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Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, OCTOBER 25, 2025

VOLUME 19 NO. 43

NO KINGS: LARGEST SIERRA MADRE PROTEST EVER



On Saturday, October 18, 2025, residents of Sierra Madre joined with 2700 other citizens nationwide by participating in the NO KINGS protest. In true Sierra Madre fashion, the demonstration of more than 1,000, was peaceful. People lined Sierra Madre Blvd from near Lima to Kersting Court and beyond and N. Baldwin. In addition, Pro Trump supporters requested and were granted permission to assemble as well. However, very few Trump supporters were visible.

Protesters of all ages participated, and the presence of the Sierra Madre Police Department should an emergency arise, was very professional and "not intimidating in the least" said one resident. Read the story of one participant on page 3.

Photos by Dirk Bolle



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INSIDE THIS WEEK

SIERRA MADRE NEWS	Pages 2-3
PASADENA NEWS	Page 4
GM DESIGN CENTER FIRE	
AROUND SAN GABRIEL VALLEY	Page 5
FIRE RECOVERY INFO	Page 6
SPECIAL ELECTION PROP 50	Page 7
EDUCATION & YOUTH	Page 8
FOOD-DRINK-FUN	Page 9
THE GOOD LIFE	Page 10
BEST FRIENDS	Page 11
HEALTHY LIVING & FITNESS	Page 12
OPINION	Page 13
LEGAL NOTICES	Page 14
PAUL THE CYBERIAN IS BACK!	Page 16
FOCUS ON AI: 1 MILLION LIKES	



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SIERRA MADRE

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HAPPY HALLOWEEN - And While You Are Out and About Downtown Sierra Madre, Check Out The Extraordinary Window Art Created By Our Youth and Sponsored By The Sierra Madre Civic Club. Below is a brief sampling of the creative artwork. To see the complete exhibit, a walk through downtown Sierra Madre is required!



Above, Judge Judy and top right in the Purple JudgeMobile are Judges Pat Krock, Nancy Beckham, Linda Knowles, Heidi Hartman, Marian Woodford. About the Civic Club: From 1944 to this day, they have volunteered to support community events, such as Music in the Park, Fourth of July festivities, Halloween Window Painting, and the Mount Wilson Trail Race. We raise money throughout the year to be re-invested in the community through philanthropic donations to local projects and organizations, as well as fund education awards to local high school seniors. <https://www.sierramadrecivicclub.org/>
For a list of the businesses displaying the window painting, go to page 16.



SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

Weather Wise



6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi	70s	Lows 50s
Mon:	Sunny	Hi	70s	Lows 60s
Tues:	Sunny	Hi	80s	Lows 60s
Wed:	Sunny	Hi	80s	Lows 60s
Thur:	Sunny	Hi	80s	Lows 60s
Fri:	Sunny	Hi	70s	Lows 50s

Forecasts courtesy of the National Weather Service



SIERRA MADRE CITY COUNCIL MEETING

October 28, 2025 5:30 pm

THIS MEETING WILL BE HELD
IN THE COUNCIL CHAMBERS!

As part of the City of Sierra Madre's COVID-19 transparency efforts and The Brown Act provides the public with an opportunity to make public comments at any public meeting. Public comment may also be made by e-mail to PublicComment@CityofSierraMadre.com by 3:00 p.m. on the day of the meeting.

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

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

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

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

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

Your event must:

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

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



Sierra Madre Public
LIBRARY
Read • Discover • Connect

*This week at the
Sierra Madre
Public Library*

October 27 — November 1

Monday

**Baby Rhyme Time — Library at
9:00am**

**Preschool Storytime — Library at
10:00am**

Tuesday

**Astronomy in the Park— Memorial
Park from 6:00pm—7:30pm**

Saturday

**Digital Services— Library from
1:00pm—2:00pm**

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WALKING SIERRA MADRE The Social Side

by Deanne Davis

*"Shadows of a thousand years rise again unseen, voices whisper
in the trees.
"Tonight is Halloween!"*

All Hallows Eve...Be Afraid...Be Very Afraid!

All Hallows Eve.... is coming,
A deadly.... dreadly night...
When ghouls and ghosts and creepies,
And other awful blights,
Are free to roam and wander,
Anywhere they might.

Creating scary terror everywhere they can,
And scream-inducing, faint-producing,
hair-raising, bone-melting,
What's that right there behind me...
Quivery, shivery...Fright!!

They creep out of their crypts and graves,
These creatures of the night.
They haunt the roads and byways,
Run rampant through the park.
They hide between the bushes,
And everywhere it's dark.

Up and down the streets of town,
They race in search of plunder,
These ghouls and ghosts and monsters,
About three feet tall or under!
They shriek for treats and threaten tricks,
But are satisfied with candy.
These creatures rule the darkness,
As long as Mom and Dad are handy.

The Jack o' Lantern families are waiting just for you,
All up and down Alegria,
Hoping to capture a treat or trickster or two.
But if you watch around and behind,
The Jack o' Lanterns and spiders won't capture you!

Beware...take care,
Who knows what's waiting,
Just around the bend.
Could be Jack the Ripper, come to call again,
Or Dracula or Frankenstein, the undead walk tonight.
Maybe just stay safe inside...and turn off that porch light.

A fun Halloween fact for you as you're stocking up on candy: Total U.S. confectionery sales for the Halloween season in 2024 reached \$7.4 billion, a 2.2% increase over 2023, according to the [National Confectioners Association](http://NationalConfectionersAssociation.com). Consumers were expected to spend about \$3.5 billion on Halloween candy, while total Halloween spending was projected to be \$11.6 billion.



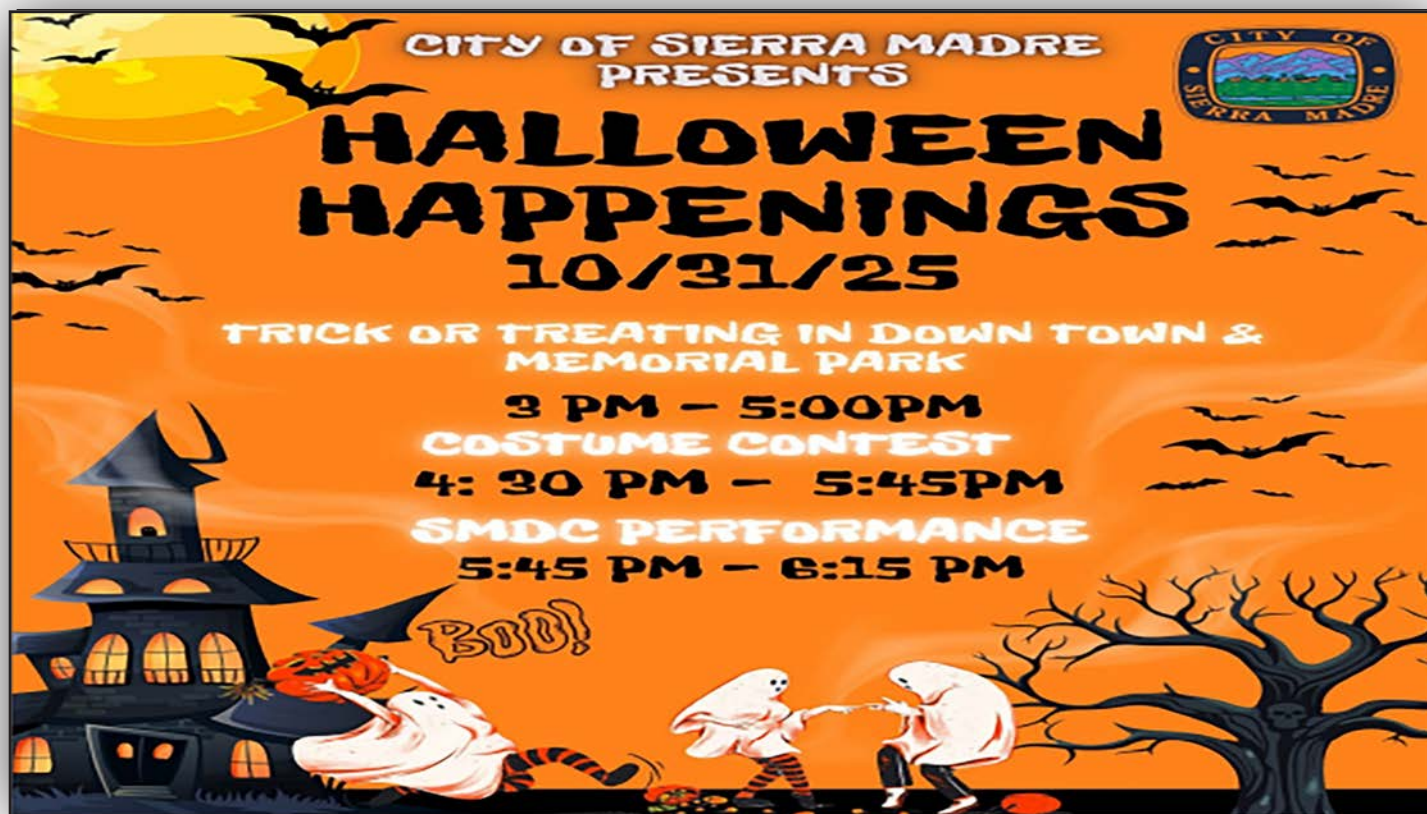
One or two things more before we leave Halloween behind and start thinking about Thanksgiving... Our great-granddaughter, Brooklyn Davis, will be seven on Halloween. Dear friend, Rich Johnson, of JJ Jukebox fame, will be somewhat more than seven on Halloween and beloved friend, Roger Larocque joined the angel band on Halloween a few years ago.

Oh, one last thing...remember those boys who rudely invaded Emma Gainsworth's Haunted Pumpkin Patch, were captured by the pumpkin vines, hoisted up by their ankles, and left dangling in last week's Walking Sierra Madre? We gave them a week to regret their rudeness. What happened next was the pumpkin vines began to shake them left, shake them right and shake them up and down until all the money fell out of their feckless pockets and scared them silly. The vines then dumped them unceremoniously on the ground and they ran like the devil was chasing them. Good riddance to naughty boys. Emma picked up all the dollars and nickels they left behind and had enough money to treat herself to a delicious Italian dinner at Sierra Madre's new restaurant, Bess, and to buy the ingredients to make her Giant Pumpkin Cookies. She will share her recipe next week. The picture this week, one of Emma's vengeful pumpkins.

Have a great week and if you haven't bought your little ghouls a costume, don't wait too long!

Happy Halloween my friends, and, in case you didn't know, Tootsie Rolls go great with Chardonnay.

My book page: Amazon.com: Deanne Davis
There are treasures there! Trust me!
Including "Just Desserts" A Fall Fantasy of Pumpkins Gone Wrong!



NO KINGS SIERRA MADRE

By Stuart Tolchin (Sierra Madre resident for 45 years)

This report was written on October 18 which, for me, was a very good day. By the time you read this report a whole week will have passed and who knows what that week will be like, but as I write on the end of this Saturday, I remember it was a very good day. Early in the morning I decided that I needed to be a part of the Nation-wide protest and I phoned and left messages for old friends all over the country who were probably already awake as they lived in different time zones. Sadly, people don't answer their phones much these days, but I did leave voice messages. I was feeling pretty good undoubtedly connected with the Dodgers victory of the day before. Contrary to the anti-immigrant complaints that circulate these days, I was pleased that the efforts of the Non-American born Dodger stars were being celebrated by everyone.

My son needs to undergo a medical procedure on Monday, and he had stayed overnight with my wife and I so that we could assist with the necessary pre-operative procedures and could transport him to and fro. He suffers from life-long disabilities and was confused and nervous about the coming procedures. I wanted to be with him as much as I could on Saturday, but it was also very important to me to be at the demonstration. Consequently, I spoke to him about the importance of being present at the No Kings Demonstration and he was very reluctant to be involved. He argued that he did not understand what possible difference his actions would make and I took the time to explain that being a part of something intended to do something positive would be of benefit to him.

My wife, who did not at first intend to go to the demonstration strongly advised that I leave him alone but soon she decided to get involved herself. When my wife decides to do something she does not do it half-way. She began making signs to carry and presto, my son decided he wanted to go. So off we all went. We live in little Sierra Madre, a city of about ten thousand people and we wondered how many people would be at the demonstration. As we drove down the hill from our canyon we saw many people walking some carrying signs and a few in costume. We parked away from where the protest would take place and as we arrived we were amazed to see many. Many people already gathered there.

I read later in the day that the crowd was estimated

to be at least one thousand people making it the largest crowd ever held in Sierra Madre. The composition of the crowd itself was surprising and interesting. I was not the oldest person there. There were many other people who also looked to be in their eighties. In fact, a man who said he was ninety was walking around taking pictures.

Besides, we old folks, there was a wonderful mixture of all generations which is something rarely seen or even imagined these days. The overall mood of the crowd was wonderful. Although the event is described as a protest it was clear that people were having a good time. The signs that were carried were clever and humorous and there existed a feeling of togetherness. I spoke with a man of about my age who wore Air Force insignias. We had a good conversation in which he explained that he had been a career military officer whose life had been dedicated to protecting the freedoms which were being threatened by our own President. I had several other conversations all of which were very civil but serious. I came away with the feeling that the crowd members all shared a positive spirit of love of Country and determination to maintain this Country's ideal. People there were there wanting to be of help rather than wanting to fight. The sun had gotten to my wife and son and they left earlier. I stayed and eventually met someone I knew who, along with her friend, gave me a ride home. I invited them into our house, and we sat on the deck on this beautiful day sharing the space with the hummingbirds and admiring the soaring flight of other larger birds. I learned that the women were volunteers with a program that attempted to answer the understandable concerns of Hispanic people and now I plan to also volunteer.

I am left with the recognition of the strength of civility and the possibility of lending support. I believe that what is needed is group strength rather than group violence and there is importance to not succumb to indifference and despair. Frankly, I believe that positive feelings will prevail and Americans will come together in recognition of the values consistent that we have all maintained. That is how I feel today and hope that you will share that same feeling a week from now when the paper containing this report hits the stands. Of course, by then the Dodgers will be participating in the World Series and it may well be a new opportunity for rebuilding and remedy.

Go Dodgers. Go Sierra Madre, and be ready to do whatever we must do,

Community Dia De Los Muertos Ofrenda



Pasadena Senior Center is inviting the county to join them Monday, Nov. 3, to Friday, Nov. 7 in honoring the memories of loved ones. All are invited to contribute to the ofrenda by bringing photos or small token of remembrance of those they wish to commemorate. To conclude the celebration, we will gather for light refreshments on Wednesday, Nov. 5 at 10 a.m. All are welcome to share this meaningful tradition of remembrance and community.

To learn more visit: pasadenaseniorcenter.org or call 626-795-4331.

Free E-Waste Recycling Event at the Rose Bowl

Pasadena Public Works Department officials announced Thursday that they are hosting a free e-waste recycling event for residents to safely dispose of electronics from 9 a.m. to 3 p.m. on November 1.

The event will be held in Parking Lot I outside the Rose Bowl Stadium near Brookside Park, 360 N. Arroyo Blvd. they said. The line will close at 2 p.m. to allow for the processing of remaining customers. The duration of the event is subject to truck capacity.

E-waste items include computers, keyboards, printers, monitors, laptops, docking stations, scanners, shredders, fax machines, computer mice, telephones, televisions, flat screens, VCRs, DVD players, PDAs, cassette players, tape drives, and stereos. Household batteries, fluorescent light bulbs, and LED light bulbs are also accepted. These items should never be disposed of in your trash or recycling containers.

Public Works is also helping residents prevent identity theft by providing free paper shredding during the event. The public can bring a maximum of 3 legal-size boxes for shredding. Sensitive documents such as receipts, checks, pre-approved credit applications, credit card statements, outdated tax returns, pre-printed envelopes, return address labels and business cards are items that can be shredded. Please remove documents from ring binders and bulldog/binder clips.

This event is open to Pasadena residents and is sponsored by Pasadena's Department of Public Works. For more information, call (626) 744-7311 or email recycle@cityofpasadena.net.

Concept Car Catches Fire at Pasadena GM Design Center

Nearly one hundred local firefighters, including a hazardous materials team, were called to a four-alarm fire that broke out Wednesday night at General Motors Advanced Design Center in Pasadena damaging a concept vehicle.

According to Pasadena Chief Communications Officer Lisa Derderian, the fire in the 600 block of Sierra Madre Villa Avenue started at 5:50 p.m. and was knocked down at 7:22 p.m.

Derderian said that at one point, a firefighter became trapped in the building and had to be rescued. The firefighter was not hurt.

In a press statement a General Motors spokesperson said the isolated fire was contained to a single vehicle did not spread to any other vehicles or the building. They also said there was no evidence that the fire started from lithium-ion batteries.

"The building sustained extensive smoke and water damage," Derderian said.



"All employees were quickly evacuated. Due to the size and complexity of the facility, numerous resources were requested."

She also that Lithium-ion batteries were involved in the fire and notoriously difficult to extinguish and can release toxic gases. Fire crews remained at the facility overnight.

Derderian also told reporters that this was one of the city's largest structure fires in years. The cause of the fire was still under investigation.

The Voice Winner to Perform in Rose Parade

Pasadena Tournament of Roses and The Voice officials announced that the winner of the Mic Drop will perform in the 2026 Rose Parade.

Fan-favorite coaches Michael Bublé, Snoop Dogg, Niall Horan, and Reba McEntire vie to discover and coach America's next singing phenomenon on NBC's four-time Emmy Award-winning musical competition series The Voice.

If the artists do make it past the Battles, they then have to survive the Knockouts. The Knockouts are also head-to-head competitions within the teams, but instead of duets, each artist chooses their own song to perform solo. This year, competitors who make it to the Knockouts have the chance to win the "Mic Drop" competition; the winner will perform at the Rose Parade on New Year's Day!

During the Knockouts, which begin airing on October 27 and continue for four weeks, each coach will be given a Mic Drop button to use on a contestant from their own team who blows them away. Then, on November 24, viewers at home will have the opportunity to vote for the Mic Drop winner among the four, and the contestant with the most votes will earn a performance at the Rose Parade on January 1, 2026.

Starting November 3, The Voice airs Mondays at 9 p.m. on NBC.

The 137th Rose Parade presented by Honda will begin at 8:00 a.m., captivating millions of viewers as America's New Year Celebration.

Pasadena Chorale Seeks High School Composers

The Pasadena Chorale announced the 10th year of its acclaimed student-mentor composition program, Listening to the Future. Open to Pasadena-area high school students in grades 9–12, the free program pairs young composers with a professional mentor, guides them through the process of writing for choir, and culminates in a live performance and recording of their original works by the award-winning Pasadena Chorale.

Aspiring young composers can sign up to participate in this year's Listening to the Future program at: pasadenachorale.org/

listening-to-the-future. The program runs Nov. 2025 through May 2026, and the deadline to sign up is Tuesday, Oct. 28.

This year, the Chorale welcomes David García Saldaña as the program's composer mentor. García Saldaña teaches composition and theory at Pasadena City College, as well as at Blair High School and Pasadena High School. His strong ties to the Pasadena community make him an ideal mentor for this milestone year of Listening to the Future.

"David is a passionate and enthusiastic composer and educator, and I know he'll bring a tremendous amount to our program this year," said Jeffrey Bernstein, Founding Artistic & Executive Director of the Pasadena Chorale. "Because he teaches at two local high schools and at Pasadena City College, David is deeply connected to the community. That will not only enrich the students' experience, but also help us engage more young composers right here in Pasadena."

Students selected for the program will meet with García Saldaña twice a month from November through May to learn the craft of writing for choir, receive feedback on their works-in-progress, and prepare their pieces for performance. Each



student will compose two works for the Chorale: an arrangement of an existing melody and an original composition.

In the spring, the young composers will attend a Pasadena Chorale rehearsal to hear their works sung for the first time. Their completed pieces will be premiered at the Chorale's 10th annual Listening to the Future concert on Saturday, June 20, 2026, and each student will receive a professional video and audio recording of their work to include in portfolios and college applications.

Since its launch in 2016, Listening to the Future has premiered more than 70 original choral works by 29 student composers, many of whom have gone on to study music composition at leading institutions including USC, UCLA, CalArts, Stanford, Brown, Columbia, and Yale. Each year, the program is offered free to the public, continuing Pasadena Chorale's commitment to access and community engagement.

This season also marks the beginning of a new partnership with The Collegiate Choral Composition Community (The CCCC), which will expand the scope of Listening to the Future to feature works by college composers from across the United States alongside Pasadena's high school participants.

For information and to sign up, please visit: pasadenachorale.org/listening-to-the-future.

Pasadena Playhouse offers 'Pay What You Can' Tickets



Pasadena Playhouse officials announced Wednesday a new "Pay What You Can" ticket initiative for the hit comedy ha ha ha ha ha ha by internationally acclaimed performer Julia Masli. Celebrated by audiences and critics—the show has become one of the most talked-about theatrical events of the season for its joyful, unpredictable, and deeply human approach to our "problems."

During the October 15 performance, a patron mentioned that affordability in theater was a "problem" worth solving—a perfect echo of the show's playful premise. In the spirit of ha ha ha ha ha ha and its commitment to connection and creative problem-solving, Pasadena Playhouse sprang into action, launching a Pay What You Can ticket program to make the experience more accessible to the community. Beginning immediately, 10 tickets per performance will be available at a flexible price, allowing more people to share in the laughter, humanity, and joy that have made the show a sensation.

As ha ha ha ha ha ha continues to delight audiences, night after night, the Playhouse invites everyone to join the fun before the show's final curtain on November 9. These limited Pay What You Can tickets offer

a chance to experience the show audiences can't stop talking about—because sometimes, solving a problem can start with simply opening the doors a little wider.

All Julia Masli wants to do is solve people's problems and win the Nobel Peace Prize, but the plan keeps going wrong as she continually wins prizes for comedy. In her wildly unpredictable solo show ha ha ha ha ha ha ha, the award-winning performer turns the audience's problems into surreal, side-splitting theater. No script, no safety net, just one woman on a mission to help.

After sensational runs in Edinburgh, Melbourne, New York, and D.C., Julia has come to Pasadena to solve all our problems. A Woolly Mammoth Theatre Company Touring Production.

Pasadena Playhouse, the official State Theater of California and recipient of the 2023 Regional Theatre Tony Award is one of the most prolific theaters in the country. The Playhouse has staged thousands of original productions since its founding in 1917 including premieres of works by Tennessee Williams, Eugene O'Neill, Suzan-Lori Parks, Gloria Calderon Kellett and hundreds more.

For more information visit: PasadenaPlayhouse.org.

City Begins Brookside Golf Course New Netting Project

Pasadena Director of Public Works, Greg de Vinck, and the department, in collaboration with the Rose Bowl Operating Company ("RBOC"), announced the city has begun construction on the installation of new cantilever poles and protective netting along designated sections of the Brookside Golf Course perimeter.

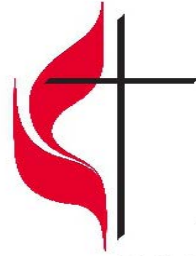
Mobilization began on Monday with construction activities starting on the east side of the course along Rosemont Avenue and progressing north.

The Brookside Golf Course Cantilever Netting Project expands on a successful pilot installation completed in 2023 at the intersection of West Drive and Salvia Canyon. The new project will add approximately

2,600 linear feet of protective netting at 25 locations along West Drive and Rosemont Avenue, improving safety for pedestrians and cyclists while maintaining views and preserving trees within the Arroyo Seco.

To ensure the safety of pedestrians, cyclists, and motorists, temporary traffic control measures will be implemented during certain phases of construction. Public Works will coordinate work schedules to minimize impacts during major events at the Rose Bowl Stadium.

The project is being constructed by Judge Netting, Inc., with total funding of \$1.95 million shared between the City of Pasadena and the RBOC. Completion is expected by the end of January 2026.



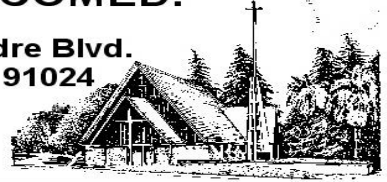
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AROUND SAN GABRIEL VALLEY

FIRST WEST NILE VIRUS DEATH OF 2025 REPORTED IN LA COUNTY

Public Health Urges Residents to Take Action to Prevent the Spread of Mosquito-Borne Diseases

The Los Angeles County Department of Public Health has confirmed the first local death due to West Nile virus for the 2025 mosquito season. The person, a resident of San Fernando Valley, was hospitalized and died from neurological illness caused by severe West Nile virus.

"To the family and friends grieving the loss of a loved one due to West Nile virus, we extend our heartfelt condolences," said Muntu Davis, MD, MPH, Los Angeles County Health Officer. "This tragic loss reminds us how dangerous mosquito-borne diseases like West Nile virus and dengue can be. Protect yourself and your neighbors by using insect repellent, getting rid of standing water where mosquitoes breed, and keeping window and door screens in good repair. Small actions like these can make a big difference in preventing illness."

A total of 14 West Nile virus infections have been documented in Los Angeles County so far this year (excluding Long Beach and Pasadena as cases identified in those cities are reported by their local health departments). Half of infected people live in the San Fernando Valley region (50%).

Peak mosquito season lasts from June to November in LA County. West Nile virus is the most common mosquito-borne disease that affects residents in LA County. Public Health reports cases of West Nile virus every year, as the virus is endemic to the region. In collaboration with local vector control agencies, Public Health monitors risk of West Nile virus infection and actively engages residents to provide information about reducing the risk by promoting protective measures against mosquitoes.

Residents are encouraged to take the following precautions to reduce their risk:

- **Wear Mosquito Repellent:** Mosquito repellents can prevent mosquito bites. EPA-registered repellents containing DEET, picaridin, IR3535, 2-undecanone, and oil of lemon eucalyptus are the longest lasting and most effective. They are available as sprays, wipes, and lotions. Consider wearing long-sleeved clothes and pants when outside.
- **Keep mosquitoes out their homes:** Make sure that doors and windows have tight-fitting screens to keep out mosquitoes. Repair or replace screens with tears or holes.
- **Prevent mosquito breeding:** Eliminate standing water where mosquitoes can lay eggs.
 - o Clear standing water in flowerpots, saucers, bird-baths and other outdoor containers. Empty items that hold water inside and outside your home once a week. Mosquito eggs only need a thimbleful of water to hatch.
 - o Cover water storage containers such as buckets and rain barrels. For containers with no lid, use wire mesh with holes smaller than an adult mosquito.
 - o Clean and maintain swimming pools, spas and drain water from pool covers.
 - o Throw away old items in your patio or yard that can hold water, e.g., old car tires and children's toys.
 - o Call 2-1-1 or click here to find your local vector control agency to report persistent problems to your mosquito control district

About West Nile Virus

West Nile virus is a disease caused by the bites of infected mosquitoes. The virus survives in nature in several types of birds and is transmitted by the bites of mosquitoes that feed on infected birds. West Nile virus spreads during warm weather months when mosquitoes are most active. While not all mosquitoes carry this virus, the type of mosquito that spreads this virus is found throughout Los Angeles County. While everyone is at risk for West Nile virus, people over 50 and those with health problems are at greater risk of serious illness, which can include meningitis (brain infection), encephalitis (swelling of the brain) and limb paralysis. There is no specific treatment for West Nile virus disease and no vaccine to prevent infection.

Most people who get West Nile virus don't have any symptoms. About 1 in 5 people who are infected develop a fever with other symptoms such as:

- headache
- body aches
- joint pains
- vomiting
- diarrhea
- rash

About 1 in 150 people will have severe symptoms that may include high fever, stiff neck, muscle weakness, and sometimes rash. Symptoms usually appear 3 to 14 days after being infected. If symptoms are severe, residents are encouraged to call their doctor right away.

For more information, visit: publichealth.lacounty.gov/acd/vectorwestnile.htm

For questions or to find a nearby clinic or doctor, call the Public Health InfoLine at 1-833-540-0473, open every day from 8 a.m. to 8 p.m.

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

Statement on Impact LA County Will Face if Federal Shutdown Continues Nov. 1



Supervisor Kathryn Barger speaks during a recent Board of Supervisors meeting (Photo credit: LA County)

Los Angeles County Board of Supervisors Chair Kathryn Barger expressed concern Tuesday during a Board of Supervisors meeting following updates from county officials regarding the impact a prolonged federal shutdown will have on essential safety net programs.

Barger made the following statement, "I am deeply concerned about the looming cliff facing many of our vulnerable families and children if federal funds are not secured by the end of this month.

Programs like CalFresh, which provides essential food resources to thousands of families, and CalWORKS, which supports child welfare payments for children in need, are lifelines for the most vulnerable in our County. Without these resources, families who rely on them could face unimaginable hardship beginning November 1.

The ongoing federal government shutdown will also affect funding needed to pay County employees in key departments, including Public Social Services and Children and Family Services. Any efforts by the County to backfill these shortfalls could impact our credit rating—a vital tool that keeps our necessary borrowing costs low. The cascading effects are worrisome.

Clearly, our County's resources are limited resources and every dollar counts. It is essential that we prioritize funding for these core programs. Spending on new initiatives outside this essential safety net should not come at the expense of basic support for families who depend on these services.

I urge our federal partners to act immediately to ensure that no family is left without the help they need and that our County can continue serving its residents effectively."

For more information visit: kathrynbarger.lacounty.gov.

CONCERT FUN: SIERRA MADRE CHURCH OF THE ASCENSION PRESENTS AN OFFERING OF MUSIC FEATURING STEPHEN MARSHALL

Stephen Marshall has had a life filled with interesting experiences: education, music, art, architecture, design, piano, singing, choirs, pipe organ, composition, teaching and performing. COVID redirected what had been a thirty-year illustrious career in downtown Seattle to several years of introspection and redirection with parents and family in Oregon and, ultimately, to exciting new beginnings in the Los Angeles area. Here now for less than two months, Stephen is intentional to choose what he loves the most from a full and exciting life in music: teaching and performing in community - using his musical, artistic, and teaching gifts to encourage and inspire people of all ages.

One of Stephen's favorite places in the world is Oxford, England - a place he immediately loved and came to know well as he studied there toward completing his Doctorate in Sacred Music. "When I first entered Sierra Madre's charming Episcopal Church of the Ascension, I thought I had been transported right back to Oxfordshire. I love its charming atmosphere." As the church's new Director of Music and Organist, Stephen is excited to share an interactive musical experience - pipe organ, singing, and piano - where the goal will be to enjoy

some music while we get to know one another: Sunday, October 26, 4:00PM.

Dr. Marshall says, "I used to be very good at presenting stuffy concerts. Now, I make it my goal to create an interactive, fun experience where audience members of all ages leave having enjoyed a time of learning, interaction, and musical inspiration."



NEWS BRIEFS

ARCADIA HOME INVASION (CNS)

Four men made forced entry in a house in Arcadia through the front door today, allegedly tying up victims and stealing valuable items.

Officers were dispatched around 12:54 p.m. Wednesday to the 1100 block of West Foothill Boulevard, near Michillinda Avenue, regarding reports of an armed home invasion robbery, according to the Arcadia Police Department.

Detectives learned after further investigation that one suspect was armed with a firearm, while another was armed with a knife. Police said the victims were tied up inside as the suspects allegedly stole jewelry and the victims' vehicle before heading eastbound and away from the area.

Both victims were able to free themselves after the suspects fled, with one leaving the house to seek help from a nearby neighbor.

According to police, they were treated at the scene by paramedics for non-life-threatening injuries. The home invasion remained under investigation Wednesday evening as detectives canvassed the house to process evidence at the scene.

Detectives later found the stolen vehicle in the 1400 block of Olympic Boulevard, two blocks west of the Harbor (110) Freeway, in the Pico-Union district. The suspects were described as three Hispanic men and one Asian man, all wearing black, with one last seen wearing a reflective safety vest.

Anyone with information regarding the whereabouts of the suspects or the home invasion was urged to call the Arcadia Police Department at 626-574-5151 with case number 25-4227. Tipsters who prefer to remain anonymous can call Crime Stoppers at 800-222-8477 or visit lacrimestoppers.org. Copyright 2025, City News Service, Inc.

COMMERCIAL BURGLARY

On Saturday, October 18, 2025, at approximately 10:47 a.m., Arcadia Police Department officers responded to 1019 1/2 South Baldwin Avenue (L & Z Jewelry) regarding a commercial burglary report.

On arrival, officers determined that between 7:00 p.m. on October 17, and 10:00 a.m. on October 18, unknown suspect(s) accessed the roof of an adjacent vacant business, forced entry into that business, and then tunneled into the jewelry store's safe room. Once in the safe room, the suspect(s) stole various pieces of jewelry and U.S. currency.

The case is currently under investigation. Anyone with information on this incident is encouraged to contact the Arcadia Police Department at (626) 574-5151, case number 25-4164.

If you prefer to provide information anonymously, you may call "Crime Stoppers" by dialing (800) 222-TIPS (8477), use your smartphone by downloading the "P3 Tips" Mobile APP on Google play or the Apple App Store, or by using the website <http://lacrimestoppers.org>.

Sierra Madre Woman's Club

550 W. Sierra Madre Blvd., Sierra Madre, 91024

RENT Our 1914 Essick House

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Event Rentals Coordinator
essickhouserentalmanager@gmail.com
626-708-2223
SierraMadreWomasClub.org

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Mountain View News Saturday, October 25, 2025

CALIFORNIA EXPANDS CALASSIST MORTGAGE FUND DISASTER RELIEF: MORE CALIFORNIA FAMILIES TO QUALIFY FOR MORTGAGE GRANTS

Income limits increased — up to \$211,050 in Los Angeles County — expanding eligibility for families rebuilding after disasters.

SACRAMENTO — Continuing its support for LA fire survivors, Governor Newsom announced today that the CalAssist Mortgage Fund will increase its income limits, allowing thousands more California homeowners impacted by recent disasters to qualify for mortgage relief.

“Disaster recovery isn’t some off-the-shelf formula — it’s community-driven and grounded in what actually works. That’s why we listened to local leaders, adapting what’s working and staying focused on results. Today’s expansion of mortgage relief in Los Angeles underscores that commitment — because real recovery doesn’t leave anyone behind.”
Governor Gavin Newsom

Funded by the state of California and administered through the California Housing Finance Agency (CalHFA), the program provides grants for three months of mortgage payments, up to \$20,000 per household. Applying is free, and funds are paid directly to mortgage servicers and never have to be repaid. Today’s expansion helps ensure that more families affected by the recent fires in Los Angeles are able to access this important relief. Click here to view the full press release on the CalHFA website.

Facts About the CalAssist Mortgage Fund Disaster Relief Expansion
The CalAssist Mortgage Fund today announced it has increased its income limits, which will allow thousands more California homeowners impacted by recent disasters to qualify for mortgage relief.

- Funded by the state of California and administered through the California Housing Finance Agency (CalHFA), the program provides grants for three months of mortgage payments, up to \$20,000 per household.

- Applying is free, and funds are paid directly to mortgage servicers and never have to be repaid.

- The CalAssist Mortgage Fund was allocated \$105 million to assist homeowners. Applications are open on the CalAssist Mortgage Fund website.

- Key program eligibility criteria:

- Homeowners whose primary residence is destroyed or severely damaged as the result of a qualified disaster that occurred between Jan. 1,

2023, and Jan. 8, 2025.

- Applicants must meet the program’s updated income limits. County-by-county limits are available here.

- Eligible properties include single-family homes, condos, or permanently affixed manufactured homes (up to 4 units).

- Applicants must have a mortgage or a reverse mortgage.

- Qualified disasters include the Eaton Fire, Palisades Fire, Park Fire, San Diego floods, and others across the state.

- Funds are limited, and applications are reviewed in the order received. Homeowners are encouraged to apply immediately.

- For questions or help completing an application, individuals can call the CalAssist Mortgage Fund call center at 800-501-0019 (Monday–Friday, 8 a.m.–5 p.m.). Free support is also available through HUD-certified housing counseling agencies.

QUOTES

“With this program expansion, we can reach more families struggling to recover from devastating disasters,” said CalHFA Chief Deputy Director Rebecca Franklin. “These grants provide a safety net, helping families while they focus on rebuilding their lives.”

“When Californians face their hardest moments, the state steps up to help,” said Tomiquia Moss, Business, Consumer Services and Housing Agency Secretary. “Today’s announcement ensures more people can access these critical resources when they need them. California is acting decisively when our neighbors need it most.”

“Knowing my mortgage was covered for three months lifted a huge weight off my shoulders,” said Janice Dykstra, an Altadena homeowner. “The CalAssist Mortgage Fund was a true gift, giving me hope and stability after the fire destroyed my home.”

About the CalAssist Mortgage Fund: Administered by the California Housing Finance Agency (CalHFA), the CalAssist Mortgage Fund is a limited-term program that offers assistance to homeowners affected by recent disasters in California. In response to these emergencies, Governor Gavin Newsom proposed in February 2025 that CalHFA use funds from the National Mortgage Settlement to provide direct mortgage relief to affected homeowners across the state.

SBA DISASTER NEWS RELEASE – SBA CENTERS IN LOS ANGELES COUNTY REMAIN OPEN TO HELP CALIFORNIA REBUILD AFTER WILDFIRES AND STRAIGHT-LINE WINDS CRITICAL FINANCIAL SUPPORT STILL AVAILABLE AS RECOVERY EFFORTS CONTINUE

WASHINGTON — The U.S. Small Business Administration (SBA) announced today Disaster Loan Outreach Centers in Los Angeles County will remain open to assist businesses, private nonprofit (PNP) organizations and residents affected by wildfires occurring Jan. 7-31.

SBA customer service representatives will continue to be on hand at Disaster Loan Outreach Centers (DLOCs) in Pacific Palisades and Pasadena to answer questions as well as assist with the disaster loan application process. No appointment is necessary, walk-ins are welcome. Those who prefer to schedule an in-person appointment in advance can do so at appointment.sba.gov.

The centers hours of operation are as follows:

LOS ANGELES COUNTY
Disaster Loan Outreach Center
Ronald Reagan Palisades Post 283
15247 La Cruz Dr.
Pacific Palisades, CA 90272
Mondays - Saturdays, 8:30 a.m. – 5:00 p.m.

LOS ANGELES COUNTY
Disaster Loan Outreach Center
Pasadena City College
Community Education Center
Room B4
3035 E. Foothill Blvd.
Pasadena, CA 91107
Mondays - Fridays, 9:00 a.m. – 6:00 p.m.
Saturdays, 9:00 a.m. – 4:00 p.m.

The following Business Recovery Center is also open and continues to serve survivors:

LOS ANGELES COUNTY
Business Recovery Center
Santa Monica Public Library
Courtyard Café
601 Santa Monica Blvd.
Santa Monica, CA 90401
Mondays - Wednesdays, 10:00 a.m. – 5:00 p.m.
Closes permanently Wednesday, Oct. 29

Under this declaration, SBA’s Economic Injury Disaster Loan (EIDL) program is available to eligible small businesses, small agricultural cooperatives, nurseries and PNPs including faith-based organizations impacted by financial losses directly related to this disaster. The SBA is unable to provide disaster loans to agricultural producers, farmers, or ranchers, except for aquaculture enterprises.

EIDLs are for working capital needs caused by the disaster and are available even if the business or PNP did not suffer any physical damage. They may be used to pay fixed debts, payroll, accounts payable, and other bills not paid due to the disaster.

The loan amount can be up to \$2 million with interest rates as low as 4% for businesses and 3.625% for PNPs with terms up to 30 years. Interest does not accrue, and payments are not due until 12 months from the date of the first loan disbursement. The SBA sets loan amounts and terms based on each applicant’s financial condition.

To apply online, visit sba.gov/disaster. Applicants may also call SBA’s Customer Service Center at (800) 659-2955 or email disastercustomerservice@sba.gov for more information on SBA disaster assistance. For people who are deaf, hard of hearing, or have a speech disability, please dial 7-1-1 to access telecommunications relay services. Although the deadline to submit economic injury disaster loan applications has passed, there is a 60-day grace period when the SBA will accept applications. The grace period ends on Dec. 7.



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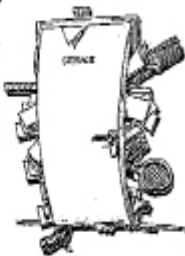
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STATEWIDE SPECIAL ELECTION - NOVEMBER 4, 2025

The last day to register to vote for the November 4, 2025, Statewide Special Election is October 20, 2025. All California active registered voters will receive a vote-by-mail ballot for the November 4, 2025, Statewide Special Election. Your county elections office began mailing ballots on October 6, 2025. Ballot drop-off locations opened on October 7, 2025. Vote-by-mail ballots can be returned by mail, at a drop-off location, or your county elections office. To make sure your ballot is counted, return it early by mail, drop box, or vote center. If you mail it, do it early — or walk it into the post office and request a postmark. Vote centers open for early in-person voting in all Voter’s Choice Act counties beginning on October 25, 2025. Vote-by-mail ballots must be postmarked on or before Election Day and received by November 12, 2025.

PROP 50 AUTHORIZES TEMPORARY CHANGES TO CONGRESSIONAL DISTRICT MAPS IN RESPONSE TO TEXAS’ PARTISAN REDISTRICTING. LEGISLATIVE CONSTITUTIONAL AMENDMENT. SUMMARY

Put on the Ballot by the Legislature

Requires temporary use of new congressional district maps through 2030. Directs independent Citizens Redistricting Commission to resume enacting congressional district maps in 2031. Establishes policy supporting nonpartisan redistricting commissions nationwide. Fiscal Impact: One-time costs to counties of up to a few million dollars statewide to update election materials to reflect new congressional district maps.

WHAT YOUR VOTE MEANS

YES

A YES vote on this measure means: The state would use new, legislatively drawn congressional district maps starting in 2026. California’s new maps would be used until the California Citizens Redistricting Commission draws new maps following the 2030 U.S. Census.

NO

A NO vote on this measure means: Current congressional district maps drawn by the California Citizens Redistricting Commission (Commission) would continue to be used in California until the Commission draws new maps following the 2030 U.S. Census.

ARGUMENTS

PRO

Proposition 50—The Election Rigging Response Act—approves temporary, emergency congressional district maps to counter Donald Trump’s scheme to rig next year’s congressional election and reaffirms California’s commitment to independent, nonpartisan redistricting after the next census. Vote Yes on 50 for democracy in all 50 states. Learn more at StopElectionRigging.com.

CON

Prop. 50 was written by politicians, for politicians—dismantling safeguards that keep elections fair, removes requirements to keep local communities together, and eliminates voter protections that ban maps designed to favor political parties. Vote NO to protect fair elections and keep citizens—not politicians—in charge of redistricting.

ANALYSIS BY THE LEGISLATIVE ANALYST

BACKGROUND

U.S. CONGRESS

U.S. Congress. The U.S. Congress is the part of the federal government that makes laws. Congress has two parts: the U.S. Senate and the U.S. House of Representatives (House). Each of the 50 states is represented by 2 senators, with 100 senators in total. The House has 435 members. The number of representatives in the House for each state depends on how many people live in that state. Each member in the House represents an area of the state called a congressional district. California currently has 52 congressional districts. Voters who live in each congressional district elect one member of the House every two years to represent them. The next election for all 435 representatives will be in 2026.

U.S. Census Counts States’ Populations Every Ten Years. The number of people living in an area goes up and down over time. Every ten years, the U.S. Census counts the number of people who live in the U.S. The last census was in 2020, and the next census is in 2030. This count is used to determine how many people live in each state and how many representatives in the House each state gets for the next ten years.

CONGRESSIONAL REDISTRICTING

Each State Draws Congressional District Maps Following the U.S. Census. Every ten years, after the U.S. Census is completed, states draw new congressional district maps to reflect their number of House representatives and where people live. This process is called “redistricting.” Each state decides what process to use to draw its new district maps. When drawing new maps, each state must follow federal laws. For example, each congressional district in the state must represent about the same number of people.

States Typically Do Not Redistrict Sooner Than Every Ten Years. States typically only draw congressional district maps every ten years, unless a court orders changes to comply with the law. In August 2025, however, the Texas Legislature passed a bill to adopt new maps for the 2026 elections without a court order. Several other states also are considering changes to their maps before the 2026 elections.

Congressional Redistricting in California. State legislatures draw congressional district maps in most states, but some states use commissions to do this job. Before 2010, the California Legislature drew the state’s congressional district maps. In 2010, California voters gave this job to an independent commission known as the California Citizens Redistricting Commission (Commission). The Commission includes 14 members: 5 Democratic members, 5 Republican members, and 4 members who are not registered with either of those political parties. When the Commission draws new congressional district maps, it must follow federal and state laws. For example, state law requires, among other things, the Commission to avoid splitting up neighborhoods or local communities of interest to the extent possible. State law also prohibits the Commission from considering political parties, current office holders, or people running for office when it draws the maps.

Current California Congressional Districts. The Commission drew the current maps for California’s 52 congressional districts. These maps were based on the 2020 U.S. Census and have been used since the 2022 congressional elections.

PROPOSAL

CALIFORNIA’S CONGRESSIONAL DISTRICT MAPS

Use Legislatively Drawn Congressional District Maps Until After the Next Census. Proposition 50 replaces California’s current congressional district maps with new, legislatively drawn maps. (The total number of districts would not change.) Proposition 50’s maps must follow federal law, but they are not required to follow the state requirements placed on the Commission. The state would use Proposition 50’s maps for congressional elections starting in 2026. The state would use these maps until the Commission draws new district maps, following the 2030 U.S. Census.

NATIONAL CONGRESSIONAL REDISTRICTING

Call for Change in Federal Law. Proposition 50 asks the U.S. Congress to change federal law and propose an amendment to the U.S. Constitution to require redistricting be done by “fair, independent, and nonpartisan redistricting commissions nationwide.” Proposition 50 expresses voter support for this idea, but does not change federal law or require any particular action of Congress or the California Legislature.

FISCAL EFFECTS

Minor One-Time Costs to County and State Elections Officials. Counties run elections, and the state oversees them. Because most congressional districts in California would change at least some under the new maps, county and state elections officials would need to update election materials. This would result in one-time costs to counties of up to a few million dollars statewide and one-time costs to the state of roughly \$200,000. The state amount is much less than one-tenth of 1 percent (0.1 percent) of the state’s roughly \$220 billion General Fund budget. (The General Fund is the account the state uses to pay for most public services, including education, health care, and prisons.)

CURRENT AND PROPOSED CONGRESSIONAL DISTRICT MAPS

A description of the census blocks represented by each district in the proposed maps can be found at the following website: https://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=202520260AB604

Visit sos.ca.gov/campaign-lobbying/cal-access-resources/measure-contributions/2025-ballot-measure-contribution-totals for a list of committees primarily formed to support or oppose this measure.

Visit fppc.ca.gov/transparency/top-contributors.html to access the committee’s top 10 contributors.

SOURCE:

California Secretary of State - Elections Information

VOTE YES ON PROPOSITION 50 TO PROTECT CALIFORNIA’S VOICE AND OUR DEMOCRACY

This Fight Is About Far More Than District Boundaries

Ballots are arriving in mailboxes across Santa Barbara County right now, and with them comes one of the most important decisions Californians will make this year: Whether to approve Proposition 50 and defend the integrity of our democracy.

The stakes could not be higher. Across the country, Donald Trump and MAGA Republicans are redrawing congressional maps to entrench their power and silence communities like ours. Texas, Florida, and Ohio have already begun unprecedented mid-decade redistricting to seize additional seats in the House of Representatives. These are not routine adjustments based on population changes or court orders — they are blatantly partisan maneuvers designed to rig the game before the 2026 elections.

This fight is about far more than district boundaries. It is about who has power in America and whose voices count.

Trump and congressional Republicans have already shown what they’ll do when they control Washington:

- They denied wildfire relief to California communities after devastating blazes.
- They tried to strip millions of Americans of healthcare.
- They imposed reckless tariffs that raised prices and hurt working families.
- They weaponized immigration raids and terrorized neighborhoods up and down our state.

Now, they’re trying to cement those policies permanently through redistricting. If we allow them to gerrymander their way to a permanent majority, California’s priorities — clean energy, reproductive freedom, worker protections, affordable healthcare — will be on the chopping block.

California has always stood as a beacon of democracy, fairness, and inclusion. But when other states change the rules during the game, refusing to act is not neutrality — it’s surrender. Proposition 50 is California’s answer: a measured, transparent, voter-approved safeguard that ensures our state can protect fair representation in Congress.

What does Prop 50 do?

Prop 50 allows California to redraw our own congressional districts once, outside of the typical timeline — subject to approval by voters in a statewide election. This adjustment would apply only to the 2026, 2028, and 2030 elections. After that, the Independent Citizens Redistricting Commission — created by voters and widely respected for its fairness — would resume its full duties following the next Census.

The measure does not eliminate or weaken the independent commission. Instead, it recognizes that we are living in a new and dangerous era of election manipulation. Prop 50 preserves the commission’s work while allowing California to defend itself when others break faith with democracy. Furthermore, Prop 50 calls on Congress to adopt a nationwide requirement for independent redistricting systems.

Prop 50 restores balance. It ensures that if Trump-aligned governors redraw lines to create more safe Republican seats, California can respond in kind — within the law, transparently, and with voter oversight. Critics claim Proposition 50 “overturns the will of the voters” who created the independent commission. That’s false. Prop 50 does not abolish the commission. It temporarily empowers voters themselves to approve a fair congressional map in our present extraordinary circumstances.

The commission will continue to exist, and its principles — transparency, fairness, diversity, and compliance with the Voting Rights Act — remain intact. The maps created under Prop 50 must still meet the same legal and ethical standards that guide the commission today.

Democracy depends on checks and balances — not on congressional and judicial acquiescence to a rogue president. Prop 50 is about maintaining that balance.

Why is it our job to fight back?

From civil rights to climate policy, California has never waited for Washington to act. We lead because we must.


Our state pioneered mail-in voting, automatic voter registration, and nonpartisan redistricting. Prop 50 is in that same spirit — a proactive step to safeguard our representation and strengthen democracy when it’s under direct attack.

The measure also reaffirms California’s support for independent redistricting nationwide and for full transparency in any future process. It contains a sunset clause ensuring that after 2030, the independent commission resumes control of redistricting.

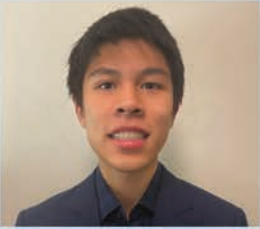
In short: this is a one-time, voter-approved measure to protect fairness, not to undermine it. *What do we need to do?* This is a moment for resolve. California’s values — our diversity, our compassion, our commitment to fairness — are all under siege. Trump and his allies are redrawing the map of America to silence us. Proposition 50 gives us a lawful, democratic way to fight back.

So here’s what we’re asking you to do: 1) Check your mailbox for your ballot. 2) Vote YES on Proposition 50 and sign your envelope.





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FAMOUS BUILDINGS

- ACROSS
- Performer's time to shine
 - Selfie, e.g.
 - One of five Ws
 - Très _____, or very stylish
 - Mandolin's cousin
 - Knitter's unit
 - Aren't, colloquially
 - Mimicked
 - *Like House with Oval Office
 - *The Hunchback's home (2 words)
 - Listening devices
 - Flirtatious stares
 - Salt, in Spanish
 - *_____ State Building
 - TV shows, e.g.
 - Will Ferrell's "Funny or _____"
 - Steve McQueen's "The Great _____" (1963)
 - Toss a coin
 - _____ & Young financial services company
 - Kimono tie
 - Sweating room
 - Short skirt
 - Batter (2 words)
 - Lake, in French
 - Anise seed (1 word)
 - *_____ of Versailles or Buckingham _____
 - _____ of war
 - Sinbad the Sailor's home
 - Not good
 - *St. Basil's in Moscow or St. Paul's in London
 - *The Parthenon in Athens is made of this
 - Capital of Norway
 - Aeneas' lover
 - More slippery
 - Animal protein
 - Independent chieftain
 - High degree
 - TV program interruptions
 - Retired, abbr.

DOWN

- CAT or PET, e.g.
- *Key Tower, tallest building in this Buckeye state
- Laundry room fire hazard
- Type of local tax
- Pupa, pl.
- Things
- Give up a state
- Dam-like structure
- Not misses
- Football's extra point
- Soup scoopers
- Make a solemn promise
- *Burj _____, tallest building in the world
- Wading bird
- "Monkey _____, monkey do"
- Bodily swelling
- Rice wine
- 1/100th of Finnish markka
- Rotisserie skewer
- Spurious wing
- Cancer-treating machine, acr.
- *_____ Needle, Seattle
- For boys and girls
- Lawyers' org.
- *_____ Chapel, Vatican City
- Flat replacement
- "_____, borrow or steal"
- Eventual outcome
- Leonhard _____, Swiss mathematician (1707-1783)
- Portable stairs
- Headquartered
- Road-tripping guide
- Carve in stone
- Emptiness
- Vegetative state
- Ice crystals
- Passage in a coal mine
- Voldemort's title
- Small amount of drink

SCHOOL DIRECTORY

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(626) 355-3463
Head of School: Joanne Harabedian
E-mail address: jharabedian@alvernoheights.org

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Email: inquiry@acsliions.com
Principal: Cindy Harmon
website: www.acsliions.com

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

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

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

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

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

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

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

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

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

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

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

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

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

Pasadena High School
2925 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 396-5880 Principal: Dr. Eric Barba
website: http://phs.pusd.us

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

Sierra Madre Elementary School
141 W. Highland Ave, Sierra Madre, Ca. 91024
(626) 355-1428
Principal: Dr. Jodi Marchesso
E-mail address: marchesso.jodi@pusd.us

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

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

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

Wilson Middle School
300 S. Madre St. Pasadena, Ca. 91107
(626) 449-790 Principal: Ruth Esseln
E-mail address: resseln@pusd.us

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

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

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

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

LAST WEEK'S SOLUTIONS

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GUS’S BBQ — VERY GOOD FOOD, BUT LET’S NOT CALL IT BBQ

By Peter Dills, L.A.’s King of Cuisine

For decades, Gus’s BBQ on Fair Oaks has been a South Pasadena landmark — the kind of place generations of locals return to for familiar comfort and solid food. About ten years ago (maybe longer) , the Bicos Brothers — yes, the same family behind Tops on Michillinda — took the reins and kept the tradition alive, polishing the edges while preserving the neighborhood feel.

We grabbed seats at the bar — comfortable ones, I might add, as another reviewer correctly pointed out — and enjoyed friendly, attentive service from a staff that clearly takes pride in what they do.

Now, having just returned from North Carolina, I need to clarify something about the term BBQ. In the Carolinas, barbecue is not a menu item; it’s a way of life. You can smell it before you see it. Real BBQ means smoke — wood, time, and patience. If a restaurant doesn’t have smoke coming out of it within a 24-hour window, it’s not true barbecue. That doesn’t mean the food isn’t good, but words matter.

By that standard, Gus’s doesn’t quite qualify. There’s no lingering aroma of oak or hickory in the air, and that signature smoke ring on the ribs and brisket is more subtle than defining. But the food itself? Very good. The pulled-pork nachos were the surprise of the night — hearty, balanced, and a solid B+. The eight-bone Memphis baby backs scored a B, and the Texas prime brisket also came in at B. Flavorful, tender, but lacking that final smoky punctuation that separates the great from the good.

Every review of mine includes a quibble, and here it is: the fries. Good, not great. If the kitchen swapped to Russet or Kennebec potatoes, they’d go from side dish to star. Sometimes the smallest detail turns “good” into “wow.”

To their credit, the Gus’s website doesn’t overpromise. It proudly calls the menu Southern cooking, which is a more accurate label. From the cornbread to the mac and cheese, the food speaks for itself — hearty, satisfying, and delivered with genuine hospitality.

IN SUMMARY:

Gus’s may not be BBQ in the truest Southern sense, but it’s still one of South Pasadena’s most dependable restaurants — warm, lively, and delicious. Just don’t expect A’s. Those are hard to come by from this critic.

Your thoughts? Email me at thechefknows@yahoo.com listen to my podcast

For additional information www.gussbbq.com



A WORD FROM SIERRA MADRE POLICE DEPT.

We’re cheering on our Boys in Blue to bring home another trophy! But remember, the best way to celebrate is safely. Don’t drink and drive, and keep your focus on the road (not the game!). Let’s get home safe to celebrate together. Let’s go Dodgers!



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NUTRITIONAL FOODS AS WE AGE

As we grow older, our bodies change in ways that affect how we process and absorb nutrients. Maintaining a balanced diet becomes more important than ever—not only to support energy and mobility but also to protect against chronic diseases and cognitive decline.

One of the key shifts in nutrition for older adults is the need for nutrient-dense foods rather than calorie-dense ones. Metabolism naturally slows with age, meaning we require fewer calories, yet the demand for vitamins, minerals, and protein remains high. Lean proteins such as fish, poultry, beans, and eggs help maintain muscle mass, which is vital for strength and balance.

Calcium and vitamin D play crucial roles in keeping bones strong. Low-fat dairy products, fortified plant milks, and leafy greens are excellent choices. Likewise, foods rich in omega-3 fatty acids—like salmon, walnuts, and flaxseeds—support heart and brain health.

Fiber is another nutritional priority. Whole grains, fruits, vegetables, and legumes not only aid digestion but also help regulate blood sugar and cholesterol levels. Hydration, often overlooked, is equally essential; older adults are more prone to dehydration, so drinking plenty of water and consuming water-rich foods like cucumbers and oranges can help.

It's also wise to watch sodium and added sugar intake. Choosing fresh foods over processed ones can reduce the risk of hypertension and diabetes, two common age-related conditions.

Good nutrition doesn't just extend life—it enhances its quality. With mindful eating and regular physical activity, aging can be a time of vitality and wellness. The right foods truly can nourish both body and spirit well into later years

HOW TO MAKE A HOME SAFER AND MORE ACCESSIBLE AS YOU AGE

Dear Savvy Senior,

What simple tips can you recommend for making a home age friendly? My husband and I are in our late-sixties and want to remain living in our home for as long as possible.

Homebody Hanna



Dear Hanna,

Many older adults, like you and your husband, want to stay living in their own home for as long as possible. But being able to do so will depend on how easy it is to maneuver your living space as you get older.

There are literally dozens of simple adjustments and modifications you can do to help make your home safer and more accessible for aging-in-place. Here's a summary of tips from the National Institute on Aging and AARP, which offers a free room-by-room guide with practical suggestions for older adults living independently.

ENTRANCE WAY:

- Have at least one exterior doorway with step-free access. If not possible, consider a ramp.
- Add a bench in the foyer to sit on when removing shoes or to set down items while locking or unlocking the door.

BATHROOM:

- Install a walk-in shower with a bench and nonskid decals or mats to prevent falls.
- Add a hand-held nozzle to the shower head to facilitate rinsing off while seated.
- Install grab bars on the shower wall and near the toilet
- Put in a taller toilet or add a toilet riser.
- Consider plugging in a nightlight.

BEDROOM:

- If stairs are too difficult to manage, create a bedroom on the main level by transforming a den or an office.
- Make sure the bed is easy to get in and out of. Purchase bed risers, if needed.
- Invest in an adjustable bed for extra comfort.

KITCHEN:

- Purchase a stove with safety features that alert the resident when a burner is on or have automatic shutoffs.
- Relocate major appliances to make them easier to reach.
- Add slide-out drawers or trays to existing cabinets for better access.
- Install a lever-style, light-touch or sensor faucet, which is easier to use than a faucet with turn-style knobs or handles.

FURNITURE & RUGS:

- Get rid of furniture and clutter to make rooms easier to move around in.
- Use chairs with armrests, which makes sitting and standing easier.
- Avoid furniture with sharp corners, which can cause bruises and cuts when bumped up against.
- Hide cords out of pathways — but don't put them under rugs.
- Area rugs, if used, should be secured to the floor with a nonslip mat or anti-slip rug tape.

For more tips, get a copy of AARP's "HomeFit Guide" which is a 36-page fully illustrated guide and has more than 100 aging-in-place tips and suggestions that can be made to an existing house or apartment or incorporated into designs for a new residence.

It explains how a smartly designed or modified home can meet the varied and changing needs of its older residents. It also features easy-to-do, low-cost and no-cost fixes that lessen the risk of trip hazards and increase the safety of high-use areas like the bathroom, kitchen and stairway.

In addition, AARP also offer videos and a HomeFit AR app (available for iPhone and iPad) that can scan a room and suggest improvements to help turn your house into a "lifelong home," free from safety and mobility risks.

Visit AARP.org/HomeFit to order or download a free copy of this guide, or to watch their videos. You don't need to be an AARP member to access this content.

If you'd like more hands-on help, you could also hire an occupational or physical therapist that works with older adults. He or she can come in, evaluate your home and recommend aging-in-place solutions. And if you get a referral from your doctor, Medicare will usually cover a home walk-through.

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

YOUR AD COULD BE HERE! Call
Patricia
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SENIOR HAPPENINGS

HAPPY BIRTHDAY! OCTOBER Birthdays*



Gloria Schauer, Janda Ferris, Darlene Traxler, Margit Johnson, Sole Krieg, Mary Jane Baker, Dixie Coutant, Jill Frank, Cathleen Cremins, Adie Marshall, Susan Gallagher, Maggie Ellis, Gloria Giersbach, Ellen O'Leary, Jenny Piangenti, Anita Thompson, Linda Boehm and Angela Stella *

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

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OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

WHERE OH WHERE IS MY HAIR?

It is true that I don't pay attention to many things in life. I guess I'm just too busy to notice everything.

The Gracious Mistress of the Parsonage always asks me why I'm not paying attention. To keep engaged in that argument, I say, "I'm too poor to pay attention. Could I borrow \$0.25 from you?"

I have yet to get that \$0.25. But it is true, I don't pay attention.

It all started when I was in grade school. I had a hard time paying attention to my teacher. I don't remember how many times I was sent to the principal's office for this very thing.

Believe me, I have tried to pay attention throughout life, but it has been very difficult for me. I'm too poor to pay attention, and as I get older, the poorer I get. All of this came to a head the other day when I walked into the bathroom to shave, brush my teeth and comb my hair. When I was combing my hair, I noticed there wasn't much hair to comb. The less hair I have, the longer it takes me to comb my hair. I wish I could explain that.

It then dawned on me that I was going bald. I then remembered my uncle who was very bald and explained it by saying, "Grass does not grow on a busy street." I'm beginning to understand what he meant. According to his definition, my head has been very busy the last few months. I'm just not sure what it's been busy doing.

Being bald has made me think that maybe I should start wearing a hat. That might cover up some of the bald spots.

Last week I was going to go to the barber. I told The Gracious Mistress of the Parsonage, "I'm going to my barber to get a haircut."

Just as I was walking out the door, she replied by saying, "Have you decided which hair you're going to get cut this week?"

As I closed the door, I heard her laughing, but I wasn't laughing on my side of the door.

When I came back from my barber The Gracious Mistress of the Parsonage greeted me and said, "Did the barber cut the right hair?" And then she laughed as though it was something funny!

Pondering this, I was trying to find the answer to a straightforward question: Where did all my hair go? And, what scared it away?

What provokes me is, why does the hair on my face continue to grow while the hair on the top of my head has retired? Why can't I turn it around? Then I wouldn't have to shave every day.

When I was at my barbershop, I was tempted to ask if there was anything I could do to replace what had vanished on the top of my head that. Then, I didn't think it was a proper question to ask the barber.

I've tried a lot of things to cover up that bald spot on the top. I try to comb the hair from the side of my head up and over the top. That did not work at all. No matter what I did, nothing fixed that problem.

The good thing about being bald is I only see it when looking in the mirror. The only ones who see it are those whom I meet with during the day.

I then had another thought stomped through my brain. Why is it that men go bald but most women do not? I was tempted to ask The Gracious Mistress of the Parsonage, but then I thought she might answer this question in a way that would not make me too happy.

The more I keep The Gracious Mistress of the Parsonage off the top of my head and the missing hair, the happier I'm going to be. Believe me, she can fix anything. I was afraid she would fix me, but I would not be happy with the fix.

Sometimes it's better to keep quiet about something. When you start asking questions, especially with The Gracious Mistress of the Parsonage, you often get answers, and most of them aren't the ones you want to hear at the time. I have learned that silence is the best music to listen to, especially if you're married.

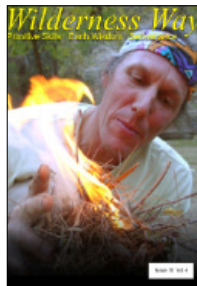
I wish I knew where my hair went so I could retrieve it and put it back where it belongs. Until then, I'm going to have to live with less hair on the top of my head.

I wished that having less hair on the top of my head would mean I wouldn't have to comb it as much. Regardless of the hair on the top of my head or the lack thereof, combing my hair is quite a job in the morning.

In my devotional reading I read a verse from Galatians 1:10, "For do I now persuade men, or God? or do I seek to please men? for if I yet pleased men, I should not be the servant of Christ."

Thinking on this verse reminded me that sometimes I am more concerned about what people think about my looks. Rather, I should be more concerned about what God thinks of me. Am I living a life that pleases Him?

When that is my daily focus, it does not matter about my hair or lack thereof.



CHRISTOPHER Nyerges

[Nyerges is the author of "Nuts and Berries of California," which includes a chapter on toyon. He leads ethno-botanical walks. For more information, contact him at Box 41834, Eagle Rock, CA 90041, or www.SchoolofSelf-Reliance.com.]

THE TOYON TREE: Fruits Mature In Winter!

PREPARING TOYON BERRIES

At one of my Wild Food Cooking classes around Thanksgiving where we collected these fruits fresh, and boiled them as described above, everyone found them very likable. "They're sorta like cranberries of the West Coast," remarked wild food researcher Helen Sweany. I had to agree.

Most often, I collect the berries, remove all the stems, wash them, and then spread them on cookie sheets to dry. If the weather is hot, I put the cookie sheets in the sun for a few days, and just cover with a towel at night. Or, I will put them into the oven; the pilot-light temperature is usually sufficient to dry them in about a week.

The dried toyon is tasty. I often pass these out to school children. Yes, some will just spit them out, but the flavor is not objectionable. There is an initial flavor like black tea, and then, as you chew the hard little fruit you get a very pleasant combination of both sweet and sour.

My preferred method of preparation was taught to me by Linda Sheer, who grew up in rural Kentucky and learned how to experiment with most wild foods to create tasty dishes. The berries are boiled, and the water changed. Assuming the berries are no longer astringent after one changing of the water, the berries are given just a little water and cooked at low heat while flour is added. I usually use wheat flour, but any other flour could be used with similar results. I slowly stir as the flour thickens, and I add a few tablespoons of honey, to taste. This mixture thickens up, like a pie filling, and most people find it delicious.

"STORE" VS. "STORE"

Toyon is a common tree in the hills around Pasadena and Altadena, and throughout the Angeles National Forest. It's common throughout the California chaparral regions. The leaves have small serrations on their edges, and are a bit leathery in texture. The fruits mature in winter, which makes them very unusual, and made them highly prized the native communities who ate the berries. After all, there are no other wild fruits that do their producing in winter. Today, folks can go to the grocery store whenever they want, but if you lived here 500 or more years ago in the pre-Mission era, "store" was a verb, not a noun. And if you ran low on supplies in winter, you could go into the hills and collect some food. Toyon was probably a life-saver!

There are many ways in which Native Americans ate the toyon berries in the past, and there are many modern methods of use.

When I am on the trail during toyon's ripening, I collect several cups worth of the fruit clusters. Then I take about a half-hour to remove all the stems. Next, I rinse the berries well, since even if they appear clean, they have accumulated lots of dirt.

Typically, you do not eat raw toyon berries because they are astringent and the flesh is mealy. Still, I know several local indigenous friends who enjoy the berries raw. But most feel that the flavor is improved by cooking or drying.

Normally, I put the berries in a pot and cover with water and bring to a boil. I let them boil for perhaps 10 minutes, until they have plumped up just a bit. I strain out the water, add fresh water, and bring to a boil again. This process removes the astringency of the raw fruit, and brings out the sweetness. After this second boiling, strain out the water and then just taste one of the fruits without any sweeteners or flavoring. There is a fresh flavor which is a combination of the low sugar content and a sour flavor, akin to a cumquat, or a raw cranberry.

NATIVE FOOD SYMPOSIUM

My wife and I participated in the first Native Food Symposium Rancho Santa Ana Botanic Garden a few years ago. We experimented with several methods of toyon preparation, and the good results were fed to the participants of the symposium. One method was the recipe just described, where the berries were cooked with flour and sweetened with honey.

MEET RICHARD TOYON:

Richard Toyon is a 14th generation Californian, according to the official records of the Mission San Juan Capistrano. He is descended from the Parra clan of the Acjachemem nation (pronounced "A-HA-Sha-mem"), formerly known as the Mission Band of the Juaneno Indians. His family originates in what is now the city of San Juan Capistrano. He is a descendant of Alejo Parra, and the area was once called Rancho de los Toyones. Richard Toyon's grandfather's name was Ortiz de los Toyones, and after him the family name was shortened to just "Toyon."

Toyon lives in La Crescenta and is active in Boy Scouts, local politics, and in representing the Tongva Tribe for various environmental and public issues. Of course, when we first spoke, I could not wait to ask him about the native toyon tree, the tree from which his family name comes.

"When I give my walks and lectures a few times a year, I talk about the native uses of plants," he explains. "The ethno-botanical uses of plants, not necessarily just the food uses." Toyon went on to tell me about the first real estate venture just south of Griffith Park. "These guys looked up in the hills and they saw all the toyon trees with their brilliant red fruit, and they called the place 'Hollywood.' They should have called it 'Toyonwood,'" he laughs.

"The toyon fruit played a significant role in the Acjachemem diet," he says. Though there are probably a dozen common ways of preparing the fruit – ground into meal, made into a drink, made into a dessert – Toyon says that in Acjachemem get-togethers today, the fruit is cooked in a wok, fried and lightly seasoned, and served 50/50 with rice. His relatives have mashed up the toyon berries and served them on top of potatoes, with butter.

GROW YOUR OWN

If you like toyon berries, seriously consider growing your own. The young plants are readily available at any native plant nurseries, such as Hardy Californians in Arcadia (call 626-675-8652 for hours), Hahamongna Plant Nursery (4550 Oak Grove Drive in Pasadena, Saturdays only), Theodore Payne Society in Sunland, and others. It's a great plant to have in your own yard, where you can harvest the fruits as you wish every winter.



Toyon fruits



Richard Toyon holding a cluster of toyon. Over his left shoulder is Toyon Peak.

Katnip News!



Meet Dottie, a Girly-Girl!

Last week you met Sammy. Dottie is his sister, age about 1 year. Dottie is a small brown tabby with a heart full of love and a playful spirit! Her loving nature shines through in every cuddle and purr. She loves to snuggle with her siblings, and she likes to hide under a skirt. Dottie is known for her distinguishing eyebrows, which is definitely a "girl thing!" She loves to be brushed, and will quietly call you over to brush her on her favorite scratch mat, which will go with her when she's adopted, of course. Dottie always greets you with a meow when you reach for her, and will purr quietly when petted. She also loves to eat, and will run from her eating spot to you meowing for you to hurry with the food. It's adorable. Are you ready to add this bundle of joy to your life? Dottie is waiting to steal your heart! She is thoroughly vetted and ready to go! Dottie needs to be adopted with one of her siblings: Ollie, Rocky, or Sammy, who are being featured each week.

Apply at <https://www.lifelineforpets.org/mindys-kittens.html> or scan the qr code.



Dottie

Pet of the Week

Sunday didn't find her new family on Free Adoption Day, but she's still holding out hope! This gentle 12-year-old brindle pittie has been through more than most - she came to Pasadena Humane in January for emergency boarding after the Eaton Fire displaced her family. When it became clear they couldn't take her back, they made the heartbreaking decision to surrender her, hoping she could find a second chance at happiness.

Sunday's been living in a loving foster home ever since, bringing joy to a community that knows loss and resilience. Calm, cuddly, and full of love, Sunday made tons of new friends this past weekend, rocking her best flower collar and showing off her world-class snuggling skills.

She's a sweet senior lady who deserves a soft place to land, a quiet home, and someone to love her through her golden years. If you're looking for a best friend every day of the week - Sunday's your girl.

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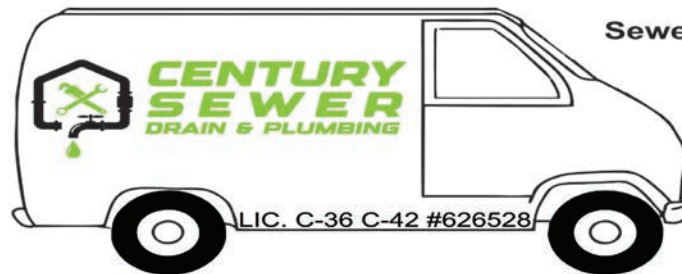
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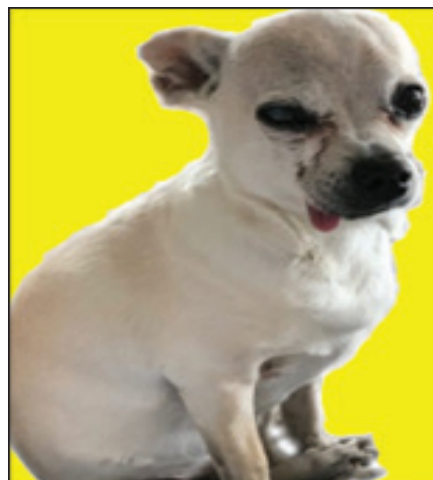
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LA SALLE GIRLS' TENNIS CLOSES LEAGUE PLAY WITH GRIT, EYES CIF PLAYOFF PUSH



After an unpredictable regular season filled with lineup shifts, injuries, and late-match heroics, the La Salle Girls' Tennis team capped off league play with a strong showing at the Del Rey League prelims and finals this week — setting the stage for another CIF playoff run.

Head Coach Javier Djeu, now in his fifth season leading the girls' program, described this year's league tournament as “something else.” For the first time in program history, La Salle entered prelims without a single seeded player in either the singles or doubles draws. That didn't stop the Lancers from turning heads and battling through a grueling week of competition.

To shake things up, Coach Javier split up one of his doubles teams — Olivia Peterson and Amanda Carvalho — to compete in the singles draw. The duo delivered an impressive opening-round win before falling to the #2 and #4 seeds in the quarterfinals. In doubles, Adeline Ward and Emily Murphy fought through a marathon match that came down to a 10-point in a deciding 3rd set tie breaker.

The highlight of the week came from La Salle's #1 doubles team, Captain Zoey Yang and Sima Samri, who stormed through the opening rounds with grit and poise. After defeating the #3 seeds from St. Joseph, the pair advanced to the semifinals against Bishop Montgomery. In a high-quality three-set thriller, the Lancers took the second set 6-2 before narrowly dropping the decider. They bounced back to claim third place with a 4-6, 6-0,

6-2 victory in another marathon match against Bishop.

“It was a rough week of matches for us, but this gives me a lot of confidence going into the end of the season,” Coach said. “Although I'm sad to be losing my captain this year, I'm thrilled knowing I have a great team coming back next year.”

The Lancers close the regular season with a 6-4 record finishing in 3rd place, all while playing short-handed much of the year. Despite starting many matches down sets due to roster limitations, the team leaned on its doubles depth and mental toughness to stay competitive throughout.

Reflecting on the journey, Coach Javier emphasized that this season felt “fresh” — not like a rebuild, but a renewal. “I'm so happy with the team chemistry, the memories, and the individual relationships I've built with my players and parents this season,” he said.

Now, as La Salle prepares for team CIF, the mind-set is clear.

“We're ready to compete,” Coach Djeu stated confidently. “Still short-handed, but I'll put my team's grit and endurance up against any team this playoff.”

With momentum from a hard-fought postseason and a core group returning next year, La Salle Girls' Tennis isn't just closing a chapter — they're opening a new era.

UNLOCK YOUR LIFE



Lori A. Harris

REWIRING THE BRAIN: Affirmations can help to rewire the brain by creating new neural pathways.

No matter what's happening in national or international news, I want to remind you of this: you still have the power to direct your attention, and in doing so, shape your life. The world can be noisy, unpredictable, and sometimes heartbreaking. But you don't have to live at the mercy of every headline or every scroll.

Ralph Waldo Emerson once advised, “Stand guard at the portal of your mind.” Those nine words are as relevant today as they were nearly two centuries ago. Be mindful of what you allow to enter your mental space. Every thought you rehearse becomes a signal to your brain about what to strengthen, what to fear, and what to believe. According to the National Institutes of Health, affirmations, those simple, positive statements we repeat to ourselves, are not just feel-good slogans. They're a form of mental conditioning backed by neuroscience. When we practice affirmations, the brain's neuroplasticity, its ability to rewire itself, kicks in. Positive statements activate the prefrontal cortex, the part of the brain responsible for reasoning and decision-making, helping us process empowering thoughts as true.

Here's the fascinating part: when we make a positive statement about ourselves, the brain doesn't just passively accept it; it gets curious. It starts searching for evidence to support that statement. This natural cognitive bias reinforces the affirmation, making it more believable and more deeply felt over time. In other words, by choosing affirming thoughts, you're teaching your brain to find proof that you're capable, resilient, and worthy.

Meanwhile, the amygdala, which fuels anxiety and fear, begins to quiet. The reward system releases dopamine, giving us a natural hit of motivation and a sense of ease. Even the hippocampus, which governs memory, records these moments—making self-belief easier to recall when we need it most.

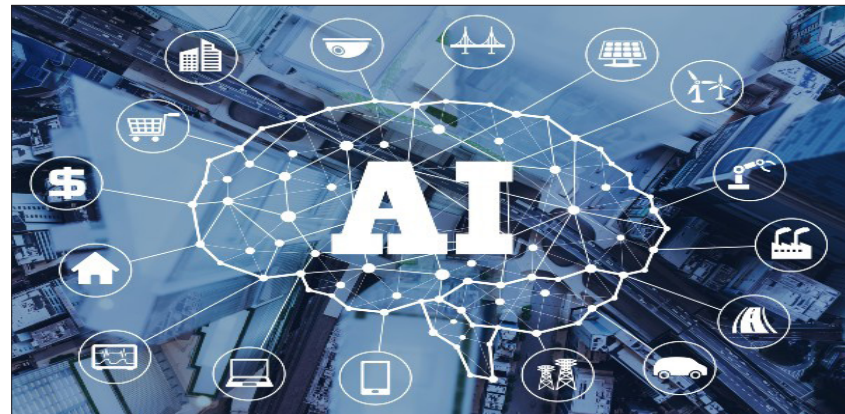
So, while the news cycle runs 24/7 and the noise persists, you can train your mind to choose peace, gratitude, and grounded optimism. It's not denial, it's discipline.

Power Tool: Try This Practice

1. Morning Reset: Before you check your phone, take one deep breath and repeat an affirmation such as, “I am grounded, capable, and at peace in this moment.” or “I choose thoughts that strengthen my joy.” Then watch as your mind and body comply.

2. Evening Reflection: Write down one kind thing you told yourself, or wish you had, during the day. Let it become your bridge to better self-talk tomorrow. You can rewrite your day. Who can stop you? Protect your peace. Guard your attention. Because where your attention goes, your energy flows, and your life follows.

Lori A. Harris, is an Integrative Change Coach and Consultant. Download her free gratitude journal at loriaharris.com.



“OF COURSE, YOU’RE RIGHT” – ON AI SYCOPHANCY

By Paul J. Carpenter

A well-known adult cartoon recently tackled the topic of blind reliance on AI tools for coming up with solutions to problems, without keeping at least one foot firmly planted on the ground about the expected results.

Having high expectations for an advanced tool to deliver advanced results is not a problem in itself. It's often the main selling point that catches our attention in the first place.

The disconnect from reality appears from the way we process the hype often associated with new, hot-topic hi-tech solutions.

These products, known as AI Chatbots, are often used to provide quick answers and solutions for a variety of situations. Probably the most well-known of this group is ChatGPT. Users interface with these products using natural language which adds to the ease-of-use factor. Combined with all the processing power the average consumer would need, computers have never been friendlier than they are right now.

Sometimes a little too friendly. This is where this issue of AI Sycophancy first appears.

AI Sycophancy is the observed tendency of chatbots to go along with users in ways that prioritize approval over accuracy and truthfulness. Sometimes this can take the form of being overly agreeable, or mirroring the users already established opinions.

In the example depicted in the cartoon, the chatbot agreed and even amplified the users' ideas despite their ridiculous nature and obviously negative chances of improving the problem that prompted the consultation in the first place. There are a number of factors that can start a user down into this echo chamber including the data used to train the AI model, feedback loops, improperly formatted input data, and just plain old asking the wrong questions. Ordinary desperation can also lead to magical thinking at both ends of the process.

In the previously mentioned cartoon, a business man turned to a popular chatbot looking for answers when he ran into issues that capsized his operations. He turned to a popular chatbot for ideas on how to rebrand his business and get back up and running.

In the cartoon, the AI was voiced as a highly supportive consultant whose demeanor had the effect of making the user believe that the original problem solved and he would soon corner the market in Bezos-like fashion.

It took some firmly delivered advice from his wife to make him realize that “just because something kisses your butt all the time doesn't mean that your ideas are good!” This seems political somehow.

FITNESS FOR LIFE



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

dominant arm be sure you aren't scheduling it at a time when you need to do a lot of computer work, cooking, cleaning or driving. The pain is BAD!! When I went back for the one- month follow up, the doctor decides to tell me “this is one of the most painful surgeries you can have”. Ah, thanks for the warning – a little late I'd say. I was so depressed and in so much pain I broke down in his office. He immediately took the sling off, told me not wear it anymore and said to “give it time.”

Months two and three were not much better. Not being able to touch your face, comb or wash your hair, close a door, or pick up anything heavier than a coffee cup isn't fun. The doc assured me beforehand I could still type and drive - not! Typing was horrible and when I tried to drive just putting on the seat belt required doing a pirouette to get in the car. Once I got on the freeway I almost killed myself. Hiking and running? Out of the picture, too much jarring. Everything that keeps me sane was gone.

Then came the disappointment with the physical therapy offices. I tried. The first one couldn't see me for a month. The second one didn't believe in ultrasound or laser therapy. The doctor recommended five other places, none of which returned my messages. So I decided if I wanted to get better I was going to have to rehab myself. Being in fitness my whole life I do know my body, my limits and how to go slow. Whatever I couldn't figure out, AI did.

It was a whole other month before I could reach over my head. Only within the last two weeks do I feel like I will someday return to normal. I haven't even slept on the affected arm yet. Sleeping upright or on one side gets old and uncomfortable. Muscles in my surgical arm have atrophied and now I'm slowly working to add weights to my routine again. God only knows when push-ups and dips will be possible.

No, this is not motivational. But it's the truth. I'm not a baby when it comes to pain. I walked around with a deteriorated hip joint for two years. But I'd rather go through childbirth every day for a week than to have this surgery again.

Yes, the surgeon was excellent. I have no doubt I'll be back to better than before – someday. But I'm not the patient type (no pun intended). Getting back to the same level of strength, flexibility, and endurance won't be easy, even though I did my best to work the rest of my body and strength train the muscles I could from day one. I understand how people give up when they have surgeries like this. But what's the alternative? Live in pain every day? Give up exercise? I don't think so.

When it's time for another surgery I'm hoping advances in regenerative medicine will make these treatments obsolete. Too much pain. Not good enough pain management. Way too long recovery time.

If you're going under for this soon, have someone stay with you for a while. Get a recliner. Don't try to open any pickle jars. Install a bidet and get used to the idea of a lot of bad hair days.

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

POST-OP PROGRESS

Well, it's been five months since my shoulder surgery. Here is my update and some insight if you are considering this procedure. Keep in mind your experience could be vastly different from mine. I've only had one other major surgery (total hip replacement a year ago) so anything that causes pain and inactivity is a definite hit to my psyche.

To refresh your memory, I had a supraspinatus repair (rotator cuff surgery). One of the main muscles in the shoulder was torn off the bone. The surgeon drilled holes and reattached the retracted muscle with sutures so that it could grow onto the bone again. As an added bonus, I also had a bicep tendon repair (bicep tenodesis). For that, they cut off the “shredded” part of the bicep tendon, drilled a new hole in the arm bone closer to the bicep, and stuffed the new tendon end inside to grow back. If you need a shoulder repair because of overuse, there's a good chance you'll need this bicep repair work done at the same time. Two surgeries at once. What a deal.

The first month was a nightmare! My special eSling was the size of a shoe box that I had to wear between my elbow and waist at all times. For a full month! You cannot use your arm for anything. Nothing. So if it's your shoulder, cleaning or driving. The pain is BAD!! When I went back for the one- month follow up, the doctor decides to tell me “this is one of the most painful surgeries you can have”. Ah, thanks for the warning – a little late I'd say. I was so depressed and in so much pain I broke down in his office. He immediately took the sling off, told me not wear it anymore and said to “give it time.”



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Mountain Views News Mission Statement

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

STUART TOLCHIN



Every day seems different as if part of a different world. Of course, we all know it is the same world perhaps created somehow by someone or somebody. I want to review the past week with you so that you can share my wonder. Friday was the incredible day of the three Shohei Ohtani homeruns combined with his 2-hit pitching and 10 strikeouts which were part of the Dodger victory that now allows our hometown team to participate in the World Series. If you don't know what I am talking about, it's as if we live in different worlds but please keep reading anyway.

My son had slept over Friday night to watch the game with my wife and I and on Saturday morning I planned to attend the No Kings demonstration occurring all over the United States including right here in our little Sierra Madre. I tried to interest my son, who suffers from life-long developmental difficulties, but at first, he was disinterested. He asked what possible difference his participation could or would make and he wanted to stay in the house. That changed once he saw my wife creating No Kings posters and her industry and enthusiasm reached him and now, he wanted to be a participant in what was taking place.

Just before we left, I called the editor of this paper to see if she was going to attend the demonstration and was told that busy as she was, she would do her best to glide by. She also said I was free to write about my impressions of the demonstration but gave me no word-limit and really no promises that my report would be published. So, off my son, my wife, and I went to Kersting Court our little plaza off Sierra Madre Blvd which is the center of our foothill town.

As we left, we wondered how many people would be there but were surprised at the number of protesters already present. I am sure that by this time you have read about the protest and learned that it was the largest demonstration in the history of Sierra Madre. There was music and conversation and music and costumes, but no huge display of anger. It was very sunny, and my wife and son left early but I stayed talking with people.

Later, I caught a ride with a neighbor and invited her to my home to admire the view from our deck. The neighbor involved us by describing the volunteer work she was doing helping to advise the worried Hispanic population of Pasadena and it is now my hope to soon begin volunteering next week. She also told us about the extraordinary experiences that have long been a part of her life. In what I call transcendental experiences within a nonphysical realm she sees and talks to God. Wow!

After my neighbor left I wrote a report and emailed it to the editor. That was Saturday and on Sunday my son once again stayed overnight as he was very anxious about his colonoscopy procedure which was scheduled for 11 AM Monday. Poor guy, he was up all night. To help him relax I decided to read him a short story from the Book the Best American Short Stories of the Century which included The Key written by Isaac Bashevis Singer. This story describes a lonely old woman who believes she is surrounded by hostile neighbors and predators. She loses her apartment keys and fears she will die on the street. Surprisingly she receives help from her neighbors and gets back into her apartment. Her whole attitude about her life profoundly changes. At the end of the story, she imagines hearing the words "mazel tov" which is the Hebrew expression signifying congratulations and best of luck for the future. In my world it is an expression often heard as praise for a job well done.

I want to end with this message with the thought that if I ever have an experience like the ones described by my neighbor and find myself in the presence of God it is my hope that rather than complain about the world that might have been I will say to the Creator "mazel tov" congratulating He or She for what has been accomplished and expressing my hope for the future. Certainly, tomorrow is a new day, and we can all appreciate our own life and the constant ever-changing world that surrounds us.

Stay informed but be positive.

PUT THE LIGHTS ON

MAZEL TOV

RICH JOHNSON



POTPOURRI: Questions & Answers

Most of us have heard and used the word potpourri. Do you know what potpourri is? Well, I'll tell you... both by giving you definitions followed by mesmerizing examples.

1. A combination of incongruous things (look it up)
2. A miscellaneous anthology or collection
3. A mixture of dried flower petals and spices used to

scent the air (my favorite). Let's begin:

The first airline stewardess...or (for the politically correct crowd) flight attendant. Her name was Ellen Church. Hired by United Airlines May 15, 1930. She had to be a registered nurse, no taller than 5'4" and weigh no more than 115 pounds.

Ms. Church's duties included carrying the passengers' luggage, cleaning the plane, helping the pilot and crew push the plane out of the hanger and onto the runway. And finally, she was required to hold the hose during refueling.

Next, what came first the hot dog or the bun? The first hot dogs were sold on Coney Island in New York in 1871. No buns. Vendors handed the hot dog out with a white glove to keep their fingers clean but too many customers walked off with the gloves. Thirty years later, in 1904, someone thought up using buns and I guess it just caught on.

Mrs. Ludlow Ogden Smith and her husband were dropped from the Philadelphia Social Register in 1934 because Mrs. Smith decides to become a movie actress. You might know Mrs. Smith better by her given name...Katharine Hepburn.

What was Al Capone's business occupation? According to his business card Mr. Capone was a second-hand furniture dealer.

In 1700's America, how many children did the average married woman give birth to? 13 children (the life expectancy at birth for Americans in 1789 was 34 for men and 36 for women). PS Benjamin Franklin was the 15th child born to a Boston soap maker.

Have you ever had a drink of Lithiated Lemon? No? Not so fast. Lithiated Lemon was the original snappy name of a drink we call 7-UP. Name changed in 1933. How many baseballs are used in an average 9 inning game in the Major Leagues? 108 262,440 baseballs used per MLB season.

Speaking of baseball, the rules have changed over the years. "Runs" were originally referred to as "Aces". Pitching was underhand and if the ball was caught on the first bounce the batter was out.

Speaking of sports, the official sport of the state of Maryland is Jousting. The first female medical doctor, Elizabeth Blackwell, was admitted to Geneva College Medical School in New York...as a joke. She graduated at the head of her class...in 1849.

What is Los Angeles' full name? (Take a deep breath) El Pueblo de Nuestra Señora la Reina de los Angeles de Porciuncula. Translated? "The Village of Our Lady the Queen of the Angels of Little Portion".

What did the newspaper headline say the day after the Gunfight at OK Corral? "Three Men Hurdled Into Eternity in the Duration of a Moment!"

Believe it or not Humphrey Bogart and Ingrid Bergman were not the first choices for the lead in "Casablanca". Who were the original actor actress cast? "Ann Sheridan and Ronald Reagan". Continuing "Bogie and Katherine Hepburn" weren't the first choices for "The African Queen". Those roles were originally intended for "David Niven" and "Bette Davis".

Ever wonder what song became the absolutely first "Gold Record"? "Chattanooga Choo Choo" by Glenn Miller in 1941. While we're on songs was the "Star Spangled Banner" the original "National Anthem"? Nope, nope and nope. Our first national anthem was "Yankee Doodle".

Who was the first president to shake hands? Thomas Jefferson. George Washington and John Adams greeted visitors by bowing to them. (We should have our presidents start doing that!).

Was presidential retreat "Camp David" always "Camp David"? Nope, nope and double nope. President Eisenhower changed the name to "Camp David" from its original name "Shangri-La" named by FDR.

Finally, the question we all have asked at one time or another: "How many elephants does it take to fill up a blue whale"?

The answer is the same number that us professional newspaper moguls use to end a newspaper column. -30-

PS Halloween Party/Concert at Nano's is this upcoming Saturday night at Nano's. 7:00-10:00 Costumes optional. Yours truly and JJ Jukebox in concert. Call (626) 325-3334 for info. Call Wednesday through Saturday after 4:00pm for reservations or information.

HOWARD Hays As I See It



"Where would you rather be on this beautiful Saturday than here to protect our democracy?" – participant at the "No Kings" rally, Kersting Court

Seven million Americans, in 2,700 demonstrations throughout the country, participated in "No Kings" rallies last Saturday. Estimates for here in Sierra Madre were a thousand showing up around Kersting Court – twice the turnout of the first "No Kings" rally in June.

As usual, it was a gorgeous day – blue, cloudless sky with air cleared by recent rains affording crisp views of the mountains as backdrop. I said "hi" to friends and then, meeting others, posed a question; "Of all the places you could be on a Saturday enjoying this beautiful weather, why are you here?" Sometimes they'd turn the question back at me, "Where would you rather be?" I thought of missing the annual Street Rods Forever car show in Monrovia. Those who know me, know that's something I'd be thinking about.

There were a number of folks from Monrovia (also missing the car show). One group explained they were there to "speak in favor of democracy", "in opposition to tyranny". Another Monrovia explained they were there because "our democracy needs us".

One from Pasadena said she was there to have her "voice heard" – and reminded that one of our "American values" is "showing up".

Neighbors in Sierra Madre explained their position as, "no king, no dictatorship, no Trump" – a "moral compulsion", a "duty to resist against tyranny".

A group from Altadena expressed alarm over things "changing so fast", "all the cruelty", "National Guard in cities like we're the enemy".

Other folks from Altadena told how they'd lost everything in the fire – moving here last March. They said they wondered whether Sierra Madre "would all be conservative", but now they especially "love the sense of community".

A young lady from Sierra Madre said she was there to express her "care about human rights", and to "let people know they're not alone – solidarity".

I complimented a participant from Eagle Rock on their sign; "A Naked Bike Ride Is Not An Insurrection". They said, "The most important thing – to be here and stand up for our country".

A couple from Pasadena simply explained, "We have to be here", that they "feel better about the situation" being with "like-minded people". A fellow from Sierra Madre said he was there "to show the flag – we've let them have it for too long." Another expressed "responsibility to help others and protest against dictatorship".

I met some dual-nationals down from Canada. They said what they valued most about down here was the multi-culturalism; "You take that out, there's nothing."

One lady put it succinctly; "I have a five-year-

old. It's for their future." Another was more expansive; "Gay, trans, young women, Latinas – I have six nieces. I want them to have the same rights I had." There was one who made sure she introduced herself clearly; "I'm a Jewish woman with Palestinian friends."

A couple from Arcadia said they were there to exercise their rights, and in protecting that right of free expression they'd "defend anybody with a different opinion". A lady explained she was from a "family of immigrants", that they'd "fight back in whatever way we can."

Speakers included our State Senator Sasha Renee Perez and Congresswoman Judy Chu. Rep. Chu reminded that here in California, in addition to showing up at rallies, we have the opportunity to take concrete action: We can pass Prop 50 to counter President Trump's efforts to rig the midterm elections in his attempt to avoid a Congress that might actually hold him accountable.

Both Sen. Perez and Rep. Chu were there the next day at the United Democratic Headquarters annual Oktoberfest. Also there was gubernatorial candidate Betty Yee. She spoke of talking up Prop 50 in a deep-red area of northern California, where they worried that redistricting would bring loss of representation for their interests. Yee pointed out to them how their current congressman avoided town halls while supporting policies resulting in loss of rural hospitals and affordable healthcare. She said she then asked them how well their interests were being represented now.

The "No Kings" rallies were about fighting back in the streets. Prop 50 is fighting back at the ballot box. Sen. Sasha Renee Perez told of fighting back in Sacramento. Among measures she's co-sponsored is one requiring ICE to be unmasked with visible name badges – like our police, state troopers and sheriff's deputies – or risk losing their qualified immunity. The point is being able to hold any law enforcement officer – whether local, state or federal – accountable for their actions.

On another issue, we've all been aware of Trump's slashing funding for scientific research. Sen. Perez is co-sponsoring legislation for a bond measure to ensure that no matter how far back Trump is determined to drag the rest of the country, we won't allow him to block scientific advancement here in California.

Sen. Sasha Renee Perez is leading. I'm looking forward to seeing where her leadership takes us in the years ahead.

When I mentioned the weather to this one "No Kings" participant at Kersting Court, she waved her hand over the crowd and said, "This is what makes it a beautiful day!" She then turned to me and added, as if wanting to reassure me, that the people here "know what to do." I like to think she's right.



with the County Clerk of Los Angeles County on 09/22/2025. The registrant(s) has (have) com-

A new Fictitious Business Name Statement must be filed prior to that date. The filing of this state-

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as: PINNACLE BUILDERS INC. 23348 MO-BILE ST WEST HILLS, CA. 91307. Full name

File No. 2025199337

The following person(s) is (are) doing business as: ANU EVENT 13623 SHERMAN WAY APT 107 VAN NUYS, CA. 91405. Full name of registrant(s) is (are) ANU BATBILLEG 13623 SHERMAN WAY APT 107 VAN NUYS, CA. 91405. This Business is conducted by: AN INDIVIDUAL. Signed: ANU BATBILLEG, OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/24/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 05/2018. 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) Publish: ES Mountain Views News Dates Pub: OCT 4, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025198114

The following person(s) is (are) doing business as: PRISTINE NAILS & SPA 620 E. COLORADO ST. STE A GLENDALE, CA. 91205. Full name of registrant(s) is (are) A&N BROS. INC. 620 E. COLORADO ST. ATE A GLENDALE, CA. 91205. This Business is conducted by: A CORPORATION. Signed: A&N BROS. INC., DIANE KHACHATURIAN, PRESIDENT. This statement was filed with the County Clerk of Los Angeles County on 09/23/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/2020. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: OCT 4, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-196691

The following person(s) is (are) doing business as: CALI PARK CO., 461 W WOODBURY RD, SUITE 220, ALTADENA, CA 91001. Full name of registrant(s) is (are) TAMERA STUCKY, 205 1/2 E AVE 40, LOS ANGELES, CA 90031. This Business is conducted by: AN INDIVIDUAL. Signed: TAMERA STUCKY/OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/22/2025. 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) Publish: Mountain Views News/JDC Dates Pub: Oct 04, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-197952

The following person(s) is (are) doing business as: EXCLUSIVE DETAILING ARWASH, 5511 ALHAMBRA AVE, LOS ANGELES, CA 90032. Full name of registrant(s) is (are) ALAN G TABLAS, 5511 ALHAMBRA AVE, LOS ANGELES, CA 90032. This Business is conducted by: AN INDIVIDUAL. Signed: ALAN G TABLAS/OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/23/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 09/23/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: Oct 04, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-196233

The following person(s) is (are) doing business as: FIT YOUR POTENTIAL, 15662 1/2 LEFFINGWELL RD, WHITTIER, CA 90604. Full name of registrant(s) is (are) IRENE MAGED ISKANDER, 15662 1/2 LEFFINGWELL RD, WHITTIER, CA 90604. This Business is conducted by: AN INDIVIDUAL. Signed: IRENE MAGED ISKANDER/OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/19/2025. 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) Publish: Mountain Views News/JDC Dates Pub: Oct 04, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-196828

The following person(s) is (are) doing business as: HAIR CLUB 2030 W LAS TUNAS DRIVE, SAN GABRIEL, CA 91776. Full name of registrant(s) is (are) NAIL CLUB 20, 705 W LAS TUNAS DR, SAN GABRIEL, CA 91776. This Business is conducted by: A CORPORATION. Signed: LINH NGOC HUYNH/CEO. This statement was filed with the County Clerk of Los Angeles County on 09/22/2025. 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) Publish: Mountain Views News/JDC Dates Pub: Oct 04, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-199054

The following person(s) is (are) doing business as: KINGDOM JOURNEY 4 LIFE BUSINESS SERVICES, KJAL BUSINESS SERVICES, DR MARTY REED, KINGDOM JOURNEY 4 LIFE, KINGDOM JOURNEY 4 LIFE PARTY RENTALS, KJ LUXURY APPAREL, KJAL ACADEMY, KJAL LIFE & LEGACY, KJALUXURY, LEGACY BEYOND PUBLISHERS CANDI LAKESWOOD STREET 16E, LAKESWOOD, CA 90712. Full name of registrant(s) is (are) KJAL ENTERPRISES INCORPORATED, 1004 W WEST COVINA PARKWAY # 492, WEST COVINA, CA 91790. This Business is conducted by: A CORPORATION. Signed: MARTAWAN ALDUNN REED/CEO. This statement was filed with the County Clerk of Los Angeles County on 09/24/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: Oct 04, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-201122

The following person(s) is (are) doing business as: NOAH'S WINDOW & MAINTENANCE CO., 11110 SANTA GERTRUDES AVE, WHITTIER, CA 90604. Full name of registrant(s) is (are)

NOAH LAZARUS MIRABAL, 11110 SANTA GERTRUDES AVE, WHITTIER, CA 90604. This Business is conducted by: AN INDIVIDUAL. Signed: NOAH LAZARUS MIRABAL/OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/26/2025. 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) Publish: Mountain Views News/JDC Dates Pub: Oct 04, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-196721

The following person(s) is (are) doing business as: POKESTATION, 1147 E LAS TUNAS, SAN GABRIEL, CA 91776. Full name of registrant(s) is (are) JI CHIBAN ANIME LLC, 1147 E LAS TUNAS, SAN GABRIEL, CA 91776. This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed: YANJIN LIN/CEO, ARTICLE # 99145662. This statement was filed with the County Clerk of Los Angeles County on 09/22/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 09/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: Oct 04, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-197089

The following person(s) is (are) doing business as: ROLDAN REEFER SERVICES, 4647 WALNUT AVE, PICO RIVERA, CA 90660. Full name of registrant(s) is (are) CESAR A. ROLDAN, 4647 WALNUT AVE, PICO RIVERA, CA 90660. FERNANDO QUINTO ZAMORA, 4647 WALNUT AVE, PICO RIVERA, CA 90660. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: FERNANDO QUINTO ZAMORA/GENERAL PARTNER. This statement was filed with the County Clerk of Los Angeles County on 09/22/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 02/2023. 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) Publish: Mountain Views News/JDC Dates Pub: Oct 04, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-199097

The following person(s) is (are) doing business as: S.C.R.E. PROPERTIES & INVESTMENTS, 1716 W. 35TH PL., LOS ANGELES, CA 90018. Full name of registrant(s) is (are) OSCAR HUMBERTO AMAYA, 1716 W. 35TH PL., LOS ANGELES, CA 90018. This Business is conducted by: AN INDIVIDUAL. Signed: OSCAR HUMBERTO AMAYA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/25/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 12/2015. 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) Publish: Mountain Views News/JDC Dates Pub: Oct 04, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-198395

The following person(s) is (are) doing business as: SARA CLEANINGS SERVICE, 2730 W 235TH ST C, TORRANCE, CA 90505. Full name of registrant(s) is (are) SARA ALOMRE, 2730 W 235TH ST C, TORRANCE, CA 90505. This Business is conducted by: AN INDIVIDUAL. Signed: SARA ALOMRE/OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/23/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: Oct 04, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-201124

The following person(s) is (are) doing business as: THE LUXURY NAILS LOUNGE, 1830 N SEPULVEDA BLVD, MANHATTAN BEACH, CA 90266. Full name of registrant(s) is (are) MARINA DEL REY NAILS COMPANY, 1830 N SEPULVEDA BLVD, MANHATTAN BEACH, CA 90266. This Business is conducted by: A CORPORATION. Signed: ANNIE PHOENIX, ARTICLE # B20250290622. This statement was filed with the County Clerk of Los Angeles County on 09/26/2025. 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) Publish: Mountain Views News/JDC Dates Pub: Oct 04, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025-199238

The following person(s) is (are) doing business as: TIDY CLEAN HOUSE KEEPING, 4101 PARAMOUNT BLVD SPC 112, PICO RIVERA, CA 90660. Full name of registrant(s) is (are) MANUEL ALEXANDER CONOZ CONOZ, 4101 PARAMOUNT BLVD SPC 112, PICO RIVERA, CA 90660. PAULA VASQUEZ-RUIZ, 4101 PARAMOUNT BLVD SPC 112, PICO RIVERA, CA 90660. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: MANUEL ALEXANDER CONOZ CONOZ/GENERAL PARTNER. This statement was filed with the County Clerk of Los Angeles County on 09/24/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: Oct 04, 11, 18, 25, 2025

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ment 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) Publish: ES Mountain Views News Dates Pub: OCT 4, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025198117

The following person(s) is (are) doing business as: MOTOREN 1210 N. CHEROKEE AVE APT 422 LOS ANGELES, CA. 90038. Full name of registrant(s) is (are) DAVID AGAKHANYAN 1210 N. CHEROKEE AVE APT 422 LOS ANGELES, CA. 90038. This Business is conducted by: AN INDIVIDUAL. Signed: DAVID AGAKHANYAN, OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/23/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 09/2020. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: OCT 4, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025198409

The following person(s) is (are) doing business as: LUXA 7056 MARY ELLEN AVE NORTH HOLLYWOOD, CA. 91605. Full name of registrant(s) is (are) HOVSEP BALLYAN 7056 MARY ELLEN AVE NORTH HOLLYWOOD, CA. 91605. This Business is conducted by: AN INDIVIDUAL. Signed: HOVSEP BALLYAN, OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/23/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/2020. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: OCT 4, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025194876

The following person(s) is (are) doing business as: FABRENKA 10508 SUNLAND BLVD UNIT 2 SUNLAND, CA. 91040. Full name of registrant(s) is (are) MARIO ENRIQUE AGUILAR HERRERA 10508 SUNLAND BLVD UNIT 2 SUNLAND, CA. 91040. This Business is conducted by: AN INDIVIDUAL. Signed: MARIO ENRIQUE AGUILAR HERRERA, OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/23/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: OCT 4, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025197543

The following person(s) is (are) doing business as: I&A TRADINGS 14533 LANARK STREET 535 LOS ANGELES, CA. 91402. Full name of registrant(s) is (are) AMARAT HOSSAIN 14533 LANARK STREET 535 LOS ANGELES, CA. 91402. This Business is conducted by: AN INDIVIDUAL. Signed: AMARAT HOSSAIN, OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/23/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk.

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025198929

The following person(s) is (are) doing business as: AD BUILDERS 14727 1/2 OXNARD ST VAN NUYS, CA. 91411. Full name of registrant(s) is (are) ALLSTATE DRYWALL, INC. 14727 1/2 OXNARD ST VAN NUYS, CA. 91411. This Business is conducted by: A CORPORATION. Signed: ALLSTATE DRYWALL, INC., MANI BIGDELI, PRESIDENT. This statement was filed with the County Clerk of Los Angeles County on 09/24/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 09/24/2025. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: ES Mountain Views News Dates Pub: OCT 4, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025199271

The following person(s) is (are) doing business as: AIM ELECTRIC 447 WEST ELK AVENUE #5 GLENDALE, CA. 91204. Full name of registrant(s) is (are) GHIAZAROS SARYAN 447 WEST ELK AVENUE #5 GLENDALE, CA. 91204. This Business is conducted by: AN INDIVIDUAL. Signed: GHIAZAROS SARYAN, OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/24/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 09/25. 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) Publish: ES Mountain Views News Dates Pub: OCT 4, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025199335

The following person(s) is (are) doing business as: INDRAS DESIGN 13623 SHERMAN WAY APT 107 VAN NUYS, CA. 91405. Full name of registrant(s) is (are) INDRA BATBILLEG 13623 SHERMAN WAY APT 107 VAN NUYS, CA. 91405. This Business is conducted by: AN INDIVIDUAL. Signed: INDRA BATBILLEG, OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/24/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 04/2018. 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) Publish: ES Mountain Views News Dates Pub: OCT 4, 11, 18, 25, 2025

FICTITIOUS BUSINESS NAME STATEMENT File No. 2025199414

The following person(s) is (are) doing business

of registrant(s) is (are) PINNACLE BUILDERS INC. 23348 MOBILE ST WEST HILLS, CA. 91307. This Business is conducted by: A CORPORATION. Signed: PINNACLE BUILDERS INC. DOOR LEVY, PRESIDENT. This statement was filed with the County Clerk of Los Angeles County on 09/24/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 09/25. 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) Publish: ES Mountain Views News Dates Pub: OCT 4, 11, 18, 25, 2025

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One Time Events

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Bones, Skulls, and Mariquolds at the Arboretum - Celebrate the Day of the Dead as you paint skulls & examine bones. 4pm – 5:30pm

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Flower Arranging: Fall Succulents at The Huntington - Make a stunning autumnal floral design. 10am – 12pm & 1pm – 3pm

November 1
Pasadena Walking Film Tour – Learn about the movies and TV shows filmed here. 10am – 12pm

November 8
Pasadena Symphony and Pops: Symphonie Fantastique! At Ambassador Auditorium - Berlioz's symphonic storytelling, Ravel's Piano Concerto, Jim Self's Tour de Force. 2pm and 8pm

November 9
Chamber Music Society of Lincoln Center Performs at Caltech's Beckman Auditorium - A unique "Viola Celebration" includes works by Beethoven, Mozart and more. 3:30pm – 5pm

November 15
Drone Art Show at the Rose Bowl – Enjoy timeless masterpieces as over 500 synchronized drones light up the sky. 7pm

November 22
Nutcracker! A Magical Christmas Ballet at Pasadena Civic Auditorium - This holiday ballet with an international cast. 3pm and 7pm

Ongoing Events

November 1, 2
Día de los Muertos at Kidspace Museum - Join in a celebration of life that includes music, dance, and art.

November 1, 2, 5, 6, 7, 8, 9
hahahahahahaha at the Pasadena Playhouse - This wildly unpredictable solo comedy show delivers side-splitting theater.

November 2
Pasadena City College Flea Market - Over 400 vendors attend the PCC Market. 8am – 3pm

November 3, 10
Music in the Rose Garden at The Huntington - Enjoy live performances by musicians while strolling through the Rose Garden. 1pm – 3pm

November 7, 8, 9, 13, 14, 15, 16, 20
Broadway Gamble Ramble at the Gamble House – Dance, theatre, and narrative reflecting the evolution of Broadway. 7pm

November 9
Rose Bowl Flea Market - The world's most unusual flea market.

November 13, 14, 15
A Christmas Carol at Arcadia Performing Arts Center – A modern adaptation presented by the award-winning Arcadia Stage Theater Program.

November 16 – January 4
Enchanted Forest of Light at Descanso Gardens – The garden is transformed into whimsical, and dramatic botanical artscape.

November 29 – December 24
Los Angeles Christmas Market at ROWDTLA - This open-air market blends European holiday traditions with a cool LA twist.

November 29, 30, December 6, 7, 13, 14
A Victorian Holiday at the Queen Anne Cottage - Step back in time with Victorian entertainment, themed refreshments, crafts, and a holiday marketplace. 11am – 2pm

November 21 – December 28
Enchant Christmas LA at Santa Anita Park - Experience a light-maze, ice-skating trail, artisan markets, and plenty of food and drink options.


November 30 – December 24
A Christmas Carol at A Noise Within - This timeless story of redemption is filled with music, merriment, and good cheer.



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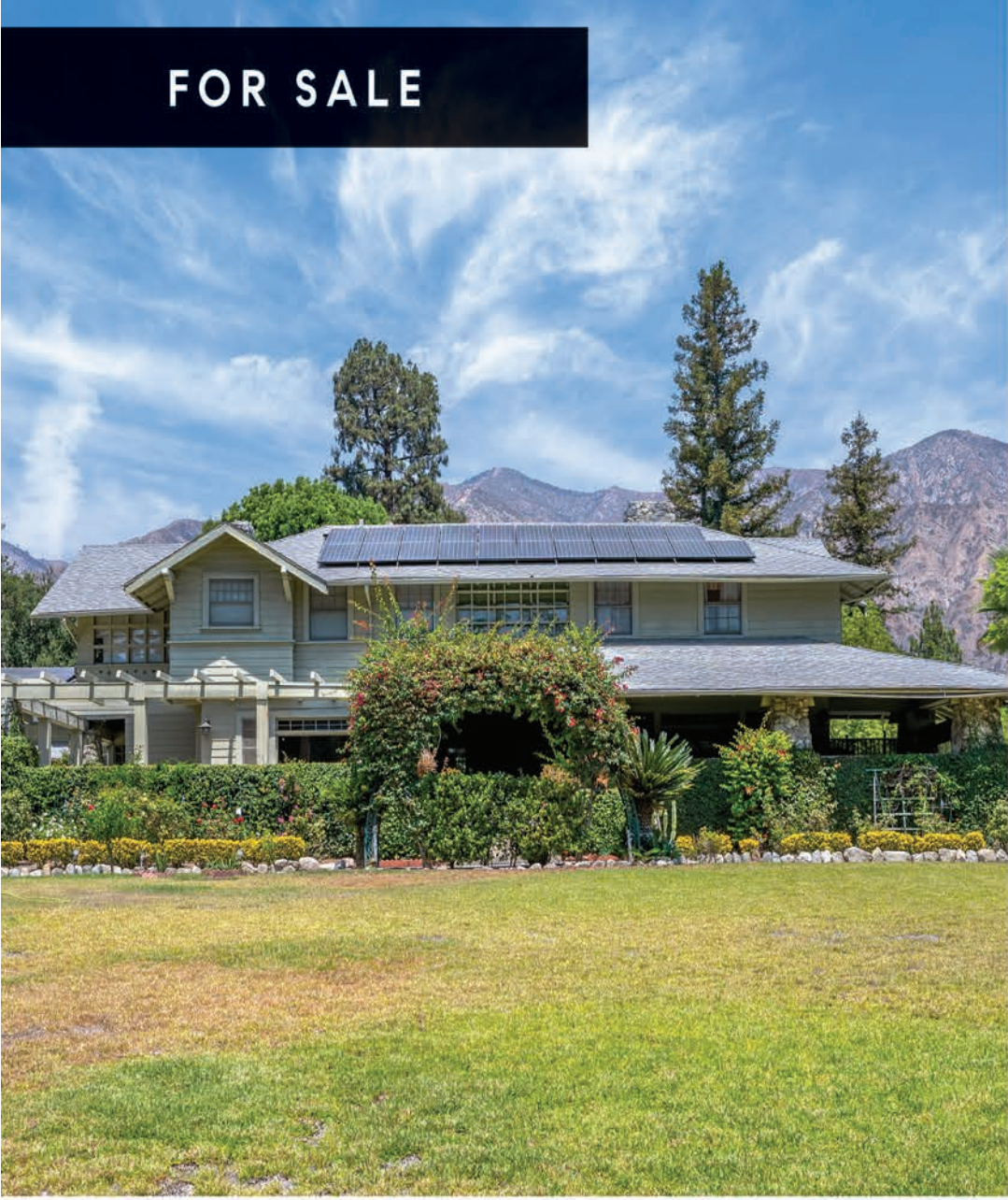
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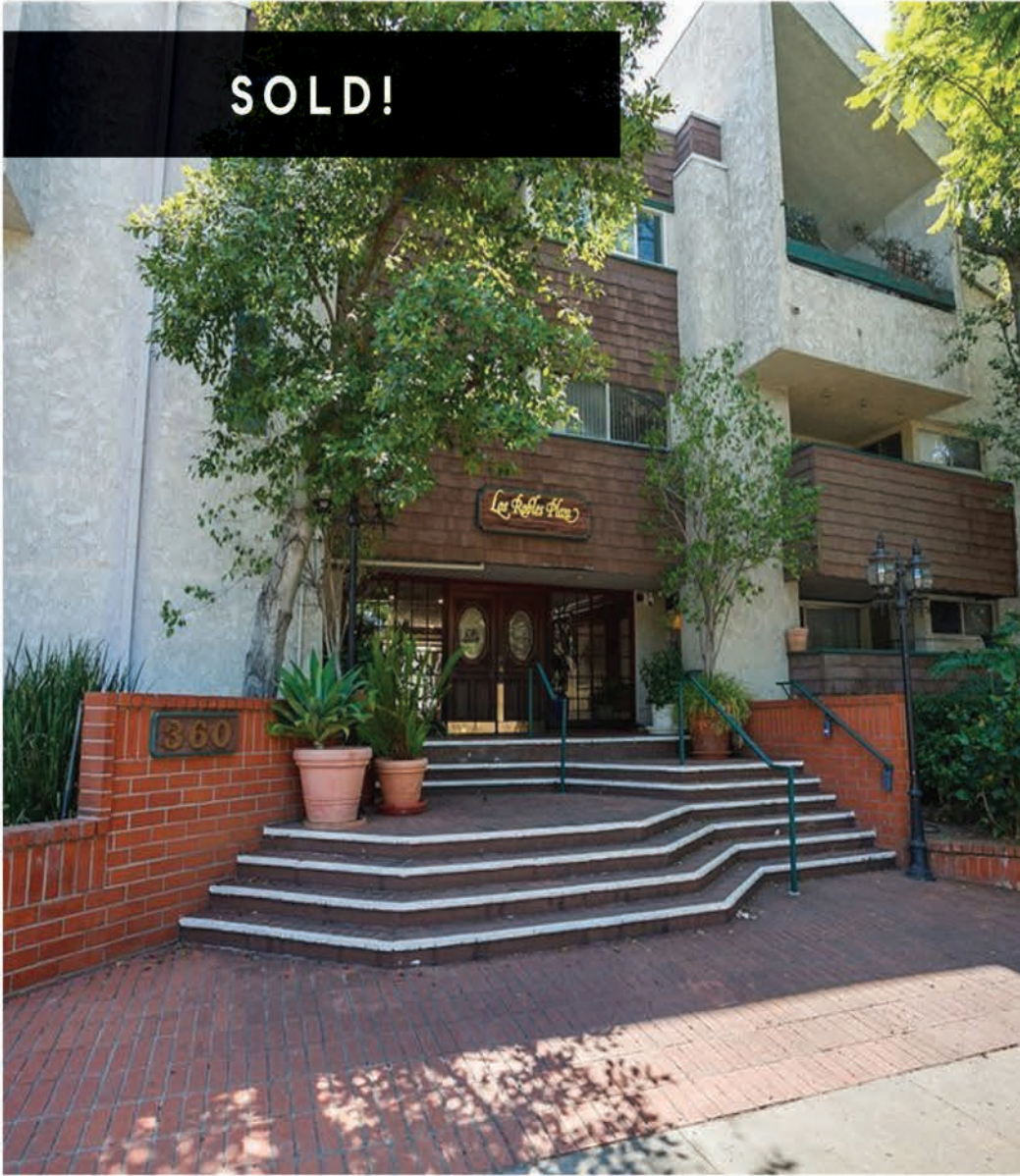
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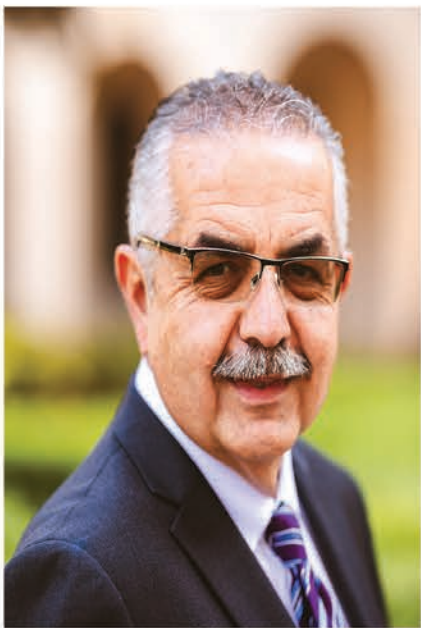


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