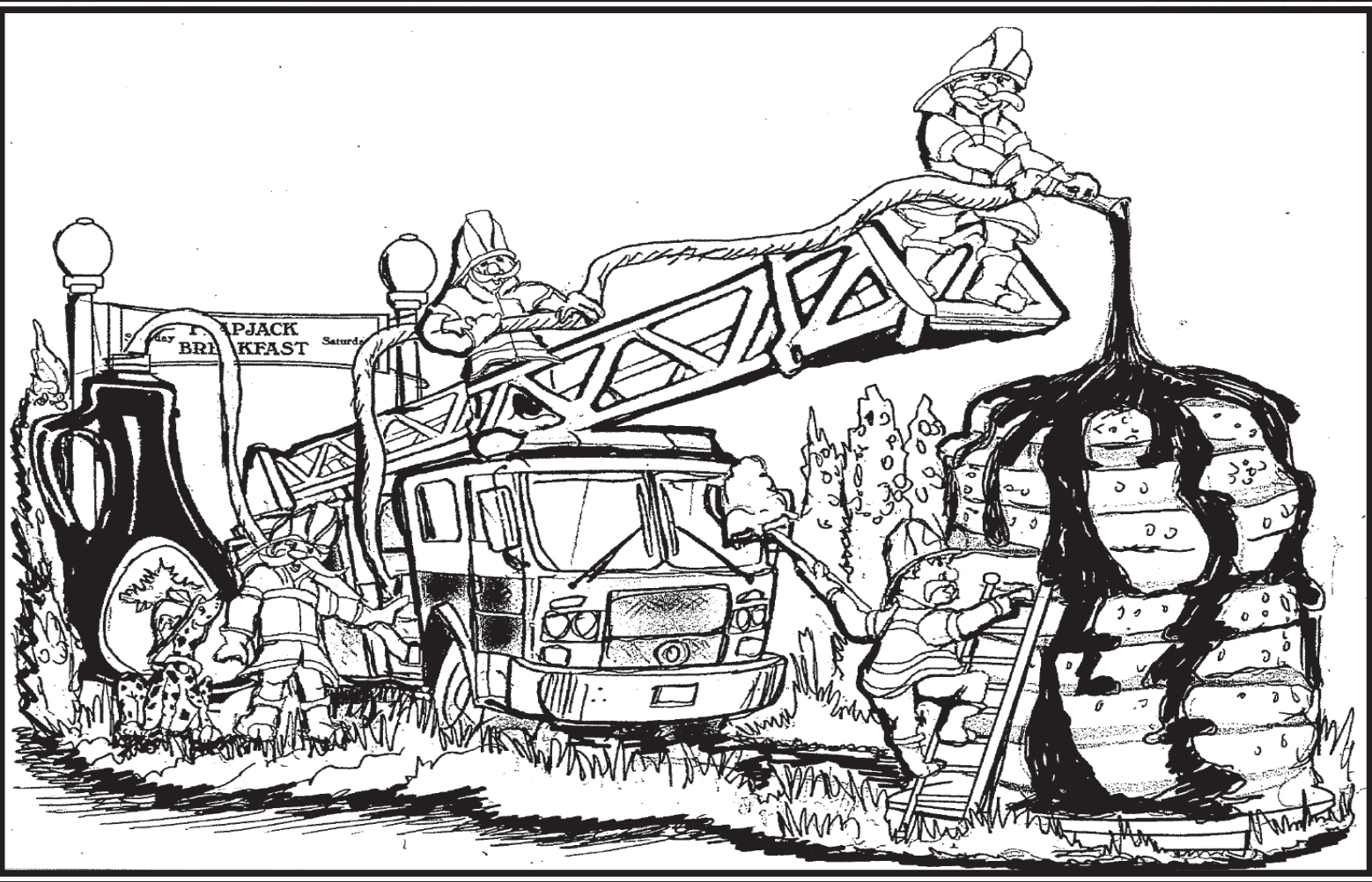


SATURDAY, MARCH 15, 2025

VOLUME 19 NO.11

Sierra Madre Springs Forward: 2026 Rose Float Entry



The Sierra Madre Rose Float Association (SMRFA) has unveiled the float concept for their 2026 float.

Designed by Marcus Pollitz, the concept drawing shows a group of our local firefighters is having a pancake breakfast fundraiser, held in our community. They are pumping maple syrup from a giant bottle at the back of the float, through a fire hose, onto an oversized stack of pancakes at the front. Our rose float ambassadors will represent the community attending the fundraiser. This whimsical float, reminds us of the Tournament of Roses 2026 Parade Theme, "The Magic In Teamwork!" and depicts the teamwork within our Fire Department, our community and SMRFA.

SPECIAL CITY COUNCIL MEETING WITH CONGRESSWOMAN JUDY CHU
Monday, March 17, 2025 9:00 am
at The Only Place In Town

Public Safety Federal Funding Updates/Efforts to be discussed including Sierra Madre Entitlement Updates and the Hazard Mitigation Pla. For additional information go to:
https://cdnsm5-hosted.civillive.com/UserFiles/Servers/Server_212309/File/CC%20Agendas/2025/03-17-2025%20Special%20City%20Council%20Meeting%20Agenda.pdf

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PHASE 1

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PHASE 2

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World Central Kitchen

PRODUCE DISTRIBUTION

WEDNESDAY 4PM-8PM
FRIDAY 11AM-3PM

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Free produce from local farms for communities impacted by the fires.

INSIDE THIS WEEK

ATTENTION MOUNTAIN VIEWS NEWS HOME DELIVERY SUBSCRIBERS WHO ARE UNABLE TO RETURN TO THEIR RESIDENCE:
Please contact our office via either telephone, email or text and let us know where you are. We will be happy to resume your subscription at your new location. editor@mtnviewsnews.com 626-355-2737

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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

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ALTADENA

MONROVIA



Lunch & Learn Series

INTRODUCTION TO INTEGRATIVE ONCOLOGY



DR. RICHARD LEE

Director's Chair, Center for Integrative Oncology and Medical Director of Supportive & Integrative Medicine at City of Hope

This workshop will explore evidence-based integrative therapies such as acupuncture, meditation, and yoga, demonstrating their effectiveness in managing pain, nausea, insomnia, and nerve damage symptoms.

MARCH 19, 2025

1:15 - 2:30 PM

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—Doug Hurley

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www.sierramadrechurch.org

Sunday Worship, 10:00am, Refreshments and Talk Back, 11:15am

An Easter Sermon Series – Sundays, March-May 2025

"The Prelude to the Cross in the Old Testament"

The heart of God that we have seen in the past is most intimately revealed in the cross of Jesus Christ.

Speakers – Check out sierramadrechurch.org for the list of dates



Dr. Ron Cox is Dean of International Programs and Professor of Religion at Pepperdine University.



Dr. Jerry Rushford is a historian and founder of the Rushford Center historical library at Pepperdine.

Dr. Allen Jang is a retired science teacher and presently Sifu of our Tai Chi class that meets on **Saturdays at 8:30am.**



Billy Curl is minister emeritus and elder at Crenshaw Church of Christ, also a former missionary to Ethiopia.



Dr. Tim Willis is Old Testament Professor of Religion at Pepperdine.



Dr. Jack Scott is former President of Pasadena City College and California State Senator.

Dr. Chris Heard is Old Testament Professor of Religion at Pepperdine.



Doug Hurley is Associate Dean of Student Affairs at Pepperdine.



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Annual Egg Bowl Hopping Back to Pasadena



Pasadena Parks, Recreation and Community Services Department and the Rose Bowl Stadium announced Monday the return of the annual Egg Bowl – a free spring inspired community event on Saturday, March 29 from 10 a.m. to 1 p.m. at the Rose Bowl Stadium.

The Egg Bowl will feature egg hunts for kids up to 12 years old and will begin at 10 a.m., 11 a.m. and 12 p.m. Limited tickets for the free egg hunts are available at: CityOfPasadena.net/Reserve. Registration is now open. Every-BUNNY counts, so please be sure to register all members in your group. Each person must have a ticket to enter the event.

After the egg hunt, head over to the spring festival with free family-friendly activities, games, arts and crafts, inflatable games, food for purchase and more!

This year's event will not include the Bunny Brunch.

Free rides to and from the Egg Bowl will be offered on Pasadena Transit Route 51 buses all day. The Route 51 runs every 22 minutes between 7:30 a.m. – 8 p.m. Additional service will be added to the route between 9:30 a.m. – 1:30 p.m. to run every 11 minutes. The route travels between Old Pasadena & Memorial Park Gold Line Station along Fair Oaks Avenue to the Rose Bowl. The Rose Bowl Stadium is a 5-minute walk from the nearest Pasadena Transit bus stop. View the route map and schedule at PasadenaTransit.net. Free parking is available in Lot F.

The Egg Bowl is sponsored by the City of Pasadena, Parks, Recreation and Community Services Department and the Rose Bowl Stadium.

For more information, please visit RoseBowlStadium.com. In case of moderate-to-heavy rain, the event will be canceled.

Altadena Revealed: Reflections of People & Place

Join Historical Societies for the first event March 28 in this new monthly lecture series exploring Altadena's history, architecture, and identity. Historian Michele Zack will present Altadena: Between Wilderness and City, tracing the town's development and its unique sense of place.

The talk will also inform community recovery efforts following the Eaton Fire. Presented by The Foothill Catalog Foundation, Altadena Heritage, the Altadena Historical Society, Bungalow Heaven Landmark District, and Pasadena Heritage, and hosted by Altadena Libraries.

The event will take place from 7 p.m. to 8:30 p.m. at the Altadena Main Library 600 East Mariposa Street. More information and tickets are available at: pasadenaheritage.org.



City Seeks Input on Former Kaiser Property

Pasadena city officials announced Tuesday that they are set to hold a community meeting March 27 to help shape the future of the 2.38-acre site at 434-470 North Lake Avenue –Formerly owned by Kaiser Permanente and used for outpatient and administrative services.

According to a statement, as the city explores development opportunities for this property, it is committed to including the voices of residents in the planning process. The meeting will provide an opportunity for the community to learn about the property's potential development and the North Lake Specific Plan, which outlines standards that promote development distinctive to the character of

North Lake Avenue. This is an opportunity for residents to contribute their ideas and offer feedback on what they would like to see at this location.

The community meeting will take place on March 27, from 6:00 p.m. to 8:00 p.m. at Lake Avenue Church. Attendees will have the opportunity to hear from city officials, and participate in discussions that will influence the development direction. This event aims to create an open dialogue between the city and its residents, ensuring that the development considers the needs and desires of the Pasadena community.

Parking for the event is available in the church lot. Signage and balloons will guide attendees to the

Church's Rose Room on the second floor of the Family Life Center. "The City of Pasadena is dedicated to creating a vibrant and sustainable future for this neighborhood, and we need your voice to make it happen. Don't miss out on the opportunity to have a lasting impact on the future of North Lake Avenue."

Masters Series at the Senior Center

The life of Charmian London, Jack London's widow, will be explored

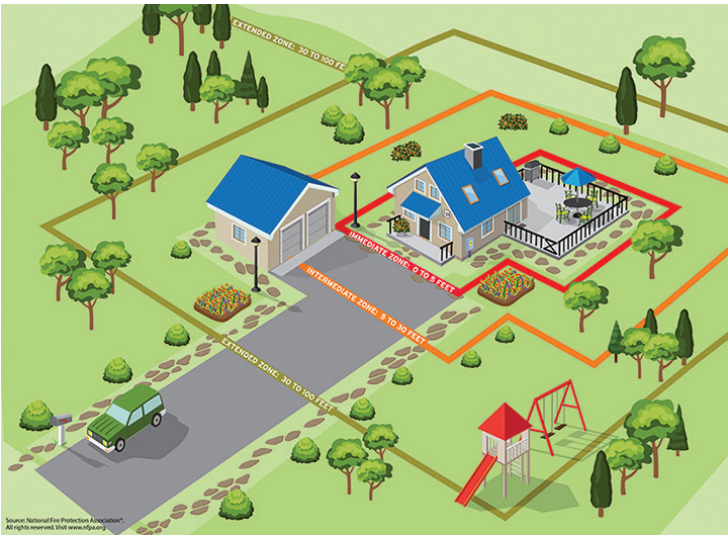
An exploration of 'modern woman' Charmian Kittredge London, writer, muse, conservationist and the widow of literary icon Jack London will be shared in the Spring Masters Series event on Tuesday, Mar. 25 at 2 p.m., onsite at the Pasadena Senior Center.

Retired Huntington Library curator of literary manuscripts Sue Hodson will share stories of this remarkable woman in the two-hour presentation, entitled "Charmian London: New Woman, Mate-Woman." Kittredge London (1871-1955), while best known as the wife of Jack London, also excelled in literary, musical and other endeavors, and was a working woman at a time when most middle and upper class women were not, countering traditional woman's roles at the time. Jack and Charmian were equal partners, calling one another "Mate-Man" and "Mate-Woman" as they adventured around the globe.

The Masters Series event is \$15 for Pasadena Senior Center members, and \$18 for non-members and reservations are suggested. To register or for more information, visit: pasadenaseniorcenter.org and click on Lectures and Classes, then Masters Series Lifelong Learning, or call 626-795-4331.

Sue Hodson is the retired curator of literary manuscripts for The Huntington Library, where she administered all the British and American literary collections, including the papers of Jack London. A Fellow of the Society of American Archivists, she continues to write and speak on literary and archival topics. She cowrote Jack London, Photographer, published in 2010, and her most recent book is I Promise You I'll Be Home, a volume of the Korean War letters of Al Martinez.

Creating Defensible Space: Your First Line of Defense Against Wildfire



Pasadena Fire Chief Chad Augustin wants residents to prepare ahead of wildfire season by creating defensible space. This buffer zone between your property and the surrounding area helps slow or stop wildfire spread while providing firefighters a safer area to defend your home.

Follow these key strategies to create a safer environment and improve wildfire resilience.

Home Ignition Zones
- Wildfire risk is highest within 100 feet of your home. Reduce flammable materials in three key zones:

- Immediate Zone (0-5 feet): Use fire-resistant materials and remove combustible debris.
- Intermediate Zone (5-30 feet): Trim tree branches 6-10 feet from the ground and replace flammable mulch with gravel.
- Extended Zone (30-100 feet): Keep vegetation thinned and well-maintained to slow fire spread.

Fire-Resistant Home Features
- Roofing & Vents: Install Class A fire-rated roofing (metal, composite, tile) and screen attic vents to block embers.

- Siding & Windows: Use noncombustible siding (brick, stucco, fiber cement) and dual pane tempered glass windows to withstand heat.

- Decks & Porches: Keep areas clear of debris and never store flammable materials underneath.
- Emergency Preparedness & Evacuation**
- Ensure clearly marked street names and address numbers for emergency responders.
- Maintain a 12-foot-wide driveway with 15 feet of vertical clearance for fire trucks.
- Create and practice an emergency action plan, including evacuation routes and a meeting place.
- Conduct an annual insurance policy checkup and maintain a home inventory for quick claims processing.

Taking these steps can significantly improve your home's wildfire resilience. For more resources, visit Firewise.org

Pasadena Chamber to Host First Spring Soiree



The Pasadena Chamber of Commerce is set to host its first spring celebration to commemorate the birthday of both the Chamber and its predecessor organization, the Pasadena Board of Trade. The festive and fun evening will be held at the beautifully remodeled Pasadena Elks Lodge at 400 West Colorado Boulevard on Friday, April 4th beginning from 6:30 to 10pm. The evening will include a cocktail reception, live Rock 'n Roll music, a poker tournament, liquor toss and much more.

"Everyone is welcome at the celebration of our Chamber birthday as we honor a few of our long-standing members with drinks, food, music and games in the historic Pasadena Elks Lodge," said Katelyn Barchowsky of Storied Lane Marketing, current Chair of the Chamber Board of Directors. "With the recent fires, we also wanted to honor a few of our members who really stepped up during the disaster to help our neighbors."

The evening's festivities kick off at 6:30 p.m. with a hosted cocktail reception featuring live music from Art Deco Entertainment. Later, the evening's poker tournament will include prizes of \$500, \$250 and \$100 gift cards for the top three finishers. There will also be champagne pong, a liquor toss and other games and fun activities for those who may not want to play poker.

"We wanted to bring everyone together to do something fun to celebrate the Chamber's

birthday," Ms. Barchowsky remarked. "This event combines a brief recognition program with a really great night of music, games, and camaraderie."

The Board of Trade was organized and incorporated in March, 1888. In March of 1919, the Board of Trade re-incorporated as the Chamber of Commerce and Civic Association of Pasadena. The brief program will also honor unsung heroes from among the Pasadena Chamber membership who helped with relief efforts following the Eaton/Altadena Fire.

Tickets are \$150 per person for admission to the complimentary cocktail reception. Poker players pay \$200 for a seat at the tables that includes the complimentary cocktail reception and the party's other activities. Sponsorships are available for \$1,500 and \$3,000 and include hosting an honored guest and seats at the poker tables or other game participation.

Everyone can register and pay for the Spring Soiree at: pasadena-chamber.org/content/spring-soiree-celebration.

"Everyone 21 and over is invited to join the fun as we celebrate the Chamber, its members and our collective contributions to our community," said Pasadena Chamber President and CEO Paul Little. "You certainly do not have to be a member to appreciate or benefit from the work the Chamber and the Board of Trade have done to build, support and promote our community. Nor do you have to be a member to come out for an evening of fun and games."

Support the Senior Center at Hawg Heaven BBQ Restaurant

Supporting local businesses giving back to the Pasadena Senior Center is a great way to make a positive impact. Join your fellow members and staff for lunch or dinner at Hawg Heaven all day on Wednesday, March 19 to help support PSC.

Hawg Heaven, located in the heart of Old Pasadena, will donate 20 percent of its dining profits to PSC throughout the day on March 19. Diners are asked to print out the Hawg Heaven flyer at www.pasadenasenior.org (click on Dine Out & Benefit PSC) and give it to their server at the restaurant. Diners may eat at the restaurant or order takeout. Proceeds will benefit programs, activities and services of the

Pasadena Senior Center.

With a hearty menu featuring tasty barbecue fare, including ribs, brisket, chicken and game meats, Hawg Heaven also serves handcrafted pizzas, sandwiches, burgers and even vegan/vegetarian options. Family meals are also an option for large groups.

Hawg Heaven BBQ is located at 119 E. Colorado Blvd., in the heart of Old Town Pasadena and will be open Wednesday, March 19, from 11:30 a.m. – 10:00 p.m. For more information about Hawg Heaven BBQ, visit: hawgheavenbbq.com.

To learn more about the Senior Center visit: pasadenaseniorcenter.org or call 626-795-4331.



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AROUND SAN GABRIEL VALLEY

MEET ARCADIA'S 2024 SENIOR OF THE YEAR:



ARLENE WEISS

ARCADIA, CA – Each year, The City of Arcadia's Recreation & Community Services Department seeks nominations for an outstanding individual, age 55 or older, lives in Arcadia and has contributed to better the Arcadia community. The nominations are carefully reviewed and voted upon by the Arcadia Senior Citizens Commission.

Congratulations to the 2024 Senior of the Year, Arlene Weiss. Arlene is a dedicated volunteer for the City of Arcadia's Senior Services Program. Arlene plays an integral role in assisting with Monday Dances, Senior Meals, and Senior Special Events, ensuring the programs run smoothly and successfully. Arlene also took on the lead for the "Call a Friend" program, where she personally reaches out to seniors each week through calls and texts, offering companionship and support to those who may feel isolated. Her outreach has made a meaningful difference to those participating in the program.

The City of Arcadia proudly recognizes Arlene for her dedication in making Arcadia a better place for seniors. Her generosity and kindness exemplify the true spirit of Arcadia. Arlene will be honored at the Older American Recognition Lunch, hosted by Los Angeles County Commission for Older Adults and the Department of Aging & Disabilities in May.

Additionally, she will also be honored at the Arcadia City Council Meeting on Tuesday, May 6, 2025.

MONROVIA - 2025 ART ON THE BOX- Call for Artists

Artists are encouraged to submit proposals for the 2025 Art in Public Places utility box enhancement program, Art on the Box.

Art on the Box extends the reach of public art into the community by sponsoring artists to improve the aesthetics of City owned utility cabinets. The theme for the 2025 Art on the Box Program is Monrovia, All-America City. Four utility boxes are available for painting. Applications will be accepted through March 31, 2025. If selected, artists will receive a \$750 stipend.

Established in 2004, Art in Public Places supports the creation of public art through a variety of programs and projects by sponsoring artists to paint utility boxes, murals, Samson the Bear statues and Neighborhood Treasures. Public art visually represents Monrovia's history, culture, and values, creating a sense of place and identity that individuals can connect with. Public art adds meaning and uniqueness to our community. It humanizes the built environment and is freely accessible.

For questions regarding Art on the Box or Art in Public Places, please contact Kerri Zessau at 626-932-5564 or kzessau@monroviaca.gov.

Sustainability Fair

Plant Swap & Garden Tour

Saturday, March 29, 1-4 PM – FREE

*Exhibits & tips from green-living experts

*Plant Swap

*Garden Tour

*Native Plant Gardening Talk

*And More!

Arroyo Seco Woodland & Wildlife Park

100 Block of Pasadena Ave., South Pasadena

Parking: Pasadena Ave (Upper Entrance); Golf Course parking lot (Lower Entrance)
Cyclists: South Pas Active will be hosting a free Bike Valet at the Lower Entrance.
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ALTADENA RESIDENTS**IMPORTANT INFORMATION ABOUT YOUR DRINKING WATER THIS NOTICE LIFTS THE DO NOT DRINK / DO NOT BOIL ORDER FOR THE ENTIRE LINCOLN AVENUE WATER COMPANY SERVICE AREA**

THIS NOTICE LIFTS THE DO NOT DRINK / DO NOT BOIL ORDER FOR THE ENTIRE LINCOLN AVENUE WATER COMPANY SERVICE AREA

Este informe contiene información muy importante sobre su agua potable. Para una copia en español, favor de llamar al sistema de agua (626) 798-9101.

The State Water Resources Control Board, Division of Drinking Water; the Los Angeles County Public Health Department; and Lincoln Avenue Water Company issued a Do Not Drink/Do Not Boil Order on February 7, 2025, due to benzene detections in portions of our distribution system following the Eaton Fire. We are pleased to inform you that this issue has been resolved for the entire Lincoln Avenue Water Company service area.

Through abatement and comprehensive water quality testing, the specified areas meet all state and federal safety standards for potability. *The State Water Resources Control Board, Division of Drinking Water has authorized the removal of the Do Not Drink/Do Not Boil Order effective March 13, 2025, for the entire Lincoln Avenue Water Company service area.*

Residents within the Lincoln Avenue Water Company service area may now safely resume using their tap water for drinking and all other purposes.

Thank you for your patience and cooperation as we worked around the clock to make sure we provided safe and reliable drinking water. If your property has been vacant, the actions below are recommended as you return home:


- **Flush Your Water Lines:** Run cold water from all taps for at least 5 minutes to remove stagnant water. Larger homes may need 10-15 minutes for a thorough flush.
- **Sanitize:** Sanitize water-using appliances and fixtures like dishwashers by running an empty cycle with hot water and detergent, flushing water filters with at least one gallon of water, and discarding at least two batches of ice from ice makers as a precaution.
- **Monitor for Water Quality:** A thorough flush will typically resolve any odor, color, or taste issues with your water.

If any concerns persist, please report them immediately. If you have any questions or require further assistance, please contact Lincoln Avenue Water Company at 626-798-9101, mailing address 564 W Harriet St., Altadena CA 91001.

Please share this information with others who may use this water, including residents in apartments, nursing homes, schools, and businesses, especially if they may not have received this notice directly.


You may do so by posting this public notice in a visible location or distributing copies by hand or mail.

This notice is being sent to you by Lincoln Avenue Water Company, California Public Water System ID # CA1910063. Date Distributed: 03/13/2025




AFTER A WILDFIRE - SAFE CLEAN-UP


WHEN CLEANING UP ASH:




Wear a tight-fitting disposable respirator (N-95 or P-100).




Wear goggles, gloves, long-sleeved shirts, long pants, shoes and socks to avoid skin contact.




Mist lightly with water and then sweep gently with a broom or wet mop.




Collect ash into a plastic bag and dispose in the regular trash.




Wash off ash from vehicles and outdoor toys.



Inside your home, use a vacuum with a HEPA filter or similar industrial ones with disposable collection filter bags.



Direct ash-filled water to ground areas and away from the storm drains. Don't use leaf blowers!



Clean ash off pets.

Take precautions when cleaning up ash from wildfires. Ash particles are usually bigger than smoke particles, but can still cause health problems. People with heart or lung disease, older adults, children, and pregnant women should use special caution around ash.

FEMA HIRING LOCAL RESIDENTS TO SUPPORT WILDFIRES RECOVERY

LOS ANGELES – FEMA has launched a hiring process to continue its support of California's recovery from the Eaton and Palisades wildfires in Los Angeles County.

California residents who are interested in a temporary position with FEMA and a variety of emergency management functions can apply through USAJobs.gov. Applicants will be called for interviews, and those hired will join a recovery team already in place, composed of local and federal workers, voluntary agencies, and community organizations.

The following departments have positions available in Los Angeles County: Acquisitions, Civil Rights, External Affairs, Disaster Field Training Operations, Hazard Mitigation, Human Resources, Individual Assistance, Interagency Recovery Coordination, Information Technology, and Public Assistance and Planning.

Working for the federal government has many perks, including excellent benefits, flexible work schedules, opportunities for professional growth, stability, and lateral movement across agencies.

Interested applicants can visit USAJobs.gov to apply. For questions about a position or if you need additional information, please email: FEMA-DR4856-LocalHire@fema.dhs.gov. FEMA does not discriminate in employment on the basis of race, color, religion, sex, pregnancy, national origin, political affiliation, marital status, disability, genetic information, age, membership in an employee organization, retaliation, parental status, military service or other non-merit factor. Applicants requiring reasonable accommodation during any part of the hiring process, should contact FEMA-DR4856-LocalHire@fema.dhs.gov. Determinations on requests for reasonable accommodation will be made on a case-by-case basis.

Follow FEMA online, on X @FEMA or @FEMAEspanol, on FEMA's Facebook page or Espanol page and at FEMA's YouTube account. For preparedness information follow the Ready Campaign on X at @Ready.gov, on Instagram @Ready.gov or on the Ready Facebook page.

COUNTY DEBRIS REMOVAL HOTLINE



(844) FIRE DEBRIS

(844) 347-3332

- For general questions about fire debris removal.
- Available Monday through Friday: 7 AM to 7 PM
- Saturday and Sunday from 8 AM to 6 PM.
- Visit pw.lacounty.gov/epd/debris-removal/ for more information.







CA WILDFIRE
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AVAILABLE

REALTORS® are dedicated to their communities and the importance of homeownership. Apply now for a REALTOR® Relief Foundation grant (up to \$1,000/household) to support rebuilding and recovery from the recent Southern California wildfires.

Who Can Apply?

This program is available to full-time residents who are U.S. citizens or legally admitted for residence in the United States and have experienced displacement or damage to their primary residence due to the recent wildfires. Eligible households can receive up to \$1,000 in housing-related financial assistance.

What Does the Grant Cover?

Eligible applicants may receive assistance for one of the following housing-related expenses:

- **Mortgage Payment Assistance** – If your primary residence was damaged by the disaster.
- **Rental Assistance** – If you are displaced from your primary residence due to the disaster.
- **Hotel Reimbursement** – If you incurred temporary lodging costs due to displacement from your primary residence.

Please Note: This grant does not cover expenses such as second mortgages (home equity loans), clothing, appliances, equipment, vehicle costs, or other non-housing-related expenses.

How to Apply:

- Complete the application online at car.org/difference/realtorscare
- Submit required documentation to verify wildfire-related displacement or damage.
- Applications will be processed on a first-come, first-served basis until all funds are allocated.
- **Deadline to apply: April 30, 2025**
- For application inquiries, email: communitygrant@car.org



If you or someone you know has been impacted, don't wait—apply today at car.org/difference/realtorscare.

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US Army Corps of Engineers

HAVE A QUESTION ABOUT DEBRIS ?

Connect with us!

The U.S. Army Corps of Engineers has established a Debris Call Center to help answer questions regarding Private Property Debris Removal.

Debris Call Center
Hours of operation

-  Monday-Friday
-  6:00 a.m. – 6:30 p.m.
-  Saturday
-  6:00 a.m. – 4:30 p.m.
-  Sunday
-  6:00 a.m. – 2:30 p.m.



 **877-214-9117**

WHY PUSD MUST MAKE THESE DIFFICULT CHOICES

March 12, 2025

Dear Pasadena Unified School District Community,

I want to address our current financial situation and the extraordinarily difficult decisions to put our district on a path toward fiscal stability. This year has tested us in ways we never could have imagined. First, we endured the devastating Eaton fire, then we faced the difficult financial realities that followed.

Thank you to our Board of Education and district leadership for your courage in making difficult decisions for the future of our district. Together, we will continue to overcome our challenges and emerge even stronger. Our students deserve nothing less, and we are dedicated to ensuring their success.

Why We're Addressing Our Financial Situation Now

The overwhelming majority of California school districts are suffering serious financial challenges very similar to those faced by Pasadena Unified, and nearly all of them are implementing local budget cuts.

PUSD has been struggling with a structural deficit (budgeting and spending more funds than we receive each year) since before the COVID pandemic because of declining enrollment, rising costs, maintaining a full commitment to mandated services, and lower-than-anticipated funding from the State. One of the significant cost issues is that the State's annual inflation allowance comes nowhere near covering the real increased costs of services that rise every year.

Approximately \$62 million in emergency COVID funding allowed us to ramp up services to respond and recover from the pandemic. It also freed monies in our general fund, bolstering our reserves and allowing us to increase compensation for our hard-working teachers and employees, resulting in a 28% salary increase over three consecutive years.

Last fall, under a fiscal stabilization plan mandated by the Los Angeles County Office of Education, we began addressing a \$47 million three-year deficit. Because making such a large reduction in a single year would create irreparable harm to our students' education and destabilize public education in our community, we looked at ways to make the reductions over several years while engaging our community in the process. In November, voters approved Measure EE, a local parcel tax that reduced the deficit to \$37 million.

School funding in California is based upon a system of average daily attendance (ADA), which means that funding is lost for every single day a student is not in school. Drops in overall enrollment translate into huge declines in ADA funding. It is important to note that PUSD is not implementing reductions as a result of the loss of enrollment due to the Eaton fire. We will be held harmless for this year and the 2025-26 school year. The Governor has also proposed language in the budget trailer bill to support PUSD. Although the bill has not been signed into law yet, we are hopeful that this will help us make fewer reductions in the future.

After the fires, we sought guidance from experts at the Fiscal Crisis and Management Assistance Team (FCMAT), the Los Angeles County Office of Education (LACOE), and the State Board of Education (SBE). All three advised moving forward with the reductions planned prior to the fires. Demonstrating fiscal responsibility now improves our chances of securing additional fire-related relief from the State, which is crucial for our recovery.

How Budget Decisions Were Determined

This year's fiscal decisions were not made in isolation. Two processes identified the budget reductions: the Superintendent's Budget Advisory Committee (SBAC), which convened last fall, and the comprehensive planning process. We acted upon recommendations from the SBAC. On a parallel path, our comprehensive planning process balanced educational effectiveness with cost efficiency. We recognized that we could no longer sustain some staffing practices unique to our district. For years, we maintained lower ratios than what was called for in contracts with our labor partners. Reductions in next year's budget also include

departments that manage functions such as enrollment, personnel, business services, data, and more. It also includes teachers on special assignment, funded centrally but located at schools and who work outside of the classroom.

Preserving Educational Programs

We will continue to stay true to our core values and preserve educational programs - dual immersion, college and career academies, arts education, International Baccalaureate, Advanced Placement, athletics, and more - that bolster our students' ability to compete on a global level. We will continue to protect services essential to the success of students with specialized needs and that promote wellness and social-emotional health.

Second Interim Financial Report

The Second Interim Financial Report going before the Board of Education on March 13 confirms what we already know: we had to make incredibly tough decisions to ensure that we continue to provide strong educational programs for our students.

We are fortunate to have received advancement of insurance funds. We also maintain a "positive" certification as highlighted in our Second Interim Financial Report. This confirms that we are in good standing and can meet our reserve requirements for this year and the next two fiscal years.

The heartening news is that our district is on the path to fiscal stability. This came at a painful cost, including layoffs and reductions affecting the people we care about, who serve our students.

Without the actions we've taken, we would face even deeper cuts next year. Though difficult, these reductions were necessary to prevent a \$37 million reduction in a single year.

Even with these steps, we are not out of the woods yet. PUSD continues to face declining enrollment, lower-than-anticipated state funding, and rising costs. While insurance monies from the fire have helped us attain a positive certification in the second interim report, these funds are already earmarked to pay for the cleaning and restoration of our schools. This is not a long-term solution.

Clarifying Misconceptions

I want to address the misrepresentation of our contracted services and the idea that reducing contracts could prevent layoffs. Many of the contracts address unfunded mandates in special education, and the remainder reflect rising operational costs in utilities, insurance, and more.

Moving Forward Together

We must also acknowledge the unknowns we are navigating as we plan for the future. These include potential changes in compensation, unknown liabilities, the impact of a possible economic downturn, cuts in Federal funding, and the possibility of new programmatic or operational investments for learning recovery that may require additional resources. These factors could impact our financial outlook in ways we cannot fully predict at this time.

We must continue to plan and take further action to ensure our financial health.

In Gratitude

We will need to remain vigilant, continue advocating for additional Federal, State, and County support, and work together to find sustainable solutions.

I know this is difficult, and I want you to know that we see you, we hear you, and we understand your pain and frustration. We feel the same way.

During this time of loss, recovery and rebuilding, I am sustained by one thing: the fact that PUSD is strong because of the collective communities of Pasadena, Altadena, and Sierra Madre who care so deeply about our students and our schools.

Thank you for standing with us during this difficult time.

We will continue to keep you informed.

Sincerely,

Elizabeth Blanco, Ed.D.
Superintendent

SCHOOL DIRECTORY

Alverno Heights Academy
200 N. Michillinda Sierra Madre, Ca. 91024
(626) 355-3463
Head of School: Joanne Harabedian
E-mail address: jharabedian@alvernoheights.org

Arcadia Christian School
1900 S. Santa Anita Avenue Arcadia, CA 91006
Preschool - TK - 8th Grade
626-574-8229/626-574-0805
Email: inquiry@acsions.com
Principal: Cindy Harmon
website: www.acsions.com

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

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

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

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

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

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

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

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

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

High Point Academy
1720 Kinneloa Canyon Road
Pasadena, Ca. 91107
Head of School: Gary Stern 626-798-8989
website: www.highpointacademy.org
La Salle College Preparatory
3880 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 351-8951 website: www.lasallehs.org
Principal Ernest Siy

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

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

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

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

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

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

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

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

Wilson Middle School
300 S. Madre St. Pasadena, Ca. 91107
(626) 449-7390 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
1620 Huntington Dr., Duarte, Ca. 91010
(626)599-5000
Website: www.duarte.k12.ca.us

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SierraMadreWomansClub.org
Presented May 2025 for 2025-2026 Year.

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VACATION DESTINATIONS

ACROSS

1. Aladdin's find
5. Reggae precursor
8. "Lights out" signal
12. Not good
13. Flock's echo
14. _____ diet, a.k.a. caveman diet
15. Kind of jerk
16. *Southern and Southwestern U.S. region: Sun

17. Financial backer
18. *Switzerland's skiing destination (2 words)
20. Ivan the Terrible, e.g.
21. Clint Eastwood's "Play ____ for Me"
22. One in a pod
23. Wear out
26. Masculine
30. *Princess' turf
31. Makes a sum (2 words)
34. "He's Just Not That ____ You"
35. Dionysus' pipe-playing companion
37. Choose
38. Provide food
39. Answer from a tunnel
40. Virtual you
42. ____ Scare
43. Prickly plant
45. *Second "National Lampoon's Vacation" destination
47. Biblical Adam's partner
48. Cause and effect cycle?
50. Goals
52. *Jamaica and Cayman Islands location
56. Bert's sidekick
57. Poet Pound
58. Hay bundle
59. "The Great Gatsby" author
60. Billiards relative
61. Theories
62. ____-deaf
63. Boar's mate
64. Reason to cram

DOWN

1. Not more
2. Swear, not curse
3. Between mini and maxi
4. Bodily fluid
5. Small silvery fish
6. ____ G. of "SpongeBob SquarePants"
7. Aardvark's repast
8. *Serengeti National Park location
9. Aquatic plant
10. Pressure inducer
11. *Costa del ____, Spain
13. Humiliated
14. Eucharistic plate
19. Fretted instrument
22. OB-GYN test
23. Balance sheet item
24. *Coastal destination
25. Policeman's club in India
26. Cockapoo or Puggle, e.g.
27. Foreword
28. Make tea
29. Vast multitude
32. Peace symbol
33. *Rest and relaxation destination
36. *El Capitan and Half Dome location
38. Pigeon food?
40. Brewery order
41. Acrobatic move
44. Living room centerpiece?
46. Velvetene creature
48. Type of membranophone
49. Cupid's ammo
50. Gas station brand
51. Aware of a secret (2 words)
52. Porcinos
53. "At ____, soldier"
54. Charitable contribution
55. Hawk's aerie, e.g.
56. Time in NYC

CROSSWORD

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

March 8, 2025 Solutions

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1ST QUARTER REVIEW OF 2025

As we wrap up the first quarter of 2025, it's time to take stock of the best meals, drinks, and surprises that have stood out so far. From unexpected steakhouse finds to unbeatable Happy Hours, here's a look at the best dining experiences of the past three months.

Biggest Steak Surprise:
Domenico's Ristorante (Monrovia)

Domenico's is known for its classic Italian dishes and pizza, but the Certified Angus steaks at the Monrovia location were a revelation. A serious steakhouse contender that pairs its Italian heritage with top-notch cuts—who knew? The small bar area adds charm, making it worth a return trip.

Best Happy Hour Deal: Mercado (Pasadena, South Lake)

No surprise here—Mercado continues to dominate Happy Hour. The \$4 Tecate Beer and \$8 Mercado Margarita are the best value around, and with strong tacos and an attentive GM, this remains a go-to.

Best Middle Eastern Restaurant: Raffi's Place (Hastings Ranch, Pasadena)

Raffi's Place in Hastings Ranch delivers incredible Persian and Middle Eastern cuisine. Their juicy kebabs, perfectly seasoned rice, and fresh flavors make this one of the best spots for Middle Eastern food in town. The Soltani Kabob is a must.

Best Burger: 355 Burger (Sierra Madre)

This tiny burger joint is making big waves. A double patty is the way to go, and the freshly ground beef makes all the difference. Keeping the menu simple has worked in their favor—everything is done right.

Best Italian Comfort Food: Colombo's Italian Steakhouse (Eagle Rock)

A timeless classic. Whether you go for the Linguine Bolognese (with an extra meatball) or the Porterhouse Steak, you'll leave happy. Plus, their Green Goddess Dressing is a rare find that's worth the trip alone.

Best Pizza: Domenico's Pasadena

Yes, Domenico's makes the list twice. Their cheesy, loaded, slightly greasy pizza is what pizza should be. Whether it's Pasadena or Monrovia, you're in for a great pie.

Best Bar Experience: Plate 38 (Pasadena)

The Old Fashioned at Plate 38 gets a lot of love (and for good reason), but Clase Azul tequila sipped at the bar makes for a fine alternative.

Best Hidden Gem: John Sparr Tavern (Montrose)

A last-minute radio review turned into a real discovery. Deviled eggs, a creative spin on Chinese Chicken Salad, and a bar with solid cocktails make this place one to keep an eye on.

Best Mexican Food: Casa Del Rey (Sierra Madre)

This family-run favorite is still one of the best places for classic Mexican fare. Strong margaritas, great chips and salsa, and a menu full of familiar favorites make it a consistent go-to.

Looking Ahead

The first three months have set the bar high. More deep dives, fewer one-off reviews, and a focus on the best of the best will define the rest of the year. Late-night eats, wine picks, and food hacks are on the menu, so stay tuned.

What was your best meal of the first quarter? Let me know—I just might check it out.

THE TASTING ROOM

HIT PAYDIRT WITH THIS RED WINE.

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

Have I got a juicy, fun, easy-drinking wine for you today. It's the 2020 Paydirt Red Wine from California. This wine is a blend of 79% Zinfandel, 10% Primitivo, 7% Carignan, 2.5% Petite Sirah, and 1.5% Grenache. The grapes were sourced from Paper Street Vineyard in Paso Robles, J. Dusi Vineyard in Paso Robles, Dairy Vineyard, Suess Vineyard, and Lewis Ranches Vineyard in Lodi. These heritage vineyards date back to over 100 years and produce grapes that are concentrated, complex, and flavorful. The wine is aged in neutral French oak barrels for 12 months.

The wine delivers ripe dark fruit with floral notes, cola, and pepper. The heritage vines contribute concentrated dark fruits on the palate. The tannins are well integrated with a long, juicy finish. This wine pairs well with grilled meats, pizza, and pasta. Don't pass this one up!

The 2020 Paydirt Red Wine is available at The Bottle Shop for \$24.99. Say you saw it in the Mountain Views News and get the MVN special price of \$22.99. Special price is good through March 21st.

Please keep in mind all those who have suffered and are trying to rebuild from the Eaton Fire. Visit DenaMadreStrong.com to learn how you can continue to help those impacted by the Eaton Fire.

Until next time – Salud!

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INGREDIENTS

For the dough:

- 1 3/4 cups all-purpose flour, plus more for dusting
- 3/4 teaspoon fine salt
- 1 stick cold unsalted butter, cut into 1/2-inch pieces
- 3/4 cup grated Irish cheddar cheese (about 3 ounces)
- 6 to 7 tablespoons stout beer
- 1 large egg, lightly beaten

For the filling:

- 2 1/4 pounds beef chuck roast, trimmed of excess fat, cut into 1-inch pieces
- 1/4 cup all-purpose flour
- Kosher salt and freshly ground pepper
- 3 tablespoons unsalted butter
- 1/3 cup stout beer
- 3 medium leeks, white and light green parts only, halved lengthwise and cut into 1-inch pieces
- 1 pound carrots, cut into 1-inch pieces
- 2 stalks celery, cut into 1-inch pieces

DIRECTIONS

Make the dough: Pulse the flour and fine salt in a food processor to combine. Add the butter and cheese and pulse until the mixture looks like coarse meal with some pea-size bits of butter. Drizzle in 6 tablespoons beer and pulse to combine. Squeeze the dough between your fingers; if it does not hold its shape, pulse in up to 1 more tablespoon beer. Pat the dough into a disk, wrap in plastic wrap and refrigerate until firm, at least 1 hour or overnight.

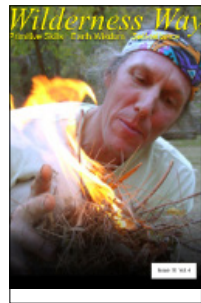


Meanwhile, make the filling: Preheat the oven to 325 degrees F. Toss the beef, flour, 1 1/4 teaspoons kosher salt, and pepper to taste in a large bowl. Melt the butter in a Dutch oven or large ovenproof pot over medium-high heat. Add the beef and cook, stirring occasionally, until browned all over, about 7 minutes. Add the beer and 2 cups water, scraping up any browned bits from the bottom of the pot. Bring to a simmer, then cover, transfer to the oven and braise, 30 minutes. Add the leeks, carrots and celery to the pot and continue braising, 1 more hour.

Meanwhile, put six 10-ounce ramekins on a parchment-lined baking sheet. Roll out the dough between 2 lightly floured sheets of parchment into a 10-by-15-inch rectangle; cut into six 5-inch squares. Make a few slits in the middle of each square to let steam escape. Remove the filling from the oven and increase the temperature to 375 degrees F. Season the filling with salt and pepper and divide among the ramekins (there may be some filling left over). Top each with a square of dough, pressing the edges into the ramekin.

Brush with the beaten egg. Bake until the crust is crisp and golden brown, 35 to 40 minutes. Let rest about 10 minutes before serving.

CHRISTOPHER Nyerges



[Nyerges is the author of several books including "Self-Sufficient Home" and "How to Survive Anywhere." He also leads wilderness classes every weekend. He can be reached at School of Self-Reliance, Box 41834, Eagle Rock, CA 90041, or www.SchoolofSelf-Reliance.com]

PROFILES FROM THE FIRE:
Tina Frausto

Tina Frausto is a lifelong resident of the Pasadena-Altadena area, growing up and going to school in Pasadena. Starting in 1984, she worked at Altadena's St. Elizabeth School as an after-school director, until 1997. She then became a teacher for the Duarte Unified School District, teaching 3rd through 5th grade students. She retired in June of 2013.

In 2001, she purchased her home on Loma Alta, at the base of the foothills. "I purchased the place because I loved that view so much," said Frausto.

Her life was busy and fulfilling, and she enjoyed her life in her Altadena home.

Until January 7...

JANUARY 7

On January 7, Frausto had just had a new roof put on, which was finished and passed inspection that day, at a cost of \$27,000.

"Then, I went out to lunch with a friend, and it started to get a little windy. We went to see the new Bob Dylan movie "A Complete Unknown," and it was really good! The actor, Timothee Chalamet, really sounded like Dylan."

Frausto explains that she went home after the movie, and when she got to Altadena Drive around 3 p.m., "I could really feel the wind, but I didn't think much of it. My house has double pane glass, so I didn't feel the wind that much. Plus my house has a house on our east and west, so we're a bit buffered from the wind."

Frausto said that she never lost electricity, and she never got any sort of evacuation notice.

When it was getting dark, around 7 p.m., "My neighbors across street had no electricity, and they said that they were evacuating," said Frausto.

Around 8 p.m, another neighbor was driving away with others, and they told Frausto that she needed to evacuate. "I walked outside to look where the fire. There was a glow to the east, but it seemed quite a distance away. I felt that I should worry about it, and so I just collected stuff. My son came up about that time, and we packed up photos on the walls."

"I didn't really think that a fire would get to me, because we've been warned about fires many times before, but I packed clothes, though not enough, and certain important papers, some shoes, and I got in my car. I was probably driving away by 8:30 p.m."

Frausto describes driving down Porter Avenue, to New York, and then east to Hill. As she drove down Hill Ave., she described everything as orderly, despite the dense traffic, high winds and darkness. "It took me about 30 minutes to get to the freeway because of all the traffic, and then I drove to my friend's place, Julie, in Temple City, and spent the night there."

They watched the news there and "I worried about the fire, and I knew it was bad, but never dreamed it would get to my house." In the morning, Frausto looked at the recording from her home's Ring system. "I never lost electricity. I noticed that a police car came by around 9 p.m. telling people to get out. Then I noted that there was a glow to the east around 9:30 p.m. that got bigger and bigger, and then Ring went out at 9:35, which is when I assume my house burned down."

In the morning, a neighbor called Frausto and let her know that the whole neighborhood had burned down. "My son got in there, and he took photos and a movie of our whole neighborhood gone, with one house standing."

"I loved my home," explained Frausto. "It was like living in paradise. And I loved that view. It's the reason why I bought the place when I moved there in 2001." She goes on to explain how much she loved her paintings from friends, and the unique glasswork of local artist Paul Martinez, and some ceramic work. All gone now. Also lost in the fire were her passport, social security card, birth certificate and countless other artifacts from a life well lived.

In the morning, in a state of immense shock, Frausto went to Sam's Club and purchased needed clothes.

She was able to get back to the burned wreckage of her home a week after the fire. "Eight of us went there and I was astounded that there was nothing left. We couldn't find anything salvageable." She did give away some burned-over wrought iron furniture, and concrete bird baths which she didn't want to just get dumped into the EPA trash heap.

She stayed with her friend Julie for two weeks, and her daughter came from Oakland and stayed for two weeks to see what was going on and to assist her mother. "Then I went to Holiday Express for about a week, and my daughter-in-law found this Monrovia apartment and got good deal on it. That's where I'll be for over a year."

Though Frausto experienced no serious health problems from the fire, she did note that she coughed a little. Compared to her Altadena home, she doesn't particularly like her Monrovia apartment, but says that it is safe and close to shopping.

Frausto explains that she wants to rebuild, getting support from insurance, an SBA loan, and some grants. Her goal is to get back to her Altadena home, which was like paradise to her.

Another of Frausto's observations was that in the aftermath of losing her home, she found that people were incredibly friendly and treated her exceptionally well, even to the point of wanting to give her a hug. On the flip side, she points out that when she came back to visit her destroyed home, a miniature library out front survived. That made her happy, but by her next visit, some looter had stolen it. It is said that disasters bring out the best and worst in people. In her case, she experienced both the best and the worst of human nature in the wake of the fire.

Katnip News!



Meet Debbie - Your Purr-fect Little Shadow!
Debbie is a gorgeous young black cat with a heart as warm as her sleek, shiny coat (She looks like a sleek little panther!). She's the perfect mix of playful and affectionate—whether she's chasing after toys, wrestling with her feline friends, or curling up in your lap for snuggles, she'll always keep you company.

Her journey hasn't been easy—Debbie was found all alone in a high-kill shelter, just moments away from a terrible fate. But thanks to a kind-hearted rescuer, she got a second chance at life and is now ready to find a forever home where she can share her endless love.

She is healthy, spayed, vaccinated, and ready to find a family where she can grow up feeling safe and loved for the rest of her life--a family who will cherish her as much as she'll cherish them. Could that be you?

Adopt Debbie and let her fill your life with love, purrs, and playful joy! Scan the QR code or go to <https://www.lifelineforpets.org/debbie.html> to apply to meet Debbie.

Pet of the Week

Alma is a sweet and gentle 7-year-old Staffie with a heart full of love to give! This affectionate girl enjoys the simple things in life—leisurely walks, gentle exploration, and, most of all, cuddle time with her favorite humans.

She walks beautifully on a leash, taking her time to sniff and enjoy her surroundings. Alma is likely housetrained and has a calm, easygoing nature that makes her a joy to have around. Whether you're out for a relaxing stroll or curled up on the couch, she'll happily be by your side. She thrives on love and companionship and would do best in a home where she can be part of the family.

This sweet girl is very petite- she's just over 40 pounds- perfect size for most laps!

Because of Alma's age, she is eligible for Pasadena Humane's Seniors for Seniors program. This means her adoption fee is waived for any adopter over 60 years young!

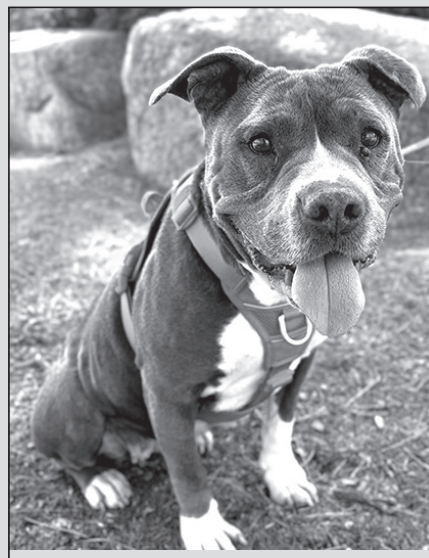
If you're looking for a loyal, affectionate companion, Alma might just be your perfect match! Come meet her and see if she's the missing piece to your heart and home.

The adoption fee for dogs is \$150. All dog adoptions include spay or neuter, microchip, and age-appropriate vaccines.

Walk-in adoptions are available every day from 10:00 – 5:00. View photos of adoptable pets at pasadenahumane.org.

New adopters will receive a complimentary health-and-wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information about how to care for your pet.

Pets may not be available for adoption and cannot be held for potential adopters by phone calls or email.



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THE DANGERS OF FALLS FOR SENIORS AND HOW TO PREVENT THEM

A fall can have serious consequences for seniors, leading to fractures, head injuries, or even a loss of independence. According to the Centers for Disease Control and Prevention, falls are the leading cause of injury-related deaths among older adults. However, there are many ways to reduce the risk of falling and stay safe.

Exercise and Strength Training: Balance exercises like yoga and tai chi can improve coordination, while strengthening exercises build leg and core muscles, helping with stability.

Home Safety: Keep your home free of tripping hazards like loose rugs and cords. Install grab bars in bathrooms, and use nightlights to ensure safe navigation at night.

Proper Footwear: Wear shoes with non-slip soles and avoid slippers that can cause you to trip.

Check Vision and Hearing: Regular eye and hearing exams are crucial. Poor vision or hearing can lead to falls due to impaired balance.

Medications: Some medications cause dizziness or drowsiness. Consult your doctor if you experience any side effects that may increase your fall risk.

Assistive Devices: Canes and walkers offer extra stability. Ensure they're the right size and in good condition.

By taking simple precautions and staying proactive about health, seniors can greatly reduce the risk of falls and maintain their safety and independence.

ARE YOU AT RISK OF KIDNEY DISEASE?

Dear Savvy Senior,
What are the risk factors for kidney disease? My mother died from kidney failure a few years ago at age 75 but didn't even know she had a problem until it was too late.
Inquiring Daughter



Dear Inquiring,

Anyone who has diabetes, high blood pressure, heart problems or has a family history of the disease is at increased risk for chronic kidney disease, a condition in which the kidneys can no longer effectively filter your blood.

According to the Center for Disease Control and Prevention, around 37 million U.S. adults have chronic kidney disease, and millions more are at risk of developing it, yet most people don't realize it.

That's because kidney disease develops very slowly over many years before any symptoms arise. But left untreated, the disease can eventually require people to spend hours hooked up to a dialysis machine or get a kidney transplant. Even mild kidney problems can double a person's risk of heart attack and stroke, as well as cause anemia and bone disease.

The reason kidney disease has become so widespread today is because of the rise of obesity, type-2 diabetes and high blood pressure which all strain the kidneys.

Another factor is the increasing number of people who take multiple medications, which can overtax the organs. People over age 60 are especially vulnerable both because they tend to take more drugs, and because kidney function normally declines somewhat with age.

Get Screened

Because kidney disease is often symptomless, it's usually undiagnosed. The only way to catch it before it advances is to have a routine blood and urine test by your doctor. So, anyone that has diabetes, high blood pressure or heart disease, or is age 60 or older needs to be tested annually.

If your lab tests show a decline in kidney function for more than three months in a row, you might be diagnosed with kidney disease and referred to a nephrologist. You also need to know that while kidney damage cannot be reversed, there are a number of effective lifestyle steps and treatments that can help contain the damage, including:

Control your blood pressure: If you have high blood pressure, get it under 130/80. If you need medication to do it, ACE inhibitors and ARBs are good choices because of their proven ability to protect the kidneys.

Control your diabetes: If you have diabetes, keep your blood sugar as close to normal as possible. Diabetes medications called SGLT-2 inhibitors have also shown to be effective in helping slow the progression of kidney disease, even in non-diabetic patients.

Adjust your diet: This usually means reducing the amount of protein and phosphorus you eat and cutting back on sodium, sugar and possibly potassium. Your doctor can help you determine an appropriate eating plan, or you may want to talk to a dietitian.

Watch your meds: Dozens of commonly used drugs can damage the kidneys, especially when taken in high doses over long periods – most notably NSAIDs like ibuprofen and naproxen. Proton pump inhibitor (PPI) medications taken for heartburn and GERDS, and herbal supplements can also be problematic. Talk to your doctor about all the prescription, over the counter and herbal products you take to identify potential problems and find alternatives.

Exercise and lose weight: If you're overweight and inactive, start an aerobic fitness routine (walk, swim, cycle, etc.) that gets your heart pumping. This will help lower blood pressure, control diabetes and help you lose excess weight all of which will help your kidneys.

Stay hydrated: Dehydration can affect kidney function, so try to drink at least six to eight 8-ounce glasses of water per day.

Quit smoking: If you smoke, quit. Smoking damages the kidneys and doubles the rate of progression to end-stage renal failure.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...MARCH BIRTHDAYS*



Cathy Flammer, Clare Marquardt, Karen Blachly, Carla Duplex, Ella Guttman, Viky Tchatlian, Mary Cooper, Sun Liu, Helen Wallis, Nancy Fox, Martha Cassara, Rita Johnson, Sharon Murphy, Heather Sheets, Mercedes Campos, Dorothy Webster, Terri Elder, Carol Cerrina, Amy Putnam, **Michael Murphy and Sally Contreras turn 100 this month!**

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



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

THERE'S NO PLACE LIKE HOME



Finishing my morning work, The Gracious Mistress of the Parsonage appeared at my office and asked, "Do you know what day it is?"

I didn't know if this was a trick question because she always puts a trick question before me.

"I think," my dear, "that it is Tuesday."

She looked at me, giggled, and said, "Yes, it is Tuesday, but it is also something else."

I had to think about that for a moment. At first, I wasn't sure it really was Tuesday, but I got that right. However, I didn't get her question right. I had to figure out what she was talking about because she would not stop until I got it right.

"Is it somebody's birthday today?"

She shook her head and said, "Keep on guessing."

I knew I was never going to get it right. So, finally, I confessed and said, "I give up. What day is it?"

Looking in my direction, she flashed a smile and said, "Today is the third anniversary of your retirement." Then she laughed.

Looking at her, not quite understanding, I said, "What retirement are you talking about?"

"You don't remember that three years ago you retired from the church? I know you've been busy with ministry projects but I would think you would remember moving away from the church."

Thinking about that for a moment, it finally came to me. According to The Gracious Mistress of the Parsonage, I have been retired for three years. I can't believe it's been that long. It just seemed like yesterday that I retired.

I remember a friend of mine years ago saying that his idea of retirement was retiring to bed at night but getting up in the morning. I had that thought in my mind throughout my life.

I have been officially retired for three years now. Where did all those years go? I guess I had so much fun and involved with so many things that they just passed by.

For the rest of the day I was thinking about those three years in retirement.

One thing I did just before retiring was to add a room to our house. That room was my office, and to tell the truth, it was a little bigger than the office I had at the church. But in the middle of that office, I am surrounded by all kinds of books, about 10,000.

Sitting at my desk is a delightful experience looking at those books.

I didn't think moving out of the church into my home office would be a satisfying move.

Back in the church office, I could do things and hide things that The Gracious Mistress of the Parsonage would not know of. She was the church secretary, so her office was right next to mine.

But in my office, I had opportunities to eat Apple fritters. At that time, McDonald's carried Apple fritters, and I would stop there on my way to my office after lunch and get a coffee and an Apple Fritter. That was one of my secrets in the old church office.

After three years in my home office, I have yet to discover how I can sneak an Apple Fritter into my office. In order to do that, I would have to bypass The Gracious Mistress of the Parsonage, and no matter where I put that Apple Fritter, she knew I had it. She can smell an Apple Fritter two days before I purchase it. How she does that is beyond my understanding.

I didn't know I would really get used to being in my home office, but after three years, I looked back and discovered that I had gotten used to my new dynamics.

I have discovered working at home is a lot better. I can work for an hour and then take a break, sit in my easy chair, and drink some hot coffee. I can even watch the news on TV. Then, when I'm ready, I can shuffle off into my office and get back to work.

Something struck me as I thought about this. When I was at my church office, whenever the phone rang, I had to answer it. You never know who's calling, and they might need some help, so I needed to answer the phone.

Now that my office is at home, when the phone rings, I can let it ring and ring and ring. I don't need to answer it if I don't want to. Do you know how refreshing it is to sit there and listen to the phone ring and not answer it? Sometimes, that really makes my day.

At my home office, I don't have to follow a stringent schedule. I can come to and leave my office whenever I want to. However, I still have plenty of work to do because my ministry has not downsized yet.

I never knew how wonderful it would be to work at home. Some days, don't let this get around, I work in my pajamas all day. Who's going to know?

There is no place like home.

Jesus said something along these lines in John 14:2, "In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you."

I can't imagine how wonderful that home in heaven is going to be, and I'm sure I'm not going to miss my home here on earth.

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

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STUART TOLCHIN



I wanted to begin by telling you that things could not get worse; but it is too late, they already have. Today is Wednesday, for the last couple

of years my Wednesdays have always been filled with activity. After feeding my dog and walking him around the canyon circle, I grab a cup of coffee and a muffin and have my wife drive me to the nearby Eaton Canyon Golf course to meet my golfing partner at 8:30. My wife is happier to drive me rather than letting me drive myself because she, my daughter, and my son consider me to be a hazard on the road. By driving me she feels that she is saving herself, myself and other drivers from a potential accident with unpleasant consequences for everyone.

Well, today there is no golf. Not because the golf course itself was affected by the recent Eaton Canyon Fire. True, the course was affected by the fire and has been closed for weeks but today it was open, and I looked forward to playing. Yesterday, I received a message from my golfing partner informing me that he had forgotten to inform me that he was due to have surgery today for some sort of facial cancer and would be unavailable to play today and for the next eight weeks!

I walked downstairs to walk the dog, and my wife advised me that there was a mandatory evacuation order in effect. This seemed crazy to me, as it wasn't even raining and still isn't raining very hard. I said that the city or whomever was probably just over-reacting because they did not want to be accused later of not giving adequate warnings. She agreed but reminded me that I would not be able to keep my doctor's appointment tomorrow morning because once I left the canyon, I would not be able to get back to the house until Thursday night.

I hated to cancel the appointment because it had been made with a retired doctor who normally did not go into the medical facility. After I had spoken with him and after discussing

PUT THE LIGHTS ON EMPTY WEDNESDAY

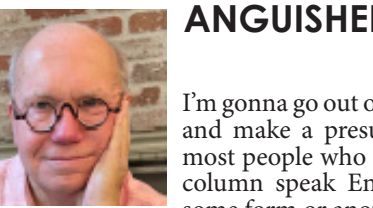
our common heritage and interests, he had agreed to come into the facility on Thursday just to perform the prescribed procedures upon me. Alas, I called and cancelled the appointment and texted to the doctor the reason for my cancellation and expressed my regrets.

Normally, on Wednesday evening my wife and I meet for dinner with my son and daughter and my five-year-old granddaughter which is a wonderful gift. The granddaughter came along unexpectedly late in my life and is in many ways a kind of miracle. Every moment I spend with her is a joy even counting when she tells me that she knows that I was always old and will die soon. Well, I am old and when I try to keep up the walking pace with the rest of the gang, I have trouble keeping up and get left behind. So be it—I am old, but I wanted to use this, my weekly column to discuss what is important to me and my fellow octogenarians (I am proud to use this word—it seems like an accomplishment.) I went to the computer, ready to begin, but the computer refused to allow me access. It had been updated, whatever that means, and try as I might, I could not get in. I blamed myself and my technological inaptitude and was forced to ask my wife for help. Just looking at her expression I knew she was sick of my continual neediness, but I felt I had no choice and risked fer annoyance. The completion of these articles and their timely submission is of great importance to me

My wife also failed to access the computer, but noticing her anger at the device, rather than at herself, was instructive to me. I felt better, stopped blaming myself, and responsibly made a phone call securing a place if necessary to stay. Now, the uncompleted article had once more disappeared from the monitor; but I kept my composure and found it again. I am stopping right now before this empty Wednesday can get any worse while I worry about Thursday.

It's stopped raining so I'm taking the dog for a walk.

RICH JOHNSON



I'm gonna go out on a limb and make a presumption most people who read my column speak English in some form or another.

Truth be told English is the most widely studied language. English is also considered a blight on the entire world as it has spread like wildfire across the planet due to movies, music and literature. You see, english can be weird and confusing.

It can be understood through tough thorough thought, though.

For example:

If "womb" is pronounced "woom" and "tomb" is pronounced "toom" shouldn't "bomb" be pronounced "boom"?

Why don't the following words rhyme? "cough", "rough", "though", "through"?

And why do the following words rhyme: "pony", "bologna"

More anguished English. "Although the patient had never been fatally ill before, he woke up dead."

"I expected to enjoy the film, but that was before I saw it."

"Heredity means that if your grandfather didn't have any children, then your father probably wouldn't have any and neither would you, probably.

"Police discover Crack in Australia". "College Students are Turning to Vegetables.". "Federal Agents Raid Gun Shop, Find Weapons" "Hospitals Resort to Hiring Doctors".

This just in: "Museums Full of History,

Headlines can be a hoot. The world is full of newspapers with butchered grammatically incorrect headlines. Ms. Henderson has a top notch crew scrutinizing headlines for linguistic accuracy. I know this for a fact as she has never asked for my help on headlines. Below is a literal smattering of headlines with dubious mean-

ings and accuracy.

"Doctor Testifies in Horse Suit."

"Local Police Begin Campaign to Run Down Jaywalkers"

Two 20th Century contributors to butchering the language are movie mogul Sam Goldwyn, and Yankee catcher in the 1950s, Yogi Berra.

Sam Goldwyn, famed movie producer had his "Goldwynisms":

"I'll give you a definite maybe".

"Don't talk to me while I'm interrupting"

"Color television! Bah, I won't believe it until I see it in black and white."

Yogi Berra, memorable lines:

"Sometimes you can observe a lot by watching."

"When you come to a fork in the road, take it."

"Nobody goes there anymore, it's too crowded."

"You better cut the pizza in four pieces because I'm not hungry enough to eat six pieces"

"I never said most of the things I said"

"It gets late early out there."

"Little league baseball is a very good thing because it keeps the parents off the streets."

Baseball legend Mickey Mantle once asked Yogi what time it was. Yogi responded, "You mean right now?"

"He hits from both sides of the plate. He's amphibious."

And my favorite: "It ain't the heat, it's the humility."

Have a great week my friends.

HOWARD HAYS As I See It



It's been another of those "flooding the zone" weeks; difficult to select a single topic to focus a column on.

Chinese dissidents interviewed by the NY Times compared the Trump regime and its "culture wars" to the "Cultural Revolution" of Mao's China sixty years ago, with parallels between Elon Musk's DOGE boys and Mao's Red Guards of China. But now, in comparison, "Even the CCP's embassy posts, with all its propaganda, doesn't spend every single day obsessively praising Xi Jinping".

Defense Secretary Hegseth has ordered images removed from Defense Department databases that might reflect diversity initiatives. Among them were those of the B-29 bomber Enola Gay, which dropped the atom bomb on Hiroshima, because of its name (guess which part). Another flagged was of Army Corps biologists studying fish; including their weight, size - and "gender".

Kingsley Wilson has argued the 1915 lynching of Leo Frank by an antisemitic mob was justified. She's warned of "being conquered by an invading horde of Third World migrants". She says "The American intelligence apparatus is more evil than Vladimir Putin". The American Jewish Committee reacted, "Anyone who posts antisemitic conspiracy theories lifted right out of the neo-Nazi play-

book should not be in public office". Wilson is now deputy press secretary at the Defense Department.

Want to meet President Trump? According to Wired, \$1 million will get you admittance to a "candlelight dinner" at Mar-a-Lago. \$5 million will get you a one-on-one with the president.

Agriculture Secretary Brooke Rollins suggests high egg prices are due to the fact we're in "Easter season". She advises those troubled by the price to raise their own chickens.

Lara Trump said on Fox News her father-in-law, the president, "does not take any days off" - just as he began a second day playing golf in Florida. (As of March 8, President Trump has spent over a quarter of his time since reelection playing golf; at a cost to taxpayers of \$18M.)

DHS Secretary Kristi Noem says they're executing policy as they are because "This is President Donald Trump's country". Her department budgeted \$200M on anti-immigrant TV commercials. She says the president told her, "I want the first ad, I want you to thank me. I want you to thank me for closing the border." The ad buy includes \$30K for airing in West Palm Beach, so the president can see her thanking him.

HHS Secretary RFK Jr. has linked the spreading measles outbreak in Texas to lack of exercise and a healthy diet.

LEGAL NOTICES

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025028781

The following person(s) is (are) doing business as: SIERRA MADRE DANCE CENTER. 154 W SIERRA MADRE BLVD, SIERRA MADRE, CA. 91024. CALIFORNIA, LOS ANGELES COUNTY. Full name of registrant(s) is (are) SIERRA MADRE DANCE CENTER LLC. 170 HOLDMAN AVE, SIERRA MADRE, CA. 91024. This Business is conducted by: AN LLC. Signed: SIERRA MADRE DANCE CENTER LLC, AMIE HANRAHAN, CEO. This statement was filed with the County Clerk of Los Angeles County on 02/07/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 02/02/2025. NOTICE: This 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). DIR Dates Pub: March 15, 22, 29, April 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025028484

The following person(s) is (are) doing business as: LITTLE PRINCESS ACADEMY. 160 W SIERRA MADRE BLVD, SIERRA MADRE, CA. 91024. QUEEN ESTHER CAMP, 160 W SIERRA MADRE BLVD, SIERRA MADRE, CA. 91024. LOS ANGELES COUNTY. Full name of registrant(s) is (are) AMIE HANRAHAN, CEO. This statement was filed with the County Clerk of Los Angeles County on 02/06/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 02/02/2025. NOTICE: This 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). DIR Dates Pub: March 15, 22, 29, April 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025047954

The following person(s) is (are) doing business as: ARI MARKETING & CONSULTATION. 5627 KANAN RD APT 195, AGOURA HILLS, CA. 91301. VAN NUYS, CA. 91405. CALIFORNIA, LOS ANGELES COUNTY. Full name of registrant(s) is (are) BEN SECURITY LOCKSMITH, INC. 5627 KANAN RD APT 195, AGOURA HILLS, CA. 91301. This Business is conducted by: A CORPORATION. Signed: BEN SECURITY LOCKSMITH, INC. RAZ ELIEZER HAZAN, CEO. This statement was filed with the County Clerk of Los Angeles County on 03/10/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/02/2025. NOTICE: This Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code). ES Dates Pub: March 15, 22, 29, April 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025048113

The following person(s) is (are) doing business as: MANUEL SALAZAR. 14524 KESWICK ST UNIT F, VAN NUYS, CA. 91405. CALIFORNIA, LOS ANGELES COUNTY. Full name of registrant(s) is (are) MANUEL SALAZAR. 14524 KESWICK ST UNIT F, VAN NUYS, CA. 91405. This Business is conducted by: AN INDIVIDUAL. Signed: MANUEL SALAZAR, OWNER. This statement was filed with the County Clerk of

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025048156

The following person(s) is (are) doing business as: AMERICAN HEATING AND AIR CONDITIONING. 19398 SAYER ST, SYLMAR, CA. 91342. CALIFORNIA, LOS ANGELES COUNTY. Full name of registrant(s) is (are) LUIS M LUNA. 19398 SAYER ST SYLMAR, CA. 91342. This Business is conducted by: AN INDIVIDUAL. Signed: LUIS M LUNA, OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/10/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/02/2025. NOTICE: This Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code). ES Dates Pub: March 15, 22, 29, April 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025049005

The following person(s) is (are) doing business as: BRODERICK STEELE. 7200 FRANKLIN AVE UNIT 105, LOS ANGELES, CA. 90046. CALIFORNIA, LOS ANGELES COUNTY. Full name of registrant(s) is (are) BRIAN RICHARD WILSON. 7200 FRANKLIN AVE UNIT 105, LOS ANGELES, CA. 90046. This Business is conducted by: AN INDIVIDUAL. Signed: BRIAN RICHARD WILSON, OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/11/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/02/2025. NOTICE: This Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code). ES Dates Pub: March 15, 22, 29, April 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025049688

The following person(s) is (are) doing business as: WESTVALE COPY. 24144 NEWHALL RANCH RD APT 1304, VALENCIA, CA. 91355. CALIFORNIA, LOS ANGELES COUNTY. Full name of registrant(s) is (are) HARRISON ADAMS. 24144 NEWHALL RANCH RD APT 1304, VALENCIA, CA. 91355. This Business is conducted by: AN INDIVIDUAL. Signed: HARRISON ADAMS, OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/11/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/02/2024. NOTICE: This Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code). ES Dates Pub: March 15, 22, 29, April 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025049688

The following person(s) is (are) doing business as: WESTVALE COPY. 24144 NEWHALL RANCH RD APT 1304, VALENCIA, CA. 91355. CALIFORNIA, LOS ANGELES COUNTY. Full name of registrant(s) is (are) HARRISON ADAMS. 24144 NEWHALL RANCH RD APT 1304, VALENCIA, CA. 91355. This Business is conducted by: AN INDIVIDUAL. Signed: HARRISON ADAMS, OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/11/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/02/2024. NOTICE: This Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code). ES Dates Pub: March 15, 22, 29, April 5, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025-045303

The following person(s) is (are) doing business as: CONSTRUCTIVE. 12113 HAVELOCK AVENUE, CULVER CITY, CA 90230. Full name of registrant(s) is (are) EFRAM SHALEV. 12113 HAVELOCK AVENUE, CULVER CITY, CA 90230. This Business is conducted by: AN INDIVIDUAL. Signed: EFRAM SHALEV, OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/05/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 11/20/2021. This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: MAR 15, 22, 29, APR 05, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025-041033

The following person(s) is (are) doing business as: DUPLICATE LOCK MOBILE. 1020 W ANAHEIM ST, WILMINGTON, CA 90280. Full name of registrant(s) is (are) QUEZADA'S INDUSTRIES INC, 10206 GARFIELD AVE, SOUTH GATE, CA 90260. This Business is conducted by: A CORPORATION. Signed: FAUSTINO QUEZADA/CEO. This statement was filed with the County Clerk of Los Angeles County on 02/28/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 02/02/25. NOTICE: This 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: MAR 15, 22, 29, APR 05, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025-041956

The following person(s) is (are) doing business as: HAIR RUSHER. 400 S BALDWIN AVE, ARDOR, CA 91701. Full name of registrant(s) is (are) JORGE A. ROJAS RODRIGUEZ. 19127 PIONEER BLVD #11, ARTESIA, CA 90701. This Business is conducted by: AN INDIVIDUAL. Signed: JORGE A. ROJAS RODRIGUEZ, OWNER. This statement was filed with the County Clerk of Los Angeles County on 02/28/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 02/02/25. NOTICE: This 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: MAR 15, 22, 29, APR 05, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025-041753

The following person(s) is (are) doing business as: RENE'S MEAT MARKET & BAKERY. 4400 AVON BLVD, LOS ANGELES, CA 90011. Full name of registrant(s) is (are) RENE VANS MGMT. SERVICES, INC. 4400 AVON BLVD, LOS ANGELES, CA 90011. This Business is conducted by: AN INDIVIDUAL. Signed: RENE OCAMPO BARRERA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/07/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious 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: MAR 15, 22, 29, APR 05, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025-045303

The following person(s) is (are) doing business as: CONSTRUCTIVE. 12113 HAVELOCK AVENUE, CULVER CITY, CA 90230. Full name of registrant(s) is (are) EFRAM SHALEV. 12113 HAVELOCK AVENUE, CULVER CITY, CA 90230. This Business is conducted by: AN INDIVIDUAL. Signed: EFRAM SHALEV, OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/05/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 11/20/2021. This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News/JDC Dates Pub: MAR 15, 22, 29, APR 05, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025-052370

The following person(s) is (are) doing business as: DNOVATIVE CONSULTING SOLUTIONS. 13648 VERDURA AVE, DOWNEY, CA 90242. Full name of registrant(s) is (are) MICHAEL D DOMINGUEZ. 13648 VERDURA AVE, DOWNEY, CA 90242. This Business is conducted by: AN INDIVIDUAL. Signed: MICHAEL D DOMINGUEZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/13/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious 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: MAR 15, 22, 29, APR 05, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025-041751

The following person(s) is (are) doing business as: PARADISE CONSTRUCTION. 6201 WEST 8TH STREET # B-24, LOS ANGELES, CA 90045. Full name of registrant(s) is (are) MEDARDO ANTONIO AYALA DURAN. 15567 COBALT RD, VICTORVILLE, CA 92392. This Business is conducted by: AN INDIVIDUAL. Signed: MEDARDO ANTONIO AYALA DURAN/OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/07/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious 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: MAR 15, 22, 29, APR 05, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025-046257

The following person(s) is (are) doing business as: PRIME TIME SHUTTLE. 6201 WEST 8TH STREET # B-24, LOS ANGELES, CA 90045. Full name of registrant(s) is (are) RED VANS MGMT. SERVICES, INC. 4400 AVON BLVD, LOS ANGELES, CA 90011. This Business is conducted by: A CORPORATION. Signed: DHARMINDER SINGH/CEO. This statement was filed with the County Clerk of Los Angeles County on 03/06/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious 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: MAR 15, 22, 29, APR 05, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025-052884

The following person(s) is (are) doing business as: RENE'S MEAT MARKET & BAKERY. 4400 AVON BLVD, LOS ANGELES, CA 90011. Full name of registrant(s) is (are) RENE OCAMPO BARRERA. 4400 AVON BLVD, LOS ANGELES, CA 90011. This Business is conducted by: AN INDIVIDUAL. Signed: RENE OCAMPO BARRERA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/07/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious 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: MAR 15, 22, 29, APR 05, 2025

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2025-044503

The following person(s) is (are) doing business as: SAMMY'S DESSERTS. CALIFORNIA, 9920 VIRGINIA AVE, SOUTH GATE, CA 90280. Full name of registrant(s) is (are) JESUS ALBERTO ESPINOZA. 9920 VIRGINIA AVE, SOUTH GATE, CA 90280. This Business is conducted by: AN INDIVIDUAL. Signed: JESUS ALBERTO ESPINOZA/OWNER. This statement was filed with the County Clerk of Los Angeles County on 03/04/2025. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious 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: MAR 15, 22, 29, APR 05, 2025

FICTITIOUS BUSINESS NAME STATEMENT



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.

CREATING A FITNESS TREND

Fitness trends come and go, but some stick around longer than others. The truth is, falling for a worthless fitness fad isn't that hard. With the right mix of creativity and marketing, you can make people believe in something new—even if it's not really effective. Here's the formula:

- 1. Make It Sound Legitimate**
To start, make your new rage sound believable. Pick a catchy name like "PowerFlex" or "MetaCore" and use words that sound scientific, like "activation" or "intensity." These terms make it seem exclusive, even if there's no real science behind it. The key is to create something that sounds complicated but vague enough for people not to question it.
- 2. Create A Backstory**
A good backstory makes anything sound more intriguing. You could say your movement comes from an ancient technique or was discovered by a famous scientist. Adding a backstory makes it seem exclusive, and people love the idea of being part of something new or secret. If you tie it to famous athletes or celebrities, even better—this increases the notion's credibility.
- 3. Keep The Movements Simple**
Fitness gimmicks don't need to be complicated. Think of things like "zumba" or "planking." These are simple exercises that anyone can do. If your concept is easy and quick, people will be more likely to try it. You could create something like "QuickBurn" or "FlexCycle," exercises that don't require any skill but are fun to try.
- 4. Promise Quick Results**
People love promises of quick results. If you tell them they can lose weight fast or gain strength in a short time, they'll be intrigued. For example, claiming people can lose 10 pounds in a week or increase flexibility by 100% in days might sound unrealistic, but it will catch attention. The more unrealistic the promise, the more likely people are to believe in it.
- 5. Use Social Media And Influencers**
To create buzz about your idea, use social media. Platforms like Instagram, TikTok, and YouTube are perfect for spreading a new idea. Influencers can post videos showing how easy and fun your trend is, getting their followers excited to try it. People trust their favorite influencers, so if they say something works, many will believe it.
- 6. Create A Special Product**
Fitness gimmicks often come with some kind of unique equipment. Think of a special mat, weights, or a new piece of fitness gear. If you make a product that seems essential for the idea, people will want to buy it. Market it as something "clinically proven" to work better than anything else. Even if it isn't, the more special it looks, the more people will want to get it.
- 7. Use Urgency**
Urgency can help make a new obsession take off. Saying things like "limited time only" or "only 100 spots available" creates a sense of FOMO (fear of missing out). This pushes people to act fast, even if they don't fully understand the hype. People don't want to miss out, so they'll hurry to try it.
- 8. Encourage Sharing**
When people try something new, they want to share it. Encourage them to post videos or pictures on social media using an easy to remember hashtag. This will get others interested and give your latest rage momentum. Social proof—seeing others join in—makes people feel more comfortable trying something new.

While you probably won't be out there crafting the next viral fitness craze, understanding how trends are built gives you a powerful tool—one that helps you see through the BS. The next time a new workout, gadget, or miracle program hits the scene, step back and run it through this formula. Is it selling a shortcut? Does it rely on an influencer's word more than real science? Is there a flashy gimmick at its core? By recognizing the elements that make fitness trends so appealing, you can separate the ones that truly work from those designed to cash in on your hopes. Stay informed, ask questions, and don't get taken by the next big thing that promises everything but delivers little.

Fitness takes effort and consistency, and while new trends can be fun to try, real results come from proven methods that prioritize your long-term health and well-being. Always look beyond the hype before committing. If it sounds too good to be true, well, you know the rest of the saying.



2025

YOUTH CLASSES YEAR AROUND

Alhambra

SATURDAY 12:30PM-2:30PM / 2:30PM-4:30PM

Temple City

FRIDAY EVENING 6PM - 8PM

SATURDAY 8AM - 10AM, 10AM - 12PM, 12PM - 2PM

ADVANCED CLASS SAT: 2PM - 3:30PM

SUN. EVENINGS COMPITITIONS FROM 5PM - 6PM

San Gabriel

SUN: 8AM-10AM, 10AM-12PM & 2PM-4PM

ADVANCED CLASS SUN: 12:30PM - 2PM

www.playsmarterbasketball.com


(626) 626-5140 中文: (626) 321-2008

coachrichard@gmail.com



UNLOCK YOUR LIFE

Tips From Lori A. Harris



STAYING IN YOUR LANE: A PATH TO LIVING YOUR DREAMS

In our journey toward personal growth, I've found that one of the most powerful strategies for transforming dreams into reality is surprisingly simple: stay in your lane.

The Science Behind the "Three C's"
Research from the Harvard Business Review shows that eliminating what I call the "Three C's" - Complaining, Comparing, and Criticizing/Gossiping - can significantly improve productivity and well-being. Dr. Shawn Achor's research, published in his book "The Happiness Advantage," demonstrates that positive psychology practices, including reducing unfavorable social comparisons, can increase productivity by up to 31%.

When you see your neighbor confidently wearing her trendy outfit, simply appreciate without judgment. When scrolling through social media and noticing grammatical errors that might usually trigger you, just let it go. When your colleague's fashion choices don't align with the latest trends, again, let it go.

A 2023 study in the Journal of Personality and Social Psychology states that social comparison is linked to increased anxiety, decreased self-esteem, and reduced life satisfaction. As psychologist Dr. Brené Brown notes, "Comparison is the thief of joy and the enemy of innovation."

The flip side is equally important: never let someone else's excellence discourage you from trying. Carol Dweck's groundbreaking work on growth mindset reminds us that talent is developed through dedication and hard work—you rarely see the countless hours of practice behind others' success.

Action Steps for This Week:

Awareness Audit: For the next three days, keep a small notebook handy and mark each time you catch yourself engaging in the Three C's. Note the triggers.

Redirection Practice: When you notice yourself slipping into comparison or criticism, consciously redirect your energy toward your own goals. Ask yourself: "How does this serve my journey?"

Gratitude Pivot: Replace criticism with one observation of gratitude about your own progress, no matter how small.

Morning Intention: Begin each day by writing down one specific action that moves you closer to your dream.

By releasing the energy spent on the Three C's, you free up tremendous mental and emotional resources to focus on your journey and goals.

Special Invitation:

I'm excited to announce my upcoming workshop, "The Visionary Salon," on March 29, 2025, to explore these evidence-based techniques in depth. To learn more details or reserve your spot, please email me at lori@loriaharris.com or call 323-371-3330. Early registration ends March 15th.

Looking forward to helping you unlock your full potential!

Lori A. Harris is an award-winning coach & host of the Unlock Your Life Podcast with Lori Harris.


ALL THINGS

By Jeff Brown

WASTE WARS:

THE WILD AFTERLIFE OF YOUR TRASH

by Alexander Clapp



A globe-trotting work of relentless investigative reporting, this is the first major book to expose the catastrophic reality of the multi-billion-dollar global garbage trade.

Dumps and landfills around the world are overflowing. Disputes about what to do with the millions of tons of garbage generated every day have given rise to waste wars waged almost everywhere you look. Some are border skirmishes. Others hustle trash across thousands of miles and multiple oceans. But no matter the scale, one thing is true about almost all of them: few people have any idea they're happening.

Journalist Alexander Clapp spent two years roaming five continents to report deep inside the world of Javanese recycling gangsters, cruise ship dismantlers in the Aegean, Tanzanian plastic pickers, whistle-blowing environmentalists throughout the jungles of Guatemala, and a community of Ghanaian boys who burn Western cellphones and televisions for cents an hour, to tell readers what he has figured out: While some trash gets tossed onto roadsides or buried underground, much of it actually lives a secret hot potato second life, getting shipped, sold, re-sold, or smuggled from one country to another, often with devastating consequences for the poorest nations of the world.


Waste Wars is a jaw-dropping exposé of how and why, for the last forty years, our garbage — the stuff we deem so worthless we think nothing of throwing it away — has spawned a massive, globe-spanning, multi-billion-dollar economy, one that offloads our consumption footprints onto distant continents, pristine landscapes, and unsuspecting populations. If the handling of our trash reveals deeper truths about our Western society, what does the globalized business of garbage say about our world today? And what does it say about us?

You can order the book at Sierra Madre's new bookstore Fables & Fancies 626-6658856


NIXLE

Sign up for important messages from your city!


Text 91024 to 888777



Community messages are used to convey everyday local news, happenings, and developments.



Advisory messages are intended to communicate important, need-to-know information. For example, the Police Department will send out bear sighting notifications using this format.



Alert messages are reserved for critically important information where loss of life and/or property is potentially imminent. Alert messages are time-sensitive and require your immediate action

By default, residents who are signed up for Nixle alerts will only receive email alerts for advisory messages. We recommend that our residents opt in for text messages for advisory and alert messages

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



March Events Around Town!

Brought to you by Sue Cook

One Time Events:

March 2

Restore & Explore: Reflective Writing and Intuitive Collage at The Huntington
Explore the beauty of the natural world, then create a collage of reflection 8:30 – 10:30 am

March 7

50 years: Highlights of the Collection at Norton Simon Museum
Tour some of the most exquisite and celebrated works of art in the Norton Simon. 5 – 6 pm

March 8

Japanese Garden History Talk and Tour at Descanso Gardens
Hear about the storied past of Descanso's Camellia Forest and Japanese Garden. 3 – 5 pm

March 9

Barks and Brews at the Arboretum
Stroll the Arboretum with your canine friend, enjoy craft beers and delicious bites in this fundraiser benefiting Pasadena Humane and the Arboretum Foundation. 11 am – 4 pm

March 13

Irish Tales By The Fire at the Blinn House
Padraic P. Keohane shares tales of wit, wonder, and wisdom. 6 – 7:30 pm

March 14

ArtNight Pasadena
Cultural open house-showcasing visual arts, literary arts, dance, music, & theater. 6 – 10 pm

March 15

Leprechaun Shelters Workshop at the Arboretum
Create a whimsical home for leprechaun friends. Children 4–10 years old w/adult. 2 – 3:30 pm

March 15

Culinary Workshop: Snow Skin Mooncakes at The Huntington
Learn about history and traditions as you learn to make mochi-like mooncakes. 10 am – 1 pm

March 16

St. Patrick's Day Luncheon at the BPOE Lodge in Pasadena
Join the Irish Center of Southern California with a buffet lunch, live Irish music, and Cleary Irish Dance. 11:30 am – 2:30 pm

March 22

Pasadena Symphony and Pops at Ambassador Auditorium
Mozart's "Turkish" Violin Concerto, Hailstork's Baroque Suite, Prokofiev's Classical Symphony, and Stravinsky's Suite from Pulcinella. 2 – 8 pm

March 27

Altadena & Friends Fire Relief Benefit
Variety show w/internationally known artists, many of whom lost homes, studios, and instruments in the Eaton Fire Alex Theatre in Glendale. 7 – 9 pm

March 29

California Young Artists Symphony Performs Mahler's 9th Symphony
Experience some of the most expressive music of all time at the Ambassador Auditorium. 7 pm

March 29

Family Night Hike: The Luck of the Garden at the Arboretum
Celebrate St. Patty's with an enchanting night hike discovering plants believed to bring good fortune, health, and protection. 5:30 – 7 pm
Adult Night Hike 7:30 – 9 pm

Ongoing Events:

March 7 – 9

Art in Bloom Gallery Exhibition
Creative Arts in Sierra Madre pairs the community's finest floral designers.

March 13, 14, 15

9 to 5: The Musical
Award-winning Arcadia Stage presents popular musical 9 to 5

March 13 – May 19

Butterfly Season at Kidspace Children's Museum
Highlights include bug safaris, flutter-by-play, create a caterpillar, and flower showers.

March 14 – 28

America's Got Talent at the Pasadena Civic Auditorium
Witness a new season of jaw-dropping talent and unforgettable moments.

March 23 – April 20

Jane Eyre at A Noise Within
Enjoy this dynamic production of Jane Eyre.

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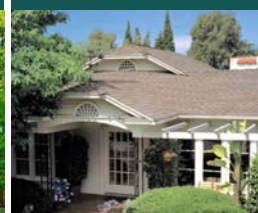
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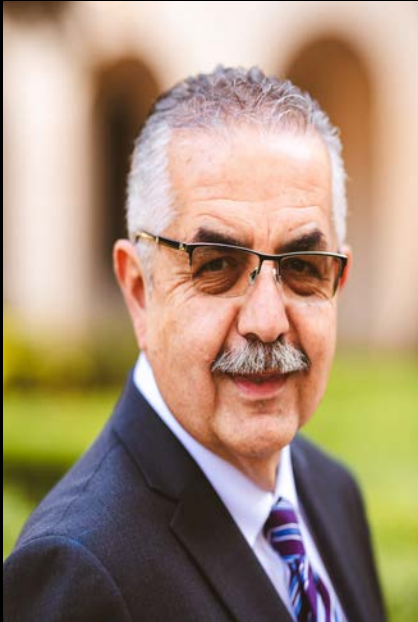
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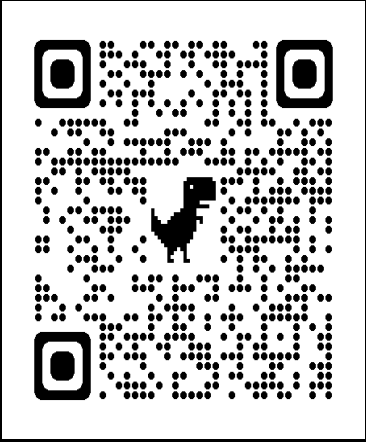
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