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Sierra Madre Springs Forward:

MOUNT WILSON TRAIL 5K RECOVERY RUN/RACE/WALK 2025

Online Registration Opens Monday, July 14th
All Are Welcome!



Because of the devastation on the Mount Wilson Trail (MWT) caused by the Eaton Fire and subsequent rains, the Mount Wilson Trail Race Committee is hosting a unique "Mount Wilson Trail 5K Recovery Run/Race/Walk" event within the City of Sierra Madre on Saturday, October 4, 2025, starting in Kersting Court, beginning at 8:00 am. The day's "MWT 5K Recovery" events, includes the 5K run/race/walk, a Kids' Fun Run, special Recovery Run merchandise available for sale, Kersting Court booths, free photo booth, and beer garden to celebrate Octoberfest.

The objective of the 5K run/race/walk and related events that day is to come together as a community to raise awareness of the tremendous amount of work that needs to be done to repair the Mount Wilson Trail AND to raise money for the "Fletcher Trail Maintenance Fund", which pays for the equipment, materials, supplies, and tools used by our wonderful Trail Maintenance Crew volunteers.

Registration for this year's once-in-a-lifetime "Mount Wilson Trail 5K Recovery Run/Race/Walk" opens on Monday, July 14, 2025, beginning at 8:00 am, and can be done online only by going to the Mount Wilson Trail Race website at <https://www.mountwilsontrailrace.com> and using the MWTR registration link. During the registration process, there will be an opportunity to donate money to the "Fletcher Trail Maintenance Fund" to support the trail recovery work. A suggested amount of \$10 or more would be greatly appreciated. Registration can also be done through RunSignup at <https://runsignup.com/Race/CA/SierraMadre/MountWilsonTrailRace>.

MWT 5K Recovery Run/Race/Walk registration fees are \$54.25 for adults (ages 18+) and \$44.25 for youth (ages 5 – 17). All registered 5K runners receive a goodie bag and special 5K Recovery Run t-shirt. This is a rare opportunity to participate in a fun event and earn a Mount Wilson Trail Race t-shirt for those who might not otherwise consider racing on the Mount Wilson Trail itself when it reopens in 2026.

Registration for the Kids' Fun Run (ages 3 – 13) is FREE and can also be done beginning Monday, July 14th, by going to the Mount Wilson Trail Race website at <https://www.mountwilsontrailrace.com> and using the MWTR registration link. The Kids' Fun Run distances are 1.0 mile (for ages 8 – 13) and .6 miles (for ages 3 – 7). Parents may accompany their younger children during the Kids' Fun Run. All Kids' Fun Run children participating receive a Kids' Fun Run T-shirt and finisher's ribbon.

First run in 1908, the Mount Wilson Trail Race is the second oldest trail race in California and has been run annually since 1965. The MWTR course is 8.6 miles from Kersting Court, up Baldwin Ave., right on Mira Monte Ave., left where the MWT starts, to Orchard Camp and back. The total elevation gain is over 2,160 feet.

For questions regarding the 2025 Mount Wilson Trail 5K Recovery Run/Race/Walk, please contact Pete Siberell, MWTR Committee Director, at pete.siberell@santa-anita.com or call the City of Sierra Madre Community Services Department at (626) 355-5278.

Please join us in donating to the "Fletcher Trail Maintenance Fund," which supports our dedicated Trail Maintenance Crew volunteers with the necessary equipment, materials, supplies and tools to continue their work on the MWT. The damage is so great that to secure, re-engineer, and replace sections of the Mount Wilson Trail will require an even greater amount of additional equipment, materials, supplies, and tools, well beyond what has been used in the past. Your donation of any amount is greatly appreciated and makes a real difference for this historic trail, running event, and our community!

Making a tax-deductible donation to the "Fletcher Trail Maintenance Fund" can be done by using the PayPal QR code below or by sending a check payable to the "Fletcher Fund c/o SMCE". The mailing address is P.O. Box 716, Sierra Madre, CA 91025. All donors to the "Fletcher Trail Maintenance Fund" will receive a written tax-deductible acknowledgement letter. To donate by PayPal, please scan the QR Code on the right:



All labor on Mount Wilson Trail and Bailey Canyon Trail is done by community volunteers, who work tirelessly and continuously to repair and maintain the trails to keep them open and safe for public use. The necessary equipment, supplies and tools used by the volunteers are paid for with tax-deductible community donations to the Fletcher Trail Maintenance Fund, as neither the City of Sierra Madre nor the US Forest Service provides any funds for supplies or labor. Without the work of the Volunteer Trail Maintenance Crew, Sierra Madre's trails would become permanently impassable.

Thank you very much for your support in the protection of this important and valuable community resource. Your donation allows work on the MWT to continue to ensure that the Mount Wilson Trail can re-open and be safe for public use for years to come.



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Are you ready to enter the 2025 Summer housing market?

The Real Estate Market has shifted. Inventory in Sierra Madre has increased, giving buyers more options and some homes are staying on the market longer than in previous months.

Sierra Madre's charm and popularity remain high, making it a sought-after community. Whether you're looking to Buy or Sell, understanding these trends is key to making your next move.

Curious why some houses sell quickly with multiple offers, while others linger on the market?

Call us today to discuss what makes certain homes stand out and how to position your property for success!

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Mountain Views News Saturday, July 12, 2025

CLEAR POWER ALLIANCE SERVING SIERRA MADRE WITH CLEAN ENERGY

By Kevin McGuire

Dalia Gomez, External Affairs Manager for the Clear Power Alliance for Los Angeles, gave a presentation before the City Council during their regular meeting on June 24, 2025. She highlighted some of the programs available to residents of Sierra Madre.

Clean Power Alliance (CPA) is a not-for-profit electricity provider serving 35 communities in both Los Angeles and Ventura Counties. According to the U.S. Department of Energy's National Renewable Energy Laboratory (NREL), CPA is the nation's number one green power provider for two consecutive years and serves over three million residents and businesses through one million customer accounts in California alone, as stated on their website.

Mayor Robert Parkhurst serves on the Board of Directors for the CPA and also chairs the Energy Committee for Sierra Madre. According to Gomez, CPA revenues (after deducting costs for power and operations, as well as financial reserve contributions) are pooled and invested in local programs.

How does it work?

CPA purchases clean, renewable power from regional solar, wind, geothermal, and hydro resources, and Southern California Edison (SCE) delivers it to residents and businesses. SCE sends a single monthly bill, which in-

cludes charges for electricity delivery and CPA charges for electricity supply and generation. This is not an added fee on your bill, as the charge replaces the SCE supply/generation charge on the bill. However, SCE is still responsible for maintaining power lines and reading meters.

CPA offers three rate options, which Gomez highlighted in a slide presentation. Option one provides 100% renewable energy content at a six percent total bill premium to SCE's base rate. The second option offers 50% clean energy content at a one percent premium to SCE's base rate. And their third Lean Power option provides 40% clean energy content at the lowest cost (parity to SCE's base rate). According to Gomez, 68% of CPA customers opt for option one, which is 100% renewable energy. Customers can change their rate plan or switch back to SCE if they are not satisfied with their current plan.

Power Procurement — Reliable and Renewable

CPA has secured 56 long-term contracts to date, totaling 2,577 megawatts of renewable energy and 1,910 megawatts of battery energy storage. In 2023, CPA's overall energy portfolio was 75% renewables. CPA has a preference for projects located in or near CPA territory, which prioritize workforce development, provide benefits to disadvantaged communities, and demonstrate high levels of environmental stewardship, according to Gomez.

Gomez thanked the city of Sierra Madre for their commitment to a clean energy future. CPA already serves 4,452 residential customers in Sierra Madre and 478 non-residential customers. According to the CPA report, the city has avoided 82,000,000 pounds of CO₂e since joining. This is equivalent to removing over 8,000 passenger vehicles from the road for one year or planting and growing over 6,000 trees for 10 years.

Local Programs

CPA offers several local programs, categorized into three distinct areas.

- Local Resiliency and Grid Management
- Transportation and Buildings Electrification
- Local Clean Energy Procurement

The Power Ready Program is a community benefit program that provides on-site clean energy backup power for critical community buildings. This is a no-cost service for member agencies' critical facilities, providing battery energy storage with solar photovoltaic systems. During power outages, the member agency will benefit from backup power for critical loads for 4 hours or more.

CPA is set to install battery energy storage systems at City Hall, the Police Department, and the Fire Department. Construction for this project is scheduled to begin in September 2025 and is expected to be operational by August 2026.

ber 2025 and is expected to be operational by August 2026.

The Energized Communities Program is set to accelerate implementation of member agencies' sustainability and decarbonization goals through financial support and technical assistance. It starts with Pathways to Electrification, where CPA provides financial and technical assistance of up to \$250,000 per agency to accelerate decarbonization measures. Member agencies choose one project from three pre-established offerings:

- Building Electrification
- Electric Fleet Transition
- Community EV Charging.

Through their Innovation Fund, CPA supports unique projects throughout their service territory by providing financial incentives. This is a competitive grant, and the next opportunity for Sierra Madre will be in August 2025.

The EV SmartCharge Program can save money by charging your vehicle during off-peak hours. You can unlock incentives by charging smartly by using the app. Lower your carbon impact by charging your vehicle when clean energy is more abundant.

You can view all CPA's programs on their website at cleanpoweralliance.org. Energy experts are available to address any questions or concerns you may have.

After **Eaton Fire**
What Can I Do to Help?

FIRE SAFE COUNCIL

Get Involved, contact Gavin Lee at gavinsmfsc@icloud.com

JOIN NOW

and Make Sierra Madre a ***FIREWISE** Community
for more information, please visit <https://cafiresafecouncil.org>

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THE *Next Chapter*
OF SIERRA MADRE'S LIBRARY

The Sierra Madre Library Foundation is raising funds to furnish the City's new library with furniture and technology - and we need your help. Here are some of the exciting new changes:

5,000 sq-ft Addition

Dedicated Community Meeting Space

Seismic & ADA updates

Historical Archives Room

Children and Teen Rooms

Join us by donating today, and play a vital role in shaping the future of our library!

Support the new library!
SierraMadreLibraryFoundation.org
PO Box 563 Sierra Madre, CA 91025

SIERRA MADRE

SIERRA MADRE

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ALTADENA

MONROVIA

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6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi	80s	Lows 60s
Mon:	Sunny	Hi	80s	Lows 60s
Tues:	Sunny	Hi	90s	Lows 60s
Wed:	Sunny	Hi	90s	Lows 60s
Thur:	Sunny	Hi	80s	Lows 60s
Fri:	Sunny	Hi	80s	Lows 60s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS

SIERRA MADRE CITY COUNCIL MEETING Council is on Summer Recess Until:

August 26, 2025 5:30 pm
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 foothillsmmedia.org/sierramadre and broadcast on Government Access Channel 3 (Spectrum)..

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

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

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

Your event must:

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

Just write a Public Service Announcement that describes your event and e-mail it to radio@cityofsierramadre.com.



Sierra Madre Public
LIBRARY
Read • Discover • Connect

This week at the
Sierra Madre Public Library
July 14 — July 19

Monday

Noteworthy Puppets — Memorial Park Bandshell at 10:00am

Reading Buddies — Library from 3:30pm—5:30pm

Tuesday

Human Library— Hart Park House at 6:00 pm.

Registration required.

Wednesday

Tails & Tales— Library from 3:30 pm—4:30 pm.

Pajama Storytime — Online at 7:00pm. Registration required.

Thursday

Third Thursday Book Club— Online at 11:00am.

Registration required.

Reading Buddies — Library from 3:30pm—5:30pm

Saturday

Michael Rayner (Juggler) — Memorial Park Bandshell at 10:00am

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

POSSIBLE END TO SIERRA MADRE BEAR HOME INVASIONS?



This photo is of 172 Kg (379.195 lbs.) female bear, approximately 2 years old was trapped on the Mt. Wilson Trail and NOT identified as the bear mentioned above. File photo submitted by Bob Spears.

No injuries or death have been reported due to attacks from bears. Gonzales also noted that as of Tuesday, July 8th, there have been no additional calls of bear sightings or break-ins.

More details were not available regarding the specific cause of the department's actions at press time. S. Henderson/MVNews

According to Steven Gonzalez at California Department of Fish and Wildlife, on Tuesday, the department euthanized a California Black Bear near Bailey Canyon.

Several CDFW Environmental Engineers who monitor bear activity in Sierra Madre, identified the bear as being responsible for 50-60 of the last reported sightings that resulted in calls to authorities and the attempted break ins or actual break in of homes.

REPORT WILDLIFE ACTIVITY

Help us track wildlife in your area.

Call 9-1-1

- Animal inside a home or structure
- You feel unsafe

Call (626) 355-1414

- Animal was in structure but is now gone
- Wildlife keeps returning
- Illegal feeding of wildlife

Report All Sightings:

wildlife.ca.gov/wir – State tracking

wildlife@cityofsierramadre.com – City tracking

Your reports help keep our community safe.

City of Sierra Madre

PUBLIC HEARING NOTICE

From: The City of Sierra Madre
Subject: MUNICIPAL CODE TEXT AMENDMENT (MCTA 25-02) TO SECTION 17.60.056 (DISCRETIONARY DEMOLITION PERMIT) OF CHAPTER 17.60 (VARIANCES AND DISCRETIONARY PERMITS) OF TITLE 17 (ZONING) OF THE SIERRA MADRE MUNICIPAL CODE
Applicant: City of Sierra Madre
Project Location: Properties in the City of Sierra Madre, County of Los Angeles, State of California

The City of Sierra Madre gives notice, pursuant to State of California law, that the Planning Commission will conduct a public hearing to consider a Municipal Code Text Amendment (MCTA 25-02) to Section 17.60.056 (Discretionary Demolition Permit) of Chapter 17.60 (Variance and Discretionary Permits) of Title 17 (Zoning) of the Sierra Madre Municipal Code. The Planning Commission will be conducting a hearing and providing its recommendation to the City Council for consideration.

The purpose of the amendments is to provide relief from regulatory requirements when rehabilitation and/or improvements are proposed for structures 75 years or older and for the purpose of abating hazardous particulates infiltration caused by the Eaton Fire and improving the fire resiliency.

DATE AND TIME OF HEARING
City of Sierra Madre Planning Commission meeting: Thursday, August 7, 2025 (Hearing begins at 7:00 p.m.)

PLACE OF HEARING
City of Sierra Madre; City Council Chambers; 232 W. Sierra Madre Blvd., Sierra Madre, CA

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@SierraMadreCA.gov by 3:00PM on the day of the meeting. Receipt of emails will be acknowledged at the public hearing, filed into public record and scanned onto the City website for public review. The meeting will be streamed live on the City's website at www.SierraMadreCA.gov, on Foothills Media website at <https://www.foothillsmmedia.org/sierramadre> and broadcast on Government Access Channel 3 (Spectrum).

ENVIRONMENTAL DETERMINATION:
The proposed amendments to Section 17.60.056 (Discretionary Demolition Permit) of Chapter 17.60 (Variance and Discretionary Permits) of Title 17 (Zoning) of the Sierra Madre Municipal Code are exempt from the California Environmental Quality Act ("CEQA") under the Governor's Executive Order N-4-25, paragraph 1, which suspend the applicability of CEQA to "for projects to repair, restore, demolish, or replace property or facilities substantially damaged or destroyed as a result of this emergency" and, under the Governor's Executive Order N-20-25, paragraphs 2-4, authorizing the City to "develop guidance and procedures for implementing this Paragraph." The proposed amendments are also exempt under 14 CCR 15269 (emergency projects exemption) and 14 CCR 15061(b)(3) (common sense exemption).

APPEAL: The decision of the Planning Commission is subject to a 10-day appeal period to the City Council. If in the future anyone wishes to challenge the decision of the Planning Commission in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the Planning Commission at, or before, the scheduled public hearing. For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138.

WALKING SIERRA MADRE The Social Side

by Deanne Davis

"I'd like to cancel my subscription to 2025. I've experienced the free 7-day trial and I'm definitely not interested."

I expect a lot of us feel exactly like that and my constant prayer is, "Oh Lord, please no more pain, no more tragedy!" As people in Texas are trying to cope with the worst thing they could ever imagine, i.e., losing their loved ones, I'm sitting with this blank page trying to think of something to say that will bring comfort and hope. First Responders, friends and neighbors of those who have been hit with this terrible flood are doing everything they can to help each other and food, no matter what some people say, is always a big comfort. Why do they call macaroni and cheese comfort food? Because it is.

I have put this recipe in before and, as home gardens are probably filled with zucchini, I thought I'd give it to you again. Having grown zucchini, I discovered that it's delicious when it's small and tender but if you turn your back on those cute little ones, they somehow grow into the size of baseball bats and you can grate all day to make zucchini bread and never use up one of them. So, I grate some of your dark green babies and made zucchini bread. If someone you know needs comfort they can just slice and eat, this will do the trick.

"Comfort food is whatever makes your heart stop pounding, your tears stop flowing, the ache in your stomach to ease and the tiny seeds of hope to start growing in your soul."



Zucchini Bread

Preheat oven to 350 degrees.
Grease 8" x 4" loaf pan

1-1/2 cups all purpose flour
1 tsp. ground cinnamon (generous)
1/4 tsp. ground nutmeg (generous)
1/2 tsp. baking soda
1/4 tsp. baking powder
1/4 tsp. salt
Combine all those in a large bowl

1 cup sugar
1 cup grated zucchini
1/4 cup vegetable oil
1 egg
1 tsp. or more grated lemon peel
1/2 cup pecans (optional - dried

cranberries are good and a little chopped apple is also a delicious, comforting addition.)

Combine all that in a medium bowl. Mix well then add to the dry ingredients.

Spoon batter into greased pan. Bake 55-60 minutes or until a wooden toothpick inserted near the center comes out clean. Cool in the pan on a wire rack for 10 minutes or so. Remove the loaf from the pan and cut yourself a slice. You can spread a little butter on it, pour yourself a cup of coffee and thank God for comfort food.

This recipe can be doubled as many times as you like. The picture is the four loaves of zucchini bread.

I got this recipe from the Pasadena Star News in 2011 from Dorothy Reinhold's column, which is no longer there. In it, she described her son's ecstasy about the zucchini bread that his 3rd grade teacher, Mrs. Corinne Le, had baked and brought to share. "It's soooo good," he said, "and she gave me the recipe!" Corinne Le knew how to bring comfort to 3rd graders and I hope this will bring you some, too.

"We don't even know how strong we are until we are forced to bring that hidden strength forward. In times of tragedy, of war, of necessity, people do amazing things. The human capacity for survival and renewal is awesome." Isabel Allende

This recipe is in my book:

"A Tablespoon of Love A Tablespoon of Laughter"

Available on Amazon

There are lots of other comforting things in there, too.

"May God bless you and keep you all and make His Face to shine upon you and give you peace...and comfort"

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On busy days we normally close early, so please call first.

**Catch breaking news at:
mtnviewsnews.com**



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Building Leaders

Sierra Madre
Kiwanis

Creating life changing experiences for our Community Youth

Please join us for lunch the 1st and 3rd Tuesdays of each month at

THE LODGE 33 E. Sierra Madre Blvd. Sierra Madre Blvd. Sierra Madre

<https://sierramadrekiwanis.com/>

Senior Center to Host 'Rebuilding our Community'

Forum for Eaton Fire-Impacted Homeowners July 22

Residents of Altadena and Pasadena who were impacted by the Eaton fire are invited to attend a special 'Rebuilding our Community' forum and lecture exploring various lower-cost housing options on Tuesday, July 22 from 1 p.m. to 3 p.m. onsite at the Pasadena Senior Center.

Presented by the Assistance League of Pasadena, this forum is geared to homeowners who are considering rebuilding after the Eaton fire, and are interested in learning more about options that are efficient and affordable. The lecture, open to all at no cost, will feature three organizations who offer a variety of lower-cost options, including:

- The Foothill Catalog Foundation, a nonprofit offering 30+ design concepts. The organization is dedicated to helping fire survivors rebuild and save money while doing so, and even more when rebuilding together.
- CityLAB-UCLA is a multi-disciplinary research center within UCLA's Architecture and Urban Design Department. They will discuss modular housing options and how using modular housing, or a combination of traditional construction and modular building, can save both time and funds.
- Habitat for Humanity representatives will be present to discuss affordability and sustainability options.
- Sunset Mesa Collective will discuss their concept of using a single point of contact to reduce and control costs.

To register for the 'Rebuilding our Community' forum, visit pasadenaseniiorcenter.org and click on Workshops under the Lectures & Classes.

This forum is just one of many initiatives of the Center's Eaton Fire Community Support resources that was provided to the community within days of the devastating Eaton Fire. Additional resources to community members impacted by the fire can be found under the Resources menu on pasadenaseniiorcenter.org.

Concerts in the Park

The City of South Pasadena announced the return of its summer event series at Garfield Park, featuring a full season of free, family-friendly entertainment.

Each concert brings a different sound and style, perfect for dancing, picnicking, or simply soaking in the summer vibes. The current schedule of performances includes Latin Soul Band on Sunday, June 29, ACME Time Machine on Sunday, July 27, Soul3Sixty on Sunday, August 3, and the series concludes with a showing of Live from Earth - Pat Benatar & Beyond on Sunday, August 17. All concerts run from 5:00 p.m. to 7:00 p.m.

Food vendors include: The Standard Burger and Tikiz Shaved Ice on Sunday, July 27, Andreas Catering and Rio Soft Serve on Sunday, August 3, and Lilus Boba and The Taco Cartel on Sunday, August 17.

Garfield is Park located at 1000 Park Ave.

Local Band Feature in New Video Game



The Adolescents live at 'THPS Fest' photo by D.Lee/MVNews

By Dean Lee

The iconic 80s Punk band the Adolescents, with lead singer, local Sierra Madre resident, Tony Brandenburg, are again, part of the sound track for the new video game Tony Hawk's Pro Skater 3+4 that released worldwide yesterday.

The game, in which you play as a skateboarder doing tricks, is a combined remake of the two originals Tony Hawk's Pro Skater 3 and Pro Skater 4. The Adolescents and Brandenburg were also part of the sound track for Tony Hawk's Pro Skater 3 released in 2001.

Brandenburg, a recently retired fourth grade teacher in Pico Rivera, said "I have had a couple of parents that knew me [as the singer in Punk bands]. My students would know me from playing the Tony Hawk game themselves, 'oh, you're the band in 'Tony Hawk'! Funny, some of them would think the words [in the game's track, Amoeba] were 'Tony Hawk.' [not Amoebaaaaaaa]."

The song Amoeba, off their 1981 debut album, is about self-

awareness Brandenburg said.

In the game, players take the role of one of 31 famous skateboarders like, Bob Burnquist, Chad Muska, Kareem Campbell, Rodney Mullen, Steve Caballero and Tony Hawk.

"I felt like when I got into the games Tony Hawk's Pro Skater 2, 3, and 4, my fan base grew a lot," Caballero said. "When I meet new people, even parents of kids, they would know who I was because their kids played video games."

Caballero said Tony Hawk's Pro Skater brought skateboarding to a much broader audience. Brandenburg said the same thing about the game and Punk music.

The Adolescents played live May 8 at "THPS Fest" a celebration of the iconic video game series at The El Rey Theatre in Los Angeles. Other performances included, Danny Brown, Lupe Fiasco and Urethane, featuring Caballero.

It was announced at THPS Fest that well known, former 2020 Olympic Skateboarder, Andy Anderson would also be

an unlockable character in the game. Anderson announcement followed controversial Skateboarder Bam Margera also being unlockable in the game.

"They need to get your likeness so they put you in a sphere full of cameras and they flash you from every direction," Anderson said. "I have literally known [about being in the game] for awhile but a couldn't say anything until 10 minutes ago."

Tony Hawk's Pro Skater 3+4 can be played on PlayStation, Xbox, Nintendo Switch and PC.

LEGO Design Contest at the Library

Submissions are due by this Friday

LEGO enthusiasts are encouraged to submit designs to this year's Pasadena Public Library Design Your LEGO Contest. Open to all ages, the contest focuses on creativity and originality while sharpening necessary life skills like planning, problem solving, and public speaking. Entries are due Friday.

To participate in the contest, use your own LEGO or other compatible plastic bricks and elements, and design an original creation centered around any theme or topic of your choosing. Once completed, contest entry submissions, including a completed entry form and a photo of your LEGO creation, can be dropped off at any Pasadena Public Library branch or submitted online through the designated form.

Submissions are sorted into four categories: children (ages 6-12), teens (ages 13-17), adults (ages 18+), and families (adults and their children). Finalists from each category will be notified and invited to the LEGO Showcase Day on Saturday, August 2, at the Jefferson Branch Library. During the showcase, finalist will present their entry and give a brief commentary on the design. Two rounds of winners will be selected: one from a panel of judges and one People's Choice winner - the favorite design chosen by a public vote hosted on the Pasadena Public Library website. All winners will be announced at the Showcase.

For more information about the Design Your LEGO Contest and the LEGO Showcase day, visit CityOfPasadena.Libwizard.com/f/Lego2025

Over 50 Restaurants Get LA Fire Recovery Grants



City of Pasadena officials announced Thursday that 51 Pasadena restaurants have each been awarded a \$10,000 LA Fire Recovery Grant from the California Restaurant Foundation (CRF) through its Restaurants Care program. These grants, over half-a-million dollars in direct aid to Pasadena small businesses, are part of a broader \$2.4 million relief effort to support independent restaurants across Los Angeles County affected by this year's wildfires.

"The California Restaurant Foundation has been an incredible advocate for the restaurant industry," said David Klug, Economic Development Director. "Our role is to stay closely connected to the needs of our business community and to share resources like this as soon as they're available. We're deeply grateful to CRF and partners for stepping up in such a meaningful way for Pasadena restaurants."

"Independent restaurants are more than just places to eat. They reflect the culture, creativity, and resilience of a community," said Alycia Harshfield, President of the California Restaurant Foundation. "The impact of the LA fires reached deep into

Pasadena, and these grants are helping 51 restaurant owners navigate the hardships caused by the disaster while continuing to serve the neighborhoods that rely on them. We're especially grateful to the City of Pasadena for helping spread the word and ensuring local restaurants knew this support was available."

According to officials this grant initiative builds on the City's broader commitment to the local restaurant industry. Pasadena has led efforts such as April's Pasadena Restaurant Resilience Pop-Up at the longstanding Café Santorini in Old Pasadena, during which restaurateurs gathered for networking and free one-on-one advising. The City also completed the pilot round of the Dine Out Pasadena program, investing nearly \$700k in new and refurbished dining patios for 14 restaurants. The pilot round culminated in the Dine Out Pasadena Streetfest in late June, which drew nearly 3,000 guests to Old Pasadena to eat, drink, and experience Pasadena's unique culinary offerings.

To view the full list of LA Fire Recovery Grant recipients or to learn more about CRF's statewide relief efforts, visit RestaurantsCare.org/Resilience-La-Fire.

Disability Pride Month Events

July is Disability Pride Month. The month commemorates the July 1990 passage of the Americans with Disabilities Act ("ADA"). This Disability Pride Month, the Pasadena Public Library honors the history, achievements and unique contributions of individuals with disabilities while acknowledging the challenges and experiences disabled people face in society.

This month, Tim McDonald, Director of Libraries and Information Services, and the department will host several adaptive art programs, inviting everyone to actively create a more inclusive society through education and community engagement. Programs:

All Abilities Community "Schmoozendoodle" Join library staff for some "guided doodling" with Adaptive Art teacher Karen. Starting from basic shapes, watch your doodle turn into something wonderful and unique in a social and

supportive atmosphere. Display your creation in an ongoing exhibit in the Villa Parke Library. All materials provided; all abilities welcome! Register online to attend.

Tuesdays, July, 22. 6:30 - 7:30 p.m. Villa Parke Community Center, Second Floor, 363 E. Villa Street
Saturday, July 26, 11:00 a.m. - Noon. Villa Parke Community Center, Second Floor, 363 E. Villa Street
All Abilities Art

Enjoy a fun and relaxed morning at the library with art activities! Adults and teens of all abilities are welcome, along with caregivers/coaches.

Tuesdays, July 15 & Aug. 19. 11:00 a.m. La Pintoresca Branch Library, 1355 N. Raymond Avenue
The Pasadena Public Library regularly offers inclusive programming including our eBook Club, All Abilities Club, and sensory storytimes. To learn more about these programs visit, CityOfPasadena.net/Library.

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NEWS BRIEFS

HUSBAND CHARGED IN WIFE'S DEATH, FIRE AT FAMILY HOME

A Los Angeles County man faces a potential life sentence after he was charged with murdering his wife and then setting fire to their home earlier this year to cover up the crime.

Yoon Lai, 62, was officially charged Tuesday with felony counts of murder and arson for the Jan. 6 blaze.

Lai is accused of killing his wife, 56-year-old Dr. Irene Gaw-Lai, and then attempting to conceal the nature of her death by lighting their San Marino home on fire.



Gaw-Lai, who also used the surname Gonzalo, was a respected endocrinologist who, according to the Los Angeles Times, had filed for divorce from her husband months earlier. She had reportedly attempted to file for divorce more than 20 years earlier as well.

Her body was found in a back room of the fire-damaged home on the 2000 block of Lorain Road. She had apparently suffered traumatic injuries to her upper body.

Dr. Irene Gaw-Lai (Gonzalo) is seen in this undated courtesy photo.

After a monthslong investigation, Yoon Lai was identified as a person of interest and later arrested in connection with his wife's death.

On Tuesday, he appeared in a downtown Los Angeles courtroom to be formally charged with her murder.

“The violent death of Dr. Irene Gaw-Lai is heartbreaking and deeply disturbing,” Los Angeles County District Attorney Nathan Hochman said in a news release. “She was not only a respected physician and business leader, but a mother who deserved safety and dignity in her own home.”

Yoon Lai's bail has been set at \$2.35 million. He is due back in court on Aug. 12.

The investigation into Gonzalo's death is ongoing, and anyone with information is urged to contact the Los Angeles County Sheriff's Department or D.A.'s Office.

CNS

EATON AND PALISADES AIR MONITORING UPDATE

Air Monitoring Efforts Conclude

DIAMOND BAR – The South Coast Air Quality Management District (South Coast AQMD) has concluded its expanded air monitoring efforts in response to ongoing debris removal efforts near the Eaton and Palisades fire areas. Reported air monitoring data includes particulate matter (PM2.5 and PM10), air toxics (such as lead and arsenic), and asbestos in communities near the burn zones.

Since South Coast AQMD's 19-week expanded air monitoring effort began:

- A total of 5 monitoring sites were deployed.
- A total of 219 asbestos samples were collected.
- A total of 215 air toxic metal samples were collected (33 air toxic metals were analyzed per sample).
- A total of 28,588 particulate matter (PM2.5 & PM10) data points were measured.

To date, monitoring results have not shown any levels of concern, even during peak debris removal activities. The U.S. Army Corps of Engineers has substantially completed debris removal efforts, and South Coast AQMD officially concluded its expanded monitoring on July 8th, 2025. This will serve as our final press release for this special monitoring project. Any sampling results finalized after this final press release will be posted online. All current and past monitoring data can be found at: www.aqmd.gov/lawildfires or directly on the data dashboard.

Residents in and around the burn areas are still encouraged to follow safety precautions from the Los Angeles County Department of Public Health to minimize potential exposure to ash, soot, and debris, particularly during periods of high winds.

EATON AIR MONITORING RESULTS (June 27 – July 3, 2025)

Monitoring Site	Sample Date	Air Toxics	Asbestos	Continuous PM2.5/PM10
Near Altadena Golf Course	6/27/2025	All air toxic metals were within back-ground levels	Not Detected	PM2.5 and PM10 concentrations exceeded the federal standard level on July 5th due to July 4th celebrations
	6/30/2025			
	7/03/2025	Sample is undergoing analysis	DETECTED	due to July 4th celebrations
Christ the Shepherd Lutheran Church	6/27/2025	All air toxic metals were within back-ground levels	Not Detected	PM2.5 and PM10 concentrations exceeded the federal standar level on July 5th due to July 4th celebrations
	6/30/2025			
	7/3/2025	Sample analysis is undergoing analysis	Not Detected	
Fire Station 11	6/27/2025	All air toxic metals were within back-ground levels	Not Detected	PM2.5 and PM10 concentrations exceeded the federal standard level on July 5th due to July 4th celebrations
	6/30/2025			
	7/3/2025	Sample analysis is undergoing analysis	DETECTED	

South Coast AQMD is the regulatory agency responsible for improving air quality for large areas of Los Angeles, Orange, Riverside and San Bernardino counties, including the Coachella Valley. For news, air quality alerts, event updates and more, please visit us at www.aqmd.gov, download our award-winning app, or follow us on Facebook, X (formerly known as Twitter) and Instagram.

A MOUNTAIN VIEWS NEWS EXCLUSIVE*:

“CAMINO DE SANTIAGO-MY JOURNEY MY WAY IN 29 DAYS April 17-May 15, 2025”

by: Lorie Veiner-Clause

“SELECTING A BACKPACK”



Having a backpack is a necessity while walking the Camino. After researching and reading reviews, I narrowed down a few brands that sparked my interest. The dreaded task of being fitted for the backpack caused me anxiety. It requires a great deal of time and effort.

I procrastinated as long as I could. The reality of my departure was quickly approaching. Several people on social media recommended a specific sporting goods store. They're known for properly fitting people with backpacks.

There were 3 brands I was most interested in. A water bladder was not necessary as I would be carrying my own water bottle.

Upon arriving at the recommended store, I was visually overwhelmed with the number of backpacks hanging on the racks. Various sizes. Brands. Colors. However, I was underwhelmed by the initial person assisting me. I directed them with what I was and was not seeking. And my small, petite body could only carry a certain amount of weight.

The mysterious measuring tape many people spoke about was never revealed to measure me. I was informed this was part of the process to get properly fitted.

Frustrated with that experience, I left the store emptyhanded with no backpack after being there for 5 hours. Realizing my emotions were defeated by this unsuccessful task, another effort was made to visit that store. I spoke to an employee that was knowledgeable with backpacks and selected a day to return when that associate was there.

Trying on the 3 original brands I was interested in was necessary.

The associate placed 20 lbs. of weight in each backpack. Walking around the store several times allowed me to test it out.

My immediate response was the comfort on my shoulders, hips, back. One stood out to be the most comfortable. My body continued walking in circles around the store. Process of elimination. Shifting weight in the backpack. I think I have a winner. Yet, I was compelled to call the manufacturer directly. Needing confirmation, it was a good backpack for my body size.

Gravitating to a specific backpack confirmed my decision with the size, style and color. Although it was a large backpack, my petite body acclimated best with it compared to the others I tried on.

Did I just officially start my Camino?

Buen Camino

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*This is the third of a series by Sierra Madre resident Lorie-Veiner-Clause's incredibly courageous journey. Follow her recollections of 'Camino' each week.. By the way, if you aren't familiar with the Camino Santiago, you will be!
S. Henderson, Publisher/Editor

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Mountain View News Saturday, July 12, 2025



On June 17, the LA County Board of Supervisors approved a motion to waive and refund fees for qualifying property owners rebuilding single-family homes in unincorporated Los Angeles County following the Eaton and Palisades wildfires.

ELIGIBILITY

The Board motion was aimed at making the rebuilding process more affordable and accessible to homeowners looking to rebuild homes that were destroyed in the January wildfires.

Certain types of rebuild projects (such as commercial or rental housing) are not eligible for a waiver or refund.

To qualify for a permit fee waiver or refund, an applicant must be able to demonstrate that they both owned and lived on the property prior to January 7, 2025.

A project qualifies for a fee waiver or refund if it is:

- Located in unincorporated Los Angeles County
- A replacement single-family home – which could include accessory structures such as garages, Accessory Dwelling Units (ADUs), pools, etc. – that was destroyed by the Eaton or Palisades Fire
- A “standalone” ADU that the property owner will temporarily occupy while they wait for their replacement single-family residence to be built

A project does not qualify for a fee waiver or refund if it:

- Is a commercial property
- Contains multi-family housing units
- Is a rental property (non-owner-occupied)
- Is not a home directly destroyed in the fires
- Is a temporary housing unit or temporary housing community

To apply for a fee waiver, please fill out a Request for Fire Rebuild Fee Waiver or Refund form and email it to recovery@planning.lacounty.gov.

PERMIT CENTERS

LA County is hosting One-Stop Permit Centers in both the Palisades and Eaton fire burn areas to help guide residents through the rebuilding process, answer any questions they have and connect them with each of the building and planning departments responsible for their area.

Schedule a FREE group appointment Mondays, Wednesdays or Fridays or one-on-one appointments Saturday to get expert advice and guidance for County Unincorporated Area residents on how to: Prepare plans for your rebuilding project, obtain entitlements and permits to begin construction, schedule inspections, obtain a certificate of occupancy, and get answers to rebuilding questions.

EATON FIRE:

For unincorporated LA County communities, One-Stop Permit Centers have been established for residents impacted by the Palisades and Eaton fires. Walk-ins are welcome and consultation appointments can be scheduled at the Altadena and Calabasas One-Stop Permit Centers. LA County permitting agencies, including Fire Department, Regional Planning, Public Health, Geotechnical and Materials Engineering Division and Public Works Building and Safety, are available by appointment at the One-Stop Permit Centers to guide owners and their representatives through the rebuild process and answer any questions they may have. Homeowners will be provided packets with information specific to their property, including permit records, assessor records and property attributes. In addition, Southern California Edison (SCE) Planners are available by appointment and Billing Service Representations available via walk-in to assist the customers in their service areas.

Altadena One-Stop Permit Center
464 W Woodbury Rd. Suite 210
Altadena, CA 91001
Walk-In Hours:
Monday – Friday: 8:00AM – 4:30PM
Rebuild Consultation Appointments Available:
Monday, Wednesday and Friday: 8:30 AM – 12:30 PM
Saturday: 8:00 AM – 12:00 PM

SCE Planner Appointments Available:
Effective April 21st:
Monday and Wednesday: 8am – 12pm

Book Appointments:

<https://outlook.office365.com/book/AltadenaRebuildWorkshops@lacounty.onmicrosoft.com/?ismsalsauthenabed=true>

FEDERAL ASSISTANCE DEADLINE REMINDER

Economic Injury Disaster Loans: October 8, 2025 -

Small businesses and most private nonprofit organizations located in a declared disaster area and which have suffered substantial economic injury may be eligible for a Small Business Administration Economic Injury Disaster Loan.

https://www.sba.gov/funding-programs/disaster-assistance/economic-injury-disaster-loans?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=

FREE SOIL TESTING for homes in the Eaton fire burn area

- Representative soil sampling by Public Health suggests that some homes located downwind and just outside the Eaton Fire burn area may have higher than expected lead levels in their yards.
- Soil samples from properties located within the burn scar, downwind of, and just outside, the Eaton Fire area can be submitted for testing.
- For additional information about soil contaminants and testing, please visit ph.lacounty.gov/eaton-soil-testing.

Pruebas de tierra gratuitas para casas en áreas quemadas por el incendio de Eaton

- Muestras representativas de tierra realizadas por Salud Publica sugieren que algunas casas ubicadas a favor del viento y justo afuera del área quemada por el incendio de Eaton pueden tener niveles de plomo más altos de lo esperado en sus patios.
- Se pueden enviar muestras de tierra de propiedades ubicadas dentro de la cicatriz del incendio, a favor del viento y justo afuera del área del incendio de Eaton para analizar.
- Para obtener información adicional sobre los contaminantes de la tierra y las pruebas, visite ph.lacounty.gov/eaton-soil-testing.

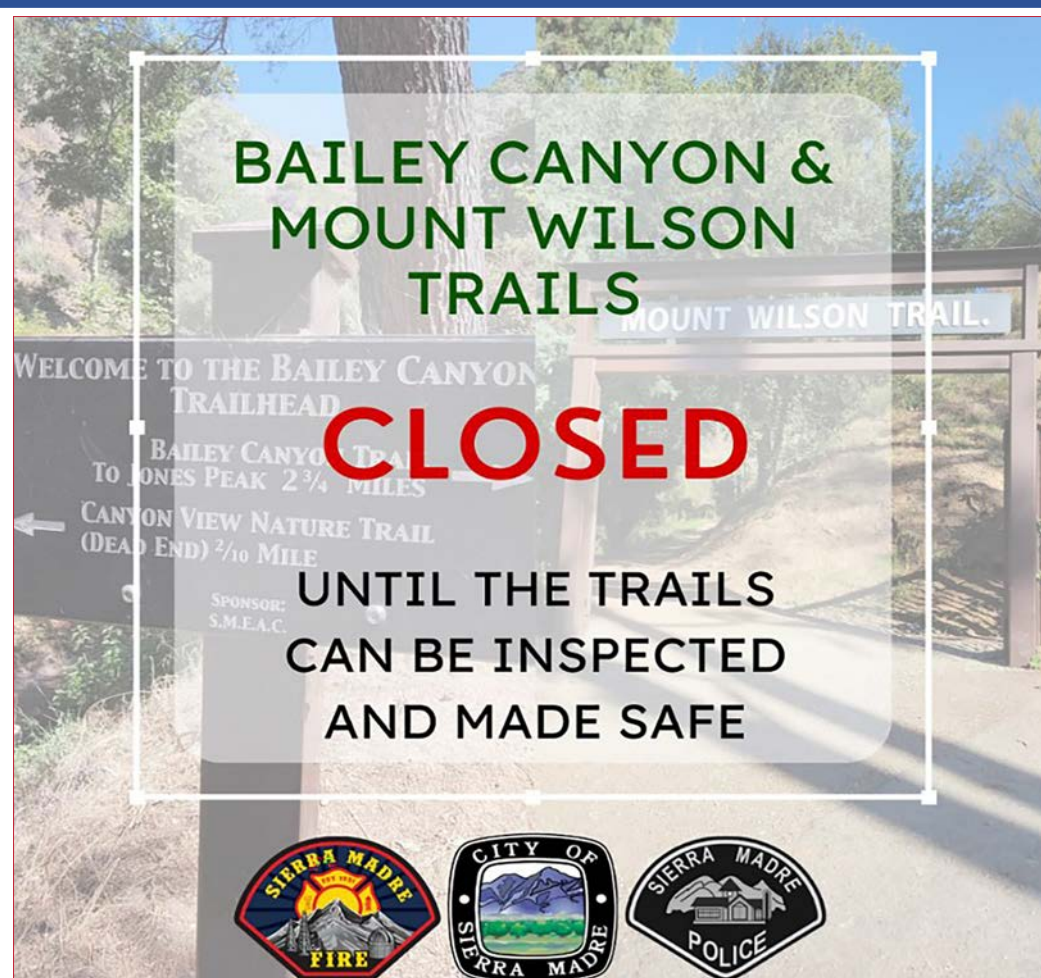


For more information, including instructions on how to participate, please scan the QR code or visit: ph.lacounty.gov/eaton-soil-testing

Para obtener más información, incluyendo instrucciones para participar, escanee el código QR o visite: ph.lacounty.gov/eaton-soil-testing



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TIPS TO PREVENT SUMMER SLIDE

(StatePoint) Students of all ages are at risk for “summer slide.” The good news is that this seasonal phenomenon, where academic skills are lost or forgotten during the long summer break, is not inevitable. Here are a few strategies that parents can use to help their students confidently return to the classroom in fall:



Visit the library once a week: Regular library visits promote literacy and reading comprehension. They also demonstrate to students that reading can be enjoyable while giving them an opportunity to choose books that align with their interests. Investigate whether your local library is hosting a summer reading challenge or any other events that will encourage a reading habit.

Subscribe to a daily newspaper: Speaking of reading, you can help your student develop critical thinking skills while giving them a leg up in their history and social studies classes by subscribing to a daily newspaper or weekly news magazine.

Upgrade their math tools: Why wait until back-to-school shopping season to upgrade your student’s math tools? Encourage them to test prep, code and use their math skills throughout summer with a tool like the fx-9750GIII graphing calculator. With Natural Textbook Display and an intuitive icon menu, students will find its features — such as graph plotting, probability distribution, vector arithmetic and spreadsheets — incredibly easy to use. Capable of programming in CASIO Basic and MicroPython and approved for the SAT, PSAT, ACT and AP tests, the fx-9750GIII will be their go-to calculator for years to come, making this summer a great time to get acquainted with its interface.

Make conversation happen: Is your student taking a foreign language? Arrange for them to meet with a language partner so they can keep the conversation going throughout summer. Also, check out the wide variety of foreign language movies, music and other media available through streaming platforms, so your student can stay immersed in their language of choice, even when class is out of session.

With a few measures designed to stem the tide of summer slide, you can help ensure that when your student returns to the classroom, they are prepared for the next level of instruction, not playing catch-up.

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@acslions.com
Principal: Cindy Harmon
website: www.acslions.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.bcsllions.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
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
2925 E. Sierra Madre Blvd. 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: Dr. Eric Barba
website: http://phs.pusd.us

St. Rita Catholic School
322 N. Baldwin Ave. Sierra Madre, Ca. 91024
Principal: Jon McMaster (626) 355-6114
mcmaster@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: resseln@pusd.us

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

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

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

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

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What kind of bird am I? I like to search and swoop at the beach. Can you fill in my poem with the missing words?

I am a
_ e _ a _ u _ l _

Read the clues to fill in the puzzle:

- keep drinks cool and sandwiches safe from seagulls
- large cloths to lay on; cover the hot sand
- open and close, protect us from the sun's rays
- beachgoers, fans of the sand and surf
- car with lots of space for boogie boards and beach chairs
- sail, power and fishing; allow for travel on water
- someone who searches the sandy beaches for something valuable
- these crash against the beach; perfect for surfing
- hot, yellow orb in sky; use lotion to protect from being burned
- travel up and down the beach to protect; lifeguards, U.S. Coast Guard
- fruit growing along the northeastern coast; used in jams or jellies
- pelicans, sandpipers, gulls
- tough plant with long, thin, narrow leaves
- countless grains make up beach; gets into every nook and cranny
- light, brightly colored, inflated, round plastic toy
- buildings of sand and water; moat; seashell windows and doors

At The Beach!

When I'm at the beach
I like to eat a cold, juicy _____.
I like to hear the roar
of waves slapping against the _____.
I like to watch
the children _____ while picking up shells.
I like the strong, salty smell
of water, land and freshly caught _____.
I like to stand in the rushing water to feel
it pulling the sand out from under my " _____ "!

1. coolers
2. waves
3. station wagon
4. plum
5. birds
6. beachcomber
7. people
8. sand
9. sun
10. beach umbrellas
11. blankets
12. sandcastles
13. grass
14. surf patrol
15. boats
16. beach chairs
17. beach balls
18. beach towels
19. beach toys
20. beach games

Free Stuff
It's our 20th Anniversary, but you get the presents!

Print out this week's puzzle set to encourage kids to keep reading and visiting their library:
Summer Reading Kit @ www.readingclubfun.com

Sigh! Extra work for me!



THE THREE AMIGOS RIDE AGAIN – AND THEY’RE HUNGRY

By Peter Dills – Restaurant Critic, Radio Host, Breakfast Believer

You might remember The Three Amigos—Chevy Chase, Steve Martin, and Martin Short. Well, this time it was Peter, Ron, and Hans saddling up for a different kind of adventure: breakfast at Twohey’s Restaurant.

This San Gabriel Valley institution may be known for its burgers and sundaes, but on this morning, the breakfast menu was in the spotlight. And it delivered.



Let’s start with me. I ordered the Short Rib Hash, which came in a bowl (a bit odd, but I rolled with it). Turns out, it was one of the best breakfast dishes I’ve had in a long time. Hearty, flavorful, and the kind of meal you can get creative with—I ended up making my own mini breakfast sandwiches with the toast. First-rate.



Ron, seated across from me, went for the Canned Pecan Pancakes. He didn’t offer me a bite (some friend!), but as my father used to say, “We eat with our eyes,” and this plate looked like it had been styled for a magazine shoot. Golden, stacked, and dripping with indulgence.



Hans, or as we call him around the breakfast table, Hansalicious, went traditional with Old-Fashioned Pancakes and Blueberries. And here’s where it gets interesting—Hans didn’t finish them. But did he let them go to waste? Of course not. He boxed them up and left Twohey’s like a man protecting breakfast gold. The fact that Hansalicious took leftovers home says all you need to know—those pancakes were worth a second act.

The Service? Spot-on. Our server Aldo kept glasses full and coffee hot. Billy the Manager (a.k.a. “The Captain”) gave us a hearty back slap and a welcome worthy of a regular. And Tanya, the ever-gracious owner, made her rounds with a warm smile to ensure everything was running smoothly.

Parking? A little tricky, sure. But if that’s your biggest complaint, you know the meal was solid. In fact, I’ll go out on a limb and say it—Twohey’s breakfast menu might just outshine the lunch and dinner lineup.

Final Verdict? A grand slam of a breakfast. Or, in our case, a triple for the Three Amigos. Full stomachs, big laughs, and one to-go box. That’s a win.

“Where there’s a great breakfast, you’ll find us amigos—not just eating, but judging, laughing, and tipping generously.”

Until next time—¡Salud, amigos!
<https://podlink/1116885432>



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THE TASTING ROOM

MIRACLE ON SIERRA MADRE BLVD.

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



The 1947 movie “Miracle On 34th Street” is an all-time classic holiday movie. It stars Natalie Wood, Maureen O’Hara, Edmund Gwenn, and John Payne. Edmund Gwenn played the Macy’s Santa Claus who claimed to be the real Santa. In the movie, the Macy’s Santa Claus would send customers to Gimbels Department Store if Macy’s didn’t have a certain item stocked. Today, let’s do a Miracle on Sierra Madre Blvd.

I loves me some Grocery Outlet! They have quite the bargains, but when the item is gone, it is usually gone for good. The prices are discounted tremendously for various grocery items. If you haven’t been to a Grocery Outlet, I highly recommend you visit one. However, when it comes to wine, I am very picky about what I purchase. To be honest, most of their wine selection leaves something to be desired. I usually will peruse their selection, and every now and then a great bargain will pop up.

Here’s a couple of examples – Routas Rosé, Coteaux Varois en Provence 2023 and Domaine Poli Nielluc+Sciaccia Island of Rosé 2023. The Routas is a Rosé from the Provence region of France which is famous for Rosé. The Routas is sustainably farmed and is a crisp and refreshing wine. Strawberry and stone fruit notes are prevalent. The finish is lively with excellent minerality. I can finish this wine in no time at ll. The Domaine Poli is from the island of Corsica which is also known for Rosé. The two grapes used in this organic wine are Sciacarellu and Niellucciu. Think stone fruit, sour cherry, herbs, and bracing acidity. Talk about summer wine...delish!

I purchased these two wines at the Arcadia Grocery Outlet on Foothill. As I said before, once the wine is sold out, it’s gone for good. I told several friends about these wines, and they went and purchased many bottles of both. Here’s the kicker - the Domaine Poli is sold online for around \$20 and at Grocery Outlet was priced at \$6. The Routas is sold online for \$19 and at Grocery Outlet it sells for \$5. On top of that deal, I purchased these wines when GO had their 20% off deal on wines and the prices came down to \$4.80 and \$4. Now that’s a friggin bargain! Again, these wines might be sold out.

If you want to stay informed about deals such as these, sign up for my newsletter by emailing me at glira@gratedwine.com and you can hear about these wines before they are sold out!

Until next time – Salud!



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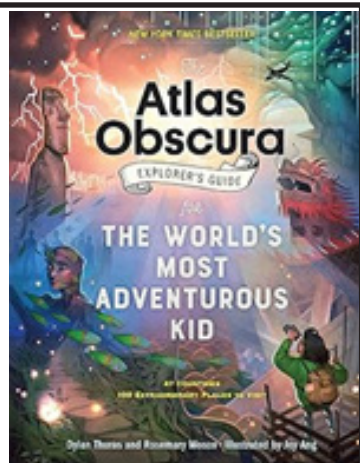


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ALL THINGS

By Jeff Brown

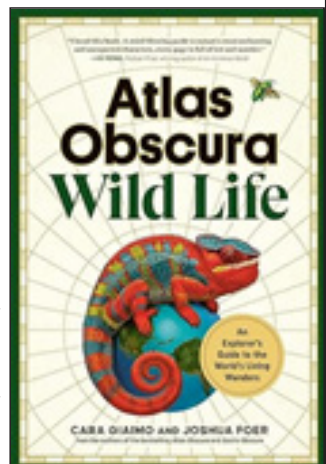
The Atlas Obscura Explorer's Guide for the World's Most Adventurous Kid by Dylan Thuras



The Atlas Obscura Explorer’s Guide for the World’s Most Adventurous Kid is a thrilling expedition to 100 of the most surprising, mysterious, and weird-but-true places on earth.

For curious kids, this is the chance to embark on the journey of a lifetime—and see how faraway countries have more in common than you might expect! Hopscotch from country to country in a chain of connecting attractions: Explore Mexico’s glittering cave of crystals, then visit the world’s largest cave in Vietnam. Peer over a 355-foot waterfall in Zambia, then learn how Antarctica’s Blood Falls got their mysterious color. Or see mysterious mummies in Japan and France, then majestic ice caves in both Argentina and Austria. As you climb mountains, zip-line over forests, and dive into oceans, this book is your passport to a world of hidden wonders, illuminated by gorgeous art.

Atlas Obscura: Wild Life: An Explorer's Guide to the World's Living Wonders by Cara Giaimo



It’s time to get off the beaten path. Inspiring equal parts wonder and wanderlust, Atlas Obscura celebrates over 700 of the strangest and most curious places in the world.Talk about a bucket list: here are natural wonders'the dazzling glowworm caves in New Zealand, or a baobab tree in South Africa that's so large it has a pub inside where 15 people can drink comfortably.

Architectural marvels, including the M.C. Escher-like stepwells in India. Mind-boggling events, like the Baby Jumping Festival in Spain, where men dressed as devils literally vault over rows of squirming infants. Not to mention the Great Stalacpipe Organ in Virginia, Turkmenistan's 40-year hole of fire called the Gates of Hell, a graveyard for decommissioned ships on the coast of Bangladesh, eccentric bone museums in Italy, or a weather-forecasting invention that was powered by leeches, still on display in Devon, England.Created by Joshua Foer, Dylan Thuras and Ella Morton, ATLAS OBSCURA revels in the weird, the unexpected, the overlooked, the hidden and the mysterious.

Every page expands our sense of how strange and marvelous the world really is. And with its compelling descriptions, hundreds of photographs, surprising charts, maps for every region of the world, it is a book to enter anywhere, and will be as appealing to the armchair traveler as the die-hard adventurer.Anyone can be a tourist. ATLAS OBSCURA is for the explorer.

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SUMMER NUTRITION: LIGHT, HEALTHY MEALS FOR SENIORS

As temperatures rise during the summer months, seniors often experience a drop in appetite, making proper nutrition more important than ever. Eating well doesn't mean heavy meals—in fact, summer is the perfect time to embrace lighter, fresher foods that nourish the body and support overall health.

Hydration is key, especially for older adults who may not feel thirsty as often. Water-rich fruits and vegetables like watermelon, cucumbers, strawberries, and tomatoes not only help keep you hydrated but also provide essential vitamins and anti-oxidants. A simple cucumber and tomato salad with olive oil and a sprinkle of herbs makes a refreshing side dish or light lunch.

Cold soups, like gazpacho or a chilled avocado soup, are easy to digest and perfect for hot days. Pair these with whole grain crackers or a slice of whole wheat toast for a balanced meal.

Grilled fish, such as salmon or tilapia, offers heart-healthy omega-3 fatty acids and can be served alongside steamed greens or a quinoa salad. For dessert, skip the heavy pies and opt for a bowl of fresh berries with a dollop of Greek yogurt.

Avoid overly processed snacks and salty foods, which can contribute to dehydration. Instead, keep nutritious snacks on hand, such as almonds, hummus with veggie sticks, or a slice of cheese with apple slices.

Remember, seniors should aim for meals that are high in fiber, lean protein, and healthy fats while being easy to prepare. If cooking is difficult, consider local meal delivery programs or asking a friend or family member for help in meal prepping for the week.

With a little planning, summer meals can be simple, satisfying, and full of the nutrients needed to stay strong, healthy, and energized all season long.



HOW TO FIND AFFORDABLE SENIOR HOUSING NEAR YOU

Dear Savvy Senior,

Are there any resources that you know of that can help seniors locate affordable housing?

My sister, who's 65 years old, needs to find a different place to live but has very little money. What can you tell me? Searching Sister



Dear Searching,

Finding affordable senior housing options can be challenging depending on where your sister lives. Senior apartments for some retirees are a good option, and you'll be happy to know that there are several government programs that can help financially. Here are some tips that can help your sister locate an apartment that fits her budget and living preferences.

Start with HUD

The U.S. Department of Housing and Urban Development (HUD) offers a variety of resources that can help lower-income people, like your sister, locate and pay for housing. Here are three different programs to look into.

Privately owned subsidized apartments: HUD helps many apartment owners across the country offer reduced rents to low-income tenants. To search for subsidized apartments in your area, visit Resources.hud.gov.

Housing choice voucher program: This program allows low-income families, elderly, and disabled people afford decent, safe, and sanitary housing in the private market. The housing subsidy would be paid to the landlord each month. Your sister would then pay the difference between the actual rent charged by the landlord and the amount subsidized by the program. To learn more or apply, contact your local public housing agency (see HUD.gov/contactus/public-housing-contacts for contact information), or call 800-955-2232.

Public housing: This low-income housing option comes in all sizes and types, from scattered single-family houses to high rise apartments for elderly families. Your local public housing agency is again the resource for locating public housing in your area.

If you need more help or housing advice, contact a HUD-approved housing counseling agency near you. See HUD4.my.site.com/housingcounseling or call 800-569-4287 for contact information.

How to Choose

If you or your sister find several apartment choices that fall within her budget, she should consider what's important to her. She may want housing that's close to family, religious organizations, senior centers, or places she visits regularly, like grocery stores, parks or gyms.

Or, if she has a disabling condition, it may be especially critical for her to find a living space that has easy access to important services like senior transportation and health care centers.

In your housing search, you may also come across some red flags that indicate a retirement community wouldn't be a good fit for your sister. Keep an eye out for extra fees that may be applied to everyday items or perks you normally wouldn't think about like laundry service, parking or pets.

You should also make sure the apartment is in good condition and then scout out the neighborhood. Ask yourself if the community is clean and well maintained and if there is any debris or messy landscaping. If you notice anything out of the ordinary, follow up with questions before your sister signs a rental contract.

Other Programs

In addition to affordable housing, there are a number of other financial assistance programs that may help your sister pay for things like food, medications, health care, utilities and more. To locate these programs, check her eligibility and apply, visit BenefitsCheckUp.org.

Send your questions or comments to questions@savvysenior.org, or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.



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

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Daily reservations are not required.

More Info: <https://www.sierramadrecal.org> 626-355-5278



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

THIS IS YOUR LAST AND FINAL WARNING!

As a child, I remember my parents saying to me, "I'm not going to tell you this again." The only problem with that was they did tell me again. And again. And again.

It was hard for me to trust my parents along this line. They always gave me warnings, and then when I would do it again, they would give me another warning. I began to realize that they weren't taking these warnings seriously. The only thing I can think of is that they may not have remembered telling me that in the first place. I can understand that.

Now that I'm an adult, I'm the one giving this last and final warning. And, of course, my children responded to it the same way I responded to my parents. I think it might be an inherited attitude.

However, I'm now in a different situation. I receive letters at least once a week, warning me that this is their last and final notice about my car or home warranty. If I had all the postage that accumulated over the years from these letters, I could retire in style.

Usually, I ignore these letters, except when they contain a prepaid postage envelope. I usually take those envelopes, put a track in them, seal the envelope, and then put it in the mailbox.

I never know if these tracks work because I never hear back from them. Over the last several years, a new level of inquiry has emerged. It is a wonderful invention by Al-exander Graham Bell called the telephone. Every day, I receive a phone call warning me that this is their last and final warning concerning my expiring car warranty. If only that were true.

The trouble with these "stupid" phone calls is that there's no real person on the other end. I don't mean me; I mean their end. It's all recorded, and how they do that is above my pay scale.

I can't do anything with these recorded messages, so I hang up. After all, what else can I do? Indeed, I would like the opportunity to give them a piece of my mind and tell them to stop calling me. But that is not on the agenda. Then, beginning in December with the annual Medicare renewal time, I have some actual people call me.

The Gracious Mistress of the Parsonage refuses to answer these calls, and often, will take the phone off the hook for the whole day.

But I have a different perspective. After all, I am retired and do have some free time to mess around. When I get one of these calls from a live person, I dive into it with all the nonsense I have, which is quite a lot. After all, they called me, I did not call them.

The calls I like are those in which I'm asked personal questions. "Do you have diabetes?"

I always respond to them, "No, I don't have diabetes, but I am a very sweet guy." Usually, when I say that on the other end of the phone, there's an amazing "click." There are times when I answer using the voice of Daffy Duck. I've done this so often that I'm becoming quite skilled at it. Several times, when I respond to them on my end of the phone, they respond with a long list of vulgarities. And they asked me to do things to myself that are physically not possible.

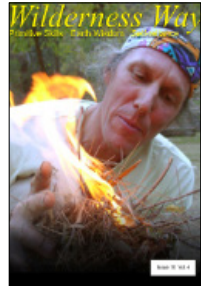
One question I enjoy is when people ask me how old I am. I usually respond, "I don't know how old I am because my age changes every year and I don't know what it's going to change to this year." I can't tell how many were so confused by my answer that they said nothing and just hung up on me.

If someone calls me on the phone and offers me a product they think I would want, I wouldn't take it from them. I will never trust anybody who randomly calls me with a product that I would really want.

Recently, I've been winning money from a PCH contest. I don't recall signing up for this contest, but I was grateful to have won it. The one prize was \$8.5 million and a brand-new Porsche. I couldn't tell you how excited I was to win all of this. It certainly was my lucky day.

In processing this, all I had to do was send them \$14,000 for the processing fee, and then I would receive all that money, along with the brand-new car. I'm a Pennsylvania Dutchman, and we are rather frugal with our money. You touch my money, and I may say something nice at your funeral. These phone calls are not going to stop. But no matter how many call me, they're not getting one dime from me. I only wish it were true when they say, "This is your last and final warning."

It's amazing how many people lie for a living. Thinking on this I was reminded what Solomon said, and he was spark on. "Lying lips are abomination to the Lord; but they that deal truly are his delight" (Proverbs 12:22). Whenever a person lies it has a way of coming back to them. I remember my father use to say that if I didn't lie I wouldn't need a good memory. I have lived long enough to understand what he meant.



CHRISTOPHER Nyerges

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

GETTING TO KNOW EPAZOTE

EPAZOTE (Dysphania ambrosiodes) (formerly Chenopodium ambrosiodes). Also known as Mexican tea or wormseed.

Member of the Goosefoot Family

Epazote is a wonderful herb to know, which has been used in Mexican cookery for centuries. According to Gene Matlock, the founder of The Institute of Herbal Philosophy, which fo-cuses upon Mexican herbalism, “Epazote is one of the greatest anti-flatulents. A small sprig of this plant can turn beans into a gourmet delight with only minimal ‘wind break-age’ afterwards. Use it sparingly, however, because large quantities will impart a bitter taste to beans.”

DESCRIPTION

Probably the most distinctive aspect of epazote is its unique aroma – a blind man should be able to identify it! When seen for the first time, it might appear as a somewhat ragged and darker green lambs quarter (to which it’s related). Epazote has a branched stem which can reach up to about three feet. The shiny-green leaves are elliptical, two to five inches long, and sometimes reddish tinged or blotched. The uniquely aromatic leaves are arranged alternately. The undulating leaf margin is slightly or entirely toothed. The leaf surface is hairless, although it may be slightly tomen-tose when very young.

According to Altadena resident, Professor Miguel Gutierrez, “Epazote is a prevalent plant in Mexican culture and cooking. I grow it in my garden here in Altadena, where it grows very easily. In fact, it’s a prolific seeder so once it grows in your garden and it goes to seed, it’s pretty safe to say you’ll have it around for many years to come. It’s not uncommon to find it here in Southern California where it has become naturalized in some areas. My family lives in Nebraska where the epazote seeds survive the harsh winters and come back each year to repopulate the garden.”

USES

According to herbalist Michael Moore (author of “Medicinal Plants”), “The leaves and seeds of epazote are a classic Mexican bean spice. It is called for in many traditional reci-pes, both to reduce the flatus levels, and to jazz up the taste.” Epazote has long been popular in Central and South American and Mexican cookery as a culinary spice, especially in bean dishes since it prevents gas. According to Dr. James Adams, author of “Healing with Medicinal Plants of the West,” “Two of the treasures from Mexico are the prickly pear cactus and the epazote herb. I al-ways add fresh epazote on top of my black bean dishes.”

PROCESSING

Though fresh leaves can be added to dishes, the plant is usually dried first, which some-what mellows the fragrance. The dried leaves are then crumbled into the pot of beans, or stew, shortly before being served. According to Miguel Gutierrez, “Epazote is frequently used as a flavoring agent for beans, but by far, my favorite use of epazote is to make quesadillas. There’s a particular style of quesadillas that’s very popular in Mexico which includes flor de cal-abaza (squash/zucchini flowers), epazote, sautéed onions and fresh serrano chiles. It has a very strong scent and potent flavor which I really like. When you first bite into the raw leaf you get a rush of “minty” freshness through your mouth. It has a bit of “bite” in it and can have a slightly bitter aftertaste. This very strong flavor is what gives these quesadillas their signature taste. The potent flavors of epazote and chiles are tempered by the more subtle flavor of the flor de calabaza.

ADVICE FOR GROWING



Urban farmer Julie Balaa with a sprig of epazote

Epazote can be successfully grown from cuttings that have been rooted in good soil or vermiculite, however, most gardeners start them from seed. Soak the seeds for a few hours in water before planting, and then plant them in a flat, or directly into the garden. The seeds seem to take longer than other seeds to sprout, and gardeners often forget they even planted the seeds. So make sure to label your plantings.

MEDICINE/NUTRITION

Besides as a way to prevent or stop excessive gas, herbalist Gene Matlock says “Epazote is also excellent for expelling worms from the body. The tea is also an excellent cure of the nerves and digestive organs. Epazote has become one of the most highly valued herbs in the Chinese materia medica. The Chinese use it as a diaphoretic, to strengthen the eyes and the circulation, to cure coughing up blood, and for dysentery.” Matlock advises that one take this either in powder form or infused into a tea. Dolores Miller-Nyerges of Los Angeles reported positive results with using epazote to rid cats and dogs of worms. She simply sprinkled a small amount of the dried and powdered leaves into their food. She also discovered that when she put epazote seeds and leaves in her chickens’ water, it prevented some diseases common to fowl.

WHERE TO OBTAIN

You can find sources of the seed and leaf on-line. Julie Balaa is an urban farmer who sells plants at the Highland Park farmers market every Tuesday, and she sells the seeds, dried herbs, and the living plants when she has them available. Another source for epazote is Survival Seeds, Post Office Box 41-834, Los Angeles, CA 90041, for \$4 per seed packet (price includes postage).

RECIPES: COOKING WITH EPAZOTE

Cooking with epazote is easy! Add approx. one tablespoon of the herb -- both the chopped stems and the leaves -- to a pot of beans. You can use it fresh or dried. The epazote herb can also be added to soups, stews, and made into tea. The powdered leaves can be added to salads, such as potato and bean salads. Here is a simple recipe I’ve developed for using epazote.

MAYA BLACK BEAN SOUP

- 1 cup black beans
- sage, pinch
- water
- oregano, pinch
- 3 onions
- epazote, two tsp.
- 3 small potatoes
- salt and pepper, to taste

Cook the beans first for about an hour until tender. Then add the onions and potatoes, and cook until tender. Add the seasonings. Let simmer on low temperature for 15 minutes before serving.

BEST FRIENDS & MORE

Katnip News!



The past two weeks you saw two of the three kitten siblings, brothers Jack and Cinco.

This week we present their sister, MERMY. Mermy first came to us with loud meows, so is named after Ethel Merman, the great actress and singer known for her powerful voice. Mermy has the most beautiful markings--must see in purrson, and she and her brothers love to zoom & wrestle with each other. We prefer that you adopt 2 together or have another young kitten at home.



These cuties are a hoot, and will cheer anyone up!

This age is also fine to be introduced to a nice doggie. We take care of vaccines, spay & neuter, testing, microchips, and more!

Please go to our website to submit your application to meet them, <https://www.lifelineforpets.org/babies.html>. Hurry and don't miss out on their kitten cuteness! Born 4/1/25.



Pet of the Week

Blue is a three-year-old fawn pit bull with a big heart and a dash of mischief. After coming to Pasadena Humane during the Eaton Fire, Blue was understandably nervous and unsure. With a lot of patient care, he’s grown into a loyal, affectionate companion.



His foster family describes him as a well-adjusted indoor dog - he's fully house-trained, gentle at mealtimes, and happiest when snuggled close to you or chasing after a toy.

Blue would thrive in a home without other animals and ideally with adults or older children who can provide a structured environment. He’s still working on leash manners and can be reactive toward other dogs, so a private yard or balcony for potty breaks would be a helpful plus.If you’re home often and looking for a loving, loyal sidekick who just needs a little understanding, Blue might be your perfect match!Pasadena Humane is excited to promote “Hot Dog Summer”, taking place from July 9 to July 20, where adoption fees will be waived for all available adult dogs, six months and older.Outside of this promotion, 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 10:00 – 5:00. 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.

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Mountain Views News
Mission Statement

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

STUART TOLCHIN



IS DEMOCRACY NATURAL?

Two weeks ago, when I picked up the Mountain Views News from the newsstand I immediately looked for my weekly article. It was not present! With all the turmoil occurring around Pasadena and Sierra Madre this was too much. I panicked. My wife calmed me down and pointed out it was a special Fourth of July edition, and she found it in the second section on page B9 . There was my article entitled Can We Learn from Trees?

Relieved, I walked across the street to the restaurant where typically on Sundays my wife and I awaited the arrival of my daughter and granddaughter. As we waited a few minutes I looked at the first page of the second section which was entirely covered with cursive writing which I could not read without my glasses. As I hunted through my pockets for my glasses my daughter arrived, but she explained that she could not stay for breakfast as she had to get back to her office quickly and continue working in connection with her representation of individuals recently wrongly detained in Pasadena. She is an incredibly busy Immigration Attorney now working around the clock in conjunction with other attorneys providing representation trying to enjoin unlawful and unwarranted detention.

After leaving her 5-year-old-daughter with us she gave instructions to bring her back to the Law Office in Pasadena in about 4 hours. I am a retired lawyer, and I asked if I could provide any help to her. She took the time to laugh and said I would be more of a burden than an asset. Anyway, now with my glasses I began to look at the second section of the paper. My granddaughter seated next to me is a reader but when she looked at that front page she was confused and angry. "What is that?" I looked at the page and there in cursive writing with which she is not yet familiar, there appeared the entire document entitled The unanimous Declaration of the thirteen united States of America together with signatures below. (No capital in "united" at that time.)

My granddaughter, smart as she is, has yet to enter the first grade. I thought about the language in the copied document and specifically about the phrase "endowed by their creator with certain inalienable rights" and realized that breakfast was not the time to begin that conversation. So, I turned instead to the back of the section and tried to involve her in thinking about learning from trees.

My granddaughter was not interested and said something like "you can't learn from trees. They can't even talk. It's not natural." With that my granddaughter made a grab for my wife's iPhone and our discussion stopped, but I've been thinking about "what is natural" ever since. Now it seems like I'm going to jump to another subject but in my head, it is all connected. Is our democracy "natural" and what is it? I have been trying to reread the book the Dawn of Everything and checked out "Democracy" in the index. On page 367 the book reads ".... democracy as we have come to know it is effectively a game of winners and losers played out among larger- than- life individuals, with the rest of us reduced largely to onlookers." Well, that about covers it for me!

At this very moment Democracy is not working. There must be a better way to put people in power who are trustworthy and qualified to make rational responsible decisions. How do corporations make decisions? According to my phone, corporations make decision s "through a hierarchical structure involving shareholders, the board of directors, and corporate officers." Information from all sources is gathered and analyzed. It all sounds so rational and so natural and so different from the way decisions are being made now. Maybe rather than a world of warring nations, democratic, autocratic, or just plain chaotic, the future will involve responsible decision makers who mutually and peacefully will do what needs to be done.

That sounds like it would be more explainable to my granddaughter and me.

That is what I would like to see as an onlooker rather than the lunacy that faces us now- as children are afraid to go to school and workers (except lawyers) are not going to work. What we have now does not seem to be natural or tolerable. One last note: Don't get sick, especially if you are poor!



Howard Hays As I See It

"Today, hundreds of employees at the National Oceanic and Atmospheric Administration (NOAA), including weather forecasters at the National Weather Service (NWS), were given termina-tion notices for no good reason. This is unconscionable." – Rep. Grace Meng (R-NY) last Febru-ary, on DOGE staffing cuts

"I can't hear you." – President Donald Trump, responding to reporter's question on connection between staffing cuts at the NWS and the flash flood tragedy in Texas

Last May, five former directors of the National Weather Service warned in an open letter; "Our worst nightmare is that weather forecast offices will be so understaffed that there will be need-less loss of life". Tom Fahy, legislative director for the NWS employees' union, added, "The risk is extremely high – if cuts like this continue to the National Weather Service, people will die."

The NWS has lost 600 employees since January. The AP reported that "Hundreds more experienced forecasters and senior managers were encouraged to retire ear-ly." Many offices closed overnight operations – as one of those five former NWS directors warned that "The worst-case scenario we could have if this situation con-tinues would be the development of a severe storm that would start after mid-night."

The flash flood warning came at 1:14am on July 4th. By 5:00am, a Flood Hazard Outlook was upgraded from "considerable" to "catastrophic". Floodwaters had risen 26 feet in less than an hour before dawn.

Calling for an investigation, Sen. Chuck Schumer (D-NY) pointed out that among the unfilled positions at the San Antonio and San Angelo NWS offices were "experts responsible for modeling storm impacts, monitoring rising water levels, issuing flood warnings, and coordinating directly with local emergency managers about when to warn the public and issue evacuation orders".

White House press secretary Karoline Leavitt declared that "Blaming President Trump for these floods is a depraved lie." Journalist and environmentalist Michael Dominowski responded on X, "Nobody is blaming Trump for the floods. But he did decimate National Weather Service fore-cast offices, despite being told doing so would hamper the agency's ability to accurately predict storms. He did it anyway. Look what happened. Cause/effect is a thing."

Trump biographer Seth Abramson posted, "I have no difficulty saying that Trump and Musk caused some of the 50+ (now over a hundred – a third of them children) flood deaths in Texas. And here's why: these two men with no expertise in disaster preparedness were told not to cut the positions they cut, and were told people would die if they did. And then people died". As for accusations of politicizing the tragedy,

PUT THE LIGHTS ON

RICH JOHNSON



MUCH ADO ABOUT NOTHING!

Have you ever heard or used the expression I selected for this week's column? Know what it means? "Much ado about nothing" means 'a great deal of fuss over a thing of little importance'. "William Shakespeare selected the expression as the title of a play he published in 1599. It also seems fitting as, not only the title of this column, also a general description of my content.

So, let's talk about nothing consequential. Hopefully it will be enjoyable. If it isn't enjoyable and it puts you to sleep, well, I've still provided a valuable service.

To be really trivial, here's some trivia regarding Disney and Disneyland. Who is the only member in the history of the Disney organization to be permitted facial hair up until 2014? (Other than Goofy.) Only Walt Disney was permitted facial hair. By the way, if you work for Disney, you are not an employee. You are a cast member. What's more, as a cast member working at Disneyland you are not permitted to say "I don't know" to a guest...ever. Asked a question, you have to pick up a telephone and call someone. Disney princesses must be between 5'4" and 5'8". Another rule of "cast members" (employees): Everyone is a custodian. If you see trash on the ground, pick it up. If you're asked directions, never point with just one finger. It's offensive in some cultures. At least 2 fingers need to be pointed.

You will only see first names on Disneyland cast members badges because Walt Disney only liked to be called "Walt". For years, the code words over the radio when a park guest "loses their lunch" is to say it was a "protein spill". Now it is simply referred to as "Code V".

Other relatively useless information:

Mapquest really needs to start its direction on number five. Pretty sure we all know how to get out of our neighborhoods.

Dave Barry tells us if you are on the phone seeking advice from a computer professional, realize when they call you the 'user' they mean 'idiot'.

Emilia Clarke is quoted as saying; "My father always said, 'Never trust anyone whose TV is bigger than their bookshelf'".

"The lion shall lie down with the calf, but the calf won't get much sleep'. Woody Allen

Test to see if you are an intellectual: Put on "the William Tell Overture". If you don't immediately think of "The Lone Ranger" you may be an intellectual.

Anonymous tells us "Bigamy is having one husband too many. Monogamy is the same".

Mick Jagger once insisted in public his wrinkles were actually laugh lines. Jazz singer George Melly replied, "Surely nothing could be that funny."

Being a super fan of Katharine Hepburn, I share one of the few times she got bested in a verbal joust. Ms. Hepburn so hated filming a movie with legendary actor John Barrymore she declared: "Mr. Barrymore, I am never going to act with you again." To which Barrymore replied: "My dear, you still haven't". Ouch! I still love you Ms. Hepburn.

Reminder!! My rock band, JJ Jukebox is performing Saturday evening, July 19 at Nano Café in Sierra Madre. No cover charge. Just come for dinner, drinks, dancing...oh and good music 6:30-9:30. Nanos is at 322 W. Sierra Madre Blvd. (626) 325-3334

Fables and Fancies is still my favorite bookstore of all time. It is in the heart of downtown Sierra Madre. They stock both new and "new to you" books. So, you can get some really good deals on books. They are at 50 W. Sierra Madre Blvd. (626) 665-8856. And they have free parking in the back. Pssst: If you are a cat or dog lover, they have some wonderful little books perfect for keeping or gifting. My favorite cat book is entitled (forgive me) "I Could Pee On This". That title (and its little quips) so define the true attitudes of cats. Great fun. And thank you for enduring another column...if you made it!

CHRISTINE FLOWERS



I was leaving immigration court the other day, feeling fairly good about the fact two of my clients had avoided deportation orders, when I heard the words "Christine Flowers, you are a disgusting human being."

At first, I thought it was a friend who was playing a joke, because we often connect in front of that building. But when I looked over, I saw a man with numerous tattoos, a beard, earrings and a recyclable grocery bag staring directly at me. I'd never seen this rather fey specimen before in my life, and it was definitely not my friend. I approached him and said, "what did you call me?" He repeated "disgusting

human being."

And so I did what everyone does these days, pulled out my cell phone and posted a video of me asking him to tell the universe how he felt about your humble columnist. To his credit, he didn't run away. He said, clearly and in a somewhat singsongy tone: "You are a disgusting human being Christine, inside and out."

Ouch. It wasn't my fault the humidity level was high and I looked like a cross between a Caucasian Chaka Khan and a Pomeranian. At the age of 63, I should be used to people insulting my looks when they dislike my politics, but I am particularly sensitive when it comes to my hair.

The interesting thing is, his attack on my character didn't phase me at all. Since I've begun to express my opinions publicly years ago, I've been the target of a lot of anger and hatred from the sort of people who specialize in pearl clutching, even when they are exactly the sort of people who reject the whole concept of pearls, jewels, and affluence.

My words generally annoy the progressives who, like to think that they represent a more evolved version of human. They love immigrants, especially the ones they pay to clean their studio apartments. They march for women's rights, as long as those women make sure to consider babies an accessory like the ubiquitous recyclable grocery bags. They believe in respecting minorities, except when those minorities end up having a mind of their own and don't buy into the collective "we are victims" narrative. Then, they become obligingly preachy and Privilege-splain to the other folks just how victimized they are.

That is how I generally feel about progressives, and I am not upset when they reciprocate the "love." As someone said to me, if you put yourself out there, expect not to be palatable to everyone.

The thing that bothers me, though, is the ones who so often embrace the concept of tolerance are incapable of tolerating those who don't agree with them. While I have had some problems with conservatives over the years, particularly now that they seem to have just morphed into People's Temple cult members who believe the mothership in the White House is the center of all goodness and reason, my biggest issue is with the leftists. I don't say liberals, because some of my best friends are, you know, liberal, and they are capable of reasoning. One of my closest friends is a lifelong Democrat who has taught me more about integrity than many of my fellow travelers on the right.

But no conservative has accosted me on the street to tell me what a disgusting human I am. I've been called "squishy" and a RINO and Michael Smerconish in a skirt, but there has been more a sense of sadness and disappointment than anger.

It's always the progressives, the entitled leftists who think they have a right to attack strangers. It is the spirit that allows them to march in the streets with masks on their faces, screaming about a genocide they can't even spell correctly. It is the same thing that motivates them to hold signs saying "Abort that Jaw'n" in front of a pro life protest.

It's what allows them to yell at me in a Wine and Spirits store that I am a homophobe, even when I'd just won an asylum case for a gay man from Guatemala. Obviously, I don't hate gays. However, as I mentioned to my heckler pointing at his hands, I do hate people who buy pre-packaged Pina Colada Mix.

So while I am not exactly thrilled to have been yelled at, I chalk it up to the fact some people were raised by wolves and feel uncomfortable when they encounter another breed of animal outside of the pack. Someone like me, equally hairy in the humidity, but less feral and more articulate in her beliefs, and more consistent in her values.

Christine Flowers is a Philadelphia Lawyer who loves the Eagles but can leave the cheesesteaks. She writes about anything that will likely annoy the majority of people, and in her spare time practices immigration law (which is bound to annoy at least some people.)

Mountain View News Saturday, July 12, 2025

FITNESS FOR LIFE



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

HOW HEAT AFFECTS YOUR WORKOUT

It's easy to enjoy a sunny day, until you try to exercise in it. Surprisingly, the sun can do more than make you sweat. It can actually change how your body works.

Moving through the hot summer months, many people try to keep up with outdoor workouts. Whether walking, running, biking, or playing sports, the sun plays a bigger role than you might think. And it's not always a helpful one.

Your body is like a machine. When you exercise, your muscles heat up. When you're also out in the sun, that heat builds up even more. To keep you from overheating, your body sweats and your blood moves closer to your skin to cool you down. That means less blood is going to your muscles, and that makes your workout feel harder even if you're doing the same thing you always do.

The hotter it gets, the more your body struggles to stay cool. Your heart works harder, your breathing gets faster, and you may get tired more quickly. Even experienced athletes have a harder time exercising in the heat. So if you're finding it tough to move outdoors this summer, you're not imagining things.

Inside your body, a few big changes take place during a hot-weather workout. Your core body temperature can rise quickly, especially when there's no wind or shade. Your heart rate increases, and your body works overtime just to keep things in balance. You lose fluids and salts through sweat, which can leave you feeling lightheaded or weak. And because blood is busy helping your skin cool off, there's less of it available to fuel your muscles, which can lead to fatigue and shaky legs.

If you're not careful, this can lead to heat exhaustion or even heatstroke. These are serious health risks. People with health conditions or those who aren't used to regular exercise are at even greater risk in high heat.

Fortunately, your body can learn to handle the heat better over time. This is called heat acclimation. It happens when you slowly introduce yourself to warmer conditions. For example, if you usually walk indoors or early in the morning, you might start by adding just five or ten minutes outside later in the day. As you do this over a week or two, your body becomes more efficient at cooling itself. You'll sweat a little sooner, maintain a steadier temperature, and feel more comfortable.

The key is to go slow. Jumping into a long, hot workout when you're not used to it is asking for trouble. Even if you're healthy and in shape, the sun can sneak up on you. It's important to recognize the warning signs that your body is getting too hot. If you start to feel dizzy or faint, nauseous, or develop a headache, that's a clear signal to stop. Other signs include muscle cramps, a racing heartbeat, weakness, confusion, or skin that feels hot but isn't sweating much. If you feel any of these symptoms, it's time to stop, rest in the shade, and drink water. Don't wait it out—heatstroke can be life-threatening and needs medical attention right away.

To stay safe while exercising in the sun, make a few simple changes. First, pick the right time of day. Early morning and late evening are the coolest and safest times to be outside. Midday sun, especially from 10 a.m. to 4 p.m., is the most intense and should be avoided for strenuous workouts. Second, wear loose, light-colored clothing that allows sweat to evaporate and helps your body stay cooler. Drink plenty of water before, during, and after your workout, especially if you're sweating a lot. On really hot days, you might also need a drink that replaces lost salt and minerals.

It's also important to pace yourself. If you start to feel overheated or tired, take breaks. Find a shady spot or go indoors if needed. And always listen to your body. Some days are just too hot. There's no shame in cutting your workout short, doing something indoors or taking a rest day.

Some people try to push through hot weather workouts but staying safe isn't about being tough, it's about being smart. The sun doesn't care how strong or experienced you are. It can wear anyone down if you're not prepared.

So instead of treating the heat as the enemy, think of it as a challenge you can manage with the right tools. When you understand how the sun affects your body and you make a few adjustments, you can keep moving, stay healthy, and enjoy being active comfortably all summer long.

UNLOCK YOUR LIFE



Lori A. Harris

THE BRIDGE TO FREEDOM: Why Forgiveness is Your Greatest Gift to Yourself

Life has a way of delivering its curriculum whether we're ready or not. People disappoint us, hurt us, sometimes even betray us. It's never a matter of if; it's always

when. The question isn't whether these difficult experiences will come, but how we'll choose to respond when they do.

The Hidden Cost of Holding On

When someone wrongs us, our natural response is to hold onto the hurt. We replay the incident, nurture our righteous anger, and create elaborate stories about what should have happened instead. But here's what I've learned through years of coaching leaders: those contractive thoughts and feelings aren't just uncomfortable, they're actively blocking us from the life we actually want.

Think about it this way. When you're giving your attention and energy to some hurt or betrayal, you cannot simultaneously direct that same energy toward what you would love. It's like trying to plant a garden while weeds grow underneath every good thing you're putting in the ground. Those feelings of shame, frustration, blame, and accusation become pervasive, spreading through every area of your life.

The Results Formula That Changes Everything

Here's a simple but powerful truth: Something happens, then we have a thought about what happened, then a feeling emerges from those thoughts. As a result of those thoughts and feelings, we react, we do something or fail to do something, which creates a result.

While we're not responsible for everything that happens to us, we are 100% responsible for how we respond. We cannot change what happened in our past, but we absolutely can change our perception of it. We can take complete responsibility not for the thing that happened, but for what we make it mean and what we choose to do with it moving forward.

The Gift of Perspective

What if I told you that even the disruptions, disagreements, and betrayals you encounter have something valuable to offer you? When we shift our perception from victimhood to curiosity, we can use these experiences to evolve and grow to the next level of our becoming.

This doesn't mean we minimize the hurt or pretend it didn't matter. It means we rec-

ognize that what's happening right now is the perfect curriculum for our evolution. There's always a lesson available, always an opportunity to build strength, wisdom, or compassion we didn't have before.

Building the Bridge

This is why forgiveness is so crucial, not for the other person, but for ourselves. Forgiveness is the bridge that allows us to move from where we are to where we want to be. It frees us from the prison of resentment and opens up space for what we actually love.

Let me be clear: forgiveness doesn't mean we have to be in community with someone who has hurt us. We don't have to trust them again or pretend everything is fine. But we can forgive them in our own hearts and minds to free ourselves.

The Practice of Letting Go

Forgiveness is a practice, not a one-time event. It starts with a simple but profound choice: Let it be. Release the attachment to what you think should have happened and accept what is.

When you catch yourself rehearsing old hurts, ask yourself: "What lesson is mine to receive here? How can this experience serve my growth?" Approach these situations with curiosity rather than condemnation.

Remember, feelings are like worms; you can try to bury them, but eventually they'll find a way to wiggle out. The only way through is to feel them, learn from them, and then consciously choose to release them.

Your Freedom Awaits

The truth is, you have way more power than you realize. You may not be able to change what happened, but you can change what you do with it. You can choose to let it make you bitter or better, contracted or expanded, a victim or a victor.

The bridge of forgiveness is waiting for you to cross it. On the other side lies the freedom to direct your energy toward creating the life you truly want. The question is: Are you ready to take that first step?

What situation in your life could benefit from this shift in perception? Sometimes the greatest gift we can give ourselves is the courage to forgive.

You might be thinking, "But Lori, how?" Reach out to me at my website: Loriaharris.com, I'm always willing to help.

Lori A. Harris is an award-winning transformational coach, podcast host, and regular contributor to this paper.

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July Events Around Town!

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Independence Day Events

July 3
Sierra Madre Community Picnic at Memorial Park
Live music, kids activities, food trucks, Rotary Tri Tip, and a beer garden. 5 pm – 10 pm

July 4
Sierra Madre 2025 Fourth of July Celebration
5K Family Fun Run 7:30 am. Woman's Club Open House at 8 am. a.m. Hometown parade 10am. Free swim time at the Sierra Madre pool from 12 – 2 pm

July 4
Fourth of July Concert & Fireworks Show in Monrovia's Library Park
Live music 7 pm. Fireworks begin at 9 pm

July 4
Fourth of July Celebration in San Marino
Parade-Palooza at 4:45 pm travels along Monterey Road to Virginia Road and through Lacy Park. Food trucks, entertainment and fireworks 7 – 9:30 pm

July 4
Alhambra Fourth of July Celebration
Food, games, live entertainment and fireworks at Almansor Park. 4 – 9 pm

One Time Events

July 10
Descanso Gardens Summer Music and Dance
Uplifting performance by Vivir Brasil at the amphitheater. 5:30 pm – 6:45 pm

July 12
The Art Deco Architecture of the Playhouse Village
Enjoy a narrated, guided walking tour of the Playhouse District featuring notable landmarks. 10 am – 11:30 am

July 12
Mariposa Night at Caltech
Evening of storytelling and healing for Altadenans and the Eaton Fire Community at Beckman Auditorium 7pm. Resource fair on Beckman Lawn 5:30pm – 7:30 pm

July 18
LAAS Star Party at Mount Wilson
Evening under the stars looking through telescopes from the LA Astronomical Society. 7:30 pm – 1 am

July 19
2025 Pasadena Heritage Bridge Party
Live music, great food, vintage cars and family fun – on the iconic Colorado Street Bridge. 6 pm – 11 pm

July 20
Sunday Afternoon Concerts in the Dome
"Celebrating The First Walk on the Moon with Sarah Gilles, Astronaut-Violinist" Gilles is joined by a quartet of other talented musicians performing under the Mount Wilson Dome. 3 pm - 5pm

Ongoing Events

July 4 – 6
Foodieland at the Rose Bowl
Enjoy food and drink, shopping and entertainment. Friday 3 – 10 pm & Saturday/ Sunday 1 pm – 10 pm

July 4-6 and July 11-13
626 Night Market at Santa Anita Park
The festival features food, merchandise, crafts, artists, games, live concerts, and entertainment. 4 pm – 11 pm

July 12, 26
Pasadena Pops Concert at the Arboretum
Gates open 5:30 pm Concerts begin at 7:30 pm
July 12 – Moonlight Melodies
July 26 – Queens of Soul


July 13, 20, 27, August 3, 10
Sierra Madre Concerts in the Park
Concerts at Memorial Park Bandshell including covers of the Beatles and Elvis 6 pm – 8 pm

July 18, August 1
City of Sierra Madre Family Movie Fridays
Enjoy family movies at the Memorial Park Bandshell. Bring your blanket and a picnic. Movies start at dusk.

July 18, 19
Plumeria Festival at the Arboretum
Celebrate all things plumeria with guided tours, talks by experts, live music, food trucks and vendors. Friday 4 – 8 pm and Saturday 9 am – 2 pm

July 19, August 16, September 20
Musical Storytime at the Gamble House with Pasadena Conservatory of Music
Children's books focused on seasons, nature, and creativity become vehicles for musical play. 11:00 am

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2437 Florence Avenue, Arcadia
3 Bed 2 Bath 1,930 SF 19,103 SF LOT

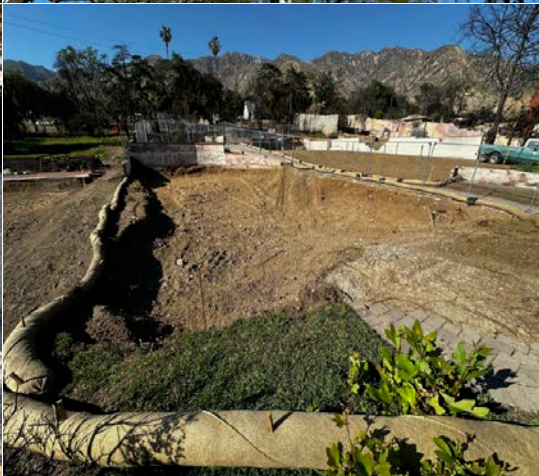
Listed for \$1,898,000



SOLD

925 Wapello Street, Altadena
7,826 SF Vacant Lot

Sold for \$550,000



IN ESCROW

1557 East Farland Street, Covina
4 Bed 2 Bath 1,651 SF 7,694 SF LOT

Listed for \$789,000



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Tsinoglou

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DRE #01135433

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COMPASS



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