



Mountain Views News

Sierra Madre

Arcadia

Duarte

Monrovia

Pasadena

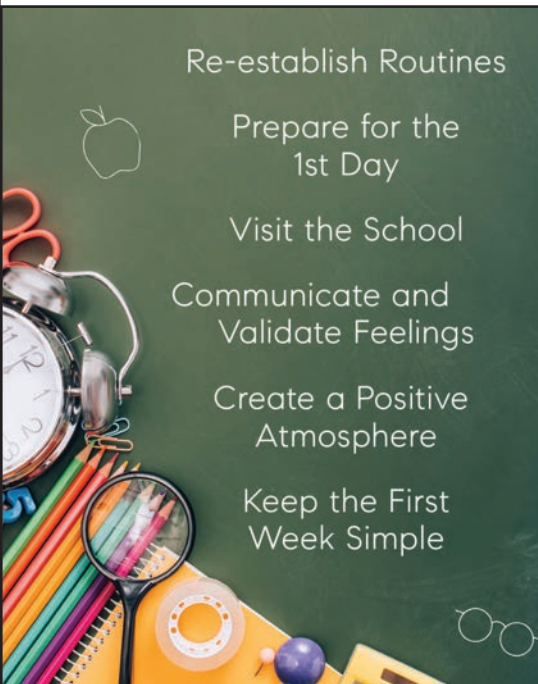
Altadena

South Pasadena

San Marino

SATURDAY, AUGUST 16, 2025

VOLUME 19 NO. 32



Judy Webb-Martin 626.688.2273
DRE #00541631

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City of Sierra Madre

PUBLIC HEARING NOTICE

From: The City of Sierra Madre
Subject: FIRST READING OF ORDINANCE NO. 1484 AMENDING SECTION 17.60.056 (DISCRETIONARY DEMOLITION PERMIT) OF CHAPTER 17.60 (VARIANCES AND DISCRETIONARY PERMITS) OF TITLE 17 (ZONING) OF THE SIERRA MADRE MUNICIPAL CODE
Applicant: City of Sierra Madre
Project Location: Properties in the City of Sierra Madre, County of Los Angeles, State of California

The City of Sierra Madre gives notice, pursuant to State of California law, that the City Council will conduct a first reading of Ordinance No. 1484 amending Section 17.60.056 (Discretionary Demolition Permit) of Chapter 17.60 (Variance and Discretionary Permits) of Title 17 (Zoning) of the Sierra Madre Municipal Code, as recommended by the Planning Commission following a public hearing held on August 21, 2025.

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

DATE AND TIME OF HEARING
City of Sierra Madre City Council meeting; Tuesday, August 26, 2025 (Hearing begins at 5:30 p.m.)

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

The Brown Act provides the public with an opportunity to make public comments at any public meeting. Public comment may also be made by e-mail to PublicComment@SierraMadreCA.gov by 3:00PM on the day of the meeting. Receipt of emails will be acknowledged at the public hearing, filed into public record and scanned onto the City website for public review. The meeting will be streamed live on the City's website at www.SierraMadreCA.gov, on Foothills Media website at https://www.foothillsmmedia.org/sierramadre and broadcast on Government Access Channel 3 (Spectrum).

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

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

BREAKING NEWS:

CONSTRUCTION MISHAP LEADS TO DEATH IN SIERRA MADRE

On Friday, the tranquility of Sierra Madre was interrupted by the sounds of sirens advancing toward the 500 block of Sierra Meadows in Sierra Madre.

Sierra Madre Fire Department responded to a 9-1-1 call for service just after 1:00 pm after a construction worker in his late 20's was involved in an accident at was building a retaining wall in the rear yard. The retaining wall collapsed on the construction worker, injuring him fatally. Pasadena Fire Department and Arcadia Fire Department also responding to the incident and assisted with recovering the victim.

The man's identity is pending notification to his family. Cal-OSHA and the Los Angeles County Medical Examiner's Office were dispatched to the location. Sierra Madre's Building Official is also on-site to inspect the construction project.



Smokin' Joe Pergola the driving force behind the Kiwanis Chili Cook-Off

JOE PERGOLA TO BE HONORED AT KIWANIS BOOT SKOOTIN' CHILI COOK-OFF

There are some people who make an indelible mark on almost everything they do and Joe Pergola is one of them. More than a decade ago, Pergola came up with a creative way to fund-raise for the Sierra Madre Kiwanis Club.....A Chili Cook Off. Now, it wasn't the first time such an event was held in Sierra Madre, however, with Joe's energy and enthusiasm, the Kiwanis Chili Cook-Off has been a much anticipated event over the last 14 years.

The event has local chefs (Amateur and Professional) competing for the title of "Best Chili Ever", as judged by celebrity food critic Peter Dills. Contestants also vie for the coveted title of "The People's Choice" which is selected by those in attendance. It has raised thousands of

dollars for scholarships for youth at each event.

This year, Kiwanis is going to honor Joe by forever changing the name officially to: JOE PERGOLA'S CHILI COOK-OFF. It will be held on September 27, 2025 at the Sierra Madre YMCA so mark your calendars and start working on those award winning recipes. Stay tuned for more details.



Protesters Outside Monrovia Home Depot.
Photo courtesy Karen Suarez

(CNS) A vigil was held on Friday night at the Monrovia Home Depot store that was the scene of an Immigration and Customs Enforcement raid that city officials say prompted Carlos Roberto Montoya a 52 year old from Guatemalato flee onto the Foothill (210) Freeway, where he was fatally struck by an SUV.

"The worker was fleeing an unannounced raid by immigration agents, the latest in an ongoing wave of violent, chaotic kidnappings and

MAN FEARFUL OF LOSING HIS FREEDOM IS KILLED ON 210 FREEWAY

assaults that ICE and other agencies are waging at Home Depots and other locations across Southern California," according to a statement from the National Day Laborer Organizing Network, which organized the vigil.

The Guatemalan consulate in Los Angeles issued a statement saying that it "regrets this sad event and is currently in contact with the family, providing the necessary assistance."

Monrovia Police Department officers responded shortly before 10 a.m. Thursday to a call about an ICE action at The Home Depot at 1625 Mountain Ave., according to a statement by Monrovia City Manager Dylan Feik.

During that action, a man fled on foot across Evergreen Avenue and onto the Foothill Freeway and was struck by a vehicle near Myrtle Avenue, according to Feik and the California Highway Patrol.

CHP officials said the man was struck by a Ford Expedition SUV being driven by a

51-year-old man at 50 to 60 mph. The man suffered major injuries and was taken to a hospital, where he was pronounced dead, according to the CHP.

He was a father who was working to raise money to send to his family in Guatemala.

Protesters staged a rally on at the scene of the ICE raid to express outrage over the death and to call for an end to the continued immigration enforcement operations taking place in and around Los Angeles.

Sen. Sasha Renée Pérez, D-Pasadena, issued a statement Thursday decrying the raids and referenced the death, which was in her district. "President Trump's terror campaign has taken another life," she said, while also offering her condolences to the man's family.

"There is such incredible fear in our immigrant communities, so much so that people will run into freeway traffic out of fear when all they want is a chance to support their family and seek the American Dream."

Pérez called for an end to what she described as violent and sweeping.

"The Trump administration is violating a federal court order by continuing to conduct deadly roving immigration (cont. on page 3)

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 PROPERTIES

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Wistaria Thrift Shop

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10 am – 3 pm



Fri, Sept. 5 10 am – 3 pm
Sat, Sept., 6 10 am – 1 pm

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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/sier-ramadre and broadcast on Government Access Channel 3 (Spectrum)..

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

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

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

Your event must:

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

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



Sierra Madre Public
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This week at the
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 Public Library

August 18—23

All Library events will be napping for the
 month of August!



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Read, Discover, Connect
 @ Sierra Madre Public Library

WALKING SIERRA MADRE The Social Side

by Deanne Davis

Today is my grandson, Michael's, birthday! Also this month several anniversaries, a nine-year old birthday and a seven-year old birthday. So grateful for Blue Mountain cards where you can pick out a really cute card to fit any occasion, attach a gift to it and off it goes to the recipient's email address. The internet is such a glorious thing! And then there's Amazon where you can order anything under the sun and in a day or two or maybe overnight it shows up at your door.

Vertigo...a medical condition characterized by a sensation of spinning or whirling, often accompanied by dizziness, unsteadiness and nausea. It occurs when there is a mismatch between the signals sent to the brain from the inner ear (vestibular system) and other sensory systems, such as the eyes and muscles. Thank you, Doctor Google. And it's really unpleasant!

I have been suffering from vertigo for several days and am heartily sick of it! The cure is to go to your best PT person who will perform a series of movements involving sitting up, lying down, moving your head in this direction or that and waiting at the end of each movement for the room to stop spinning. This is miserable. Vertigo is more miserable. Going today to see if Heather, the amazing PT person, can put me out of my misery.

So, I'm looking far ahead to fall and giving you a little taste of Halloween Horror and other wonderful things that happen next month...yes! September!

OK, I'm going to confess: I'm almost ready to start putting out all my decorations for Fall. Soon there will be pumpkins of all sorts scattered 'round my house. Not all of them, but a lot. Normal people wouldn't start on this until at least September, but I can't wait any longer. There's Pumpkin Spice Creamer and Pumpkin Spice coffee at the grocery store and I'm so ready for Fall. I'm going to give you a little Fall story to start getting you in the mood, too...

A HALLOWEEN HORROR STORY

Halloween is almost upon us (well, not really, but it will arrive eventually) and those pumpkins that decorate porches and walls with their happy faces, grotesque faces, scary faces are not always what they seem.

Come with me to the Pumpkin Patch, an acre dotted with corn stalks, scarecrows and pumpkins. More pumpkins than you were expecting. Enormous pumpkins, flat ones, round ones, tall skinny ones; some misshapen, some with strange lumps and bumps, some with scars and some so little they are passed over again and again. "Not that one Daddy! It's too small. I want a really big one! I want that one...or that one...not that one, that one's ugly!" for a pumpkin, whose entire life has been dedicated to growing into a carve-worthy orange globe, this is hurtful, degrading and can bring a pumpkin to thoughts of revenge.

The packet of Atlantic Giant Pumpkin Seeds from Burpee arrived at the Pumpkin Patch in a somewhat damaged condition. There were heavy, dark tire tracks over the face of it and minute holes where it had been ground into the ground. It had been rained on, left out in the sun and, in short, was not a beautiful thing. The owner of the Pumpkin Patch, however, having paid \$2.99 for it wasn't about to toss it out. Upon further inspection of the actual seeds, he discovered some were cracked, tiny pieces missing. "What the heck," he thought, "I might as well go ahead and plant them, they'll probably grow...maybe."

And plant them, he did. But in a far corner of the Patch, not out in the rows where he put the rest of his seeds. It was late May and an unexpected rain thoroughly drenched the Pumpkin Patch. "This is great," the farmer thought, "water these seeds in and give them a good start. These babies will be enormous by September." The rains came, the owner fertilized and the pumpkin seeds sprouted and put out miles of bright green runners. Blossoms formed and turned into small orange balls.

Everywhere except there in the corner of the Pumpkin Patch where the broken, cracked seeds had been planted. There the vines were thicker, stronger and stretched out in every direction, seething with dark green life. Quite frankly, that corner area made the owner just a little uneasy. There seemed something unpleasantly unusual about those vines. The word, "sinister" came to mind. Ridiculous! He thought. They're pumpkins. That's all, just plain old pumpkins. But were they?

To Be Continued...

Think Fall, my friends! Think Pumpkins! Think cooler weather! Think I hope I never get vertigo! Think Pumpkin Spice Lattes. The picture...Pumpkins!

My book page: Amazon.com: Deanne Davis

There are treasures there! Trust me!

Including "Just Desserts" A Fall Fantasy of Pumpkins Gone Wrong!

MAN (continued from page 1)

raids within the area of the U.S. District Court's Central District of California that includes Los Angeles County," she stated.

``These raids have been ruled to be illegal racial profiling by a federal judge and the Trump administration has been ordered to comply with a temporary restraining order."

Pérez has been an advocate for comprehensive immigration law reform. ``How many more brown-skinned people have to die before the president will obey the law?" she asked. ``There is a better way. Comprehensive immigration reform that both parties work on is the only solution. I renew my call to pursue this path and stop the terror."

The U.S. Department of Homeland Security has repeatedly defended the work of ICE agents, denying allegations that operations are carried out randomly.

``Every single one of our ICE and Border Patrol operations is built on information, on investigative work," Homeland Security Secretary Kristi Noem said Thursday during an appearance on the Fox News Channel when asked about a downtown Los Angeles raid conducted outside a building where Gov. Gavin Newsom was holding a news conference.

Noem said ICE agents conduct operations at specific locations ``because of who they think could be in that area and what they have for information that shows there are illegal criminals there. Remember we're focusing on the worst of the worst."

The CHP was continuing its investigation into the circumstances surrounding how and why the pedestrian ran onto the freeway, according to a CHP statement. Anyone with information about this incident is encouraged to call Officer J. Rosas, during business hours, at 626-517-8500.



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Bob Lucas Altadena Library Opens

The Altadena Library District is set to hold an official ribbon-cutting ceremony at the Bob Lucas branch this morning at 10 a.m.

Local elected officials, community partners, members of the Bob Lucas family, and library leaders will commemorate the historical importance of this library on the west side of Altadena and the vision for how it will support the community as it rebuilds.

The facility opens after a 16-month renovation that included a 1,000-sq-ft expansion that adds about 50 percent more space, including a children's area and a new literacy center that includes a classroom and tutoring rooms.

The facility also has a new roof, upgraded electrical and mechanical systems, an outdoor reading garden, and is fully accessible for all Altadena.

Tribal councilwomen of the Gabrielino/Tongva Nation will start the ceremony with a prayer and land acknowledgment. Following the ceremony, the district invites Altadenans of all ages to stop by the Bob Lucas Library from 11 a.m. to 1 p.m. for a community celebration with music, food, face painting, crafts, and fun! Attendees can also explore the expanded and updated facility, which opens for regular hours on Monday.

Since April 2024, the Bob Lucas Memorial Library on Lincoln has undergone amajor renovation & expansion. Thanks to the support of Altadena residents who passed Measure Z in 2020, the \$4.5 million investment ensures that this community branch library will be able to help educate, connect, and inspire future generations of Altadena as the community rebuilds. Additional information and history about the building project can be found at: altadenalibrary.org.

Altadena Revealed Lecture Series

Altadena Architecture: A Legacy and an Elegy

Join Pasadena Heritage Friday at the Altadena Main Library for a look at Altadena's architectural heritage—what we inherited, what was lost, and how it can inspire future rebuilding. The lecture starts at 7:30 p.m. doors open at 7 p.m.

Presented by the Foothill Catalog Foundation, Pasadena Heritage, Altadena Heritage, Bungalow Heaven Landmark District, and the Altadena Historical Society, and hosted by Altadena Libraries.

For more information and to register visit: pasadenaheritage.org.



Pasadena Doo Dah Parade to Skip 2025

Citing Eaton wildfire and concerns over possible cuts in education, Pasadena Doo Dah Parade organizers, including Light Bringer Project Managing Director Patricia Hurley and Light Bringer Project Board Chair Tom Coston announced Thursday that the organization has made the decision to skip this year's Padare order to conserve financial resources and sustain programs it delivers throughout the community.

The next Pasadena Doo Dah Parade will take place on Sunday, November 22, 2026 in its original location in Old Pasadena. Light Bringer Project, the Parade's nonprofit producer is a significant provider of arts education to underserved youth.

"The wildfire crisis and other uncertainties have placed stress on our school programs in several ways," Hurley said. "However, we're determined to stay vital to those we serve all year long. In the larger picture, the question of where educational funding may or may not be coming from factored into our decision. Among its work plan adjustments, Light Bringer Project relocated two art programs this spring and added a summer program for school-aged youth at a community center. "We're making a difficult decision but a responsible one. We know how many people love the parade, so have no doubt we'll be back in full force."

The parade returned to the historic retail district in 2023 after appearing for many years in East Pasadena. The

Public Education and Community Engagement Grant Award – Jefferson Park



Director of Public Works, Greg de Vinck and Public Works Staff, on January 31 applied for funding from LA County's Safe, Clean Water Program (SCWP) to support outreach for the Jefferson Park Stormwater Capture Project, a proposed FY 2026 Capital Improvement Project. The application was approved in June and the city was awarded \$191,180 to fund community outreach and project visioning. This grant will support development of a comprehensive outreach plan to accompany the already funded Feasibility Study. The goal is to raise public awareness of SCWP and gather community input to help shape the proposed multi-benefit project at Jefferson Park.

Identified as a high priority in the City's Storm Drain Master Plan, the Jefferson Park project aims to improve local water quality and provide key co-benefits, including:

- Expanded green space and recreation areas
- Improved access and multi-use trails
- Educational and outdoor

classroom opportunities

- Community gardens, tree canopy, and urban greening

The Feasibility Study will evaluate both underground stormwater infrastructure and surface-level park enhancements. The SCWP grant will fund a parallel outreach effort focused on education, accessibility, and community participation. Activities will include multilingual community meetings, stakeholder engagement, school partnerships, surveys, and pop-up events.

"The city is committed to ensuring the final design reflects the needs and priorities of the Jefferson Park community. This grant supports that vision and lays the groundwork for a collaborative, community-driven approach to sustainable stormwater solutions."

Stay tuned for engagement opportunities later this summer. For questions or to express interest, contact the City's Stormwater Program Administrator at: swadministrator@cityofpasadena.net

Boxing Show Celebrates Thier 10th Anniversary

The City of Pasadena Parks, Recreation and Community Services Department is proud to present the 10th Annual Centennial Square Boxing Show, a lively evening of amateur boxing set against the stunning backdrop of the historic Pasadena City Hall. This free, family-friendly event will take place on Friday from 7-10 p.m. at Centennial Square, 100 N. Garfield Ave.

Now in its 10th year, the Centennial Square Boxing Show has become a beloved local summer tradition, drawing hundreds of spectators from across the region. This special decennial anniversary promises an electrifying lineup of Olympic-style bouts featuring male and female boxers ages 8 and older from all over Southern California. This event is open to the public and free to attend.

The Villa Parke Boxing Program will be represented by its own amateur boxers including: Marvin Gomez, Jessie Kang, Karl Ford, Adriana Nunez, Horacio Rosales, Christopher Cano, Michael Diaz, David Reyes, and Quinn Spear, who have committed their time, energy and passion to the sport through discipline and determination.

For more information visit: CityOfPasadena.net.

Pasadena to Hold Workshop for the 710 Stub Master Plan



City of Pasadena officials announced Monday that they are inviting residents to the next Community Engagement Workshop for the Reconnecting Pasadena Project on Saturday, September 13 from 10 a.m. - 1 p.m. at the Friendship Pasadena Church located at 80 W. Dayton St.

According to city staff the project is now in the document and refine phase, the third and final phase of the project for the 710 Master Plan. This workshop will include a presentation of the latest project design options and a moderated panel discussion featuring the project team and subject matter experts. The panel will provide an update on future possibilities for the 710 Stub including updated land use and circulation concepts and continue the discussion of potential restorative justice elements. Attendees will have an opportunity to engage with panelists and the project team during a moderated question and answer session.

The document and refine phase of the master planning effort will build upon community input gathered throughout the project to further evaluate the feasibility of design ideas. During this stage, the project team will explore key technical questions such as traffic solutions, land uses and density, and funding for future public amenities. This work will help shape the final recommendations for the project and ensure that proposed solutions are both achievable and align with community interests. The community's continued participation remains essential as we refine a path forward that reflects residents' priorities while meeting practical needs for long-term success.

For more information on the project and to RSVP for the community workshop, visit the project StoryMap, at: bit.ly/RpmpStoryMap. For questions or comments please contact, Senior Project Manager, Wendy Macias at wmacias@cityofpasadena.net.

Pasadena Brookside Park Stormwater Capture Project

The city of Pasadena is moving forward with the \$11 million Brookside Park Stormwater Capture Project, transforming Parking Lot I into an underground system that will capture and filter stormwater from over 1,100 acres. The water will be cleaned and used to recharge the Raymond Basin aquifer, boosting the city's local supply.

The design includes an 11-acre-foot subsurface infiltration gallery, along with bioswales, bioretention cells, and new shade trees to filter pollutants and enhance park space. Funded through Measure W and other sources, the project will improve water quality, reduce runoff pollution, and create greener public areas.

"We applaud this project and its goals, and encourage the City to keep the Arroyo's status as a National Register Historic District, nominated by Pasadena Heritage, front of mind throughout the design process," Pasadena Heritage officials said. "While the improvements do not appear to directly affect specific historic resources, above-grade changes will influence the visual environment. We've encouraged the city to engage an historic preservation consultant and involve the City's own Design and Historic Preservation Section of Planning in the design team to help ensure these changes are thoughtfully planned and any potential impacts are identified and mitigated."

For more information visit: cityofpasadena.net/public-works.

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

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NEWS BRIEFS

ASSEMBLYMEMBER HARABEDIAN’S STATEMENT ON THE DEATH IN MONROVIA FOLLOWING ICE OPERATION

(Monrovia, CA) - Assemblymember John Harabedian (D–Pasadena) issued the following statement regarding the fatal federal immigration raid in Monrovia on August 14:

“Plain and simple- this is chaos and cruelty.

America's promise has always been that if you work hard and contribute, you can build a better life. But under Donald Trump's barbaric policies, those same hard-working neighbors are hunted, detained, and—in this case—driven to a fatal end. We must demand accountability, put an end to these cold-hearted and dehumanizing tactics, and finally pass humane immigration laws that let people live and work without the constant threat of being torn from their families,” said Assemblymember John Harabedian (D–Pasadena)

More than 10 individuals were detained, a man lost his life, families were left grieving, and the community was shaken by this tragedy. The City of Monrovia confirmed they were not informed in advance of this federal operation. Reports indicate the man fled in fear of his life from the Home Depot parking lot, ran toward the 210 freeway, was struck, and died shortly after in the hospital.

Details about the incident continue to remain under investigation, and updates will be provided as more information becomes available.

Assemblymember John Harabedian represents the 41st District composed of the cities of La Cañada Flintridge, Pasadena, Altadena, Sierra Madre, Monrovia, Bradbury, San Dimas, La Verne, Claremont, Upland, Rancho Cucamonga, Oak Hills, Piñon Hills and Phelan.

OCEAN WATER USE WARNING FOR LOS ANGELES COUNTY BEACHES

The Los Angeles County Department of Public Health cautions residents who are planning to visit the below Los Angeles County beaches to avoid swimming, surfing, and playing in ocean waters:

BEACH AREA WARNINGS:

- Topanga Canyon Beach in Malibu
100 yards up and down the coast from the lagoon.
- Marie Canyon Storm Drain at Puerco Beach
100 yards up and down the coast from the public access steps.
- Santa Monica Pier in Santa Monica
100 yards up and down the coast from the pier.
- Ramirez Creek at Paradise Cove
100 yards up and down the coast from the pier.

These warnings have been issued due to bacterial levels exceeding health standards when last tested.

BEACH AREAS NOW CLEARED:

Warnings have been lifted for the following beach areas where recent sample results identified water quality levels within State standards:

- Inner Cabrillo Beach in San Pedro
- Castlerock Storm Drain at Topanga County Beach

Recorded information on beach conditions is available 24- hours a day on the County's beach closure hotline: 1-800- 525-5662. To view map of impacted locations and for more information please visit: PublicHealth.LACounty.gov/beach.

If you have any questions, please contact us at (626) 430-5360.

A MOUNTAIN VIEWS NEWS EXCLUSIVE*:



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

by: Lorie Veiner-Clause

“PREVENTING INJURIES”

Preventing injuries on the Camino. That’s a concept. Can it be possible? One can’t entirely be sure if an injury may or may not occur. Although, one can be as prepared as possible.

Having a first aid kit available in the backpack house is highly recommended.

A resident in my backpack house was a small red cosmetic bag to identify for quick emergency access.

Several items resided in my first aid kid. Band aids in all sizes. Various ointments for potential blisters and cuts. Vaseline. Small scissors. Nail clippers and file. Needle with thread attached. Safety pins in many sizes. Mini flashlight. Whistle. Hand sanitizer and wipes. Tissue. Face mask. Disposable gloves. Ace bandage which was my life saver. Compression knee brace support. I had 2. They were an active part of my daily attire. Many pilgrims used 2 trekking poles. I had never walked with trekking poles. No desire until this pilgrim had a foot injury.

No tripping. No falling. No twisting my foot.

The pain occurred after a few days of walking. Downhill uneven, rocky terrain. Stress and pressure utilizing my right foot was evident. My brain naturally responded. Pushing my body to the right as I am right-handed. The pain was excruciating. The color of purple surfaced on my foot from wet weather causing it to balloon with swelling.

Luckily, I had an ace bandage. My foot was wrapped daily.

A Camino Angel offered me one of her trekking poles. I was resistant to accepting it as it was another item I had to carry. Training my brain to walk with one pole. Balancing my body. It took time to acclimate with my small, petite body to hold the pole. The bright vertical orange pole became my new best friend. I was grateful to utilize it as a cane to support my balance and weight.

Blister prevention was a daily routine. Rubbing my feet, toes and in between each toe with moisturizer and Vaseline. I did this each morning before applying my socks and in the evening after I took a shower. This pilgrim had 0 blisters.

Did I officially start my Camino?

Buen Camino
#LoriesCaminoJourney #caminodesantiago #camino2025 #camino #caminofrances #caminodesantiagoofrances #caminopilgrim #caminoespiritual #americanpilgrims #caminodesantiagoallroutes #caminasabuddysystemforwomenonthecamino #americanpilgrimsonthecamino #pilgrimssofsantiago #womenonthecamino #lamarathon #parismarathon #parismarathon2025 #pasadenapacers #sierramadre #sierramadrecommunity #sierramadrecalif #sierramadrestrong #ilovesierramadre

SAN MARINO MOTOR CLASSIC
SOUTHERN CALIFORNIA’S PREMIER AUTOMOBILE SHOWCASE

Only four weeks until the 14th annual San Marino Motor Classic returns to Lacy Park on August 23-24, 2025. End the summer in style by joining us for this classy Classic weekend of events.

The San Marino Motor Classic is a prestigious Concours d’Elegance where many of the world’s finest classic cars are on display and are judged. This year there will be 35 very diverse car classes that will be of interest to everyone.

Cars are on display on Sunday, August 24th from 9:00am – 3:00pm. Bring the family to see automotive history and enjoy offerings from vendors, food trucks or the VIP area. General admission is \$45 in advance, \$50 event day – children under 12 are free. Purchase a VIP Ticket (\$175 – must be purchased in advance) and enjoy the VIP Reception, a great place to enjoy a gourmet lunch, adult beverage at the hosted bar and sit under umbrella covered tables and watch the awards presentation.

The 2025 Motor Classic weekend begins with the Symphony of Cars Gala, and the Automotive Fine Arts Society exhibit on Saturday, August 23rd.

The Automotive Fine Arts Society Annual Art Expo and Sale opens on Saturday afternoon from 4:00PM to 6:00PM.

Twelve automotive artists will display their artwork, that is available for purchase. Admission is FREE! Wine and snacks will be served.

The elegant Symphony of Cars Gala will be held on Saturday evening, August 23, 2025 at 6:00PM. This event includes a hosted cocktail hour, the Symphony of Cars presentation of 16 cars that will be described, along with the playing of a musical composition written in the year of the car’s manufacturer.

Following the presentation will be a three-course gourmet dinner with paired wines. The cost is \$300.00 per person – must be purchased in advance. The proceeds benefit Cancer Support Community of the Greater San Gabriel Valley.

The Motor Classic a non-profit organization that raises and donates funds to Charities. A winning combination: a wonderful event that supports our community. Become a Sponsor or Donor and support charities.

Motor Classic Beneficiaries - Pasadena Humane Society, Cancer Support Community of the Greater San Gabriel Valley, San Marino Rotary Charities, Give Mentor Love Foundation, Shriners Hospital for Children, Rose Bowl Aquatic Center.

For further information, and to purchase tickets, see our web site. <https://sanmarinomotorclassic.com>



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Sierra Madre Playhouse




**HOUSE
ON FIRE**

& FRIENDS

August 17, 2025
7:30 PM

with Richard An, Wells Leng, Andrew Anderson,
Carolyn Chen, Elise Ming Chu Roy, & Kevin Good

TIX \$12-35: sierramadreplayhouse.org/music

Altadena Community Meeting

Join us for the latest information on recovery resources for the Altadena community.

**Monday, August 18, 2025
at 4:00 PM**

To watch the meeting, tune in here:
youtube.com/@CountyofLosAngelesNewsroom

Tune into the Zoom meeting:
bit.ly/40yMyHJ

For information: recovery.lacounty.gov/altadena

7/27/25 JCM, 881425

EMERGENCY PROTECTIONS IN PLACE UNTIL OCTOBER 1, 2025 FOR SHORT-TERM RENTALS, HOTELS, AND MOTELS

To support wildfire survivors and ensure access to emergency housing, Executive Order N-28-25 extends tenancy and occupancy protections to October 1, 2025 for people displaced by the wildfires.

The Order allows wildfire evacuees to continue to be considered short-term occupants rather than tenants when they stay beyond 30 days in short-term rentals, hotels and motels.

Contact the Los Angeles County Department of Consumer & Business Affairs' Housing and Tenant Protections team at 800-593-8222 if you have questions.

U.S. ARMY CORPS OF ENGINEERS APPROACHES COMPLETION OF PHASE 2 OF FIRE DEBRIS REMOVAL

Phase 2 of the debris removal government program for the Eaton and Palisades Wildfires is almost complete. This has been a massive undertaking by the U.S. Army Corps of Engineers and contractors.

SOUTHERN CALIFORNIA EDISON ANNOUNCES WILDFIRE RECOVERY COMPENSATION PROGRAM FOR EATON FIRE, LAUNCHING THIS FALL

Southern California Edison in late July, announced the Wildfire Recovery Compensation Program- link opens in new window that will offer a streamlined approach to quickly compensate those impacted by the Eaton Fire. Launching this fall, the voluntary, comprehensive claims program will provide direct payments and fast resolutions to eligible individuals and businesses. This includes owner and renter claims for total and partial structure loss, commercial property loss, business interruption, smoke and ash, physical injury and fatalities.

“Community members shouldn’t have to wait for the final conclusions in the Eaton Fire investigation to get the financial support they need to begin rebuilding,” said Pedro J. Pizarro, president and CEO of Edison International, SCE’s parent company. “Even though the details of how the Eaton Fire started are still being evaluated, SCE will offer an expedited process to pay and resolve claims fairly and promptly. This allows the community to focus more on recovery instead of lengthy, expensive litigation.”

SCE is working with Kenneth R. Feinberg and Camille S. Biros — world leaders in compensation fund design and administration — to consult on the design of this program. Feinberg and Biros have over 35 years of experience in mediating and resolving thousands of complex disasters and advocating for those impacted. This includes their work with the September 11th Victim Compensation Fund of 2001 and the design of many similar programs.

“The goal for SCE’s Wildfire Recovery Compensation Program is to model the program after several successful direct claims programs we have designed,” said Feinberg. “These programs can quickly and fairly compensate individuals and businesses that have experienced losses resulting from these tragic events.”

While Feinberg/Biros will continue to consult through the launch and implementation of the program, they will not be involved in the review of claims or program administration.

Participation will be voluntary for community members, with no application fees, administrative costs or legal fees charged by SCE to participate. The program will be designed to easily, quickly and equitably compensate community members who qualify — including those with insurance and renters. Participation in the program is possible with or without an attorney. The program is expected to operate through 2026. More details on eligibility, documentation and residency verification requirements will be shared later this summer. As part of the development process, SCE will engage stakeholders, including plaintiff attorneys and elected officials, to gather input on the program before it is finalized.

“The architecture and timing of the SCE direct claims program will be instrumental in efficiently managing funding resources, mitigating interest costs and minimizing inflationary pressures so funds can address actual claims and fairly compensate community members for their losses,” added Pizarro.

SCE has served the Altadena community for nearly 140 years and is investing in long-term infrastructure improvements. This includes plans to underground 63 circuit miles of distribution lines, evaluating an additional 19 miles and upgrading infrastructure to accommodate more customer demand. The company continues to deploy advanced grid technologies – such as automation to enhance equipment maintenance, isolate disruptions and restore service faster. These efforts reflect SCE’s broader commitment to building a more resilient and reliable clean energy future.

About Southern California Edison

An Edison International (NYSE: EIX) company, Southern California Edison is one of the nation’s largest electric utilities, serving a population of approximately 15 million via 5 million customer accounts in a 50,000-square-mile service area within Central, Coastal and Southern California.

FEMA SUPPORT ENDS AS DISASTER CASE MANAGEMENT PROGRAM CONTINUES AT REBUILDING CENTER

LOS ANGELES – As the demand for in-person services has decreased over time, the Federal Emergency Management Agency’s (FEMA’s) in-person presence will end at 5 p.m. July 31, 2025, at the One Stop Rebuilding Center. The California Governor’s Office of Emergency Services (Cal OES) and the Small Business Administration (SBA) continue to provide support and remain available at the center, located at:

One Stop Rebuilding Center – LA City
1828 Sawtelle Blvd.
Los Angeles, CA 90025
Monday-Friday: 9 a.m. – 5 p.m. Closed weekends.

Services from Cal OES, FEMA and SBA will maintain in-person support for survivors at the Altadena Community Center, located at:

Altadena Community Center – LA County
730 E. Altadena Dr.
Altadena, CA 91001
Monday-Friday: 9 a.m. – 5 p.m. Closed weekends.

To contact FEMA and stay in touch, visit DisasterAssistance.gov.

To speak with a FEMA specialist directly call the FEMA Helpline at 800-621-3362. If you use a video relay service, captioned telephone service, or other communication services, please provide FEMA the specific number assigned for that service. Lines are open daily from 4 a.m. to 8 p.m., seven days a week.

YOUR AD COULD BE HERE!
Call Patricia 626-818-2698



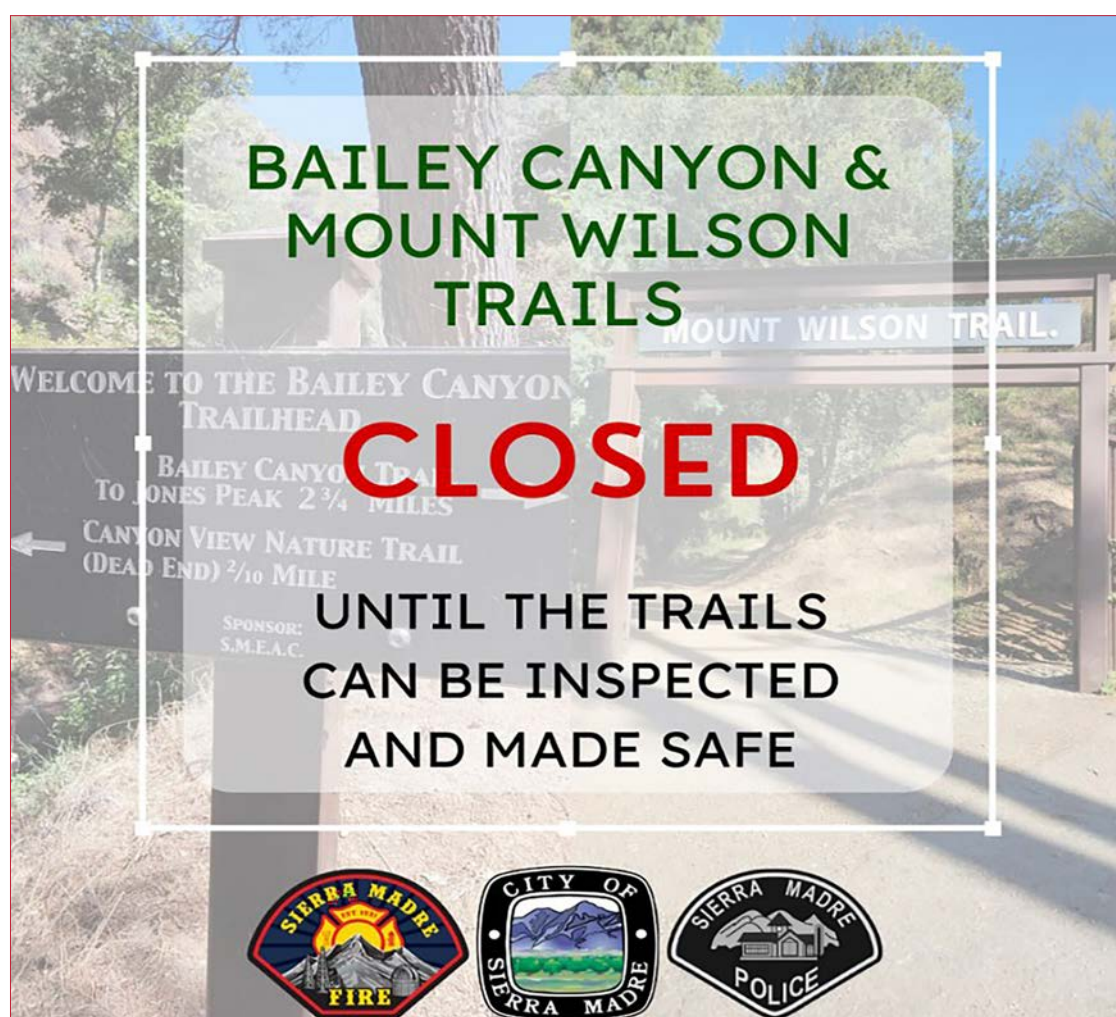
After **Eaton Fire** What Can I Do to Help?

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>




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PASADENA Unified School District
Our Children. Learning today. Leading tomorrow.

Dear PUSD Community,

The first day of school for Pasadena Unified students is Monday, August 18, and we are excited to welcome new and returning families! The 2025-2026 school year brings fresh energy, new opportunities, and a shared commitment to bright futures for our students.

Our theme this year, The Power of PUSD: Rising Together, reflects the unity and strength of our students, families, staff, and community. After the Eaton fire, we’ve worked hard to restore school communities and ensure that students return to welcoming campuses.

We’re focused on advancing learning in literacy and math and expanding college and career readiness in schools that prioritize the well-being of our students.

Our schools offer innovative programs including dual language immersion in four languages, STEM, arts, International Baccalaureate, dual enrollment in college courses, Advanced Classes, and career technical education. This year, we’re launching an Immersive Storytelling Academy for middle school students. We’re also welcoming more than 550 new Transitional Kindergarten students and their families.

Academic excellence and student well-being remain top priorities. We’re expanding mental health services and ensuring every student feels seen, supported, and valued. PUSD educators and staff return this week for a “Launch into Wellness” to prepare for the year ahead.

We’ve also taken steps to ensure campuses remain safe and welcoming for all families, including guidance on federal immigration enforcement. For more information, please visit pusd.us/immigrationresources.

Despite the hardships of last year, our students excelled in academics, athletics, and the arts. They made notable growth on state tests. Four schools were named California Distinguished Schools, and our graduates earned the International Baccalaureate Diploma, the state Seal of Biliteracy, and both high school diplomas and associate of arts degrees.

We’re proud of them and excited about the possibilities of the new school year.

Sincerely,

Elizabeth Blanco, Ed.D.
Superintendent

SCHOOL DIRECTORY

<p>Alverno Heights Academy 200 N. Michillinda Sierra Madre, Ca. 91024 (626) 355-3463 Head of School: Joanne Harabedian E-mail address: jharabedian@alvernoheights.org</p> <p>Arcadia Christian School 1900 S. Santa Anita Avenue Arcadia, CA 91006 Preschool - TK - 8th Grade 626-574-8229/626-574-0805 Email: inquiry@acsliions.com Principal: Cindy Harmon website: www.acsliions.com</p> <p>Arcadia High School 180 Campus Drive Arcadia, CA 91007 Phone: (626) 821-8370, Principal: Brent Forsee bforsee@ausd.net</p> <p>Arroyo Pacific Academy 41 W. Santa Clara St. Arcadia, Ca, (626) 294-0661 Principal: Phil Clarke E-mail address: pclarke@arroyopacific.org</p> <p>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/</p> <p>Barnhart School 240 W. Colorado Blvd Arcadia, Ca. 91007 (626) 446-5588 Head of School: Tonya Beilstein Kindergarten - 8th grade website: www.barnhartschool.org</p> <p>Bethany Christian School 93 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-3527 Preschool-TK-8th Grade Principal: Jonathon Hawes website: www.bcsliions.org</p> <p>Clairbourn School 8400 Huntington Drive San Gabriel, CA 91775 Phone: 626-286-3108 ext. 172 FAX: 626-286-1528 E-mail: jhawes@clairbourn.org</p> <p>Foothill Oaks Academy 822 E. Bradbourne Ave., Duarte, CA 91010 (626) 301-9809 Principal: Nancy Lopez www.foothilloaksacademy.org office@foothilloaksacademy.org</p> <p>Frostig School 971 N. Altadena Drive Pasadena, CA 91107 (626) 791-1255 Head of School: Jenny Janetzke Email: jenny@frostig.org</p> <p>The Gooden School 192 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-2410 Head of School, Jo-Anne Woolner website: www.goodenschool.org</p>	<p>High Point Academy 1720 Kinneloa Canyon Road Pasadena, Ca. 91107 Head of School: Gary Stern 626-798-8989 website: www.highpointacademy.org</p> <p>La Salle College Preparatory 3880 E. Sierra Madre Blvd. Pasadena, Ca. (626) 351-8951 website: www.lasallehs.org Principal Ernest Siy</p> <p>Monrovia High School 325 East Huntington Drive, Monrovia, CA 91016 (626) 471-2800 Principal: Lauren Jackson Email: schools@monrovia.k12.ca.us</p> <p>Odyssey Charter School 725 W. Altadena Dr. Altadena, Ca. 91001 (626) 229-0993 Head of School: Lauren O’Neill website: www.odysseycharterschool.org</p> <p>Pasadena High School 2925 E. Sierra Madre Blvd. Pasadena, Ca. (626) 396-5880 Principal: Dr. Eric Barba website: http://phs.pusd.us</p> <p>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</p> <p>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</p> <p>Sierra Madre Middle School 160 N. Canon Sierra Madre, Ca. 91024 (626) 836-2947 Principal: Garrett Newsom E-mail address: newsom.garrett@pusd.us</p> <p>Walden School 74 S San Gabriel Blvd Pasadena, CA 91107 (626) 792-6166 www.waldenschool.net</p> <p>Weizmann Day School 1434 N. Altadena Dr. Pasadena, Ca. 91107 (626) 797-0204 Lisa Feldman: Head of School</p> <p>Wilson Middle School 300 S. Madre St. Pasadena, Ca. 91107 (626) 449-7390 Principal: Ruth Esseln E-mail address: resseln@pusd.us</p> <p>Pasadena Unified School District 351 S. Hudson Ave., Pasadena, Ca. 91109 (626) 396-3600 Website: www.pusd@pusd.us</p> <p>Arcadia Unified School District 234 Campus Dr., Arcadia, Ca. 91007 (626) 821-8300 Website: www.ausd.net</p> <p>Monrovia Unified School District 325 E. Huntington Dr., Monrovia, Ca. 91016 (626) 471-2000 Website: www.monroviaschools.net</p> <p>Duarte Unified School District 1620 Huntington Dr., Duarte, Ca. 91010 (626) 599-5000 Website: www.duarte.k12.ca.us</p>
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BACK TO SCHOOL SAFETY



As we get ready to begin the 2025-2026 school year, here are some tips to keep our scholars safe!



PEDESTRAIN SAFETY

- Always use sidewalks and crosswalks; avoid jaywalking.
- Obey all traffic signals and crossing guards.
- Walk—don’t run—across streets, and never assume a driver sees you. Make sure that you look to your left and right TWICE.



SCHOOL BUS SAFETY

- Stand back from the curb while waiting for the bus.
- Never walk behind a school bus; always cross in front, at least 10 feet away.
- Remain seated and follow the driver’s instructions at all times.



BICYCLE & ELECTRIC SCOOTER SAFETY

- Always wear a properly fitted helmet and use hand signals.
- Ride in the same direction as traffic and follow all traffic laws.
- Stay alert—avoid using headphones or mobile devices while riding.



DRIVER AWARENESS

- Slow down—obey posted school zone speed limits.
- Be alert for children walking, biking, or darting out between parked cars.
- Never pass a vehicle stopped for pedestrians or a school bus with flashing red lights.

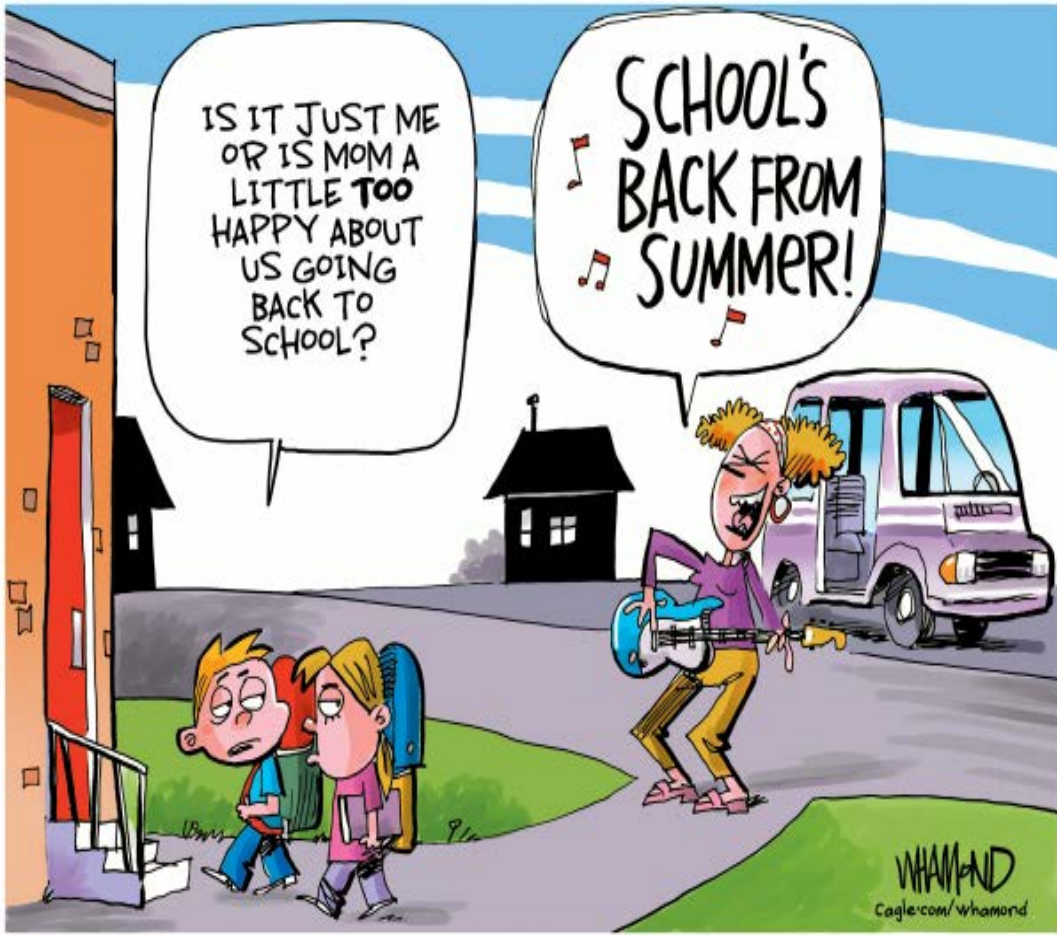
Contact the Sierra Madre Police Department at



(626) 355-1414



In an emergency, call 9-1-1



Back to school refresher course ... for drivers ...





MOFFETT'S FAMILY RESTAURANT
– ARCADIA'S 50-YEAR COMFORT FOOD GEM

Right across Baldwin Avenue from one of my longtime favorites, Provence Café, sits a spot that somehow managed to escape my fork for decades: Moffett's Family Restaurant. They've been here since 1975, which makes this year their golden 50th anniversary. My first visit is a real head-scratcher—especially since Juan has been cooking here for 45 years. Now he and his daughter Sandra own and run the place together, keeping the tradition alive and thriving.

Every restaurant worth its salt has a signature dish. At Moffett's, it's the chicken pot pie. And let me tell you—so good, so good. I ordered mine mostly à la carte, and Adriana, our server, suggested the dark meat. Spot on. It came with a side of freshly cut carrot salad that gets two thumbs up from this guy.

Sure, they have breakfast down pat, but for me, wherever you're reading this, Moffett's is a must-visit for lunch. My early lunch companion went for the beef dip sandwich. He raved about it, and the small bite I managed to steal told me he was right. Still, the chicken pot pie reigns supreme here—creamy, comforting, and perfectly flaky.

Take a listen to my last few podcasts, wherever you like podcast, tunein, spotify, just type in Peter Dills and add me as a follow on Facebook, email me thechefknows@yahoo.com

And here's a tip from my Facebook friend Raquel McLaughlin: Moffett's makes their soups fresh daily. I didn't try one on this visit, but it's now on my list for next time. Between the warm service, the made-from-scratch classics, and that unmistakable feeling of stepping into a neighborhood institution, this is the kind of place that makes you feel like a regular—even on your very first visit.

With half a century of history behind them, Juan and Sandra have kept the family-friendly, welcoming spirit alive. If you haven't been yet, don't wait another four decades like I did. Here's to another 50 years of Arcadia comfort food at its finest.

IN SUMMARY:

- Signature Dish –

Runner-Up –

Bonus –

Vibe –

Service –

Peter's Tip –

Verdict –
- Chicken Pot Pie (dark meat recommended)

Beef Dip Sandwich

Fresh soups made daily (thanks, Raquel!)

Classic comfort food, family-owned since 1975

Friendly and on-point (thanks Adriana!)

Go for lunch, but breakfast fans will be happy too

A must-visit in Arcadia, right across from Provence Café

MOFFETT'S 1409 S. Baldwin Arcadia (626) 447-4670 call for times and details



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

LAST WEEK'S CROSSWORD SOLUTION:

C	A	R	D			C	O	P			H	I	R	E
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ALL THINGS by Jeff Brown

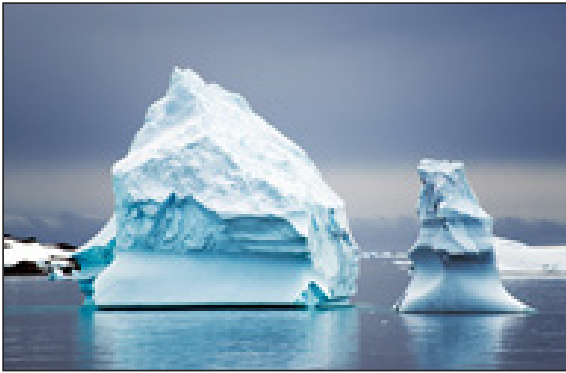
WITH HER OWN HANDS: WOMEN WEAVING THEIR STORIES BY NICOLE NEHRIG

A rich and intimate exploration of how women have used textile work to create meaningful lives, from ancient mythology to our current moment. In this captivating work, psychologist and knitter Nicole Nehrig delves into the myriad ways that art forms such as knitting, sewing, and embroidery were and continue to be liberating for women. Spanning continents and centuries, Nehrig brings together remarkable stories of women, from an eighteenth-century Quaker boarding school that used embroidered samples to teach girls math and geography to the Quechua weavers working to preserve and revive Incan traditions today, and from the Miao women of southern China who, in the absence of a written language, pass down their histories in elaborate “story cloths” to a midcentury British women’s postal art exchange. Throughout history, textiles have been a way for women to explore their intellectual capacities, seek economic independence, create community, process traumas, and convey powerful messages of self-expression and political protest. With Her Own Hands is a celebration of women who have woven their own stories and created objects of beauty and significance to bring them through hardships.



SATELLITES DETECT HISTORIC TURNAROUND IN ANTARCTIC ICE MASS

Something extraordinary happened at the bottom of our planet between 2021 and 2023 that left scientists completely speechless. The ice sheet gained approximately 108 gigatons per year — a historic turnaround after decades of relentless ice loss. This wasn't just a minor blip in the data — we're talking about the first time in generations that Antarctica actually gained substantial ice mass instead of losing it. Researchers from Tongji University, led by Dr. Wei Wang and Professor Yunzhong Shen, have documented these dramatic fluctuations using data from the GRACE (Gravity Recovery and Climate Experiment) and GRACE-FO satellite missions. These sophisticated satellites essentially weigh Antarctica from space by detecting tiny changes in Earth's gravitational field, giving scientists an unprecedented view of ice mass changes.



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THE GROWING NEED FOR SENIOR CARE: WHAT TO KNOW ABOUT HIRING A CAREGIVER

As the population ages, more families are facing the challenge of caring for elderly loved ones. With many seniors wishing to age in place, hiring a professional caregiver is becoming an increasingly common—and necessary—solution.



Senior care needs vary widely, from help with daily activities like bath-ing, dressing, and cooking, to more specialized medical support. Hiring a caregiver allows seniors to maintain their independence while receiving the care they need in the comfort of their own homes.

“The key is to match the right caregiver with the right senior,” says Linda Morris, director of a local home care agency. “It’s not just about quali-fi-cations. Compatibility, personality, and trust are just as important.”

When hiring a caregiver, families can go through an agency or hire pri-vately. Agencies typically handle background checks, training, and in-surance, offering peace of mind. Private hires can be more afford-able but require more responsibility from the family, including vetting and payroll management. Experts recommend conducting thorough interviews, checking refer-ences, and discussing expecta-tions clearly before hiring. It’s also im-portant to observe how the caregiver interacts with the senior. A trial pe-riod can help ensure a good fit.

“Don’t wait until a crisis happens,” advises Morris. “Start planning early and include your loved one in the decision-making process. It helps maintain their dignity and comfort.”

As demand for in-home care grows, so does the importance of choosing qualified, compassionate care-givers. With the right support, seniors can continue to lead safe, fulfilling lives at home—surrounded by familiarity and care.

For families navigating this journey, resources such as local aging agen-cies, senior centers, and online caregiver directories can provide guid-ance and support.

TIPS AND TREATMENTS FOR RESTLESS LEG SYNDROME

Dear Savvy Senior,
What can you tell me about restless leg syn-drome? Over the past year or so I've developed an uncontrollable urge to move my legs be-cause of an annoying tingling sensation, and it's keeping me awake at night. Always Tired



Dear Tired,
If an irresistible urge to move your legs has you kicking in your sleep, then chances are pretty good you have rest-less leg syndrome (or RLS), a condition that affects about 7 to 8 percent of Americans. Here’s what you should know.

RLS, also known as Willis-Ekbom Disease, is a nervous system problem that causes unpleasant or uncomfortable sensations (often described as a creepy-crawly, tingling, itching, aching throbbing, pulling or electric feeling) and an irresistible urge to move one or both legs while you’re sitting or lying down, and the symptoms usually get worse with age. It typically happens in the evenings or nights while resting. Moving eases the unpleasant feeling temporarily.

While RLS is not a life-threatening condition, the main problem, other than it being uncomfortable and annoy-ing, is that it disrupts sleep, leading to daytime drowsiness, difficulty concentrating and even depression.

What exactly causes RLS is not known, but researchers suspect it could be linked to several things including iron deficiency, an imbalance of the brain chemical dopamine, and genetics – about 60 percent of people with RLS have a family member with the condition.

Treatments

While there’s no cure for RLS, there are things you can do to alleviate the symptoms. The first line of defense is usually to avoid certain substances like alcohol, caffeine, nicotine and refined sugar, which can aggravate the problem.

Certain drugs including antinausea drugs, antipsychotic drugs, some antidepressants, and cold and allergy medi-cations containing sedating antihistamines can also make RLS worse. If you take any of these medications, ask your doctor or pharmacist if something else can be taken.

Iron and magnesium deficiencies are also believed to be contributors to RLS, so make an appointment with your doctor and get a blood test to check for this. If you test positive for iron and/or magnesium deficiency, your doc-tor may recommend supplements.

You may also benefit from self-care treatments such as leg/calf stretches and massage, hot baths or applying hot or cold packs to the affected area. Pressure can also be effective for some people, so you may want to try wearing compression socks.

Getting moderate, regular exercise like walking, cycling, water aerobics and yoga can relieve symptoms too, but overdoing it or exercising late in the day may intensify them.

Medications

If the previously listed tips and self-treatments don’t reduce your RLS, there are various medications your doctor can prescribe that can help, including:

Anti-seizure drugs: These medications affect nerve cell activity to reduce symptoms. Examples include gabapen-tin enacarbil (Horizant), gabapentin (Neurontin) and pregabalin (Lyrica).

Dopaminergic medications: These drugs, which are taken before bedtime, work by increasing dopamine, a chemical in the brain which helps reduce RLS. Examples are ropinirole (Requip), pramipexole (Mirapex), and the transdermal patch rotigotine (Neupro). But be aware that while these drugs, taken short-term are effective, long-term use can make symptoms worse.

The anti-seizure medicines have become a first-choice drug treatment option for most doctors because they seem to be as effective as the dopaminergic medications, with fewer side effects.

Sometimes, other medications like benzodiazepines – alprazolam (Xanax), clonazepam (Klonopin), diazepam (Valium) – may be prescribed for more restful sleep, but they don’t eliminate the leg sensations, and they can be addictive so it’s best to avoid them if possible.

For more information, visit the Restless Legs Syndrome Foundation at RLS.org.

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

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OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

PRACTICE DOESN'T ALWAYS MAKE PERFECT

This month The Gracious Mistress of the Parsonage and her amazing husband will celebrate 54 years of marital bliss. I can’t believe how fast the time has gone. It only seems like yesterday that we got married. Maybe that’s the benefit of getting old.

I remember the beginning of our life together. I went to a Bible college to prepare for the pastoral ministry, and that’s where I met her.

As a young person, I had no qualities when it came to dating. Up until I met this young lady, I had never dated in my life. My parents planted the seed in my mind that most girls had cooties. I didn’t know what that meant, but I wasn’t going to explore it. I just stayed away from girls.

In going to college, my one prayer was that God would lead me to the young lady who would be my wife in my pastoral ministry. I had no way of choosing who that would be. With no dating ex-perience, I just let it in God’s hands. I was still nervous.

The first day of Bible college is when I met her, but I tried to dismiss it because it was just the first day. In classes, we crossed paths almost every day. Then one of the men in the men’s dorm invited me to go out with him and his girlfriend for dinner one night. He said his sister would be coming along if I didn’t mind. Well, I didn’t mind, so we went out together. Guess who it was?

That was the beginning. Slowly, we began seeing each other, and then one day it hit me like a pie in the face. I started thinking that maybe I was dating a girl for the very first time. It took me some time to get over that thought, and it made me wonder about certain things.

When I began to realize that we are actually dating, a thought came to my mind I had never thought before in all my life. What if, and I thought about this very seriously, but what if she expected me to kiss her?

I almost passed out when that thought run through my brain. I’ve never kissed anybody in the world, and nobody’s ever kissed me. Well, except for my dog Sparky. But outside of that, I have been kiss-free all my life. I did not know how to handle it if it got to that point.

Maybe I should begin practicing kissing. I didn't know how to do it, and I sure wasn't going to ask anybody in the men's dorm about this subject.

One morning, I walked into the bathroom and looked in the mirror, and there I saw it. I saw how I could begin to practice kissing by using the mirror.

In the morning, I would go in and practice kissing myself in the mirror over and over again. Then, in the evening before going to bed, I would go into the bath-room and stand in front of the mirror and kiss myself over and over again.

I’m not sure how long I was doing this, but I did not have confidence I was learn-ing how to kiss anybody. I can hardly kiss myself in the mirror and get away with it.

I always heard that practice makes perfect, and so I practiced, and practiced, and practiced as much as I could. I had no confidence I had perfected any kissing.

Up until now, I have never told anybody about this aspect of my life. After all, who would I tell? And, who would believe me?

Keeping to my diligence, I practiced this kissing procedure day after day. I had to be very careful I didn’t get caught in the dorm, because how would I explain what I was doing? Some things are bet-ter left secret.

As our dating got a little more serious, I got a little more nervous. There was going to come a time when she would expect me to give her a kiss good night. Oh boy. How do you fix such a situation in life?

Even now, I’m not exactly sure when it took place. But there was one date that I took her to the la-dies' dorm and walked her to the door, and before I knew it, we kissed. I still don’t know if I kissed her or if she kissed me. The only thing I remember was that woozy feeling I had following that kiss.

Not all my practice in the bathroom mirror prepared me for what I experienced. After that experience, I guess we kissed a lot, but once I was over that first one, everything else seemed to fall in place.

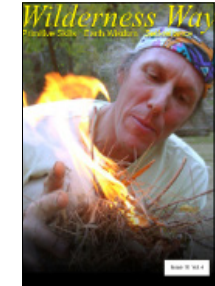
I must say that all my practicing did not prepare me for what I expected to hap-pen. The more I practiced, the less prepared I became.

A verse of Scripture came to mind along this line. The Apostle Paul writers in 2 Timothy 2:15, “Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly di-viding the word of truth.”

In my life I have learned that preparation and practice is important. I personally like the phrase, “a workman that needeth not to be ashamed.” I need to work at my life and not assume things will be OK.

I need to prepare my heart for what God has next for me.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Par-sonage. Telephone 1-352-216-3025, e-mail jamesnsnyder51@gmail.com, website www.jamesnsnyderministries.com



CHRISTOPHER Nyerges

[Nyerges is the author of “How to Survive Anywhere,” “Extreme Simplicity,” “Til Death Do Us Part?” and other books. He can be reached at www.SchoolofSelf-Reliance.com or Box 41834, Eagle Rock, CA 90041]

RAINDANCE: ARE THEY REAL?

[The following is an excerpt from Christopher Nyerges’ book, “Squatting in Los Angeles: Life on the Edge,” which is available on Kindle or from the store at www.SchoolofSelf-Reliance.com.]

The event I’m about to describe happened over 40 years ago this week! It seems like a life-time ago! It was Tuesday, August the 14th, 1984, the second to last day of a two week period that I’d be working with some of the children at the day camp sponsored by the City of Pasadena. After their lunch, I began by showing my group of children some wild edible plants that I brought to the camp.

Next we practiced some Indian sign language of the Plains, something I did every day.

Then I demonstrated how to make soap by wetting a few of buffalo gourd leaves and then vigorously rubbing them between my hands. Each child then made soap from this plant and in their very excited way they cleansed their hands, splashing and yelling as they did so.

The day before, I’d hinted that we might do a rain-dance, and now, as the children were re-turning to their circle, a few were now asking with their eager voice, “Are we going to do the rain-dance now?” I explained that a rain dance is actually not just one thing, and that it could take many forms and is usually a part of a larger ceremony.

I didn’t have a specific “formula” or procedure, but rather I was attempting to share several key elements with the children, elements that I learned from native elders.

I removed my hand-made clay pipe from its container and filled it with tobacco. I carefully lit it and puffed on it. Once the pipe was smoking well, I stood in the center and blew smoke to the four directions and to the sky and to the earth. I explained to the children that I was offering my smoke as a way of giving respect and thanks, in an attitude of humility. The children watched in awe with wide eyes.

Then I passed the pipe around the circle for each child to take a little puff. Each child nervously smoked the pipe as it went around, and I told them not to inhale. I explained as we did this that the smoking of the pipe was a traditional sign of our friendship and unity. Then, put the pipe away, and we all danced in a circle, clapping, and chanting a simple rain chant that I led. Then everyone let up a cheer for rain. It was all very simple, basic, and organic.

My time with the children was over and they all departed for their next session.

“Is it really going to rain?” a few children curiously asked me as they departed.

“Of course,” I replied with assurance. “It will rain by Saturday.” But I really had no idea whether or not this would be “effective,” and I’d not checked any weather patterns. For that matter, I’d not even planned to do the rain dance until that morning.

A heavy rain fell early the following morning.

By the time I arrived at the day camp on noon Wednesday, our last day, only a drizzle continued to fall, and most of the day camp activities had been moved indoors.

Some of the children yelled out to me: “We made rain! We made rain!” I quickly pointed out that we didn’t make anything. Rather, I told them, our request was answered.

A few children asked with open eyes, “It rained from our rain dance, didn’t it?” I answered what I believed to be true. “Yes,” I told them, while I could see the other counselors smiling and rolling their eyes.

Pursuing the premise that there was a relationship between the dance and the rain, I attempted to delineate my learning:

- 1) We washed ourselves before our little ceremony.
- 2) We requested rain in an attitude of humility.
- 3) We shared the pipe in a posture of unity and friendship.
- 4) We sang, chanted, and danced our ceremony not “by the book” but with feeling.
- 5) And perhaps most important, the ceremony was conducted by children. These children were young enough to still be uncorrupted by the limitations of adult minds. They had never been told that they couldn’t invoke rain. So I believe that the innocence and lack of prejudice on the children’s part was a key factor in the apparent “success” of our rain dance.

I found that this episode forced me to look at myself and the world very differently. What had happened here? It was the middle of August when there is usually no precipitation, and rain came within 15 or so hours of doing a rain dance.

This led me to research the many recorded episodes of rain-making and rain ceremonies among Native American traditions, and try to find some common elements. Eventually, I compiled a file full of newspaper accounts and interviews and book excerpts all about rain ceremonies, and later presented that in a lecture.

The more I looked into it, and inquired, the key idea to keep in mind was that personal attitude was the essential ingredient, and that “asking for” or “praying for” rain was inaccurate. It also became clear to me that it is actually a blessing that most people are unaware that they have such a power over the elements of nature. You could say that our ignorance protects us from the irresistible urge to abuse such ability.

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BEST FRIENDS & MORE

Katnip News!



What a great change in this boy! Shy and hissy at first, now walking with confidence and asking to be petted! And did you see how gorgeous he is? Mostly an Abyssinian coat, with white bib and paws. So handsome! He'd probably be best by himself as long as you're around a lot. He got along well with 2 other male cats at our rescue. He loves food and treats, so that will help win over any shyness he might feel at first. Must see him in person to fall in love! Apply to meet him at <https://www.lifelineforpets.org/mr-clarence.html>. Go there and see his video and more pix of him, including his awesome tail! He's 4 years old. Fully vetted upon delivery.



FOLLOW UP ON MR. CLARENCE!



Pet of the Week

Ernest is a handsome two-year-old brindle Mastiff at Pasadena Humane with a gentle soul and a heart full of love. He arrived at Pasadena Humane as a stray back in May and has been patiently waiting for the perfect family to come along ever since.

Despite his size, Grant is a big softie. He already knows a few basics like sit and shake, and he's always eager to show off his tricks, especially if there's a treat or praise involved. One of his favorite things is leaning in close for head scratches, and once you start, he'll happily soak up every bit of affection.

Spend a little time with Ernest and it's clear he's more than just a good-looking pup; he's a total love bug who's ready to find a home where he can relax and be loved as the only dog in the household. In return, expect lots of love in return! Pasadena Humane is participating in NBCUniversal's Clear the Shelters campaign; on Saturday, August 16 from 10am to 2pm, adoption fees will be waived for all available dogs, cats, and critters.



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

STUART TOLCHIN



IS IT IMPORTANT THAT HUMAN BEINGS SURVIVE?

Sometimes I wonder. Actually, I often find hummingbirds more interesting. Just now I was out on our deck in the 90 degree weather sitting watching numerous hummingbirds floating in and visiting our hummingbird feeder. Right in front of my eyes as they descended from the sky they seemed to change color. Luckily I had my trusty iPhone nearby. I went inside and found the google app, pushed a button and read, "Yes, hummingbirds can appear to change color, but it's not a true color change. It's an optical phenomenon called incandescence where the angle of light hitting the feathers causes them to reflect different colors."

Magic isn't it? But what I quickly realized as I read more about hummingbirds was how amazing and interesting human beings are. Today with the press of a button one can learn almost everything one would ever want to know about most everything. In fact as I say this I realize that even more than I enjoy watching hummingbirds I enjoy watching little human children from infants to toddlers and even six year olds like my granddaughter. After six I think the kids get less interesting as they are more controlled and have absorbed many adult rules whether they follow them or not.

It is the freedom of the very young that is so beautiful but it is the miracle of their and our consciousness that is a unique miracle. Human minds 'eye have created Artificial Intel-ligence and the technology and scientific advancement that has made it possible for the world population of 8.2 billion people to survive. (Yes, I just looked that up on google.} My point is that I wish that wonderful human intelligence could now be used to make all of our lives a little more secure, a little more safer, a little less crazy.

Isn't it possible to establish a world where people do not go to war? A world where people do not act violently injuring their supposed enemies along with their former lovers and their children? I am not asking that technology be advanced so as to eliminate our individual deaths. In fact, most of us accept the inevitability of our death but just have trouble enjoying our life. For me, at my advanced age of 81, I am happy to have survived this long

PUT THE LIGHTS ON

but this particular era is very troubling. It seems clear that there are sufficient resources such that no human should go hungry every day. There are huge differences between the very rich and the rest of us. Economic inequality has substantially increased worldwide and the rich use their money to make more money and ignore other concerns. According to google, global warming will increase and lead to even greater warming which will affect public health, infrastructure and agriculture.

I wish that our wonderful human consciousness with the assistance of human created artificial intelligence would focus more on the climate crisis but I am aware that what is necessary for long term changes threatens the interest of the money making companies in the short term and that these companies influence, even dominate, the governing officials of the various world nations. Recently, I have become aware that research that would potentially eliminate certain diseases and conditions like diabetes and dementia, and a multitude of others is not being done because powerful pharmaceutical and medical concerns garner so much money from continual prescriptions and medical procedures. This flow of money would stop if the diseases were eliminated.

I wish that the countries of the world would act like nurturing mothers and tend to the real needs of their population. Of course, I am in favor of nuclear disarmament. In fact I am in favor of total disarmament and believe a worldwide system could be established wherein any leader who proposed militant action would be immediately removed from his position. How could this be done? I really believe that our brilliant human minds could de-vise such a system if only the powerful people in charge would comply.

The problem, of course, is that the people who rise to power are invariably aggressive people concerned with their own advancement and prestige and wealth more than caring about the welfare of the world. If this cannot be changed then humanity will not survive and I believe that would be a great loss. It is comforting to know, at least, that humming-birds and the other wonders of the world will still be around.

At least that is my hope! .

RICH JOHNSON



CHUTZPAH or KUPUMBUKA

Note: It took real chutzpah for me to pen a column entitled "chutzpah". Particularly knowing it would be printed directly opposite my Jewish friend Stuart's column. In all fairness I waited 10 years or so for him to step up to the proverbial plate and "trump" me with an article on chutzpah. So, I'm finally filling the gap. I actually researched the word. By the way, "chutzpah" in my ancestors original tongue (Norwegian) is "kupumbuka".

Chutzpah (pronounced "hoot-zpa") is a Hebrew word roughly translated as someone saying or doing something bold or risky that might annoy other people, (Sounds like a description of all my columns). Not necessarily a rude or a bad statement, chutzpah has been an integral component of the human psyche since way back when. Chutzpah shows up in the Bible: it took a significant amount of "chutzpah" for Moses to argue with God. Ironically, Moses "chutzpah" ended up changing God's mind. Go figure. Now, jump forward a couple thousand years. It took quite a bit of chutzpah for Albert Einstein to challenge existing beliefs regarding relativity. (I'll get back to you on how that turned out.)

Honing my chutzpah skills, I thought I might expose examples of the dunderheaded utterances spoken by famous and really smart people. Here goes: "Smoking kills. If you're killed, you've lost an important part of your life." Brooke Shield

"I actually don't like thinking. I think people think I like to think a lot. And I don't. I don't like to think." Kanye West
"And now the sequence of events, in no particular order." Dan Rather
"Listen, everyone is entitled to my opinion." Madonna
"If we don't succeed, we run the risk of failure." Dan Quayle
"It's time for the human race to enter the solar system." Dan Quayle
Here's a two for one from Paris Hilton:
"What's Walmart? Do they sell, like, wall stuff?" Paris Hilton
"No, no, I didn't go to England, I went to London." Paris Hilton

I have devoted my life to effective communications. And someday I hope I achieve that goal. In the meantime, let me share a few slivers of potentially wise truths. (Caveat emptor)

As hard as this may be to believe, the less you talk, the smarter you will be perceived. Yes, you can quote me on this truth (I learned it the hard way lol). Talking less was made famous by a king. King Lear to be accurate. Act 1, Scene 4. You know, Billie Shakespeare's alter ego. King Lear's exact words were: "Have more than thou showest, speak less than thou knowest, lend less than thou owest."

Franklin D. Roosevelt is famous for saying: "Be sincere, be brief; be seated." Yes, I know you, dear reader and I, your intrepid writer, know everything worth knowing. People would do well to sit at our feet hanging onto every particle emanating from our lips. The dichotomy in speaking less and listening more, is most people will end up giving you credit for your brilliance in helping them solve whatever it is they are trying to unpack. There is an art to effective communications. Listening is at the top of the list!

Ironically, the most profound quote on effective speaking was offered up by a famous Hollywood director known for his western movies. John Wayne's go to director John Ford is quoted as saying: "You can speak well if your tongue can deliver the message of your heart."

Be passionate about your listening. When your friend comes to a conclusion you helped THEM arrive at, that improves their life, you will have participated in making the difference. A big difference. You can then go ahead and have another cookie!
Now, if I could only get Stuart to say "chutzpah".



HOWARD Hays As I See It

"This American carnage stops right here and stops right now." – President Donald Trump's 2017 inaugural address

"That was some weird sh*t." – President George W. Bush, reacting to Trump's 2017 inaugural address

Last March, the White House bragged that "illegal immigrant killers, rapists, and drug dealers have been taken off the streets in droves". A couple of weeks ago, a DHS spokesperson said ICE was "working around the clock to arrest even more pedophiles, drug traffickers, and other illegal aliens convicted of heinous crimes."

Now Trump says, "Our capital city has been overtaken by violent gangs and bloodthirsty criminals, roving mobs of wild youth, drugged-out maniacs and homeless people".

Of those immigrants "taken off the streets in droves", 72% had no criminal convictions and just 35% of those had any charges pending – mostly traffic infractions and the like. As for "pedophiles" and those "convicted of heinous crimes", Jeffrey Epstein's partner Ghislaine Maxwell, convicted on five counts related to child sex trafficking, now looks set for work-release from her new low-security prison.

An image that sticks from Black Lives Matter protests of 2020, during Trump's first term, is of unidentified federal agents grabbing protesters off the streets and stuffing them in the back of unmarked vans. As Trump then explained at a town hall, "I know about antifa, and I know about the radical left, and I know how violent they are and how vicious they are, and I know how they are burning down cities run by Democrats." 93% of those BLM protests were peaceful.

Also that year, Trump had the National Guard and US Park Police teargas and violently clear protestors from D.C.'s Lafayette Square. Defense Secretary Duane Esper says Trump asked, "Can't you just shoot them? Just shoot them in the legs or something?" WSJ reporter Michael Bender says Joint Chiefs Chairman Gen. Mark Milley told him Trump called for law enforcement to "crack their skulls". Trump wanted the Square cleared for his photo op holding a Bible.

In our "capital city" with its "drugged-out maniacs", violent crime dropped 35% in 2024 from the year before; its lowest rate in 30 years. Under local leadership, it's down another 26% so far this year. But for Trump, it's all "Crime, Savagery, Filth, and Scum". He's asserted federal control over the D.C. Metropolitan Police and sent in 800 National Guardsmen.

Less than five years ago, Trump claimed he was powerless to summon the Guard to confront his MAGA thugs storming the Capitol, assaulting law enforcement officers and threatening the lives of our representatives, trying to overturn the results of an election. Summoning the Guard, he explained, was the responsibility of Rep. Nancy Pelosi (D-CA).

Trump is now threatening deployment of federal forces to other communities outside of D.C.; specifically mentioning New York City, Baltimore, Chicago, Oakland and Los Angeles. But this apparently has little if anything to do with crime. According to Newsweek's analysis of most recent FBI figures, only two of the cities mentioned by Trump made it on the top-thirty list for violent crime rates; Chicago (#16) and Baltimore (#26).

Number one on that list is Memphis, TN., followed by Cleveland and then Toledo, OH. Texas is represented by three cities on the list, with two from Missouri. Arkansas, Oklahoma, Indiana, Louisiana and both Carolinas have cities making that top-thirty list. New York made the list for Albany and Buffalo, but not NYC. California didn't make the list at all.

It's not crime rates leading Trump to threaten these cities, but rather the fact they're all anti-MAGA. Whatever suspicions about how Trump intends to use his prerogatives of power were confirmed by his comment on the candidacy of Democrat Zohran Mamdani; "Whoever's mayor of New York is going to have to behave themselves or the federal government is coming down very tough on them."

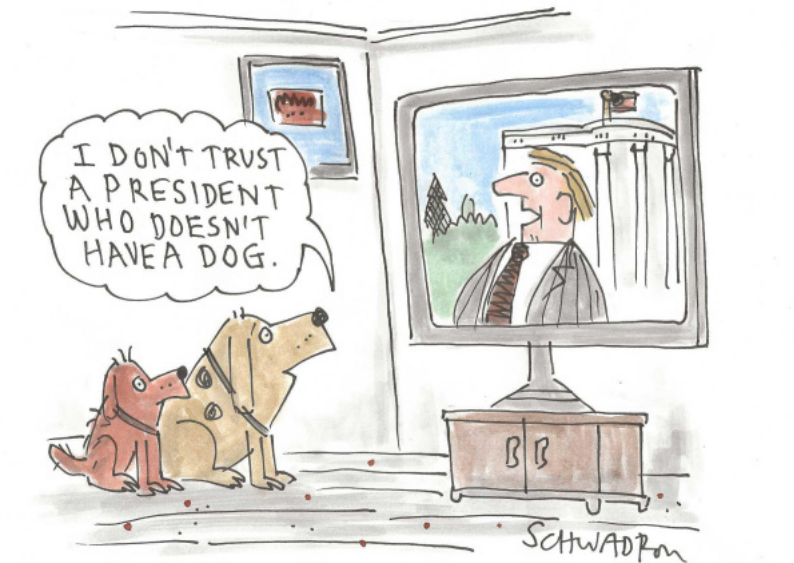
Trump's response to predictions of a loss of congressional majorities in the mid-terms is not to try earning more voter support. Instead, it's to order mid-decade gerrymandering to create the cushion of additional MAGA-safe seats. And if that doesn't work, his Justice Department has been directing states to turn over records on their voter rolls – so the DOJ would be in a better position to "question" whatever results were not in Trump's favor.

This is similar to what was planned in the days leading up to January 6: to "question" results from Georgia hoping to invalidate the outcome of the entire election. That plan was halted when a mass resignation of DOJ attorneys was threatened if it went forward. But now, attorneys who'd put allegiance to the Constitution over allegiance to Trump have been forced from the Department.

Similarly, our Defense Department no longer appears to have an Esper or Milley who'd dare caution the president against urging law enforcement to "crack their skulls", or explain to him why troops can't "just shoot them in the legs or something".

The administration's purpose now is to change our thinking: federal troops in our communities enforcing the will of the president is no longer regarded as unimaginably abhorrent in the United States, but is rather a new normal to be gotten used to.

This is not simply "weird sh*t", as President Bush would say, but downright scary.



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FICTITIOUS BUSINESS NAME STATEMENT File No. 2025150518 The following person(s) is (are) doing business as: STARLIGHT DENTAL GROUP 207 N. CENTRAL AVE. GLENDALE, CA. 91203. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) JAMSHIED AND SOOFERI, A PROFESSIONAL DENTAL CORPORATION 207 N. CENTRAL AVE. GLENDALE, CA. 91203. This Business is conducted by: A CORPORATION. Signed: JAMSHIED AND SOOFERI, A PROFESSIONAL DENTAL CORPORATION, PAYAM SOOFERI, CEO. This statement was filed with the County Clerk of Los Angeles County on 07/23/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/20/24. NOTICE- This Fictitious Name Statement expires five years from the date it

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FICTITIOUS BUSINESS NAME STATEMENT File No. 2025150785 The following person(s) is (are) doing business as: CALIFORNIA STREAMLINE SOLUTION 17412 HORACE STREET GRANADA HILLS, CA. 91344. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) NOOR TABASSAM 17412 HORACE STREET GRANADA HILLS, CA. 91344. This Business is conducted by: AN INDIVIDUAL. Signed: NOOR TABASSAM/OWNER. This statement was filed with the County Clerk of Los Angeles County on 07/23/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/20/25. 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 26, Aug 2, 9, and Aug 16, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025152310 The following person(s) is (are) doing business as: ANSWER MERCHANT SOLUTIONS 640 LAUREL

CANYON BLVD SUITE 200 NORTH HOLLYWOOD, CA. 91606. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) GREGORY DOSS 640 LAUREL CANYON BLVD SUITE 200 NORTH HOLLYWOOD, CA. 91606. This Business is conducted by: AN INDIVIDUAL. Signed: GREGORY DOSS/OWNER. This statement was filed with the County Clerk of Los Angeles County on 07/25/2025. 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 July 26, Aug 2, 9, and Aug 16, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025151821 The following person(s) is (are) doing business as: ORCHID KITCHEN 300 S MARIPOSA AVE. LOS ANGELES, CA. 90020. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) BEST TRADE LLC 300 S MARIPOSA AVE. LOS ANGELES, CA. 90020. This Business is conducted by: AN LLC. Signed: BEST TRADE LLC SHIVASHIS BARRUA/MANAGER. This statement was filed with the County Clerk of Los Angeles County on 07/24/2025. 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

ness 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 26, Aug 2, 9, and Aug 16, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025117407 The following person(s) is (are) doing business as: LINGERIE BY GEORGE NOVELTY STORE 13120 VAN NUYS BLVD UNIT 1/4 PACOIMA, CA. 91331. CALIFORNIA LOS ANGELES COUNTY. Full name of registrant(s) is (are) JORGE PANIAGUA 13120 VAN NUYS BLVD UNIT 1/4 PACOIMA, CA. 91331. This Business is conducted by: AN INDIVIDUAL. Signed: JORGE PANIAGUA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/10/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/20/25. 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 26, Aug 2, 9, and Aug 16, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025151525 The following person(s) is (are) doing business as: INY AIR CARE 4916 KELVIN AVE. WOODLAND HILLS, CA. 91364. CALIFORNIA LOS ANGELES

COUNTY. Full name of registrant(s) is (are) TAMIR INY 4916 KELVIN AVE. WOODLAND HILLS, CA. 91364. This Business is conducted by: AN INDIVIDUAL. Signed: TAMIR INY/OWNER. This statement was filed with the County Clerk of Los Angeles County on 07/24/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/20/25. 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 26, Aug 2, 9, and Aug 16, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025131476 The following person(s) is (are) doing business as: GLADIATOR GARAGE DOOR REPAIR 41593 WINCHESTER RD #214 TEMECULA, CA. 92590. CALIFORNIA RIVERSIDE COUNTY. Full name of registrant(s) is (are) SHANT'S ACCOUNTING 6009 TOPEKA DR. TARZANA, CA. 91356. This Business is conducted by: A CORPORATION. Signed: SHANT'S ACCOUNTING, SHANI FURSHIPAN, CEO. 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 July 26, Aug 2, 9, and Aug 16, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 202509282 The following person(s) is (are) doing business as: NATIONAL MARKETING GROUP 1124 N CO-LUMBUS AVE SUITE 1 GLENDALE, CA. 91202. AON C6269948. STATE OF COLORADO LOS ANGELES COUNTY. Full name of registrant(s) is (are) NATIONAL MARKETING GROUP, INC. 1124 N CO-LUMBUS AVE SUITE 1 GLENDALE, CA. 91202. This Business is conducted by: A CORPORATION. Signed: NATIONAL MARKETING GROUP, INC., ANNA HOVHANNISYAN, CEO. This statement was filed with the County Clerk of Los Angeles County on 03/24/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/20/15. 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) ESCOR Dates Pub: July 26, 2025, August 2, 9, 16, 2025



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August Events Around Town!

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One Time Events

August 1

Twilight Garden Stroll at The Huntington

Explore the gardens as day turns to dusk. 4:30 pm – 8 pm

August 1

Twilight Garden Estate Tours at The Huntington

See the Huntington gardens in a new light with this 90-minute walking tour. 5 pm – 6:30 pm

August 2

Family Night Hike: Bumpy, Fuzzy, Smelly at The Arboretum

Step into the world of sensory exploration on a family friendly night hike. 5:30 pm – 7pm Adult-Only Hike 7:30 pm – 9 pm

August 2

"A Feast from the East" at The Sierra Madre Playhouse

We Tell Stories presents a lively, interactive performance of Asian folktales for the whole family. 11am

August 5

National Night Out at the Arcadia City Hall Lawn

Celebrate the city's birthday and the 10th Anniversary of the National Night Out - an evening of family fun 6 pm – 9 pm

August 14

Descanso Gardens Summer Music and Dance Series

Travel across the world through a performance by Pacifico Dance Company. 5 pm – 6:30 pm

August 17

Cruising Colorado: Route 66 & Pasadena's Car Scene

Learn about the car culture of the "Mother Road" as you walk a section of Route 66 along Colorado Boulevard. 5:30 pm

August 30

Old Pasadena Twilight Walking Tour

Explore the northern section of Old Pasadena, including hidden courtyards and storied alleyways. 6:30 pm – 8 pm

Ongoing Events

August 1, 15, 29, September 12

Summer Nights Concert Series at the Arboretum

Enjoy the sounds of local artists, food trucks, vendors, crafts, and specialty drinks at the Peacock Cafe. 5 pm – 8 pm

August 2, 3

Cat Con at The Pasadena Convention Center

Join this annual event celebrating cats and pop culture with giveaways, workshops, over 150 exhibitors, an adoption village and more. 10 am – 5 pm



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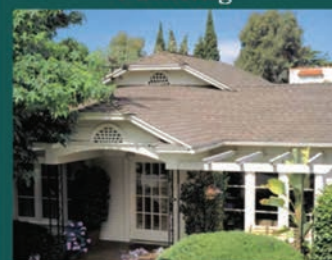
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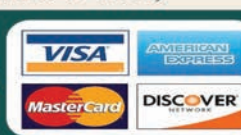
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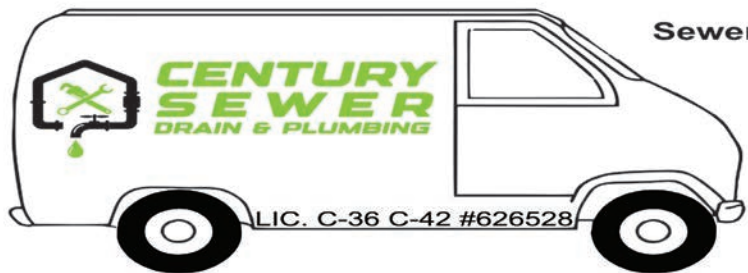
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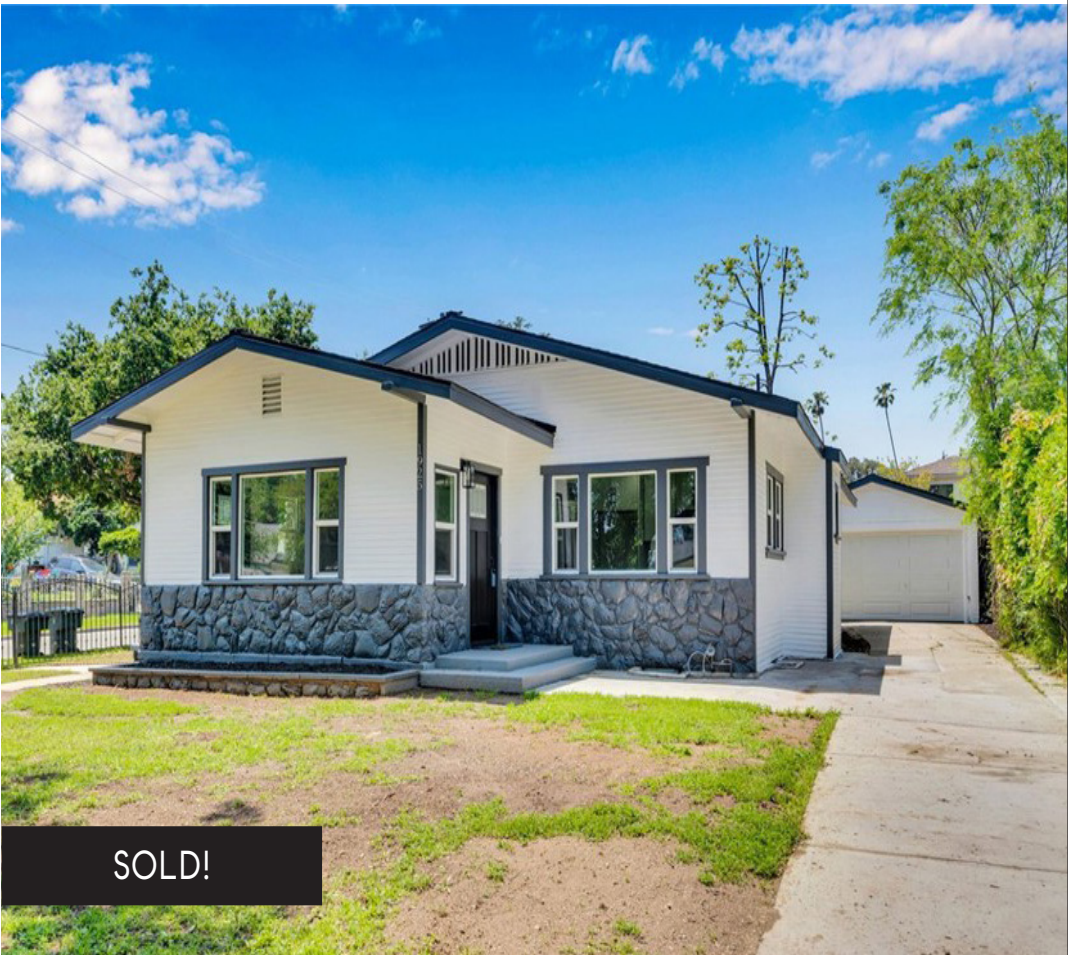
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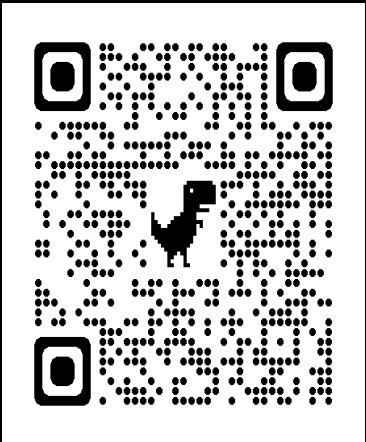
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