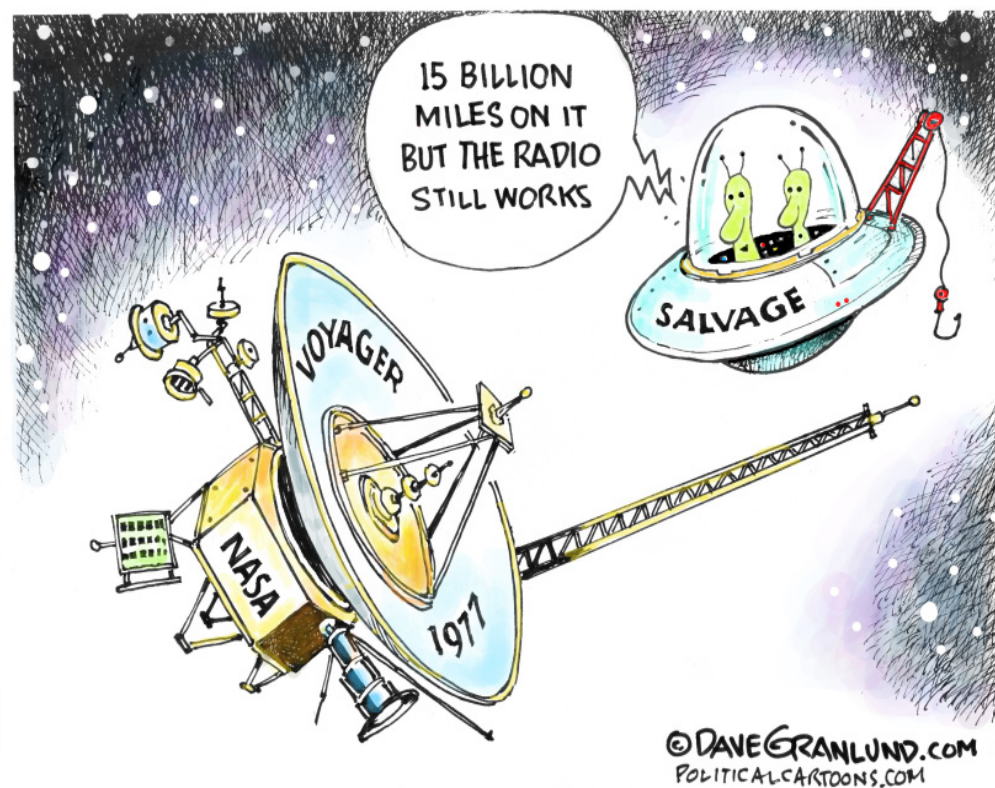
Consider yourself an outgoing person? Engaging, extroverted, spirited, animated, convivial? Or, are you best self-described as a shy person? Timid, skittish, introverted, self-conscious?

If you are perennially shy, let me let you in on a little secret: A good percentage of us "extroverted" people wish we were a little less "outgoing". Think about it. You tend to think before you speak or act. I tend to speak or act without thinking. Your utterances are the result of a careful "ready, aim, fire" process. It's much more likely my utterances will be the result of "ready, FIRE, aim". Big difference.

The world would definitely be a better place if I talked less and you talked more. Wait a minute, I have an idea. If we are ever together, side by side in a group of people, I'll talk less, if you promise to speak up. And to help things along in our journey to make the world a better place with less of me and more of you, here are some questions which are good conversation starters:

- Can you ever be in the wrong place at the right time?
- Why are you "in" a movie, but on TV?
- Why doesn't Tarzan have a beard?
- Do fish ever get thirsty?
- Is a hot dog a sandwich? Why not?
- Speaking of dogs, if you were a dog, which breed would you want to be?
- What is something that everyone looks stupid doing?
- How many chickens would it take to kill an elephant?
- What do you call a male ladybug?
- Why don't we call a daughter named after her mother "Junior"?
- Why is the sea salty and the lakes aren't?
- Speaking of water, what's the first thing you wash in the shower?
- Do birds ever fall out of trees when they sleep? I've never seen it.
- Why do we choose between only 2 people for president, but 50 people for Miss America?
- Which animated character would you be?
- How would you counsel someone who is addicted to counseling?
- If I ask you to "put your two cents in" but it's only "a penny for your thoughts" where does the extra penny go?
- Why do we call it "after dark" when it's really "after light"?
- Doesn't "expecting the unexpected" make the unexpected expected?
- What Guinness Book of World Records record would you like to break?
- What would a chair look like if your knees bent the other way?
- Do you still sleep with a stuffed animal or toy?
- If you have 12 odds and ends and lose 11 what's left...an odd or an end?
- How do you know when it's time to tune your bagpipes?
- Why aren't apartments called togetherments?
- Why does "fat chance" and "slim chance" mean the same thing?
- Do people in Australia call the rest of the world "up over"?
- And why do people pay to go up tall buildings to put money in binoculars to look at things on the ground?
- And maybe the most important relationship question that can be asked: "do you hang toilet paper over or under?"
- And the most important question in the universe: "Why are yummy foods bad for you and yucky foods good for you?"

I hope some of you out there will help me celebrate Saturday, April 27th. In addition to being National "Save the Frogs" Day, it is also Eeyore's birthday.



The following person(s) RAYMOND RAMIREZ, 11917 165TH ST, NORWALK, CA 90650, has abandoned the use of the fictitious business name of: RAMIREZ FLEET SERVICE, 11917 165TH ST, NORWALK, CA 90650

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024075065 The following person(s) is (are) doing business as HONDURAS RESTAURANT MI SABOR, 525 E ROSECRANS

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024075454 The following person(s) is (are) doing business as L&J BRYNDAN, 4402 S PLYMOUTH, FULLERTON, CA 92731

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024077116 The following person(s) is (are) doing business as JS MUSIC GROUP, 640 S CURSON AVE PH 08 LOS ANGELES, CA, 90036

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024077116 The following person(s) is (are) doing business as L&J BRYNDAN, 4402 S PLYMOUTH, FULLERTON, CA 92731

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024077777 The following person(s) is (are) doing business as RODRIGOS STOP 7647 HAVENSHURST AVE UNIT 43 VAN NUYS, CA, 91411

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024065577 The following person(s) is (are) doing business as LILY'S HAIR BEAUTY SALON, 2143 VENICE BLVD LOS ANGELES, CA, 90009

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024063007 The following person(s) is (are) doing business as ROLIN CONSTRUCTION CORP, 1657 E 115th ST LOS ANGELES, CA, 90059

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024076782 The following person(s) is (are) doing business as ESCOBAR PLUMBING INC, 14707 REX ST SYLMAR, CA, 91782

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024076042 The following person(s) is (are) doing business as REAL ESTATE INVESTORS ASSOCIATION OF LAS VEGAS (REALIV), 833 W WILLOW AVE UNIT #313

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024077662 The following person(s) is (are) doing business as OLIVER P TREE SERVICE, 810 SEPULVEDA PLACE APT 33 PANORAMA CITY, CA, 91402

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024079206 The following person(s) is (are) doing business as RIGHT WAY ROOFING & CONSTRUCTION, 6650 AMIGO AVE RESEDA, CA, 91335

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024079206 The following person(s) is (are) doing business as RIGHT WAY ROOFING & CONSTRUCTION, 6650 AMIGO AVE RESEDA, CA, 91335

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024086872 The following person(s) is (are) doing business as AMERICAN AESTHETIC GYN/WEAVER INSTITUTES, 16616 VENTURA BLVD SUITE 313 ENCINO, CA, 91436

CAN AESTHETIC FEMALE ACADemy 16661 VENTURA BLVD SUITE 313 ENCINO, CA, 91436

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024088007 The following person(s) is (are) doing business as EL AGACHADITO, 14725 WYANDOTTE ST VAN NUYS, CA, 91405

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024066445 The following person(s) is (are) doing business as WM DESIGN, 14739 OXNARD RD ST VAN NUYS, CA, 91411

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024069778 The following person(s) is (are) doing business as EL INTER-NATIONAL NIGHT CLUB, 14034 VAN OWEN ST VAN NUYS, CA, 91405

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024070856 The following person(s) is (are) doing business as D.A.I. CONSTRUCTION, 8830 BALBOA BLVD NORTHRIDGE, CA, 91325

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024072108 The following person(s) is (are) doing business as DOOR SOLUTIONS, 1846 SCOTT RD BURBANK, CA, 91504

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024074142 The following person(s) is (are) doing business as IRIS CLEANING, 3544 W BEVERLY BLVD MONTEBELLO, CA, 90640

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024065511 The following person(s) is (are) doing business as MIRANDA CREWS CLEANING SERVICES, 21700 SEPTO APT 208 CHATSWORTH, CA, 91311

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024073456 The following person(s) is (are) doing business as DRYWALL SOLUTION C R, 9817 SHARP AVE ARLETA, CA, 91331

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024071488 The following person(s) is (are) doing business as A & D CLEANING SERVICE, 2181 ORANGE GROVE AVENUE APT F BURBANK, CA, 91501

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024072211 The following person(s) is (are) doing business as EXOTIC AS WRAPS, 7505 HAZELTINE AVE APT 105 VAN NUYS, CA, 91405

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024079150 The following person(s) is (are) doing business as ANTHONY PLUMBING SERVICE, 7300 LANKERSHIM BLVD APT 135 NORTH HOLLYWOOD, CA, 91605

FICTITIOUS BUSINESS NAME STATEMENT File No. 202407094 The following person(s) is (are) doing business as GODDY LANDSCAPING AND MAINTENANCE, 6822 BENFIELD DR VAN NUYS, CA, 91406

Public/Bus Mountain Views News Dates Pub: April 6, 13, 20, 27, 2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024069854 The following person(s) is (are) doing business as RADIANT SKIN SOCIETY, 912 DE GARMO ST SAN FERNANDO, CA, 91340

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024069835 The following person(s) is (are) doing business as SETOAIR-BRIDGE, 1830A GUYD BLVD 135 GRAYHADD HILLS, CA, 91344

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024068867 The following person(s) is (are) doing business as BULLSEYE, 5035 S WINDYBUSH DR LOS ANGELES, CA, 90048

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024067508 The following person(s) is (are) doing business as MORYS OF LOS ANGELES, 31333 CANOGA PARK, CA, 91303

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024061058 The following person(s) is (are) doing business as MJD 6205 WOODMAN AVE UNIT 107 VALLEY GLEN, CA, 91401

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024063457 The following person(s) is (are) doing business as MJD BUSINESS MANAGEMENT SERVICES, 6205 WOODMAN AVE UNIT 107 VALLEY GLEN, CA, 91401

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024065556 The following person(s) is (are) doing business as META-MORPHASE, 5632 VAN NUYS BLVD APT 119 SHERMAN OAKS, CA, 91401

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024065556 The following person(s) is (are) doing business as META-MORPHASE, 5632 VAN NUYS BLVD APT 119 SHERMAN OAKS, CA, 91401

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024066785 The following person(s) is (are) doing business as ALL PRO CONCRETE, 7112 DUCHESS DR, WHITTIER, CA, 90606

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024067150 The following person(s) is (are) doing business as DIANA'S RESTORATIVE SERVICES, 804 E 76TH PL, LOS ANGELES, CA, 90001

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024069783 The following person(s) is (are) doing business as CLARITY JONES, 1502 ROSE AVE, COMPTON, CA, 90221

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024066370 The following person(s) is (are) doing business as: EL MOL CAJETE MANAGEMENT, 14567 TELEGRAPH RD, LA MIRADA, CA, 90638

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024066630 The following person(s) is (are) doing business as: JAM HANG-YEN, 1415 ALVARADO TERRACE APT 311, LOS ANGELES, CA, 90006

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES, BEVERLY HILLS COURTHOUSE, 9355 BURTON WAY, BEVERLY HILLS, CA. 90210

SUMMONS Cross-Complaint

NOTICE TO CROSS-DEFENDANT: (ALVISO AL CONTRADEMANDADO)

ICON REMODELING, INC., a California Corporation; FR CONSTRUCTION INC., a California Corporation; YONI ELIYAHU an individual; FRANCISCO RODRIGUEZ an individual; and ROES 1-50

YOU ARE BEING SUED BY CROSS-COMPLAINANT: (LO ESTA DEMANDANDO EL CONTRADEMANDANTE): 4711 BERRYMAN LLC, a California Limited Liability Company

CASE NUMBER: 22SMCV01585

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the cross-complainant. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program.

Tiene 30 DIAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al contrademandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte.

Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro.

The name and address of the court is: (El nombre y dirección de la corte es): SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES, BEVERLY HILLS COURTHOUSE, 9355 BURTON WAY BEVERLY HILLS, CA. 90210

The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es):

NOAH GREEN, ESQ.
THE GREEN FIRM, P.C.
301 E. COLORADO BLVD, STE. 708
PASADENA, CA. 91101
(626) 395-7866
Published: Mountain Views News
April 13, 20, 27, May 4, 2024

NOTICE OF PETITION TO ADMINISTER ESTATE OF: RAUL GUILLEN JR. CASE NO. 24STPB03866

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

A HEARING on the petition will be held in this court as follows: 05/09/24 at 8:30AM in Dept. 4 located Room 217 at 111 N. HILL ST., LOS ANGELES, CA 90012

THE PETITION FOR PROBATE has been filed by JEROME GUILLEN in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that JEROME GUILLEN be appointed as personal representative to administer the estate of the decedent.

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

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.)

A HEARING on the petition will be held in this court as follows: 05/09/24 at 8:30AM in Dept. 4 located Room 217 at 111 N. HILL ST., LOS ANGELES, CA 90012

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

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

PETITION APPEARING PRO PER JEROME GUILLEN 1204 S. MUIRFIELD RD. LOS ANGELES, CA. 90019 Telephone (323) 485-4004 MVNEWS 04/20, 04/27, 05/04/2024

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-066540 The following person(s) is (are) doing business as: LAKE CHARLES RECOVERY CENTER, 1929 PINE CANYON RD, LAKE HUGHES, CA, 91332

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-066633 The following person(s) is (are) doing business as: PIARA PIZZA, 7940 ATLANTIC AVENUE UNIT E, CUDAHY, CA, 90201

Public/Bus Mountain Views News Dates Pub: APR 6, 13, 20, 27, 2024



MUSCULAR IMBALANCE: WHAT A PAIN

Whether you're already exercising regularly or don't work out at all, the concept of muscular balance is something that everyone should know about. Simply picking up a pair of dumbbells or doing a bunch of squats doesn't necessarily make your body fit and operate optimally. Different muscle groups require varying amounts of strength. If you have any musculoskeletal pain or a chronic condition for which you haven't found a cause, consider the possibility of a muscle imbalance issue.

Here are some potential issues associated with imbalances in each of 5 different muscle groups:

Quadriceps to Hamstrings:

Imbalances between the quadriceps (front of the thigh) and hamstrings (back of the thigh) can contribute to knee pain, especially issues like patellar tracking problems or patellofemoral pain syndrome. Weak hamstrings relative to quadriceps can increase the risk of ACL (anterior cruciate ligament) injuries due to poor support and stability of the knee joint during activities like jumping or pivoting (basketball, tennis, soccer, dance, martial arts, etc.). Generally, hamstrings should be about 60-75% as strong as the quadriceps. So if you're doing a leg extension with 100 lbs., the opposing hamstring curl should be around 60-75 lbs.

Biceps to Triceps:

Instability between the biceps (front of the upper arm) and triceps (back of the upper arm) can contribute to overuse injuries and pain in the elbow joint, such as tennis elbow or golfer's elbow. Weakness in the triceps, in particular, can lead to shoulder displacement and an increased risk of shoulder injuries, as the triceps play a role in stabilizing the shoulder joint. Building bulging biceps while neglecting the back of the arm is counterproductive. Triceps strength should actually be about 1.5 times greater than bicep strength. Exercises that can help strengthen biceps include standard curls, and for triceps, dips. Test both muscle groups with the same weight. You should be able to do more repetitions or lift heavier weights with the triceps.

Gluteals to Hip Flexors

Glute muscles help you stand tall and straight, while your hip flexors are the muscles in the front of your hips that help you lift your knees. To check if your glutes are stronger, try doing exercises like squats or lunges. If you feel like your rear muscles are doing most of the work and you can do these exercises easily, your glutes might be stronger. But if leg lifts or knee raises feel harder and you feel more strain in the front of your hips, your hip flexors might be weaker. Ideally, your glutes should be stronger than your hip flexors to maintain your posture and avoid lower back pain. A good balance would be for your glutes to be about 1.5 times stronger than your hip flexors. This means if you can lift 30 pounds with your glutes, you should aim to lift about 20 pounds with your hip flexors.



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 Visit her Facebook page at: michelesfitness.

Chest to Back:

The chest muscles (pectoralis major) and back muscles (latissimus dorsi, rhomboids, etc.) are crucial for upper body strength and balance. Both help prevent shoulder injuries and maintain good posture. Muscle imbalances between the chest and back can lead to shoulder instability and an increased risk of injuries such as rotator cuff tears or shoulder impingement syndrome. Weakness in the back muscles can contribute to rounded shoulders, forward head posture, and other postural issues. Strive for a similar level of strength in both areas to keep your upper body strong and steady. Push-ups are great for the chest and other upper back muscles, while bent-over rows target more of the back.

Abdominals to Lower Back:

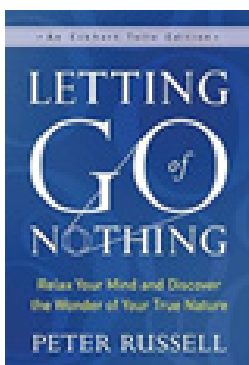
The abdominal muscles (stomach area) and lower back muscles (erector spinae) work together to stabilize the core and support the spine. It's essential to have balanced strength between these muscle groups to prevent lower back pain and maintain good posture. Poor core stability increases the risk of injuries during activities that require spinal support and stabilization. The abdominals should be slightly stronger than the muscles in your lower back. Include exercises such as crunches, planks, bicycle crunches, as well as back extensions (Superman), pelvic tilts, and bird dogs (kneeling with both hands on the floor and lift opposing arm and leg outward).

Abdominals to Lower Back:

The abdominal muscles (stomach area) and lower back muscles (erector spinae) work together to stabilize the core and support the spine. It's essential to have balanced strength between these muscle groups to prevent lower back pain and maintain good posture. Poor core stability increases the risk of injuries during activities that require spinal support and stabilization. The abdominals should be slightly stronger than the muscles in your lower back. Include exercises such as crunches, planks, bicycle crunches, as well as back extensions (Superman), pelvic tilts, and bird dogs (kneeling with both hands on the floor and lift opposing arm and leg outward).

If you suspect that you may have a muscular imbalance, you can correct it. Identify which muscle group is likely causing the problem. Start with light weights or bodyweight variations and gradually build strength. If you need help with exercise selections or assessing your muscular strength, let us know. Regular strengthening with the right amount of resistance can help you build a stronger, more balanced body and prevent several painful conditions.

ALL THINGS By Jeff Brown



LETTING GO OF NOTHING: RELAX YOUR MIND AND DISCOVER THE WONDER OF YOUR TRUE NATURE

by Peter Russell

A practical and empowering approach to the age-old quest to let go of the thoughts and feelings that block happiness, impede change, and hinder self-acceptance

Anyone who has dipped a toe into any of the world's spiritual traditions knows that letting go and letting be are key. But how? In this fresh, frank, and powerful guide, Peter Russell allows readers to see that the things we get hung up on are generally not tangible problems in the present, but are instead thoughts, feelings, interpretations, beliefs, or expectations we have about them. These are not actual things; they exist only in our minds. And we can strip these "no-things" of their power and let them go by making a simple change of mind.

Russell boils this letting go down to remarkably easy methods of accepting, acknowledging, recognizing, and even befriending what we tend to run from. This paradoxical practice generates peace of mind, fresh perspectives, and wisdom in action. In turbulent times like ours, this is a true power, one available to us all.

Peter Russell is an author, speaker, and leading thinker on consciousness and contemporary spirituality. Russell earned a first-class honors degree in theoretical physics and psychology — as well as a master's degree in computer science at the University of Cambridge, England. He also studied meditation & Eastern philosophy in India. He is the author of 12 books. See him on YouTube



Collectable Treasures from Jewelry, Toys to T-shirts ...and More

Downstairs Now Open!



Persnickity Antiquity
180 E 2nd St,
Pomona, CA
instagram:

**WANT TO PLACE AN AD?
CALL PATRICIA 626-818-2698
TODAY!**

SOUR GRAPES

by Tim Jones





Do you know someone who has made a positive impact on the community of Sierra Madre? The Sierra Madre Events Committee is asking the community to nominate local awesome people who live or work in Sierra Madre and has in their own way made our home a better place and embody that Sierra Madre spirit!

NOMINATIONS ACCEPTED APRIL 4TH TO MAY 3RD AT NOON. JUST SEND AN EMAIL WITH YOUR WHO AND WHY AND A WAY TO CONTACT THEM IF SELECTED TO SPONSOR@SIERRAMADREEVENTS.ORG

FOR MORE INFORMATION OR TO BECOME A SPONSOR WWW.SIERRAMADREEVENTS.ORG

"Oh, the places you'll go!"
 Creating luxury travel adventures for discerning Clientele

Catherine Addé, MA, CTC
 On Lake Avenue by appointment - catherine.a@travelstore.com
 626-639-2614

YOU'RE INVITED

CHAMBER MIXER

BITES, BREWS & BUSINESS BUILDING

THURSDAY MAY 16TH
 5PM - 7PM

HOSTED BY

RT ROGERS BREWING CO

38 E. MONTECITO AVE
 SIERRA MADRE, CA 91024

SERVING YOU SINCE 1949

GEM PLUMBING

Locally Owned & Operated

AIR CONDITIONING & HEATING
 SALES, SERVICE & INSTALLATION

We Do It All!

COPPER RE-PIPES
 FAUCETS | LEAK DETECTION
 KITCHEN AND BATH REMODELS
 DRAIN AND SEWER CLEANING | WATER HEATERS | WE TACKLE OLD FIXTURES

ALL MAJOR BRANDS

Emergency Service Available **355-3496**

140 E. Montecito | Sierra Madre

State Contractor Lic. #111308

Doug Knight
 51 Years Personal Service
 License C-36 C-42 #626528

906 W. Hillcrest - Monrovia, CA 91016

- Copper Re-piping
- Sewer & Drain Cleaning Specialists
- Sewer & Drain Video Inspection & Locating
- High Pressure Jetting & Hydro Cleaning
- Trenchless Sewer & Pipe Lining
- Backflow Testing

Start with an Inspection • We'll Answer Your Call 24/7

GARVEY ROOFING INC.

A ROOF FOR ALL SEASONS

All Work Guaranteed
 Free Estimates

WWW.GARVEYROOFING.COM

626.358.9208

State Contractors License #692839

Exterior House Painting	New Roof, Re-Roof, Roof Repair	Attic and Wall Insulation	Pre-Painted Seamless Gutters
-------------------------	--------------------------------	---------------------------	------------------------------

YOUR AD COULD BE HERE!
 CALL PATRICIA
 626-818-2698
 TODAY!

Sierra Madre ANIMAL HOSPITAL

Walter Cailleteau, DVM

927 N. Michillinda Ave.
 Pasadena, CA 91107

(626) 351-8863

Free Exam!
 For New Clients

Bring this coupon to save!

JUST LISTED

53 S. Roosevelt Avenue

PASADENA
REPRESENTING SELLER
4-UNIT INVESTMENT PROPERTY
\$1,600,000



PENDING

925 Medford Road

PASADENA
REPRESENTING SELLER
3 BD 2 BA 1,443 SF



PENDING

1125 Tropical Avenue

PASADENA
REPRESENTING BUYER
3 BD 2 BA 1,424 SF



Luther
Tsinoglou

626.695.8650
luther@tsinoglou.com
tsinoglou.com
DRE #01135433

Real Estate Expert
You Can Trust

COMPASS

To Learn More,
Scan QR Code



Compass is a real estate broker licensed by the State of California and abides by Equal Housing Opportunity laws. All material presented herein is intended for informational purposes only and is compiled from sources deemed reliable but has not been verified. Changes in price, condition, sale or withdrawal may be made without notice. No statement is made as to accuracy of any description. All measurements and square footage are approximate.



Kiwanis
Builders Club
Building Leaders

Sierra Madre
Kiwanis

Creating life changing experiences for our Community Youth

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