

SATURDAY, AUGUST 29, 2026

VOLUME 20 NO. 35

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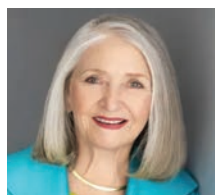


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SUNDAY

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2:00 PM – 4:00 PM

CITY COUNCIL TO CONSIDER AD HOC COMMITTEE FOR COMMUNITY SURVEY

By Kevin McGuire

The Sierra Madre City Council approved the formation of a two-member ad hoc committee to help shape a forthcoming community survey designed to gather residents' opinions on city services, infrastructure, public safety, budget priorities and potential future funding options.

According to a staff report created by Assistant City Manager Miguel Hernandez and Administrative Analyst Sophia Conchas, the city is preparing to conduct the professionally designed survey in partnership with On-Pointe Insights, a public opinion research firm.

Before a quorum, with City Councilmember Robert Parkhurst appearing on remote video, City Manager Michael Bruckner gave a brief presentation to City Council on Tuesday, August 25, 2026.

The request for a community survey stemmed from last year's mid-year budget study session. According to Bruckner, "the committee's role is purely advisory, helping shape questions framing the survey structure. It won't make policy decisions, and it will dissolve once the design phase

is complete. And the funding for the survey was included in the FY2027 adopted budget."

The survey is intended to give the City Council and staff a clearer understanding of residents' priorities, service expectations, and opinions on issues facing the city before major policy or financial decisions are made.

Staff is recommending that the City Council establish a temporary, two-member committee and appoint two council members to work with city staff and On-Pointe Insights during the development of the survey.

The ad-hoc committee would provide input on the issues covered in the survey, the wording and framing of questions, and the questionnaire's overall structure and format.

According to Bruckner, the committee would spend "somewhere in the range of two to four meetings with the [On-Pointe Insights] consultant." The survey is expected to hit the streets by October or November of this year, prior to losing two of the current councilmembers, as incumbents Gene Goss and Edward Garcia did not file for re-election.

According to the report,

because survey design is critical to the usefulness of the results, the committee would help ensure the survey is clear, balanced, and focused on issues most relevant to Sierra Madre residents. Potential topics could include resident satisfaction with city services; public safety and emergency preparedness; maintenance of streets, sidewalks and other infrastructure; water and sewer priorities; parks, recreation, library and community services; fiscal sustainability and budget priorities; communication and public trust; and possible future funding options.

"I'll throw my hat in the ring," offered Councilmember Kelly Kriebs, who originally brought up the topic in the budget cycle discussion.

"I think it will be a really great communication tool to hopefully hammer home to a broader swath of our residents...the fiscal situation that we have. We still hear lots of concerns about how we're spending our money. So, any tool that we have that [gives] some knowledge of our situation, I think, would be invaluable," Kriebs said.

Councilmember Garcia agreed to take the second seat after pointing out his

past experiences designing questionnaires.

Mayor Kristine Lowe noted to Garcia, "I think you'd be a good sounding board if you are familiar with this type of work already."

The survey is expected to provide what city staff describes as a broad but focused snapshot of community priorities and service expectations. The results could help identify areas where additional investment, communication, or policy attention may be needed.

After the survey is conducted and responses are analyzed, On-Pointe Insights is expected to prepare the results for presentation at a future public City Council meeting. The findings could then guide discussions on future policy decisions, budget allocations, infrastructure planning, and community engagement strategies. The proposal also supports the City's strategic goals of community engagement, transparency, and informed decision-making.

The City Council voted unanimously to create the ad hoc committee and agreed to add Kelly Kriebs and Edward Garcia as its members.



SMRFA SEEKS APPLICATIONS FOR ROYAL COURT

The Sierra Madre Rose Float Association is once again seeking applications for members of our Royal Court to represent the City at local functions and activities and to ride on our float on January 1, 2027, in the Rose Parade* presented by Honda.

This year we are searching for up to three (3) Royal Court members. Duties will include:

- SPEAKING TO LOCAL SERVICE ORGANIZATIONS AND CLUBS
- PRESENTING TO THE SIERRA MADRE CITY COUNCIL
- DECORATING OUR FLOAT AND WORKING IN OUR SALES BOOTH

- REPRESENTING US IN OTHER PUBLICITY OPPORTUNITIES
- RIDING ON THE FLOAT IN THE 2027 ROSE PARADE* PRESENTED BY HONDA
- WORKING AT FLOATFEST ON JAN. 2ND, 2027

- INTERACTING WITH VISITORS
- VARIOUS EVENTS THROUGHOUT THE 2027 CALENDAR YEAR

Princesses/Ambassadors will have a very exciting and educational year!

Application Guidelines and Process:

- 1) Applicants must be 15 to 18 years old, have a 3.0 grade average, and be a resident of Sierra Madre. Royal Court members must be available to participate in the speaking

engagements (November & December) and during our Deco Week (December 26 - 31).

2) Applications are available on at: www.sierramadrerosefloat.org, see the green announcement bar on our homepage.

3) Applications must be emailed to info@sierramadrerosefloat.org by Wednesday, September 9, 2026. Applications submitted later than September 9th will not be considered.

4) Applicants must be able to attend judging interviews on the afternoon of Sunday, September 13th.

The Sierra Madre Rose Float Association Royal Court will be presented to the membership on Sunday, September 20, 2026 at 5:00 p.m. at the SMRFA Barn, located at 587 E. Sierra Madre Blvd., Sierra Madre.

For more information or questions, please contact info@sierramadrerosefloat.org.

SIERRA MADRE UNITED METHODIST CHURCH

Sunday, August 30th
9:30 a.m.

Blessing of the Backpacks & End of Summer Celebration!

ALL ARE WELCOME!

695 W. S.M. Blvd.
Sierra Madre, CA
(626) 355-0629

SIERRA MADRE FIRE DEPARTMENT AND CODE 3 LIFE PRESENT

CPR SUPERHERO DAY!

BE A HERO. SAVE A LIFE.

FOR KIDS AGES 5-11!

SUNDAY, AUGUST 30, 2026

CHECK-IN BEGINS: 10:15 AM

EVENT STARTS: 10:30 AM

SIERRA MADRE FIRE DEPARTMENT
242 W. Sierra Madre Blvd.
Sierra Madre, CA 91024

FUN & INTERACTIVE ACTIVITIES!

- CPR SKILLS
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SIERRA MADRE

SIERRA MADRE

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MONROVIA

INSPIRING WOMEN OF SIERRA MADRE AND SURROUNDING COMMUNITIES

Written by Gigi Hutchinson & Annette Pizzo-McGill
From The Traveled Path Collaborative

MEET MEGHAN MALOOLY



some glitter sprinkles, but it's about being there if someone needs you."

We were curious about any obstacles that she may have had to overcome.

Meghan replied: "I have insomnia and ADHD, which really contributes to that uniqueness mentioned above. I run on very little sleep and have to build my life around my sleep schedule. It can definitely be frustrating, especially when my days and nights get flipped, and I go days without talking to a real person, but it's also what allows me to do what I do."

We asked Meghan, in what ways is she a part of the fabric of her community and what does she love about her community?

"I love that my community is so generous and kind. I can't count how many times I was approached by a family who needed something that was beyond my capacity to help, but once I put the word out, the community always rose to the occasion and did whatever they could to help!"

We wanted to know how Meghan stays inspired.

"It's going to sound cheesy, because it is incredibly cheesy, but it's also very true. What keeps me inspired is the community. Every time I see that someone dropped off a donation at my house or I receive a message from someone asking if I know of someone who needs a mattress, TV, clothes, etc., it reminds me how much this community looks out for each other and others!"

Meghan's Words of Wisdom:

"SLEEP WHEN YOU CAN! Don't take it for granted! But honestly, I don't feel wise enough yet to be dishing out wisdom, but I look forward to the experiences I'm going to have that will allow me to be that wise owl."

Find Meghan at IG @sierramadregivesback
Facebook - www.facebook.com/groups/sierramadrehelpinghand

The Traveled Path Collaborative
IG @thetraveledpathcollaborative
www.facebook.com/TheTraveledPathCollabHome | [TheTraveledPath Youtube https://www.youtube.com/@thetraveledpathcollaborati225/f](https://www.youtube.com/@thetraveledpathcollaborati225/f)

"Our MISSION is to host a unique collaboration of creative and inspiring women who empower each other to follow their path and realize their dreams."

FROM SIERRA MADRE, CA

Meghan is the small business owner of Paper Heart Concierge Services where she functions as a "Girl Friday". Some of her most popular services are pet sitting and event planning. She also runs Sierra Madre Gives Back, which is a community philanthropic organization that she started six years ago. She collects gently used items and gives back to those in need.

She plans to continue both her small business and community organization efforts.

Meghan said that she loves being an event planner and pet sitter. "It doesn't even feel like work, it just makes me so happy to do, especially when I get to utilize my crafting skills for some of my jobs!"

For 'Gives Back' she has the 'Prom Closet' stocked for anyone in need of fancy attire and she plans to do this for as long as she is able. She absolutely loves helping people find their dream outfits for important events. This is a HUGE plus!

Meghan remarked, "I'm a unique person in general, so everything I do is unique! Just kidding, honestly, there's nothing really special about what I do. I just make myself available if people need me, for both my job and my organization. I wish there was a secret sauce or

WALKING SIERRA MADRE:

The Social Side by Deanne Davis

OK, I'm going to confess: I've started putting out all my decorations for Fall. Yes, there are pumpkins of all sorts scattered 'round my house. Not all of them, but a lot. Normal people wouldn't start on this until at least September, but I can't wait any longer. There's Pumpkin Spice Creamer and Pumpkin Spice coffee at the grocery store and I'm so ready for Fall. I'm going to give you a little Fall story to start getting you in the mood, too. Yes, We've seen this before, but it's fun so we're seeing it again.

A HALLOWEEN HORROR STORY

Halloween is almost upon us (well, not really, but it will arrive eventually) and those pumpkins that decorate porches and walls with their happy faces, grotesque faces, scary faces are not always what they seem. Come with me to the Pumpkin Patch, an acre dotted with corn stalks, scarecrows and pumpkins. More pumpkins than you were expecting. Enormous pumpkins, flat ones, round ones, tall skinny ones; some misshapen, some with strange lumps and bumps, some with scars and some so little they are passed over again and again. "Not that one Daddy! It's too small. I want a really big one! I want that one...or that one...not that one, that one's ugly!" for a pumpkin, whose entire life has been dedicated to growing into a carve-worthy orange globe, this is hurtful, degrading and can bring a pumpkin to thoughts of revenge.

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

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

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

To Be Continued...

I hope you read Petr Dills' column in last week's Mountain Views News about all the terrific restaurants in Sierra Madre. One of the first columns I wrote for the News was about a new restaurant. Restaurants may come and they may go, but think how fortunate we are that we have so many great ones that are just a short walk or drive away.

An excellent quote to wind up today's column:
"Warm summer sun, shine kindly here." Mark Twain

We've all had as much warm summer sun as we can stand, but this is such a nice idea.
The picture this week: More Pumpkins

Think Fall, my friends! Think Pumpkins! Think cooler weather!
Think Pumpkin Spice Lattes.

My book page: [Amazon.com](https://www.amazon.com): Deanne Davis
There are treasures there! Trust me!
Including "Just Desserts" A Fall Fantasy Of Pumpkins Gone Wrong!

100% Volunteer Run

Wistaria Thrift Shop

550 W Sierra Madre Blvd., Sierra Madre
Enter Parking Lot via Sunnyside

Grand Re-Opening!

Thursday, Sept. 3
10 am – 3 pm

All New-to-Us Items

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Clean, Usable Donations Welcomed

69 Years: Sierra Madre Woman's Club Fundraiser
Supports our Charities & Scholarships!

COME SAY HELLO!

COUNCIL + COMMUNITY

Meet • Greet • Connect

*Presented by the Sierra Madre Chamber of Commerce
Hosted by Roe Fusion*

A casual community gathering to meet
Sierra Madre's incoming City Council
Thomas S. Dennison • Kristine Lowe • Geoff Woods

SEPTEMBER 16, 2026
4:00 PM – 5:00 PM
ROE FUSION
120 W SIERRA MADRE BLVD
SIERRA MADRE, CA 91024

Stick around for dinner at Roe Fusion, continue the conversation with your community, and support local!

RSVP: smadrecc@gmail.com

2026 SIERRA MADRE

SCARECROW Festival

September-October

SCARECROW FESTIVAL KICK-OFF DAY

SEPTEMBER
WEDNESDAY 16 2 PM

Join us Wednesday, September 16, at Creative Arts Group from 2:00-4:30 to kick-off the festival with a scarecrow craft for kids, scarecrow kits for pick up and fall fun!

108 N Baldwin Ave

CAG
Sierra Madre

CREATIVEARTSGROUP.COM/SCARECROW

Weather Wise

6-Day Forecast Sierra Madre, Ca.



Sun	Sunny	Hi	100s	Lows	70s
Mon:	Sunny	Hi	100s	Lows	70s
Tues:	Sunny	Hi	100s	Lows	70s
Wed:	Sunny	Hi	100s	Lows	70s
Thur:	Sunny	Hi	100s	Lows	70s
Fri:	Sunny	Hi	100s	Lows	70s

Forecasts courtesy of the National Weather Service



SIERRA MADRE CITY COUNCIL MEETING

COUNCIL ON SUMMER BREAK FOR THE REMAINING WEEKS OF AUGUST

The Brown Act provides the public with an opportunity to make public comments at any public meeting. As an alternative, public comment may be submitted by e-mail to publiccomment@sierramadrecal.gov by 3:00PM on the day of the meeting. Emails will be acknowledged at the City Council meeting and filed into public record.

A copy of the posted agenda and a live video stream of the meeting can be found on the City’s website at sierramadrecal.gov on Foothills Media website at foothillsmedia.org sierramadrecal, 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@cityofsierramadrecal.com.



Sierra Madre Public LIBRARY

Read • Discover • Connect

This week at the

Sierra Madre Public Library

August 31— September 5

Tuesday

Library Card Hunt Begins—

Library all September

Thursday

Sensory Play— Library from 9:00am—9:45am.

Registration required.

Read, Discover, Connect

@ Sierra Madre Public Library

350 W Sierra Madre Blvd.

(626) 355-7186

CITY OF SIERRA MADRE PUBLIC HEARING NOTICE

FROM: THE CITY OF SIERRA MADRE

SUBJECT: MUNICIPAL CODE TEXT AMENDMENT (MCTA 26-06): CHAPTER 17.36 (C COMMERCIAL ZONE) OF TITLE 17 (ZONING) OF THE SIERRA MADRE MUNICIPAL CODE

APPLICANT: CITY OF SIERRA MADRE

PROJECT LOCATION: PROPERTIES IN THE CITY OF SIERRA MADRE, COUNTY OF LOS ANGELES, STATE OF CALIFORNIA

The City of Sierra Madre gives notice, pursuant to State of California law, that the Planning Commission will conduct a public hearing, at the date, time and place indicated below, to consider amending Chapter 17.36 (C Commercial Zone) of Title 17 (Zoning) of the Sierra Madre Municipal Code. The purpose of this Ordinance is to reduce existing restrictions applicable to new commercial construction and development.

DATE AND TIME OF HEARING

City of Sierra Madre Planning Commission meeting
Thursday, September 17, 2026 (Hearing begins at 5:30 p.m.)

PLACE OF HEARING

City of Sierra Madre
City Council Chambers
232 W. Sierra Madre Blvd.
Sierra Madre, CA 91024

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

ENVIRONMENTAL DETERMINATION: The subject ordinance is exempt from the California Environmental Quality Act (CEQA) pursuant to Title 14, §15060(c)(2), §15060(c)(3), and §15061(b)(3) of the California Code of Regulations. The Ordinance amending Chapter 17.36 will not result in a direct or reasonably foreseeable indirect physical change in the environment; the ordinance does not involve a “project” as defined by Section 15378; and the ordinance is covered by the general rule that CEQA applies only to projects that have the potential for causing a significant effect on the environment; Therefore, it may be seen with certainty that there is no possibility this ordinance will have a significant effect on the environment.

CITY OF SIERRA MADRE SUMMARY NOTICE

From: The City of Sierra Madre

Subject: ORDINANCE NO. 1497 AMENDING CHAPTER 8.13 (CONSTRUCTION AND DEMOLITION DISPOSAL) OF TITLE 8 (HEALTH AND SAFETY) OF THE SIERRA MADRE MUNICIPAL CODE

WASTE

Applicant: City of Sierra Madre

Project Location: Properties in the City of Sierra Madre, County of Los Angeles, State of California

On August 25, 2026, the City Council of the City of Sierra Madre approved the second reading of Ordinance No. 1497 amending Chapter 8.13 (Construction and Demolition Waste Disposal) of Title 8 (Health and Safety) of The Sierra Madre Municipal Code.

The purpose of this amendment is to align the City’s construction and demolition (C&D) waste management requirements with current state standards and administrative practices. The amendment is intended to streamline the City’s C&D waste management program, improve administrative efficiency, and ensure consistency with applicable state requirements established under the California Green Building Standards Code (CALGreen). In addition, the amendment updates the City’s administrative oversight and enforcement provisions to reflect current practices and clarify the procedures for reviewing, administering, and enforcing C&D waste management requirements.

This summary is published pursuant to Government Code Section 36933(c)(1) and a full and complete certified copy of the text of Ordinance No. 1497 is available at the Sierra Madre City Clerk’s Office located at City of Sierra Madre City Hall, 232 W. Sierra Madre Blvd., Sierra Madre, CA. Ordinance No. 1497 becomes effective on September 25, 2026. For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138.

ENVIRONMENTAL DETERMINATION: Pursuant to 14 CCR 15061(b)(3), this project qualifies as a common sense exemption, because it can be seen with certainty that the activity may have a significant effect on the environment.

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

CITY OF SIERRA MADRE PUBLIC HEARING NOTICE

From: The City of Sierra Madre

Subject: ORDINANCE NO. 1500 AMENDING CHAPTER 16.18 (URBAN LOT SPLITS) OF TITLE 16 (SUBDIVISIONS) AND CHAPTERS 17.20 (R-1 ONE-FAMILY RESIDENTIAL ZONE), 17.30 (R-C CANYON ZONE), AND 17.59 (MINISTERIAL DESIGN REVIEW PERMITS) OF MADRE MUNICIPAL CODE

RESIDENTIAL TITLE 17 (ZONING) OF THE SIERRA

Applicant: City of Sierra Madre

Project Location: Properties in the City of Sierra Madre, County of Los Angeles, State of California

The City of Sierra Madre gives notice, pursuant to State of California law, that the Planning Commission will conduct a public hearing to consider amending Chapter 16.18 (Urban Lot Splits) of Title 16 (Subdivisions) and Chapters 17.20 (R-1 One-Family Residential Zone), 17.30 (R-C Residential Canyon Zone), and 17.59 (Ministerial Design Review Permits) of Title 17 (Zoning) of the Sierra Madre Municipal Code.

The purpose of this Ordinance is to update the objective zoning, subdivision, and design standards that promote the orderly subdivision of parcels and development of housing in accordance with the Housing Opportunity and More Efficiency (HOME) Act, also known as Senate Bill 9 (SB 9). On April 12, 2022, the City implemented the requirements of the HOME Act under Ordinance No. 1452. Since then, the HOME Act was amended by Senate Bill No. 477, Senate Bill No. 450, Assembly Bill No. 1061, and Senate Bill No. 1426. The HOME Act aims to increase housing supply across California by streamlining lot splits and two-unit residential developments of lots located in any single-family residential zone (R-1, R-C, or H).

On August 20, 2026, the Planning Commission conducted a duly noticed public hearing and adopted Resolution 26-12 recommending that the City Council adopt an ordinance amending the Sierra Madre Municipal Code as described.

DATE AND TIME OF HEARING

City of Sierra Madre City Council meeting
Tuesday, September 22, 2026 (Hearing begins at 5:30 p.m.)

PLACE OF HEARING

City of Sierra Madre
City Council Chambers
232 W. Sierra Madre Blvd.
Sierra Madre, CA 91024

All interested persons may attend this meeting and the City Council will hear them with respect thereto.

ENVIRONMENTAL DETERMINATION: The City Council’s decision is statutorily exempt from the California Environmental Quality Act (“CEQA”) because under Government Code 66411.7(m) an amendment to Chapter 16.18 is not a project under CEQA and under Government Code 65852.21(j) an amendment to Chapter 17.59 is not a project under CEQA.

APPEAL: If in the future anyone wishes to challenge the decision of the City Council in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the City Council at, or before, the scheduled public hearing. For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138. (GOV. CODE SEC. 65009)

CITY OF SIERRA MADRE PUBLIC HEARING NOTICE

FROM: THE CITY OF SIERRA MADRE

SUBJECT: URGENT ORDINANCE NO. 1498-U AMENDING TITLE 15.24 OF THE SIERRA MADRE MUNICIPAL CODE RELATING TO THE ADOPTION AND AMENDMENTS TO THE 2025 CALIFORNIA FIRE CODE, AND FIRE SPRINKLER REQUIREMENTS, AS WELL AS ESTABLISHING TITLE 15.25 OF THE SIERRA MADRE MUNICIPAL CODE RELATING TO THE ADOPTION OF THE 2025 CALIFORNIA WILDLAND URBAN INTERFACE CODE, AND FIRST READING OF ORDINANCE NO. 1499 AMENDING TITLE 15 (BUILDINGS AND CONSTRUCTION) OF THE SIERRA MADRE MUNICIPAL CODE TO ADOPT BY REFERENCE THE 2025 CALIFORNIA BUILDING STANDARDS CODES WITH CERTAIN EXCEPTIONS, MODIFICATIONS, AND ADDITIONS

APPLICANT: CITY OF SIERRA MADRE

PROJECT LOCATION: PROPERTIES IN THE CITY OF SIERRA MADRE, COUNTY OF LOS ANGELES, STATE OF CALIFORNIA

The City of Sierra Madre gives notice, pursuant to State of California law, that the City Council will conduct public hearings to consider the subject ordinances at the time, date and place indicated below.

DATE AND TIME OF HEARING

City of Sierra Madre City Council meeting
Tuesday, September 8, 2026 (Hearing begins at 5:30 p.m.)

PLACE OF HEARING

City of Sierra Madre
City Council Chambers
232 W. Sierra Madre Blvd.
Sierra Madre, CA 91024

All interested persons may attend this meeting and the City Council will hear them with respect thereto.

ENVIRONMENTAL DETERMINATION: Neither of the ordinances are a “project” for purposes of CEQA under 14 CCR 15378(b)(5) as it is an organizational and administrative activity. To the extent it is deemed to be a project, it is categorically exempt pursuant to 14 CCR 15061(b)(3) per the common sense exemption, 14 CCR 15304(i) per the minor alterations to land exemption, and 14 CCR 15031(f) per the existing facilities exemption.

APPEAL: If in the future anyone wishes to challenge the decision of the City Council in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the City Council at, or before, the scheduled public hearing. For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138. (GOV. CODE SEC. 65009)



Pets in need

Some pet parents cannot afford the cost of vet care right now. You can help those pets! Visit us:

www.FreeAnimalDoctor.org

Sierra Madre based non-profit





Mountain Views News 80 W Sierra Madre Blvd. No. 327 Sierra Madre, Ca. 91024 Office: 626.355.2737 Fax: 626.609.3285 Email: editor@mtnviewsnews.com Website: www.mtnviewsnews.com

Pasadena Altadena

News From Your Community For Your Community

City Alerts Residents to Recall Outshine Fruit Bars



The Pasadena Public Health Department is advising residents to a voluntary recall select Outshine Fruit Bars manufactured by Dreyer's Grand Ice Cream, Inc., due to possible glass contamination.

Consumers who purchased an affected product should not consume it. Discard it or return it to the place of purchase for a full refund. Anyone concerned about a potential injury should contact a health care provider immediately.

The recall includes select Strawberry, Watermelon, Grape, Tangerine, and Black Cherry Outshine Fruit Bars sold in six-count, 2.5-ounce packages, as well as Outshine Variety 24-Count, 2.5-ounce Fruit Bars. The affected products were distributed to retailers nationwide, including stores in Pasadena. No illnesses or injuries have been reported to date.

"Residents who have purchased Outshine Fruit Bars should check their freezers and review the batch code and best-before date printed on the bottom of the package to see if they have a recalled product," said Manuel Carmona, Director of Public Health.

The recalled products were sold at major grocers including Ralph's, Smart & Final, Stater Bros, Target, Vons, and others.

The Pasadena Public Health Department is notifying local retailers to inform them of the voluntary recall and support pulling products from shelves.

Consumers should check the batch code and best-before date on the bottom of the package to determine whether their product is included in the recall. For the complete list of recalled batch codes and affected products, see the California Department of Public Health's recall notice.

No other Outshine products or varieties are included in the recall.

Consumers with questions may contact Dreyer's Grand Ice Cream, Inc. Customer Service at 800-392-4885, Monday through Friday, 8 a.m. to 5 p.m. EST.

For additional information, including product images and UPC numbers, visit the U.S. Food and Drug Administration's recall notice.



Rose Bowl Tickets go on Sale Wednesday

The Pasadena Tournament of Roses announced Thursday that tickets for the 2027 CFP Quarterfinal at the Rose Bowl Game will go on sale Wednesday at 9 a.m.

Tickets will be available online via Ticketmaster, giving fans the first opportunity to secure individual tickets for The Granddaddy of Them All®. The CFP Quarterfinal at the Rose Bowl Game will take place Friday, January 1 at the Rose Bowl Stadium.

A maximum of four tickets per person will be available during the Rose Bowl Game ticket public sale. Individual ticket prices start at \$202.90, including fees.

In addition to the Ticketmaster sale, the Pasadena Tournament of Roses has renewed its partnership with On Location as the Official Hospitality

and Corporate Travel Package Provider for the Rose Bowl Game presented by Prudential. On Location will be offering packages including official Rose Bowl Game tickets with options to include reserved Rose Parade tickets, pre-game hospitality at the Official Rose Bowl Hospitality Village, meet and greets with NCAA Legends, and more. For full details on package options and to secure your experience today, visit onlocationexp.com.

This year's Rose Bowl Game will serve as a CFP Quarterfinal and will feature one of the four highest-seeded teams against the winner of a CFP first-round game. The CFP bracket and game time will be announced on ESPN on Sunday, December 6. The Rose Bowl Game will kick off at either 1 p.m. or 5 p.m. PT.

For more information on additional ticket offerings and experiences for the 2027 CFP Quarterfinal at the Rose Bowl Game visit: rosebowlgame.com.

City To Give Huntington-Fremont Corridor Updates

The City of South Pasadena announced invites the public to attend upcoming community meetings to receive project updates on the Huntington Drive and Fremont Avenue Corridor Improvements Project.

Funded by Metro, the project aims to close active transportation gaps by introducing bicycle facilities, improving sidewalks, and upgrading traffic signals to enhance safety, accessibility, and multimodal connectivity. The Fremont Avenue corridor spans from Columbia Street to Alhambra Road, and the Huntington Drive corridor limits are from Alhambra Road to Garfield Avenue.

The approved design concepts were approved by the City Council in May and June of 2026 after City staff and the project engineering consultant Kimley Horn presented several options as potential designs. Before being brought to the City Council, the original design concepts were reviewed by the public at a series of community meetings in early 2026 and modified by the project team based on the feedback provided by the public.

As the project continues through the design phase, residents are invited to attend one of the upcoming community meetings:

- Monday from 6:00 p.m. - 7:30 p.m. in the Library Community Room, 1115 El Centro St., South Pasadena, CA 91030
- Tuesday from 6:00 p.m. - 7:30 p.m. in the South Pasadena Middle School auditorium, 1500 Fair Oaks Ave., South Pasadena, CA 91030

The meetings will provide an update on the corridor design and highlight specific design elements proposed along both corridors. There will also be opportunities to ask questions, review project displays, and share your feedback.

For more information visit: southpasadenaca.gov/huntington-fremont.

City to Implement Tree Trimming in Monterey Hills



As part of a layered approach to reducing local wildfire risk, City of South Pasadena officials will facilitate the trimming of City-owned trees in the Monterey Hills area this fall. According to South Pasadena's Fire Hazard Severity Zone (FHSZ) map, Monterey Hills contains areas designated as both high and very high fire hazard severity zones. Due to the terrain, fuel potential, weather patterns, and other risk-related factors, wildfires are more likely to spread rapidly in these areas. The City is implementing several efforts to help mitigate wildfire risk, protect lives, and build year-round community preparedness.

Beginning in September, the City will launch a phased tree-trimming program to remove dead, diseased, and overgrown branches. This work will help create defensible space around homes and other structures while increasing separation between vegetation and potential ignition sources. This work is intended to maintain routes of response and evacuation corridors by reducing the amount of vegetation and other combustibles. Crews will only trim City-owned trees or those located within the public rights-of-way. This will also include branches extending over sidewalks.

Street parking may be impacted while West Coast Arborists crews are working in the area. Impacted residents will be notified in advance, and

tree trimming schedules will be posted on the City's website as they become available.

In addition to tree trimming, the City's wildfire resilience strategy incorporates other mitigation efforts such as weed abatement, targeted grazing, and emergency access improvements.

"Implementing a comprehensive, layered plan is essential to reducing risk and preparing our community for the conditions we may face," said South Pasadena Fire Chief Greg Lloyd. "Wildfire preparedness is a shared responsibility, and when the City, residents, and our community partners work together, we are better positioned to protect lives, property, and our neighborhoods."

Residents play an important role in reducing wildfire risk, and wildfire mitigation starts with the steps we take around our own homes. Creating and maintaining defensible space around a structure can help slow the spread of flames and embers while providing fire personnel with a safer area to work. Clearing dead vegetation, removing combustible materials, trimming trees on your property, and keeping plants properly spaced are proactive steps to protecting your home and loved ones while strengthening the safety and resilience of the entire community.

For more information visit: southpasadenaca.gov/wildfire-resilience-strategy.

City Saves Over \$5 Million on Renewable Power Contracts

Pasadena Water and Power (PWP) officials announced they finalized their first green bond prepayment, a move forecasted to save \$800,000 annually and more than \$5.6 million within seven years.

Approved by the Pasadena City Council in 2025, the prepayment strategy positioned the utility to make the most of favorable market conditions. PWP has since prepaid certain solar and wind contracts via a third-party provider, ensuring continued access to discounted energy. Through this model, a utility receives a bulk-purchase-style discount on energy it has already contracted. Pasadena's share of the bonds meets green bond criteria because

all funds support renewable energy projects. This marks the City's inaugural use of green bonds and highlights efforts to match financial planning with sustainability goals.

"Pasadena is committed to delivering carbon-free electricity by the end of 2030, and this transaction shows that community-owned utilities can pursue critical goals while exploring all avenues to lower costs for customers," said David Reyes, PWP General Manager.

The transaction was completed in collaboration with four other municipal utilities and facilitated by the Southern California Public Power Authority (SCPPA).

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AROUND SAN GABRIEL VALLEY

NEWS BRIEFS

L.A. COUNTY REGISTRAR SEEKS BILINGUAL ELECTION WORKERS FOR 2026 GENERAL ELECTION

Los Angeles County Registrar-Recorder/County Clerk (RR/CC) Dean C. Logan announced that the RR/CC is recruiting bilingual community members to serve as Election Workers at Vote Centers across the County for the upcoming November 3, 2026 General Election.

Election Workers play a vital role in administering elections by helping open and operate Vote Centers, assisting voters, and supporting the voting process throughout the election period.

The RR/CC is seeking individuals who speak English and a high-need language, including Japanese, Korean, Khmer, Chinese, Tagalog, Thai, Armenian, Farsi, Vietnamese, Russian, Gujarati, Urdu, Hindi, Lao, and Mongolian.

“Election Workers are essential to delivering an accessible voting experience across L.A. County,” said Registrar-Recorder/County Clerk Dean Logan. “We encourage bilingual community members to join our team to serve their community in a meaningful way, assist voters in their preferred language, and help every voter participate in the democratic process with confidence.”

Election Workers receive training before the election and can earn up to \$1,080 during the election period, with an additional stipend available for bilingual workers who speak, read, and write in one of the County’s supported languages.

Community members interested in serving can apply and learn more at LAVOTE.GOV.

CALIFORNIA LEGISLATURE PROTECTS WILDFIRE SURVIVORS' RIGHTS AND REJECTS HIGHER INSURANCE COSTS

Legislature Stands Up to Governor Newsom and His Utility Allies, Delivering a Major Victory for Wildfire Survivors and Consumers

SACRAMENTO, Calif. — Every Fire Survivor’s Network and Consumer Watchdog praised the California Senate and Assembly today for rejecting Governor Newsom’s attacks on wildfire survivors’ and insurance policyholders’ rights to recover damages from utilities that start fires.

The Legislature refused to make insurance policyholders pay more for fires caused by utilities. Lawmakers rejected the Governor’s plan to limit subrogation payments and refused to cap the damages wildfire victims can recover. The Governor’s proposal to limit how much insurance companies could recover would have cost policyholders hundreds of dollars per year and homeowners in high-risk areas thousands of dollars per year.

“We are profoundly grateful to the legislators who stood up for the real fire survivors,” said Joy Chen, Executive Director of Every Fire Survivor’s Network. “They have rejected nearly all of the Governor’s original bailout terms, including his attacks on survivors’ rights to recover economic and noneconomic damages and his devastating proposal to deny recovery to smoke-damage survivors outside an artificial fire-perimeter line. Preserving these rights is an enormous victory for all Californians.”

“The Legislature listened to Californians and rejected the majority of the Governor’s end-of-session bailout, which would have cost them both their money and their rights,” said Jamie Court, President of Consumer Watchdog. “This appears to be a big victory for consumers and survivors. The leadership of the Senate and Assembly deserves enormous credit for standing up to the Governor and his utility allies. Under intense political pressure, they did the right thing and stood with the real wildfire survivors and insurance policyholders who would have been harmed by the Governor’s policies.”

ASM. HARABEDIAN’S WILDFIRE RECOVERY PACKAGE CONTINUES ADVANCING THROUGH LEGISLATURE

Four bills address housing recovery, mortgage relief, insurance protections, and wild-fire contamination standards

(SACRAMENTO, CA) – Assemblymember John Harabedian's (D-Pasadena) comprehensive wildfire recovery package continues to advance through the California Legislature, with all four measures moving forward as lawmakers work to address the long-term challenges facing survivors of the Eaton, Palisades, and other devastating wild-fires across California.

The package focuses on four critical areas of recovery: ensuring homes are safe to re-turn to, protecting homeowners from foreclosure, extending support for families still rebuilding, and preserving access to insurance coverage.

"Recovery from a major wildfire does not end when the flames are extinguished," said Assemblymember John Harabedian (D-Pasadena). "Families are still navigating insurance delays, rebuilding challenges, mortgage obligations, and questions about whether their homes are safe to reoccupy. These bills address the real-world barriers survivors face and help ensure that Californians can recover and rebuild with dignity."

AB 1642 – Wildfire Contamination Standards

AB 1642 requires the Department of Toxic Substances Control to develop statewide standards for post-wildfire contamination testing, investigation, and remediation. The bill establishes a first in the nation framework for determining when homes, schools, and workplaces are safe to reoccupy following a wildfire and addresses growing concerns about toxic contamination left behind by urban wildfires.

AB 1842 – California Mortgage Relief Act

AB 1842 creates a statewide mortgage forbearance framework for homeowners whose residences are rendered uninhabitable by a major disaster. The bill allows eligible homeowners to temporarily pause mortgage payments while protecting them from foreclosure, excessive fees, and negative credit reporting as they recover and rebuild.

AB 1847 – Extending Mortgage Relief for Los Angeles Wildfire Survivors

AB 1847 extends the protections established under the Mortgage Forbearance Act (AB 238) for homeowners impacted by the Los Angeles wildfires. The bill recognizes that many families remain displaced due to insurance delays, permitting backlogs, labor shortages, and prolonged rebuilding timelines, and provides additional time for recovery.

AB 2038 – Extending Insurance Moratorium Protections

AB 2038 strengthens California's insurance protections for wildfire survivors by extending post-disaster insurance moratorium periods. Specifically, the bill extends the existing one-year moratorium on nonrenewals to two years for homes located in or adjacent to a fire perimeter ZIP code and extends the existing two-year moratorium to three years for homeowners whose properties were completely destroyed. The bill recognizes that recovery from a catastrophic wildfire often takes multiple years and ensures families do not lose coverage while they rebuild.

Together, the four bills represent one of the most comprehensive legislative efforts to address the long-term impacts of catastrophic wildfires on California families. The measures build upon lessons learned from recent disasters and seek to provide survivors with greater stability, transparency, and protection throughout the recovery process.

All four bills remain active in the legislative process and will continue to be heard in policy and fiscal committees in the coming weeks.

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

WILDFIRE RECOVERY IN PICTURES: CRANES IN ACTION



Last week, Altadena residents Michael and Kelly Davis and their son Rowan, whose home was destroyed in the Eaton Fire while the family was overseas.

On Friday, August 21 they watched as a crane set their new Dvele home onto the same lot where their previous home once stood. The community also came together to celebrate with food trucks, live music, and tours of the new home.

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LA COUNTY PARKS INVITES THE PUBLIC TO SHARE THEIR IDEAS & FEEDBACK AT ANNUAL PARK COMMUNITY MEETINGS THIS SEPTEMBER

Free snacks, child activities, and live interpretation services available

WHAT: The County of Los Angeles Department of Parks and Recreation (LA County Parks) is hosting its annual community meetings this September at 74 parks and nature centers across the county. All community members are invited to meet their local parks’ staff, learn about programs and classes offered, share ideas and give feedback about their parks.

Community members know their neighborhoods best, so their suggestions and feedback can help LA County Parks plan improvements, programs, and future parks.

Free services available:

- Language translations are available at some sites
- Child Activities
- Snacks

For the full Community Meeting schedule - including dates, times and locations – please visit: <https://parks.lacounty.gov/annual-community-meeting/>.

WHEN: Throughout month of September 2026
WHERE: 74 LA County Parks and Nature Centers

For dates/times/sites see <https://parks.lacounty.gov/annual-community-meeting/>

SOCIAL MEDIA: LA County Parks on Instagram @lacountyparks or Facebook parks.lacounty.gov

About the County of Los Angeles Department of Parks and Recreation

The County of Los Angeles Department of Parks and Recreation manages 184 parks, 9 natural areas, 15 wildlife sanctuaries, 42 public swimming pools, 25 splash pads, 14 lakes including 3 with swimming beaches, 250 miles of multi-use trails for hiking, biking, and horseback riding; and the largest municipal golf system in the nation with 20 golf courses at 18 facilities. The department maintains four botanical gardens: The Los Angeles County Arboretum and Botanic Garden, the South Coast Botanic Garden, Descanso Gardens, and Virginia Robinson Gardens. The department also owns the iconic Hollywood Bowl, and The Ford, providing County residents with valuable entertainment and cultural resources. Visit: <https://parks.lacounty.gov/>



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For Information about the Student Commissioner Program and each Commission go to <https://www.sierramadrea.gov/cityhall/commissions>

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For questions email: cityclerk@sierramadrea.gov





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

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Arcadia, CA 91006
Preschool - TK - 8th Grade
626-574-8229/626-574-0805
Email: inquiry@acsliions.com
Principal: Cindy Harmon
website: www.acsliions.com

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

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

Assumption of the Blessed Virgin Mary School
Robert Bringas, Jr., Principal
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Pasadena, Ca 91107
626-793-2089
<https://school.abvmpasadena.org/>

Barnhart School
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(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
Marianne Ryan
administration@clairbourn.org
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
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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

Holy Angels School
PK-8th Grade
360 Campus Drive
Arcadia, CA 91007
626-447-6312
office@holyangelsarcadia.org
Principal: Aimee Dyrek
holyangelsarcadia.net

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

La Salle College Preparatory
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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,
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Principal: Dr. Jodi Marchesso
E-mail address: marchesso.jodi@pusd.us

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

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

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

Wilson Middle School
300 S. Madre St.
Pasadena, Ca. 91107
(626) 449-7390 Principal: Ruth Esseln
E-mail address: resseln@pusd.us

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

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

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

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



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IT'S MAI TAI ALL WEEKEND

This Sunday is National Mai Tai Day, and if you’ve been following me on social media this week, you’ve probably seen a few of my favorite Mai Tais around town.

For this column, though, I decided to do a little research. And by research, I mean I grabbed my pen and paper and headed over to Islands Restaurant on Foothill Boulevard in Pasadena.

Regular readers know I usually shy away from chain restaurants. I like the independent places, where the owner might be sitting three tables away and the bartender knows who drinks what. But I’ve always had a soft spot for Islands. The restaurant is run very smoothly by Agatha and our afternoon bartender was a true delight.

It’s comfortable, you can watch a game, meet up with a couple of friends and, most importantly for today’s story, they make a pretty darn good Mai Tai.

Happy hour is probably my favorite time to go. It runs every day from 3 to 6:30, and unlike some places where you have to squeeze yourself into three seats at the end of the bar, Islands offers happy hour throughout the restaurant.

Prices run from \$3 to \$10. These days, when I see a cocktail menu starting to look like a car payment, that’s refreshing. Their Mai Tai has dark rum, pineapple and orange juices, citrus sour, orgeat, grenadine and a Myers’s Rum float. Is it the original Mai Tai? No, But I like it. Which got me thinking: What exactly was the original Mai Tai?

The story takes us back to Oakland in 1944 and a gentleman named Victor Bergeron, better known as Trader Vic. Vic supposedly grabbed a bottle of 17-year-old Jamaican rum and added lime, orange curaçao, orgeat and a little rock candy syrup. Notice anything missing? No pineapple juice. No orange juice. No grenadine.

According to Trader Vic — and history is always a little more fun when you leave some room for the storyteller — he served the drink to friends visiting from Tahiti. Carrie Guild took a sip and said, “Mai Tai — Roa Ae,” basically meaning “out of this world — the best.” And there you have it. The Mai Tai was born. At least that’s the story.

The drink eventually made its way to Hawaii in the 1950s, and over the years the Mai Tai became fruitier, sweeter and more colorful. Today you can order one at ten different restaurants and probably get ten different drinks. I’m okay with that.

I’m not sitting at Islands judging whether somebody followed a recipe from 1944. I’m sitting there because I like the Mai Tai, I like the atmosphere and happy hour still feels like a happy hour. That’s getting harder to find.

I’ve had some very serious Mai Tais over the years. I’ve also had a few that tasted like somebody poured rum into Hawaiian Punch and hoped for the best.

For me, Islands hits the right spot. It’s become one of my go-to places when I want a Mai Tai without making a major production out of it. Meet a friend, grab a table, order a drink and maybe something to eat. Pretty simple.

Before I put the pen down, a few honorable mentions: Canoe House in South Pasadena, Damon’s in Glendale and Clearman’s Galley — The Boat — in San Gabriel. The Boat even has the Mai Tai printed right there on the menu. When you’re eating inside a giant boat, ordering a Mai Tai somehow makes sense.

I’m sure I’ve missed somebody’s favorite. Tell me where it is. I’m always willing to do more research. And if you happen to see me at Islands this weekend with a Mai Tai in front of me, remember:

I’m not drinking.
I’m working.
Islands Restaurant
3533 E. Foothill Blvd., Pasadena
Happy Hour: Daily, 3–6:30 p.m.

Peter Dills can be reached at thechefknows@yahoo.com. (Islands Restaurants) please listen to my podcast , listen while you work.



INGREDIENTS

AVOCADO CREAM:
2 cups/500ml plain thick yogurt or sour cream
4 avocados, pitted, peeled and chopped
1 jalapeno pepper, seeded and chopped
Zest and juice of 1 lime
A handful fresh cilantro leaves, chopped
A few drops green hot sauce, such as Tabasco
Salt and freshly ground black pepper

PICO DE GALLO:
2 tablespoons/30ml olive oil
2 tomatoes, seeded and chopped
1 clove garlic, minced
1 onion, finely chopped
1 red bell pepper, seeded and chopped
1 jalapeno pepper, seeded and chopped
Juice of 1 lime
A handful fresh cilantro leaves, chopped
Salt and freshly ground black pepper

FISH:
3 cups/750ml all-purpose flour
1/4 cup/60ml cornstarch
1 tablespoon/15ml baking powder
Salt and freshly ground black pepper
2 1/2 cups/625ml beer (2 bottles)
2 eggs, beaten
Canola or peanut oil, for frying
1 pound haddock fillets, cut into large cubes (450 grams)

HOMEMADE TORTILLAS:
2 cups/500ml very fine corn flour (masa harina)
1 teaspoon/5ml salt

SPICY GREEN CHILI SAUCE:
24 hot green chile peppers, such as jalapeno, poblano, hatch or Cubanelle
1/4 cup/60ml olive oil
Salt
1 onion, finely chopped
2 tablespoons/30ml distilled white vinegar

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HYDRATION: A SIMPLE STEP TOWARD BETTER HEALTH FOR SENIORS

Staying properly hydrated is important at every age, but it becomes especially important as we get older. Seniors may experience a reduced sense of thirst, meaning they may not realize they are becoming dehydrated until symptoms such as fatigue, dizziness, headache, dry mouth or confusion appear.

During the warmer summer months, the risk of dehydration increases even more. So, how much fluid does a senior need? A general guideline is about 6 to 8 cups of fluids per day, or roughly 48 to 64 ounces. However, individual needs vary depending on health conditions, medications, activity level and the weather. Seniors with certain heart, kidney or other medical conditions may have fluid restrictions, so it is important to follow a healthcare provider's recommendations.



Water is an excellent choice, but it isn't the only way to stay hydrated. Many foods contain significant amounts of water and can contribute to daily fluid intake. Fresh fruits such as watermelon, oranges, strawberries, peaches and grapes are refreshing choices. Vegetables including cucumbers, tomatoes, lettuce and zucchini also provide hydration.

Other options include milk, smoothies, yogurt, soups and broths. Even foods such as gelatin and popsicles can provide fluids, although sugary choices are best enjoyed in moderation. Decaffeinated tea and flavored water can also make it easier for someone

who doesn't enjoy drinking plain water to consume enough fluids.

For seniors who tend to forget to drink, establishing a routine can help. Keep a water bottle or glass within easy reach and encourage small amounts throughout the day rather than waiting until thirst develops.

Hydration is a simple part of healthy aging, but it should not be overlooked. Making fluids and water-rich foods a regular part of the day can help seniors feel better, stay more comfortable and reduce the risk of dehydration—especially when temperatures rise.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

WHAT IT WAS, WAS A BOO-BOO

This week I experienced a little "situation." I was in the bathroom getting ready to take a shower when, for some reason, I slipped and went crashing to the floor.

At my age, this is a rather serious "situation." I fell on my left leg, and all I could think of was that I broke my hip, and now I'm going to have a hip replacement. I tried to get that out of my mind, but for some reason it lingered.

I'm not exactly sure what my problem was, but I could not get up. What bothered me was whether I should call for The Gracious Mistress of the Parsonage to help me or lie there struggling to get up.

Of course, I chose the latter and tried my best to get up off that floor.

At that time, I was not feeling any pain, but I was worried that because of my fall I broke something. I knew I needed help, so after much thought I decided to call for The Gracious Mistress of the Parsonage. That was the last thing I wanted to do, and I knew that I would live with that for the rest of my life. It may even leak into eternity; I'm not sure.

I threw my pride into the toilet and called out for her to come and help me. Believe me, I tried as much as possible to solve my problem. Over the years, I have discovered that The Gracious Mistress of the Parsonage can solve any problem, so my choice was obvious.

She came and saw me splattered all over the bathroom floor and asked, "What happened?"

I knew an exposé on what happened in the bathroom wouldn't solve any of my problems. I just looked at her and said, "Can you help me get up?"

I was anxious to know the full extent of my injuries. Within 30 minutes of her helping me, I finally was able to get out of the bathroom and into the bedroom on my bed. That was the longest 30 minutes of my life.

I sat on the bed for a few moments, trying to assess my situation. I checked my leg for swelling or pain, and thankfully, I had no broken bones and my hip was working just fine. I sighed a deep sigh of relief at that point.

The only thing I had was some fatigue in my left leg. It wasn't anything serious; I felt confident I didn't need to go to the hospital for an examination. Every time I go to the hospital, they find six or more things wrong that I never even thought of. So, I decided to rest at home and work on my boo-boo, hoping it would heal on its own.

For the last two weeks I've had to walk with a cane. That is not something I ever wanted to do. The Gracious Mistress of the Parsonage said, "Don't you know that a Cane can make you Able?"

I looked at her with a very suspicious stare because I remembered what Cain did to Abel. Oh boy, what am I in for?

I've had to face worse physical problems than this, and I was happy that I didn't have to go to the hospital. It just meant that I would have to slow down and let everything work out.

A lot of things in life really zap you of strength. I know I've been hit with a lot of "pie-in-the-face" stuff throughout life. Sometimes this stuff is exaggerated to make it seem worse than it really is.

I remember going to the hospital one time thinking I had a lot of health problems that I would have to deal with for some time. After a full examination, the doctor came back to my hospital room and said, "As far as I can tell, you don't have anything seriously wrong with you." He smiled and then walked away.

I had one doctor who said after every examination, "Someone your age should have something wrong with you." I kept that doctor for a short time and moved on to another doctor.

I know people take things seriously sometimes. Even things that aren't really important; they exaggerate, and I think sometimes they do it to get attention.

Over the past several weeks, I've been walking around with my cane, and each day seems better than the last. I don't know how long I'm going to keep my friend, the cane, by my side.

I noticed that when I go out somewhere, to some stores, when people see me coming, they open the door for me. That's because my friend is by my side. I sure would hate to give that up for the rest of my life.

Reflecting on this, I see that some boo-boos, like my fall, can surprisingly turn into blessings, reminding us to find hope in setbacks.

We find this in 2 Corinthians 1:3-4, "Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God."

Sometimes it takes trouble to experience the comfort of God. So, when in trouble look for God's comfort because it's right in front of you.



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* To add your name to this distinguished list, please call the paper at 626.355.2737.

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A CAREGIVER'S GUIDE TO MEDICARE

Caring for an aging parent or loved one? Learn what every caregiver needs to know about Medicare coverage, costs and common pitfalls.



*Dear Savvy Senior,
I'm taking care of my elderly father who recently had a stroke and have a lot of questions about how Medicare works and what it covers. He's enrolled in original Medicare. Can you help me?
—Caregiving Connie*

Dear Connie,
Taking care of a parent after a stroke is hard enough without having to figure out Medicare too. The good news is that understanding the program can make life a lot easier. Knowing what's covered – and what isn't – can help you plan ahead, avoid costly surprises and make sure your father gets the care he needs. Here's a practical guide to get you started.

Medicare basics

One of the best places to start is the official "Medicare & You" handbook. It explains benefits and services in plain language. Medicare mails an updated copy every fall, but you can also view it online at medicare.gov/medicare-and-you.

For questions, call Medicare at 800-633-4227 to speak with a representative. They can clarify coverage for doctor visits, hospital stays, home health care, and more.

Your state's State Health Insurance Assistance Program (SHIP) is another great resource. SHIP counselors provide free, one-on-one counseling to help you understand your coverage, identify cost-saving programs, and answer questions about Medicare. Find a counselor near you at shiphelp.org or 877-839-2675.

Caregivers should also create a secure Medicare account at medicare.gov/account/login. Once your father's account is set up, you can review his coverage, track claims, check the status of medical services and prescriptions, and see which preventive benefits he's eligible for. It's an easy way to stay organized and keep all of your father's Medicare information in one place.

Choosing providers

Medicare also lets you compare providers online at medicare.gov/care-compare. You can search for doctors, hospitals, rehab centers, nursing homes, hospice providers, and medical equipment suppliers in your area. This is especially useful after a stroke, when your father may need rehabilitation or specialized care at home.

Covered services

Original Medicare covers many services your father may need, including hospital care, doctor visits, lab tests, and outpatient treatments.

It also covers home health care if your father is homebound, under a doctor's care, and needs part-time skilled nursing or rehabilitation therapy, such as physical, occupational or speech therapy.

Medicare also covers medically necessary durable medical equipment and supplies prescribed by a doctor, including oxygen, wheelchairs, walkers and catheters. Short-term skilled nursing care in a facility may also be covered for up to 100 days after a qualifying hospital stay.

Prescription medications are generally covered through a separate Medicare Part D plan, which helps pay for many outpatient drugs your father may need.

Hospice care is covered for patients with a terminal illness and a life expectancy of six months or less, as certified by a doctor. It includes nursing care, medications for comfort and short-term respite care to give caregivers a break.

However, Medicare generally doesn't pay for long-term custodial care at home, in an assisted living facility or in a nursing home. That means it generally won't cover ongoing help with daily activities like bathing, dressing, eating, using the bathroom or supervision for someone with dementia. Routine dental care, dentures, eye exams for glasses and hearing aids are also not covered.

Cost help

If your father has limited income and resources, check programs that help reduce Medicare costs. Extra Help assists with prescription drug expenses, and Medicare Savings Programs can help pay premiums, deductibles, and coinsurance.

Visit medicare.gov/basics/costs/help or call 800-633-4227 to learn more or check eligibility.

Taking time to understand Medicare can make caregiving a little less stressful. It helps you stay on top of appointments, treatments and equipment needs, while giving you greater confidence that your father is receiving the care and benefits he's entitled to.



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[Nyerges is the author of “Urban Survival Guide,” “Extreme Simplicity,” and other books. Information about his books and classes is available at www.SchoolofSelf-Reliance.com]

AM I AN HERBALIST?

My mother, who was a registered nurse, would tell us tales about growing up on a farm in rural Ohio. They learned how to deal with normal everyday farm injuries themselves in a calm and positive manner, things like burns, cuts, accidents with farm machinery. I learned from mother that even something as simple as hot water and Epsom salts could treat what might otherwise become a serious infection.

Under her guidance, I began to grow and learn about herbs for culinary and medicinal purposes. Of course, my mother would always take me to the doctor, and I gradually learned that many of the medicines had originally derived from plant sources, such as the common pain killer aspirin deriving from the bark of the willow tree. I questioned the doctor as to why I was getting cortisone pills and sprays for my poison oak rash. “Doesn’t that weaken my immune system?” I asked. “You’re young” and “It’s only once a year” was the doctor’s reply, but eventually he admitted that yes, cortisone weakens my immune system, but cures the poison oak rash. So I learned soon thereafter that native peoples had a dozen ways to not get the rash, and to cure the rash, and I have never had it since. Still, I never regarded myself as an herbalist, just an explorer who thought that the natural path would be better.

After studying botany in high school, and actively joining the Los Angeles Mycological Association, I studied Mexican herbalism more formally with Dr. Gene Matlock’s Institute of Herbal Philosophy. I earned two certificates in herbalism and felt that the herbal path was only slightly better than taking pills. After all, both were focused on relieving symptoms, not so much fixing the cause of the illness.

At that time, I met the famous “father of wild foods,” Euell Gibbons, whose herbal book, “Stalking the Wild Herbs,” I studied as if it was a Bible. Gibbons was a great plant guy, but not really a health food nut who eats carefully. I liked Gibbons a lot, though he ate white sugar, white flour, and deep fried anything that swam, crawled, flew, or jumped. He died later that year at age 64, from a hereditary disease. Despite his shortcomings, he inspired me to pursue the wild food and herbal path.

That year, I began to work for Dr. Richard Barmakian, who was quite the zealot for herbs and health foods, due to his battle with hypoglycemia. I learned a lot about herbs as medicine while working with him at Alta-Health Foods on North Allen Avenue in Pasadena, a short bicycle ride from my parents’ home. He wrote a book on hypoglycemia, and sadly died a few years later. He really wasn’t that old!

Through Barmakian, I met his friend, the famous herbalist Dr. Paavo Airola, author of “Are You Confused.” This was 1975, and Airola visited often. Once, while talking to Barmakian, he turned to me – a young kid in his eyes – and proudly showed me his new book, “How to Get Well”, asking for my opinion. I thumbed through the herb section and said simply “no pictures.” He took the book away and turned his back to me, saying, “You buy your herbs in the herb store!” Not me, I thought. I wanted to pick them in the wild or grow them.

Airola was on top of the world then, in 1975, and I went to one of his talks at the Pasadena Convention Center, packed with hundreds of adoring readers. I recall how he began his talk, that we should give far more attention to lifestyle and our thinking as major elements of health. Yes, indeed I thought, and I applauded with the enthusiastic audience. But then it was just two hours of herbs and symptoms. He died less than 10 years later at age 64, leaving many to conclude that herbalism per se doesn’t guarantee long life.

Within the year, I had too good fortune to learn about Dr. Leonid Enari, teaching “Edible, Poisonous, and Medicinal” plants at the L.A. County Arboretum. I have since referred to Dr. Enari as the greatest botanist that no one knows! He grew up in Estonia, and experienced light Nazi occupation, and got his equivalent of PhD in botany and chemistry before moving to the U.S. We became friends and he became an incredible mentor, helping me with my very first book. Dr. Enari believed in a no-nonsense life of eating well, living simply, and treating people the way you want to be treated. My perspective of “healing” was indeed expanding, since it didn’t feel right to me that “healing” was simply about eliminating a symptom of some deeper cause. Dr. Enari lived to be 88.

Along the way, I also got to be friends with Gypsy Boots, the well-known 50s-era beatnik who widely promoted vegetarianism and healthful living. Gypsy told me that it was difficult to fill his Hollywood health food store with all quality foods, and even harder to make a living doing that. (Richard Barmakian may have discovered the same thing at his Alta-Health foods).

We used to see Gypsy playing catch football at the lawn of the Villa Parke during their Tuesday Farmers Markets, and “younger men” in their 50s and 60s would huff and puff as they tried to keep up with him. Gypsy had many “secrets” to longevity, and he often told me that garlic was one of them. He was 89 when he died.

My timetable is not perfect chronology, but back in high school, I met Richard White, who was a yoga teacher and organic gardening teacher at the time. He founded Rainbow School and the non profit WTI to teach, as he called it, “that health is wholistic.” White taught nutrition, and breathing, and exercise, and yes, some herbalism as well. He constantly hammered home the idea that everything we do, and think, determines not just our “health” but our very destiny. That was the basis of everything he taught. White lived to be 88.

Naturally, that led me to studying the writings of Hippocrates, something that White encouraged me to do. Through both White and Hippocrates, I realized that vibrant health is not about taking the right herb (though you definitely don’t want to take the wrong herb). Vibrant health was the totality of everything we did, and didn’t do. It is that totality that we hoped to embody in the Integral Health Pyramid.

Yes, there are many other teachers and herbalists who have influenced me. But I don’t call myself an herbalist, a respectable term, but one I find too limiting in perspective for my view of “health.”



SUPERDUPER SWEETEST PAIR!



It doesn’t get any better than this pair! Gonzo and Enzo are the sweetest kittens we have ever fostered!

Born on the streets, they were found under a car after the rest of their litter mates had died.

Getting to know these two has been an absolute delight. From day one they’ve been the cuddliest duo! They are both lap cats and absolutely love people! So much so they are always looking to spend time with you or be near you or follow you around!

They are also very playful and will

run around together chasing after their fuzzy toys. Then they will settle in for some light grooming together and fall asleep preferably as close to you as possible.

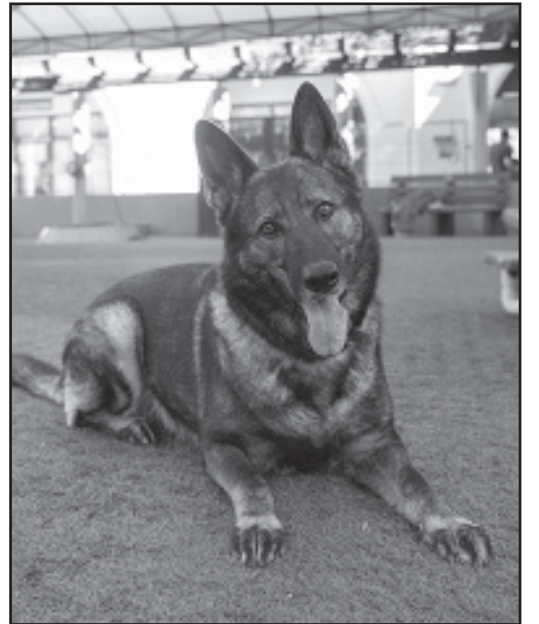
Gonzo is a little bigger than Enzo and is just a floppy cat! As soon as you carry him he melts into your arms and wants to be held like a baby. Enzo is more compact and such a curious little guy. He is very loving and so funny with a heart-shaped mark on his side, and a tail that curls over his back almost like a pug.

These boys are as close to Purr-fection as can be! They bring so much joy and will be the perfect addition to their people. See their adorable pictures and apply to meet them at <https://www.lifelineforpets.org/enzo--gonzo.html>.

Pet of the Week

Mariposa is ready to flutter her way into your heart! This lovely 5-year-old German Shepherd is equal parts athlete, scholar and professional pool lounge. She knows sit, down, paw and an impressively focused “watch me,” but she’s also happy to put her skills aside for a good game of fetch, a calm wade into the pool or some well-earned pets.

Sweet, affectionate and full of personality, Mariposa has a knack for making friends wherever she goes. Whether she’s gently dropping a toy at your feet for another round of fetch or resting her head in your lap to ask for more affection, this beautiful girl is ready to spread her wings and find a home of her own. And there’s no better time to adopt — on Saturday, August 29 from 10 a.m. to 4 p.m., adoption fees for all available animals at Pasadena Humane will be waived as a part of Clear the Shelters. The adoption fee for dogs is \$150.



All dog adoptions include spay or neuter, microchip, and age-appropriate vaccines. Walk-in adoptions are available every day from 9:30 a.m.-5:30 p.m. View photos of adoptable pets at pasadenahumane.org. New adopters will receive a complimentary health-and-wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information about how to care for your pet. Pets may not be available for adoption and cannot be held for potential adopters by phone calls or email.

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JOIN THE FUN! THE SIERRA MADRE SCARECROW FESTIVAL IS COMING SOON!

The Scarecrow Festival is a family-friendly fall tradition that celebrates the creativity, imagination, and community spirit that make Sierra Madre so special. Each year, our town comes alive with unique, handcrafted scarecrows displayed throughout the community for residents and visitors to enjoy. Hosted by Creative Arts Group, the festival offers fun for all ages. Our dedicated volunteers prepare candy scarecrows and scarecrow kits for the community, and small black scarecrows are hidden throughout town for a festive scavenger hunt. Lucky finders can turn in their scarecrows to receive a candy scarecrow—a favorite tradition for children and families!

Scarecrow kits are available for a small donation at the Creative Arts Group office, located at 108 N. Baldwin Avenue, Sierra Madre. Whether you’re a first-time participant or a seasoned scarecrow builder, the kits are a great way to get started. We invite local businesses, organizations, clubs, schools, and families to join the celebration by creating and displaying their own unique scarecrow. Participants can register their scarecrows on our website and upload a photo to be included in the online gallery and interactive festival map. The map encourages residents and visitors to explore Sierra Madre, discover each creative display, and support our local businesses while enjoying this beloved community event.

Please join us on Wednesday, September 16, at Creative Arts Group from 2:00-4:30 to kick-off the festival with a scarecrow craft for kids, scarecrow kits for pick up and fall fun!

Visit <https://www.creativeartsgroup.org/scarecrow> for complete details, including festival dates, registration information, deadlines, and participation opportunities. We hope you will join us in making this year’s Scarecrow Festival another memorable celebration of creativity and community. Thank you for helping make Sierra Madre such a wonderful place to live, work, and visit. We look forward to celebrating with you this fall!

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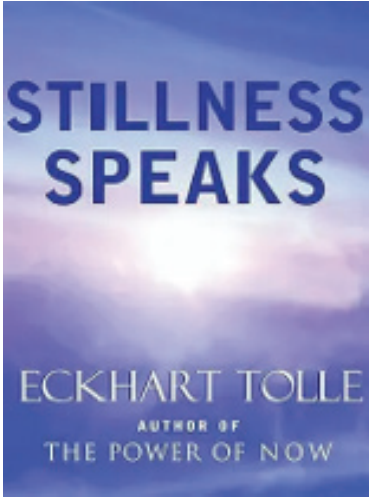
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ALL THINGS

By Jeff Brown

STILLNESS SPEAKS BY ECKHART TOLLE

Stillness Speaks is a collection of short reflections that invite readers to discover inner peace through present-moment awareness. Unlike a traditional self-help book, it is written as a series of brief contemplative passages rather than a continuous argument. Tolle encourages readers to slow down, reflect, and experience the silence behind the words instead of simply understanding them intellectually. A wonderful book!



The central idea of the book is that our true identity is not the thinking mind or the personal story we tell about ourselves. Instead, beneath thoughts, emotions, and life experiences lies a deeper dimension of awareness that Tolle calls Being, Presence, or stillness.

This awareness is always present, peaceful, and unaffected by changing circumstances. By recognizing ourselves as this awareness rather than identifying with our thoughts, we can experience lasting inner peace.

A major theme throughout the book is the role of the ego. Tolle describes the ego as a false sense of self created through identification with thoughts, memories, social roles, possessions, and achievements. The ego constantly seeks approval, compares itself with others, and fears loss or failure. According to Tolle, this identification with the ego is the primary source of psychological suffering. Freedom begins when we observe our thoughts and emotions without believing they define who we are.

Another important teaching is the practice of living fully in the present moment. Tolle argues that most anxiety, regret, and emotional pain arise because the mind is absorbed in memories of the past or worries about the future. Since life unfolds only in the present, bringing attention to what is happening now allows us to step out of unnecessary mental conflict. Simple practices such as conscious breathing, sensing the inner body, listening deeply, or spending time in nature help cultivate this state of presence.

The book also emphasizes acceptance and non-resistance. Accepting the present moment does not mean becoming passive or approving of difficult situations. Rather, it means acknowledging reality as it is before deciding how to respond. Once inner resistance ends, actions become clearer, more effective, and less driven by fear or anger. Throughout Stillness Speaks, Tolle presents silence as more than the absence of sound. It is the ever-present background of awareness in which all thoughts, emotions, and experiences arise. By repeatedly returning to this inner stillness, readers can discover a deeper sense of connection with themselves, other people, and life itself.

The book ultimately teaches that peace, wisdom, and fulfillment are not things to be achieved in the future but qualities that naturally emerge when we rest in the stillness of the present moment. The book can be ordered at Sierra Madre's bookstore Fables & Fancies 52 W.Sierra Madre Blvd. 626-836-3200

The essence of the Non-Dual understanding is that “Peace and happiness is the nature of your being and you share your being with everyone and everything,” Rupert Spira

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

CARDIO OR STRENGTH TRAINING?

Most of us have a favorite type of physical activity. Some people walk. Others ride a bike, swim, dance or use a treadmill. And some people lift weights.

All of these are good choices. But new research gives us another reason not to choose just one. A recent study found that people who regularly did both aerobic activity and strength training had a much lower risk of developing some common health problems than people who did neither.

Researchers from the University of Queensland in Australia followed more than 8,000 adults for nine years. The participants were between the ages of 40 and 64 when the study began. They answered questions about the aerobic activities and muscle-strengthening activities they did.

The results were impressive. People who met the recommendations for both types of activity had a 50 percent lower risk of developing type 2 diabetes. Yes, I said 50 percent lower risk. They also had a 24 percent lower risk of developing high blood pressure compared with people who met neither recommendation.

The researchers additionally found a 23 percent lower risk of cancer, although they were more cautious about that finding. The study was recently published in the “Journal of Science and Medicine in Sport”. About half of the people in the study were getting the recommended amount of aerobic activity. But only 24 percent were meeting the recommendations for both aerobic activity and strength training.

For years, when people have talked about getting more physically active, much of the attention has been on aerobic activity. Go for a walk. Ride a bike. Get on the treadmill. Take an aerobics class. Those are all excellent things to do. Your heart and lungs need activity that makes them work harder. But your muscles need to work harder, too.

Think about what you ask your muscles to do every day. You get out of a chair. Climb stairs. Carry groceries. Pick something up from the floor. Lift a bag. Push a heavy door. Put something on a high shelf. We need strength to do all of those things. And maintaining that strength becomes even more important as we get older because we naturally lose muscle and strength with age if we don't do something about it. Strength also helps us stay independent. The stronger we are, the easier it is to keep doing everyday activities for ourselves instead of eventually needing someone else to do them for us.

The good news is that strength training does not mean you have to become a bodybuilder or spend hours lifting heavy weights at a gym. You can use dumbbells. You can use resistance bands. You can use weight machines. You can even use your own body weight.

Squats or getting up and down from a chair work the large muscles in your legs. Wall push-ups work muscles in your upper body. Resistance bands can be used for dozens of strengthening exercises. The important part is that your muscles have to work against enough resistance to challenge them.

The current U.S. physical activity guidelines recommend that adults get at least 150 minutes of moderate aerobic activity each week. They also recommend muscle-strengthening activities at least two days a week. Notice the word “also.” It isn't 150 minutes of aerobic activity or strength training twice a week. We need both.

That doesn't mean you should suddenly add a long, difficult strength workout to your week, especially if you haven't done strength training before. Start small. You might choose four or five basic exercises that work the major muscle groups and do one set of each. As you become stronger, you can gradually increase the resistance, repetitions or number of sets.

The same rule applies to aerobic activity. If you are inactive now, you don't have to start with 150 minutes next week. Begin with an amount you can comfortably handle and build from there.

So really, the practical message is simple. Don't ask whether cardio is better than strength training. That's like asking whether you should brush your teeth or floss. They do different jobs.

If you're already walking, swimming, cycling or doing another aerobic activity, great. Keep doing it. But take a look at your week. Where is the strength training? And if you already lift weights but rarely do anything that gets your heart beating faster for an extended period, ask yourself the opposite question.

A good fitness program isn't about finding one perfect activity. It's about giving your body the different kinds of activity it needs. This latest study gives us one more reason to make room for both.

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

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California
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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

PUT THE LIGHTS ON

YOUR HERITAGE IS WITH YOU



7AM flat on my back under the covers as if I was a kid at home in my bed at my mother's and father's apartment.

The actual date is August 22, 2026, during a blazing hot summer. The phenomenon I want to permanently capture is my reaction to the realization that yesterday afternoon I watched my only son, Aaron, being tortured, tortured, without realizing its significance. After the torture Irene and I went out and had dinner, and I asked her to get us raspberry sherbet for dessert.

Before describing Aaron' torture I wanted to describe the multi-levels of my consciousness. In a dream I was driving a car much like my father's 1950 era Buick, the car in which we travelled from Chicago to Los Angeles in 1953. The car was a stick shift with a clutch, and I did not feel very confident driving, and I could not see through the windshield very well. In the car were my mother, father, my children Aaron and Stacy and I think my grandmother and sister who of course were in the car in 1953 when we drove to Los Angeles

We were driving westerly across Los Angeles. I was looking for the Van de Kamps that was near the Art Museum on Wilshire as a place where we might be able to relax. The feeling that I was dealing with, and am still presently trying to deal with, is, that I do not know right from wrong. I sat and watched Aaron being tortured as he struggled to get out of bed and hold onto the wheelchair. Maybe that is healthful and is what he must do to attempt to reclaim his life. MAYBE, but for the moment he was being tortured and I was just a passive primarily uninvolved spectator. Can that be right?

I still don't know but in the middle of the night, at about 3am, I awoke with a feeling of horror. My mind thought of the way in the military soldiers are instructed to shoot and kill other soldiers whom they have never even met. Wartime goes on and on and perhaps it will always be part of the way humans conduct themselves, but it is crazy. There is a word, "civilized" which I guess is supposed to explain society and how it works. The amazing thing is that the huge populations of humans on the planet go on living, at least many of us do, without

knowingly doing much damage to one another. We raise our children, go to work, go to School, pay our bills and yet the world in which we now live is full of wars, senseless wars, which I guess are brought about by ruthless leaders unconcerned about the needs of humanity and only concerned about their own wishes and dreams. Are Trump, Putin, and Netanyahu aberrant or typical of those who rise to power and assert control?

Are we who are controlled and passive also to blame? I think about this in relation to viewing Aaron's struggles. Shouldn't I have learned something along the way? Don't I owe it to my own heritage that brought me here to at least be able to protect my own family.

There is one thing I need to add.

I wrote the preceding sentences on Saturday. On Sunday I accompanied my wife and granddaughter to breakfast while my daughter visited my son at the skilled Nursing Facility I was certain I had pneumonia as I was sneezing and coughing without a stop. When I got home, I tried to look up "neumonia" in my medical handbook but couldn't find it. Who knew that "pneumonia" began with a "p" rather than an "n"?

Anyway, at about 3am Monday I hobbled down the stairs and convinced my reluctant wife to drive me to the Emergency Room at the Baldwin Park Kaiser Hospital. After waiting for a very long time, various tests were performed and the doctor announced that I had Covid and that was the third Covid case he had diagnosed that night.

The doctor prescribed a specific drug called Paxlovid to be taken in the morning and night and sent me home. I still feel miserable but would like to take this opportunity to thank Susan Henderson for allowing me to publish my articles for eighteen years and thank Rich Johnson for bringing me into the fold originally.

Most importantly, I would like to thank my wife Irene for her incredible inspiration and support, and I would like to thank any readers who have stuck with me along the way. I hope we will meet again.

ONE MORE THING

It is now 5am Wednesday morning and I took the Paxlovid pills and feel pretty good. I guess I was being overly dramatic. So, I guess I can get back to worrying about my son and we can plan to meet again next week, same time, same place.

HOWARD Hays As I See It -



"This is a slap in the face to every war hero and every service member who has worn the uniform . . . Doris Miller earned his place in American history through courage, sacrifice, and service. Donald Trump only wants to serve himself."

- Derrick Johnson, president of the NAACP

Summer began with UFC cage fighting on the White House lawn. It's now wrapping up with Formula 1 racing at the National Mall, Lake Ontario as "Lake America", childhood vaccinations set via executive order and threats to demolish the Kennedy Center if Trump can't have his name on it. You'd think nothing could be too outlandish or obscene, but a story from last week seemed beyond the pale even for this administration - even with what we already know of Trump's attitude towards our military.

We know the only uniform Trump's ever worn was that of the New York Military Academy. There were the five draft deferments - four for being in school and then the bone spurs. We've seen the AI-slop Trump posts - soldier cos-playing beside real generals Patton, MacArthur and Washington.

The USS Abraham Lincoln left San Diego last November, in the Middle East since January. Reports came of scarce and contaminated food, no soap or toothpaste or hot water for showers, broken toilets, twelve-hour shifts seven days a week - exhaustion, desperation and suicide attempts. Former Defense Secretary Leon Panetta called it "inexcusable". President Trump called it a "fake CNN story"; the deployment "not nearly long enough".

Sen. Ruben Gallego (D-AZ) posted, "It's clear Donald Trump, who avoided active duty himself, couldn't care less about the health and safety of our service members." As for

an endgame to this war, Marine combat vet Sen. Seth Moulton (D-MA) notes, "The president, the commander in chief, is more worried about his golf game this weekend."

Trump now "orders" our Navy to replace electro-magnetic launchers on aircraft carriers with the older, steam-powered ones. Sen. Mark Kelly (D-AZ) posted, "I've launched off the front of aircraft carriers hundreds of times, have a Master's degree in aeronautical engineering, and am a test pilot and even I wouldn't suggest to the Navy how to engineer specific systems on its ships."

This leads to what seems beyond the pale - even for Donald Trump. Our next aircraft carrier, keel expected to be laid by year's end, the first to revert back to steam-powered launchers if Trump has his way, is to be named after an American war hero. That's where Trump has a problem.

Doris ("Dorie") Miller left the family farm in Waco, Texas to join the Navy at age 20. With limited options for Black sailors, Miller became a mess attendant. They were finishing up breakfast on the battleship West Virginia at Pearl Harbor the morning of December 7, 1941, when the Japanese attacked. Miller carried wounded shipmates, under fire through water and oil, to safer spots on the ship. Though never having been trained on one, he manned an anti-aircraft gun - shooting down attacking planes. 132 died on the West Virginia that morning. Its Action Report credited Miller with "unquestionably saving the lives

RICH JOHNSON



ALPHA, OMEGA, ETERNITY AND IN BETWEEN

On my birthday, this year which, like every year, falls smack dab on Halloween, I will have completed 888 months on the planet. Yep, 74 times around the sun times 12 equals 888. New agers call 888 an angel number. Other angel numbers include 222, and 444. Funny, no one mentions the number 666 lol. I guess it's an angel from a different team. The ones dressed in red!

What a coincidence. Speaking of the Bible, many of you know, in addition to being a crack "cub" reporter for Mountain Views News, and a rock star with my "oldies" band JJ Jukebox, I am a Christian, involved with Bethany Church right there on North Baldwin in Sierra Madre. I like people to know you can be a "wannabe" rock star and a court jester and be a believer. Not only did God invent music, he invented laughter. And there ain't nothing the almighty likes better...except for maybe a Tommy's chili cheeseburger. Wait, no, that's me. Never mind.

Let me back up for a minute. Having access to the intelligence gathering department the CIA would love to have...the crack intelligence staff of the "Mountain Views News", I stumbled on the fact there are approximately 53.4% of people living in Sierra Madre who consider themselves to be Christians. That would be about 5,841 people. Oops, since I wrote this there have been 3 more added. We're up to 5,844.

If you are a seeker looking for answers about life, you are cordially invited to join us for 11 Wednesdays starting this Wednesday, September 2 at 6:00pm. We will start each Wednesday with dinner followed by a 30-minute video and 30 more minutes in discussion.

What will be discussed? How does God guide us? Who is Jesus? Why did Jesus die? Is there more to life than this? How can I have faith? Why and how do I pray?

Firmly entrenched in my 8th decade I realize my wake up call on the other side is getting closer and closer. I guess anytime is a good time to consider the hereafter. What's my bottom line feelings about my personal faith.

I believe God is a creator by trade and training. And God isn't going to retire anytime soon. We are all invited to participate in whatever the next adventure is. Participating in His ongoing creation is not mandatory. But I'm convinced it is going to be exciting. Maybe my singing voice will improve.

Oh and by the way, there is no cost to join us for this adventure into what's around the eternal bend. Questions, email Dave at dbury@bethanychurchsm.org. The address for the events is 93 North Baldwin (east side of Baldwin, just north of Montecito Avenue). (Look for signs).

With the little bit of space left over in this column, I thought I would share about other people who were born on the same day as millions of kid collect and subsequently consume candy. That of course would be Halloween, October 31st.

Another famous person who let their Halloween birthday affect their waist size is John Candy. Ironic that John Candy was born on Halloween. He was born a year before me in 1950. His real name was John Franklin Candy. Vanilla Ice the Rapper was born on Halloween in 1967. Christopher Columbus in 1451, Dan Rather in 1931. Actor Rob Scheider, "Lord of the Rings" director Peter Jackson, singer Willow Smith.

We saw the video by Queen, "Bohemian Rhapsody" for the first time on Halloween in 1875, in 2011 our global human population officially reached 7 billion (I wonder who counted?) In 1992 Pope John Paul II formally acknowledged errors made by the Catholic Church in its mishandling of Galileo. That closed the historical divide of the war between science and faith.

In closing this column, the invitation to come review what current beliefs are toward the Christian faith is a genuine invitation to come take a fresh look at the Christian faith. In my case, my faith hasn't stopped me from writing comedy, and performing fun rock from the 1960s and 1970s. Believe it or not God has a sense of humor.

Life, even though it's full of challenges, successes and failures is meant to be lived fully. And I think there might be considerably more in the next adventure following this one.

So come, visit the Alpha discussions. The experience, along with dinner is free. And who knows what might happen.



of a number of people who might otherwise have been lost".

Miller became the first Black sailor awarded the Navy Cross, presented by Admiral Chester Nimitz "For distinguished devotion to duty, extraordinary courage and disregard for his own personal safety during the attack on the Fleet in Pearl Harbor". Two years later Miller, along with two-thirds of his crewmates, went down with their ship - sunk by torpedoes at the Battle of Makin in the Gilbert Islands. He was posthumously awarded the Purple Heart.

On MLK Day 2020 at Pearl Harbor, Acting Navy Secretary Thomas Modly announced that our next aircraft carrier would be named the USS Doris Miller. In August the following year, members of Miller's family joined Navy brass, members of Congress and shipbuilding executives for ceremonies at Newport News Shipbuilding in Virginia. Rear Admiral James Downey promised "in the name of one of the finest heroes of the greatest generation . . . We will construct a sound and mighty warship worthy of his legacy."

Apparently, this was premature. It's reported the ship won't be named for any war hero, after all - but instead will be christened the USS Donald J. Trump. When asked what he'd say

to Defense Secretary Pete Hegseth (obsessed with erasing suggestions of racial or gender diversity) if he had the chance, Miller's great-nephew said he'd tell him, "Doris Miller stands for so much about America and who we are today." - in stark contrast to whatever it is, if anything, that Trump stands for.

Arizona's Sen. Kelly posts, "Dorie Miller's bravery at Pearl Harbor is legendary and resulted in him being awarded the Navy Cross. This aircraft carrier shouldn't be renamed at all, let alone for Donald Trump, who has denigrated servicemembers like Dorie Miller who have paid the ultimate price." Jason Linkins writes in The New Republic of President Trump "treating military service as another opportunity for personal branding. Our brave service members signed up to defend the nation, not the fragile ego of one man. America deserves better than this."

President Trump's big takeaway from news of 5,000 sailors driven to desperation on the USS Abraham Lincoln appears to be the realization that, while Lincoln has an aircraft carrier named after him, he doesn't - yet. Beyond the pale.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF LOS ANGELES
LONG BEACH COURTHOUSE
275 MAGNOLIA AVE.
LONG BEACH, CA. 90802

SUMMONS

NOTICE TO DEFENDANT:

MIRATES EQUITY USA LLC, a California limited liability company, SPENCER REID, and individual; ARTHUR CHANG, an individual; and DOES 1 THROUGH 20

YOU ARE BEING SUED BY PLAINTIFF:

PANHANDLE MOVIE COMPANY, LLC, a Florida limited liability company

CASE NUMBER: 25LBCV03341

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

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

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

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

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

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

CASE NUMBER:
(Número del Caso):
25LBCV03341

The name and address of the court is: (El nombre y dirección de la corte es):
SUPERIOR COURT OF CALIFORNIA,
COUNTY OF LOS ANGELES
GOVERNOR GEORGE DEUKMEJIAN COURTHOUSE
275 MAGNOLIA AVE
LONG BEACH, CA. 90802

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

NOAH GREEN, ESQ.
300 SPECTRUM CENTER DRIVE
SUITE 1550
IRVINE, CA. 92618
Published: Mountain Views News
August 15, 22, 29 and September 5, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026-177776
The following person(s) is (are) doing business as: BARBERIA JEHOVA JIREH, 7408 S CENTRAL AVE, LOS ANGELES, CA 90001. Full name of registrant(s) is (are) ANGELICA ALBARRAN GALARZA, 7408 S CENTRAL AVE, LOS ANGELES, CA 90001. This Business is conducted by: AN INDIVIDUAL. Signed: ANGELICA ALBARRAN GALARZA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/18/2026. 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: AUG 29, SEP 05, 12, 19, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026-178006
The following person(s) is (are) doing business as: DON CARLOS MEXICAN GRILL, DON CARLOS TACOS AL VAPOR AND MEXICAN GRILL, 622 OMELVENTY AVE, SAN FERNANDO, CA 91340. Full name of registrant(s) is (are) CARLOS JESUS GASPAR, 622 OMELVENTY AVE, SAN FERNANDO, CA 91340. This Business is conducted by: AN INDIVIDUAL. Signed: CARLOS JESUS GASPAR/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/19/2026. 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: AUG 29, SEP 05, 12, 19, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026-179058
The following person(s) is (are) doing business as: E.H SERVICES, 143 W 102ND ST, LOS ANGELES, CA 90003. Full name of registrant(s) is (are) ELIUT HERNANDEZ ARZATE, 143 W 102ND ST, LOS ANGELES, CA 90003. This Business is conducted by: AN INDIVIDUAL. Signed: ELIUT HERNANDEZ ARZATE/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/19/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 05/07/2017. 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: AUG 29, SEP 05, 12, 19, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026-183129
The following person(s) is (are) doing business as: ELYSIA AUREALE, 12613 CRANBROOK AVE APT 5, HAWTHORNE, CA 90250. Full name of registrant(s) is (are) KAWOANT YASMAINE CRADDOCK, 12613 CRANBROOK AVE APT 5, HAWTHORNE, CA 90250. This Business is conducted by: AN INDIVIDUAL. Signed: KAWOANT YASMAINE CRADDOCK/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/25/2026. 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: AUG 29, SEP 05, 12, 19, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026-182582
The following person(s) is (are) doing business as: FRAUSTO'S, 14015 ORIZBA AVE # 6, PARAMOUNT, CA 90723. Full name of registrant(s) is (are) ERIC ARMANDO HERNANDEZ, 14015 ORIZBA AVE # 6, PARAMOUNT, CA 90723. This Business is conducted by: AN INDIVIDUAL. Signed: ERIC ARMANDO HERNANDEZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/25/2026. 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: AUG 29, SEP 05, 12, 19, 2026

Dates Pub: AUG 29, SEP 05, 12, 19, 2026
FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026-182072
The following person(s) is (are) doing business as: IVY SALES CO, 13320 FERN PINE CIR, CERRITOS, CA 90703. Full name of registrant(s) is (are) CAESAR JYH-JANG YANG, 13320 FERN PINE CIR, CERRITOS, CA 90703. This Business is conducted by: AN INDIVIDUAL. Signed: CAESAR JYH-JANG YANG/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/24/2026. 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: AUG 29, SEP 05, 12, 19, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026-182876
The following person(s) is (are) doing business as: LUMIVERSE COFFEE & MATCHA, LUMIVERSE CAFE, LUMIVERSE, 318 N ARIZONA AVE, LOS ANGELES, CA 90022. Full name of registrant(s) is (are) RAUL MISRAIM CALDERON-VAZQUEZ, 318 N ARIZONA AVE, LOS ANGELES, CA 90022. This Business is conducted by: AN INDIVIDUAL. Signed: RAUL MISRAIM CALDERON-VAZQUEZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/24/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/26/2026. 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: AUG 29, SEP 05, 12, 19, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026-178766
The following person(s) is (are) doing business as: MARY O JANITORIAL SERVICE, 10022 LONG BEACH BLVD APT 5, LYNNWOOD, CA 90262. Full name of registrant(s) is (are) MARIA DE LA LUZ BECERRA DURAN, 10022 LONG BEACH BLVD APT 5, LYNNWOOD, CA 90262. This Business is conducted by: AN INDIVIDUAL. Signed: MARIA DE LA LUZ BECERRA DURAN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/19/2026. 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: AUG 29, SEP 05, 12, 19, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026-181876
The following person(s) is (are) doing business as: WILL & SON, 20438 BAILY ST, PERRIS, CA 92570. Full name of registrant(s) is (are) WILL MC CRAW, 20438 BAILY ST, PERRIS, CA 92570. This Business is conducted by: AN INDIVIDUAL. Signed: WILL MC CRAW/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/24/2026. 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: AUG 29, SEP 05, 12, 19, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026-179046
The following person(s) is (are) doing business as: YANJI NO, 1 FOOD, 15531 FACILIDAD ST, HACIENDA HEIGHTS, CA 91745. Full name of registrant(s) is (are) MAX YU, 15531 FACILIDAD ST, HACIENDA HEIGHTS, CA 91745. This Business is conducted by: AN INDIVIDUAL. Signed: MAX YU/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/19/2026. 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: AUG 29, SEP 05, 12, 19, 2026

FILE NO. 2026-177773

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) UBALDO FERNANDO ROBLERO GÓMEZ, 7408 S CENTRAL AVE, LOS ANGELES, CA 90001, has/have abandoned this use of the fictitious business name: BARBERIA JEHOVA JIREH, 7408 S CENTRAL AVE, LOS ANGELES, CA 90001. The fictitious business name referred to above was filed on 05/21/2025, in the county of Los Angeles. The original file number of 2025104488. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 08/18/2026. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) UBALDO FERNANDO ROBLERO GOMEZ/OWNER
Publish: Mountain Views News
Dates Pub: AUG 29, SEP 05, 12, 19, 2026

FILE NO. 2026-181764
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) IRMA ELIZABETH SOLIS, 4645 MICHIGAN AVE, LOS ANGELES, CA 90022, JARET CAROLINA CALDERON, 4645 MICHIGAN AVE, LOS ANGELES, CA 90022, has/have abandoned the use of the fictitious business name: LUMIVERSE, LUMIVERSE COFFEE & MATCHA, LUMIVERSE CAFE, 4645 MICHIGAN AVE, LOS ANGELES, CA 90022. The fictitious business name referred to above was filed on 09/19/2025, in the county of Los Angeles. The original file number of 2025195932. The business was conducted by: A GENERAL PARTNERSHIP. This statement was filed with the County Clerk of Los Angeles on 08/24/2026. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) IRMA ELIZABETH SOLIS/GENERAL PARTNER
Publish: Mountain Views News
Dates Pub: AUG 29, SEP 05, 12, 19, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026181803
The following person(s) is (are) doing business as: DOE, 4711 DOWNEY AVE, APT 3 NORTH HOLLYWOOD, CA. 91606. Full name of registrant(s) is (are) STEPHANIE GAXIOLA, 6741 IRVINE AVE APT 3 NORTH HOLLYWOOD, CA. 91606. This Business is conducted by: AN INDIVIDUAL. Signed: STEPHANIE GAXIOLA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/24/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/26/2026. 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 ES
Dates Pub: AUG 29, September 5, 12, 19, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026181642
The following person(s) is (are) doing business as: ANTHONY PLUMBING SERVICE, 8037 HINDS AVE NORTH HOLLYWOOD, CA. 91605. Full name of registrant(s) is (are) RAFAEL ANTONIO GODOY GALDAMEZ, 8037 HINDS AVE NORTH HOLLYWOOD, CA. 91605. This Business is conducted by: AN INDIVIDUAL. Signed: RAFAEL ANTONIO GODOY GALDAMEZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/24/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/24/2026. 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 ES
Dates Pub: AUG 29, September 5, 12, 19, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026184947
The following person(s) is (are) doing business as: GAYANES GROCERY, 14102 VICTORY BLVD VAN NUYS, CA. 91401. AON B2026038879
Full name of registrant(s) is (are) JESUS GUADALUPE SANDOVAL, 9134 SEPULVEDA BLVD #2356 NORTH HILLS, CA. 91343. Full name of registrant(s) is (are) TATIANA HARRIS SANDOVAL, 9134 SEPULVEDA BLVD #2356 NORTH HILLS, CA. 91343. This Business is conducted by: AN INDIVIDUAL. Signed: JESUS GUADALUPE SANDOVAL/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/20/2026. 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 ES
Dates Pub: AUG 29, September 5, 12, 19, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 20261840652
The following person(s) is (are) doing business as: MFS WINDOW TINT, 6723 REEDA BLVD SUITE D, RESEDA, CA. 91335. Full name of registrant(s) is (are) MANSOR GHORBANI PARCHIN, 6723 RESEDA BLVD SUITE D

SUPERIOR COURT OF CALIFORNIA
COUNTY OF LOS ANGELES
LONG BEACH COURTHOUSE
275 MAGNOLIA AVE.
LONG BEACH, CA. 90802

SUMMONS

NOTICE TO DEFENDANT:

MIRATES EQUITY USA LLC, a California limited liability company, ARTHUR CHANG, and individual; SPENCER REID, an individual; and DOES 1 THROUGH 20

YOU ARE BEING SUED BY PLAINTIFF:

PANHANDLE MOVIE COMPANY, LLC, a Florida limited liability company

CASE NUMBER: 25LBCV03341

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

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

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

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

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

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

CASE NUMBER:
(Número del Caso):
25LBCV03341

The name and address of the court is: (El nombre y dirección de la corte es):
SUPERIOR COURT OF CALIFORNIA,
COUNTY OF LOS ANGELES
GOVERNOR GEORGE DEUKMEJIAN COURTHOUSE
275 MAGNOLIA AVE
LONG BEACH, CA. 90802

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

NOAH GREEN, ESQ.
300 SPECTRUM CENTER DRIVE
SUITE 1550
IRVINE, CA. 92618
Published: Mountain Views News
August 15, 22, 29 and September 5, 2026

RESEDA, CA. 91335. This Business is conducted by: AN INDIVIDUAL. Signed: MANSOR GHORBANI PARCHIN, OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/26/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/26/2026. 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 ES
Dates Pub: AUG 29, September 5, 12, 19, 2026

FILE NO. 2026185750
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) DAVOOD DAVOOLAN & ASSOCIATES, INC. 127 S. BRAND BLVD. V 700 GLENDALE, CA. 91204 has/have abandoned the use of the fictitious business name: RATE HERO 127 S. BRAND BLVD. V 700 GLENDALE, CA. 91204. The fictitious business name referred to above was filed on 09/16/2025, in the county of Los Angeles. The original file number of 2025076643. The business was conducted by: A CORPORATION. This statement was filed with the County Clerk of Los Angeles on 08/28/2026. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) DAVOOD DAVOODIAN & ASSOCIATES, INC. SHOUNT DAVOODIAN, PRESIDENT. Publish: Mountain Views News ES
Dates Pub: AUG 22, 29, September 5, 12, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026177850
The following person(s) is (are) doing business as: CLOSE UP, 5446 NEWCASTLE AVE 104 ENCINO, CA. 91316; ALI BIGDELI PHOTOGRAPHY, 5446 NEWCASTLE AVE 104 ENCINO, CA. 91316; CLOSE UP MODELING AGENCY, 5446 NEWCASTLE AVE 104 ENCINO, CA. 91316; CLOSE UP STUDIO PHOTOGRAPHY, 5446 NEWCASTLE AVE 104 ENCINO, CA. 91316. Full name of registrant(s) is (are) ALI BIGDELI, 5446 NEWCASTLE AVE 104 ENCINO, CA. 91316. This Business is conducted by: AN INDIVIDUAL. Signed: ALI BIGDELI/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/18/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 09/19/2026. 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 ES
Dates Pub: AUG 22, 29, September 5, 12, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026180230
The following person(s) is (are) doing business as: ZWO CHANCES RECOVERY, 5825 RESEDA BLVD UNIT 126, TARZANA, CA. 91356. Full name of registrant(s) is (are) TATIANA HARRIS, 5825 RESEDA BLVD UNIT 126, TARZANA, CA. 91356. This Business is conducted by: AN INDIVIDUAL. Signed: TATIANA HARRIS/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/20/2026. 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 ES
Dates Pub: AUG 22, 29, September 5, 12, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026180972
The following person(s) is (are) doing business as: BUILDX CONSTRUCTION, 9134 SEPULVEDA BLVD #2356 NORTH HILLS, CA. 91343. Full name of registrant(s) is (are) JESUS GUADALUPE SANDOVAL, 9134 SEPULVEDA BLVD #2356 NORTH HILLS, CA. 91343. This Business is conducted by: AN INDIVIDUAL. Signed: JESUS GUADALUPE SANDOVAL/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/20/2026. 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 ES
Dates Pub: AUG 22, 29, September 5, 12, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026178778
The following person(s) is (are) doing business as: JJ ELECTRIC REPAIR, 929 SEPULVEDA BLVD APT 209 NORTH HILLS, CA. 91343. Full name of registrant(s) is (are) JESSY ALEXANDER

VALDEZ, 9229 SEPULVEDA BLVD APT 209 NORTH HILLS, CA. 91343. This Business is conducted by: AN INDIVIDUAL. Signed: JESSY ALEXANDER VALDEZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/19/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/26/2026. 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 ES
Dates Pub: AUG 22, 29, September 5, 12, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026178780
The following person(s) is (are) doing business as: ONE PRIORITY RESTORATION, 12883 NORRIS AVE SYLMAR, CA. 91342. Full name of registrant(s) is (are) MARIA DE JESUS GARCIA, 12883 NORRIS AVE SYLMAR, CA. 91342. This Business is conducted by: AN INDIVIDUAL. Signed: MARIA DE JESUS GARCIA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/15/2025. 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 ES
Dates Pub: AUG 22, 29, September 5, 12, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026177618
The following person(s) is (are) doing business as: SQUARE DEAL PICTURE FRAMING, 5300 LAUREL CANYON BLVD. NORTH HOLLYWOOD, CA. 91607. Full name of registrant(s) is (are) MARIO CEJA MARTINEZ, 5300 LAUREL CANYON BLVD. NORTH HOLLYWOOD, CA. 91607. This Business is conducted by: AN INDIVIDUAL. Signed: MARIO CEJA MARTINEZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/18/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/20/2026. 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 ES
Dates Pub: AUG 22, 29, September 5, 12, 2026

CAUDANA HERNANDEZ 225 S IVY AVE #193 MONROVIA, CA. 91016. This Business is conducted by: AN INDIVIDUAL. Signed: JESUS CAUDANA HERNANDEZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/10/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/2026. 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
ES Dates Pub: AUG 15, 22, 29, September 5, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026174253
The following person(s) is (are) doing business as: HANDYMAN VALDEZ 6401 DENNY AVE NORTH HOLLYWOOD, CA. 91608. Full name of registrant(s) is (are) ISRAEL DANIEL VALDEZ 6401 DENNY AVE NORTH HOLLYWOOD, CA. 91608. This Business is conducted by: AN INDIVIDUAL. Signed: ISRAEL DANIEL VALDEZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/11/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/2026. 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
ES Dates Pub: AUG 15, 22, 29, September 5, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026174156
The following person(s) is (are) doing business as: ERICKS WALL COVERING & PAINTING 11820 VICTORY BLVD NORTH HOLLYWOOD, CA. 91606. Full name of registrant(s) is (are) WILLIAM MONROY 11820 VICTORY BLVD NORTH HOLLYWOOD, CA. 91606. This Business is conducted by: AN INDIVIDUAL. Signed: WILLIAM MONROY/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/13/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/2026. 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
ES Dates Pub: AUG 15, 22, 29, September 5, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026175023
The following person(s) is (are) doing business as: ESTATE FORMS SERVICES 9227 RESEDA BLVD #433 NORTHBRIDGE, CA. 91324. AON 4295184. Full name of registrant(s) is (are) GNS ENTERPRISE INC. 9227 RESEDA BLVD #433 NORTHBRIDGE, CA. 91324. This Business is conducted by: A CORPORATION. Signed: GNS ENTERPRISE INC., GEORGE NISHANYAN, CEO. This statement was filed with the County Clerk of Los Angeles County on 08/14/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/2026. 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
ES Dates Pub: AUG 15, 22, 29, September 5, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026171669
The following person(s) is (are) doing business as: THE BUNGEE SPOT POWERED BY CORE 19307 VENTURA BLVD, TARZANA, CA. 91356. Full name of registrant(s) is (are) STAR TOMLINSON 19307 VENTURA BLVD, TARZANA, CA. 91356. This Business is conducted by: AN INDIVIDUAL. Signed: STAR TOMLINSON/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/10/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/2026. 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
ES Dates Pub: AUG 15, 22, 29, September 5, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026173558
The following person(s) is (are) doing business as: HERRERA PROPERTY MGMT TRUST 13838 KINBROOK ST SYLMAR, CA. 91342. Full name of registrant(s) is (are) LUCY HELEN HERRERA 13838 KINBROOK ST SYLMAR, CA. 91342. This Business is conducted by: AN INDIVIDUAL. Signed: LUCY HELEN

HERRERA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/12/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/2026. 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
ES Dates Pub: AUG 15, 22, 29, September 5, 2026

FILE NO. 2026168620
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) ARMAN ADRAKOVICH GRIGORIAN 13820 VICTORY BLVD APT. 316 VAN NUYS, CA. 91401. has/ have abandoned the use of the fictitious business name: BORJON AUTO CENTER 13820 VICTORY BLVD APT. 316 VAN NUYS, CA. 91401. The fictitious business name referred to above was filed on 05/27/2026, in the county of Los Angeles. The original file this statement of 2026168620. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 08/05/2026. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime) ARMAN ADRAKOVICH GRIGORIAN, OWNER.
Publish: Mountain Views News
ES Dates Pub: AUG 15, 22, 29, September 5, 2026

FILE NO. 2026168621
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) ELIANORA S GRIGORIAN 13820 VICTORY BLVD. 316 VAN NUYS, CA. 91401. has/ have abandoned the use of the fictitious business name: SPACE AUTO EXOTICS 13820 VICTORY BLVD APT. 316 VAN NUYS, CA. 91401. The fictitious business name referred to above was filed on 05/11/2026, in the county of Los Angeles. The original file number of 2026103467. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 08/05/2026. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime) ELIANORA S GRIGORIAN, OWNER.
Publish: Mountain Views News
ES Dates Pub: AUG 15, 22, 29, September 5, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026169227
The following person(s) is (are) doing business as: NEXT LEVEL CONSTRUCTION 11080 ALLEGHENY ST SUN VALLEY, CA. 91352. Full name of registrant(s) is (are) HAYK MANUKYAN 11080 ALLEGHENY ST SUN VALLEY, CA. 91352. This Business is conducted by: AN INDIVIDUAL. Signed: HAYK MANUKYAN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/06/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/2026. 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
ES Dates Pub: AUG 08, 15, 22, 29, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026169197
The following person(s) is (are) doing business as: H & T BEAUTY SALON 19100 VENTURA BLVD UNIT E TARZANA, CA. 91356. Full name of registrant(s) is (are) H & T NAIL SPA 19100 VENTURA BLVD UNIT E TARZANA, CA. 91356. This Business is conducted by: A CORPORATION. Signed: H & T NAIL SPA, HAYLIE T TRINH, CEO. This statement was filed with the County Clerk of Los Angeles County on 08/06/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/2026. 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
ES Dates Pub: AUG 08, 15, 22, 29, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026147501
The following person(s) is (are) doing business as: INFINITY BOUTIQUE & MORE 1251 E 70TH ST LOS ANGELES, CA. 90001. Full name of registrant(s) is (are) MANUEL SALVADOR LOPEZ CALERO 1251 E 70TH ST LOS ANGELES, CA. 90001. This Business is conducted by: AN INDIVIDUAL. Signed: MANUEL SALVADOR LOPEZ CALERO/OWNER. This statement was filed with the County Clerk of Los Angeles County on 07/07/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/2026. 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
ES Dates Pub: AUG 08, 15, 22, 29, 2026

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026137393
The following person(s) is (are) doing business as: GA AUTO & TIRE SERVICES 4466 W PICO BLVD LOS ANGELES, CA. 90019. Full name of registrant(s) is (are) SILVIA ELENA HERNANDEZ 4466 W PICO BLVD LOS ANGELES, CA. 90019. This Business is conducted by: AN INDIVIDUAL. Signed: SILVIA ELENA HERNANDEZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 06/29/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/2026. 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)

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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026164044
The following person(s) is (are) doing business as: HERNANDEZ LANDSCAPE SERVICE 2959 PIEDMONT AVE LA CRESCENTA, CA. 91214. Full name of registrant(s) is (are) JAVIER HERNANDEZ 2959 PIEDMONT AVE LA CRESCENTA, CA. 91214. This Business is conducted by: AN INDIVIDUAL. Signed: JAVIER HERNANDEZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 08/07/026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/2026. 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)

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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026151644
The following person(s) is (are) doing business as: MOMS BAKERY AND MARKET 409 N GLENOAKS BLVD BURBANK, CA. 91502. AON C5224431. Full name of registrant(s) is (are) MOMS BAKERY INC. This Business is conducted by: A CORPORATION. Signed: MOMS BAKERY INC., ANI GABRIELI NERSISYAN, CEO. This statement was filed with the County Clerk of Los Angeles County on 07/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 07/2026. 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)

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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026168390
The following person(s) is (are) doing business as: POTTERY RANCH 33306 TYNDALL ROAD SANTA CLARITA, CA. 91390. AON 3031284. Full name of registrant(s) is (are) HANDS ON IMPROVEMENT, INC. 33306 TYNDALL ROAD SANTA CLARITA, CA. 91390. This Business is conducted by: A CORPORATION. Signed: HANDS ON IMPROVEMENT, INC., RONEN NINIO, CEO. This statement was filed with the County Clerk of Los Angeles County on 08/05/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/2026. 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)

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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2026168380
The following person(s) is (are) doing business as: CHESHIRE CAT TUTORING 3306 TYNDALL ROAD SANTA CLARITA, CA. 91390. AON 3031284. Full name of registrant(s) is (are) HANDS ON IMPROVEMENT INC. 3306 TYNDALL ROAD SANTA CLARITA, CA. 91390. This Business is conducted by: A CORPORATION. Signed: This statement was filed with the County Clerk of Los Angeles County on 08/05/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/2026. 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)

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August 2026 Events Calendar

One Time Events

August 4
National Night Out in Arcadia - Gather on the Arcadia City Hall Lawn to enjoy family fun - live music, food, and a car show. 6 - 9pm

August 8
Head in the Clouds Festival: Brookside at the Rose Bowl - Headlined by GRAMMY nominated KATSEYE performances by many popular artists, food & more

August 9
Sunday Afternoon Concerts in the Dome: Jazz - Live music from a jazz trio in an acoustic space that rivals the great cathedrals of Europe. 3pm & 5pm

August 9
Explore Historic Old Pasadena at Twilight - Explore the north section of Old Pasadena starting from Memorial Park. 6:30 - 7:30pm

August 13
Summer Music and Dance at Descanso Gardens - Celebrate Armenian folk culture with Lernazang Ensemble, & the vibrant singing traditions of Southeast Asia with Saura Southeast Asian Choir. 4:45 - 6:45pm

August 15
Jazz and R & B Festival in Monrovia
Enjoy live music at Station Square Park in Monrovia.

August 22
Just Like Heaven at Brookside, Rose Bowl Stadium
Festival with indie rock & electro dance. Noon - 11pm

August 22
Rooted Workshop: Kokedama at Descanso Gardens
Learn the centuries-old style of planting in moss balls and create your own Kokedama-style. 10 - 11:30am

August 30
Summer Camp For Adults: The Spirited Garden at the Arboretum - Raise a glass to nature and enjoy botanical-inspired activities. 5 - 8pm

Ongoing Events

August 6, 13, 20, 27
Wrigley Mansion Tours
Tour the stunning headquarters of the Tournament of Roses and learn it's history. 2pm

August 7, 21, September 11
Arboretum Summer Nights Concert Series - Enjoy live music, food truck food, lawn games, crafts, and specialty drinks from the Peacock Bar. 5 - 8pm

August 7, 21
Sunset Music Series at Kidspac - Discover the sounds of the Philippines on August 7, and enjoy the music of Mexico on August 21. 5 - 8pm

August 8, 9
Arboretum Cactus and Succulent Show and Sale
Explore the largest cactus and succulent show in the country. 9am - 5pm

August 9, 16
Twilight Garden Strolls at The Huntington - Relax, explore the gardens and enjoy family-friendly craft-making. 4:30 - 7:30pm

August 9, 16
Twilight Garden Estate Tours at The Huntington
Learn how Henry and Arabella Huntington turned their ranch into a world-famous cultural landmark. Tours run from 5 - 6pm & 5:30 - 7pm

August 14, 28
Friday Nights at the Gamble House - Explore the first floor of this iconic Craftsman style house, then picnic, listen to live music, & enjoy wine tasting. 5:30 - 7:30pm

August 14, 28
Sunset Sessions: Live Music and Libations at One Colorado - Experience live music and drinks in this lovely Old Town Pasadena Courtyard. 7:30 - 9:30pm

August 14 - 16
626 Night Market at Santa Anita Park
Enjoy exciting food, drink, and entertainment. 3 - 11pm

August 15, 29
Pasadena POPS Summer Concert Series at the Arboretum - Enjoy live music in the beautiful garden.
August 15 - "Remember When Rock Was Young: The Elton John Experience"
August 29 - "Music of The Night: Andrew Lloyd Webber and Friends"
Gates open: 5:30pm for picnics Concert begins: 7:30pm

August 28, 29
Sofar Sounds: Live at Descanso Gardens
Experience live music from emerging Los Angeles artists. 7 - 8:15pm

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