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SIERRA MADRE HOSTS RESOURCE RALLY IN THE WAKE OF RECENT WILDFIRES

Hundreds of Pasadena-Altadena-Individuals Receive Food, Water and Essential Resources from Niagara Cares, Feed the Children and the YMCA of Metropolitan Los Angeles

Niagara Cares, the charitable division of Niagara Bottling, LLC, joined Feed the Children and the YMCA of Metropolitan Los Angeles to host a large-scale Resource Rally, where volunteers distributed kits of food, cases of water, daily essentials and additional recovery resources to support 800 local families. The rally was held at the Pasadena-Sierra Madre YMCA, 611 E. Sierra Madre Blvd.

The event is a direct response to the devastating Eaton wildfire, which scorched thousands of acres in Los Angeles County in January, destroying homes and displacing families just miles from Niagara headquarters in Diamond Bar.

The fire impacted numerous YMCA families as well as members of the Niagara team, many of whom live in or near the affected communities. During the wildfires, Niagara Bottling donated more than 3 million gallons of water to support first responders, local and regional foodbanks, and distribution centers helping people in need. And six months later, the need in this area remains high as displaced residents return to rebuild homes and neighborhoods.

Participants received 25-pound boxes including shelf-stable food such as canned vegetables, cereal, peanut butter, mac and cheese; a case of water; as well as a 15-pound box of personal-care essentials such as shampoo, razors, toothpaste and feminine hygiene products; and additional products. With each kit designed to support four people, the teams hope to impact 3,200 people at today's distribution. Niagara Cares is on a mission to feed 150,000 families for a month across the nation by 2030.



Above: Mayor Pro-Tem Kris Lowe welcomes sponsors and volunteers to Sierra Madre YMCA. Below - Lowe -center front row- and the organizers and volunteers, which included many Sierra Madre residents, pose in front of the truck that brought the resources to town.



"This disaster hit incredibly close to home," said Ann Canela, director of corporate giving at Niagara Bottling and head of Niagara Cares. "Our team members live here, their children go to school here, and, at Niagara, we always aim to support and serve the communities where we live and operate. We've seen firsthand the significant impact these Resource Rallies have, and this is one way we can offer immediate support as our neighbors continue to rebuild and recover."

On top of the recent devastation, more than 13% of Los Angeles County residents live below the poverty line (according to the U.S. Census Bureau), and rising costs of food, transportation, housing and energy are making it more challenging to put enough food on the kitchen table. Feed the Children believes it takes everyone – the nonprofit sector, corporations, community organizations, government officials and food suppliers – to come together to end childhood hunger.

"We are incredibly grateful to collaborate with Niagara Cares and the YMCA of Metropolitan Los Angeles to make a difference in the lives of children and families in this challenging time. By providing food and quality of life essentials, we can support the community as it heals and rebuilds from the recent, devastating wildfires," said Emily Callahan, president and CEO of Feed the Children. "Together, through the power of partnership, we can make a greater impact helping children survive, grow and thrive."

Feed the Children and Niagara Cares are long-time partners, especially providing water in times of crisis. Through their partnership, they have provided more than 10 million bottles of water to individuals impacted by crises such as Hurricanes Helene and Milton. During the last 18 months, the teams have held a series of Resource Rallies in over a dozen states across the U.S., serving over 133,000 meals and reaching more than 6,400 households and 9,200 children.

Including today's event, Niagara Cares and Feed the Children have served over 4,800 families in communities across the nation this year. In total, the organizations have distributed over 155 million pounds of food, water and other resources to individuals and communities around the world during their 16-year partnership.

Niagara Cares is the heart of what we do and who we are at Niagara Bottling. For more than 60 years, we have been making a difference for our Team Members, consumers and communities through philanthropic giving, volunteering, water donations and disaster relief. As a family-owned business, we are committed to creating meaningful change for our communities through a spirit of giving back both big and small. For more information, visit niagarawater.com/niagara-cares. Niagara Bottling, LLC has been family owned and operated since 1963. Headquartered in Diamond Bar, Calif., Niagara

operates bottling facilities throughout the U.S. and Mexico. As a leading U.S. beverage manufacturer, Niagara Bottling works closely with some of the largest retailers, grocers, club and convenience stores throughout the country. Niagara produces a variety of beverages including bottled water, sparkling, vitamin and flavored water, teas, sports drinks, ready-to-drink coffee, protein drinks and non-dairy milk products. For more information, visit www.niagarawater.com.

About Feed the Children

Feed the Children is a leading nonprofit committed to ending childhood hunger. The organization believes that no child should go to bed hungry, and so it provides children and families in the U.S. and around the world with the food and essentials kids need to grow and thrive.

Through its programs and partnerships, the organization feeds children today while helping their families and communities build resilient futures. In addition to food, Feed the Children distributes household and personal care items across the United States to help parents and caregivers maintain stable, food-secure households. Internationally, it expands access to nutritious meals, safe water, improved hygiene, and training in sustainable living. As responsible stewards of its resources, Feed the Children is driven to pursue innovative, holistic, and child-focused solutions to the complex challenges of hunger, food insecurity, and poverty.

For children everywhere, the organization believes that having enough to eat is a fundamental right. Learn how you can help create a world without childhood hunger at feedthechildren.org

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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?

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THANK YOU STARBUCKS!



The wonderful staff at the Sierra Madre Starbucks lobbied the Starbucks Foundation to donate a Neighborhood Grant to the Mount Wilson Trail Restoration Team. This week the Sierra Madre Community Foundation received a \$3,000 grant for the Fletcher Trail Maintenance Fund. The Community Foundation manages the Fletcher Fund which holds the donations for all local trail restoration. Pictured: Frank Rodriguez, Starbucks Manager, Bob Spears, and Grace Montgomery Photo courtesy Bob Spears



FREE OF CHARGE

RETURN TO WELLNESS

Return to Wellness is a survivorship recovery program for women who have recently completed treatment for non-metastatic breast cancer.

Program Components

- Support Group
- Education
- Strength Training
- Yoga



REGISTER HERE:
cancersupport.link/returntowellness



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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.

WALKING SIERRA MADRE The Social Side

by Deanne Davis

I just realized that July is half over and 2025 is more than halfway over. A singer-songwriter John and I always admired, Kate Wolf, who is now singing her songs in heaven where John can enjoy them with her, once recorded a Sandy Denny song entitled, "Who Knows Where the Time Goes," here's a little bit for you...

"Across the evening sky,
all the birds are leaving,
But how can they know,
it's time for them to go?
Before the winter fire,
I will still be dreaming,
I have no thought of time.

For who knows,
where the time goes?
Who knows,
where the time goes?"

School starts for granddaughters, Jessie and Emily, in just three weeks. Jessie will be a senior this year. Emily is going to band camp next week and will be in the marching band this year. I'm sure you're all thinking if you want to go someplace this summer, you better get on it or it will be time for you to be buying new sneakers and a new backpack for your school people.

What with the fires in Eaton Canyon and the tragedy in Texas where so many people are still unaccounted for, it seems like a good time to revisit the Word of the Year.

Each year I like to pick a Word of the Year. Rather than setting goals or resolutions based on improvements or fixing something in your life (exercise more, lose weight, drink less coffee, watch less TV...sigh) we can start our year with a word that symbolizes our intentions for the year ahead. As you may recall, my Word for the Year this year is:

Thankful

"Gratitude can transform common days into thanksgiving, turn routine jobs into joy, and change ordinary opportunities into blessings." William Arthur Ward

"Oh give thanks to the Lord, for He is good. His steadfast love endures forever."
Ps. 107

So, listing a few of the things I'm Thankful for:

Breaking my femur in February didn't kill me and I'm walking some without the walker.
Looking forward to being able to walk around the block again!
My family are all well and flourishing.
The Olive tree I planted in my front yard is growing.
Fall is coming and I can put all my pumpkins out and quit paying a fortune for A/C.
Speaking of Fall, thankful I don't have to cook a turkey!
Ahhhh...Pumpkin Spice Lattes...truly Thankful!

I'm so Thankful I get to write this column each week and impart a little wisdom or foolishness.

"I have a lot to be thankful for: I am happy, healthy and I am loved." Reba McEntire

Me, too, Reba! And even if you have to look under the bed to find something to be thankful for, there's something there for you. Have a great week and enjoy not having to get up early to get people ready for school just yet! The picture this week: Pumpkins!

"This is the day that the Lord has made! We will rejoice and be glad in it!"

My book page: Amazon.com: Deanne Davis
Where you'll find the Emma Gainsworth Kindle novelettes,
Along with other goodies like "A Treasure Map, A Drunken Owl
And 47 Rattlers in A Bag" True Tales of Early California



Tabletop Disaster Exercise!

This month we will conduct an interactive table-top activity simulating a disaster response. What do you do after a disaster? Where should limited resources go first? We will incorporate components such as an emergency operation center, a medical treatment area, animals, and damaged buildings. Join us for some fun!

The public is always welcome at CERT meetings.

Sierra Madre CERT General Meeting
Thursday, July 24th 7:00 PM
Hart Park House - Memorial Park
222 W. Sierra Madre Blvd.

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



Sierra Madre Public
LIBRARY
Read • Discover • Connect

This week at the
Sierra Madre Public Library
July 21 — July 26

Monday

Baby Rhyme Time — Library at 9:00am

Preschool Storytime — Library at 10:00am

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

Wednesday

Knit Together (Adults)— Hart Park House at 5:30pm. Registration required.

Thursday

Stuffed Animal Sleepover Drop-off — Library all day

Sensory Play— Library from 9:00 am—9:30 am. Registration required.

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

Saturday

Stuffed Animal Sleepover Breakfast— City Council Chambers at 10:00am

Digital Services Meet & Greet — Library from 1:00pm—2:00pm

Read, Discover, Connect
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350 W Sierra Madre Blvd.
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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

Pasadena Celebrates Anniversary of the ADA

Pasadena city officials affirmed the city's commitment to the principles of equality and inclusion for people with disabilities and recognizes the 35th Anniversary as a cause for celebration Wednesday and an opportunity to honor the legacy of those who fought for and supported the passage of the ADA.

"This month as we celebrate the 35th anniversary of the Americans with Disabilities Act, we recognize a transformative moment in our nation's history," says Casey Jagusch, Chair of the City of Pasadena Accessibility and Disability Commission. "The ADA affirmed the rights, dignity, and potential of millions of Americans with disabilities. We've come a long way in breaking down barriers and expanding access, but the journey is far from over. There is still much work to do to ensure true equity, inclusion, and opportunity for all. This Disability Pride Month we honor the progress made and recommit ourselves to the continued pursuit of a more accessible, inclusive, and just society."

On July 26, 1990, President George H.W. Bush signed into law the ADA to ensure the civil rights of people with disabilities. Signing of the ADA represented a historical benchmark and milestone in America's commitment to full and equal opportunity for all. Throughout the past 30 years, the ADA has expanded opportunities for millions of people with disabilities by reducing barriers, changing perceptions, and increasing full participation in community life.

At their Monday regular meeting, the Pasadena City Council will issue a proclamation recognizing the 35th Anniversary of the ADA.

The council meets at 6:00 p.m. in the Council Chamber, Pasadena City Hall 100 North Garfield Avenue, Room S249.

For more information visit: cityofpasadena.net.

Full Street Closure: Fair Oaks Ave.

Director of Public Works, Greg de Vinck, announced Thursday that part of the final improvements for the new USC Keck Medical building at 590 S. Fair Oaks Avenue, crews will be restriping Fair Oaks Avenue and parts of California Boulevard. Work will include crosswalks at the intersection on Monday between 9:00 p.m. – Tuesday, July 22, 6:00 a.m. A full closure of Fair Oaks Avenue between Palmetto Drive and Congress Street will be necessary to complete the work. The following are traffic impacts and detours:

Southbound Fair Oaks Avenue traffic will detour to Raymond Avenue via Bellevue Drive. Northbound Fair Oaks Avenue traffic will detour to Pasadena Avenue via Bellefontaine Street.

Emergency access to Huntington Hospital and local business access will remain open.

Advance warning signs and message boards will be placed to notify the public. Commuters are encouraged to please plan ahead and follow posted detours.



Altadena Village Post Office Opens

The new postal counter is inside Webster's Community Pharmacy

Los Angeles County Board of Supervisor Kathryn Barger, U.S. Postal Service representatives and other community leaders came together Wednesday for the grand opening of the new Village Post Office at Webster's Community Pharmacy – marking an important step in restoring essential services and renewed optimism to the Altadena community.

The new postal counter at Webster's offers letter and mail drop-offs, pre-paid box services, stamp sales, and priority and flat-rate mailing supplies.

"Today's [Wednesday] grand opening is more than the return of postal services, it's another step towards cultivating hope and a sense of normalcy," Barger said. "This new Village Post Office stands as a testament to the resilience and dedication of Altadena's residents, local business owners, support organizations, and our federal partners who worked hard to make this reopening a reality."

Barger expressed appreciation to the United States Postal Service, including former Acting Postmaster General Douglas Tulino and new Postmaster General David Steiner—who began his tenure on July 14—for their responsiveness and

partnership.

"We are honored to reopen postal services at Webster's Community Pharmacy, which has been such an important part of Altadena's history and heart," said Cipriano Corona, USPS District Manager. "Today represents our ongoing promise to serve this community."

The Village Post Office is located at Webster's Community Pharmacy, which carries on a nearly 100-year legacy of service in Altadena and a proud 50-year history of hosting USPS operations within the business.

"Today [Wednesday] is a truly special day for our business and for me personally, because for the first time I feel a genuine sense of happiness radiating from the community," said Meredith Miller, owner of Webster's Community Pharmacy. "People are still struggling—the trauma lingers, and everyone is faced with so many difficult decisions. Being able to bring neighbors together and provide a positive, meaningful service to the community is deeply rewarding."

Community supporters also attended the opening, including Manny Abascal, Board Member of the Altadena Recovery and Rebuild Corporation (ARRC).

"I'm proud to be part of this milestone in Altadena's recovery," Abascal said. "ARRC's mission is to serve as a bridge connecting

philanthropy, investors, the private and public sectors, and the community. Our role in this project was to help secure funding and help coordinate efforts so postal services could once again be offered locally. Ensuring that essential services like this remain accessible will continue to be a central focus for ARRC."

For more information visit: websterspharm.com.

South Pas Seeks Input on Parks Plan survey



The City of South Pasadena is seeking community input to help shape the future of local parks, recreation and open spaces through the Parks Comprehensive Plan survey. Residents are encouraged to participate in a public survey that will guide long-term planning and improvements for park facilities.

The online survey, which is open now through mid-August, is an essential part of the planning process and offers residents a chance to share their thoughts on park usage, facility needs, trail and open space, accessibility, and more.

This is a unique opportunity for community members to have a direct voice in how we invest in our parks and recreation system over the next decade. Whether you use our parks daily or only occasionally, we want to hear from you.

The Parks Comprehensive Plan will serve as a roadmap for future park upgrades, new development, and potential resource allocation. Input from the community will ensure the plan reflects local priorities, supports sustainability, and enhances quality of life.

For more information about the Parks Comprehensive Plan or to access the survey visit: planspparks.com.

Pasadena Water and Power Winners of Annual Art Contest



Pasadena Water and Power (PWP) announced Wednesday the winners of the 2025 "Being Water Wise Is..." Art Contest. The first-place winner is Alice Z., 5th grade, the second-place winner is Sharon X., 5th grade, and the third-place winner is Olivia H., 11th grade. Honorable mention goes to Barron G., Kindergarten. Winners are from Polytechnic School, Crestview Preparatory School, Westridge School, and Mayfield Junior School.

Held every year in partnership with the Metropolitan Water District (MWD), the "Being Water Wise Is ..." Art Contest is open to all Pasadena students in grades K-12 who reside

within PWP's service area.

As a community-owned utility, PWP takes pride in empowering local youth about water conservation through educational programs like the art contest. Student artists submitted creative artwork with messaging that encourages the community to conserve and use water more wisely. All four winning artworks were submitted to MWD for consideration in their student art calendar.

Next year's art contest will open in February 2026 and conclude in May 2026. For more information about the art contest and to view the winning artworks, visit: PWPweb.com/ArtContest.

Pasadena Man Gets Over 11 Years for COVID Fraud

A Nigerian man living in Pasadena was sentenced last week to 135 months in federal prison for defrauding California and Nevada out of \$1.3 million in COVID-19 pandemic unemployment and disability insurance benefits by submitting more than 100 fraudulent applications using stolen identities and using the money to build a nightclub and mall in Nigeria.

Abiola Femi Quadri, 43, of Pasadena, was sentenced by United States District Judge George H. Wu, who also ordered him to pay \$1,356,229 in restitution and a \$35,000 fine.

Quadri is a Nigerian citizen who acquired permanent residency in the United States through what he described – according to court documents – as a "fake wedding" in messages to a woman who was not his wife, pleaded guilty on January 2 to one count of conspiracy to commit bank fraud.

Quadri withdrew the fraudulent unemployment and disability benefits at ATMs from 2021 until

his arrest in September at Los Angeles International Airport, where he was scheduled to fly to Nigeria. Quadri sent at least \$500,000 abroad during the scheme. He also paid for the construction of a 120-room resort hotel in Nigeria, the Oyins International, that includes a nightclub, a mall, and additional high-end amenities. Quadri failed to disclose his ownership of the hotel as required when completing his financial disclosure to the court.

Investigators found on Quadri's phone images of 17 counterfeit checks totaling more than \$3.3 million, along with messages about negotiating the checks. Some of the checks were made payable to shell businesses held in the names of Quadri's aliases.

California paid Quadri to provide daycare services to developmentally disabled children through his Altadena-based business, Rock of Peace. When agents searched Quadri's residence, they found the children's misappropriated food-aid debit cards.



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Wistaria Shop Closes 6/1 - Thurs 9/4

NEWS BRIEFS

ARCADIA HOUSE UNDER INVESTIGATION



ARCADIA (CNS) - Arcadia police today continued investigating a case of alleged child abuse or neglect that led authorities to take custody of 21 children -- all born via surrogate -- who were under the care of two people arrested in May.

According to Arcadia police Lt. Kollin Cieadlo, a hospital notified them on May 7 that a 2-month-old infant had been admitted with a traumatic head injury and brain bleeding.

Detectives responded to a home in the 600 block of West Camino Real, where a search warrant was served, Cieadlo said.

Seized surveillance cameras showed a nanny employed by the infant's parents violently shaking and hitting the child on May 5, causing the baby to lose consciousness, according to Cieadlo.

``Despite being made aware of the incident, the child's parents failed to seek timely medical attention," Cieadlo said in a statement. ``The child was not transported to the hospital until two days later, after the onset of seizures."

On May 9, arrest warrants were issued for the parents, 38-year-old Silvia Zhang and 65-year-old Guojun Xuan, and the nanny, 56-year-old Chunmei Li.

Zhang and Xuan were arrested on suspicion of felony child endangerment/neglect, with bail set at \$500,000 each, Cieadlo said. They have since been released, according to Los Angeles County Sheriff's Department inmate records. Li remains at large.

``As a result of the investigation, the (county) Department of Children and Family Services was notified and responded to the residence," Cieadlo said. ``The remaining children in the home were taken into protective custody."

A total of 15 children ranging in age from two months to 13 years old were taken into DCFS custody and six other children had been moved to other homes, but all 21 were confirmed to be the children of Zhang and Xuan, according to a broadcast report that quoted Cieadlo as saying many of the children were born through surrogacy before Zhang and Xuan took legal guardianship of them.

He said the children suffered severe verbal and physical discipline that caused authorities to suspect they were being abused.

A woman who gave birth to one of the children told ABC7 she conceived through IVF before turning the child over to the couple through an agency called Mark Surrogacy. The agency is owned by Zhang, and now goes by the name Future Spring Surrogacy, according to news reports and online records.

The surrogate mother said she was told Zhang and Xuan had only one child.

It's unclear why Zhang and Xuan wanted that many children under their care.

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IN MONROVIA: PECK ROAD AND MOUNTAIN AVE INFRASTRUCTURE IMPROVEMENTS PROJECT BEGIN

The City's contractor All American Asphalt will continue the Peck Rd. and Mountain Ave. Infrastructure Improvement Project.

For the week of July 21 through July 25, residents should expect the contractor to perform work along Mountain Avenue (from Foothill Blvd. to Huntington Dr.) along the southbound lanes, including repair of damaged concrete sidewalks, driveway ramps, and curbs and gutters.

Drivers should expect a single driving lane open for south-bound traffic during the construction hours of 7:00 a.m. and 5:00 p.m. Please plan for delays, and we appreciate your understanding.

Local residents should expect on-street parking restrictions and increased noise during construction hours. Regular street sweeping will not take place in the work area during construction hours, so please take note of posted construction parking signage.

We recognize that construction can be messy and inconvenient, and thank you in advance for your cooperation and patience as we work through these improvements!

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A MOUNTAIN VIEWS NEWS EXCLUSIVE*:



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

by: Lorie Veiner-Clause

BACKPACK HOUSE

Clothing contents to bring in my backpack house.

Wearing my house on my small, petite 4'10, 100 lb. body for 500 miles. What a concept. My large brown eyes were glued reading several articles pilgrims recommended. Some conflicted with my needs. Realizing an equation of this subject can be subjective. Clothes. Undergarments. Jackets. Hats. Socks. Shoes. Overwhelming to process. This shouldn't be too hard to figure out. Or is it?

I will be hiking for 500 miles. Several miles daily. Unknown weather. I had to get this right. No second chances. Thin warm layers. Clothes that will fit in my house on my small back. Tank top shirt was the first layer. Followed by a thin long shirt specific for temperature change. Merino wool shirt with open hands for finger movement hugged my small, petite body for extra warmth if it was cold.

You're thinking wool? This was a thin merino wool shirt that was highly recommended. Dri fit leggings. Hiking pants over the leggings if it rained. Adjusting my physical closet of clothing as the day progressed if needed. Layers would be added if nature sprung an unpredictable weather surprise on me. I also removed clothes from my small body if it was getting warm. 2 jackets were residents in my backpack home. Rain and puffer. Down vest kept my body warm and comfortable daily.

Hats were essential. Running cap and hat. Ear cover for warmth. Wool and sun brimmed hat. All perfect with the daily weather changes. Socks with padding. Absorbing water and moisture. Dry feet were crucial to prevent blisters. This pilgrim had 0 blisters.

The width of my feet had limitations of hiking shoes. Gravitating to a brand I wore at trail races worked. However, I needed a thicker sole for better treading. Lucky feet. The brand offers that and in purple!

Other clothes were short term guests in my backpack house including a sports bras. Very uncomfortable. Ladies, you understand this. They eventually got shipped to Santiago Compostella, Spain in storage. Clothes are selected and ready to move in their backpack home.

Did I just officially start my Camino?

Buen Camino

#Loriescaminojourney #caminodesantiago #camino2025 #camino #caminofrances #caminodesantiagofrances #caminopilgrim #caminoespiritual #americanpilgrims #caminodesantiagoallroutes #caminasabuddysystemforwomenonthecamino #americanpilgrimsonthecamino #pilgrimsofsantiago #womenonthecamino #lamarathon #parismarathon #parismarathon2025 #pasadenapacers #AzusaPacers #whittierpacers #sierramadre #sierramadrecommunity #sierramadrecalif #sierramadrestrong #lovesierramadre

**This is the fourth in 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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CONTACT: Judy Matthews
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Rebuilding Altadena Businesses Expo Overflowed with Support for Local Entrepreneurs

Altadena, CA (July 17, 2025) The Altadena Chamber of Commerce and Civic Organization joined forces with Operation HOPE to host the “Rebuilding Altadena Businesses Expo” at the Altadena Main Library this past Saturday, July 12. The Expo created opportunities for connections, partnerships, and strategic insights. Designed with the understanding that small businesses require more than just financial resources, it emphasized the importance of a vibrant support system with access to strategic spaces and networks that can help scale and sustain growth over the years. Through workshops and a resource fair with nearly thirty exhibitors, the event aimed to provide the resources necessary to overcome barriers and strengthen the fabric of the local economy, especially when it's most needed.

Workshops included:

- Accessing Capital, Grants & Loans Post-Wildfire.
- Navigating Your Insurance Needs.
- Rebuilding Revenue & Customers After a Crisis – Pivoting.
- Back in Business: Why Business is Essential to Recovery.
- Creating an Online Business Community for Altadena.

The Resource Fair Included:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Red Cross of Los Angeles. • Air Clean Environment, Inc. • Altadena Talks Foundation (Altadena Talks Podcast). • Altadena Village. • American Institute of Architects (Pasadena & Foothill Chapter). • Altadena Collective. • Complete Package Drafting. • Altadena Chamber of Commerce. • Back in Business Task Force. • Dowd Solar Group. • Evernest Mortgage Advisors. • Flash Plumbing, Inc. • Hiteshew Construction. • Hope Ventures (Build Back Dena). • IMEG Consultants Corp. | <ul style="list-style-type: none"> • LA Fire Justice. • Mounte Studio. • Parkinson Benson Potter Law. • Poppy Bank. • PTech. • Spadier Construction. • Star 1 MS, Inc. • PCR Business Finance SBDC. • Zprout. • Intentional Talk Radio Network. • Tacos Casa. • Prime Pizza. • Operation HOPE. • Los Angeles County Department of Economic Opportunity. • Local Initiatives Support Corporation. • Inclusive Action for the City. |
|--|---|

The highlight of the event was the awarding of scholarships from Operation HOPE to 50 Altadena small businesses, each valued at \$25,000. The awardees will receive:

- | | |
|--|--|
| <ul style="list-style-type: none"> • Small Business Workshops. • Webinar Series. • Small Business Development Training. • One-On-One Financial Coaching. | <ul style="list-style-type: none"> • Access to Capital. • Small Business Mentoring. • Shopify E-Commerce. • Self-paced Small Business Courses. |
|--|--|

Altadena Chamber President Judy Matthews said, “It was a great event - and one our community truly needed. The road to recovery has just begun, and we plan to support our businesses throughout the long journey ahead.”

###

ASSEMBLYMEMBER HARABEDIAN'S WILDFIRE RELIEF BILLS ON MORTGAGE FORBEARANCE AND INSURANCE INTEREST PROTECTION ADVANCE TO SENATE FLOOR

(SACRAMENTO, CA) – In a major step forward for wildfire recovery efforts, two bills by Assemblymember John Harabedian (D-Pasadena), AB 238 (Mortgage Forbearance Act) and AB 493 (Disaster Interest Accrual Act), passed the Senate Appropriations Committee today. These bills are designed to deliver financial relief to victims impacted by the Los Angeles County wildfires, with measures targeting unfair mortgage practices and insurance payouts.

“Victims impacted by wildfires deserve more than empty promises. I am determined to put the interests of families and communities victimized by these natural disasters above corporate profits,” said Assemblymember Harabedian (D-Pasadena). “These bills are a vital lifeline, allowing wildfire victims to pause mortgage payments without penalties and ensuring families receive the full interest they’re owed on insurance funds.”

AB 238, the Mortgage Forbearance Act, offers critical financial relief to wildfire survivors by allowing them to temporarily pause mortgage payments without facing penalties, foreclosure, or damage to their credit. The bill also gives wildfire survivors up to 12 months of relief for mortgage payments, starting with an initial 90-day period.

AB 493 ensures that homeowners, not banks, receive the interest earned on insurance payouts held in escrow after a disaster. By mandating a minimum 2% interest rate and prohibiting lender-imposed fees, the bill directs financial support back to victims to help fund the reconstruction and recovery of their homes.

Both AB 238 and AB 493 will now proceed to the Senate floor for a vote.

LA COUNTY FIRE RECOVERY UPDATES"



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/?ismsalsauthenablenabled=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=

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



FIRE SAFE COUNCIL

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

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

JOIN NOW

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



COUNTY OF LOS ANGELES
Public Health

ARCADIA ELKS LODGE 2025 HELPS GIRL SCOUT WITH GOLD STAR PROJECT:

The Arcadia Elks Lodge 2025 was excited to help Girl Scout Shelby Young with her Gold Star Project. Shelby held Drum Circles on July 6, July 13 and a third to be held July 20 at noon. The Lodge provided the use of their Lodge to Shelby and there were many Elks present to participate in the circle, with about 20 people participating. Shelby demonstrated how each drum had a different sound and then led the group in using the drums to express emotions. After this exercise, she then assigned each drummer a number and called numbers for the drummers to play their drums to highlight different combinations of sound. All participants enjoyed the experience and helping Shelby earn her Gold Star.

The Arcadia Elks will be providing breakfast from 9 AM to 10:30 AM for \$11 including coffee and all are invited to have breakfast before the drumming.



For more information on the Arcadia Elks Lodge, please email the Lodge at artemp2025@aol.com or call the Lodge at (626) 445-2025.

SCHOLARSHIPS AWARDED TO DUARTE HS SENIORS



At a recent meeting, Duarte Kiwanis President, Mercedes Ruiz, celebrated four scholarship recipients. Above, left to right, William Soo will be attending UC San Diego and is majoring in Political Science! Jacqueline Alvarez will be attending UC Riverside majoring in Neuroscience. Kyle Mendoza will be attending Mt. SAC and majoring in Nursing and Christopher Giang will be attending UC San Diego majoring in Engineering. Congratulations to all!!

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	High Point Academy 1720 Kinneloa Canyon Road Pasadena, Ca. 91107 Head of School: Gary Stern 626-798-8989 website: www.highpointacademy.org
Arcadia Christian School 1900 S. Santa Anita Avenue Arcadia, CA 91006 Preschool - TK - 8th Grade 626-574-8229/626-574-0805 Email: inquiry@acsilions.com Principal: Cindy Harmon website: www.acsilions.com	La Salle College Preparatory 3880 E. Sierra Madre Blvd. Pasadena, Ca. (626) 351-8951 website: www.lasallehs.org Principal Ernest Siy
Arcadia High School 180 Campus Drive Arcadia, CA 91007 Phone: (626) 821-8370, Principal: Brent Forsee bforsee@ausd.net	Monrovia High School 325 East Huntington Drive, Monrovia, CA 91016 (626) 471-2800 Principal Darvin Jackson Email: schools@monrovia.k12.ca.us
Arroyo Pacific Academy 41 W. Santa Clara St. Arcadia, Ca, (626) 294-0661 Principal: Phil Clarke E-mail address: pclarke@arroyopacific.org	Odyssey Charter School 725 W. Altadena Dr. Altadena, Ca. 91001 (626) 229-0993 Head of School: Lauren O'Neill website: www.odysseycharterschool.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/	Pasadena High School 2925 E. Sierra Madre Blvd. Pasadena, Ca. (626) 396-5880 Principal: Dr. Eric Barba website: http://phs.pusd.us
Barnhart School 240 W. Colorado Blvd Arcadia, Ca. 91007 (626) 446-5588 Head of School: Tonya Beilstein Kindergarten - 8th grade website: www.barnhartschool.org	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
Bethany Christian School 93 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-3527 Preschool-TK-8th Grade Principal: Jonathon Hawes website: www.bcsilions.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
Clairbourn School 8400 Huntington Drive San Gabriel, CA 91775 Phone: 626-286-3108 ext. 172 FAX: 626-286-1528 E-mail: jhawes@clairbourn.org	Sierra Madre Middle School 160 N. Canon Sierra Madre, Ca. 91024 (626) 836-2947 Principal: Garrett Newsom E-mail address: newsom.garrett@pusd.us
Foothill Oaks Academy 822 E. Bradbourne Ave., Duarte, CA 91010 (626) 301-9809 Principal: Nancy Lopez www.foothilloaksacademy.org office@foothilloaksacademy.org	Walden School 74 S San Gabriel Blvd Pasadena, CA 91107 (626) 792-6166 www.waldenschool.net
Frostig School 971 N. Altadena Drive Pasadena, CA 91107 (626) 791-1255 Head of School: Jenny Janetzke Email: jenny@frostig.org	Weizmann Day School 1434 N. Altadena Dr. Pasadena, Ca. 91107 (626) 797-0204 Lisa Feldman: Head of School
The Gooden School 192 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-2410 Head of School, Jo-Anne Woolner website: www.goodenschool.org	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.monroviaschools.net
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Kids: color stuff in!

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Fruitful Adventures

I love fruit: the taste and the beautiful colors too! Fresh fruits are packed full of nutrients and vitamins. Eat some every day! Here are some fun ways to enjoy fruit!

Can you "fit" the fruits into the puzzle?

1. mix fruit into this thick dairy treat

2. may have one crust or two; fruit-filled

3. colorful mix of almost any fruits

4. strawberries, bananas, or blueberries on this; pour in milk

5. fruit piled into a crispy, biscuit-like pastry with a crumbly, sugared top

6. great snack on the go, often granola with fruits, nuts

7. dough filled with fruit (sometimes cheese) and sealed before baking

8. orange, apple, cranberry, pineapple drinks

9. mix together ice cream, yogurt, ice and fruit for a tasty thick drink

10. sweet, clear spread for toast or bread

11. sweet and chunky spread

12. _____: just picked off the tree or bush or plant



ALL INDIA CAFÉ BRINGS A TASTE OF INDIA — AND A STORY — TO ARCADIA

By Peter Dills | Special to the Mountain Views News

Arcadia’s dining scene just got a flavorful new addition with the arrival of All India Café, now open at 48 E. Huntington Drive, right next to The First Cabin. If the name sounds familiar, it should — the café is already a hit with diners in Pasadena and Glendale, and now Arcadia gets its own slice of the Indian subcontinent.

The meal kicked off with a fun and authentic starter: Pani Puri Shots, a beloved Indian street snack where crisp, hollow puris are filled with tangy, spiced water. Pop them whole in your mouth and prepare for a burst of flavor. I complemented the dish with an ice-cold Flying Horse Beer — a taste that took me back to a memorable Indian restaurant visit in Norway. Funny how food and drink can bring back memories.

Inside, the restaurant is cozy yet colorful, with beautiful framed pictures of India on the walls. But the centerpiece here is the stunning peacock mural — impossible to miss and rich with cultural significance. Arcadia residents: do yourself a favor and ask your server about the story behind it.

Our server, Harsimran, was both gracious and knowledgeable. He proudly shared that the chef in the kitchen is his father — also the founder of All India Café — which adds an undeniable layer of family pride to the dining experience.

As for the food, the Chicken Tikka Masala was creamy and perfectly spiced, while the Bhindi Masala, an okra dish, was a standout — proof that vegetables can indeed be the star of the table. The naan bread, fresh and pillowy, was an ideal companion to soak up the sauces.



All India Café makes Indian cuisine accessible without sacrificing authenticity. Whether you’re a seasoned fan of Indian food or trying it for the first time, this is a place where you’ll feel welcome.

IN SUMMARY:

- Address: 48 E. Huntington Drive, Arcadia (next to The First Cabin)
- Must-try: Pani Puri Shots, Chicken Tikka Masala, Bhindi Masala
- Beer tip: Flying Horse Beer — smooth and crisp
- Atmosphere: Warm, vibrant, with a conversation-worthy peacock mural
- Pro tip: Say hello to Harsimran and ask about the mural’s story.

With this new Arcadia location, the All India Café family continues to spread the joy of Indian home-style cooking — and that’s something we can all celebrate.

Email me at thechefknows@yahoo.com and take a listen to this weeks podcast



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THE TASTING ROOM

GROCERY OUTLET PART 2

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



Last week’s article was so well received that I decided to go to Grocery Outlet again to see if there were any new bargains this week. This is what I found at the Arcadia Grocery Outlet on Foothill Blvd.

The first wine that caught my attention was the 2021 Serego Alighieri Possessioni Bianco from the Veneto region of Italy. With this summer heat, I thought this wine would cool me down. After my first taste I was spot on. The wine is a blend of 75% Garganega and 25% Sauvignon that is farmed sustainably. Garganega is the main grape of the Italian white wine Soave. Breathing it in, I get notes of stone fruit, gravel, and marine shell. On the palate I get salinity, apricot, lemon zest, and dried herbs. It’s still holding up very well, but I would drink this wine within the year. It’s chewy and savory on the finish which makes me want more!

The second wine that caught my eye was the 2021 Maris “Le Zulu” Red Wine from France. This is a certified organic wine that has no added sulfites and is also a vegan wine. This wine is a blend of 70% Merlot and 30% Syrah. The wine is fermented and aged in concrete vats to retain freshness and purity.

I get notes of red currant, dried apricot and cacao. There’s balanced acidity on the finish that keeps this wine lively and uplifting. The tannins are soft and lovely. This is another great bargain!

The 2021 Serego Alighieri Possessioni Bianco is sold online from \$16 to \$24. I paid \$4.99 and I am very pleased with this wine. The 2021 Maris “Le Zulu” Red Wine sells online from \$17 to \$24. I paid \$5.99 and again I am very pleased with this wine.

Get to Grocery Outlet on Foothill in Arcadia as fast as you can if you want to swoop up these deals. If they are sold out, you might want to try the Grocery Outlet in Altadena or Duarte to see if they are stocking the wines.

Join my G-Rated Wine & Social Club and I will text you deals such as these when I come across them. You’ll also receive my newsletter with many more great wines that I taste all the time. Email me at glira@gratedwine.com and you can hear about these wines before they are sold out and other incredible wines.

Until next time – Salud!

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ALL THINGS

By Jeff Brown

A ROBOT PERFORMED SURGERY ALL BY ITSELF



Almost a quarter of all surgeries in the United States use robots. And every one of those robots’ movements in the operating room is controlled by a surgeon. But that might begin to change. We’re a step closer following the world’s first surgery performed by a robot responding and learning in real time. Its precision and skill matched that of experienced surgeons.

Researchers at Johns Hopkins University trained a robot on videos of operations, and then had it conduct a gallbladder removal on its own – with no mechanical help, just voice commands, like a theater team assisting the lead surgeon. The robot absorbed its training and converted it to practice, with the ability to extract the gallbladder time and time again, and adjusting in real-time when needed.”This advancement moves us from robots that can execute specific surgical tasks to robots that truly understand surgical procedures,” said medical roboticist Azwl Krieger.

SCIENTISTS DISCOVER RARE STONE THAT COULD BE USED TO POWER ELECTRIC VEHICLES



Scientists have made an exciting discovery that could revolutionize all of Europe’s EV cars. According to reports by Interesting Engineering, researchers at the Natural History Museum in London have uncovered additional information surrounding the mysterious mineral jadarite. Known as “kryptonite’s twin,” jadarite is chemically similar to Superman’s kryptonite and could have the potential to power electric vehicles across Europe.

Published in Nature Geoscience, the study emphasizes that currently, Serbia’s Jadar Basin is still the only known source of jadarite. However, due to the mineral’s unique composition, it could “offer huge potential” for the EV industry, according to Dr. Robin Armstrong, co-author of the paper. Containing both boron and lithium, the main mineral behind EV batteries, jadarite’s composition is rare. This is because it requires “a precise alchemy of alkaline-rich lakes, lithium-laden volcanic glass, and the transformation of clay into crystal under tightly controlled conditions,” stated IE.

Compared to traditional sources of lithium, jadarite has a much smaller environmental impact. The process of extracting jadarite is “low energy” and could be a “game-changer” for Europe as countries continue to transition toward green energy.

FREE ASSISTED LIVING PLACEMENT SERVICE

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



STAYING COOL AND SAFE: SUMMER TIPS FOR SENIORS

As summer temperatures rise, it's important for seniors to take extra care to stay healthy and safe during the warmer months. High heat and humidity can lead to dehydration, heat exhaustion, or even heat stroke—especially in older adults whose bodies don't regulate temperature as efficiently.

One of the most important things seniors can do is stay hydrated. Aim for at least eight glasses of water a day, and avoid too much caffeine or alcohol, which can dehydrate you. Lightweight, light-colored clothing helps keep the body cool, while wide-brimmed hats provide protection from the sun.

Outdoor activities should be limited to mornings or evenings when temperatures are cooler. If you enjoy walking or gardening, try to avoid the peak sun hours between 10 a.m. and 4 p.m. Remember to use sunscreen with at least SPF 30 to protect your skin from harmful UV rays.

Air conditioning is key during hot spells. If you don't have it at home, visit local senior centers, libraries, or shopping malls during the hottest parts of the day. Keep an eye on the weather forecast and heat advisories.

Staying active is important, but on very hot days, consider indoor activities like puzzles, reading, or light exercises like chair yoga. Summer is also a great time to connect with friends and family, attend community events, or explore indoor hobbies.

Finally, always listen to your body. If you feel dizzy, weak, or nauseous, get to a cool place, hydrate, and rest. Don't hesitate to call for medical help if needed.

With a little preparation and awareness, seniors can enjoy a safe and pleasant summer season.

HOW TO GET RELIEF FROM DRY EYES

Dear Savvy Senior
What kinds of treatments are available to combat dry eyes? Since I turned 55, my eyes have become increasingly dry and sensitive.
Blinking Brenda



Dear Brenda,

Dry eye is a very common problem that affects an estimated 16 million Americans. But you don't have to just put up with it. There are lifestyle adjustments and multiple treatment options available to keep your eyes moist and healthy. Here's what you should know.

Dry Eye Problems

Dry, red, burning, irritated eyes are one of the most common reasons for visits to the eye doctor, but discomfort isn't the only problem of dry eyes. Light sensitivity and blurred or fluctuating vision are common problems too, and worse yet, dry eyes are more likely to get scratched or infected, which could damage your vision permanently.

The reason people get dry eyes are because they either don't produce enough tears to keep their eyes properly lubricated, or because they produce poor quality tears.

In some cases, dry eyes can be triggered by medical conditions such as diabetes, thyroid diseases, allergies, rheumatoid arthritis, lupus and Sjogren's syndrome. It can also be brought on by age (tear production tends to diminish as we get older), eye conditions, eyelid problems, certain medications, environmental factors and even LASIK and cataract surgery. Dry eyes are also more common in women, especially after menopause.

Lifestyle Adjustments

The first step experts recommend in dealing with dry eyes is to check your lifestyle and surroundings for factors that might be contributing to the problem and make these adjustments:

Avoid blowing air: Keep your eyes away from air vents, hair dryers, oscillating and ceiling fans and consider buying a home humidifier.

Blink more: When you're reading, watching television, or using a smartphone, tablet or computer, take frequent breaks because these activities cause you to blink less often.
Avoid irritants: Avoid smoke-filled places and if you swim, wear goggles to cut down exposure to chemicals.

Use moisture chamber eyeglasses: These goggles/glasses wrap around the sides of your face to seal off your eyes from wind, dust and other drying irritants. These are available in many styles, and some in the Airshield collection from 7Eye.com can be made with prescription lenses.

Check your meds: Dozens of prescriptions and over the counter (OTC) drugs like antihistamines, decongestants, diuretics, beta-blockers, antidepressants, tranquilizers, and Parkinson's medications can all cause dry eyes. If you're taking any of these, ask your doctor about alternatives.

Get more omega-3s: Studies show that eating more fish and other foods rich in omega-3 fatty acids (or take a supplement) helps some people.

Treatment Options

If adjusting your environment and habits doesn't do the trick, there are a variety of OTC eye drops called artificial tears, along with moisturizing gels and ointments that may help your eyes feel better. If you experience a lot of burning, try another product or opt for a preservative-free formula. Or, if you have itchy dry eyes, you may get more relief from antihistamine eye drops, like olopatadine (Pataday) and ketotifen (Alaway, Zaditor), or decongestant eye drops like naphazoline/glycerin (Clear Eyes).

If the lifestyle and OTC treatments don't help, see an ophthalmologist. He or she can offer additional advice and may prescribe a medication. There are several FDA approved medications for dry eye like Restasis, Xiidra and Miebo.

If your dry eye is severe and does not improve, you doctor might recommend some office procedures like punctal plugs, thermal pulsation, meibomian gland expression, and intense pulsed light (IPL) therapy. These procedures target the underlying causes of dry eye, such as meibomian gland dysfunction or tear drainage issues.

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



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A portrait of a man in a dark suit and tie, identified as Rev. James Snyder.

OUT TO PASTOR
A Weekly Religion Column by Rev. James Snyder
ONE MORE CANDLE ON ANOTHER CAKE

The Gracious Mistress of the Parsonage and I were finishing our supper. If anyone can put together a marvelous supper, it is she. If anybody can eat a marvelous supper, it is me.As we were finishing, she looked over at me and said, "My dear, do you know what we will be celebrating next week?"

She caught me off guard because I had no idea what holiday was coming up. I'm not a holiday person. I don't mind celebrating holidays, but I can't keep up with them.

Rubbing my chin, I said, "Well, we just celebrated the 4th of July a week ago, so I'm not sure what that next holiday is."

"Oh, you silly boy," she said, laughing at me. "Just think for a while and maybe you'll come up with the right idea."

At my age, it's tough to think, even for a while. I had no idea what she was talking about, so I just inserted, "Is it one of our grandchildren's birthday?"

I couldn't think of anything else at the time. I know we have a bunch of children and grandchildren, and so I was suspecting that one of them was having a birthday. But, for the life of me, I couldn't tell her which one was having a birthday. "No, no, no," she said, laughing at me. "None of our children or grandchildren are having birthdays rather, it is someone sitting here at our table."

"Oh," I said, "so you're having a birthday next week. How old are you going to be?" "You're right about that," she said, "but somebody else is having a birthday next week. You have any idea who that might be?"

I thought for a moment, and then it finally hit me. "Do you mean I'm going to have a birthday next week?"

I looked at her and said, "But how is that possible? I just had a birthday not long ago." "That was 12 months ago now you're facing another birthday." She looked at me and laughed.

I had a hard time coming to terms with the fact that I was having another birthday. Why is it that birthdays come so fast the older you get? When I was young, I could hardly wait for my birthday. When you're young, a birthday means a whole lot more than when you get older.

I remember my 16th birthday; I was thrilled because I could now get my driver's license.

I looked back and thought of all my birthdays and what they meant to me. It wasn't until a few years ago I realized that having a birthday meant you were one year older. Getting older has many positive aspects, but it also has some less desirable aspects.

Two days after my birthday The Gracious Mistress of the Parsonage has her birthday. If my birthday was not two days before hers, I probably would never remember when her birthday was. Because she reminded me of my birthday by giving me a birthday card and gift, I remember her birthday was in two days. I married the Gracious Mistress of the Parsonage for many reasons. The best part of marrying her was that her birthday was two days after mine. That would enable me to keep up with my birthday.

One thing I have learned in my marriage is that women, especially wives, remember birthdays. She knows every birthday of every person on her side of the family, as well as all of our kids, grandkids, and great-grandkids. I don't know how she can remember all those birthdays, but she does, and that's a good thing. With another candle on my birthday cake, I now celebrate the fact that I am older today than yesterday. That has some benefits associated with it. I just can't think of any.

The older I get, the less I can remember things. It's interesting; I can remember things that happened in my childhood, but who's to say they actually did? When you get old, you can do that sort of thing, and nobody is going to correct you. I make up my memories when I need to know them. The best thing about my birthday being two days ahead of hers is that once my birthday is celebrated, I can then go out the next day and get a birthday card and present for The Gracious Mistress of the Parsonage. If it were the other way around, she would never get a birthday present on time from me. I have a hard time remembering my age.

I checked my driver's license to find out how old I am this year. I never thought I would reach 74 years of age. My father was 78 when he died. In September, my mother will turn 95. I may have inherited my father's age or my mother's age. Only time will tell. Getting old is a blessing in many ways. One of the blessings is memory failure. There are some things that I don't want to remember, and at my age, I'm not able to. At my age, I have discovered that the only important thing is today. Not yesterday or tomorrow, but today. I was reminded of one of my favorite Bible verses. "This is the day which the Lord hath made; we will rejoice and be glad in it" (Psalm 118:24). I can't change yesterday or predict tomorrow, but I can rejoice in Today.

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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.]

BOOK REVIEW: "Lessons from a 21st Century Samurai. SEIKEN WAY. Completing the Circle, A True Story" by Barton Boehm (with Don Howell).

By Christopher Nyerges
["Seiken Way" is available as a paperback from Amazon.com, or as a Kindle download].

I met Barton Boehm in the late 1970s through my association with the non-profit WTI. The founder of the non-profit, Richard E. White, introduced Boehm to me as a martial arts master.

After the Korean War, Boehm sought out and found a master living in Japan, and moved into the master's home and became his full-time student for five years. His story is remarkable!

As I got to know Boehm better, I became his student, taking classes in his home dojo. There, during my private evening classes, I learned about holds, and getting out of holds, and falling, and punching, and all the ways to quickly avoid a fight, or to never start it in the first place. But the highlight of the evenings for me were always the discussions we had each night after the workouts. It was then that Boehm shared his philosophy of martial arts that he developed from his Japanese training.

MARTIAL ARTS ON TV

"You don't want to fight," Boehm would tell me in his gregarious voice. "People get hurt when you fight. You want to end a fight as quickly as it begins. You want to dispatch your opponent as rapidly as possible, and get out of there." Needless to say, Boehm was not a fan of the martial arts movies where fights go on for 30 minutes, with actors flying from rooftop to rooftop, breaking bricks, and continuing the battle in every possible position. "Don't get your information about martial arts from watching kung fu movies," Boehm would tell me with a laugh. When we discussed the popular Kung Fu TV series with David Carradine, Boehm pointed out that "Caine" often had many opportunities to avoid a fight, and when he did fight, it often went on way beyond what was necessary to end it. Boehm stated that he found the original Kung Fu TV pilot and some of the very first episodes of some value. "They had hired a Taoist priest as an advisor to the show," said Boehm, and so the show actually had some of the pure philosophy. But, since TV is so driven by ratings, as soon as the ratings dipped, they had Carradine ("Caine") fighting more often to show off his skills, but not because he really needed to.

DISCUSSIONS

In our discussions, I particularly enjoyed the stories Boehm shared about his training with his master, Peter Kiyoshi Suzuki. I taped many of those conversations because they were so full of insight. Plus, they were highly entertaining: Some were funny, some deeply profound, and all had a highly pragmatic nature. I taped all my conversations with Boehm with the goal of working with him to one day produce a book of his experiences and insights. I knew it would be a book like no other, for Boehm's five years of daily training, living with his blind Master, was unlike any I'd ever heard. But we never finished the book project.

Years went by. Eventually, my wife and I sponsored stick-fighting classes with Boehm in our backyard where he shared the psychology of the Samurai, and ways to stop the fight before it gets started. More years went by. That was 10 years ago, and Boehm moved too far away for regular lessons.

"LESSONS FROM A 21st CENTURY SAMURAI: SEIKEN WAY"

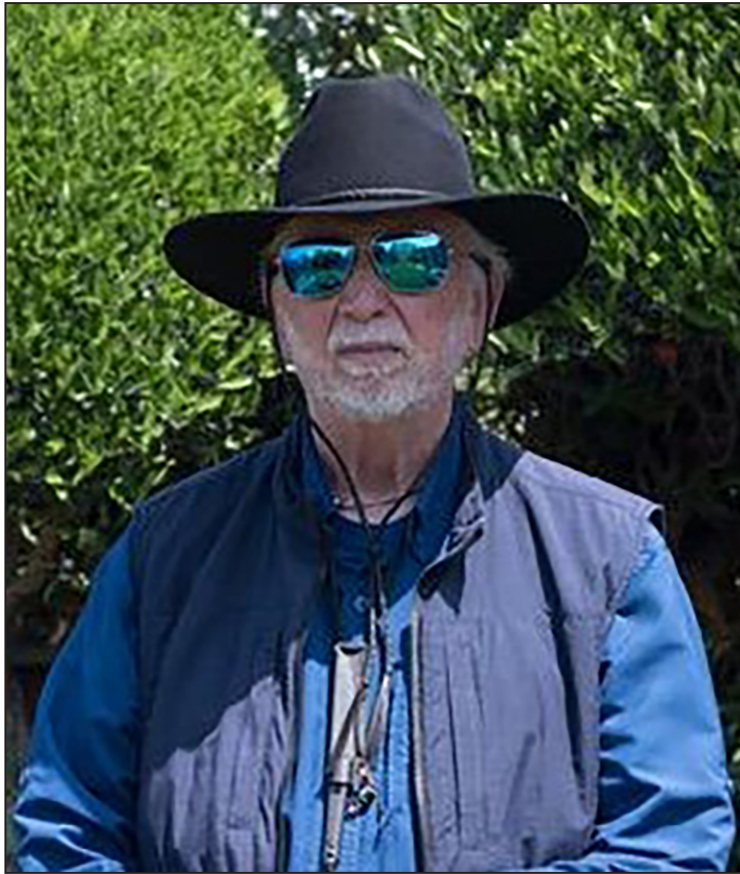
Imagine my great happiness at receiving a package in the mail with Boehm's book! He did it! The book is an incredible introduction to his Master's system, Seiken. The book's full title is "Lessons from a 21st Century Samurai: Seiken Way, Completing the Circle, A true Story." During my off and on training with Boehm, I got glimpses of how Boehm met his Master after the Korean War, Peter Kiyoshi Suzuki. His book filled in many of the gaps of his story that I found insightful. Boehm was in Japan and began asking around for a martial arts master to train with. Eventually, Boehm found Suzuki and became his full-time student. Boehm then lived with his master for about 5 years, sleeping barely more than 4 hours a night, 7 days a week, and losing 50 pounds after his first two years. When Boehm described his ambitions to me, he said that he was seeking "Power." But, he added, "I didn't know what that meant at the time."

"The Seiken Way" points out that the full system taught by Suzuki is not just training the body, but also training the mind and the spirit. Boehm's book explores all the major aspects of his training, and how a blind man developed and mastered several entire systems; this book focuses only on Seiken, meaning "kind hand," the system taught to Boehm. The full name of the system is Wado Goshin SeiKen Jitsu, the wide, deep, kind hand system.

If you're looking for a how-to book on martial arts systems, this is not that book. (In fact, no one learns martial arts from a book – you must learn directly with a teacher). Boehm, now 71 and retired from an engineering career, continues to teach the few students who've stayed with him.

His book is highly recommended to anyone seeking an insight into the world of Japanese martial arts. I regard the book as both a standard, and a classic. Interestingly, in a disclaimer in the beginning of the book, Boehm states that the writing is biographical based on real events "but is a work of fiction" because the actual conversations and details of the interactions were necessarily re-created from memory or imagination in order to re-tell the story. This admission does not diminish the quality or the significance of this work.

[Nyerges is a teacher and author, who can be reached at www.SchoolofSelf-Reliance.com]



Katnip News!



Okay, folks, here are all three together: MERMY, CINCO, & JACK!

OMG, you can't believe how cute they are in purr-son! They're soooo sweet,



friendly, funny, curious, playful--everything kittens should be! WHY have we not received ANY applications for them?

Do yourself a favor and submit the application to meet them. We do prefer that 2 get adopted together unless there is another young kitten at home, although we might be purr-suaded to make an exception.

<https://www.lifelineforpets.org/babies.html>. They're now 3 months old and fully vetted, ready to go HOME!



Pet of the Week

Lula is a stunning brindle Dutch Shepherd mix at Pasadena Humane with striking blue eyes that will stop you in your tracks. She is nearly two years old and came in as a stray during the Eaton Fire. She has been searching for her forever home ever since! Full of energy and intelligence, Lula thrives with consistency and structure, and she'll do best with an active adopter who can provide her with the training and outlets she needs to shine.

Lula would do best in a home without young children and no other dogs. She's a spirited and loyal companion looking for someone who understands her needs and can help her thrive. If you're interested in an adventure buddy, come meet Lula today!

From now until July 20th, dogs over 6 months old, like Lula, will have their adoption fee waived as part of the Hot Dog Summer adoption promotion at Pasadena Humane.



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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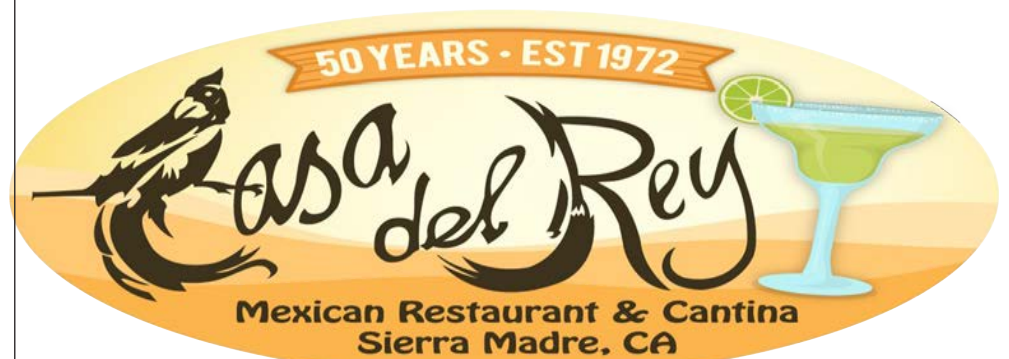
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STUART TOLCHIN

PUT THE LIGHTS ON

WHAT TRUMP HAS TAUGHT ME



Actually, Trump has not taught me anything; but I have learned much during his administrations, especially this second one. Up until recently I existed in a state of casual indifference naively believing that no matter what political party was in power that they had the best interests of the Country and its entire population as their concern. Certainly, there existed partisan differences, but I naively believed that although political viewpoints differed America was always in honest well-meaning hands. I even believed Richard Nixon when he said he was not a crook.

Today there is no doubt in my mind, President Donald J. Trump is not a good man. He willingly lies, misstating the truth whenever he believes that the truth is not in his interest. Although he proclaims his concern for the farmers and miners and workers in this country his only real motivation is an expression of an insatiable need for attention, power, status and wealth. Perhaps it is a search for love and believe me he will not get that from me.

Currently, there are concerns about the existence of the Jeffrey Epstein client file. This file, arguably, would implicate Trump and high-profile associates connected with Epstein. Epstein, as you may recall, was an American financier who maintained a collection of underage teenage girls recruited to his island for purposes of sex trafficking and prostitution. Allegedly there exists a list of these high-level people which includes billionaires and royalty and ex-Presidents. The listed people would be subject to blackmail and there is conjecture that Epstein's death by suicide while in custody was in reality a murder arranged by potential blackmail subjects. Trump's possible involvement in suppressing this list is what interests his evangelical and religious followers. For me this is hardly the worst of the offenses, sordid as it is, connected to the Trump administration.

What the Trump administration has revealed to me is that in American politics there is no real concern for public welfare and democracy or economic equality or disarmament and demilitarization or anything else that I care about. It has shown me that all the politicians care about is "winning" and maintaining their positions of status and even more possibility of future wealth. It is sickening but has led me to realize that everything I thought I understood was more imagination than understanding. Much like just about everyone else I know I have lived my life within a state of casual indifference. Every four years or so we become more or less active in the political campaigns, but all the while we are busy vacationing and consuming and watching sports and generally being comfortably distracted. We all believe in education and being kind to others although we manage to mostly ignore the problematic situations of people without educations or housing or day to day security. Secretly, perhaps many of us believe that less secure people have no one to blame but themselves. They should have chosen to be born White or at least to Middle class parents who were not alcoholics or drug addicted and who cared about the future of their children.

I know that sounds ridiculous but underneath it all that is what many believe. The entire Far Right perspective seems to say that people who are not wealthy and secure have only themself to blame. Trump's policies are clearly intended to penalize the most vulnerable people and comfortably indifferent people as well. Really, if you are not a billionaire it is your own fault. You weren't smart enough and didn't try hard enough and probably didn't care enough. I believe the concerns about abortions, and same sex-marriages, and non-binary people using bathrooms or playing sports are just distractions obliterating the truth of what is happening. The loss of Democracy, the loss of an important public voice, and the inevitable movement to Autocracy.

Perhaps you don't believe me. In truth, this is not the time to believe anybody; perhaps it never was! The major question for most of us is sadly," | Will my family and I be comfortable?. Of course, the problem may be solved by not being connected to a family at all and just rooting for the Strongman to protect and provide for us. After all Superman is today the most popular movie but I don't want to see it other than as a warning.

TAKE CARE-----I'm off to play golf.

Did not get to play. Golfing partner gave me the wrong date and time! Can't believe anyone these days!



HOWARD Hays As I See It

"We don't let the bullies control the schoolyard." – Charlotte of Altadena

Following the news these days – and columns like this one – can often seem an exercise in despair. But last Saturday at Sierra Madre's Memorial Park, I had one of the most encouraging experiences I can remember.



The Democrats of Pasadena Foothills put on an event featuring eight middle-schoolers and eleven from high school; each imagining they were running for mayor and delivering a three-minute campaign speech. Local officials were in attendance. Congresswoman Judy Chu offered an inspiring keynote on how her own journey began fighting (successfully) an "English only" ordinance in Monterrey Park and culminated with a congratulatory call from President Obama on being the first Chinese-American woman elected to Congress.

But the stars of the event were these representatives of our next generation of leaders. Here are the notes I took:

MIDDLE SCHOOL

Advaith of Arcadia stressed the importance of volunteering for the community and support for programs on exercise and meditation. He told of his entering kindergarten without knowing English.

Allie of Pasadena also emphasized the importance of coming together as a community; coming together to help immigrants as well as victims of natural disasters.

Anika of Sierra Madre told how her father escaped El Salvador in the 1980s; now both parents are lawyers working for non-profits. She reminded us to appreciate our heritage – Sierra Madre being "Mother Mountain"; remembering the Gabrielino Indians who preceded us and the Chinese immigrants who helped build the Mt. Wilson trail. She also said that intersections in town could be made safer.

Charlotte of Altadena said her major inspirations are her single mom and grandparents from Ecuador. Her attitude towards current immigration actions is, "We don't let the bullies control the schoolyard". As for a guiding principle, it's to "protect, champion and uplift others".

Erena of Sierra Madre explained that "Every day, detail matters"; issues as small as an overflowing recycle bin at Sierra Vista Park or as large as protecting Mt. Wilson from fires – and everything in between.

RICH JOHNSON

REALLY IMPORTANT STUFF



If you are fortunate enough to spiral in (and out) of my orbit, patiently waiting for me to amaze, delight and wow you, I applaud you. Priceless, valuable and useless information is my specialty and it is on its way. In fact, I thank you for the privilege of trying to improve the quality of your life. You improve mine.

Acquiring useless information and passing it on is no easy feat...or is it feat? I forget, but let's move on. I think it was Friedrich Nietzsche, the German philosopher who said we all have a niche...or maybe he said a Nietzsche (to which I say "gesundheit").

I forgot what I was gonna say. Let's take a quick 5-minute break while I gather my thoughts. I see them in a pile over in the corner. BRB! I'm back and do I have a load of useless information to equip you for the week ahead. First up? The top ten karaoke songs of all time:

- "Waterloo" by Abba
- "Bohemian Rhapsody" by Queen
- "My Way" by Frank Sinatra
- "I Will Survive" by Gloria Gaynor
- "Dancing Queen" by Abba
- "Angels" by Robbie Williams (who?)
- "Like a Virgin" by Madonna
- "It's Raining Girls" by Weather Girls
- "Summer Nights" By Olivia Newton John and John Travolta
- "I Should Be So Lucky" by Kylie Minogue

How many did you get right? Two songs by Abba. Way to go Finlanders! Speaking of music, have you ever wondered how fast rap singers rap? It kept me up nights for years. I finally found out. So, extra credit for counting the number of syllables. Okay, the "Fastest Rap MC" record is held by Ricky Raphael Brown (aka "NoClue"). The human phenom belted out 723 syllables in just over 51 seconds.

Ever wonder what the word "karaoke" means in Japanese? "Ugh" is my first reaction. It keeps most of us up nights wondering. "Karaoke" in Japanese means "Empty Orchestra" (ooh, a good name for a band). First karaoke machine was invented in 1971. While we are struggling with words, what is Spotify's most misquoted song of all time? Elton John's "Tiny Dancer". The misquoted lyric? "Hold me closer, Tiny Dancer", is thought by many to be saying "Hold me closer, Tony Danza". Coming in second? The Clash's "Rock the Casbah" is often sung as "Rock the Cat Box". You can't make this stuff up. I'm sure you remember the film "Spinal Tap". One of the classic movies. Well, what was "Spinal Taps" original name? They called themselves "The Originals". When the band discovered another band was called "The Originals" they changed their name to "The New Originals". What was the original name of the duo "Sonny and Cher"? Are you ready? Here it comes: "Caesar and Cleo".

And finally, from the rock and roll failure department. What bands never had a number one hit on the Billboard Top 40? Bruce Springsteen, Kiss, Led Zeppelin, The Who, Johnny Cash, Bob Dylan, James Brown, The Grateful Dead, The Ramones, JJ Jukebox!

Two final factoids. Brian May, lead guitarist for Queen has a PhD in astrophysics. And finally, Gibson guitars and Rolling Stone Magazine consider Jimi Hendrix to be the number one guitar player of all time! (I wonder how far down the list of guitar players is Andres Segovia?)

Have a good week!

Kietsai of Pasadena told of diversity classes, learning in Mandarin and Spanish as well as English. He emphasized the importance of community gardens – and of embracing communication technology.

Leon of Sierra Madre said he'd deal with bear attractions and develop a bear management center, in order to "protect you and your snacks".

Mohsin of Arcadia detailed how debt and interest can affect both cities and families; citing a study showing that 34% of homelessness is caused by debt. He advocated for establishment of "financial empowerment funds", and also acknowledged the problem of peacock poop.

HIGH SCHOOL

Angel of Arcadia told us that "Leadership begins with action" and called to us, "Let's lead together!"

Daniel recalled that as one of an immigrant family of eight, "our apartment was always full of love". He called for support and cooperation in re-homing families. He also said we need a watchdog calling out situations like the fired school superintendent walking away with a \$1.5 million package, rather than that money being invested in students. "We're done waiting!"

Ella of Pasadena also called for more funding for schools, saying we'll all move forward "side by side". She's committed to the goal of being 100% carbon-free by 2030.

Emily of Arcadia made clear she wasn't espousing Communism or any one system over another, but rather acknowledging that no system is perfect and that the important thing is to "ask the questions" because we "need to learn"; not just accept whatever "version based on fear".

Joannah said yes, we need to tax the billionaires. She also said nobody will "steal the jobs", they simply work harder. And – she announced her intention to become our first Chicana president.

J.P. of Pasadena declared that "nobody should worry about a safe, secure place to sleep at night" and promised to work towards a "nurturing, flourishing community for all".

Mariah of Pasadena decried "people living in fear and uncertainty, regardless of immigrant status" and said kids should be focused on "learning and growing – not just surviving".

Siddhi spoke of immigrant parents wary of being called "alien" in the USA, so they kept their heads down. "But that's not freedom", she says – now it's "time to hold our heads high!"

Sophia referred to the Coogan law of 1939, protecting incomes of child actors from being drained by parents/guardians. Now, she says, similar protections are needed for those being exploited by internet influencers on TikTok, YouTube, etc. "Childhood must not be for sale."

Tanya of Arcadia noted that "Labels don't define us – representation does", and that "nobody should have to change themselves just to be accepted." As to that representation, it should be comprised of "not just different faces, but different journeys."

Tiffany spoke to the experience of "lockdown drills, racism, bullying" – of worries about "whether we can afford college". She advocated for "youth safety groups", addressing such issues as mental health and violence prevention – and being a place where "it's okay to say, 'I'm struggling!'".

It'll be a few years before we'll be able to actually cast votes for them. For now, it's our responsibility to hold things together and protect our democracy in the meantime - so when that time comes, we'll have that opportunity. I can hardly wait.

Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES July 12, 19, 26 and Aug 2, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025136984
The following person(s) is (are) doing business as: BLACK OAK BUILDERS GROUP 20655 VANOWEN ST 133 WINNETKA, CA. 91306. This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES July 12, 19, 26 and Aug 2, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025137722
The following person(s) is (are) doing business as: LAMICROBEAUTY 5633 TOPANGA CANYON BLVD 328 WOODLAND HILLS, CA. 91367. This Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES July 12, 19, 26 and Aug 2, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025138038
The following person(s) is (are) doing business as: A ROCK IN THE WIND PRODUCTIONS 910 VICTOR AVE 16605 SHERMAN OAKS, CA. 91423. This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES July 12, 19, 26 and Aug 2, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025140014
The following person(s) is (are) doing business as: BEST ROOFER LA 4822 VAN NOORD AVE #16 SHERMAN OAKS, CA. 91423. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) LUKE ORSBORN 910 VICTOR AVE INGLEWOOD, CA. 90302 This Business is conducted by: AN INDIVIDUAL. Signed: LUKE ORSBORN. This statement was filed with the County Clerk of Los Angeles County on 07/08/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/08/2025. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES July 12, 19, 26 and Aug 2, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025132939
The following person(s) is (are) doing business as: NOHO SANDBLASTING 6817 TROOST AVE NORTH HOLLYWOOD, CA. 91605. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) PABLO GERMAN MENDOZA MEDINA 6817 TROOST AVE NORTH HOLLYWOOD, CA. 91605. This Business is conducted by: A GENERAL PARTNER-SHIP. Signed: PABLO GERMAN MENDOZA MEDINA. This statement was filed with the County Clerk of Los Angeles County on 07/01/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/25/2025. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025111641
The following person(s) is (are) doing business as: AD ASTRA TECH SERVICES & CNC REPAIRS 16029 CHASE ST NORTH HILLS, CA. 91343. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) KATYA MARCELA SALAZAR MORALES 16029 CHASE ST NORTH HILLS, CA. 91343. This Business is conducted by: A GENERAL PARTNER-SHIP. Signed: KATYA MARCELA SALAZAR MORALES. This statement was filed with the County Clerk of Los Angeles County on 06/20/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/25/2025. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025129224
The following person(s) is (are) doing business as: KPUB 5001 LANKERSHIM BL NORTH HOLLYWOOD, CA. 91601; K-PUB 5001 LANKERSHIM BL NORTH HOLLYWOOD, CA. 91601. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) AKI SHABU KATOWN INC. 621 S WESTERN AVE 301 LOS ANGELES, CA. 90007. This Business is conducted by: A CORPORATION. Signed: AKI SHABU KATOWN INC. XIAO LU, CEO. This statement was filed with the County Clerk of Los Angeles County on 06/25/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/25/2025. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025133336
The following person(s) is (are) doing business as: J & N NAIL LOUNGE 456 E ROWLAND ST COVINA, CA. 91723. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) HATSUNI BAKESHOP INC. 456 E ROWLAND ST COVINA, CA. 91723. This Business is conducted by: AN INDIVIDUAL. Signed: HONG TRANG THI PHO. This statement was filed with the County Clerk of Los Angeles County on 07/03/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/03/2025. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025126367
The following person(s) is (are) doing business as: HATSUNI BAKESHOP & KITCHEN 909 SOUTH GLENDALE AVE GLENDALE, CA. 91205. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) HATSUNI BAKESHOP INC. 909 SOUTH GLENDALE AVE GLENDALE, CA. 91205. This Business is conducted by: A CORPORATION. Signed: HATSUNI BAKESHOP INC. ANDRE MOND, TREASURER. This statement was filed with the County Clerk of Los Angeles County on 06/23/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025127811
The following person(s) is (are) doing business as: LALA NAILS SPA 20836 VAN OWEN ST WIN-

NETKA, CA. 91306. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) TRAMNGOC 20836 VAN OWEN ST WINNETKA, CA. 91306. This Business is conducted by: AN INDIVIDUAL. Signed: TRAM NGOC. This statement was filed with the County Clerk of Los Angeles County on 06/24/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/24/2025. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025127044
The following person(s) is (are) doing business as: VGM PROPERTIES 1419 GLENOAKS BLVD SAN FERNANDO, CA. 91340. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) GLENN GUTIERREZ MERCADO 1419 GLENOAKS BLVD SAN FERNANDO, CA. 91340. This Business is conducted by: AN INDIVIDUAL. Signed: VENANCIO GUTIERREZ MERCADO. This statement was filed with the County Clerk of Los Angeles County on 06/23/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/23/2025. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025127837
The following person(s) is (are) doing business as: CONTINENTAL NEON & PLASTIC SIGNS INC 14315 BESSEMER STREET VAN NUYS, CA. 91401. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) CONTINENTAL NEON & PLASTIC SIGNS INC. This Business is conducted by: A CORPORATION. Signed: CONTINENTAL NEON & PLASTIC SIGNS INC BEHNAM KOSSARIM PRESIDENT. This statement was filed with the County Clerk of Los Angeles County 06/24/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 05/20/2021. This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025132941
The following person(s) is (are) doing business as: DIGITAL DAY MARKETING 13991 DAY ENTRY ST PACOMIA, CA. 91351. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) DAYANA HOVHANNISYAN 13991 DAVENTRY ST PACOMIA, CA. 91351. This Business is conducted by: AN INDIVIDUAL. Signed: DAYANA HOVHANNISYAN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 07/01/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 05/20/2020. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025132943
The following person(s) is (are) doing business as: ADAS NAILS & SPA 18849 SOLEDAD CANYON ROAD CANYON COUNTRY, CA. 91351. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) ADAS NAILS & SPA INC 18849 SOLEDAD CANYON ROAD CANYON COUNTRY, CA. 91351. This Business is conducted by: A CORPORATION. Signed: ADAS NAILS & SPA INC, MANNOLLA CASTILLO ARISTA, CEO. This statement was filed with the County Clerk of Los Angeles County on 07/01/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/02/2022. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025133045
The following person(s) is (are) doing business as: SACRED JOURNEY HOSPICE 412 W BROADWAY SUITE 305 GLENDALE, CA. 91204. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) HEAVENLY HOSPICE CARE CENTER INC. 412 W BROADWAY SUITE 305 GLENDALE, CA. 91204. This Business is conducted by: A CORPORATION. Signed: HEAVENLY HOSPICE CARE CENTER INC., ANAHIT SARGSYAN, CEO. This statement was filed with the County Clerk of Los Angeles County on 07/01/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/02/2025. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 20251310509
The following person(s) is (are) doing business as: THE ASHES 10745 RIVERSIDE DR STE A TOLUCA LAKE, CA. 91062. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) ARTUR GALIKYAN 10745 RIVERSIDE DR STE A TOLUCA LAKE, CA. 91062. This Business is conducted by: AN INDIVIDUAL. Signed: ARTUR GALIKYAN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/29/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/20/2020. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 20251310509
The following person(s) is (are) doing business as: THE ASHES 10745 RIVERSIDE DR STE A TOLUCA LAKE, CA. 91062. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) ARTUR GALIKYAN 10745 RIVERSIDE DR STE A TOLUCA LAKE, CA. 91062. This Business is conducted by: AN INDIVIDUAL. Signed: ARTUR GALIKYAN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/29/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/20/2020. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025132571
The following person(s) is (are) doing business as: ART CATERING 1014 BROADWAY UNIT 91 SANTA MONICA, CA. 90401. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) ZORAN ZOKI PAVLOVIC 1014 BROADWAY ST UNIT 91 SANTA MONICA, CA. 90401. This Business is conducted by: AN INDIVIDUAL. Signed: ZORAN ZOKI PAVLOVIC/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/29/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025132395
The following person(s) is (are) doing business as: ROYAL RENT A CAR 1339 E HARVARD ST UNIT C GLENDALE, CA. 91205. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) NESRINE QUALIHINE BENTAY 1339 E HARVARD ST UNIT C GLENDALE, CA. 91205. This Business is conducted by: AN INDIVIDUAL. Signed: NESRINE QUALIHINE BENTAY/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/30/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

ing this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025131448
The following person(s) is (are) doing business as: FLORES FAMILY CHILD CARE 14036 SAYRE ST SYLMAR, CA. 91342. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) MARIELLA FLORES 14036 SAYRE ST SYLMAR, CA. 91342. This Business is conducted by: AN INDIVIDUAL. Signed: MARIELLA FLORES/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/27/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025132241
The following person(s) is (are) doing business as: DESIGNWORK 9625 OLIVE STREET TEMPLE CITY, CA. 91760. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) STEVEN ANGARITA 9625 OLIVE STREET TEMPLE CITY, CA. 91760. This Business is conducted by: AN INDIVIDUAL. Signed: STEVEN ANGARITA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/30/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/25/2025. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025132236
The following person(s) is (are) doing business as: FINDALLNEEDS 17211 SHERMAN WAY VAN NUYS, CA. 91406. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) SETRAK NAJARIAN 17211 SHERMAN WAY VAN NUYS, CA. 91406. This Business is conducted by: AN INDIVIDUAL. Signed: ARMENAK PISKULYAN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/20/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/25/2025. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025130342
The following person(s) is (are) doing business as: SN FOOD TRAILER 7022 SHADYGROVE ST TUIJUNGA, CA. 91042. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) SETRAK NAJARIAN 7022 SHADYGROVE ST TUIJUNGA, CA. 91042. This Business is conducted by: AN INDIVIDUAL. Signed: SETRAK NAJARIAN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/26/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/25/2025. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025132943
The following person(s) is (are) doing business as: MEL'S BARTENDING 16225 BLYTHE ST PANORAMA CITY, CA. 91402. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) MELISSA CHRISTINE VARADO 16225 BLYTHE ST PANORAMA CITY, CA. 91402. This Business is conducted by: AN INDIVIDUAL. Signed: MELISSA CHRISTINE ALVARADO/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/25/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/25/2025. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025123995
The following person(s) is (are) doing business as: C.W.O.T'S CLEANING OUR WAY TO SUCCESS - CLEANING SERVICES 15925 SHERMAN WAY UNIT 3 LOS ANGELES, CA. 91406. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) ELIAS EFRAIM QUINILLA 15925 SHERMAN WAY UNIT 3 LOS ANGELES, CA. 91406. This Business is conducted by: AN INDIVIDUAL. Signed: ELIAS EFRAIM QUINILLA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/25/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/25/2025. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025126952
The following person(s) is (are) doing business as: BOOK HOLLYWOOD 1887 E KAMM ST CARSON CA 90746 CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) CHRISTOPHER CARTER 1887 E KAMM ST CARSON CA 90746. This Business is conducted by: AN INDIVIDUAL. Signed: CHRISTOPHER CARTER/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/27/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/20/2025. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025126840
The following person(s) is (are) doing business as: VELVET TOUCH BEAUTY SALON 12650 SHERMAN WAY #11 NORTH HOLLYWOOD, CA. 91605. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) ANNA KECHICHIAN 12650 SHERMAN WAY #11 NORTH HOLLYWOOD, CA. 91605. This Business is conducted by: AN INDIVIDUAL. Signed: ANNA KECHICHIAN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/25/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 02/20/2025. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025128508
The following person(s) is (are) doing business as: AK CATERING AND EVENTS 17484 TUSCAN DR GRANADA HILLS CA 91344. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) ADRIKNE KIRAKOSYAN 17484 TUSCAN DR GRANADA HILLS CA 91344. This Business is conducted by: AN INDIVIDUAL. Signed: ADRIKNE KIRAKOSYAN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/24/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
ES Dates Pub: July 5, 12, 19, and 26, 2025

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2025127271
The following person(s) is (are) doing business as: LA LINEA 6901 TOPANGA CANYON BLVD CANOGA PARK CA 91303. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) ARTUR GALIKYAN 10745 RIVERSIDE DR STE A TOLUCA LAKE, CA. 91062. This Business is conducted by: AN INDIVIDUAL. Signed: ARTUR GALIKYAN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/23/2025. The registrant(s) has (have) commenced to transact business under

SUPERIOR COURT OF CALIFORNIA COUNTY OF LOS ANGELES SANTA MONICA COURTHOUSE 1725 MAIN STREET SANTA MONICA, CA. 90401

SUMMONS

NOTICE TO DEFENDANT:
DAVID GAETA, an individual, MICHAEL GAETA, an individual, THE ESTATE OF JOEY GAETA, and DOES 1 to 10, inclusive
YOU ARE BEING SUED BY PLAINTIFF:

STEVEN GAETA, an individual

CASE NUMBER: 24SMCV05995

NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below:

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money and property may be taken without further warning from the court.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case.

[AVISO!] Lo han demandado. Si no responde dentro de 30 días, la corte puede decidir en su contra sin escuchar su versión. Lea la información a continuación.

Tiene 30 DÍAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al de mandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y más información en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en la biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de presentación, pida al secretario de la corte que le dé un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sin más advertencia.

Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.sucorte.ca.gov) o poniéndose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperación de \$10,000 o más de valor recibida mediante un acuerdo o una concesión de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desear el caso.

CASE NUMBER:
(Número del Caso):
24SMCV05995

The name and address of the court is: (El nombre y dirección de la corte es):

SUPERIOR COURT OF CALIFORNIA,
COUNTY OF LOS ANGELES,
SANTA MONICA COURTHOUSE
1725 MAIN STREET
SANTA MONICA, CA. 90401

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

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the fictitious business name or names listed above on 06/25/2025. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 1

Mountain View News Saturday, July 19, 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. Visit her Facebook page at: michelesfitness.

WEIRD WORKOUTS.... PLEASE STOP!

See people walking backwards around the park lately? Or lifting one leg like back a donkey while stepping on a stair climber at the gym? Maybe you've noticed someone on the treadmill wearing a weighted vest, walking uphill like a robot with their arms pinned to their sides.

These strange fitness moves are popping up all over social media—and a lot of people are trying them without understanding what they're doing, or why. Here are a few you may see:

The Backwards Walking Craze

Let's start with walking backwards. You've probably seen videos of people slowly strolling backward on a treadmill or down the street. Some even claim it helps memory or "opens up brain pathways." Sounds magical, right?

Well, kind of. Walking backwards can be helpful for people recovering from injuries or improving balance. Physical therapists sometimes use it for specific issues. But for the average person just trying to stay in shape, walking backwards doesn't offer anything better than walking forward, except a higher chance of tripping over your own dog or bumping into a tree.

People like it because it feels different. But different doesn't mean better. If your goal is heart health, leg strength, or just moving your body, forward walking is still your best bet.

Silent Treadmill Walking: The "Hot Girl Walk"

Another odd one: the "silent treadmill walk." This involves walking uphill on a treadmill, often at a 12% incline and 3 mph, while wearing a weighted vest—and keeping arms completely still at your sides.

It's called the "hot girl walk," or sometimes "rizz walking." You're supposed to look mysterious, intense, and completely emotionless. No arm swing. No talking. No expression.

Here's the problem: it goes against everything we know about how the body is designed to move. Swinging your arms helps balance and rhythm. Wearing a weighted vest can be great if you're walking naturally. But pinning your arms down to look cool? That's not exercise. That's just poor posture with a side of attention-seeking.

The One-Leg Stair Climber Kick

Now my fave. The person who lifts one leg behind them while climbing the stair machine. Step, kick. Step, kick. Every time I see it, I can't help but wonder what they think they are accomplishing.

The idea is that it targets the glutes better. It doesn't. It just throws off your balance, weakens your form, and turns a great cardio machine into a circus act. If you really want to strengthen your glutes, try squats, lunges, or bridges.

Cable Machine Rainbow Legs

Have you ever seen someone strapped into a cable machine, swinging their leg in a giant rainbow motion? Usually, they're barely holding on to the side, concentrating like they're defusing a bomb.

These "rainbow kicks" are supposed to shape your outer glutes or thighs. But they don't do much of anything except make you look like you're kicking a bug that won't die. They're flashy for videos, but if your goal is strength or muscle tone, stick to moves that let you control the motion and actually load your muscles.

Ankle Weight Leg Flails

Yes, ankle weights can have a place in a workout but not if you're flailing your legs around like you're fighting off invisible bees.

People believe they'll burn more fat or "tone faster" with weights on their ankles. In truth, it just puts pressure on your joints in the wrong way. It can cause knee and hip pain and doesn't help you build muscle in any meaningful way. Want stronger legs? Use real resistance.

Why These Trends Take Off

First, they look different. Different feels exciting. They also look hard. People think harder must mean better results. Most importantly, they're all over social media. If someone with six-pack abs is doing it, people assume it must work.

But the human body hasn't changed. Muscles still need proper resistance. Hearts still need steady cardio. Balance still requires... well, balance. Fitness doesn't need to look weird to be effective. It needs to be done consistently, using good form.

What Actually Works?

If your goal is to be healthy, feel strong, and avoid injury, here's what you really need:

Walk (forward!). With purpose, arms swinging, maybe uphill.

Strength train. Use weights, resistance bands, or even your own body. No swinging or flinging needed.

Stick to basics. The boring stuff works. That's why it's still around.

Fitness trends come and go, but your joints are with you for life. The next time you see someone doing any of the above, take a moment to smile. Then keep doing what actually works. It may not get you likes on TikTok—but it'll get you results in real life.

UNLOCK YOUR LIFE



Lori A. Harris

TRANSFORM YOUR STRUGGLES INTO STRENGTH: The Fourth Grade Lesson That Changed Everything

How one woman's childhood math battles revealed the secret to finding joy in life's toughest challenges

Are you exhausted from fighting every obstacle life throws at you? What if I told you that your biggest struggles are actually your greatest teachers—and there's a way to welcome them with joy instead of dread?

I learned this lesson the hard way in fourth grade, sitting at our dining room table night after night, tears streaming down my face as math concepts seemed impossible to grasp. My dad sat beside me, patient but weary. What I didn't understand then was that the real difficulty wasn't Mr. McNutt's assignments; my mom was battling severe anxiety and depression, disappearing into hospitals for weeks at a time, returning angry and distant. In my nine-year-old mind, it felt like everyone hated me: my mom, my teacher, and my exhausted father.

However, those multiplication tables led to division, then fractions, and ultimately, the study of square roots. Each "impossible" concept became the foundation for the next breakthrough. Those math problems weren't just exercises, they were building my capacity to handle complexity, to push through confusion, to find solutions where none seemed to exist.

The same principle applies to every challenge you're facing right now. Whether you're dealing with job loss, relationship struggles, health scares, financial stress, or family conflicts, these aren't punishments—they're your personal training ground for becoming stronger, wiser, and more resilient.

The Truth About Growth That Changes Everything

It's not the easy days that transform us. It's the problems that force us to stretch beyond our comfort zones. One phrase I repeat throughout each day has become my lifeline: "Everything works together for my good, and in all things be grateful."

This isn't just positive thinking—it's based on ancient wisdom from St. James the Apostle: "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything" (James 1:2-4).

Think of it like a blacksmith's forge: The intense heat isn't meant to destroy the metal—it purifies and shapes it into something stronger and more beautiful than before.

What Would Change If You Welcomed Your Challenges?

I graduated from fourth grade and then some! But I'm still learning not to face every obstacle with pure grit and white-knuckled determination. Instead, I'm choosing to look for the lesson and find joy in the process.

What about you? What would shift in your life if you could:

- See obstacles as invitations to grow stronger instead of roadblocks?
- Approach difficulties with curiosity rather than fear?
- Find the hidden gift in every challenge—the way a pearl forms around an irritant?
- Trust that your struggles are developing exactly the strength you'll need for what's coming next?

Consider the life you're learning to embrace. What would change if you truly believed that everything, even the painful parts, is working together for your good?

Don't Face Life's Challenges Alone

After years of applying these principles, I've seen hundreds of community leaders transform their relationship with adversity. However, here's what I've learned: this mindset shift is easier when you're surrounded by others who are on the same journey.

That's why I'm hosting the Visionary Leader Salon on August 9th, 2025, at the Gathering Spot, 5211 W. Adams Blvd.

In this intensive workshop, you'll discover:

- 3 proven strategies to transform obstacles into opportunities
- How to find the hidden lessons in your current challenges
- Practical tools to build unshakeable resilience
- A supportive community of fellow leaders committed to growth

Master of Ceremonies Fred Thomas, Comedian and respected Sierra Madre community leader, will join me as we explore these life-changing concepts with wisdom, laughter, and real-world application.

What past attendees are saying: "I left with a completely different perspective on my business challenges. Instead of dreading Monday mornings, I now see them as opportunities to grow stronger." — Jan, Santa Monica, CEO

Your Next Step: Choose Growth Over Struggle

Only 30 spots available. This intimate setting ensures personalized attention and deep transformation. Mountain Views News readers receive 50% off with code MountainView, but this special pricing expires July 29th.

The cost of staying stuck is far greater than the investment in your growth. How much longer will you let life's challenges defeat you instead of develop you?

Reserve your seat today: Visit loriaharris.com/workshop or call 323-364-6561 with any questions.

Your struggles have been preparing you for something greater. Isn't it time you discovered what that is?

Lori A. Harris is an award-winning transformational coach, speaker, author and podcast host. Visit her website to learn more.

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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

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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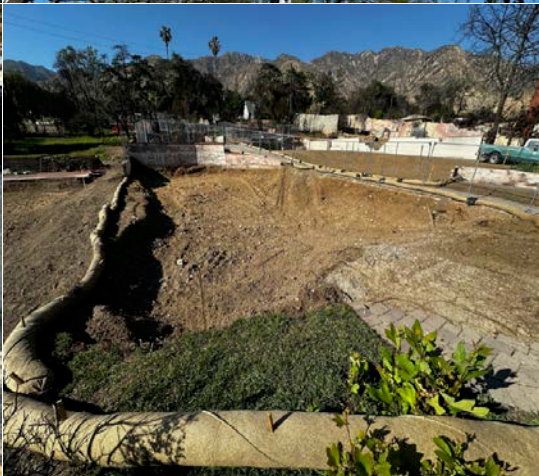
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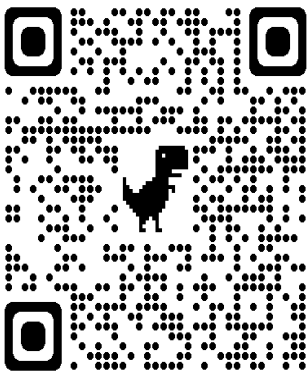
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