



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@mntviewsnews.com Subject: Class of 2024

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, MAY 4, 2024

VOLUME 18 NO. 18



the webb-martin group

9 Ways to Increase Your Home Value on a Budget



- 1 Spruce up your front yard
- 2 Spruce up your front yard
- 3 Purchase new hardware for your cabinets
- 4 Re-caulk your sinks and tubs
- 5 Buy matching front panels for appliances
- 6 Deep clean your home
- 7 Purchase new shades for old lamps
- 8 Purchase new faucets for kitchen and bath
- 9 Update your carpeting



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A Flag Raised In His Honor: SMFD ENGINEER MARKUS DUSON HONORED BY ONE LEGACY

OneLegacy, a non-profit organization that saves and heals lives through organ, eye and tissue donation, comforts the families we serve, and inspires our communities to Donate Life. On Tuesday, they honored Duson who was the recipient of a kidney transplant in 2022.

Fire Engineer Duson's journey embodies resilience and dedication. In May 2014 Markus began his career with the SMFD, where he played a pivotal role in its transition from a volunteer to career department in 2019. Rising through the ranks from Firefighter to Paramedic to Engineer, Markus' commitment shone brightly.

Amidst his professional strides, a health challenge emerged. Despite the early stages of kidney failure discovered during a routine physical exam, Markus remained undeterred. Placed on the UNOS transplant list, his condition necessitated peritoneal dialysis. Yet, with unwavering support from his loved ones and colleagues, he persevered, continuing his duties with fortitude.

In December 2022, Markus and his family received a life-altering gift — a kidney transplant. Enduring a challenging recovery, he found strength in the love of his wife, Corina, their three young sons—Ryland, Radley, and Rayden—his sister Chantal, and mother-in-law Mica. Supported by his medical teams at Kaiser and UCLA, as well as his Sierra Madre Fire Department family, Markus returned to his passion in April 2023.

Markus and his family radiate gratitude for the selfless act that transformed their lives. Through one family's sacrifice, they received the ultimate gift of life, a testament to the power of resilience and community support. To learn more about ONE LEGACY, go to: <https://www.onelegacy.org/> Photo by S.Henderson/MVNews



DEVELOPERS SEEK COMMUNITY FEEDBACK ON NEW PUBLIC PARK DESIGN

By Kevin McGuire

The Community Services Commission provided some guidance and direction on the design options for the three-acre public park to be built as part of the Meadows Project on the grounds shared by the Mater Dolorosa Passionist Retreat Center.

During the Special Meeting held on Thursday, April 25, 2024, in City Council Chambers, the Commission not only gave their input but also heard from several community members and former Planning Commissioners who served during the many months of negotiations with developers New Urban West, who gave a presentation on the design options of the public park.

The park was included in those negotiations as an incentive for Sierra Madre to approve the development project, which involves the construction of 42 residential houses. Community members opposed to the project unsuccessfully fought against this plan. However, after tense negotiations and a failed election initiative, The Meadows at Bailey Canyon was finally approved after the May 9, 2023 Special Election.

Jonathan Frankel, Vice President of Forward Planning for New Urban West, appeared for the 19th public meeting about The Meadows (cont. page 3)

BOOT SKOOTIN' CHILI COOK OFF
SATURDAY
May 11, 2024
SIERRA MADRE ROOM
611 E. SIERRA MADRE BLVD.
6 TO 9 PM

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

\$40
PETER DILLS
CELEBRITY JUDGE

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MEMBER FOR A DAY \$40 INCLUDES ADMISSION TO THE DANCE AND ALL THE CHILI YOU CAN EAT!
BUY YOUR TICKETS ONLINE: <https://sierramadrekiwanis.com>

City of Sierra Madre

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

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

Notice is hereby given that on May 20, 2024, at 5:30 PM, or soon thereafter, the Sierra Madre Community Services Commission will conduct a public meeting, to receive feedback and comments from the public on amenities and design of a new 3-acre public park at 700 N. Sunnyside Avenue to be constructed and funded by the developer.

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

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

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

LOCATION, DATE, AND TIME OF HEARING:
City of Sierra Madre Community Commission meeting; Monday, May 20, 2024 (begins at 5:30 p.m.) will take place at the City of Sierra Madre City Council Chambers located at City Hall 232 W. Sierra Madre Blvd, Sierra Madre

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

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

Time to sell... and go?

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.

R
Barbara Rogers

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



B
Eileen Benson

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



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FOR LEASE

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



FOR SALE

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



FOR SALE

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

SIERRA MADRE HAPPENINGS

YOUTH BOOKMARK CONTEST WINNERS ANNOUNCED BY THE SIERRA MADRE PUBLIC LIBRARY



Winners of the annual Library Bookmark Contest were announced during an award ceremony held on April 24, 2024 in the Sierra Madre City Council Chambers. A total of 251 students who live in Sierra Madre, go to school in town, or have a Sierra Madre Library card entered this year's contest themed, "Sierra Madre Stories". Four of the winning bookmarks were selected for printing and announced by special guests: Mayor Kelly Kriebs, Library Board of Trustee Chair Catherine Adde, Friends of the Sierra Madre Library President Julie Bencosme, and City Manager Jose Reynoso.

Thank you to our sponsoring organizations who made this contest possible: Sierra Madre Community Foundation, Mountain Views News, Sierra Madre Woman's Club, Sierra Madre Kiwanis Club, Sierra Madre Civic Club and the Friends of the Sierra Madre Library.

Winning artwork is on display in the Library's Children's Room at 350 W Sierra Madre Blvd. Selected bookmarks are being printed and will be available at the Library this summer.

Contest winners are:

Kindergarten	1st place winner: 2nd place winner	Adeline Svanberg Delilah Miranda	Alverno Heights Academy Sierra Madre Elementary School
First Grade:	1st place winner 2nd place winner	Alessandra Iglesias Alena Christy	Alverno Heights Academy Alverno Heights Academy
Second Grade:	1st place winner 2nd place winner	Sophia Spears Maya Damiano:	Sierra Madre Elementary School Alverno Heights Academy
Third Grade	1st place winner 2nd place winner	Dylan Voralik Clara Christiansen	Sierra Madre Elementary School Sierra Madre Elementary School
Fourth Grade	1st place winner 2nd place winner	Zena McGonagle Avery Lord	Sierra Madre Elementary School Gooden School
Fifth Grade	1st place winner 2nd place winner	Sofia Bauer Amila Monkowitz	Alverno Heights Academy Sierra Madre Elementary School
Sixth Grade	1st place winner 2nd place winner	PJ Altruz Trini Chan	Sierra Madre Middle School Alverno Heights Academy
Seventh/Eighth Grade	1st place winner 2nd place winner	Juliana Barragan Isabelle Gonzalez	St. Rita School Sierra Madre Middle School

BOOKMARK WINNERS TO BE PRINTED ARE:

Mayor's Selection:	PJ Altruz:	6th Grade SM Middle School
City Manager's Selection:	Adeline Svanberg:	Kindergarten
SML Board of Trustees Chair's Selection	Dylan Voralik:	Alverno Heights Academy
Friends of SML President's Selection	Zena McGonagle:	3rd Grade SM Elementary School
		4th Grade SM Elementary School

For more information contact:

Youth Services Librarian Doreen Thomas

dthomas@cityofsierramadre.com

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



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



ELMA FLORES NAMED AS SIERRA MADRE WOMAN'S CLUB'S CLUB MEMBER OF THE YEAR.



L-R: Patricia Woodlin, Carolyn Knudson, Mary Carney, Janette Ledea, Elma Flores, Beverly Clifton, Leigh Thach. Missing: Lynette Croan, Carol Handley. (Photo by Carol Handley).

Seven of the nine SMWC members who went to GFWC's 2024 SGVD Convention at Pomona's Hilton Doubletree to support the further honoring of Elma Flores' as Sierra Madre Woman's Club's Clubmem-ber of the Year.

Sierra Madre Civic Club

Calendar of

EVENTS

A Note From Club

SMCC has had an eventful month. The Annual Fundraiser, held at Methodist Church, was an amazing day! Our "Out of this World" theme was just that! With the money raised from this event, as well as all our fundraising efforts throughout the year, we will be giving out our Educational Awards to 5 local seniors at our May 9th meeting. From our Philanthropy committee, we will be donating to a number of local non-profit organizations at the May 28th City Council meeting. **This is what we do!!!** We have a fun time raising money and are very proud to be able to make a difference in these students' lives and for the organizations we donate to.

May 4

Carnival in the Park. Sierra Vista Park from 10am to 4pm. Games, Petting Zoo, Bake Sale, Craft Fair, Plant Sale, Food and more!

May 11

Boot Skootin' Chili Cook-Off. 6pm-9pm at 611 E Sierra Madre Blvd. Tickets are \$40. Buy at sierramadrekiwanis.com

May 4 & 5

Sierra Madre Art Fair. 9:30am-5pm. Over 80 artists displaying their work, entertainment, and food vendors.

May 25

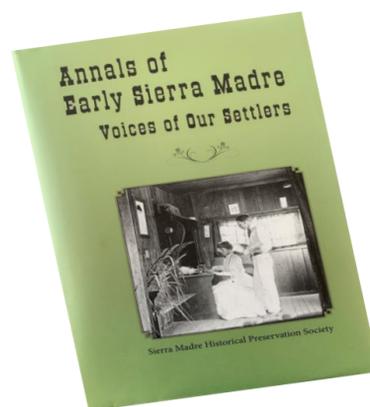
Mount Wilson Trail Race. Starts at 7:30am from Kersting Court.

May 9

Civic Club Membership Meeting. 7pm at Hart Park House. We will be awarding the Educational Awards.

May 28

Civic Club Philanthropy Awards. 5:30pm at the City Council Meeting.



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



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

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

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@CityofSierraMadre.com by 3:00 p.m. on the day of the meeting.

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

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

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

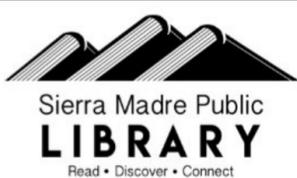
Sierra Madre's EMERGENCY radio station is now accepting scripts for Public Service Announcements (PSAs) about community events. PSAs will be broadcast on the air at no charge. The station operates 24/7 and can be heard at 1630 on the AM dial.

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.



This week at the
Sierra Madre
Public Library

May 6—May 11

Monday

Baby Rhyme Time — In-person at 9:00am

Preschool Storytime — In-person at 10:00am

Wednesday

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

Thursday

Tails & Tales— In-person at 3:30

Saturday

Digital Services Meet & Greet— In-person from 12:00pm—2:00pm

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

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

"May, the month of sunshine, blooming flowers, and endless possibilities."
"May the month of May be a month of sunshine, happiness, and endless blessings."

"Tra la! It's May!
The lusty month of May!
That darling month when ev'ryone throws
Self-control away.
It's time to do
A wretched thing or two,
And try to make each precious day
One you'll always rue!
It's May! It's May!
The month of "yes you may,"
The time for ev'ry frivolous whim,
Proper or "im."
It's wild! It's gay!
A blot in ev'ry way.
The birds and bees with all of their vast
Amorous past
Gaze at the human race aghast, The lusty month of May."
("It's May" from Camelot the 1960 musical by Lerner and Lowe)



"It's May! It's May!" Made me think of the movie, "Camelot" from 1967 with Richard Harris, Vanessa Redgrave and Franco Nero. It was on Turner Classic Movies a few days ago and I just couldn't help myself, I sat and watched it all. Some of the most horrible mis-casting ever made with Vanessa Redgrave as Guinevere, Richard Harris as Arthur and Franco Nero as Lancelot. Richard Harris was great but I don't know what Josh Logan was thinking when he cast Vanessa Redgrave as Guinevere and Franco Nero as Lancelot. When it's too hot to do much else, an old movie helps.

We're probably not going to throw all self-control away and do a wretched thing or two, but we probably are going to cut some roses from our garden and put them on the kitchen counter, like the ones in today's picture. Our roses still look healthy and happy as those pesky aphids, thrip, scales and other noxious rose destroyers haven't settled in for the summer just yet. The roses look so beautiful and are blooming with exuberance as it's not too hot for them and the pests are still on their way to settle into our gardens for the summer. Not to wander too far off the path, it occurs to me that if Eve hadn't listened to that sneaky snake, and bit into that apple, we wouldn't have aphids and thrips, black mold and tomato worms.

It's May, It's May, it's almost my son, John's birthday. We won't disclose any exact dates here, but he was born on Mother's Day and his birthday will be on Mother's Day again this year. Have you ever noticed that you go along with just a birthday or two each month and then a month like this May crops up and you've got seven birthdays, two anniversaries, and you're totally unprepared for any of them! So grateful for Amazon gift cards. The newest baby in our family, Brannan Johnson, will be one!

Mother's Day is just a few days away on May 12th and if you haven't ordered flowers or some-thing for your mom, you better get on it! One of the best Mother's Day cards I ever got had this lovely thought on it: "Family is love and laughter, strength and smiles, hope and happiness. Every Mother's Day is a gift – a chance to go back through the memories of the heart and say thank you. For a home that was warm and welcoming and filled with life and laughter – where each day seemed to hold some small adventure and something new to learn. For a family that loves being together, that cares for each other and helps one another through all the big and little ups and downs of life...for a connection that gives meaning and purpose and joy to every day."

While you're at the Art Fair this weekend, look for something special for your mom. There will be so many beautiful things on display, I'm sure you'll see that one perfect gift that will please her. Weather should be lovely and you can spend the day at Memorial Park where you'll run into eve-ryone you know...which will be nice!

Tra la, it's May, the busy month of May! And just to make you smile, school will be out shortly for summer vacation!

My book page: Amazon.com: Deanne Davis
Where you'll find "Sunrises and Sunflowers Speak Hope"
And "A Tablespoon of Love, A Tablespoon of Laughter"
Take a look at both of these books, stuffed with hope and the
Occasional good recipe, which would make fabulous Mother's Day gifts!

DISTURBING DISCOVERY IN RESTROOM IN MEMORIAL PARK

On Wednesday, May 1, 2024, the body of an unresponsive adult female was discovered in the Women's Restroom near the tennis courts in Memorial Park. Sierra Madre Police and Fire Department were called, fire pronounced the female as deceased.

According to Sierra Madre Police Sgt. Chuck Kamchamnan, the woman has been identified as Amanda Pruess of Sierra Madre.

He also noted that the death was not the result of foul play.

PARK (continued from page 1). t to address the Commission with a brief slide presentation about the park, to be located at 700 N. Sunnyside Avenue.

Frankel noted two amenities that the Planning Commission was adamant about, which this new public park must have: a bathroom and parking and loading accommodations for the Americans with Disabilities Act (ADA). Frankel encouraged feedback from the community and input from the Community Services Commission for all other amenities. Those could include walking trails, benches, paths, lawn areas, kids' playgrounds, picnic tables, interpretive signage, a dog park, BBQs, and even more elaborate options such as a labyrinth or design features tied to the history of Mater Dolorosa.

Some charts are on display in the foyer outside the City Council Chambers. The public is welcome to put green stickers on various park amenities they want to see to give feedback to the developers and Commission.

The proposed picnic areas could have grass or a drought-tolerant landscape, though not having a picnic area was also an option. Two separate play areas were among the options for the kids, one for toddlers and the other for ages 5-10. The play areas can also offer a nature theme with logs to crawl through and walk on.

The interpretive signage would feature descriptive botanical and wildlife highlights to inform visitors what plants, birds,



and other animals they may see in the area. The labyrinth option can offer quiet reflection and meditation, which aligns with the monastery's theme.

During the first discussion on the matter led by the Community Services Commission Chair, Ann Palmer, some members, such as Vice Chair Lisa Carlson, were against the idea of BBQs because The Meadows is in a high-fire danger area. Also, there was some apprehension about picnic areas with the ongoing bear situation in Sierra Madre.

Some community members praised the idea of kids' play areas and picnics. In contrast, others expressed concerns about adding noise to their ordinarily quiet neighborhood, pushing for no picnic areas, kid's play areas, or bathrooms.

Former Planning Commission members Peggy Dallas, John Hutt, and Bob Spears showed the same concerns as the Community Services Commission over using BBQs in a high-fire risk area; they agreed that this public park should be for everyone to enjoy, including children and their families.

With feedback from the Commission and the community, Frankel and his team will create three design options to present before the Commission during their next meeting. Then, a final choice will be offered for approval at a third meeting. Check the city's website (www.cityofsierramadre.com) for more information.

**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

Pasadena Altadena



News From Your Community For Your Community

New Online & Telephone Payment System

The City of Pasadena announced Monday the launch of the new online and telephone payment portals, offering residents and businesses a convenient option for managing accounts receivable/general billing, business license payments, and health permit payments.

The new payment system offers several features to facilitate bill payments and/or renewal of licenses or permits. Users can access the payment system via the following methods:

Online at: [Payments.CityOfPasadena.net](https://payments.cityofpasadena.net)

Telephone Payment System: (626) 744-4166 for Business License (626) 744-4291 for Accounts Receivable/General Billing. This new system will provide a more convenient avenue for residents and businesses to handle their financial transactions with the City of Pasadena. The launch of these new systems aligns with our commitment to improving service accessibility and efficiency and reflects Pasadena's ongoing efforts to embrace digital innovation and enhance service delivery to its community.

This new system is not for Pasadena Water & Power billing or payments.

For more information visit the city's website at: [CityOfPasadena.net](https://cityofpasadena.net).

Pasadena to Celebrate Older Americans

The City of Pasadena Parks, Recreation and Community Services Department, Senior Commission, and Pasadena Village will host the City's third annual celebration of Older Americans Month on Wednesday, May 22 from 10 a.m.-1 p.m. at Victory Park, 2575 Paloma St. The free event will highlight Pasadena's array of resources for older adults and offer giveaways, food, presentations and much more! The event will begin with remarks from several public officials. Registration, more information, and a list of exhibitors is available here.

Older Americans Month is celebrated nationwide in May and led by the Federal Administration for Community Living. The 2024 theme is Powered By Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

This event is made possible with support from Pasadena Village, Home Instead-Pasadena, Villa Gardens, and others.

For more information call (626) 744-7300.



City Announces Free Bike Month Events

Rediscover the glee and excitement of riding a bike.

The City of Pasadena's Department of Transportation and other advocacy organizations are asking residents to leave the car at home Sunday and see the city on two wheels as part of National Ride a Bike Day.

"Ride a Bike Day is a reminder that life is better for everyone when more people ride bikes," said Day One Team Members. "On Ride a Bike Day, let's all ride bikes together, wherever we are and at our own pace, to take part in a collective action and kick start making life better for everyone."

National Ride a Bike Day is part of Pasadena Bike Month that runs through May 26.

Organizers said they have planned free activities all month long for riders of all ages and abilities. Helmets (required for youth under 18), bikes in good working order, and bike lights (for night events) are strongly encouraged.

"The City is pleased to once again support Bike Month and we encourage Pasadena residents and visitors to enjoy all that Pasadena has to offer while pedaling a bicycle," said Pasadena Department of Transportation Director Joaquin Siques. "Bike to Work Day occurring May 16 is a great way to try commuting to work by bicycle and we hope to see people at our rest-stop at City Hall that morning."

Highlights of Bike Month events include but are not limited to:
National Bike To School Day on Wednesday: Celebrate National Bike to School Day

and ride to school with your kid(s)!

Bicycle Tour of Pasadena African American History: The 710 Stub on Saturday, May 11, 9 a.m.- 1 p.m., NAACP Pasadena, 595 Lincoln Ave.: Join Allen Edson, President of the NAACP Pasadena branch, as he leads a bike tour highlighting the 210 freeway, the 710 stub, and the community displaced by the construction.

Women of Pasadena Ride on Sunday, May 12, 2-4 p.m., Pasadena City Hall, 100 Garfield Ave.: Starting at Pasadena City Hall explore significant sites in women's history, discover the impactful Pasadena women who made a difference, and support women-owned businesses!

Bike to Work Day on Thursday, May 16, 7-10 a.m.: Visit the Bike to Work Day rest-stop at Pasadena City Hall to say hello and enjoy free refreshments to help fuel your ride, pick up some biking information, and enjoy other free goodies. Remember, if you need to travel far, go multimodal. Metro buses and trains, Metrolink trains, and Pasadena Transit buses are free for bicyclists on Bike to Work Day.

E-bike Expo on Sunday, May 19, 10 a.m.-2 p.m., Jefferson Park, 1501 E. Villa Street: Learn about, see, and test ride electric bikes from six local bike shops, all in one convenient location!

Bike-in movie screening of "The Engine Inside" on Wednesday, May 22, 6:30-9:30 p.m., Throop Church, 300 S. Los Robles Avenue: Stories of six everyday people from all over the globe who reveal the unique power of the bicycle to change lives and build a better world.

Ice Cream Ride on Sunday,

May 26, 1-4 p.m., Memorial Park - 85 E Holly St.: What's better than riding bikes on a beautiful day in May? Riding bikes and eating ice cream! We'll visit local purveyors of America's favorite frozen treat and sample their offerings. Additional events include Pasadena Public Art Ride, Family Bike Safety Ride, and The Remnants Ride: Retracing the Forgotten Cycleway from Pasadena to Los Angeles. For a full list of events and registration details, visit [Bit.ly/PasadenaBikeMonth](https://bit.ly/PasadenaBikeMonth).

Pasadena Bike Month is organized by the City of Pasadena with community partners Day One and Pasadena Complete Streets Coalition.

Free South Pasadena Library Events

May Walking Book Club
 The South Pasadena Public Library will have its next Walking Book Club meeting on May 8 at 9:00 AM in front of the library at 1100 Oxley St.

This monthly event combines reading with outdoor activity, promoting a social approach to literature. The club meets on the second Wednesday at 9:00 AM for a community stroll, allowing adults to discuss the chosen book and enjoy the company of fellow readers in an outdoor setting. Each month features a selected book for discussion, and participants are encouraged to come prepared. The March book discussion will feature Klara and the Sun by Kazuo Ishiguro.

All Abilities Club
 Join the South Pasadena Public Library for a monthly program geared toward adults with developmental disabilities. During All Abilities Club meetings we watch movies, make crafts, and encourage a welcoming and safe environment for participants. The Club is open to adult members of the public and adult family members, aides, caretakers, and teachers are welcome. The Club is intended for adult audiences. Registration is not required. The club meets Second Friday of the Month from 10:00 a.m. - 11:00 a.m. in the Library Community Room, 1115 El Centro Street.

Supervisor Barger Honors Local Armenian Leaders



Supervisor Kathryn Barger honored three individuals of Armenian heritage Tuesday, including Nyree Derderian from Pasadena, on the final day of Armenian History Month in Los Angeles County.

"Just as we commemorated the 109th anniversary of the Armenian Genocide this month, we must also take time to recognize the vibrant culture and contributions of our fellow Armenian neighbors, community members and leaders," said Supervisor Kathryn Barger. "We are fortunate to have the Armenian spirit alive and thriving in Los Angeles County."

Those honored included a diverse range of individuals in background and achievements.

Nyree Derderian, a native of Pasadena, for nearly 30 years has fulfilled pivotal roles on the Central Executive Board of the Armenian Relief Society. She has served as Chairperson and Vice Chairperson, overseeing humanitarian efforts during critical times. In April 2022, she visited Artsakh to provide aid to victims of the 44-day war and initiated a sustainable project for the residents of Artsakh. In November 2022, she traveled to Lebanon to deliver aid to those affected by the Lebanon blast of August 2020 and the ensuing economic crisis. Nyree's commitment includes educating and empowering Armenian youth through lectures and leadership roles in order to reach and have an impact on the next generation.

"Supervisor Barger's recognition holds immense significance for me," said Ms. Nyree Derderian. "It signifies the acknowledgment and appreciation of the contributions made by American Armenians in Los Angeles. This recognition validates our efforts and achievements being recognized beyond our community. It serves as a pivotal moment that reaffirms the value of work and motivates volunteers to continue our commitment to advancing the Armenian cause with hope and resilience within the Armenian community."

Dr. Vartan Tachdjian is founder of the Byblos Babies Center and co-founder of the Armenian Medical World Congress. His life is a testament to compassion and dedication to serving the needy globally. Born to Armenian genocide survivors

in a Beirut refugee camp, Dr. Tachdjian eventually relocated to Los Angeles amidst a civil war. He learned new languages and re-licensed in medicine to continue his mission of caring for the homeless. As medical director of homeless programs and a consultant for Doctors Without Borders, Vartan exemplifies a lifelong commitment to humanitarian work.

"I am honored to receive this award from Supervisor Kathryn Barger, who has been a champion for the rights and well-being of underserved individuals in our community," stated Dr. Vartan Tachdjian. "It's also a delight to be recognized by the County of Los Angeles where many of my hours have been spent on the streets treating the homeless and refugees. As a child of Armenian Genocide orphans, life has come full circle with my contributions to the Armenian as well as the general population. We can all improve our society's well being with some work and simple kindness."

Talin Yacoubian holds key positions on the boards of the Armenian Assembly of America, Armenian American Museum and Cultural Center, and Armenia Fund. Her leadership roles include serving as former Chair of the AGBU Western District Committee and co-chair of the Armenian Genocide Centennial Commemorative Committee in 2015, where she organized the historic peaceful march of 160,000 people in Los Angeles on the 100th anniversary of the Armenian Genocide. With a background in law and economics, Talin also teaches Legal Writing and Advocacy at USC Gould School of Law, demonstrating her commitment to education and community empowerment. Her efforts focus on advancing Armenian advocacy, strengthening Armenia-U.S. relations.

"I strive to advocate for our community and improve circumstances to the best of my ability," said Ms. Talin Yacoubian. "I am driven by a sense of duty not an expectation of thanks or accolades. However, when recognition is so generously and sincerely given, it truly warms my heart and motivates me even more. This recognition has certainly raised the bar and reinforced my commitment to serving our

Film Series: Testigo/Witness: Goya in the Movies



The Norton Simon Museum presents Testigo/Witness: Goya in the Movies, a series of four films that explore Spanish artist Francisco de Goya's unique vision of the world. Films.

Movies in the series include Pan's Labyrinth, directed by Guillermo del Toro; Goya: Or The Hard Way to Enlightenment, directed by Konrad Wolf; Goya, Carrière and the Ghost of Buñuel, directed by José Luis López-Linares; and The Discreet

Charm of the Bourgeoisie, directed by Luis Buñuel. Each film will be played Fridays, May 10, 17, 24, 31 at 4:30 p.m. Each begins with an introduction by film maker and educator Joe Petricca. Screenings are free with museum admission. Students with ID are always admitted for free to the Norton Simon Museum.

For more information visit: nortonsimon.org.

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San Marino Upcoming Events & Programming

Keep Your Head in the Clouds

Today 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.

Health and Wellness Talk: Joint Health is Nervous System Health

Wednesday, May 8 at 1 PM, Barth Community Room

Join Dr. Gary Tao DC of Tao Chiropractic in Pasadena as we delve into the world of osteoarthritis and understanding its development and impact on joints. Explore the connection between joint health and the nervous system, unraveling the importance of maintaining joint motion for a well-functioning nervous system. Discover how chiropractic care not only addresses joint issues and slows the arthritis process, but also promotes overall nervous system health and therefore body health. Registration is not required.

Chinese Club Workshop

Thursday, May 9 at 10:30 AM, Barth Community Room

In the spirit of cultural exchange and appreciation of diversity, educational development, and community service, the Chinese Club of San Marino holds monthly lectures and workshops. Registration is required.

Glow Fest Family Night

Friday, May 10 at 6 PM, San Marino Community Center

Cost per person: R: \$12 / NR: \$14 (non-refundable)

The future is only getting brighter as another awesome Family Night approaches: Glow Fest! There will be a variety of activities to enjoy including dinner, face painting, a photo booth, glow giveaways, and a dance party with a live DJ. Registration is required by May 9.

Summer Community Services Guide

Check out the latest Community Services Guide to see Summer offerings and get details on upcoming events, classes, and lectures. Registration begins on May 6 for residents and May 13 for non-residents.

Street Bi-weekly Sweeping Schedule

In keeping with the City Council's priority of well-maintained infrastructure, the Parks and Public Works Department works with Athens Services to ensure that the City receives comprehensive street sweeping services. Beginning next week, Athens will resume its bi-weekly street sweeping schedule, which will continue through October (November-April sweeping is weekly). Residents can visit the Street Sweeping page on the City's website for more information on the street sweeping schedule for their neighborhood.

Public Works Open House on May 22

In celebration of National Public Works Week, the Parks and Public Works Department is holding an open house, including a vehicle and equipment showcase/meet and greet with staff and vendors. It will be held on Wednesday, May 22, from 3 PM - 6 PM at Lacy Park. This is a great opportunity to learn more about the Department, including the different types of equipment it uses, such as lawnmowers, backhoes, loaders and lift trucks. Stop by to learn more and see these cool machines up close!

Meetings

City Council Meeting

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

Recreation Commission Meeting

Monday, May 13 at 6:00 PM; Barth Room and Zoom (Public Access)

Design Review Committee Meeting

Wednesday, May 15 at 6:00 PM; Barth Room and Zoom (Public Access)

South Pasadena Engage with Evelyn Campaign Continues

City of South Pasadena Mayor, Evelyn Zneimer recently announce a series of engagement opportunities for community members to connect with her and learn more about the city's initiatives and happenings.

Mayor Zneimer commenced her mayorship with a successful "Coffee with the Mayor" event earlier this year on January 25, at Jones Coffee Roasters in South Pasadena. Building on this momentum, the Mayor is excited to welcome residents, businesses, and the community at large to two more upcoming events.

Zneimer next event will be hosting a virtual "Lunch and Learn" event on Thursday, May 9 from 12:00 p.m. to 1:00 p.m. This interactive session will cover various topics, including budget updates, City happenings, and more. Residents are encouraged to participate at the convenience of their mobile devices and computers to connect with the Mayor and ask questions that City staff will facilitate during the virtual meeting. Neither of these events require RSVP, and flyers are available across the



City's social media channels, website, and City counters.

Additionally, Mayor Zneimer has established a dedicated email address, askevelyn@southpasadenaca.gov, to facilitate direct communication with the community. For more information about these events and other initiatives, please visit the City of South Pasadena's website: www.southpasadenaca.gov or contact the City Manager's Office by emailing cmoffice@southpasadenaca.gov or calling (626) 403-7210.

Restoration Concert: New Hollywood String Quartet

The Friends of the South Pasadena Public Library are set, May 19 from 4 p.m. to 5:30 p.m., to present a Restoration Concert featuring the New Hollywood String Quartet. The concert will be held in the beautiful historic Library Community Room at 1115 El Centro St. in South Pasadena. Tickets are available at the door for \$25.

The Restoration Concerts Committee, a committee of the non-profit organization, The Friends of the South

Pasadena Public Library, has a goal to bring world-class music at an affordable price to the concertgoers in South Pasadena and surrounding communities. As the name suggests, net proceeds from the concerts provide for restorations, enhancements and other benefits to the South Pasadena Library and Community Room.

For more information, contact restorationconcerts@gmail.com or go to: friendsofopaslibrary.org/restoration-concerts.

City Public Hearing for Water Rates Adjustments

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

water customers. The notice includes a recommended rate structure redesign and adjustment information as well as details regarding the public hearing.

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

Individual customer bill impacts will vary based on customer type, water meter size, and amount of water used. To help customers estimate potential impacts the proposed adjustments may have on their water bill, PWP developed an online "bill estimator," which is a simplified version of all billing inputs (actual bills may vary). The intent is to provide customers with a general sense of how their household budgets might be impacted based on individual projections of their water use. The bill estimator also shows the changes proposed to be effective for sewer and refuse services from the City of Pasadena Public Works Department.

Community meetings regarding the PWP water rate adjustments will be held: Wednesday, April 24 at 6 p.m. Virtual, RSVP: PWPweb.com/Events Wednesday, May 1 at 6:30 p.m. Victory Park Recreation Center, 2572 Paloma Street Thursday, May 23 at 2 p.m. Robinson Park Recreation Center, 1081 N. Fair Oaks Avenue

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

For more information visit: PWPweb.com/WaterRateDesign.

Asian American & Pacific Islander Heritage Month

The City of Pasadena is celebrating Asian American and Pacific Islander Heritage Month by recognizing the contributions and influence of Asian Americans and Pacific Islanders to the history, culture and achievements of the United States with a series of virtual programs, events and activities for all ages. The events, programs, classes, and more are coordinated by the Pasadena Public Library and Parks, Recreation, and Community Services Department. Library activities are sponsored by The Friends of the Pasadena Public Library.

Events

For all ages unless specified.

American Mah Jongg Club

Mondays (except May 27), 12:30 - 2:30 p.m., Lamanda Park Branch Library, 140 S. Altadena Dr.

Join us for an afternoon of this wildly popular game. All levels of players are welcome. Bring your Mah Jongg set and yearly game card or use the library's. For ages 18+.

Tales of Asia and the Pacific Islands

Saturday, May 11, 2 p.m., Allendale Branch Library, 1130 S. Marengo Ave.

Come hear storyteller Barbara G. Wong spin magical tales about mythical Asian dragons that live in palaces beneath the sea, as well as other exciting stories. Join us as we celebrate Asian American and Pacific Islander Heritage Month and the Year of the Dragon! The dragons are waiting...so don't be late!

Traditional Chinese Music Performed by Celia Liu

Thursday, May 16, 4:30 p.m., La Pintoresca Branch Library, 1355 N. Raymond Ave.

Relax and enjoy the delicate, expressive sounds of the pipa, a traditional Chinese four-stringed lute, played by award-winning virtuoso Celia Liu. She will perform traditional pipa favorites and share her musical journey and the history of pipa in Chinese music. For ages 18+.

The Architecture of the Huntington's Chinese and Japanese Gardens

Saturday, May 18, 2 p.m., Lamanda Park Branch Library, 140 S. Altadena Dr.

The Huntington Library, Art Museum and Botanical Gardens' Chinese and Japanese Gardens are celebrated worldwide as outstanding examples of East Asian garden design. This program focuses on the architecture of the buildings within those gardens. These include the recently opened 17th century Japanese country magistrates' residential compound, transplanted from Japan, and the dozen classical Suzhou-style buildings and pavilions within the Chinese Garden. These buildings were constructed, in large part, by over 60 traditional Chinese craftsmen from Suzhou, who spent over a year working on the project. For ages 18+.

Celebrate AAPI Heritage Month & National Foster Care Month with the Asian Foster Family Initiative (AFFI)

Saturday, May 18, 3 p.m., Hill Avenue Branch Library, 55 S. Hill Ave.

Understand the challenges faced by Asian foster children. Discover how you can help these children and families in need. Learn the process of becoming a foster/adoptive family. AFFI is an adoption and foster family agency seeking Asian bilingual and/or bicultural families to meet the needs of Asian foster children. Registration is encouraged, and walk-ins are welcome! To attend, sign up at CityOfPasadena.net/Library/Calendar/. For ages 18+.

Gamelan Merdu Kumala

Saturday, May 18, 4 p.m., Linda Vista Branch Library, 1281 Bryant St.

Join us to learn about and enjoy Balinese music-making tradition through Gamelan Merdu Kumala, a community gamelan assemble. For ages 5+. Chinese Tea Brewing and Tasting: Gong Fu Style Friday, May 24, 1-3 p.m. Jackie Robinson Community Center, 1020 N. Fair Oaks Ave. Participants will taste four Gong Fu style brewed teas, including leaves from the Ancient Tea Tree in the Yunnan Province in southwestern China. Presentations on the history, brewing techniques, and



benefits of tea will be provided by Wendy Chen and Nathan Epstein, owners of the Callisto Tea House. Open on a first come, first serve basis to the first 50 participants in attendance. For more information, call (626) 744-7300.

Tea Tasting with Callisto Tea House • Explore the Teas of China, Korea and India

Saturday, May 25, 11 a.m., Hill Avenue Branch Library, 55 S. Hill Ave.

From China to Korea and India, the types of tea are as varied as the countries they come from. Join us and learn more about the benefits of tea, different tea growing regions of the world, tea culture and brewing styles. Presented by Callisto Tea House. To attend, sign up at CityOfPasadena.net/Library/Calendar/. For ages 13+.

Maps & Music: AAPI Edition

Thursday, May 30, 4 p.m., Santa Catalina Branch Library, 999 E. Washington Blvd.

Travel with us as we discover some of the locations and music of Asia and the Pacific Islands.

Sashiko Mending

Saturday, June 1, 2:30 p.m., Santa Catalina Branch Library, 999 E. Washington Blvd.

Learn the basics of sashiko mending, a Japanese style of hand stitching, in this hands-on program. To attend, sign up at CityOfPasadena.net/Library/Calendar/. For ages 18+.

Storytimes

Chinese Storytime Saturday, May 11, 10:30 a.m., Hill Avenue Branch Library, 55 S. Hill Ave.

Come visit us for a special bilingual Chinese/English storytime. Whether you're a native speaker or hoping to learn something new, it's a perfect way to have fun with language, stories and crafts! For ages 3-5 and their parents or caregivers.

Storytime and Art

Monday, May 13, 3:30 p.m., La Pintoresca Branch Library, 1355 N. Raymond Ave.

Join educators from the USC Pacific Asia Museum as we explore Asian cultures, arts and practices through storytelling and hands-on art making! This program is free to families with elementary school-aged children. To reserve your spot, call (626) 744-7268, beginning May 1. For ages 5-12.

Storytime Adventures

Tuesday, May 14, 10:15 a.m., Hastings Branch Library, 3325 E. Orange Grove Blvd.

Join us for a fun-filled storytime adventure celebrating Asian American and Pacific Islander Heritage Month. We'll explore exciting tales with colorful stories, lively music and interactive activities perfect for little ones. We can't wait to share the joy of AAPI cultures with you. For ages 1-4 and their parents or caregivers.

Asian American and Pacific Islander Storytime

Wednesday, May 22, 10:30 a.m., Santa Catalina Branch Library, 999 E. Washington Blvd.

Join us for a special storytime featuring Asian American and Pacific Islander stories and authors, then stay to make a craft! For ages 3-5 and their parents or caregivers.

Kwentuhang Pambata: A Bilingual Storytime

Saturday, May 25, 3 p.m., Lamanda Park Branch Library, 140 S. Altadena Dr.

Join us in this fun and interactive Kwentuhang Pambata: A Bilingual Storytime. We will be sharing Tagalog/English children's stories, fingerplays, songs and craft. "Samahan kami sa masayang kantahan at kwentuhan."

Read with Pasadena Public Library: Asia & the Pacific Islands

Join us for a story map tour of library literature celebrating the voices, experiences and contributions of authors of Asian and Pacific Islander Heritage - AArgc.Is/5S4Sz0.

For more information visit: cityofpasadena.net.



Mother's Day LUNCHEON

Date: Wednesday, May 8, 2024

Time: 11:45 a.m.

Location: South Pasadena Senior Center

1102 Oxley St., South Pasadena

ADVANCED RESERVATIONS ARE REQUIRED.

Residents & Member Reservations open on:

Monday, April 8, 2024 at 8:00 a.m.

General Reservations open on:

Wednesday, April 10, 2024 at 8:00 a.m.

To make a reservation, please contact the Senior Center at (626) 403-7360.

Special thank you to Walter Cervantes and family for sponsoring the luncheon!



Catch breaking news at: mtnviewsnews.com

ARCADIA POLICE SEARCHING FOR 4 ROBBERY SUSPECTS WHO SHOT THEIR WAY INTO CLOSED BUSINESS, INJURING 1

On April 26, 2024, around 10:40 p.m. in the 100 block of East Santa Clara Drive investigators say that four suspects - who were all wearing masks - tried to get into the business after it closed. Several people were still inside at the time, according to police.

"When the suspects could not enter the locked business, they used a firearm to shoot out the glass and enter," said police in a press release. "One of the rounds fired into the business struck a victim in the leg."

That person was taken to the hospital and remains in stable condition.

Once the suspects got inside, they robbed the victims and took off. The victims could only describe the suspects' vehicle as a newer white, or silver, four-door sedan, possibly a Chrysler.

The case remains under investigation.

Anyone with information is urged to call the Arcadia Police Department at 626-574-5151 and reference case number 24-1696.

If you prefer to submit an anonymous tip, you can call "Crime Stoppers" at (800) 222-TIPS (8477) or visit the Crime Stoppers website.



ARCADIA POLICE BLOTTER

For the period of Sunday, April 21st, through Saturday, April 27th, the Police Department responded to 891 calls for service of which 89 required formal investigations. The following is a summary report of some of the incidents handled by the Department during this period.

Sunday, April 21:

- At 4:15 p.m., officers responded to a residence in the 900 block of West Foothill Boulevard regarding an audible alarm. An investigation revealed unknown suspect(s) forced the front door open. The home did not have much property in it at the time of the burglary. There was no reported property loss.
- At 6:36 p.m., officers responded to a residence in the 00 block of Christina Street regarding a theft report. Surveillance footage revealed a male suspect wearing a red shirt stole a community mailbox and fled the scene in a black four-door sedan.

Monday, April 22:

- At 11:59 a.m., officers responded to Cenco Auto Body, 125 West Live Oak Avenue, regarding a theft report. The victim left her purse on a chair inside the office while she spoke with an employee. The male suspect wearing a blue vest, blue shirt, and tan pants, stole the purse and fled the scene in a yellow Toyota Prius.
- At 12:56 p.m., officers responded to a residence in the 00 block of Alta Street regarding a domestic disturbance. An argument between a husband and wife escalated when the husband grabbed his wife and pushed her into a wall leaving visible injuries. The 49-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.
- At 11:25 p.m., officers responded to a local hospital to speak with the victim of a stabbing that had occurred at the Metro Transit Plaza, 201 North First Avenue. The victim exited the Metro train and was walking along Santa Clara Street when he was approached by a male suspect riding a black mountain bike. The suspect asked him where he was from and yelled profanities at him. A second suspect arrived and both suspects yelled their gang's name at the victim before chasing him and stabbing him. The first suspect was described as male, 25 to 35-years-old, bald, five feet nine inches tall, 220 pounds, wearing a gray shirt. The second suspect was described as male, 25 to 35-years-old, bald, five feet five inches tall, and approximately 150 pounds.

Tuesday, April 23:

- At 3:51 a.m., officers responded to the 400 block of Cambridge Drive regarding the activation of an Arcadia Police Department GPS tracker. Arcadia PD detectives had previously deployed decoy packages containing bait property and tracking devices to combat the increase in package thefts from residential areas. Officers located the female suspect walking in the area in possession of the tracker package and stolen mail. The 34-year-old female from Azusa was arrested and transported to the Arcadia City Jail for booking.
- At 10:15 a.m., officers responded to the 300 block of West Naomi Avenue regarding the report of a vehicle burglary. The victim left his truck parked in front of a residence while he and his gardening crew worked in the rear yard. Unknown suspect(s) broke the lock to his camper shell and stole gardening tools from the bed of his truck.

Wednesday, April 24:

- At 11:43 a.m., officers responded to the area of Santa Clara Street and Huntington Drive regarding a suspect attempting to flee the scene of a hit and run traffic collision. The suspect struck a center median causing a tire to break off. The vehicle then veered back into lanes of traffic hitting another driver. The suspect fled the scene on foot. When contacted by officers, he denied being involved and later admitted to being the driver and being under the influence of prescription drugs and nitrous oxide. He was in possession of a nitrous oxide tank and balloons. The 22-year-old male from Monrovia was arrested and transported to the Arcadia City Jail for booking.
- At 10:26 p.m., officers responded to a residence in the 1800 block of South First Avenue regarding multiple reports of a male subject trespassing on private property. One resident found the subject in his backyard. Officers located the subject and discovered he was in possession of a five-and-a-half-inch knife in a sheath hanging from his belt. The 30-year-old male transient was arrested and transported to the Arcadia City Jail for booking.

Thursday, April 25:

- At 10:57 a.m., an officer patrolling the area of Huntington Drive and Second Avenue conducted a traffic stop on a vehicle with no front license plate. The officer witnessed the passenger rolling a joint with a bag of marijuana in plain view. An investigation revealed the driver was driving without a license and a consensual search of the vehicle led to the discovery of several burglary tools, dark clothing, gloves, masks, several high-end watches, shoulder bags, and jewelry. The two 22-year-old male transients were arrested and transported to the Arcadia City Jail for booking.

Friday, April 26:

- At 7:56 a.m., an officer responded to a residence under construction in the 500 block of Coyle Avenue regarding a burglary report. Surveillance footage revealed two male suspects forced entry into the location around 3:30 a.m. by prying the rear door. The suspects stole several tools. The first suspect was described as a heavyset male with a beard, wearing a baseball cap, earrings, a light-colored hooded sweatshirt, light-colored pants, black and white shoes, and black gloves. The second suspect was described as a male with an average build, wearing a light-colored hooded sweatshirt, gray pants, black shoes, and black gloves.
- At 12:15 p.m., officers responded to the 600 block of West Huntington Drive regarding the report of a vehicle burglary. A white Chevy Silverado pulled up next to the victim's landscaping work van and the suspect, described as a tall male wearing black pants and a gray shirt, entered the van and stole two battery packs, backpacks, and a leaf blower.
- At 2:08 p.m., officers responded to the area of Holly Avenue and Duarte Road regarding a theft that had just occurred. The victim had just left the Wells Fargo Bank located at 1200 South Baldwin when she realized her vehicle had a flat tire. The victim pulled over and the suspect approached her and offered her a can of Fix-A-Flat. While the victim was distracted attempting to use the cannister, the suspect stole her purse from inside her car. The suspect was described as a male with a thin build and black hair, wearing an orange construction vest and a construction helmet.

MENTAL HEALTH AWARENESS MONTH: CARE SOLACE PARTNERSHIP

May is Mental Health Awareness Month, and the City of Monrovia is committed to ensuring that the mental health needs of our community are being met. That's why we're excited to announce our partnership with Care Solace!

Beginning May 1st, the City of Monrovia residents and community members can use Care Solace to get assistance with obtaining mental health care. Care Solace is not a provider but can help residents get the right help at the right time without calling 911. Care Solace provides a live 24/7 concierge designed to assist residents in finding local mental health-related programs, substance use treatment providers, and counseling services, no matter what your insurance needs are!

Coordination services are paid for by the City of Monrovia and are provided to the community at no cost!

Here's how it works:

- Call (888) 515-7881 or visit our Care Solace website
- Complete a brief screening
- Get matched & book an appointment

Support is available in 200+ languages, and a dedicated Care Companion will help you every step of the way.

Mental health is imperative to how we interact with others and go about our daily lives. Mental health issues can impact anyone, regardless of age, gender, ethnicity, or background. Understanding mental health is essential to help recognize the signs of those who may be struggling and need support, and may even help you acknowledge the need for a bit of self-care.

care solace

It's okay to ask for help.

City of Monrovia has partnered with Care Solace to provide free and confidential care coordination services for:

- Mental Health Providers
- Substance Use Treatment
- Food & Housing Programs
- Low Cost Medical & Dental
- Community Based Programs

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BARGER ISSUES STATEMENT ON PRESIDENT BIDEN APPROVING EXPANSION OF SAN GABRIEL MOUNTAINS NATIONAL MONUMENT



Supervisor Kathryn Barger issued the following statement today reacting to President Biden sign-ing a proclamation that expands the San Gabriel Mountains National Monument:

“Today’s approved expansion of the San Gabriel Mountains National Monument is a big deal. It will drive the federal government to invest more resources to permanently protect and conserve these important natural lands. As more development comes to Los Angeles County, I believe it is critical to conserve open spaces that help our local residents and visitors connect to nature and wildlife. Preserving these special lands for future generations is important.”

The San Gabriel Mountains National Monument was initially designated as a monument in 2014, by President Obama. Today’s proclamation adds 105,919 acres of U.S. Forest Service lands to the south and west of the current monument’s 346,177 acres, expands access to outdoor rec-reation on the public lands, and adds additional protections to cultural, scientific, and historic ob-jects found on the land.

Last year, the Board of Supervisors unanimously voted to support a motion introduced by Su-pervisor Barger that placed Los Angeles County’s support behind Congresswoman Judy Chu’s congressional bill to expand and preserve the San Gabriel Mountains National Monument. A federal legislative strategy with wide support from federal, state and local elected officials cul-minated with today’s presidential proclamation.

32ND ANNUAL NATIONAL FOOD DRIVE, STAMP OUT HUNGER ON MAY 11.

Stamp Out Hunger is the nation's largest single-day food drive.

In the days leading up to the food drive, letter carriers will be delivering special bags along with your mail that may be used to make donations. Residents are encouraged to use the special bags, or something similar, containing non-perishable foods and leave the bags next to their mailbox prior to the time of regular mail delivery on Saturday, May 11th.

Your letter carrier will take care of the rest. The food is sorted, and delivered to an area food bank or pantry, where it is available for needy families.

Food Drive TIPS

WHAT TO GIVE: Most-wanted foods include:

- Canned meats (tuna, chicken, salmon).
- Canned and boxed meals (soup, chili, stew, macaroni and cheese).
- Canned or dried beans and peas (black, pinto, lentils).
- Pasta, rice cereal.
- Canned fruits.
- 100 percent fruit juice (canned, plastic or boxed).
- Canned vegetables.
- Cooking oil.
- Boxed cooking mixes (pancake, breads).

WHAT NOT TO GIVE:

- Rusty or unlabeled cans.
- Glass containers.
- Perishable items.
- Homemade items.
- No expired items
- Noncommercial canned or packaged items.
- Alcoholic beverages or mixes or soda.
- Open or used items.

Are food drive donations tax-deductible?

All donations to the Letter Carriers’ Stamp Out Hunger® Food Drive are tax-deductible because all the food collected on Food Drive Day is given directly to non-profit charity food agencies in the community the food was collected. Though the National Association of Letter Carriers plans the Food Drive’s logistics and letter carriers provide the transportation for each donor’s generous donation, the National Association of Letter carriers is not the agency that gets listed on tax forms for claiming deductions.

There are more than 10,000 food agencies throughout the country that receive these donations, so if you itemize your taxes and want to provide proper credit for your Food Drive donations, you will need to determine the name of the agency (food pantry or other charity) that received your food, as well as the agency’s address and tax identification number for proper reporting on your tax-filing forms.

The Food Drive Coordinator at your local post office should be able to give you the name of the receiving agency, and that agency will likely have tax information handy.

For additional news and information regarding the Stamp Out Hunger Food Drive, please go to www.nalc.org/community-service/food-drive.



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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

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) 355-1428
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: resselln@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.monroviaschools.net

Duarte Unified School District
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Website: www.duarte.k12.ca.us

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Kids: color stuff in!

Spring Up and Out! Spring Sports & Activities

I love the season of spring with its warmer temperatures, flowers and green, green grass. People go...
...outside and work in their yards, hike in the parks, walk pets, and bicycle and run on the roads and trails again.
Which spring sports and activities do you like to do? You can join a team to play baseball or softball. Fishing, skateboarding and kite flying are all fun to do with family or friends.
There's something for everyone - so spring up and get going!

Read the clues to fill in the crossword puzzle.

This sport is played with (or done using):
1. nets on the end of long sticks, special face masks and a ball
2. ropes and harnesses to keep you from falling
3. bats, leather gloves and balls on a diamond
4. a large pool of water with a ball and 2 goals
5. long clubs, balls, large grass area that has sand and water traps
6. a ball that the player can only touch with his or her feet and kicks into a large netted goal
7. megaphone, pom-poms; this sport really gets the crowd going
8. fast inline skating, people like to do jumps and tricks
9. balls (larger than baseballs), bats and leather gloves on a diamond
10. a good pair of running shoes, hurdles, whistles
11. a large net and a racquet; the ball bounces very easily
12. rods and lures; relaxing sport; some people do it in winter on lake ice

Chatter and I are trying sports that we haven't played before. She found 8 that she likes playing disc golf in the park. I love the fast pace of ultimate frisbee!

Check your local parks and recreation department to see what is offered for outdoor fun!

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]

CULTURAL SURVIVAL

[This is an extract from Nyerges' book, "How to Survive Anywhere," which is available on Amazon, or the store at www.SchoolofSelf-Reliance.com]

According to archaeologist Joseph Tainter, author of *The Collapse of Complex Societies*, there are eight definable reasons why civilizations fall.

1. Resource Depletion
2. New Resources
3. Catastrophes
4. Insufficient Response to Circumstances
5. Other Complex Societies
6. Intruders
7. Mismanagement
8. Economic Explanations

Examples of Tainter's observations are found each day in the daily newspapers. Survival is not an academic, intellectual idea. This is the reason we have all endeavored to learn and to practice everyday survival skills.

DARK AGES AHEAD?

According to social critic Jane Jacobs, author of *Dark Age Ahead*, we are following the same cultural decline that occurred with the Roman Empire. She begins her book by telling us that dark ages are a lot more common than we may think, and she identifies many of the weak spots in our contemporary lifestyle.

Her list of weak areas includes: taxes, family, community, education, science, technology, the lack of self-policing, and moral/ethical insanity.

Jacobs believes that these weak areas are the foundation of all the other often-cited problems, such as the environment, crime, and the discrepancy between rich and poor.

Jacobs points out that modern families are "rigged to fail" due to rising housing prices, suburban sprawl (with a reduced sense of community), and the automobile. She believes the automobile is the chief destroyer not only of communities but of the idea of community.

The hopeful part is that Jacobs does not see dark ages as inevitable. For one thing, we all need to get involved and be a part of the solution. Jacobs points out that the millions of details of a complex, living culture are not transmitted via writing or pictorially, but by (1) living examples and (2) by word of mouth. Jacobs goes on to say that though "the end" may be near, there are things we can do. What are those actions?

- We need to think.
- We need to model solutions.
- We need to teach, to lecture, and to write.

The stereotypical survivalist who hides out in a cave or cabin with his beans and shotgun is the antithesis of survival. He is not engaged in society in any meaningful way and is therefore not a part of any meaningful solution.

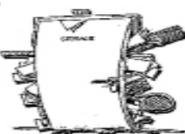
SOME "MUST READ" BOOKS

Language in Thought and Action by S. I. Hayakawa. This is the the book for "how to think." If you've not read and studied it, get it today from a used book store *The Art of Loving* by Eric Fromme

In the classic book on the problems facing all of humanity, Fromme describes the science of love. This book teaches you "how to love."
True Believer by Eric Hoffer
 The quintessential book on mass movements and cults teaches you "how to believe."
Democracy Is Self-Government by Harold W. Percival.
 A "must-read" if you are to grasp what's wrong with modern politics. The author demonstrates that individual self-government is the only path to real democracy.

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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!

Pet of the Week

Gentle and affectionate Rhino just wants to be your best friend! This handsome and goofy boy is just over a year old and very entertaining. He seems to have a wide-eyed wonderment of the world- every day brings something new and exciting!

Rhino is surprisingly mellow for a dog his age- he walks well on leash and just leans into you for as many pets as you can give him. He also responds very well to training and understands when it's time to calm down.

Rhino was recently out with the mobile outreach team and he had a great day out- meeting tons of new people, soaking up attention from kids and getting belly rubs. He's also been on a couple field trips with the Pasadena Humane volunteers. He's an avid hiker and is up for any adventure.



Come meet your new BFF, Rhino, today!

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

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

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

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

Where Your Community News Comes First

Mountain Views News

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PUZZLES FOR YOU

THINGS WITH WINGS

ACROSS

1. Country alliance
5. Fish of liver oil fame
8. *Stinging pollinator
11. Prefix in levorotary
12. *Dark home to #33 Down
13. Sudden growth
15. Like certain Steven
16. Symphony member
17. Type of feather
18. *Comfy seat (2 words)
20. Don't put these into one basket?
21. Full nelson is _____ wrestling _____
22. Santa _____, Orange County
23. Puts down
26. Et cetera (3 words)
30. Pen point
31. With signs of wear and tear
34. Beyond natural, in U.K.
35. Messes up
37. Chitchat
38. Willow twig
39. Evening purse
40. Win a race
42. Tucker of "Modern Family"
43. Army bathroom
45. Eucharist plates
47. Opposite of WSW
48. French composer Erik Alfred Leslie
50. "Back to the Future" antagonist
52. *Beatle with Wings
56. Poodle minus d
57. England's medieval royal house
58. Rabbit's cousin
59. Nymph chaser
60. Genealogist's creation
61. Blackhearted
62. George Gershwin's brother
63. "For _____ a jolly..."
64. It often goes with a rod

DOWN

1. What the Big Bad Wolf did
2. First name in jeans
3. "Pop it in the _____!"
4. Cuban drums
5. Secret clique
6. Roundish
7. Chronic wasting disease carrier
8. Plug for a barrel
9. *As opposed to urns
10. Pilot's estimate, acr.
12. Herb for treating menopausal symptoms
13. Shop till you drop, e.g.
14. *Flying stallion
19. "The Queen's Gambit" game
22. Take your pick
23. *Biblical Gabriel, e.g.
24. All plants and animals
25. Approximately
26. Shortened word, abbr.
27. Drink request
28. Home to largest mammal
29. Socially acceptable behaviors
32. Malaria symptom
33. *Nocturnal mosquito eater
36. *Lightning beetle
38. Recording studio sign
40. Next to nothing
41. Same as intake
44. Reason by deduction
46. Restraint
48. Academy Award for Best Original
49. Chunks of 43,560 square feet
50. Wild hog
51. Itty bit
52. Urban legend
53. Part of cathedral
54. Great Lake
55. Holler
56. Tire meas.

CROSSWORD

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

Last next weeks Solutions

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MAY 2024

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FAMILY

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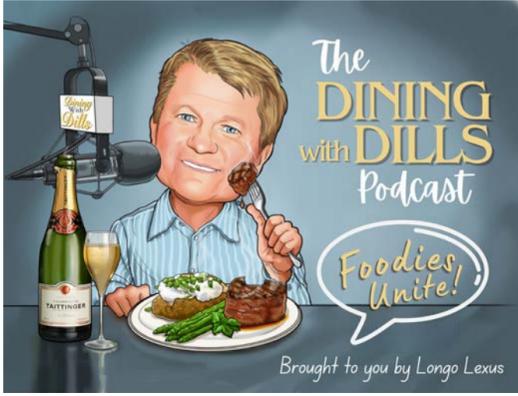

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EL CHOLO PASADENA CINCO DE MAYO

(Reprint from 2023)

Just this past week I had the opportunity to sit down with one of the most determined and dedicated restaurant owners that we have in Pasadena area, Blair Salisbury owner of the El Cholo Café. Though, his restaurant is well known, Blair still looks after his baby with the greatest of care.

Self described as "nuts and crazy," Blair's lineage is that of a restaurateur. The Borquez family launched the Sonora Cafe in 1923 in a small storefront on Broadway and Santa Barbara Ave. After a patron doodled a picture of a man and called him El Cholo (the name commonly known for a field hand at the time), Alejandro Borquez loved the picture of the man so much that he changed the name of Senora Café to El Cholo in 1925. The following year, George Salisbury meets Aurelia Borquez and they fall in love and decide to open their own El Cholo. Racing ahead to the year 2000, Blair, the grandson of George opens El Cholo Café in Pasadena, on Fair Oaks. For those of you old enough to remember, it was once the John Bull English Pub. I found out that Blair was determined to open in Pasadena, he was a moment away from Old Town Pasadena, but the Cheesecake Factory beat him to Colorado and Fair Oaks location

Blair still desired to move into the heart of Old Town and his hopes were realized with the opening of the restaurant at the Paseo. Blair said, "It feels as though it has been here all along. It just felt like the staff and surroundings didn't miss a beat." Truly Pasadena feels like home to El Cholo Café, and Blair wouldn't have it any other way!!!

The restaurant is expansive, with a patio that overlooks Colorado Blvd. and the snow capped San Gabriel Mountains. They offer two different bars, one as you walk in, akin to a service bar, and a great place to wait for a table and enjoy a "Killer" Margarita, and a back bar just next to the Patio. Offering large screen TV's and perfect for slumbering and enjoying the show as they make your Guacamole tableside.

The menu is full of different combinations, Blair believes that the more selections there are... the better, and he tries to give a little bit of selection for everyone. I descended upon the PLATO DE CARNITAS, roasted pork, served with fresh avocado relish, Pico de Gallo, Nopales, rice and beans. When I go to a Mexican Restaurant I always try the pork. It was stunningly tender and fresh, and may be the best that I have ever tasted.

My dinner companion gave two thumbs up to the Shrimp Sizzling Fajitas I was just about stuffed when Blair brought out the Blue Corn Chicken Enchilada for us to try. It is item that made El Cholo famous. A must try for anyone eating at the restaurant. Of course I had a Margarita. A Single Margarita that seemed to have the power to bust a piñata.

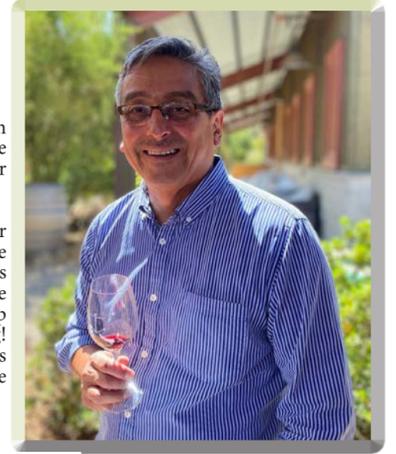
If you love Mexican Food like I do, or just want to spend a sleepy Sunday at the bar with guacamole and chips. Save a seat for me. El Cholo Paseo Pasadena.

THE TASTING ROOM

CELEBRATE CINCO DE MAYO WITH THIS MEXICAN WINE.

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

Who says you must drink Mexican beer while celebrating Cinco de Mayo? I sure as hell don't. Just as the Mexican forces defeated the French forces in the Battle of Puebla in 1862, this wine could top many a French wine in a blind tasting! Let me introduce you to the Clos Benoit Red Wine 2019 from the Valle de Guadalupe.



CLOS BENOIT

Clos Benoit was founded in 1997 by the husband-and-wife team - Bonnie and Ben Benoit. Veronica Santiago was the winemaker for ten vintages including the 2019 vintage. Their vineyard is at an elevation of 932 ft in sandy loam soils. They modeled their vineyard after the French estate Vieux Telegraphe in Chateaufort du Pape by planting their vineyard in the same percentages as Telegraphe's famous la Crau vineyard.

Additionally, they have the only plantings of Counoise in all of Mexico - sourced from the famous Chateau Beaucastel in Chateaufort du Pape.

The vineyard is farmed organically, and they add very minimal sulfites to the wines. They use native yeast to start the fermentation process. All this leads to a gorgeously finessed and elegant wine. They make just two wines: a white made from Viognier, Grenache Blanc and Roussanne and a red made from Grenache, Syrah, Counoise, Mourvedre. The 2019 vintage is made of 78% Grenache, 14% Syrah, 5% Counoise, and 3% Mourvedre. The wine was aged in used French oak, and new 500L American oak, and aged for 12 months. It then was aged an additional 12 months in bottle.

Veronica Santiago hit a frigging home run with this wine. Beautiful light color in the glass. Delicate fruit, strawberries, and plum on the palate. Very subtle spice. Finesse and elegance. An absolute beauty of a wine. I will surely look for her own wine label called Mina Penelope and try to bring that wine into the Bottle Shop. Total production for Clos Benoit is around 280 cases. You won't see this anywhere else around here.

This wine is available at The Bottle Shop for \$35.99. Mention you saw the wine in the Mountain Views News and get it for \$33.99!

Coming up at The Tasting Room - Saturday night (5/4 at 5pm) Organic & Biodynamic Wines. Thursday & Friday (5/9 & 5/10) Chardonnay From The Santas (Santa Barbara, Santa Lucia Highlands, Santa Cruz, and Santa Maria) Reservations are recommended, walk-ins welcome based upon availability. Scan the QRCode to sign up for our newsletter with more details.

Until next time - Salud!



IN THE KITCHEN
Our Favorite Recipe of the week

**CHICKEN FAJITA
MELTS**

Courtesy: <https://www.allrecipes.com/>

INGREDIENTS

- 3 tablespoons vegetable oil
- 6 (6 ounce) skinless, boneless chicken breast halves, thinly sliced
- ½ cup sliced onions
- ½ cup sliced red bell pepper
- ½ cup tomato juice
- 2 tablespoons taco seasoning mix
- 1 cup salsa
- 8 (1/2 inch thick) slices French bread
- 2 cups shredded Cheddar cheese

DIRECTIONS

Heat the oil in a large skillet over medium-high heat. Add the chicken, and cook and stir until lightly browned, about 5 minutes.

Stir in the sliced onions and red peppers, and cook and stir for 5 minutes or until the vegetables are tender. Stir in the tomato juice and taco seasoning, and mix well. Cook mixture until the juice has thickened and the chicken is well coated with sauce, about an additional 7 minutes.

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.

Spread 2 tablespoons of salsa over each slice of French bread. Evenly spoon the chicken mixture on top of the salsa topped bread. Sprinkle each sandwich with 1/4 cup Cheddar cheese.

Place sandwiches under the preheated broiler and cook for 5 minutes or until the cheese is melted and beginning to brown.

Prep Time: 10 mins
Cook Time: 25 mins
Total Time: 35 mins
Yield: 8 sandwiches

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Courtesy Safe Path For Seniors

CELEBRATING VOLUNTEERISM & ITS IMPACT ON OUR COMMUNITY

By Katie Brandon, Executive Director, Pasadena Village

April was Volunteer Appreciation Month and an opportunity for nonprofit organizations to recognize the expertise, time, and dedication of volunteers. Did you know most volunteers are older adults? According to Americorp, 30% of Boomers volunteer and 25% of The Silent Generation volunteer every year. Younger people volunteer at about the same rate but older adults give almost twice the amount of hours as younger volunteers. Volunteering supports the work of organizations, but also helps individuals build community and combat isolation.

The nonprofit Pasadena Village celebrated Volunteer Appreciation Month with a lunch and awards program on April 17 to honor the many volunteers that create the supportive environment where aging-in-place older adults can connect and thrive. And, naturally, the event owed its success to volunteers! The celebration was possible due to the support and generosity of the Rotary Club of Altadena, who served a lovely buffet lunch to over 60 in attendance.

Awards of Exceptional Service were given to volunteers Bridget Brewster, Dan Guerrero, LuCinda Haagenson, Jane Hufnagel, who contributed to Pasadena Village's spirit of mutual support, enrichment and inclusiveness. Their awards stated, "Members of the village and the greater community have benefited immensely from [their] service, dedication, creativity, leadership, and compassion."

In addition to individual contributions, exemplary Volunteer Teams were recognized for their contributions. The Village Visitors Team regularly visit older adults in their homes, making connections, and reducing isolation. Suzi Hoge, head of the visitor team, shared gratitude for the Visitors who give genuine care and attention as they visit family caregivers, those who are less mobile, and others who might just prefer the comfort of visits in their own homes. The Editorial Team was lauded by Bridget Brewster for their contributions as writers for the monthly newsletter.

If you are interested in volunteering as a visitor, writer, driver, IT helper, or want to learn more ways to contribute to enhancing the lives of fellow older adults in our community, contact Volunteer Coordinator Priyanka Kumar at priyanka@pasadenavillage.org or call 626-765-6037.

HOW TO FIND A GOOD DOCTOR

Dear Savvy Senior:

Can you recommend some good resources to help me locate some quality doctors in my area? I'm looking for an orthopedic doctor for my 77-year-old mother and a new internist for me, since my doctor retired last year.

Searching Susan



Dear Susan:

Finding and researching doctors is a lot easier than it used to be. Today, there are variety of websites you can turn to that provide databases of U.S. doctors, their professional medical histories, and ratings and reviews from past patients on a number of criteria. Here are some good sites to help you get started, along with a few additional tips that can help you find the right doctors.

Searching Tips

To help you locate some good doctors in your area, a good first step is to get referrals from trusted friends, along with any doctors, nurses or other healthcare professionals you know.

You also need to check your insurance provider. Call your insurer for a list of approved doctors or ask whether the doctor you're considering is in-network.

If your mother is enrolled in original Medicare, you can use the care compare tool at Medicare.gov/care-compare – click on "Doctors & Clinicians." This will let you find doctors by name, medical specialty or by geographic location that accept original Medicare. If she's enrolled in a Medicare Advantage plan, call or visit the plan website to get a list of approved candidates.

Once you find a few doctors, you need to call their office to verify that they still accept your insurance, and if they are accepting new patients.

You should also consider hospital affiliation. Your choice of doctor can determine which hospital you go to, if needed, so find out where the doctor has admitting privileges. Then use some hospital ratings services like Medicare.gov/care-compare (click on "Hospitals") to see how it compares with other hospitals in the area.

Researching Doctors

After you find a few doctors you're interested in, there are various websites you can consult, to help you evaluate them. For example, the Federation of State Medical Boards offers a tool at DocInfo.org that will let you find out doctor's board certifications, education, states with active licenses, and whether or not a physician has been disciplined by a state medical board.

The Centers for Medicare & Medicaid Services (CMS Data) is also a good source for researching doctors. For example, it will help you find out how many times a doctor did a particular procedure and what they charge for it – go to Data.CMS.gov/tools and click on "Medicare Physician & Other Practitioner Look-up Tool." And to learn about the financial relationship that doctors have with drug and medical device companies, visit OpenPaymentsData.CMS.gov.

Some other good sites for finding and researching healthcare professionals include [Healthgrades](http://Healthgrades.com) (healthgrades.com) and [Vitals](http://Vitals.com) (vitals.com).

Both sites provide substantial doctor's information on education and training, hospital affiliations, board certification, awards and recognitions, professional misconduct, disciplinary action, office locations and accepted insurance plans.

They also offer 5-star ratings scales from past patients on issues such as communication and listening skills, wait time, time spent with the patient, office friendliness and more. But be aware that while physician rating websites can be helpful, they can also be misleading and unreliable.

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

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...MAY BIRTHDAYS*



Beth Copti, Marilyn Diaz, Anne Schryver, Jo Ann Williams, Paul Hagan, Lenore Crilly Joann Serrato-Chi, Harriett Lyle, Jean Coleman, Birgitta Gerlinger, Luciana Rosenzweig, Linda Wochnik, Marian Woodford, Debbie Sheridan, Joanne Anthony, Carole Axline, Kika Downey, Shirley Hall, Janet Ten Eyck, Jane Thomas, Ray Burley, Bridget Flanagan, Donna Mathisen, Vicky Ryan,

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

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

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.

Senior Cinema

Movies begin at 1:00pm

May 15

The Proposal PG-13

A pushy boss forces her young assistant to marry her in order to keep her visa status in the U.S. and avoid deportation to Canada

May 29

Taken PG-13

A retired CIA agent travels across Europe and relies on his old skills to save his estranged daughter, who has been kidnapped while on a trip to Paris.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

DANCING IN MY PAJAMAS

After 2 ½ weeks of being sick with many days in bed, I have come to appreciate what some people go through when they have a severe sickness. My sickness wasn't that devastating. It just sucked the energy out of me and caused me a lot of coughing and sneezing.

I barely had enough energy to get out of bed, walk to the living room, and sit in my easy chair for my morning cup of coffee. I paused for a few moments to catch my breath after that strenuous trip. Because of my sickness, I had to go to the bathroom at least five times during the day. I had to run to the bathroom and slowly walk back to my easy chair, which took a lot of energy.

I do remember my grandmother's home in the mountains of Pennsylvania. They didn't have in-door plumbing and used an outhouse in their backyard. Who knows what an outhouse is today?

If you had to go to the bathroom at night, she put something out in the hallway, which she called a "potty pot." I was thinking about that the other day and almost asked The Gracious Mistress of the Parsonage if that would be a good idea during my sickness.

After considering that idea, I had enough energy to erase it from my mind and just race back and forth during those potty trips.

During this time, I never left the house, I didn't have enough energy to change out of my pajamas and get into my pants. I've never been in my pajamas for so long, but of course, I didn't realize what I was doing at the time.

Once, when I had to get up from the easy chair and run back to the bathroom, The Gracious Mistress of the Parsonage looked at me and said, "Is that your pajama dance?"

I had no time to stop and respond, or serious consequences would occur. When I got back from the bathroom and passed the kitchen area, I could see The Gracious Mistress of the Parsonage smiling. I wanted to respond to her, but at the time, I didn't have the energy. I could either respond to her or make it to my easy chair. I took the latter.

Those bathroom trips aren't fun by any stretch of the imagination, and believe me; my imagination was stretched to its limit. I'm not sure how many pajama dances I did during my sickness, and I'm not sure if I have perfected them yet. I did what was necessary to get through the situation.

I perfected a "Woody Waltz" but didn't have the energy to explain it to The Gracious Mistress of the Parsonage. Maybe one day I could enter the "Dancing with the Star-Blazers."

One thing I remember during that time is that I could not remember what day of the week it was. I didn't know when I got up in the morning if it was morning, afternoon, or evening. I had to rely upon The Gracious Mistress of the Parsonage to tell me what time it was and where in the world I was.

The Gracious Mistress of the Parsonage brought me breakfast, and by the time I ate the last crumb, I didn't remember if it was breakfast, lunch, or dinner.

I couldn't remember anything, so I thought of something. It's a wonder I had the energy to think of anything then, but I did.

With my trouble remembering, how did I know what I was eating? Could it be, and I thought about this, that without my knowing it, The Gracious Mistress of the Parsonage snuck a piece of broccoli onto my plate?

The more I thought about it, the more confused I got. Certainly, she could not sneak a slice of broccoli when I was in good health, but maybe this was an opportunity she'd been looking for.

I thought about this, and my wife asked, "What are you thinking about?" I knew I could not tell her exactly what I was thinking, so I said, "I'm just thinking about what I had for lunch this afternoon."

What worried me was that she giggled one of those mysterious giggles when I said that. I did not know what to think about that.

If I ask her about that, she could say, "Ha ha, I got you with that one."

That was the last thing I want to hear before bed that night. Not long after that, my memory improved and returned to normal. I was happy about that. I noticed every time The Gracious Mistress of the Parsonage brought me a plate of food, she was giggling. I was tempted to ask her what she was giggling about, but I just wasn't going to give her the opportunity to tell me.

In my devotions this morning I read, "Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness" (Isaiah 41:10).

Thinking about this verse I was reminded how sickness brings a state of fear in my life. That fear tricks me into thinking I all alone in this situation. This verse reminds me that God is with me. When I trust my problem to the Lord He is faithful and gets me through it victoriously.

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

Wednesday, May

8 & 22, 2024

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

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

Call 626-355-5278 for more information.

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

STUART TOLCHIN PUT THE LIGHTS ON



WHAT IT IS LIKE TODAY

Like many old people I have trouble sleeping and I generally wake up early in the morning and it gives me great pleasure to do something that is actually helpful. A problem I have is that I feel generally useless. My wife now, and for a pretty long time, does almost everything that needs to be done and that leaves me with mixed feelings. Of course, I appreciate and probably need what she does what she does; but I am left with a feeling that I need to do something to affirm my identity and worth. Consequently, I am very happy to put out the trash, walk around the empty streets a bit, look up at the moon, and feel a bit special.

As you will learn from the rest of this article, I have a great deal of trouble finding things and frequently worry about that. This morning I checked first with my phone and read the news relating to the College demonstrations, the continuing killing in Gaza, the ongoing conflict in Ukraine. All stuff to worry about. Next, I move to begin this article for the paper. I cannot overemphasize how important creating these weekly articles is for me. It is always my hope that my articles will reach people and somehow make the world a better place. Making the world a better place is something I want to do, and my articles express that need and support my pride in myself.

Maintaining that pride is not easy as I am running into great difficulties in just existing. Yesterday I was determined to be on time to meet my friend at the golf course. No matter what time I get up I have trouble being on time. I left the house with no time for breakfast remembering to bring my phone and medications and water and was able to get there exactly on time. After I parked, I realized that in my rush I had forgotten my wallet. I embarrassedly explained the situation to my friend who said he would be glad to pay for the round. I told him I would call my wife and she could meet us at a restaurant, and I would buy him lunch. He told me not to worry about it, but of course I worried, not so much about the money, but instead about my continual forgetting.

We played our round and I called my wife to meet us which she did and brought the wallet. I opened my wallet to get my credit card and---no credit card. My friend paid again and said it was a birthday present. More embarrassment! I went off to Kaiser to get some medication and attempted to phone my wife when I realized I had forgotten my phone. I retraced my steps and returned to the restaurant finding my phone. Back I went to Kaiser and obtained the forgotten credit card.

At Kaiser I talked to man who had helped me renew my prescription for the medication and he reminded me that about 25 years before, when the Kaiser office was right by the Courthouse. He remembered me wondering why someone would wear a suit and carry a briefcase to pick up medication. I explained that I was a practicing lawyer and had to wear the suit to Court. So, "why carry the briefcase?" he asked. I thought for a moment and answered that I always had a problem forgetting things and I probably held the briefcase because I feared I would forget it somewhere.

All right, I can see that my problem may not be just my age. Nevertheless, today I believe I will have a chance for a lot of good tomorrows even with things to worry about. That is what it is like for me today! Hooray!

DINAH CHONG WATKINS



CLOSE ENCOUNTERS OF THE WRONG KIND DEMOCRACY NOW!

A student valedictorian put on hold. A swarm of protesters fill up the university quad. Tents, megaphones, umbrellas and goggles are included in the laundry list of Personal Protection Equipment in the sprawling campus encampments. Protesters demand total capitulation of the administration as the only way to resolve a peaceful outcome.

Back room deals are solidified amongst opulent banquets in smoky Maotai-fueled private rooms. At times, thick red envelopes are passed between the dealmakers, other times an unspoken yet explicit acknowledgment of an IOU hangs like ripe fruit, to be harvested at a later date. Redevelopment and evictions come quickly after that, generations of citizens lose their homes without appeal or recourse.

The above scenarios place mob rule and corrupt practices against what we believe about democracy. Grass roots democracy is hard. It's a door to door, person to person discussion to inform, sway and debate the pros and cons of change.

Currently there is a ballot initiative to support our city's First Responders personnel through a parcel tax. Having personally benefited from the quick and professional response of our Police and Fire departments I wholeheartedly supported the initiative and was supplied with the potent tools of the democratic process - clipboard, ball point pen and petition.

Boldly I rang the doorbells of my neighbors, one step away from a gooey dog chomp or the mistaken identity of the unwelcome and solicitous overtures of an unnamed Pest Control salesman. Truth is, the Foothill communities are still a bastion of small town friendliness. No doors were slammed in my face, rather, long discussions of the initiative, the weather, past weather, upcoming weather and bears, lots of bears were bandied about.

I learned a lot about my neighbors that day, a close encounter entailed more than fleeting glimpses of their preference of cars, landscaping or aptitude for seasonal holiday lawn decorations; doing democracy as the Founding Fathers constructed it with a say to all and all to be involved in our future paths as a community and a nation starts with an open door and "Hello!"

Years I spent abroad where democracy, the individuals rights and freedom of the press is not allowed makes me appreciate even more the slog and patience required for grassroots activism and the responsibility we are given through our choice to vote.

The best vote is an informed vote, to find out more about the Public Safety for Sierra Madre Ordinance, go to sierramadresafety.org.

And put a face with the voice you speak to when you call 911 at Smoothies with the Dispatchers
Wednesday May 8, 3-5 pm
My Friends Cafe, Kersting Court

Meet our First Responders at the
Public Safety Open House
Saturday May 11, 10 am - 1 pm
Sierra Madre Fire Station

See you at the voting booth in November, now if only I could find my megaphone.

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

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

RICH JOHNSON



NOW THAT'S RICH

PRESIDENTIAL PETS UPDATE...FINALLY

It has been said about me, "In reading Rich's columns it is certain he must have been hit in the head a few too many times. Critics often chime in saying, "Rich goes where no man gone before."

I am borrowing from myself (and my editor) as this column was originally penned and published in 2007. Back then a voice inspired me to help voters select the right person for the job as president. Write about the pets of the presidents. "Who really cares what school they attended, what prior jobs they had. We need to know how they treat their pets. True insight into the real person behind the manufactured façade.

It makes sense, horse sense actually, to review the pets of presidents past. For example, you might think most chief executives had dogs. You'd be wrong. Jefferson didn't have a dog. And neither did 17 other presidents. In fact, four presidents had no pets at all. Chester Arthur, Franklin Pierce, Millard Fillmore and more recently Donald Trump. How can one get elected without having at least one pet?

Six presidents had parrots. George Washington had a parrot. So did Madison, Jackson, Grant, Roosevelt and McKinley.

A Fascinating paradox is the only president to have an elephant was a Democrat, James Buchanan. And the only president to have a donkey was a Republican, Calvin Coolidge. A donkey and elephant? It makes me wonder what other exotic animals have taken up residence at the White House.

Let's take a peek: I wonder if John Quincy Adams took his pet alligator out for walks down Pennsylvania Avenue? He had one. Martin Van Buren had two tiger cubs. Andrew Johnson, white mice. Ulysses S. Grant had goats and geese.

The two presidents that take the cake at having the most presidential pets. Teddy Roosevelt and Calvin Coolidge. (Both Republicans, hmmm)

Get this: Calvin Coolidge had a terrier, sheepdog, bulldog, shepherd, birder, 4 collies, and 2 chows. Added to that he had 3 canaries, 3 cats, 2 raccoons, a donkey, bobcat, thrush, a goose, mockingbird, a bear, pygmy hippo, an antelope, and a wallaby. Oh and don't forget the lion cubs.

Teddy Roosevelt, no slouch in the pet department, befriended a retriever, Pekingese, mutt, 2 terriers, 2 cats, a badger, pony, macaw, snakes, 12 horses, 5 bears, 5 guinea pigs, rats, lizards, roosters, an owl, flying squirrel, raccoon, a coyote, a lion, hyena and a zebra.

The names of some of these presidential pets are too good to pass up. Grant named one of his horses Jeff Davis (all you Civil War buffs will get it). James Garfield had Veto the dog. And Abraham Lincoln had Jack the turkey. Isn't this just fascinating? Anybody? Anybody?

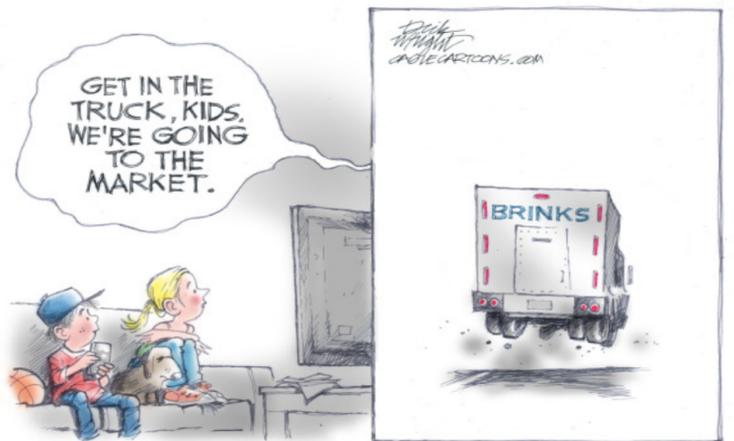
President George W. Bush and First Lady Laura welcomed Bernard Bush into the family in September of 2000. His nickname was Barney Bush and he was a Scottish Terrier.

President Obama and family were going to get either a labradoodle, or a Portuguese water hound. And on April 14, 2009, Bo, a Portuguese Water Dog puppy arrived at the White House compliments of Senator Kennedy. Bo, born "Amigo's New Hope", was named after singer Bo Diddley. His nickname was "Bobama". Four years later, "Sunny" made her arrival.

President Trump had no pets during his four years in the White House.

President Biden moved into the White House with two German Shepherds, Champ and Major. The Bidens also had an American tabby domestic short-haired cat named Willow Biden.

Finally, this upcoming Mother's Day weekend May 10th, 11th and 12th, live stage performances of the wonderful classic, "Steel Magnolias" will be presented at the Portico Art Space in North Pasadena, Friday night, Saturday afternoon, Saturday night and Sunday afternoons. On Saturday there will be a very special pre-performance Mother's Day Tea in the garden adjacent to the theater. Proceeds from the Tea will go to the Monrovia Guild of Children's Hospital Los Angeles. Type in the link below for more information regarding the events.
<https://www.eventbrite.com/e/steel-magnolias-mothers-day-weekend-show-and-tea-tickets-871997928277?aff=oddtcreator>



Mother's Day gifts





HUDDLE UP

With **HARVEY HYDE**
USC FOOTBALL / SPRING SCOUTING REPORT



Listen up! We are about four months away from the 2024 Football Season! USC opens on September first, at 4:30pm on ABC against LSU... in Las Vegas. Starting with a serious game.

This month on April 20, along with about 15,000 others, I was in the Coliseum for the USC Spring game. That's what they called it... "game." I was looking forward to seeing the offense go against the defense in a spirited scrimmage so that we could get an idea about this team who has been practicing in secrecy the entire Spring.

Up until this time we had very little information about the team. (Limited media at practice, ten minutes observation the first part of practices and then dismissed) No viewing of Saturday practices. Information from coach Riley on Zoom interviews after practice. Reporters were challenged about what to ask when they had seen mostly nothing about the team in person.

So taking it from there, at the Spring Game: first play of scrimmage—Ball snapped, and NO tackling. Shock. There was no mention that it was going to be a 'thud' scrimmage.. (which means no tackling. Don't bring players to the ground.)

As it continued, the pace picked up a little on both sides, but it was hard to evaluate either. It was a well-scripted scrimmage.. (to make both sides look good?)

I really cannot give you an accurate accounting of whether or not they might be better this season. Instead, let's look at what I could see by positions.

Quarterback: Miller Moss didn't have a great day. He started slow but picked it up. However with no running game everybody played pass. Linebackers did not worry about the run and all coverage played for the pass. Defensive backs did not have to worry about any run support either. New QB transfer from UNLV, Jayden Maiava, at 6'5" 220, had a good day. Again, he could've run all day on the keep, but that wasn't in the plan. Defense was prepared for that. He needs more playing time, but has talent. He just has to make good decisions. He could be a real asset if down the road they decide to make him a double-threat run/pass quarterback.

Running backs: Hard to judge without going full speed and no tackles. Looks like an above-average group. No pass blocking responsibilities were needed with no Linebackers coming

Receivers: A talented group of receivers rotated almost on every play. A lot of reps for all. Just like a 7 on 7 game. All passing so could not evaluate their blocking skills at half speed. (Blocking is a pretty critical part of the job.)

Tight Ends: Again, mostly blocking. I think one pass to the TE all day. They could be a real pass threat if staff ever decided to use them. They would have been open all day in the flat and for play action passing.

Offensive Line: Hard to tell, with half efforts from rush outside guys and defensive line. I would say two out of five may be ready for the Big Ten or LSU.

Defensive Line: Did not show much. Did not overpower USC offensive line. Bear Alexander was sidelined. I would like to have seen them get after it live! I don't think the offense or defensive line got much out of the scrimmage. They did not have to battle in the trenches.

Linebackers: Same group as last year. Played pass most of the day. Did not have to step up and stop the run, and shed blockers or make tackles.

Rush/end linebackers did not have to go hard the entire play. Couldn't evaluate athletic ability on rush and run defense responsibilities.

Secondary: the strongest group of athletes on the defense. Having fun playing, going to football. Athletic and coached well. (Just a couple of breakdowns on coverages, but it may have been set up for them to look good.)

In summary, I did not see any "stars" --players who you will read about in pre-season publications. That will have to come from the Sports Information Office to tell us who they want us to watch. I'd like to say this team is better than last year but cannot. I don't know enough. Defense will be better coached. Do they have the front 7? Offense has the same stuff as last year, but without Caleb. I'd like to see a commitment to the run.

It was great to see the Trojan s huddle up on offense. The new communication through the helmet really speeds it up. No more eleven players standing around and looking at hog wash signals from the side. Hoping all players will get the play correct.

Note: Reggie Bush got the Heisman back. About time. Should never have had it taken. My opinion-- How about now giving the wins to a championship back to the players who sacrificed for the wins and lost it all.

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BETTER WITH AGE



Anyone who has been active for most of their life gets to a point in time where they wish they had their younger body and were able to do the same things physically that they could do before. The same activities aren't so easy anymore and it may seem like those days of peak performance are gone for good but not so. There are several aspects of fitness that can actually improve with age.



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Lifestyle Habits. During the younger years, the body can handle late night outings, lack of sleep, poor nutritional habits and lots of stress while still performing quite well. But as the years go on the effects of that kind of lifestyle become much more detrimental. Usually as people advance in years they adopt healthier practices. More sleep, better diets, limited drinking, etc. These behaviors can positively impact overall fitness contributing to better physical health with throughout the years.

Flexibility. Flexibility tends to decrease with over time due to changes in muscle elasticity and joint mobility. However, individuals who prioritize flexibility training, such as stretching and yoga, can maintain or even improve their flexibility as they age, leading to better joint health and range of motion. individual flexibility levels may vary based on factors such as genetics, lifestyle, and previous injuries. However, by making flexibility training a consistent part of a wellness routine and paying attention to proper form and technique, you can help ensure that a flexibility remains functional and supports overall health throughout life.

Mental Toughness and Discipline. Competent active individuals may have developed stronger mental toughness and discipline over time, which can translate to better adherence to physical conditioning and the ability to push through challenges and plateaus. Older athletes may possess the skill to maintain focus and perform well under pressure. Developing effective coping strategies for dealing with setbacks and adversity offers a competitive edge over younger competitors.

Muscle Endurance. While muscle mass may decline over a lifetime, muscle endurance can actually improve through consistent training. Maintaining regular strength training and endurance exercises can develop greater muscular endurance, allowing you to perform tasks for longer periods without fatigue. There is no age limit for improving muscular endurance.

Wisdom and Experience. As individuals age, they often accumulate knowledge and insight about their bodies, exercise techniques, and what works best for them personally. Possessing years of expertise in an activity translates into superior skill, strategy, and tactical awareness. Over time, it's expected that one would have honed their techniques and learned how to maximize strengths while minimizing weaknesses. This wisdom can lead to more effective workouts and better understanding of one's limits and capabilities.

Adaptability and Versatility. With time comes the ability to adapt to changing circumstances and conditions. That means more versatility, the ability to adjust strategies and tactics to suit different opponents, environments, or situations. There's more of a mindset built around overcoming challenges, a greater willingness to embrace change and adopt new perspectives. Over time we're less likely to be bound by rigid beliefs or fixed ways of thinking.

Injury Prevention. Injury prevention and recovery, incorporating techniques such as strength training, flexibility exercises, and proper warm-up and cool-down routines into training becomes more important over time. It's easy to become more aware of vulnerabilities and potential risk factors for injury. Having nursed injuries in the past or witnessed others dealing with injuries provides insight into common causes and prevention strategies. This focus on stability and injury prevention can help maintain health and peak performance levels.

Motivation And Determination. Both are critical factors that can drive individuals of any age to achieve their goals and excel in their chosen activity. They are drivers of success for older individuals, characterized by an intrinsic passion for exercise, clear goal setting, resilience in overcoming challenges, and a desire to leave a legacy and inspire others. Fueled by a love for physical activity seasoned exercisers often view setbacks as opportunities for growth, persevere through adversity with unwavering determination, and find fulfillment in the pursuit of excellence, embodying the essence of tenacity.

Personal Growth. Whether it's pushing physical boundaries, mastering new skills, or experiencing the joy of competition, it becomes more fulfilling to strive towards goals and becoming the best you can be. It's the above attributes that show us time and time again that mature athletes can often outperform their younger counterparts. As you may have noticed, many of these traits have more to do with the mind than the body. Time offers some valuable lessons and benefits that can continue to make exercising enjoyable over the long run. Fitness truly is a lifelong gift that may change with time but always offers the same gifts of improved health and wellbeing.

ALL THINGS By Jeff Brown

MY SOUL MATE



The Summer wind blowing gently thru her hair, smiling broadly at finding my love, looking so long, patiently, hopefully, waiting for that moment when the gates of heaven open up revealing endless radiant light. Many connections thru time, lost memories emerge, insights fly, wisdom rears its head and we float beyond space and time.....holding hands, kissing gently, eyes see each others lost but found again friend, here now to love again.

To bring into this world from beyond/within thru our love the divine bliss. Some around will rejoice in knowing me and her as we shine outward from our happiness. Her! Her! Those words melt my heart..To say your name each morning in the new light, a gentle kiss on your lips. I whisper, I love you! ..Blue eyes seeing backward 10,000 years when we once split thru death, now again herein this time may we once again reunite, dance our dance, love again as we have many times before. Destiny will have its day as you read this and recognize me again as if your heart writes these words. May my love drop like thunder into you here now....Time is closing with us moving as we do thru this

journey, thru pain, thru wonder, thru our foolishness. Have we evolved enough yet to meet again? Reach out, do you not know me thru these words?

Touching lightly, our auras merge, we spin in our meeting letting no distant shallow hurts blind our way to keep our love, as the Spirit wishes, intact and long lasting.. I wait.

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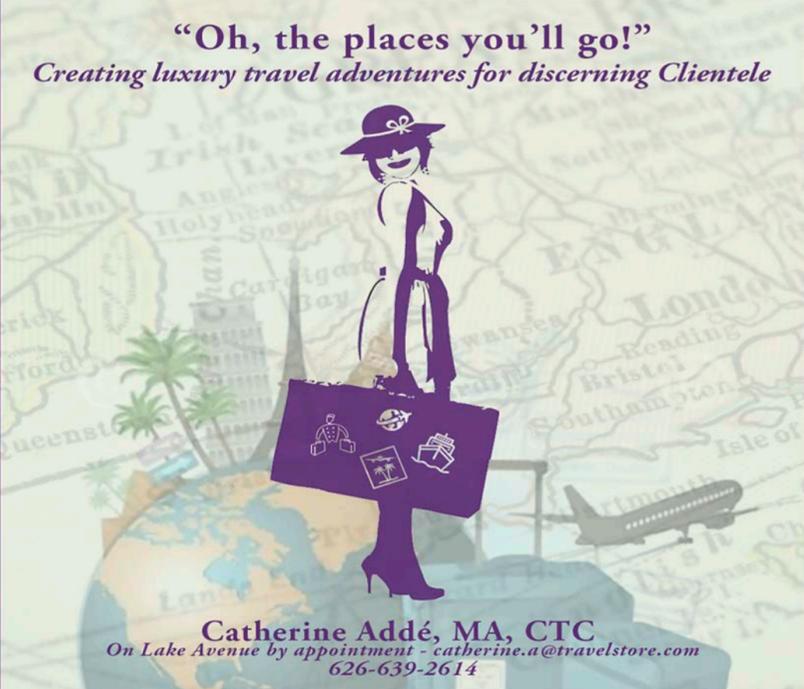
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